1. GENERAL INFORMATION

Suunto t6 is your personal tool for better performance in sports. It measures the time between your heartbeats with the accuracy of milliseconds and records it for deeper analysis. The Suunto Training Manager PC software uses the heart rate variation data to analyze the effect of your training and to calculate several other body parameters. Relating this information with your current fitness level, the software also indicates the scale of training load that you need for different training effects.

For the first time, in field conditions Suunto t6 tells you whether your training really improves your condition and helps you adjust your training programs accordingly.

When you set the target effect for your training, you can use the software to calculate the time and heart rate to reach it. During a training session, Suunto t6 helps you reach the target by offering several control functions such as heart rate limits, real time average heart rate, and a customizable display of stopwatch, lap time, interval timer and altitude. Together with versatile timing, altimeter and logbook functions this makes Suunto t6 a perfect performance monitor for all kinds of sports at all performance levels.

Suunto t6 can be upgraded with different wireless accessories such as speed and distance sensors for running and cycling.

NOTE: *Read this Instruction manual carefully and make sure you understand the use, displays and limitations of this instrument before using the device. Also read the guidebook 'How not to rely on luck when optimizing the training effect' to learn how to get the best benefits out of using the Suunto t6. You find the guidebook on the CD delivered with the Suunto t6.*

1.1. CHECKLIST

Make sure the package contains the following items:

- Suunto t6
- Transmitter belt (Suunto ANT-transmission compatible)
- PC-interface cable
- CD containing the Suunto Training Manager, t6 User Manuals and Training Guide Book
- Suunto t6 User Manual
- Suunto t6 Pocket Guide

Should any of these be missing from the package, contact the representative who sold you the package.

1.2. SUUNTO T6 FEATURES

The Suunto t6 has the following features.

Time mode

- Time, calendar, alarm, adjustment of units and general settings

Alti/Baro mode

- Altitude, vertical speed, cumulative ascent and descent
- Temperature, air pressure, weather memory

Training mode

- Heart rate, stopwatch with split times, interval timer, logbook and other training control functions

SPD/DST mode (available only when the wrist unit is paired with an external speed and distance sensor)

- Speed, distance, automatic lap time by distance, interval training by distance, speed limit alarm

PC-Software

- Upload and store the logs on your PC
- Follow up the training effect and several physiological parameters based on the recorded heart rate interval data
- Create training plans and monitor your progress

SuuntoSports.com

- Upload your logs and publish them on the Web
- Share and compare your training experiences with others
- Download training plans published by other users

1.3. CARE AND MAINTENANCE

Only perform the procedures described in this manual. Never attempt to disassemble or service your Suunto t6. Protect your Suunto t6 from shocks, extreme heat and prolonged exposure to direct sunlight. If not in use, store your Suunto t6 in a clean and dry environment at room temperature.

Your Suunto t6 can be wiped clean with a lightly moistened (warm water) cloth. If there are stubborn stains or marks, you can apply mild soap to the area. Do not expose your Suunto t6 to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, insect repellents, adhesives and paint, as they will damage the unit's seals, case and finish. Keep the area around the sensor free of dirt and sand. Never insert any objects into the sensor opening.

1.4. WATER RESISTANCE

Your Suunto t6 is water resistant up to 100 m/330 ft. and the transmitter belt to 20m/66ft. according to ISO 2281 standard (www.iso.ch). This means that you can use Suunto t6 for swimming and other water sports activities but it should not be used for scuba diving or freediving.

To maintain water resistance and to ensure that the warranty remains valid, it is strongly recommended to have all service, except for battery change, to be done by authorized Suunto service personnel.

***NOTE**: Do not push the buttons while swimming or in contact with water under any circumstances. Deliberate or unintentional pressing of the buttons while the unit is submerged could cause the unit to malfunction.*

***NOTE:** Despite the fact that both the Suunto t6 and the transmitter belt are water resistant, the* radio signal does not carry in water making communication between *Suunto t6 and the transmitter belt impossible.*

1.5. REPLACING THE BATTERY

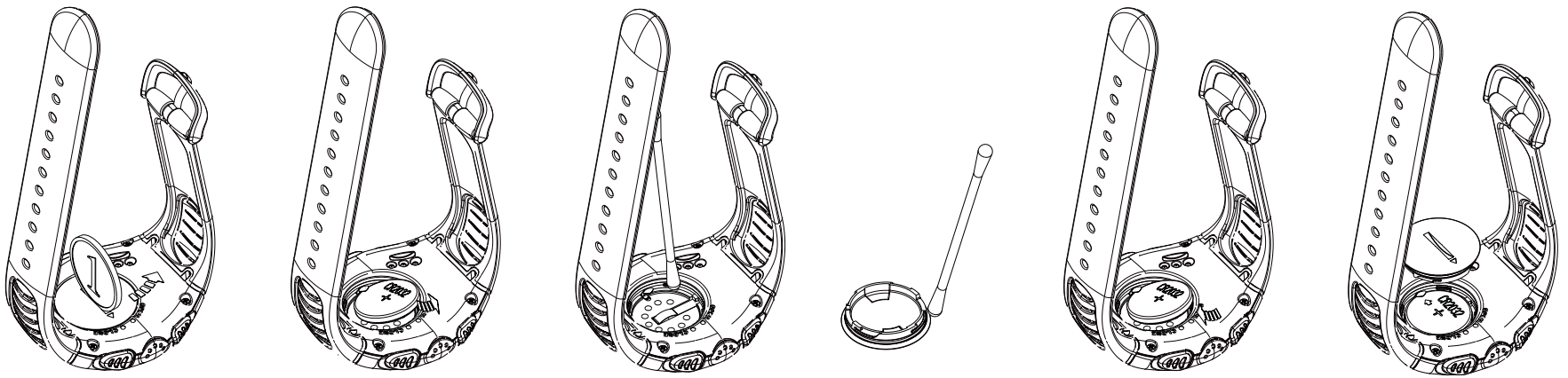
Your Suunto t6 operates on a 3-Volt lithium cell, type: CR 2032. The life expectancy is approximately 12 months in the Time mode or 300 hours of heart rate transmission in ideal operating temperatures.

The low-battery warning indicator is activated on the display when approximately 5–15 percent of the battery capacity is still available. When this occurs, you should replace the battery. However, extremely cold weather may activate the low battery warning indicator, even though the battery is still fully operational. If the battery warning indicator is activated in temperatures above 10°C (50°F), replace the battery.

NOTE: *When the low-battery indicator is on, the HR transmission becomes automatically disabled.*

To replace the battery:

1. Insert a coin into the slot located on the battery compartment cover on the backside of Suunto t6.
2. Turn the coin counterclockwise until it is aligned with the open position marker.



3. Remove the battery compartment cover. Ensure that the O ring and all surfaces are clean and dry. Do not stretch the O ring.
4. Remove the old battery carefully.
5. Place the new battery into the battery compartment with the positive side facing up. Make sure to gently slide the battery underneath the contact plate on the side, ensuring that it does not break or bend out of place.
6. With the O ring in the correct position, replace the battery compartment cover and turn it with the coin clockwise until it is aligned with the close position marker.

NOTE: *Replace the battery with extreme care to ensure that your Suunto t6 remains water resistant. Careless battery replacement may void warranty.*

NOTE: *Heavy use of the backlight, especially in the Night Use setting, will significantly reduce battery life.*

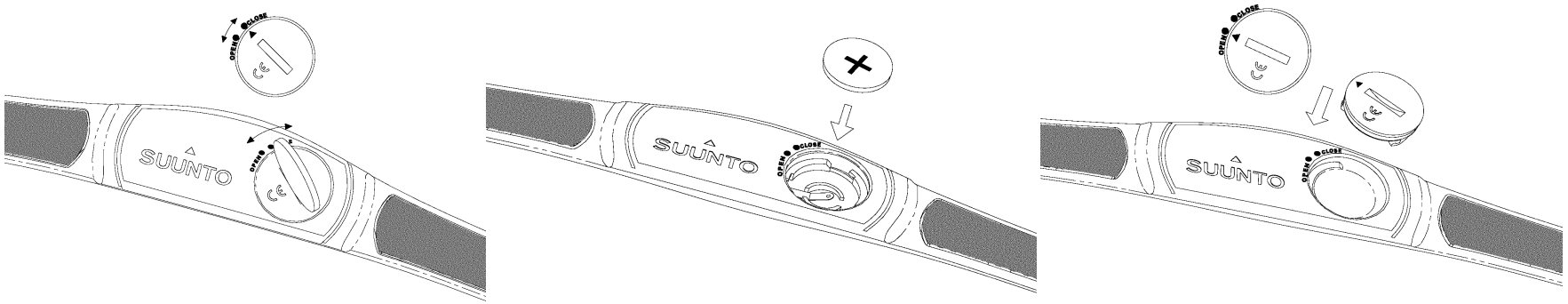
1.6. REPLACING THE BATTERY OF THE TRANSMITTER BELT

The transmitter belt operates on a 3-Volt lithium cell, type: CR 2032.

The average expected battery life of the transmitter belt is 300 hours of use in ideal operating temperatures.

When your Suunto t6 is not receiving a signal, when the transmitter belt is active, you might need to replace the battery.

NOTE: *When the low-battery indicator is on, the HR transmission becomes automatically disabled.*



To replace the battery:

1. Insert a coin into the slot located on the battery compartment cover on the backside of the transmitter belt.
2. Turn the coin counterclockwise until it is aligned with the open position marker, or even slightly further for easy opening.
3. Remove the battery compartment cover. Ensure that the O ring and all surfaces are clean and dry. Do not stretch the O ring.
4. Carefully remove the old battery.
5. Place the new battery into the battery compartment with the positive side facing up.

NOTE: *Suunto recommends that the battery cover and the O ring are changed simultaneously with the battery to ensure that the transmitter remains clean and water resistant. Replacement covers are available with replacement batteries.*

NOTE: *Battery covers of the transmitter belt and the wristop computer are not interchangeable.*

1.7. HEART RATE TRANSMITTER BELT

1.7.1. Activating the heart rate transmitter belt

To activate the transmitter belt:

1. Attach the transmitter to the elastic strap.
2. Adjust the strap length to fit snugly and comfortably. Secure the strap around your chest, below the chest muscles. Lock the buckle.
3. Raise the transmitter a little off your chest and wet the grooved electrode area on the backside. The electrodes must be wet during the exercise.
4. Check that the wet electrode areas are firmly against your skin and the logo is in a central upright position.
5. Wear the Suunto t6 as you would wear an ordinary watch.
6. in the Training mode, long press ALT/BACK to connect the Suunto t6 to the heart rate transmitter belt. Wait for acknowledgement that the transmitter belt has been found.
7. Activate the stopwatch in the Training mode.

