



	Suunto Vertical
GENERAL	
Bezel material	Stainless steel or Titanium Grade 5
Glass material	Sapphire crystal
Case material	Glass fibre reinforced polyamide
Watch diameter	49mm
Watch thickness	13,6mm
Strap material	Silicone
Strap width	22 mm
Wrist sizes	125-175 mm or 125-200 mm depending on the model (accessory straps -215 mm)
Weight	Steel 86g (69g case), Titanium 74g (56g case)
Customizable watch faces	x
Automatic firmware updates over the air	x
Water resistance	100 m
Battery indicator	percentage / icon
Battery type	rechargeable lithium-ion
Firmware upgradable	x
Time, date	x
Alarm clock	x
Dual time	x
Integrated wrist heart rate	x
Blood oxygen	x
Automatic timekeeping	x
Stopwatch timer	x
Countdown timer	x
Vibration alert	x
Languages	CS, DA, DE, EL, EN, ES, FI, FR, HE, IT, JA, KO, NL, NO, PL, PT, RU, SV, TR, ZH*, TH*, ZHTW*
Backlight	LED
Configurable backlight	Automatic brightness
Button lock	during exercise
Display size	1,4"
Display type	matrix
Display resolution	280 x 280
Metric and imperial units	x
Automatic daylight saving time	x



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 +110° F
BATTERY LIFE	
Intelligent charge reminders	x
In time mode	60 days (1 year+ with solar)
with 24/7 tracking and mobile notifications	30 days (60 days with solar)
Training mode with GPS	60h / 90h /140h / 500h
Training mode with GPS and solar	85h / 140h /280h / 30d
COMPASS	
Digital compass	x
Tilt compensation	x
Declination correction	x
Direction scale	degrees, mils
Needle	north indicator
Compass accuracy	5°
Compass resolution	1°
CONNECTIVITY	
Connectivity (between devices)	Bluetooth
Compatible with Suunto app	x
Phone notifications on the watch	x
Music/Media controls on watch	x
Send predefined answers to incoming messages (Android)	x
Compatible with online sports communities	Strava, TrainingPeaks, Endomondo and more
Watch software updates from cloud	x
Automatic over the air software updates	yes
Smartphone compatibility	Most common models supported, check here for detailed compatibility list
ACTIVITY TRACKING	
Step counter	x
Calories burned	x
Activity targets	Steps, Calories
Activity history	x
Calorie burn rate and heart rate during daily activities	x
Daily minimum heartrate tracking	x



SLEEP TRACKING	
Sleep duration	Duration, average hr
Bed times	x
Time awake	x
Deep sleep	x
Sleep quality	x
Average and minimum heart rate during sleep	x
STRESS AND RECOVERY	
Daily resource level	x
Stress and recovery status	x
GPS TRACKING & NAVIGATION	
Satellite systems	GPS, GLONASS, GALILEO, QZSS, BEIDOU
Simultaneous satellite systems	4
Max connected satellites	60
GNSS frequency support	Dual band (L1 + L5)
Intelligent battery modes	Performance, Endurance, Ultra, Tour, Custom
GPS recording rate	BEST, GOOD, OK, LOW
Waypoint and visual route navigation	x
Zoom levels in navigation	x
Auto zoom based on route shape	x
Breadcrumb trail in real time	x
Route planning with altitude profile	x
Outdoor terrain and satellite maps	x
Global heatmaps for 20 sports	x
Route planning with heatmaps	x
Personal route library synced to watch	x
Snap to route	x
Point of interest (POI) navigation	x
ETA (estimated time of arrival)	x
GPS track analysis	x
Track logging, viewing and sharing	x
ALTIMETER	
Barometric altitude	x
GPS altitude	x
Combined GPS and barometric altitude (FusedAlti™)	x
Altitude in daily mode	x
Altitude acclimation with blood oxygen	x
Total ascent/descent	x



Vertical speed	x
Automatic alti/baro profile	x
Log recording rate	1 s
Resolution	1 m
Range	-500 - 9999 m
WEATHER	
Sunrise/sunset times	x
Storm alarm	x
Sea level pressure	x
Automatic alti/baro profile	x
Temperature	x
Temperature display range	-20° C to +55° C
Temperature resolution	1 C
Pressure resolution	1 hPa
Move altitude graph in Move summary	x
ADAPTIVE TRAINING GUIDANCE	
Intensity and duration based real-time guidance during workout	no
Automatic 7-day training plan to improve your fitness level	no
INTERVAL TRAINING	
Setup intervals in watch	x
Structured intervals	x
Interval guidance during training	x
HEART RATE	
Heartrate measured from wrist	x
Heartrate belt compatibility	Bluetooth HR belts
RR interval	with Suunto Smart Sensor
Heart rate in beats per minute	x
Records heart rate in swimming	x
Heart rate graph in real time	x
Real-time average heart rate	x
Calories	x
Peak Training Effect	x
Recovery time	x
Personal heart rate zones	x
Fitness level (VO2Max)	x
SPEED AND DISTANCE	
Cadence based speed and distance	x
GPS speed and distance	x



Chrono	x
Foot POD support	Bluetooth Foot Pods
Autolaps	x
Manual laps	x
Analysis of pace, speed graphs and tracks on the map	x
TRAINING RECOVERY	
Training based recovery time	x
Recovery time daily view in watch	x
Feeling stored in watch after training	x
TRAINING LOAD	
Logbook with Move details	x
Move summary with lap details	x
Training load with totals by sport	x
Training logbook for long term overviews	x
SHARE AND RELIVE	
Move sharing to social media	x
Move rating and commenting	x
Follow other members and get feedback via activity stream	x
SWIMMING	
Pool swim pace and distance	x
Openwater swim distance	x
Records heart rate in swimming	x
Swimming time by pool length, lap, total	x
Swimming stroke rate, count and type	x
Stroke efficiency (SWOLF)	x
Automatic intervals	x
Interval laptable	x
CYCLING	
Cycling speed	x
Average speed in real time	x
Bike POD with speed/cadence support	Bluetooth Bike Pods
Bike power meter support	Bluetooth Power meters
Bike Power (W), average and maximum (with power sensor)	Bluetooth Power meters
Bike Lap and Lap Maximum Power (with power sensor)	x
Real-time lap table with avg HR, avg power and avg speed	x



Interval guidance with power/speed/heart rate	x
RUNNING	
Running pace	x
Suunto FusedSpeed™	x
Snap to route	x
Running power	from wrist or with Stryd sensor
SuuntoPlus™ Ghost runner	x
Foot POD calibration	automatic
Lap table in watch and Suunto app	x
Average, max, lap pace in real time	x
Interval guidance with running pace/heart rate/distance	on watch
MULTISPORT	
Change sport mode during exercise	x
Preconfigured multisport modes	x
Post-analysis of multisport exercise by sport	x
Multisport exercise summary on watch	x
SPORT MODES	
Customizable sport modes and displays	x
Graph displays in sport modes	x
Pre-installed sport modes on watch	> 95
SuuntoPlus™	x
FREEDIVING	
Depth meter for snorkeling	10 m
SUITABLE FOR SPORTS	Running
	Trail running
	Treadmill running
	Pool swimming
	Openwater swimming
	Walking
	Triathlon
	Orienteering
	Mountaineering
	Ski Touring
	Alpine skiing
	Snowboarding
	Telemark skiing
	Weight training

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	Circuit training
	Crossfit
	Cycling
	Indoor cycling
	Mountain biking
	Hiking
	Trekking
	Climbing
	Snorkeling
	Mermaid diving