



Garmin Forerunner 265 Watch - GPS

Code: 010-02810-10

€ 375,00 ~~€ 500,00~~ - 25%

GARMIN.

Black bezel, with 1.3" AMOLED display
Case size 46MM

FORERUNNER 265

1.3" COLORFUL AMOLED DISPLAY
UP TO 20 HOURS OF BATTERY LIFE IN GPS MODE
ADVANCED TRAINING METRICS & RECOVERY INSIGHTS
SATIQ™ AND MULTI-BAND GPS
TOUCHSCREEN AND KEYS
MUSIC ON THE WRIST

MORNING REPORT

You can see an overview of your sleep 1 and workouts as soon as you wake up, along with heart rate variability and weather. You can also customize the report to show what you want to see.

GARMIN COACH

Train for a race, reach a finish line or improve your fitness with Garmin Coach training plans for runners. Simply set up Garmin Coach in the Garmin Connect™ app to get your personalized daily training that helps you reach your goals, from your first 5k all the way to a marathon. It also includes Garmin Run Coach, plans that adapt based on your performance, recovery and condition metrics.

SUGGESTED DAILY WORKOUTS Get workouts created just for you that adapt after each run based on your performance and recovery, as well as upcoming races in your Garmin Connect calendar.

TRAINING READINESS

From the moment you wake up, you get a readiness score based on sleep quality, recovery, training load and more, so you can determine if your day is ready to train harder or softer.

TRAINING STATUS

Using indicators like heart rate variability, your training history, and your recent performance, you'll get detailed information about your overall effort and know if your workout is productive, very intense, or too tiring.

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HRV STATUS

Gain deeper insight into your health, training and recovery performance through heart rate variability Gain deeper insight into your health, recovery and training performance through FirstBeat Analytics technology that measures heart rate variability during sleep.

PLAN

Recovery Time: Find out how much rest you need before your next high intensity workout based on your last workout.

COURSES: Create or search for existing courses in the Garmin Connect app , or sync them from your favorite third-party platforms.

SLEEP COACH: A personalized coach that tells you your sleep needs and how you can improve. Use these insights to find the right balance between challenging activities and your body's natural recovery process 2 .

BODY BATTERY™: See your energy levels throughout the day, so you know when you're charged and ready to be active or when you're low and need to recharge with restful sleep. You can also get additional details and insights into the effects of sleep, naps, daily activities and high-stress situations on your energy levels 1 .

NAP DETECTION: Automatically track or log your naps, to discover the benefits they bring to your body and understand what the ideal time and duration should be.

RACE PREDICTION: Get an estimate of your pace for the 5K, 10K, half marathon and marathon.

MENSTRUAL CYCLE & PREGNANCY: Track and log your menstrual cycle or pregnancy to get exercise and nutrition advice.

PREPARE

RUNNING DYNAMICS ON YOUR WRIST: This smartwatch measures essential running metrics including cadence, stride length, ground contact time and more.

WRIST-BASED HEART RATE: The smartwatch constantly records your heart rate to help assess the intensity of your effort during activities 1 .

ACUTE LOAD: Analyze your recent training load to improve your fitness.

training effect: Discover how your workouts affect your endurance, speed, and power.

PERFORMANCE CONDITION: While running, you can get a pace and heart rate analysis for a real-time assessment of your performance.

VO2 MAX: See your current fitness level and track changes over time to set goals, measure progress and more.

Intensity Minutes: Track your minutes of moderate and vigorous activity.

Health Snapshot: With a 2-minute session you can record key health statistics, and generate a report to share with your healthcare provider.

STRESS TRACKING: Find out if your day is calm, balanced or stressful.

pulse ox sensor: Monitors blood oxygen saturation during wakefulness and sleep 2 .

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Audio Alerts: Get alerts to learn more about your performance and guide you through your workouts.

CROSS TRAINING: Train across multiple disciplines by downloading free HIIT, cardio, yoga and Pilates workouts to your Forerunner® 265, directly from the Garmin Connect app.

TO PERFORM

RUNNING POWER ON THE WRIST: See how much power you're applying on the trail or road so you can manage your effort and optimize your training.

SATIQ™ TECHNOLOGY AND MULTI-BAND GPS: Get superior positioning accuracy and optimized battery life.

PacePro™ feature: Plan your race day strategy with GPS-based pace guidance for select courses or distances.

PRELOADED SPORT PROFILES: Tap into over 30 built-in activities, including cycling, open water swimming, strength and more.

TRACK RUNNING: Accurately record lap distances, even on a track you've never been on before with a database of more than 10,000 tracks (400 meters) worldwide.

TRIATHLON AND MULTISPORT PROFILES: Switch between sports automatically using built-in profiles for triathlon, duathlon, combined workouts and swimrun, so you can focus on racing while your watch takes care of recording splits. You can also create your own custom multisport profiles.

