



Garmin Instinct 3 3.05 cm (1.2) AMOLED 45 mm Digital 390 x 390 pixels Black GPS (satellite)

Model: 010-02936-03

Manufacturer: GARMIN

EAN: 753759357139

Product Code: 575616

R8,509

Display type: Digital | Battery type: Built-in battery | Accelerometer: Yes | Distance travelled: Yes | Manual: Yes | Heart rate monitor: Yes | Weight: 53 g | Maximum memory card size: 4 GB | Market positioning: Smartwatch | Display diagonal: 3.05 cm (1.2") | Band colour: Blue | Bluetooth: Yes | Calories burned: Yes | Display resolution: 390 x 390 pixels | Dimensions (WxDxH): 45 x 14.9 x 45 mm | Wrist size range: 137 - 204 mm | Backlight: Yes | Band colour: Black | Battery life (max): 432 h | Workout tracking: Yes | Timer: Yes | GPS (satellite): Yes | Battery technology: Lithium-Ion (Li-Ion) | Display technology: AMOLED | Recommended activity: Swimming | Recommended activity: Golf | Recommended activity: Rowing | Recommended activity: Hunting | Recommended activity: Hockey | Recommended activity: Stair stepper | Recommended activity: HIIT | Recommended activity: Cycling | Recommended activity: Hiking | Recommended activity: Basketball | Recommended activity: Yoga | Recommended activity: Triathlon | Recommended activity: Surfing | Electronic compass: Yes |

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.

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Recommended activity: Skiing | Recommended activity: Elliptical | Band material: Silicone |
GLONASS: Yes | Recommended activity: Snowboarding | Recommended activity: Running |
Recommended activity: Volleyball | Recommended activity: Boxing | Recommended activity: Riding |
Recommended activity: Motor sports | Recommended activity: Baseball | Recommended activity:
Football | Recommended activity: Fishing | Recommended activity: Pilates | Recommended activity:
Tennis | Recommended activity: Walking | Battery life: 18 day(s) | Personal info management (PIM):
Calendar | BeiDou: Yes | Personal info management (PIM): Events reminder | Thermometer: Yes |
Gyroscope: Yes | Battery life: 25 h | Interval training: Yes | ANT+ enabled: Yes | Colour display: Yes |
Shape: Round | Recommended activity: Climbing | Recommended activity: Badminton | Alarm clock:
Yes | Galileo: Yes | Quasi-Zenith Satellite System (QZSS): Yes | Fall detection: Yes | Watch case
colour: Black | Watch case material: Aluminium, Glass Fiber Reinforced Polymer (GFRP) | Blood
oxygen sensor: Yes | Watch case size: 45 mm | Accessibility features: Accessibility Shortcut | Stress
monitoring function: Yes | Foot pod: Yes | Display size (HxV): 30 x 30 mm | Recovery time
suggestion: Yes | Quality of sleep: Yes | Stopwatch: Yes | Sun & moon information: Yes | Virtual racer
function: Yes | Running dynamics: Yes | Multisport mode: Yes | Automatic daily activity detection: Yes
| Race predictor: Yes | Chest strap: Yes | Smart notifications: Yes | Area calculation: Yes | Supported
applications: Toe-to-Toe™ Challenges, Garmin Messenger, GameOn, Garmin Golf | Battery life (GPS
mode): 32 h | Keypad lock: Yes | Training effect measurement: Yes | Heart rate contact sensors: Yes |
Automatic pause: Yes | Water resistance: 10 ATM | Activity tracker: Yes | Advanced workouts: Yes |
Activity monitoring: Yes | Lens material: Glass | Find my phone function: Yes | Weather forecast: Yes
| Music control: Yes | Fitness test: Yes | Virtual pacer function: Yes | Barometric altimeter: Yes | Real-
time guidance: Yes | Sports activity apps: Connect IQ

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