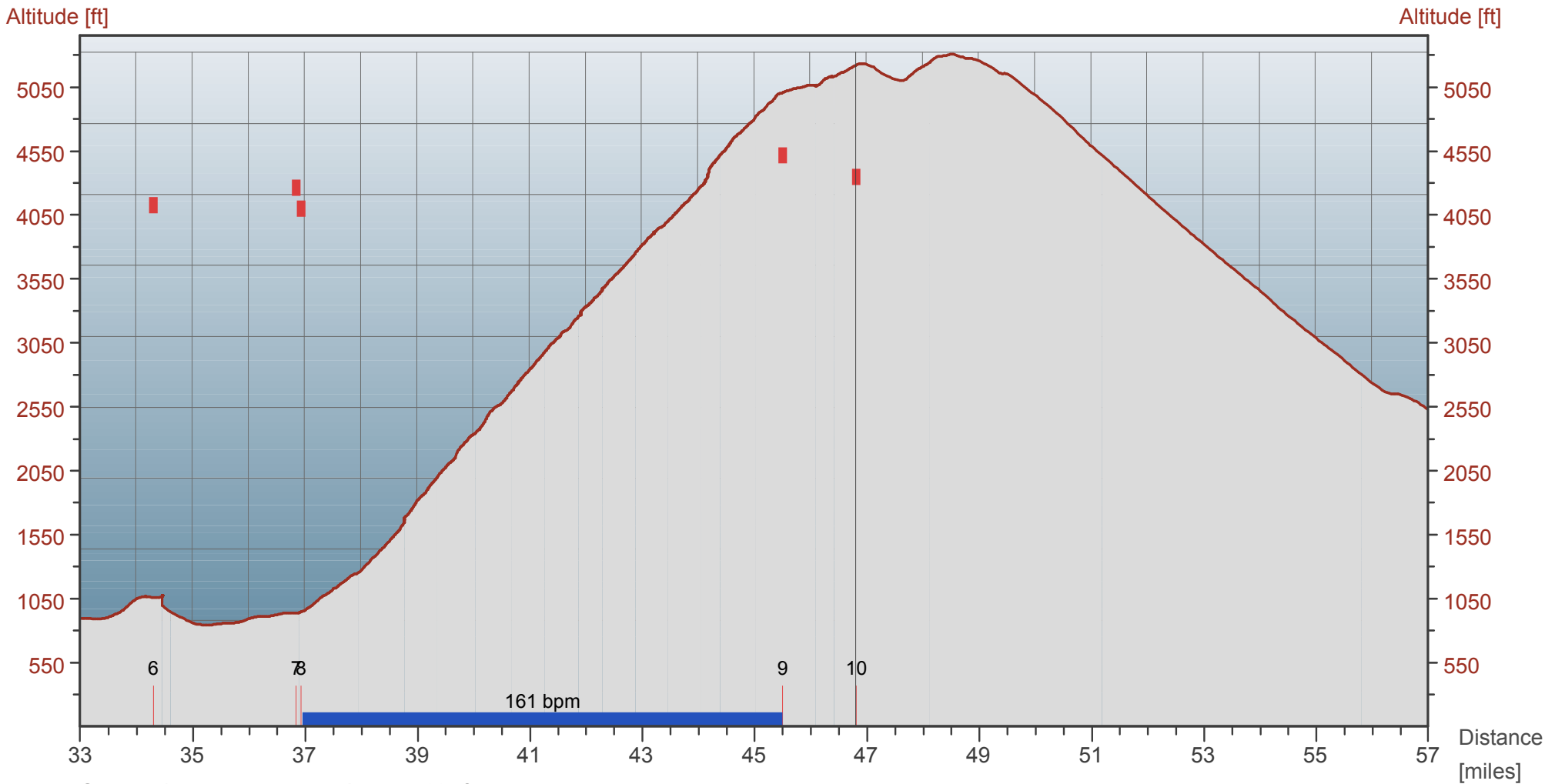


Curve



Cursor values: Ascent: 7305 ft  
 Time: 4:43:10 Descent: 2355 ft  
 Calorie rate: 786 kcal/60min  
 Distance: 46.8 miles  
 Altitude: 5213 ft

161 bpm

Person	George Vargas	Date	11/19/2005	Heart rate	161 / 172	
Exercise	11/19/2005 6:46 AM	Time	6:46:51 AM	Speed	5.0 / 10.3	
Sport	Cycling	Duration	7:38:28.9			
Team	Team Polar	Distance	8.5 miles			
Note	8.5 Mile Detail--- Average 9% grade. However, within this section there will be 7.5 miles over 9.5% grade.			Ascent	4035 (9.0%)	
				Selection	2:39:50 - 4:29:00 (1:49:10.0)	