

Gerry Malone

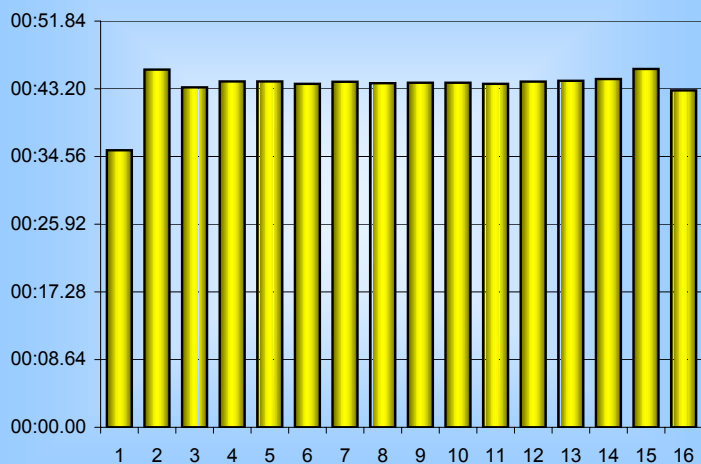
800m Splits

9th September 2005

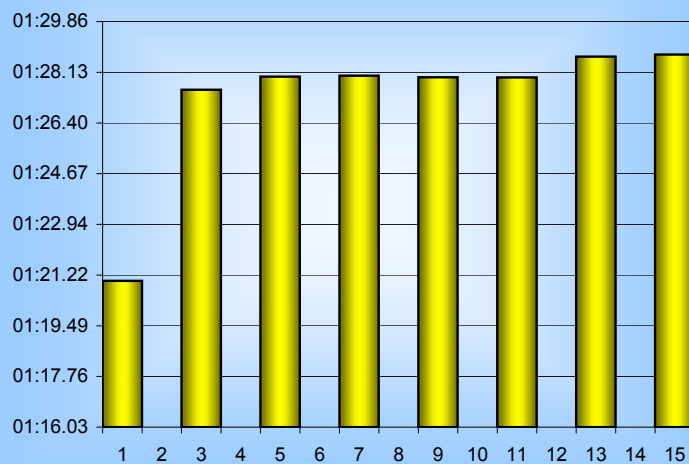
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:35.36	00:35.36				
100	01:21.02	00:45.66	01:21.02			
150	02:04.41	00:43.39	01:27.53	02:48.55		
200	02:48.55	00:44.14	01:27.98		05:44.54	
250	03:32.69	00:44.14	01:28.01	02:55.99		
300	04:16.53	00:43.84	01:27.96			
350	05:00.63	00:44.10	01:27.95	02:55.91		
400	05:44.54	00:43.91	01:28.66		05:53.30	11:37.84
450	06:28.52	00:43.98	01:28.73	02:57.39		
500	07:12.50	00:43.98				
550	07:56.34	00:43.84				
600	08:40.45	00:44.11				
650	09:24.67	00:44.22				
700	10:09.11	00:44.44				
750	10:54.84	00:45.73				
800	11:37.84	00:43.00				
Averages		00:43.61	01:27.23	02:54.46	05:48.92	11:37.84

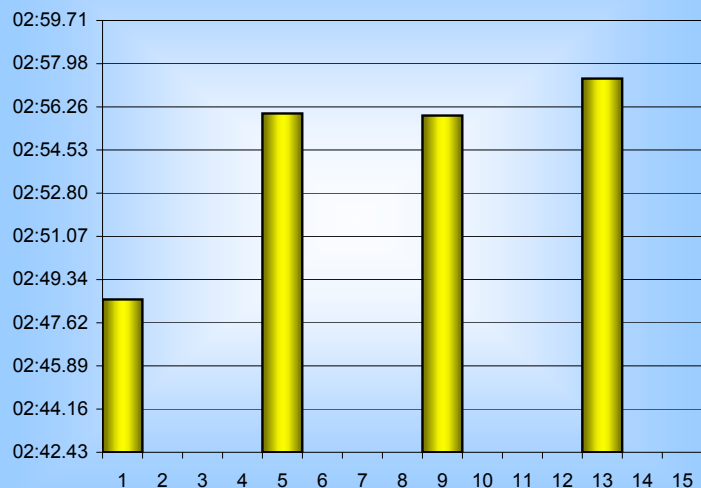
50m splits



100m splits



200m splits



400m splits

