

EZON 宜准

登山运动腕表系列
Professional Hiking Series

使用说明书

Operation Instruction Manual

中

EN

EZON 宜准

M011-1

M017-1

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1.简介

感谢您购买EZON宜准登山运动腕表，在使用之前请仔细阅读说明书。了解该产品的功能、操作方法及注意事项。

本表不仅具有时间、日历、闹铃等功能，同时它还是一款高度计、气压计、温度计和指南针组合的多功能表。

 本表出厂时设为休眠模式，要先解除休眠模式，屏幕才能显示。如何解除休眠模式，请参见4.3.章节。

2.功能特征



高度计



指南针



气压计



温度计



50年日历



闹 铃



50米防水



背景冷光

3.按键及LCD显示

按键[A]：背光/锁键

按键[B]：设置/返回

按键[C]：高度计/减少

按键[D]：气压计/增加

按键[E]：指南针/确认

TIME 时间模式标识 **ALTI** 高度模式标识

BARO 指南针模式标识 **COMP** 气压模式标识

🔔 闹铃开启符号

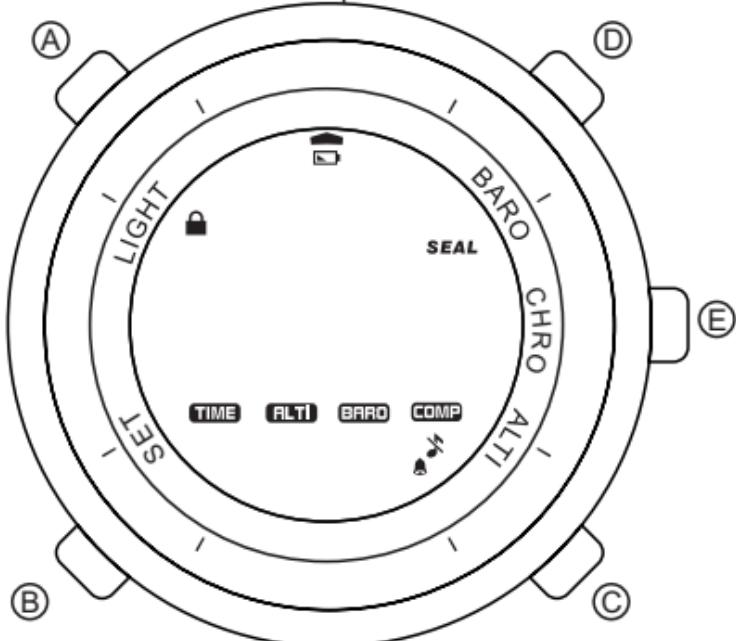
🔒 按键锁定符号

🔇 键音关闭符号

⚡ 低电压提示符号

SEAL 海平面气压标识

━ 12点位



4.模式和设置

4.1.时间、高度、气压、指南针模式

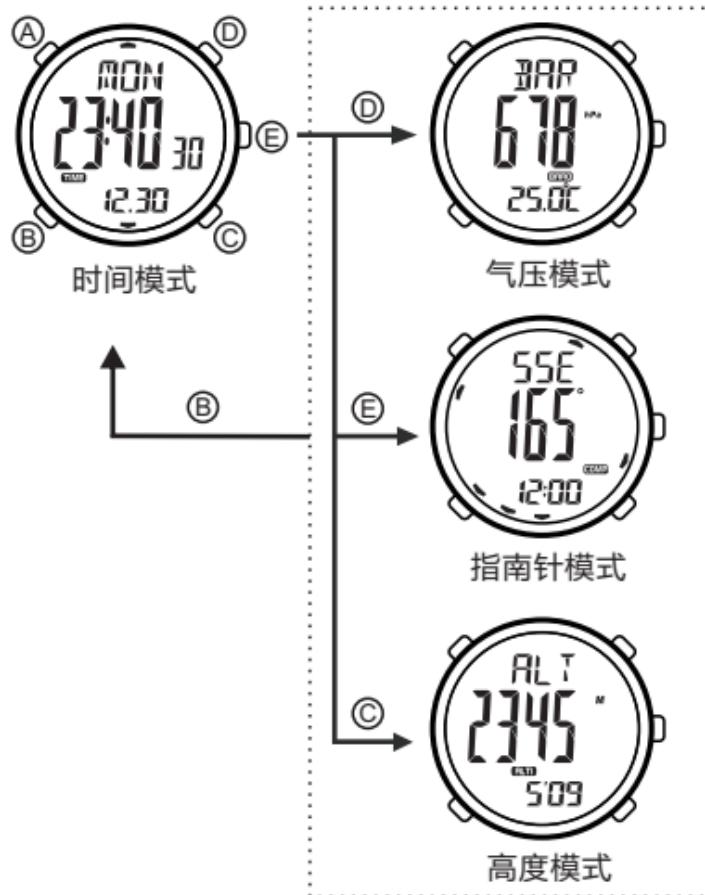
本表为多功能手表，需根据所使用的功能，先选择相应功能模式。

一般情况为时间模式，显示时、分、秒、月、日和星期。



时间模式

在时间模式按[C]键或[D]键或[E]键分别可进入高度、气压、指南针模式(先显示模式标题，约2秒后显示测量值)。返回时间模式按[B]键。

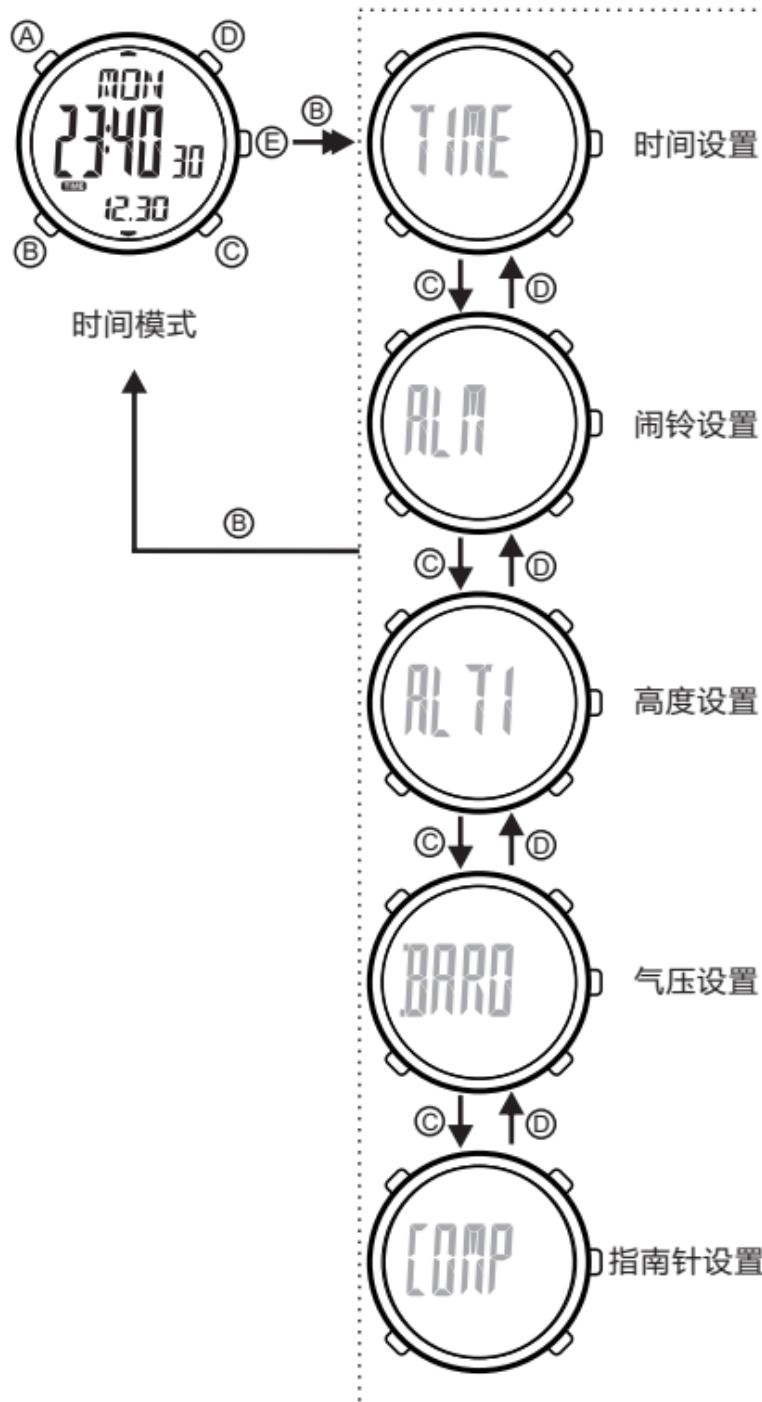


4.2.设置选择

在使用本表前，要根据具体情况对手表进行设置，设置方法是：

在时间模式按住[B]键2-3秒直至“TIME”闪烁(“TIME”闪烁表示进入设置菜单)：

按[C]键或[D]键选择菜单，按[E]键确认选择并进入相应设置状态，按[B]键返回时间模式。

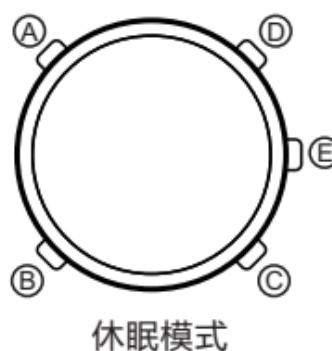


4.3.休眠模式

如果长时间不佩戴本表，为节省电池电源，可将本表设为休眠模式。在休眠模式，手表会关闭传感器、闹铃等功能，只保留计时功能但不显示。

在时间模式同时按住[A][B][C][D]四个按键进入休眠模式。

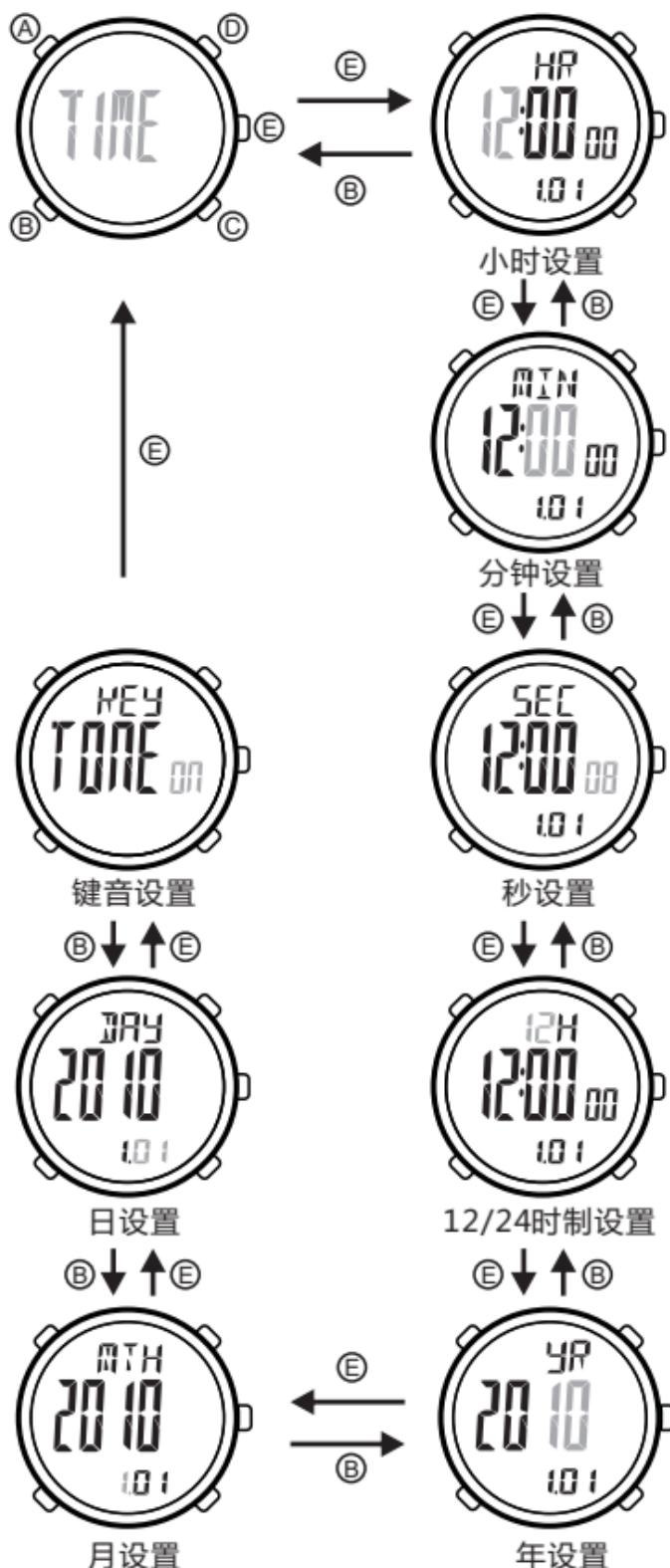
