

MARQ® Captain (Gen 2)

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General

LENS MATERIAL	domed sapphire crystal
BEZEL MATERIAL	titanium (Grade 5)/ceramic
CASE MATERIAL	titanium (Grade 5)
QUICKFIT™ WATCH BAND COMPATIBLE	yes (22 mm)
STRAP MATERIAL	nylon (Jacquard weave)
PHYSICAL SIZE	Diameter x Thickness: 46 x 15 mm Nylon strap fits wrists with a circumference of 135-205 mm Silicone rubber strap fits wrists with a circumference of 135-213 mm
TOUCHSCREEN	✓
COLOR DISPLAY	✓
DISPLAY SIZE	1.2" (30.4 mm) diameter
DISPLAY RESOLUTION	390 x 390 pixels
DISPLAY TYPE	AMOLED (always-on)
WEIGHT	87 g (84 g with silicone rubber)
WATER RATING	10 ATM
BATTERY LIFE	Smartwatch: Up to 16 days (6 days always-on) Battery Saver Watch Mode: Up to 21 days GPS Only: Up to 42 hours (30 hours always-on) All Satellite Systems: Up to 32 hours (24 hours always-on) All Satellite Systems + Multi-band: Up to 28 hours (22 hours always-on) All Satellite Systems + Music: Up to 10 hours (9 hours always-on) Max Battery GPS: Up to 75 hours Expedition GPS: Up to 14 days

CHARGING METHOD	Garmin proprietary clip charger
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	✓
RELAXATION REMINDERS	✓
RELAXATION BREATHING TIMER	✓
SLEEP	yes (advanced)
SLEEP SCORE AND INSIGHTS	✓
HYDRATION	yes (in Garmin Connect™ and optional Connect IQ™ widget)
WOMEN'S HEALTH	yes (in Garmin Connect™ and optional Connect IQ™ widget)

HEALTH SNAPSHOT	✓
Sensors	
GPS	✓
GLONASS	✓
GALILEO	✓
MULTI-FREQUENCY POSITIONING	✓
SATIQ™ TECHNOLOGY	✓
GARMIN ELEVATE™ WRIST HEART RATE MONITOR	✓
BAROMETRIC ALTIMETER	✓
COMPASS	✓
GYROSCOPE	✓
ACCELEROMETER	✓
THERMOMETER	✓
AMBIENT LIGHT SENSOR	✓
PULSE OX BLOOD OXYGEN SATURATION MONITOR	yes (with acclimation)

Daily Smart Features

CONNECTIVITY	Bluetooth®, ANT+®, Wi-Fi®
CONNECT IQ™ (DOWNLOADABLE WATCH FACES, DATA FIELDS, WIDGETS AND APPS)	✓
ON-DEVICE CONNECT IQ™ STORE	✓
SMART NOTIFICATIONS	✓
TEXT RESPONSE/REJECT PHONE CALL WITH TEXT (ANDROID™ ONLY)	✓
CALENDAR	✓
WEATHER	✓
REALTIME SETTINGS SYNC WITH GARMIN CONNECT™ MOBILE	✓

BATTERY SAVER (CUSTOMIZABLE LOW POWER WATCH)	✓
CONTROLS SMARTPHONE MUSIC	✓
PLAYS AND CONTROLS WATCH MUSIC	✓
MUSIC STORAGE	✓
FIND MY PHONE	✓
FIND MY WATCH	✓
VIRB® REMOTE	✓
SMARTPHONE COMPATIBILITY	iPhone®, Android™
PAIRS WITH GARMIN GOLF APP	✓
PAIRS WITH GARMIN CONNECT™ MOBILE	✓
STOCKS	✓
GARMIN PAY™	✓

Safety and Tracking Features

LIVETRACK	✓
GROUP LIVETRACK	✓
LIVE EVENT SHARING	✓
INCIDENT DETECTION DURING SELECT ACTIVITIES	✓
ASSISTANCE	✓

Tactical Features

DUAL GRID COORDINATES	✓
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Boating Features

