CONTENTS

CONTENTS

1 FOREWORD

Congratulations and thank you for purchasing a SIGMA SPORT®
Running Computer. Your new running computer will be a faithful training
partner for many years to come. You can use your running computer for:

→ Running
→ Walking and Nordic Walking
→ Hiking
→ Swimming (HR only)

The running computer RC 1209 is a technically advanced instrument
that measures speed, distance, and heart rate. Please read these
instructions carefully to become familiar with the functions and features
of this product.

SIGMA SPORT® wishes you lots of fun while using your running computer.

2 PACKAGE CONTENTS

	Running computer RC 1209 incl. battery
	Battery compartment door tool to activate and to change the battery **Tip:** If you lose this tool, a ball point pen can be used to open the battery compartment.
	COMFORTEX+ chest belt for heart rate and distance measurement and for fixing the R3 transmitter

2 PACKAGE CONTENTS

R3 transmitter incl. battery for measuring speed, heart rate and distance. The R3 transmitter sends coded digital signals to your RC 1209.

HipClip for R3 transmitter to train without heart rate, but with speed and distance.

3 SAFETY GUIDELINES

→ Consult your doctor before starting training in order to avoid health risks. This is particularly applicable if you have any cardiovascular diseases or have not done any sport for a long time.

→ Please do not use the running computer for diving, it is only suitable for swimming.

→ None of the buttons can be operated under water.

4 OVERVIEW

4.1 ATTACHING R3 TRANSMITTER

You can wear the R3 transmitter either on the chest belt or the HipClip.

→ **Worn on chest belt**
It measures the heart rate, speed and distance.

→ **Worn on HipClip**
It measures the speed and distance, but not the heart rate.

4 OVERVIEW

4.1.1 CHEST BELT APPLICATION
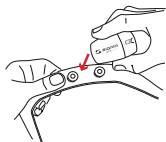
Press the R3 transmitter into the snaps of the chest belt.
Important: Detach the R3 transmitter from the belt after training in order to save the battery. The transmitter always becomes active if a current flows between the two contacts. This is the case when the chest belt is worn on the skin, or if the chest strap and/or the R3 transmitter lies, for instance, on a wet towel. When the LED flashes, the R3 transmitter is on.

Adjust the length of the belt.

Important: The belt should fit snug, but not too tight.
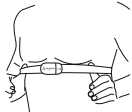
Place the belt below the chest muscle or breasts.

Important: The R3 transmitter faces forward.
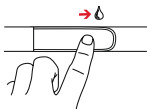
Wet the surface of the sensor, which rests on the skin.
Important: The heart rate measurement is reliable only if the sensor surface is moist.
Note: sensors are the two silicone pads to the left and right of the removable R3 transmitter.

4.1.2 HIPCLIP APPLICATION
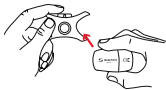
Snap the R3 transmitter into the HipClip.

Important: Detach the R3 transmitter from the HipClip after training in order to save the battery. The transmitter becomes active when it is clipped on the HipClip or if current can flow between the contacts (press buttons). When the LED flashes, the R3 transmitter is on.

Note: The R3 transmitter can be used only in one direction.

4 OVERVIEW

Attach the HipClip centered on your pants.

Important: Speed and distance are measured correctly only if you wear the HipClip on the front center.
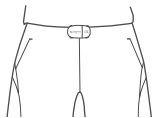
4.2 BEFORE THE FIRST TRAINING

Before you can start with the first training, you need to prepare the running computer in the following manner:

1. Set the battery compartment cover to ON with the appropriate tool.

2. The device automatically switches to the setting mode. Scroll through the basic settings with the buttons SPEED (+) and PULSE (-). Confirm the settings with the SET button. Make the basic settings such as language, unit, date, time, etc.

