



## Apple Watch SE (3rd generation) SE 3 GPS 44mm Starlight Aluminium Case with Sand Sport Band - M/L

**Brand :** Apple

**Product family:** Watch

**Product code:** MJL54MP/A

**Product name :** Apple Watch  
SE 3 GPS 44mm Starlight  
Aluminium Case with Sand Sport  
Band - M/L

- Get advanced health tracking — including your overnight sleep score — just by wearing your watch
  - Track your workouts and daily activity, like moving, exercising, and standing with Activity rings
  - The redesigned Health app provides deeper, more personal insights into your health
  - Meet Siri AI. Your AI assistant. More personal. More powerful
  - Keep help close at hand with safety features like Crash Detection and Fall Detection
  - Stay in the moment with all-day, 18-hour battery life and fast charging
- Watch SE 3, 44mm, GPS, OLED, Always-on altimeter, Digital Crown, watchOS

Apple Watch SE (3rd generation) SE 3 GPS 44mm Starlight Aluminium Case with Sand Sport Band - M/L:

### Walk it. Track it. Love it.

Apple Watch SE (3rd generation) SE 3 GPS 44mm Starlight Aluminium Case with Sand Sport Band - M/L.  
Display technology: OLED, Display resolution: 368 x 448 pixels, Touchscreen. Flash memory: 64 GB. Wi-Fi. GPS (satellite). Weight: 32.9 g. Waterproof up to: 50 m, Band colour: Sand, Band size: M/L. Operating system installed: watchOS 27



| Display                           |                           | Features                       |                                                                                                                                                                                                                      |
|-----------------------------------|---------------------------|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Display technology *              | OLED                      | Personal info management (PIM) | SOS                                                                                                                                                                                                                  |
| Display technology marketing name | Retina                    | Ambient light sensor           | ✓                                                                                                                                                                                                                    |
| Display area                      | 977 mm²                   | Virtual assistant              | Apple Siri                                                                                                                                                                                                           |
| Display brightness                | 1000 cd/m²                | Haptic feedback                | ✓                                                                                                                                                                                                                    |
| Display brightness (min)          | 2 cd/m²                   | Electronic compass             | ✓                                                                                                                                                                                                                    |
| Pixel density                     | 326 ppi                   | Skin temperature sensor        | ✓                                                                                                                                                                                                                    |
| Always-on display                 | ✓                         | Recommended activity           | Cooldown, Cycling, Dance, Elliptical, Golf, HIIT, Hiking, Kickboxing, Outdoor rowing, Paddling, Pilates, Running, Skiing, Snowboarding, Stair stepper, Swimming, Tai Chi, Walking, Weight training, Wheelchair, Yoga |
| Colour display                    | ✓                         |                                |                                                                                                                                                                                                                      |
| Display type *                    | Digital                   |                                |                                                                                                                                                                                                                      |
| Display resolution *              | 368 x 448 pixels          |                                |                                                                                                                                                                                                                      |
| Touchscreen *                     | ✓                         |                                |                                                                                                                                                                                                                      |
| Rounded display corners           | ✓                         | Virtual pacer function         | ✓                                                                                                                                                                                                                    |
| Watch glass type                  | Ion-X glass               | Workout tracking               | ✓                                                                                                                                                                                                                    |
| Processor                         |                           | Apple Intelligence             | ✓                                                                                                                                                                                                                    |
| Processor model                   | S10                       | Altimeter                      | ✓                                                                                                                                                                                                                    |
| Processor cores                   | 4                         | Network                        |                                                                                                                                                                                                                      |
| Neural processor unit (NPU)       | Apple Neural Engine (ANE) | Mobile network connection *    | ✗                                                                                                                                                                                                                    |
| Neural processor unit (NPU) cores | 4                         | Mobile network generation      | Not supported                                                                                                                                                                                                        |
| Design                            |                           | GPS (satellite)                | ✓                                                                                                                                                                                                                    |
| Band size *                       | M/L                       | BeiDou                         | ✓                                                                                                                                                                                                                    |
| Shape *                           | Rectangular               | GLONASS                        | ✓                                                                                                                                                                                                                    |
| Wrist size range                  | 140 - 245 mm              | Galileo                        | ✓                                                                                                                                                                                                                    |
| Market positioning *              | Smartwatch                |                                |                                                                                                                                                                                                                      |

