C-UAR-NIK1

Nike Speed ✛

english
français
español
português
italiano
deutsch
nederlands
日本語
简体中文
영어

Federal Communication Commission Interference Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

-•Reorient or relocate the receiving antenna.
-•Increase the separation between the equipment and receiver.
-•Connect the equipment into an outlet on a circuit different from that
to which the receiver is connected.
-•Consult the dealer or an experienced radio/TV technician for help.

FCC Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Industry Canada Statement

This device complies with RSS-210 of the Industry Canada Rules. Operation is subject to the following two conditions:
1) this device may not cause interference and
2) this device must accept any interference, including interference that may cause undesired operation of the device

Nike Speed +

Nike Speed+ Quick Start Guide

Nike Speed+ Guide pour démarrer rapidement

Guía de inicio rápido de Nike Speed+

Guia de Iniciação Rápida do Nike Speed+

What is Nike Speed+?

Nike Speed+ is innovative technology that gives you a dynamic, integrated sport experience. The watch on your wrist communicates with a device in your shoe, giving you precision tracking, monitoring and calibration capabilities. After a run, use software and a USB Link to track your progress and connect to music, gaming and shopping.

A detailed Nike Speed+ web manual is available online.

www.niketiming.com

Qu'est ce que Nike Speed+?

Nike Speed+ est une technologie innovante qui vous procure une expérience sportive dynamique et intégrée. La montre fixée à votre poignet communique avec un appareil placé dans votre chaussure et vous donne ainsi un traçage précis, des possibilités de suivi et d'étalonnage. Après une course, utilisez son logiciel et un lien USB pour suivre vos progrès et connectez-vous à de la musique, des jeux et faites des achats.

Un manuel détaillé de Nike Speed+ est disponible en ligne sur la toile.

www.niketiming.com

¿Qué es Nike Speed+?

Nike Speed+ es una tecnología innovadora que le proporciona una experiencia deportiva dinámica e integrada. El reloj de la muñeca se comunica con un dispositivo situado en el zapato, lo que ofrece funciones de seguimiento, supervisión y calibración de gran precisión. Después de correr, utilice el software y un cable USB para realizar un seguimiento de su progreso, conectarse a canciones y juegos y realizar compras.

Puede acceder en línea a un manual web detallado sobre Nike Speed+.

www.niketiming.com

O que é o Nike Speed+?

O Nike Speed+ é uma tecnologia inovadora que proporciona uma experiência esportiva dinâmica e integrada. O relógio em seu pulso se comunica com um dispositivo no tênis proporcionando recursos de monitoramento, calibração e acompanhamento de precisão. Após uma corrida, use o software e um USB Link para acompanhar seu progresso e conecte-se a músicas, jogos e compras.

Há um manual detalhado do Nike Speed+ disponível on-line.

www.niketiming.com

What You Need

Ce qu'il vous faut

Qué necesita

O que Você Precisa

In this box:
Nike Speed+ Watch
Nike Speed+ Sender
Nike Speed+ Link
CD with Nike Speed+ software
Nike Speed+ shoe sold separately

Computer
300MHz processor or better. 96MB available RAM. 1GB of available hard drive space. CD ROM drive. USB port.

PC
Microsoft Windows ME, Windows2000 with Service Pack 3 or higher, Windows XP.

Mac
Apple G3 or higher with MAC OSX version 10.2.6. or higher.

En esta caja:
Reloj Nike Speed+
Nike Speed+ Sender
Nike Speed+ Link
CD con el software Nike Speed+
Zapato Nike Speed+ vendido por separado

Ordenador
Un procesador 300MHz o superior. 96MB de RAM disponible. 1GB de espacio disponible en el disco duro. Unidad de CD ROM. Puerto USB.

PC
Microsoft Windows ME, Windows2000 con Service Pack 3 o superior, Windows XP.

Mac
Apple G3 o superior con versión MAC OSX 10.2.6. o superior.

Dans ce coffret:
Montre Nike Speed+
Emetteur Nike Speed+
Lien Nike Speed+
CD avec logiciel Nike Speed+
La chaussure Nike Speed+ est vendue séparément

Ordinateur
Processeur 300MHz ou plus. 96MB de RAMdisponibles . 1GB d'espace disponible sur disque dur. Lecteur de CD ROM. Port USB.

PC
Microsoft Windows ME, Windows2000 avec Service Pack 3 ou au-delà, Windows XP.

Mac
Apple G3 ou au-delà avec MAC OSX version 10.2.6. ou au-delà.

Nesta caixa:
Relógio Nike Speed+
Transmissor Nike Speed+
Link Nike Speed+
CD com o software do Nike Speed+
Tênis Nike Speed+ vendido separadamente

Computador
Processador de 300 MHz ou superior 96 MB de RAM disponíveis. 1 GB de espaço em disco disponível. Unidade de CD ROM. Porta USB.
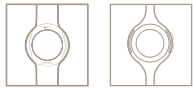
PC
Microsoft Windows ME, Windows2000 com Service Pack 3 ou superior, Windows XP.

Mac
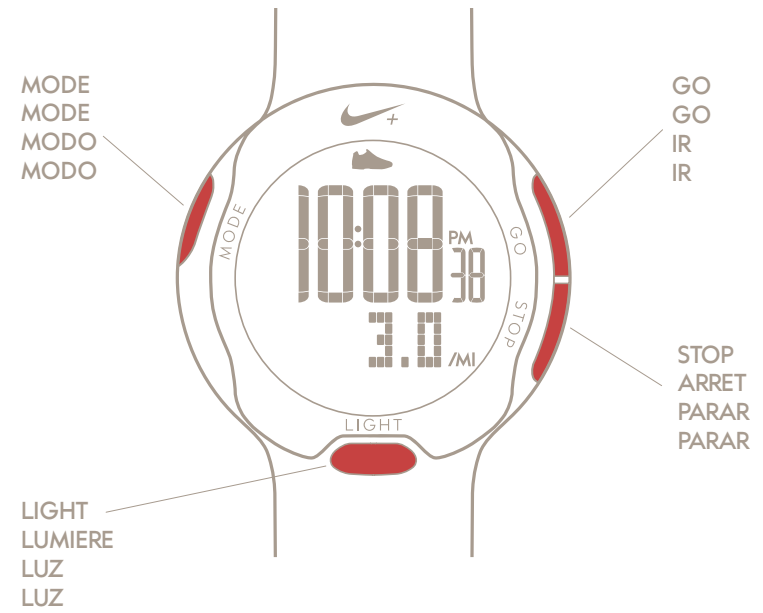Apple G3 ou superior com MAC OSX versão 10.2.6. ou superior.

Nike Speed+ Watch

Montre Nike Speed+

Reloj Nike Speed+

Relógio Nike Speed+

MODE
MODE
MODO
MODO

GO
GO
IR
IR

STOP
ARRET
PARAR
PARAR

LIGHT
LUMIERE
LUZ
LUZ

NIKE+

10:08 PM
38
3.0 /MI

MODE

GO

STOP

LIGHT

*The women's Nike Speed+ works the same as the men's.

*The women's Nike Speed+ works the same as the men's.

*The women's Nike Speed+ works the same as the men's.

*The women's Nike Speed+ works the same as the men's.

