


SUUNTO
X
MAMMUT



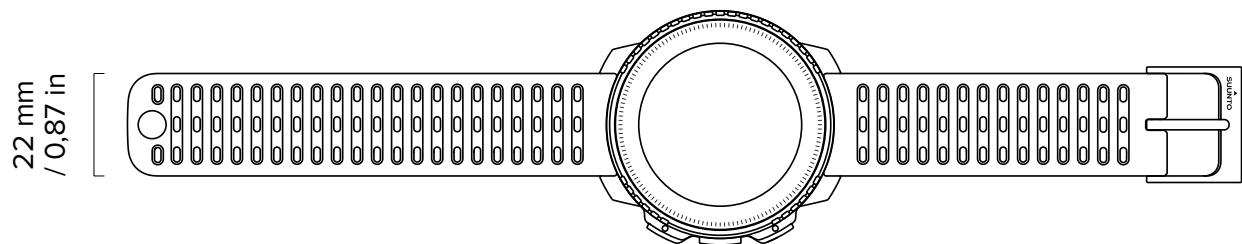
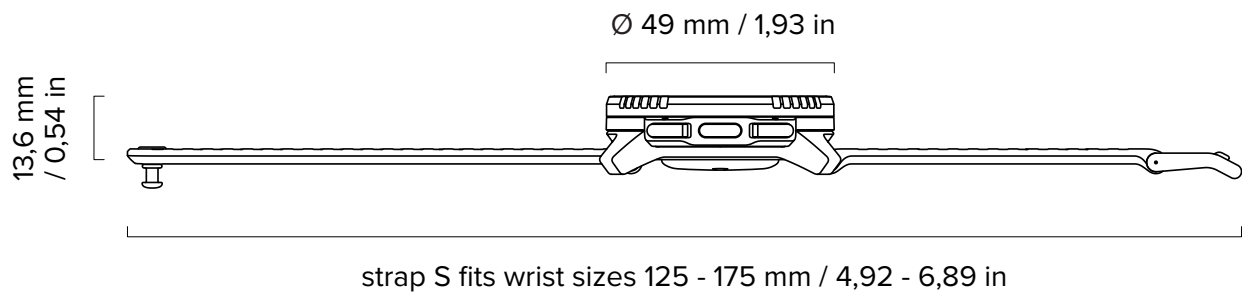
VERTICAL TITANIUM

Technical Specifications

Measurements	49 x 49 x 13.6 mm / 1.93 x 1.93 x 0.54 "
Weight	74 g / 2.61 oz
Bezel material	Titanium Grade 5
Glass material	Sapphire crystal
Case material	Glass fibre reinforced polyamide
Strap material	Silicone

What's in the box?

Suunto x Mammut Vertical Titanium, charging cable, printed user documentation



TECHNICAL SPECIFICATIONS

GENERAL

Bezel material	Titanium Grade 5
Glass material	Sapphire crystal
Case material	Glass fibre reinforced polyamide
Strap material	Silicone
Weight	74 g / 2.61 oz
Wrist sizes	125-175 mm (accessory strap -215 mm)
Integrated wrist heart rate	yes
Customizable watch faces	yes
Touch screen lock	yes
Touch display	yes
Color display	yes
Vibration alert	yes
Automatic daylight saving time	yes
Water resistance	100 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	yes
Backlight	LED
Configurable backlight	automatic brightness
Button lock	during exercise
Display size	1,4''
Display type	matrix
Display resolution	280 x 280
Battery indicator	percentage / icon
Metric and imperial units	yes
Blood oxygen	yes
Automatic firmware updates over the air	yes
Strap width	22 mm

CONNECTIVITY

Smartphone compatibility	Most common models supported
Connectivity (between devices)	Bluetooth
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	Strava, TrainingPeaks and more
Watch software updates from cloud	yes
Compatible with Suunto app	yes
Automatic over the air software updates	yes

COMPASS

Digital compass	yes
Tilt compensation	yes
Direction scale	degrees / mils
Needle	north indicator
Compass accuracy	5°
Compass resolution	1°

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 +45° C / +32° F to +113° F

BATTERY LIFE

Intelligent charge reminders	yes
In time mode	1 year
With 24/7 tracking and mobile notifications	60 days
Training mode with GPS	60h / 90h / 140h / 500h (Titanium Solar 85h / 140h / 280h / 30d)

DIVING FUNCTIONS

Depth meter for snorkeling

10 m

OUTDOOR FUNCTIONS

GPS TRACKING & NAVIGATION

Satellite systems	GPS, GLONASS, GALILEO, QZSS, BEIDOU
Simultaneous satellite systems	5
Max connected satellites	32
GPS recording rate	Best, Good, OK, Low
Intelligent battery modes	Performance, Endurance, Ultra, Tour, Custom
Waypoint and visual route navigation	yes
Zoom levels in navigation	yes
Auto zoom based on route shape	yes
Breadcrumb trail in real time	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)	yes
GPS track analysis	yes
Track logging, viewing and sharing	yes
Offline maps on watch	yes
GNSS frequency support	L1 + L5

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

ADAPTIVE TRAINING GUIDANCE

Intensity and duration based real-time guidance during workout	yes
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INTERVAL TRAINING

Interval guidance during training	yes
Setup intervals	on watch

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
Recovery time	yes
Personal heart rate zones	yes
Fitness level (VO2max)	yes

TRAINING LOAD

Logbook with exercise details	yes
Exercise summary with lap details	yes
Training load with totals by sport	yes
Training logbook for long term overviews	yes

TRAINING RECOVERY

Training based recovery time	yes
Recovery time daily view	on watch
Feeling stored after training to watch	yes

SHARE AND RELIVE

Exercise rating and commenting	yes
Exercise sharing to social media	yes
Follow other members and get feedback via activity stream	yes

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
Sleep quality	yes
Time awake	yes
Average and minimum heart rate during sleep	yes
Deep sleep	yes

STRESS AND RECOVERY

Daily resource level	yes
Stress and recovery status	yes

SPORT EXPERTISE

MULTISPORTS

Multisport exercise summary on watch	yes
Change sport mode during exercise	yes
Preconfigured multisport modes	yes
Post-analysis of multisport exercise by sport	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

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

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

SPORT MODES

Customizable sport modes and displays	yes
Graphical displays in sport modes	yes
Pre-installed sport modes on watch	yes
SuuntoPlus™	yes