

Please read this instruction manual carefully before use. Keep this instruction manual at hand and refer to it as necessary.



How to use an automatic chronograph.....①

How to Handle Automatic (Self-winding) Mechanical Watches.....①

- This is an automatic mechanical watch.
- The main spring is wound with the normal motion of the arm while the watch is on the wrist. You can also wind the mainspring by turning the crown.
- When using a watch that has stopped, shake the watch to start it. When the second hand starts to move, set the time and put the watch on your wrist.
- To wind the spring with the crown, hold the watch in your left hand and turn it with the fingers of your right hand in the direction of the crown. The spring is designed to prevent the spring from cutting if it is wound to its full capacity.
- Insufficient winding of the mainspring can cause delays, so it is recommended that you carry the watch for at least eight hours a day. If you are working at your desk and have relatively lesser motion in your arm, turn the crown to wind the main spring accordingly to maintain good accuracy.

How to set the time.....②

(1) If the chronograph is running, be sure to stop it before setting the time. Please note that the hand of the accumulator will also turn when you set the time while the chronograph is in operation. This is not a malfunction.

- (2) Pull the crown out to position "3".
- (3) Turn the crown to adjust to the current time.
- (4) Push the crown into position "1".



DIAL

How to set the date.....③

- (1) Pull the crown out to position "3" and set the time to approximately 6 o'clock.
- (2) Return the crown to position "2" and set the date to the day before the desired date. (You may turn the crown back to move the date one day by day.)
- (3) Pull the crown out again to position "3" and move the hand forward until the date is set for the day. Then set the time, paying attention to the a.m. and p.m. times.

④ Do not make any date corrections between 8:00 p.m. and 2:00 a.m. on the time display. Do not attempt to adjust the date between 8:00 p.m. and 2:00 a.m. as doing so may result in a malfunction.

⑤ Caution: After setting the time and date, be sure to push the crown in to position "1". If the crown is pulled out, the watch will not be water resistant.

⑥How to use chronograph function.

- (1) Press pusher A to start the chronograph. The accumulator will advance one tick every minute and can measure up to 30 minutes.
- (2) Press button "A" again to stop the chronograph. Press and hold crown for 3 seconds to reset the chronograph to zero.

- (3) Press button B to reset the chronograph to zero. Do not attempt to reset the chronograph while the watch is running as this may result in a malfunction.

⑦How to Use the Perimeter Scale

The outer circumference of Chronograph 1 (the inner circumference of Chronograph 2) has a pulsemeter to the 17-second mark, and after 17 seconds, a tachymeter scale. The pulsemeter was designed to measure the heart rate per minute in a short period of time. It counts the heart rate at the start of the chronograph and stops the chronograph after 15 counts. The number on the pulsemeter scale corresponds to the number of heartbeats per minute (with a range of 55-160).

The tachymeter determines the average speed based on the time it takes to travel one kilometer.

For example, the chronograph starts measuring when the car has passed the point of origin and stops 1 kilometer from the point where the chronograph is stopped. The tachymeter scale is then used to determine the average speed over this distance. The measurement range is from 300 to 60 km/h. The outer circumference of Chronograph2 has a telemeter.

⑧Product Specifications

Functions: 3 hands (hours, minutes, seconds), stopwatch
Frequency: 28,800 vibrations per hour
Carrying accuracy: -10 to +25 seconds per day at room temperature (5 to 35°C)
Drive system: automatic spring with manual winding
Number of stones used: 34
Water resistance: 3 ATM

Specifications are subject to change without notice for improvement.

Repairs and other inquiries regarding products are handled at the shop where you purchased the product.

Manufacturer: Precision Watch Tokyo Co. Ltd.

Roland Watch Instruction Manual

Jan Distelmeyer



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