## Found Message: file_id

- Found Field: file_id -> serial_number
- Found Field: file_id -> time_created
- Found Field: file_id -> manufacturer
- Found Field: file_id -> product
- Found Field: file_id -> type


## Found Message: file_creator

- Found Field: file_creator -> software_version


## Found Message: event

- Found Field: event -> timestamp
- Found Field: event -> data
- Found Field: event -> event
- Found Field: event -> event_type
- Found Field: event -> event_group

Found Message: device_info

- Found Field: device_info -> timestamp
- Found Field: device_info -> serial_number
- Found Field: device info -> manufacturer
- Found Field: device_info -> product
- Found Field: device info -> software version
- Found Field: device info -> device index
- Found Field: device_info -> source_type
- Found Field: device_info -> device_type
- Found Field: device_info -> cum_operating_time
- Found Field: device_info -> battery_voltage
- Found Field: device_info -> hardware_version
- Found Field: device_info -> battery_status
- Found Field: device_info -> ant_network

Found Message: device_settings

- Found Field: device_settings -> utc_offset
- Found Field: device_settings -> active_time_zone
- Found Field: device_settings -> time_zone_offset


## Found Message: user_profile

- Found Field: user_profile -> friendly_name
- Found Field: user_profile -> weight
- Found Field: user_profile -> gender
- Found Field: user_profile -> age
- Found Field: user_profile -> height
- Found Field: user_profile -> language
- Found Field: user_profile -> elev_setting
- Found Field: user_profile -> weight_setting
- Found Field: user_profile -> resting_heart_rate
- Found Field: user_profile -> default_max_biking_heart_rate
- Found Field: user_profile -> default_max_heart_rate
- Found Field: user_profile -> hr_setting
- Found Field: user_profile -> speed_setting
- Found Field: user_profile -> dist_setting
- Found Field: user_profile -> power_setting
- Found Field: user_profile -> activity_class
- Found Field: user_profile -> position_setting
- Found Field: user_profile -> temperature_setting


## Found Message: sport

- Found Field: sport -> name
- Found Field: sport -> sport
- Found Field: sport -> sub_sport

Found Message: zones_target

- Found Field: zones_target -> functional_threshold_power
- Found Field: zones_target -> threshold_heart_rate
- Found Field: zones_target -> hr_calc_type
- Found Field: zones_target -> pwr_calc_type


## Found Message: record

- Found Field: record -> timestamp
- Found Field: record -> position_lat
- Found Field: record -> position_long
- Found Field: record -> distance
- Found Field: record -> enhanced_speed
- Found Field: record -> enhanced_altitude
- Found Field: record -> heart_rate
- Found Field: record -> temperature
- Found Field: record -> cadence
- Found Field: record -> fractional_cadence


## Found Message: lap

- Found Field: lap -> timestamp
- Found Field: lap -> start_time
- Found Field: lap -> start_position_lat
- Found Field: lap -> start_position_long
- Found Field: lap -> end_position_lat
- Found Field: lap -> end_position_long
- Found Field: lap -> total_elapsed_time
- Found Field: lap -> total_timer_time
- Found Field: lap -> total_distance
- Found Field: lap -> total_cycles
- Found Field: lap -> message_index
- Found Field: lap -> total_calories
- Found Field: lap -> total_ascent
- Found Field: lap -> total_descent
- Found Field: lap -> event
- Found Field: lap -> event_type
- Found Field: lap -> avg_heart_rate
- Found Field: lap -> max_heart_rate
- Found Field: lap -> avg_cadence
- Found Field: lap -> max_cadence
- Found Field: lap -> lap_trigger
- Found Field: lap -> sport
- Found Field: lap -> sub_sport
- Found Field: lap -> avg_fractional_cadence
- Found Field: lap -> max_fractional_cadence


## Found Message: session

- Found Field: session -> timestamp
- Found Field: session -> start_time
- Found Field: session -> start_position_lat
- Found Field: session -> start_position_long
- Found Field: session -> total_elapsed_time
- Found Field: session $->$ total timer_time
- Found Field: session -> total_distance
- Found Field: session -> total_cycles
- Found Field: session -> nec_lat
- Found Field: session -> nec_long
- Found Field: session -> swc_lat
- Found Field: session -> swc_long
- Found Field: session -> message_index
- Found Field: session -> total_calories
- Found Field: session -> total_ascent
- Found Field: session -> total_descent
- Found Field: session -> first_lap_index
- Found Field: session -> num_laps
- Found Field: session -> event
- Found Field: session -> event_type
- Found Field: session -> sport
- Found Field: session -> sub_sport
- Found Field: session -> avg_heart_rate
- Found Field: session -> max_heart_rate
- Found Field: session -> avg_cadence
- Found Field: session -> max_cadence
- Found Field: session -> total_training_effect
- Found Field: session -> trigger
- Found Field: session -> avg_fractional_cadence
- Found Field: session -> max_fractional_cadence


## Found Message: activity

- Found Field: activity -> timestamp
- Found Field: activity -> total_timer_time
- Found Field: activity -> local_timestamp
- Found Field: activity -> num_sessions
- Found Field: activity -> type
- Found Field: activity -> event
- Found Field: activity -> event_type


## Types

## key PHP unpack() format Bytes

0 Ctmp 1
1 ctmp 1
2 Ctmp 1
$131 \mathrm{vtmp} \quad 2$
132 vtmp 2
133 Vtmp 4
134 Vtmp 4
7 a*tmp 1
136 ftmp 4
137 dtmp 8
10 Ctmp 1
139 vtmp 2
140 Vtmp 4
13 Ctmp 1
142 Ptmp 8
143 Ptmp 8

## Messages and Fields being listened for

file_id (0)

| ID $\quad$ Name | Scale Offset Units |  |
| :--- | :--- | :--- |
| 0 | type | 1 |
| 0 |  |  |
| 1 | manufacturer | 1 |
| 2 | 0 |  |
| product | 1 | 0 |
| 3 | serial_number | 1 |
| 4 | 0 |  |
| time_created | 1 | 0 |
| 5 number | 1 | 0 |

device_settings (2)
ID Name Scale Offset Units
0 active_time_zone 10
1 utc_offset 10
5 time_zone_offset 400 hr
user_profile (3)

| ID Name | Scale | Offset Units |
| :---: | :---: | :---: |
| 0 friendly_name | 1 | 0 |
| 1 gender | 1 | 0 |
| 2 age | 1 | 0 years |
| 3 height | 100 | 0 m |
| 4 weight | 10 | 0 kg |
| 5 language | 1 | 0 |
| 6 elev_setting | 1 | 0 |
| 7 weight_setting | 1 | 0 |
| 8 resting_heart_rate | 1 | 0 bpm |
| 10 default_max_biking_heart_rate |  | 0 bpm |
| 11 default_max_heart_rate | 1 | 0 bpm |
| 12 hr _setting | 1 | 0 |
| 13 speed_setting | 1 | 0 |
| 14 dist_setting | 1 | 0 |
| 16 power_setting | 1 | 0 |
| 17 activity_class | 1 | 0 |
| 18 position_setting | 1 | 0 |

ID Name
zones_target (7)
ID Name Scale Offset Units

1 max_heart_rate 10
2 threshold_heart_rate 10
3 functional_threshold_power 10
5 hr_calc_type 10
7 pwr_calc_type 10
sport (12)

