CATEYE Q3/Q3a
MSC-CY200/300
Quick Start

Click the button and follow the instructions.

Thank you for purchasing the CATEYE Q3 / Q3a Multi-Sport Computer.

This Quick Start Manual explains how to set up the wristwatch, how to install the unit to your bicycle, and how to wear the heart rate sensor.
Please set up the unit according to the specified procedure, then it will be ready for use as a Multi-Sport Computer.

> • **Before use, read the instruction manual that comes with the product thoroughly to the end to understand the functions of this unit, and to use it safely in a correct manner.**
> • **Pacemaker users should never use the heart rate sensor.**

This PDF contains a movie file.
When you click on the movie screen, a message regarding security appears. Click the "**Trust in the text**" or "**Play**" button to close the message.
Click the screen again to play the movie.

CATEYE Q3/Q3a
Quick Start Manual

Click the item you wish to view.

Operation of buttons

Set up the wristwatch by operating the buttons as follows.
Check the button position before you start setting up.

MENU ---- MODE1

SSS ---- MODE2

The **MENU** button, **SSS** button, **MODE1** button, and
MODE2 button are on the side of the wristwatch.

Preparation for setting up

Restarting operation

Setting the clock display

Setting the hour

Setting the minute

Setting the date display

Setting the year

Setting the month

Setting the day

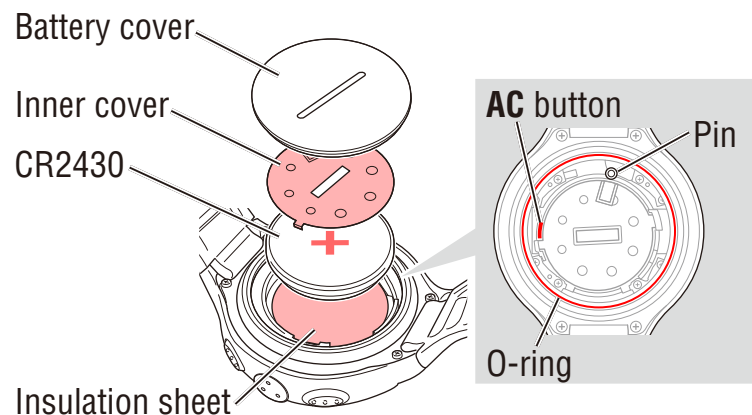Setting the tire circumference

Setting the speed unit

Setting the temperature unit

Clock mode screen
(Setup completed)

Preparation for setting up

Remove the insulation sheet according to the procedure instructed in the movie.

After removing the insulation sheet, replace the battery, inner cover, and battery cover as before.

* Check that the O-ring is installed to the groove on the wristwatch, and then firmly close the battery cover.

Battery cover

Inner cover

CR2430

AC button

Pin

Insulation sheet

O-ring

CATEYE Q3/Q3a
Quick Start Manual

Preparation for setting up
Restarting operation (1/2)
Setting the clock display
Setting the hour
Setting the minute
Setting the date display
Setting the year
Setting the month
Setting the day
Setting the tire circumference
Setting the speed unit
Setting the temperature unit
Clock mode screen (Setup completed)

MENU

MODE1

SSS

MODE2

Restarting operation

Press and simultaneously hold the **MENU** button, **SSS** button, **MODE1** button, and **MODE2** button on the side of the wristwatch. Hold down the four buttons until the display on the screen changes.
After full lighting of the screen, the wristwatch changes to the initialization confirmation screen.

* If no operation is made for 3 minutes after "Restarting operation" to "Setting the date", the restarting operation is cancelled and the wristwatch changes to the Clock screen. In such a case, simultaneously press the 4 buttons again, and redo the restarting operation.

Full lighting → Initialization confirmation

CATEYE Q3/Q3a
Quick Start Manual

Preparation for setting up

Restarting operation (2/2)

Setting the clock display

Setting the hour

Setting the minute

Setting the date display

Setting the year

Setting the month

Setting the day

Setting the tire circumference
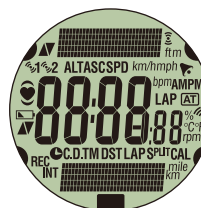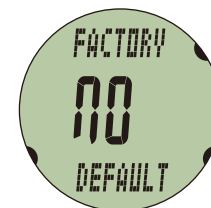
Setting the speed unit
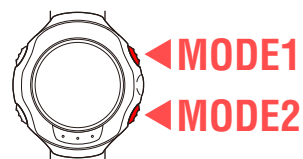
Setting the temperature unit
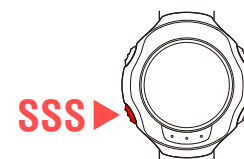
Clock mode screen
(Setup completed)

Confirming the restarting operation

When the **MODE1** button or the **MODE2** button is pressed, either "**YES**" or "**NO**" is selected. Select "**NO**", and confirm it by pressing the **SSS** button.
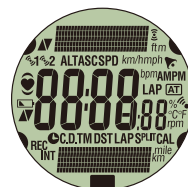
YES ↔ NO

◄**MODE1**

◄**MODE2**

Confirm

SSS►

After full lighting of the screen, the wristwatch activates an alarm and changes to the clock display setting screen to start setup.

