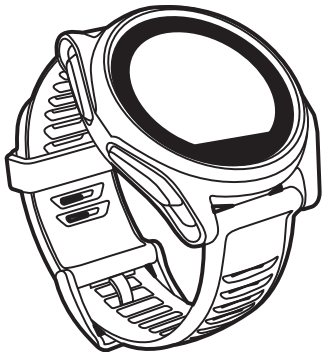


KIPRUN GPS 500/550



KIPRUN

EN

FR

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DE

IT

NL

PT

PL

HU

RO

SK

CS

SV

BG

HR

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EL

TR

UK

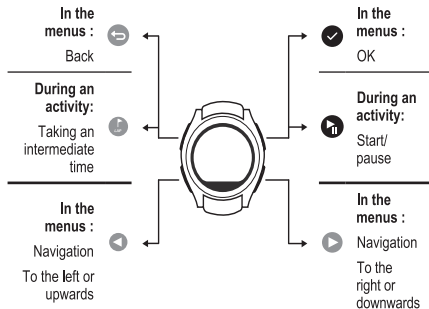
LT

SR

RU

AR

1. DESCRIPTION

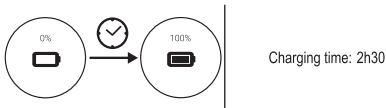


2. RECHARGING THE WATCH

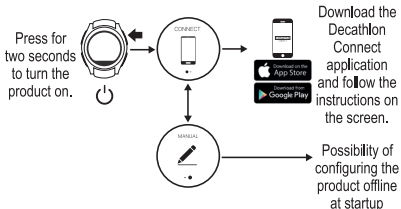


Recharging via 5V socket or USB

The icon ► on the cable and the watch indicates the direction for connection



3. FIRST STEPS



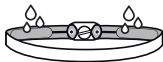
4. HEART RATE MONITOR (KIPRUN GPS 550 ONLY)

To ensure accurate measurement of your heart rate:

- Wear the watch with the dial on top of your wrist
- The watch must be positioned away from the bone, in contact with your skin
- Adjust the strap so that it is tight but does not bother you
- The watch should not rotate or move on your wrist.

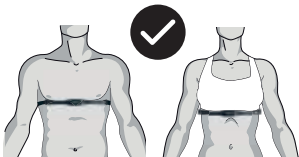
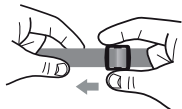
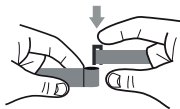


5. USE OF A BLUETOOTH COMPATIBLE SMART BELT: (RECOMMENDED FOR FITNESS SPORTS SUCH AS WEIGHT TRAINING...)

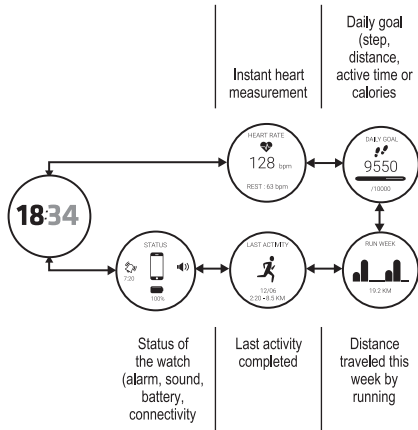


Dampen the sensors on your belt.

Then place the belt around your torso and tighten it.



6. MAIN DISPLAY

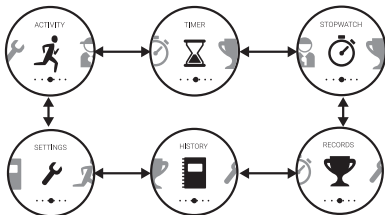


7. MENUS

Start a session

Stopwatch

Timer



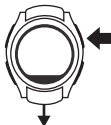
Adjust the settings

Refer to previous sessions

View records

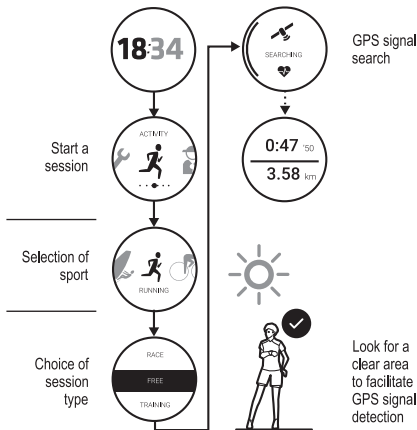


Navigate between menus



Enter the menu

8. START A SESSION



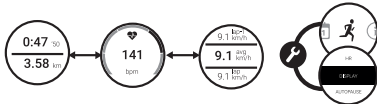
9. ACTIVITY VIEWS



Navigate between values



Taking an intermediate time



Each screen can be customized in the settings:

ACTIVITY > DISPLAY

10. PAUSE AND STOP A SESSION

Active stopwatch

Pause

Save and quit





Auto-pause can be activated in the settings:

ACTIVITY > AUTO-PAUSE

11.SYNCHRONISE A SESSION

Synchronise your sessions through the Decathlon Connect application



The sessions are stored in the product memory and can be viewed in the menu

12.START A TRAINING SESSION



The product allows you to start split workouts and create new ones.

