Some of you might find the movie slider a bit too rough for finding a good movie positioning. However, the slider is meant mainly for larger jumps in the movie. Locating an exact spot in the movie to get a subtitle exactly lip-sync goes like this:
1. use the slider to go to an approximate position
2. press [pause]
3. click on the movie view
4. use the left and right [arrow] keys for finding the exact position
Voila!:)