

Service Manual

Personal Cellular Telephone

GSM™

EB-X60



	900 MHz	1800 MHz
Tx Frequency Range	890 - 915 MHz	1710 - 1785 MHz
Rx Frequency Range	925 - 960 MHz	1805 - 1890 MHz
Tx / Rx separation	4.5 MHz	95 MHz
RF Channel Bandwidth	200 kHz	
Number of RF channels	134	324
Speech coding	Full rate / Half rate / Enhanced Full rate	
Operating temperature	-10 °C to +55 °C	
Type	Class 4 Handheld	Class 1 Handheld
RF Output Power	2 W maximum	1 W maximum
Modulation	GMSK (BT = 0.3)	
Connection	8 pin / T-OMA	
Voice digitizing	13 kbps RPE-LTP / 13 kbps ACLELP / 16 kbps CLELP / VSELP	
Transmission speed	20.0/30.0 kbps	
Signal Reception	Direct conversion	
Antenna Impedance (External Connector)	50 Ω	
Antenna VSWR	≤ 2.1 : 1	
Dimensions (Excluding antenna)	Height : 25.5 mm Width : 44.5 mm Depth : 20.3 mm	
Volume	73 dB	
Weight	95 g	
Main Display	LCD : 128 x 128 pixels, 65,536 colours	
Illumination	10 LEDs for Keypad Backlighting (White) 4 LEDs for LCD Backlighting (White) 2 LEDs for Sub LCD (Blue, Green, Orange)	
Keys	16-key Keypad, Navigation key, 1 shutter key	
SIM	3.5 V Plug-in type only	
External DC Supply Voltage	5.0 V	
Battery	3.7 V nominal, 650mAh, Li-Ion	
Standby Time	75 - 220 hrs	
Talk Time	1.5 - 7.0 hrs	

Talk and standby time will be dependent on network conditions, SIM card, backlight usage and network condition.

WARNING

This service information is designed for experienced repair technicians only and is not designed for use by the general public. It does not contain warnings or cautions to advise non-technical individuals of potential dangers in attempting to service a product.

Products powered by electricity should be serviced or repaired only by experienced professional technicians. Any attempt to service or repair the product or products dealt with in this service information by anyone else could result in serious injury or death.

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Tao Wei

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web apr 16 2023 the best hydration packs for running my go to before a 5k is a banana a banana is one of the best foods to eat before a run they re rich in potassium full easily digestible carbs without being heavy on the stomach i would eat this at least 30 minutes before going to warm up for the race

runner s diet what to eat before during and after running - Oct 14 2023

web sep 16 2022 a balanced diet for healthy runners should include all the essentials carbohydrates protein fats vitamins and minerals while they should be used along with a proper diet some of these best supplements for runners can help improve performance carbohydrates without a doubt carbs are the best source of energy for athletes

runner s diet plan what to know medical news today - Feb 06 2023

web oct 29 2021 a runner s diet plan typically includes a balance of the three macronutrients carbohydrates proteins and fats by focusing on eating plenty of fruits and vegetables people will typically

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web 2023 8 golden peony at conrad centennial singapore 560 reviews closed now chinese asian menu peking duck is amazing

dishes are of good standard excellent service had dim sum lunch there as part of birthday celebration reserve 2023

runner s meal plan how to fuel your daily runs marathon - May 29 2022

web jan 24 2022 daily this runner consumes carbohydrates 35 of total daily fuel these carbohydrates are a mix that includes run of the mill carbs such as bread and oatmeal dairy such as yogurt and milk and fruit such as berries and bananas protein 35 of total daily fuel healthy fats 15 of total daily fuel