

Graeme Caskie

800m Splits

10th September 2004

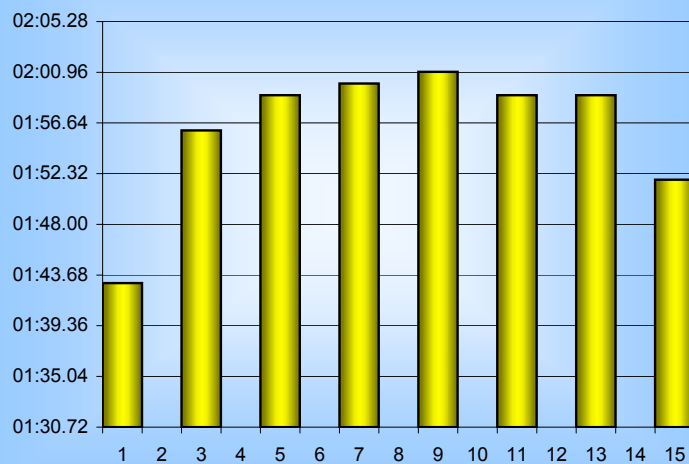
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:49.00	00:49.00				
100	01:43.00	00:54.00	01:43.00			
150	02:40.00	00:57.00	01:56.00	03:39.00		
200	03:39.00	00:59.00	01:59.00		07:38.00	
250	04:39.00	01:00.00	02:00.00	03:59.00		
300	05:38.00	01:00.00	02:01.00			
350	06:38.00	01:01.00	02:01.00	04:00.00		
400	07:38.00	01:00.00	01:59.00		07:50.81	15:28.81
450	08:39.00	01:01.00	01:59.00			
500	09:39.00	00:58.00	01:51.81	03:50.81		
550	10:40.00	00:59.00				
600	11:38.00	00:58.00				
650	12:38.00	00:59.00				
700	13:37.00	00:58.00				
750	14:35.00	00:53.81				
800	15:28.81					
Averages		00:58.05	01:56.10	03:52.20	07:44.41	15:28.81

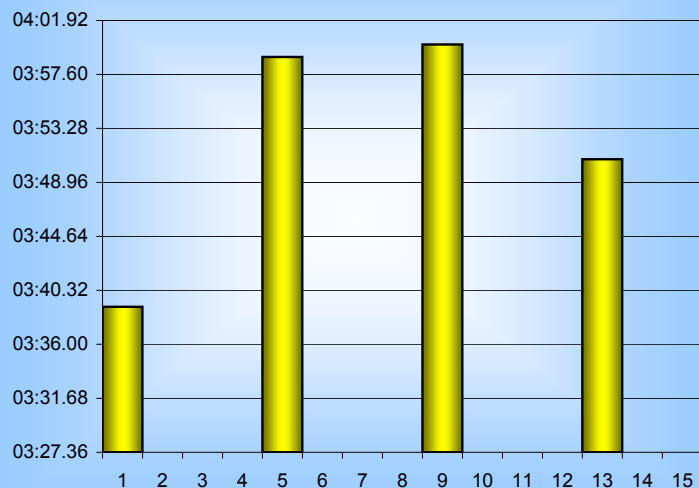
50m splits



100m splits



200m splits



400m splits

