

Gordon Wallace

800m Splits

9th September 2005

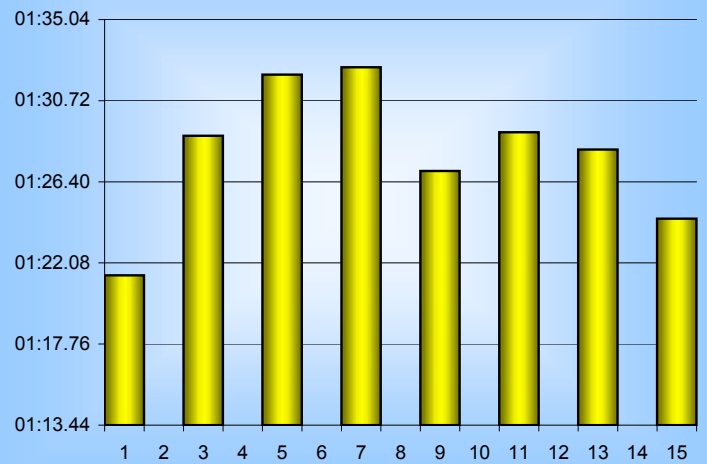
Inverclyde Masters

| Distance (m) | Elapsed Time | 50 splits | 100 splits | 200 splits | 400 splits | 800 splits |
|-----------------|--------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 50 | 00:38.48 | 00:38.48 | | | | |
| 100 | 01:21.42 | 00:42.94 | 01:21.42 | | | |
| 150 | 02:05.07 | 00:43.65 | 01:28.85 | 02:50.27 | | |
| 200 | 02:50.27 | 00:45.20 | 01:32.11 | | 05:54.88 | |
| 250 | 03:36.33 | 00:46.06 | 01:32.11 | | | |
| 300 | 04:22.38 | 00:46.05 | 01:32.50 | 03:04.61 | | |
| 350 | 05:08.66 | 00:46.28 | 01:32.50 | | | |
| 400 | 05:54.88 | 00:46.22 | 01:26.98 | | | 11:43.46 |
| 450 | 06:38.71 | 00:43.83 | 01:26.98 | | | |
| 500 | 07:21.86 | 00:43.15 | 01:29.04 | 02:56.02 | | |
| 550 | 08:07.30 | 00:45.44 | 01:28.12 | | 05:48.58 | |
| 600 | 08:50.90 | 00:43.60 | 01:28.12 | | | |
| 650 | 09:34.40 | 00:43.50 | 01:24.44 | 02:52.56 | | |
| 700 | 10:19.02 | 00:44.62 | | | | |
| 750 | 11:01.34 | 00:42.32 | | | | |
| 800 | 11:43.46 | 00:42.12 | | | | |
| Averages | | 00:43.97 | 01:27.93 | 02:55.86 | 05:51.73 | 11:43.46 |

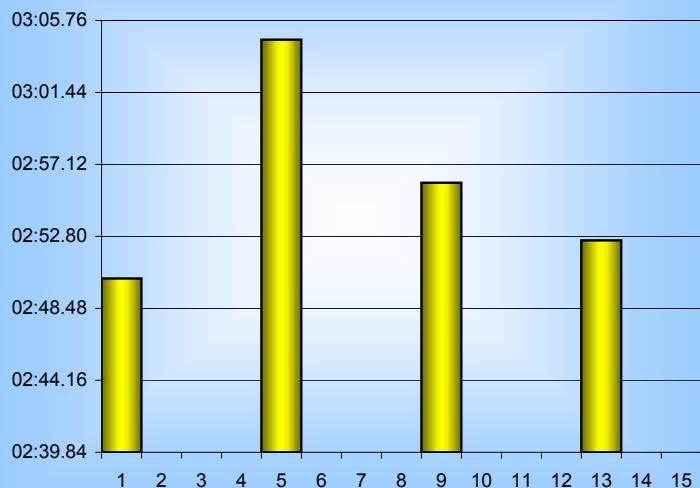
50m splits



100m splits



200m splits



400m splits

