

Archie Adams

800m Splits

9th September 2005

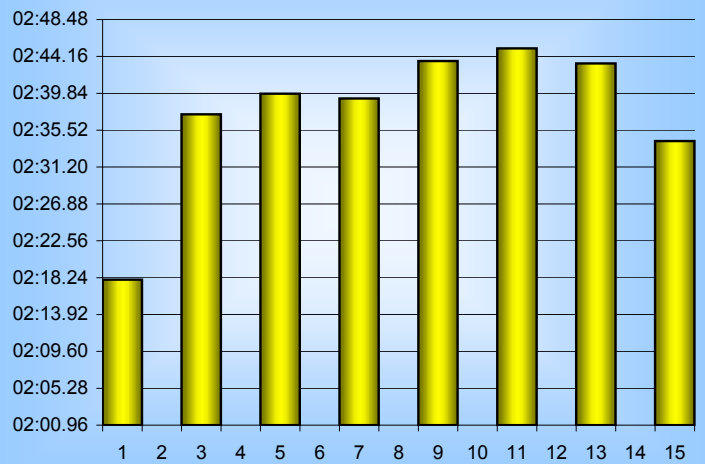
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	01:02.58	01:02.58				
100	02:18.00	01:15.42	02:18.00			
150	03:36.45	01:18.45	02:37.38	04:55.38		
200	04:55.38	01:18.93	02:39.79		10:14.40	
250	06:14.86	01:19.48	02:39.23	05:19.02		
300	07:35.17	01:20.31	02:43.62			
350	08:56.70	01:21.53	02:45.10	05:28.72		
400	10:14.40	01:17.70	02:43.34		10:46.30	
450	11:35.30	01:20.90	02:34.24	05:17.58		
500	12:58.02	01:22.72				
550	14:19.27	01:21.25				
600	15:43.12	01:23.85				
650	17:05.00	01:21.88				
700	18:26.46	01:21.46				
750	19:48.70	01:22.24				
800	21:00.70	01:12.00				
Averages		01:18.79	02:37.59	05:15.17	10:30.35	21:00.70

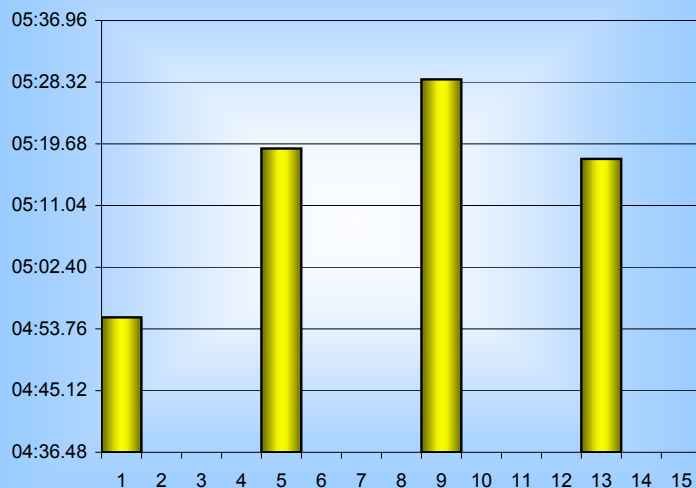
50m splits



100m splits



200m splits



400m splits