ID Name Scale Offset Units
0 sport 10
1 sub_sport 1 0
3 name 10
session (18)

| ID | Name | Scale | Offset | Units |
| :--- | :--- | :--- | :--- | :--- |
| 0 | event | 1 | 0 |  |
| 1 | event_type | 1 | 0 |  |
| 2 | start_time | 1 | 0 |  |
| 3 | start_position_lat | 1 | 0 | semicircles |
| 4 | start_position_long | 1 | 0 | semicircles |
| 5 | sport | 1 | 0 | semicircles |
| 6 | sub_sport | 1 | 0 |  |
| 7 | total_elapsed_time | 1000 | 0 | s |
| 8 | total_timer_time | 1000 | 0 | s |
| 9 | total_distance | 100 | 0 | m |
| 10 | total_cycles | 1 | 0 | cycles |
| 11 | total_calories | 1 | 0 | kcal |
| 13 | total_fat_calories | 1 | 0 | kcal |
| 14 | avg_speed | 1000 | 0 | $\mathrm{~m} / \mathrm{s}$ |
| 15 | max_speed | 1000 | 0 | $\mathrm{~m} / \mathrm{s}$ |
| 16 | avg_heart_rate | 1 | 0 | bpm |
| 17 | max_heart_rate | 1 | 0 | bpm |
| 18 | avg_cadence | 1 | 0 | rpm |
| 19 | max_cadence | 1 | 0 | rpm |
| 20 | avg_power | 1 | 0 | watts |
| 21 | max_power | 1 | 0 | watts |


| ID Name | Scale | Offset | Units |
| :---: | :---: | :---: | :---: |
| 22 total_ascent | 1 | 0 | m |
| 23 total_descent | 1 | 0 m | m |
| 24 total_training_effect | 10 | 0 |  |
| 25 first_lap_index | 1 | 0 |  |
| 26 num_laps | 1 | 0 |  |
| 27 event_group | 1 | 0 |  |
| 28 trigger | 1 | 0 |  |
| 29 nec_lat | 1 | 0 | semicircles |
| 30 nec_long | 1 | 0 | semicircles |
| 31 swc_lat | 1 | 0 s | semicircles |
| 32 swc_long | 1 | 0 | semicircles |
| 34 normalized_power | 1 | 0 | watts |
| 35 training_stress_score | 10 | 0 t | tss |
| 36 intensity_factor | 1000 | 0 | if |
| 37 left_right_balance | 1 | 0 |  |
| 41 avg_stroke_count | 10 | 0 s | strokes/lap |
| 42 avg_stroke_distance | 100 | 0 | m |
| 43 swim_stroke | 1 | 0 s | swim_stroke |
| 44 pool_length | 100 | 0 | m |
| 45 threshold_power | 1 | 0 | watts |
| 46 pool_length_unit | 1 | 0 |  |
| 47 num_active_lengths | 1 | 0 | lengths |
| 48 total_work | 1 | 0 | $J$ |
| 65 time_in_hr_zone | 1000 | 0 | S |
| 68 time_in_power_zone | 1000 | 0 | S |
| 89 avg_vertical_oscillation | 10 | 0 | mm |
| 90 avg_stance_time_percent | 100 | 0 | percent |
| 91 avg_stance_time | 10 | 0 | ms |
| 92 avg_fractional_cadence | 128 | 0 | rpm |
| 93 max_fractional_cadence | 128 | 0 | rpm |
| 94 total_fractional_cycles | 128 | 0 c | cycles |
| 101 avg_left_torque_effectiveness | 2 | 0 | percent |
| 102 avg_right_torque_effectiveness | 2 | 0 | percent |
| 103 avg_left_pedal_smoothness | 2 | 0 | percent |
| 104 avg_right_pedal_smoothness | 2 | 0 | percent |
| 105 avg_combined_pedal_smoothness | 2 | 0 | percent |
| 111 sport_index | 1 | 0 |  |
| 112 time_standing | 1000 | 0 | s |
| 113 stand_count | 1 | 0 |  |
| 114 avg_left_pco | 1 | 0 | mm |
| 115 avg_right_pco | 1 | 0 | mm |
| 116 avg_left_power_phase | 0.7111111 | 0 d | degrees |
| 117 avg_left_power_phase_peak | 0.7111111 | 0 d | degrees |
| 118 avg_right_power_phase | 0.7111111 | 0 d | degrees |
| 119 avg_right_power_phase_peak | 0.7111111 | 0 d | degrees |
| 120 avg_power_position | 1 | 0 - | watts |

ID
Name
121 max_power_position
122 avg_cadence_position
123 max_cadence_position
253 timestamp
254 message_index

Scale
1
1
1
1
1

## Scale Offset <br> Units

0 watts
0 rpm
0 rpm
0 s
0
lap (19)

ID
0 event
1 event_type
2 start_time
3 start_position_lat
4 start_position_long
5 end_position_lat
6 end_position_long
7 total_elapsed_time
8 total_timer_time
9 total_distance
10 total_cycles
11 total_calories
12 total_fat_calories
13 avg_speed
14 max_speed
15 avg_heart_rate
16 max_heart_rate
17 avg_cadence
18 max_cadence
19 avg_power
20 max_power
21 total_ascent
22 total_descent
23 intensity
24 lap_trigger
25 sport
26 event_group
32 num_lengths
33 normalized_power
34 left_right_balance
35 first_length_index
37 avg_stroke_distance
38 swim_stroke
39 sub_sport
40 num_active_lengths
41 total_work

## Name



## Scale Offset Units

10
10
10
10
10
1
1
1000
1000
100
1
1
1
1000
1000
1
1
1
1
1
1
1
1
1
1
1
1
1
1
1
1
100
1
1
1
1

0 semicircles
0 semicircles
0 semicircles
0 s
0 s
0 m
0 cycles
0 kcal
0 kcal
$0 \mathrm{~m} / \mathrm{s}$
$0 \mathrm{~m} / \mathrm{s}$
0 bpm
0 bpm
0 rpm
0 rpm
0 watts
0 watts
0 m
0 m
0
0
0
0
0 lengths
0 watts
0
0
0 m
0
0
0 lengths
0 J

| ID Name | Scale | Offset | Units |
| :--- | :--- | :--- | :--- |
| 57 | time_in_hr_zone | 1000 | 0 |
| s |  |  |  |
| 60 | time_in_power_zone | 1000 | 0 |
| 71 wkt_step_index | 1 | 0 |  |
| 77 | avg_vertical_oscillation | 10 | 0 |
| 78 | avg_stance_time_percent | 100 | 0 |
| 79 | avg_stance_time | 10 | 0 |
| 80 | avg_fractional_cadence | 128 | 0 |
| 81 max_fractional_cadence | 128 | 0 | ms |
| 82 total_fractional_cycles | 128 | 0 | cycles |
| 91 avg_left_torque_effectiveness | 2 | 0 | percent |
| 92 avg_right_torque_effectiveness | 2 | 0 | percent |
| 93 avg_left_pedal_smoothness | 2 | 0 | percent |
| 94 avg_right_pedal_smoothness | 2 | 0 | percent |
| 95 avg_combined_pedal_smoothness 2 | 0 | percent |  |
| 98 | time_standing | 1000 | 0 |
| 99 stand_count | 1 | 0 |  |
| 100 avg_left_pco | 1 | 0 | mm |
| 101 avg_right_pco | 1 | 0 | mm |
| 102 avg_left_power_phase | 0.71111110 | degrees |  |
| 103 avg_left_power_phase_peak | 0.71111110 | degrees |  |
| 104 avg_right_power_phase | 0.71111110 | degrees |  |
| 105 avg_right_power_phase_peak | 0.71111110 | degrees |  |
| 106 avg_power_position | 1 | 0 | watts |
| 107 max_power_position | 1 | 0 | watts |
| 108 avg_cadence_position | 1 | 0 | rpm |
| 109 max_cadence_position | 1 | 0 | rpm |
| 253 timestamp | 1 | 0 | s |
| 254 message_index | 1 | 0 |  |

record (20)

| ID | Name | Scale | Offset | Units |
| :--- | :--- | :--- | :--- | :--- |
| 0 | position_lat | 1 | 0 | semicircles |
| 1 | position_long | 1 | 0 | semicircles |
| 2 | altitude | 5 | 500 | m |
| 3 | heart_rate | 1 | 0 | bpm |
| 4 | cadence | 1 | 0 | rpm |
| 5 | distance | 100 | 0 | m |
| 6 | speed | 1000 | 0 | $\mathrm{~m} / \mathrm{s}$ |
| 7 | power | 1 | 0 | watts |
| 8 | compressed_speed_distance | 100 | 0 | $\mathrm{~m} / \mathrm{s}, \mathrm{m}$ |
| 9 | grade | 100 | 0 | percent |
| 10 | resistance | 1 | 0 |  |
| 11 | time_from_course | 1000 | 0 | s |
| 12 | cycle_length | 100 | 0 | m |

