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Page 17 (Name and address) If your TIMEX ® watch should ever need servicing, send it to Timex as set Reason for Return: forth in the Timex International Warranty or addressed to HOTLINE WATCH SERVICE, P.O. Box 2740, Little Rock, AR 72203.

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User manual Timex IRONMAN 10-Lap T5K523 (2 pages)

The Timex Triathlon wrist watch accurately tells time using both the analog and digital time-keeping system. With features such as an alarm, chronograph and countdown timer, the Timex Triathlon is a time-keeping system that would be equally helpful for athletes, sports enthusiasts or students.

Timex Triathlon Watch Instructions | Our Everyday Life

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Timex User Manuals

The Ironman® Triathlon ® Digital Heart Rate Monitor features a 10-workout memory that gathers elapsed time and heart rate data when you run its chronograph or interval timer. What makes this interval timer unique is that each of the linked segments can be set for both heart rate zone and duration, so your workout can incorporate time-and-effort training guidance - just like having a coach on ...

Digital Heart Rate Monitor - Timex

Last Updated: December 31, 2019 References The Timex Ironman is a sports watch that allows you to time and track your athletic

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performance. It has several features that you have to set for accuracy. Set the date and time so all the clock's readings are accurate.

3 Ways to Set a Timex Ironman - wikiHow

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Digital Watch Press and hold the "Set" button on the right side of the watch face until the seconds digits blink. Reset the seconds digits to "00" by pressing the "Split/Reset" button, located under the watch face. Push "Mode" to choose the hours digits and press the "Split/Reset" button until the correct hour is set.

Instructions for Setting a Timex 8 Lap Memory Watch | Our ...

Ironman is a brand name for health and activity monitoring watches produced by Timex Group USA. The Ironman name comes from the triathlon of the same name. The Ironman series includes models

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