



MOTORBIKING



COMPLETE GUIDE

In this guide, you will find all the information needed to set up your Freelap timing system and get you started with training.

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01. CREATE YOUR MYFREELAP ACCOUNT



1/ Download MyFreelap app (free)



MyFreelap app is available for free on App Store and Google Play Store.

From your mobile device: go to the app store, search “MyFreelap” app and download it.

2/ Create your MyFreelap account

- Open MyFreelap app. At the bottom of the screen, click on “Register”.
- Fill out the registration form, and click on “Register”.
- Confirm your registration by clicking on the link in the activation Email we sent you.

3/ Sign in to your MyFreelap account

- Enter your username and password to sign in to your MyFreelap account.
- Then, turn on the Bluetooth and the Location on your mobile device.

You are ready to use the app!

02. ATTACH YOUR FXCHIP BLE



Attach the FxChip BLE **to the elastic band of the rider's mask** using its Velcro strap.

It must imperatively be **centered on the back of the helmet**, positioned vertically and facing outward.

The FxChip BLE turns on automatically when moved, and turns off after 10 minutes of inactivity.

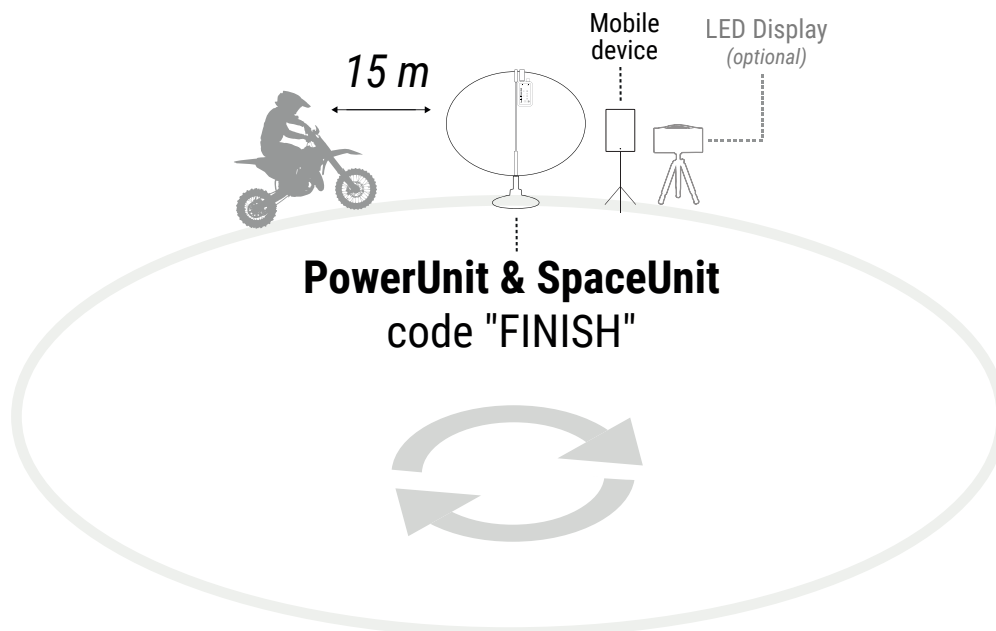
03. TURN ON AND PLACE YOUR TRANSMITTERS

We will guide you on 3 different configurations. You can read only the one you need:

- 1: System in loop (using PowerUnit & SpaceUnit (or Tx Flag) only)
- 2: Standard system from START to FINISH (using PowerUnit & SpaceUnit (or Tx Flag) only)
- 3: System in loop using Mx Start START transmitter

N°1: System in loop (using PowerUnit & SpaceUnit (or Tx Flag))

Freelap products needed : - 1 FxChip BLE transponder
- 1 PowerUnit & SpaceUnit (or Tx Flag) (code FINISH)



Install the PowerUnit & SpaceUnit

- Take the SpaceUnit out of its packaging, the ellipse will take shape itself.
- Join the 2 central axes, fitting them together to stiffen the structure.
- **Connect the SpaceUnit to the Tx port of the PowerUnit.**
- Insert the SpaceUnit into its base or Mx Pic (and plant the Mx Pic in the ground).

Turn on and set the PowerUnit

- Turn it on: **press on the Power button for 2 seconds.**
- **Press on the Set button to select the Tx mode.** Each press of the Set button switches you to the next mode. The LED of the Tx mode must flash.
- Then, make short presses on the Power button to **select the desired code** (START = start transmitter / LAP = intermediate transmitter / FINISH = finish transmitter). Each short press of the Power button switches you to the next code. The led of the selected code flashes.

