

Duncan Munro

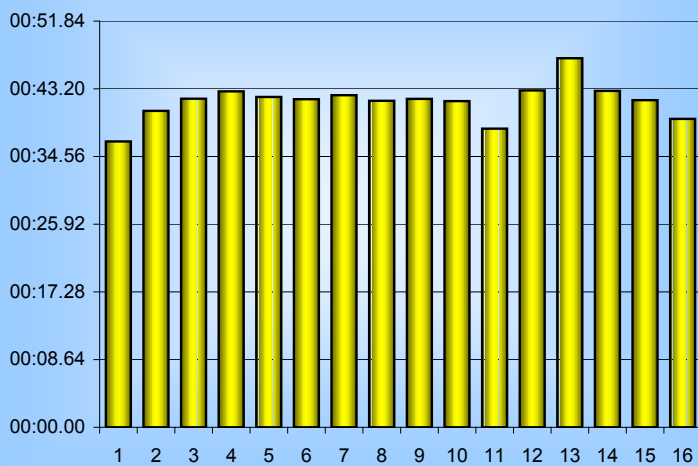
800m Splits

9th September 2005

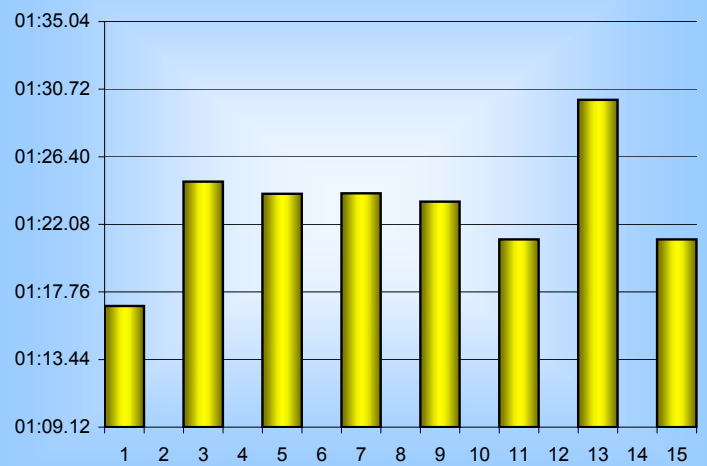
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:36.48	00:36.48				
100	01:16.86	00:40.38	01:16.86			
150	01:58.80	00:41.94	01:24.81	02:41.67		
200	02:41.67	00:42.87	01:24.03		05:29.76	
250	03:23.83	00:42.16	01:24.06	02:48.09		
300	04:05.70	00:41.87	01:23.53			
350	04:48.09	00:42.39	01:21.12	02:44.65		
400	05:29.76	00:41.67	01:30.04		05:35.81	
450	06:11.67	00:41.91	01:21.12	02:51.16		11:05.57
500	06:53.29	00:41.62				
550	07:31.41	00:38.12				
600	08:14.41	00:43.00				
650	09:01.51	00:47.10				
700	09:44.45	00:42.94				
750	10:26.20	00:41.75				
800	11:05.57	00:39.37				
Averages		00:41.60	01:23.20	02:46.39	05:32.78	11:05.57

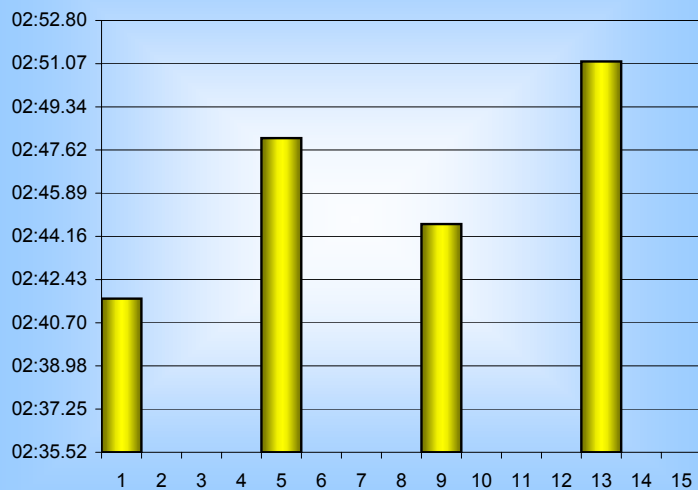
50m splits



100m splits



200m splits



400m splits

