



Person	Mark Tann	Date	13/07/2006	Heart rate	133 / 177
Exercise	13/07/2006 14:17	Time	14:17:28	Speed	27.6 / 45.4
Sport	Cycling	Duration	6:10:02.5		
Team	VC Norwich	Distance	169.3 km		
Note	Little Melton to Heacham via King's Lynn, inward trip via Fakenham			Ascent	829
				Selection	0:00:00 - 6:10:00 (6:10:00.0)