

# Robert Wilmot

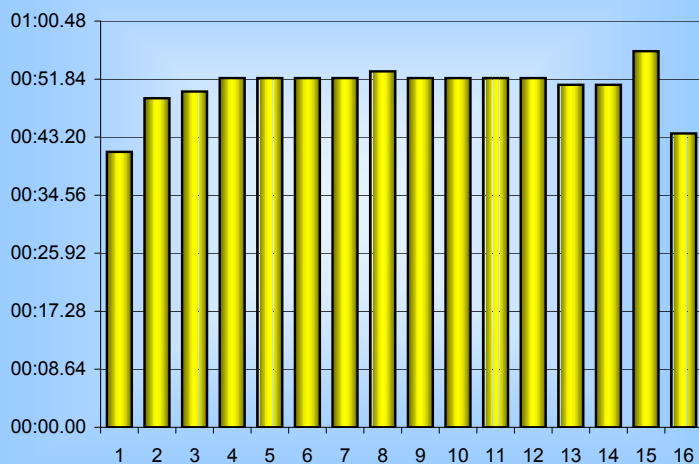
## 800m Splits

10th September 2004

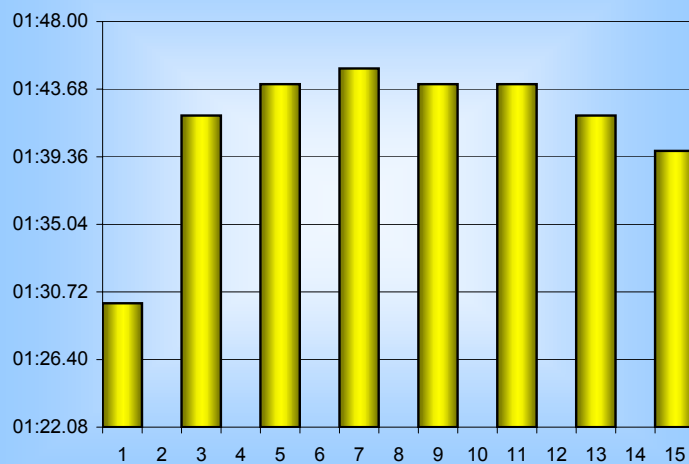
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:41.00	00:41.00				
100	01:30.00	00:49.00	01:30.00			
150	02:20.00	00:50.00	01:42.00	03:12.00		
200	03:12.00	00:52.00	01:44.00		06:41.00	
250	04:04.00	00:52.00	01:44.00			
300	04:56.00	00:52.00	01:45.00	03:29.00		
350	05:48.00	00:52.00	01:45.00			
400	06:41.00	00:53.00	01:44.00			13:30.74
450	07:33.00	00:52.00	01:44.00			
500	08:25.00	00:52.00	01:44.00	03:28.00		
550	09:17.00	00:52.00	01:44.00			
600	10:09.00	00:52.00	01:42.00		06:49.74	
650	11:00.00	00:51.00	01:42.00			
700	11:51.00	00:51.00	01:39.74	03:21.74		
750	12:47.00	00:56.00				
800	13:30.74	00:43.74				
<b>Averages</b>		<b>00:50.67</b>	<b>01:41.34</b>	<b>03:22.68</b>	<b>06:45.37</b>	<b>13:30.74</b>

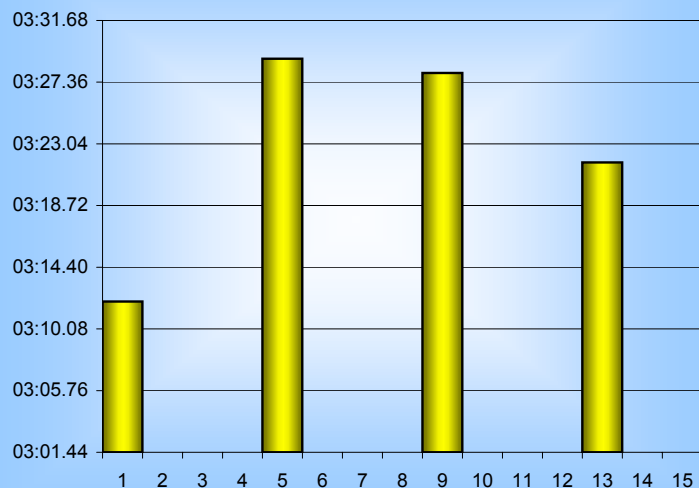
50m splits



100m splits



200m splits



400m splits

