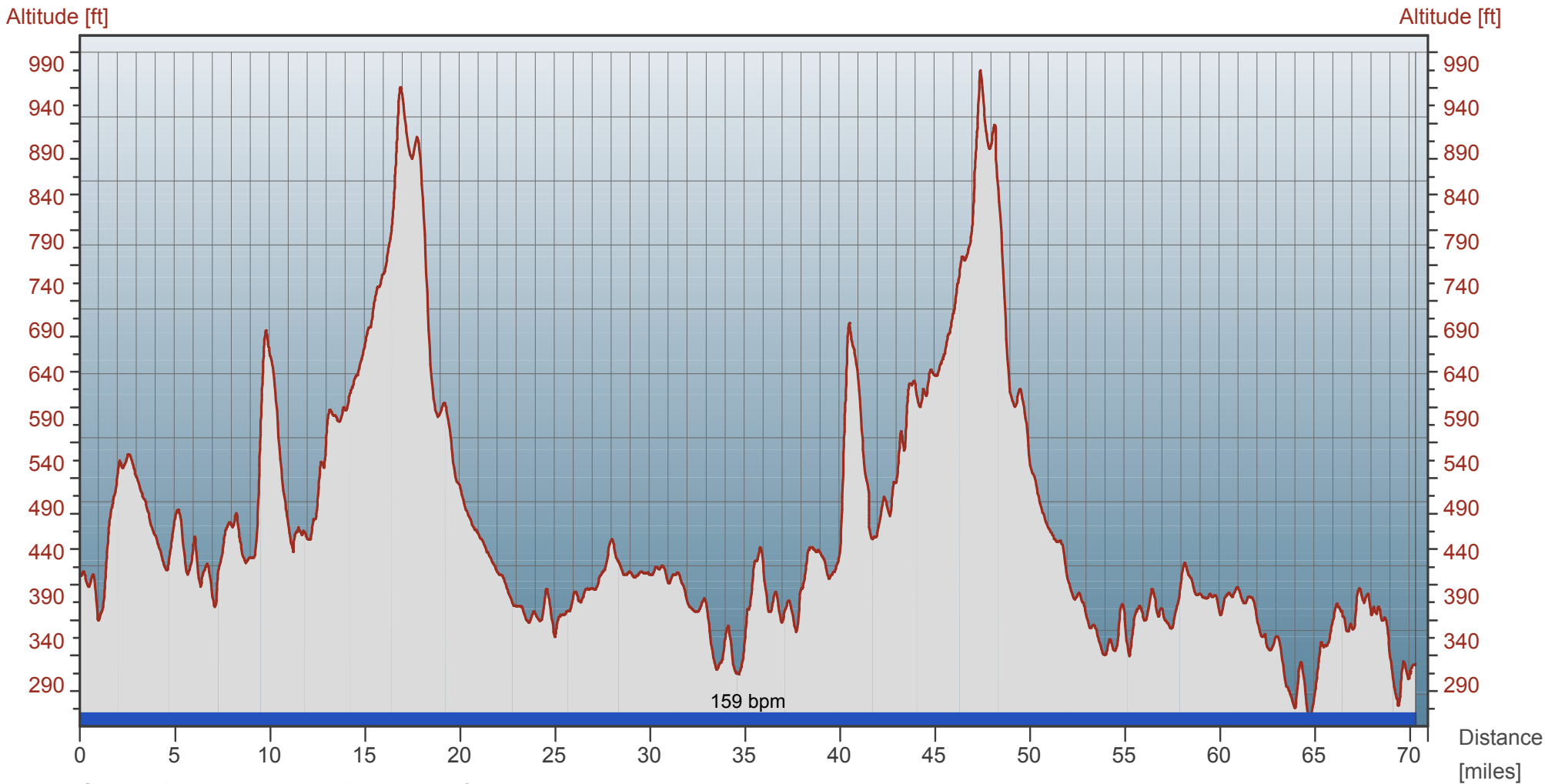


Curve



Cursor values:
 Time: 3:36:05
 Ascent: 3620 ft
 Descent: 3590 ft
 Calorie rate: 826 kcal/60min
 Distance: 70.4 miles
 Altitude: 310 ft

Person	George Vargas	Date	5/20/2006	Heart rate	159 / 198	Limits 1	80 - 160
Exercise	5/20/2006 7:02 AM	Time	7:02:30 AM	Speed	19.9 / 41.8	Limits 2	80 - 160
Sport	Cycling	Duration	3:36:08.7			Limits 3	80 - 160
Team	Team Polar	Distance	70.4 miles				
Note	San Clemente Challenge-- begins in San Clemente then enters Camp Pendleton via the Christianitos Gate through Basilone Rd over to Las Pulgas, north along San Onofre and back to the base for the second			Ascent	3681		
				Selection	0:00:00 - 3:36:05 (3:36:05.0)		