

## **eCOMPOSITE releases 321run Free 1.0 - Track Runs on a GPS iPhone**

Published on 08/04/09

Paris based eCOMPOSITE today is delighted to announce 321run Free 1.0, a free version of their popular running trainer for iPhone 3G and 3GS devices. Developed specifically to leverage the iPhone's GPS capabilities, 321run Free allows the fitness minded to keep track of their runs, progress, speed, as well as see at-a-glance where they've ran. Set a distance or duration goal and its built-in coach will give progress at every 5 minute intervals for each mile, or kilometer.

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321Run Free records a run by using the iPhone's built-in geostationary coordinates (GPS) and monitors the users progress. Set a distance or duration goal and its built-in "coach" will dutifully show progress at every 5 minute intervals for each mile, or kilometer, all while listening to music on-the-go. Users can review their runs and check their performance at any time. The custom trainings will allow runners to have precise directions from their coach when they need to run, walk, run fast, and more.

With 321Run Free, runners can track:

- \* Speed
- \* Duration
- \* Distance
- \* Calories spent
- \* Average speed
- \* Track on a map

"I want my runs in my pocket" said Cyril Godefroy, founder of eCOMPOSITE. "I immediately know my progress, share with my friends, as well as listen to my music while running. This keeps me motivated! I can setup a one hour goal, a 10Km run or virtually anything I need to stay in shape. I'm already running better than I used to, and I believe anyone who runs will find 321Run Free perfect for their needs."

From beginner to intermediate and even expert levels, 321run Free is very focused and allows anyone to train for running and track their progress. Users can listen to their music and easily know how long or how fast they've been running. And with its built-in coach, 321run features several trainings to begin running, lose weight, run faster or even prepare for a semi. Know when to run, walk, or change rhythm.

Supported Languages:

- \* US English and French

System Requirements:

- \* iPhone 3 and 3GS 2.2.1 or later
- \* 9.4 MB

Pricing and Availability:

321run Free 1.0 for iPhone is completely free and available exclusively through the App Store. Compared to the paid version, 321run Free has fewer trainings, does not display a full history of runs and does not export. A paid version with more features and trainings is also available. A video demo is available on the web site.

prMac: Publish Once, Broadcast the World :: <http://prmac.com>

eCOMPOSITE:

<http://www.ecomposite.fr/>

321run Free 1.0:

<http://iphone.ecomposite.fr/321run/>

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Application Icon:

<http://iphone.ecomposite.fr/icon/321run.png>

Located in beautiful in Paris, France, eCOMPOSITE is a small privately held company founded in 2004 by independent software developer Cyril Godefroy. With a focus on GPS, photography and fitness oriented solutions for the iPhone platform, eCOMPOSITE's aim is to develop unique and incredibly useful applications, as well as provide customized development solutions for their clients. Copyright (C) 2004-2009 eCOMPOSITE. All Rights Reserved. Apple, the Apple logo, iPhone and iPod are registered trademarks of Apple Computer Inc. in the U.S. and/or other countries.

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