NOTE: *We recommend you to wear the transmitter against your bare skin to ensure flawless operation.*

1.7.2. Warnings

Persons who have a pacemaker, defibrillator, or other implanted electronic device use the transmitter belt at their own risk. Before starting the initial use of the transmitter belt, we recommend an exercise test under a doctor’s supervision. This will ensure the safety and reliability of the pacemaker and transmitter belt when being used simultaneously.

Exercise may include some risk, especially for those who have been sedentary. We

strongly advise consulting your doctor prior to beginning a regular exercise program.

1.8. WIRELESS SPEED AND DISTANCE SENSORS

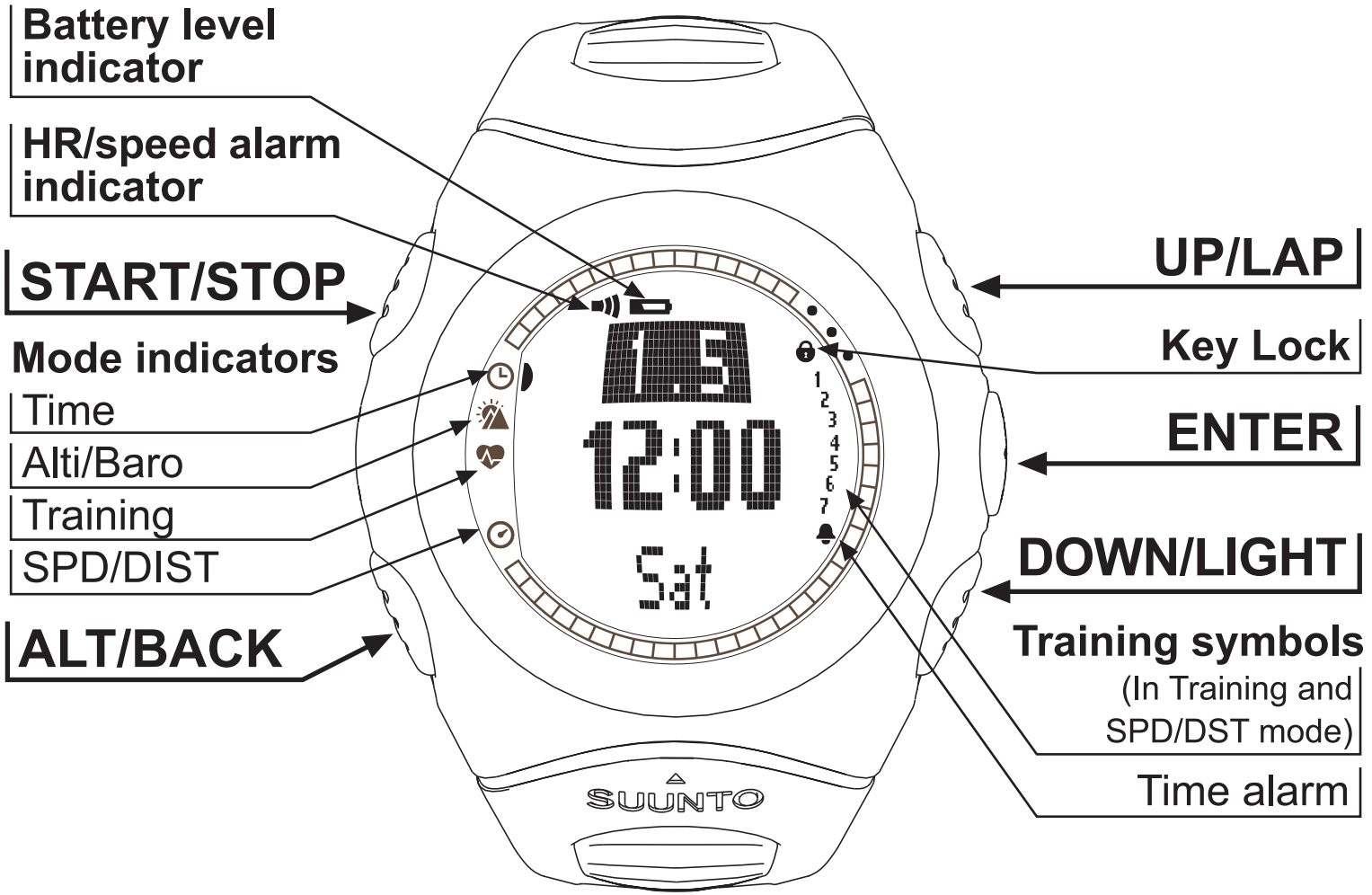
Before taking the wireless speed and distance sensor into use, pair it, see section 3.4.8. Pair.

1.8.1. Activating the wireless speed and distance sensor

For information on activating the wireless speed and distance sensor refer to the User Manual for your wireless speed and distance sensor.

2. HOW TO USE YOUR SUUNTO T6

2.1. DISPLAY AND BUTTONS



2.1.1. Mode indicator

On the left side of the display there is a mode indicator that shows you the currently active mode. The mode indicator displays the modes from the top down in the following order: TIME, ALTI/BARO, TRAINING and SPD/DIST. The active mode is indicated by the moving segment next to the indicator bar.

2.1.2. Battery level indicator

On the upper side of the display there is a battery level indicator. The indicator is activated when approximately 5–15 percent of the battery capacity is still available. When this occurs, you should replace the battery.

2.1.3. Alarm symbols

Suunto t6 can display 2 different alarm symbols: Time alarm and HR limits or Speed limits alarm. When you set a time alarm, its symbol is displayed in the lower right hand corner of the display. When you set a HR limits alarm, its symbol is displayed in the upper left hand corner of the display.

2.1.4. Key Lock

The key lock prevents you from accidentally pushing the buttons.

To activate the key lock:

Press ENTER.

Press START/STOP within 2 seconds. The buttons are locked and is displayed in the upper right corner. If you try to press a button, the message “unlock press enter” is displayed.

To deactivate the button lock:
Press ENTER. The text “now press start” is displayed.
Press START/STOP within 2 seconds.

2.2. MENUS

2.2.1. Basic menu structure

The menus are organized hierarchically under the modes. When you select a mode with UP/DOWN, first the icon of the mode is displayed, then its main display opens. If the stopwatch is on, switch between the modes with DOWN/LIGHT. When you scroll from one mode to another quickly, only the icons of the modes are displayed. When you press ENTER in the mode’s main display, the mode’s menu opens. The menus have several functions, all of which have sub-functions or settings.

2.2.2. Press and long press

The buttons may have different functions depending on how long you press them. “Press” means that the button is pressed quickly, “long press” means that the button is pressed for more than 2 seconds. If a function requires a long press, it is always mentioned.

2.2.3. Navigating in the menus

To navigate in the menus:

1. Scroll the menu items with UP/DOWN buttons. The name of the new mode is displayed for a short while before the main display opens. The indicator bar on the left side of the display tells you what the currently active mode is.
2. Press ENTER to open the selected menu. Three menu items are displayed at the same time. The menu item that is currently active and can thus be selected is

displayed in reversed color.

3. To move deeper in the hierarchy, select a menu item and press ENTER.
4. To return one step up in the hierarchy, press ALT/BACK. Remember that if you only press ALT/BACK, the changes made in the menu are not saved. First you have to accept the changes with ENTER.
5. If you want to return to the main display of the active mode, press either ENTER (saves the changes) or ALT/BACK (discards the last change) for more than 2 seconds.

3. MODES

3.1. GENERAL INFORMATION

Suunto t6 has four different modes: TIME, ALTO/BARO, TRAINING and SPD/DIST. You can switch between the modes with UP/DOWN. If the stopwatch is on, switch between the modes with DOWN/LIGHT. The mode indicator on the left side of the display indicates the active mode.

3.2. TIME MODE

The Time mode includes normal watch functions such as time, date and alarm. In the Time menu, you can define the measuring units for the data displayed in other modes and adjust the general settings.

3.2.1. Main display

When you select the Time mode, the main display opens. It has three rows.

Date

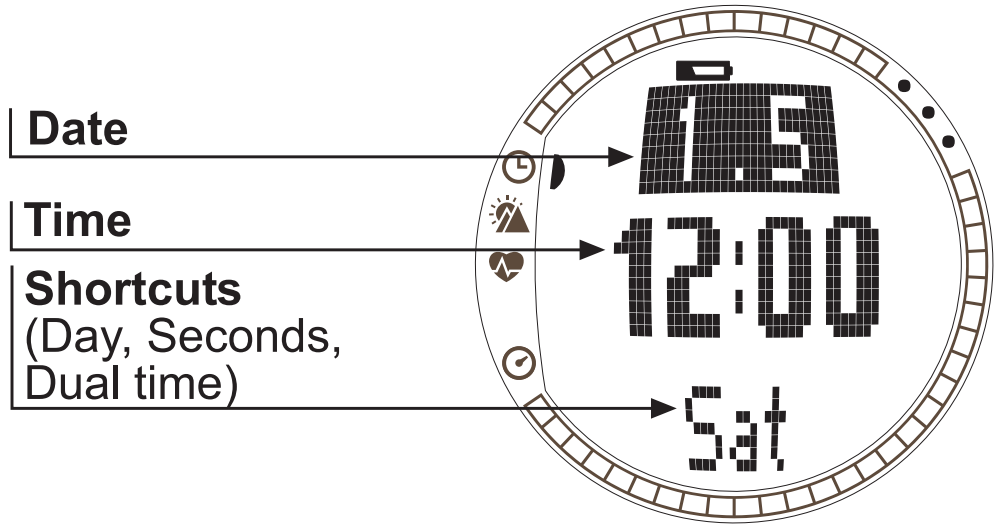
The first row displays the current date.

Time

The second row displays the current time.

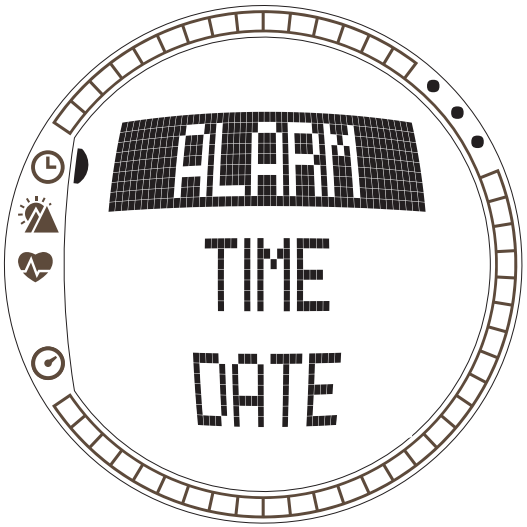
Shortcuts

The third row displays alternatively the weekday, seconds or dual time. Change the displayed information with ALT/BACK.



