

Heather Allan

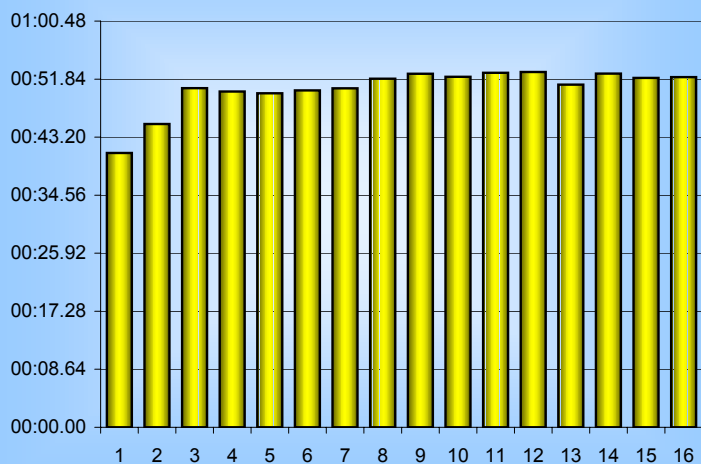
800m Splits

9th September 2005

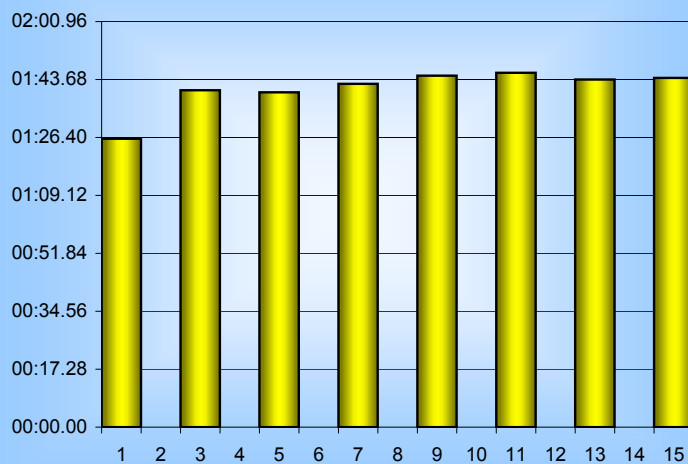
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:40.84	00:40.84				
100	01:26.00	00:45.16	01:26.00			
150	02:16.49	00:50.49	01:40.49	03:06.49		
200	03:06.49	00:50.00	01:39.88		06:28.74	
250	03:56.22	00:49.73	01:42.37	03:22.25		
300	04:46.37	00:50.15	01:44.82			
350	05:36.84	00:50.47	01:44.82	03:30.51		
400	06:28.74	00:51.90	01:45.69		06:58.36	
450	07:21.38	00:52.64	01:43.68	03:27.85		13:27.10
500	08:13.56	00:52.18	01:44.17			
550	09:06.34	00:52.78				
600	09:59.25	00:52.91				
650	10:50.26	00:51.01				
700	11:42.93	00:52.67				
750	12:34.95	00:52.02				
800	13:27.10	00:52.15				
Averages		00:50.44	01:40.89	03:21.78	06:43.55	13:27.10

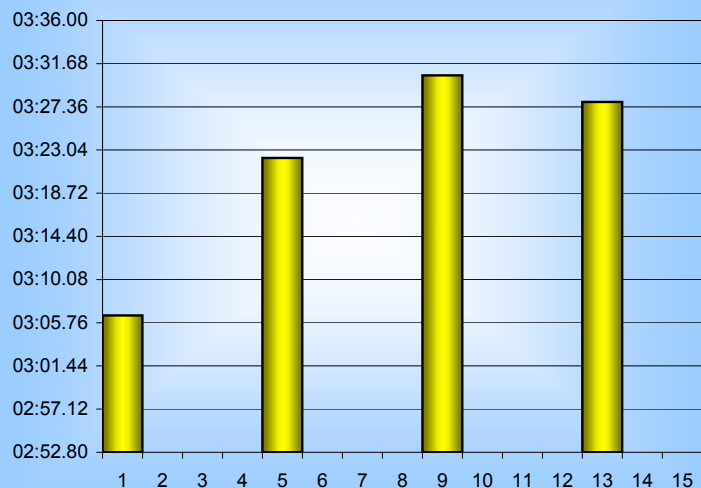
50m splits



100m splits



200m splits



400m splits

