

Running --- Chronometer

Version 1.7

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1. Running chronometer ???

The RUNNING CHRONOMETER wristapp is a special chronometer.

It was created to help the runners to calculate the time they will take to make a given distance.

To do this, before running, you must set the distance you have to do (for example 42.2 for a marathon). Then Start the chronometer and when you take a split time you will have to set the distance. The watch will calculate the time you will do if you continue to run at the same speed.

Even if this wristapp was design for runner it can be use for other sport. The only limit is the distance than can't be more than 99,9.

2. Features

- 99 splits time. A split contain hour, minute, second and distance
- Target time calculation. Distance can be set from 1.00 to 99.9
- Auto-Distance function. The distance can be increase automatically by an amount of unit at each split time
- Lap time calculation
- Splits time can be downloaded to the PC and save in CSV format (stored in [Timex dir]\Rchrono). You can use EXCEL® to display the data.
- EAT timer. This is remember function that allow you to set time between two eat. This function is very useful for trail running where you have to manage food. This timer works only when the main screen is displayed.
- DRINK timer. Same function as the eat timer but for drink.
- Segment area of the main screen can display time, split time, target time or lap time. You can change easily the display with the crow.
- Preferred display. Turning the crow counter clockwise display the preferred display.

3. History

- V1.6 : 10/21/04 :
 - Add the Auto-Distance function
 - Correct the a bug in the plugin DLL
- V1.7 : 10/29/04 :
 - Add the preferred display

4. Installation

Install the following files in the APP directory of the TIMEX directory (often c:\Program Files\Timex\Data Link USB\):

RCHRONO.APP	-	application info
RCHRONO.ICO	-	application icon
RCHRONO.TXT	-	application description
RCHRONO_PAR_018.BIN	-	application initialization parameter list
RCHRONO_DBASE_018.BIN	-	application database
RCHRONO_CODE_018.BIN	-	application code
RCHRONO.DLL	-	application plugin

To install this wristapp you must remove the Timex chronometer because it use all the chronometer resource. The watch have two chronometer resource and the Timex Chrono wristapp use it all. Instead the RUNNING CHRONOMETER use only one resource.

To remove the Timex Chronometer wristapp, you simply have to uncheck CHRONO in the Timex application.

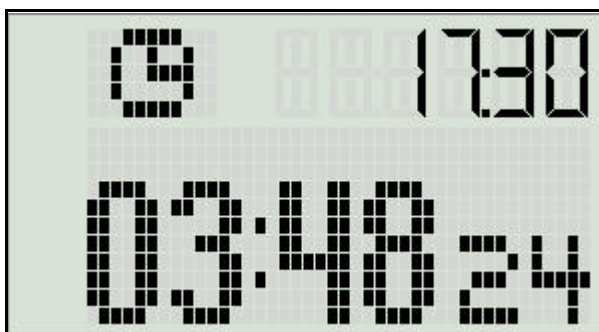
You can now add the RUNNING CHRONOMETER wristapp. If you want to go back to the original state, you only have to remove the RUNNING CHRONOMETER from the list and to check the "Chrono" wristapp.

5. Main screen

When you enter in the RUNNING CHRONOMETER mode you will see this screen.

The screen is split in two area:

- The top area : The contain of this area can be change by turning the crow.
 - When the chronometer is running you can display:
 - Time icon and the actual time
 - Target icon and the target time
 - Distance and the split time
 - Lap icon and the lap time
 - When the chronometer is not running you can display all the split record you have taken.
- The main area : Display the chronometer time



Start / Split :

Chronometer is not running : Start the chronometer.

Chronometer is running : Take a split time and display the distance setting screen.

Stop / Reset :

Chronometer is not running : Hold the button 2s to reset the chronometer and the database.