3.2.2. Alarm

You can set three different time alarms. When the alarm is set, the time alarm symbol appears on the main display.



Activating alarms

To activate an alarm:

1.In the Time menu, *Alarm* is the first menu item. Press ENTER to select it.

2.Scroll to the alarm you want to set and press ENTER.

3.Press either the UP or DOWN button to change the alarm status to *On*. Press ENTER.

4.Set the correct hour with UP/DOWN and press ENTER.

5.Set the correct minutes with UP/DOWN and press ENTER. The alarm is now set and you return to the Alarm menu.

If the alarm is set to 12-hour format, the letter A is displayed for AM. PM is not separately indicated.

Deactivating alarms

To deactivate the alarm:

1. In the Time menu, *Alarm* is the first menu item. Press ENTER to select it.
2. Scroll to the alarm you want to deactivate and press ENTER. The alarm information is displayed and the On/Off field is activated.
3. Press either the UP or DOWN button to change the alarm status to *Off* and long press ENTER. The alarm symbol disappears from the main display.

Acknowledging alarms

When you hear the alarm, you can acknowledge it by pressing any of the Suunto t6 buttons. If you do not acknowledge the alarm, it will automatically stop sounding after 30 seconds.

3.2.3. Time

The current time is displayed on the second row of the Time mode's main display.

The dual time enables you to keep track of another time, for example, another time zone. The dual time can be displayed as a shortcut on the third row of the Time mode's main display. Scroll to the dual time with ALT/BACK.

Setting the time and the dual time

To set the time and dual time:

1. In the Time menu, scroll to *Time* and press ENTER.
2. Scroll to either *Time* or *Dual time* and press ENTER.
3. Change the hour with UP/DOWN and press ENTER.
4. Change the minutes with UP/DOWN and press ENTER. If you are setting the time, the seconds are activated. With dual time you can only set the hours and minutes. The seconds are synchronized from the current time setting.
5. Press DOWN to zero the seconds. If you want to set specific seconds, press and hold UP and the seconds start running. When the seconds are correct, press ENTER. You return to the Time menu

NOTE: *When you set the seconds for the Time, they are automatically updated in the Dual time as well.*

3.2.4. Date

The current date is displayed on the first row of the Time mode's main display. The current week day can be displayed as a shortcut on the third row of the Time mode's main display. Scroll to the week day with ALT/BACK.

Setting the date

To set the date:

1. In the Time menu, scroll to *Date* and press ENTER.
2. Change the day with UP/DOWN and press ENTER.
3. Change the month with UP/DOWN and press ENTER.
4. Change the year with UP/DOWN and press ENTER. You return to the Time menu.

3.2.5. General

The general menu contains several general settings for your Suunto t6.

Setting the tones

Tones are the sounds that indicate that you have successfully pressed a button. You can set the tones on or off.

To set the tones:

1. In the Time menu, scroll to *General* and press ENTER.
2. Scroll to *Tones* and press ENTER. The On/Off field is activated.
3. Change the value of the field to either *On* or *Off* with UP/DOWN an press ENTER.

Setting the icons

When the Icons function is on and you scroll to a mode, the mode icon appears on the display for a while before the main display opens. When it is off, the main display opens straight away.

To set the icons:

1. In the Time menu, scroll to *General* and press ENTER.
2. Scroll to *Icons* and press ENTER. The On/Off field is activated.
3. Change the value of the field to either *On* or *Off* with UP/DOWN and press ENTER.

Setting the light

With the light setting you can adjust the backlight of the Suunto t6 display. It has three possible settings:

- **Normal:** The light switches on when you press DOWN/LIGHT for more than 2 seconds or when an alarm is activated. The light stays on for 6 seconds after the last press of a button.

- **Off:** The light does not switch on from any button or during any alarm.

•Night Use: The light switches on when you press any of the buttons and stays on for 7 seconds after the last press of a button.

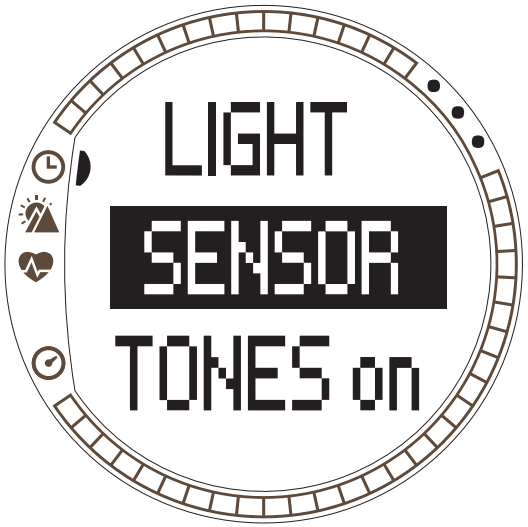
To change the light settings:

1.In the Time menu scroll to *General* and press ENTER.

2.Scroll to *Light* and press ENTER. The current light setting is displayed in reversed color.

3.Select a suitable light setting with UP/DOWN and press ENTER.

Sensor



With this function you can calibrate the air pressure sensor of your Suunto t6. Normally there is no need for this but if a certified reference barometer verifies that your Suunto t6 does not display correct values, you can adjust the offset with this function.

To change the sensor settings:

1.In the Time menu scroll to *General* and press ENTER.

2.Scroll to *Sensor* and press ENTER. The current setting is displayed.

3.Change the sensor settings with UP/DOWN and press ENTER.

NOTE: *You can return the original calibration by selecting 'DEFAULT' as the sensor calibration value.*

3.2.6. Units

The Units menu includes the unit and format settings used with all Suunto t6 functions. They have an effect on how the information is displayed in the modes.

Setting the time format

The time format setting defines the format in which the time is displayed. The possible formats are:

- **12h**: using 12 hour time format (i.e. 1.57 pm)
- **24h**: using 24 hour time format (i.e. 13.57)

To change the time format:

1. In the Time menu, scroll to *Units* and press ENTER.
2. *Time* is the first menu item. Press ENTER to select it.
3. Select the desired time format with UP/DOWN and press ENTER.

Setting the date format

The date setting defines the format in which the date is displayed. The possible formats are:

•**d.m:** day before the month (i.e. 22.3.)
•**m.d:** month before the day (i.e. 3.22.)
•**Day:** only the day is displayed (i.e. 22)

To change the date format:

1.In the Time menu, scroll to *Units* and press ENTER.
2.Scroll to *Date* and press ENTER.
3.Select the desired date format with UP/DOWN and press ENTER.

Setting the heart rate format

The heart rate setting defines the format in which the heart rate is displayed. The possible formats are:

•**Bpm:** beats per minute.
•**%:** percentage of a maximum heart rate. You can set your maximum heart rate for the Suunto t6 using the Suunto Training Manager.

To change the heart rate format:

1.In the Time menu, scroll to *Units* and press ENTER.
2.Scroll to *Hr* and press ENTER.
3.Select the desired Hr format with UP/DOWN and press ENTER.

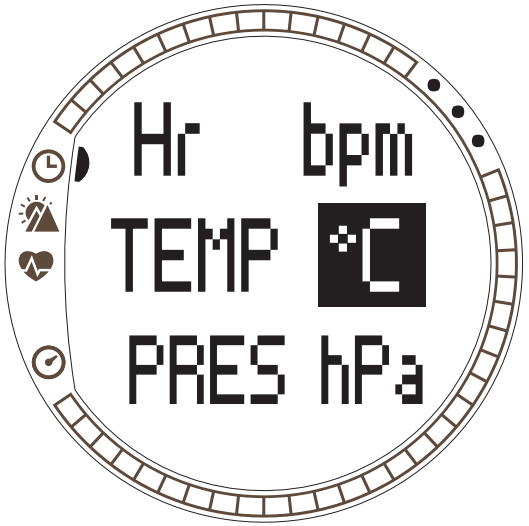
Setting the temperature unit

The Temp setting defines the unit in which the temperature is displayed. The options are:

- **°C:** Celsius
- **°F:** Fahrenheit

To change the temperature unit:

1. In the Time menu, scroll to *Units* and press ENTER.
2. Scroll to *Temp* and press ENTER.
3. Select the desired temperature unit with UP/DOWN and press ENTER.



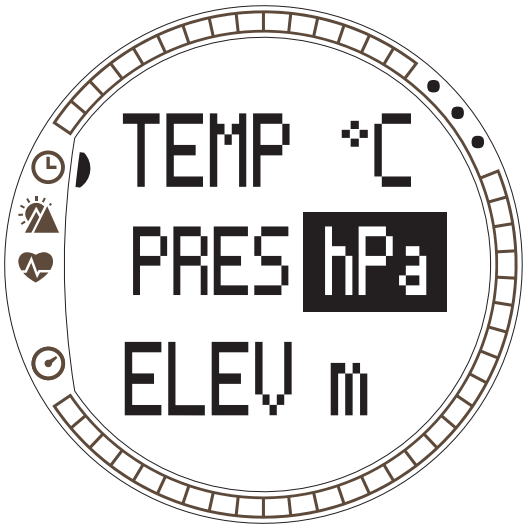
Setting the barometric pressure unit

The Pres setting defines the unit in which the barometric pressure is displayed. The possible formats are:

- **hPa:** hectopascal (i.e. 1100 hPa)
- **inHg:** inches of mercury (i.e. 32.50 InHg).

To change the barometric pressure unit:

1. In the Time menu, scroll to *Units* and press ENTER.
2. Scroll to *Pres* and press ENTER.
3. Select the desired pressure unit with UP/DOWN and press ENTER.



Setting the altitude unit

The Altitude setting defines the unit in which the altitude is displayed. The options are:

•**m:** meters

•**ft:** feet

To change the altitude unit:

1.In the Time menu, scroll to *Units* and press ENTER.

2.Scroll to *Elev* and press ENTER.

3.Select the desired altitude unit with UP/DOWN and press ENTER.

