

Timex Ironman User Guide

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Timex Ironman User Guide

Summary of Contents for Timex Ironman. Page 1 5-digit model number required. You then repeats) or STOP/AT END (the timer counts down and then stops). can also mail a check for \$5 to: Timex Extended Warranty, P.O. Box 1676, 4. Press DONE to confi rm and exit.

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Your Timex ironman GPS watch features a built-in GPS. Once connected and receiving signal from the constellation of GPS satellites, your GPS provides distance, speed/pace and elevation information. For best performance, wear the watch on your wrist with the display facing the open sky. Best Practices

TIMEX® IRONMAN® GPS

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TIMEX® IRONMAN® R300 GPS WATCH

• Your TIMEX IRONMAN R300 GPS watch is water resistant to a depth of 30 meters. The watch is water resistant only as long as lens, push buttons and case remain intact. • The watch is not a diver watch and should not be used for diving. • Rinse the watch with fresh water after exposure to salt water.

TIMEX® IRONMAN® R300 GPS WATCH

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User Guide; Tools For Success: T5K344 T5K540 T5K737 T5G971 T5K541 T5K738 T5K538 T5K539. 632. Q Timex Reissue. Analog. Quick Date. User Guide: TW2T80800 TW2T95500 TW2R47900. Retrograde. Analog. Retrograde sub-dials display day and date. User Guide

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Use UP , DOWN , and MAIN to select, enable, and set TRG PACE (target pace), RANGE (+/- tolerance in the target pace), and TRG DIST (optional target distance). NOTE:When target pace and target distance are entered, the watch displays the resulting total expected finish time for the workout as TRG TOTAL FINISH.

SLEEK 150 - Timex

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

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Timex Watch User Manuals

Press START/SPLIT (+) or HEART RATE (-) to cycle through the preset Fitness Model, press SET/RESET (DONE.) target zones until you reach the MANUAL setting, which will be flashing. (For the Fitness Model, press START/STOP (+) or HEART RATE (-).) NOTE: Changing your weight setting during a workout will cause 3.

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