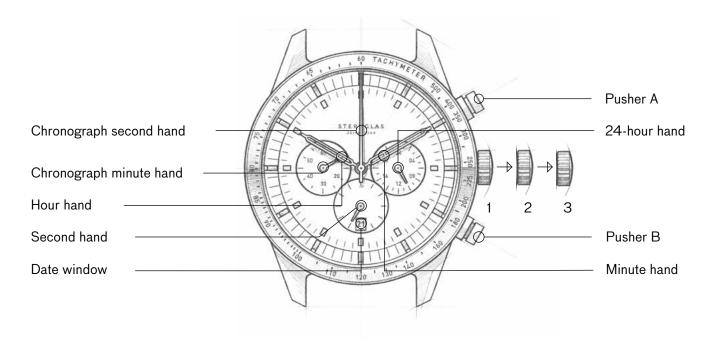
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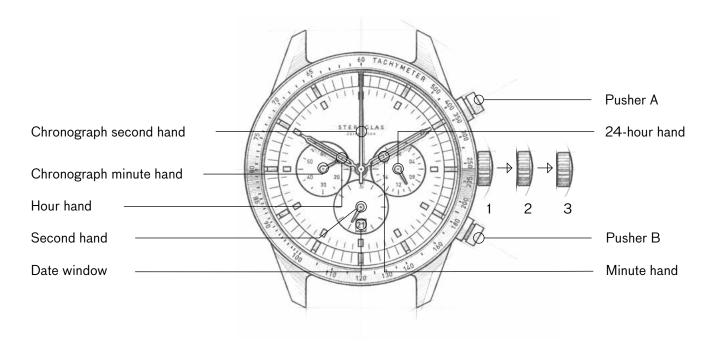


How to setup your timepiece

- **O1** Remove the lock from the crown.
- To set the correct time, pull the crown to position 3 and wind until the correct time is displayed.
- To set the date, push the crown in by one position so that it is in position 2. Turn the crown clockwise until the correct date is displayed. Now you can push the crown back in to its original position (position 1).

Note: Your date changes at noon? This is because the movement does not "know" whether it is noon or midnight. Simply wind your timepiece forward by 12 hours.

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How to setup your timepiece

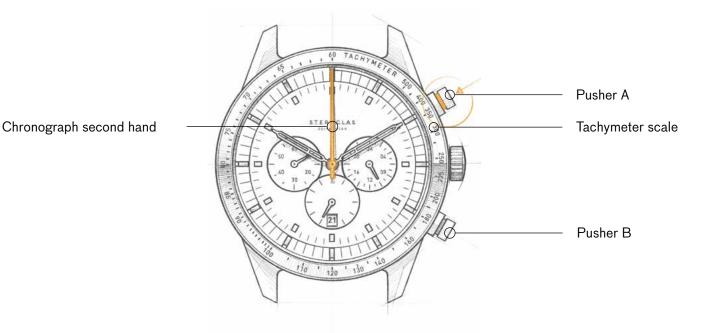
Your chronograph can measure time in

1-second units - up to 59 minutes and 59

seconds. Press button A to start and stop
the timekeeping. When you press button
B, the chronograph second hand and
chronograph minute hand return to the zero
position.

Note: The chronograph second hand is not at the 12 o'clock position when you reset it? Pull the crown to position 3 and press pusher A repeatedly until the chronograph seconds hand is at the 12 o'clock position.

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Are you wondering what you can measure with the tachymeter scale on your timepiece?

For example, you could measure your average speed over a certain distance. Here's how it works:

- O1 Check your mileage. At the next kilometre step, start the tachymeter by pressing pusher A. The central chronograph hand will move.
- Keep an eye on the kilometre display. At the next kilometre step (1 km), pause the stopwatch by pressing pusher A.
- You can now read your average speed on the tachymeter scale.