Nike Speed+ Shoe & Sender

Chaussure & Emetteur Nike Speed+

Zapato y Transmisor Nike Speed+

Tênis Nike Speed+ e Transmissor

ON/OFF SWITCH

BOUTON MARCHE/ARRET

INTERRUPTOR ON/OFF

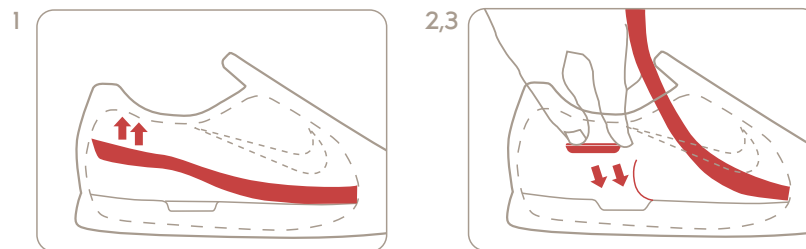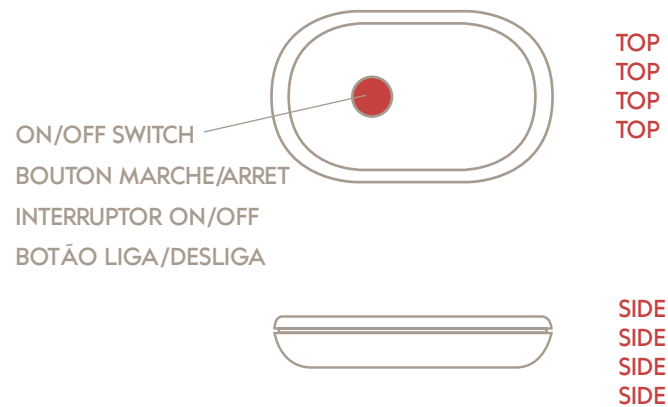BOTÃO LIGA/DESLIGA

TOP
TOP
TOP
TOP

SIDE
SIDE
SIDE
SIDE

1. LIFT LINER IN THE SHOE

2. LIFT FLAP OVER SENDER SLOT

3. PLACE SENDER INTO SLOT

1. SOULEVEZ LA DOUBLURE
   DANS LA CHAUSSURE

2. LIFT FLAP OVER SENDER SLOT

3. PLACEZ L'EMETTEUR DANS LA FENTE

1. SUBA EL REVESTIMIENTO
   DEL ZAPATO

2. LIFT FLAP OVER SENDER SLOT

3. COLOQUE EL TRANSMISOR
   EN LA RANURA

1. LEVANTE O REVESTIMENTO DO TÊNIS

2. LIFT FLAP OVER SENDER SLOT

3. COLOQUE O TRANSMISSOR
   NA ABERTURA

1

2,3

Before your run

Avant de courir

Antes de correr

Antes de Correr

1. PRESS AND HOLD LIGHT

2. PRESS GO/STOP TO ADJUST TIME

3. PRESS MODE TO CYCLE SETTINGS

4,5 ADJUST SETTINGS

6. PRESS LIGHT TO EXIT

1. APPUYEZ ET MAINTENIR SUR "LIGHT"

2. APPUYEZ SUR "GO/STOP" POUR REGLER LE TEMPS

3. PRESS MODE TO CYCLE SETTINGS

4,5 ADJUST SETTINGS

6. APPUYEZ SUR "LIGHT" POUR SORTIR

1. PRESIONE LA "LIGHT" Y MANTÉNGALA PRESIONADA

2. PULSE "GO/STOP" PARA AJUSTAR LA HORA

3. PRESS MODE TO CYCLE SETTINGS

4,5 ADJUST SETTINGS

6. PULSE LA "LIGHT" PARA SALIR

1. PRESSIONE E SEGURE O BOTÃO DA "LIGHT"

2. PRESSIONE "GO/STOP" PARA ACERTAR A HORA

3. PRESS MODE TO CYCLE SETTINGS

4,5 ADJUST SETTINGS

6. PRESSIONE "LIGHT" PARA SAIR

12

13

1

HOLD TO SET

3 SEC

2

10:08 PM 38 HOUR

+

−

3

8:23 DAY

4

M 1 UNITS

5

165 WT·LB

M SEX

24 AGE

6

10:08 PM 38 TUE 23

During your run

Pendant que vous courez
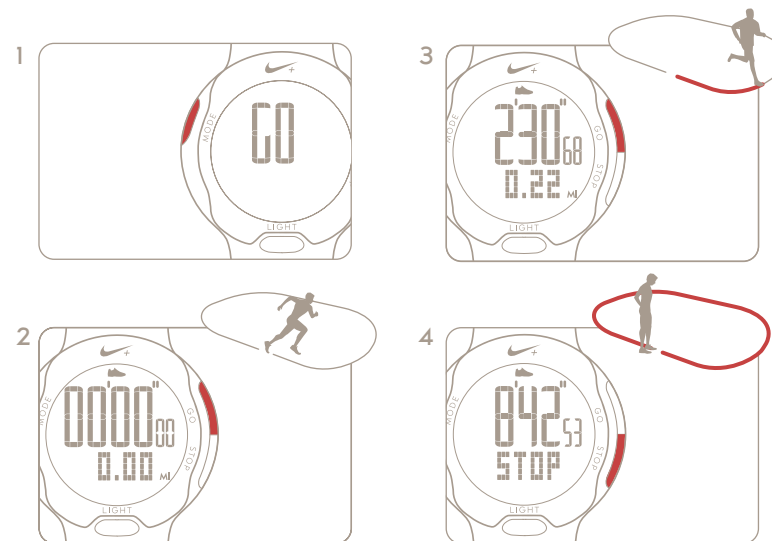
Mientras corre

Durante a Corrida

1. PRESS MODE
2. PRESS GO. START RUN
3. PRESS GO TO CYCLE THROUGH SETTINGS
4. PRESS STOP

1. APPUYEZ SUR MODE
2. APPUYEZ SUR "GO". COMMENCEZ A COURIR
3. APPUYEZ SUR "GO" POUR OBTENIR DES CYCLES PAR REGLAGE
4. APPUYEZ SUR "STOP"

1. PULSE "MODE"
2. PULSE "GO". EMPIECE A CORRER
3. PULSE "GO" PARA ALTERNAR ENTRE LOS AJUSTES
4. PULSE "STOP"

1. PRESSIONE MODE
2. PRESSIONE "GO". COMECE A CORRIDA
3. PRESSIONE "GO" PARA PERCORRER AS CONFIGURAÇÕES
4. PRESSIONE "STOP"

1 GO

3 2'30"68 0.22 MI.

2 00'00"00 0.00 MI.

4 8'42"53 STOP

BLINKING = SEARCHING
CLIGNOTANT= RECHERCHE
PARPADEANDO = BUSCANDOPI
CANDO = PROCURANDO

SOLID = GOOD SIGNAL
CONTINU= SIGNAL BON
SÓLIDO = BUENA SEÑAL
CONTÍNUO = SINAL BOM

NO ICON = NO SIGNAL
PAS D'ICONE = PAS DE SIGNAL
SIN ICONOS = NO HAY SEÑAL
SEM ÍCONE = SEM SINAL

Calibrating

Calibrate the distance recorded on your watch with the actual distance covered after a run, especially if you run on a track.

Note: You must have recorded a run of at least 0.25mi/0.4km in order to calibrate.