AVAILABLE BOATING PROFILES	Boating, Sailing, Sail Racing
ANCHOR ALARM	✓
AUTOPILOT CONTROL	✓
BOAT DATA STREAMING	✓
VIRTUAL STARTING LINE	✓

COUNTDOWN TIMER	✓
TACK ASSIST MODE	✓
BUILT-IN BAROMETER AND TIDE TABLES	yes (downloadable tides)

Activity Tracking Features

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™	✓
GARMIN CONNECT™ CHALLENGES APP	yes (optional Connect IQ app)

Gym & Fitness Equipment

AUTOMATIC REP COUNTING	✓
CARDIO WORKOUTS	✓
AVAILABLE GYM ACTIVITY PROFILES	Strength, HIIT, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Breathwork, Pilates, Yoga
STRENGTH WORKOUTS	✓
HIIT WORKOUTS	✓
YOGA WORKOUTS	✓
PILATES WORKOUTS	✓
ON-SCREEN WORKOUT ANIMATIONS	✓
ON-SCREEN WORKOUT MUSCLE MAPS	✓

Training, Planning and Analysis Features

HR ZONES	✓
HR ALERTS	✓
HR CALORIES	✓
% HR MAX	✓
% HRR	✓
RECOVERY TIME	✓
AUTO MAX HR	✓
RACE GLANCE/WIDGET	✓
HRV STATUS	✓
TRAINING READINESS	✓
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	✓
IMPROVED INTERVAL (INCLUDES OPEN REPEATS, INTERVALS DATA PAGE, REST SCREEN AND AUTO DETECTION)	✓
ADVANCED WORKOUTS	✓
DOWNLOADABLE TRAINING PLANS	✓

POWER MODES - CUSTOMIZABLE IN-ACTIVITY BATTERY SETTINGS	✓
AUTO LAP®	✓
MANUAL LAP	✓
REST TIMER	✓
CONFIGURABLE LAP ALERTS	✓
HEAT AND ALTITUDE ACCLIMATION	✓
VO2 MAX (RUN)	✓
VO2 MAX (TRAIL RUN)	✓
REALTIME STAMINA	✓
TRAINING STATUS	✓
TRAINING LOAD	✓
TRAINING LOAD FOCUS	✓
TRAINING EFFECT	✓
TRAINING EFFECT (ANAEROBIC)	✓
PRIMARY BENEFIT (TRAINING EFFECT LABELS)	✓
IMPROVED RECOVERY TIME	✓
DAILY SUGGESTED WORKOUTS	✓
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	✓
PHYSIO TRUEUP	✓

Running Features

AVAILABLE RUN PROFILES	Running, Outdoor Track Running, Treadmill Running, Indoor Track Running, Trail Running, Virtual Running, Ultra Running
GPS-BASED DISTANCE, TIME AND PACE	✓
RUNNING DYNAMICS	yes (with compatible accessory)
VERTICAL OSCILLATION AND RATIO	yes (with compatible accessory)
GROUND CONTACT TIME AND BALANCE	yes (with compatible accessory)
STRIDE LENGTH (REAL TIME)	yes (with compatible accessory)
CADENCE (PROVIDES REAL-TIME NUMBER OF STEPS PER MINUTE)	✓
RUNNING POWER	✓
GRADE-ADJUSTED PACE	✓
PERFORMANCE CONDITION	✓
LACTATE THRESHOLD	yes (with compatible accessory)
PACEPRO™ PACING STRATEGIES	✓
RUN WORKOUTS	✓
TRAIL RUN AUTO CLIMB	✓

RACE PREDICTOR	✓
COURSE- AND WEATHER-SPECIFIC RACE PREDICTOR	✓
FOOT POD CAPABLE	✓
RUN/WALK/STAND DETECTION	✓

Golfing Features

PRELOADED WITH 42,000 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	✓
TOUCH-TARGETING (TOUCH TARGET ON DISPLAY TO SEE THE DISTANCE TO ANY POINT)	✓
HANDICAP SCORING	✓
SWING TEMPO	✓

