

FORERUNNER® COMPARISON CHART

Specifications	FR60	110	205	305	310XT	405	405CX
Mens Unit dimensions, WxHxD	5.6 x 3.8 x 1.3 cm	4.5 x 6.9 x 1.4 cm	3.3 x 6.9 x 1.8 cm	3.3 x 6.9 x 1.8 cm	5.4 x 5.6 x 1.8 cm	4.8 x 7.1 x 1.6 cm	4.8 x 7.1 x 1.6 cm
Womens Unit dimensions, WxHxD	5.2 x 3.8 x 1.4 cm	4.5 x 6.9 x 1.4 cm	-	-	-	-	-
Weight Mens	44 g	52 g	77 g	77 g	72 g	60 g	60 g
Weight Womens	41 g	52 g	-	-	-	-	-
Battery life	1 year (CR2032) lithium battery	Rechargeable lithium 6 - 8 hours	Rechargeable lithium 10 hours	Rechargeable lithium 10 hours	Rechargeable lithium 20 hours	6 - 8 hours training	6 - 8 hours training
Water resistant	✓ (50m)	✓ (IPX7)	✓ (IPX7)	✓ (IPX7)	✓ (50m)	✓ (IPX7)	✓ (IPX7)
Memory	100 laps or up to 15 hours of data	180 hours	1000 laps 100 locations	1000 laps 100 locations	1000 laps 100 locations	1000 laps 100 locations	1000 laps 100 locations
Heart rate monitor	✓	✓ Optional	-	✓	✓ Optional	✓ Optional	✓
Bike speed/cadence sensor	✓ Optional	-	-	✓ Optional	✓ Optional	✓ Optional	✓ Optional
Foot pod	✓ (Bundle version)	-	-	✓ Optional	✓ Optional	✓ Optional	✓ Optional
Wireless data transfer	✓	-	-	-	✓	✓	✓
Garmin Connect - Data analysis	✓	✓	✓	✓	✓	✓	✓
Virtual Partner®	✓	-	✓	✓	✓	✓	✓
Auto Pause®	✓ (Bundle version)	-	✓	✓	✓	✓	✓
Auto Lap®	✓ (Bundle version)	✓	✓	✓	✓	✓	✓
Auto Scroll	✓	-	✓	✓	✓	✓	✓
Pace alert	✓ (Bundle version)	-	✓	✓	✓	Advanced workouts only	Advanced workouts only
Time/distance alert	✓	-	✓	✓	✓	Advanced workouts only	Advanced workouts only
Interval training	✓	-	✓	✓	✓	✓	✓
Customisable screen(s)	✓	-	✓	✓	✓	✓	✓
Multisport mode	-	-	✓	✓	✓	-	-
Calories	✓	✓	✓	✓	✓ Advanced with HR version	-	✓ Advanced
Time, date and alarm	✓	✓	-	-	-	✓	✓

IPX7: 1m submersible for 30 mins