

# Alistair Black

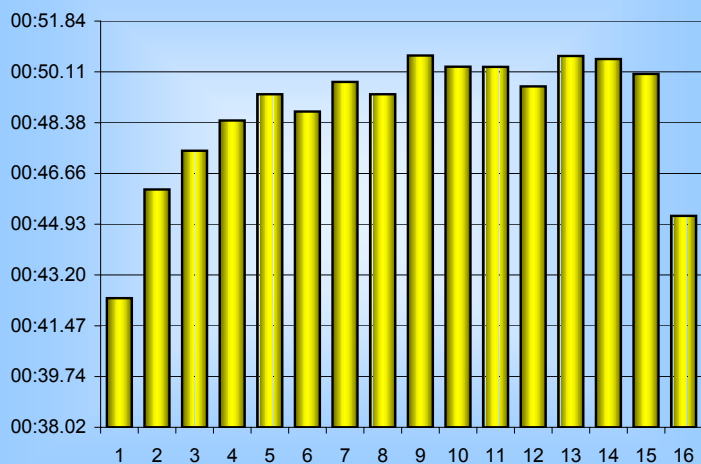
## 800m Splits

9th September 2005

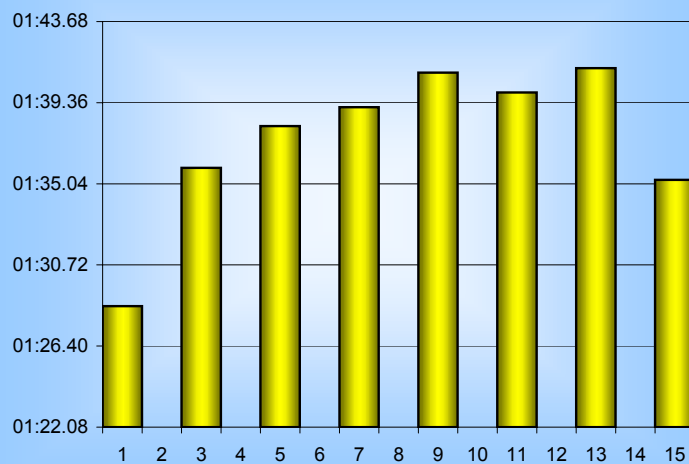
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:42.41	00:42.41				
100	01:28.52	00:46.11	01:28.52			
150	02:15.95	00:47.43	01:35.89	03:04.41		
200	03:04.41	00:48.46	01:38.11		06:21.64	
250	03:53.76	00:49.35	01:39.12	03:17.23		
300	04:42.52	00:48.76	01:40.96			
350	05:32.29	00:49.77	01:39.90	03:20.86		
400	06:21.64	00:49.35	01:41.20		06:37.31	
450	07:12.31	00:50.67	01:35.25	03:16.45		
500	08:02.60	00:50.29				12:58.95
550	08:52.88	00:50.28				
600	09:42.50	00:49.62				
650	10:33.15	00:50.65				
700	11:23.70	00:50.55				
750	12:13.74	00:50.04				
800	12:58.95	00:45.21				
<b>Averages</b>		<b>00:48.68</b>	<b>01:37.37</b>	<b>03:14.74</b>	<b>06:29.48</b>	<b>12:58.95</b>

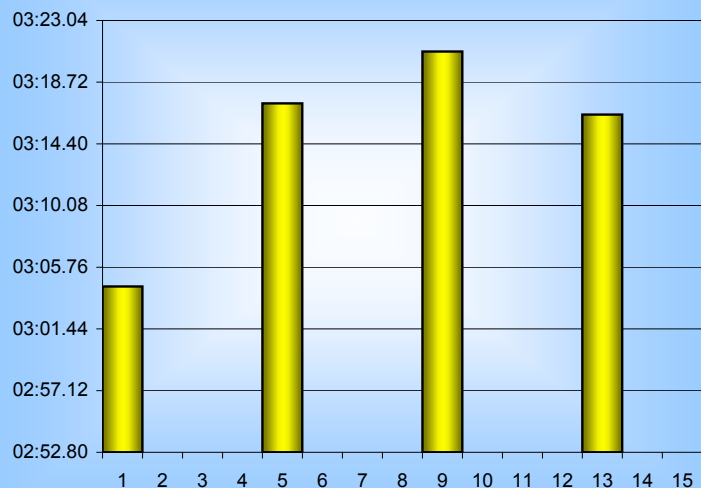
50m splits



100m splits



200m splits



400m splits

