

Duncan Munro

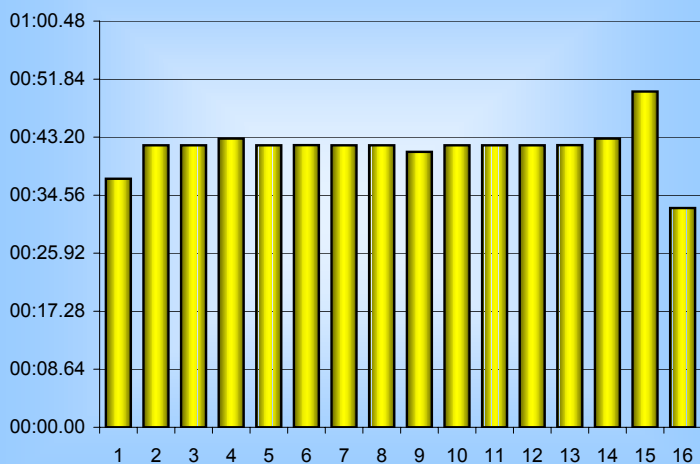
800m Splits

10th September 2004

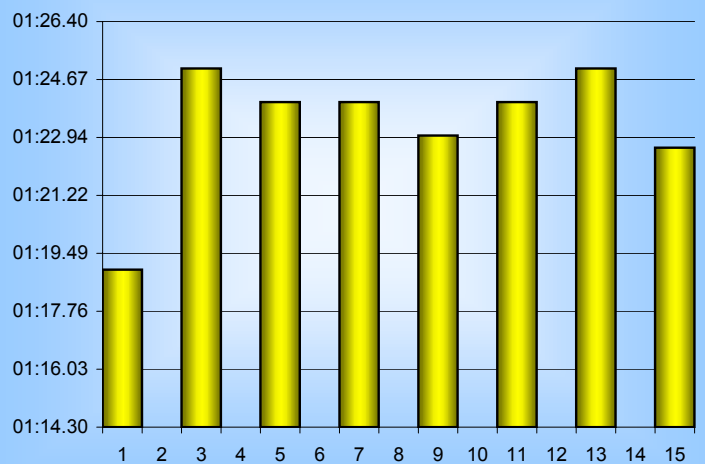
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:37.00	00:37.00				
100	01:19.00	00:42.00	01:19.00			
150	02:01.00	00:42.00	01:25.00	02:44.00		
200	02:44.00	00:43.00	01:24.00		05:32.00	
250	03:26.00	00:42.00	01:24.00	02:48.00		
300	04:08.00	00:42.00	01:24.00			
350	04:50.00	00:42.00	01:23.00	02:47.00		
400	05:32.00	00:42.00	01:23.00			11:06.64
450	06:13.00	00:41.00	01:24.00	02:47.00		
500	06:55.00	00:42.00	01:25.00			
550	07:37.00	00:42.00	01:22.64	02:47.64		
600	08:19.00	00:42.00			05:34.64	
650	09:01.00	00:42.00				
700	09:44.00	00:43.00				
750	10:34.00	00:50.00				
800	11:06.64	00:32.64				
Averages		00:41.67	01:23.33	02:46.66	05:33.32	11:06.64

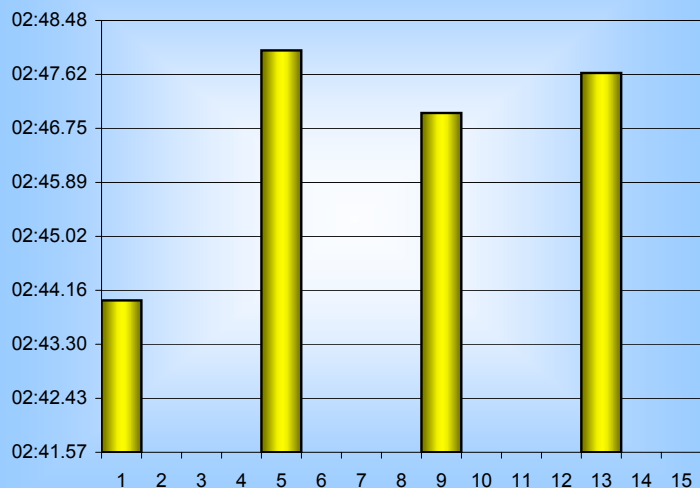
50m splits



100m splits



200m splits



400m splits

