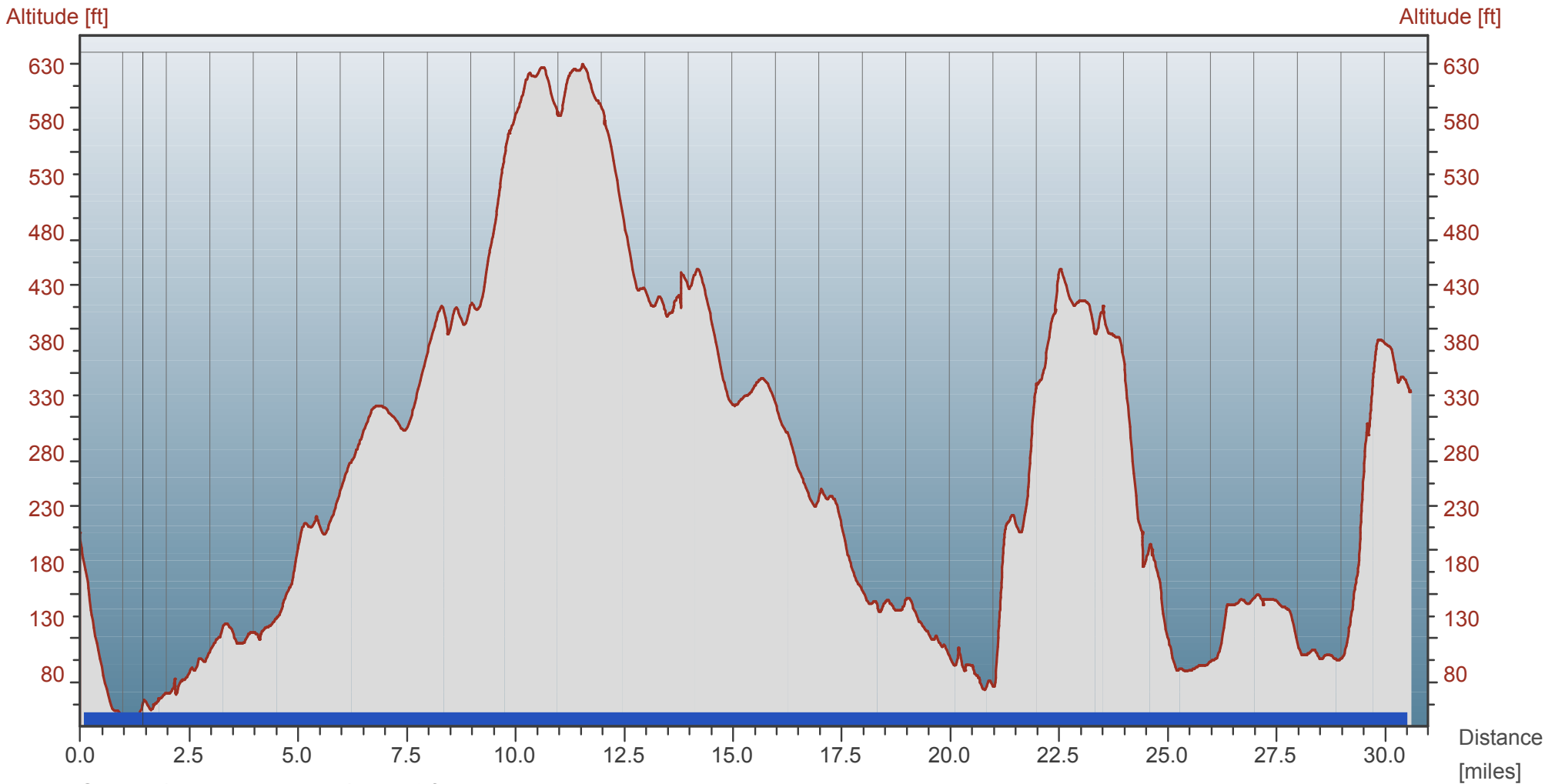


Curve



Cursor values:
 Time: 0:05:35
 Calorie rate: 0 kcal/60min
 Distance: 1.5 miles
 Altitude: 51 ft

Ascent: 0 ft
 Descent: 165 ft

Person	George Vargas	Date	3/30/2006	Heart rate	—	Limits 1	80 - 160
Exercise	3/30/2006 10:51 AM	Time	10:51:25 AM	Speed	— 12.8 / 28.4	Limits 2	80 - 160
Sport	Cycling	Duration	2:55:05.0			Limits 3	80 - 160
Team	Team Polar	Distance	30.4 miles				
Note	Starting in Del Mar on the coast heading East 56 Bike Path			Ascent	1640 (0.1%)		
				Selection	0:01:00 - 2:54:20 (2:53:20.0)		