Full lighting

Setting the clock display

CATEYE Q3/Q3a
Quick Start Manual

Preparation for setting up

Restarting operation

Setting the clock display

Setting the hour

Setting the minute

Setting the date display

Setting the year

Setting the month

Setting the day

Setting the tire circumference

Setting the speed unit

Setting the temperature unit

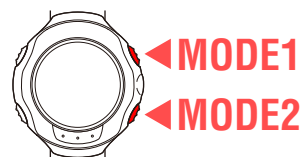Clock mode screen
(Setup completed)
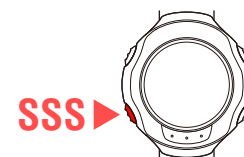
Clock display

Setting the clock display

When the **MODE1** button or the **MODE2** button is pressed, either "**12h**" or "**24h**" is selected for the clock display. Select the display of your choice.

After selecting, press the **SSS** button to proceed to the next step "Setting the hour".

24h ↔ 12h

◄**MODE1**

◄**MODE2**

To the next step

SSS►

Preparation for setting up

Restarting operation

Setting the clock display

Setting the hour

Setting the minute

Setting the date display

Setting the year

Setting the month

Setting the day

Setting the tire circumference

Setting the speed unit

Setting the temperature unit

Clock mode screen
(Setup completed)

Hour

Setting the hour

Pressing the **MODE1** button increases the value ("**Hour**" of the clock) flashing, and pressing the **MODE2** button decreases it. Enter any value.
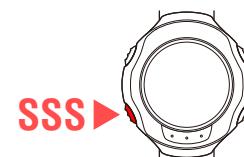
 * Pressing and holding the **MODE1** button or the **MODE2** button fast-forwards (increases/decreases) the value.

After entering, press the **SSS** button to proceed to the next step "Setting the minute".

Increase the value
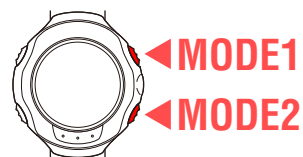
◀**MODE1**
◀**MODE2**

To the next step

SSS▶

CATEYE Q3/Q3a
Quick Start Manual

Preparation for setting up

Restarting operation

Setting the clock display

Setting the hour

Setting the minute

Setting the date display

Setting the year

Setting the month

Setting the day

Setting the tire circumference

Setting the speed unit

Setting the temperature unit

Clock mode screen
(Setup completed)

Minute

Setting the minute

In the same manner, use the **MODE1** button or the **MODE2** button to enter the value ("**Minute**" of the clock) flashing.

After entering, press the **SSS** button to proceed to the next step "Setting the date display".

Increase the value

◀**MODE1**

◀**MODE2**

To the next step

SSS▶

CATEYE Q3/Q3a
Quick Start Manual

Preparation for setting up

Restarting operation

Setting the clock display

Setting the hour

Setting the minute

Setting the date display

Setting the year

Setting the month

Setting the day

Setting the tire circumference

Setting the speed unit

Setting the temperature unit

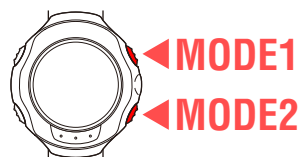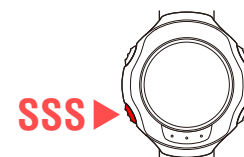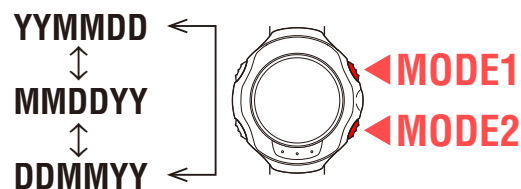Clock mode screen
(Setup completed)

Date display

Setting the date display

When the **MODE1** button or the **MODE2** button is pressed, either "**YYMMDD**", "**MMDDYY**" or "**DDMMYY**" is selected for the date display. Select the display of your choice.
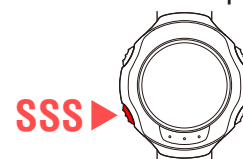
After selecting, press the **SSS** button to proceed to the next step "Setting the year".

