## Advanced Metrics

Time in Zone, FTP and watts/kg tracking, Cycling-specific VO2 and Recovery, and Cycling dynamics

## Connectivity via Bluetooth (BLE)

Live tracking, send/receive courses, automatic data upload to Garmin Connect, weather conditions, social media sharing, and smart notifications including text and call alerts

## ANT+ Compatibility

Power meters, heart rate monitors, speed and cadence sensors, Varia<sup>™</sup> cycling awareness products, remotes, VIRB and compatible ANT+ indoor trainers

## Strava Segments

- Send segments from Strava to compete for KOM or QOM titles.
- Select Strava segments will automatically display on the device and show instantaneous data: your performance in the moment, how it compares to your PR and the current KOM or QOM.
- High-resolution, 2.3" color display
- Tracks speed, distance, time, elevation, calories burned, temperature and more
- Battery life up to 15hrs with GPS+GLONASS
- Barometric altimeter for precise climb & descent tracking
- Activity Profiles

