

Alex Brown

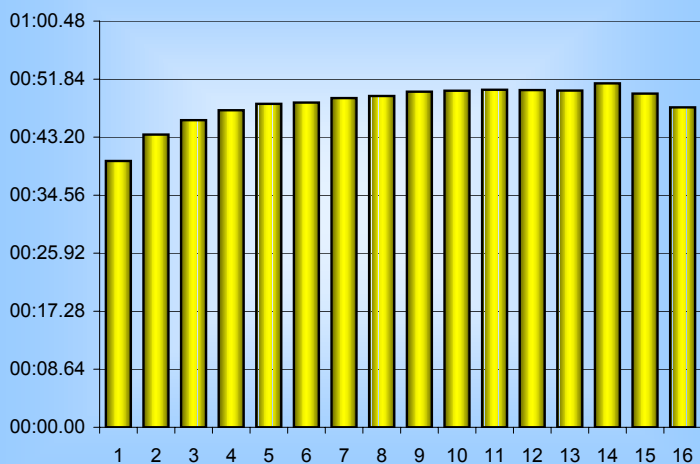
800m Splits

9th September 2005

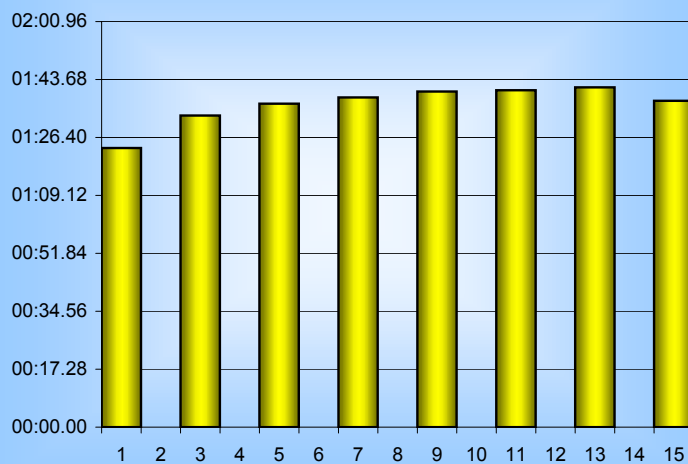
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:39.66	00:39.66				
100	01:23.25	00:43.59	01:23.25			
150	02:08.98	00:45.73	01:32.94	02:56.19		
200	02:56.19	00:47.21	01:36.49		06:11.02	
250	03:44.34	00:48.15	01:38.34	03:14.83		
300	04:32.68	00:49.02	01:40.09			12:50.25
350	05:21.70	00:49.32	01:40.46	03:20.55		
400	06:11.02	00:49.98	01:41.36		06:39.23	
450	07:01.00	00:50.11	01:37.32	03:18.68		
500	07:51.11	00:50.26				
550	08:41.37	00:50.20				
600	09:31.57	00:50.14				
650	10:21.71	00:51.22				
700	11:12.93	00:49.68				
750	12:02.61	00:47.64				
800	12:50.25					
Averages		00:48.14	01:36.28	03:12.56	06:25.13	12:50.25

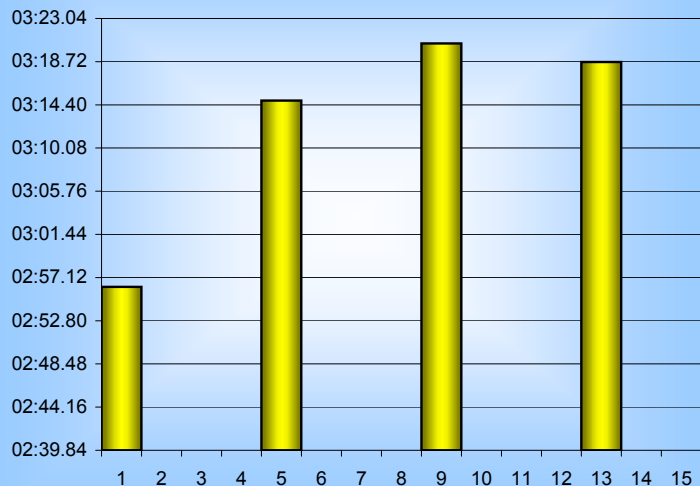
50m splits



100m splits



200m splits



400m splits

