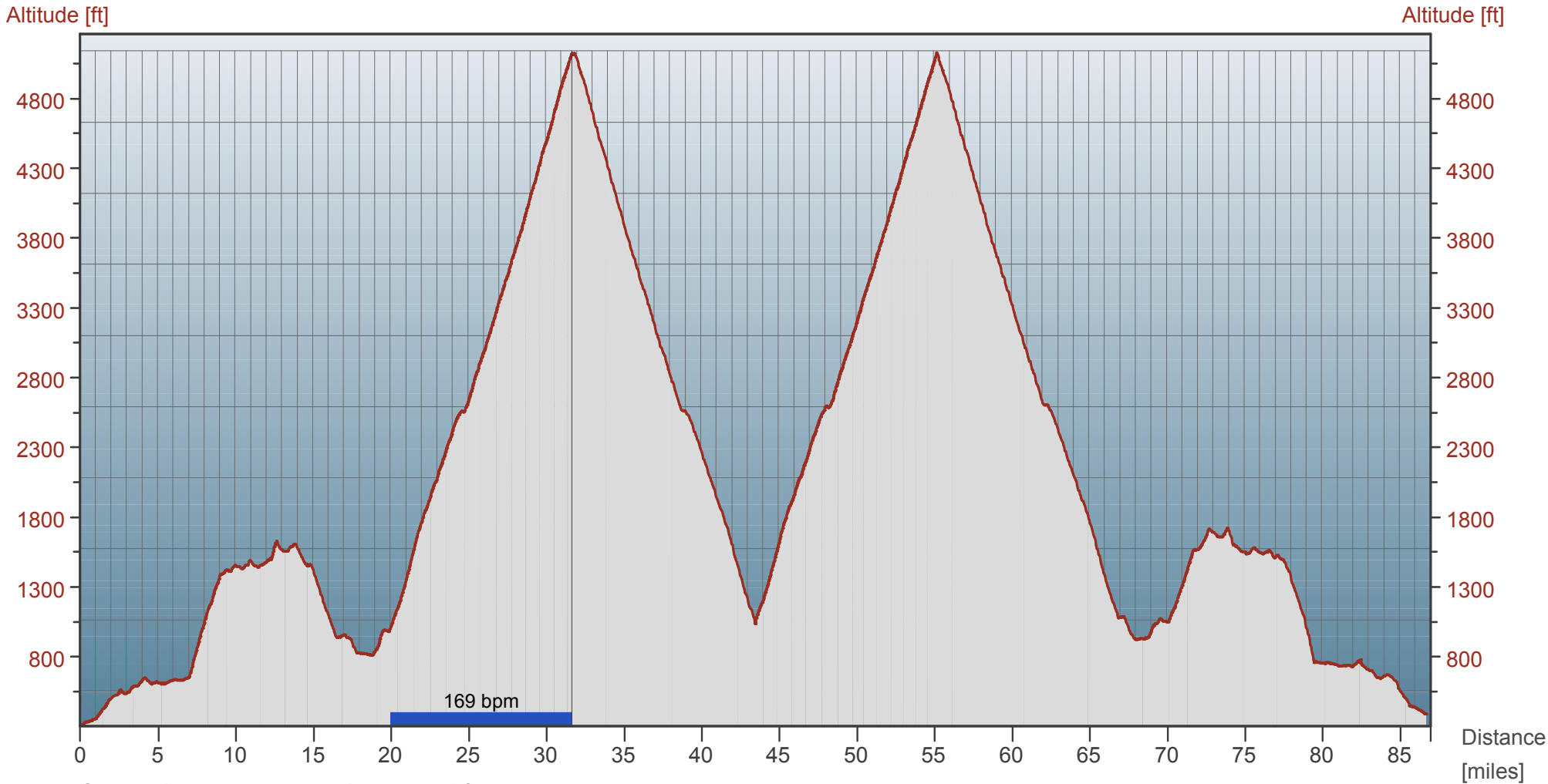


Curve



Cursor values:  
 Time: 3:07:45  
 Calorie rate: 1074 kcal/60min  
 Distance: 31.6 miles  
 Altitude: 5115 ft

Ascent: 5830 ft  
 Descent: 965 ft

Person	George Vargas	Date	9/15/2005	Heart rate	169 / 181		
Exercise	9/15/2005 9:03 AM	Time	9:03:25 AM	Speed	7.5 / 15.7		
Sport	Cycling	Duration	6:58:06.6	Cadence	60 / 179		
Team	Team Polar	Distance	11.7 miles				
Note	Repeats on Mount Palomar 11.7 miles 6.7% avg grade 4100 foot gain			Ascent	4125 (6.7%)		
				Selection	1:33:55 - 3:07:40 (1:33:45.0)		