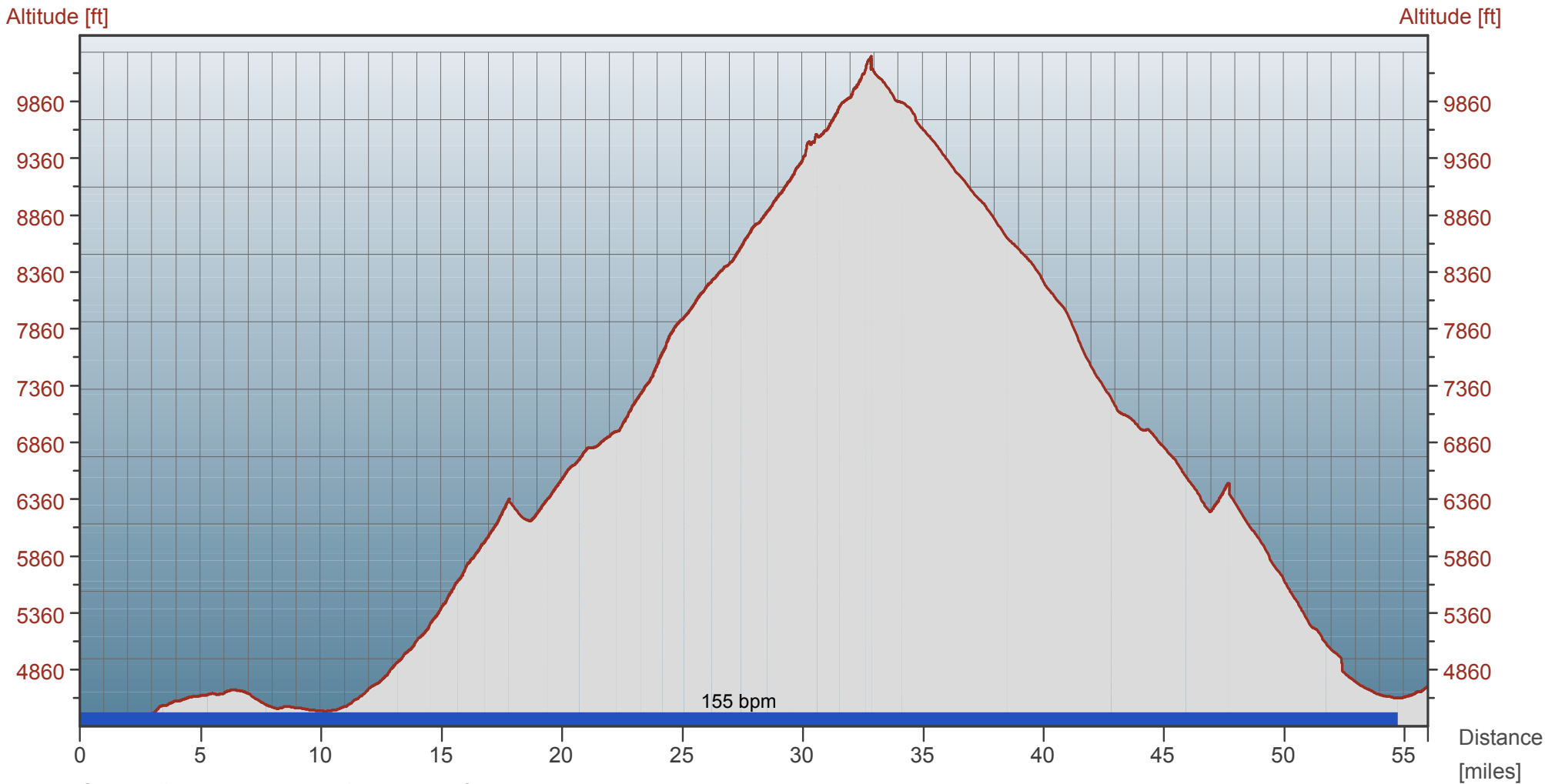


Curve



Cursor values:  
 Time: 4:16:20  
 Calorie rate: 882 kcal/60min  
 Distance: 55.9 miles  
 Altitude: 4714 ft

Ascent: 6985 ft  
 Descent: 6650 ft

|          |                   |          |            |            |                               |          |          |
|----------|-------------------|----------|------------|------------|-------------------------------|----------|----------|
| Person   | George Vargas     | Date     | 9/23/2006  | Heart rate | 155 / 188                     | Limits 1 | 80 - 160 |
| Exercise | 9/23/2006 7:44 AM | Time     | 7:44:18 AM | Speed      | 13.9 / 41.7                   | Limits 2 | 80 - 160 |
| Sport    | Cycling           | Duration | 9:55:28.2  |            |                               |          |          |
| Team     | Team Polar        | Distance | 54.7 miles |            |                               |          |          |
| Note     |                   |          |            | Ascent     | 6885 (0.1%)                   |          |          |
|          |                   |          |            | Selection  | 0:00:00 - 4:10:25 (4:10:25.0) |          |          |