

Adrian Tester

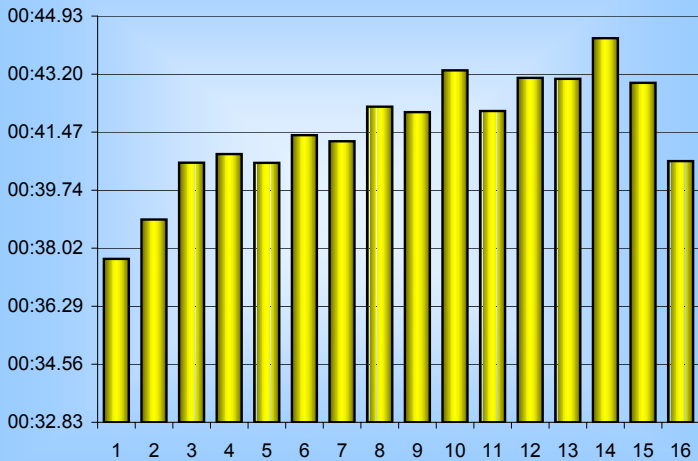
800m Splits

9th September 2005

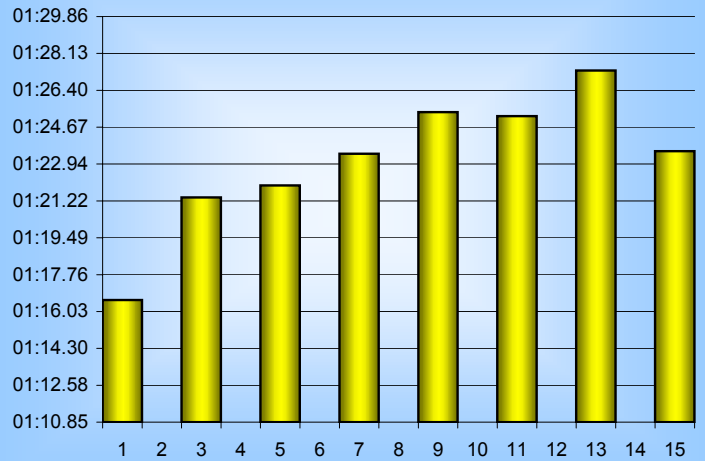
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:37.70	00:37.70				
100	01:16.57	00:38.87	01:16.57			
150	01:57.13	00:40.56	01:21.38	02:37.95		
200	02:37.95	00:40.82	01:21.94		05:23.32	
250	03:18.51	00:40.56	01:23.43	02:45.37		
300	03:59.89	00:41.38	01:25.38			11:04.77
350	04:41.09	00:41.20	01:25.19	02:50.57		
400	05:23.32	00:42.23	01:27.33		05:41.45	
450	06:05.39	00:42.07	01:23.55	02:50.88		
500	06:48.70	00:43.31				
550	07:30.80	00:42.10				
600	08:13.89	00:43.09				
650	08:56.95	00:43.06				
700	09:41.22	00:44.27				
750	10:24.16	00:42.94				
800	11:04.77	00:40.61				
Averages		00:41.55	01:23.10	02:46.19	05:32.38	11:04.77

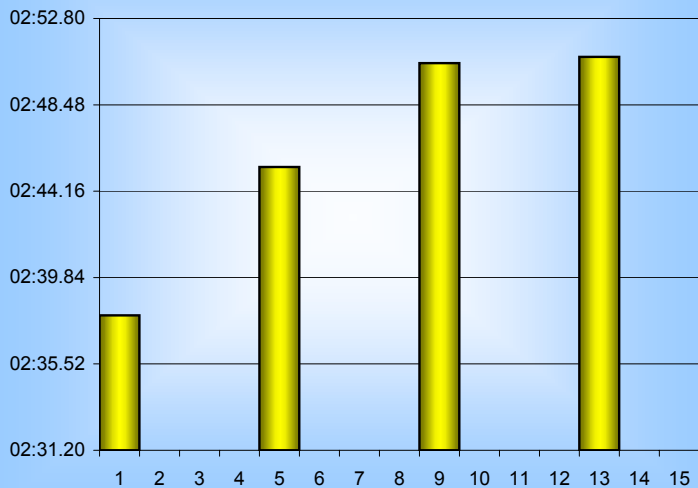
50m splits



100m splits



200m splits



400m splits