CONNECT

MUSIC: Download songs and playlists from your Spotify, Deezer, Amazon Music or YouTube® Music accounts to listen without your smartphone (subscription may be required).

SAFETY AND DETECTION: If the watch detects that an accident has occurred, it will send a message with your real-time location 3 . or if you feel unsafe, you can do it manually.

CONTACTLESS PAYMENTS: Speed up payments with enabled suppliers to the maximum.

Smart Notification: Receive emails, texts and alerts on your watch when paired with your Apple® or Android™ smartphone.

LIVETRACK: Your friends and family can follow your location in real time 3 and view pre-planned routes.

GARMIN CONNECT APP: Discover your health and fitness insights, connect with friends and more.

CONNECT IQ™ STORE: Add watch faces, data fields and apps to your paired watch.

Technical Specifications

Sleep Score & Insights

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Battery life (in smartwatch mode)
Up to 13 days

SUGGESTED DAILY WORKOUTS
Yes (7 days)

Blood oxygen saturation Pulse Ox
Yes (random check and optional all-day and sleep acclimatization)

Garmin Pay™

Multi-band GPS

Musical memory

TRAINING READINESS

Training Status
Improved

Display type
AMOLED; optional always-on mode

Touch screen

Waterproof rating
Swimming, 5 ATM

General

Strap material
Silicone

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Lens material
Corning® Gorilla® Glass 3

Bezel material
Fibre reinforced polymer

Quick release straps
Yes (22 mm, Industry Standard)

Case dimensions
46.1 x 46.1 x 12.9 (mm)
Suitable for wrists with a circumference of 135-205 mm

Weight
47 g

Display size
Diameter 32.5mm (1.3")

Display resolution
416 x 416 pixel

Color screen

Large font option

Battery life
Smartwatch mode: up to 13 days
GNSS mode GPS only: up to 20 hours
GNSS SatIQ mode (AutoSelect): up to 16 hours
GNSS all systems + multiband mode: up to 14 hours
GNSS mode GPS only with music: up to 7 hours
GNSS SatIQ mode (AutoSelect) with music: up to 6 hours
GNSS all systems + multiband mode with music: up to 6 hours
[View Details](#)

Charging method
Garmin Proprietary Charger

Memory/History
8 GB

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Clock Functions

Time/Date

Time synchronization via GPS

Automatic Daylight Saving Time

Wakes up

Countdown

Chronometer

Sunrise/Sunset Times

Health and wellness monitoring

Heart rate at wrist (constant, every second)

Daily Resting Heart Rate

Abnormal heart rate alerts
Yes (high and low)

Respiratory rate (24x7)

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FITNESS AGE

BODY BATTERY ENERGY MONITORING™

Daily stress level

Relaxation reminder

Breathing timer for relaxation

Breathing exercises

Sleep
Yes (advanced)

Sleep Coach

Nap Detection

Hydration
Yes (in Garmin Connect™ and the optional Connect IQ™ widget)

Women's health
Yes (in Garmin Connect™ and the optional Connect IQ™ widget)

Health Snapshot

Sensors

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GPS

GLONASS

Galileo

SatIQ™ Technology

Garmin Elevate™ Wrist Heart Rate Monitor

Pulse Ox Saturation

Barometric altimeter

Compass

Gyroscope

Accelerometer

Thermometer

Ambient light sensor

Smart Functions

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Connectivity

Bluetooth ® , ANT+ ® , Wi-Fi ®

Connect IQ ™ (downloadable watch faces, data fields, widgets and apps)

Connect IQ ™ Store on your device

Smart Notification

Auto-reply with preset messages (Android ™ only)

Viewing images from notifications on your watch (Android ™ only)

Morning Report

Calendar

Weather Forecast

Sync settings in real time from the Garmin Connect ™ app

Energy saving (customizable)

Control music on smartphone

Upload and control music on your device

Find My Phone

Find My Watch

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Find my phone during a GPS activity

Compatible with Garmin Messenger app

VIRB™ Remote

Smart Trainer Control

Compatible with Garmin Connect™ Mobile

Smartphone Compatibility
iPhone®, Android™

Stocks
Yes (optional Connect IQ app)

RED SHIFT MODE

Garmin Share

Activity Profiles

Gym
Functional Strength, HIIT, Cardio & Elliptical, Stair Stepping, Floor Climbing, Indoor Rowing, Jump Rope

Multi-sports
Triathlon

Wellness
Walking, Pilates, Yoga, Indoor walking

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Indoor running

Treadmill running, Indoor track running, Virtual running

Outdoor running

Running, Outdoor Track Running, Trail Running, Ultramarathon

Outdoor

We hike, Archery

Cycling

Bike, Mountain bike, eBiking, eMountain Biking, Indoor Bike

I swim

Pool swimming, Open water swimming

WATER SPORTS AND MARINE

SUP, Rowing

RACKET SPORTS

Tennis, Pickleball, Badminton, squash, table tennis, Padel, Platform Tennis, Racquetball