| Design                             |                                                                                                                                                                                                                                                                                                                                                                                        | Network                              |                                                                                                                                                                                                                                                                                                                                                     |  |
|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Watch case size *                  | 44 mm                                                                                                                                                                                                                                                                                                                                                                                  | Quasi-Zenith Satellite System (QZSS) | ✓                                                                                                                                                                                                                                                                                                                                                   |  |
| Watch case colour *                | Beige                                                                                                                                                                                                                                                                                                                                                                                  |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Watch case material *              | Aluminium                                                                                                                                                                                                                                                                                                                                                                              |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Band colour *                      | Sand                                                                                                                                                                                                                                                                                                                                                                                   |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Protection features                | Water resistant, Waterproof                                                                                                                                                                                                                                                                                                                                                            |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Removable strap                    | ✓                                                                                                                                                                                                                                                                                                                                                                                      |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Magnetic charging connector        | ✓                                                                                                                                                                                                                                                                                                                                                                                      |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Waterproof up to                   | 50 m                                                                                                                                                                                                                                                                                                                                                                                   |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Performance                        |                                                                                                                                                                                                                                                                                                                                                                                        | Ports & interfaces                   |                                                                                                                                                                                                                                                                                                                                                     |  |
| FM radio *                         | ✗                                                                                                                                                                                                                                                                                                                                                                                      | Wi-Fi standards                      | Wi-Fi 4 (802.11n)                                                                                                                                                                                                                                                                                                                                   |  |
| Mobile operating systems supported | iOS                                                                                                                                                                                                                                                                                                                                                                                    | Bluetooth                            | ✓                                                                                                                                                                                                                                                                                                                                                   |  |
| Operating system installed         | watchOS 27                                                                                                                                                                                                                                                                                                                                                                             | Bluetooth Low Energy (BLE)           | ✓                                                                                                                                                                                                                                                                                                                                                   |  |
| Flash memory                       | 64 GB                                                                                                                                                                                                                                                                                                                                                                                  | USB port *                           | ✗                                                                                                                                                                                                                                                                                                                                                   |  |
| 64-bit computing                   | ✓                                                                                                                                                                                                                                                                                                                                                                                      | Near Field Communication (NFC) *     | ✓                                                                                                                                                                                                                                                                                                                                                   |  |
| Built-in microphone *              | ✓                                                                                                                                                                                                                                                                                                                                                                                      | Wi-Fi *                              | ✓                                                                                                                                                                                                                                                                                                                                                   |  |
| Built-in speaker(s) *              | ✓                                                                                                                                                                                                                                                                                                                                                                                      | Bluetooth version *                  | 5.3                                                                                                                                                                                                                                                                                                                                                 |  |
| Built-in camera *                  | ✗                                                                                                                                                                                                                                                                                                                                                                                      | Headphone connectivity *             | Bluetooth                                                                                                                                                                                                                                                                                                                                           |  |
| Crash detection                    | ✓                                                                                                                                                                                                                                                                                                                                                                                      |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Fall detection                     | ✓                                                                                                                                                                                                                                                                                                                                                                                      |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Languages support                  | Multi                                                                                                                                                                                                                                                                                                                                                                                  |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Noise monitoring                   | ✓                                                                                                                                                                                                                                                                                                                                                                                      |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Backtrack                          | ✓                                                                                                                                                                                                                                                                                                                                                                                      |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Check In function                  | ✓                                                                                                                                                                                                                                                                                                                                                                                      |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Features                           |                                                                                                                                                                                                                                                                                                                                                                                        | Power                                |                                                                                                                                                                                                                                                                                                                                                     |  |
