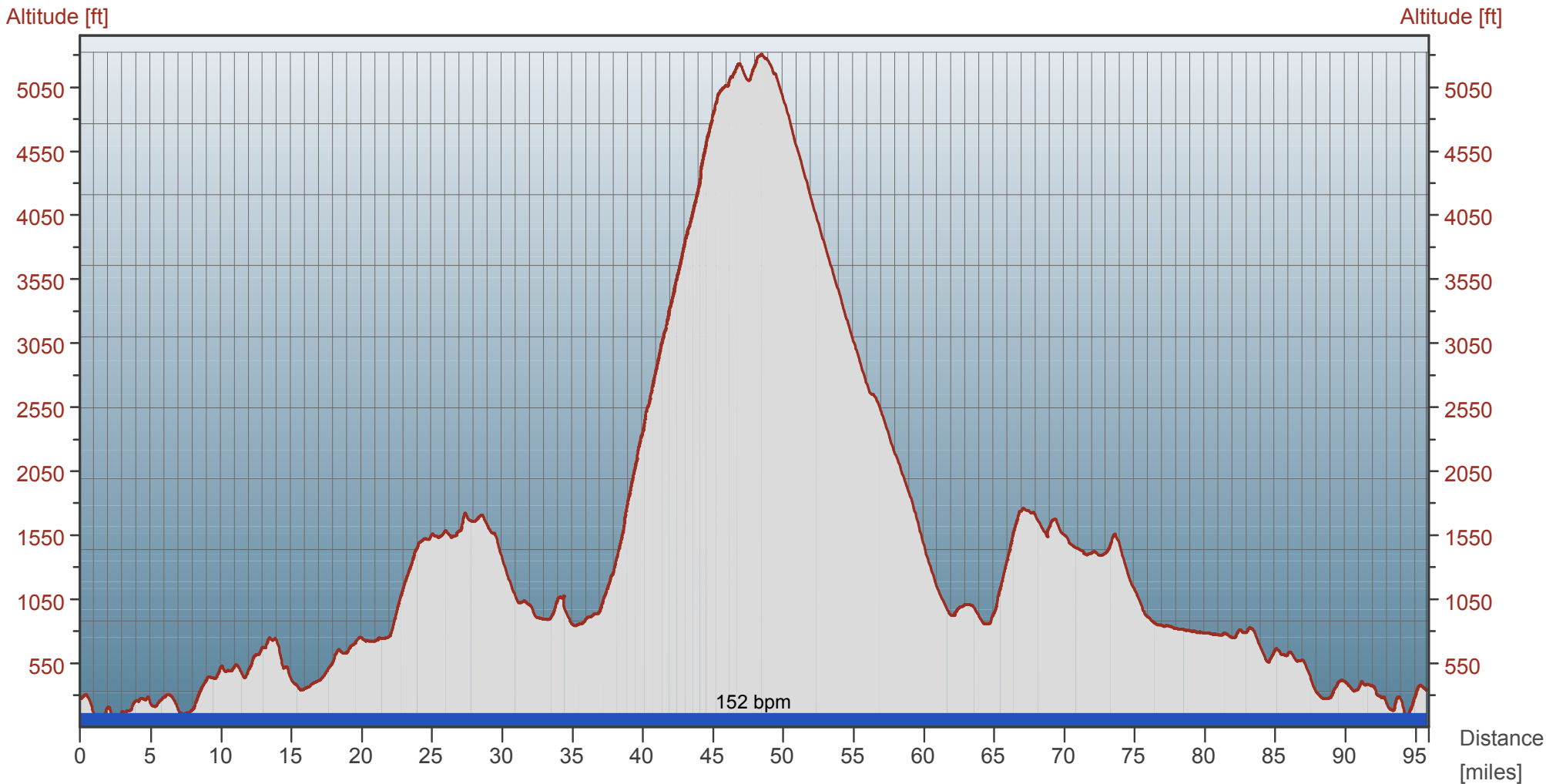


Curve



Cursor values:
 Time: 7:38:25
 Calorie rate: 451 kcal/60min
 Distance: 95.8 miles
 Altitude: 340 ft

Ascent: 9620 ft
 Descent: 9460 ft

Person	George Vargas	Date	11/19/2005	Heart rate	— 152 / 179		
Exercise	11/19/2005 6:46 AM	Time	6:46:51 AM	Speed	— 13.5 / 42.5		
Sport	Cycling	Duration	7:38:28.9				
Team	Team Polar	Distance	95.8 miles				
Note	Nate Harrison Grade very tough			Ascent	9701		
				Selection	0:00:00 - 7:38:25 (7:38:25.0)		