

## Garmin MARQ Captain Specifications

General	
LENS MATERIAL	domed sapphire crystal
BEZEL MATERIAL	titanium/ceramic
CASE MATERIAL	titanium
QUICKFIT™ WATCH BAND COMPATIBLE	yes (22 mm)
STRAP MATERIAL	nylon (Jacquard weave)
PHYSICAL SIZE	Diameter x Thickness: 46 x 14.7 mm Nylon strap fits wrists with a circumference of 135-205 mm Silicone rubber strap fits wrists with a circumference of 135-213 mm
COLOR DISPLAY	✓
DISPLAY SIZE	1.2" (30.4 mm) diameter
DISPLAY RESOLUTION	240 x 240 pixels
DISPLAY TYPE	sunlight-visible, transfective memory-in-pixel (MIP)
WEIGHT	88 g (95 g with silicone rubber)
BATTERY LIFE	Smartwatch mode: Up to 12 days GPS mode: Up to 28 hours GPS with Music: Up to 9 hours UltraTrac™ mode: Up to 48 hours
<a href="#">WATER RATING</a>	10 ATM
MEMORY/HISTORY	32 GB
Clock Features	
TIME/DATE	✓
GPS TIME SYNC	✓
AUTOMATIC DAYLIGHT SAVING TIME	✓
ALARM CLOCK	✓
TIMER	✓
STOPWATCH	✓
SUNRISE/SUNSET TIMES	✓
Health Monitoring	
WRIST-BASED HEART RATE (CONSTANT, EVERY SECOND)	✓
DAILY RESTING HEART RATE	✓
ABNORMAL HEART RATE ALERTS	yes (high and low)
RESPIRATION RATE (24X7)	✓
PULSE OX BLOOD OXYGEN SATURATION	yes (spot-check, and optional all-day acclimation and in sleep)
FITNESS AGE	yes (in app)
BODY BATTERY™ ENERGY MONITOR	✓
ALL-DAY STRESS TRACKING	✓
RELAXATION REMINDERS	✓
RELAXATION BREATHING TIMER	✓
SLEEP	✓

ADVANCED SLEEP MONITORING (SLEEP SCORE & INSIGHTS)	✓
HYDRATION	yes (in Garmin Connect™ and optional Connect IQ™ widget)
MENSTRUAL CYCLE	yes (in Garmin Connect™ and optional Connect IQ™ widget)
<b>Sensors</b>	
GPS	✓
GLONASS	✓
GALILEO	✓
GARMIN ELEVATE™ WRIST HEART RATE MONITOR	✓
BAROMETRIC ALTIMETER	✓
COMPASS	✓
GYROSCOPE	✓
ACCELEROMETER	✓
THERMOMETER	✓
PULSE OX BLOOD OXYGEN SATURATION MONITOR	yes (with Acclimation)
<b>Daily Smart Features</b>	
CONNECTIVITY	Bluetooth®, ANT+®, Wi-Fi®
CONNECT IQ™ (DOWNLOADABLE WATCH FACES, DATA FIELDS, WIDGETS AND APPS)	✓
SMART NOTIFICATIONS	✓
TEXT RESPONSE/REJECT PHONE CALL WITH TEXT (ANDROID™ ONLY)	✓
CALENDAR	✓
WEATHER	✓
BATTERY SAVER - CUSTOMIZABLE LOW POWER WATCH	✓
CONTROLS SMARTPHONE MUSIC	✓
PLAYS AND CONTROLS WATCH MUSIC	✓
MUSIC STORAGE	up to 2000 songs
FIND MY PHONE	✓
FIND MY WATCH	✓
VIRB® REMOTE	✓
SMARTPHONE COMPATIBILITY	iPhone®, Android™
PAIRS WITH GARMIN CONNECT™ MOBILE	✓
GARMIN PAY™	✓
<b>Safety and Tracking Features</b>	
LIVETRACK	✓
GROUP LIVETRACK	✓
LIVE EVENT SHARING	✓
INCIDENT DETECTION DURING SELECT ACTIVITIES	✓