在休眠模式同时按住[A][B][C][D]四个按键可回到时间模式。



5.计时功能

5.1.时间与日期设置

- 1) 在时间模式按住[B]键2-3秒直至 TIME 闪烁，按[E]键确认；
- 2) 其设置选项为：小时、分钟、秒、12/24时制、年、月、日、键音开/关；
- 3) 按[C]键或[D]键改变设置或调整数值，按住[C]或[D]键可快速调整数值；
- 4) 按[E]键确认设置并进入下一设置选项，或按[B]键确认设置并返回上一个设置选项。



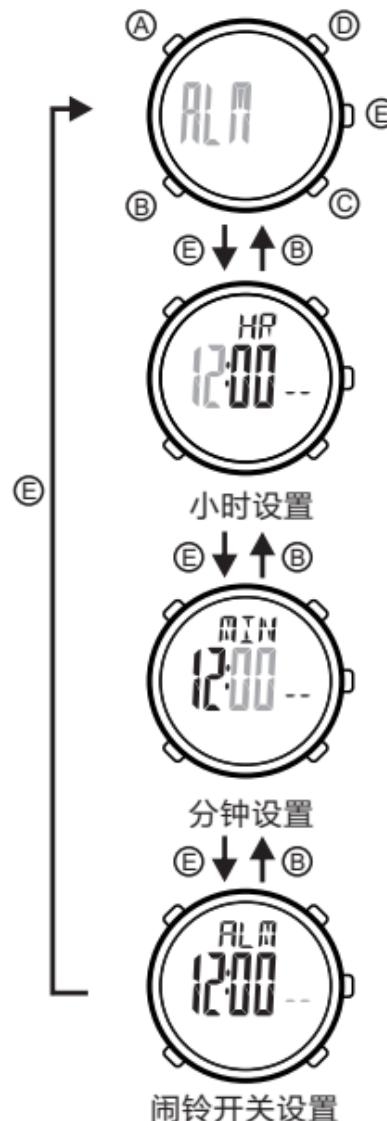
本表内含50年（2010-2059）全自动日历，年、月、日设置后，星期会自动校正。

关闭键音，则操作按键时无“嘀”声。

5.2.闹铃设置

闹铃的设置方法如下：

- 1)在时间模式按住[B]键2-3秒直至 "TIME" 闪烁，按[C]键或[D]键选择"ALM"(闹铃设置)，按[E]键确认；
- 2)其设置选项为：小时、分钟、闹铃开关设置；
- 3)按[C]键或[D]键改变设置或调整数值，按住[C]或[D]键可快速调整数值；
- 4)按[E]键确认设置进入下一设置选项，或按[B]键确认设置并返回上一个设置选项。



闹铃开启且闹铃时间到达时，鸣响约20秒，按任意键中止鸣响。

6.高度测量

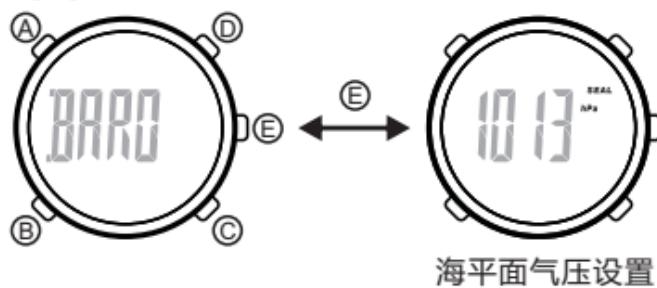
6.1.高度校准

本表通过气压传感器测量当地的气压值，再根据海平面气压值和ISA(国际标准大气压)换算关系，计算出该地的海拔高度。而海平面气压值会根据地域、季节、气候、时段的不同有所不同，所以每次测量海拔高度前，需先将当地当前海平面气压值或当前高度输入表中，以校准高度计。

6.1.1.输入海平面气压

海平面气压值可以在该地的天文台查询，其输入方法是：

- 1)在时间模式按住[B]键2-3秒直至 "TIME" 闪烁，按[C]键或[D]键选择"BARO"(气压设置)，按[E]键确认；
- 2)按[C]键或[D]键调整数值，按住[C]键或[D]键可快速调整数值；
- 3)按[E]键确认设置。

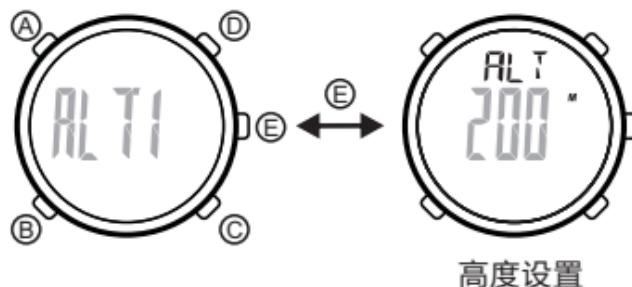


6.1.2.输入当前高度

当前的海拔高度可通过地标或地形图查询，或者使用精密的高度计测量。将当前高度值输入本表的方法是：

- 1)在时间模式按住[B]键2-3秒直至 "TIME" 闪烁，按[C]键或[D]键选择"ALTI"(高度设置)，[E]键确认；

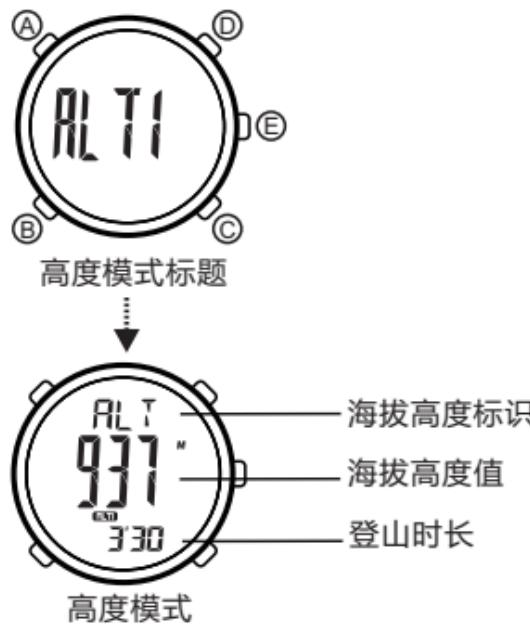
- 2)按[C]键或[D]键调整数值，按住[C]键或[D]键可快速调整数值；
- 3)按[E]键确认设置。



