



Press release
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SUUNTO t6c & Foot POD: An unbeatable team

"Runner's World" test winners



Running is still one of the most popular trend sports. Nowadays, however, optimal training involves more than just a heart rate monitor. Running fans are demonstrating a growing interest in simple, accurate options for measuring distance and speed. "Runner's World", one of the leading running magazines in the world, recently tested a range of distance trackers. Of the six models tested, the jury found products by the Finnish manufacturer Suunto to be the best overall. The t6c and the Foot POD won the title "Runner's World

Test Winners". Once again, Suunto has positioned itself as an innovative running and endurance sports brand.



"We're very pleased about the title from Runner's World," says Terho Lahtinen, Category Manager in Suunto. "The diverse application options and broad usage spectrum of the Suunto t6c in conjunction with the Foot POD allow a high level of measuring accuracy for different activities. These advantages are appreciated by many top athletes, such as Olympic triathlon winner, Jan Frodeno, or trail running world champion, Jonathan Wyatt, whom we equip with our products."

The goal of the test was to assess the devices in terms of the specific requirements on the distance tracker on a defined running course: accurate results, easy usability and, above all, universal deployment options. A total of six models underwent the practical test. The test runners covered exactly 10,000 metres on a track, officially measured to be 400 metres. All the test runners calibrated the products before the start of the test to make sure that the devices were optimally adjusted to their individual running styles.

Besides the t6c functions, the test jury was particularly impressed by the diversity and high accuracy when used in conjunction with the Foot POD.

The Suunto t6c provides precise data for a total of seven body parameters. The accurate real-time analysis of heart rate, calorie burn, ventilation volume, oxygen intake, respiration rate, training effect and EPOC allows training control that would otherwise only be possible in a lab. The handy Foot POD can easily be attached to the runner's shoe and transfers information about speed and covered distance directly to the wristop computer.

For more information, go to www.suunto.com or www.runnersworld.de

*The EPOC value (excess post-exercise oxygen consumption) shows how much oxygen is required to restore the body to a restive state.

Collection: 2008/09
Category: Training
Model: t6c



Lab-accurate information about seven body parameters:

Heart rate, energy consumption, ventilation volume, oxygen consumption, respiration rate
 Training Effect and EPOC.

Altimeter: Altitude range 500 m to 9,000 m, total ascent/descent, 1 m resolution, altitude profile
 temperature compensation, vertical speed, recording intervals in 2 and 10 sec

Chronograph: Timers (interval, warm-up, countdown), stopwatch with 100 split times

Heart rate: In real time: Heart rate, heart rate variance, calorie consumption, training effect;
 Memory for 25 training sessions (logs), target zone alarm

Watch: Dual time, calendar clock, two time zones, daily alarms, and button lock

Battery: Battery can be changed by user, low battery warning

Other: Mineral crystal glass, water resistant to 100 m, dot-matrix display, backlight
 Adjustable units of measurement

Accessories:

Foot and Bike POD: Speed and distance functions with detailed heart rate analysis as you run/cycle

GPS POD: Speed and distance tracker

PC POD: Wireless USB link for PCs

PC software: SUUNTO Training Manager

SUUNTO Team Manager (compatible)



Collection: 2008
Category: Training
Model: Foot POD

Weight: 27 g (including battery)

Features: Compatible with t6c, t4c, t3c
 Water-proof: 10 m (IPX 7)
 Operating temperature: - 20 °C to + 60 °C
 Speed recording range 1.5 - 5.5 m/s = 5.5 - 20 km/h
 3 speed warnings
 Average speed
 Distance covered for laps and automatic lap times

Battery: 2 x 1.5 V AAA (LR03)
 Can be changed by the user
 Life: min. 10 hours (at 20 °C)

Transmission range: Up to 10 m
 Interference free ANT transfer technology

