

David O'Brien

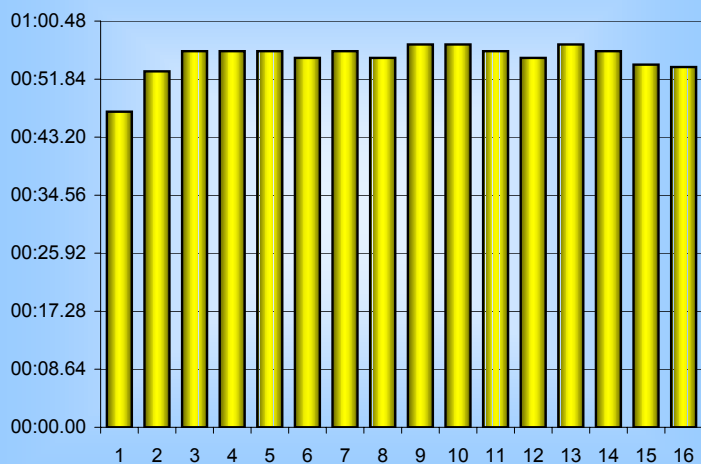
800m Splits

10th September 2004

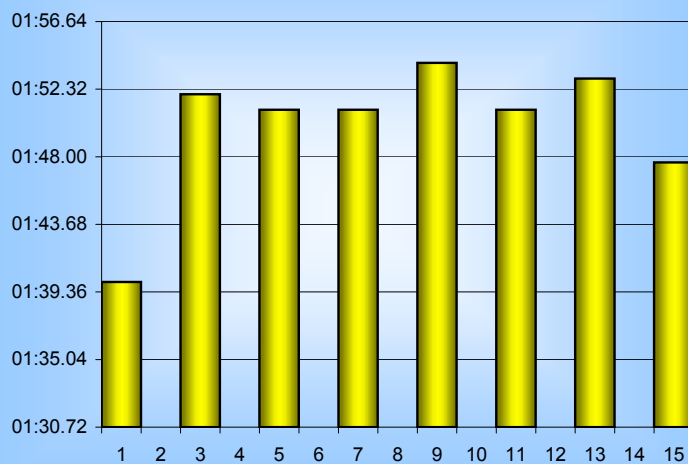
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:47.00	00:47.00				
100	01:40.00	00:53.00	01:40.00			
150	02:36.00	00:56.00	01:52.00	03:32.00		
200	03:32.00	00:56.00	01:52.00		07:14.00	
250	04:28.00	00:56.00	01:51.00			
300	05:23.00	00:55.00	01:51.00	03:42.00		
350	06:19.00	00:56.00	01:51.00			
400	07:14.00	00:55.00	01:51.00			14:39.64
450	08:11.00	00:57.00	01:54.00			
500	09:08.00	00:57.00	01:54.00	03:45.00		
550	10:04.00	00:56.00	01:51.00			
600	10:59.00	00:55.00	01:51.00		07:25.64	
650	11:56.00	00:57.00	01:53.00			
700	12:52.00	00:56.00	01:53.00	03:40.64		
750	13:46.00	00:54.00	01:47.64			
800	14:39.64	00:53.64				
Averages		00:54.98	01:49.96	03:39.91	07:19.82	14:39.64

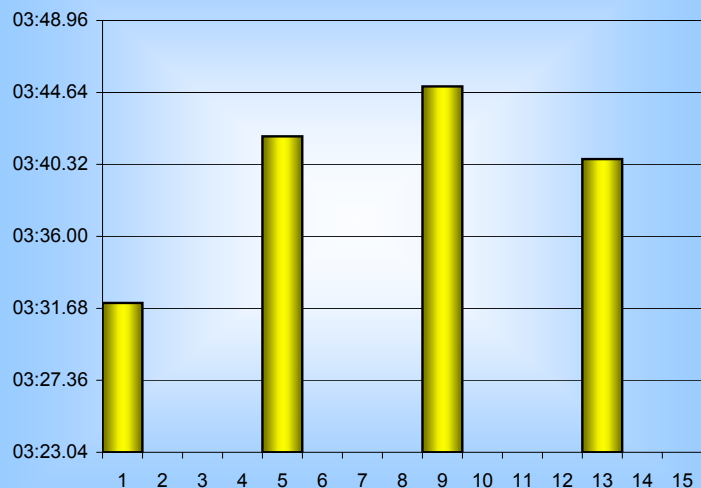
50m splits



100m splits



200m splits



400m splits

