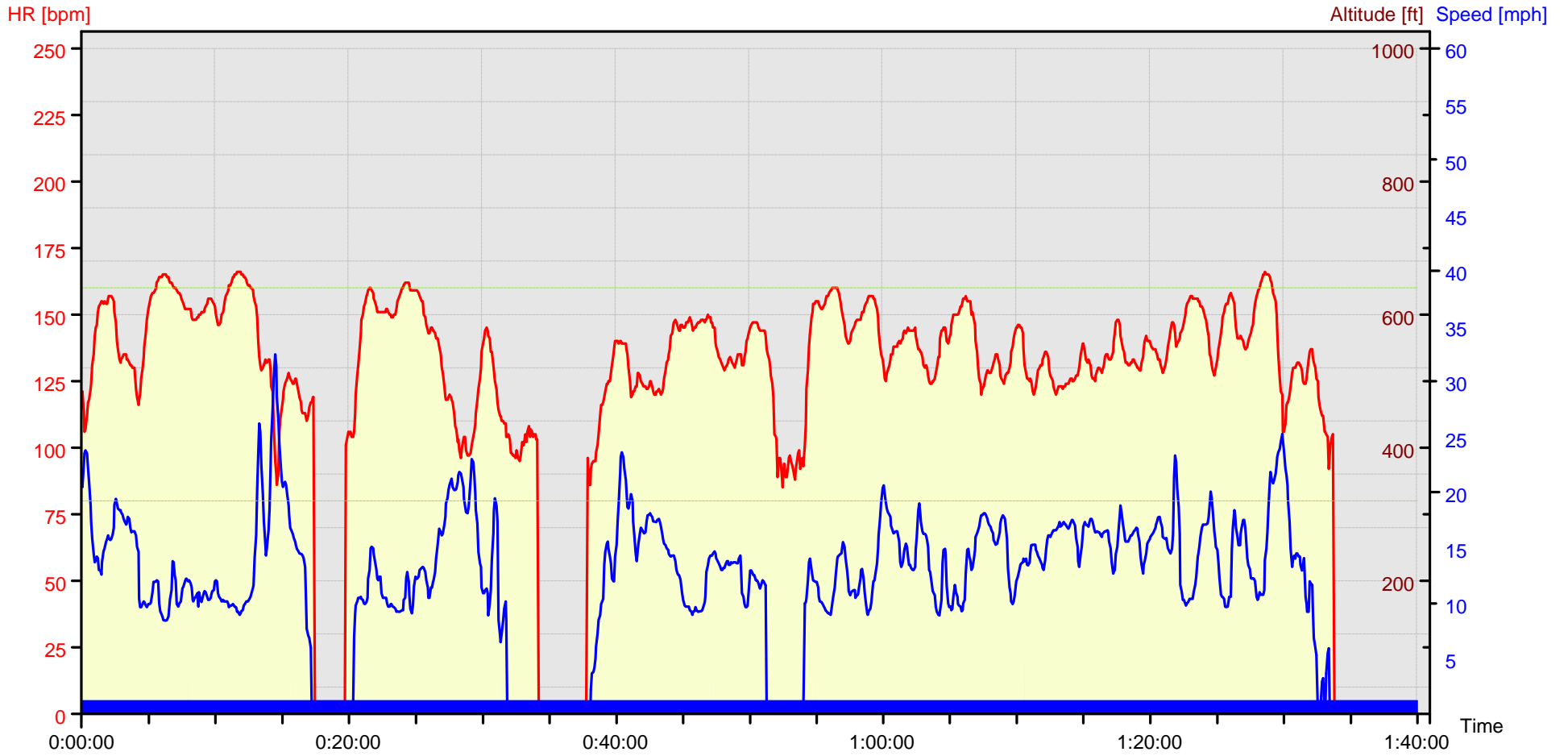


Curve



Time: 1:21:20

Distance: 16.2 miles

HR: 136 bpm

Altitude: 0 ft

Speed: 15.3 mph

Person	JamieSarkisian	Date	7/9/98	Heart rate	—	135 / 166	Limits 1	160 / 80
Exercise		Time	3:12:16PM	Speed	—	14.6 / 32.4	Limits 2	160 / 80
Sport	Running	Duration	1:40:05.0AM	Cadence	—	- / -	Limits 3	160 / 80
Team	Team Polar	Distance	18.5 miles	Power	—	- / -	Thresholds	160 / 80
Note				Selection	0:00:00.0 - 1:40:05.0 (1:40:05.0)			