## Name

13 temperature
17 speed_1s
18 cycles
19 total_cycles
28 compressed_accumulated_power
29 accumulated_power
30 left_right_balance
31 gps_accuracy
32 vertical_speed
33 calories
39 vertical_oscillation
40 stance_time_percent
41 stance_time
42 activity_type
43 left_torque_effectiveness
44 right_torque_effectiveness
45 left_pedal_smoothness
46 right_pedal_smoothness
47 combined_pedal_smoothness
48 time128
49 stroke_type
50 zone
51 ball_speed
52 cadence256
53 fractional_cadence
54 total_hemoglobin_conc
55 total_hemoglobin_conc_min
56 total_hemoglobin_conc_max
57 saturated_hemoglobin_percent
58 saturated_hemoglobin_percent_min
59 saturated_hemoglobin_percent_max
62 device_index
67 left_pco
68 right_pco
69 left_power_phase
70 left_power_phase_peak
71 right_power_phase
72 right_power_phase_peak
73 enhanced_speed
78 enhanced_altitude
81 battery_soc
82 motor_power
83 vertical_ratio
84 stance_time_balance
85 step_length
253 timestamp
1
10 mm
10 mm
0.71111110 degrees
0.71111110 degrees
0.71111110 degrees
0.71111110 degrees
$10000 \mathrm{~m} / \mathrm{s}$
$5 \quad 500 \mathrm{~m}$
20 percent
10 watts
1000 percent
100 0 percent
$10 \quad 0 \mathrm{~mm}$

10 s
event (21)

ID Name Scale Offset Units
0 event 10
1 event_type 10
3 data 10
4 event_group 10
253 timestamp 1 s
device_info (23)

| ID | Name | Scale Offset Units |  |
| :--- | :--- | :--- | :--- |
| 0 | device_index | 1 | 0 |
| 1 | device_type | 1 | 0 |
| 2 | manufacturer | 1 | 0 |
| 3 | serial_number | 1 | 0 |
| 4 | product | 1 | 0 |
| 5 | software_version | 1 | 0 |
| 6 | hardware_version | 1 | 0 |
| 7 | cum_operating_time | 1 | 0 |
| 10 | battery_voltage | 1 | 0 |
| 11 | battery_status | 1 | 0 |
| 20 | ant_transmission_type | 1 | 0 |
| 21 | ant_device_number | 1 | 0 |
| 22 | ant_network | 1 | 0 |
| 25 | source_type | 1 | 0 |
| 253 | timestamp | 1 | 0 |

activity (34)
ID Name Scale Offset Units
0 total_timer_time 10000 s
1 num_sessions 10
2 type 10
3 event 10
4 event_type 1 0
5 local_timestamp 1 0
6 event_group 1 0
253 timestamp 1 s
file_creator (49)

## ID Name Scale Offset Units

0 software_version 10
1 hardware_version 10
hrv (78)

ID Name Scale Offset Units
0 time 10000 s
length (101)

| ID | Name |  | Scale Offset |  |
| :--- | :--- | :--- | :--- | :--- |
| ID | Units |  |  |  |
| 0 | event | 1 | 0 |  |
| 1 | event_type | 1 | 0 |  |
| 2 | start_time | 1 | 0 |  |
| 3 | total_elapsed_time | 1000 | 0 | s |
| 4 | total_timer_time | 1000 | 0 | s |
| 5 | total_strokes | 1 | 0 | strokes |
| 6 | avg_speed | 1000 | 0 | $\mathrm{~m} / \mathrm{s}$ |
| 7 | swim_stroke | 1 | 0 | swim_stroke |
| 9 | avg_swimming_cadence | 1 | 0 | strokes/min |
| 10 | event_group | 1 | 0 |  |
| 11 | total_calories | 1 | 0 | kcal |
| 12 | length_type | 1 | 0 |  |
| 253 | timestamp | 1 | 0 | s |
| 254 | message_index | 1 | 0 |  |

hr (132)


| ID | Name | Scale | Offset | Units |
| :---: | :---: | :---: | :---: | :---: |
| 0 | event | 1 | 0 |  |
| 1 | event_type | 1 | 0 |  |
| 2 | start_time | 1 | 0 |  |
| 3 | start_position_lat | 1 | 0 | semicircles |
| 4 | start_position_long | 1 | 0 | semicircles |
| 5 | end_position_lat | 1 | 0 | semicircles |
| 6 | end_position_long | 1 | 0 | semicircles |
| 7 | total_elapsed_time | 1000 | 0 | s |
| 8 | total_timer_time | 1000 | 0 | S |
| 9 | total_distance | 100 | 0 | m |
| 10 | total_cycles | 1 | 0 | cycles |
| 11 | total_calories | 1 | 0 | kcal |
| 12 | total_fat_calories | 1 | 0 | kcal |
| 13 | avg_speed | 1000 | 0 | $\mathrm{m} / \mathrm{s}$ |
| 14 | max_speed | 1000 | 0 | $\mathrm{m} / \mathrm{s}$ |
| 15 | avg_heart_rate | 1 | 0 | bpm |
| 16 | max_heart_rate | 1 | 0 | bpm |
| 17 | avg_cadence | 1 | 0 | rpm |
| 18 | max_cadence | 1 | 0 | rpm |
| 19 | avg_power | 1 | 0 | watts |
| 20 | max_power | 1 | 0 | watts |
| 21 | total_ascent | 1 | 0 | m |
| 22 | total_descent | 1 | 0 | m |
| 23 | sport | 1 | 0 |  |
| 24 | event_group | 1 | 0 |  |
| 25 | nec_lat | 1 | 0 | semicircles |
| 26 | nec_long | 1 | 0 | semicircles |
| 27 | swc_lat | 1 | 0 | semicircles |
| 28 | swc_long | 1 | 0 | semicircles |
| 29 | name | 1 | 0 |  |
| 30 | normalized_power | 1 | 0 | watts |
| 31 | left_right_balance | 1 | 0 |  |
| 32 | sub_sport | 1 | 0 |  |
| 33 | total_work | 1 | 0 | J |
| 58 | sport_event | 1 | 0 |  |
| 59 | avg_left_torque_effectiveness | 2 | 0 | percent |
| 60 | avg_right_torque_effectiveness | 2 | 0 | percent |
| 61 | avg_left_pedal_smoothness | 2 | 0 | percent |
| 62 | avg_right_pedal_smoothness | 2 | 0 | percent |
| 63 | avg_combined_pedal_smoothness | 2 | 0 | percent |
| 64 | status | 1 | 0 |  |
| 65 | uuid | 1 | 0 |  |
| 66 | avg_fractional_cadence | 128 | 0 | rpm |
| 67 | max_fractional_cadence | 128 | 0 | rpm |
| 68 | total_fractional_cycles | 128 | 0 | cycles |
| 69 | front_gear_shift_count | 1 | 0 |  |


| ID | Name | Scale | Offset | Units |
| :--- | :--- | :--- | :--- | :--- |
| 70 | rear_gear_shift_count | 1 | 0 |  |
| 71 | time_standing | 1000 | 0 | s |
| 72 | stand_count | 1 | 0 |  |
| 73 | avg_left_pco | 1 | 0 | mm |
| 74 | avg_right_pco | 1 | 0 | mm |
| 75 | avg_left_power_phase | 0.71111110 | degrees |  |
| 76 | avg_left_power_phase_peak | 0.7111111 | 0 | degrees |
| 77 | avg_right_power_phase | 0.71111110 | degrees |  |
| 78 | avg_right_power_phase_peak | 0.71111110 | degrees |  |
| 79 | avg_power_position | 1 | 0 | watts |
| 80 | max_power_position | 1 | 0 | watts |
| 81 avg_cadence_position | 1 | 0 | rpm |  |
| 82 max_cadence_position | 1 | 0 | rpm |  |
| 253 timestamp | 1 | 0 | s |  |
| 254 message_index | 1 | 0 |  |  |

field_description (206)

ID Name Scale Offset Units
0 developer_data_index $1 \quad 0$
1 field_definition_number 10
2 fit_base_type_id 1
3 field_name 1
4 array $\quad 1 \quad 0$
5 components 10
6 scale 10
7 offset 10
8 units 10
9 bits 1
10 accumulate 10
13 fit_base_unit_id 1 0
14 native_mesg_num 10
15 native_field_num 10
developer_data_id (207)

ID Name Scale Offset Units
0 developer_id 10
1 application_id 10
2 manufacturer_id 10
3 developer_data_index 10
4 application_version 10

| ID | Name | Scale | Offset | Units |
| :---: | :---: | :---: | :---: | :---: |
| 0 | name | 1 | 0 |  |
| 1 | model | 1 | 0 |  |
| 2 | gf_low | 1 | 0 | percent |
| 3 | gf_high | 1 | 0 | percent |
| 4 | water_type | 1 | 0 |  |
| 5 | water_density | 1 | 0 | $\mathrm{kg} / \mathrm{m}^{\wedge} 3$ |
| 6 | po2_warn | 100 | 0 | percent |
| 7 | po2_critical | 100 | 0 | percent |
| 8 | po2_deco | 100 | 0 | percent |
| 9 | safety_stop_enabled | 1 | 0 |  |
| 10 | bottom_depth | 1 | 0 |  |
| 11 | bottom_time | 1 | 0 |  |
| 12 | apnea_countdown_enab |  | 0 |  |
| 13 | apnea_countdown_time | 1 | 0 |  |
| 14 | backlight_mode | 1 | 0 |  |
| 15 | backlight_brightness | 1 | 0 |  |
| 16 | backlight_timeout | 1 | 0 |  |
| 17 | repeat_dive_interval | 1 | 0 | s |
| 18 | safety_stop_time | 1 | 0 | S |
| 19 | heart_rate_source_type | 1 | 0 |  |
|  | heart_rate_source | 1 | 0 |  |
|  | message_index | 1 | 0 |  |

dive_gas (259)