Place your PowerUnit & SpaceUnit

- Place the transmitter on the ground **on the side and parallel to the track.** The Freelap logo must face the track.
- It must be **placed at max. 6m of the rider's passage** (so that the transponder of the rider crosses the detection field of the transmitter)



- **For an optimal accuracy, take the start 15m before the transmitter**
- **The rider must always pass within 6m of the transmitter.**

N°2: Standard system from START to FINISH (using PowerUnit & SpaceUnit (or Tx Flag))

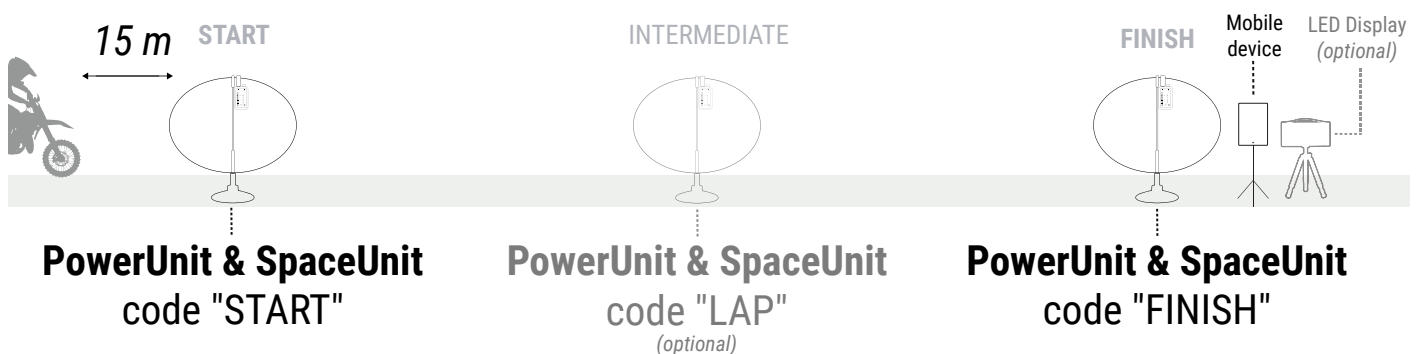
Freelap products needed :

- 1 FxChip BLE transponder

- 1 PowerUnit & SpaceUnit (or Tx Flag) transmitter (code START)

- 1 PowerUnit & SpaceUnit (or Tx Flag) transmitter (code FINISH)

Optional: Add additional PowerUnit & SpaceUnit (or Tx Flag) (code LAP) to create multiple sectors on your course and get intermediate times.



Install the PowerUnit & SpaceUnit transmitters

- Take the SpaceUnit out of its packaging, the ellipse will take shape itself.
- Join the 2 central axes, fitting them together to stiffen the structure.
- **Connect the SpaceUnit to the Tx port of the PowerUnit.**
- Insert the SpaceUnit into its base or Mx Pic (and plant the Mx Pic in the ground).

Turn on and set the PowerUnit transmitters

- Turn it on: **press on the Power button for 2 seconds.**
- **Press on the Set button to select the Tx mode.** Each press of the Set button switches you to the next mode. The LED of the Tx mode must flash.
- Then, make short presses on the Power button to **select the desired code** (START = start transmitter / LAP = intermediate transmitter / FINISH = finish transmitter). Each short press of the Power button switches you to the next code. The led of the selected code flashes.

Place your PowerUnit & SpaceUnit transmitters

- Place the transmitters on the ground **on the side and parallel to the track**. The Freelap logo must face the track.
- It must be **placed at max. 6m of the rider's passage** (so that the transponder of the rider crosses the detection field of the transmitter)



- **For an optimal accuracy, take the start 15m before the START transmitter.**
- **The rider must always pass within 6m of the transmitters.**
- **The transmitters must be minimum 0.7 second appart.**
- **Your track must contain a maximum of 11 transmitters.**

