SUUNTO

Suunto Training Series – Comparison chart

	Performance / Active / **Recreational**	Performance / **Active** / Recreational	**Performance** / Active / Recreational
Training functions	Suunto t1/t1c	Suunto t3c/t4c	Suunto t6c
Stopwatch	•	•	•
Interval timers		•	•
Coded heart rate transmission	29 codes	digital	digital
Average heart rate in real time	•	•	•
Heart rate limit alarm	•	•	•
Number of adjustable target zones	3	3	1
Accurate calories in real time	•	•	•
Training Effect in real time		•	•
Suunto Coach – personal training plan		• (t4c)	
Speed and distance functions*		•	•
Cycling cadence*		•	•
ANT digitally coded transmission		•	•
Altimeter functions			•
PC software		optional	included
Beat-to-beat recording (R-R) capacity			100 000 beats
Heart rate belt	• (t1)		
Comfort belt	• (t1c)	•	•
Summaries			
Memory capacity	1 log	15 logs	30 logs
Workout summary	2 months	6 months	man. resettable
Total calories	•	•	•
Number of laps	30	50	99
Average and peak heart rate	•	•	•
Time in zones	•	•	•
Training Effect		•	•
Hear rate and speed profiles on PC		from laps	continuous
Altitude profile on PC			•
Detailed analysis of 7 body param. on PC			•
Basic functions			
Time, date, weekday, dual time	•	•	•
Number of daily alarms	1	1	3
User replaceable batteries (watch and belt)	•	•	•
Backlight	•	•	•
Button lock	•	•	•
Replaceable accessory straps	•	•	•
Compatible with Suunto Team System		•	•

* with optional PODs