Note: Be sure to include your gender, birth date and weight, because it is from this data that the running the computer calculates the maximum heart rate (HR max.).
For details see section 5 "Setting mode"

3. Put on the chest belt or HipClip and RC 1209.
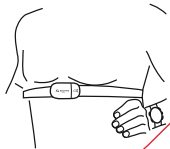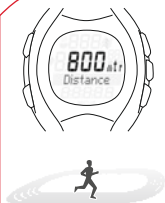
4. Calibrating
For the running computer to display the optimal results, you need to calibrate it (for details see section 6 "Calibration". In the setting mode scroll to "Calibration & Correction Factor". Press the SET button. The running computer guides you through the calibration. After calibration, you can leave the setting mode by pressing and holding the SET button.

5. Starting the training.
Start your first training with the START/STOP button.

6. If you want to end the training, you can press the START/STOP. The stopwatch stops.
To reset the values to zero, press and hold the START/STOP button. To exit the training mode, press and hold the PULSE (-) button. Detailed descriptions of the five steps can be found on the following pages.

4.3 PRESSING THE BUTTON BRIEFLY AND HOLDING

The buttons on the running computer perform different actions depending on how long you press them:

→ **Press button briefly**
Activate functions or scroll through functions
→ **Press and hold to**
Switch to another mode, reset training values, or synchronize the R3 transmitter manually.

Example: You have completed the training and want to enter the sleep mode.

4 OVERVIEW

Press and hold the PULSE (-) button.

Press and hold the PULSE (-) button down.
The display will flash twice, indicating that
the training mode is closed.

The sleep mode is displayed.
Release the PULSE (-) button.

4.4 OVERVIEW OF MODES AND FUNCTIONS

There are three main modes to the Running Computer. (Sleep mode,
training mode, setting mode). Switching between these modes requires
that you press and hold a button for 3 seconds.

Press and hold one of the buttons
Training mode
Press and hold

Sleep mode
Press and hold

Press and hold

Press and hold
Setting mode

4 OVERVIEW

4.4.1 SLEEP MODE

In sleep mode, only the time and date are displayed. Switch from sleep mode to training mode by pressing and holding any button for 3 seconds.

4.4.2 TRAINING MODE

You will train in this mode.

LIGHT ☀
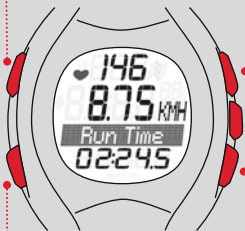
START/STOP
→ Stopwatch

SET
→ Distance (in km or mi)
→ Speed
   (in km/h or min/km)

PULSE ⊖
→ Average heart rate
→ Maximum heart rate
→ Calories
→ Total Kcal*

SPEED ⊕
→ Running time
→ Average speed
→ Maximum speed
→ Clock
→ Total distance*
→ Total running time*

*Note: Total values are
 displayed only if the
 stopwatch is not running.

4.4.3 SETTING MODE

In this mode you can adjust the device settings.
→ With the SPEED (+) button you can scroll forward, from language to zone alarm.
→ With the PULSE (-) button you can scroll backward, from zone alarm to language.

Zone alarm
(On, Off)

Button tones
(On, Off)

Contrast
(5 levels)

Total Kcal
(enter)

Total running time
(enter)

Total distance
(enter)

Training zone
(fat burning, fit zone, individual)

Max. heart rate
(Calculated from gender, age and weight. Correction possible)

Weight
(enter)

Birth date
(enter)

Gender
(male, female)

Clock
(enter, + 12 h, 24 h)

Date
(enter, format)

Correction factor
(enter, format)

Calibration
(running/walking required)

Unit
(km/h, mph, min/km, min/mile)

Language
(ES, FR, IT, GB, DE)

5 SETTING MODE

5.1 OPENING THE SETTING MODE

Prerequisite: your running computer must first be in training mode (see section 4.3 "Overview of modes and functions").

Press and hold the SET button for 3 seconds. When the display flashes twice, the setting mode is open.

5.2 DISPLAY SETUP

1st line	SET indicates that the setting mode is open.
3rd line/ 4th line	Submenu or the setting to be changed.

