

# Alastair Caird

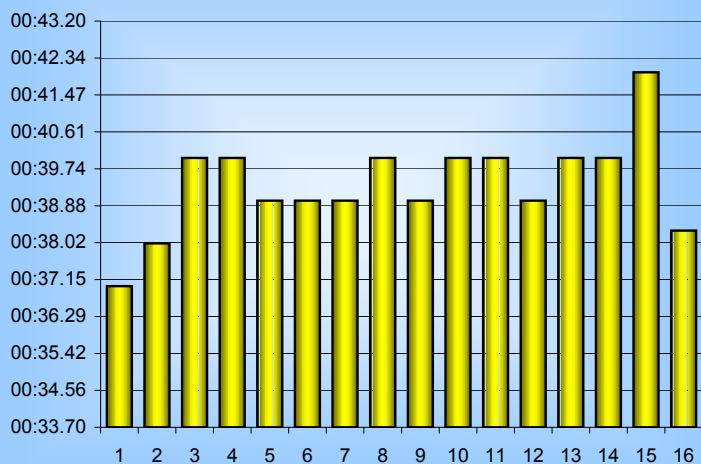
## 800m Splits

10th September 2004

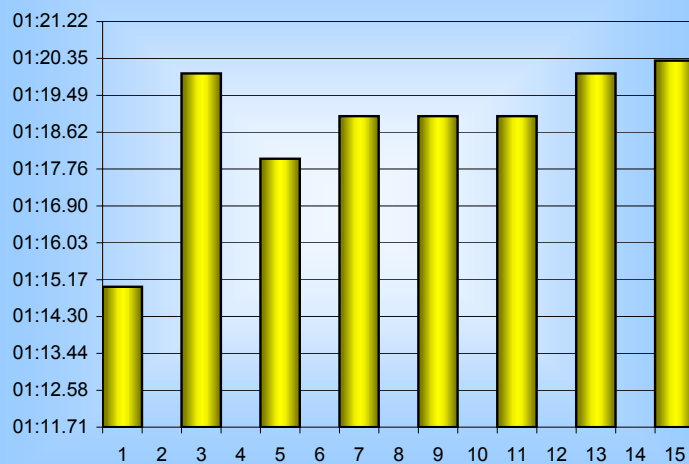
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:37.00	00:37.00				
100	01:15.00	00:38.00	01:15.00			
150	01:55.00	00:40.00	01:20.00	02:35.00		
200	02:35.00	00:40.00	01:18.00		05:12.00	
250	03:14.00	00:39.00	01:19.00	02:37.00		
300	03:53.00	00:39.00	01:19.00			
350	04:32.00	00:40.00	01:19.00	02:38.00		
400	05:12.00	00:40.00	01:20.00		05:18.30	10:30.30
450	05:51.00	00:40.00	01:20.30			
500	06:31.00	00:39.00		02:40.30		
550	07:11.00	00:40.00				
600	07:50.00	00:40.00				
650	08:30.00	00:40.00				
700	09:10.00	00:42.00				
750	09:52.00	00:38.30				
800	10:30.30					
<b>Averages</b>		<b>00:39.39</b>	<b>01:18.79</b>	<b>02:37.58</b>	<b>05:15.15</b>	<b>10:30.30</b>

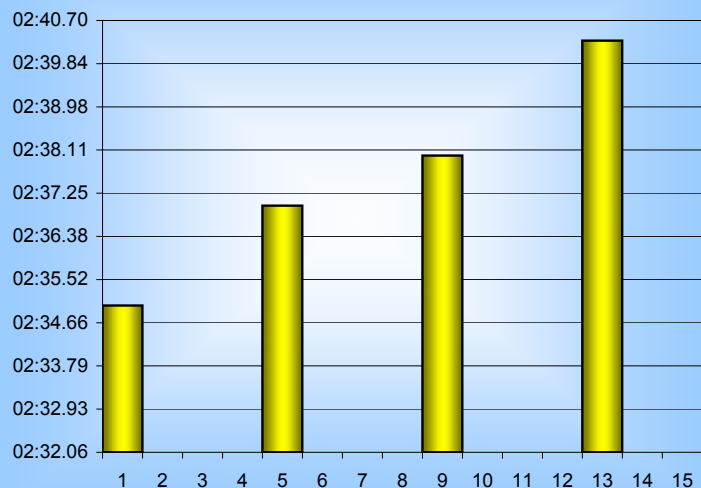
50m splits



100m splits



200m splits



400m splits

