

Patricia Jackson

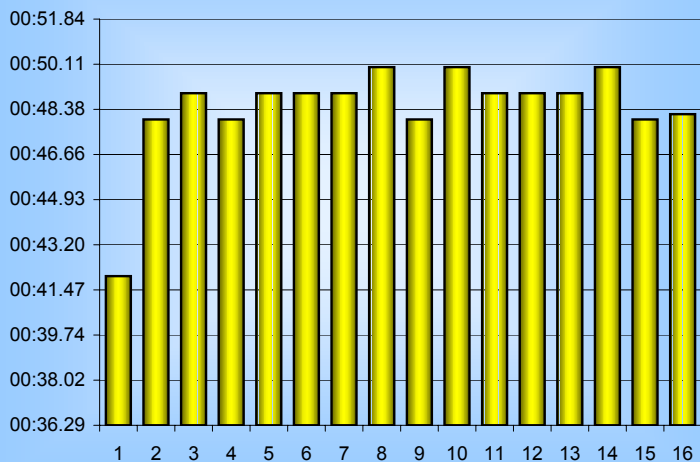
800m Splits

10th September 2004

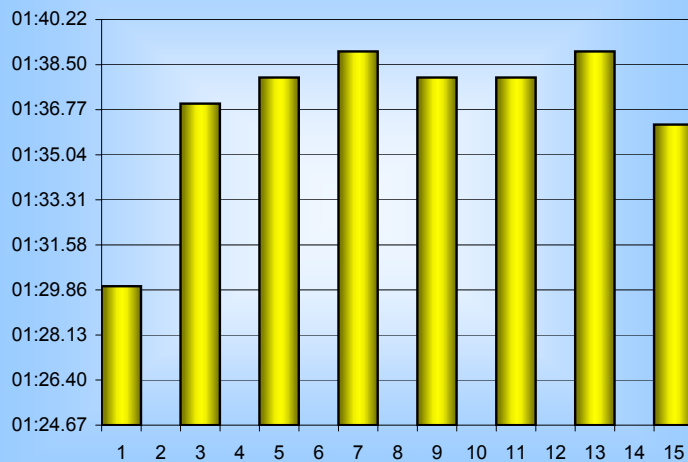
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:42.00	00:42.00	01:30.00	03:07.00		
100	01:30.00	00:48.00	01:37.00			
150	02:19.00	00:49.00	01:38.00			
200	03:07.00	00:48.00	01:39.00		06:24.00	
250	03:56.00	00:49.00	01:38.00			
300	04:45.00	00:49.00	01:39.00			
350	05:34.00	00:49.00	01:38.00			
400	06:24.00	00:50.00	01:38.00			
450	07:12.00	00:48.00	01:38.00			12:55.20
500	08:02.00	00:50.00	01:38.00			
550	08:51.00	00:49.00	01:38.00			
600	09:40.00	00:49.00	01:39.00			
650	10:29.00	00:49.00	01:39.00		06:31.20	
700	11:19.00	00:50.00	01:36.20			
750	12:07.00	00:48.00		03:15.20		
800	12:55.20	00:48.20				
Averages		00:48.45	01:36.90	03:13.80	06:27.60	12:55.20

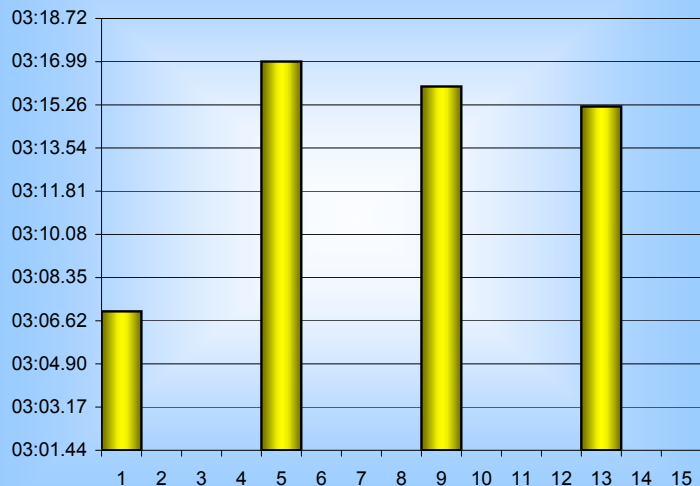
50m splits



100m splits



200m splits



400m splits

