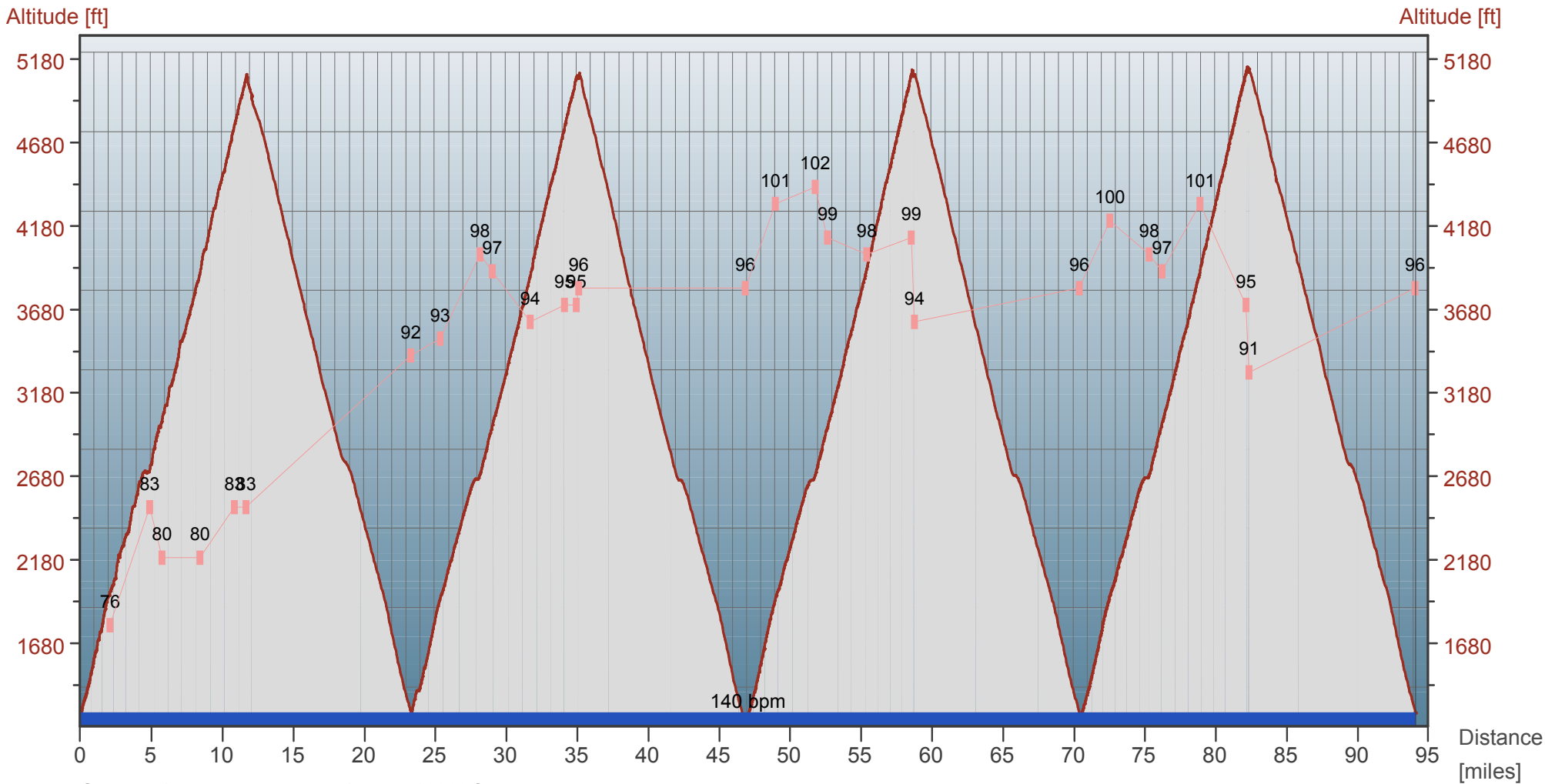


Curve



Cursor values:
 Time: 3:41:20 PM
 Calorie rate: 427 kcal/60min
 Distance: 94.1 miles
 Altitude: 1264 ft

Ascent: 16060 ft
 Descent: 16475 ft

Temperature [°F]

Person	George Vargas	Date	9/2/2006	Heart rate	140 / 164	Limits 1	80 - 160
Exercise	9/2/2006 6:48 AM	Time	6:48:30 AM	Speed	11.5 / 46.4	Limits 2	80 - 160
Sport	Cycling	Duration	8:52:51.9			Limits 3	80 - 160
Team	Team Polar	Distance	94.1 miles				
Note	Four Repeats on Palomar Mountain			Ascent	15620		
				Selection	6:48:30 AM - 3:41:20 PM (8:52:50.0)		