* Be sure to enter the correct value for the date at the time of setup.

* The following description is for the case when "**YYMMDD**" is selected.

YYMMDD
↕
MMDDYY
↕
DDMMYY

◀**MODE1**

◀**MODE2**

To the next step

SSS▶

CATEYE Q3/Q3a
Quick Start Manual

Preparation for setting up

Restarting operation

Setting the clock display

Setting the hour

Setting the minute

Setting the date display

Setting the year

Setting the month

Setting the day

Setting the tire circumference

Setting the speed unit

Setting the temperature unit

Clock mode screen
(Setup completed)

Year

Setting the year

Pressing the **MODE1** button increases the value ("**Year**" of the date) flashing, and pressing the **MODE2** button decreases it. Enter any value.

 * Pressing and holding the **MODE1** button or the **MODE2** button fast-forwards (increases/decreases) the value.

After entering, press the **SSS** button to proceed to the next step "Setting the month".

Increase the value

◄**MODE1**
◄**MODE2**

To the next step

SSS►

CATEYE Q3/Q3a
Quick Start Manual

Preparation for setting up

Restarting operation

Setting the clock display

Setting the hour

Setting the minute

Setting the date display

Setting the year

Setting the month

Setting the day

Setting the tire circumference

Setting the speed unit

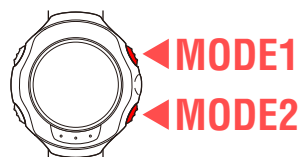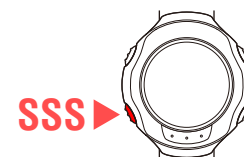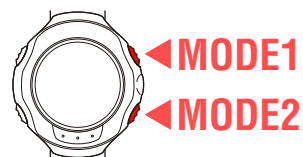Setting the temperature unit

Clock mode screen
(Setup completed)

Month

Setting the month

In the same manner, use the **MODE1** button or the **MODE2** button to enter the value ("**Month**" of the date) flashing.

After entering, press the **SSS** button to proceed to the next step "Setting the day".

Increase the value

◀**MODE1**
◀**MODE2**

To the next step

SSS▶

CATEYE Q3/Q3a
Quick Start Manual

Preparation for setting up

Restarting operation

Setting the clock display

Setting the hour

Setting the minute

Setting the date display

Setting the year

Setting the month

Setting the day

Setting the tire circumference

Setting the speed unit

Setting the temperature unit

Clock mode screen
(Setup completed)

Day

Setting the day

In the same manner, use the **MODE1** button or the **MODE2** button to enter the value ("**Day**" of the date) flashing.

After entering, press the **MENU** button to change to the Clock mode screen, and then proceed to the next step "Setting the tire circumference".

* When the tire circumference of your bicycle is 2096 mm (700 x 23c), the speed unit uses "**km**", and the temperature unit uses "**°C** (Celsius) *for Q3a only", then setup is completed. Proceed to the following procedure only in case of changes.

Increase the value
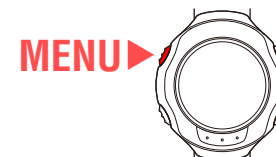
◄**MODE1**
◄**MODE2**

To the next step

MENU►

CATEYE Q3/Q3a
Quick Start Manual

Preparation for setting up
Restarting operation
Setting the clock display
Setting the hour
Setting the minute
Setting the date display
Setting the year
Setting the month
Setting the day
Setting the tire circumference (1/4)
Setting the speed unit
Setting the temperature unit
Clock mode screen (Setup completed)

Setting the tire circumference

When you press and hold the **MENU** button to display "**SETUP MENU**", and then release the button, the wristwatch changes automatically to the Clock & Date screen ("**CLOCK DATE**").

* After "Setting the tire circumference", if there is no operation for 3 minutes, the wristwatch returns to the Clock mode.
When the wristwatch returns to the Clock mode during setup, or you make a mistake in procedure, press and hold the **MENU** button to redo the setting here.