ASSISTANCE	✓
<b>Tactical Features</b>	
DUAL GRID COORDINATES	✓
<b>Boating Features</b>	
AVAILABLE BOATING PROFILES	Boating, Sailing, Fishing
ANCHOR ALARM	✓
AUTOPILOT CONTROL	yes (with compatible Garmin Marine device equipment)
BOAT DATA STREAMING	yes (with compatible Garmin Marine device equipment)
VIRTUAL STARTING LINE	✓
COUNTDOWN TIMER	✓
TACK ASSIST MODE	✓
BUILT-IN BAROMETER AND TIDE TABLES	✓
<b>Activity Tracking Features</b>	
STEP COUNTER	✓
MOVE BAR (DISPLAYS ON DEVICE AFTER A PERIOD OF INACTIVITY; WALK FOR A COUPLE OF MINUTES TO RESET IT)	✓
AUTO GOAL (LEARNS YOUR ACTIVITY LEVEL AND ASSIGNS A DAILY STEP GOAL)	✓
CALORIES BURNED	✓
FLOORS CLIMBED	✓
DISTANCE TRAVELED	✓
INTENSITY MINUTES	✓
TRUEUP™	✓
MOVE IQ™	✓
<b>Gym &amp; Fitness Equipment</b>	
AVAILABLE GYM ACTIVITY PROFILES	Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing and Yoga
CARDIO WORKOUTS	✓
STRENGTH WORKOUTS	✓
YOGA WORKOUTS	✓
PILATES WORKOUTS	✓
ON-SCREEN WORKOUT ANIMATIONS	✓
AUTOMATIC REP COUNTING	✓
<b>Training, Planning and Analysis Features</b>	
HR ZONES	✓
HR ALERTS	✓
HR CALORIES	✓
% HR MAX	✓
% HRR	✓
RECOVERY TIME	✓
AUTO MAX HR	✓

HRV STRESS TEST (MEASURES YOUR HEART RATE VARIABILITY WHILE STANDING STILL, FOR 3 MINUTES, TO PROVIDE YOU WITH AN ESTIMATED STRESS LEVEL; THE SCALE OF THIS IS 1 TO 100; LOW SCORES INDICATE LOWER STRESS LEVELS)	yes (with compatible accessory)
HR BROADCAST (BROADCASTS HR DATA OVER ANT+™ TO PAIRED DEVICES)	✓
RESPIRATION RATE (DURING EXERCISE)	yes (with compatible accessory)
GPS SPEED AND DISTANCE	✓
CUSTOMIZABLE DATA PAGES	✓
CUSTOMIZABLE ACTIVITY PROFILES	✓
AUTO PAUSE®	✓
INTERVAL TRAINING	✓
ADVANCED WORKOUTS	✓
DOWNLOADABLE TRAINING PLANS	✓
POWER MODES - CUSTOMIZABLE IN-ACTIVITY BATTERY SETTINGS	✓
AUTO LAP®	✓
MANUAL LAP	✓
CONFIGURABLE LAP ALERTS	✓
HEAT AND ALTITUDE ACCLIMATION	✓
VO2 MAX	✓
TRAINING STATUS (LETS YOU SEE IF YOU'RE TRAINING EFFECTIVELY BY TRACKING YOUR TRAINING HISTORY AND FITNESS LEVEL TREND.)	✓
TRAINING LOAD (YOUR TOTAL TRAINING LOAD FOR THE LAST 7 DAYS CALCULATED FROM ESTIMATED EPOC)	✓
TRAINING LOAD FOCUS	✓
TRAINING EFFECT	✓
TRAINING EFFECT (ANAEROBIC)	✓
PRIMARY BENEFIT (TRAINING EFFECT LABELS)	✓
CUSTOM ALERTS	✓
AUDIO PROMPTS	✓
FINISH TIME	✓
VIRTUAL PARTNER	✓
RACE AN ACTIVITY	✓
AUTO MULTISPORT ACTIVITIES	✓
MANUAL MULTISPORT ACTIVITIES	✓
COURSE GUIDANCE	✓
GARMIN LIVE SEGMENTS	✓
STRAVA LIVE SEGMENTS	✓