ID Name Scale Offset Units
0 helium_content 10 percent
1 oxygen_content 10 percent
2 status 10
254 message_index 10
dive_alarm (262)

| ID | Name |  | Scale Offset Units |  |
| :--- | :--- | :--- | :--- | :--- |
| 0 | depth | 1000 | 0 | m |
| 1 | time | 1 | 0 | s |
| 2 | enabled | 1 | 0 |  |
| 3 | alarm_type | 1 | 0 |  |
| 4 | sound | 1 | 0 |  |
| 254 | message_index | 1 | 0 |  |


| ID | Name | Scale Offset |  | Units |
| :--- | :--- | :--- | :--- | :--- |
| 0 | reference_mesg 1 | 0 |  |  |
| 1 | reference_index | 1 | 0 |  |
| 2 | avg_depth | 1000 | 0 | m |
| 3 | max_depth | 1000 | 0 | m |
| 4 | surface_interval | 1 | 0 | s |
| 5 | start_cns | 1 | 0 | percent |
| 6 | end_cns | 1 | 0 | percent |
| 7 | start_n2 | 1 | 0 | percent |
| 8 | end_n2 | 1 | 0 | percent |
| 9 | o2_toxicity | 1 | 0 | OTUs |
| 10 | dive_number | 1 | 0 |  |
| 11 | bottom_time | 1000 | 0 | s |
| 253 | timestamp | 1 | 0 | s |

## FIT Definition Messages contained within the file

| global_mesg_num num_fields |  | field defns | total_size |
| :---: | :---: | :---: | :---: |
|  |  | defn: 3; size: 4; type: 140 (serial_number) |  |
|  |  | defn: 4; size: 4; type: 134 (time_created) |  |
|  |  | defn: 7; size: 4; type: 134 (unknown) |  |
| 0 (file_id) | 7 | defn: 1; size: 2; type: 132 (manufacturer) | 19 |
|  |  | defn: 2; size: 2; type: 132 (product) |  |
|  |  | defn: 5; size: 2; type: 132 (number) |  |
|  |  | defn: 0; size: 1; type: 0 (type) |  |
| 2 (device_settings) |  | defn: 1; size: 4; type: 134 (utc_offset) | 97 |
|  |  | defn: 2; size: 4; type: 134 (unknown) |  |
|  |  | defn: 49; size: 2; type: 132 (unknown) |  |
|  |  | defn: 58; size: 2; type: 132 (unknown) |  |
|  |  | defn: 59; size: 2; type: 132 (unknown) |  |
|  |  | defn: 0; size: 1; type: 2 (active_time_zone) |  |
|  |  | defn: 3; size: 1; type: 0 (unknown) |  |
|  |  | defn: 4; size: 1; type: 0 (unknown) |  |
|  |  | defn: 5; size: 1; type: 1 (time_zone_offset) |  |
|  |  | defn: 10; size: 1; type: 0 (unknown) |  |
|  |  | defn: 11; size: 1; type: 0 (unknown) |  |
|  |  | defn: 12; size: 1; type: 0 (unknown) |  |
|  |  | defn: 13; size: 1; type: 2 (unknown) |  |
|  |  | defn: 14; size: 1; type: 2 (unknown) |  |
|  |  | defn: 15; size: 1; type: 2 (unknown) |  |
|  |  | defn: 16; size: 1; type: 0 (unknown) |  |
|  |  | defn: 17; size: 1; type: 0 (unknown) |  |
|  |  | defn: 18; size: 1; type: 0 (unknown) |  |
|  |  | defn: 22; size: 1; type: 0 (unknown) |  |
|  |  | defn: 23; size: 1; type: 0 (unknown) |  |
|  |  | defn: 25; size: 1; type: 0 (unknown) |  |

defn: 26; size: 1; type: 0 (unknown)
defn: 29; size: 1; type: 0 (unknown)
defn: 30; size: 1; type: 0 (unknown)
defn: 33; size: 1; type: 2 (unknown)
defn: 35; size: 1; type: 0 (unknown)
defn: 36; size: 1; type: 0 (unknown)
defn: 38; size: 1; type: 0 (unknown)
defn: 41; size: 1; type: 0 (unknown)
defn: 46; size: 1; type: 0 (unknown)
defn: 47; size: 1; type: 0 (unknown)
defn: 48; size: 1; type: 0 (unknown)
defn: 52; size: 1; type: 0 (unknown)
defn: 53; size: 1; type: 0 (unknown)
defn: 54; size: 1; type: 0 (unknown)
defn: 63; size: 3; type: 0 (unknown)
defn: 65; size: 1; type: 0 (unknown)
defn: 66; size: 1; type: 0 (unknown)
defn: 75; size: 1; type: 0 (unknown)
defn: 76; size: 1; type: 0 (unknown)
defn: 77; size: 1; type: 0 (unknown)
defn: 80; size: 1; type: 0 (unknown)
defn: 81; size: 1; type: 0 (unknown)
defn: 85; size: 1; type: 0 (unknown)
defn: 91; size: 2; type: 10 (unknown)
defn: 94; size: 1; type: 2 (unknown)
defn: 97; size: 1; type: 10 (unknown)
defn: 98; size: 1; type: 0 (unknown)
defn: 101; size: 1; type: 0 (unknown)
defn: 106; size: 1; type: 0 (unknown)
defn: 109; size: 1; type: 0 (unknown)
defn: 110; size: 1; type: 0 (unknown)
defn: 111; size: 1; type: 0 (unknown)
defn: 116; size: 1; type: 0 (unknown)
defn: 117; size: 1; type: 0 (unknown)
defn: 121; size: 1; type: 0 (unknown)
defn: 129; size: 1; type: 0 (unknown)
defn: 130; size: 1; type: 0 (unknown)
defn: 131; size: 1; type: 0 (unknown)
defn: 135; size: 1; type: 0 (unknown)
defn: 137; size: 1; type: 0 (unknown)
defn: 144; size: 1; type: 0 (unknown)
defn: 148; size: 1; type: 0 (unknown)
defn: 170; size: 15; type: 2 (unknown)
defn: 173; size: 1; type: 0 (unknown)
defn: 189; size: 1; type: 0 (unknown)
defn: 196; size: 1; type: 10 (unknown)
defn: 215; size: 1; type: 0 (unknown)
defn: 218; size: 1; type: 0 (unknown)
defn: 219; size: 1; type: 0 (unknown)
defn: 236; size: 1; type: 0 (unknown)
3 (user_profile) 36
defn: 0; size: 16; type: 7 (friendly_name)
defn: 28; size: 4; type: 134 (unknown)
defn: 29; size: 4; type: 134 (unknown)
defn: 35; size: 4; type: 134 (unknown)
defn: 40; size: 4; type: 136 (unknown)
defn: 42; size: 4; type: 134 (unknown)

