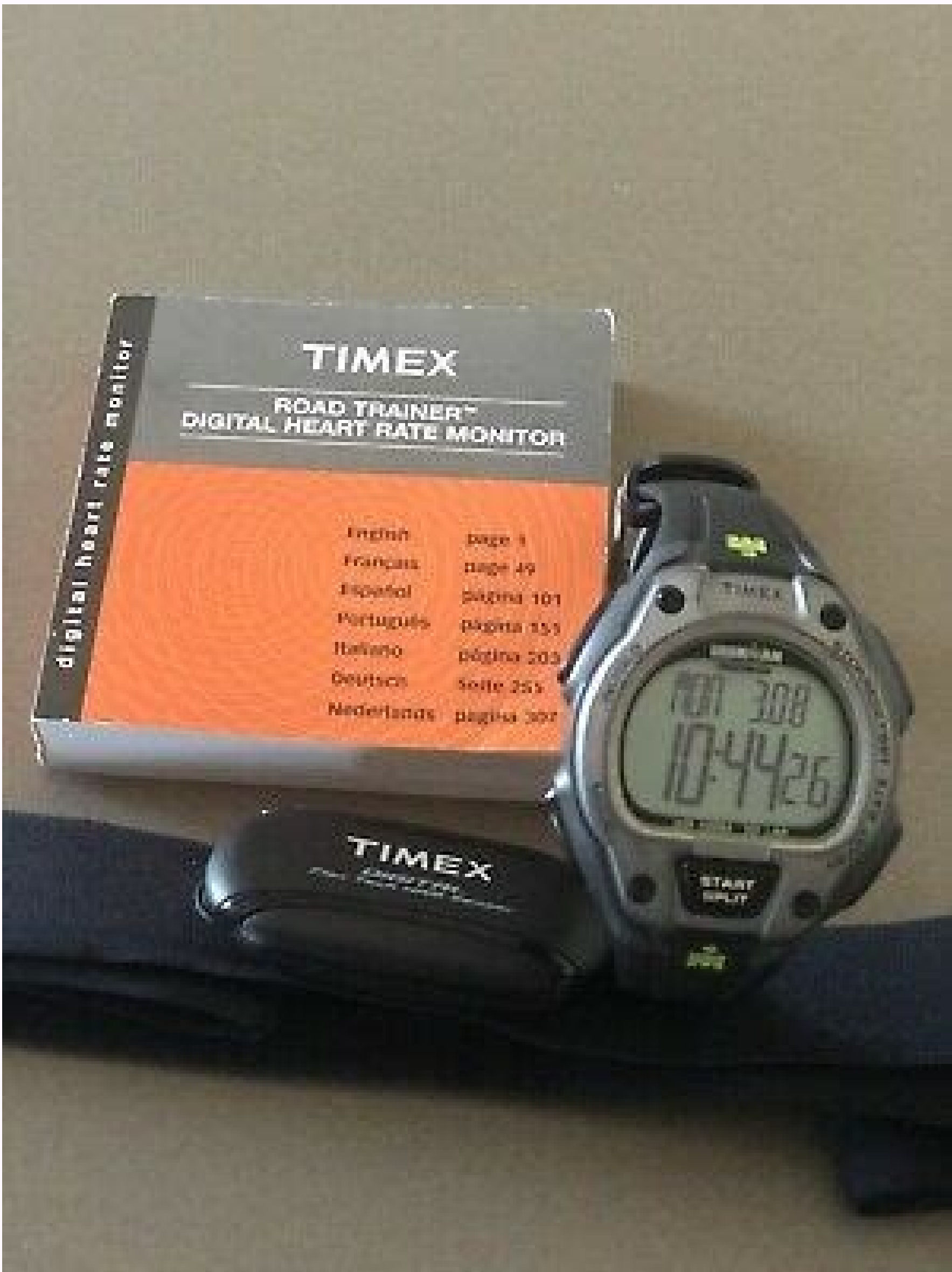


I'm not robot!





