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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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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.

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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 ...

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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 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

Spring forward and fall back? Newer version of the watch in this vid (affiliate link):

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User Manuals, Guides and Specifications for your Timex Ironman Triathlon Fitness Trackers, Heart Rate Monitor, Watch. Database contains 4 Timex Ironman Triathlon Manuals (available for free online viewing or downloading in PDF): Instruction book, User manual manual, Operation & user's manual. Timex Ironman Triathlon Instruction book (14 pages)

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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

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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.

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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 | Livestrong.com

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