defn: 4; size: 2; type: 132 (weight)
defn: 31; size: 2; type: 132 (unknown)
defn: 32; size: 2; type: 132 (unknown)
defn: 33; size: 2; type: 132 (unknown)
defn: 34; size: 2; type: 132 (unknown)
defn: 38; size: 2; type: 132 (unknown)
defn: 1; size: 1; type: 0 (gender)
defn: 2; size: 1; type: 2 (age)
defn: 3; size: 1; type: 2 (height)
defn: 5; size: 1; type: 0 (language)
defn: 6; size: 1; type: 0 (elev_setting)
defn: 7 ; size: 1 ; type: 0 (weight_setting)
defn: 8; size: 1; type: 2 (resting_heart_rate)
defn: 10; size: 1; type: 2
(default_max_biking_heart_rate)
defn: 11; size: 1; type: 2 (default_max_heart_rate)
defn: 12; size: 1; type: 0 (hr_setting)
defn: 13; size: 1; type: 0 (speed_setting)
defn: 14; size: 1; type: 0 (dist_setting)
defn: 16; size: 1; type: 0 (power_setting)
defn: 17; size: 1; type: 0 (activity_class)
defn: 18; size: 1; type: 0 (position_setting)
defn: 21; size: 1; type: 0 (temperature_setting)
defn: 24; size: 1; type: 2 (unknown)
defn: 30; size: 1; type: 0 (unknown)
defn: 36; size: 1; type: 2 (unknown)
defn: 44; size: 1; type: 2 (unknown)
defn: 45; size: 1; type: 10 (unknown)
defn: 57; size: 1; type: 0 (unknown)
defn: 60; size: 7; type: 0 (unknown)
defn: 62; size: 1; type: 0 (unknown)
defn: 254; size: 2; type: 132 (unknown)
defn: 3; size: 2; type: 132
(functional_threshold_power)
defn: 8; size: 2; type: 132 (unknown)
defn: 1; size: 1; type: 2 (max_heart_rate)
defn: 2; size: 1; type: 2 (threshold_heart_rate)
defn: 5; size: 1; type: 0 (hr calc type)
defn: 7; size: 1; type: 0 (pwr_calc_type)
defn: 9; size: 1; type: 0 (unknown)
defn: 10; size: 1; type: 0 (unknown)
defn: 11; size: 1; type: 0 (unknown)
defn. 12; size: 1; type: 0 (unknown)
defn: 3; size: 32; type: 7 (name)
defn: 0; size: 1; type: 0 (sport)
defn: 1; size: 1; type: 0 (sub_sport)
defn: 5; size: 1; type: 0 (unknown)
defn: 6; size: 1; type: 0 (unknown)
defn: 7; size: 1; type: 2 (unknown)
defn: 9; size: 1; type: 2 (unknown)
defn: 10; size: 3; type: 2 (unknown)
defn: 12; size: 1; type: 2 (unknown)
defn: 15; size: 1; type: 0 (unknown)
defn: 18; size: 1; type: 0 (unknown)
defn: 22; size: 1; type: 0 (unknown) defn: 23; size: 1; type: 0 (unknown)
defn: 4; size: 4; type: 134 (unknown)
defn: 5; size: 4; type: 133 (unknown)
defn: 6; size: 4; type: 133 (unknown)
defn: 31; size: 4; type: 134 (unknown)
defn: 33; size: 4; type: 134 (unknown)
defn: 54; size: 4; type: 134 (unknown)
defn: 73; size: 4; type: 133 (unknown)
defn: 74; size: 4; type: 133 (unknown)
defn: 90; size: 4; type: 134 (unknown)
defn: 254; size: 2; type: 132 (unknown)
defn: 2; size: 2; type: 132 (unknown)
defn: 8; size: 2; type: 132 (unknown)
defn: 10; size: 2; type: 132 (unknown)
defn: 19; size: 2; type: 132 (unknown)
defn: 32; size: 2; type: 132 (unknown)
defn: 52; size: 2; type: 132 (unknown)
defn: 64; size: 2; type: 132 (unknown)
defn: 69; size: 2; type: 132 (unknown)
defn: 80; size: 2; type: 132 (unknown)
defn: 1; size: 1; type: 0 (unknown)
defn: 3; size: 1; type: 0 (unknown)
defn: 7; size: 1; type: 0 (unknown)
defn: 9; size: 1; type: 0 (unknown)
defn: 12; size: 1; type: 0 (unknown)
defn: 13; size: 1; type: 0 (unknown)
13 (unknown) 52
defn: 14; size: 1; type: 0 (unknown)
defn: 15; size: 1; type: 0 (unknown)
defn: 18; size: 1; type: 0 (unknown)
defn: 25; size: 1; type: 0 (unknown)
defn: 27; size: 1; type: 0 (unknown)
defn: 30; size: 1; type: 0 (unknown)
defn: 34; size: 1; type: 0 (unknown)
defn: 50; size: 1; type: 0 (unknown)
defn: 51; size: 1; type: 0 (unknown)
defn: 53; size: 1; type: 0 (unknown)
defn: 58; size: 1; type: 0 (unknown)
defn: 62; size: 1; type: 0 (unknown)
defn: 63; size: 1; type: 0 (unknown)
defn: 67; size: 1; type: 0 (unknown)
defn: 70; size: 1; type: 0 (unknown)
defn: 75; size: 1; type: 0 (unknown)
defn: 76; size: 1; type: 0 (unknown)
defn: 78; size: 1; type: 0 (unknown)
defn: 83; size: 1; type: 0 (unknown)
defn: 84; size: 1; type: 0 (unknown)
defn: 89; size: 1; type: 0 (unknown)
defn: 93; size: 1; type: 0 (unknown)
defn: 99; size: 1; type: 0 (unknown)
defn: 111; size: 1; type: 0 (unknown)
defn: 117; size: 1; type: 0 (unknown)
defn: 118; size: 1; type: 0 (unknown)
defn: 119; size: 1; type: 0 (unknown)
defn: 253; size: 4; type: 134 (timestamp)
defn: 2; size: 4; type: 134 (start_time)
defn: 3; size: 4; type: 133 (start_position_lat)
defn: 4; size: 4; type: 133 (start_position_long)
defn: 7; size: 4; type: 134 (total_elapsed_time)
defn: 8; size: 4; type: 134 (total_timer_time)
defn: 9; size: 4; type: 134 (total_distance)
defn: 10; size: 4; type: 134 (total_cycles)
defn: 29; size: 4; type: 133 (nec_lat)
defn: 30; size: 4; type: 133 (nec_long)
defn: 31; size: 4; type: 133 (swc_lat)
defn: 32; size: 4; type: 133 (swc_long)
defn: 38; size: 4; type: 133 (unknown)
defn: 39; size: 4; type: 133 (unknown)
defn: 48; size: 4; type: 134 (total_work)
defn: 110; size: 32; type: 7 (unknown)
defn: 112; size: 4; type: 134 (time_standing)
defn: 116; size: 4; type: 2 (avg_left_power_phase)
defn: 117; size: 4; type: 2
(avg_left_power_phase_peak)
defn: 118; size: 4; type: 2 (avg_right_power_phase)
defn: 119; size: 4; type: 2
(avg_right_power_phase_peak)
defn: 120; size: 4; type: 132 (avg_power_position)
defn: 121; size: 4; type: 132 (max_power_position)
defn: 124; size: 4; type: 134 (unknown)
defn: 125; size: 4; type: 134 (unknown)
defn: 168; size: 4; type: 133 (unknown)
defn: 181; size: 4; type: 136 (unknown)
defn: 187; size: 4; type: 136 (unknown)
defn: 203; size: 4; type: 134 (unknown)
defn: 254; size: 2; type: 132 (message_index)
defn: 11; size: 2; type: 132 (total_calories)
defn: 13; size: 2; type: 132 (total_fat_calories)
defn: 20; size: 2; type: 132 (avg_power)
defn: 21; size: 2; type: 132 (max_power)
defn: 22; size: 2; type: 132 (total_ascent)
defn: 23; size: 2; type: 132 (total_descent)
defn: 25; size: 2; type: 132 (first_lap_index)
defn: 26; size: 2; type: 132 (num_laps)
defn: 34; size: 2; type: 132 (normalized_power)
defn: 35; size: 2; type: 132 (training_stress_score)
defn: 36; size: 2; type: 132 (intensity_factor)
defn: 37; size: 2; type: 132 (left_right_balance)