5.3 BUTTON ASSIGNMENT IN SETTING

LIGHT ☀
Press:
Light on

START/STOP
Press: In calibration mode, start and stop the measurement

SET
Press: Select function Save value
Press and hold: Quit setting mode (in the calibration mode, quit calibration)

PULSE ⊖
Press: Scroll backward
Press and hold:
Scroll continuously

SPEED ⊕
Press: Scroll forward
Press and hold: Scroll continuously
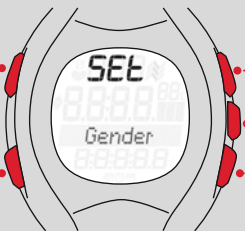
5 SETTING MODE

5.4 BRIEF GUIDE TO DEVICE SETTINGS

Your device settings such as language, unit, correction factor, gender, birth date, weight, HR max., contrast, button tones and zone alarm are all set in the same manner: Select the device setting, change the value and save the modified setting.
Prerequisite: Your running computer must be in the setting mode (to enter the setting mode, press and hold the set button for 3 sec.).
1   Press the PULSE (-) or SPEED (+) button repeatedly until you get to the desired device setting.
2   Press the SET button, the value of the device setting flashes.
3   Press the PULSE (-) or SPEED (+) button repeatedly until the desired value is shown.
4   Press the SET button to save the device setting.
     Now you can scroll to another device setting and repeat steps 1-4.

5.5 MAKING DEVICE SETTINGS

5.5.1 SETTING LANGUAGE

Follow steps 1-4 as described in section 5.4 "Brief guide to device settings"

5.5.2 SETTING UNIT

Follow steps 1-4 as described in section 5.4 "Brief guide to device settings"

5.5.3 CALIBRATION

The calibration is described in a separate section, see section 6 "Calibration & correction factor".

5.5.4 CORRECTION FACTOR

The correction factor is described in a separate section, see section 6 "Calibration & correction factor".

5.5.5 SETTING DATE

Prerequisite: Your running computer is in the setting mode.

SET / Date	Press SPEED (+) button repeatedly until "Date" appears on the display.
SET / Year / 2009	Press SET button. "Year" is displayed, below it the preset year flashes. Now you can set the year with the SPEED (+) or PULSE (-) key.
SET / Month / 2	Press SET button. "Month" is displayed. Now you can set the month with the SPEED (+) or PULSE (-) button.
SET / Day / 5	Press SET button. "Day" is displayed. Now you can set the day with the SPEED (+) or PULSE (-) button.
SET / dd.mm.yy	Press SET button. A date format is displayed. With the SPEED (+) or PULSE (-) button you can choose another date format.
SET / Date	Press SET button. The date setting is saved.

5.5.6 SETTING TIME

Prerequisite: Your running computer is in the setting mode.

Press SPEED (+) button repeatedly until "Clock" appears on the display.

Press SET button. "24H" appears and flashes. With the SPEED (+) or PULSE (-) button choose between a 12-hour or 24-hour display.

Press SET button. The time is displayed. The hours entry flashes.

Press SPEED (+) or PULSE (-) to change the hour.

Press SET button, the minute entry flashes, and then it can be set with the PULSE (-) or SPEED (+) button.

Press SET button. The newly set time is saved.

5.5.7 SETTING GENDER

Follow steps 1-4 as described in section 5.4 "Brief guide to device settings" This device setting is included in the calculation of the maximum heart rate and the calories. So, set the value correctly.

5.5.8 SETTING BIRTH DATE

Follow steps 1-4 as described in section 5.4 "Brief guide to device settings" This device setting is included in the calculation of the maximum heart rate and the calories. So, set the value correctly.

5.5.9 SETTING WEIGHT

Follow steps 1-4 as described in section 5.4 "Brief guide to device settings" This device setting is included in the calculation of the maximum heart rate and the calories. So, set the value correctly.

5.5.10 SETTING HR MAX.

The maximum heart rate (HR max.) is determined by the running computer from gender, weight and birth date.

