

Betty McMillan

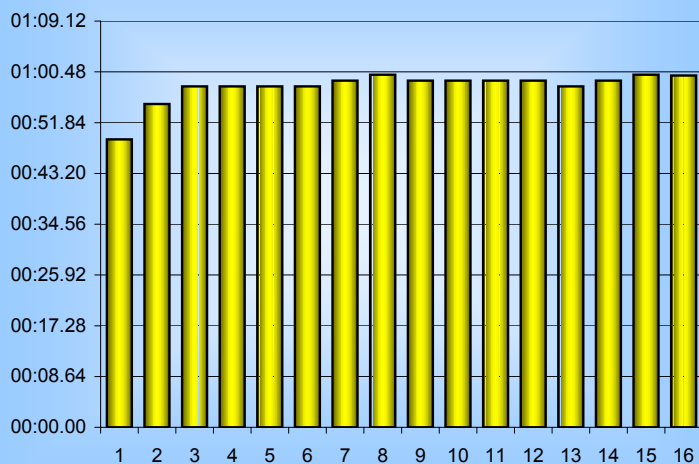
800m Splits

10th September 2004

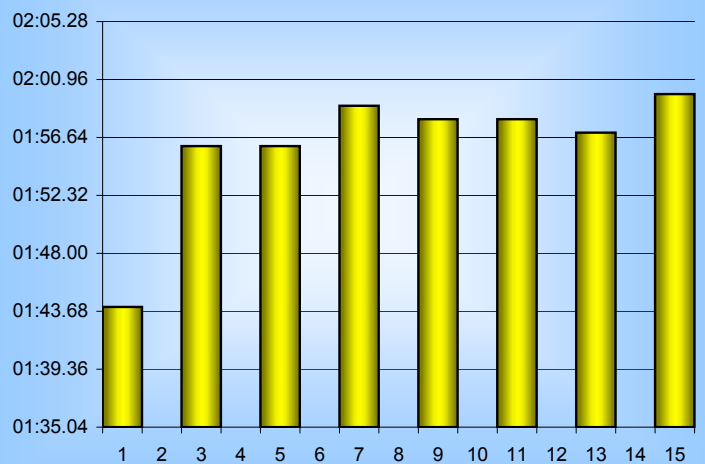
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:49.00	00:49.00				
100	01:44.00	00:55.00	01:44.00			
150	02:42.00	00:58.00	01:56.00	03:40.00		
200	03:40.00	00:58.00	01:56.00		07:35.00	
250	04:38.00	00:58.00	01:56.00			
300	05:36.00	00:58.00	01:56.00			
350	06:35.00	00:59.00	01:59.00	03:55.00		
400	07:35.00	01:00.00	01:59.00			
450	08:34.00	00:59.00	01:58.00			15:27.87
500	09:33.00	00:59.00	01:58.00	03:56.00		
550	10:32.00	00:59.00	01:58.00			
600	11:31.00	00:59.00	01:58.00		07:52.87	
650	12:29.00	00:58.00	01:57.00			
700	13:28.00	00:59.00	01:59.87	03:56.87		
750	14:28.00	01:00.00				
800	15:27.87	00:59.87				
Averages		00:57.99	01:55.98	03:51.97	07:43.93	15:27.87

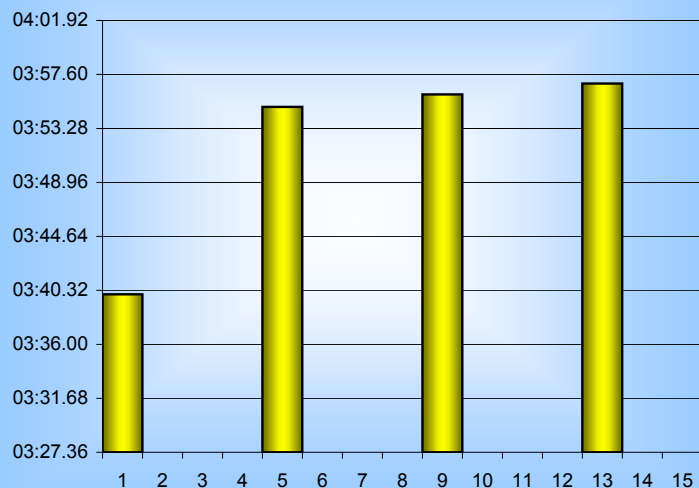
50m splits



100m splits



200m splits



400m splits