6.2.进入高度模式

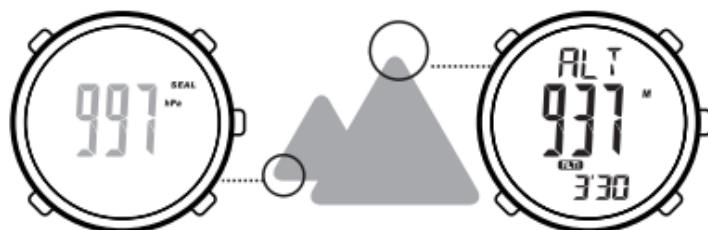
在时间模式、气压模式或指南针模式按[C]键可进入高度模式(先显示模式标题，约2秒后，显示测量值)。

首3分钟，约5秒测量1次，其后约1分钟测量1次。



6.3.海拔高度测量

高度校准后，进入高度模式(参见6.2.章节)，就可随时查看登山过程中任意一点的海拔高度。



设置海平面气压

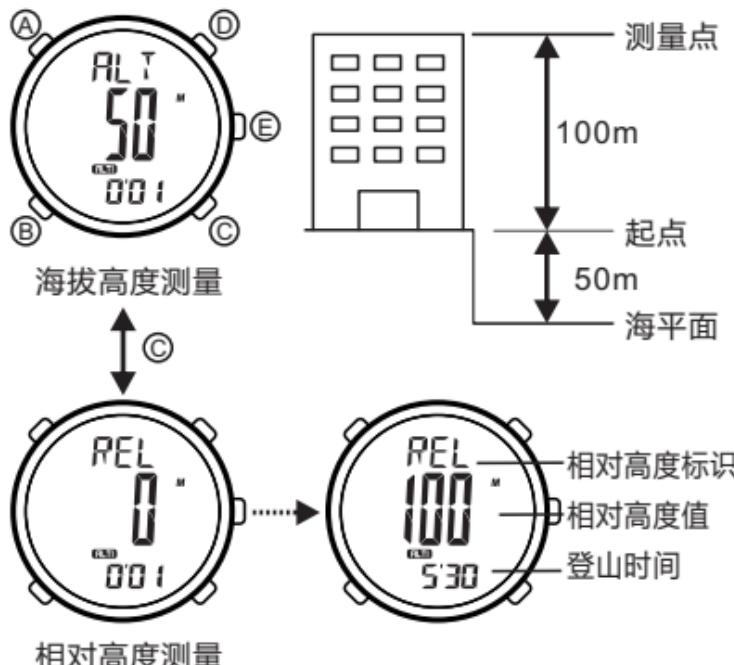
海拔高度测量

本表是根据气压换算成高度，由于海平面气压值一直波动变化，所以同一地点不同时间高度测量数据会有点差别，属正常现象。

6.4. 相对高度测量

进入高度模式(参见6.2.章节)，在起始点按[C]键切换到相对高度测量状态，然后就可测量并查看登山过程中任意一点与起始点的高度差。

在相对高度测量状态，按[C]键又会回到海拔高度测量状态。

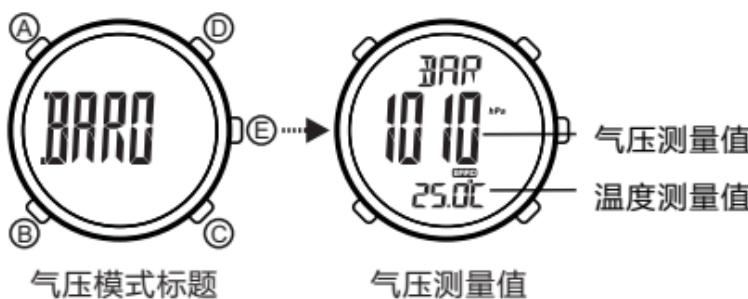


请勿在精度要求高的专业场合使用本表测量高度，如跳伞等。

因为商用客机机舱内的空气经过压缩，所以本表在飞机上无法测量飞行高度。

7.查看气压、温度

在时间模式、高度模式和指南针模式按[D]键直接进入气压模式。先显示模式标题，约2秒后，显示测量值。首3分钟，约5秒测量1次，其后约1分钟测量1次。



气温快速变化或者空气流动不畅会影响气压测量结果。

温度测量会受体温、阳光直射、湿度等影响，为了使气温测量更加准确，将手表取下放置在阳光不能直射，通风的地方，擦干外壳，大约需要半小时才能达到环境温度。

8.使用指南针

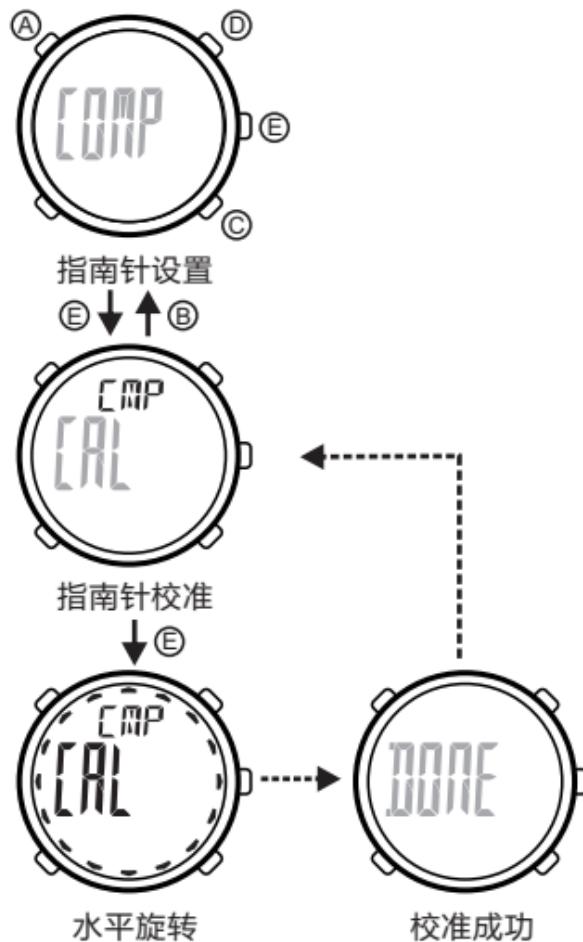
使用指南针时，尽量保持手表处于水平位置，而且要远离磁场干扰环境。测量方位前，一般要先进行指南针校准和设置磁偏角。

8.1.指南针校准

在更换电池后或到另一个地区，为消除磁场干扰，指南针需进行校准。

- 1) 在时间模式按住[B]键2-3秒直至 "TIME" 闪烁，按[C]键或[D]键选择 "COMP" (指南针设置)，按[E]键确认；
- 2) 按[C]键或[D]键选择 "CAL" (指南针校准)，按[E]键确认；

3) 手表保持水平，慢速旋转手表至少2圈(每圈时间超过15秒)；手表显示“DONE”，表示校准成功。



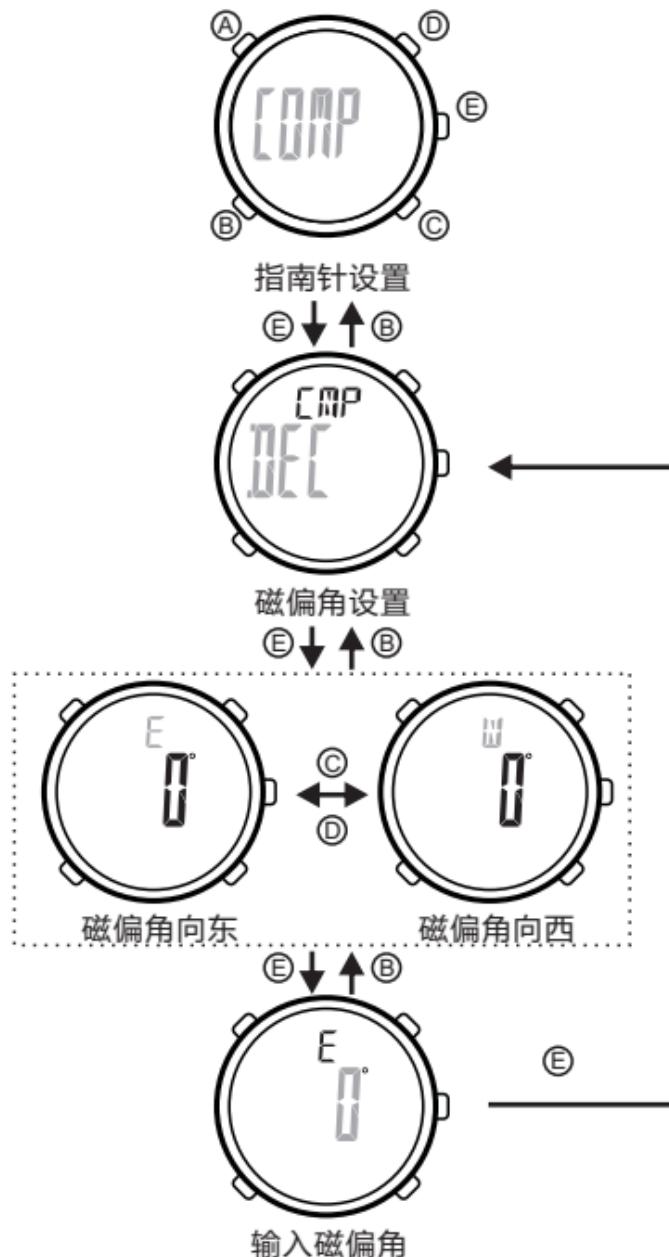
校准失败可能是周围存在磁场干扰。强烈建议在户外空旷场所(远离高压电线、电信基站等)校准指南针。在室内由于家用电器(电视机、音响、电冰箱等)产生磁场干扰，常常导致校准不成功。

