

# Simona Ielo

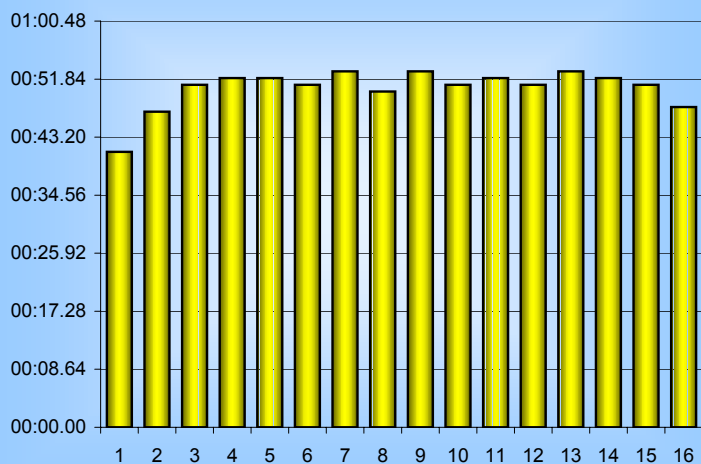
## 800m Splits

### 10th September 2004

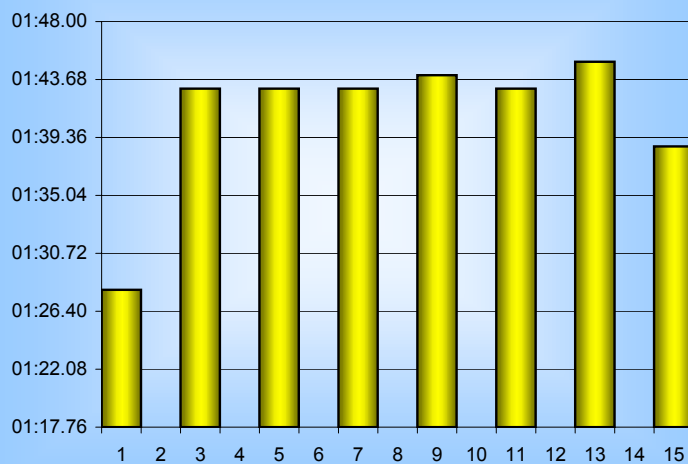
### Inverclyde Masters

| Distance (m)    | Elapsed Time | 50 splits       | 100 splits      | 200 splits      | 400 splits      | 800 splits      |
|-----------------|--------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 50              | 00:41.00     | 00:41.00        |                 |                 |                 |                 |
| 100             | 01:28.00     | 00:47.00        | 01:28.00        |                 |                 |                 |
| 150             | 02:19.00     | 00:51.00        | 01:43.00        | 03:11.00        |                 |                 |
| 200             | 03:11.00     | 00:52.00        | 01:43.00        |                 | 06:37.00        |                 |
| 250             | 04:03.00     | 00:52.00        | 01:43.00        |                 |                 |                 |
| 300             | 04:54.00     | 00:51.00        | 01:43.00        | 03:26.00        |                 |                 |
| 350             | 05:47.00     | 00:53.00        | 01:43.00        |                 |                 |                 |
| 400             | 06:37.00     | 00:50.00        | 01:43.00        |                 |                 | 13:27.69        |
| 450             | 07:30.00     | 00:53.00        | 01:44.00        |                 |                 |                 |
| 500             | 08:21.00     | 00:51.00        | 01:44.00        | 03:27.00        |                 |                 |
| 550             | 09:13.00     | 00:52.00        | 01:43.00        |                 |                 |                 |
| 600             | 10:04.00     | 00:51.00        | 01:43.00        |                 | 06:50.69        |                 |
| 650             | 10:57.00     | 00:53.00        | 01:45.00        |                 |                 |                 |
| 700             | 11:49.00     | 00:52.00        | 01:45.00        | 03:23.69        |                 |                 |
| 750             | 12:40.00     | 00:51.00        | 01:38.69        |                 |                 |                 |
| 800             | 13:27.69     | 00:47.69        |                 |                 |                 |                 |
| <b>Averages</b> |              | <b>00:50.48</b> | <b>01:40.96</b> | <b>03:21.92</b> | <b>06:43.85</b> | <b>13:27.69</b> |

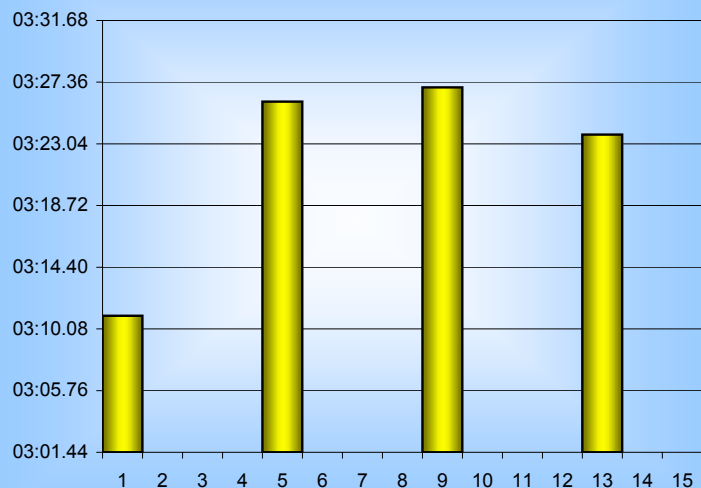
**50m splits**



**100m splits**



**200m splits**



**400m splits**

