

GARMIN®



MARQ® ATHLETE (GEN 2)

РЪКОВОДСТВО

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Въведение

 **ВНИМАНИЕ**

Important Safety u Product Information

Първи стъпки

1 **LIGHT**

2

Garmin Pay™

3

4

Преглед на устройството



① Сензорен екран

•

•

•

•

•

② LIGHT

•

•

•

③ UP-MENU

•

④ DOWN

•

⑤ START-STOP

•

⑥ BACK-LAP

•

•

•

Активиране и деактивиране на сензорния екран

- DOWN START.
- MENU, System > Touch,

Използване на часовника

- LIGHT
- UP DOWN
- START
- MENU

Часовник

Задаване на аларма

- 1 MENU.
- 2 Clocks > Alarms > Add Alarm.
- 3

Редактиране на аларма

- 1 MENU.
- 2 Clocks > Alarms > Edit.
- 3
- 4

- Status.
- Time.
- Repeat,
- Sound and Vibe.
- Backlight.
- Label.
- Delete.

Стартиране на таймера за обратно отброяване

- 1 MENU.
- 2 Clocks > Timers.
- 3 MENU, Save Timer.
- 4 MENU Add Timer Quick Timer,
- Time
- Restart > On
- Sound and Vibe,
- 5 START

Изтриване на таймер

- 1 MENU.
- 2 Clocks > Timers > Edit.
- 3
- 4 Delete.

Използване на хронометъра

- 1 MENU.
- 2 Clocks > Stopwatch.
- 3 START
- 4 LAP



- 5 STOP,
- 6 .
- . DOWN.
- . MENU, Save Activity.
- . MENU, Done.
- . MENU, Review.
- . Review
- . MENU, Go to Watchface.
- . MENU, Lap Key.

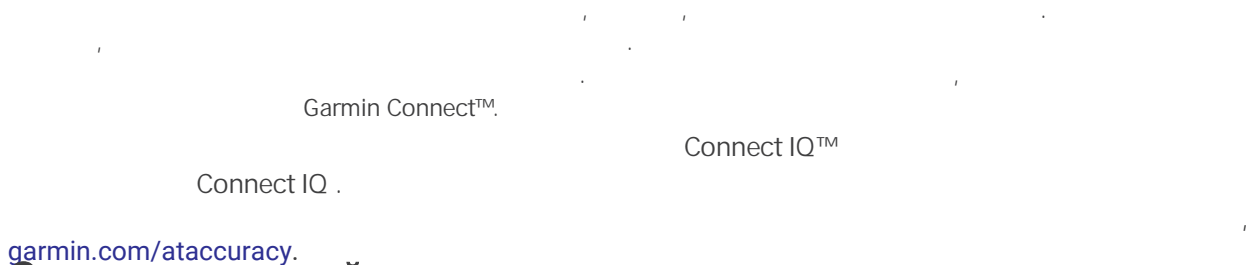
Добавяне на алтернативни часови зони

- 1 MENU.
- 2 Clocks > Alt. Time Zones > Add Alt. Time Zone.
- 3
- 4

Редактиране на алтернативна часова зона

- 1 MENU.
- 2 Clocks > Alt. Time Zones > Edit.
- 3
- 4
-
- Rename Zone.
- Change Zone.
- Reorder Zone.
- Delete Zone.

Дейности и приложения



Стартиране на дейност

- 1 GPS ()
- 2 START.
- 3 Done.
- 4
-
-
- GPS ()
- 5 START, ()

Съвети за записване на дейности

-
- LAP,
- UP DOWN,
-
- MENU, Power Mode

Спиране на дейност

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12

STOP.

Resume.

Save,

START,

Resume Later.

Lap.

Back to

Start > TracBack.

GPS.

Back to Start > Route

GPS.

Recovery HR,
Discard.

30

Оценяване на дейност

finish

Save ([Stopping an Activity, page 6](#)).



Garmin Connect.

Бягане

Бягане на пистата

400

START > Track Run.

MENU.

Lane Number.

BACK

START.

3

STOP > Save.

Съвети за записване на бягане на писта

- GPS
- 3
- Auto Lap 1600 4
- 1,

Отидете на Virtual Run

- 1 START.
- 2 Virtual Run.
- 3 Zwift™
- 4
- 5 START,
- 6 STOP,

Калибриране на Treadmill Distance

- 1
- 2 1,5 (1) f nix 1,5 (1) .
- 3 STOP.
- 4 Save.
- 5 Calibrate & Save > Yes.

