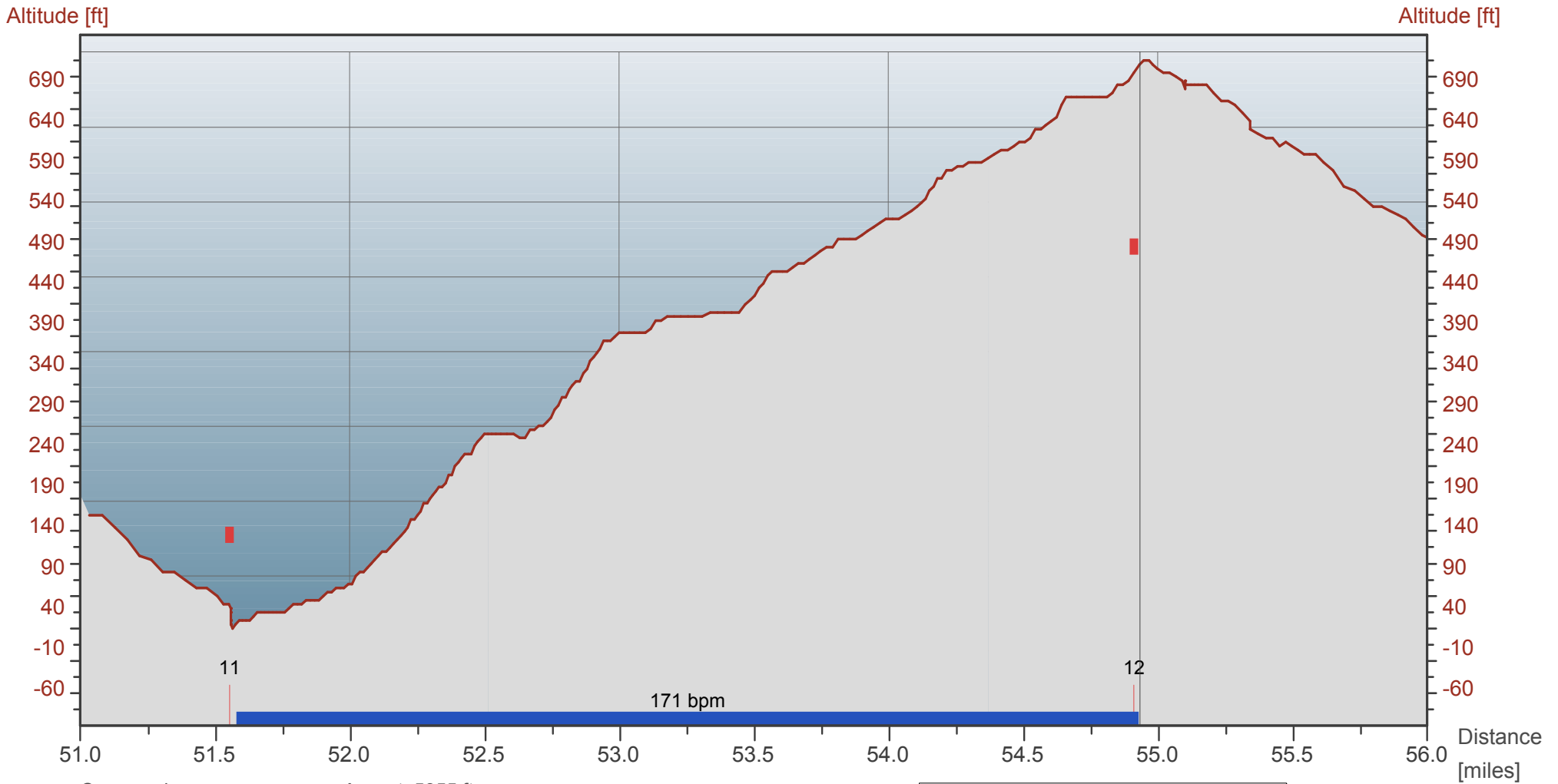


Curve



Cursor values: Ascent: 5355 ft
 Time: 5:18:30 Descent: 4780 ft
 Calorie rate: 1083 kcal/60min
 Distance: 54.9 miles
 Altitude: 705 ft

↗	0:09:15	(58 %	1.820 miles	(54 %)
→	0:06:40	(42 %	1.502 miles	(45 %)
↘	0:00:05	(0 %	0.023 miles	(1 %)

Person	George Vargas	Date	12/21/2005	Heart rate	—	171 / 189		
Exercise	12/21/2005 6:20 AM	Time	6:20:28 AM	Speed	—	12.5 / 20.5		
Sport	Cycling	Duration	5:47:44.3					
Team	Team Polar	Distance	3.4 miles					
Note	Paul and then 6 repeats on Mt Soledad 16:04			Ascent		670 (3.8%)		
				Selection		5:02:25 - 5:18:25 (0:16:00.0)		