换电池后，第一次使用指南针，手表会自动跳转到校准状态。

8.2. 磁偏角设置

日常地图指示的是地理北极，而指南针指示的是地磁北极。地磁北极与地理北极之间夹角角度称为磁偏角，地磁北极向东偏则磁偏角为正，向西偏则磁偏角为负。为确保测量准确，使用指南针之前，应设置当地的磁偏角，方法如下：

- 1) 在时间模式按住[B]键2-3秒直至 "TIME" 闪烁，按[C]键或[D]键选择"COMP"(指南针设置)，按[E]键确认；
- 2) 按[C]键或[D]键选择"DEC"(磁偏角设置)，按[E]键确认并进入设置选项：磁偏角方向、磁偏角角度；
- 3) 按[C]键或[D]键改变设置或调整数值，按住[C]键或[D]键可快速调整数值；
- 4) 按[E]键确认设置并进入下一设置选项，或按[B]键确认设置并返回上一个设置选项。



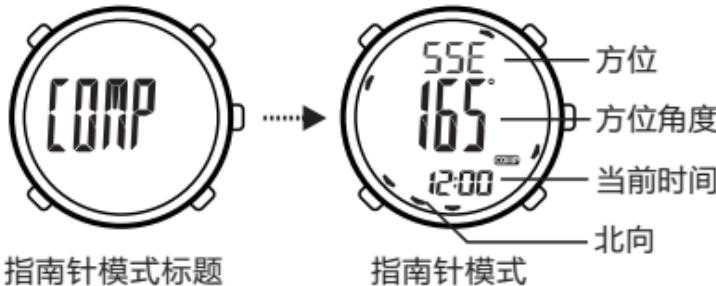
有的越野地图指示的是地磁北极，使用此类地图不用设置磁偏角。

磁偏角可通过网络查询。

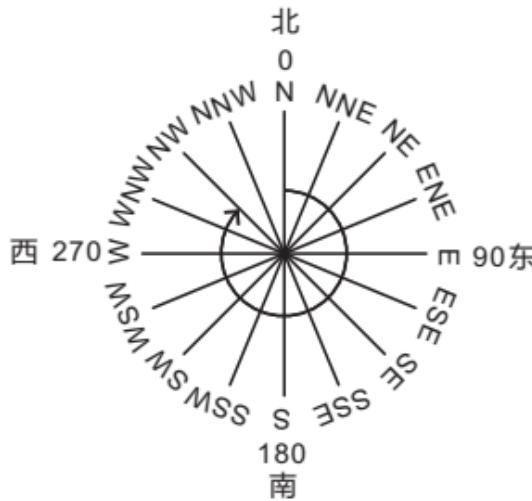
8.3.进入指南针模式

在时间模式、气压模式或高度模式按[E]键进入指南针模式(先显示模式标题，约2秒后，显示测量值)。

按[B]键退出指南针模式并回到时间模式。



方位及方位角含义：



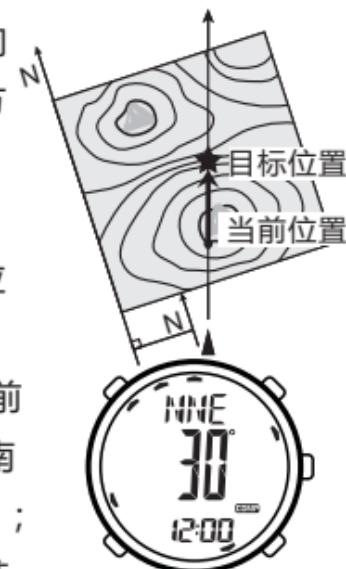
在磁源附近(如：永磁铁、家用电器、高压电线、钢筋混凝土建筑物内等)使用指南针，测量误差较大。

指南针被磁化也会导致测量误差，所以手表平时存放时必须远离任何强磁源(永磁铁、金属门窗、家用电器、个人电脑、音响等)，尽量避免磁化。如发现指南针被磁化，请远离磁源，依照第8.1章节重新校准。

8.4. 测量目标方位角

目标方位角指目标方向和北极方向间的夹角和方位。其测量方法是：

- 1) 进入指南针模式；
- 2) 打开地图，找到当前位置和目标位置；
- 3) 将手表放在地图上的当前位置，将地图的北向、指南针北向和12点位一致摆放；
- 4) 旋转手表让12点位对准目标位置；
- 5) 表盘所显示的测量值即为目标方位角。

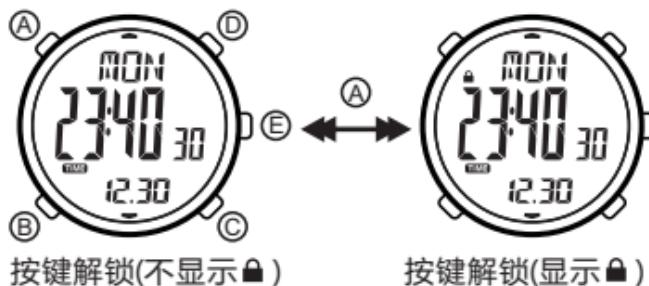


9. 锁定/解锁按键

为了防止佩戴手表过程中，不小心碰到按键而引起误操作，可将按键锁定，需操作按键时再解锁。

在时间模式按住[A]键直到 显示，表示按键已锁定；

按键锁定时，在时间模式按住[A]键直到 不显示，表示按键已解锁。

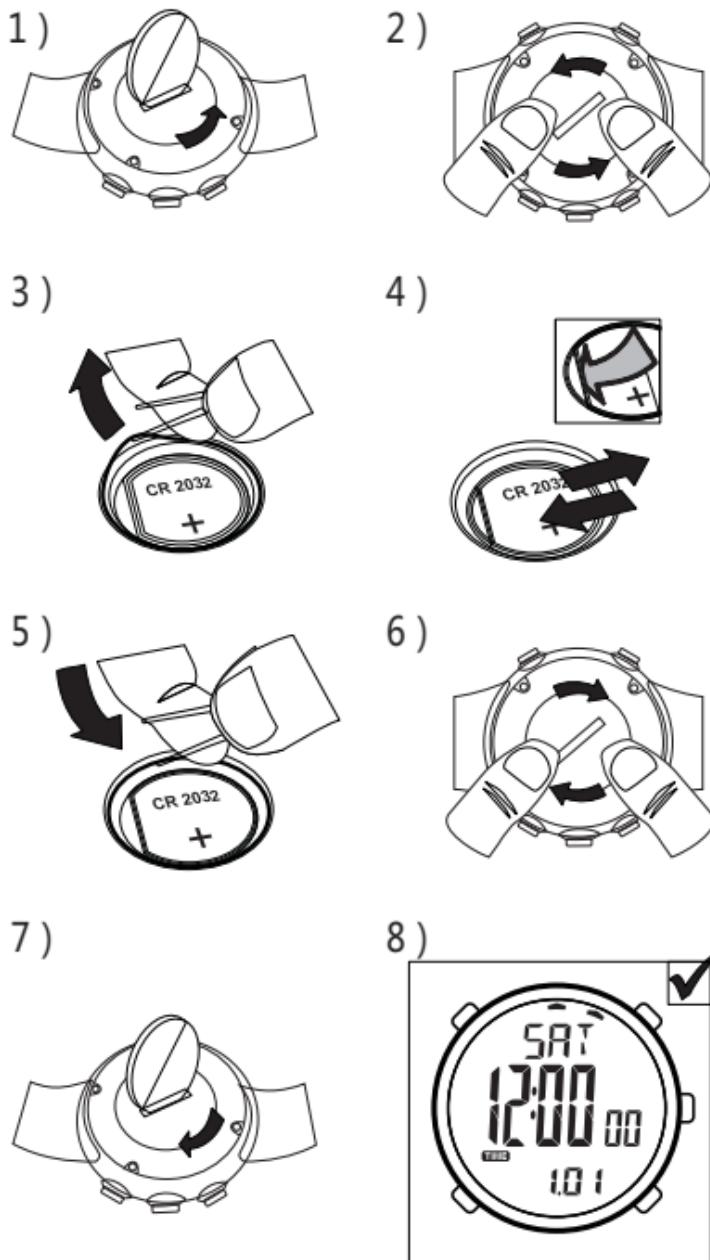


10. 打开背景光

除休眠模式、按键锁定外，按[A]键可打开背景光约3秒。

11. 更换电池

如果手表显示 ，表明电池电量不足，需要更换电池。更换电池方法及步骤：



 必须使用合格电池，如果用了不合格电池或者未依照程序更换电池可能导致产品失效。

警告 - 请勿挤压或刺穿废旧电池，更不能将其投入火中或水中，以免引起火灾。请正确回收或丢弃废旧电池。

12.防水性

本表具有50米防水性。可佩戴洗手、凉水淋浴、游泳，但不可佩戴潜水和桑拿等。

为保持防水性：

- 1)要定期更换防水圈，一般是1-2年，如不更换可能会因胶圈老化而受潮；
- 2)不能在水中操作按键。

13.注意事项

警告 - 本表内置的高度、气压、温度和指南针测量功能不能用于精度要求高的专业场合。

注意 - 本表虽然符合行业标准，但本产品与皮肤接触可能产生过敏反应或皮肤刺激。若发生这种情况，请立即停止使用并咨询医生。

注意 - 本表由精密零件组装而成，请不要自行拆卸或粗暴使用。

注意 - 不要在严寒，酷热，温度骤变的环境中佩戴。

注意 - 不要在强磁，强电环境中佩戴。

注意 - 请确保传感器外表干净。

注意 - 请使用软布及清水清洁本表，不要使用洗涤剂、溶剂、杀虫剂等化学品。

注意 - 本表如果出现功能异常，或者内部出现水珠，水雾等，请找有资质的维修点维修。

14.产品规格

手表走时精度： +/-1秒/天 (+/-30秒/月)

高度计测量范围：-500m—9000m

高度计分辨率：1m

气压计测量范围：300hPa—1100hPa

气压计分辨率：1hPa

温度计测量范围：-10°C—60°C

温度计分辨率：0.1°C

指南针分辨率：1°

工作温度： -10°C—60°C

存储温度： -20°C—60°C

电池型号：CR2032

防水等级：50米（普通游泳）

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1. Introduction

We thank you for purchasing EZON hiking series and please read this operation instruction closely to know the function, the way of operation and the safety information of our product.