2. PRESS & HOLD LIGHT
3,4. PRESS GO/STOP TO ADJUST
5. PRESS MODE TO EXIT
6. PRESS AND HOLD STOP*

Etalonnage

Etalonnez la distance enregistrée sur votre montre avec la distance réellement parcourue après votre course, en particulier si vous courez sur une piste.

Remarque : Vous devez avoir enregistré une course d'au moins 0.25mi/0.4km pour pouvoir étalonner.

2. APPUYEZ & MAINTENEZ APPUYE SUR "LIGHT"
3,4. APPUYEZ SUR "GO/STOP" POUR REGLER
5. APPUYEZ SUR "MODE" POUR SORTIR
6. APPUYEZ ET MAINTENEZ APPUYE SUR "STOP*"

Calibración

Calibre la distancia registrada en su reloj con la distancia real cubierta después de correr, especialmente si corre en una pista.

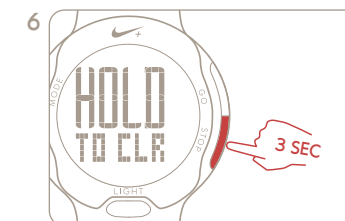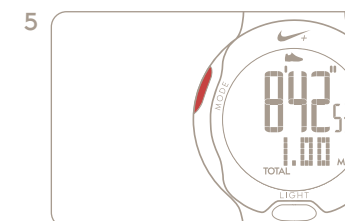Nota: para poder realizar una calibración debe haber registrado una carrera de 0,4 km como mínimo.

2. PRESIONE LA "LIGHT" Y MANTÉNGALA PRESIONADA
3,4. PULSE "GO/STOP" PARA AJUSTAR
5. PULSE "MODE" PARA SALIR
6. PRESIONE "STOP" Y MANTENGA EL BOTÓN PRESIONADO*

Calibração

Calibre a distância registrada em seu relógio com a distância real percorrida após a corrida, principalmente se correr em uma pista.

Observação: É necessário registrar uma corrida de no mínimo 0,25milhas/0,4km para poder realizar a calibração.

2. PRESSIONE E SEGURE O BOTÃO "LIGHT"
3,4. PRESSIONE "GO/STOP" PARA ACERTAR
5. PRESSIONE "MODE" PARA SAIR
6. PRESSIONE E SEGURE "STOP*"

*Data must be cleared into watch memory in order to be uploaded via USB link.

*Il faut avoir effacé les données dans la mémoire de la montre pour pouvoir les charger via le lien USB.

*Es necesario borrar los datos de la memoria del reloj para cargarlo a través del cable USB.

· Os dados devem ser apagados da memória do relógio para serem transferidos através do link USB.

After your run
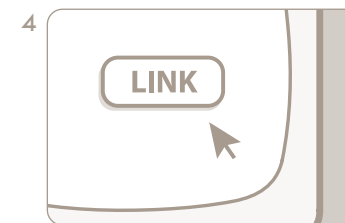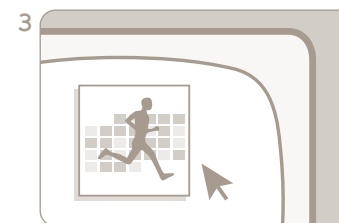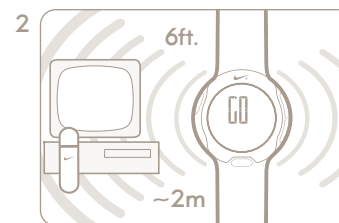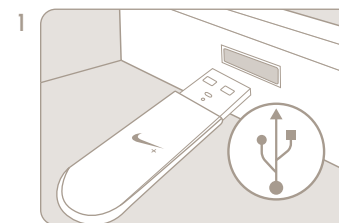
Après avoir couru

Después de correr

Depois da Corrida

1. INSTALL SOFTWARE
2. CONNECT NIKE SPEED+ LINK TO USB PORT
3. CLICK DESKTOP ICON
4. ENTER GO MODE
5. ??? CLICK ON LINK BUTTON IN APP???
6. TRACK PROGRESS

1. INSTALE EL SOFTWARE
2. CONECTE EL CABLE NIKE SPEED+
   AL PUERTO USB
3. HAGA CLIC EN EL ICONO DEL ESCRITORIO
6. REALICE UN SEGUIMIENTO DEL PROGRESO

1. INSTALLEZ LE LOGICIEL
2. CONNECTEZ LE LIEN NIKE SPEED+
   AU PORT USB
3. CLIQUEZ SUR L'ICONE DU BUREAU
6. TRACEZ LA PROGRESSION

1. INSTALE O SOFTWARE
2. CONECTE O LINK DO NIKE SPEED+
   À PORTA USB
3. CLIQUE NO ÍCONE DA ÁREA DE TRABALHO
6. ACOMPANHE O PROGRESSO

1

4

LINK

2

6ft.

GO

~2m

5

3

Specifications

BATTERY TYPE: CR2032 Lithium

BATTERY LIFE: The battery in your Nike watch is estimated to last 2 years, depending on frequency and use of certain features.

BATTERY REPLACEMENT: Battery replacement must be performed by an authorized Nike service center to retain a valid warranty. In addition to battery replacement, the service center will test movement, gaskets, water resilience and hardware, to further ensure the long-term care of your watch.

WARNING! Keep watch batteries away from children. If swallowed, contact a doctor immediately.

WARNING! Batteries contain chemical substances. They should be disposed of properly according to local regulations

WATER RESISTANCE: 50 meters

Suitable for swimming and bathing, surface water sports, like sailing, fishing, etc.

ATTENTION: Water damage may occur if the buttons are pressed underwater.

ATTENTION: Hot steam may cause damage to the watch. Do not wear in steaming shower, spa or hot tub.

ATTENTION: Watch cases and metal bracelets should be rinsed thoroughly in fresh water after being exposed to salt water.

OPERATING TEMPERATURE: -5 to 50° Celsius

MATERIAL SPECIFICATIONS
Battery Door: Stainless Steel
Bezel: Acrylic
Buckle: Stainless Steel
Case: Polycarbonate
Caseback: Polycarbonate
Crystal: Mineral Glass
Strap: Polyurethane

IP code: IPX8
Applied Part: Type CF
Storage: Standard Conditions (within operating temperature)

MODE LIMITS:
Chronograph: 99:59'59"
Distance: 1-99,999 miles or kilometers
Pace: 1-99,999
Calories: 1-99,999

FCC AND RSS-210 COMPLIANCE
This device complies with Part 15 of the FCC rules. Operation is subject to the following conditions (1) this device may not cause harmful interference and (2) this device must accept any interference received including interference that may cause undesired operation.

FC Nike Triax Speed +
FCC ID: QYUT4767

FCC WARNING: Any changes or modifications not expressly approved by Nike Inc. could void the user's authority to operate this equipment under FCC regulations.

WARNING: Not a medical device. Should not be used to diagnose, treat or prevent any disease or medical condition.