defn: 45; size: 2; type: 132 (threshold_power)
defn: 106; size: 2; type: 132 (unknown)
defn: 107; size: 2; type: 132 (unknown)
defn: 108; size: 2; type: 132 (unknown)
defn: 113; size: 2; type: 132 (stand_count)
defn: 139; size: 2; type: 132 (unknown)
defn: 151; size: 2; type: 132 (unknown)
defn: 169; size: 2; type: 132 (unknown)
defn: 170; size: 2; type: 132 (unknown)
defn: 177; size: 2; type: 132 (unknown)
defn: 178; size: 2; type: 132 (unknown)
defn: 179; size: 2; type: 132 (unknown)
defn: 180; size: 2; type: 132 (unknown)
defn: 183; size: 2; type: 132 (unknown)
defn: 196; size: 2; type: 132 (unknown)
defn: 204; size: 2; type: 132 (unknown)
defn: 0; size: 1; type: 0 (event)
defn: 1; size: 1; type: 0 (event_type)
defn: 5; size: 1; type: 0 (sport)
defn: 6; size: 1; type: 0 (sub_sport)
defn: 16; size: 1; type: 2 (avg_heart_rate)
defn: 17; size: 1; type: 2 (max_heart_rate)
defn: 18; size: 1; type: 2 (avg_cadence)
defn: 19; size: 1; type: 2 (max_cadence)
defn: 24; size: 1; type: 2 (total_training_effect)
defn: 27; size: 1; type: 2 (event_group)
defn: 28; size: 1; type: 0 (trigger)
defn: 57; size: 1; type: 1 (unknown)
defn: 58; size: 1; type: 1 (unknown)
defn: 81; size: 1; type: 0 (unknown)
defn: 92; size: 1; type: 2 (avg_fractional_cadence)
defn: 93; size: 1; type: 2 (max_fractional_cadence)
defn: 94; size: 1; type: 2 (total_fractional_cycles)
defn: 101; size: 1; type: 2
(avg_left_torque_effectiveness)
defn: 102; size: 1; type: 2
(avg_right_torque_effectiveness)
defn: 103; size: 1; type: 2
(avg_left_pedal_smoothness)
defn: 104; size: 1; type: 2
(avg_right_pedal_smoothness)
defn: 105; size: 1; type: 2
(avg_combined_pedal_smoothness)
defn: 109; size: 1; type: 2 (unknown)
defn: 111; size: 1; type: 2 (sport_index)
defn: 114; size: 1; type: 1 (avg_left_pco)
defn: 115; size: 1; type: 1 (avg_right_pco)
defn: 122; size: 2; type: 2 (avg_cadence_position)
defn: 123; size: 2; type: 2 (max_cadence_position)
defn: 137; size: 1; type: 2 (unknown)
defn: 138; size: 2; type: 2 (unknown)
defn: 150; size: 1; type: 1 (unknown)
defn: 184; size: 1; type: 0 (unknown)
defn: 185; size: 1; type: 2 (unknown)
defn: 188; size: 1; type: 0 (unknown)
defn: 192; size: 1; type: 2 (unknown)
defn: 193; size: 1; type: 2 (unknown)
defn: 202; size: 1; type: 2 (unknown)
defn: 205; size: 1; type: 2 (unknown)
defn: 206; size: 1; type: 2 (unknown)
defn: 207; size: 1; type: 2 (unknown)
19 (lap) $\quad 75$
defn: 253; size: 4; type: 134 (timestamp)
defn: 2; size: 4; type: 134 (start_time)
defn: 3; size: 4; type: 133 (start_position_lat)
defn: 4; size: 4; type: 133 (start_position_long)
defn: 5; size: 4; type: 133 (end_position_lat)
defn: 6; size: 4; type: 133 (end_position_long)
defn: 7; size: 4; type: 134 (total_elapsed_time)
defn: 8; size: 4; type: 134 (total_timer_time)
defn: 9; size: 4; type: 134 (total_distance)
defn: 10; size: 4; type: 134 (total_cycles)
defn: 27; size: 4; type: 133 (unknown)
defn: 28; size: 4; type: 133 (unknown)
defn: 29; size: 4; type: 133 (unknown)
defn: 30; size: 4; type: 133 (unknown)
defn: 41; size: 4; type: 134 (total_work)
defn: 98; size: 4; type: 134 (time_standing)
defn: 102; size: 4; type: 2 (avg_left_power_phase)
defn: 103; size: 4; type: 2
(avg_left_power_phase_peak)
defn: 104; size: 4; type: 2 (avg_right_power_phase)
defn: 105; size: 4; type: 2
(avg_right_power_phase_peak)
defn: 106; size: 4; type: 132 (avg_power_position)
defn: 107; size: 4; type: 132 (max_power_position)
defn: 110; size: 4; type: 134 (unknown)
defn: 111; size: 4; type: 134 (unknown)
defn: 149; size: 4; type: 136 (unknown)
defn: 154; size: 4; type: 136 (unknown)
defn: 254; size: 2; type: 132 (message_index)
defn: 11; size: 2; type: 132 (total_calories)
defn: 12; size: 2; type: 132 (total_fat_calories)
defn: 19; size: 2; type: 132 (avg_power)
defn: 20; size: 2; type: 132 (max_power)
defn: 21; size: 2; type: 132 (total_ascent)
defn: 22; size: 2; type: 132 (total_descent)
defn: 33; size: 2; type: 132 (normalized_power)
defn: 34; size: 2; type: 132 (left_right_balance)
defn: 40; size: 2; type: 132 (num_active_lengths)
defn: 71; size: 2; type: 132 (wkt_step_index)
defn: 96; size: 2; type: 132 (unknown)
defn: 97; size: 2; type: 132 (unknown)
defn: 99; size: 2; type: 132 (stand_count)
defn: 121; size: 2; type: 132 (unknown)
defn: 136; size: 2; type: 132 (unknown)
defn: 137; size: 2; type: 132 (unknown)
defn: 143; size: 2; type: 132 (unknown)
defn: 145; size: 2; type: 132 (unknown)
defn: 151; size: 2; type: 132 (unknown)
defn: 155; size: 2; type: 132 (unknown)
defn: 0; size: 1; type: 0 (event)
defn: 1; size: 1; type: 0 (event_type)
defn: 15; size: 1; type: 2 (avg_heart_rate)
defn: 16; size: 1; type: 2 (max_heart_rate)
defn: 17; size: 1; type: 2 (avg_cadence)
defn: 18; size: 1; type: 2 (max_cadence)
defn: 23; size: 1; type: 0 (intensity)
defn: 24; size: 1; type: 0 (lap_trigger)
defn: 25; size: 1; type: 0 (sport)
defn: 26; size: 1; type: 2 (event_group)
defn: 39; size: 1; type: 0 (sub_sport)
defn: 50; size: 1; type: 1 (unknown)
defn: 51; size: 1; type: 1 (unknown)
defn: 72; size: 1; type: 0 (unknown)
defn: 80; size: 1; type: 2 (avg_fractional_cadence)
defn: 81; size: 1; type: 2 (max_fractional_cadence)
defn: 82; size: 1; type: 2 (total_fractional_cycles)
defn: 91; size: 1; type: 2
(avg_left_torque_effectiveness)
defn: 92; size: 1; type: 2
(avg_right_torque_effectiveness)
defn: 93; size: 1; type: 2 (avg_left_pedal_smoothness)
defn: 94; size: 1; type: 2
(avg_right_pedal_smoothness)
defn: 95; size: 1; type: 2
(avg_combined_pedal_smoothness)
defn: 100; size: 1; type: 1 (avg_left_pco)
defn: 101; size: 1; type: 1 (avg_right_pco)
defn: 108; size: 2; type: 2 (avg_cadence_position)
defn: 109; size: 2; type: 2 (max_cadence_position)
defn: 124; size: 1; type: 1 (unknown)
defn: 152; size: 1; type: 2 (unknown)
defn: 253; size: 4; type: 134 (timestamp)
defn: 0; size: 4; type: 133 (position_lat)
defn: 1; size: 4; type: 133 (position_long)
defn: 5; size: 4; type: 134 (distance)
defn: 73; size: 4; type: 134 (enhanced_speed)
20 (record) 11

