

Bruce Cook

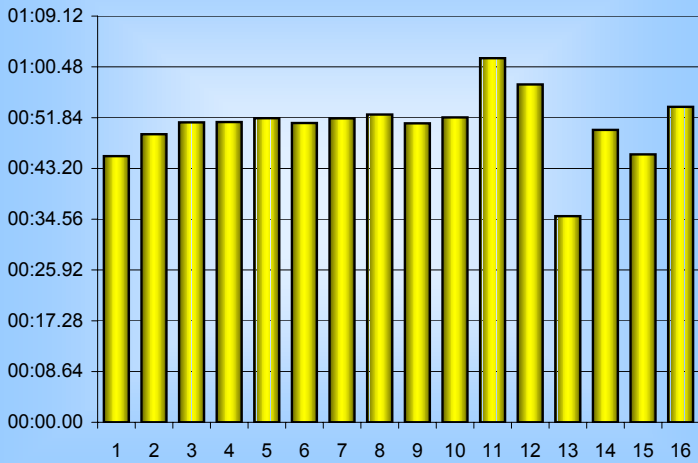
800m Splits

9th September 2005

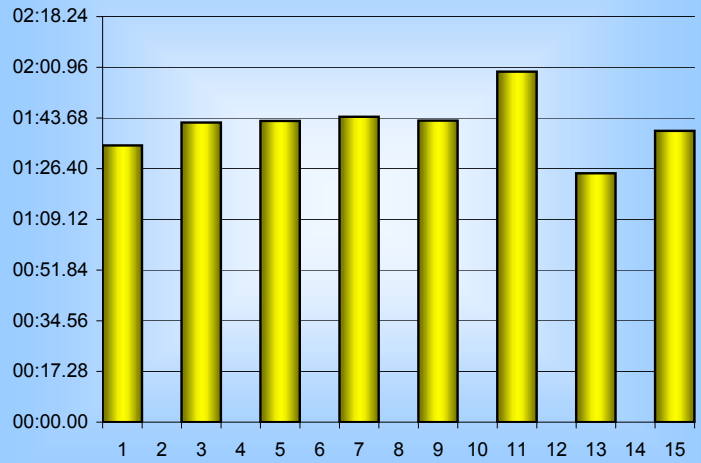
Inverclyde Masters

| Distance (m) | Elapsed Time | 50 splits | 100 splits | 200 splits | 400 splits | 800 splits |
|-----------------|--------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 50 | 00:45.28 | 00:45.28 | | | | |
| 100 | 01:34.30 | 00:49.02 | 01:34.30 | | | |
| 150 | 02:25.34 | 00:51.04 | 01:42.13 | 03:16.43 | | |
| 200 | 03:16.43 | 00:51.09 | 01:42.66 | | 06:43.18 | |
| 250 | 04:08.17 | 00:51.74 | 01:42.66 | | | |
| 300 | 04:59.09 | 00:50.92 | 01:44.09 | 03:26.75 | | |
| 350 | 05:50.82 | 00:51.73 | 01:44.09 | | | |
| 400 | 06:43.18 | 00:52.36 | 01:42.76 | 03:42.23 | | 13:29.52 |
| 450 | 07:34.05 | 00:50.87 | 01:59.47 | | | |
| 500 | 08:25.94 | 00:51.89 | 01:59.47 | | | |
| 550 | 09:27.91 | 01:01.97 | 01:59.47 | 03:42.23 | | |
| 600 | 10:25.41 | 00:57.50 | 01:24.83 | | 06:46.34 | |
| 650 | 11:00.48 | 00:35.07 | 01:24.83 | | | |
| 700 | 11:50.24 | 00:49.76 | 01:39.28 | 03:04.11 | | |
| 750 | 12:35.84 | 00:45.60 | | | | |
| 800 | 13:29.52 | 00:53.68 | | | | |
| Averages | | 00:50.60 | 01:41.19 | 03:22.38 | 06:44.76 | 13:29.52 |

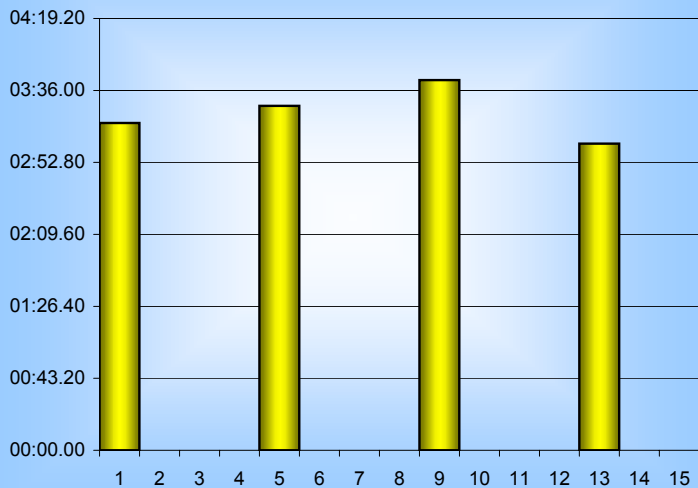
50m splits



100m splits



200m splits



400m splits