SOFTWARE UPGRADES
Nike Speed+ desktop application – nike.com
USB upgrade – nike.com

SUPPORT
www.nike.com/timing
Nike consumer affairs: 1-888-350-6453

This document with updates is available online at
www.nike.com/timing

FAQs
Visit nike.com

CE

Questions le plus souvent posées
Consultez le site nike.com

Support
Site web : nike.com ou niketiming.com
Service clients Nike :
1-888-350-6453

Mises à jour de logiciel
application bureau de Nike Speed+
– nike.com
Mise à jour USB – nike.com

Conformité
Cet appareil est conforme à la partie 15 des règles FCC. Son fonctionnement est sujet aux conditions suivantes (1) cet appareil ne doit pas causer d'interférence nuisible et (2) cet appareil doit pouvoir accepter toute interférence reçue, y compris une interférence qui pourrait causer un fonctionnement non souhaité. Avertissement : tout changement ou toute modification qui ne serait pas approuvé expressément par Nike Inc. pourrait annuler l'autorité de l'utilisateur à faire fonctionner cet équipement .

Mise en garde
Ce n'est pas un appareil médical. Il ne doit pas être utilisé pour faire des diagnostics, traiter ni prévenir quelque maladie que ce soit ou condition médicale.

Preguntas más frecuentes
Visite la página nike.com

Atención al cliente
Sitio web: nike.com o niketiming.com
Preguntas del consumidor de Nike:
1-888-350-6453

Actualizaciones de software
Aplicación de escritorio Nike Speed+ – nike.com
Actualización USB – nike.com

Conformidad
Este dispositivo cumple con la sección 15 de las normas FCC. El funcionamiento está sujeto a las siguientes condiciones (1) este dispositivo no puede provocar interferencias perjudiciales y (2) este dispositivo debe aceptar cualquier interferencia recibida, incluyendo interferencias que pueden provocar funcionamientos no deseados. Precaución: cualquier cambio o modificación no aprobada expresamente por Nike Inc. podría anular la autoridad del usuario para utilizar este equipo.

Advertencia
Éste no es un dispositivo médico. No debe utilizarse para diagnosticar, tratar o prevenir ninguna enfermedad o condición médica.

Perguntas Freqüentes
Visite o site www.nike.com

Suporte
Site: nike.com ou niketiming.com
Serviço ao cliente Nike:
1-888-350-6453

Atualizações de software
Aplicativo Nike Speed+ para PC - www.nike.com
Atualização USB - www.nike.com

Conformidade
Este dispositivo está em conformidade com o Capítulo 15 das normas da FCC (agência norte-americana que regulamenta as freqüências de rádio). O funcionamento está sujeito às seguintes condições: (1) este dispositivo não pode causar interferência prejudicial e (2) este dispositivo deve aceitar qualquer interferência recebida, inclusive interferências que possam causar funcionamento indesejado. Cuidado: Qualquer alteração ou modificação não expressamente aprovada pele Nike Inc. poderá invalidar o direito de operar este equipamento.

Advertência
Este não é um dispositivo médico. Não deve ser usado para diagnosticar, tratar ou prevenir nenhuma doença ou estado de saúde.

Che cosa è Nike Speed+?

Nike Speed+ è una tecnologia innovativa che garantisce un'esperienza sportiva dinamica e integrata. L'orologio da polso comunica con un dispositivo che si trova all'interno della scarpa offrendo funzionalità di tracciatura, controllo e taratura di precisione. Al termine di una corsa, utilizzare il software e un collegamento USB per tenere traccia dei progressi fatti e connettersi a musica, giochi e shopping.

Un manuale Web dettagliato su Nike Speed+ è disponibile on line.

www.niketiming.com

Was ist Nike Speed+?

Nike Speed+ ist eine innovative Technologie, die Ihnen ein dynamisches, integriertes Sporterlebnis vermittelt.
Die Uhr an Ihrem Handgelenk kommuniziert mit einem Gerät in Ihrem Schuh, wodurch Sie Ihre Laufleistung präzise verfolgen, kontrollieren und kalibrieren können. Nach dem Laufen verwenden Sie Software und einen USB-Anschluss, um Ihren Fortschritt zu verfolgen und um sich mit Musik, Spielen und Einkau smöglichkeiten zu verbinden.

Ein detailliertes Nike Speed+ Web-Handbuch steht online zur Verfügung.

www.niketiming.com

Wat is Nike Speed+?

Nike Speed+ is innovatieve technologie voor een dynamische, geïntegreerde sportervaring. Het horloge aan uw pols communiceert met een apparaat in uw schoen, dat nauwkeurige registratie; controle- en ijkingsfuncties biedt. Na een training kunt u via software en een USB Link uw voortgang controleren en profiteren van andere mogelijkheden; muziek, spelletjes en shopping.

Er is een gedetaileerde Nike Speed+-handleiding on line op het web beschikbaar.

www.niketiming.com

Occorrente

Was Sie benötigen

Wat u nodig hebt

All'interno della confezione:
Orologio Nike Speed+
Trasmettitore Nike Speed+
Collegamento Nike Speed+
CD contenente il software Nike Speed+
Scarpa Nike Speed+ (venduta separatamente)

Computer
Processore 300 MHz o superiore. 96 MB di RAM
disponibile. 1 GB di spazio disponibile su disco.
Unità CD-ROM. Porta USB.

PC
Microsoft Windows ME, Windows2000 con Service
Pack 3 o versione superiore, Windows XP.

Mac
Apple G3 o versione superiore con MAC OSX
versione 10.2.6. o superiore.

In diesem Karton:
Nike Speed+ Armbanduhr
Nike Speed+ Sender
Nike Speed+ Link
CD mit Nike Speed+ Software
Nike Speed+ Schuh separat verkauft

Computer
300 MHz Prozessor oder besser. 96 MB Arbeitss-
peicher verfügbar. 1 GB Festplattenspeicher verfüg-
bar. CD-ROM-Laufwerk. USB-Anschluss.

PC
Microsoft Windows ME, Windows 2000 mit Service
Pack 3 oder höher, Windows XP.

Mac
Apple G3 oder höher mit MAC OSX Version 10.2.6.
oder höher.

In deze verpakking
Nike Speed+-horloge
Nike Speed+-zender
Nike Speed+ Link
Cd met Nike Speed+-software
Nike Speed+-schoenen apart verkrijgbaar

Computer
Processor van 300MHz of beter. 96MB bes-
chikbare RAM. 1GB beschikbare vaste-schij-
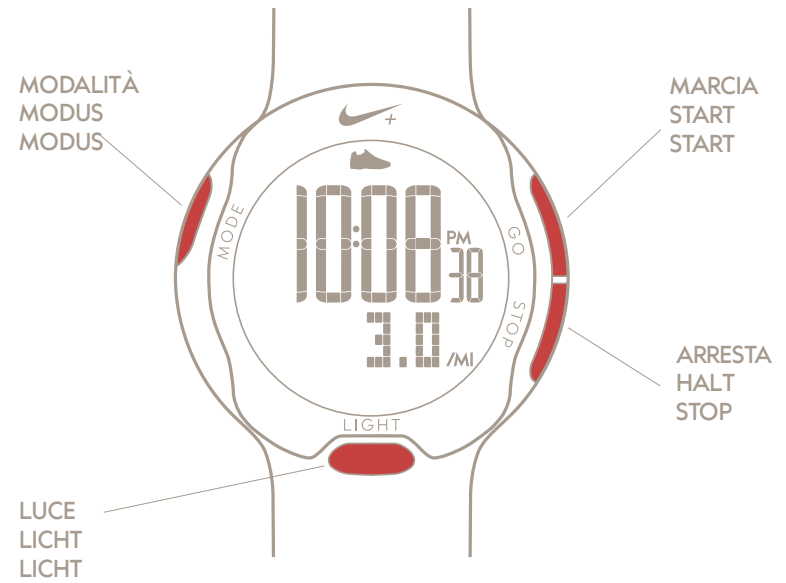fruimte. Cd-rom-station. USB-poort.

