



Weight	81 g / 2.86 oz
Bezel material:	Stainless steel
Glass material:	Sapphire crystal
Case material:	Glass fibre reinforced polyamide
Strap material:	Silicone
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...)

✓
