

Forerunner 110

Physical & Performance	
Unit dimensions, WxHxD:	1.8" x 2.7" x 0.6" (4.5 x 6.9 x 1.4 cm)
Display size, WxH:	1.0" x 1.0" (2.5 x 2.5 cm) diameter
Display resolution, WxH:	52 x 30 pixels
Weight:	1.8 oz (52 g)
Battery:	rechargeable lithium-ion
Battery life:	3 weeks in power save mode; 8 hours in training mode
Water resistant:	yes (IPX7)
GPS-enabled:	yes
High-sensitivity receiver:	yes
Maps & Memory	
Basemap:	no
Ability to add maps:	no
Accepts data cards:	no
Lap history:	1000 laps
Waypoints/favorites/locations:	0
Routes:	0
Features	
Heart rate monitor:	yes (some versions)
Bike speed/cadence sensor:	no
Foot pod:	no
Automatic sync (automatically transfers data to your computer):	no
Garmin Connect™ compatible (online community where you analyze, categorize and share data):	yes
Garmin Training Center® software compatible:	yes
Virtual Partner® (train against a digital person):	no
Courses (compete against previous activities):	no
Auto Pause® (pauses and resumes timer based on speed):	no
Auto Lap® (automatically starts a new lap):	yes
Auto Scroll (cycles through data pages during workout):	no
Multi-sport (changes sport mode with a press of a button):	no
Advanced workouts (create custom, goal-oriented workouts):	no
Simple workouts (input time, distance and calorie goals):	no
Pace alert (triggers alarm if you vary from preset pace):	no
Time/distance alert (triggers alarm when you reach goal):	no
Vibration alert: (choose between alert tones and/or vibration alert):	no
Interval training (set up exercise and rest intervals):	no
Heart rate-based calorie computation:	yes
Customizable screen(s):	no

Barometric altimeter:	no
Unit-to-unit transfer (shares data wirelessly with similar units):	no
Power meter compatible (displays power data from compatible 3rd party ANT+™-enabled power meters):	no
Sport watch:	yes