PC
Microsoft Windows ME, Windows2000 met
Service Pack 3 of hoger, Windows XP.

Mac
Apple G3 of hoger met MAC OSX versie
10.2.6. of hoger.

Orologio Nike Speed+

Nike Speed+ Armbanduhr

Nike Speed+-horloge

MODALITÀ
MODUS
MODUS

MARCIA
START
START

ARRESTA
HALT
STOP

LUCE
LICHT
LICHT

ita • deu • ned

Nike Speed+ Shoe & Sender

Nike Speed+ Schuh und Sender

Nike Speed+-schoen en -zender

1. SOLLEVARE LA FODERA DELLA SCARPA
2. **LIFT FLAP OVER SENDER SLOT**
3. POSIZIONARE IL TRASMETTITORE NELL'APPOSITA FESSURA

1. SCHUHEINLAGE HOCHZIEHEN
2. **LIFT FLAP OVER SENDER SLOT**
3. SENDER IN DEN SCHLITZ EINLEGEN

1. LICHT BINNENZOOL IN SCHOEN OP
2. **LIFT FLAP OVER SENDER SLOT**
3. PLAATS ZENDER IN SLEUF

ACCENDERE/SPEGNERE

EIN-/AUS-SCHALTER

AAN/UIT-SCHAKELAAR

TOP
TOP
TOP

SIDE
SIDE
SIDE

1

2,3

Prima della corsa

Vor dem Laufen

Voor uw training
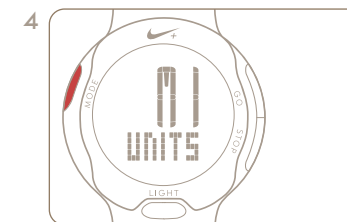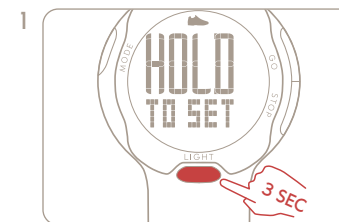
1. PREMERE E TENERE PREMUTO "LIGHT"
2. PREMERE "GO/STOP" PER REGOLARE L'ORA
3. PRESS MODE TO CYCLE SETTINGS
4,5 ADJUST SETTINGS
6. PREMERE LUCE PER USCIRE

1. HOUD "LIGHT" INGEDRUKT
2. DRUK OP "GO/STOP" OM DE TIJD IN TE STELLEN
3. PRESS MODE TO CYCLE SETTINGS
4,5 ADJUST SETTINGS
6. DRUK OP "LIGHT" OM AF TE SLUITEN

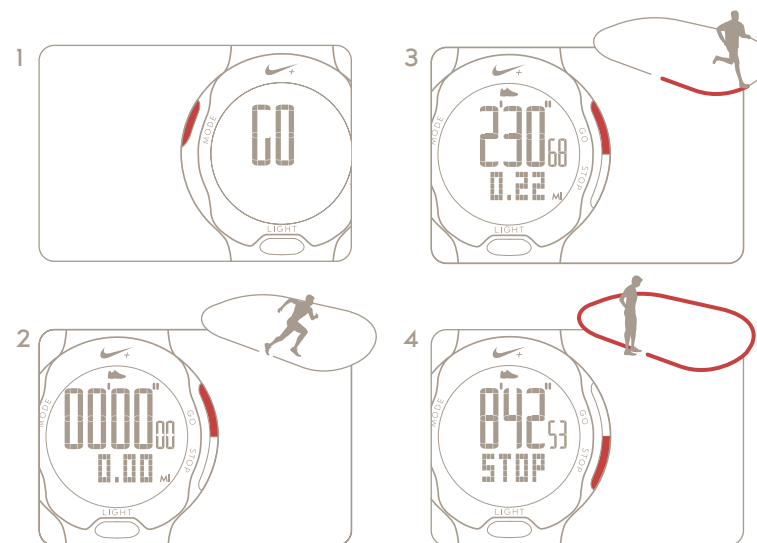1. TASTE "LIGHT" GEDRÜCKT HALTEN
2. "GO/STOP" DRÜCKEN, UM DIE ZEIT EINZUSTELLEN
3. PRESS MODE TO CYCLE SETTINGS
4,5 ADJUST SETTINGS
6. ZUM BEENDEN TASTE "LIGHT" DRÜCKEN

1
HOLD
TO SET
3 SEC

2
10:08 PM 38
HOUR
+
–

3
8:23
DAY

4
M 1
UNITS

5
165
WT·LB
M
SEX
24
AGE

6
10:08 PM 38
TUE 23

Durante la corsa

Während des Laufens

Tijdens uw training

1. PREMERE "MODE"

2. PREMERE "GO". INIZIARE LA CORSA

3. PREMERE "GO" PER SCORRERE LE IMPOSTAZIONI

4. PREMERE "STOP"

1. DRUK OP "MODE"

2. DRUK OP "GO". START TRAINING

3. DRUK OP "GO" OM DOOR INSTELLINGEN TE BLADEREN

4. DRUK OP "STOP"

1. TASTE "MODE" DRÜCKEN

2. TASTE "GO" DRÜCKEN. MIT DEM LAUFEN BEGINNEN

3. TASTE „GO" DRÜCKEN, UM DIE EINSTELLUNGEN ZU DURCHLAUFEN

4. TASTE "STOP" DRÜCKEN

LUCE LAMPEGGIANTE = RICERCA IN CORSO

BLINKEND = SUCHVORGANG

KNIPPEREN = ZOEKEN

LUCE FISSA = SEGNALE VALIDO

DAUERANZEIGE = GUTES SIGNAL

ONONDERBROKEN = STERK SIGNAAL

NESSUNA ICONA = SEGNALE ASSENTE

KEIN SYMBOL = KEIN SIGNAL

GEEN PICTOGRAM = GEEN SIGNAAL

Taratura

Tarare la distanza memorizzata sull'orologio con la distanza effettivamente percorsa dopo una corsa, specialmente se si corre su un percorso.

Nota: è necessario aver memorizzato una corsa di almeno 0,25 mi/0,4 km per eseguire la taratura.

2. PREMERE E TENERE PREMUTO "LIGHT"
3,4. PREMERE "GO/STOP" PER ESEGUIRE LA REGOLAZIONE
5. PREMERE "MODE" PER USCIRE
6. PREMERE E TENERE PREMUTO "STOP*"

Kalibrierung

Kalibrieren Sie die auf Ihrer Uhr angezeigte Entfernung mit der tatsächlichen Entfernung nach einem Lauf, insbesondere wenn Sie auf einem Sportplatz laufen.

Hinweis: Um eine Kalibrierung vornehmen zu können, müssen Sie mindestens 400 m gelaufen sein.