WARM UP



ACTION



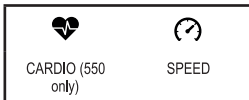
REST



COOL
DOWN

X REPETITIONS

For each action it is possible to define a target area



13. START A RACE SESSION



The product allows you to challenge yourself over a given distance in relation to your best reference time.

Estimated time frame to reach your target.



Current time

Estimated arrival time

Time ahead or behind your target

14. PRECAUTIONS FOR USE



Handle with care, do not drop or expose to serious impacts. Caution, this product is not waterproof. Do not disassemble this product as this may damage it and void the warranty. If you use this product in very cold weather (temperatures below -10°C), the battery capacity and life span may decrease.

15. LIMITED RESPONSIBILITY

DECATHLON is not responsible for accidents or injuries resulting from the handling or use of this product for high-risk sports. Specifically, DECATHLON wishes to inform the user about the possible risk of concentration loss due to handling the product in dangerous conditions. This appliance contains batteries that are non-replaceable.

16. LEGAL NOTICES

DECATHLON hereby declares that the KIPRUN GPS 500/550 device complies with the essential requirements and the other relevant provisions of Directive 2014/53/EU. The EU declaration of conformity is available at the following web link : https://support.decathlon.fr/kiprun500_doc / KIPRUN GPS 550: https://support.decathlon.fr/kiprun550_doc

17. CONTACT THE TEAM

Contact us at support@geonaute.com

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.» CAUTION: changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

DECATHLON Canada Inc.

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Radiation Exposure Statement:

This equipment complies with IC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator & your body.

Déclaration d'exposition aux radiations:

Cet équipement est conforme aux limites d'exposition aux rayonnements IC établies pour un environnement non contrôlé. Cet équipement doit être installé et utilisé avec un minimum de 0cm de distance entre la source de rayonnement et votre corps.

Bluetooth: 2402 ~ 2480MHz
EIRP: 1mW

DECATHLON

Производитель и адрес, Франция: DECATHLON - 4 Boulevard de
Mons - BP 299 59650 Villeneuve d'Ascq cedex - France

Made in Taiwan - Hecho en Taiwan - Fabriqué
à Taiwan Fabricado na/em Taiwan - Pagaminta
Taivane - Произведено в Тайване - Imal edildiği
yer Tayvan - ساخت تایوان صنع في تایوان

RUS Импортёр/уполномоченное изготовителем лицо: ООО
«Октобл», 141031, Россия, Московская область, Мытищинский
район, МКАД 84-й км., ТПЗ «Алтуфьево», влад. 3, стр. 3,
+7(495)6414446 GPS-часы для занятий спортом Дата изготовления

указана на изделии или упаковке в формате ГГГГ/ММ **BRA**
Importado para o Brasil por IGUASPORT Ltda. CNPJ 02.314.041/0001-
88 **TUR** TURKSPORT Spor Ürünleri Sanayi ve Ticaret Ltd.Şti

Osmaniye Mahallesi Çobançeşme Koşuyolu Bulvarı No: 3 Marmara
Forum Garden Office 0B Blok 01 Bakırköy 34146 İstanbul, TURKEY

COL Importado para Colombia por Decathlon Colombia SAS -
NIT: 900868271 - SIC: 900868271-1 **EGY** GPS ساعة Decathlon
Trading Egypt - 1st Al Wozaraa Square 1169 - Sheraton - Cairo

- Egypt **MEX** Importado por Articulos Deportivos Decathlon,
S.A de C.V Av. Ejército Nacional 826, Delegación Miguel Hidalgo,
Colonia Polanco III Sección, 11540 Ciudad de México, México
R.F.C ADD 150727S34 - Tel.: 01 800 062 4500 Reloj GPS Material

principal : Plástico **CHL** IMPORTADO PARA CHILE POR:
DECATHLON CHILE S.P.A.R.U.T: 76.507.443-6



Pack Ref : 2852549

VIDEOS, ADVICE...

VIDEOS, CONSEILS...

VÍDEOS, CONSEJOS...

VIDEOS, TIPPS USW.

VIDEO, CONSIGLI...

VIDEO'S, TIPS...

VÍDEOS, SUGESTÕES...

FILMY, PORADY

VIDEÓK, TANÁCSOK...

VIDEOCLIPURI, RECOMANDĂRI ...

VIDEÁ, ODPORÚČANIA...

VIDEO, RADY...

VIDEOFILMER, RÂD M.M.

БХДЕНЙКХОНБЕ, ЯЗБЕРХ[↓]

VIDEOZAPISI, SAVJETI...

POSNETKI, NASVETI ITD.

BINTEO, ΣΥΜΒΟΥΛΕΣ...

VİDEOLAR, ÖNERİLER...

ВІДЕО, ПОРАДИ...

VAIZDO ĮRAŠAI, PATARIMAI...

VIDEO SNIMCI, SAVETI...

ВИДЕО, СОВЕТЫ...

مقاطع فيديو ونصائح...