N°3: System in loop using Mx Start

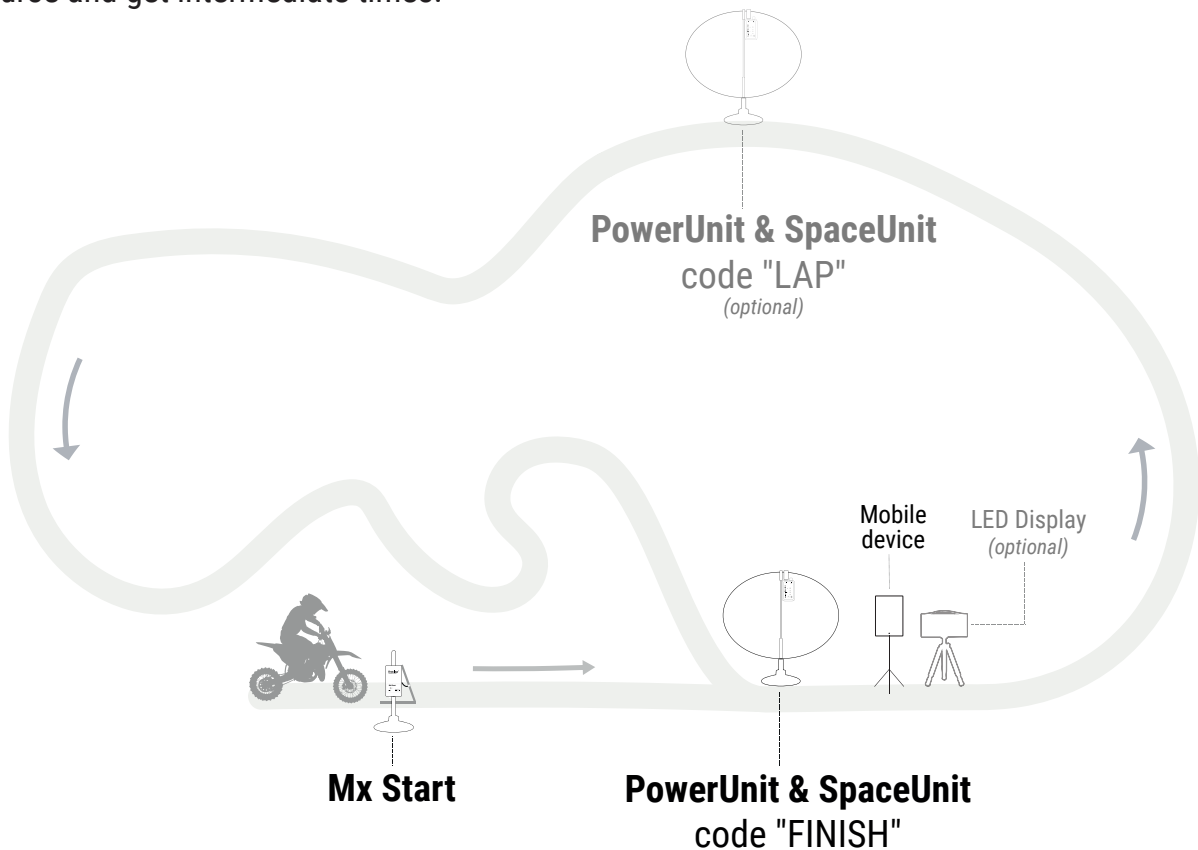
Freelap products needed :

- 1 FxChip BLE transponder

- 1 Mx Start transmitter

- 1 PowerUnit & SpaceUnit (or Tx Flag) transmitter (code FINISH)

Optional: Add additional PowerUnit & SpaceUnit (or Tx Flag) (code LAP) to create multiple sectors on your course and get intermediate times.



Turn on the Mx Start

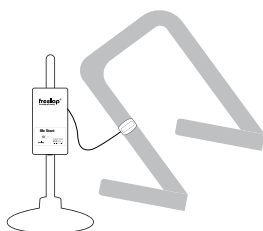
- To turn on the Mx Start: **press on the Power button for 2s**. The green LED confirms that the transmitter is activated.

Place the Mx Start

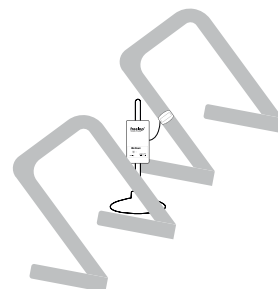
- Place the Mx Start on the ground and **adjust the height of the Mx Start case to approximately the same level as the motorbike's foot rest**.

- The Mx Start must be **placed at 1.5 meters max. next to the rider**.

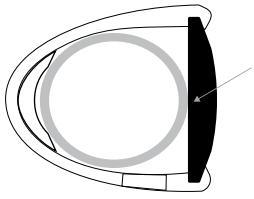
Attach the sensor to the starting gate



- The sensor (connected to the case by a wire) must be **attached to the side of the starting gate** using its Velcro strap.