2. TASTE "LIGHT" GEDRÜCKT HALTEN
3,4. "GO/STOP" DRÜCKEN, UM DIE EINSTELLUNG VORZUNEHMEN
5. ZUM BEENDEN TASTE „MODE" DRÜCKEN
6. TASTE "STOP" GEDRÜCKT HALTEN*

IJking

IJk de afstand die op het horloge is geregistreerd met de feitelijk afgelegde afstand na een training, bijvoorbeeld door op een atletiekbaan te lopen.

Opmerking: voor een correcte ijking dient u ten minste 4 km af te leggen.

2. HOUD "LIGHT" INGEDRUKT
3,4. DRUK OP "GO/STOP" OM AANPASSINGEN DOOR TE VOEREN
5. DRUK OP "MODE" OM AF TE SLUITEN
6. HOUD "STOP" INGEDRUKT*

* I dati devono essere cancellati dalla memoria dell'orologio per poter essere caricati tramite il collegamento USB.

* Im Uhrenspeicher befindliche Daten müssen zunächst gelöscht werden, bevor neue Daten über den USB-Link gespeichert werden können.
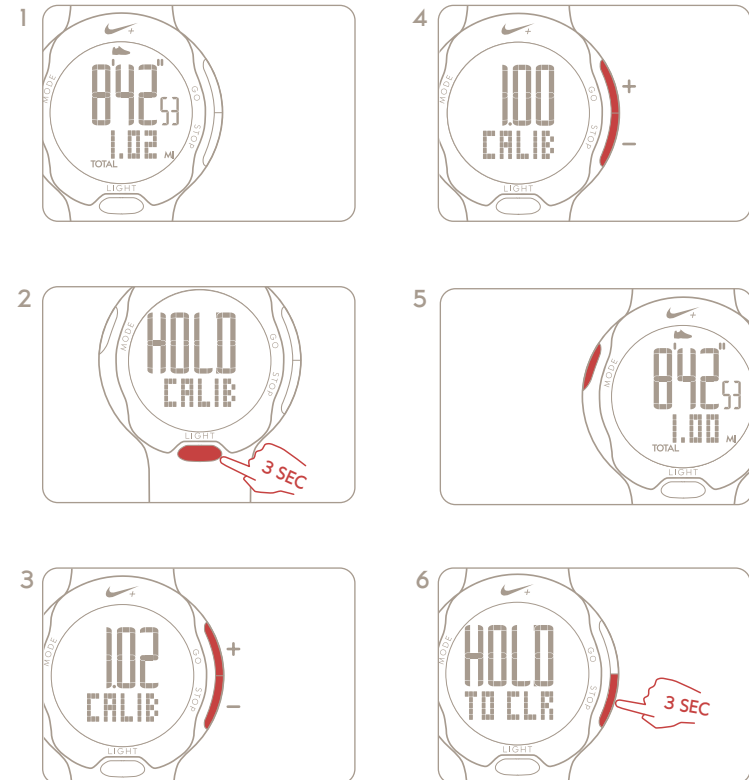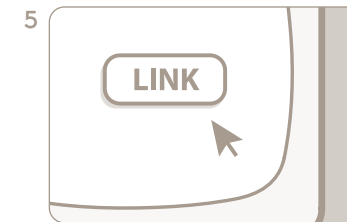
* Gegevens moeten in het geheugen van het horloge worden opgeslagen om via USB Link geüpload te kunnen worden.
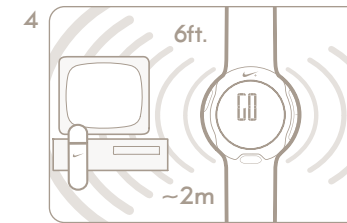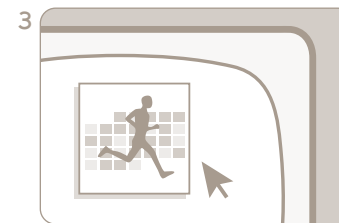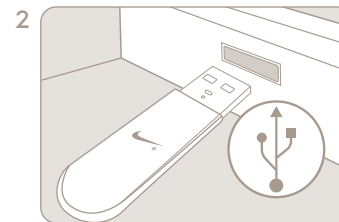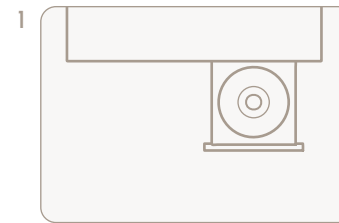
Dopo la corsa

Nach dem Laufen

Na uw training

1. INSTALLARE IL SOFTWARE

2. CONNETTERE IL COLLEGAMENTO
   NIKE SPEED+ ALLA PORTA USB

3. FARE CLIC SULL'ICONA DEL DESKTOP

4. ENTER GO MODE

5. ??? CLICK ON LINK BUTTON IN APP???

6. TRACCIARE I PROGRESSI FATTI

1. SOFTWARE INSTALLIEREN

2. NIKE SPEED+ LINK MIT USB-ANSCHLUSS
   VERBINDEN

3. AUF DAS DESKTOP-SYMBOL KLICKEN

4. ENTER GO MODE

5. ??? CLICK ON LINK BUTTON IN APP???

6. FORTSCHRITT VERFOLGEN

1. INSTALLEER SOFTWARE

2. SLUIT NIKE SPEED+ LINK OP
   USB-POORT AAN

3. KLIK OP BUREAUBLADPICTOGRAM

4. ENTER GO MODE

5. ??? CLICK ON LINK BUTTON IN APP???

6. EVALUEER UW VOORTGANG

1

2

3

4   6ft.
     ~2m

5   LINK

6

FAQ
Visitare il sito nike.com

Assistenza
Sito Web: nike.com o niketiming.com
Assistenza clienti Nike: 1-888-350-6453

Aggiornamenti del software
Applicazione desktop Nike Speed+
– nike.com
Aggiornamento USB – nike.com

Conformità
Questo dispositivo è conforme alla Parte 15 della Normativa FCC. Il funzionamento è soggetto alle seguenti condizioni: (1) il dispositivo potrebbe non dare origine a interferenza dannose e (2) il dispositivo deve accettare eventuali interferenze ricevute, comprese le interferenze che potrebbero dare luogo a funzionamento involontario. Prudenza: eventuali cambiamenti o modifiche non approvate espressamente da Nike Inc. potrebbero invalidare l'autorizzazione dell'utente all'utilizzo dell'apparecchio.

Attenzione
Non è un dispositivo medicale. Non deve essere utilizzato per diagnosticare, trattare o prevenire patologie o malattie.

Häufig gestellte Fragen
Besuchen Sie nike.com

Unterstützung
Website: nike.com oder niketiming.com
Nike Verbraucherangelegenheiten:
1-888-350-6453

Software-Upgrades
Nike Speed+ Desktop-Anwendung
– nike.com
USB-Upgrade – nike.com

Normeneinhaltung
Dieses Gerät entspricht Teil 15 der FCC-Richtlinien. Der Betrieb unterliegt folgenden Bedingungen: (1) Das Gerät darf keine schädlichen Interferenzen erzeugen und (2) muss empfangene Interferenzen aufnehmen, auch wenn diese zu Betriebsstörungen führen können. Vorsicht: Alle nicht ausdrücklich von Nike Inc. genehmigten Änderungen oder Modifikationen können die Berechtigung des Benutzers ungültig machen, dieses Gerät zu betreiben.

