

David Henderson

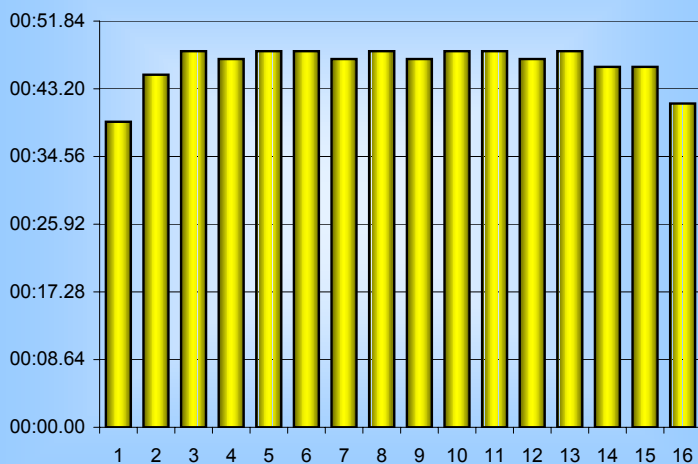
800m Splits

10th September 2004

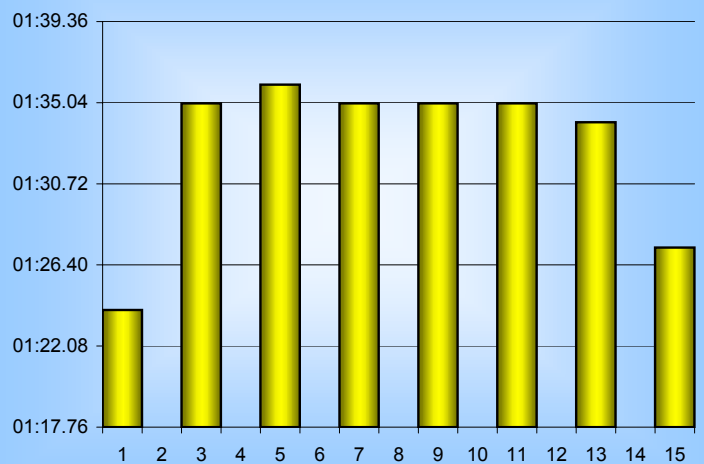
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:39.00	00:39.00				
100	01:24.00	00:45.00	01:24.00			
150	02:12.00	00:48.00	01:35.00	02:59.00		
200	02:59.00	00:47.00	01:36.00		06:10.00	
250	03:47.00	00:48.00	01:35.00	03:11.00		
300	04:35.00	00:48.00	01:35.00			
350	05:22.00	00:47.00	01:35.00	03:10.00		
400	06:10.00	00:48.00	01:35.00			12:21.32
450	06:57.00	00:47.00	01:35.00			
500	07:45.00	00:48.00	01:35.00	03:10.00		
550	08:33.00	00:48.00	01:35.00			
600	09:20.00	00:47.00	01:35.00	03:01.32		
650	10:08.00	00:48.00	01:34.00		06:11.32	
700	10:54.00	00:46.00	01:34.00			
750	11:40.00	00:46.00	01:27.32			
800	12:21.32	00:41.32				
Averages		00:46.33	01:32.66	03:05.33	06:10.66	12:21.32

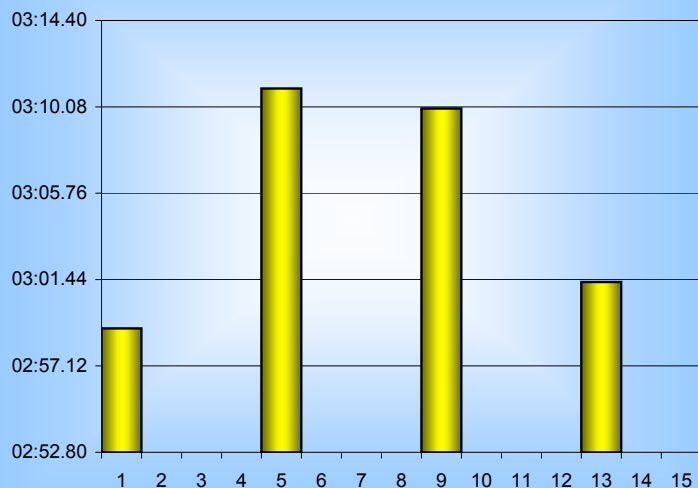
50m splits



100m splits



200m splits



400m splits

