

Tony Morris

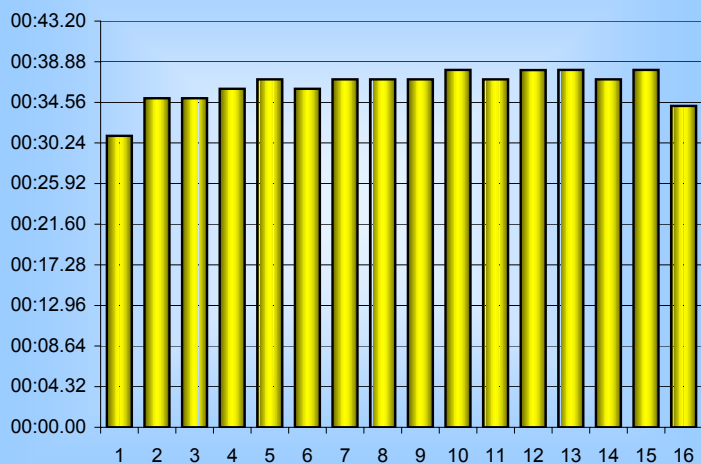
800m Splits

10th September 2004

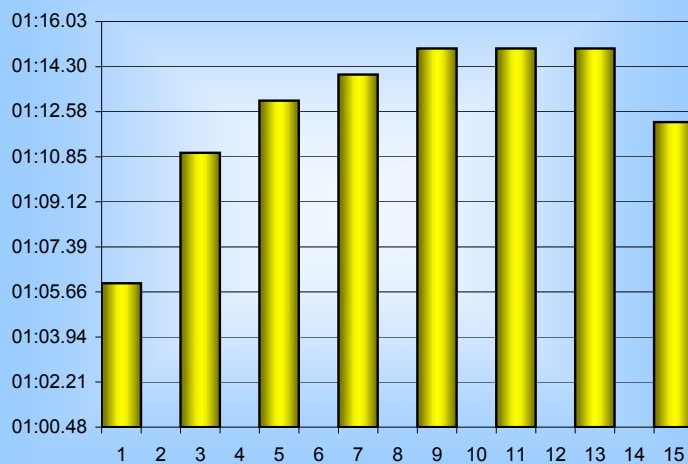
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:31.00	00:31.00				
100	01:06.00	00:35.00	01:06.00			
150	01:41.00	00:35.00	01:11.00	02:17.00		
200	02:17.00	00:36.00	01:13.00		04:44.00	
250	02:54.00	00:37.00	01:14.00	02:27.00		
300	03:30.00	00:36.00	01:15.00			
350	04:07.00	00:37.00	01:15.00	02:30.00		
400	04:44.00	00:37.00	01:15.00			09:41.18
450	05:21.00	00:37.00	01:15.00	02:27.18		
500	05:59.00	00:38.00	01:12.18			
550	06:36.00	00:37.00				
600	07:14.00	00:38.00				
650	07:52.00	00:38.00			04:57.18	
700	08:29.00	00:37.00				
750	09:07.00	00:38.00				
800	09:41.18	00:34.18				
Averages		00:36.32	01:12.65	02:25.29	04:50.59	09:41.18

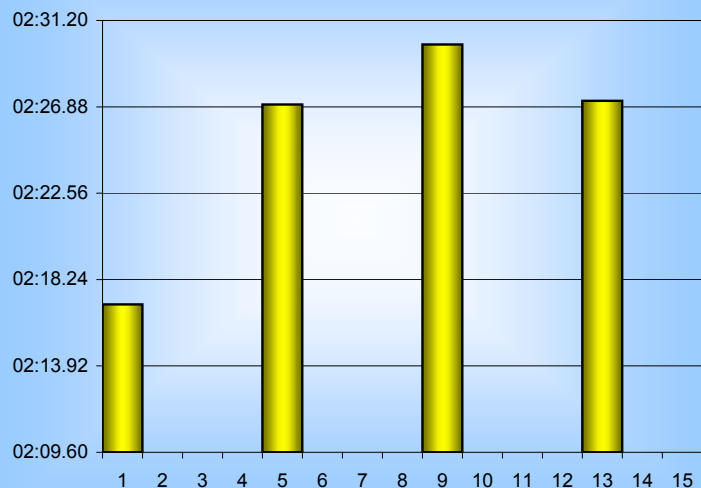
50m splits



100m splits



200m splits



400m splits

