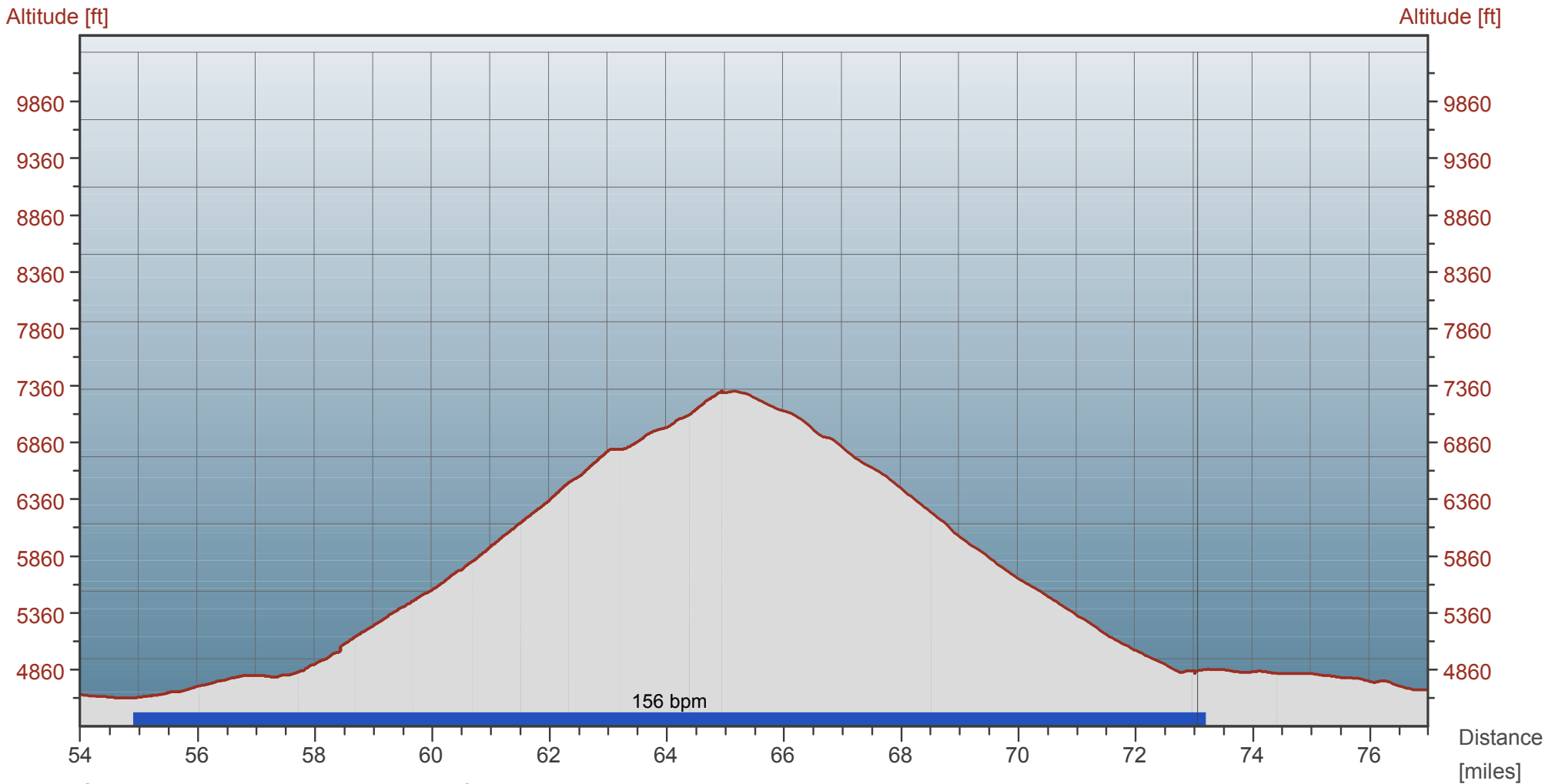


Curve



Cursor values:  
 Time: 5:48:30  
 Calorie rate: 562 kcal/60min  
 Distance: 73.0 miles  
 Altitude: 4848 ft

Ascent: 9630 ft  
 Descent: 9190 ft

Person	George Vargas	Date	9/23/2006	Heart rate	156 / 172	Limits 1	80 - 160
Exercise	9/23/2006 7:44 AM	Time	7:44:18 AM	Speed	12.3 / 45.8	Limits 2	80 - 160
Sport	Cycling	Duration	9:55:28.2				
Team	Team Polar	Distance	18.3 miles				
Note	Pine Creek			Ascent	2745 (0.3%)		
				Selection	4:11:00 - 5:49:05 (1:38:05.0)		