This is a multi-functional watch combines time, calendar, alarm, and also altimeter, barometer, thermometer and electronic compass etc.

 The watch is in the sleeping mode when factory-set, you must relieve the sleeping mode for displaying on the screen. About how to relieve the sleeping mode, please see chapter 4.3.

2. Function



Altimeter



Compass



Barometer



Thermometer



50 Years Calendar



Alarm



50 Meters W.R.



EL Backlight

3. Pusher Button and LCD Display

Button[A] : Backlight / Button Locked

Button[B] : Setting / Back

Button[C] : Altimeter / Minus

Button[D] : Barometer / Plus

Button[E] : Compass / Confirm

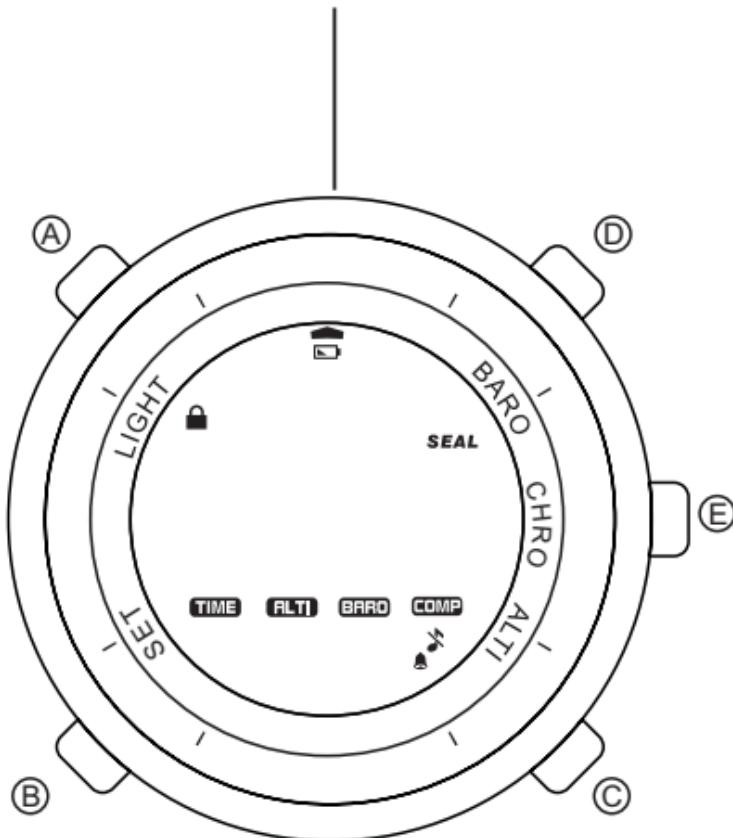
TIME Time Mode **ALTI** Altimeter Mode

BARO Barometer Mode **COMP** Compass Mode

🔔 Alarm Turned on 🔒 Key Tone Turned off

⚡ Button Locked 📺 Low Battery Indicator

SEAL Sea Level Pressure ─ Reference Position

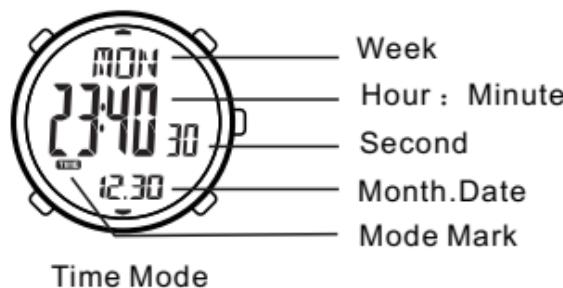


4. Modes and Setting

4.1. Time/Altimeter/Barometer/Compass Mode

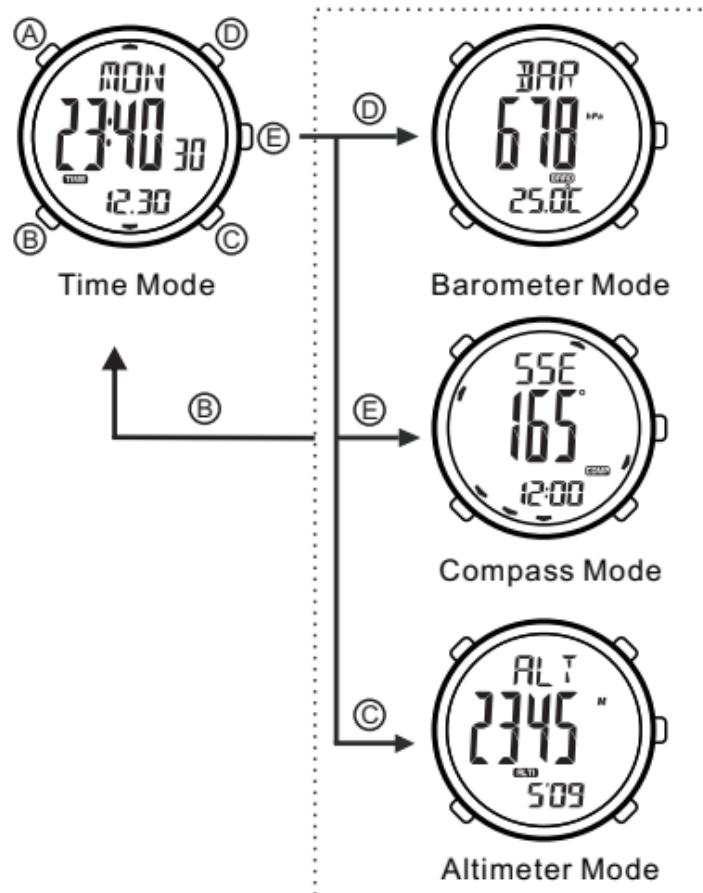
This is a multi-functional watch, so you must select corresponding mode before using the function.

Under the normal circumstance, our watch is in the time mode and displaying hour, minute, second, month, date and week.



In the time mode, press button [C]/[D]/[E] to enter into altimeter/barometer/compass mode (displaying mode mark first, and then displaying the result of measurement after 2 seconds)

Press button [B] to back to the time mode.

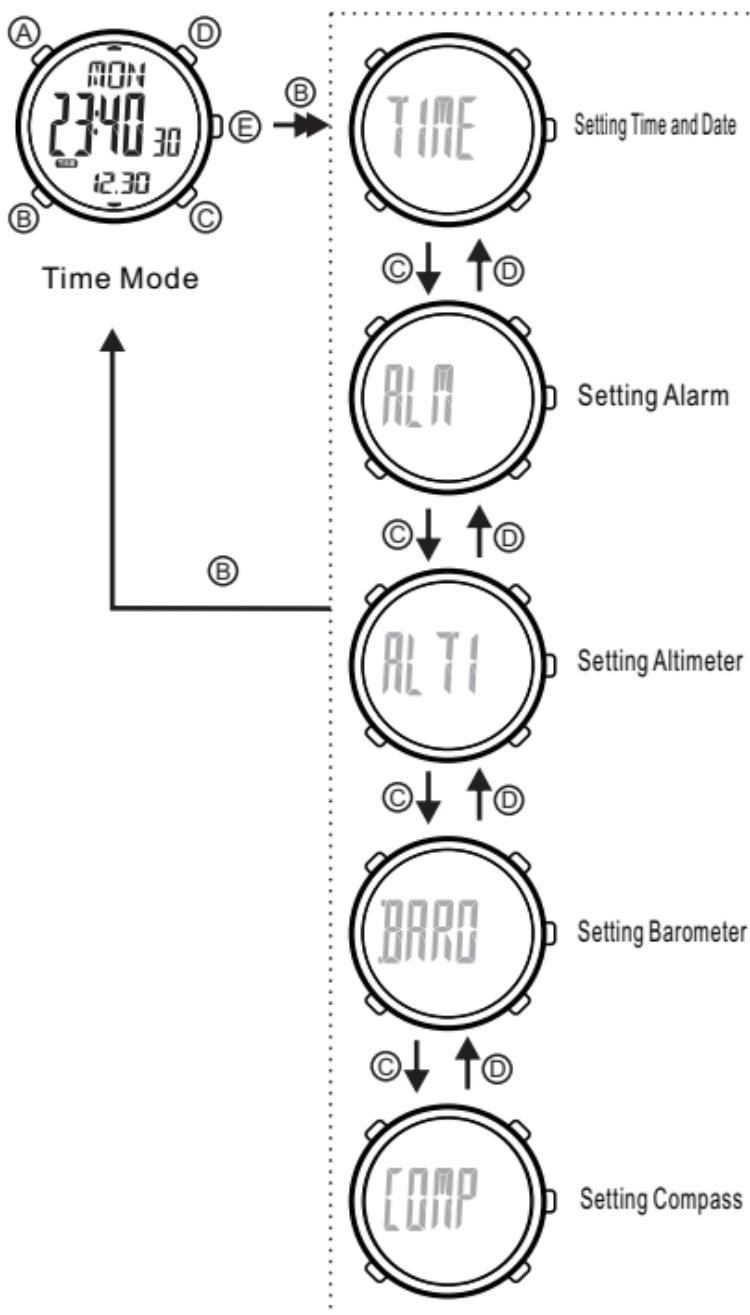


4.2. Select to Setting

Before using our watch, you should setup it base on the specific situation. The operating methods are as following:

In the time mode, hold on button [B] for 2 to 3 seconds till "TIME" begin to flash ("TIME" flash means enter into the setting menus).