WINTER SPORTS

Skiing, Snowboarding, Classic Cross Country Skiing

Team sports

Basketball, Volleyball, Field Hockey, Ice Hockey, Soccer, Football, Lacrosse, Rugby, Ultimate Frisbee, Cricket, Softball, Baseball

On the Ring

Boxing, Mixed Martial Arts

Others

Inline skating

Security and Detection Features

Incident detection during some activities

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Smartphone Incident Detection Alert for Wrist Devices

Request assistance

LiveTrack

Real-time event sharing
Android™ Only

Daily Monitoring Functions

Pedometer

Motion alerts (displayed on the device after a period of inactivity)

Auto Goal (remembers your activity level and assigns a daily step goal)

Calories burned

Staircases climbed

Distance traveled

Minutes of intensity

TrueUp™

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MoveIQ™

Garmin Connect™ Challenges
Yes (optional Connect IQ app)

Gym & Fitness Features

Cardio workouts

Functional Strength Training

HIIT Workouts

Yoga workouts

Pilates Workouts

Exercise animations on the screen

Muscle districts map

Automatic repetition counting

Training, Planning and Analysis Functions

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Customizable data pages

Downloadable training plans

Directions

FC Zones

FC Alerts

Calories FC

% HR max

% FCR

recovery time

Automatic max HR

Quick view/race widget

HRV Status

HR Transmission (transmits HR data to paired devices via ANT+™)

Respiratory rate (during activity)
Yes (with compatible accessory)

GPS Speed and Distance

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Customizable activity profiles

Auto Pause®

Interval training

Improved interval training (includes free reps, interval data page, recovery time screen and automatic detection)

Advanced workouts

Cardio, Running Pace and Distance

Auto Lap®

Manual lap

Recovery Timer

Configurable Lap Alerts

VO2 max (running)

VO2 Max (Trail Running)

Load Ratio

TRAINING LOAD

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Focus Training Load

training effect

Training Effect (anaerobic)

Primary Benefit (Training Effect labels)

Customizable alerts

Audio alerts

Multisport auto transition

Arrival time

Virtual Partner

Compete against previous activity

Automatic multisport activities

Manual multisport activities

Touch and/or Button Block

Shortcut keys

Auto scroll

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Activity history on the watch

Physio TrueUp

Unified Training Status

Running Functions

GPS-based distance, time and pace

Running dynamics

Oscillation and vertical ratio

Ground contact time and balance
Yes (with compatible accessory)

Stride length (real time)

Cadence (provides real-time number of steps per minute)

Running Power

Step adjusted on the slope

Performance conditions

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Anaerobic threshold
Yes (with compatible accessory)

PacePro™ Gait Strategies

Running workouts

Auto Climb for trail running

Race Predictions

Race forecast based on route and weather

Compatible with Foot Pod

Run/walk/stationary detection

Outdoor Functions

Point-to-point navigation

Trail marked in real time

Back to top

TracBack®

UltraTrac Mode

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Up Ahead (specific points along the route)

Quota profile

Distance to destination

Barometric trend indicator

Vertical speed

Total ascent/descent

Recovery Timer (Ultra Run only)

Automatic rest time

Predicted Elevation Chart

Area calculation
Yes (via Connect IQ™)

Fishing Forecast
Yes (via Connect IQ™)

Projected Waypoint

Information about Sun and Moon
Sunrise/Sunset

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Cycling Features

Routes

Lap and maximum power in Lap (with power sensor)

Compete against previous activity

Alarms (alarm goes off when time, distance, heart rate or calorie goal is reached)

Power curve and % FTP during workouts

Compatible with Vector™ and Rally™ (power sensors)

Compatible with Varia Vision™

Compatible with Varia™ radar

Compatible with Varia™ lights

Compatible with speed and cadence sensors

Compatible with power sensor

Swimming Features

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Open Water Swimming Metrics (Distance, Pace, Stroke Count/Rate, Calories)

Pool swimming metrics (laps, distance, pace, stroke rate/number, calories)

Stroke type detection (pool swimming only - freestyle, backstroke, breaststroke, butterfly)

Exercise Recording (Pool Swimming Only)

Basic recovery timer (pool swimming only)

Repeat with recovery timer (pool swimming only)

AUTOMATIC REST TIMER (pool swimming only)

Time and distance alerts

Pace alerts (pool swimming only)

Start countdown (pool swimming only)

Swimming workouts

Critical swim speed

Underwater wrist heart rate

Heart rate from external heart rate monitor (real-time during recoveries, interval and session stats during recoveries, and automatic heart rate download after swimming)

Yes (with HRM-Swim, HRM-Pro or HRM-Pro Plus)

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Child detection functions

Toe-to-Toe Challenge App TM

Yes (optional Toe-to-Toe TM Challenges app available on Connect IQ)

Free CMAP

- [X]
- [X]
- [X]
- [X]
- [X]

Caratteristiche

Sei interessato ad una offerta [X]
privata?

Display

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