CSSi SA - "Securing Tomorrow, Today"
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SMARTWATCH FORERUNNER 255/TIDAL BLUE 010-02641-11 GARMIN

Model: 010-02641-11

Manufacturer: GARMIN

EAN: 753759279882

Product Code: 333171

R5,747

RUN AT A HIGHER LEVEL

You're making strides. Now, let's take the next step. Get the training and recovery insights you'll need to notch your best time yet.

Get an overview of your sleep, HRV status and daily workout with your morning report.

Charge less, train more with up to 14 days of battery life in smartwatch mode and up to 30 hours in GPS mode.

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Push your limits with a built-in triathlon feature and 30+ activity profiles.

Plan your strategy with daily suggested workouts, course details and more on the race widget.

Utilise a full suite of advanced metrics and training tools to reach your goals.

Pay for your post-workout coffee with Garmin Pay™ contactless payments

READY FOR THE LONG RUN

Get an uninterrupted picture of your daily health and nightly sleep with up to 14 days of battery life in smartwatch mode and up to 30 hours in GPS mode.

(ALMOST) AS LIGHT AS A FEATHER

With its sleek design and 49g weight, you'll almost forget you're wearing a Forerunner® 255 running smartwatch — even when you're asleep.

SWEAT-READY MATERIALS

Featuring easy-to-use buttons and a silicone band, this watch is ready to wear — and tear — with durable Corning® Gorilla® Glass 3.

MORNING REPORT

Receive an overview of your sleep, recovery and training outlook as soon as you wake up — alongside HRV status and weather. You can even customise your report to show you what you want to see.

HRV STATUS

Gain a deeper understanding of your overall health, recovery and training performance through heart rate variability while you sleep, based on technology developed by our Firstbeat Analytics™ team.

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BUILT-IN SPORTS APPS

Tap into 30+ built-in activities, including the triathlon and open-water swimming profiles — new to the Forerunner 255 running watch series. For races and brick workouts, transition to the next activity with a single button press.

RACE WIDGET

Get ready for your next race with training tips, personalised daily suggested workouts and completion time predictions based on course details, weather and performance.

DAILY SUGGESTED WORKOUTS

View your entire week of daily suggested workouts, which adapt after every run to match your performance and recovery as well as the races coming up in your Garmin Connect™ smartphone app calendar.

GARMIN COACH

Free adaptive training plans include 5K, 10K and half-marathon programmes, featuring guidance from expert coaches that adapt to you and your goals.

TRIATHLON AND MULTISPORT PROFILES

Switch between sports with one press by using built-in profiles for triathlons, duathlons, brick workouts and swimruns. Or, create your own custom multisport profiles.

RUNNING POWER

When using a Running Dynamics Pod or HRM-Pro™ heart rate monitor, get a continuous measurement on your wrist of how much power you're applying to the road as you run, so you can manage your effort.

RECOVERY TIME

Know how long to recover before your next high-effort workout based on your latest training as well as overall stress, sleep and daily activities outside of workouts.

PACEPRO™ FEATURE

To help you plan your race day strategy, this feature offers GPS-based pace guidance for a selected

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course or distance, so you can tailor your efforts to what's ahead.

TRAINING STATUS

Using new indicators such as HRV status, your recent exercise history and performance, get an easy insight into your overall effort — and whether you're training productively, peaking or strained.

ACUTE LOAD

See your training history, and compare the intensity of your recent workouts to the optimal range to help improve your fitness.

TRAINING EFFECT

See how your workouts influence your endurance, speed and power with aerobic and anaerobic training effect feedback.

PERFORMANCE CONDITION

While you run, get an analysis of your pace and heart rate for a real-time assessment of your current ability to perform.

RUNNING DYNAMICS

When using a Running Dynamics Pod or HRM-Pro heart rate monitor, the Forerunner 255 running watch measures crucial running metrics such as cadence, stride length, ground contact time and balance, and more — while comparing to others in the Garmin Connect app.

TRACK RUNNING

Ready for some speedwork? Input your lane on the built-in track run activity to record accurate lap distances and see your distances in metres.

COURSES

Create or find existing courses in the Garmin Connect app, so you'll never run out of places to run. Or plan one on other platforms such as Strava and Komoot, then automatically sync them to your Forerunner.

VISUAL RACE PREDICTOR

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Based on your running history and overall fitness level, get an estimate of what your pace could be for a 5K, 10K — or even a marathon. Plus, trend data highlights your training's impact over time.

CROSS-TRAINING

Mix up your training with different types of workouts. Free HIIT, strength, cardio, yoga and Pilates workouts come preloaded on the watch, and you can download more from the Garmin Connect app

PULSE OX SENSOR

This wrist-based pulse ox sensor3 monitors blood oxygen saturation levels to support advanced sleep monitoring and altitude acclimation.

WOMEN'S HEALTH TRACKING

Use the Garmin Connect app to track your menstrual cycle or pregnancy. Log symptoms, get exercise and nutrition education, and more. Even see and log details on your wrist with the Women's Health Tracking app.

INTENSITY MINUTES

Our intensity minutes feature tells you when during the day you earned them and during what activity.