Setting the ascent/descent rate unit

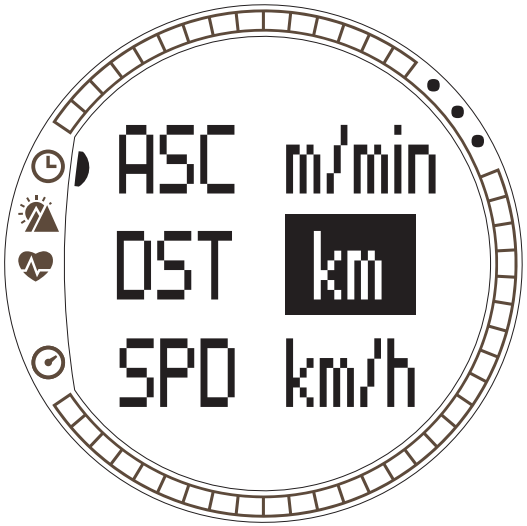
The Ascent/Descent rate setting defines the format in which rates of ascent and descent are displayed. The possible formats are:

- **m/h:** meters per hour
- **m/min:** meters per minute
- **m/s:** meters per second
- **ft/h:** feet per hour
- **ft/min:** feet per minute
- **ft/s:** feet per second

To change the vertical speed unit:

1. In the Time menu, scroll to *Units* and press ENTER.
2. Scroll to *Asc* and press ENTER. The vertical speed unit field is activated.
3. Select the desired vertical speed unit with UP/DOWN and press ENTER.

Setting the distance unit



The DST setting defines the format in which the distance is displayed, if you have paired a Wireless Speed and Distance Sensor. The possible formats are:

•**km:** kilometers

•**mi:** miles

To change the distance unit:

1.In the Time menu, scroll to *Units* and press ENTER.

2.Scroll to *DST* and press ENTER.

Select the desired distance unit with UP/DOWN and press ENTER.

Setting the speed unit

The SPD setting defines the format in which the speed is displayed, if you have paired a Wireless Speed and Distance Sensor. The possible formats are:

•**km/h:** kilometers per hour

•**mph:** miles per hour

•**min/:** Either minutes per kilometer or minutes per mile depending on the distance unit selection.

To change the speed unit:

1.In the Time menu, scroll to *Units* and press ENTER.

2.Scroll to *SPD* and press ENTER.

Select the desired speed unit with UP/DOWN and press ENTER.

3.3. ALTI/BARO MODE

The Alti/Baro mode has two alternative displays: Altitude and related parameters in Alti Use and weather data such as barometric pressure and temperature in Baro use. With the Use selection you can select whether you use this mode as an altimeter or as a weather station. The Alti/Baro mode also contains the weather memory and the reference setting needed to relate the current weather state to your current altitude.

3.3.1. Use (Alti/Baro)

With this function you can set Suunto t6 to display either barometric or altitude-related information. It also defines whether the Training logbook records altitude profile or not.

When the Alti use is active, Suunto t6 assumes that all the barometric pressure changes are due to altitude changes. The logbook in the Training mode records altitude data. Alti is intended for measuring the altitude whenever you are on the move. However, since substantial barometric pressure changes can take place during a day, you should compare the changes reported by Suunto t6 to well-known references. If these differ from each other too much, the reason is the weather change and you should set a new reference value as advised in section *3.3.4. Reference altitude and barometric pressure*. A general rule is that a 10 m change in altitude equals 1,2 hPa in the barometric pressure at sea level and 0,5 hPa at 8000 m.

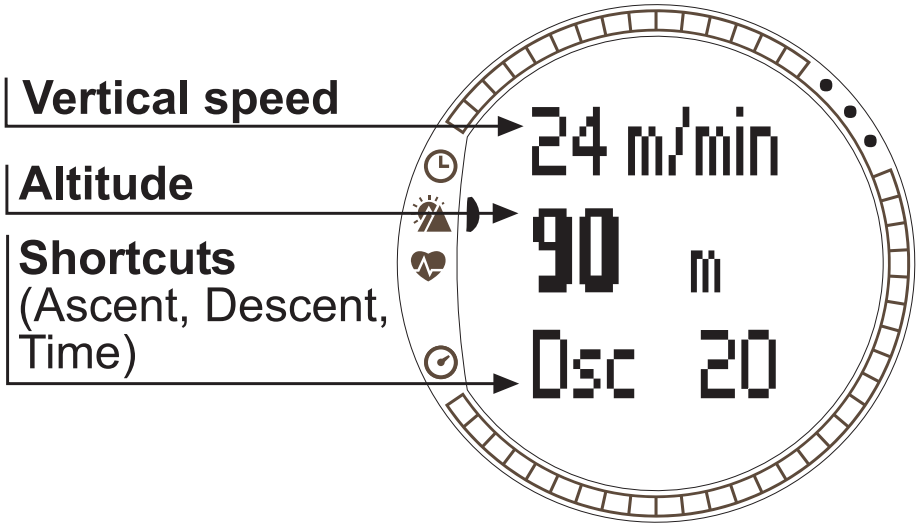
When the Baro use is active, Suunto t6 assumes that all the barometric pressure changes are due to weather changes. The training logbook does not record altitude data. Baro use is practical for following and predicting weather trends when staying in a constant altitude.

To change the Use setting:

1. In the Alti/Baro menu, scroll to *Use* and press ENTER.
2. Select *alti* or *baro* with UP/DOWN and press ENTER.

3.3.2. Alti use

When you select Alti, the following main display opens. It has three rows:



Vertical speed:

The first row displays the vertical speed i.e. how fast you are currently moving up or down in a straight vertical direction, in the unit of your choice. For more information on setting the vertical speed unit, see section *3.2.5. Units.*

Altitude:

The second row displays your altitude from the sea level.

Shortcuts:

The third row displays alternatively the ascent, descent or time. Change the displayed information with ALT/BACK.

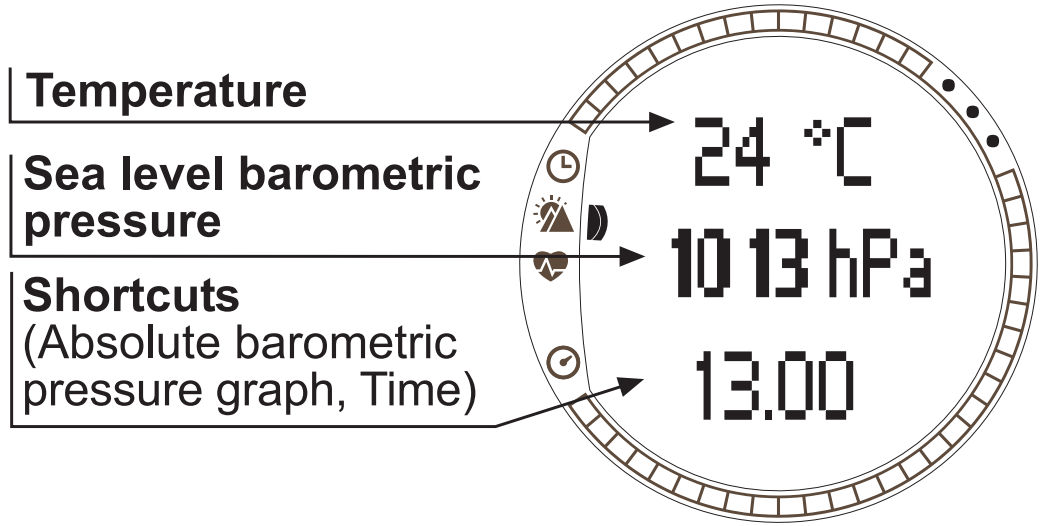
- **Ascent:** Displays the total ascent i.e. vertical movement upwards during an active log in the unit of your choice.
- **Descent:** Displays the total descent i.e. vertical movement downwards during an active log in the unit of your choice.
- **Time:** Displays the current time

3.3.3. Baro use

When you select Baro, the following main display opens. It has three rows:

Temperature:
The first row displays the temperature in the unit of your choice.

Sea level barometric pressure:
The second row displays the barometric pressure at sea level in the unit of your choice.



Shortcuts:
The third row displays alternatively the absolute barometric pressure, the barometric pressure graph, or time. Change the displayed information with ALT/BACK.

- **Absolute barometric pressure (abs):** Displays the actual pressure in your current location
- **Barometric pressure graph:** Displays a graphical presentation of the barometric pressure development during the last 6 hours in 15-minute intervals.
- **Time:** Displays the current time.

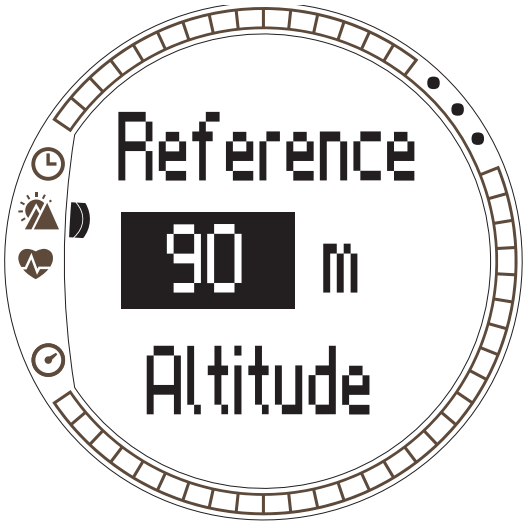
NOTE: *If you are wearing your Suunto t6 on your wrist, the outdoor temperature is not measured correctly. This is because the sensor is in direct contact with your skin. You have to keep your Suunto t6 away from the body's temperature for at least 15 minutes before the outdoor temperature measurement is accurate. When you measure the water temperature, less time away from the body is required.*

3.3.4. Reference altitude and barometric pressure

To ensure that the altimeter shows correct readings, you first need to set an accurate reference altitude. To do this, go to a location whose altitude you have checked, for example, with the help of a topographical map, and set the reference altitude to match the map reading.

If you do not have accurate altitude information, you can use the current sea-level barometric pressure as the reference value. Suunto t6 has a factory-set reference altitude that corresponds to the standard barometric pressure (1013 hPa/29.90inHg at sea level).

Setting the reference altitude



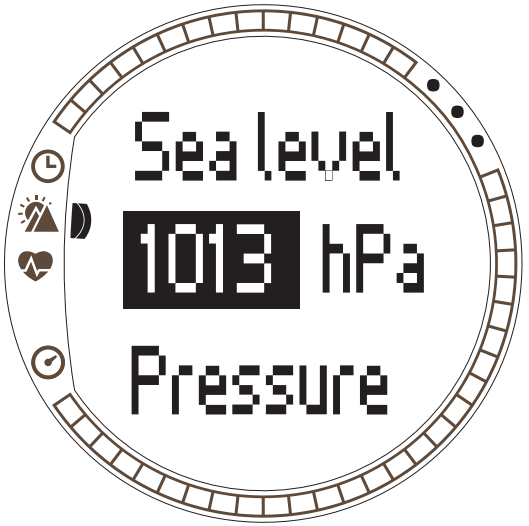
To set the reference altitude:

1. In the Alti/Baro menu, scroll to *Refer* and press ENTER.
2. *Altitude* is the first menu item. Press ENTER to select it.
3. Change the altitude with UP/DOWN and press ENTER.

