

Steve Metcalfe

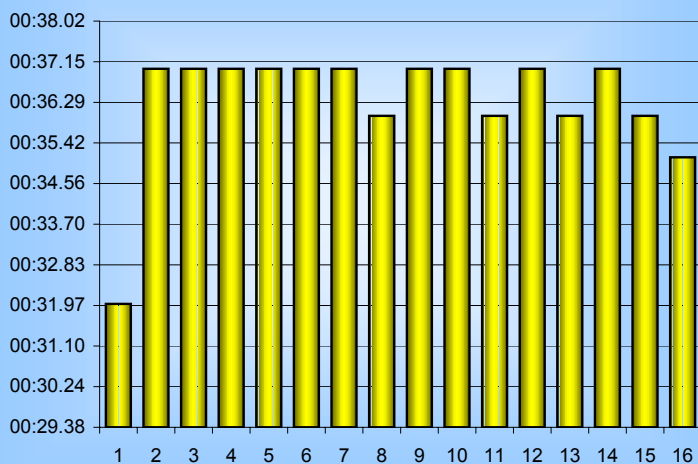
800m Splits

10th September 2004

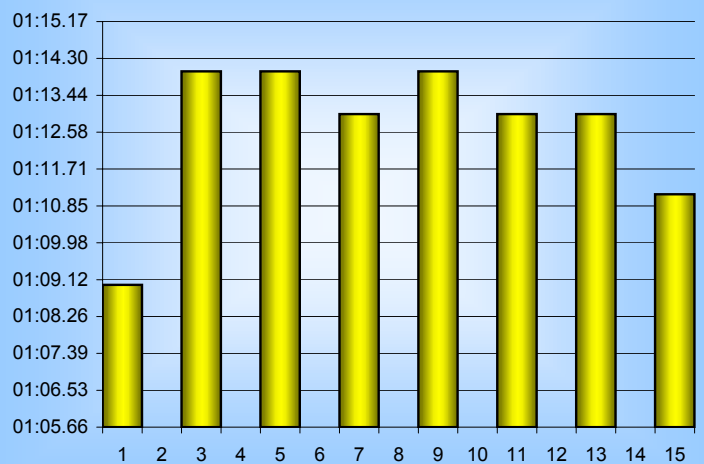
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:32.00	00:32.00				
100	01:09.00	00:37.00	01:09.00			
150	01:46.00	00:37.00	01:14.00	02:23.00		
200	02:23.00	00:37.00	01:14.00		04:50.00	
250	03:00.00	00:37.00	01:14.00			
300	03:37.00	00:37.00	01:13.00	02:27.00		
350	04:14.00	00:37.00	01:13.00			
400	04:50.00	00:36.00	01:14.00			09:41.12
450	05:27.00	00:37.00	01:13.00	02:27.00		
500	06:04.00	00:37.00	01:13.00			
550	06:40.00	00:36.00	01:13.00			
600	07:17.00	00:37.00	01:13.00		04:51.12	
650	07:53.00	00:36.00	01:13.00			
700	08:30.00	00:37.00	01:11.12	02:24.12		
750	09:06.00	00:36.00				
800	09:41.12	00:35.12				
Averages		00:36.32	01:12.64	02:25.28	04:50.56	09:41.12

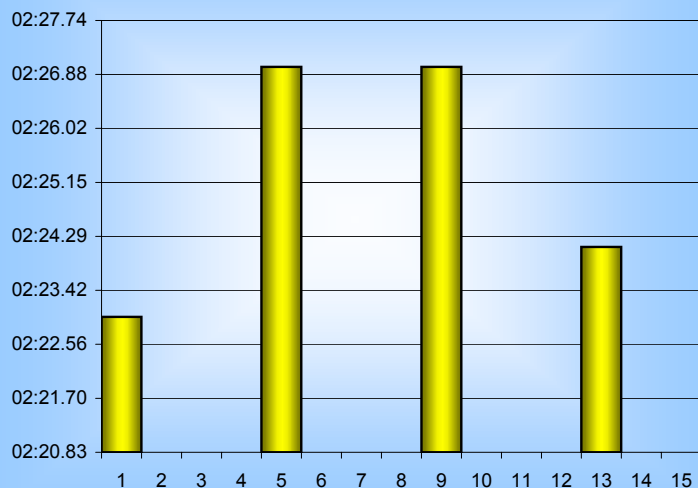
50m splits



100m splits



200m splits



400m splits