- The Mx Start can cover 2 riders: place the Mx Start between the 2 starting gates.



- The sensor (yellow) must be in direct contact with the starting gate: **do not pass the Velcro strap between the sensor and the starting gate.**

Install the PowerUnit & SpaceUnit transmitters

- Take the SpaceUnit out of its packaging, the ellipse will take shape itself.
- Join the 2 central axes, fitting them together to stiffen the structure.
- **Connect the SpaceUnit to the Tx port of the PowerUnit.**
- Insert the SpaceUnit into its base or Mx Pic (and plant the Mx Pic in the ground).

Turn on and set the PowerUnit transmitters

- Turn it on: **press on the Power button for 2 seconds.**
- **Press on the Set button to select the Tx mode.** Each press of the Set button switches you to the next mode. The LED of the Tx mode must flash.
- Then, make short presses on the Power button to **select the desired code** (START = start transmitter / LAP = intermediate transmitter / FINISH = finish transmitter). Each short press of the Power button switches you to the next code. The led of the selected code flashes.

Place your PowerUnit & SpaceUnit transmitters

- Place the transmitters on the ground **on the side and parallel to the track.** The Freelap logo must face the track.
- It must be **placed at max. 6m of the rider's passage** (so that the transponder of the rider crosses the detection field of the transmitter)



- **The rider must always pass within 6m of the transmitters.**
- **The transmitters must be minimum 0.7 second appart.**
- **Your track must contain a maximum of 11 transmitters.**

04. PLACE YOUR RELAY COACH BLE *(PARTICULAR CASE)*

If you use a Relay Coach BLE with FxChip(s) (instead of FxChip BLE):

- Turn on the Relay Coach BLE: **Press on the Power button.**
- Attach the Relay Coach BLE case to its tripod.
- **Place it after the FINISH transmitter, at a maximum distance of 10 meters .**

05. TURN ON AND PLACE YOUR LED DISPLAY *(OPTIONAL)*

- Turn on your LED Display: Press the Power button.
- Screw the screen onto its tripods.
- Place your LED Display **after the FINISH transmitter at a maximum distance of 50 meters.**

// Your LED Display uses broadcast communication. This means that your BLE device automatically transmits the data. No manipulation is required..

06. PLACE YOUR MOBILE DEVICE

A/ Mobile device not on board with the rider:

To ensure the perfect reception of the data, make sure the mobile device running the MyFreelap App is **at least 1m off the ground**. Depending on your mobile device, you will be able to stand **between 5 and 50 meters** (for the most recent devices) **away from the finish line..**

B/ Mobile device on board with the rider (use of the Connected Handlebar foam) :

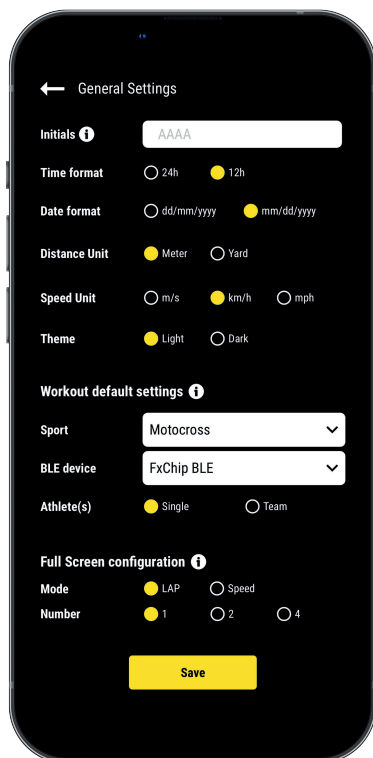
Install the Connected Handlebar Foam: Undo the velcro straps located on the underside of the Connected Handlebar Foam. Attach it, centred on the handlebar, by inserting the handlebar into the preformed foam slot. Close by folding back the velcro straps tightly so that the Connected Handlebar Foam does not move. **The velcro straps must pass under the risers of the motorbike.**

Install the smartphone: Lift up the plastic window by undoing the Velcro straps from the bottom to the top. Place the smartphone horizontally inside the preformed slot, the screen facing outwards. Carefully close the plastic window using the Velcro straps.

07. SET UP YOUR MYFREELAP ACCOUNT



When you are using MyFreelap app for the first time, we recommend you to: Enter your Setting Preferences, Create a Team (optional) and Create an Exercise (optional).



