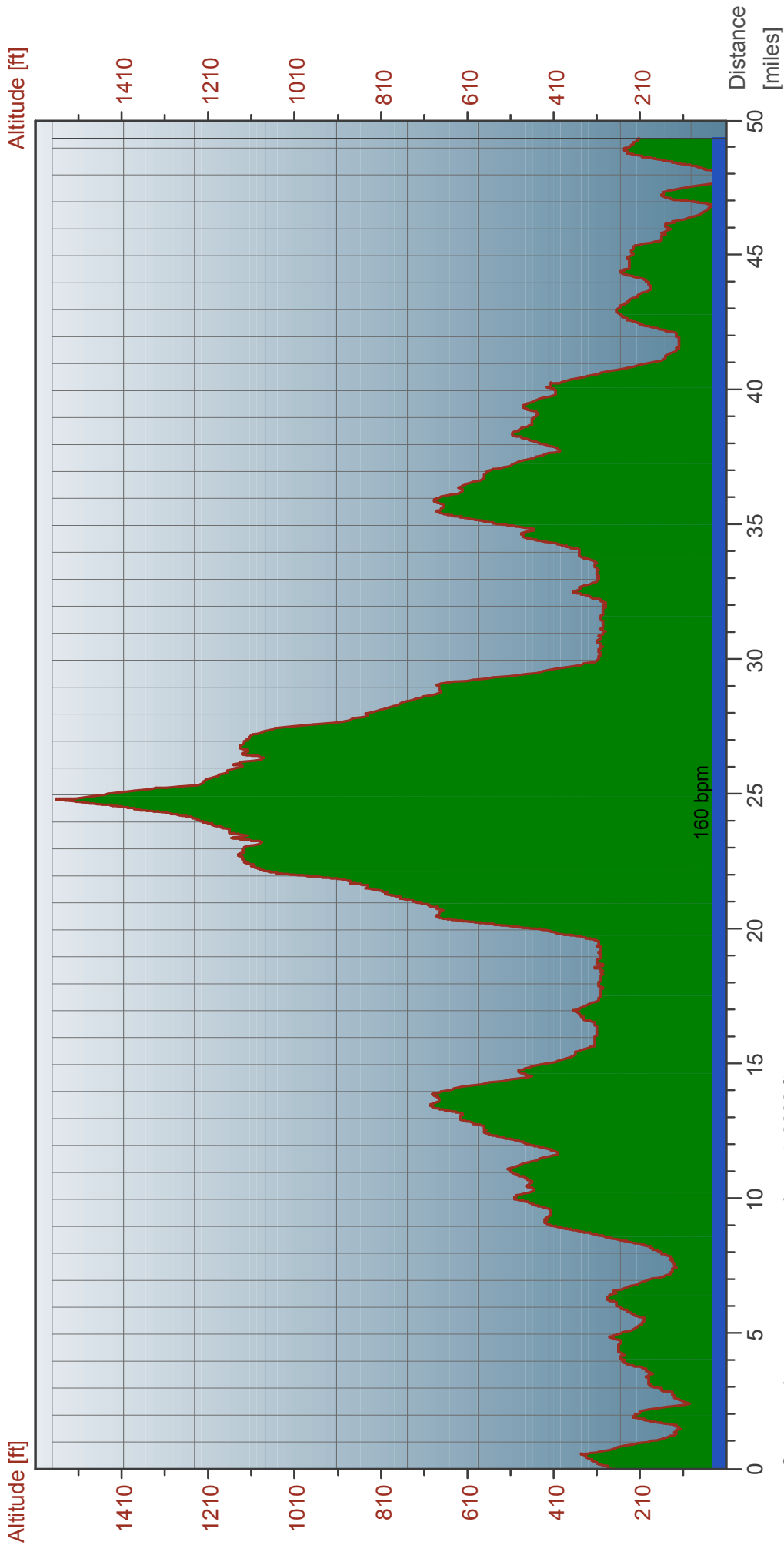


Curve



| | | | | | |
|----------|---|-----------|-------------------------------|------------|-------------|
| Person | George Vargas | Date | 1/6/2006 | Heart rate | 160 / 177 |
| Exercise | 1/6/2006 6:18 AM | Time | 6:18:25 AM | Speed | 16.3 / 46.9 |
| Sport | Cycling | Duration | 3:04:34.2 | | |
| Team | Team Polar | Distance | 49.4 miles | | |
| Note | Highland Valley Road out and back loop from Encinitas Blvd and Rodr cross streets | | | | |
| | | Ascent | 3862 | | |
| | | Selection | 0:00:00 - 3:04:30 (3:04:30.0) | | |