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Timex User Manuals

The Timex allows you to set the time for 2 or 3 different time zones, depending on the model. You'll automatically be in time zone 1 when you enter the time set menu. If you want to set time zone 2 or 3, press the "+" button to move the time zone forward. Press the "-" button to move it back.

3 Ways to Set a Timex Ironman - wikiHow

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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Watch Instructions & Manuals | Timex

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 designed for fitness and aimed at athletes, especially those who compete in triathlons.

Directions for a Timex Ironman Triathlon Watch ...

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User manual Timex IRONMAN Traditional 30-Lap T5K692 (2 pages)

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