FIT SDK: profile.xlsx

Message Name	Field Def No.	Field Name	Field Type	Array	Components	Scale	Offset	Units	Bits	Accumulate
record	…									
record	5	distance	uint32			100		m		
record	6	speed	uint16		enhanced_speed	1000		m/s	16	
record	…									
record	8	compressed_speed_distance	byte	[3]	speed,distance	100,16		m/s,m	12,12	0,1
record	…									