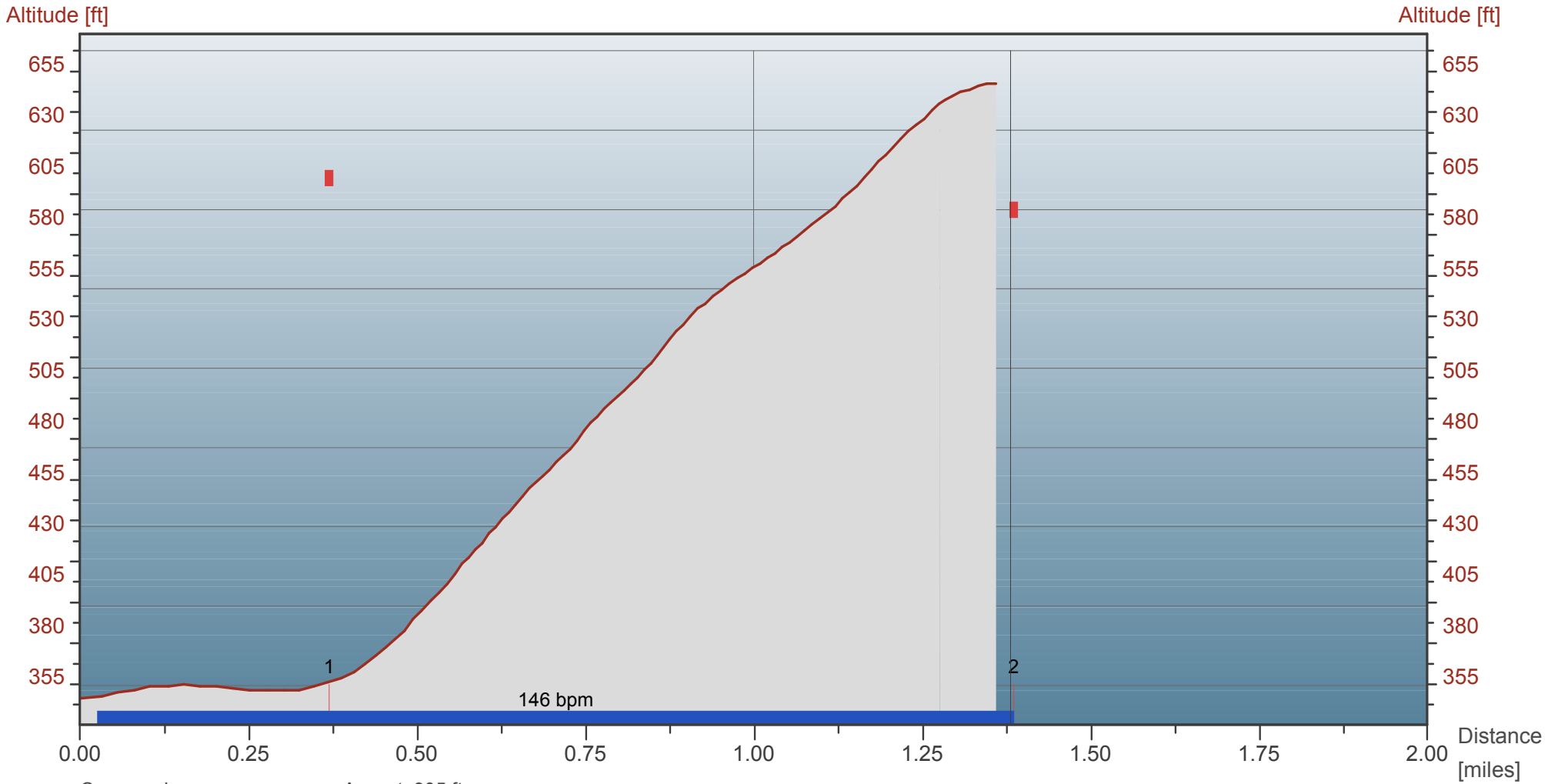


Curve



Cursor values: Ascent: 305 ft
 Time: 0:08:35 Descent: 0 ft
 Calorie rate: 618 kcal/60min
 Distance: 1.4 miles
 Altitude: 644 ft

Person	George Vargas	Date	5/18/2006	Heart rate	146 / 156	Limits 1	80 - 160
Exercise	5/18/2006 8:58 AM	Time	8:58:21 AM	Speed	9.6 / 23.9	Limits 2	80 - 160
Sport	Cycling	Duration	0:08:39.2			Limits 3	80 - 160
Team	Team Polar	Distance	1.4 miles				
Note	Detail of College from the Ponto Loop get you KOM points at the top Avg 5.6% 280 foot gain			Ascent	299 (4.2%)		
				Selection	0:00:00 - 0:08:35 (0:08:35.0)		