

	Ambit3 Vertical	Spartan Sport (wrist)	Traverse Alpha	Traverse
Weight	74 g	70 g	75 g	80 g
Bezel material:	Steel	Stainless steel	Stainless steel	Stainless steel
Glass material:	Mineral crystal	Mineral crystal	Sapphire crystal	Mineral crystal
Case material:	Polyamide	Polyamide	Composite	Composite
Strap material:	Silicone	Silicone	Textile material	Silicone
GENERAL				
Water resistance	100 m	100 m	100 m	100 m
Battery life in time mode	14 days	10 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	1 daily alarm	1 daily alarm
Dual time	yes	yes	yes	yes
GPS timekeeping	yes	yes	yes	yes
Automatic daylight saving time	yes	yes	yes	yes
Countdown timer	yes	-	yes	yes
Stopwatch timer	yes	yes	yes	yes
Vibration alert	yes	yes	yes	yes
Backlight	LED	LED	LED	LED
Configurable backlight	brightness / mode	brightness / mode	colour / brightness / mode	brightness / mode
Button lock	customizable	-	customizable	customizable
Invert display	yes	-	yes	yes
Display type	matrix	matrix	matrix	matrix
Display resolution	128 x 128	320 x 300	128 x 128	128 x 128
Battery indicator	percentage / icon	percentage / icon	percentage / icon	percentage / icon
Metric and imperial units	yes	yes	yes	yes
Memory left indicator	yes	-	yes	yes
Customizable watch faces	-	yes	-	-
Touch screen lock	-	yes	-	-
Touch display	-	yes	-	-
Colour display	-	yes	-	-
Flashlight backlight option	-	-	yes	yes
CONNECTIVITY				
Smartphone compatibility	iPhone, Android	iPhone, Android	iPhone, Android	iPhone, Android
Data transfer	Wireless / USB cable	-	Wireless / USB cable	Wireless / USB cable
Watch customization	Wireless / USB cable	-	Wireless / USB cable	Wireless / USB cable
Connectivity	Bluetooth Smart	Bluetooth Smart	Bluetooth Smart	Bluetooth Smart
Compatible with Suunto Movescount App	yes	yes	yes	yes
Phone notifications on the watch	Movescount App	Movescount App	Movescount App	Movescount App
Phone as secondary display of watch	Movescount App	-	Movescount App	Movescount App
Compatible with online sports communities	Strava, TrainingPeaks, MapMyFitness	Strava, TrainingPeaks, MapMyFitness	Strava, TrainingPeaks, MapMyFitness	Strava, TrainingPeaks, MapMyFitness
Compatible with Suunto Movescount	yes	yes	yes	yes
Move transfer from watch to cloud via computer or mobile	-	USB cable / wireless	-	-
Watch software updates from cloud	-	USB cable / wireless	-	-
SHARE AND RELIVE				
Photos with watch data overlays	Movescount App	Movescount App	Movescount App	Movescount App
Suunto Movies	Movescount App	Movescount App	Movescount App	Movescount App
Move sharing to social media	-	Movescount App	-	-
Move rating and commenting	-	Movescount App	-	-
Follow other members and get feedback via activity stream	-	Movescount App	-	-
Groups and events to participate	-	Movescount App	-	-

