



OVERVIEW

Digitally coded radio transmission of your heart rate

Digitally coded radio transmission STS RUN (heart rate, speed, distance)

Basic functions

- ECG exact
- time (12/24 h display)
- date
- alarm clock
- countdown
- key sound on/off
- 5 languages (DE, GB, FR, IT, ES)
- display backlight

Training display

- heart rate
- average heart rate
- maximum heart rate
- % of the max. HR with zone bars
- training time in training zone
- calorie counter
- stop watch
- clock
- zone indicator
- lap counter
- lap time
- lap distance
- current speed
- average speed
- comparison current/average speed
- maximum speed
- distance covered
- total training time²
- total calories²
- total distance²
- remaining LOG time in hh:mm

Training functions

- calculation of maximum heart rate
- training zone automatic (fit or fat)
- manually adjustable zones
- audible signal if set limit crossed upwards / downwards
- change of training zones possible during training

Easy LapView/lap memory

- time per lap
- time since start
- average heart rate per lap
- maximum heart rate per lap
- training time in training zone per lap
- calories per lap
- distance per lap
- average speed per lap
- maximum speed per lap
- distance from start

Other features

- R3 COMFORTEX+ fabric chest strap incl.
- docking station and DATA CENTER software included
- battery change compartment
- preset values are saved during battery change
- battery state indicator (watch)
- battery state indicator (transmitter)
- waterproof
- no. of training units which can be called up
- maximum number of stored laps per unit
- maximum LOG time in h
- PC/MAC interface
- delivery includes: receiver with battery (CR 2032*), chest strap with battery (CR 2032*)
- delivery includes: receiver with battery (CR 2032*), R3 Comfortex+ with battery (CR 2450*)
- docking station included⁴

	SC 6.12	PC 3.11	PC 10.11	PC 15.11	PC 25.10	RC 1209	RC 14.11
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Training display							
- heart rate							
- average heart rate							
- maximum heart rate							
- % of the max. HR with zone bars							
- training time in training zone							
- calorie counter							
- stop watch							
- clock		1					
- zone indicator							
- lap counter	99		50				99
- lap time							
- lap distance							
- current speed							
- average speed							
- comparison current/average speed							
- maximum speed							
- distance covered							
- total training time ²							
- total calories ²							
- total distance ²							
- remaining LOG time in hh:mm							
Training functions							
- calculation of maximum heart rate							
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- audible signal if set limit crossed upwards / downwards							
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Easy LapView/lap memory							
- time per lap							
- time since start							
- average heart rate per lap							
- maximum heart rate per lap							
- training time in training zone per lap							
- calories per lap							
- distance per lap							
- average speed per lap							
- maximum speed per lap							
- distance from start							
Other features							
- R3 COMFORTEX+ fabric chest strap incl.							
- docking station and DATA CENTER software included							
- battery change compartment				3	3	3	
- preset values are saved during battery change							
- battery state indicator (watch)							
- battery state indicator (transmitter)							
- waterproof							
- no. of training units which can be called up	7	1	1	1	1	1	1
- maximum number of stored laps per unit	99		50				99
- maximum LOG time in h							90
- PC/MAC interface							
- delivery includes: receiver with battery (CR 2032*), chest strap with battery (CR 2032*)							
- delivery includes: receiver with battery (CR 2032*), R3 Comfortex+ with battery (CR 2450*)							
- docking station included ⁴							

¹ not shown during use of heart rate measurement

² not shown when stop watch is running

³ battery change compartment with on/off function (saves energy when not in use).

⁴ allows automatic data transmission for analysis of training data and to set up the device via PC (SIGMA DATA CENTER 3.0 analysis software included)