	AMBIT3 PEAK	AMBIT3 VERTICAL	AMBIT3 SPORT	AMBIT3 RUN
Weight	92 g	74 g	80 g	72 g
Bezel material:	Steel	Steel		
Lens material:	Sapphire crystal	Mineral crystal	Mineral crystal	Mineral crystal
Case material:	Polyamide	Polyamide	Polyamide	Polyamide
Strap material:	Silicone	Silicone	Elastomer	Silicone
GENERAL				
Water resistance	100 m	100 m	50 m	50 m
Battery life in time mode	30 days	14 days	14 days	14 days
Battery type	rechargeable lithium-ion	rechargeable lithium-ion	rechargeable lithium-ion	rechargeable lithium-ion
Firmware upgradable	yes	yes	yes	yes
Time, date	yes	yes	yes	yes
Alarm clock	1 daily alarm	1 daily alarm	3 daily alarm	2 daily alarm
Dual time	yes	yes	yes	yes
GPS timekeeping	yes	yes	yes	yes
Countdown timer	yes	yes	yes	yes
Stopwatch timer	yes	yes	yes	yes
Backlight	LED	LED	LED	LED
Configurable backlight	brightness / mode	brightness / mode	brightness / mode	brightness / mode
Button lock	customizable	customizable	customizable	customizable
Invert display	yes	yes	yes	yes
Display type	matrix	matrix	matrix	matrix
Display resolution	128 x 128	128 x 128	128 x 128	128 x 128
Battery indicator	percentage / icon	percentage / icon	percentage / icon	percentage / icon
Metric and imperial units	yes	yes	yes	yes
Automatic daylight saving time	no	yes	no	no
Vibration alert	no	yes	no	no
Flashlight backlight option	no	no	no	no
User Replaceable battery	no	no	no	no
SUUNTO APPS				
Compatible with Suunto Apps	yes	yes	yes	yes
Max. nr. of apps per sport mode	5	5	5	5
Logging of app specific metrics	yes	yes	yes	yes
Most recommended apps by activity	yes	yes	yes	yes
Chrono, GPS, HR, weather and altitude data	yes	yes	yes, excluding weather	yes, excluding weather
Running, cycling, swimming data	yes	yes	yes	yes, excluding cycling
Rich math functions	yes	yes	yes	yes
COMPASS				

Digital compass	yes	yes	yes	yes
Tilt compensation	full	full	full	full
Direction scale	degrees / mils	degrees / mils	degrees / mils	degrees / mils
Needle	north indicator	north indicator	north indicator	north indicator
Bearing lock with orienting indicator		-	yes	yes
Compass accuracy	5°	5°	5°	5°
Compass resolution	1°	1°	1°	1°
Declination correction	yes	yes	no	no
Bearing lock with direction indicator	no	no	no	no
PHYSICAL SPECIFICATIONS				
Operating temperature	-20° C to +60° C	-20° C to +60° C	-20° C to +60° C	-20° C to +60° C
Storage temperature	-30° C to +60° C	-30° C to +60° C	-20° C to +60° C	-20° C to +60° C
Recommended charging temperature	0° C to +35° C	0° C to +35° C	0° C to +35° C	0° C to +35° C
GPS TRACKING & NAVIGATION				
Satellite systems	GPS	GPS	GPS	GPS
GPS recording rate	1, 5, 60 s	Best, Good, OK	1, 5, 60 s	1, 5, 60 s
Battery life (GPS active)	20, 30, 200 h i	10, 15, 100 h	10, 15, 100 h	10, 15, 100 h
Coordinate systems	WGS84 / NZTM	WGS84 / NZTM	WGS84 / NZTM	WGS84 / NZTM
Waypoint and visual route navigation	yes	yes	yes	yes
Max. nr. of Points of Interest (POIs)	250	250	250	250
Find back	yes	yes	yes	yes
Track back	yes	yes	yes	yes
Track logging, viewing and sharing	yes	yes	yes	yes
Route planning	yes	no	yes	yes
Route points per route / POIs in watch	1000 / 100	1000 / 250	1000 / 10	yes
Route planning with altitude profile	yes	no	no	no
Route altitude graph on watch	yes	no	no	no
Breadcrumb trail in real time	yes	yes	no	no
ALTIMETER				
Barometric altitude	yes	yes	yes	yes
GPS altitude	yes	yes	yes	yes
Combined GPS and barometric altitude	yes	yes	no	no
Altitude graph	yes	yes	yes	yes
Total ascent/descent	air pressure based	air pressure based	GPS based	GPS based
Vertical speed	air pressure based	air pressure based	GPS based	GPS based
Altitude difference	yes	yes	yes	yes
Log recording rate	1, 10 s	1, 10 s	1, 10 s	1, 10 s
Resolution	1 m	1 m	1 m	1 m
Range	-500 - 9999 m	-500 - 9999 m	-500 - 9999 m	-500 - 9999 m

