

# Rhona Mowat

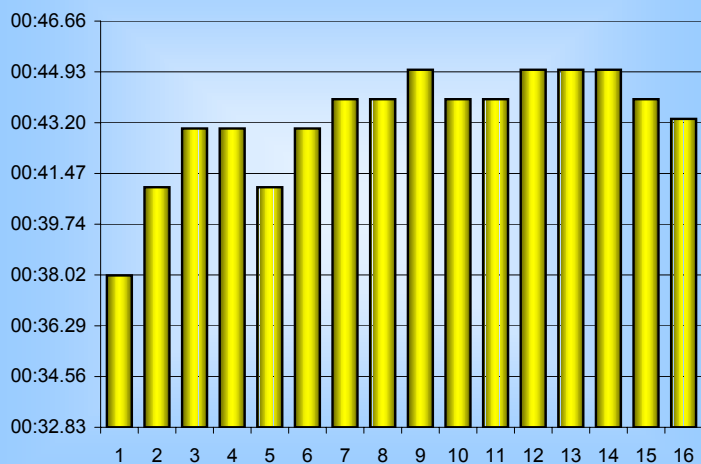
## 800m Splits

10th September 2004

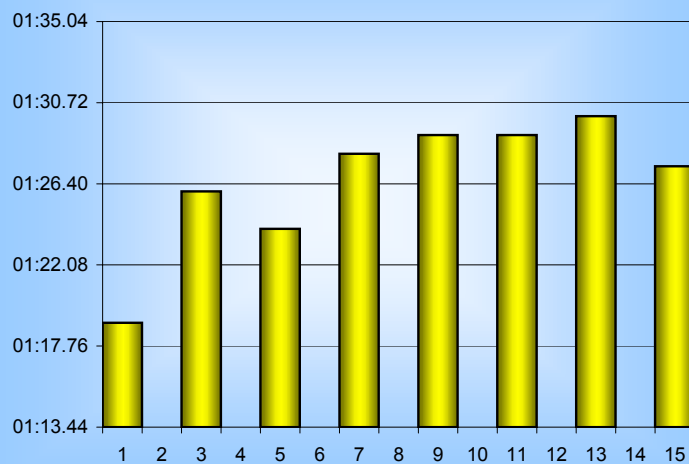
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:38.00	00:38.00				
100	01:19.00	00:41.00	01:19.00			
150	02:02.00	00:43.00	01:26.00	02:45.00		
200	02:45.00	00:43.00	01:24.00		05:37.00	
250	03:26.00	00:41.00	01:28.00	02:52.00		
300	04:09.00	00:43.00	01:29.00			
350	04:53.00	00:44.00	01:29.00	02:58.00		
400	05:37.00	00:44.00	01:30.00		05:55.33	11:32.33
450	06:22.00	00:45.00	01:27.33	02:57.33		
500	07:06.00	00:44.00				
550	07:50.00	00:44.00				
600	08:35.00	00:45.00				
650	09:20.00	00:45.00				
700	10:05.00	00:45.00				
750	10:49.00	00:44.00				
800	11:32.33	00:43.33				
<b>Averages</b>		<b>00:43.27</b>	<b>01:26.54</b>	<b>02:53.08</b>	<b>05:46.16</b>	<b>11:32.33</b>

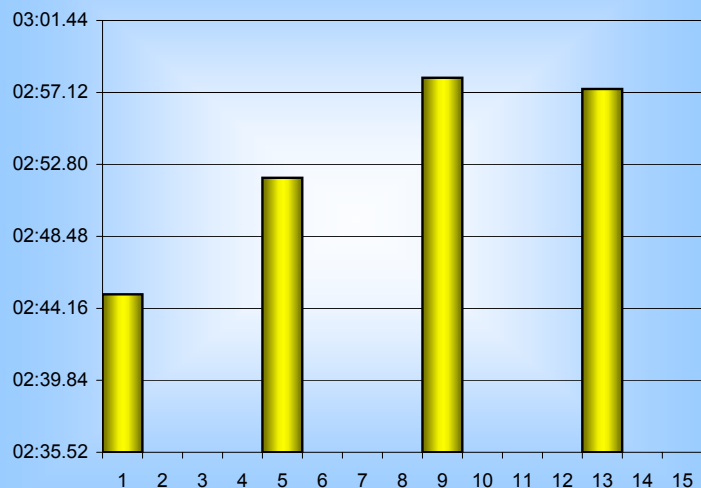
50m splits



100m splits



200m splits



400m splits

