

# HC Display Specification

**Stroke Rate** → 23.8 /min

**SPEED:** ← Displays speed in either m/s or time/500m → 1:56 m/s /500

Feature Display, for displaying selected variable(s). If more than one selected, it will switch between selections each stroke, or every 4 seconds if no stroke. → 0:00.0 m% (AV SPD) / 0:00.0 m (STEP) / 0:00.0 (TIME) / 0:00.0 (DIST)

Displays **TIME** or **DIST** (m) or both.

Displays **current MODE** → RUN PACE W'KOUT

DISPBK LT CAL'N METRO RECALL PC SPLIT MEM

**Shows current SET Up function:**  
 DISP: For selecting variables and units for display  
 BK LT: For setting brightness level and turning ON/OFF  
 CAL'N: For calibrating speed sensor  
 METRO: For setting metronome frequency and turning ON/OFF  
 RECALL: For recalling speed and rate last time timer was run.  
 PC: For communication with PC  
 MEM: for checking memory usage and clearing memory

Display options are shown in table below:

VARIABLE	MODE		
	RUN	PACE	W'KOUT
AV SPD	✓	✓	
STEP			✓*
▼	✓	✓	✓
RATIO	✓	✓*	✓
DIST	✓	✓	
DIST/STROKE	✓	✓	✓
STROKES	✓	✓	✓

\*These selections are mandatory