Press button [C]/[D] to select setting menus, press button [E] to confirm the select and enter into the corresponding mode, press button [B] to back to the time mode.

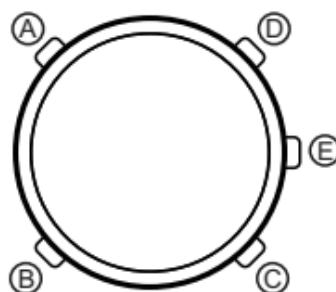


4.3. Sleeping Mode

If you do not wear our watch for a long time, please turn our watch in the sleeping mode to save battery energy. In the sleeping mode, the watch will turn off the sensor, alarm function etc. but save the function of time without displaying.

In the time mode, press button [A][B][C][D] together to enter into the sleeping mode.

In the sleeping mode, press button [A][B][C][D] together to back to the time mode.

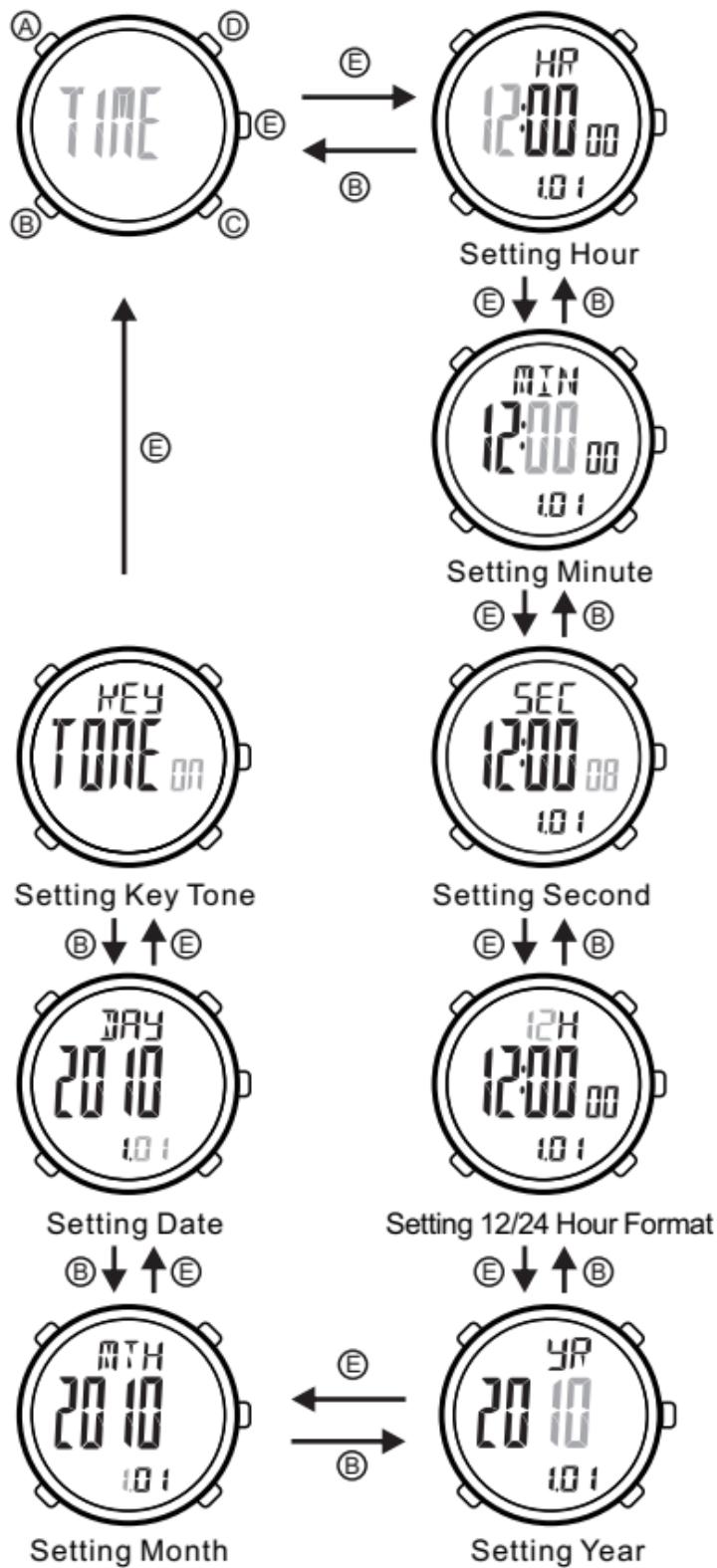


Sleeping Mode

5. Time

5.1. Setting time and date

- 1)In the time mode, hold on button [B] for 2 to 3 seconds till "TIME" begin to flash ,then press button [E] to confirm.
- 2)The setting items are hour, minute, second, 12/24 hour format, year, month, date, turn on/off key tone.
- 3)Press button [C]/[D] to revise setting or minus/plus the number, hold on button [C]/[D] to minus/plus the number quickly.
- 4)Press button [E] to confirm setting and enter into the next setup, or press button [B] to confirm setting and back to the former setup.



Our watch contains 50 years(2010-2059) automatic calendar. The week will calibrate automatically since the year, month and date have been setting correctly.

Turn off the key tone, there will be no tone of the operation.

5.2. Setting Alarm

The methods of setting alarm are as following:

- 1) In the time mode, hold on button [B] for 2 to 3 seconds till "TIME" begin to flash ,and press button [C]/[D] to select"ALM"(setting alarm), then press button [E] to confirm.
- 2) The setting items are hour, minute and alarm switch.
- 3) Press button [C]/[D] to revise setting or minus/plus the number , hold on button [C]/[D] to minus/plus the number quickly.
- 4) Press button [E] to confirm setting and enter into the next setup, or press button [B] to confirm setting and back to the former setup.



If you turn on the alarm, there will be a chime last for 20 seconds when reaching the alarm time. Press any button can stop the chime.

6. Altitude Measurement

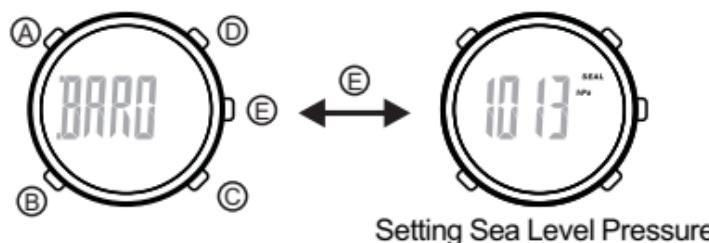
6.1. Altimeter Calibration

By measuring the local atmospheric pressure with sensor, and based on sea level pressure and ISA (international standard atmospheric pressure conversion), our watch can calculate the current altitude. But the sea level pressure will be difference due to the different geographical regions, seasons, climate and time ,so you must input the current sea level or the current altitude to calibrate the altimeter before measuring the altitude every time.

6.1.1. Input Sea Level Pressure

You can find sea level pressure in Local Observatory, and the methods of setting sea level pressure are as following:

- 1)In the time mode, hold on button [B] for 2 to 3 seconds till "TIME" begin to flash , and press button [C]/[D] to select "BARO"(setting pressure), then press button [E] to confirm.
- 2)Press button [C]/[D] to minus/plus the number , hold on button [C]/[D] to minus/plus the number quickly.
- 3)Press button [E] to confirm setting.



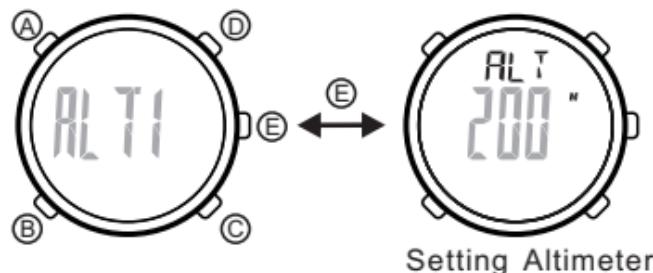
6.1.2. Input Current Altitude

You can find current altitude with the help of the landmarks or topographic maps or precise altimeter measurements. And the methods of setting current high degree are as following:

- 1)In the time mode, hold on button [B] for 2 to 3 seconds till "TIME" begin to flash , and press button [C]/[D] to select"ALTI"(setting altimeter), then press button [E] to confirm.

2)Press button [C]/[D] to revise or minus/plus the number, hold on button [C]/[D] to minus/plus the number quickly.

