

# Clifford Rodgers

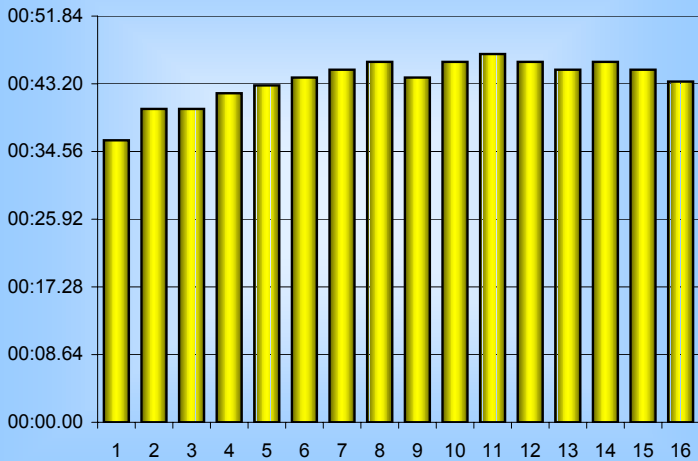
## 800m Splits

10th September 2004

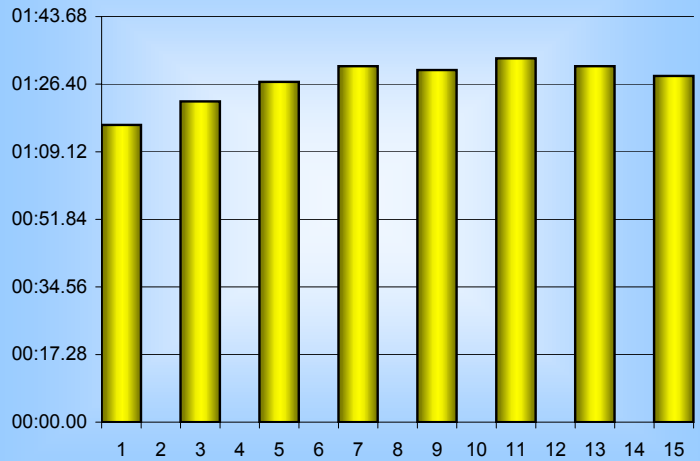
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:36.00	00:36.00				
100	01:16.00	00:40.00	01:16.00			
150	01:56.00	00:40.00	01:22.00	02:38.00		
200	02:38.00	00:42.00	01:27.00		05:36.00	
250	03:21.00	00:43.00	01:31.00	02:58.00		
300	04:05.00	00:44.00	01:30.00			
350	04:50.00	00:45.00	01:33.00	03:03.00		
400	05:36.00	00:46.00	01:33.00		06:02.49	11:38.49
450	06:20.00	00:44.00	01:31.00	02:59.49		
500	07:06.00	00:46.00	01:28.49			
550	07:53.00	00:47.00				
600	08:39.00	00:46.00				
650	09:24.00	00:45.00				
700	10:10.00	00:46.00				
750	10:55.00	00:45.00				
800	11:38.49	00:43.49				
<b>Averages</b>		<b>00:43.66</b>	<b>01:27.31</b>	<b>02:54.62</b>	<b>05:49.25</b>	<b>11:38.49</b>

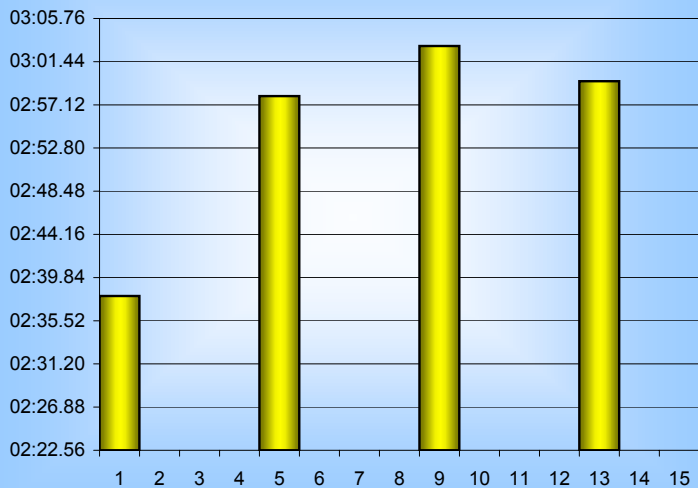
50m splits



100m splits



200m splits



400m splits

