



Time: 7:40:30  
 Distance: 121.9 miles  
 Altitude: 615 ft  
 Ascent: 6540 ft

Person	George Vargas	Date	2/21/2004	Heart rate	156 / 192	Limits 1	80 - 160
Exercise	2/21/2004 7:08 AM	Time	7:08:23 AM	Speed	17.0 / 39.2	Limits 2	80 - 160
Sport	Cycling	Duration	7:42:33.1	Cadence	90 / 127	Limits 3	80 - 160
Team	Team Polar	Distance	122.0 miles				
Note	200KM			Ascent	6539		
				Selection	0:00:00 - 7:42:30 (7:42:30.0)		