Chronometer is running : Stop the chronometer

Crow cw :

Chronometer is not running : Display the database viewer screen

Chronometer is running : Display the next top display

Crow ccw :

Chronometer is not running : Display the database viewer screen

Chronometer is running : Display the preferred top display

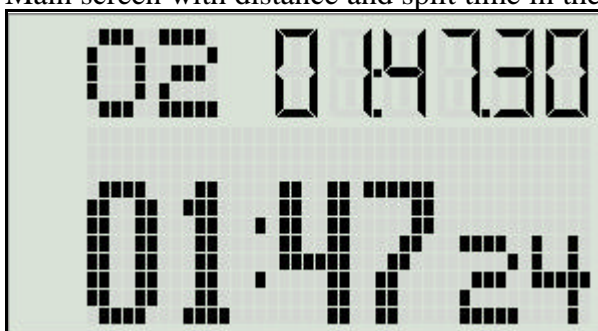
Crow set :

Display the setting screen

Main screen with Target time in the top area



Main screen with distance and split time in the top area



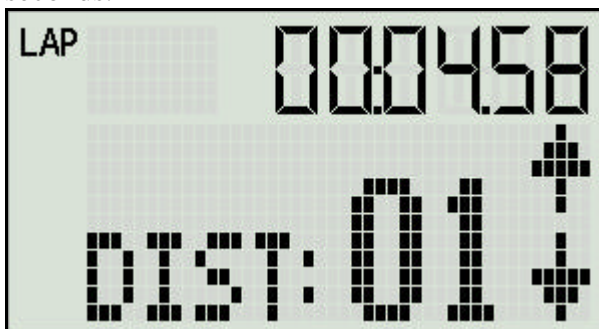
Main screen with lap time in the top area



6. Distance setting screen

After taking a split this screen is displayed. In the top area the split time is displayed. In the main area the distance is displayed.

If the auto-distance option is ON then the distance is automatically increase and the screen disappear after 5 seconds. If you want to set another distance, just turn the crow before the 5 seconds.



Start / Split :

End the distance setting and display the resume screen.

Stop / Reset :

Crow cw :

Increase the distance. Minimum value = 1. Maximum value = 99

Crow ccw :

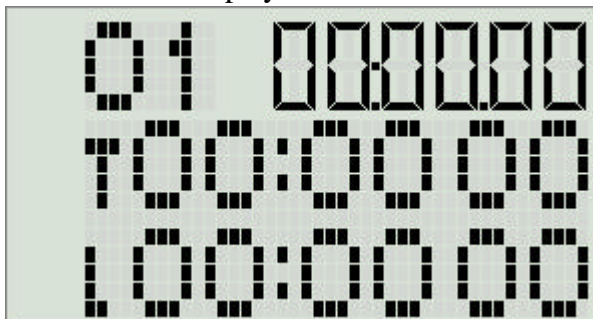
Decrease the distance. Minimum value = 1. Maximum value = 99

Crow set :

Display the setting screen

7. Resume screen

This screen display in the top area the distance and the split time. In the second line (with the T) the target time is displayed. In the third line (with the L) the lap time is displayed. This screen is display for 5 second.



Start / Split :

Return to the main screen.

Stop / Reset :

Return to the main screen.

Crow cw :

Crow ccw :

Crow set :

8. Setting screen

In this screen you can set the target distance, the eat timer and the drink timer.

Target distance setting



Start / Split :

Toggle setting (distance x1 or distance x0.1)

Stop / Reset :

Display the next setting

Crow cw :

Increase the value

Crow ccw :

Decrease the value

Crow home :

Return to the main screen

Drink timer setting



Start / Split :

Toggle Drink timer ON/OFF

Stop / Reset :

Display the next setting

Crow cw :

Increase the timer value. Minimum=1 Maximum=99

Crow ccw :

Decrease the timer value. Minimum=1 Maximum=99

Crow home :

Return to the main screen

Eat timer setting



Start / Split :

Toggle Eat timer ON/OFF

Stop / Reset :

Display the next setting

Crow cw :

Increase the timer value. Minimum=1 Maximum=99

Crow ccw :

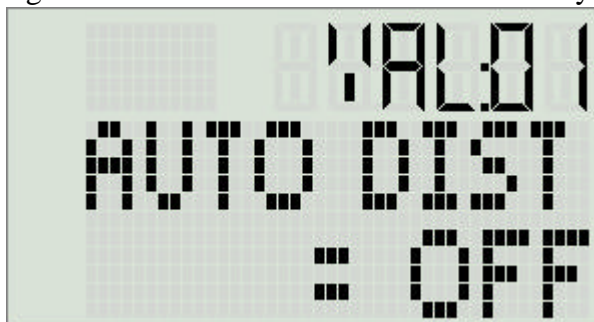
Decrease the timer value. Minimum=1 Maximum=99

Crow home :

Return to the main screen

Auto-Distance setting

This option allow to turn On and Off the Auto-distance function. The value at the right of "Val" is distance to add automatically at every split.



