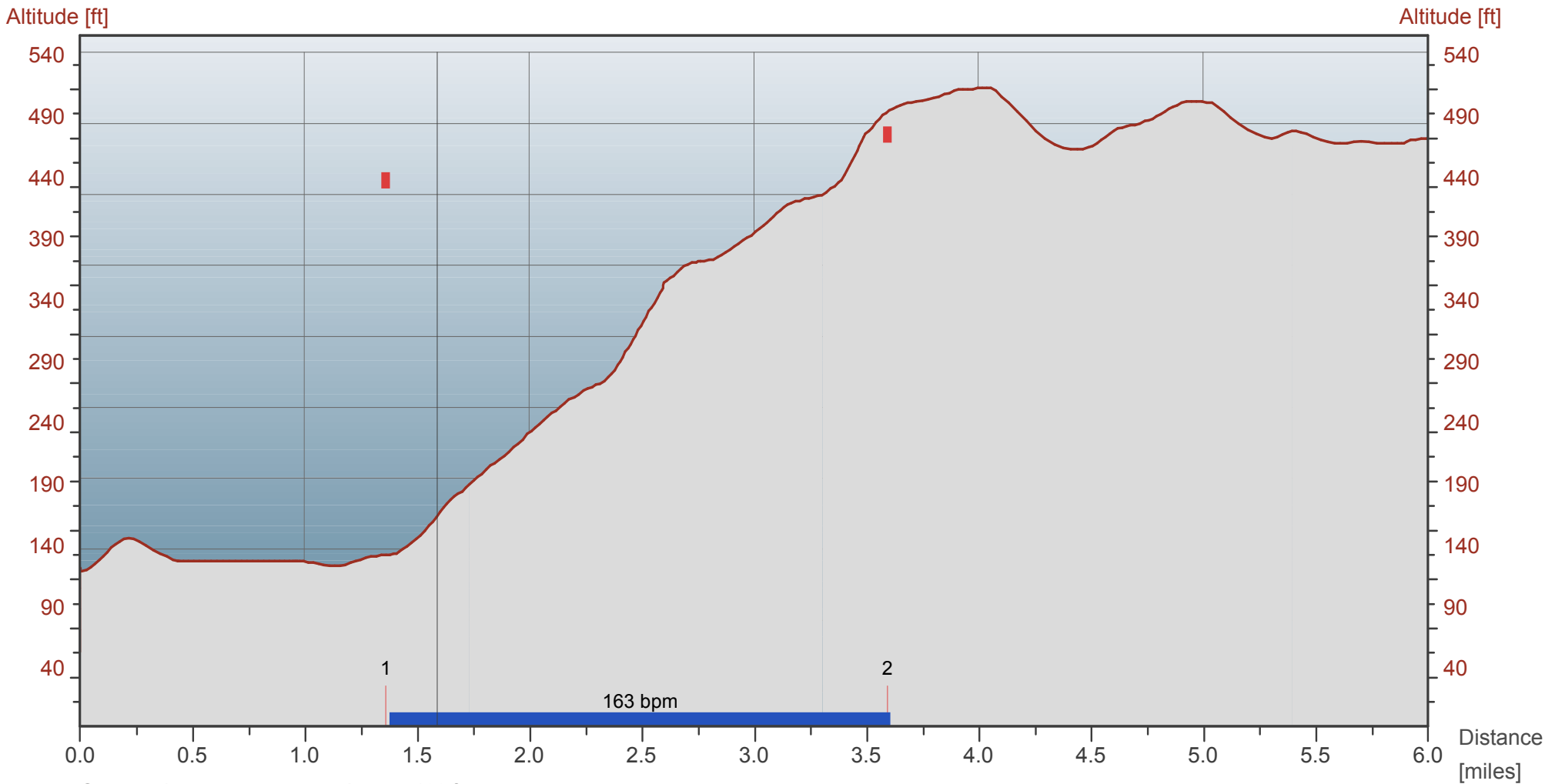


Curve



Cursor values:
 Time: 0:07:15
 Ascent: 180 ft
 Descent: 25 ft
 Calorie rate: 834 kcal/60min
 Distance: 1.6 miles
 Altitude: 161 ft

Person	George Vargas	Date	6/10/2006	Heart rate	— 163 / 171	Limits 1	80 - 160
Exercise	6/10/2006 9:13 AM	Time	9:13:28 AM	Speed	— 11.6 / 15.8	Limits 2	80 - 160
Sport	Cycling	Duration	1:02:45.7			Limits 3	80 - 160
Team	Team Polar	Distance	2.3 miles				
Note	SDIT Course- Detaill of Canon ascent including the left turn on Catalina Blvd to the gate entrance 2.3 Miles and 350 feet of ascension			Ascent	350		
				Selection	0:06:15 - 0:26:50 (0:11:40.0)		