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SUUNTO APPS				yes
Compatible with Suunto Apps	yes	-	yes	4
Max. nr. of apps per sport mode	5	-	4	yes
Logging of app specific metrics	yes	-	yes	yes
Most recommended apps by activity	yes	-	yes	yes
Chrono, GPS, HR, weather and altitude data	yes	-	yes	-
Running, cycling, swimming data	yes	-	-	yes
Rich math functions, if/then-logic, sound, backlight, etc.	yes	-	yes	yes
Create own metrics with advanced formulas	yes	-	yes	
COMPASS				yes
Digital compass	yes	yes	yes	full
Tilt compensation	full	full	full	yes
Declination correction	yes	yes	yes	degrees / mils
Direction scale	degrees / mils	degrees	degrees / mils	north indicator
Needle	north indicator	north indicator	north indicator	5°
Compass accuracy	5°	5°	5°	1°
Compass resolution	1°	1°	1°	yes
Bearing lock with direction indicator	yes	-	yes	
PHYSICAL SPECIFICATIONS				-20° C to +60° C
Operating temperature	-20° C to +60° C	-20° C to +60° C	-20° C to +60° C	-30° C to +60° C
Storage temperature	-30° C to +60° C	-30° C to +60° C	-30° C to +60° C	0° C to +35° C
Recommended charging temperature	0° C to +35° C	0° C to +35° C	0° C to +35° C	
GPS TRACKING & NAVIGATION				GPS, GLONASS
Satellite systems	GPS, GLONASS	GPS, GLONASS	GPS, GLONASS	Best, Good, OK
GPS recording rate	Best, Good, OK	Best, Good, OK	Best, Good, OK	10, 15, 100
Battery life (GPS active)	10, 15, 100	10, 16, 40	10, 15, 100	WGS84 Hd.d°/ NZTM
Coordinate systems	WGS84 Hd.d°/ NZTM	WGS84 Hd.d°/ NZTM	WGS84 Hd.d°/ NZTM	yes
Waypoint and visual route navigation	yes	yes	yes	250
Max. nr. of Points of Interest (POIs)	250	-	250	yes
Find back	yes	-	yes	yes
Track back	-	-	-	Movescount App
Track logging, viewing and sharing	yes	Movescount App	Movescount App	1000 / 250
Route points per route / POIs in watch	1000 / 250	-	1000 / 250	Movescount App
GPS track analysis	yes	-	Movescount App	Movescount App
Route planning with altitude profile	yes	Movescount App	Movescount App	yes
Route altitude profile navigation in real-time	yes	-	yes	Movescount App
Route planning	Movescount App	-	Movescount App	yes
Breadcrumb trail in real time	-	yes	yes	-
Zoom levels in navigation	-	yes	-	-
Auto zoom based on route shape	-	yes	-	-
Route planning with heatmaps	-	Movescount App	-	-
Personal route library synced to watch	-	Movescount App	-	-
Personal route library coming to Spartan	-	Movescount App	-	-
Routes to take into use from community	-	yes	-	-
GPS track analysis on mobile and web	-	yes	-	-
Heatmaps to browse and show on Moves	-	Movescount App	-	-
AppleMaps & Google Maps	-	yes	-	-
Outdoor maps by satellite, terrain and topography	-	yes	-	-

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ALTIMETER				yes
Barometric altitude	yes	-	yes	yes
GPS altitude	yes	yes	yes	yes
Combined GPS and barometric altitude (FusedAlti™)	yes	-	yes	yes
Altitude graph	yes	-	yes	air pressure based
Total ascent/descent	air pressure based	GPS based	air pressure based	air pressure based
Vertical speed	air pressure based	GPS based	air pressure based	yes
Automatic alti/baro profile coming to Spartan	yes	-	yes	in log summary
Altitude difference	yes	-	in log summary	1, 10 s
Log recording rate	1, 10 s	1 s	1, 10 s	1 m
Resolution	1 m	1 m	1 m	-500 - 9999 m
Range	-500 - 9999 m	-500 - 9999 m	-500 - 9999 m	-
Total ascent summaries on watch	yes	-	-	-
Altitude	-	yes	-	-
WEATHER				yes
Temperature	yes	-	yes	-20° C to +60° C
Temperature display range	-20° C to +60° C	-	-20° C to +60° C	yes
Tide information	yes	-	yes	1°
Temperature resolution	1°	-	1°	yes
Sea level pressure	-	-	yes	yes
Sea level pressure graph	-	-	yes	yes
Weather trend indicator	-	-	yes	yes
Sunrise/sunset times	-	-	yes	-
Moon phase calendar	-	-	yes	yes
Automatic alti/baro profile coming to Spartan	-	-	yes	yes
Storm alarm	-	-	yes	1 hPa / 0.03 inHg
Pressure resolution	-	-	1 hPa / 0.03 inHg	past 26 hours
Max weather recording length	-	-	past 26 hours	-
SPEED AND DISTANCE				Integrated
GPS speed and distance	Integrated	Integrated	Integrated	-
Foot POD support	Bluetooth Smart	Bluetooth Smart	-	-
Bike POD support	Bluetooth Smart	-	-	yes
Distance based autolaps	-	-	yes	1, 10 s
Log recording rate	1, 10 s	-	1, 10 s	yes
Chrono	yes	yes	yes	> 1000
Laps	> 1000	-	> 1000	yes
Autopause	yes	-	yes	-
Distance and duration based autolaps	-	yes	-	-
Autolaps	-	yes	-	-
HEART RATE (REQUIRES A HEART RATE BELT)				-
RR interval	yes	yes	-	yes
Heart rate in beats per minute	yes	yes	yes	yes
Heart rate in % of max hr	yes	-	yes	with Smart Sensor
Records heart rate in swimming	with Smart Sensor	with Smart Sensor	with Smart Sensor	-
Real-time average and max heart rate	yes	yes	-	-
Heart rate limits	yes	-	yes	yes
Heart rate zones	yes	-	yes	-
Heart rate graph in real time coming to Spartan	yes	yes	-	yes
Calories	yes	yes	yes	-
Peak Training Effect	yes	yes	-	-
Recovery time	yes	yes	-	-
Speed and heart rate-based guidance	yes	-	-	-

