

# Irene Allan

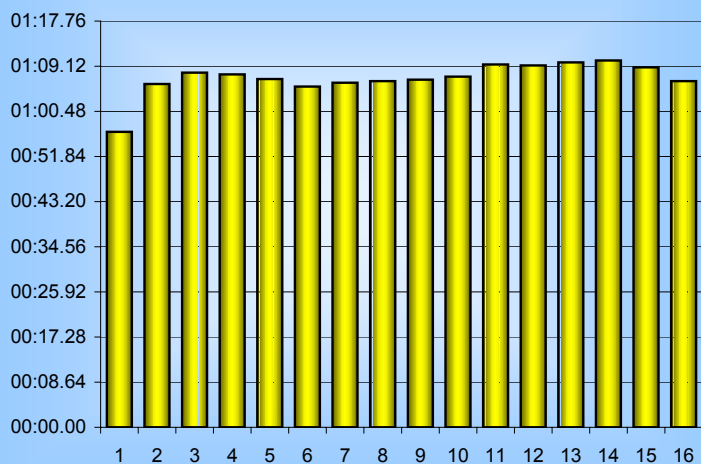
## 800m Splits

### 9th September 2005

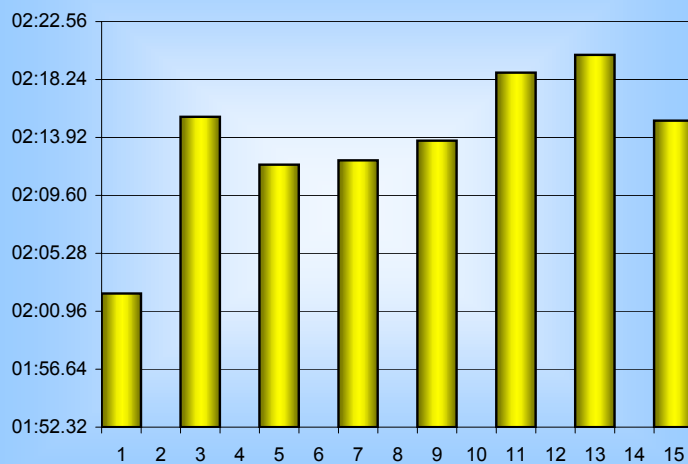
### Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:56.57	00:56.57				
100	02:02.29	01:05.72	02:02.29			
150	03:10.19	01:07.90	02:15.46	04:17.75		
200	04:17.75	01:07.56	02:15.46		08:41.85	
250	05:24.41	01:06.66	02:11.89			
300	06:29.64	01:05.23	02:11.89			
350	07:35.59	01:05.95	02:12.21	04:24.10		
400	08:41.85	01:06.26	02:12.21			17:49.53
450	09:48.41	01:06.56	02:13.68			
500	10:55.53	01:07.12	02:13.68	04:32.43		
550	12:05.00	01:09.47	02:18.75			
600	13:14.28	01:09.28	02:18.75		09:07.68	
650	14:24.14	01:09.86	02:20.08			
700	15:34.36	01:10.22	02:20.08	04:35.25		
750	16:43.27	01:08.91	02:15.17			
800	17:49.53	01:06.26				
<b>Averages</b>		<b>01:06.85</b>	<b>02:13.69</b>	<b>04:27.38</b>	<b>08:54.77</b>	<b>17:49.53</b>

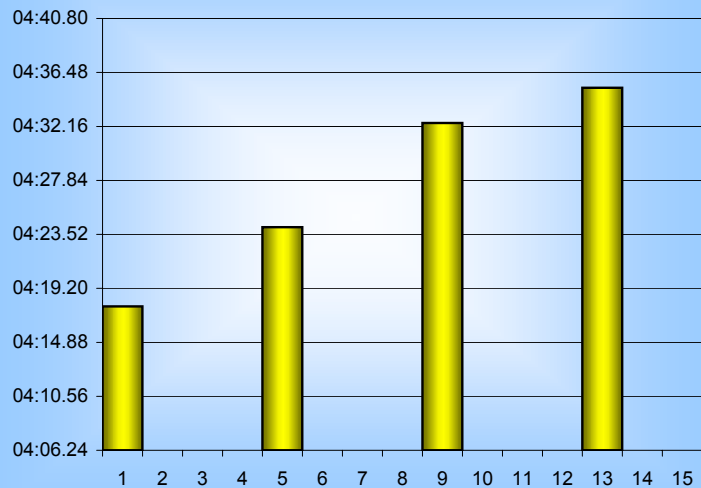
**50m splits**



**100m splits**



**200m splits**



**400m splits**