Get your game with this Timex Ironman Grey and Black Digital Chronograph Triathlon Watch. Indiglo and night mode illuminate the dial for easy reading. The cover of the face of mineral crystal avoids scratching. Cronograph Stopwatch offers back memory and split times for up to 100 hours. Reminders of the date and the 24-hour regressive account timer keep it on time. The black resin box provides lasting wear. The adjustable black and gray band ensures a custom fit. Details: Water resistant 330 feet stainless steel to stainless steel battery operated by 1 year warranty limited for warranty information. Click here Model no. T5E9019] Due to its content, this product cannot be shipped through our priority service or sent to Alaska, Hawaii, P.O. boxes, and/or military addresses APO/FPO. Visit our full return policy here. 1 Hold the "Setting/Recover" button to open the time menu. This button is on the left upper side of your Timex. Keep the button pressed for 3-5 seconds to enter the time-time menu. After that time, the screen will read "Setting" at the top. [1] At any time during this process, press "set/recover" again closes the time menu and saves all your changes to that point. If you have made all the changes you wanted to make, press "Setting/recover" to save them without scrolling through the menu. 2 Select the time zone with the "+" or "-" buttons. Timex allows you to set time for 2 or 3 different time zones, depending on the model. You will be automatically in the 1 hour zone when you enter the time menu. If you want to set the time zone 2 or 3, press the "+" button to move the time zoneahead. Press the boton "-" to move it towards attra. [2] The botón + is located in the front of the clock directly under the face of the clock, and the boton is located in the lower right of the clock. In some Timex models, the boton + says "Home/Split" and the boton "decides" stop/reset ". [3] This characteristic is à Ètil à °tìl checking the time in another part of the world quickly. If you do business or have to make a phone call to different time zones, itèÁÁÁs handy to stay organized. Advertisement 3 Set the time with the "Mode" and + or - buttons. The Mode button is in the lower left of the watch. On the digital screen, this area will read "Next." This button cycles the menu between the hours, minutes, seconds, day, and date, in that order. Press it to make the hours on the watch face flash. Use the + or eÁÁÁ buttons to cycle the hours forward or backwards. Then press Mode again to make the minutes flash. Cycle through the minutes with the + or eÁÁÁ keys as well, then do the same for the seconds.[4] If you only wanted to set the time and leave the date alone, press Set/Recall after this step to save your progress and close the menu. 4 Choose the current day of the week. After setting the time, press Mode again. The day section above the time will start flashing. Cycle forward with the + button and backwards with the eÁÁÁ button. Then press Mode again when youeÁÁÁve chosen the right day.[5] 5 Set the date with the Mode and + or eÁÁÁ buttons. When you press Mode after setting the day, the month (in number form) will start flashing. Select the correct month with the + and eÁÁÁ buttons. Then press Mode again and select the current date.[6] 6 Choose if you want the time displayed in 12 or 24-hour mode. When you press Mode after setting the date, the menu changes to 12 or 24-hour time mode. The mode youeÁÁÁre currently in will flash. Use the + button to change between both time settings, and press Mode when you pick one.[7] The advantage of 24-hour time is that you donèÁÁÁt have to check if the time is AM or PM. ItèÁÁÁs easier to tell what part of the day it is with a quick glance. 7 Save your changes by pressing the Set/Reset button. This button closes the menu and brings you back to the normal watch display. The changes you made will be saved.[8] If The time or date looks bad, it is possible that you have established them incorrectly. Press Set/Reset again to open the backup of the time menad and verify your configuration. Advertise 1 Press the mode until the alarm appears on the watch screen. Picimiento through the options to reach the alarm. If your Timex model allows you to establish multiple alarms, select Alm1 by pressing Stop/Rein. [9] To establish multiple alarms, continue to press the way to find Alm2 and Alm3. Select each with stop/restoration. 2 Use set/regret and buttons + and à ¢ à ~: To establish alarm time. Establish/recover opens the alarm menad. By default, it will appear time and hours will blink. Adjust the hours up and down with the + and -, or pm. [10] If your clock is configured in time 24 hours, do not have to select am or pm. 3 decide whether you want the alarm to call during weekends or daily. Press the mode after Configure the alarm time. The option above time will start flashing. This will say daily "-", wkday "or" wkends ", depending on the time it has been established. Press Start/Split to travel the options and select with What frequency wants the alarm to sound. [11] If you only want the alarm to sound a day, deduct it after your dream. 4 Press set/reuert to save the alarm. This program the alarm in the memory of your memory The alarm will sound in the times and days to which it establishes it. [12] A small appears Clock icon to the left of your watch screen to let you know that an active alarm. 5 Open the alarm menad and press Start/Split to turn off the alarm. Reach the men's by bicycle through the boton in mode until it reaches the alarm. Then press start/divided to alternate the alarm. [13] To reactivate the alarm, perform the same actions and press on/split to alternate the alarm again. Advertise 1 Press the mode until "Chrono" appears at the top of the screen. Chrono is So you use to track your division and return times. It is the second option after the main clock. [14] If you move too far and lose the Chrono mode, continue to press the way it is covered through the watch options. The watch modes are Clock, Chrono, Timer and Alarm. Chrono return cycle if I extracted it the first time. 2 Establish the back and division adjustment by clicking Set/Recall. You have 2 options for the Chrono setting. The current return time is shown with the general division time. The other reverses the order, and shows the most large division time. Cycle among them with the Start/Split boton. Then press Set/Recall again when choosing a format. [15] If you are trying to improve your return time, make the LAP appear more big. In this way, you can see how your laps are measured. If you are synchronizing your career without tracking, then showing a large more is more à Ètil. The clock maintains the format you chose for every time you use the Chrono unless you change it again. 3 Start the chrono with the start/split boton. This begins the timer. Start your training and use Chrono to check your current time. If you are measuring your general execution or exercise time, then let the timer go. If you want a specific time back or division, the Chrono can also measure this. [16] 4 Obtain your current return time by clicking on the start/split boton. If you are tracking the progress of the return, press the start/split boton when you complete a lap. The timer screen will show your time back for 10 seconds so you can read it. The timer continues to run at the bottom and change after 10 seconds. [17] You can use this function for any medicine. Whether you are tracking your time by return, mile, killer or other The Chrono will measure it when it reaches Start/Split. Repeat this for as many laps as you are running to get the time for each return. 5 Pause the timer with the Stop/Reset boton. If you need a break or want Elcyc txen tih, tes dlòh dna sserp dna edin emit otni or .ssenevisneherpmoc dna ycarucca rof The Detadilav OHW Srehcraeser Fo Maet Denirt Deniat Ruo Foy ttrw sawsna fits stir stir shirts stir stir stir stir stir stir stir stir. 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