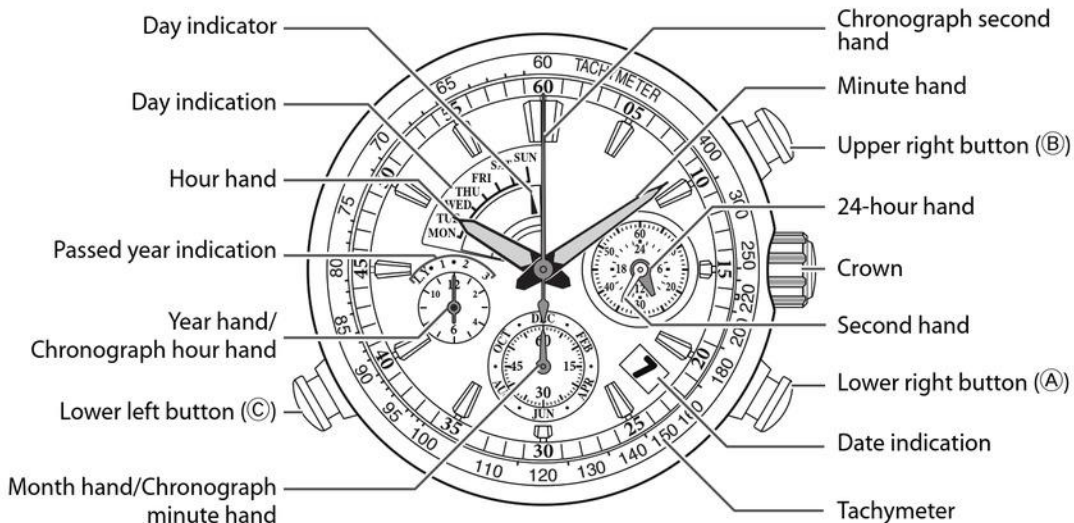
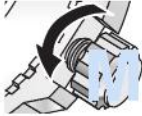





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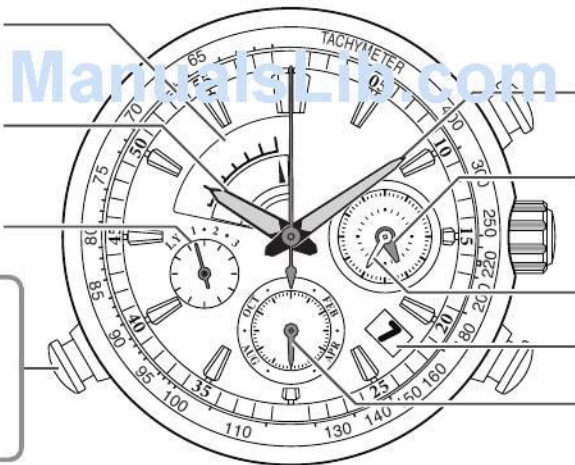
Parts identification

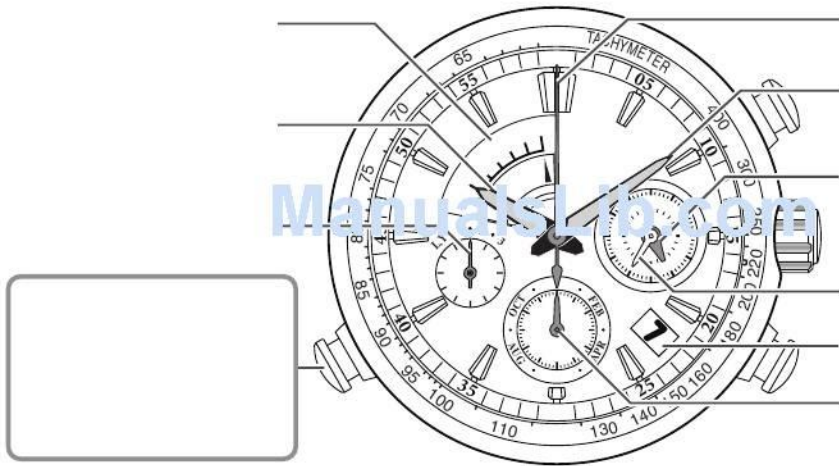


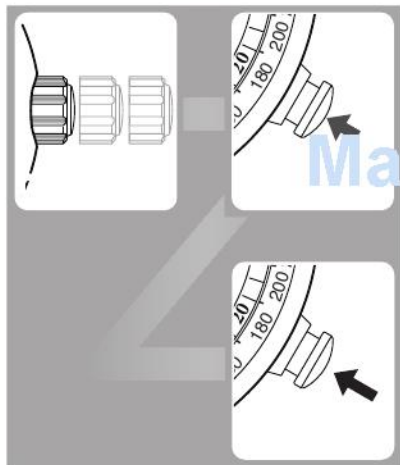
- The illustrations in this instruction manual may differ from the actual appearance of your watch.