Automatic alti/baro profile	yes	no	no	no
Total ascent summaries on watch	yes	no	no	no
WEATHER				
Sea level pressure	yes	no	-	-
Sea level pressure graph	yes	no	-	-
Weather trend indicator	yes	no	-	-
Temperature	no	no	-	-
Temperature display range	-20° C to +60° C	-20° C to +60° C	-	-
Sunrise/sunset times	yes	no	-	-
Automatic alti/baro profile	yes	no	-	-
Storm alarm	yes	no	-	-
Tide information	yes	yes	-	-
Pressure resolution	1 hPa / 0.03 inHg	no	-	-
Temperature resolution	1°	1°	-	-
Max weather recording length	past 26 hours	no	-	-
SPEED AND DISTANCE				
Distance based autolaps	yes	yes	yes	yes
Log recording rate	1, 10 s	1, 10 s	1, 10 s	1, 10 s
GPS Speed and distance	Integrated	Integrated	Integrated	Integrated
Foot POD support	Bluetooth Smart	Bluetooth Smart	Bluetooth Smart	Bluetooth Smart
Bike POD support	Bluetooth Smart	Bluetooth Smart	Bluetooth Smart	no
HEART RATE (REQUIRES BELT)				
RR interval	yes	yes	yes	yes
Heart rate in beats per minute	yes	yes	yes	yes
Heart rate in % of max hr	yes	yes	yes	yes
Real-time average and max heart rate	yes	yes	yes	yes
Heart rate limits	yes	yes	yes	yes
Heart rate zones	yes	yes	yes	yes
EPOC & V02 max values	yes	yes	yes	yes
Heart rate graph in real time	yes	yes	yes	yes
Calories	yes	yes	yes	yes
Peak Training Effect	yes	yes	yes	yes
Recovery time	yes	yes	yes	yes
Real time EPOC	yes	yes	yes	yes
Log recording rate	1, 10 s	1, 10 s	1, 10 s	1, 10 s
Records heart rate in swimming	yes	with Smart Sensor	with Smart Sensor	with Smart Sensor
TRAINING, PLANNING & ANALYSIS				
Chrono	yes	yes	yes	yes
Laps	> 1000	> 1000	> 1000	> 1000

Autopause	yes	yes	yes	yes
Autoscrolling of exercise displays	yes	yes	yes	yes
Memory left indicator	yes	yes	yes	yes
Speed and heart rate-based guidance	yes	yes	yes	yes
Interval timers	yes	yes	yes	yes
Fitness test	yes	no	yes	yes
Training plans downloadable from Movescount	yes	yes	yes	yes
Log summary on the watch with lap details	yes	yes	yes	yes
Customizeable sport modes and displays	10 modes / 8 displays	10 modes / 8 displays	10 modes / 8 displays	10 modes / 8 displays
Training analysis	yes	yes	yes	yes
Training logbook with story and image support	yes	yes	yes	yes
GPS track analysis	yes	yes	yes	yes
Activity based recovery time	yes	yes	yes	yes
Sleep recovery test (Firstbeat™)	yes	yes	yes	yes
Quick recovery test (Firstbeat™)	yes	yes	yes	yes
Workout Planner	with Movescount	with Movescount	with Movescount	with Movescount
Activity monitoring	yes	yes	yes	yes
Compatible with online communities	yes	yes	yes	yes
MULTISPORTS				
Change sport mode during exercise	yes	yes	yes	no
Preconfigured multisport modes	yes	yes	yes	no
Multisport exercise summary	yes	yes	yes	no
Post-analysis of exercise by sport	yes	yes	yes	no
RUNNING				
Running pace	yes	yes	yes	yes
Suunto FusedSpeed™	yes	yes	yes	yes
Average pace in real time	yes	yes	yes	yes
Running cadence	watch or Foot POD	watch or Foot POD	watch or Foot POD	watch or Foot POD
Average stride length	yes	yes	yes	yes
Ghost Runner	yes	yes	yes	yes
Marathon End-time Estimator	yes	yes	yes	yes
Lap comparisons by kilometer	yes	yes	yes	yes
Running Performance (Firstbeat™)	yes	yes	yes	yes
Running power with Stryd sensor	yes	yes	yes	yes
Foot POD calibration	manual or GPS	manual or GPS	manual or GPS	manual or GPS
CYCLING				
Cycling speed	yes	yes	yes	based on GPS
Average speed in real time	yes	yes	yes	based on GPS
Multiple Bike POD support	yes	yes	yes	no

Hill incline in real time	yes	yes	yes	no
Bike Power (W), average and maximum	Bluetooth Smart	Bluetooth Smart	Bluetooth Smart	no
Bike Power 3s, 10s, 30s	yes	yes	yes	no
Bike Lap and Lap Maximum Power	yes	yes	yes	no
Power distribution & graphs	yes	yes	yes	no
Peak Power Curve for outputs	yes	yes	yes	no
Normalized Power	yes	yes	yes	no
Aerodynamic drag in real time	yes	yes	yes	no
Cadence POD Support	Bluetooth Smart	Bluetooth Smart	Bluetooth Smart	no
SWIMMING				
Pool swim pace and distance	yes	yes	yes	yes
Openwater swim pace and distance	yes	yes	yes	no
Swimming time by pool length, lap, total	yes	yes	yes	no
Swimming stroke rate, count and type	yes	yes	yes	no
Swim styles detection with style teaching	yes	yes	yes	no
Stroke efficiency (SWOLF)	yes	yes	yes	no
Automatic intervals	yes	yes	yes	no
Dynamic lap table with stroke, pace, duration	yes	yes	yes	no
Records heart rate in swimming	with Smart Sensor	with Smart Sensor	with Smart Sensor	with Smart Sensor
CONNECTIVITY				
Watch customization	Wireless / USB cable	Wireless / USB cable	Wireless / USB cable	Wireless / USB cable
Compatible with Suunto Movescount App	yes	yes	yes	yes
Photos with watch data overlays	with Movescount	with Movescount	with Movescount	with Movescount
Data transfer	Wireless / USB cable	Wireless / USB cable	Wireless / USB cable	Wireless / USB cable
Connectivity (between devices)	Bluetooth Smart	Bluetooth Smart	Bluetooth Smart	Bluetooth Smart
Smartphone compatibility	iPhone, Android	iPhone, Android	iPhone, Android	iPhone, Android
Phone notifications on the watch	with Movescount	with Movescount	with Movescount	with Movescount
Phone as secondary display of watch	with Movescount	with Movescount	with Movescount	with Movescount
Suunto Movies	with Movescount	with Movescount	with Movescount	with Movescount