MENU ▶▶

TUE
0:00₀₀
10.01.01

(Press and hold)

SETUP
MENU

▮▮▶

CLOCK
DATE

Clock mode screen   SETUP MENU   Clock & Date setting screen

CATEYE Q3/Q3a
Quick Start Manual

Preparation for setting up

Restarting operation

Setting the clock display

Setting the hour

Setting the minute

Setting the date display

Setting the year

Setting the month

Setting the day

Setting the tire circumference (2/4)

Setting the speed unit

Setting the temperature unit

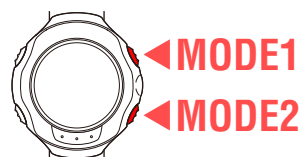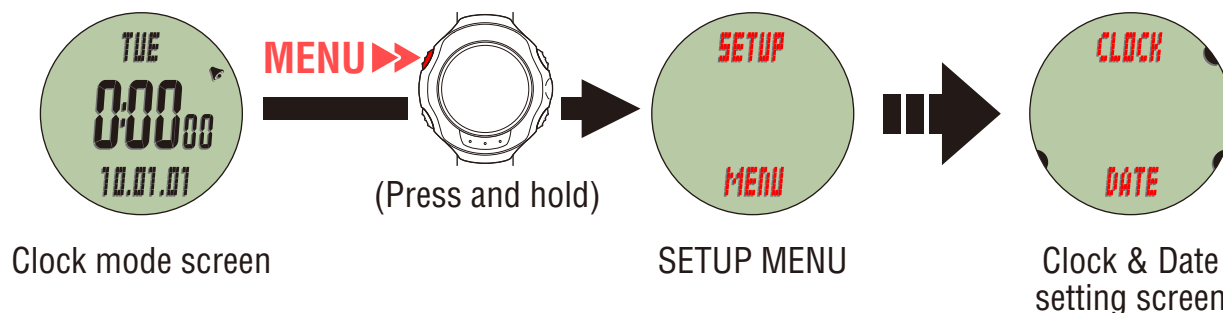Clock mode screen
(Setup completed)

Setting the tire circumference

Press the **MODE1** button twice to change to the Tire setting screen ("**TIRE**"), and press the **SSS** button to proceed to the next step "Setting the tire circumference (3/4)".

Clock & Date
setting screen

Tire Circumference
setting screen

To the next step

CATEYE Q3/Q3a
Quick Start Manual

Preparation for setting up

Restarting operation

Setting the clock display

Setting the hour

Setting the minute

Setting the date display

Setting the year

Setting the month

Setting the day

Setting the tire circumference (3/4)

Setting the speed unit

Setting the temperature unit

Clock mode screen
(Setup completed)

Sensor ID1

Setting the tire circumference

When you change to the Tire setting screen ("**TIRE**"), "📡**1**" and "**S/ID:1**" flash. Press the **SSS** button to proceed to the next step "Setting the tire circumference (4/4)".

To the next step

SSS▶

CATEYE Q3/Q3a
Quick Start Manual

Preparation for setting up

Restarting operation

Setting the clock display

Setting the hour

Setting the minute

Setting the date display

Setting the year

Setting the month

Setting the day

Setting the tire circumference (4/4)

Setting the speed unit

Setting the temperature unit

Clock mode screen
(Setup completed)

Entering the tire circumference
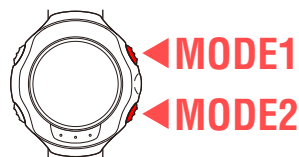
Setting the tire circumference

Enter the tire circumference (mm) of your bicycle with 4 digits using the tire circumference reference table.

Pressing the **MODE1** button increases the value flashing, and pressing the **MODE2** button decreases it. Pressing the **SSS** button moves to the next two digits.
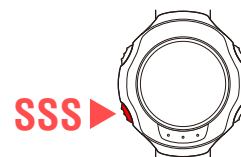
 * Pressing and holding the **MODE1** button or the **MODE2** button fast-forwards (increases/decreases) the value.

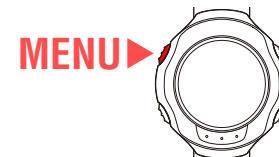After entering, press the **MENU** button to proceed to the next step "Setting the speed unit".

