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// @ FIT SDK: decode.c:
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```
if (
    (record->compressed_speed_distance[0] != FIT_BYTE_INVALID) ||
    (record->compressed_speed_distance[1] != FIT_BYTE_INVALID) ||
    (record->compressed_speed_distance[2] != FIT_BYTE_INVALID)
)
{
    static FIT_UINT32 accumulated_distance16 = 0;
    static FIT_UINT32 last_distance16 = 0;
    FIT_UINT16 speed100;
    FIT_UINT32 distance16;

    speed100 = record->compressed_speed_distance[0] | ((record->compressed_speed_distance[1] & 0x0F) << 8);
    printf(", speed = %.2fm/s", speed100/100.0f);

    distance16 = (record->compressed_speed_distance[1] >> 4) | (record->compressed_speed_distance[2] << 4);
    accumulated_distance16 += (distance16 - last_distance16) & 0xFFFF;
    last_distance16 = distance16;

    printf(", distance = %.3fm", accumulated_distance16/16.0f);
}
```

```
// @ FIT SDK: profile.xlsx
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```
Message Name: record
Field Def No.: 8
Field Name: compressed_speed_distance
Field Type: byte // = 8 bit
array: [3] // = 24 bit = 3x 8 bit
Components: speed,distance
Scale: 100,16
Offset:
Units: m/s,m
Bits: 12,12 // = 24 bit = 2x 12 bit
Accumulate: 0,1
```