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› SEIKO Prospex Super Runners S690 Ultra-Thin Solar Sports Watch Instruction Manual

## Seiko SBEF049

# SEIKO Prospex Super Runners S690 Ultra-Thin Solar Sports Watch Instruction Manual

Model: SBEF049 | Brand: Seiko

## INTRODUCTION

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Thank you for choosing the SEIKO Prospex Super Runners S690 Ultra-Thin Solar Sports Watch. This watch is designed for athletes and runners, offering a range of advanced features in a slim, durable, and comfortable design. This manual provides essential information for the proper setup, operation, and maintenance of your watch to ensure optimal performance and longevity.



Figure 1: Front view of the SEIKO Prospex Super Runners S690 watch.

## SETUP

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### 1. Initial Charging

Your SEIKO Prospex S690 watch is powered by solar energy. Before initial use, ensure the watch is fully charged. Expose the watch face to direct sunlight or bright artificial light for several hours. The watch features a power generation level and battery remaining display function to monitor its charge status.

- **Direct Sunlight:** Approximately 6 hours for a full charge from a completely depleted state.
- **Indoor Fluorescent Light (30W, 30cm):** Approximately 60 hours for a full charge.

### 2. Setting Time and Date

Refer to the detailed instructions in the full user manual for specific button operations to set the time, date, and day of the

week. The watch includes a full auto calendar function valid until December 31, 2100, which automatically adjusts for month lengths and leap years once the initial date is set.

### 3. Band Adjustment

The watch comes with a soft polyurethane band designed for exceptional fit. If adjustment is needed, consult a professional watch technician to ensure proper sizing and comfort.

## OPERATING INSTRUCTIONS

The SEIKO Prospex S690 offers a variety of functions accessible via its buttons. Familiarize yourself with the button layout and corresponding functions.

### Key Functions:

- **Display Switching:** The LCD display supports 1-line to 2-line switching, allowing you to view desired information clearly and prominently.
- **EL/LED Light Function:** Tap the watch face to activate the EL (Electroluminescent) or LED backlight for improved visibility in low-light conditions.
- **Stopwatch Function:**
  - Measures up to 100 hours in 1/100 second increments.
  - Includes a lap memory function, capable of storing up to 300 lap times.
  - Ideal for tracking running performance and training sessions.
- **Timer Function:** Set countdown timers for various activities.
- **Alarm Function:** Features 3 daily alarm channels to help you stay on schedule.
- **World Time Function:** Displays the current time for 44 major cities worldwide.
- **Power Save Function:** Automatically conserves battery life when the watch is not exposed to light, extending the operating period to approximately 20 months on a full charge.
- **Sound Demo Function:** Activates a demonstration of the watch's sound features.



Figure 2: The Prospex brand image, highlighting its connection to sports and outdoor activities.

## MAINTENANCE

Proper care will extend the life and maintain the appearance of your SEIKO Prospex S690 watch.

- **Cleaning:** Wipe the watch regularly with a soft, dry cloth to remove dirt and moisture. For the polyurethane band, a damp cloth with mild soap can be used, followed by thorough drying.
- **Charging:** Ensure the watch is regularly exposed to light to maintain its solar charge. Avoid prolonged storage in dark places.
- **Temperature:** Avoid exposing the watch to extreme temperatures (hot or cold) or sudden temperature changes, as this can affect its accuracy and battery life.
- **Chemicals:** Keep the watch away from solvents, detergents, perfumes, and cosmetics, which can damage the case, band, or seals.
- **Water Resistance:** While designed for sports, check the water resistance rating of your specific model before exposing it to water. Avoid operating buttons underwater unless specified.

## TROUBLESHOOTING

If you encounter issues with your watch, refer to the following common troubleshooting steps. For more complex problems, contact authorized service centers.

| Problem                        | Possible Cause                                                | Solution                                                                                                                                                    |
|--------------------------------|---------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Watch stops or display is dim. | Insufficient charge.                                          | Expose the watch to bright light (direct sunlight recommended) for several hours to recharge. Check the battery level indicator.                            |
| Time is inaccurate.            | Incorrect time setting or exposure to strong magnetic fields. | Reset the time according to the "Setting Time and Date" section. Keep the watch away from devices emitting strong magnetic fields.                          |
| Buttons are unresponsive.      | Low battery or temporary malfunction.                         | Ensure the watch is fully charged. If the problem persists, perform a system reset (refer to the full manual for instructions) or contact customer support. |

## SPECIFICATIONS

| Feature       | Detail                 |
|---------------|------------------------|
| Model Number  | SBEF049                |
| Movement      | Quartz (Solar Powered) |
| Display Type  | Digital                |
| Case Material | Plastic                |

| Feature                        | Detail                                                                                                                                                                               |
|--------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Case Back Material             | Stainless Steel (4-screw fixed)                                                                                                                                                      |
| Glass Material                 | Glass                                                                                                                                                                                |
| Band Material                  | Polyurethane                                                                                                                                                                         |
| Clasp Type                     | Buckle                                                                                                                                                                               |
| Case Dimensions (L x W x T)    | 45.0 mm x 43.7 mm x 8.5 mm                                                                                                                                                           |
| Case Diameter                  | 43.7 mm                                                                                                                                                                              |
| Max. Wrist Circumference       | 185 mm                                                                                                                                                                               |
| Weight                         | 41.0 g                                                                                                                                                                               |
| Operating Period (Full Charge) | Approx. 6 months (normal use), Approx. 20 months (with power save)                                                                                                                   |
| Accuracy                       | Average monthly difference $\pm 20$ seconds                                                                                                                                          |
| Functions                      | Stopwatch (1/100 sec, 100 hr), Timer, 3 Daily Alarms, World Time (44 cities), Lap Memory (max 300), Full Auto Calendar (to 2100), EL/LED Light, Power Save, Battery Level Indicator. |

## WARRANTY AND SUPPORT

### Warranty Information

Effective October 1, 2024, the warranty period for Seiko products has been extended to 3 years. For purchases made between July 1, 2024, and September 30, 2024, a 3-year warranty from the date of purchase will also apply. Even if your product purchased on or after October 1, 2024, includes a warranty card stating a 1-year warranty, a 3-year global warranty will be applied when serviced at a repair center. Please retain your warranty card.

### Customer Support

For further assistance, technical support, or warranty claims, please contact your authorized Seiko dealer or visit the official Seiko website for a list of service centers. Always provide your model number (SBEF049) when seeking support. You can find more information and support resources on the official Seiko website [www.seikowatches.com](http://www.seikowatches.com)

### ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

### Question

Example: How do I reset this device or fix this error?

### Details

Model number, symptoms, what you tried, or the section of the manual you are using.

**Submit question**