Increase the value

◄**MODE1**
◄**MODE2**

Move digit

SSS►

To the next step

MENU►

Preparation for setting up

Restarting operation

Setting the clock display

Setting the hour

Setting the minute

Setting the date display

Setting the year

Setting the month

Setting the day

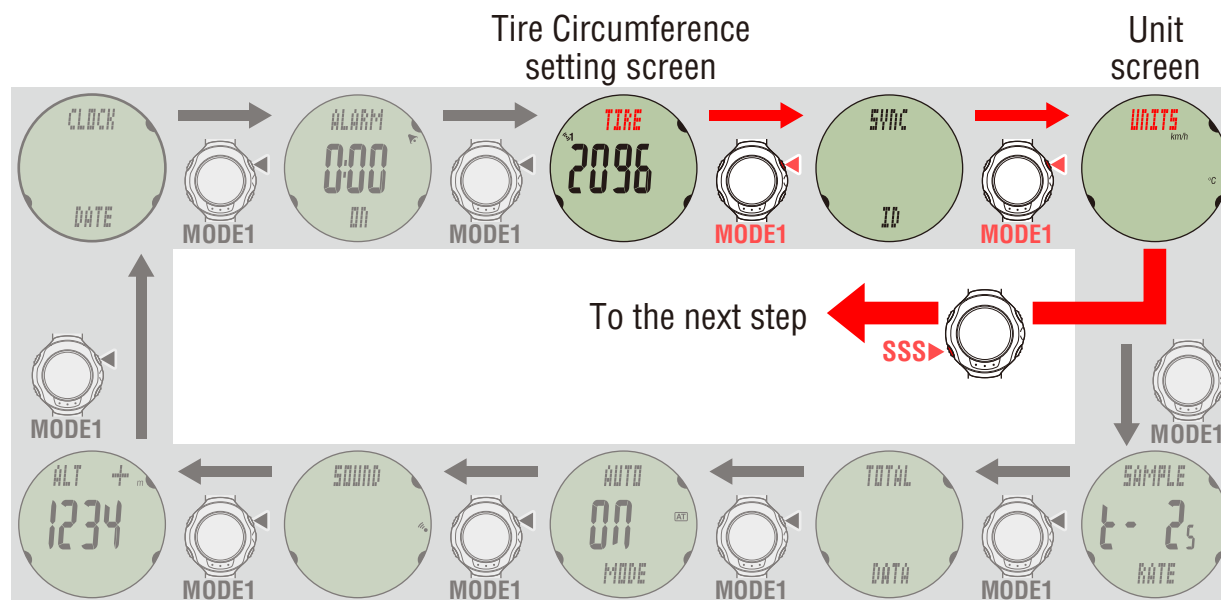Setting the tire circumference

Setting the speed unit (1/3)

Setting the temperature unit

Clock mode screen
(Setup completed)

Setting the measurement unit

Press the **MODE1** button twice to change to the Unit setting screen ("**UNITS**"), and press the **SSS** button to proceed to the next step "Setting the speed unit".

Tire Circumference setting screen

Unit screen

CLOCK
DATE
MODE1

ALARM
0:00
ON
MODE1

TIRE
2096
MODE1

SYNC
ID
MODE1

UNITS
km/h
℃

MODE1

To the next step

SSS▶

MODE1

ALT + m
1234
MODE1

SOUND
MODE1

AUTO
ON
MODE
MODE1

TOTAL
DATA
MODE1

SAMPLE
t - 2s
RATE

CATEYE Q3/Q3a
Quick Start Manual

Preparation for setting up

Restarting operation

Setting the clock display

Setting the hour

Setting the minute

Setting the date display

Setting the year

Setting the month

Setting the day

Setting the tire circumference

Setting the speed unit (2/3)

Setting the temperature unit
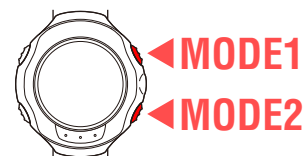
Clock mode screen
(Setup completed)

Setting the speed unit

Setting the speed unit

When the **MODE1** button or the **MODE2** button is pressed, "**km/h**" or "**mph**" is selected for the speed unit display. Select the display of your choice.

km/h ↔ mph

◀**MODE1**

◀**MODE2**

CATEYE Q3/Q3a
Quick Start Manual

Preparation for setting up

Restarting operation

Setting the clock display

Setting the hour

Setting the minute

Setting the date display

Setting the year

Setting the month

Setting the day

Setting the tire circumference

Setting the speed unit (3/3)

Setting the temperature unit
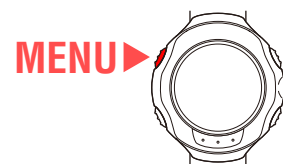
Clock mode screen
(Setup completed)

Setting the speed unit

Setting the speed unit
After selecting, press the **MENU** button twice to return to the Clock mode screen.

Setup is completed
To the Clock mode screen

MENU▶

(Press twice)

CATEYE Q3/Q3a
Quick Start Manual

Preparation for setting up

Restarting operation

Setting the clock display

Setting the hour

Setting the minute

Setting the date display

Setting the year

Setting the month

Setting the day

Setting the tire circumference

Setting the speed unit (3/3)

Setting the temperature unit

Clock mode screen
(Setup completed)

Setting the speed unit

Setting the speed unit
After selecting, press the **SSS** button to proceed to the next step "Setting the temperature unit".

