

Sandy Galletly

800m Splits

10th September 2004

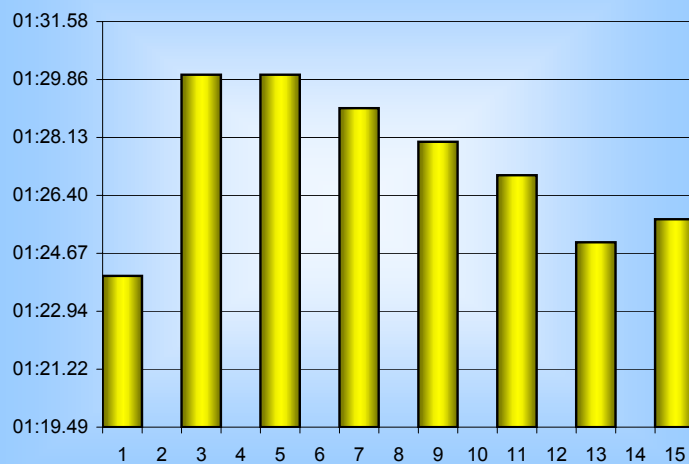
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:42.00	00:42.00				
100	01:24.00	00:42.00	01:24.00			
150	02:09.00	00:45.00	01:30.00	02:54.00		
200	02:54.00	00:45.00	01:30.00		05:53.00	
250	03:39.00	00:45.00	01:30.00			
300	04:24.00	00:45.00	01:29.00	02:59.00		
350	05:09.00	00:45.00	01:28.00			
400	05:53.00	00:44.00	01:28.00			11:38.69
450	06:37.00	00:44.00	01:27.00	02:55.00		
500	07:21.00	00:44.00	01:27.00			
550	08:05.00	00:43.00	01:25.00	02:50.69		
600	08:48.00	00:43.00	01:25.00		05:45.69	
650	09:31.00	00:42.00	01:25.69			
700	10:13.00	00:44.00				
750	10:57.00	00:41.69				
800	11:38.69					
Averages		00:43.67	01:27.34	02:54.67	05:49.34	11:38.69

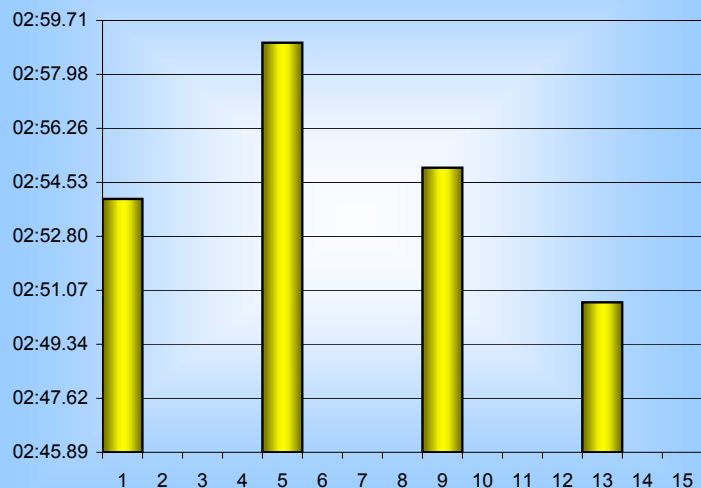
50m splits



100m splits



200m splits



400m splits

