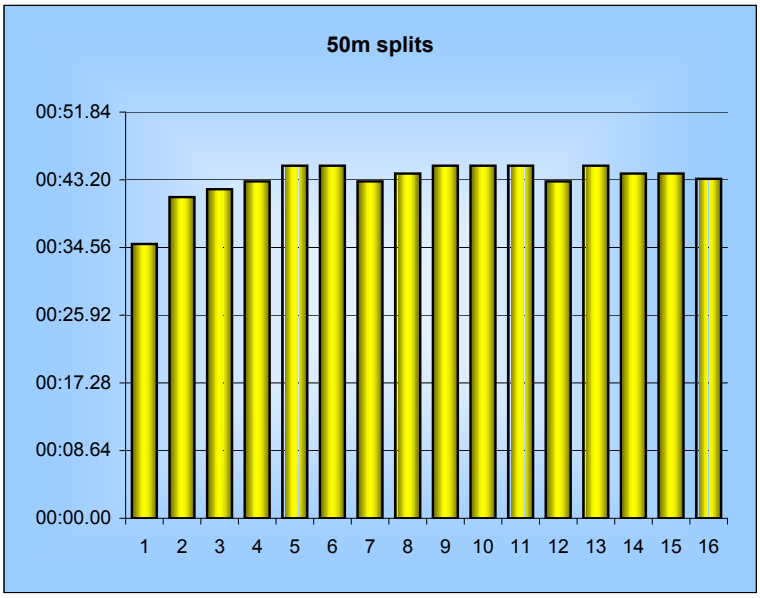
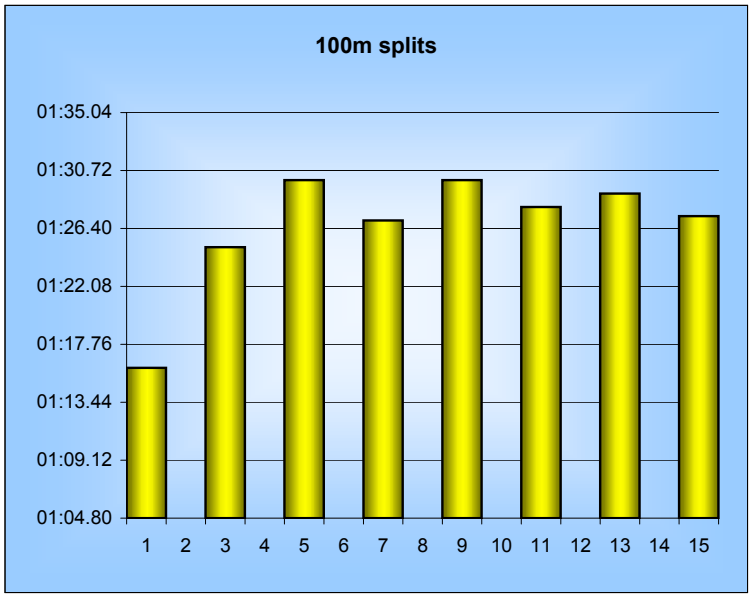
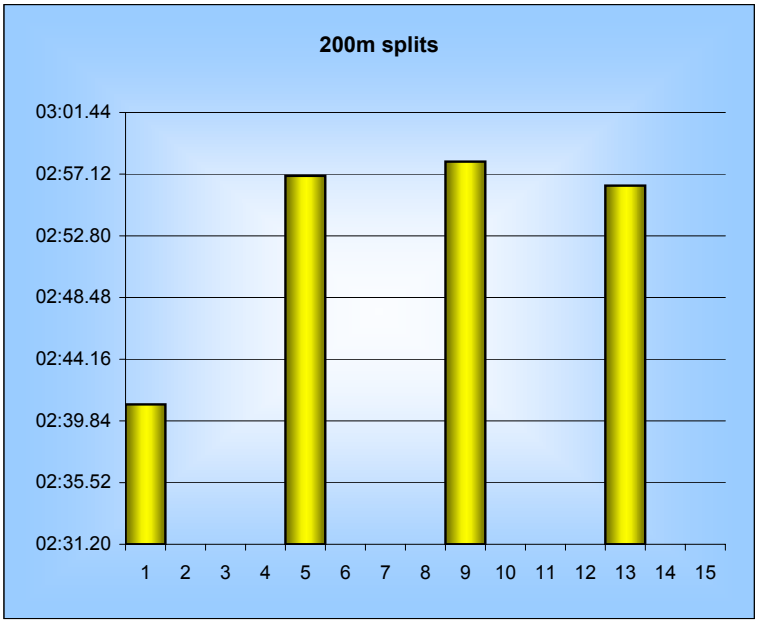
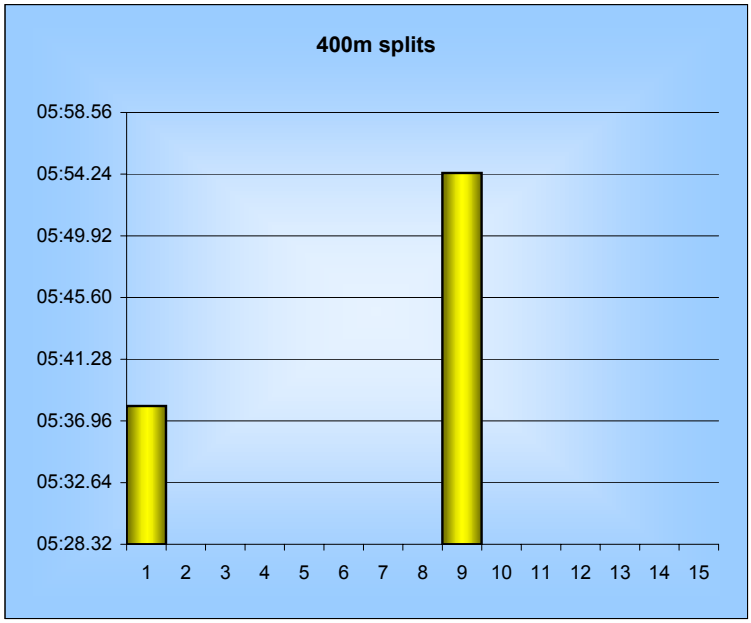
Simon Kelly

800m Splits

10th September 2004

Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:35.00	00:35.00				
100	01:16.00	00:41.00	01:16.00			
150	01:58.00	00:42.00		02:41.00		
200	02:41.00	00:43.00	01:25.00			
250	03:26.00	00:45.00			05:38.00	
300	04:11.00	00:45.00	01:30.00			
350	04:54.00	00:43.00		02:57.00		
400	05:38.00	00:44.00	01:27.00			
450	06:23.00	00:45.00				11:32.32
500	07:08.00	00:45.00	01:30.00			
550	07:53.00	00:45.00		02:58.00		
600	08:36.00	00:43.00	01:28.00			
650	09:21.00	00:45.00			05:54.32	
700	10:05.00	00:44.00	01:29.00			
750	10:49.00	00:44.00		02:56.32		
800	11:32.32	00:43.32	01:27.32			
	Averages	00:43.27	01:26.54	02:53.08	05:46.16	11:32.32