To the next step

SSS ▶

CATEYE Q3/Q3a
Quick Start Manual

Preparation for setting up

Restarting operation

Setting the clock display

Setting the hour

Setting the minute

Setting the date display

Setting the year

Setting the month

Setting the day

Setting the tire circumference

Setting the speed unit

Setting the temperature unit

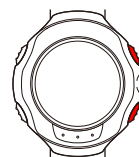Clock mode screen
(Setup completed)

Setting the temperature unit

Setting the temperature unit

When the **MODE1** button or the **MODE2** button is pressed, "**°C**" (Celsius) or "**°F**" (Fahrenheit) is selected for the temperature unit display. Select the display of your choice.

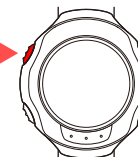After selecting, press the **MENU** button twice to return to the Clock mode screen.

˚**C** ↔ ˚**F**

◀**MODE1**

◀**MODE2**

Setup is completed
To the Clock mode screen

MENU▶

(Press twice)

CATEYE Q3/Q3a
Quick Start Manual

Preparation for setting up

Restarting operation

Setting the clock display

Setting the hour

Setting the minute

Setting the date display

Setting the year

Setting the month

Setting the day

Setting the tire circumference

Setting the speed unit

Setting the temperature unit

Clock mode screen
(Setup completed)

Clock mode screen

Now, setup of the wristwatch is completed.

If the bracket and speed sensor are not installed on your bicycle, return to Contents, click the movies of how to install the bracket and speed sensor, and install them according to the instructions.

Then, check by watching the movie on how to wear the heart rate sensor.

Operation of buttons

The sea level altitude is corrected by operation of buttons as follows.
Check the button position before you start setting up.

MENU ------ MODE1

SSS ------ MODE2

The **MENU** button, **SSS** button, **MODE1** button, and **MODE2** button are on the side of the wristwatch.

CATEYE Q3/Q3a
Quick Start Manual

Selecting the correction method

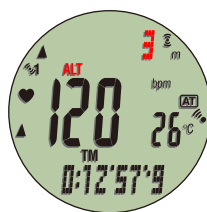Entering the sea level altitude

Applying the sea level altitude

This unit determines the altitude by converting the change in atmospheric pressure and temperature, therefore it may cause deviation from the actual sea level altitude depending on the ever-changing atmospheric pressure and temperature.

It is recommended to correct the sea level altitude just before measurement.

1. Change to the Clock mode screen or the Sports mode screen to display the sea level altitude. In the Clock mode, press the **MODE1** button to display the sea level altitude at the top row display. In the Sports mode, press the **MODE1** button several times to display the sea level altitude at the top row display.
2. When you press and hold the **MODE1** button, the wristwatch changes to "Setting the sea level correction".
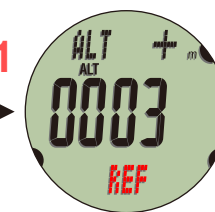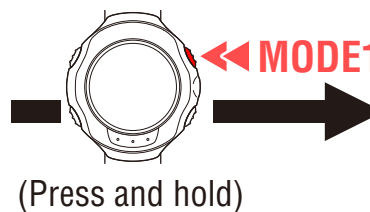

or

◀◀ **MODE1**

(Press and hold)

Clock mode screen
(sea level altitude display)

Sports mode screen
(sea level altitude display)

Sea level altitude correction

CATEYE Q3/Q3a
Quick Start Manual

Selecting the correction method

Entering the sea level altitude

Applying the sea level altitude

The following two methods can be used for the sea level altitude correction.

• REF (Sea level altitude correction)

Enter the altitude at the current point.

Enter the actual value at the point where the sea level altitude is known, such as the altitude along the seashore, or at a triangulation point sign, etc.

* After selecting **REF**, pressing and simultaneously holding the **MODE1** button and the **SSS** button, or the **MODE2** button and the **SSS** button returns to the initial value (specified in ISO2533).
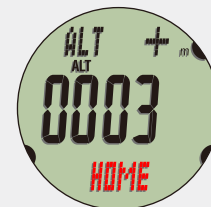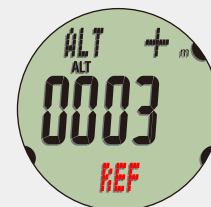
• HOME (home altitude setting)

Preset a specific sea level altitude.

Once you preset the sea level altitude of your home in advance, you can start with the correct sea level altitude by selecting **HOME** before starting from your home.

* The sea level altitude of your home can be obtained using mapping software, such as Google Earth.

*Google Earth is a trademark of Google Inc.

CATEYE Q3/Q3a
Quick Start Manual

Selecting the correction method (1/2)

Entering the sea level altitude

Applying the sea level altitude

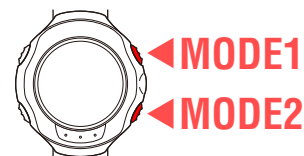Correction method

Selecting the correction method

When the **MODE1** button or the **MODE2** button is pressed, either "**REF**" or "**HOME**" is selected. Select the correction method of your choice.