Attention: You can also change the training zones with this value. Change the HR max. value only when it has been determined by a safe test, such as performance diagnostics, HR max. test, etc.

Follow steps 1-4 as described in section 5.4 "Brief guide to device settings"

5 SETTING MODE

5.5.11 SETTING TRAINING ZONE

You can choose from three training zones. The upper and lower limits for the zone alarm are determined by the zone that you select.

Example: You want to lose weight. Select the "Fat Burning" zone.

Prerequisite: Your running computer is in the setting mode.

Press PULSE (-) button repeatedly until "Train. Zone" appears on the display.

Press SET button. The selected training zone is displayed.

Scroll with the SPEED (+) button to "Fat Burn".

Press SET button. The training zone is set for all future training.

Tip: To exit set mode, press and hold the SET button for 3 seconds to go back to the training mode.

5.5.12 TRAINING WITH TRAINING ZONES

Your running computer has three training zones. The preset training zones "Fat Burning" and "Fit Zone" are calculated from the maximum heart rate. Each training zone has an upper heart rate limit and a lower heart rate limit.

→ **Fat Burning**
   This training is for aerobic energy metabolism. For long duration and low intensity more fat than carbohydrates are burned or converted into energy. The training in this zone will help you lose weight.
→ **Fit Zone**
   The training is more intensive in the fitness zone.
   The training in this zone enhances the basic endurance levels and improve cardiovascular fitness.
→ **Individual Training Zone**
   This zone is set up by yourself to meet your specific training goals.

The procedure to select the "Training zone" is described in section 5.5.11 "Setting training zone".

5.5.13 SETTING UP THE INDIVIDUAL TRAINING ZONE

Example: You would like to train in an individual training zone for a run with change of pace. The pulse range should lie between 120 and 160.

Prerequisite: Your running computer is in the setting mode.

Scroll with the SPEED (+) button until "Train. Zone" appears on the display.

5 SETTING MODE

Press SET button. The selected training zone is displayed.	SET Fit Zone
Scroll with the SPEED (+) button to "Individual".	SET Individual
Press SET button. "Lower Limit" is displayed. The registered value flashes.	SET Lower Limit 125
Press the PULSE (-) button repeatedly till the value is 120.	SET Lower Limit 120
Press SET button. "Upper Limit" is displayed. The registered value flashes.	SET Upper Limit 155
Press the SPEED (+) button repeatedly until the value is 160	SET Upper Limit 160
Press SET button. The upper and lower limits are set.	SET Train. Zone

5.5.14 SETTING THE TOTAL DISTANCE

Example: You bought a running computer and want to take the total distance of 560 kilometers from your training diary.

Prerequisite: Your running computer displays the setting mode.

SET / Tot. Dist.	Scroll with the SPEED (+) button until "Total Dist." appears on the display.
SET / Tot. Dist. 00000	Press SET button. You will see zeros below the total distance. The first digit flashes.
SET / Tot. Dist. 00000	Press the SET button twice. The digit for the hundreds flashes.
SET / Tot. Dist. 00500	Press SPEED (+) button five times until 5 is displayed.
SET / Tot. Dist. 00500	Press SET button. The 5 is set and the tens flashes.

5 SETTING MODE

5.5.14 SETTING THE TOTAL DISTANCE

Press the PULSE (-) button repeatedly till 6 displayed.

Press SET button. The 6 is set and the digit flashes.
Press SET button. The setting is saved.

5.5.15 SETTING TOTAL RUNNING TIME

Follow steps 1-4 as described in section 5.5.14 "Setting total distance".

5.5.16 SETTING TOTAL CALORIES

Follow steps 1-4 as described in section 5.5.14 "Setting total distance".

5.5.17 SETTING CONTRAST

As described in section 5.5 "Making device settings".
Note: The contrast changes immediately.

5.5.18 SETTING BUTTON TONES

Follow steps 1-4 as described in section 5.4 "Brief guide to device settings".

