



**Introducing the R300 - with all the functions that make training even more effective. 10 km, 20 km, or marathon? With the R300 you achieve your targets quicker. The only thing not included is the fun of training. This comes automatically with the R300.**



**Optimized for:** Running

**Also suitable for:** Inline skating and walking

- > **Ultra precise measurement of the current, maximum and average speed via GPS**
- > **Distance run accurate to a few metres**
- > **Pace control and programmable target zone**
- > **Automatic timer**
- > **Measurement of calories burned**
- > **Easy operation with only two buttons**

## R300 Features

- Distance run
- Current speed / pace
- Average speed / pace
- Maximum speed / pace
- Pace / speed target-zone (with acoustic signal)
- Automatic timer
- Distance run per lap
- Lap history (max. 50)
- Calories burned
- Current altitude (GPS)
- Time (ultra precise GPS satellite atomic time)
- Date
- Changeable cover

## R300 Technical Specifications

- Battery life up to approx. 16 hrs
- Water resistant
- Battery indicator
- Temperature range -10°C to +50°C
- Dimensions WxHxD: 79 x 78 x 27 mm
- Weight approx. 120g (incl. battery and arm strap)
- Speed accuracy +/- 0.3 km/h
- Distance measuring accuracy +/- 2%

## Box contents

- R300 Sport.Tool
- Arm strap
- 1 x AA battery
- Quick Start Guide
- User manual
- Product registration card