

		Weight	81 g / 2.86 oz
Bezel material:	Stainless steel	Bezel material:	Stainless steel
Glass material:	Sapphire crystal	Glass material:	Sapphire crystal
Case material:	Glass fibre reinforced polyamide	Case material:	Glass fibre reinforced polyamide
Strap material:	Silicone	Strap material:	Silicone
What's in the box?	Suunto 9 Baro Black, USB cable, Quick Guide, Warranty Leaflet	What's in the box?	Suunto 9 Baro Black, USB cable, Quick Guide, Warranty Leaflet

GENERAL

Bezel material:	Stainless steel
Glass material:	Sapphire crystal
Case material:	Glass fibre reinforced polyamide
Strap material:	Silicone
Weight	81 g / 2.86 oz
Wrist sizes:	130-230 mm
Strap width:	24 mm
Integrated wrist heart rate	✓
Customizable watch faces	✓
Touch screen lock	during exercise
Touch display	✓
Color display	✓
Vibration alert	✓
Automatic daylight saving time	✓
Water resistance	100 m (according to ISO 6425)
Battery type	rechargeable lithium-ion

Firmware upgradable	✓
Time, date	✓
Alarm clock	1 configurable alarm
Dual time	✓
Automatic timekeeping	✓
Countdown timer	✓
Stopwatch timer	✓
Languages	EN, CS, DA, DE, ES, FI, FR, IT, JA, KO, NL, NO, PL, PT, RU, SV, ZH*
Backlight	LED
Configurable backlight	brightness / mode
Button lock	during exercise
Display type	matrix
Display resolution	320 x 300
Battery indicator	percentage / icon
Metric and imperial units	✓

CONNECTIVITY

Smartphone compatibility	iPhone, Android*
Connectivity (between devices)	Bluetooth Smart
Phone notifications on the watch	✓
Compatible with online sports communities	Strava, TrainingPeaks, MapMyFitness and more
Watch software updates from cloud	✓

Compatible with Suunto Movescount App



Compatible with Suunto Movescount



Compatible with Suunto app



PHYSICAL SPECIFICATIONS

Operating temperature

-20° C to +60° C / -5° F to +140° F

Storage temperature



Recommended charging temperature



BATTERY LIFE

In time mode

14 days

With 24/7 tracking and mobile notifications

7 days

Training mode with GPS

25h / 40h / 120h

Intelligent charge reminders



COMPASS

Digital compass



Tilt compensation



Declination correction



Direction scale

degrees

Needle

north indicator

Compass accuracy

5°

Compass resolution

1°

24/7

ACTIVITY TRACKING

Step counter

✓

Calories burned

✓

Activity targets

steps, calories

Heart rate assisted daily calories tracking

✓

Daily minimum heart rate tracking

✓

SLEEP TRACKING

Sleep duration

Duration, average HR during sleep

Bed times

✓

Time awake

✓

OUTDOOR FUNCTIONS

GPS TRACKING & NAVIGATION

Satellite systems

GPS

GPS recording rate

Best, Good, OK

Waypoint and visual route navigation

✓

Zoom levels in navigation

✓

Auto zoom based on route shape

✓

Breadcrumb trail in real time

✓

Route planning with altitude profile

✓

Outdoor maps by satellite, terrain and topography in web by Mapbox, Google Maps & Android	✓
Heatmaps to browse and show on Moves	✓
Route planning with heatmaps	✓
Personal route library synced to watch	✓
Point of Interest (POI) navigation	✓
GPS track analysis	✓
Track logging, viewing and sharing	✓
Intelligent battery modes	Performance, Endurance, Ultra, Custom

ALTIMETER

Barometric altitude	✓
GPS altitude	✓
Combined GPS and barometric altitude (FusedAlti™)	✓
Altitude in daily mode	✓
Total ascent/descent	in exercise
Vertical speed	in exercise
Automatic alti/baro profile	✓
Log recording rate	1 s
Resolution	1 m
Range	-500 - 9999 m

WEATHER

Sunrise/sunset times	✓
Storm alarm	✓
Sea level pressure	✓
Automatic alti/baro profile	✓
Temperature	✓
Temperature display range	-20° C to +60° C / -4° F to +140° F
Temperature resolution	1° C / 1.5° F
Pressure resolution	1 hPa
Move altitude graph in Move summary	✓

TRAINING FUNCTIONS

INTERVAL TRAINING

Setup intervals	on watch
Interval guidance during training	✓

HEART RATE (REQUIRES HR BELT OR WRIST HR MONITOR)

Heart rate measured from wrist	✓
Heart rate belt compatibility	Bluetooth Smart belts
RR interval	with Suunto Smart Sensor
Heart rate in beats per minute	✓
Records heart rate in swimming	yes, with Suunto Smart Sensor
Heart rate graph in real time	✓
Calories	✓

Peak Training Effect



Personal heart rate zones



SPEED AND DISTANCE

Cadence based speed and distance



GPS speed and distance



Chrono



Foot POD support

Bluetooth Smart

Autolaps



Manual laps



Analysis of pace, speed graphs and tracks on the map



TRAINING RECOVERY

Training based recovery time



Recovery time daily view

on watch

Feeling stored after training to watch



TRAINING LOAD

Logbook with Move details

on watch

Move summary with lap details

on watch

Training load with totals by sport

on watch

Training logbook for long term overviews



Training analysis with graphs, lap tables, maps, totals



Training insights totals duration/distances by sport



Training types stored to Moves

on watch

SHARE AND RELIVE

Move sharing to social media



Move rating and commenting



Follow other members and get feedback via activity stream



SPORT EXPERTISE

SWIMMING

Pool swim pace and distance



Openwater swim pace and distance



Records heart rate in swimming

yes, with Suunto Smart Sensor

Swimming time by pool length, lap, total



Swimming stroke rate, count and type



Automatic intervals



Interval lap table



Lap table for swimming analysis with stroke and pace



Interval guidance with swim pace/duration/distance training support

on watch

Stroke efficiency (SWOLF)

no

CYCLING

Cycling speed	✓
Average speed in real time	✓
Bike POD with speed/cadence support	Bluetooth Smart
Bike power meter support	Bluetooth Smart
Bike Power (W), average and maximum (with power sensor)	Bluetooth Smart
Bike Lap and Lap Maximum Power (with power sensor)	✓
Power distribution and graphs	with power sensor (available in Suunto Movescount.com)
Peak Power Curve for peak power outputs	with power sensor (available in Suunto Movescount.com)
Real-time lap table with avg HR, avg power and avg speed	✓
Interval guidance with power/speed/heart rate	on watch

RUNNING

Running pace	✓
Suunto FusedSpeed™	✓
Running power with Stryd sensor	✓
Foot POD calibration	automatic
Lap comparisons	✓
Average, max, lap pace in real time	✓
Interval guidance with running	on watch

pace/heart rate/distance

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MULTISPORTS

Change sport mode during exercise

✓

Preconfigured multisport modes

✓

Post-analysis of multisport exercise by sport

✓

Multisport exercise summary on watch

✓

SPORT MODES

Customizable sport modes and displays

✓

Graphical displays in sport modes

heart rate, speed and altitude

Available measurement parameters

> 50 values on watch

Numeric displays in sport modes

1-7 fields, lap table view

Pre-installed sport modes on watch

> 80

Sport modes for specific purpose (racing, intervals, long training...)

✓
