

Heather Allan

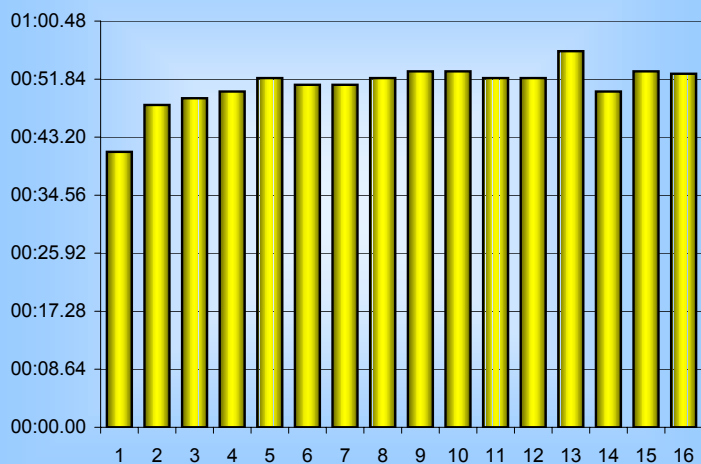
800m Splits

10th September 2004

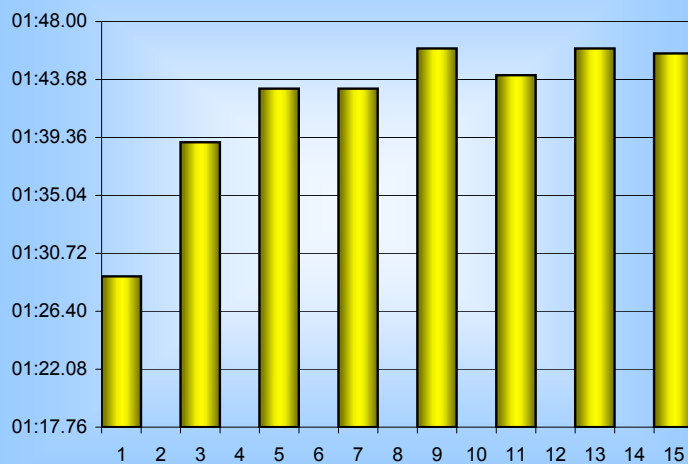
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:41.00	00:41.00				
100	01:29.00	00:48.00	01:29.00			
150	02:18.00	00:49.00	01:39.00	03:08.00		
200	03:08.00	00:50.00	01:43.00		06:34.00	
250	04:00.00	00:52.00	01:43.00	03:26.00		
300	04:51.00	00:51.00	01:43.00			
350	05:42.00	00:51.00	01:46.00	03:30.00		
400	06:34.00	00:52.00	01:46.00			13:35.63
450	07:27.00	00:53.00	01:46.00	03:31.63		
500	08:20.00	00:53.00	01:45.63			
550	09:12.00	00:52.00				
600	10:04.00	00:52.00			07:01.63	
650	11:00.00	00:56.00				
700	11:50.00	00:50.00				
750	12:43.00	00:53.00				
800	13:35.63	00:52.63				
Averages		00:50.98	01:41.95	03:23.91	06:47.82	13:35.63

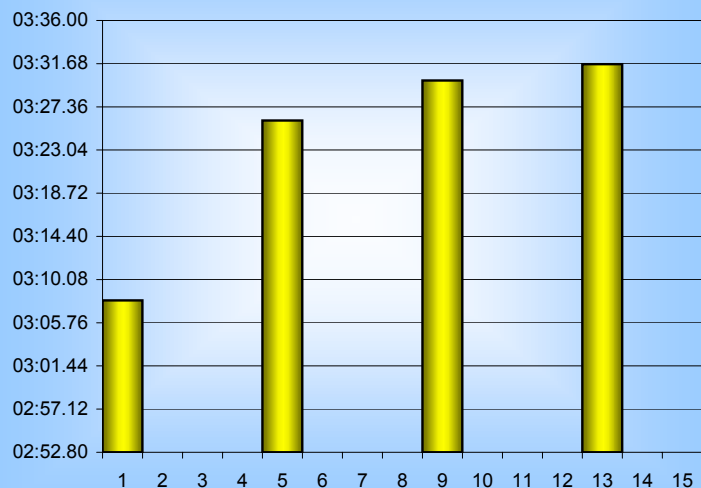
50m splits



100m splits



200m splits



400m splits