Setting the sea level barometric pressure

To set the sea level barometric pressure:

1. In the Alti/Baro menu scroll to *Refer* and press ENTER.
2. Select *Sea level* with UP/DOWN and press ENTER.
3. Change the pressure with UP/DOWN and press ENTER. The sea level barometric pressure is now set and you return to the Reference menu.

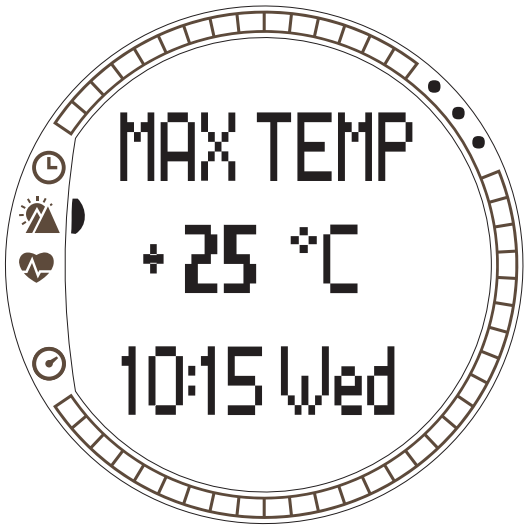


3.3.5. Memory

With this function you can view weather information regarding the last 48 hours. The following information is displayed:

- Maximum sea level air pressure, time and weekday.
- Minimum sea level air pressure, time and weekday.
- Maximum temperature, time and weekday.
- Minimum temperature, time and weekday.
- Sea level air pressure and temperature in relation to time in 1-hour intervals for the last 6 hours, then in 3-hour intervals.

NOTE: *If the Use function has been set to Alti, the barometric value in the memory is always the same.*



To view the weather information:

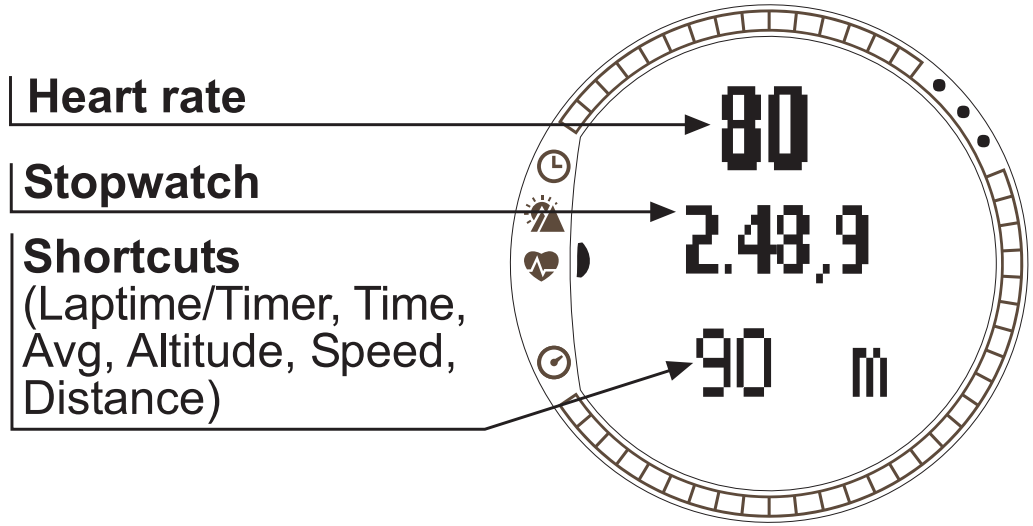
1.In the Alti/Baro menu scroll to *Memory* and press ENTER.

2.Scroll the information with the UP and DOWN buttons.

3.Press ENTER to stop viewing the information.

3.4. TRAINING

The Training mode contains the functions you need during a training session. It displays stopwatch and heart rate data, offers a number of control functions for reaching ideal training intensity and records data for further analysis. The logbook gives an overview of your performance during individual training sessions and the history function sums up your training over a longer period of time.



Heart rate

The first row displays your current Heart Rate

Stopwatch

The second row displays the stopwatch

Shortcuts

The third row displays alternatively 6 different functions. Change the displayed information with ALT/BACK.

- **Laptime/Timer:** Displays current laptime or timer
- **Time:** Displays the current time
- **Avg:** Average heart rate since the beginning of the recording or lap

- **Altitude:** Altitude in selected units
- **Speed:** Speed in selected units (only if paired with a wireless speed and distance sensor)
- **Distance:** Distance from the beginning of the recording or lap (only if paired with a wireless speed and distance sensor)

3.4.1. Stopwatch

With the stopwatch you can time your activities and record lap times. You can start the stopwatch, stop it, and then restart it without having to reset it.

To use the Stopwatch:

Press START/STOP to start the Stopwatch.

To store lap/split times, press the UP/LAP button.

Press START/STOP to stop the Stopwatch.

To reset the Stopwatch, long press the UP/LAP button.

NOTE: *When the Stopwatch is on, the UP/LAP button is dedicated for taking lap times and the DOWN/LIGHT button switches between modes.*

3.4.2. Connect

Connect is the first item in the training menu. Press ENTER and choose *Connect* to connect your Suunto t6 to the HR transmitter belt or a wireless speed and distance sensor. Suunto t6 displays the message 'SEARCHING', while connecting to device. After this, the device informs you the device has been found. If the connection fails, Suunto t6 displays the message 'NO DEVICES FOUND'. Make sure the HR transmitter belt snugly fits around your chest and the electrode area is wet or that the wireless speed and distance sensor is switched on.

NOTE: *You can also connect your Suunto t6 to your HR transmitter belt or a wireless speed and distance sensor by long pressing ALT/BACK in the Training mode.*

3.4.3. Logbook

With this function you can view and erase logbook information. Logbook information is recorded whenever the stopwatch is activated in the Training and Speed/Distance modes. The maximum length of a log is 99 hours.

To view logbook information:

1. In the Training menu scroll to *Logbook* and press ENTER.
2. V*iew* is the first menu item. Press ENTER to select it.
3. Scroll to the desired date with UP/DOWN buttons and press ENTER.
4. Scroll the information with the UP/DOWN buttons.

The information is displayed in the following order:

- Total duration and amount of laps
- Average heart rate
- Minimum and maximum heart rate
- Heart rate inside the set limits and elapsed time
- Heart rate over the high limit and elapsed time
- Heart rate below the low limit and elapsed time:
- Distance and speed (if paired and connected to wireless speed and distance sensor)
- Cumulative ascent and average ascent speed
- Cumulative descent and average descent speed
- Highest altitude and corresponding log time

- Lowest altitude and corresponding log time

Information on split and lap times is displayed in the following order:

- Split time, lap time and lap number
- Heart rate and average heart rate
- Distance and speed (if paired and connected to wireless speed and distance sensor)
- Current altitude and cumulative ascent and descent

To erase logbook information:

1. In the Training menu scroll to *Logbook* and press ENTER.
2. Scroll to *Erase* with UP/DOWN buttons and press ENTER.
3. Select the file to be erased and press ENTER.
4. Confirm file deletion by pressing ENTER again. Press ALT/BACK to return without accepting file deletion.

NOTE: *To check the available memory for your logbook scroll to Logbook in the Training menu and press ENTER. The available memory capacity is displayed on the bottom row.*

NOTE: *When the stopwatch is on, you cannot view or erase the logs.*

3.4.4. HR limits

With this function you can set limits for your desirable heart rate for your training and receive an alarm to notify when your heart rate is above or below the set limits. You can toggle between HR limits on and off, by long pressing ENTER. If HR limits are active, number 1 is displayed on the right hand side of the Training mode display. Refer to section 4 for more information on alarms and limits.

- Low limit signal: - - - - - -
- High limit signal: ----------

To set the limits:

1. In the Training menu scroll to *Hr Limits* and press ENTER.
2. Press UP/DOWN to select *On* and press ENTER.
3. Set the desired high limit with UP/DOWN and press ENTER.
4. Set the desired low limit with UP/DOWN and press ENTER.

NOTE: *The maximum heart rate limit is 240 and the minimum heart rate limit is 30. The maximum limit cannot be lower than the minimum and vice versa. If the maximum rate is scrolled above 240, it continues from the minimum rate upwards.*

NOTE: *In the log, the training session is divided into different zones according to your HR limits.*

3.4.5. Timers

The timer functions enables you to create and follow different timers for interval training, warm-up or countdown to start. Refer to section 4 for more information on timers.

Time Intervals

The interval timer enables you to set and follow different timed intervals. This function is useful in timing intervals between your periods of activity and rest. In addition alerting at selected time intervals, Suunto t6 records lap information for each interval.

If time intervals are active, number 5 is displayed on the right hand side of the Training mode display.

To set the interval timer:

1. In the Training menu scroll to *Timers* and press ENTER.
2. *Interval* is the first menu item. Press ENTER to select it.
3. Press UP/DOWN to select *On* and press ENTER.
4. Set the number of intervals with UP/DOWN and press ENTER.
5. Set the interval time for interval 1. Set the minutes with UP/DOWN and press ENTER. Set the seconds with UP/DOWN and press ENTER.
6. Repeat for all intervals. The intervals are now set and you return to the Training menu.

NOTE: *Interval 1 can be set to alert in a range between 0.05 and 59.59. For interval 2 the range is between 0.00 and 59.59.*

NOTE: *After the timer reaches zero for interval 1, Suunto t6 automatically switches to interval 2 and starts the countdown of the interval. If interval 2 is set to zero, it goes back to countdown for interval 1.*

NOTE: *If interval timer rounds are set to "- -", the timer will run continuously, as long as the stopwatch is running.*

Warm-up

The warm-up timer starts after the Stopwatch has been activated. When the warm-up time ends, a signal beeps, lap information is recorded and the time interval starts, if activated. If warm-up is active, number ❹ is displayed on the right hand side of the Training mode display.

To set the warm-up timer:

1. In the Training menu scroll to *Timers* and press ENTER.
2. Scroll to *Warm-Up* with UP/DOWN and press ENTER.
3. Press UP/DOWN to select *On* and press ENTER.
4. Set the minutes with UP/DOWN and press ENTER.
5. Set the seconds with UP/DOWN and press ENTER.

NOTE: *Warm-up can be set to alert in a range between 0.00 and 59.59.*

Countdown

The countdown functions as a start timer. It measures remaining time and upon reaching zero, it alerts you at start and automatically starts the timer/log. If countdown is active, number 3 is displayed on the right hand side of the Training mode display.

To set the countdown timer:

1. In the Training menu scroll to *Timers* and press ENTER.
2. Scroll to *Countd* with UP/DOWN and press ENTER.
3. Press UP/DOWN to select *On* and press ENTER.
4. Set the minutes with UP/DOWN and press ENTER.
5. Set the seconds with UP/DOWN and press ENTER.

