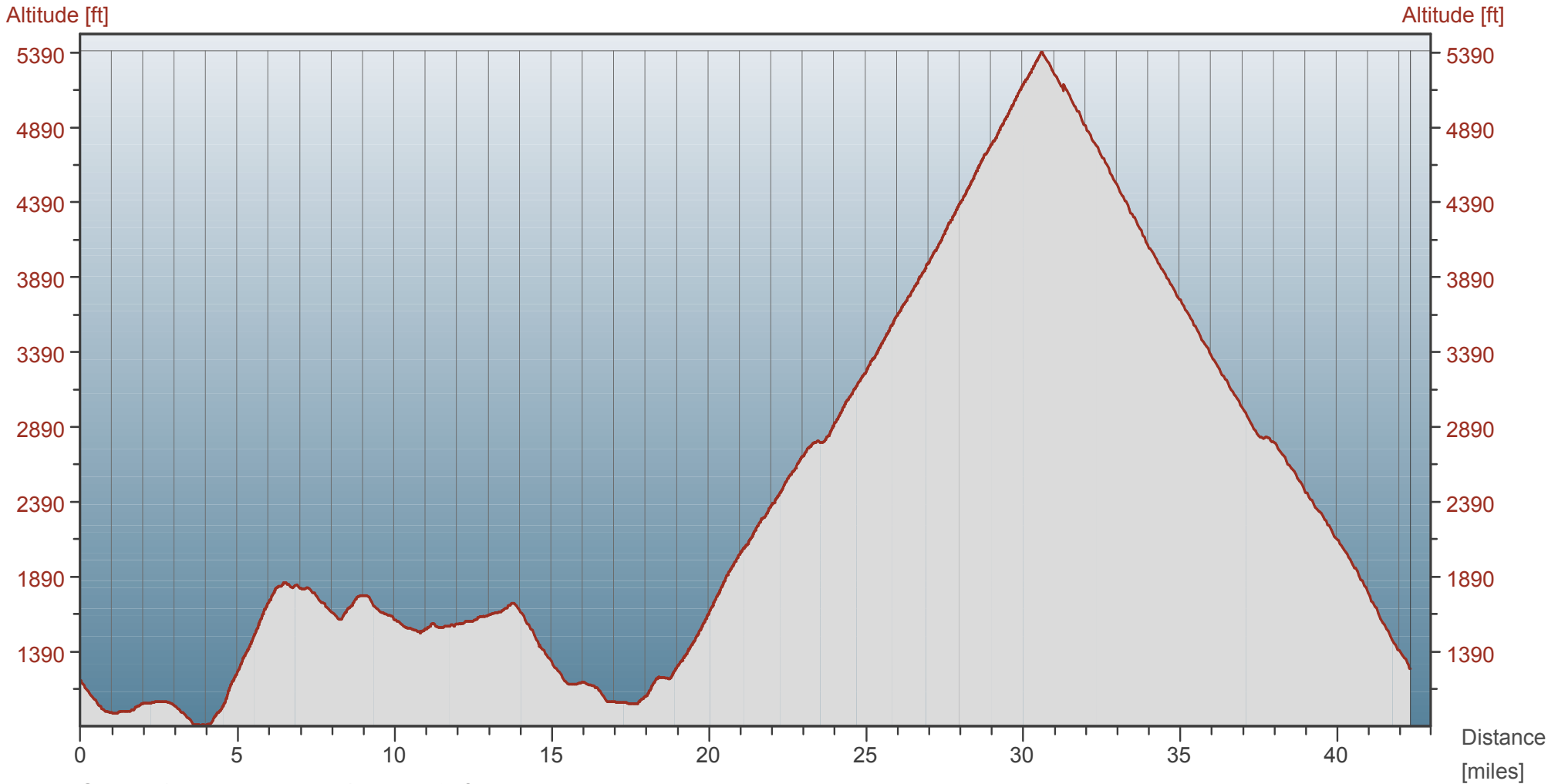


Curve



Cursor values: Ascent: 5795 ft
 Time: 2:58:50 Descent: 5675 ft
 Calorie rate: 0 kcal/60min
 Distance: 42.3 miles
 Altitude: 1275 ft

Person	George Vargas	Date	2/23/2006	Heart rate	—	Limits 1	80 - 160
Exercise	2/23/2006 9:38 AM	Time	9:38:24 AM	Speed	—	Limits 2	80 - 160
Sport	Cycling	Duration	2:58:52.3	Cadence	—	Limits 3	80 - 160
Team		Distance	42.3 miles				
Note	Cole Grade and South Grade of Palomar Mountain			Ascent			
				Selection			