

Irene Allan

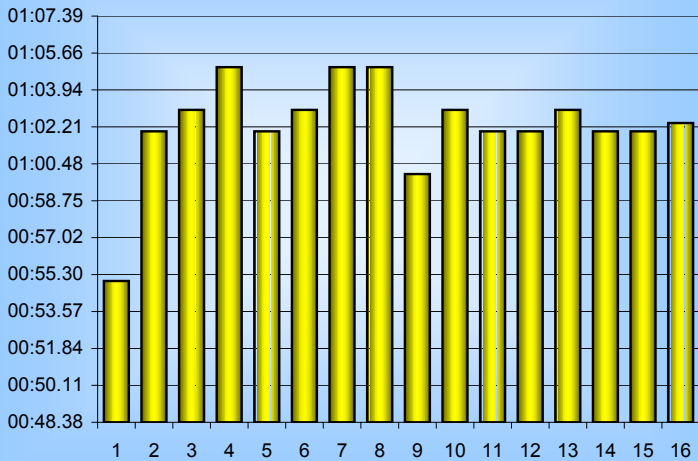
800m Splits

10th September 2004

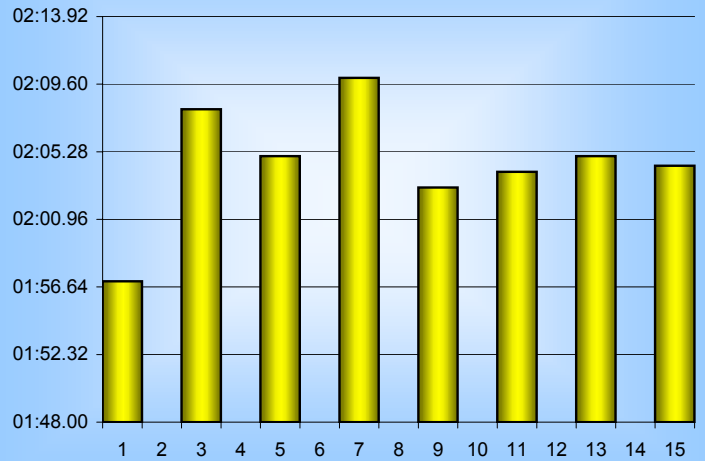
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:55.00	00:55.00				
100	01:57.00	01:02.00	01:57.00			
150	03:00.00	01:03.00	02:08.00	04:05.00		
200	04:05.00	01:05.00	02:08.00		08:20.00	
250	05:07.00	01:02.00	02:05.00			
300	06:10.00	01:03.00	02:05.00			
350	07:15.00	01:05.00	02:10.00	04:15.00		
400	08:20.00	01:05.00	02:10.00			16:36.39
450	09:20.00	01:00.00	02:03.00			
500	10:23.00	01:03.00	02:03.00	04:07.00		
550	11:25.00	01:02.00	02:04.00			
600	12:27.00	01:02.00	02:04.00		08:16.39	
650	13:30.00	01:03.00	02:05.00			
700	14:32.00	01:02.00	02:05.00	04:09.39		
750	15:34.00	01:02.00	02:04.39			
800	16:36.39	01:02.39				
Averages		01:02.27	02:04.55	04:09.10	08:18.20	16:36.39

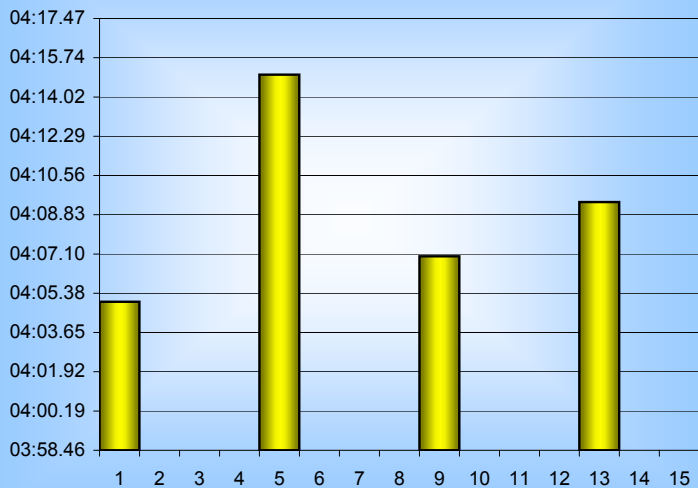
50m splits



100m splits



200m splits



400m splits