NOTE: *Countdown timer can be set to alert in a range between 0.00 and 59.59.*

3.4.6. Refer

With this function you can update the reference altitude. It is identical to the *Refer* function described *section 3.3.4. Reference altitude and barometric pressure*.

3.4.7. History

History is a cumulative of all logs. With this function you can view and reset the history information recorded in the Suunto t6 memory. The bottom row of the History display shows the date for when the History was reset last.

To view history information:

1. In the Training menu scroll to *History* and press ENTER.
2. *View* is the first menu item. Select it by pressing ENTER.
3. Scroll the information with the UP/DOWN buttons.

The information is displayed in the following order:

- **Total** heart rate over the low limit.
- **Hr inside (lower limits):** Heart rate inside the lower heart rate limits.
- **Hr inside (upper limits):** Heart rate inside the upper heart rate limits.
- **Hr over:** Heart rate over the highest heart rate limit set in the history HR limits.
- **Distance** in the selected units (if paired with wireless speed and distance sensor).
- **Ascent:** Total ascent in selected units.
- **Descent:** Total descent in selected units.
- **High point:** Highest measured point and date.

***NOTE**: History HR limits are used for displaying time spent within each history HR zone. They are not used as alarms as with HR limits described in 3.4.2*

To reset history information:

1. In the Training menu scroll to *History* and press ENTER. Suunto t6 displays the message '*RESET HISTORY?*'.
2. Press ENTER to confirm the history reset. Press ALT/BACK to return without resetting the history.

***NOTE**: You can set the History HR limits using the Suunto Training Manager PC software.*

3.4.8. Pair

With this function you can pair the Suunto t6 with the transmitter belt, a wireless speed and distance sensors or both.

Transmitter belt

To pair the transmitter belt:

1. Remove the battery from the transmitter belt.
2. Touch between the - and + metal plates in the battery compartment with a metal instrument.
3. Select *Pair* in the Training menu of your Suunto t6.
4. Select *Hr belt*. The message 'TURN ON NEW DEVICE' is displayed.
5. Insert the battery in the battery compartment and wait for acknowledgement. After 30 seconds either 'PAIRING COMPLETE', or, if pairing failed, 'NO DEVICES FOUND' is displayed.
6. If pairing is succesful, close the battery compartment cover. If pairing fails and no devices can be found, remove the battery and repeat steps 2-6.

Removing the battery, shortcutting the transmitter belt and putting the battery back again activates the ID transmission of the transmitter belt.

NOTE: *The transmitter belt is already paired with the device when it leaves the factory. However, if you use either another device or transmitter belt or if you encounter problems with the heart rate measurement, you need to pair it again.*

Wireless speed and distance sensor

To pair the wireless speed and distance sensor:

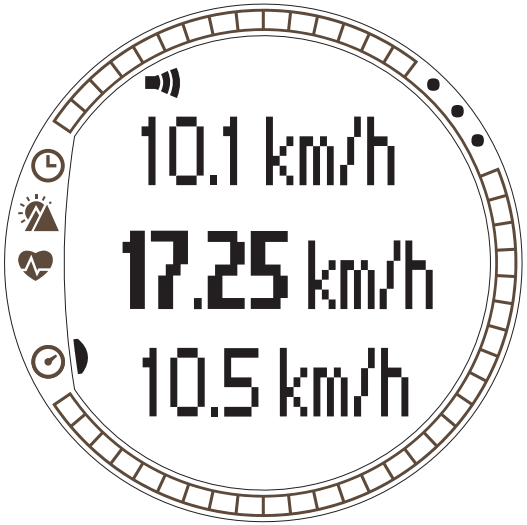
1. Select *Pair* in the Training menu.
2. Select *SPD SENS*. The message 'TURN ON NEW DEVICE' is displayed.
3. Turn the wireless speed and distance sensor on. After 30 seconds either 'PAIRING COMPLETE', or, if pairing failed, 'NO DEVICES FOUND' is displayed.

NOTE: *You can only connect one wireless speed and distance sensor at a time.*

3.4.9. Use (Alti/Baro)

With this function you can select whether altitude information is recorded in the logbook memory with other information. Refer to section 3.3.1 Use (Alti/Baro).

3.5. SPD/DST MODE



The Speed/Distance mode is available when you pair your Suunto t6 with an external speed and distance sensor. These sensors are designed, for instance, for running and cycling and they will be available at your Suunto dealer.

This mode displays the speed and distance information of your activity and offers a combination of distance-based training tools. You can, for instance, set alarm limits for your target speed or pace, record automatic lap times at regular distances and define the work and recovery cycles of interval training by distance.

The use of the stopwatch is identical and sychronized with the Stopwatch used in the Training mode. When the Stopwatch is on, the UP/LAP button is dedicated for taking lap times and the DOWN/LIGHT button switches between modes.

3.5.1. Main display

When you select the Speed/Distance mode, the main display opens. It has three rows.

Speed

The first row displays your current speed

Distance

The second row displays the distance

Shortcut: You may select 5 different functions to be displayed on the bottom row with

ALT/BACK.

- Average speed: Average speed since the beginning of recording or lap
- Lap distance
- Time
- Heart rate: Displays the heart rate if the transmitter belt is in use.
- Stopwatch

3.5.2. Connect

Connect is the first item in the SPD/DST menu. Refer to section 3.4.2 for more information on connecting your HR transmitter belt and wireless speed and distance sensor.

NOTE: *You can also connect your Suunto t6 to your HR transmitter belt or a wireless speed and distance sensor by long pressing ALT/BACK in the SPD/DST mode.*

3.5.3. Autolap

With this function you can set the Suunto t6 to record lap times automatically by setting the lap distance. After the stopwatch is started, the Suunto t6 alerts and records lap times and other data after every completed lap. If autolap is active, number 6 is displayed on the right hand side of the SPD/DST mode display. Refer to section 4 for more information on autolaps.

To set the autolap:

1. In the Speed and distance menu scroll to *Autolap* and press ENTER.
2. Select *On* with UP/DOWN and press ENTER.

3. Set the lap distance with UP/DOWN and press ENTER.

NOTE: *Autolap can be set to alert in a range between 0.0 and 99.9.*

3.5.4. Distance intervals

With this function you can set distance intervals for interval training. After the stopwatch is started, the Suunto t6 alerts and records lap times and other data after every completed interval. If distance intervals are active, number ❼ is displayed on the right hand side of the SPD/DST mode display. Refer to section 4 for more information on distance intervals.

To set a distance intervals:

1.In the Speed /Distance menu scroll to *Interval* and press ENTER.

2.Press UP/DOWN to select *On*. Press ENTER.

3. Set the first interval with UP/DOWN and press ENTER.

4. Set the second interval and so on.

NOTE: *Distance interval 1 can be set to alert in a range between 0.1 and 9.9. For distance interval 2 the range is between 0.0 and 9.9.*

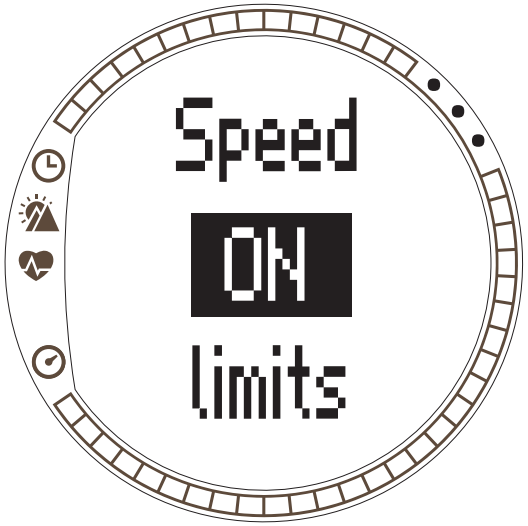
NOTE: *After distance interval 1 has been completed, Suunto t6 automatically switches to distance interval 2. If distance interval 2 is set to zero, it goes back to distance interval 1.*

3.5.5. Speed limits

With this function you can set speed limits to alarm you when you go above or below the limits. If speed limits are active, number 2 is displayed on the right hand side of the SPD/DST mode display. Refer to section 4 for more information on speed limits.

To set speed limits:

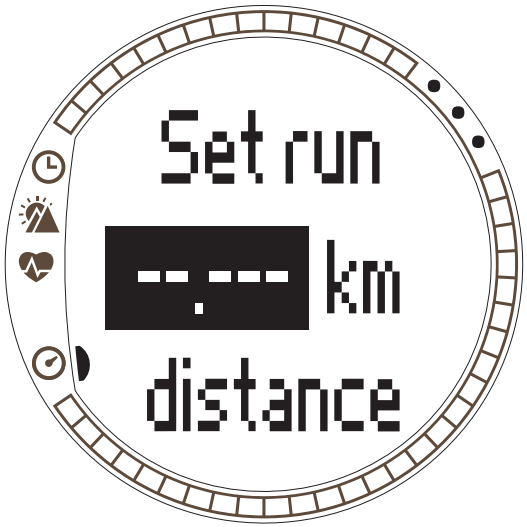
1. In the Speed /Distance menu scroll to *Spd Lim* and press ENTER.
2. Press UP/DOWN to select *On*. Press ENTER.
3. Set the high speed limit with UP/DOWN and press ENTER.
4. Set the low speed limit with UP/DOWN and press ENTER.



NOTE: *HR limits and speed limits cannot be used at the same time. Suunto t6 alerts you according to the limits activated last. Long pressing ENTER toggles between On and Off.*

NOTE: *Speed limits can be set to alert in a range between 2.0 and 150.*

3.5.6. Calibrating wireless speed and distance sensor



To calibrate the wireless speed and distance sensor, first cover a known distance using the stopwatch. Then complete the following steps:

1.In the Speed /Distance menu scroll to *Spd Sens* and press ENTER.

2.Press UP/DOWN to select *Calibrate*.

3.Set the covered distance with UP/DOWN.

4.Press ENTER to finish calibration. The device calculates the calibration and displays the calibration factor on the second row of the display.

Alternatively, you can provide the calibration factor manually by scrolling with the UP/DOWN buttons.

More info on calibrating your wireless speed and distance sensor can be found in the manual for the wireless speed and distance sensor.

3.5.7. pair

This function is identical to the *Pair* function described *section 3.4.8. Pair*.

4. USING SUUNTO T6 IN TRAINING

4.1. USING HR AND SPEED LIMITS IN TRAINING

HR and speed limits, set and measured with your Suunto t6, can be utilized to better understand and improve your exercise routines.

Suunto t6 assists you in staying within your predetermined HR or speed limits during your training session. Suunto t6 alerts you whenever your heart rate or speed go outside the preset zone using alarm signals - a slow beeping signal when you go below the lower limits and fast when exceeding the upper limits.

