

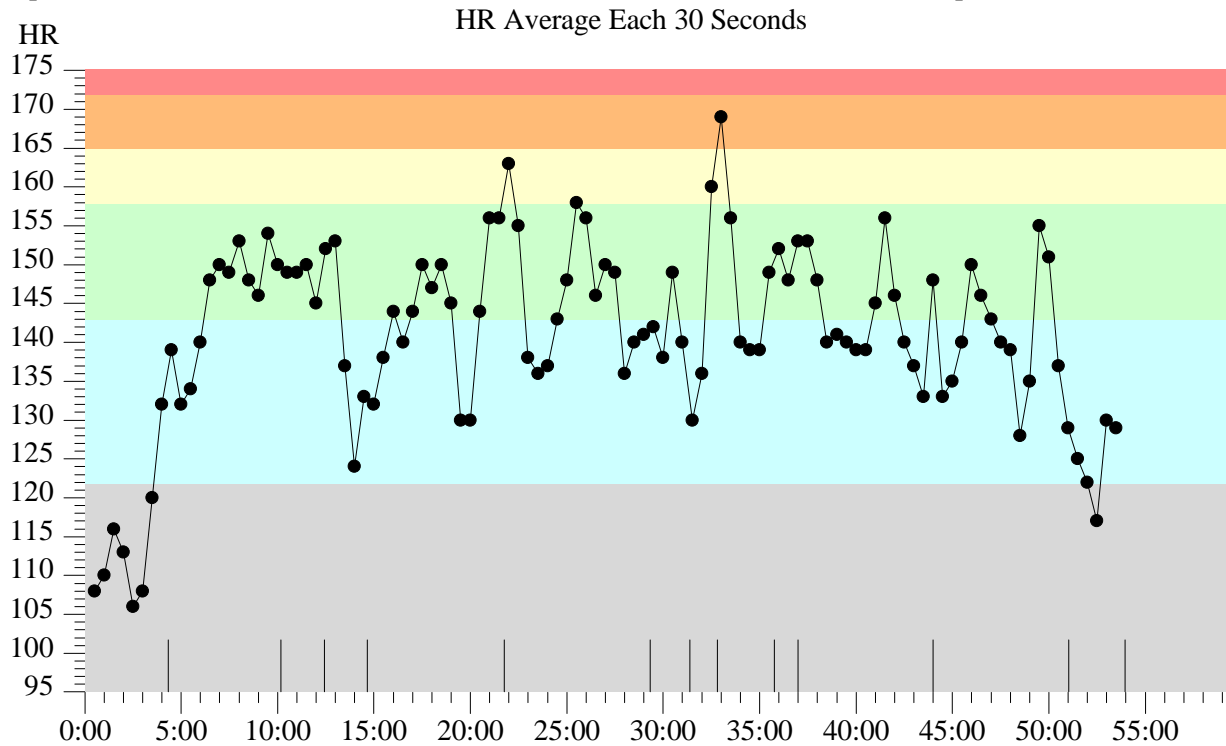
## PC Coach SonicLink(TM) Data: Jamie Sarkisian

Apr 7 10:01:37

Max HR: 176, Avg HR: 141

Elapsed Time: 00:53:57.0

13 Laps



	<b>Low Limit</b>	<b>High Limit</b>	<b>Time Below</b>	<b>Time In</b>	<b>Time Above</b>
Limit 1:	113	138	00:02:17	00:17:43	00:33:57
Limit 2:	123	153	00:05:06	00:40:42	00:08:09
Limit 3:	112	138	00:01:54	00:18:06	00:33:57

	<b>Elapsed Time</b>	<b>Lap Time</b>	<b>Avg HR</b>	<b>End HR</b>
Lap 01	00:04:20.7	0:04:20.7	116	133
Lap 02	00:10:09.6	0:05:48.9	146	149
Lap 03	00:12:26.3	0:02:16.7	161	151
Lap 04	00:14:39.0	0:02:12.7	140	135
Lap 05	00:21:45.7	0:07:06.7	145	164
Lap 06	00:29:20.3	0:07:34.6	146	143
Lap 07	00:31:22.1	0:02:01.8	140	127
Lap 08	00:32:48.1	0:01:26.0	152	166
Lap 09	00:35:46.3	0:02:58.2	147	153
Lap 10	00:36:59.3	0:01:13.0	150	153
Lap 11	00:43:59.0	0:06:59.7	143	131
Lap 12	00:51:01.5	0:07:02.5	140	124
Lap 13	00:53:57.0	0:02:55.5	123	112