

Suunto Race S Titanium

Measurements	45 x 45 x 11.4 mm / 1.77 x 1.77 x 0.45 "
Weight	53 g / 1.87 oz
Bezel material:	Titanium Grade 5
Glass material:	Gorilla glass
Case material:	Glass fibre reinforced polyamide
Strap material:	Silicone
What's in the box?	Suunto Race S, Charging cable, Printed user documentation
Country of manufacture	CN

MUSIC

Control your music with watch	YES
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GENERAL

Bezel material:	Titanium Grade 5
Glass material:	Gorilla glass
Case material:	Glass fibre reinforced polyamide
Strap material:	Silicone
Weight	53 g / 1.87 oz
Wrist sizes:	125-175 mm (accessory strap -215 mm)
Strap width:	22 mm
Integrated wrist heart rate	YES
Customizable watch faces	YES
Touch screen lock	YES
Touch display	YES
Color display	YES

Vibration alert	YES
Water resistance	50 m
Battery type	rechargeable lithium-ion
Firmware upgradable	YES
Time, date	YES
Alarm clock	YES
Dual time	YES
Automatic timekeeping	YES
Countdown timer	YES
Stopwatch timer	YES
Languages	EN, CS, DA, DE, EL, ES, FI, FR, IT, JA, KO, NL, NO, PL, PT, RU, SV, TR, HE, ZH*, TH*, ZHTW*
Backlight	AMOLED
Configurable backlight	automatic brightness
Button lock	during exercise
Display size	1,32"
Display type	matrix
Display resolution	466 x 466
Metric and imperial units	YES
Automatic daylight saving time	YES
Automatic firmware updates over the air	YES
Battery indicator	percentage / icon

Blood oxygen	YES
Always-on display	YES
Outdoor offline map storage	32GB
PHYSICAL SPECIFICATIONS	
Operating temperature	-20° C to +55° C / -5° F to +130° F
Storage temperature	-20° C to +55° C / -5° F to +130° F
Recommended charging temperature	0° C to +35° C / +32° F to +95° F
COMPASS	
Digital compass	YES
Tilt compensation	YES
Declination correction	YES
Direction scale	degrees / miles
Needle	north indicator
Compass accuracy	5°
Compass resolution	1°
CONNECTIVITY	
Connectivity (between devices)	Bluetooth
Compatible with Suunto app	YES
Phone notifications on the watch	YES
Media controls on watch	YES
Send predefined replies to incoming messages from watch	Android only
Compatible with online sports communities	YES

Watch software updates from cloud	YES
Automatic over the air software updates	YES
Smartphone compatibility	Most common models supported

BATTERY LIFE

Intelligent charge reminders	YES
Daily use: Smartwatch mode	up to 9 days
Daily use: Standby time mode only	up to 13 days
Training: All-Systems GNSS mode + Multi-Band	up to 30h
Training: All-Systems GNSS mode + Single-Band	up to 40h
Training: All battery modes battery promises	30h / 40h / 60h / 120h
Training: Power saving GNSS modes	up to 120h

24/7

ACTIVITY TRACKING

Step counter	YES
Calories burned	YES
Activity targets	YES
Activity history	YES
Calorie burn rate and heart rate during daily activities	YES
Daily minimum heart rate tracking	YES

SLEEP TRACKING

Sleep duration	YES
Bed times	YES
Time awake	YES
Deep sleep	YES
Average and minimum heart rate during sleep	YES
Light sleep	YES
REM	YES
HRV from sleep	YES

STRESS AND RECOVERY

Daily resource level	YES
Stress and recovery status	YES
HRV measurement	YES

OUTDOOR FUNCTIONS

GPS TRACKING & NAVIGATION

Offline maps on watch	YES
Satellite systems	GPS, GLONASS, GALILEO, QZSS, BEIDOU
GNSS frequency support	L1 + L5
Simultaneous satellite systems	4
Max connected satellites	32
Intelligent battery modes	Performance, Endurance, Ultra, Tour
GPS recording rate	Best, Good, OK, Low