The limit currently active and in use is displayed with a number on the right hand side of the display. When HR limits are active, Suunto t6 displays the number 1 on the right side of the display. Speed limits are marked with number 2.

HR limits and speed limits cannot be active at the same time. When one limit is activated the other is switched off. Long pressing ENTER turns on the last active limit.

4.2. MAKING THE MOST OUT OF YOUR TRAINING

You can make the most out of your training by choosing the most suitable training function in your Suunto t6. The figure below illustrates different training possibilities. Note that only one method of training can be activated at a time.

The following numbers correspond to the numbers displayed on the right side of the display, indicating the active interval or limit in use:

❸ Countdown measures the time to start. Upon reaching zero, it starts the stopwatch and starts recording a log.

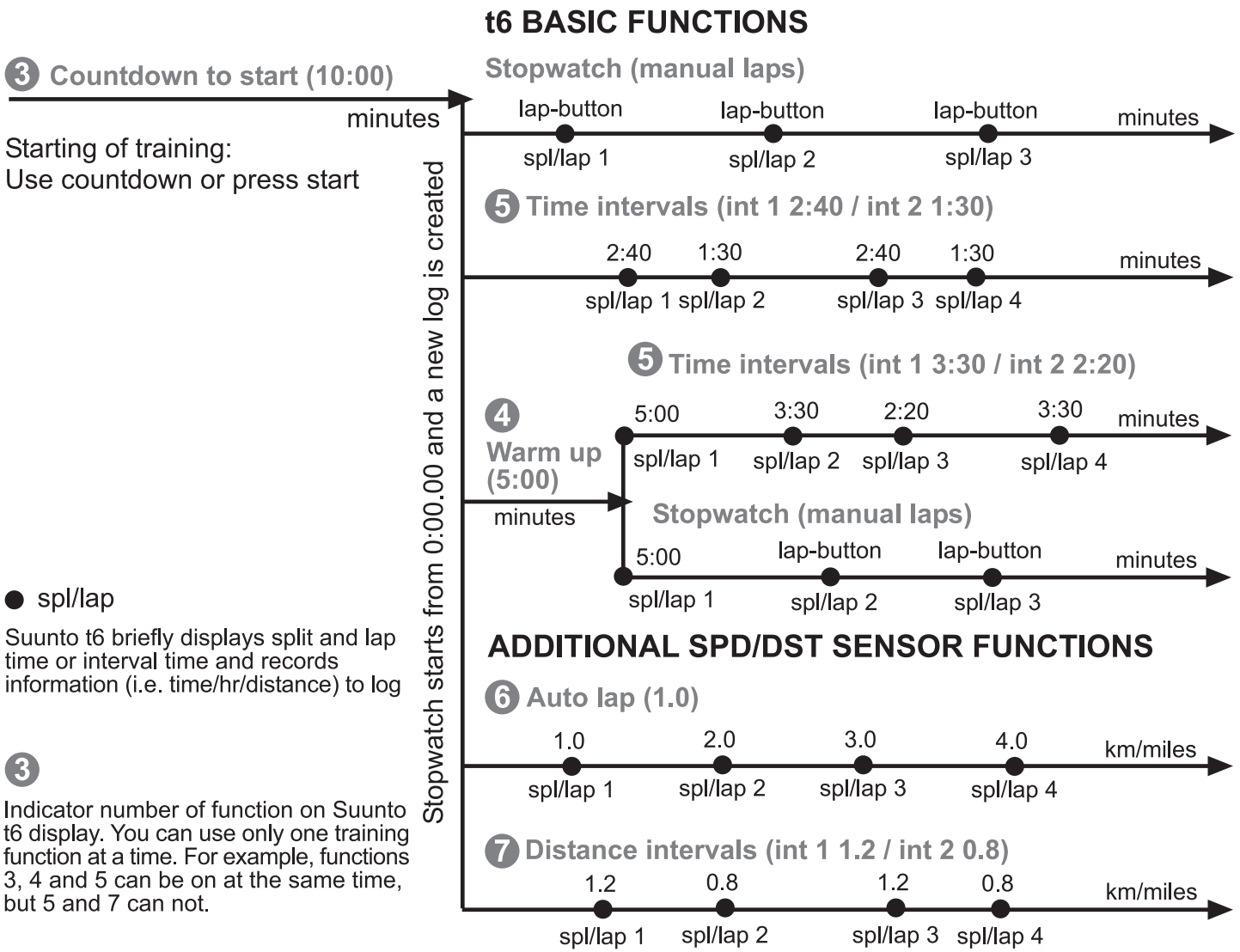
❹ Warm-up is meant for distinguishing a seperate warm-up period in the beginning of the training. Data measured during warm-up is stored in the memory. Suunto t6 offers you the possibility to start your training session with a warm-up and move on to normal training or time interval training.

❺ Time intervals can be used to perform interval training.

❻ Autolap can be used for recording preset distance laps automatically.

❼ Distance intervals can be used to perform interval training based on distance.

TRAINING POSSIBILITIES



● spl/lap

Suunto t6 briefly displays split and lap time or interval time and records information (i.e. time/hr/distance) to log

3

Indicator number of function on Suunto t6 display. You can use only one training function at a time. For example, functions 3, 4 and 5 can be on at the same time, but 5 and 7 can not.

5. SUUNTO TRAINING MANAGER

Suunto Training Manager is a software designed for athletes who want to enhance the functionality of their Suunto t6 wristop computer. You can use it to transfer information such as training logs from the Suunto t6 memory. When you have transferred the data, you can easily view and organize it, design training programs and sessions, send them to the Web and add them in the calendar.

You can always download the latest version of Suunto Training Manager from www.suunto.com or www.suuntosports.com. Please check for updates regularly as new features are continuously developed.

5.1. SYSTEM REQUIREMENTS

5.2. INSTALLATION

In order to use Suunto Training Manager you will need to install both the Suunto Training Manager software and appropriate Suunto USB drivers.

5.2.1. Installing Suunto Training Manager

To install Suunto Training Manager:

1. Insert the Suunto Training Manager CD-ROM into the drive.
2. Wait for the installation to begin and follow the installation instructions.

NOTE: *If the installation does not start automatically, click Start --> Run and type D:\setup.exe.*

5.2.2. Installing USB drivers for Suunto sport instruments

These instructions assume that you are installing Suunto Sports Instrument drivers on a clean system, i.e. one that does not contain any Suunto Sports Instrument drivers. If this is not the case, uninstall the previously installed drivers before proceeding with the installation. See section 5.4 Uninstalling Suunto Sports Instrument drivers for more information.

WINDOWS 98

The installation is in two parts. First you install the drivers for the Suunto Sports instrument and then for the virtual USB serial port.

To install the Suunto Sports Instrument:

1. The drivers are located on your PC software installation CD-ROM. Insert the CD-ROM into your computer.
2. Attach the Suunto Sports Instrument PC interface cable to the computer USB port. The Add New Hardware Wizard is activated.
3. Click *Next*.
4. Choose *Search for the best driver for your device. (Recommended)* and click *Next*.
5. Select *Specify a location* and browse for the driver folder on the installation CD-ROM. Click *Next*. The located driver is shown on the screen.
6. Click *Next* to install the located driver.
7. Click *Finish* to finish the first part of the installation and proceed to the serial port installation.

To install the USB serial port:

This should follow automatically once the Suunto Sports Instrument installation is complete and take a couple of seconds. Do not interrupt the installation before both parts of the installation are finished.

Once the installation of the serial port is completed, check that it has been successful. Select *Start* - *Settings* - *Control Panel* - *System* - *Device Manager*. Then select *View* - *Devices by connection*.

The device should have been installed as *Suunto USB Serial Port (COMx)*, attached to Suunto Sports Instrument.

WINDOWS 2000

The installation is in two parts. First you install the drivers for the Suunto Sports instrument and then for the virtual USB serial port.

To install the Suunto Sports Instrument:

1. The drivers are located on your PC software installation CD-ROM. Insert the CD-ROM into your computer.
2. Attach the Suunto Sports Instrument PC interface cable to the computer USB port. The Found New Hardware Wizard is activated.
3. Click *Next.* The Install Hardware Device Drivers window opens.
4. Choose *Search for a suitable driver for my device (recommended)* and click *Next*. The Locate Driver Files window opens.
5. Select *Specify a location* and browse for the driver folder on the installation CD-ROM. Click *Next*. The Driver Files Search Results window opens.
6. Clic*k Next* to install the located driver.
7. Click *Finish* to finish the first part of the installation and proceed to the serial port installation.

To install the USB serial port:

This should follow automatically once the Suunto Sports Instrument installation is complete. Repeat steps 3-6 to install the USB serial port. Then click *Finish* to close the wizard. Do not interrupt the installation before both parts of the installation are

finished.

Once the installation of the serial port is completed, check that it has been successful. Select *Start* - *Settings* - *Control Panel* - *System* - *Hardware* - *Device Manager*. Then select *View* - *Devices by connection*.

The device should have been installed as *Suunto USB Serial Port (COMx)*, attached to Suunto Sports Instrument.

WINDOWS XP

The installation is in two parts. First you install the drivers for the Suunto Sports instrument and then for the virtual USB serial port.

To install the Suunto Sports Instrument:

1. The drivers are located on your PC software installation CD-ROM. Insert the CD-ROM into your computer.
2. Attach the Suunto Sports Instrument PC interface cable to the computer USB port. The Found New Hardware Wizard is activated.
3. The Install Hardware Device Drivers window opens.
4. Choose *Install the software automatically (Recommended)* and click *Next*. The Locate Driver Files window opens.
5. A Hardware Installation warning sign may be diplayed: *Suunto Sports Instrument has not passed Windows Logo testing to verify its compatibility with Windows XP.* If so, click *Continue Anyway*.
6. Click *Finish* to finish the first part of the installation and proceed to the USB port installation.

To install the USB serial port:

This should follow automatically once the Suunto Sports Instrument installation is complete. Repeat steps 3-6 to install the USB serial port. Then click *Finish* to close

the wizard. Do not interrupt the installation before both parts of the installation are finished.

Once the installation of the serial port is completed, check that it has been successful. Select *Start - Settings - Control Panel - System - Hardware - Device Manager.* Then select *View - Devices by connection*.

The device should have been installed as *Suunto USB Serial Port (COMx)*, attached to Suunto Sports Instrument.