20 (record) 1

20 (record) 1

20 (record) 13
defn: 3; size: 1; type: 2 (heart_rate)
defn: 4; size: 1; type: 2 (cadence)
defn: 13; size: 1; type: 1 (temperature)
defn: 53; size: 1; type: 2 (fractional_cadence)
defn: 107; size: 1; type: 0 (unknown)
defn: 253; size: 4; type: 134 (timestamp)
defn: 0; size: 4; type: 133 (position_lat)
defn: 1; size: 4; type: 133 (position_long)
defn: 5; size: 4; type: 134 (distance)
defn: 73; size: 4; type: 134 (enhanced_speed)
defn: 78; size: 4; type: 134 (enhanced_altitude)
defn: 3; size: 1; type: 2 (heart_rate)
defn: 13; size: 1 ; type: 1 (temperature)
defn: 107; size: 1; type: 0 (unknown)
defn: 134; size: 1; type: 2 (unknown)
defn: 144; size: 1; type: 2 (unknown)
defn: 253; size: 4; type: 134 (timestamp)
defn: 0; size: 4; type: 133 (position_lat)
defn: 1; size: 4; type: 133 (position_long)
defn: 5; size: 4; type: 134 (distance)
defn: 73; size: 4; type: 134 (enhanced_speed)
defn: 78; size: 4; type: 134 (enhanced_altitude) 31
defn: 108; size: 2; type: 132 (unknown)
defn: 3; size: 1; type: 2 (heart_rate)
defn: 13; size: 1; type: 1 (temperature)
defn: 107; size: 1; type: 0 (unknown)
defn: 134; size: 1; type: 2 (unknown)
defn: 144; size: 1; type: 2 (unknown)
defn: 253; size: 4; type: 134 (timestamp)
defn: 0; size: 4; type: 133 (position_lat)
defn: 1; size: 4; type: 133 (position_long)
defn: 5; size: 4; type: 134 (distance)
defn: 73; size: 4; type: 134 (enhanced_speed)
defn: 78; size: 4; type: 134 (enhanced_altitude)
defn: 3; size: 1; type: 2 (heart_rate)
defn: 4; size: 1; type: 2 (cadence)
defn: 13; size: 1; type: 1 (temperature)
defn: 53; size: 1; type: 2 (fractional_cadence)
defn: 107; size: 1; type: 0 (unknown)
defn: 134; size: 1; type: 2 (unknown)
defn: 144; size: 1; type: 2 (unknown)
defn: 253; size: 4; type: 134 (timestamp)
defn: 0; size: 4; type: 133 (position_lat)
defn: 1; size: 4; type: 133 (position_long)
defn: 5; size: 4; type: 134 (distance)
defn: 73; size: 4; type: 134 (enhanced_speed)
defn: 78; size: 4; type: 134 (enhanced_altitude)
defn: 108; size: 2; type: 132 (unknown)
defn: 3; size: 1; type: 2 (heart_rate)
defn: 4; size: 1; type: 2 (cadence)
defn: 13; size: 1; type: 1 (temperature)
defn: 53; size: 1; type: 2 (fractional_cadence)
defn: 107; size: 1; type: 0 (unknown)
defn: 134; size: 1; type: 2 (unknown)
defn: 144; size: 1; type: 2 (unknown)
defn: 253; size: 4; type: 134 (timestamp)
defn: 3; size: 4; type: 134 (data)
defn: 17; size: 2; type: 132 (unknown)
21 (event)
21 (event)
22 (unknown) 11

23 (device_info) 24
defn: 18; size: 2; type: 132 (unknown)
defn: 0; size: 1; type: 0 (event)
defn: 1; size: 1; type: 0 (event_type)
defn: 4; size: 1; type: 2 (event_group)
defn: 253; size: 4; type: 134 (timestamp)
defn: 3; size: 4; type: 134 (data)
defn: 17; size: 2; type: 132 (unknown)
defn: 18; size: 2; type: 132 (unknown) 15
defn: 0; size: 1; type: 0 (event)
defn: 1; size: 1; type: 0 (event_type)
defn: 4; size: 1; type: 2 (event_group)
defn: 253; size: 4; type: 134 (unknown)
defn: 0; size: 1; type: 2 (unknown)
defn: 1; size: 1; type: 2 (unknown)
defn: 2; size: 1; type: 2 (unknown)
defn: 3; size: 1; type: 2 (unknown)
defn: 4; size: 1; type: 2 (unknown) 14
defn: 5; size: 1; type: 0 (unknown)
defn: 6; size: 1; type: 2 (unknown)
defn: 7; size: 1; type: 2 (unknown)
defn: 8; size: 1; type: 2 (unknown)
defn: 9; size: 1; type: 2 (unknown)
defn: 253; size: 4; type: 134 (timestamp) 58
defn: 3; size: 4; type: 140 (serial_number)
defn: 7; size: 4; type: 134 (cum_operating_time)
defn: 8; size: 4; type: 134 (unknown)
defn: 15; size: 4; type: 134 (unknown)
defn: 16; size: 4; type: 134 (unknown)
defn: 24; size: 4; type: 140 (unknown)
defn: 31; size: 4; type: 134 (unknown)
defn: 2; size: 2; type: 132 (manufacturer)
defn: 4; size: 2; type: 132 (product)
defn: 5; size: 2; type: 132 (software_version)
defn: 10; size: 2; type: 132 (battery_voltage)
defn: 13; size: 2; type: 132 (unknown)
defn: 0; size: 1; type: 2 (device_index)
defn: 1; size: 1; type: 2 (device_type)
defn: 6; size: 1; type: 2 (hardware_version)
defn: 9; size: 1; type: 2 (unknown)
defn: 11; size: 1; type: 2 (battery_status)
defn: 18; size: 1; type: 0 (unknown)
defn: 22; size: 1; type: 0 (ant_network)
defn: 25; size: 1; type: 0 (source_type)
defn: 29; size: 6; type: 2 (unknown)
defn: 30; size: 1; type: 2 (unknown)
defn: 32; size: 1; type: 2 (unknown)
defn: 253; size: 4; type: 134 (timestamp)
defn: 0; size: 4; type: 134 (total_timer_time)
defn: 5; size: 4; type: 134 (local_timestamp)
defn: 1; size: 2; type: 132 (num_sessions)
34 (activity) 9

49 (file_creator) 5

79 (unknown) 32
defn: 2; size: 1; type: 0 (type)
defn: 3; size: 1; type: 0 (event)
defn: 4; size: 1; type: 0 (event_type)
defn: 6; size: 1; type: 2 (event_group)
defn: 8; size: 1; type: 7 (unknown)
defn: 2; size: 20; type: 7 (unknown)
defn: 0; size: 2; type: 132 (software_version)
defn: 1; size: 1; type: 2 (hardware_version)
defn: 3; size: 1; type: 0 (unknown)
defn: 4; size: 1; type: 0 (unknown)
defn: 253; size: 4; type: 134 (unknown) 70
defn: 16; size: 4; type: 134 (unknown)
defn: 17; size: 4; type: 133 (unknown)
defn: 18; size: 4; type: 133 (unknown)
defn: 19; size: 4; type: 133 (unknown)
defn: 29; size: 4; type: 134 (unknown)
defn: 30; size: 4; type: 134 (unknown)
defn: 35; size: 4; type: 134 (unknown)
defn: 36; size: 4; type: 133 (unknown)
defn: 0; size: 2; type: 132 (unknown)
defn: 3; size: 2; type: 132 (unknown)
defn: 8; size: 2; type: 132 (unknown)
defn: 9; size: 2; type: 132 (unknown)
defn: 11; size: 2; type: 132 (unknown)
defn: 12; size: 2; type: 132 (unknown)
defn: 13; size: 2; type: 132 (unknown)
defn: 20; size: 2; type: 132 (unknown)
defn: 33; size: 2; type: 132 (unknown)
defn: 34; size: 2; type: 132 (unknown)
defn: 37; size: 2; type: 131 (unknown)
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defn: 2; size: 1; type: 2 (unknown)
defn: 4; size: 1; type: 0 (unknown)
defn: 5; size: 1; type: 0 (unknown)
defn: 6; size: 1; type: 2 (unknown)
defn: 7; size: 1; type: 1 (unknown)
defn: 10; size: 1; type: 2 (unknown)
defn: 14; size: 1; type: 2 (unknown)
defn: 27; size: 1; type: 2 (unknown)
global_mesg_num num
104 (unknown) 5
140 (unknown) 65
defn: 28; size: 1; type: 2 (unknown)
defn: 31; size: 1; type: 2 (unknown)
defn: 32; size: 1; type: 2 (unknown)
defn: 253; size: 4; type: 134 (unknown)
defn: 4; size: 4; type: 133 (unknown)
defn: 0; size: 2; type: 132 (unknown)
defn: 2; size: 1; type: 2 (unknown)
defn: 3; size: 1; type: 1 (unknown)
defn: 253; size: 4; type: 134 (unknown)
defn: 2; size: 4; type: 133 (unknown)
defn: 3; size: 4; type: 133 (unknown)
defn: 5; size: 4; type: 133 (unknown)
defn: 6; size: 4; type: 133 (unknown)
defn: 7; size: 4; type: 133 (unknown)
defn: 21; size: 4; type: 133 (unknown)
defn: 24; size: 4; type: 133 (unknown)
defn: 26; size: 4; type: 133 (unknown)
defn: 27; size: 4; type: 133 (unknown)
defn: 28; size: 4; type: 133 (unknown)
defn: 29; size: 4; type: 133 (unknown)
defn: 32; size: 4; type: 133 (unknown)
defn: 35; size: 4; type: 134 (unknown)
defn: 36; size: 4; type: 134 (unknown)
defn: 37; size: 4; type: 133 (unknown)
defn: 38; size: 4; type: 133 (unknown)
defn: 39; size: 4; type: 133 (unknown)
defn: 40; size: 4; type: 133 (unknown)
defn: 48; size: 4; type: 134 (unknown)
defn: 54; size: 4; type: 133 (unknown)
defn: 9; size: 2; type: 132 (unknown)
defn: 10; size: 2; type: 132 (unknown)
defn: 14; size: 2; type: 132 (unknown)
defn: 15; size: 2; type: 132 (unknown)
defn: 16; size: 2; type: 132 (unknown)
defn: 43; size: 2; type: 131 (unknown)
defn: 44; size: 2; type: 131 (unknown)
defn: 45; size: 2; type: 131 (unknown)
defn: 55; size: 2; type: 132 (unknown)
defn: 57; size: 2; type: 132 (unknown)
defn: 58; size: 2; type: 132 (unknown)
defn: 60; size: 2; type: 132 (unknown)
defn: 61; size: 2; type: 132 (unknown)
defn: 62; size: 2; type: 132 (unknown)
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defn: 18; size: 1; type: 2 (unknown)
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defn: 22; size: 1; type: 2 (unknown)
defn: 23; size: 1; type: 2 (unknown)
defn: 30; size: 1; type: 1 (unknown)
defn: 31; size: 1; type: 1 (unknown)
defn: 33; size: 1; type: 2 (unknown)
defn: 34; size: 1; type: 0 (unknown)
defn: 41; size: 1; type: 0 (unknown)
defn: 42; size: 1; type: 2 (unknown)
defn: 46; size: 1; type: 2 (unknown)
defn: 47; size: 1; type: 0 (unknown)
defn: 49; size: 1; type: 2 (unknown)
defn: 50; size: 1; type: 2 (unknown)
defn: 51; size: 1; type: 0 (unknown)
defn: 52; size: 1; type: 0 (unknown)
defn: 53; size: 1; type: 2 (unknown)
defn: 56; size: 1; type: 2 (unknown)
defn: 59; size: 1; type: 0 (unknown)
defn: 63; size: 1; type: 2 (unknown)
defn: 64; size: 1; type: 2 (unknown)
defn: 253; size: 4; type: 134 (unknown)
defn: 1; size: 4; type: 134 (unknown)
141 (unknown) 5