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PLANNING				-
Interval timers		-	-	-
Workout Planner	Movescount App	-	-	-
Downloadable training plans	Movescount App	Movescount App	-	-
Coach to supervise my public/private training	-	Movescount App	-	-
Coach made plans	-	Movescount App	-	-
Plan a week	-	Movescount App	-	-
REST AND RECOVERY				-
Activity based recovery time	yes	yes	-	-
Recovery time daily view	-	on watch	-	-
Feeling stored after training to watch	-	yes	-	-
Feeling trend	-	Movescount App	-	-
Step counter	daily steps	-	-	-
Activity monitoring	yes	steps, calories	-	-
TRAINING LOAD				yes
Log summary on the watch with lap details		-	yes	Movescount App
Training analysis	in Suunto Movescount.com	-	Movescount App	Movescount App
Training logbook with story and image support	in Suunto Movescount.com	-	Movescount App	-
Move summary with lap details	-	on watch	-	-
Training logbook for long term overviews	-	yes	-	-
Training analysis with graphs, lap tables, maps, totals	-	Movescount App	-	-
Logbook with Move details	-	on watch	-	-
Training load with totals by sport	-	on watch	-	-
Training insights totals duration/distances by sport	-	Movescount App	-	-
Training types stored to Moves	-	on watch	-	-
Training type long term overviews	-	in Suunto Movescount.com	-	-
Long term training load based on recovery values	-	in Suunto Movescount.com	-	-
Heart rate zone total insights	-	Movescount App	-	-
SPORT MODES				5 modes / 4 displays per mode
Customizable sport modes and displays	10 modes / 8 displays	yes, limited availability	5 modes / 4 displays	-
Pre-installed sport modes on watch	-	> 80	-	-
Sport modes for specific purpose	-	yes	-	-
Numeric displays in sport modes	-	1-7 fields, lists	-	-
Graphical displays in sport modes	-	graphs, bar charts, curve	-	-
Available measurement parameters	-	150 on watch	150 on watch	-
MULTISPORTS				-
Change sport mode during exercise	yes	yes	-	-
Preconfigured multisport modes	yes	yes	-	-
Post-analysis of multisport exercise by sport	Movescount App	Movescount App	-	-
Multisport exercise summary	yes	on watch	-	-
RUNNING				yes
Running pace	yes	yes	yes	yes
Suunto FusedSpeed™	yes	yes	yes	-
Running Performance (Firstbeat™) i	yes	-	-	yes
Average pace in real time	yes	-	yes	-
Running cadence	watch or Foot POD	-	-	-
Foot POD calibration	manual or GPS	GPS	-	-
Average stride length	yes	-	-	-
Ghost Runner	yes	-	-	-
Marathon End-time Estimator	yes	-	-	-
Lap comparisons by kilometer/mile	yes	-	-	-
Running power with Stryd sensor	yes	yes	-	-

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CYCLING				
Cycling speed	yes	yes	based on GPS	based on GPS
Average speed in real time	yes	yes	based on GPS	-
Multiple Bike POD support	yes	-	-	-
Cadence POD Support	Bluetooth Smart	Bluetooth Smart	-	-
Hill incline in real time	Suunto Apps	-	-	-
Bike Power (with power sensor)	Bluetooth Smart	Bluetooth Smart	-	-
Bike Lap and Lap Maximum Power (with power sensor)	yes	yes	-	-
Power distribution and graphs	with power sensor	with power sensor	-	-
Peak Power Curve for peak power outputs	with power sensor	with power sensor	-	-
Bike POD with speed/cadence support	-	Bluetooth Smart	-	-
Bike power meter support	-	Bluetooth Smart	-	-
Normalized Power	yes	-	-	-
Aerodynamic drag in real time (with power sensor)	yes	-	-	-
SWIMMING				
Pool swim pace and distance	yes	yes	-	-
Openwater swim pace and distance	yes	yes	-	-
Records heart rate in swimming	with Smart Sensor	with Smart Sensor	-	-
Swimming time by pool length, lap, total	yes	yes	-	-
Swimming stroke rate, count and type	yes	yes	-	-
Stroke efficiency (SWOLF)	yes	yes	-	-
Automatic intervals	yes	yes	-	-
Interval table	-	yes	-	-
Lap table for swimming analysis with stroke and pace	-	in Suunto Movescount.com	-	-
PROGRESS				
Personal best insight of month vs year coming to Spartan	-	on watch	-	-
Personal best insights	-	Movescount App	-	-
Personal best identification coming to Spartan	-	on watch	-	-
Progress analysis with scatter diagrams	-	Movescount App	-	-
Progress analysis with graph comparisons	-	Movescount App	-	-
Progress analysis with personal best trends	-	Movescount App	-	-
Community training insights based goals	-	Movescount App	-	-
Annual and all time personal bests compared to age group	-	Movescount App	-	-