

Appendix

Data Fields

Some data fields require ANT+ accessories to display data.

% Heart Rate Reserve: The percentage of heart rate reserve (maximum heart rate minus resting heart rate).

24-Hour Max.: The maximum temperature recorded in the last 24 hours from a compatible temperature sensor.

24-Hour Min.: The minimum temperature recorded in the last 24 hours from a compatible temperature sensor.

500m Pace: The current swimming pace per 500 meters.

Active Calories: The calories burned during the activity.

Aerobic Training Effect: The impact of the current activity on your aerobic fitness level.

Ambient Pressure: The uncalibrated environmental pressure.

Anaerobic Training Effect: The impact of the current activity on your anaerobic fitness level.

Average % Heart Rate Reserve: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current activity.

Average Cadence: Cycling. The average cadence for the current activity.

Average Cadence: Running. The average cadence for the current activity.

Average Distance Per Stroke: Swimming. The average distance traveled per stroke during the current activity.

Average Distance Per Stroke: Paddle sports. The average distance traveled per stroke during the current activity.

Average Heart Rate: The average heart rate for the current activity.

Average Heart Rate %Max.: The average percentage of maximum heart rate for the current activity.

Average Lap Time: The average lap time for the current activity.

Average Moving Speed: The average speed when moving for the current activity.

Average Overall Speed: The average speed for the current activity, including both moving and stopped speeds.

Average Speed: The average speed for the current activity.

Average Stroke Rate: Paddle sports. The average number of strokes per minute (spm) during the current activity.

Average Strokes Per Length: The average number of strokes per pool length during the current activity.

Average Strokes Per Length: The average number of strokes per length during the current activity.

Average Swolf: The average swolf score for the current activity. Your swolf score is the sum of the time for one length plus the number of strokes for that length (*Swim Terminology, page 35*).

Avg. 500m Pace: The average swimming pace per 500 meters for the current activity.

Avg. Pace: The average pace for the current activity.

Barometer Chart: A chart showing the barometric pressure over time.

Barometric Pressure: The current calibrated environmental pressure.

Battery Hours: The number of hours remaining before the battery power is depleted.

Battery Percentage: The percentage of the battery power remaining.

Cadence: Cycling. The number of revolutions of the crank arm. Your device must be connected to a cadence accessory for this data to appear.

Cadence: Running. The steps per minute (right and left).

Cadence Gauge: Running. A color gauge showing your current cadence range.

Calories: The amount of total calories burned.

Distance: The distance traveled for the current track or activity.

Distance Per Stroke: The distance traveled per stroke.

Elapsed Time: The total time recorded. For example, if you start the timer and run for 10 minutes, then stop the timer for 5 minutes, then start the timer and run for 20 minutes, your elapsed time is 35 minutes.

Elevation: The altitude of your current location above or below sea level.