5.5.19 TURNING THE ZONE ALARM ON AND OFF

Follow steps 1-4 as described in section 5.4 "Brief guide to device settings".

6 CALIBRATION & CORRECTION FACTOR

6.1 WHY CALIBRATE?

Everyone has a different walking and running style, which affects the measurement. Therefore, you should set up (calibrate) the R3 transmitter for your running and walking style. If you use the factory presets, the running computer may or may not provide you with accurate data. Calibrating the sensor makes the measuring much more precise.

6.2 CALIBRATION FUNCTION

The running computer has a calibration function. For the calibration, wear the R3 transmitter and the running computer and run a distance that is known to you. You can measure a distance in advance with a bike computer, or run on a 400-meter track. After you have run the distance, adjust the measured value to the actual distance run.
As your running or walking styles change as you change speed, the calibration is carried out in the slow and fast speed respectively.

For the sensor positions chest and hips, you can perform two calibrations:

→ Walking
→ Running

Important: To properly calibrate your computer, you must perform the test twice at a minimum distance of 800 m.

6 CALIBRATION & CORRECTION FACTOR

6.3 ACTIVATING CALIBRATION

Prerequisite: The device is in training mode.
You are wearing both the R3 transmitter and the running computer.

Press and hold the SET button until the setting mode is open.

Press the SPEED (+) button repeatedly until the function "Calibration" appears.

Press the SET button. The RC 1209 determines the position of the R3 sensor (chest or hips) and starts the calibration function. The RC 1209 guides you through the calibration.

6.4 CALIBRATING

Calibration is carried out for two speeds:

→ **Slow running or slow walking**
   Run here as slow as you would run in the slowest training.
→ **Fast running or fast walking**
   Run here at the fastest pace that you would run in an endurance run or a long tempo run (over 3000 m). It is recommended that the two speeds differ by 30 %.

Tip: If you use the device only for running and with heart rate measurement (chest position) and therefore never wear on the hip, you need calibrate only for the sensor position "Chest" and for "Running".

6 CALIBRATION & CORRECTION FACTOR

6.4.1 PREPARING FOR CALIBRATION

1 Put on the chest belt or attach the HipClip.
2 Go to a measured distance of at least 800 meters long.
   Tip: The inside lane of a track is 400 meters.
3 Select "calibration" in the setting mode.
4 Press the SET button. The running computer detects whether you carry the HipClip or the chest belt. The function "Running" is displayed.
   Tip: If you want to calibrate the RC 1209 for "Walking", select the function "Walking" with the SPEED (+) button.
5 Press the SET button. The running computer shows on the display what you have to do.

6.4.2 CARRYING OUT CALIBRATION RUNS

1 Always start 20 meters from the starting line of the measured distance (flying start).
2 Once you cross the starting line, press the START/STOP button. The measurement begins.
3 After you have run the measured distance, press the START/STOP button.
4 Now adjust the displayed value by pressing the PULSE (-) or SPEED (+) button to the actual distance run.
5 Press the SET button. The slow calibration run is saved.
6 In the display now you can see the prompt "Run (walk) fast/ press Start" alternately. Follow steps 1 - 5 again to calibrate the fast run.

Note: After you have performed the first calibration, the calibration menu will change. If you redo it, you have the opportunity at the beginning to distinguish between the following options: ON, OFF and NEW. Select ON, then run in training mode with calibrated values. Select OFF, then run with an uncalibrated RC 1209. Select NEW, then re-calibrate the RC 1209.

6.5 CORRECTION FACTOR

If you get good values with or without calibration, which vary only minimally in one direction, you have the option to manually correct these values by the correction factor.

Example:
You know that you have run exactly 2000 m, but the running computer always shows a little more, e.g. 2037 m.
The factory setting of the correction factor is 1.000 and does not effect a change.