Warnung
Dies ist kein medizinisches Gerät. Es sollte nicht zur Diagnose, Behandlung oder Verhinderung von Erkrankungen oder medizinischer Zustände verwendet werden.

Veelgestelde vragen
Ga naar nike.com

Ondersteuning
Website: nike.com of niketiming.com
Nike-klantenservice: 1-888-350-6453

Software-upgrades
Nike Speed+-bureaubladtoepassing
– nike.com
USB-upgrade – nike.com

Conformiteit
Dit product voldoet aan Deel 15 van de FCC-regels. Voor gebruik gelden de volgende voorwaarden (1) dit apparaat mag geen schadelijke interferentie veroorzaken en (2) dit apparaat moet eventueel ontvangen interferentie accepteren, inclusief interferentie die ongewenste effecten kan hebben. Let op: bij wijzigingen of aanpassingen die niet uitdrukkelijk door Nike Inc. zijn goedgekeurd, kan de bevoegdheid van de gebruiker voor bediening van deze apparatuur vervallen.

Waarschuwing
Geen medisch apparaat. Dient niet te worden gebruikt voor diagnose, behandeling of preventie van ziekten of andere medische condities.

Nike Speed+とはどんなもの?

Nike Speed+は、ダイナミックで、総合的なスポーツ経験を提供する革新的なテクノロジーです。あなたの腕に装着した腕時計が靴の中の機器と交信して、正確な追跡、モニターとキャリブレーション(較正)機能を提供します。走行後に、ソフトウェアとUSBリンクを使って、あなたの進捗状況を追跡し、また音楽、ゲームやショッピング機能と接続することができます。

詳細なNike Speed+ ウェブマニュアルはオンラインで入手可能です。

アクセスは www.niketiming.com へ。

Nike Speed+ 简介

Nike Speed+ 是一项创新科技,可以为您提供充满活力的全面运动体验。 您手腕上的手表可与您鞋内的一种设备进行通信,提供准确的追踪、监视以及校准功能。 跑步结束后,可使用软件和 USB 链接追踪您的运动过程,并可连接至音乐、游戏和购物网站。

网站上将为您提供一份详尽的 Nike Speed+ web 手册。

www.niketiming.com。

Nike Speed+란?

Nike Speed+는 역동적인 통합 스포츠 경험을 제공하는 혁신적인 기술입니다. 손목의 시계가 신발 장치와 통신하며 정확한 추적, 감시 및 교정 기능을 제공합니다. 달린 후 소프트웨어와 USB 링크를 사용하여 진행을 추적하고 음악, 게임 및 쇼핑과 연결합니다.

자세한 Nike Speed+ 웹 매뉴얼을 온라인으로 볼 수 있습니다.

www.niketiming.com.

日本語 • 简体中文 • 영어

必要なもの

您的需求

필요한 물품

必要なもの
このボックスの中:
Nike Speed+ 腕時計
Nike Speed+ 送信機
Nike Speed+ リンク
Nike Speed+ ソフトウェアのCD
別売のNike Speed+ 靴

コンピュータ
300MHz 以上のプロセッサ。96MB 容量の RAM。
1GB ハードディスク空き容量。CD ROM ドライブ。
USB ポート。

パソコン
Microsoft Windows ME, Windows2000 Service
Pack 3 付きまたはそれ以上, Windows XP.

Mac
バージョン10.2.6. 若しくはそれ以上の機能を持つ
MAC OSX付きApple G3或いはそれ以上。

您的需求

Nike Speed+
Nike Speed+
Nike Speed+
Nike Speed+   CD
Nike Speed+

计算机
300MHz   96MB   RAM   1GB
          CD ROM   USB

PC
Microsoft Windows ME和Windows2000 Service
Pack 3   Windows XP

Mac
Apple G3   MAC OSX   10.2.6.

필요한 물품
박스 내용물:
Nike Speed+ 시계
Nike Speed+ 송신기
Nike Speed+ 링크
Nike Speed+ 소프트웨어가 들어 있는 CD
별도로 판매하는 Nike Speed+ 신발

컴퓨터
300MHz 프로세서 이상. 96MB RAM. 1GB 하드
디스크 드라이브. CD ROM 드라이브. USB 포트.

PC
Microsoft Windows ME, 서비스 팩 3 이상의
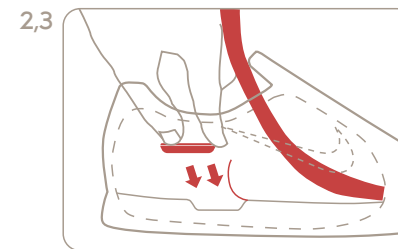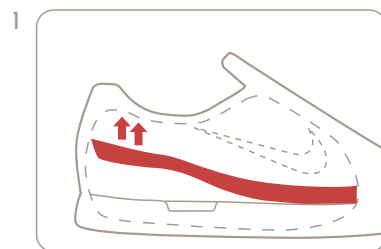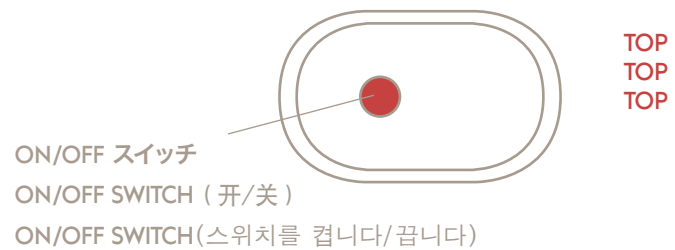Windows2000, Windows XP.

Mac
MAC OSX 버전 10.2.6. 이상이 있는 Apple G3
이상.

日本語・简体中文・영어

Nike Speed+ 腕時

Nike Speed+ 手表

Nike Speed+ 시계

*The women's model of the Nike Speed+ (shown inset) shares the same functionality as the men's version.

*The women's model of the Nike Speed+ (shown inset) shares the same functionality as the men's version.

*The women's model of the Nike Speed+ (shown inset) shares the same functionality as the men's version.

モード(MODE)
模式（MODE）
모드(MODE)

ゴー(GO)
开始（GO）
시작(GO)

ストップ(STOP)
停止（STOP）
중지(STOP)

ライト(LIGHT)
灯光（LIGHT）
라이트(LIGHT)

