

Eileen Woods

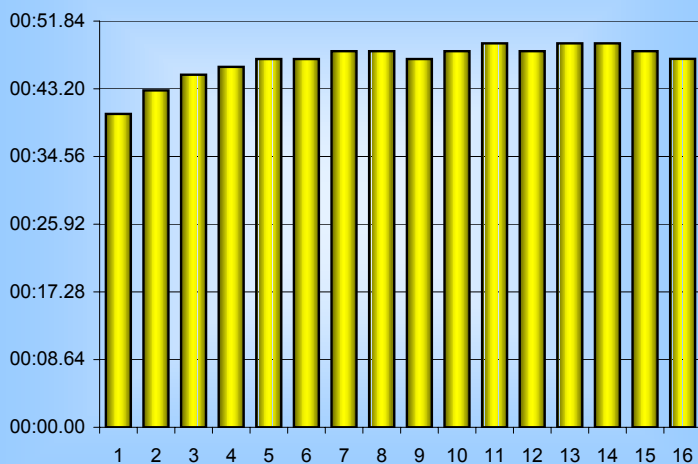
800m Splits

10th September 2004

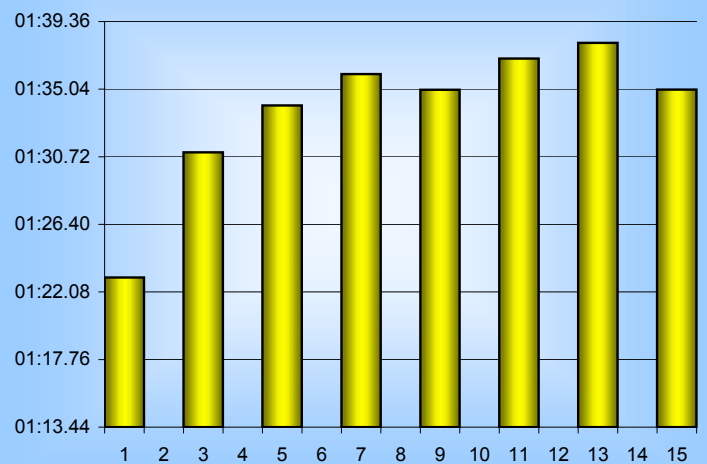
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:40.00	00:40.00				
100	01:23.00	00:43.00	01:23.00			
150	02:08.00	00:45.00	01:31.00	02:54.00		
200	02:54.00	00:46.00	01:34.00		06:04.00	
250	03:41.00	00:47.00	01:36.00	03:10.00		
300	04:28.00	00:47.00	01:35.00			
350	05:16.00	00:48.00	01:37.00	03:12.00		
400	06:04.00	00:48.00	01:38.00		06:25.01	12:29.01
450	06:51.00	00:47.00	01:35.01	03:13.01		
500	07:39.00	00:48.00				
550	08:28.00	00:49.00				
600	09:16.00	00:48.00				
650	10:05.00	00:49.00				
700	10:54.00	00:49.00				
750	11:42.00	00:48.00				
800	12:29.01	00:47.01				
Averages		00:46.81	01:33.63	03:07.25	06:14.51	12:29.01

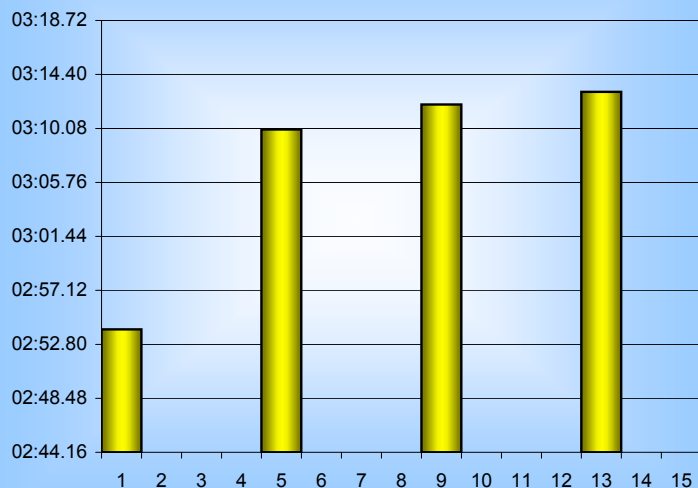
50m splits



100m splits



200m splits



400m splits