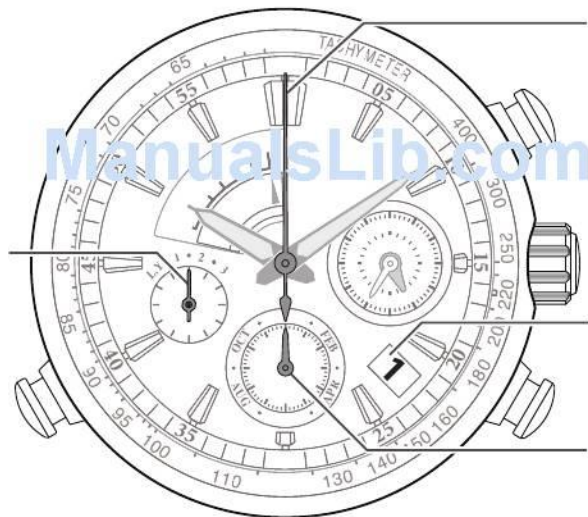
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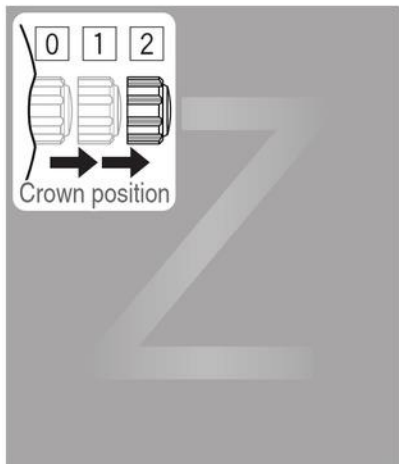
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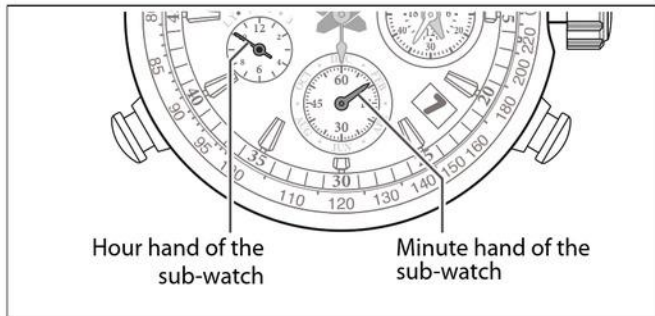
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For the most accurate setting, first adjust the sub-watch and then synchronize the main-watch with the time on the sub-watch.



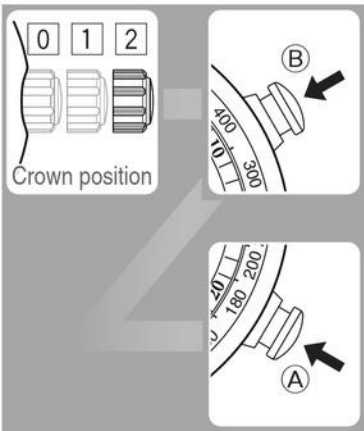
1. Pull the crown out to position 2 when the second hand indicates 12:00.

Both the main-watch and the sub-watch stop, and the current time of the sub-watch is shown.



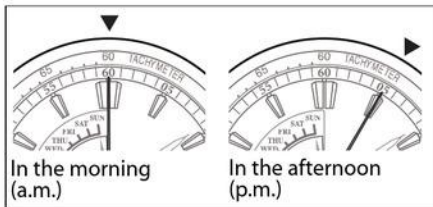
e.g. When it is 10:09.

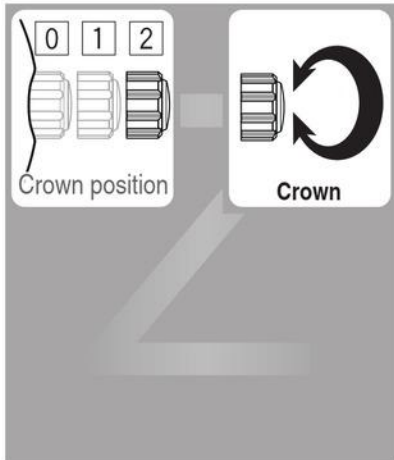
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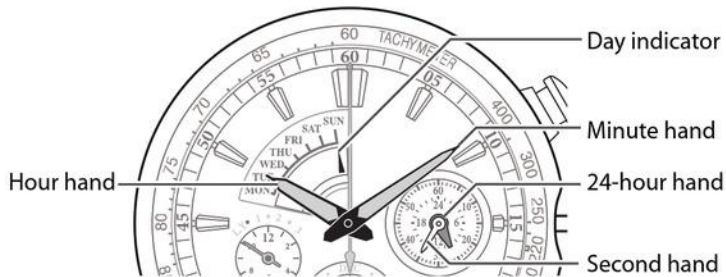
2. Adjust the hour and minute hands by pressing the lower or upper right button (A) or (B).

