

David O'Brien

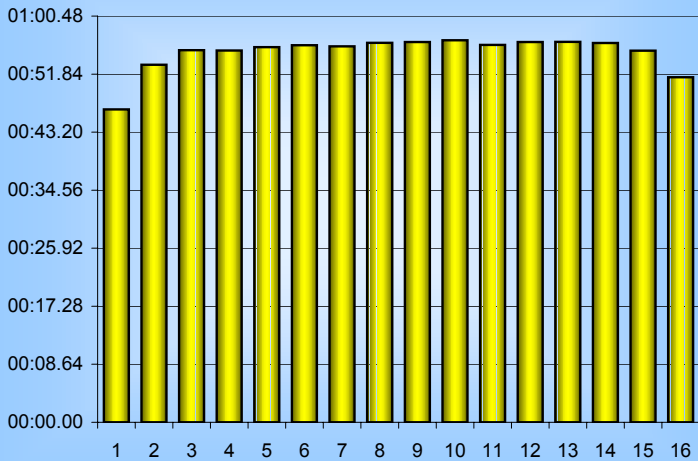
800m Splits

9th September 2005

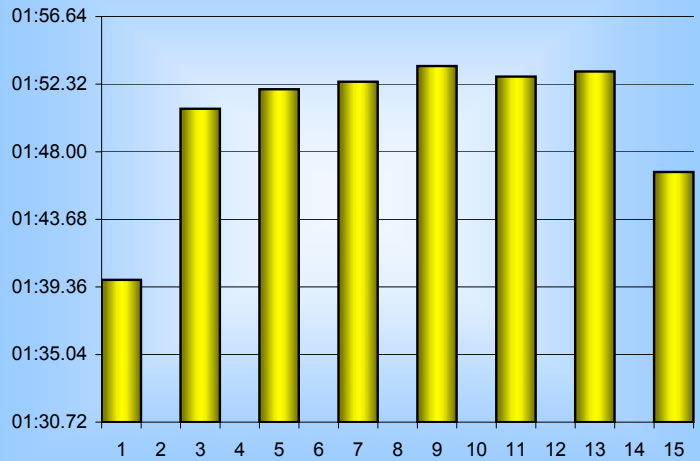
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:46.58	00:46.58				
100	01:39.81	00:53.23	01:39.81			
150	02:35.21	00:55.40	01:50.75	03:30.56		
200	03:30.56	00:55.35	01:52.00		07:15.04	
250	04:26.41	00:55.85	01:52.48	03:44.48		
300	05:22.56	00:56.15	01:53.48			
350	06:18.53	00:55.97	01:52.80	03:46.28		
400	07:15.04	00:56.51	01:53.13		07:26.12	
450	08:11.65	00:56.61	01:46.71	03:39.84		
500	09:08.52	00:56.87				14:41.16
550	10:04.70	00:56.18				
600	11:01.32	00:56.62				
650	11:57.97	00:56.65				
700	12:54.45	00:56.48				
750	13:49.79	00:55.34				
800	14:41.16	00:51.37				
Averages		00:55.07	01:50.14	03:40.29	07:20.58	14:41.16

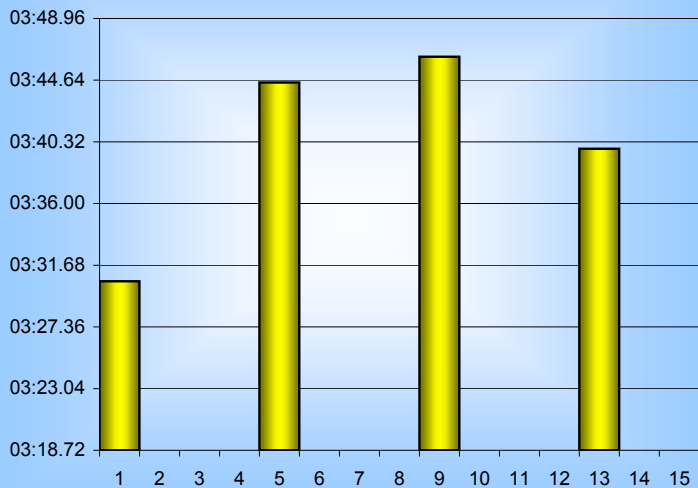
50m splits



100m splits



200m splits



400m splits

