

Feature Comparison of Top Tracking Apps



Features	Strava	Runtastic	Nike Run Club	Map MyRun	Runkeeper	Garmin Connect	Coros	Suunto	Polar	Apple Fitness	SmashRun	Runalyze
Record a Run using Phone GPS	✓	✓	✓	✓	✓	✗	✗	✗	✗	✗	NA	NA
Track Pace, Speed, Distance	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Track Cadence	Only with GPS Watch	Native support only on iOS	Native Cadence Support	Native Cadence Support	Native Cadence Support	✓	✓	✓	✓	✓	Depends on GPS Watch	Depends on GPS Watch
Track Heart Rate	Supports BLE HR Sensors	Supports BLE HR Sensors	Supports BLE HR Sensors	Supports BLE HR Sensors	Supports BLE HR Sensors	Supports ANT+ and BLE HR Sensors	✓	✓	✓	✓	Depends on GPS Watch	Depends on GPS Watch
Track VO ₂ Max and other Stats	✗	✗	✗	✗	✗	✓	✓	✓	✓	With Apple watch	✗	✓
Tag a Friend	✓	✗	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗
Track Splits	Only by KM or Mile	Only by KM or Mile	Only by KM or Mile	Supports pre-defined splits (100m, 1km etc.,)	Only by KM or Mile	Custom Splits can be tracked by using Lap feature	Custom Splits can be tracked by using Lap feature	Custom Splits can be tracked by using Lap feature	Custom Splits can be tracked by using Lap feature	Only by KM or Mile	Only by KM or Mile	Only by KM or Mile
Track Elevation	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Music Support	✗	✓	✓	✓	✓	NA	NA	NA	NA	NA	NA	NA
Create Interval Workout/Plan	Only for Paid Users	✓	✗	✗	✓	✓	✓	✓	✓	✗	✗	✗
Training Plans	Only for Paid Users	Only for Paid Users	✓	Only for Paid Users	✓	✓	✓	✓	✓	✗	✗	✗
Track Personal Bests	Only for Paid Users	Only for Paid Users	✓	✓	✓	✓	✓	✓	✗	✗	Only for Paid Users	✓
Track Recovery	✗	✗	✗	✗	✗	✓	✓	✓	✓	✗	✗	✓
Track Workload / Stress	Stress Score, RPE	✗	RPE	✗	✗	✓	✓	✓	✓	✗	✗	✓
Configure & Track HR Zones	✓	✓	✗	✓	✗	✓	✓	✓	✓	✓	✓	✓
Predict Race Finish Times	✗	✗	✗	✗	✗	✓	✓	✗	✗	✗	Only for Paid Users	✓
Peer Group Comparison	Only segment Level Comparision	✗	✗	✗	✗	✓ Pace in Age Groups	✗	✗	✗	✗	✓ Very Exhaustive – Speed, Distance	✗
Track Metrics over a time duration	Distance, Pace	Distance, Pace, Goals	✗	Distance	✓	Distance, Pace, HR, Sleep	✓	✓	✓	✓	Very Exhaustive Pace Zones, HR Zones, Duration and more	Very Exhaustive Marathon Shape, VO ₂ Max and more
Set and Track Goals	✗	Distance, Time, Elevation	✗	Distance, Time, No of workouts	✓	✗	Daily goals for Calories, Time	Daily goals for Calories, Time	✗ Activity Level targets only	✗ Activity Level targets only	✓	✓
Track Shoes	✓	✗	✓	✗	✓	✓	✗	✗	✗	✗	✗	✗
Connect with GPS Watches	✓	✓	✓	✓	✓	NA	NA	NA	NA	NA	✓	✓
Privacy	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Find / Create a Route	✓	✗	✗	✓	✓	✓	✓	✓	✓	✗	✗	✗
Discover Runners	✓	✓	✓	✓	✓	✓	✗	✓	✗	✓	✓	✗
Like/Comment a Run	✓	✓	✓	✓	✓	✓	✗	✗	✗	✗	✓	✗
Participate in a Challenge	✓	✓	✓	✓	✓	✗	✗	✗	✗	✗ Not running specific	✗	✗
Badges	Badges for Challegnes	Points & Levels	✓	✗	✓	✓	✗	✗	✗	✓	✓	✗
Events	✓	✓	✓	✗	✓	✗	✗	✗	✓	✗	✗	✗
Leaderboards	✓	✓	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗
Groups/Clubs	✓	✓	✗	✗	✓	✓ Create Group	✓ Create Team (for Coaches)	✗	✓ Create Group (for Coaches)	✗	✗	✗
Play Store Rating & Downloads	4.3 50M+ downloads	4.4 50M+ downloads	4.1 10M+ downloads	4.6 10M+ downloads	4.3 10M+ downloads	4.7 10M+ downloads	4.6 100k+ downloads	4.4 1M+ downloads	4.3 5M+ downloads	NA	NA	NA

