**Automatic chronograph**

Please refer to the general user’s manual for time setting and instructions for use.
Press to turn the case
Lock the case in centered position
For more information, please visit
www.hamiltonwatch.com/customer-service/user-manuals
**PULSOMETER (BASE 30)**
Chronograph provided with a scale giving heart frequency.

**Procedure**
Take the pulse. Start the chronograph and count until the 30th beat, then stop the chronograph. The result is immediately readable on the pulsometric scale.
Example: 75 beats per minute
Reset the chronograph.
**TACHYMETER**

Chronograph provided with a scale giving the average speed in km/h or mph over a covered distance of 1 km or 1 mile. Only applicable for time measurements that do not exceed 60 seconds.

**Procedure**

Start the chronograph at the beginning of - and stop it at the end of - a distance of 1 km or 1 mile. The number indicated on the tachymeter scale by the second hand corresponds to the average speed achieved in km/h or mph.

Example: **120 km/h** or **120 mph**

Reset the chronograph.
TELEMETER
Chronograph provided with a scale allowing measurement of a distance, by measuring the interval of time between the observation of a phenomenon and the sound caused by it. For example, measurement of how far away a thunderstorm is, by measuring the interval of time between the lightning and the sound of the thunder.

Procedure
Start the chronograph when the lightning is observed and stop it when the sound of the thunder is heard. The result is immediately readable on the scale. Example: **13 kilometers**
Reset the chronograph.