| Accessibility features             | Accessibility Shortcut, AssistiveTouch, Audio Volume Balance, Auto Transcription, Auto-Answer Calls, Bold Text, Button Click Speed, Color Filters, Hourly Chimes, Increase Contrast, Live Speech, Mono Audio, On/Off Labels, Personal Voice, RTT Support, Reduce Motion, Reduce Transparency, Taptic Time, Text Size, Touch Accommodations, Type to Siri, VoiceOver, Zoom, Live Listen | Battery type *                       | Built-in battery                                                                                                                                                                                                                                                                                                                                    |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Battery life (max) *                 | 32 h                                                                                                                                                                                                                                                                                                                                                |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Battery life                         | 18 h                                                                                                                                                                                                                                                                                                                                                |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Wireless charging                    | ✓                                                                                                                                                                                                                                                                                                                                                   |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Fast charging                        | ✓                                                                                                                                                                                                                                                                                                                                                   |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Battery recharge time (80%)          | 0.75 h                                                                                                                                                                                                                                                                                                                                              |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Heart rate monitor *               | ✓                                                                                                                                                                                                                                                                                                                                                                                      |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Heart rate sensor type             | Optical                                                                                                                                                                                                                                                                                                                                                                                |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Sleep apnea detection              | ✓                                                                                                                                                                                                                                                                                                                                                                                      |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Distance travelled                 | ✓                                                                                                                                                                                                                                                                                                                                                                                      |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Accelerometer                      | ✓                                                                                                                                                                                                                                                                                                                                                                                      |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Gyroscope                          | ✓                                                                                                                                                                                                                                                                                                                                                                                      |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Activity tracker                   | ✓                                                                                                                                                                                                                                                                                                                                                                                      |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Multisport mode                    | ✓                                                                                                                                                                                                                                                                                                                                                                                      |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Quality of sleep                   | ✓                                                                                                                                                                                                                                                                                                                                                                                      |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Double tap gesture                 | ✓                                                                                                                                                                                                                                                                                                                                                                                      |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| Irregular rhythm notifications     | ✓                                                                                                                                                                                                                                                                                                                                                                                      |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
| SOS alert function                 | ✓                                                                                                                                                                                                                                                                                                                                                                                      |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Operational conditions               |                                                                                                                                                                                                                                                                                                                                                     |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Operating temperature (T-T)          | 0 - 35 °C                                                                                                                                                                                                                                                                                                                                           |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Storage temperature (T-T)            | -20 - 45 °C                                                                                                                                                                                                                                                                                                                                         |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Operating relative humidity (H-H)    | 5 - 90%                                                                                                                                                                                                                                                                                                                                             |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Operating altitude                   | 0 - 3000 m                                                                                                                                                                                                                                                                                                                                          |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Battery                              |                                                                                                                                                                                                                                                                                                                                                     |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Battery technology *                 | Lithium-Ion (Li-Ion)                                                                                                                                                                                                                                                                                                                                |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Software                             |                                                                                                                                                                                                                                                                                                                                                     |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Health and Wellness apps             | Heart Rate app; High and low heart rate notifications; Irregular rhythm notifications; Advanced Cycle Tracking app with fertile window estimates, retrospective ovulation estimates, and perimenopause and menopause support; Medications app; Mindfulness app; Noise app; Sleep app including sleep stages; Sleep score; Sleep apnea notifications |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        |                                      |                                                                                                                                                                                                                                                                                                                                                     |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Weight & dimensions                  |                                                                                                                                                                                                                                                                                                                                                     |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Width                                | 38 mm                                                                                                                                                                                                                                                                                                                                               |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Depth                                | 44 mm                                                                                                                                                                                                                                                                                                                                               |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Thickness                            | 1.07 cm                                                                                                                                                                                                                                                                                                                                             |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Weight                               | 32.9 g                                                                                                                                                                                                                                                                                                                                              |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Packaging data                       |                                                                                                                                                                                                                                                                                                                                                     |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Package width                        | 77 mm                                                                                                                                                                                                                                                                                                                                               |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Package depth                        | 240 mm                                                                                                                                                                                                                                                                                                                                              |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Package height                       | 30 mm                                                                                                                                                                                                                                                                                                                                               |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Package weight                       | 260 g                                                                                                                                                                                                                                                                                                                                               |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Packaging content                    |                                                                                                                                                                                                                                                                                                                                                     |  |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                        | Cables included                      | Magnetic Fast Charger to USB-C                                                                                                                                                                                                                                                                                                                      |  |



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