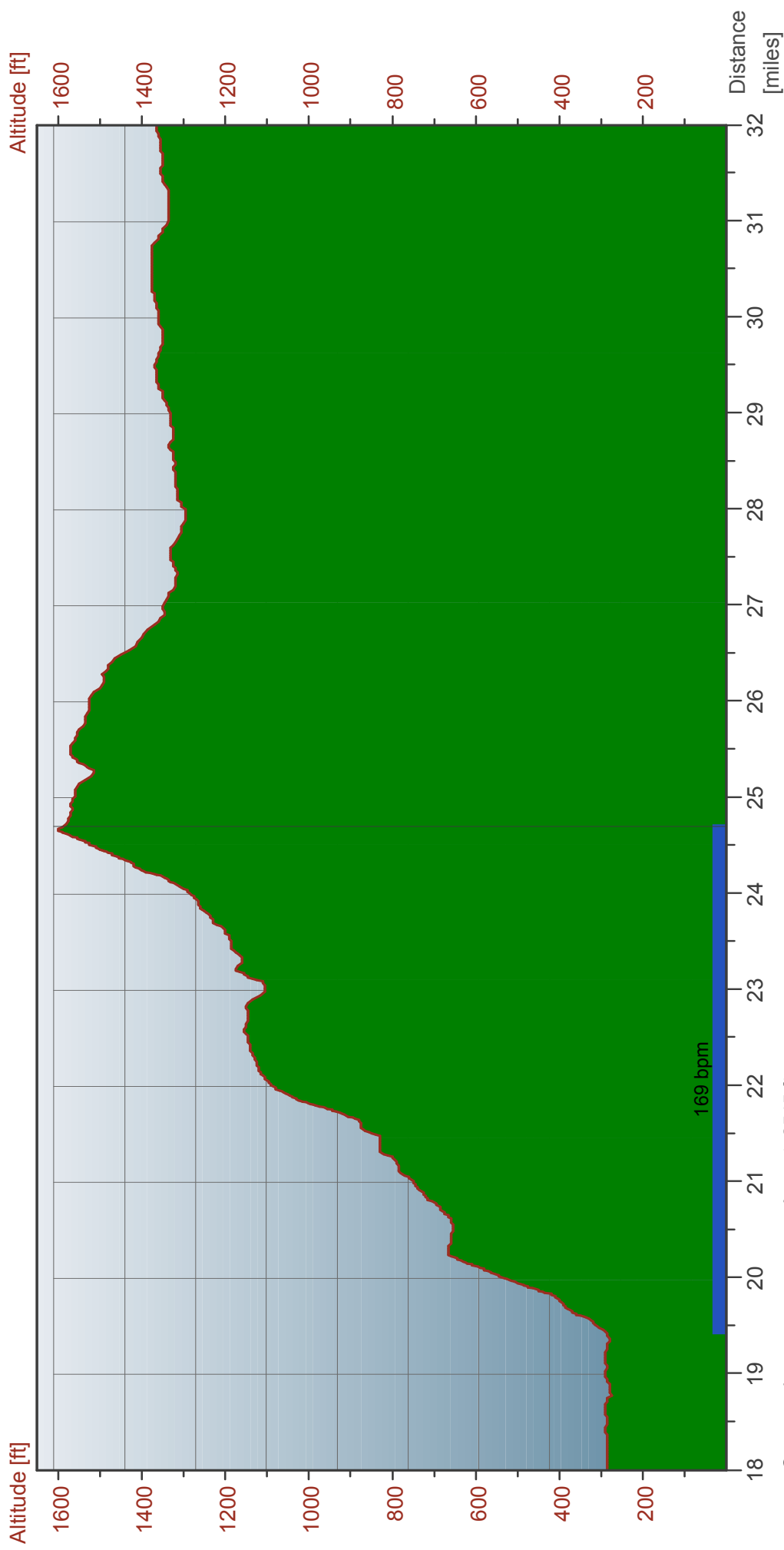


Curve



Person	George Vargas	Date	12/17/2005	Heart rate	169 / 177
Exercise	12/17/2005 6:44 AM	Time	6:44:41 AM	Speed	10.8 / 31.1
Sport	Cycling	Duration	3:57:00.4		
Team	Team Polar	Distance	5.3 miles		
Note	HVR to Ramona 78 Bandy Canyon			Ascent	1340 (4.7%)
				Selection	1:04:10 - 1:33:40 (0:29:30.0)