

Elaine Fraser

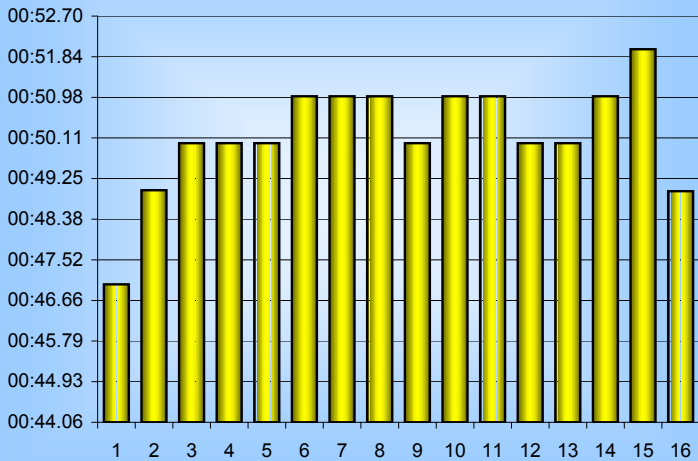
800m Splits

10th September 2004

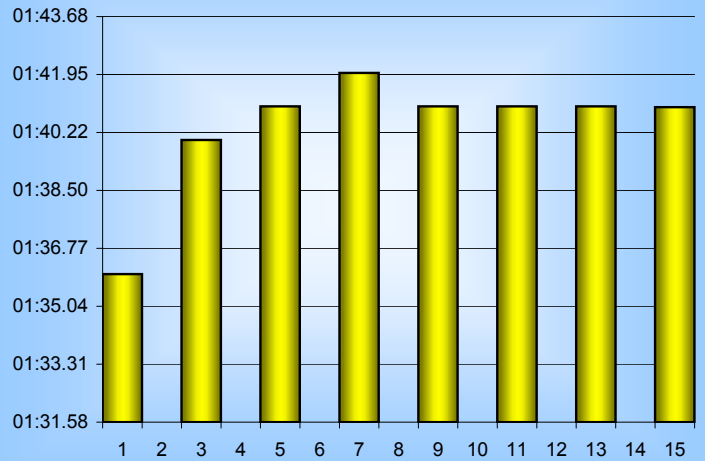
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:47.00	00:47.00				
100	01:36.00	00:49.00	01:36.00			
150	02:26.00	00:50.00	01:40.00	03:16.00		
200	03:16.00	00:50.00	01:41.00		06:39.00	
250	04:06.00	00:50.00	01:41.00			
300	04:57.00	00:51.00	01:42.00	03:23.00		
350	05:48.00	00:51.00	01:41.00			
400	06:39.00	00:51.00	01:41.00			13:22.98
450	07:29.00	00:50.00	01:41.00			
500	08:20.00	00:51.00	01:41.00	03:22.00		
550	09:11.00	00:51.00	01:41.00			
600	10:01.00	00:50.00	01:41.00		06:43.98	
650	10:51.00	00:50.00	01:41.00			
700	11:42.00	00:51.00	01:40.98	03:21.98		
750	12:34.00	00:52.00				
800	13:22.98	00:48.98				
Averages		00:50.19	01:40.37	03:20.74	06:41.49	13:22.98

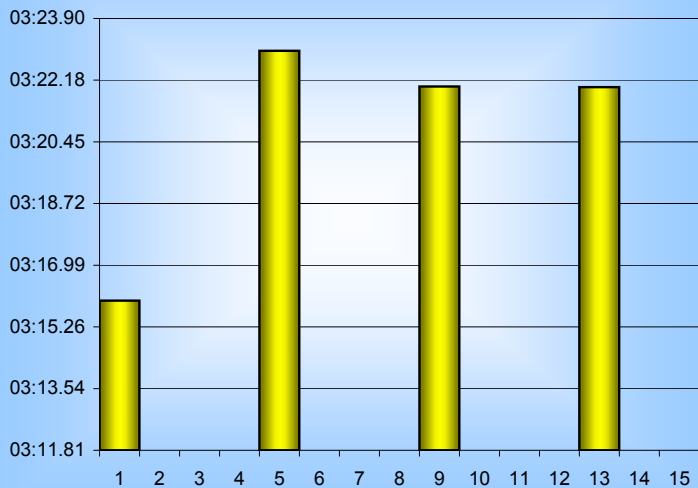
50m splits



100m splits



200m splits



400m splits