- Each time you press the lower or upper right button (A) or (B), the minute hand moves counterclockwise or clockwise. The movement of the hour hand is linked with the minute hand.
- If you press and hold the button, the minute and hour hands move continuously.
- The chronograph second hand indicates the a.m. or p.m. reference. When the hand points to 12, a.m. time is indicated. When the hand points to 1, p.m. time is indicated.
- While adjusting, year/month/date are not changed.



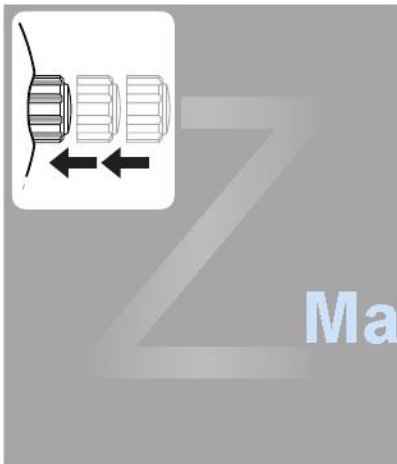


3. Adjust the time and the day of the main-watch by rotating the crown.

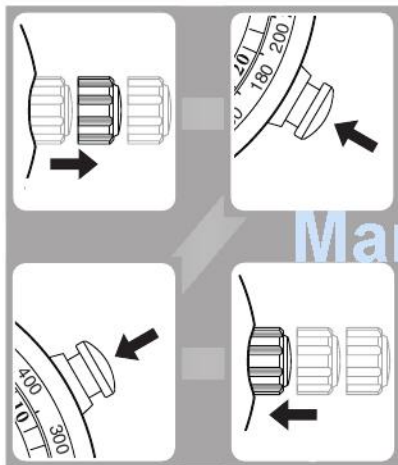


- The movement of the hour hand/24-hour hand/day indicator is linked with the minute hand.
- You may rapidly advance the day by repeatedly rotating the crown to move the hour and minute hands between 10:00 p.m. and 1:00 a.m.

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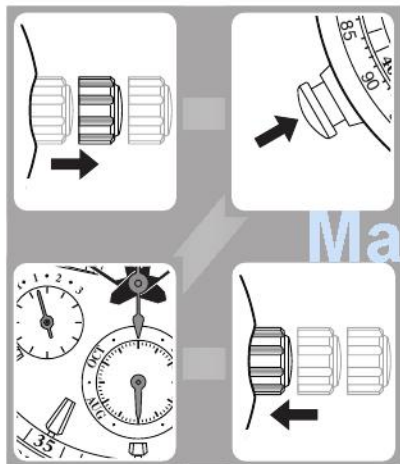


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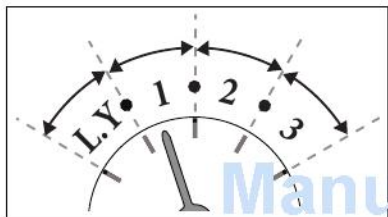


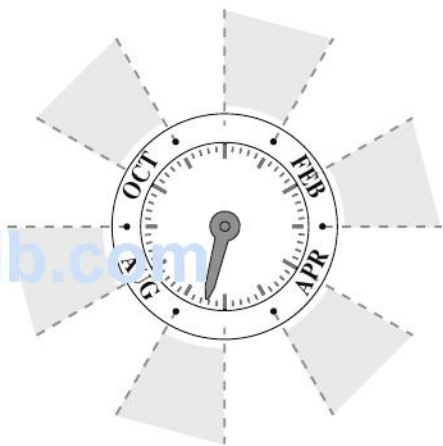
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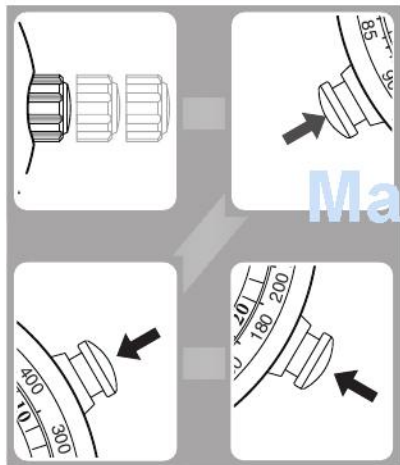