日本語・简体中文・영어

Nike Speed+ 靴と送信機

Nike Speed+ 鞋和发送器

Nike Speed+ 신발 및 송신기

1. 靴の中のライナーを持ち上げる
2. LIFT FLAP OVER SENDER SLOT
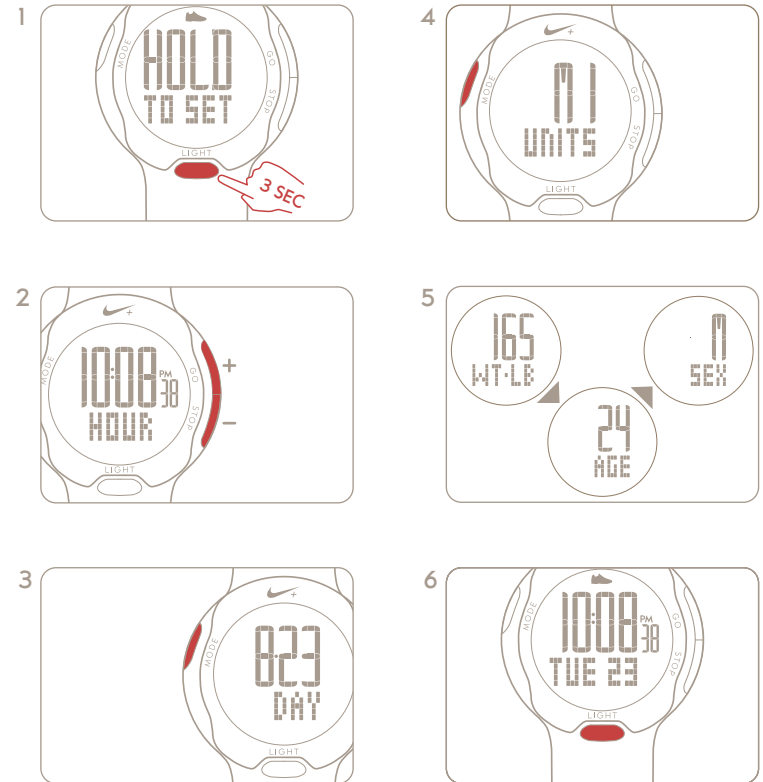3. スロットに送信機をセットする

1. 取出鞋内衬垫
2. LIFT FLAP OVER SENDER SLOT
3. 将发送器放入插槽内

1. 신발 속의 깔판을 들어올립니다
2. LIFT FLAP OVER SENDER SLOT
3. 슬롯에 송신기를 설치합니다

ON/OFF スイッチ

ON/OFF SWITCH（开/关）

ON/OFF SWITCH(스위치를 켭니다/끕니다)

TOP
TOP
TOP

SIDE
SIDE
SIDE

1

2,3

走行前

跑步前

달리기 전

1. LIGHTを押し、押し続ける
2. GO/STOP を押して時間を合わせる
3. PRESS MODE TO CYCLE SETTINGS
4,5 ADJUST SETTINGS
6. LIGHTを押して終了する

1. 라이트를 누른 채 유지합니다
2. 시간을 수정하려면 시작/중지를 누릅니다
3. PRESS MODE TO CYCLE SETTINGS
4,5 ADJUST SETTINGS
6. 종료하려면 라이트를 누릅니다

1. 按住 "LIGHT"
2. 按下 "GO/STOP" 调节时间
3. PRESS MODE TO CYCLE SETTINGS
4,5 ADJUST SETTINGS
6. 按下 "LIGHT" 退出

1
HOLD
TO SET
3 SEC

2
10:08 PM 38
HOUR
+
−

3
8:23
DAY

4
M 1
UNITS

5
165
WT·LB
M
SEX
24
AGE

6
10:08 PM 38
TUE 23

走行中

跑步时

달리는 중

1. MODEを押す
2. GOを押す. 走行を始める
3. GOを押してセッティングを周回する
4. STOPを押す

1. 按下 "MODE"
2. 按下 "GO" . 起跑
3. 按下 "GO" 切换设置
4. 按下 "STOP"

1. 모드를 누릅니다
2. 시작을 누릅니다. 달리기를 시작합니다
3. 순환 설정으로 이동을 누릅니다
4. 중지를 누릅니다

点滅 = 検索
闪亮 = 搜索
깜박임 = 검색 중

ソリッド = 正常シグナル
稳定发亮 = 信号良好
계속 켜짐 = 양호한 신호

アイコン無し = シグナルなし
无图标 = 无信号
아이콘 없음 = 신호 없음

キャリブレーション/較正

特に、トラック上を走行する場合は、走行後に走破した実際の距離で、腕時計に記録された距離を修正します。

注記: 修正を行うには、必ず最低0.25分/0.4キロメートルの走行を記録させる必要があります。

2.　　LIGHTを押し、押し続ける
3,4.　GO/STOP を押して調整する
5.　　MODE を押して終了する
6.　　STOPを押し、押し続ける*

校准

跑步结束后，用实际距离校准手表上记录的距离，特别当您在跑道上跑步时。

注意：　为了进行校准，您必须记录一次至少为 0.25 英里/0.4 公里的行程。

2.　　按住 "LIGHT"
3,4.　按下 "GO/STOP" 进行调节
5.　　按下 "MODE" 退出
6.　　按住 "STOP" *

교정

시계에 기록된 거리를 특히 트랙을 달린 경우 달린 후 실제 거리로 교정합니다.

알림: 교정하려면 최소한 0.25mi/0.4km 의 달리기를 기록해야 합니다.

2.　　라이트를 누른 채 유지합니다
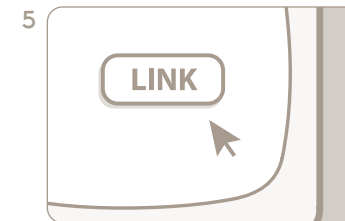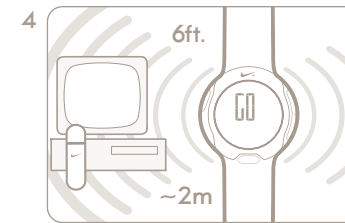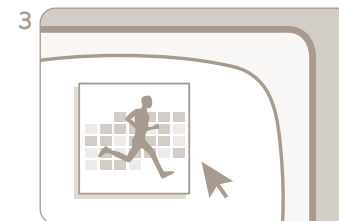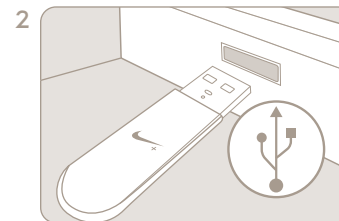3,4.　수정하려면 시작/중지를 누릅니다
5.　　종료하려면 모드를 누릅니다
6.　　중지를 누른 채 유지합니다*

*USBリンクで、データをアップロードするためには、腕時計のメモリー内データを消去しなければなりません。

* 为了能够使用 USB 链接进行上传，必须清除手表内存中的数据。

* USB 링크로 업로드하려면 시계 메모리의 데이터를 지워야 합니다.

54

55

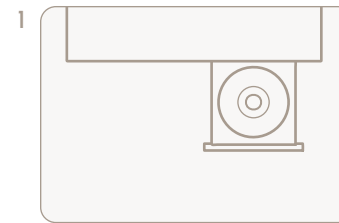**走行後**

跑步后

달린 후

1. 安装软件
2. 将 NIKE SPEED+ 链接与 USB 端口相连
3. 单击桌面图标
4. ENTER GO MODE
5. ??? CLICK ON LINK BUTTON IN APP???
6. 追踪运动过程

1. 소프트웨어를 설치합니다
2. NIKE SPEED+ 링크를 USB 포트에 연결합니다
3. 데스크탑 아이콘을 누릅니다
4. ENTER GO MODE
5. ??? CLICK ON LINK BUTTON IN APP???
6. 진행을 추적합니다

1. SOFTWARE INSTALLIEREN
2. NIKE SPEED+ LINK MIT USB-ANSCHLUSS VERBINDEN
3. AUF DAS DESKTOP-SYMBOL KLICKEN
4. ENTER GO MODE
5. ??? CLICK ON LINK BUTTON IN APP???
6. FORTSCHRITT VERFOLGEN

1

2

3

4

6ft.

~2m

5

LINK

6

NIKE TIMING

Printed in China.

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