

Variable Groups	Variables	Definition	Variable Type	Units
Speed/Pace	Speed	Distance travelled per unit time	Instant, average, max, zone, percent, intensity	km/h, mph, knots, m/s
	Pace	Time per distance segment	Instant, average, max, zone, percent, intensity	min/km
	Acceleration	The rate of change of velocity as a function of time	Instant, min, max	g, m/s ² , ft/s ²
	3D Speed	Speed determined by the GPS receiver that includes Elevation	Instant, average, max, zone, percent, intensity	km/h, mph, knots, m/s, ft/s
Strides	Stride rate	Number of strides per minute	Instant, average, max, zone, percent, intensity	str/min
	Stride length	The length of one stride	Instant, average, max, zone, percent, intensity	cm, m, in , ft
	Total strides	The total number of strides during an activity	Instant, target, remaining	strides
	Split strides	The total number of strides per split	Instant, average, min, max, target, remaining, last, difference	strides
	Lap strides	The total number of strides per lap	Instant, average, min, max, target, remaining, last, difference	strides
	Sector strides	The total number of strides per sector	Instant, average, min, max, target, remaining, last, difference	strides
Energy	Energy rate	The amount of Energy consumed per unit time	Instant, average, max, zone, percent, intensity	kJ/min, kJ/hr, kCal/min, kCal/hr
	Total energy	The total amount of Energy consumed since the start of the Activity	Instant, target, remaining	kCal, kJ
	Split energy	The amount of Energy consumed per split	Instant, average, min, max, target, remaining, last, difference	kCal, kJ
	Lap energy	The amount of Energy consumed per lap	Instant, average, min, max, target, remaining, last, difference	kCal, kJ
	Sector energy	The amount of Energy consumed per sector	Instant, average, min, max, target, remaining, last, difference	kCal, kJ

Variable Groups	Variables	Definition	Variable Type	Units
Heart rate	Heart rate	Beats per minute	Instant, average, max, zone, percent, intensity	bpm
Location/Course	Latitude	GPS derived Latitude. Latitude is defined as being parallel to the equator of the earth.	instant	decimal ^o , D ^o M'S.s", D ^o M.m`
	Longitude	GPS derived Longitude. Longitude is defined as being parallel to the Greenwich meridian.	instant	decimal ^o , D ^o M'S.s", D ^o M.m`
	Elevation	GPS derived Elevation. The altitude (height) above mean sea level (MSL).	Instant, average, min, max, zone, percent, intensity	m, ft
	Course		instant	degrees, 8 points, 16 points, 32 points
	Gradient	Gradient angle between two GPS derived co-ordinates	Instant, average, min, max, zone, percent	degrees, %
Elevation	Cumulative	Accumulated elevation gain	Loss, gain	m, ft
	Net elevation	The difference between the highest and lowest point in an activity	instant	m, ft
	Elevation	GPS derived Elevation. The altitude (height) above mean sea level (MSL).	Instant, average, min, max, zone, percent, intensity	m, ft
	Gradient	Gradient angle between two GPS derived co-ordinates	Instant, average, min, max, zone, percent	degrees, %
Tilt	X-axis	Tilt angle of the Motion M01-1 in the X-axis	Instant, average, min, max	degrees
	Y-axis	Tilt angle of the Motion M01-1 in the Y-axis	Instant, average, min, max	degrees
	Z-axis	Tilt angle of the Motion M01-1 in the Z-axis	Instant, average, min, max	degrees
G-force	X-axis	G-Force of the Motion M01-1 in the X-axis	Instant, average, min, max	degrees
	Y-axis	G-Force of the Motion M01-1 in the Y-axis	Instant, average, min, max	degrees
	Z-axis	G-Force of the Motion M01-1 in the Z-axis	Instant, average, min, max	degrees
Cadence	Cadence	Revolutions per minute	Instant, average, max, zone, percent, intensity	rpm

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Power	Power	The amount of work done or energy released in a measured time frame	Instant, average, max, zone, percent, intensity	W
Miscellaneous	Time of day	Current time of day	instant	hh:mm, hh:mm:ss, hh:mm:ss.t
	Date	Current date of day	instant	dd-mm-yyyy, dd-mmm-yyyy, dd-month-yyyy, yyyy-mm-dd, yyyy-mmm-dd, yyyy-month-dd
	Count down time		remaining	hh:mm, hh:mm:ss, hh:mm:ss.t, mm:ss, mm:ss.t, mm:ss.tt
Phases	Number	Number of phases	Instant, target, remaining	no unit
	Time	The time of a phase	Instant, target, remaining	see Count down time
Sectors	Number	Number of sectors	Instant, target, remaining	no unit
	Time	The time of a sector	Instant, average, min, max, target, remaining, last, difference	see Count down time
	Distance	The distance covered during a sector	Instant, average, min, max, target, remaining, last, difference	m, km, ft, mi, nmi
	Energy	Energy consumed during a sector	Instant, average, min, max, target, remaining, last, difference	kCal, kJ
	Strides	Amount of strides per sector	Instant, average, min, max, target, remaining, last, difference	Strides

Variable Groups	Variables	Definition	Variable Type	Units
Laps	Number	Number of laps	Instant, target, remaining	no unit
	Time	The time of a Lap	Instant, average, min, max, target, remaining, last, difference	see Count down time
	Distance	Distance covered during a lap	Instant, average, min, max, target, remaining, last, difference	m, km, ft, mi, nmi
	Energy	Amount of energy consumed during a lap	Instant, average, min, max, target, remaining, last, difference	kCal, kJ
	Strides	Amount of strides per lap	Instant, average, min, max, target, remaining, last, difference	Strides
Splits	Number	Number of splits	Instant, target, remaining	no unit
	Time	The time of a split	Instant, average, min, max, target, remaining, last, difference	see Count down time
	Distance	Distance covered during a split	Instant, average, min, max, target, remaining, last, difference	m, km, ft, mi, nmi
	Energy	Energy consumed during a split	Instant, average, min, max, target, remaining, last, difference	kCal, kJ
	Strides	Amount of strides per split	Instant, average, min, max, target, remaining, last, difference	Strides
Totals	Time	The total time	Instant, target, remaining	see Count down time
	Distance	The total distance covered	Instant, target, remaining	m, km, ft, mi, nmi
	Energy	The total energy consumed	Instant, target, remaining	kCal, kJ
	Strides	The total number of strides	Instant, target, remaining	strides