

Iona McPherson

800m Splits

10th September 2004

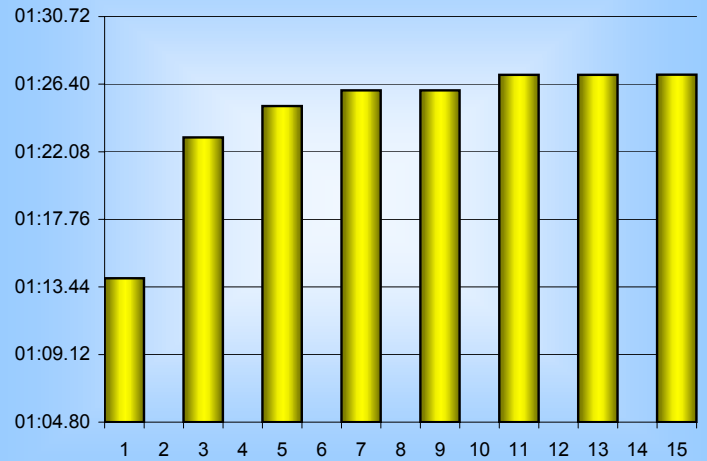
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:34.00	00:34.00				
100	01:14.00	00:40.00	01:14.00			
150	01:55.00	00:41.00	01:23.00	02:37.00		
200	02:37.00	00:42.00	01:25.00		05:28.00	
250	03:20.00	00:43.00	01:26.00	02:51.00		
300	04:02.00	00:42.00	01:26.00			
350	04:44.00	00:43.00	01:26.00	02:53.00		
400	05:28.00	00:44.00	01:27.00			11:15.01
450	06:11.00	00:43.00	01:27.00			
500	06:54.00	00:43.00	01:27.00	02:54.01		
550	07:38.00	00:44.00				
600	08:21.00	00:43.00			05:47.01	
650	09:04.00	00:43.00				
700	09:48.00	00:44.00				
750	10:32.00	00:44.00				
800	11:15.01	00:43.01	01:27.01			
Averages		00:42.19	01:24.38	02:48.75	05:37.50	11:15.01

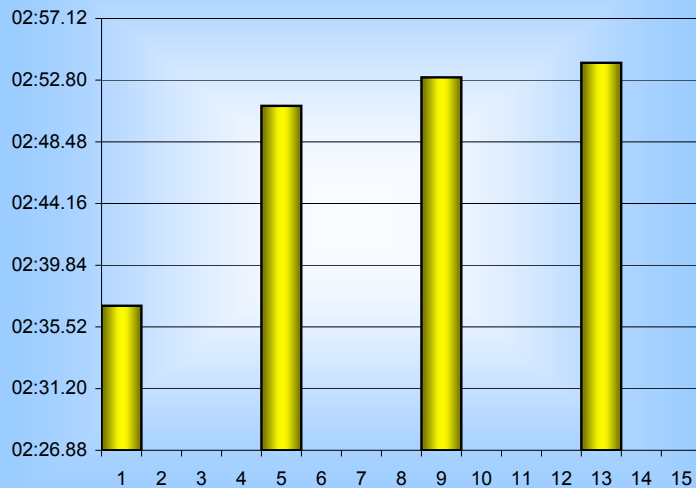
50m splits



100m splits



200m splits



400m splits