Please calculate the correction factor as follows:
→ New correction factor = **1.000** x **2000** / **2037**
→ New correction factor = **0.982**

$$\frac{\text{Age correction factor (1.000) x actual distance (2000)}}{\text{displayed distance (2037)}}$$

Follow steps 1-4 as described in section 5.4 "Brief guide to device settings"

7 TRAINING MODE

7.1 OPENING THE TRAINING MODE
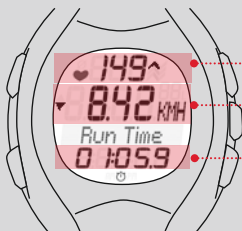
To go into training mode:

→ **From sleep mode**
  Press and hold any button for 3 seconds.
→ **From setting mode**
  Press and hold SET button for 3 seconds.

7.2 DISPLAY SETUP

→ Current heart rate

→ Speed or distance

→ Shows functions of SPEED (+)
  or PULSE (-) - ex. the Run Time
→ SPEED (+) button:
  Distance or time values
→ PULSE (-) button:
  Heart rate or calories burned

→ **Arrow next to pulse display** ⋀
  In the example, the heart rate is below the selected training zone
  and should be increased. If the heart rate is too high, the arrow
  points down.
→ **Arrow next to speed** ▼
  In the example, the speed is below the current training average.
→ **Stopwatch icon** ⏱
  The training has started, the stopwatch is running.

7 TRAINING MODE

→ **Stopwatch stopped - correct sync**
The stopwatch icon is gone. If the function is highlighted in grey, the R3 transmitter and RC 1209 are synchronized and the stopwatch has stopped.

→ **Stopwatch stopped – no sync with RC 1209**
The stopwatch icon is gone.
If the function has a light background, the R3 transmitter and RC 1209 are **not** synchronized anymore.
Please synchronize by pressing and holding the SPEED (+) button long.

7.3 BUTTON ASSIGNMENT IN THE TRAINING MODE

LIGHT ☀
Press:
Light on

PULSE ▬
Press: Displays HR functions
Press and hold: Opens sleep mode; quits training mode

START/STOP
Press: Starts/stops stopwatch
Press and hold: Set training values to zero (reset)

SET
Press: Displays speed or distance
Press and hold: Opens the setting mode

SPEED ➕
Press: Displays speed functions.
Press and hold: Reconnect R3 transmitter with RC 1209 (synchronize)

7 TRAINING MODE

7.4 FUNCTIONS DURING THE TRAINING

The Running Computer measures many different training statistics, but it cannot display them all at once. You can view any function with just a press of a button.

With the SET button you can switch between speed and distance in the middle line.

With the PULSE (-) or SPEED (+) button you can choose the function you want to see in the lower display area.

Note: Calories, distance, average and maximum values require a time component and therefore can only be calculated when the stopwatch is running.

7.5 RADIO LINK WITH THE R3 TRANSMITTER

The RC 1209 receives the heart rate, speed and distance from the R3 transmitter. This is a coded digital transmission. The coding ensures that other signals from other transmitters are ignored and only the signals from your chest are received.

7 TRAINING MODE

Synchronization
Start the training mode, reset the RC1209 to zero, your R3 transmitter will synchronize. During synchronization the word "SYNC" is displayed. The synchronization is complete, when "SYNC" is no longer seen in the display.

Message "Too many signals"
This message appears when there are too many transmitters in the vicinity. In order to resynchronize, proceed as follows:

1 Move about 10 m away from possible sources of interference, such as other heart rate monitors, power lines and antennas.

2 Press any button to remove the message.

3 Press and hold SPEED (+) button until the training mode is back to normal.
R3 transmitter and RC 1209 are again synchronized.

Note: The RC 1209 cannot be disturbed after a successful synchronization.

7.6 STARTING THE TRAINING

Prerequisite: Your running computer displays the Training Mode.

Press START/STOP button. The running time begins to run. At the bottom of the display you will see a stopwatch icon and the measured value title with light background.

7.7 INTERRUPTING THE TRAINING

You can stop the training any time and continue afterward.

Press START/STOP button. The stopwatch icon disappears. The stopwatch has stopped.

