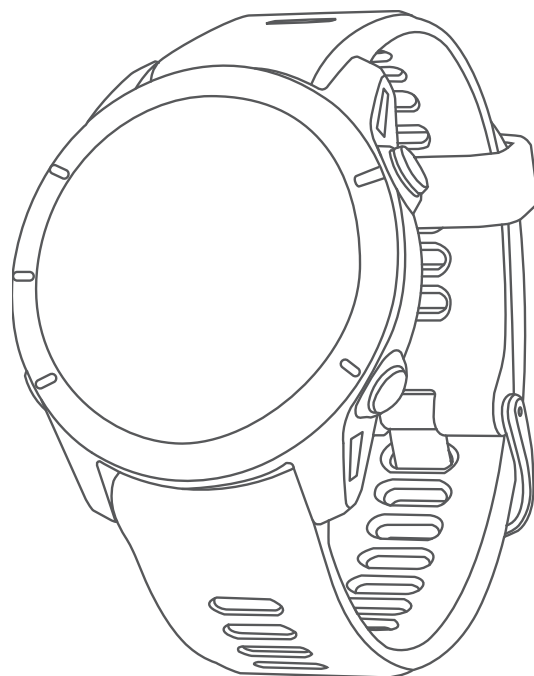


**GARMIN®**



# FORERUNNER® 255 SERIES

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РЪКОВОДСТВО

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M/N: A04244

# Въведение

## ⚠ ВНИМАНИЕ

Important Safety u Product Information

## Настройка на вашия часовник

- Forerunner, Garmin Connect™.
- Wi Fi®
- 
- 
- Garmin Pay™.

## Общ преглед



### ① LIGHT

- 
- 
- 

### ② UP

- 
- 
- 

### ③ DOWN

- 
-

④ BACK

⑤ START · STOP

## GPS статус и икони за състоянието

GPS

GPS	GPS
	
	
	Wi Fi
	
	Running Dynamics Pod
	
	
	
	
	
	tempe™
	VIRB®

## Активиране и деактивиране на сензорния екран

	( )	
>		
> Hot Keys.		

## 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.
- Add Timer
- Quick Timer,
- 4 MENU
- 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
- 
- 
- 4 GPS ( )
- 
- GPS ( )
- 5 START, ( )

## Съвети за записване на дейности

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

## Спиране на дейност

- 1 STOP.
- 2
- 
- Resume.
- Save, START,
- Resume Later.
- Lap.
- Back to
- Start > TracBack.
- GPS.
- Back to Start > Route
- GPS.
- Recovery HR,  
Discard.
- 30

## Бягане

### Бягане на пистата

- 1
- 2 START > Track Run.
- 3
- 4 1, 10.
- 5 MENU.
- 6
- 7 Lane Number.
- 8
- 9 BACK
- 10 START.
- 11 3
- 12 STOP > Save.

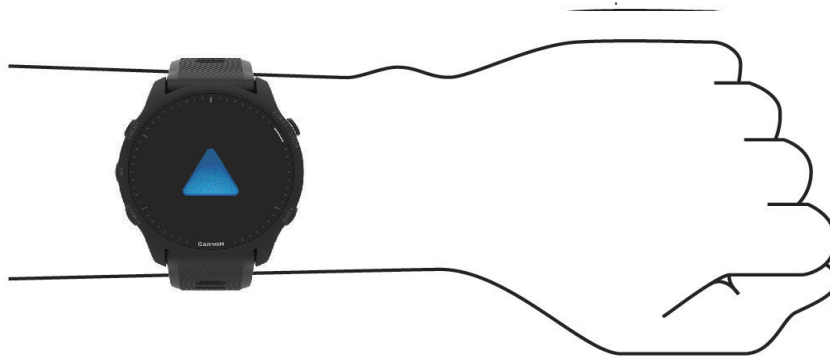


# Вграден пулсомер

## Носене на часовника

**⚠ ВНИМАНИЕ**

[garmin.com/fitandcare](https://garmin.com/fitandcare).



[garmin.com/ataccuracy](https://garmin.com/ataccuracy).

[www.garmin.com/fitandcare](https://www.garmin.com/fitandcare).

## Съвети за нередовни данни за сърдечния ритъм

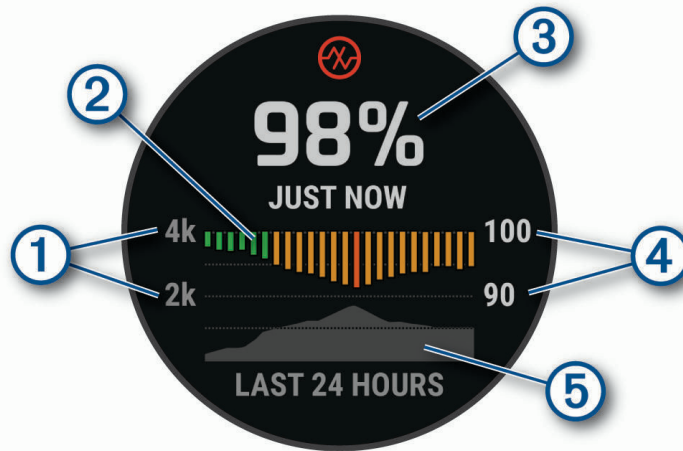


5 10

# Пулсов оксиметър

Garmin Connect

[garmin.com/ataccuracy](http://garmin.com/ataccuracy)



①	
②	24
③	
④	
⑤	24

# Системни настройки

MENU System.