Waypoint and visual route navigation	YES
Zoom levels in navigation	YES
Auto zoom based on route shape	YES
Breadcrumb trail in real time	YES
Route planning with altitude profile	YES
Outdoor terrain and satellite maps	YES
Global heatmaps for 20 sports	YES
Route planning with heatmaps	YES
Personal route library synced to watch	YES
Snap to route	YES
Point of Interest (POI) navigation	YES
ETA (estimated time of arrival), remaining distance	YES
GPS track analysis	YES
Track logging, viewing and sharing	YES
ETA (estimated time of arrival)	YES
Bearing navigation	YES
Outdoor maps by satellite, terrain and topography in web by Mapbox, Google Maps & Android	YES
ALTIMETER	
Barometric altitude	YES
GPS altitude	YES

Combined GPS and barometric altitude (FusedAlti™)	YES
Altitude in daily mode	YES
Altitude acclimation with blood oxygen	YES
Total ascent/descent	YES
Vertical speed	YES
Automatic alti/baro profile	YES
Log recording rate	1 s
Resolution	1 m
Range	-500 - 9999 m

WEATHER

Sunrise/sunset times	YES
Storm alarm	YES
Sea level pressure	YES
Automatic alti/baro profile	YES
Temperature	YES
Temperature display range	-20° C to +55° C / -5° F to +130° F
Temperature resolution	1° C / 1.5° F
Pressure resolution	1 hPa
Altitude graph shown in exercise summary	YES

TRAINING FUNCTIONS

INTERVAL TRAINING	
Setup intervals	YES
Interval guidance during training	YES
Structured intervals	YES
HEART RATE	
Heart rate measured from wrist	YES
Heart rate belt compatibility	Bluetooth Smart belts
RR interval	with Suunto Smart Heart Rate Belt & Suunto Smart Sensor
Heart rate in beats per minute	YES
Records heart rate in swimming	YES
Heart rate graph in real time	YES
Real-time average heart rate	YES
Calories	YES
Peak Training Effect	YES
Personal heart rate zones	YES
Fitness level (VO2max)	YES
Lactate threshold detection	YES
Recovery time	YES
SPEED AND DISTANCE	
Cadence based speed and distance	YES
GPS speed and distance	YES
Chrono	YES
Foot POD support	Bluetooth Smart

Autolaps	YES
Manual laps	YES
Analysis of pace, speed graphs and tracks on the map	YES
TRAINING RECOVERY	
Feeling stored after training to watch	YES
Training based recovery time	YES
TRAINING LOAD	
Logbook with exercise details	YES
Log summary on the watch with lap details	YES
Training load with totals by sport	YES
Training logbook for long term overviews	YES
Exercise summary with lap details	YES
SHARE AND RELIVE	
Exercise sharing to social media	YES
Exercise rating and commenting	YES
Follow other members and get feedback via activity stream	YES
ADAPTIVE TRAINING GUIDANCE	
Intensity and duration based real-time guidance during workout	YES

SPORT EXPERTISE

SWIMMING

Pool swim pace and distance	YES
Openwater swim distance	YES
Records heart rate in swimming	YES
Swimming time by pool length, lap, total	YES
Swimming stroke rate, count and type	YES
Stroke efficiency (SWOLF)	YES
Automatic intervals	YES
Interval lap table	YES
CYCLING	
Cycling speed	YES
Average speed in real time	YES
Bike POD with speed/cadence support	Bluetooth Smart
Bike power meter support	Bluetooth Smart
Bike Power (W), average and maximum (with power sensor)	Bluetooth Smart
Bike Lap and Lap Maximum Power (with power sensor)	YES
Real-time lap table with avg HR, avg power and avg speed	YES
Interval guidance with power/speed/heart rate	YES
RUNNING	
Running pace	YES
Suunto FusedSpeed™	YES

Snap to route	YES
Running power	from wrist or with Stryd sensor
SuuntoPlus™ Ghost runner	YES
Foot POD calibration	automatic
Lap table in watch and Suunto app	YES
Average, max, lap pace in real time	YES
Interval guidance with running pace/heart rate/distance	YES
MULTISPORTS	
Change sport mode during exercise	YES
Preconfigured multisport modes	YES
Post-analysis of multisport exercise by sport	YES
Multisport exercise summary on watch	YES
SPORT MODES	
Customizable sport modes and displays	YES
Graphical displays in sport modes	YES
Pre-installed sport modes on watch	> 95
SuuntoPlus™	YES

DIVING FUNCTIONS

FREEDIVING

Depth meter for snorkeling	10 m
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