ROUND-TRIP COURSE CREATOR (RUNNING/CYCLING)	✓
TRENDLINE™ POPULARITY ROUTING	✓
TOUCH AND/OR BUTTON LOCK	✓
HOT KEYS	✓
AUTO SCROLL	✓
ACTIVITY HISTORY ON WATCH	✓
<a href="#">PHYSIO TRUEUP</a>	✓
<b>Running Features</b>	
AVAILABLE RUN PROFILES	Running, Treadmill Running, Trail Running, Indoor Track Running
GPS-BASED DISTANCE, TIME AND PACE	✓
RUNNING DYNAMICS	yes (with compatible accessory)
VERTICAL OSCILLATION AND RATIO (THE DEGREE OF 'BOUNCE' IN YOUR RUNNING MOTION AND THE COST-BENEFIT RATIO WITH STRIDE LENGTH)	yes (with compatible accessory)
GROUND CONTACT TIME AND BALANCE (SHOWS HOW MUCH TIME, IN THE RUNNING MOTION, YOUR FOOT IS ON THE GROUND RATHER THAN IN FLIGHT AND LETS YOU CHECK YOUR RUNNING SYMMETRY)	yes (with compatible accessory)
STRIDE LENGTH (REAL TIME)	yes (with compatible accessory)
CADENCE (PROVIDES REAL-TIME NUMBER OF STEPS PER MINUTE)	✓
PERFORMANCE CONDITION (AFTER RUNNING 6–20 MINUTES, COMPARES YOUR REAL-TIME CONDITION TO YOUR AVERAGE FITNESS LEVEL)	✓
LACTATE THRESHOLD (THROUGH ANALYSIS OF YOUR PACE AND HEART RATE, ESTIMATES THE POINT WHERE YOUR MUSCLES START TO RAPIDLY FATIGUE)	yes (with compatible accessory)
PACEPRO™ PACING STRATEGIES	✓
RUN WORKOUTS	✓
RACE PREDICTOR	✓
FOOT POD CAPABLE	✓
<b>Golfing Features</b>	
PRELOADED WITH 41,000 COURSES WORLDWIDE	✓
YARDAGE TO F/M/B (DISTANCE TO FRONT, MIDDLE AND BACK OF GREEN)	✓
YARDAGE TO LAYUPS/DOGLEGS	✓

MEASURES SHOT DISTANCE (CALCULATES EXACT YARDAGE FOR SHOTS FROM ANYWHERE ON COURSE)	Automatic
DIGITAL SCORECARD	✓
CUSTOM TARGETS	✓
STAT TRACKING (STROKES, PUTTS PER ROUND, GREENS AND FAIRWAYS HIT)	✓
GARMIN AUTOSHOT™	✓
FULL VECTOR MAP	✓
AUTO COURSEVIEW UPDATES	✓
GREEN VIEW WITH MANUAL PIN POSITION	✓
HAZARDS AND COURSE TARGETS	✓
PINPOINTER	✓
PLAYSLIKE DISTANCE	✓
SWINGTEMPO	✓
TEMPO TRAINING	✓
TRUSWING™ COMPATIBLE	✓
ROUND TIMER/ODOMETER	✓
<b>Outdoor Recreation</b>	
AVAILABLE OUTDOOR RECREATION PROFILES	Hiking, Climbing, Mountain Biking, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Jumpmaster, Tactical
POINT-TO-POINT NAVIGATION	✓
BREAD CRUMB TRAIL IN REAL TIME	✓
BACK TO START	✓
TRACBACK®	✓
ULTRATRAC MODE	✓
AROUND ME MODE	✓
ELEVATION PROFILE	✓
DISTANCE TO DESTINATION	✓
BAROMETRIC TREND INDICATOR WITH STORM ALERT	✓
CLIMBPRO™ ASCENT PLANNER	✓
TRAIL RUN AUTO CLIMB	✓
VERTICAL SPEED	✓
TOTAL ASCENT/DESCENT	✓
FUTURE ELEVATION PLOT	✓
PRELOADED TOPOGRAPHICAL MAPS	✓
PRELOADED SKI RESORT MAPS	✓
DOWNLOADABLE CARTOGRAPHY SUPPORT	✓
COMPATIBLE WITH BASECAMP™	✓
GPS COORDINATES	✓
SIGHT 'N GO	✓
AREA CALCULATION	yes (via Connect IQ™)