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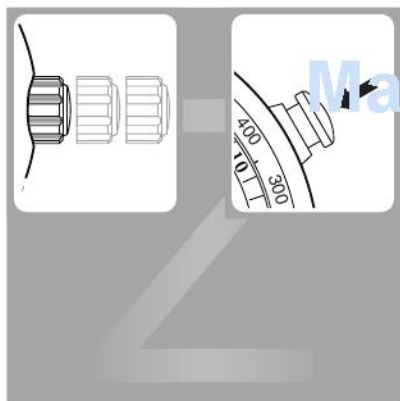






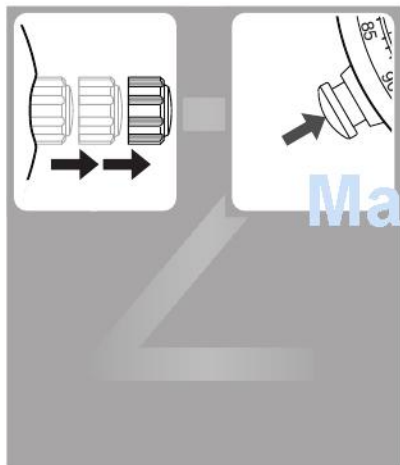
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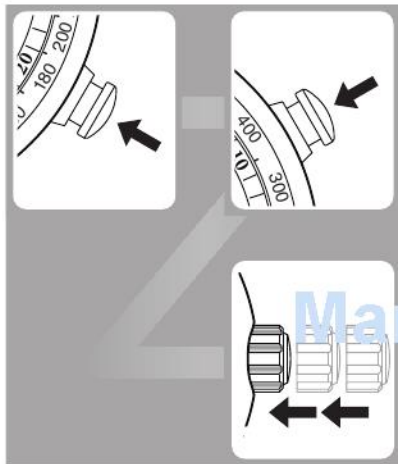


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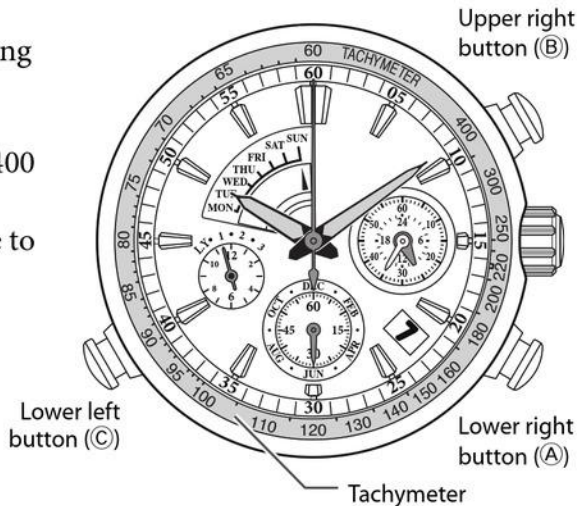


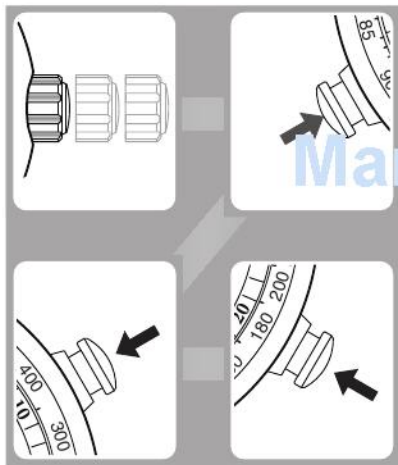
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Using the tachymeter

The tachymeter easily enables you to calculate the average speed by recording the time to travel one kilometer.

- You can measure the approximate average speed from 60 km/h up to 400 km/h.
- When using the tachymeter, change to the chronograph indication mode.
- Some models do not feature the tachymeter.



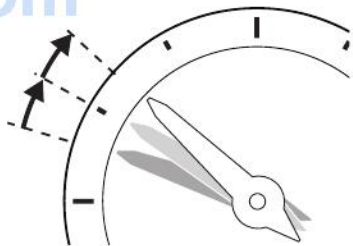


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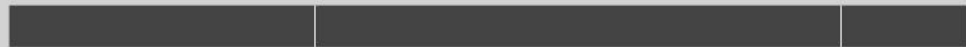
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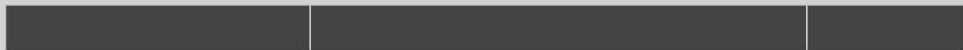


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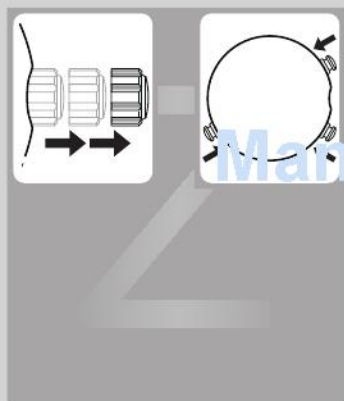


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