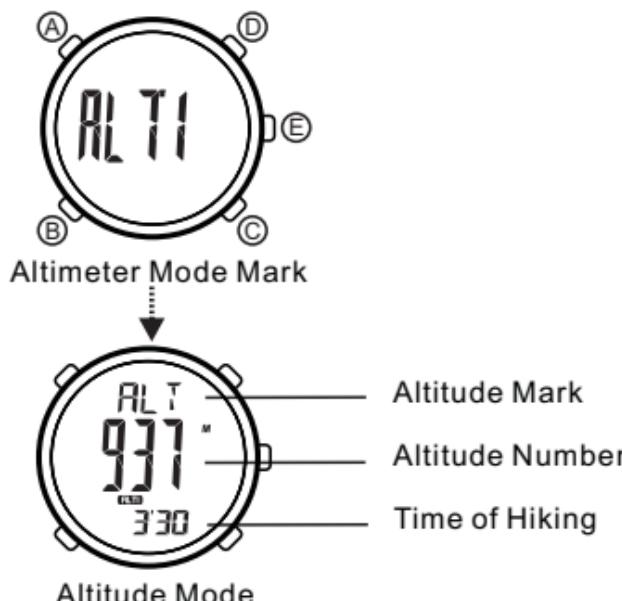
3)Press button [E] to confirm the setting.



6.2. Enter into the Altimeter Mode

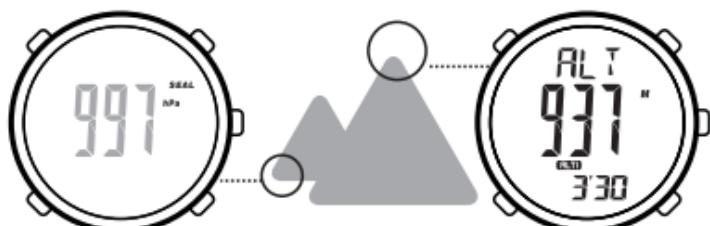
In the time/ barometer/ compass mode, press button [C] to enter into the altimeter mode. (Display mode mark, and then display the result of measurement after 2 seconds).

In the first 3 minutes, it will measure altitude every 5 seconds. After 3 minutes, it will measure altitude every 1 minute.



6.3. Altitude Measurement

After altimeter calibration, enter into altimeter mode (see chapter 6.2), you can review the altitude of any point during hiking.



Setting Sea Level Pressure

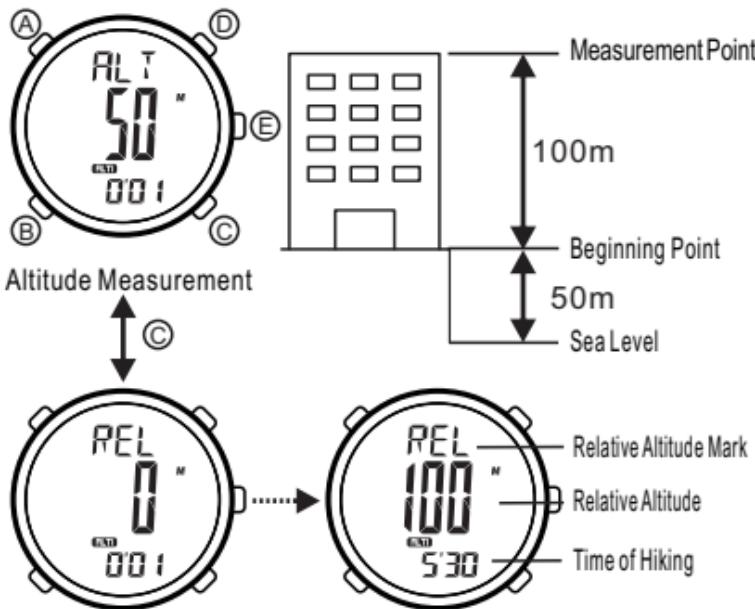
Altitude Measurement

Our watch calculate the altitude base on the sea level pressure. There may be different result of measurement at the same point due to the changes of the sea level pressure.

6.4. Relative Altitude Measurement

Enter into altimeter mode (see chapter 6.2), then press button [C] at the beginning point to enter into relative altitude measurement status. You can measure and review the relative altitude of any point during hiking.

In the status of relative altitude measurement, press button [C] can back to the altitude measurement.



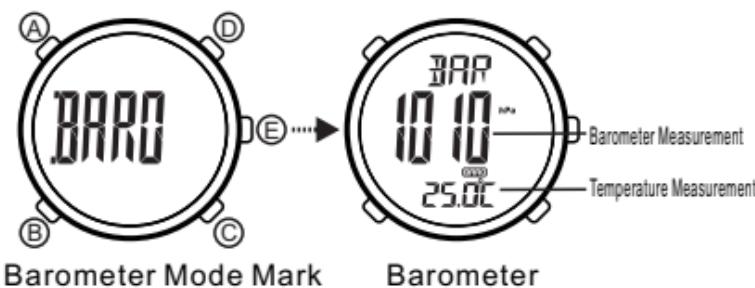
Relative Altitude Measurement

Please do not use our watch to measure the altitude in the professional areas where require high accuracy. For example, parachuting.

Our watch can not measure the aircraft flying altitude due to the air in the aircraft has been compressed.

7. Review Pressure/Temperature

In the time mode, compass mode, altimeter mode, press button [C] can enter into the barometer mode directly. It will first display altimeter mark, then display the result of measurement after 2 seconds. At the first 3 minutes, our watch measuring the pressure every 5 seconds. After 3 minutes, measuring the pressure every 1 minute.



The rapid change of temperature and poor air flow will affect the result of pressure measurement.

Body temperature, direct sunlight, humidity and many other factors may affect the result of the temperature test. In order to improve the accuracy of temperature test, please place the watch in one place where without direct sunlight, but with good air flow. It may take half an hour to reach ambient temperature.

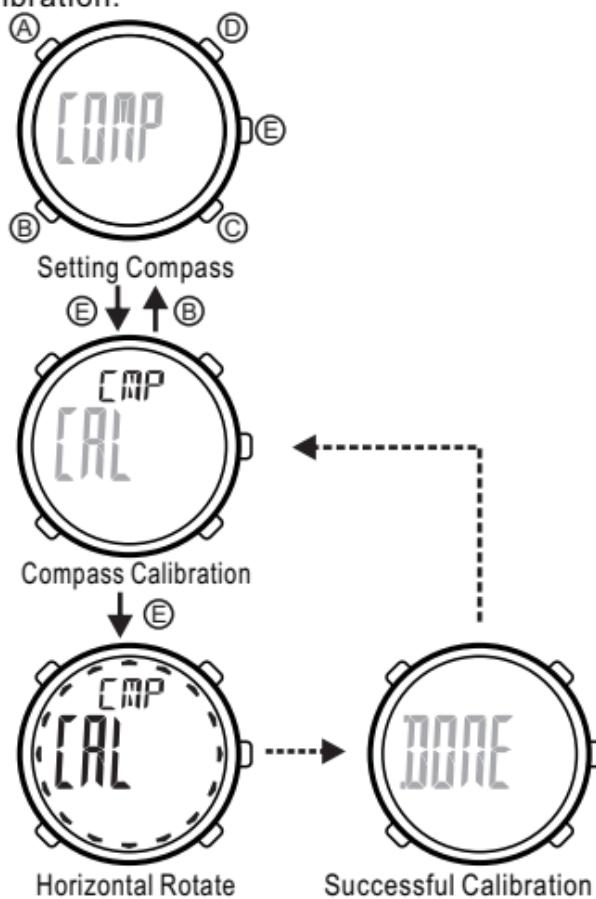
8. Using compass

While using compass, please keep the watch in the horizontal position and also far from the magnetic fields. It often needs to calibrate the compass and set the declination before measuring orientation. After replacing battery or changing to another places, please calibrate the compass in order to avoid the interference of the magnetic field.

8.1. Compass Calibration

- 1) In the time mode, hold on button [B] for 2 to 3 seconds till "TIME" begin to flash . Press button [C]/[D] to select "COMP" (setting compass), then press button [E] to confirm.
- 2) Press button [C]/[D] to select "CAL" (compass calibration), press button [E] to confirm.

3) Keep the watch in the horizontal position and slowly rotate the watch 2 circle at least (more than 15 seconds for each circle), displaying "DONE" means successful calibration.

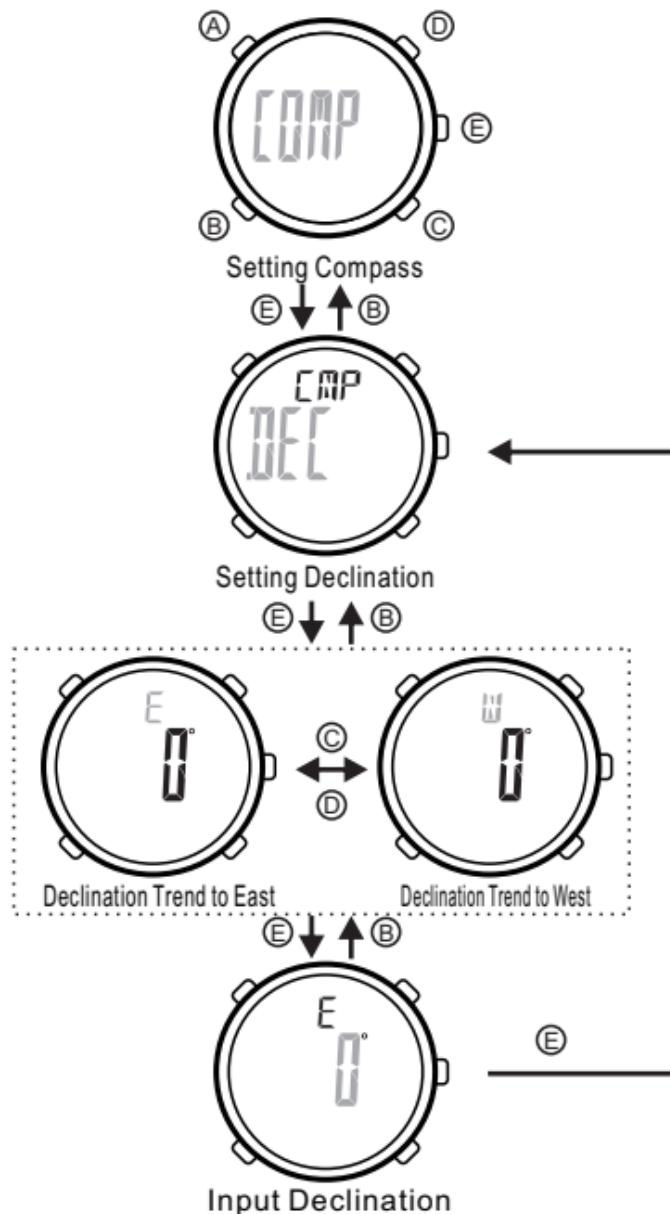


- Please calibrate compass in outdoor spacious place (far from high-voltage wire, telecommunication station, and so on). It is because that household appliance (TV, stereo, refrigerators, etc.) in indoor room may produce magnetic and interfere calibrate or even fail to calibrate.
- After replacing battery, our watch will turn to calibration status while you are using compass at the first time.