REF ↔ HOME

◄**MODE1**

◄**MODE2**

Selecting the correction method (2/2)

Entering the sea level altitude

Applying the sea level altitude

Correction method

Selecting the correction method

After selecting, press the **SSS** button to proceed to the next step "Entering the sea level altitude".

To the next step

SSS ▶

CATEYE Q3/Q3a
Quick Start Manual

Selecting the correction method

Entering the sea level altitude (1/2)

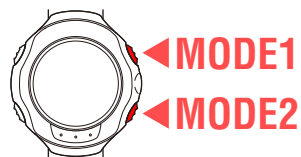Applying the sea level altitude

Selection of positive or negative symbol

Entering the sea level altitude

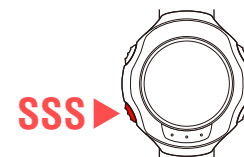When the **MODE1** button or the **MODE2** button is pressed, "**+**" or "**-**" is selected. Select either the positive or negative symbol for the value you want to set.
 * Select "**-**" when the sea level altitude is below 0 m.
After selecting, press the **SSS** button to proceed to the next step "Entering the sea level altitude 2/2".

+ ↔ –

◀**MODE1**

◀**MODE2**

To the next step

SSS ▶

Selecting the correction method

Entering the sea level altitude (2/2)

Applying the sea level altitude

Sea level altitude

Entering the sea level altitude

Enter the sea level altitude of the current point.

* When the measurement unit uses "**m**", enter a value of four figures. When the speed unit uses "**ft**", enter a value of five figures.

Pressing the **MODE1** button increases the value flashing, and pressing the **MODE2** button decreases it.

Pressing the **SSS** button moves to the next digit.

Increase the value

Move digit

◄**MODE1**
◄**MODE2**

SSS►

Selecting the correction method

Entering the sea level altitude

Applying the sea level altitude

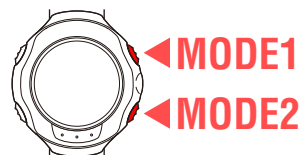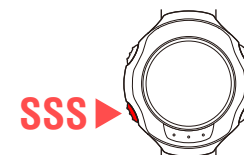Sea level altitude correction

Applying the sea level altitude

When the value you want to set is displayed, press and hold the **MODE1** button for 3 seconds to return to the previous screen (Clock mode screen, or Sports mode screen).

The altitude you set is applied to the sea level altitude on the screen, and the sea level altitude correction is completed.

◀◀ **MODE1**
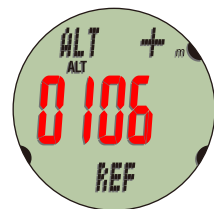
(Press and hold for 3 seconds)

Sea level altitude correction

Clock mode screen

CATEYE Q3/Q3a
Quick Start Manual

Selecting the correction method (2/2)

Entering the home altitude

Applying the home altitude

Correction method

Selecting the correction method

To newly set the home altitude, press the **SSS** button to proceed to the next step "Entering the home altitude".

To the next step

SSS ▶

When the home altitude has already been set, proceed to "Applying the home altitude".

CATEYE Q3/Q3a
Quick Start Manual

Selecting the correction method

Entering the home altitude (1/2)

Applying the home altitude

Selection of positive or negative symbol

Entering the home altitude

When the **MODE1** button or the **MODE2** button is pressed, "**+**" or "**-**" is selected. Select either the positive or negative symbol for the value you want to set.

 * Select "**-**" when the sea level altitude is below 0 m.

After selecting, press the **SSS** button to proceed to the next step "Entering the home altitude 2/2".

+ ↔ −

◄**MODE1**

◄**MODE2**

To the next step

SSS►
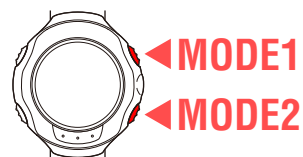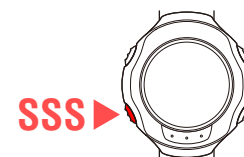
Selecting the correction method

Entering the home altitude (2/2)

Applying the home altitude

Home altitude

Entering the home altitude

Enter the sea level altitude you wish to set as a home altitude, such as the altitude of your home.

* When the measurement unit uses "**m**", enter a value of four figures. When the speed unit uses "**ft**", enter a value of five figures.

Pressing the **MODE1** button increases the value flashing, and pressing the **MODE2** button decreases it.

