

David Spencer

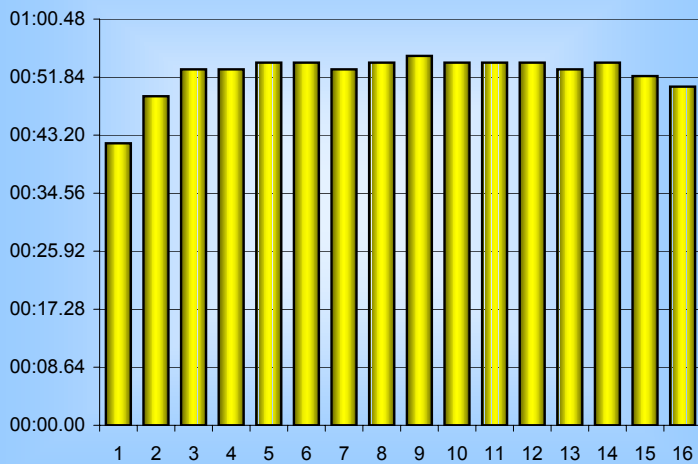
800m Splits

10th September 2004

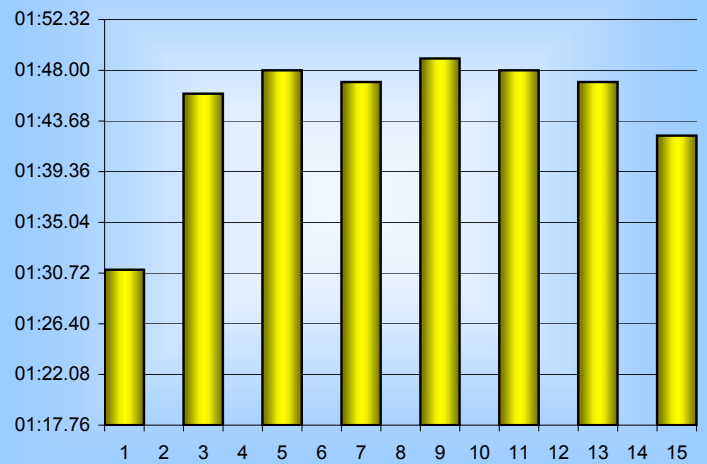
Inverclyde Masters

| 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 | 02:24.00 | 00:53.00 | 01:46.00 | 03:17.00 | | |
| 200 | 03:17.00 | 00:53.00 | 01:46.00 | | 06:52.00 | |
| 250 | 04:11.00 | 00:54.00 | 01:48.00 | | | |
| 300 | 05:05.00 | 00:54.00 | 01:48.00 | 03:35.00 | | |
| 350 | 05:58.00 | 00:53.00 | 01:47.00 | | | |
| 400 | 06:52.00 | 00:54.00 | 01:47.00 | | | 13:58.43 |
| 450 | 07:47.00 | 00:55.00 | 01:49.00 | | | |
| 500 | 08:41.00 | 00:54.00 | 01:49.00 | 03:37.00 | | |
| 550 | 09:35.00 | 00:54.00 | 01:48.00 | | | |
| 600 | 10:29.00 | 00:54.00 | 01:48.00 | | 07:06.43 | |
| 650 | 11:22.00 | 00:53.00 | 01:47.00 | | | |
| 700 | 12:16.00 | 00:54.00 | 01:47.00 | 03:29.43 | | |
| 750 | 13:08.00 | 00:52.00 | 01:42.43 | | | |
| 800 | 13:58.43 | 00:50.43 | | | | |
| Averages | | 00:52.40 | 01:44.80 | 03:29.61 | 06:59.22 | 13:58.43 |

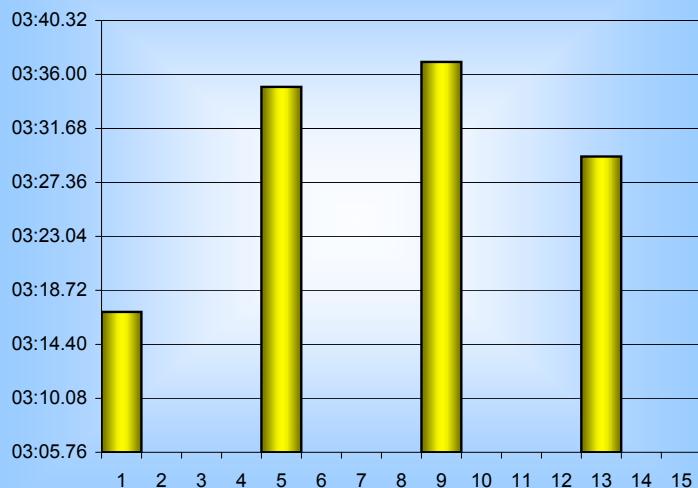
50m splits



100m splits



200m splits



400m splits