STRESS TRACKING

Find out if you're having a calm, balanced or stressful day. Relax reminders will even prompt you to do a short breathing activity when the watch detects that you're feeling stressed.

HEALTH SNAPSHOT™ FEATURE

Log a 2-minute session to record key stats, including heart rate2, heart rate variability, Pulse Ox3, respiration and stress. Then generate a report with those stats to share via the Garmin Connect app on your compatible smartphone.

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MULTI-BAND GNSS SUPPORT

Access multiple global navigation satellite systems, and get access to multiple frequencies sent by navigation satellites for improved accuracy in areas where GNSS signals are reflected, weak or typically don't penetrate — giving you superior accuracy for how far and how fast you've run — even in challenging environments.

GARMIN PAY CONTACTLESS PAYMENTS

Breeze through checkout lines with Garmin Pay contactless payments1 through participating providers.

SMART NOTIFICATIONS

Receive emails, texts and alerts right on your watch when paired with your Apple® or Android™ smartphone. You can even respond to texts if you have an Android phone.

SAFETY AND TRACKING FEATURES

If you feel unsafe or if your watch senses that an incident occurred, the Assistance and incident detection features4 send your location to emergency contacts. Incident detection is enabled by default for select activity profiles only.

LIVETRACK FEATURE

Use LiveTrack to let friends and family follow your real-time location4 and even view your entire pre-planned course. Rest assured that your loved ones know exactly where you're running.

GARMIN CONNECT APP

See your health and fitness information, connect and compete with friends, sign up for challenges to earn badges and more — all in one free, zero-subscription app.

CONNECT IQ™ STORE

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Download custom watch faces, add data fields, and get apps and widgets from the Connect IQ Store app downloaded on your compatible smartphone.

Summary: Garmin Forerunner 255. Display diagonal: 3.3 cm (1.3"), Display technology: MIP, Display resolution: 260 x 260 pixels. Flash memory: 4 GB. Wi-Fi. GPS (satellite). Weight: 49 g. Band material: Silicone, Band colour: Blue, Band size: One Size | Vendor Homepage: https://www.garmin.com/en-GB/p/780139/pn/010-02641-11 | Display diagonal: 1.3 | Display technology: MIP | Colour display: Yes | Display type: Digital | Display resolution: 260 x 260 | Touchscreen: No | Display diameter: 33 | Watch glass type: Corning Gorilla Glass 3 | FM radio: No | Flash memory: 4 | Band material: Silicone | Band size: One Size | Lens material: Glass | Shape: Round | Wrist size range: 130 - 205 | Market positioning: Sport watch | Watch case size: 46 | Buckle colour: Black | Watch case colour: Blue | Watch case material: Carbon Fibre Reinforced Polymer (CFRP) | Band colour: Blue | Built-in microphone: No | Built-in speaker(s): Yes | Waterproof: Yes | Built-in camera: No | Closure type: Single prong strap buckle | Protection features: Water resistant,Waterproof | Removable strap: Yes | Water resistance: 5 | Heart rate monitor: Yes | Heart rate contact sensors: Yes | Heart rate sensor type: Optical | Heart rate measuring: Automatic | Blood oxygen sensor: Yes | Distance travelled: Yes | Pedometer: Yes | Calories burned: Yes | Accelerometer: Yes | Gyroscope: Yes | Activity tracker: Yes | Multisport mode: Yes | Personal goals: Yes | Quality of sleep: Yes | Activity monitoring: Yes | Advanced workouts: Yes | Alarm clock: Yes | Audible alarm(s): Yes | Auto training program adapting: Yes | Automatic daily activity detection: Yes | Barometric altimeter: Yes | Built-in distance meter: Yes | Calendar: Yes | Calendar notifications: Yes | Call notifications: Yes | Clock mode: 12h/24h | Electronic compass: Yes | Heart rate data transfer: Bluetooth/ANT+ | Heart rate-based calorie computation: Yes | Interval training: Yes | Music control: Yes | Music player: Yes | Recommended activity: Cycling/Golf/Running/Swimming | Smart notifications: Yes | SMS notifications: Yes | Stopwatch: Yes | Time/distance alert: Yes | Timer: Yes | Training programming: Yes | Virtual partner function: Yes | Weather display: Yes | Weather forecast: Yes | Barometer: Yes | Thermometer: Yes | Mobile network connection: No | ANT+ enabled: Yes | GPS (satellite): Yes | GLONASS: Yes | Galileo: Yes | Bluetooth: Yes | USB port: No | Near Field Communication (NFC): Yes | Wi-Fi: Yes | Headphone connectivity: Bluetooth | Battery life (max): 336 | Battery life: 14 | Battery life (GPS mode): 16 | Standby time (Bluetooth off): 25 | Width: 45.6 | Depth: 45.6 | Thickness: 12.9 | Weight: 49 | Unit Calculated Weight: 0.218 | Battery weight: 4 | Battery: Lithium-Ion rechargeable | Product Net Weight: 0.049 | Unit Calculated Volume: 0.0007735 | Units per Shipping Box: 1 | Unit Width: 7 | Shipping Box Height: 6.5 | Unit Depth: 17 | Unit Height: 6.5 | Name: SMARTWATCH FORERUNNER

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