147 (unknown) 65
def. 2, size. 4, type: 134 (unknown)
defn: 3; size: 4; type: 134 (unknown)
defn: 0; size: 1; type: 0 (unknown)
defn: 0; size: 4; type: 140 (unknown)
defn: 2; size: 16; type: 7 (unknown)
defn: 13; size: 4; type: 134 (unknown)
defn: 18; size: 4; type: 10 (unknown)
defn: 28; size: 4; type: 2 (unknown)
defn: 29; size: 4; type: 2 (unknown)
defn: 30; size: 4; type: 2 (unknown)
defn: 70; size: 4; type: 134 (unknown)
defn: 254; size: 2; type: 132 (unknown)
defn: 10; size: 2; type: 132 (unknown)
defn: 11; size: 2; type: 132 (unknown)
defn: 21; size: 2; type: 132 (unknown)
defn: 25; size: 2; type: 132 (unknown)
defn: 26; size: 2; type: 132 (unknown)
defn: 32; size: 2; type: 132 (unknown)
defn: 33; size: 2; type: 132 (unknown)
defn: 34; size: 2; type: 132 (unknown)
defn: 35; size: 2; type: 132 (unknown)
defn: 40; size: 2; type: 139 (unknown)
defn: 55; size: 2; type: 132 (unknown)
defn: 56; size: 2; type: 132 (unknown)
defn: 57; size: 2; type: 132 (unknown)
defn: 73; size: 2; type: 139 (unknown)
defn: 1; size: 1; type: 2 (unknown)
defn: 3; size: 1; type: 0 (unknown)
defn: 4; size: 1; type: 0 (unknown)
defn: 5; size: 1; type: 0 (unknown)
defn: 6; size: 1; type: 0 (unknown)
defn: 7; size: 1; type: 0 (unknown)
defn: 8; size: 1; type: 0 (unknown)
defn: 9; size: 1; type: 2 (unknown)
defn: 12; size: 1; type: 2 (unknown)
defn: 14; size: 1; type: 2 (unknown)
defn: 15; size: 1; type: 2 (unknown)
defn: 16; size: 1; type: 2 (unknown)
defn: 17; size: 1; type: 10 (unknown)
defn: 19; size: 1; type: 10 (unknown)
defn: 20; size: 15; type: 10 (unknown)
defn: 27; size: 1; type: 2 (unknown)
defn: 31; size: 1; type: 2 (unknown)
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defn: 37; size: 7; type: 0 (unknown)
defn: 38; size: 7; type: 0 (unknown)
defn: 39; size: 7; type: 0 (unknown)
defn: 41; size: 7; type: 2 (unknown)
defn: 42; size: 1; type: 0 (unknown)
defn: 43; size: 1; type: 0 (unknown)
defn: 44; size: 1; type: 10 (unknown)
defn: 47; size: 1; type: 0 (unknown)
defn: 48; size: 1; type: 0 (unknown)
defn: 50; size: 6; type: 2 (unknown)
defn: 51; size: 1; type: 0 (unknown)
defn: 52; size: 1; type: 0 (unknown)
defn: 53; size: 1; type: 2 (unknown)
defn: 54; size: 1; type: 0 (unknown)
defn: 59; size: 1; type: 2 (unknown)
defn: 60; size: 1; type: 0 (unknown)
defn: 61; size: 1; type: 0 (unknown)
defn: 62; size: 1; type: 2 (unknown)
defn: 71; size: 1; type: 0 (unknown)
defn: 72; size: 1; type: 2 (unknown)
defn: 82; size: 1; type: 0 (unknown)
defn: 83; size: 1; type: 2 (unknown)
defn: 84; size: 1; type: 2 (unknown)
defn: 87; size: 1; type: 0 (unknown)
defn: 253; size: 4; type: 134 (unknown)
defn: 2; size: 28; type: 134 (unknown)
defn: 5; size: 40; type: 134 (unknown)
defn: 9; size: 20; type: 132 (unknown)
defn: 0; size: 2; type: 132 (unknown)
defn: 1; size: 2; type: 132 (unknown)
216 (unknown) 13 defn: 15; size: 2; type: 132 (unknown)
defn: 6; size: 6; type: 2 (unknown)
defn: 10; size: 1; type: 0 (unknown)
defn: 11; size: 1; type: 2 (unknown)
defn: 12; size: 1; type: 2 (unknown)
defn: 13; size: 1; type: 2 (unknown)
defn: 14; size: 1; type: 0 (unknown)
defn: 253; size: 4; type: 134 (unknown)
defn: 2; size: 2; type: 132 (unknown)
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defn: 1; size: 1; type: 1 (unknown)
defn: 252; size: 1; type: 2 (unknown)
defn: 251; size: 1; type: 13 (unknown)
defn: 253; size: 4; type: 134 (unknown)
defn: 2; size: 2; type: 132 (unknown)
defn: 0; size: 1; type: 1 (unknown)
defn: 1; size: 1; type: 1 (unknown)
defn: 252; size: 1; type: 2 (unknown)
defn: 251; size: 1; type: 13 (unknown)

defn: 253; size: 4; type: 134 (unknown)
defn: 0; size: 1; type: 2 (unknown)
defn: 1; size: 1; type: 2 (unknown)

| 325 (unknown) | 7 | defn: 2; size: 1; type: 2 (unknown) defn: 3; size: 1; type: 2 (unknown) defn: 4; size: 1; type: 2 (unknown) defn: 5; size: 1; type: 2 (unknown) | 10 |
| :---: | :---: | :---: | :---: |
| 326 (unknown) | 3 | defn: 253; size: 4; type: 134 (unknown) defn: 0; size: 4; type: 134 (unknown) defn: 1; size: 4; type: 134 (unknown) | 12 |
| 326 (unknown) | 3 | defn: 253; size: 4; type: 134 (unknown) defn: 0; size: 4; type: 134 (unknown) defn: 1; size: 4; type: 134 (unknown) | 12 |
| 327 (unknown) | 8 | defn: 253; size: 4; type: 134 (unknown) defn: 3; size: 4; type: 134 (unknown) defn: 4; size: 4; type: 134 (unknown) defn: 5; size: 4; type: 134 (unknown) defn: 0; size: 1; type: 2 (unknown) defn: 1; size: 1; type: 2 (unknown) defn: 2; size: 1; type: 2 (unknown) defn: 6; size: 1; type: 0 (unknown) | 20 |

## Messages found in file

file_id count()

