

Heather Allan

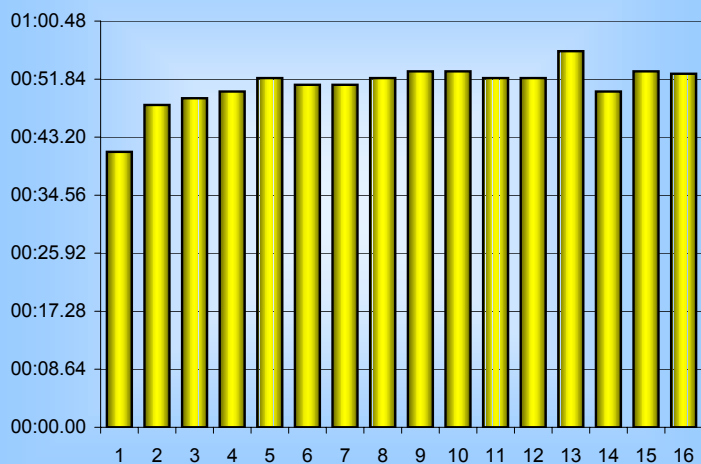
800m Splits

10th September 2004

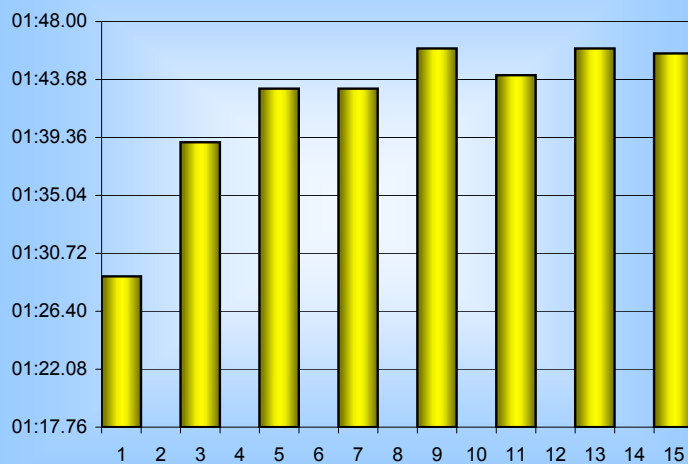
Inverclyde Masters

| 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 | 01:43.00 | 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 | | | |
| 500 | 08:20.00 | 00:53.00 | 01:44.00 | 03:31.63 | | |
| 550 | 09:12.00 | 00:52.00 | 01:45.63 | | | |
| 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 |

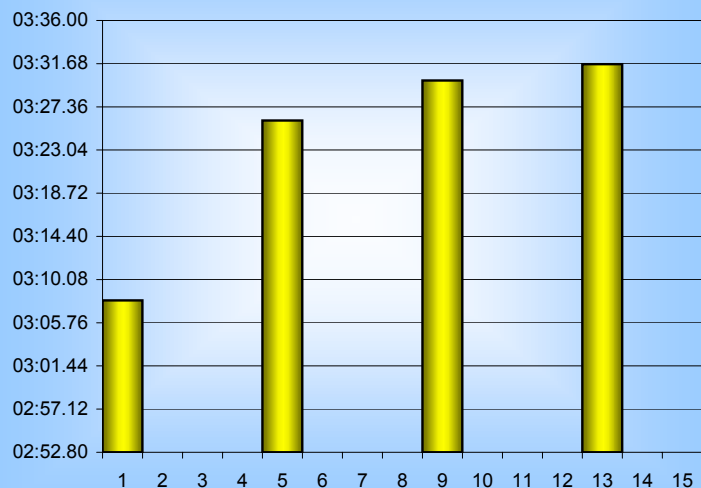
50m splits



100m splits



200m splits



400m splits