5.3. SUUNTO TRAINING MANAGER FEATURES-ULLA

5.4. UNINSTALLING USB DRIVERS FOR SUUNTO SPORT INSTRUMENTS

Windows 98

To uninstall Suunto Sports Instrument drivers:

1. Select *Start - Settings - Control Panel - Add/Remove Software.* A window that shows the currently installed programs opens.
2. Select *Suunto USB Drivers* and then click *Add/Remove*. This will bring up the Suunto Uninstaller screen, which asks if it is OK to delete the drivers.
3. Select *Continue* to finish the uninstallation.

Windows 2000

To uninstall Suunto Sports Instrument drivers:

1. Select *Start - Settings - Control Panel - Add/Remove Programs*. A window that shows the currently installed programs opens.
2. Select *Suunto USB Drivers* and then click *Change/Remove*. This will bring up the Suunto Uninstaller screen, which asks if it is OK to delete the drivers.
3. Select *Continue* to finish the uninstallation

Windows XP

To uninstall Suunto Sports Instrument drivers:

1. Select *Start - Settings - Control Panel - Add/Remove Programs*. A window that shows the currently installed programs opens.
2. Select *Suunto USB Drivers* and then click *Change/Remove*. This will bring up the Suunto Uninstaller screen, which asks if it is OK to delete the drivers.
3. Select *Continue* to finish the uninstallation.

6. SUUNTOSPORTS.COM

SuuntoSports.com is an Internet community for all Suunto sports instrument users. It is a service that adds a new dimension to your sport and to the way in which you use your sports instrument. In SuuntoSports you can share your best experiences and the data measured during your activities with other sports participants. You can compare your performance with other Suunto users and learn from their activities.

SuuntoSports.com membership is free and open for all sports participants. However, to be able to send your data to SuuntoSports, you need a Suunto sports instrument. You will also need the PC software delivered with the product to transfer the data from your PC to SuuntoSports. Before becoming a registered member, you can also log in as a guest to check what SuuntoSports.com has to offer.

6.1. GETTING STARTED

To join SuuntoSports.com:

1. Install Suunto Training Manager and ensure that your computer is connected to the Internet.
2. Click the *SuuntoSports.com* text

in the SuuntoSports.com window, located in the lower left corner of Suunto Training Manager.
3. Click

to open the SuuntoSports.com registration page.
4. Click *Register* and follow the instructions to become a member and to register your Suunto t6. After the registration, you will automatically enter the SuuntoSports.com home page that introduces the site structure and functional principles. If needed,

you can update your personal and equipment profiles in the My Suunto section.

You can also enter SuuntoSports directly from www.suuntosports.com.

NOTE: *SuuntoSports.com is continuously developed and its content is subject to change.*

6.2. SECTIONS

SuuntoSports.com includes three sections for different levels of privacy. My Suunto is your personal area that other users do not have access to, Communities includes functions for groups, and Sports Forums contain information that members have published for all SuuntoSports visitors. This is a short description of the functions and basic principles of SuuntoSports. To learn about the functions and activities in detail, visit the site, try them and, if needed, use the step-by-step instructions that you find in the Help. The Help is available on each page and its icon is located on the right side of the bar that divides the screen.

The information published on SuuntoSports.com contains internal links that help your navigation within the site. For example, if you view a resort description, you can follow the links and view the personal information of the one who sent the resort information and the logs and travel reports related to the resort.

SuuntoSports.com offers several possibilities for searching for information on the website. You can search for groups, members, resorts, logs or just type in your own keywords to find what you need.

6.3. MY SUUNTO

My Suunto contains your personal information. You can write an introduction of yourself to other members, register your wristop computer, list your sports activities, and manage your membership profile. When you upload Suunto t6 logs to SuuntoSports.com with Suunto Training Manager, they are displayed on your My Suunto front page. You can decide whether you want to make your logs public to all members, to limited groups or to keep them just for your own use. In My Suunto, you can also compare your logs with the ones that the others have published.

My Suunto section contains a personal event calendar that helps you plan your activities and keep a logbook of your training, development and favorite locations.

6.4. COMMUNITIES

Communities are meeting places for smaller groups of SuuntoSports members. In the Communities section, you can create and manage communities and search for other communities. For example, you can create a community for all your friends with similar interests, share your logs and results, and discuss and plan activities. The information published in a community is only visible to the members of the community. Communities can be either open or closed. To participate in the activities of a closed community, you first have to be invited or you have to apply for membership and be accepted.

All communities have a home page that lists the latest group activities such as news, discussions, events and recent logs. Community members can also use group-specific bulletin boards and calendars, create their own link lists and group activities. All registered SuuntoSports users become automatically members of the ‘World of SuuntoSports’ community.

6.5. SPORT FORUMS

Suunto users are active in many different sports. SuuntoSports.com has several Sports Forums that collect information to inform and inspire participants of these activities. All forums include sport-specific news, bulletin boards, event calendars, ranking lists and discussions. In the forums you can suggest links to sports-related websites and read travel reports written by other members.

Sport forums introduce interesting locations and resorts related to different sports. You can rank the resorts and suggest your own favorites. You can also view ranking lists from the SuuntoSports database by your own criteria, for example, the members who have visited the highest places, collected the most vertical climb or published the biggest number of logs, the communities with the most members, etc.

7. TECHNICAL SPECIFICATIONS

General

- Operating temperature -20 °C to +60 °C / -5 °F to +140 °F
- Storage temperature -30 °C to +60 °C / -22 °F to +140 °F
- Weight 56 g
- Water-resistant to 100 m / 330 ft.
- User replaceable battery CR2032
- Compatible with certain wireless Suunto ANT devices

Thermometer

- Display range -20°C - +60°C / -4°F - + 140°F
- Resolution 1°C / 1°F

Air pressure

- Display range 300 hPa - 1100 hPa / 8.90 InHg - 32.50 InHg
- Resolution 1 hPa / 0.01 InHg

Altitude

- Display range -500 m - 9000 m / -1600 ft. - 29 995 ft.
- Resolution 1m / 3ft.

Calendar Clock

- Resolution 1 s
- Programmed until 2099

Stopwatch

- Stopwatch range 99 hours
- Lap time range 99 hours
- Lap / split times 100/log

- Resolution 0.1 s

HR

- Display range 30 bpm - 240 bpm

Minimum and maximum values:

- HR limits: min 30 bpm max 240 bpm
- History HR limits (set with Suunto Training Manager): min 30 bpm max 240 bpm
- Maximum HR for percentage display (set with Suunto Training Manager): max 240 bpm

Timer

Minimum and maximum values:

- Interval 1: min 0.05 max 59.59
- Interval 2: min 0.00 max 59.59
- Warm-up: min 0.00 max 59.59
- Countdown: min 0.00 max 59.59

SPD/DST

Minimum and maximum values:

- Speed limits: min 2.0 max 150
- Autolap: min 0.0 max 99.9
- Distance interval 1: min 0.1 max 9.9
- Distance interval 2: min 0.0 max 9.9

Transmitter belt

- Water resistance: 20 m / 66ft
- Weight: 61g
- Frequency: 2.465 GHz Suunto ANT compatible

- Transmission range: up to 10 meters
- User replaceable battery CR2032

8. DISCLAIMERS

8.1. USER'S RESPONSIBILITY

This instrument is intended for recreational use only. Do not use it for obtaining measurements that require professional or industrial precision.

8.2. COPYRIGHT, TRADEMARK AND PATENT NOTICE

This publication and its contents are proprietary to Suunto Oy and are intended solely for the use of its clients to obtain knowledge and key information regarding the operation of Suunto t6 products.

Its contents shall not be used or distributed for any other purpose and/or otherwise communicated, disclosed or reproduced without the prior written consent of Suunto Oy.

Suunto, Wristop Computer, Suunto t6, Replacing Luck, and their logos are registered or unregistered trademarks of Suunto Oy. All rights are reserved. Suunto t6 is manufactured for Suunto Oy.

While we have taken great care to ensure that information contained in this documentation is both comprehensive and accurate, no warranty of accuracy is expressed or implied. Its content is subject to change at any time without notice. The latest version of this documentation can always be downloaded in www.suunto.com.

8.3. CE

The CE mark is used to mark conformity with the European Union EMC directives 89/336/EEC.

8.4. LIMITS OF LIABILITY AND ISO 9001 COMPLIANCE

If this product should fail due to defects in materials or workmanship, Suunto Oy will, at its sole option, repair or replace it with new or rebuilt parts, free of charge, for two (2) years from the date of its purchase. This warranty is only extended to the original purchaser and only covers failures due to defects in materials and workmanship that occur during normal use while in the period of the warranty.

It does not cover battery, battery replacement, damage or failures resulting from accident, misuse, neglect, mishandling, alteration or modifications of the product, or any failure caused by operation of the product outside the scope of its published specifications, or any causes not covered by this warranty.

There are no express warranties except as listed above.

The client can exercise the right to repair under the warranty by contacting Suunto Oy’s Customer Service department to obtain a repair authorization.

Suunto Oy and its subsidiaries shall in no event be liable for any incidental or consequential damages arising from the use of or inability to use the product. Suunto Oy and its subsidiaries do not assume any responsibility for losses or claims by third parties that may arise through the use of this device.

Suunto's Quality Assurance System is certified by Det Norske Veritas to be ISO 9001 compliant in all SUUNTO Oy's operations (Quality Certificate No. 96-HEL-AQ-220).

8.5. AFTER SALES SERVICE

If a claim under warranty appears to be necessary, return the product, freight prepaid, to your Suunto dealer who is responsible for having your product repaired. Include your name, address, proof of purchase and/or service registration card, as required in your country. The claim will be honored and the product repaired or replaced at no charge and returned in what your Suunto dealer determines a reasonable amount of

time, provided that all necessary parts are in stock. All repairs that are not covered under the terms of this warranty will be made at the owner's expense. This warranty is non-transferable from the original owner.

If it is not possible to contact your Suunto dealer, contact your local Suunto distributor for further information. You can locate your local Suunto distributor in www.suunto.com.

8.6. DISCLAIMER

This device complies with Part 15 of the FCC limits for class B digital devices. This equipment generates, uses, and can radiate radio frequency energy and, if not installed or used in accordance with the instructions may cause harmful interference to radio communications. There is no guarantee that interference will not occur in a particular instance. If this equipment does cause harmful interference to other equipment, try to correct the problem by relocating the equipment.

Consult an authorized Suunto dealer or other qualified service technician if you cannot correct the problem. Operation is subject to the following conditions:

(1) This device cannot cause harmful interference.

(2) This device must accept any interference received, including interference that may cause undesired operation.

Repairs should be made by authorized Suunto service personnel. Unauthorized repairs will void warranty.

Tested to comply with FCC standards.

For home or office use.

FCC WARNING: Changes or modifications not expressly approved by Suunto Oy could void your authority to operate this device under FCC regulations.