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Battery How to Set Timex Ironman Triathlon - Set Time, Date, Chrono, Timer, and Alarm

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How to change a
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[UPDATE 2017] Timex Expedition T49851

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Timex Ironman
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Shock T5K196
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features. The watch ...

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Page 23/58
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The Indiglo 1440 features a 24-hour chronograph,
stopwatch feature, alarm, time settings for two time zones and a date feature. To operate the watch, note the four buttons on the case edge: Indiglo light at 10 o'clock, "Start/Stop" at 2 o'clock, "Set", or exit, at 4 o'clock and "Mode" at 8 o'clock.
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