

# Bruce Cook

## 800m Splits

### 10th September 2004

### Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:42.00	00:42.00				
100	01:31.00	00:49.00	01:31.00			
150	02:22.00	00:51.00	01:42.00	03:13.00		
200	03:13.00	00:51.00	01:42.00		06:41.00	
250	04:05.00	00:52.00	01:44.00			
300	04:57.00	00:52.00	01:44.00	03:28.00		
350	05:49.00	00:52.00	01:44.00			
400	06:41.00	00:52.00	01:44.00			13:28.13
450	07:32.00	00:51.00	01:43.00			
500	08:24.00	00:52.00	01:43.00	03:26.00		
550	09:16.00	00:52.00	01:43.00			
600	10:07.00	00:51.00	01:43.00		06:47.13	
650	10:58.00	00:51.00	01:42.00			
700	11:49.00	00:51.00	01:42.00	03:21.13		
750	12:39.00	00:50.00	01:39.13			
800	13:28.13	00:49.13				
<b>Averages</b>		<b>00:50.51</b>	<b>01:41.02</b>	<b>03:22.03</b>	<b>06:44.07</b>	<b>13:28.13</b>