8.2. Setting declination

Daily map indicates the geographic north pole, but compass indicates the geomagnetic north pole. The angle between geographic and geomagnetic is considered as declination. Geomagnetic north pole trend to east means that the angle of deviation is positive, and trends to west means that the angle of deviation is negative. In order to have correct readings, please setting local declination before using compass, and the operating methods are as following:

- 1) In the time mode, hold on button [B] for 2 to 3 seconds till "TIME" begin to flash , and press button [C]/[D] to select "COMP"(setting compass), then press button [E] to confirm.
- 2) Press button [C]/[D] to select "DEC"(setting declination), press button [E] to confirm and enter into the setting items: declination trend ,declination.
- 3) Press button [C]/[D] to revise setting or minus/plus the number, hold on button [C]/[D] to minus/plus the number quickly.
- 4) Press button [E] to confirm setting and enter into the next setup, or press button [B] to confirm setting and back to the former setup.



 Some off-road map indicates geomagnetic north pole, and you should turn off declination while using this kinds of map.

 You can find the declination on the internet.

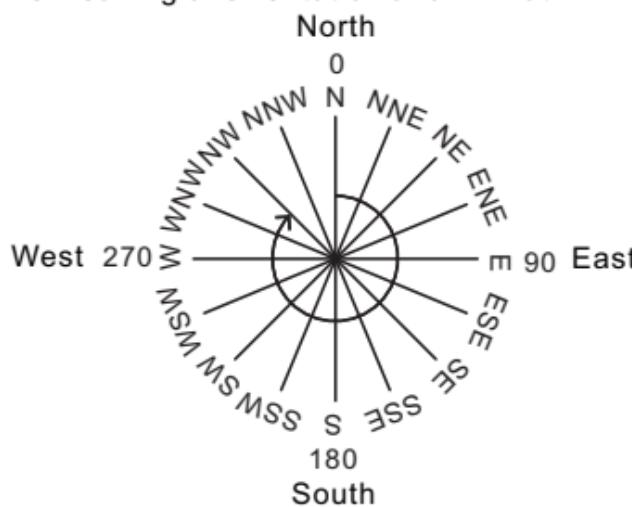
8.3. Enter into Compass Mode

In the time/barometer/altimeter mode, press button [E] can enter into the compass mode (display the mode mark about 2 seconds first, then display the result of measurement).

Press button [B] to exit compass mode and back to the time mode.



The Meaning of Orientation and Azimuth



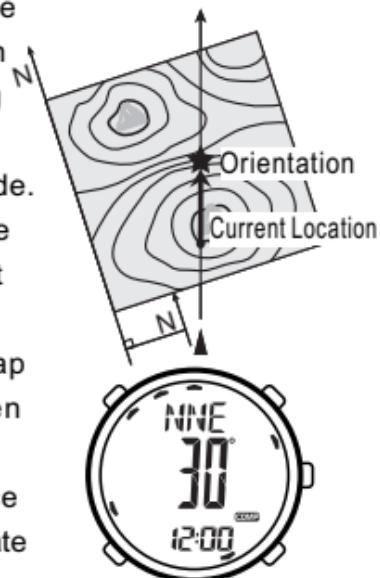
 There may be some error of the measurement while using compass in the field where near magnetic sources (for example, permanent magnet, household appliances, high-voltage wire, concrete building, and so on).

 There may be some error due to the compass has been magnetized, so you should place the watch far from strong magnetic sources to avoid be magnetized. If you find the compass has been magnetized, then calibrate the compass refer to chapter 8.1.

8.4. Measuring Target Azimuth

Target azimuth means the angle between orientation and the north. The measuring methods are as follow:

- 1) Enter into the compass mode.
- 2) Open the map, find out the current location and target orientation.
- 3) Place the watch on the map to find current location, then make sure the map north consistent with the reference position and the north indicate on the watch.
- 4) Rotate the watch, make sure the reference position align to the target orientation.
- 5) The result of measuring target azimuth will display on screen.

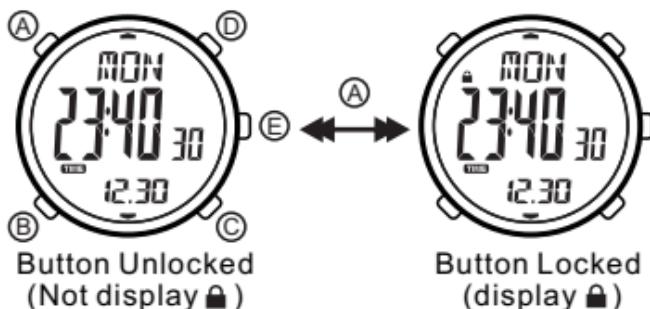


9. Button Locked/Unlocked

In order to prevent mis-operation due to accidentally press to the button when wearing the watch, you can lock the button and unlock the button when you need to operate it.

In the time mode, hold on button [A] till displaying, it means that the button locked.

Under button locked status, hold on button [A] till not displaying, it means that the button unlocked.

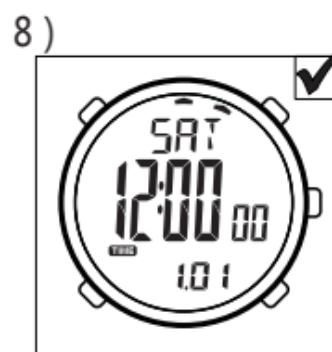
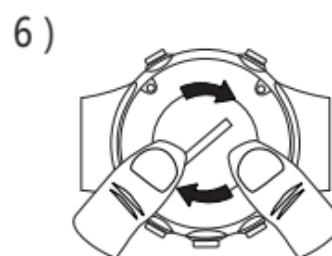
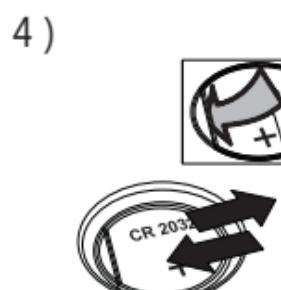
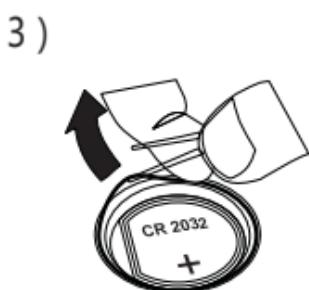


10. Turn on EL Backlight

Apart from the sleeping mode and the button locked, press button [A] can turn on EL backlight , and the backlight will last about 3 seconds.

11. Replacing the Battery

If the watch displaying  , it means the battery in low level. You should replace the battery in time. The operating methods just as the following:



It is necessary to use qualified battery.If you use unqualified battery or don't follow the operating steps, you may fail to use our watch.

Warning: In order to avoid the fire, please do not crush, puncture or even throw the used battery in a fire or in water. And please make it to be recyclable use or deal with it with reasonable way.

12. Water Resistance

Our watch can waterproof for 50 meters. It is no problems to wearing our watch while washing hands, having shower with cold water, swimming, but not diving or sauna, and so on.

In order to maintain the waterproof function

- 1)Replacing the water resistance regularly (generally 1-2 years). If not, the watch may be damp due to the aging of water resistance.
- 2)Do not press any button under the water.

13. Safety Information

Warning: Through our watch combines altimeter, barometer, compass and thermometer together, the result of measurement can use in a professional field where require high accuracy.

Our watches complies with industrial standards, but please stop wearing it if there are any allergic reaction or skin irritation and please consult a doctor.

Our watch consists of precision electric parts, please do not attempt to remove or rough wearing.

Please do not wear our watch in the environment of severely cold, extremely hot, temperature changing rapidly.

Please do not wear our watch in the environment with strong magnetic or strong electric.

Please make sure to keep cleanliness of the sensor appearance.

When cleaning our watch, please use soft cloth and clean water without detergent, solvents, pesticide.

If there are abnormal functions of our watch or water mist inside, please find a qualified service center to repair.

14. Product Specification

Time : +/-1 second/day (+/-30 seconds/month)

Altimeter Range : -500m—9000m

**Altimeter Resolution : 1m
Barometer Range : 300hPa—1100hPa**

Barometer Resolution : 1hPa

Temperature Range : -10°C—60°C

Temperature Resolution : 0.1°C (0.1°F)

Compass Resolution: 1°

Operating Temperature : -10 °C—60°C

Storage Temperature : -20 °C—60°C

Battery : CR2032

Water Resistance : 50 meters (normal swimming)