

Gerard Malone

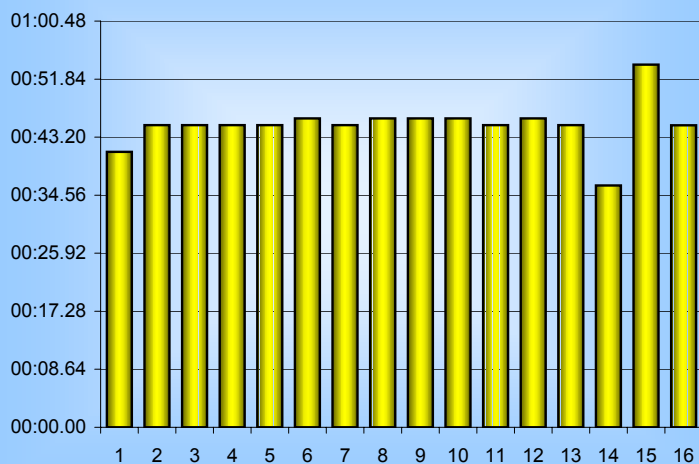
800m Splits

10th September 2004

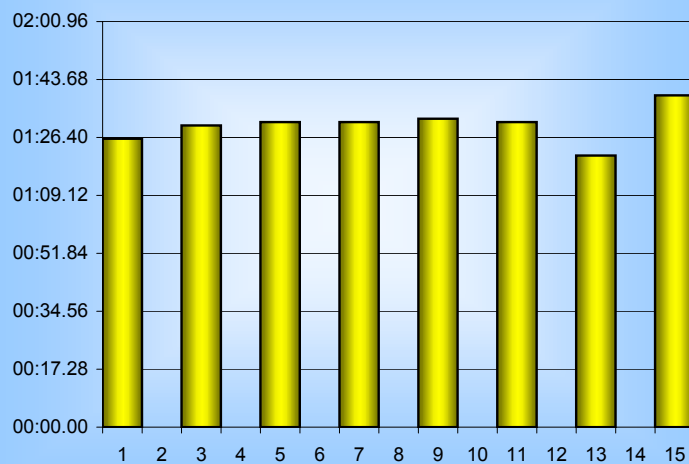
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:41.00	00:41.00				
100	01:26.00	00:45.00	01:26.00			
150	02:11.00	00:45.00	01:30.00	02:56.00		
200	02:56.00	00:45.00	01:31.00		05:58.00	
250	03:41.00	00:45.00	01:31.00	03:02.00		
300	04:27.00	00:46.00	01:32.00			
350	05:12.00	00:45.00	01:31.00	03:03.00		
400	05:58.00	00:46.00	01:32.00			12:00.96
450	06:44.00	00:46.00	01:31.00			
500	07:30.00	00:46.00	01:31.00	02:59.96		
550	08:15.00	00:45.00	01:21.00		06:02.96	
600	09:01.00	00:46.00	01:38.96			
650	09:46.00	00:45.00				
700	10:22.00	00:36.00				
750	11:16.00	00:54.00				
800	12:00.96	00:44.96				
Averages		00:45.06	01:30.12	03:00.24	06:00.48	12:00.96

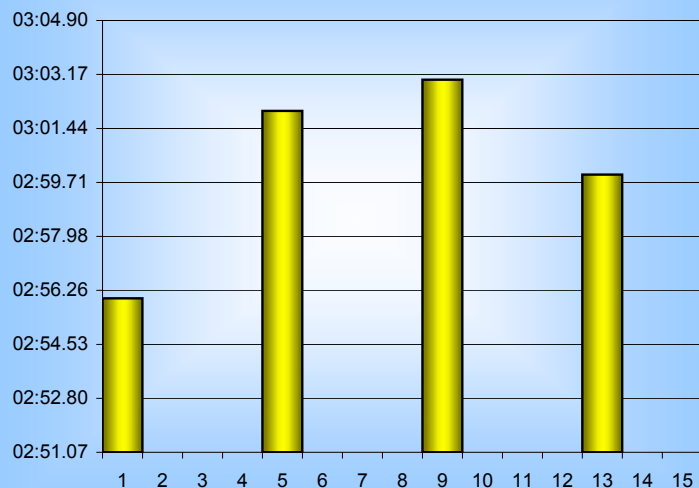
50m splits



100m splits



200m splits



400m splits