1/ Set up your General Settings

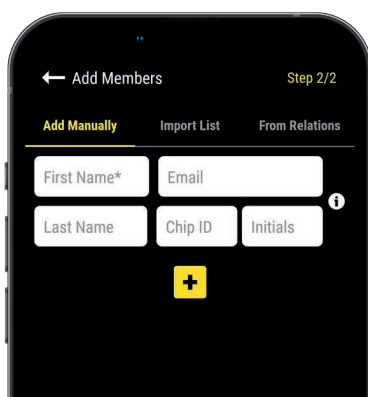
On the main menu, click on **“Settings”** and then on **“General Settings”**.

- Enter your Initials: It will be displayed in the data table instead of the Chip ID (max. 4 characters)
- Choose your Time format
- Choose your Date format
- Choose your Distance Unit
- Choose your Speed Unit
- Choose your MyFreelap Theme
- Set up your Workout default settings:
 - Sport by default
 - BLE device used by default
 - Athlete(s): Single or Team Workout
- Set up your Full screen mode (Mode and Number)

2/ Create a Team (optional)

“Teams” section lets you create start lists to time several riders.

- From the main bottom menu, click on **“Teams”**.
- Click **+** to create a new Team.
- Enter the name of the Team, and a description and a logo of the Team (optional), then click on **“Next”**.
- **Add members to the Team.** MyFreelap offers you 3 ways to add members:
Add members manually, Import a list, or add members from your MyFreelap Relations.



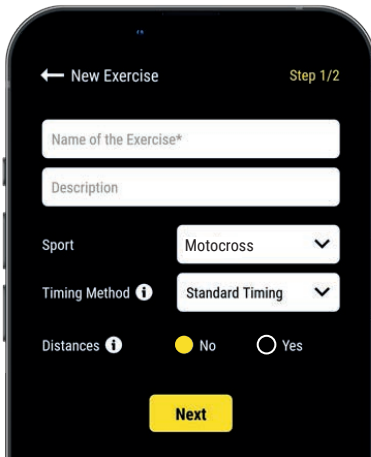
If you add members manually or import a list we recommend you to complete for each rider:

- **First Name*** (required)
- **Last Name**
- **Email:** Lets you know if the member has a MyFreelap account and if he is part of your MyFreelap Relations.
- **Chip ID:** Assign a unique chip ID to each rider to save time when creating your Workout.
- **Initials:** will be displayed instead of the chip IDs.

3/ Create an Exercise (optional)

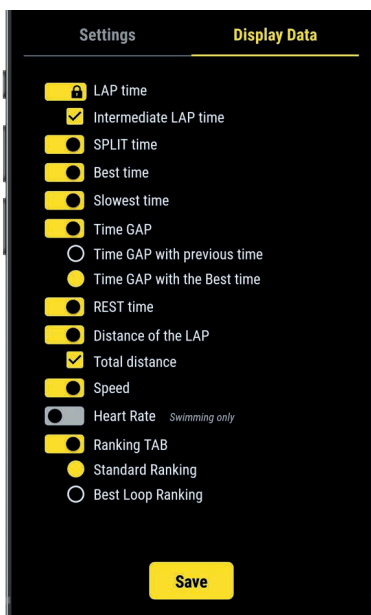
Exercises let you easily: Choose your timing mode (Standard or Roster); Enter distances to get distance and speed data; Choose the data you want to display.

- From the main menu, click on “**Exercises**”.
- Click **+** to create a new Exercise.



Step n°1: Settings

- Enter the **Name** of the Exercise (must be unique)
 - Enter a **Description** (optional)
 - Select the **Sport**
 - Select the **Timing Method: Standard timing** (the most used in motocross)
 - You can add **distance(s)** to get your distance and speed data (optional)
- When you are done, click “Next” to go to Step n°2.



Step n°2: Display Data

By default, data types are enabled based on the standard data template of the selected sport. Here you can **customize the data you want to display**. Click **ON** to turn ON the data you want to display, and turn OFF the data you want to hide.

Click “Save” to save your Exercise.