TEMPO TRAINING	✓
ROUND TIMER/ODOMETER	✓
AUTOMATIC CLUB TRACKING COMPATIBLE (REQUIRES ACCESSORY)	✓
WIND SPEED AND DIRECTION (REQUIRES CONNECTION TO GARMIN GOLF APP)	✓
VIRTUAL CADDIE	✓
TOURNAMENT LEGAL	✓
GREEN CONTOURS (WITH GARMIN GOLF MEMBERSHIP)	✓

Outdoor Recreation

AVAILABLE OUTDOOR RECREATION PROFILES	Hiking, Indoor Climbing, Climbing, Bouldering, Mountain Biking, Skiing, Snowboarding, Backcountry Snowboarding, XC Classic Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Surfing, Kiteboarding, Windsurfing, Snowshoeing, Horseback Riding, Jumpmaster, Tennis, Pickleball, Tactical, Disc Golf
POINT-TO-POINT NAVIGATION	✓
BREAD CRUMB TRAIL IN REAL TIME	✓
BACK TO START	✓
TRACBACK®	✓
ULTRATRAC MODE	✓
AROUND ME MODE	✓
UP AHEAD	✓
NEXTFORK™ NAVIGATION	✓
ELEVATION PROFILE	✓
DISTANCE TO DESTINATION	✓
BAROMETRIC TREND INDICATOR WITH STORM ALERT	✓

CLIMBPRO™ ASCENT PLANNER	✓
VERTICAL SPEED	✓
TOTAL ASCENT/DESCENT	✓
REST TIMER (ULTRA RUN ONLY)	✓
FUTURE ELEVATION PLOT	✓
PRELOADED TOPOGRAPHICAL MAPS	✓
PRELOADED ROAD AND TRAIL MAPS	✓
PRELOADED SKI RESORT MAPS	✓
DOWNLOADABLE CARTOGRAPHY SUPPORT	✓
GPS COORDINATES	✓
SIGHT 'N GO	✓
AREA CALCULATION	yes (via Connect IQ™)
HUNT/FISH CALENDAR	yes (via Connect IQ™)
PROJECTED WAYPOINT	✓
SUN AND MOON INFORMATION	✓
XERO™ LOCATIONS	✓
EXPEDITION GPS ACTIVITY	✓
TIDES	yes (via Connect IQ™)
TIDE GLANCE	✓

Cycling Features

CYCLE MAP (ROUTABLE CYCLING-SPECIFIC STREET MAP)	✓
AVAILABLE CYCLING PROFILES	Biking, Road Biking, Indoor Biking, Mountain Biking, Gravel Biking, Bike Commuting, Bike Touring, eBiking, eMountain Biking, Cyclocross, Triathlon
ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME,	✓

DISTANCE, HEART RATE OR CALORIES)	
COURSES	✓
MTB GRIT & FLOW	✓
BIKE LAP AND LAP MAXIMUM POWER (WITH POWER SENSOR)	✓
RACE AN ACTIVITY	✓
FTP (FUNCTIONAL THRESHOLD POWER)	yes (with compatible accessory)
COMPATIBLE WITH VECTOR™ AND RALLY™ (POWER METERS)	✓
POWER METER COMPATIBLE	✓
ADVANCED CYCLING DYNAMICS	✓
COMPATIBLE WITH VARIA VISION™ (HEAD-MOUNTED DISPLAY)	✓
COMPATIBLE WITH VARIA™ RADAR (REAR-FACING RADAR)	✓
COMPATIBLE WITH VARIA™ LIGHTS	✓
SPEED AND CADENCE SENSOR SUPPORT (W/SENSOR)	✓

Swimming Features

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	✓
UNDERWATER WRIST-BASED HEART RATE	✓
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, HRM-Swim, HRM-Pro or HRM-Pro Plus)

Kid Activity Tracking Features

TOE-TO-TOE™ CHALLENGES APP	yes (optional Connect IQ Toe-to-Toe™ Challenges app)
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Connectivity

SMART TRAINER CONTROL	✓
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