



# Position 2

Crown pulled out to the first notch. By turning the crown the hour hand can be moved clockwise or anti-clockwise in one hour jumps. The watch continues to run normally so that the precise time is not affected when setting the hour hand for a new

To change the date, just keep turning the hour hand, this can be done in either direction. When changing the date forwards in the afternoon or backwards in the morning make sure to turn the hour hand around twice to ensure that the date changes at midnight and not midday.

# Position 3

Crown pulled out to the last notch.

The sweep second hand stops and the watch can be set to the exact time. The second hand will beat after the crown is pushed back in.

Screw down the crown tightly so that the watch is waterproof.

# Rolex 116519dklmr Watches Owners Manual

**ML Morrison** 

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web jan 28 2020 foto istock laufen fahrradfahren oder schwimmen ein ausdauertraining verbessert die körperliche fitness wer seine ausdauer aufbaut und sein training gezielt darauf auslegt tut seiner gesundheit gutes hier bekommst du die wichtigsten fakten und tipps zum thema