

Ken McKay

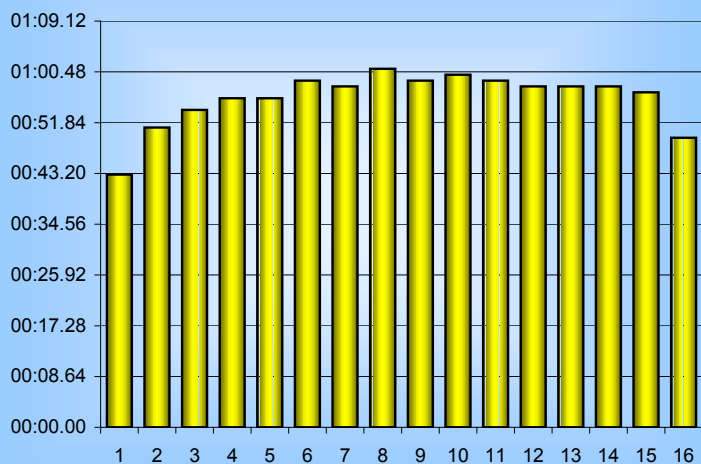
800m Splits

10th September 2004

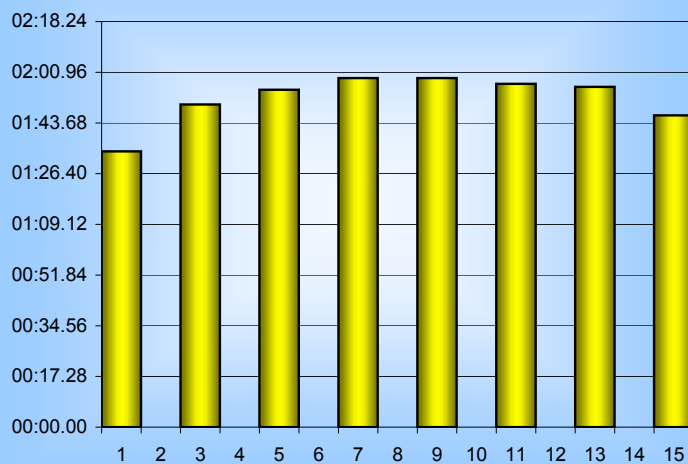
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:43.00	00:43.00				
100	01:34.00	00:51.00	01:34.00			
150	02:28.00	00:54.00	01:50.00	03:24.00		
200	03:24.00	00:56.00	01:55.00		07:18.00	
250	04:20.00	00:56.00	01:59.00	03:54.00		
300	05:19.00	00:59.00	01:59.00			
350	06:17.00	00:58.00	01:59.00	03:56.00		
400	07:18.00	01:01.00	01:59.00			14:56.28
450	08:17.00	00:59.00	01:59.00			
500	09:17.00	01:00.00	01:57.00	03:56.00		
550	10:16.00	00:59.00	01:57.00			
600	11:14.00	00:58.00	01:56.00	03:42.28	07:38.28	
650	12:12.00	00:58.00	01:56.00			
700	13:10.00	00:58.00	01:46.28			
750	14:07.00	00:57.00				
800	14:56.28	00:49.28				
Averages		00:56.02	01:52.03	03:44.07	07:28.14	14:56.28

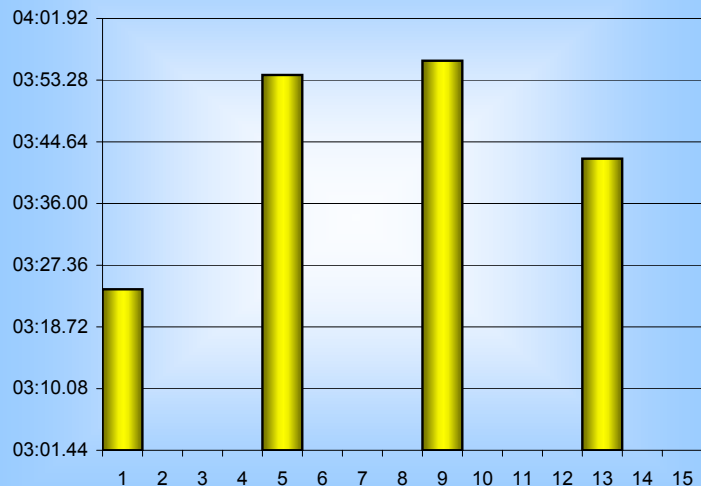
50m splits



100m splits



200m splits



400m splits

