

Eileen Woods

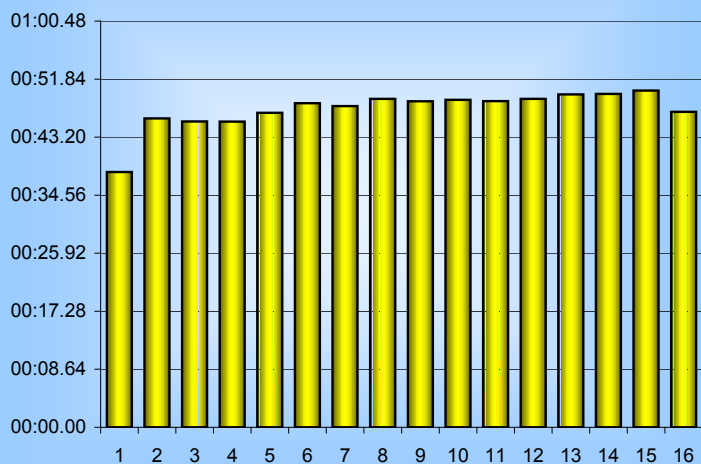
800m Splits

9th September 2005

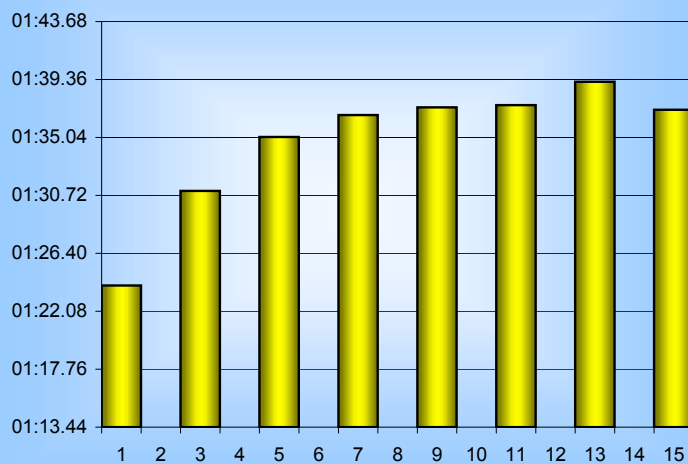
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:38.00	00:38.00				
100	01:24.00	00:46.00	01:24.00			
150	02:09.55	00:45.55	01:31.06	02:55.06		
200	02:55.06	00:45.51	01:35.08		06:06.85	
250	03:41.88	00:46.82	01:35.08			
300	04:30.14	00:48.26	01:36.71	03:11.79		
350	05:17.96	00:47.82	01:37.28			
400	06:06.85	00:48.89	01:37.28	03:14.73		12:37.88
450	06:55.38	00:48.53	01:37.45			
500	07:44.13	00:48.75	01:39.19	03:16.30		
550	08:32.69	00:48.56	01:37.11			
600	09:21.58	00:48.89			06:31.03	
650	10:11.14	00:49.56				
700	11:00.77	00:49.63				
750	11:50.91	00:50.14				
800	12:37.88	00:46.97				
Averages		00:47.37	01:34.73	03:09.47	06:18.94	12:37.88

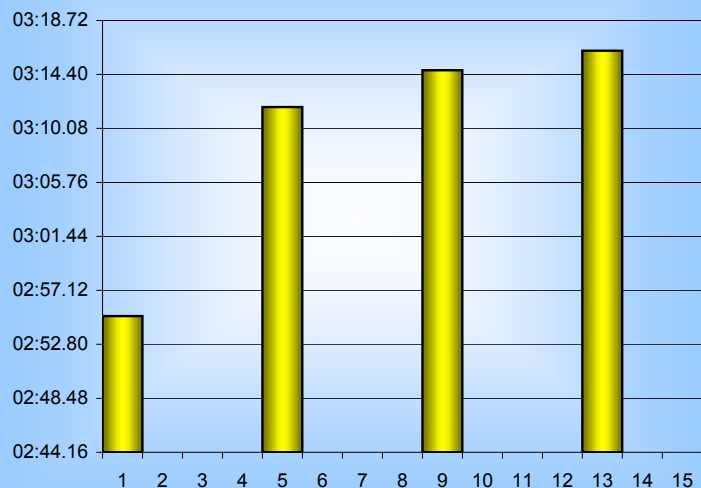
50m splits



100m splits



200m splits



400m splits

