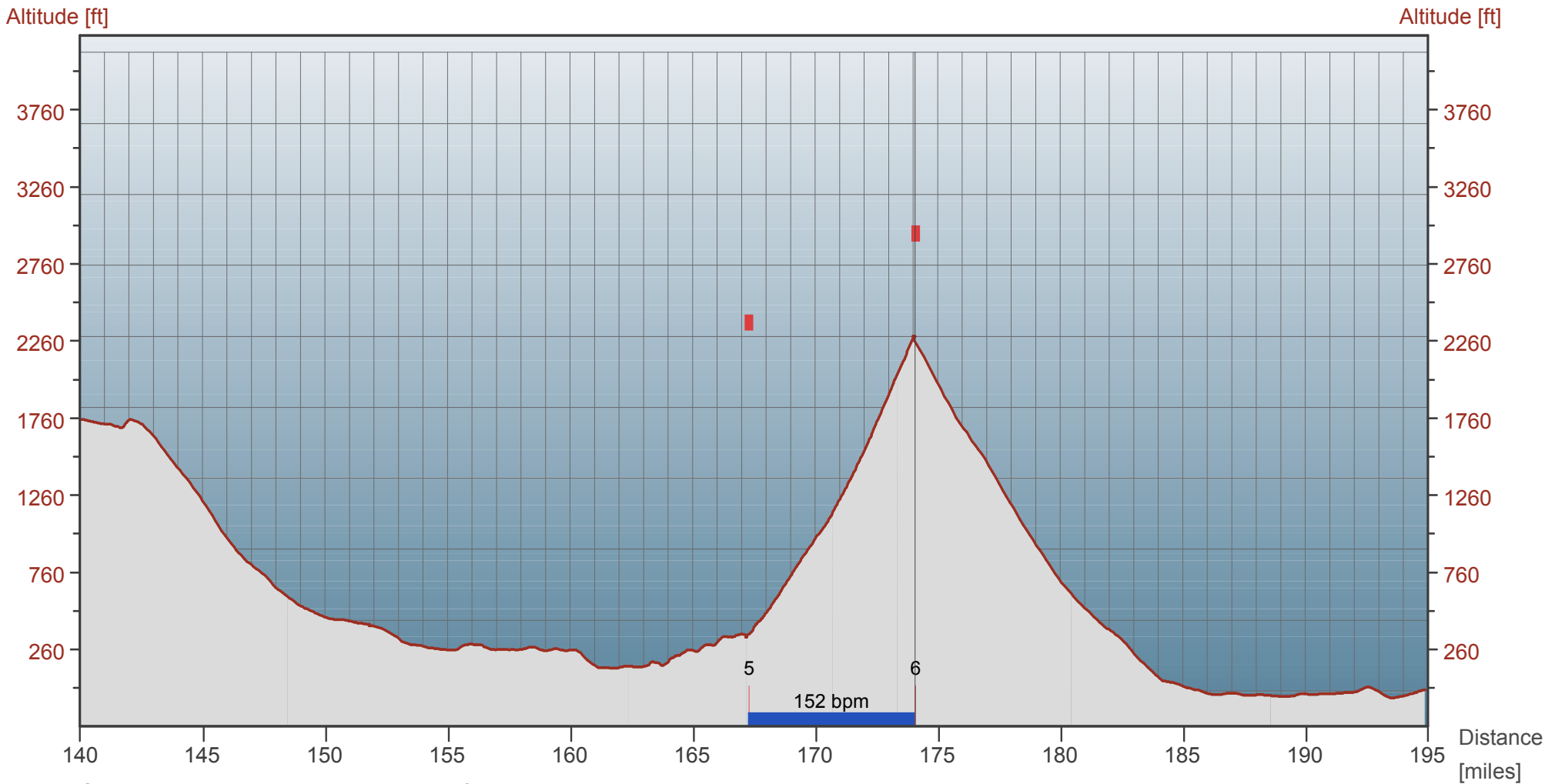


Curve



Cursor values:  
 Time: 11:13:00  
 Calorie rate: 490 kcal/60min  
 Distance: 174.2 miles  
 Altitude: 2266 ft

Ascent: 9765 ft  
 Descent: 7500 ft

Person	George Vargas	Date	10/28/2006	Heart rate	— 152 / 166	Limits 1	80 - 160
Exercise	10/28/2006 6:59 AM	Time	6:59:56 AM	Speed	— 7.7 / 13.6	Limits 2	80 - 160
Sport	Cycling	Duration	12:11:53.3			Limits 3	80 - 160
Team	Team Polar	Distance	6.8 miles				
Note	DETAIL OF HELL'S GATE CLIMB AT MILE 168 --6.8 MILES 2000 FE			Ascent	1930 (5.4%)		
				Selection	10:14:45 - 11:10:30 (0:55:45.0)		