Press START/STOP button again. The stopwatch icon is displayed again. The stopwatch continues to run.

7.8 EXITING THE TRAINING

You have finished your training run and want to end the training in the running computer.

Press START/STOP button immediately. There by prevent the average values or the running time from being distorted.

Press and hold the PULSE (-) button. You go into sleep mode. You see only the time and date and save battery. The current training values remain saved.

Note: If you have stopped the training, your running computer goes into the sleep mode after five minutes.

7 TRAINING MODE

7.9 TRAINING VALUES AFTER THE TRAINING

Prerequisite: You are in the training mode.

After training, you can view the measured values in the training mode in peace. With the SET, PULSE (-) and SPEED (+) buttons you can scroll between each values. In addition to the current training values, the running computer also shows summed values such as:

→ Total running time
→ Total distance
→ Total calories

Note: Total values are available only when the stopwatch is stopped.

7.10 RESETTING THE TRAINING VALUES

Before you begin a new training, you should set the training values to zero. Otherwise, the running computer counts the values further. The summed total values for distance, time and calories remain saved.
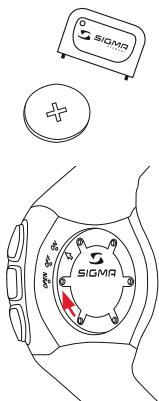
Prerequisite: You are in the training mode.

Press and hold the START/STOP button. The display flashes twice and all values are reset. Then you see the training mode again.

8 MAINTENANCE AND CLEANING

8.1 CHANGING THE BATTERY

The battery CR2032 (Ref. No. 00342) is used in the running computer and battery CR2450 (Ref. No. 20316) in the R3 transmitter.

Prerequisite: You have a new battery and the battery compartment cover tool.

1 Turn the cover of the battery compartment with the tool counterclockwise till the arrow points to OPEN. Alternatively, you can also use a ballpoint pen
2 Remove the cover.
3 Remove the battery.
4 Insert the new battery. The plus sign facing up. **Important:** Pay attention to polarity! Make sure that the protective film is back on the battery.
5 Replace the cover. The arrow points to OPEN.
6 Turn the cover of the battery compartment with the tool clockwise till the arrow points to ON (to Close in R3 transmitter).
7 Correct time and date.

Important: Dispose of old battery properly (see section 8.4).

8 MAINTENANCE AND CLEANING

8.2 WASHING THE COMFORTEX+ TEXTILE CHEST BELT

The COMFORTEX+ textile chest belt can be washed
in the washing machine at +40°C/104°F hand wash.
Standard detergents may be used, but please do not
use bleaching agents or detergents with bleach
additives.

- → Do not use soap or fabric softener.
- → Do not dry clean
- → Do not put in dryer
- → Lay flat, do not wring out, stretch, or hang
  when wet.
- → The COMFORTEX+ must not be ironed!

8.3 SPARE PARTS

COMFORTEX+ textile chest belt

8.4 DISPOSAL

Batteries must not be disposed of with the household waste (Battery Law). Please give the batteries to a designated delivery station for the disposal.

LI =
Lithium Ionen

Electronic devices must not be disposed of with household waste. Please give the device to a designated disposal agency.

9 TECHNICAL DATA

RC 1209
➔ Battery type: CR2032
➔ Battery life: Average of 1 year
➔ Accuracy of the clock: Higher than ± 0.4 seconds/day at an ambient temperature of 20°C.
➔ Heart rate range: 40-240

R3 transmitter
➔ Battery type: CR2450
➔ Battery life: Average of 2 years
➔ Distance accuracy: Most of the runners achieve at least 90 % in the factory setting. Up to +/- 3 % are possible in the calibrated state. The specification of accuracy requires constant conditions and at least a distance of 3 km.

COMFORTEX+ textile chest belt
➔ Belt material: Polyamide with elastane

NOTES

FCC Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

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. This device and its antenna(s) must not be co-located or operating in

conjunction with any other antenna or transmitter.

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