Записване на Ultra Run активност

- 1 START.
- 2 Ultra Run.
- 3 START,
- 4
- 5 LAP, Lap Key
- 6 LAP,
- 7 UP DOWN, () .
- 8 STOP Save.

История

Използване на история

- 1 MENU.
- 2 History > Activities.
- 3
- 4 START.
- 5
- .
- .
- Training Effect.
- .
- Heart Rate.
- .
- .
- Laps.
- .
- Runs.
- .
- Sets.
- .
- Map.
- .
- Elevation Plot.
- .
- Delete.

Мултиспорт история

Преглед на вашето време във всяка зона на сърдечния ритъм

- 1 MENU.
- 2 History > Activities.
- 3
- 4 Heart Rate.

Лични рекорди

Преглед на вашите лични рекорди

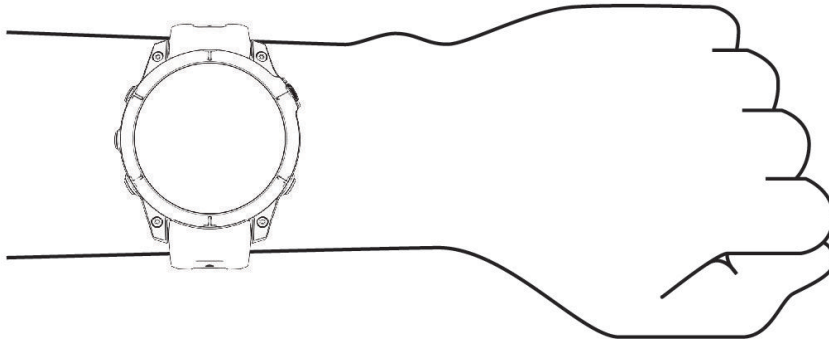
- 1 MENU.
- 2 History > Records.
- 3
- 4
- 5 View Record.

Вграден пулсомер

Носене на часовника

⚠ ВНИМАНИЕ

garmin.com/fitandcare.



garmin.com/ataccuracy.

www.garmin.com/fitandcare.

Съвети за нередовни данни за сърдечния ритъм

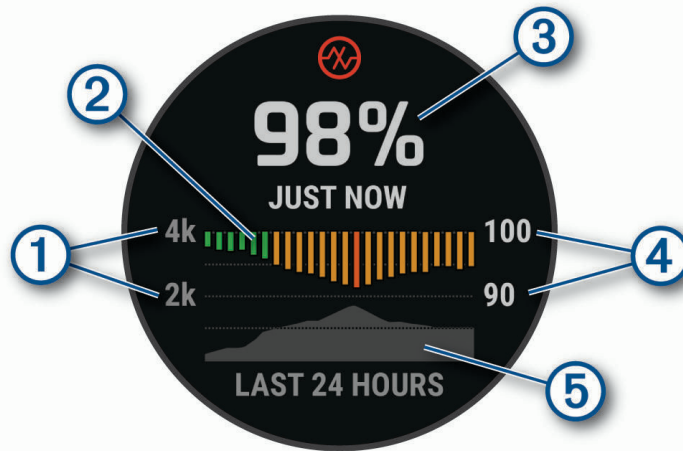


5 10

Пулсов оксиметър

Garmin Connect

garmin.com/ataccuracy



①	
②	24
③	
④	
⑤	24

Функции за безопасност и проследяване

⚠ ВНИМАНИЕ

Garmin Connect

Garmin Connect.

ЗАБЕЛЕЖКА

Bluetooth

Garmin Connect

Garmin Connect.

garmin.com/safety.

LiveTrack GPS

LiveTrack:

LiveTrack GPS

Android.

GroupTrack:

LiveTrack

Добавяне на контакти за спешни случаи

1 Garmin Connect



2 **Safety & Tracking > Safety Features > Emergency Contacts > Add Emergency Contacts.**

3

Добавяне на контакти

50

LiveTrack.

Garmin Connect.