Language:

Time:

Backlight:

Touch:

Satellites:

Sound and Vibe:

Sleep Mode:

Do Not Disturb:

Do Not Disturb.

Hot Keys:

Auto Lock:

During Activity,  
Not During Activity,

Format:

Physio TrueUp:

Garmin.

Perf. Condition:

Data Recording:

Smart recording ( )  
Every Second

USB Mode:

MTP ( )

Garmin,

Reset:

Software Update:

Garmin

Express.

Wi Fi

About:

## Настройки на времето

MENU, System > Time.

Time Format:

12- , 24-

Date Format:

Set Time: GPS

Auto

Time:

Set Time

Manual.

Alerts:

Time Sync:

## Задаване на сигнали за време

- 1 MENU.
- 2 System > Time > Alerts.
- 3 :
  - Til Sunset > Status > On, Time,
  - Til Sunrise > Status > On, Time, Hourly > On.

## Синхронизиране на времето

Garmin Connect

- 1 MENU.
- 2 System > Time > Time Sync.
- 3 :
  - DOWN,

## Промяна на настройките на екрана

- 1 MENU.
- 2 System > Backlight.
- 3 :
  - During Activity.
  - General Use.
  - During Sleep.
- 4 :
  - Brightness
  - Keys
  - Alerts
  - Wrist Gesture
  - Timeout

## Персонализиране на режим на сън

- 1 MENU.
- 2 System > Sleep Mode.
- 3 :
  - Schedule,
  - Watch Face
  - Backlight
  - Touch
  - Do Not Disturb
  - Battery Saver

## Персонализиране на Hot Keys

- 1 MENU.
- 2 System > Hot Keys.

3

4

## Промяна на мерните единици

- 1 MENU.
- 2 System > Format > Units.

3

4

## Синхронизиране на активности и измервания на производителността

f nix, Garmin Connect, Garmin, Edge, f nix.

- 1 MENU.
- 2 System > Physio TrueUp.

Garmin f nix.

## Преглед на информация за устройството

unit ID,

- 1 MENU.
- 2 System > About.

## Преглед на информация за регулациите и съответствието с електронния етикет

FCC,

- 1 MENU.
- 2 About.

# Информация за устройството

## Зареждане на часовника

**⚠ ВНИМАНИЕ**

*Important Safety and Product Information*

**ЗАБЕЛЕЖКА**

1

USB



2

USB

USB

3

## Грижа за устройството

### ЗАБЕЛЕЖКА

## Почистване на часовника

### ⚠ ВНИМАНИЕ

### ЗАБЕЛЕЖКА

- 1
- 2

[www.garmin.com/fitandcare](http://www.garmin.com/fitandcare).

## Почистване на кожената каишка

- 1
- 2

# 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,



# Отстраняване на проблеми

## Актуализации на продукта

- [Express \(www.garmin.com/express\)](#). Bluetooth Wi Fi. Garmin
- [Garmin Connect](#). Garmin Connect.
- [Garmin](#).
- [Garmin Connect](#).

## Получаване на повече информация

- [support.garmin.com](#) Garmin.
- [buy.garmin.com](#) Garmin
- [www.garmin.com/ataccuracy](#)



## Устройството ми е на грешен език

- 1 MENU.
- 2 START.
- 3 START.
- 4

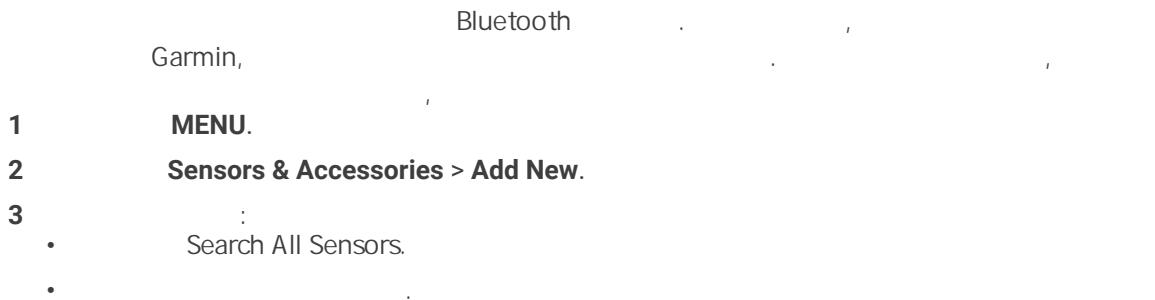
## Моят телефон съвместим ли е с моя часовник?

- [www.garmin.com/ble](#) Bluetooth
- Bluetooth

## Телефонът ми не се свързва с часовника

- Bluetooth
- [Garmin Connect](#)
- [Garmin Connect](#) Bluetooth
- [Garmin Connect](#)
- [Garmin Connect](#)
- [Garmin Connect](#) 10 (33 )
- [Garmin Connect](#)   [Garmin Devices > Add Device](#)
- MENU [Phone > Pair Phone](#).

## 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).

- 
-

