

# Robert Telford

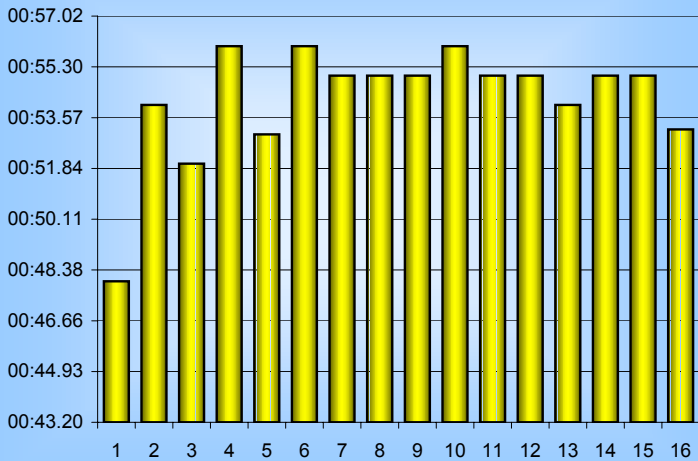
## 800m Splits

10th September 2004

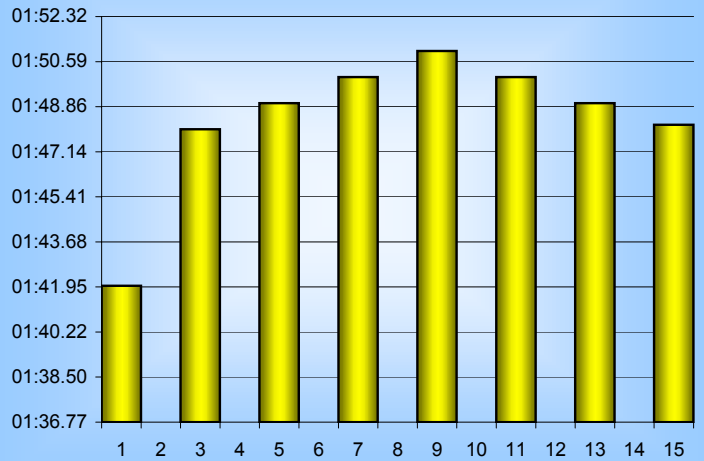
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:48.00	00:48.00				
100	01:42.00	00:54.00	01:42.00			
150	02:34.00	00:52.00	01:48.00	03:30.00		
200	03:30.00	00:56.00	01:48.00		07:09.00	
250	04:23.00	00:53.00	01:49.00			
300	05:19.00	00:56.00	01:49.00			
350	06:14.00	00:55.00	01:50.00	03:39.00		
400	07:09.00	00:55.00	01:50.00			14:27.17
450	08:04.00	00:55.00	01:51.00			
500	09:00.00	00:56.00	01:51.00	03:41.00		
550	09:55.00	00:55.00	01:50.00			
600	10:50.00	00:55.00	01:50.00		07:18.17	
650	11:44.00	00:54.00	01:49.00			
700	12:39.00	00:55.00	01:49.00			
750	13:34.00	00:55.00	01:48.17	03:37.17		
800	14:27.17	00:53.17				
<b>Averages</b>		<b>00:54.20</b>	<b>01:48.40</b>	<b>03:36.79</b>	<b>07:13.58</b>	<b>14:27.17</b>

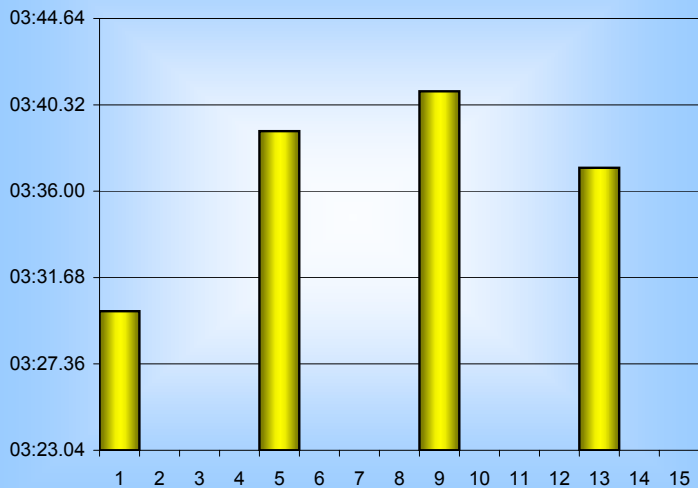
50m splits



100m splits



200m splits



400m splits

