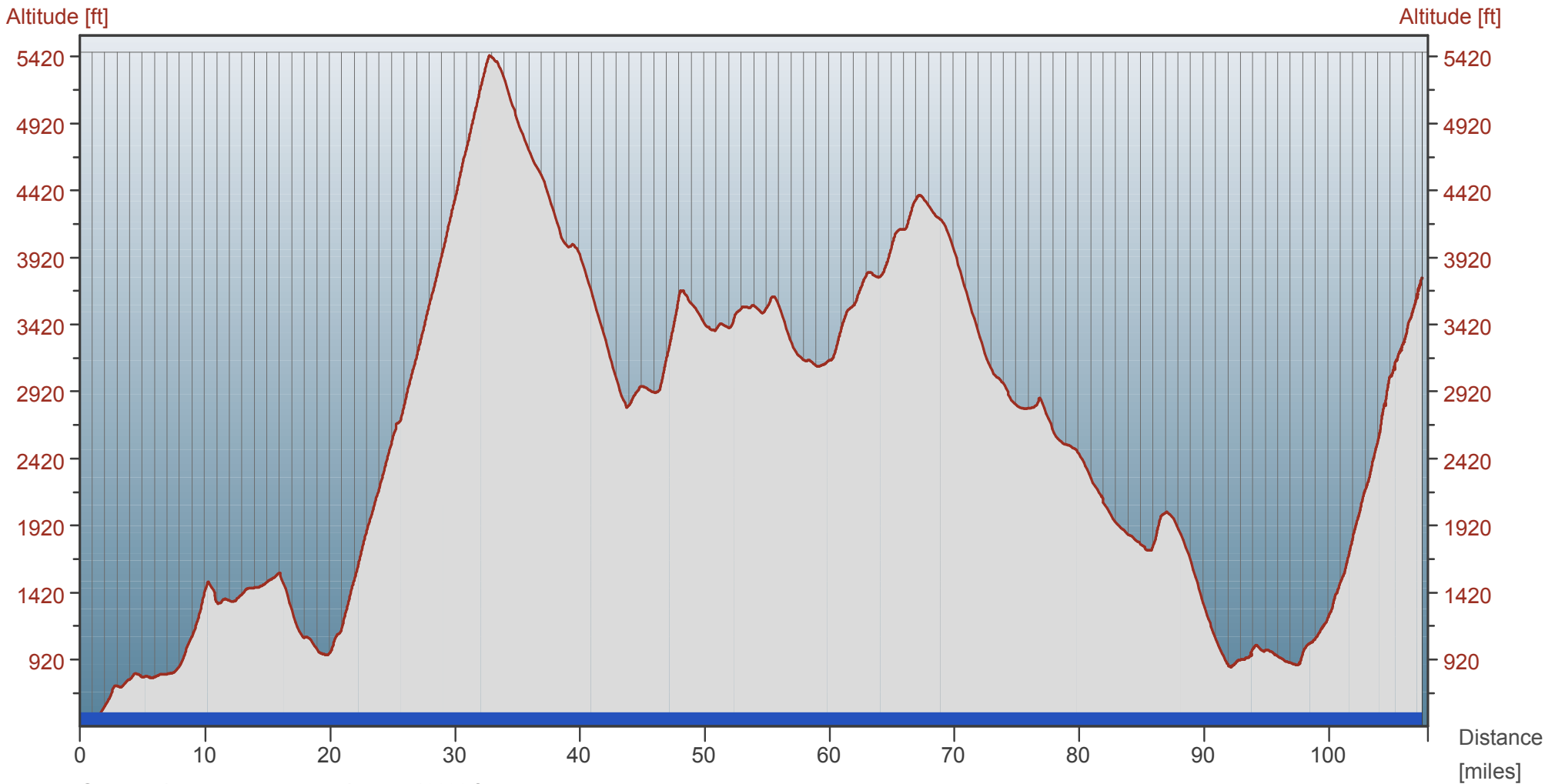


Curve



Cursor values: Ascent: 12290 ft
 Time: 8:47:30 Descent: 9035 ft
 Calorie rate: 0 kcal/60min
 Distance: 107.6 miles
 Altitude: 3764 ft

Person	George Vargas	Date	3/9/2006	Heart rate	—	Limits 1	80 - 160
Exercise	3/9/2006 7:39 AM	Time	7:39:21 AM	Speed	— 13.1 / 53.5	Limits 2	80 - 160
Sport	Cycling	Duration	8:47:50.3			Limits 3	80 - 160
Team	Team Polar	Distance	107.6 miles				
Note	Escondido to Borrego Springs via Palomar South Grade, Mesa Grande Julian, Yaqui Pass, Montezuma Grade			Ascent	12841 (0.6%)		
				Selection	0:00:00 - 8:47:45 (8:47:45.0)		