Pressing the **SSS** button moves to the next digit.

Increase the value

◀**MODE1**
◀**MODE2**

Move digit

SSS▶

Selecting the correction method

Entering the home altitude

Applying the home altitude

Home altitude

Applying the home altitude

When the value you want to set is displayed, press and hold the **MODE1** button for 3 seconds to return to the previous screen (Clock mode screen, or Sports mode screen).

The altitude you set is applied to the sea level altitude on the screen, and the sea level altitude correction is completed.

◄◄ **MODE1**

(Press and hold for 3 seconds)

Sea level altitude correction

Clock mode screen

CATEYE Q3/Q3a
Quick Start Manual

Selecting the correction method

Entering the home altitude

Applying the home altitude
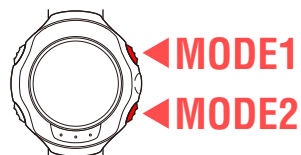

Home altitude

Applying the home altitude
Press and hold the **MODE1** button for 3 seconds to return to the previous screen (Clock mode screen, or Sports mode screen).

The altitude you set is applied to the sea level altitude on the screen, and the sea level altitude correction is completed.

Sea level altitude correction

(Press and hold for 3 seconds)

◄◄MODE1

Clock mode screen

CATEYE Q3/Q3a
Quick Start Manual

How to install the bracket
[Q series bracket]

Click the screen to play.

* The Q series can be used to measure while wearing it on your arm, without installing it on your bicycle.

CATEYE Q3/Q3a
Quick Start Manual

How to install the speed sensor
[2.4 GHz Digital speed/cadence sensor]

Click the screen to play.

CATEYE Q3/Q3a
Quick Start Manual

How to wear the heart rate sensor
[2.4 GHz Digital heart rate sensor]

Click the screen to play.

CATEYE Q3/Q3a
Quick Start Manual

Tire circumference reference table

ETRTO	Tire size	L (mm)
47-203	12x1.75	935
54-203	12x1.95	940
40-254	14x1.50	1020
47-254	14x1.75	1055
40-305	16x1.50	1185
47-305	16x1.75	1195
54-305	16x2.00	1245
28-349	16x1-1/8	1290
37-349	16x1-3/8	1300
32-369	17x1-1/4 (369)	1340
40-355	18x1.50	1340
47-355	18x1.75	1350
32-406	20x1.25	1450
35-406	20x1.35	1460

ETRTO	Tire size	L (mm)
40-406	20x1.50	1490
47-406	20X1.75	1515
50-406	20x1.95	1565
28-451	20x1-1/8	1545
37-451	20x1-3/8	1615
37-501	22x1-3/8	1770
40-501	22x1-1/2	1785
47-507	24x1.75	1890
50-507	24x2.00	1925
54-507	24x2.125	1965
25-520	24x1 (520)	1753
	24x3/4 Tubular	1785
28-540	24x1-1/8	1795
32-540	24x1-1/4	1905

ETRTO	Tire size	L (mm)
25-559	26x1 (559)	1913
32-559	26x1.25	1950
37-559	26x1.40	2005
40-559	26x1.50	2010
47-559	26x1.75	2023
50-559	**26x1.95**	**2050**
54-559	26x2.10	2068
57-559	26x2.125	2070
58-559	26x2.35	2083
75-559	26x3.00	2170
28-590	26x1-1/8	1970
37-590	26x1-3/8	2068
37-584	26x1-1/2	2100
	650C Tubular 26x7/8	1920

ETRTO	Tire size	L (mm)
20-571	650x20C	1938
23-571	650x23C	1944
25-571	650x25C 26x1 (571)	1952
40-590	650x38A	2125
40-584	650x38B	2105
25-630	27x1 (630)	2145
28-630	27x1-1/8	2155
32-630	27x1-1/4	2161
37-630	27x1-3/8	2169
18-622	700x18C	2070
19-622	700x19C	2080
20-622	700x20C	2086
23-622	**700x23C**	**2096**
25-622	700x25C	2105

ETRTO	Tire size	L (mm)
28-622	700x28C	2136
30-622	700x30C	2146
32-622	700x32C	2155
	700C Tubular	2130
35-622	700x35C	2168
38-622	700x38C	2180
40-622	700x40C	2200
42-622	700x42C	2224
44-622	700x44C	2235
45-622	700x45C	2242
47-622	700x47C	2268
54-622	29x2.1	2288
60-622	29x2.3	2326

Measure the tire circumference (L) of your bicycle

Adjust the tire pressure properly. With the rider's weight applied on the bicycle, roll the wheel one tire revolution with reference to a marker such as the valve, and measure the travel distance on the ground.

L mm