1 Garmin Connect



2 **Contacts.**

3

f nix

Включване и изключване на откриването на инциденти

1 MENU.

2 **Safety & Tracking > Incident Detection.**

3 GPS

Garmin Connect

GPS

15

Информация за устройството

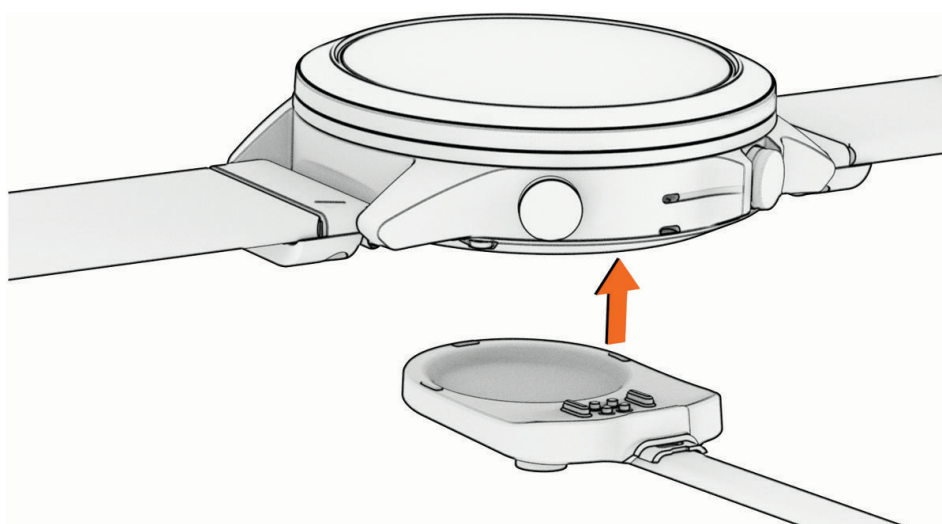
Зареждане на часовника

⚠ ВНИМАНИЕ

Important Safety and Product Information

ЗАБЕЛЕЖКА

1



2

USB

USB

Спецификации

	10 ATM ¹
	-20° 45°C (-4° 113°F)
USB	0° 45°C (32° 113°F)
European Union (EU) wireless frequencies (power)	2.4 GHz @ 15.78 dBm maximum
EU SAR values	0.58 W/kg torso, 0.03 W/kg limb

Информация за батерията

Режим	Живот на батерията с Always On	Живот на батерията с жест
	Up to 6 days	Up to 16 days
	Not applicable	Up to 21 days
GPS	Up to 30 hr.	Up to 42 hr.
	Up to 24 hr.	Up to 32 hr.
multi-band	Up to 22 hr.	Up to 28 hr.
	Up to 9 hr.	Up to 10 hr.
. GPS	Not applicable	Up to 75 hr.
Expedition GPS mode	Not applicable	Up to 14 days

Грижа за устройството

ЗАБЕЛЕЖКА

Почистване на часовника

⚠ ВНИМАНИЕ

ЗАБЕЛЕЖКА

1

2

www.garmin.com/fitandcare.