Start / Split :

Toggle Auto-Distance option ON/OFF

Stop / Reset :

Display the next setting

Crow cw :

Increase the distance value. Minimum=1 Maximum=99

Crow ccw :

Decrease the distance value. Minimum=1 Maximum=99

Crow home :

Return to the main screen

Preferred display setting

This setting allow to choose the preferred top display. You can choose between TIME, TARGET, SPLIT and LAP.



Start / Split :

Stop / Reset :

Display the next setting

Crow cw :

Next choice

Crow ccw :

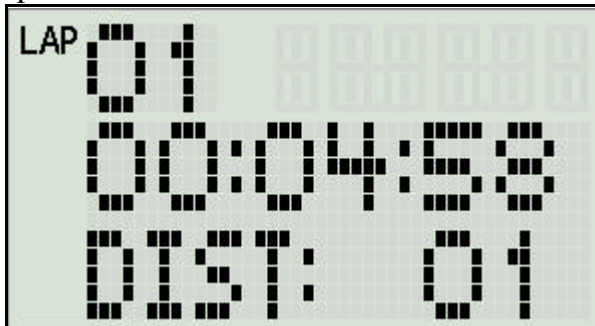
Previous choice

Crow home :

Return to the main screen

9. Database viewer screen

This screen display the contain of the record database. In the top line the record number is displayed. The second line contain the split time The third line contain the distance set for the split time



Start / Split :

Return to the main screen

Stop / Reset :

Crow cw :

Next record

Crow ccw :

Previous record

Crow set :

Display the setting screen

10. Messages

In the top of the main screen some message can be displayed.

Drink message



This message is displayed when the drink timer reached the set value.

An alarm is also generated. The alarm can be turn off by turning the crow CW or CCW.

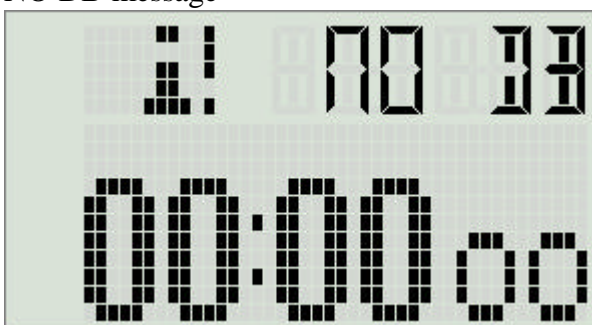
Eat message



This message is displayed when the eat timer reached the set value.

An alarm is also generated. The alarm can be turn off by turning the crow CW or CCW.

NO DB message



This message is displayed if the wristapp doesn't find the database. Put "rchrono_dbase_018.bin" file in the APP directory of the Timex directory, and synchronize your watch.

11. Examples of use

Marathon

Go to the setting screen and set the distance to 42.2.

Start the chronometer and when you arrive at a point where the distance covered is clearly display (there are often panels at 5km, 10km, 15km...), press START/SPLIT and set the distance with the crow and press an other time START/SPLIT to end the setting. The watch will display a screen where you can see the last entered distance, the last split time, the last calculated target time (the time you will do if you continue at the same speed).

Trail or long running

Like the marathon, set the distance and take split when you have panel that display the distance. You can also use electronic map software to find distance (very useful for training). You can set the drink timer to have alarm every 20 minutes and the eat timer every 30 minutes.

1500m

You can set the distance to 1.5 but it's not very useful because you can take only a split at 1km. Instead you can set the distance to 15 (15x100m). Like this you can take a split every 100m (100m=1, 200m=2...) and the watch will calculate your target time.

12. Final note

I hope this wristapp will be useful for you. I made a lot test and I hope I have remove all the bugs. But nothing is perfect in this world. So if you find a bug send me an email to dpliste@free.fr with a maximum of details of the problem. You can also send me all your improvements requests to this email address.

Good run - Pierre Delore