HUNT/FISH CALENDAR	yes (via Connect IQ™)
PROJECTED WAYPOINT	✓
SUN AND MOON INFORMATION	yes (via Connect IQ™)
XERO™ LOCATIONS	✓
TIDES	yes (via Connect IQ™)
<b>Cycling Features</b>	
ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME, DISTANCE, HEART RATE OR CALORIES)	✓
COURSES	✓
CYCLE MAP (ROUTABLE CYCLING-SPECIFIC STREET MAP)	✓
MTB GRIT & FLOW	✓
AVAILABLE CYCLING PROFILES	Biking, Indoor Biking, Mountain Biking, Triathlon
BIKE LAP AND LAP MAXIMUM POWER (WITH POWER SENSOR)	✓
RACE AN ACTIVITY	✓
FTP (FUNCTIONAL THRESHOLD POWER)	yes (with compatible accessory)
COMPATIBLE WITH VECTOR™ (POWER METER)	✓
POWER METER COMPATIBLE	✓
ADVANCED VECTOR SUPPORT	✓
COMPATIBLE WITH VARIA VISION™ (HEAD-MOUNTED DISPLAY)	✓
COMPATIBLE WITH VARIA™ RADAR (REAR-FACING RADAR)	✓
COMPATIBLE WITH VARIA™ LIGHTS	✓
SPEED AND CADENCE SENSOR SUPPORT	yes (ANT+® and Bluetooth® Smart sensors)
<b>Swimming Features</b>	
AVAILABLE SWIM PROFILES	Pool Swimming, Open Water Swimming, Swimming/Running
OPEN-WATER SWIM METRICS (DISTANCE, PACE, STROKE COUNT/RATE, STROKE DISTANCE, SWIM EFFICIENCY (SWOLF), CALORIES)	✓
POOL SWIM METRICS (LENGTHS, DISTANCE, PACE, STROKE COUNT, SWIM EFFICIENCY (SWOLF), CALORIES)	✓
STROKE TYPE DETECTION (FREESTYLE, BACKSTROKE, BREASTSTROKE, BUTTERFLY) (POOL SWIM ONLY)	✓
DRILL LOGGING (POOL SWIM ONLY)	✓
BASIC REST TIMER (UP FROM 0) (POOL SWIM ONLY)	✓
"REPEAT ON" REST TIMER (POOL SWIM ONLY)	✓

AUTO REST (POOL SWIM ONLY)	✓
TIME AND DISTANCE ALERTS	✓
PACING ALERTS (POOL SWIM ONLY)	✓
COUNTDOWN START (POOL SWIM ONLY)	✓
POOL SWIM WORKOUTS	✓
CRITICAL SWIM SPEED	✓
HEART RATE FROM EXTERNAL HRM (REAL-TIME DURING RESTS, INTERVAL AND SESSION STATS DURING RESTS, AND AUTOMATIC HEART RATE DOWNLOAD POST-SWIM)	yes (with HRM-Tri™ and HRM-Swim™)
<b>Kid Activity Tracking Features</b>	
TOE-TO-TOE™ CHALLENGES	yes (optional Connect IQ app)