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Overview*

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5081) User manual and
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personal trainer. This
high-tech tool is

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designed for demanding athletes like you to measure how you track against your workout goals and offers you the ability to track, store, and analyze key indicators of your personal fitness level for up to 50 laps.

Digital Heart Rate
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TW2T95500

TW2R47900.

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User Guide

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117. Ironman Bodylink

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Instructions on how to
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the chronograph and
timer, and se...

How to Set Timex
Ironman Triathlon - Set
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Timex Ironman
Triathlon Watch Manual
ironman triathlon An
Ironman Triathlon is
one of a series of long-
distance triathlon races
organized by the World

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Triathlon Corporation
(WTC) consisting of a
swim, a bike and a
marathon (26 miles 385
yards, 42.195 km) run,
raced in that order and
without a break.

TIMEX IRONMAN TRIATHLON WATCH MANUAL

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IRONMAN Traditional
30-Lap T5K692 (2
pages)

Your TIMEX
IRONMAN GPS watch
is designed to hold
multiple workouts, but
we recommend you
connect your watch to
the Timex Connect
computer application at
least once per week. The
computer application
provides details about

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your workout that are not available on the watch. Page 44 Pressing the Menu / Enter Button on a Lap will reveal the Lap Details. Delete Workout As stated above, it is easiest and most convenient to manage your TIMEX IRONMAN GPS watch using the Timex Connect computer ...

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is a problem. But,
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hold others to start

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Guide

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2 ENGLISH 098095000
will stay activated for 8
hours or until
deactivated by pressing
and holding
INDIGLO® button
again for 4 seconds...
WATER AND SHOCK
RESISTANCE If your

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watch is water-resistant,
meter marking or (O) is
indicated...

10 LAP / 30 LAP /
50LAP / TRANSIT -
Timex

Select the desired
minute value using the
"+" and "-" buttons.

Press the "Mode/Next"
button to move the
flashing from the

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minutes to the seconds.

Press either the "+" or
"-" button to reset the
seconds place to zero.

Hit the "Mode/Next"
button to continue. Set
the day of the week on
your Timex Ironman 30
wrist watch.

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