

Alistair Caird

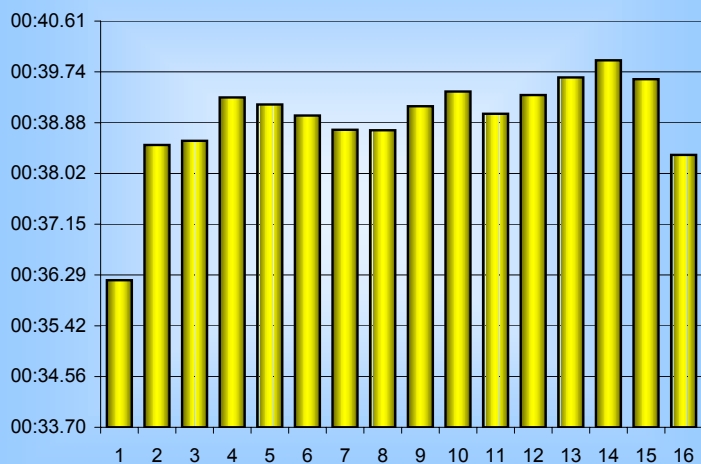
800m Splits

9th September 2005

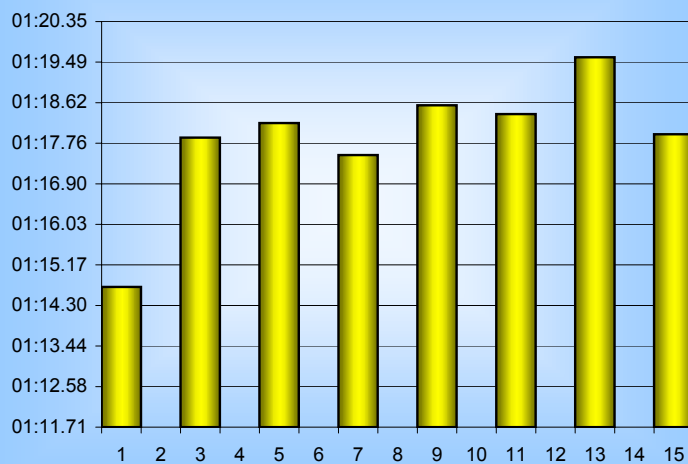
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:36.20	00:36.20				
100	01:14.70	00:38.50	01:14.70			
150	01:53.27	00:38.57	01:17.88	02:32.58		
200	02:32.58	00:39.31	01:18.19		05:08.28	
250	03:11.77	00:39.19	01:18.57			
300	03:50.77	00:39.00	01:17.51	02:35.70		
350	04:29.53	00:38.76	01:18.38			
400	05:08.28	00:38.75	01:19.59		05:14.49	
450	05:47.44	00:39.16	01:17.95	02:36.95		10:22.77
500	06:26.85	00:39.41				
550	07:05.88	00:39.03				
600	07:45.23	00:39.35				
650	08:24.88	00:39.65				
700	09:04.82	00:39.94		02:37.54		
750	09:44.44	00:39.62				
800	10:22.77	00:38.33				
Averages		00:38.92	01:17.85	02:35.69	05:11.39	10:22.77

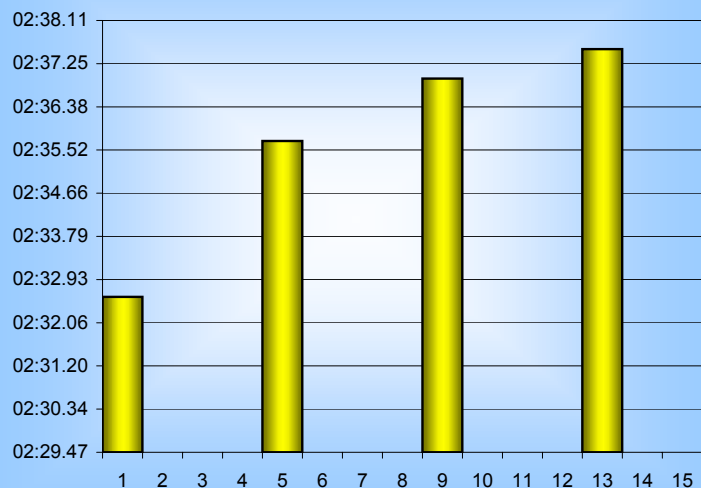
50m splits



100m splits



200m splits



400m splits

