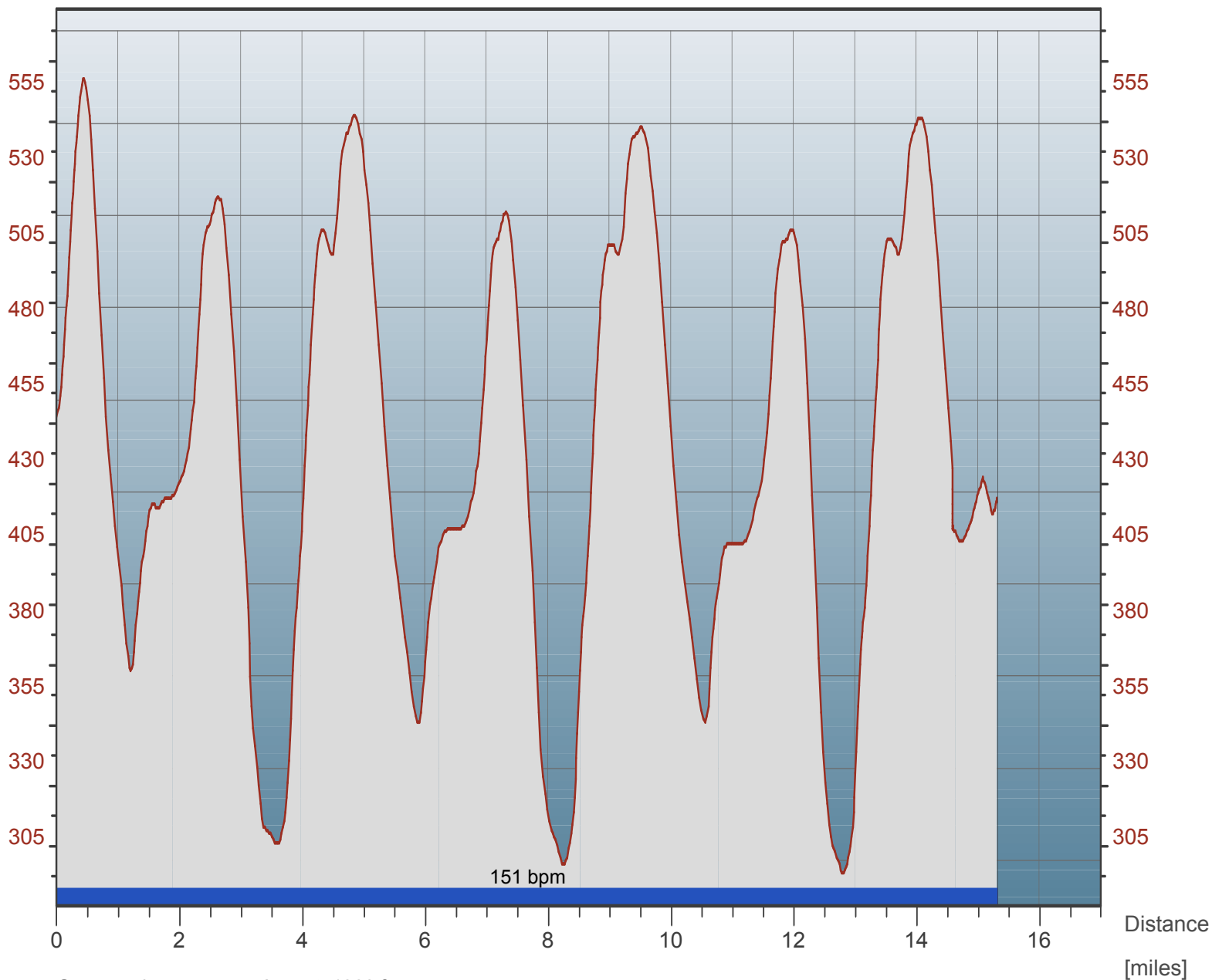


Curve

Altitude [ft]

Altitude [ft]



Cursor values: Ascent: 1360 ft

Time: 0:59:55 Descent: 1365 ft

Calorie rate: 562 kcal/60min

Distance: 15.3 miles

Altitude: 415 ft

Person	George Vargas	Date	3/3/2006	Heart rate	151 / 181	Limits 1	80 - 160
Exercise	3/3/2006 6:08 AM	Time	6:08:06 AM	Speed	15.6 / 36.9	Limits 2	80 - 160
Sport	Cycling	Duration	0:59:55.1	Cadence		Limits 3	80 - 160
Team		Distance	15.3 miles				
Note	Quail Gardens Loop			Ascent	1339		
				Selection	0:00:00 - 0:59:55 (0:59:55.0)		