08. CREATE & START YOUR WORKOUT

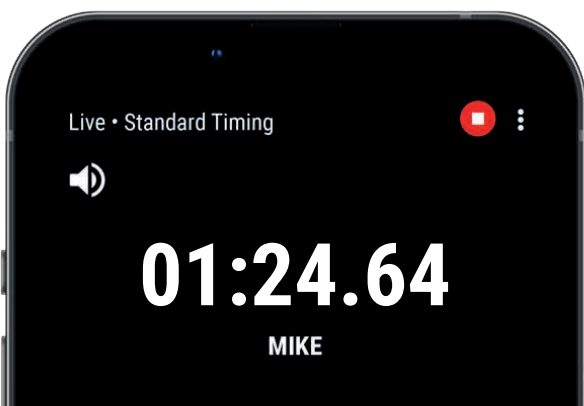


- From the main menu, click on “**Workouts**”.
- Click **+** to create a new **Workout**, and enter:

- The **Name** of the Workout
- Edit the **Day & Time** if needed
- A Description (optional)
- Select the **Sport** of the Workout
- Select the **type of Freelap BLE device** you will use
- Select the **type of Workout**:
 - Single: Enter the **ID** of the chip you will use (2 letters and 4 digits written on the front of your device), and enter your **Initials** (max. 4 character)
 - Team: Select a **Team** in the dropdown list
- Choose the **Exercise** of the Workout (optional)

Steps 2: Start List (*Team Workout only*)

- Click to turn OFF the missing riders
 - Enter/edit Initials (max. 4 characters)
 - Assign a chip to each rider (chip ID must be unique).
- Then click “Start” to start the Workout.



- **You are ready to start the Workout !**
Data will be instantly collected, stored and displayed.
- Click on to display the full screen mode.
- Once the Workout is finished, click on to end it.

09. ABOUT YOUR TIMING DATA

In the data table, data displayed depends on the set up of the Workout:

N°	ID	LAP	GAP	SPLIT	(m) DIST.	(km/h) SPEED
1	LEO	01:15.04 (2) ^		01:15.04	790	37.92
	L1	00:40.01		00:40.01	395	35.55
	L2	00:35.03		01:15.04	395	40.63
P1	LEO	05:00.00				
2	LEO	01:19.92 (2) v +04.88		01:19.92	790	35.60
P2	LEO	05:00.00				
3	LEO	01:13.03 (2) v -06.89		03:13.83	790	39.00
Tot	LEO	03:47.99			2370	

- **N°**: Number of the LAP(1,2,3 ..) / Number of the Rest time (P1, P2, P3 ...)
- **ID**: Chip ID / or Initials
- **LAP**: LAP time (the number of intermediate times of the LAP is indicated in parenthesis) + **Click on a LAP to see the details of the intermediate times**
- **GAP**: Time Gap (with the previous LAP time or with the Best LAP time)
- **Best Time**: Green background
- **Slowest Time**: Red background
- **SPLIT**: Total cumulative time of the LAPs (the Rest times reset the SPLIT back to 0)
- **DIST. (unit)**: Distance of the LAP
- **SPEED (unit)**: Average speed of the LAP
- **Rest Times**: Marked with a yellow border, named P1, P2...
- **Total row**: Show the Total time of the LAPs and the Total distance covered. (Yellow background – is displayed at the bottom of the table if there is only 1 rider or if you filter the data table.)

10. ABOUT SYNCHRONIZATION

Data is automatically saved locally on your MyFreelap app.

- If you have Internet during the Workout (online Workout): the data is automatically synchronized to your MyFreelap Web account.
- If you do not have Internet during the Workout (offline Workout):



This icon appears in the overview of your Workout. As soon as you have an Internet connection, click on the icon to synchronize your Workout data to your MyFreelap Web account.

***For more information please check our complete MyFreelap guide:
www.freelap.com/support/myfreelap-app***

11. CHECKLIST

Verify that:

- You are using the Freelap devices recommended for your sport.
- You have the last version available of MyFreelap app
- MyFreelap app is opened on your mobile device and run in first plan (required on IOS)
- Bluetooth & Location are activated on your mobile device
- Your chip is attached to the elastic band of the rider's mask, centered on the back of the helmet, positioned vertically and facing outwards
- Transmitters are turned on, correctly placed, and set on the correct code
- You have 1 transmitter set on the code FINISH
- Your course does not contain more than 11 transmitters
- Transmitters are at least 0,7s apart
- You cross the detection zone of each transmitter during the Workout
- You correctly place your mobile device: next to the FINISH transmitter (between 5m-50m) at a height of 1 meter (if you are not using the Connected Handlebar Foam).
- That your chips, your Relay Coach BLE and your LED Display have the latest update available. To update it you have to use FDM (Freelap Device Manager) app
- The batteries of your devices are not flat – change / recharge it (cf: instructions for use of your devices)
- You are not close to a railway line (may causes interference)



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SUIVEZ NOUS!