Управление на данни

Windows 95, 98, Me, Windows NT[®], Mac OS 10.3

Изтриване на файлове

ЗАБЕЛЕЖКА

1 Garmin

2

3

4 Delete

Mac

MTP

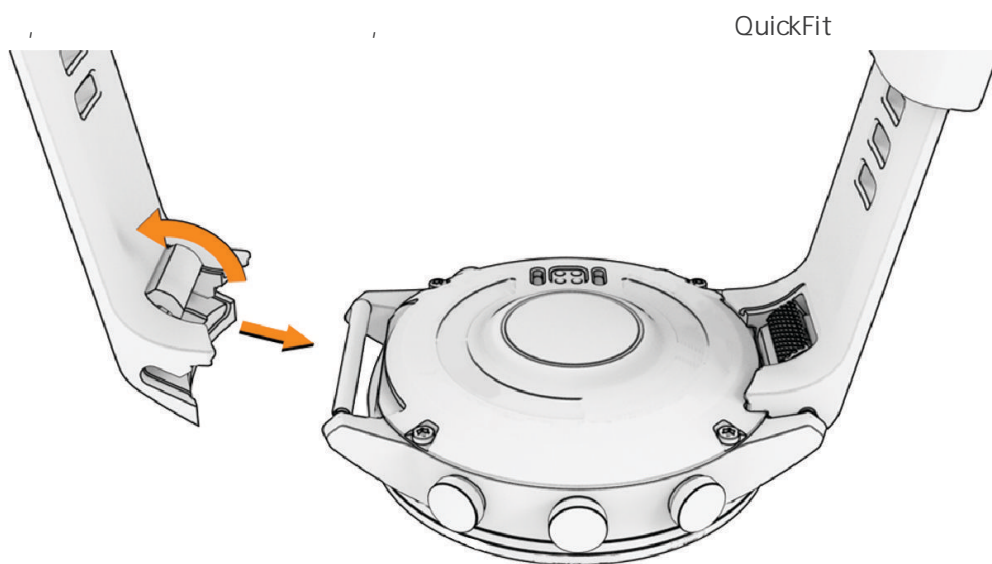
Garmin

Windows.

Garmin Express,

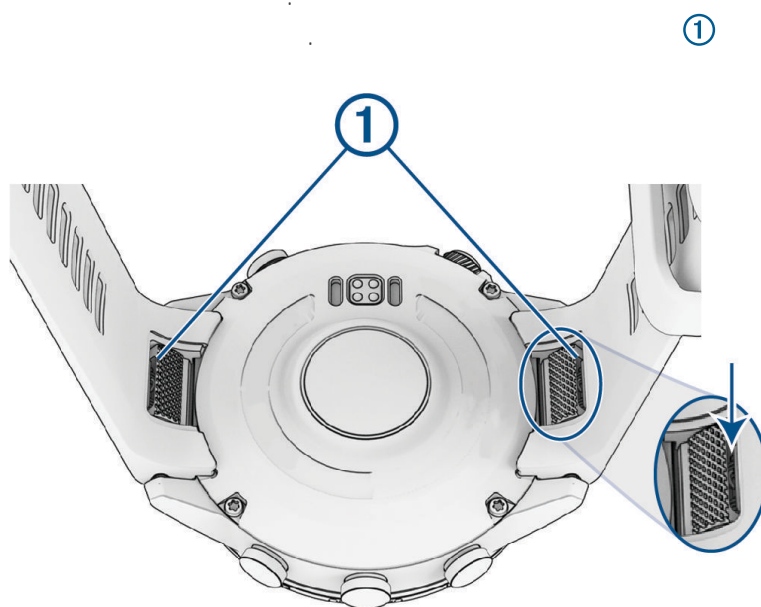
Смяна на QuickFit каишка

1

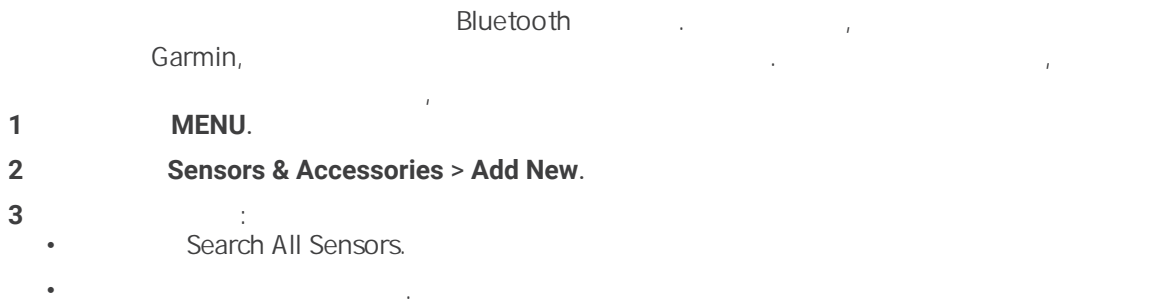


2

3



Мога ли да използвам своя Bluetooth сензор с моя часовник?



Слушалките ми не се свързват с часовника



Музиката ми спира или слушалките ми не остават свързани



Рестартиране на вашето устройство



Нулиране на всички настройки по подразбиране



Моят дневен брой стъпки не се показва

Моят брой стъпки не изглежда точен

-
-
-

Броя крачки на моето устройство и моя акаунт в Garmin Connect не съвпадат

Garmin Connect

1

•

Garmin Express.

•

Garmin Connect.

2

Garmin Connect

Garmin Express

Количеството изкачени етажи не изглежда точно

3 m (10 ft).

-
-

