

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

Rachel Sandford



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web jan 9 2014 le sanglier est un mammifère omnivore particulièrement apprécié pour sa saveur unique en cuisine il peut être préparé de plusieurs façons pour les amateurs de ce cochon sauvage voici quelques idées de cuisson pour le plus grand plaisir de vos papilles sommaire astuces pour réussir la cuisson du sanglier cuissot de sanglier rôti

recettes faciles de sanglier recettes de gibiers cuisine az - Jul 15 2023

web parce que nous aussi on l'adore on vous a trouvé les meilleures façons de cuisiner le sanglier et il y aura le choix un beau gigot de sanglier pour le déjeuner familial un savoureux rôti de sanglier pour régaler les amis une épaule de sanglier pour éblouir les connaisseurs ou un vrai cuissot pour les soirs d'hiver

sanglier marmite - Apr 12 2023

web 65 recettes filtrer daube de sanglier au cognac 4 6 5 96 avis cuissot de sanglier d'obélix au four 4 8 5 51 avis marinade pour biche chevreuil sanglier 4 9 5 39 avis cuissot de sanglier chevreuil ou biche 4 6 5 67 avis cuissot de sanglier de 7 heures 4 7 5 42 avis filet de sanglier rôti 4 9 5 29 avis

sanglier de 7 heures recette pour 8 personnes la petite - Dec 28 2021

web couvrez et enfournez pour 7 heures sortez la cocotte du four et sortez la viande de la cocotte réservez mettez la cocotte sur feu vif et faites réduire de moitié la sauce ajoutez la crème de marron et la crème fraîche et laissez épaissir quelques instants servez le sanglier à la cuillère et la sauce à part

recette sanglier cuisine az - Jun 02 2022

web sanglier ingrédients de la recette 1 cuissot de jeune sanglier de 3 kg environ 200 g de lard gras 4 gousses d'ail 6

échalotes baies de genièvre avant de commencer la cuisson pelez les oignons et les carottes puis émincez les etalez les couennnes dans une grande cocotte en fonte ajoutez les carottes et les oignons en les

recettes au sanglier mijoté au four en sauce journal des - Aug 16 2023

web mar 6 2022 réglez vous avec cette sélection pour cuisiner le sanglier autrement avec des préparations faciles ou gastronomiques les recettes au sanglier sont propices à de gargantuesques festins familiaux notamment durant la période de Noël

cuisiner le sanglier 50 recettes originales chassons com - Jun 14 2023

web sep 23 2019 la viande de sanglier est délicieuse goûteuse et peu onéreuse elle est facile à trouver en saison avec des qualités nutritionnelles exceptionnelles il y a mille façons de les accommoder pour une cuisine du quotidien autant que festive

recettes de sanglier la sélection de 750g - Mar 31 2022

web recettes de rôti de sanglier sanglier sanglier le sanglier est apprécié pour son goût prononcé à marier en terrine ragoût rôti ou civet a servir avec un bordeaux ou un bourgogne

sauté de sanglier recette de sauté de sanglier marmiton - Aug 04 2022

web pour la cuisson 2 c à s d huile d olive 1 c à s de farine sel poivre pour la marinade 5 cl de vinaigre balsamique 5 cl d huile d olive 2 carottes en rondelles 4 clous de girofle 10 grains de poivre 1 belle branche de thym 1 feuille de laurier 1 bouteille de vin rouge corsé 1

comment cuisiner le sanglier marie claire - Sep 05 2022

web conseils pour cuisiner comment cuisiner le sanglier par internaute cvf meilleure réponse par nos experts par maurice brulot la terrine de sanglier se fait sur plusieurs jours dans un