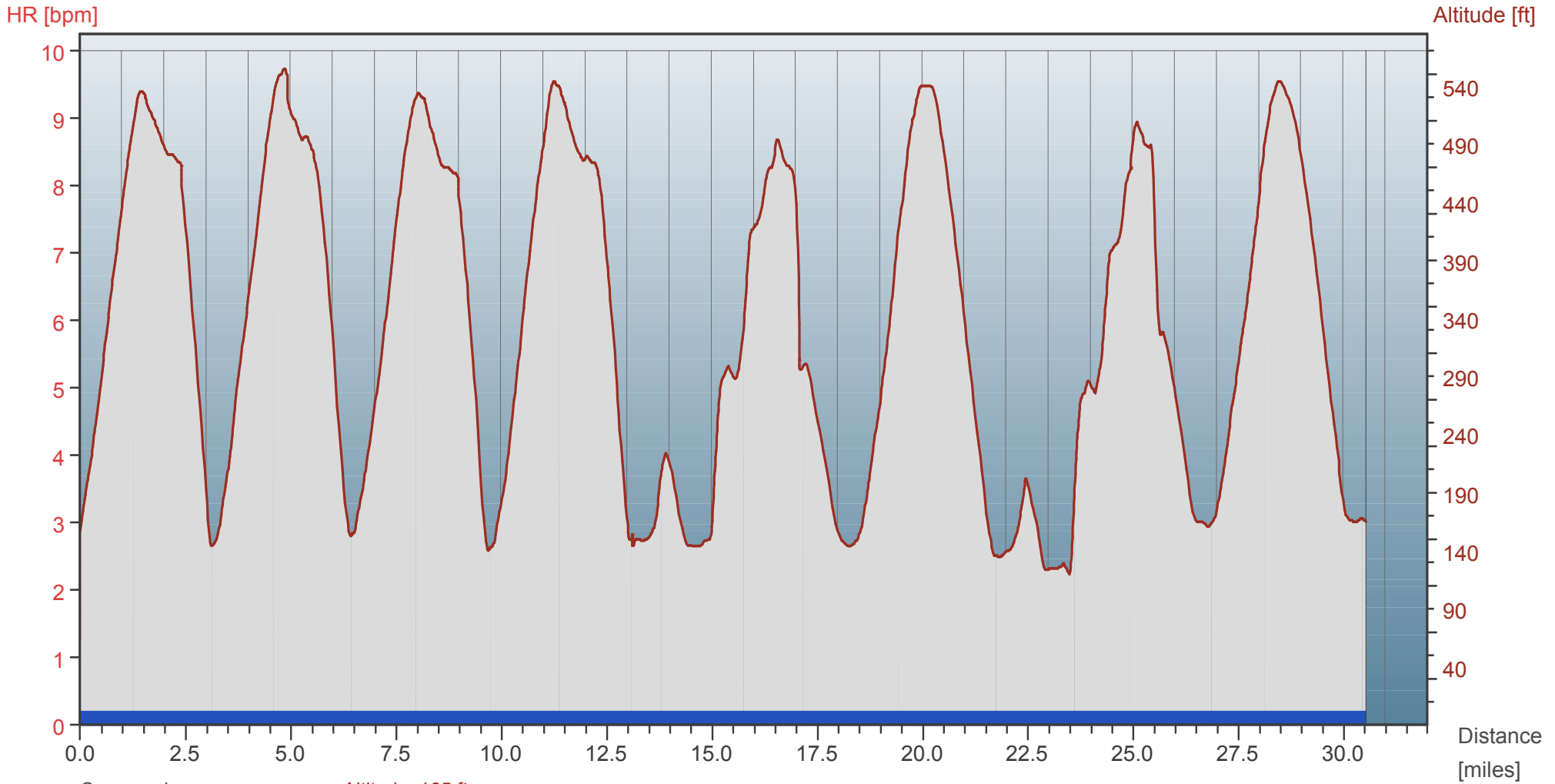


Curve



Cursor values:
 Time: 2:25:50
 HR: 0 bpm
 Calorie rate: 0 kcal/60min
 Distance: 30.5 miles
 Altitude: 165 ft
 Ascent: 3395 ft
 Descent: 3220 ft

Person	George Vargas	Date	3/8/2006	Heart rate	—	Limits 1	80 - 160
Exercise	3/8/2006 8:11 AM	Time	8:11:03 AM	Speed	— 13.3 / 32.8	Limits 2	80 - 160
Sport	Cycling	Duration	2:25:50.5	Cadence	—	Limits 3	80 - 160
Team	Team Polar	Distance	30.5 miles				
Note	Four Repeats on Torrey Pines Outside then North on Coast Hwy Carr Road to Mango Dr			Ascent	3199 (0.1%)		
				Selection	0:00:00 - 2:25:50 (2:25:50.0)		