



EQUIPOS Y ESTUDIOS CIA LTDA

"Cultura tecnológica de soporte a la ingeniería"

www.equiposyestudios.com * (505) 2249 0311 * ventas@equiposyestudios.com



GPS GARMIN Forerunner 10

Forerunner 10 is a GPS running watch that tracks your distance, speed/pace and calories. It also identifies your personal records and provides motivation along the way.

Forerunner 10 is so easy to use, you can start your run with the press of a button. As you run, you can see your time and distance clearly displayed on 1 screen and calories and pace on another. You can also customize the settings to show pace and distance on the same screen.

It's our lightest, most comfortable watch yet and is available in multiple colors. The black/red and orange/black models have a slightly larger watch face and wider wristband. All models can be worn as a regular watch, so your running partner is always on hand. For typical use (with GPS on 30 minutes per day), the battery life is 10 days. If used continuously with GPS, the battery life is 5 hours.

As you run, Forerunner 10 automatically alerts you when you complete each mile, giving you a friendly beep and a screen that flashes your time for that mile. When you complete your run and save it, you'll see a summary of how you did, including your total time, distance, average pace and calories. The watch even lets you know when you achieve a personal record, such as your fastest mile or longest run to date.

For runners who want a little more, Forerunner 10 has a couple of simple training features. Virtual Pacer™ compares your current running pace to your target. It also has a run/walk feature that's helpful if you're just starting out or your running plan includes walk breaks.

With a simple connection to your computer, you can upload your runs to Garmin Connect™ to see your run on a map, get more detail on each mile and share it with friends — all for free. You'll be even more



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motivated when you see your miles add up in Garmin Connect and can go back and see how you've improved from last week, last month or last year.

Technical Specifications:

Physical & Performance:

Physical dimensions	Black/Red & Orange/Black: 1.79" x 2.25" x 0.62" (4.55 cm x 5.72 cm x 1.57 cm); Pink/White, Green/White, Violet/White & Black/Silver: 1.58" x 2.05" x 0.62" (4.01 cm x 5.22 cm x 1.57 cm)
Display size, WxH	Black/Red & Orange/Black: 0.98" x 0.94" (2.5 cm x 2.4 cm); Pink/White, Green/White, Violet/White & Black/Silver: 0.81" x 0.77" (2.1 cm x 2.0 cm)
Display resolution, WxH	55 x 32 pixels
Touchscreen	No
Weight	Black/Red & Orange/Black: 43 g (1.5 oz); Pink/White, Green/White, Violet/White & Black/Silver: 36 g (1.3 oz)
Battery	rechargeable lithium-ion
Battery life	5 weeks in watch mode; 5 hours in training mode
Water rating	5 ATM
GPS-enabled	Yes
High-sensitivity receiver	Yes

Maps & Memory:

Basemap	No
Ability to add maps	No
Accepts data cards	No



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History 7 activities

Waypoints/favorites/locations 0

Routes 0

Features & Benefits:

Heart rate monitor	No
Bike speed/cadence sensor	No
Foot pod	No
Automatic sync (automatically transfers data to your computer)	No
Garmin Connect™ compatible (online community where you analyze, categorize and share data)	Yes
Virtual Partner® (train against a digital person)	No
Virtual Racer™ (compete against other activities)	No
Courses (compete against previous activities)	No
Auto Pause® (pauses and resumes timer based on speed)	Yes
Auto Lap® (automatically starts a new lap)	Yes
Auto Scroll (cycles through data pages during workout)	No
Multi-sport (changes sport mode with a press of a button)	No
Advanced workouts (create custom, goal-oriented workouts)	No
Pace alert (triggers alarm if you vary from preset	No



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pace)

Time/distance alert (triggers alarm when you reach goal) No

Vibration alert: (choose between alert tones and/or vibration alert) No

Interval training (set up exercise and rest intervals) No

Heart rate-based calorie computation No

Training Effect (measures impact of an activity on your aerobic fitness) No

Customizable screen(s) Yes

Barometric altimeter No

Unit-to-unit transfer (shares data wirelessly with similar units) No

Power meter compatible (displays power data from compatible 3rd party ANT+™-enabled power meters) No

Temperature (displays and records temperature while you ride) No

Sport watch Yes

Virtual Pacer™ (compares current running pace to target): yes

Personal records: yes

Run/walk feature: yes

Additional

This USB mass storage device is compatible with Windows® XP or newer and Mac® OS X 10.4 or later.