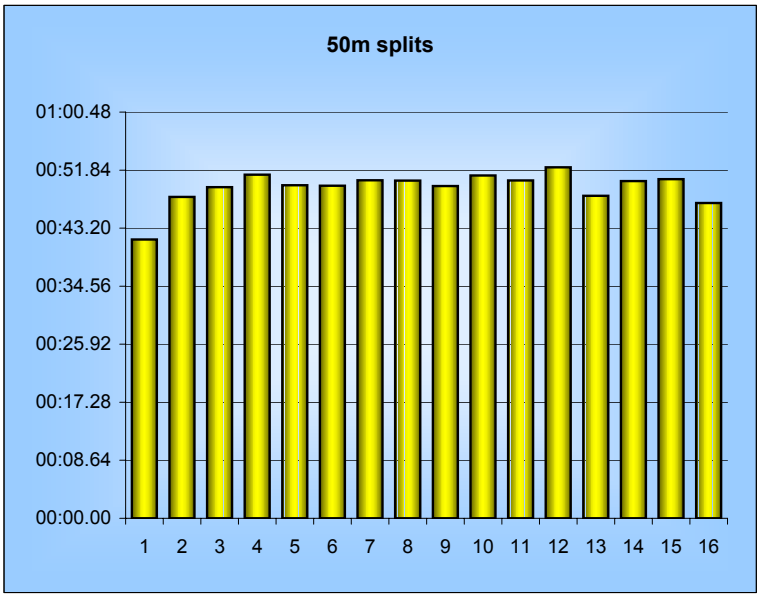
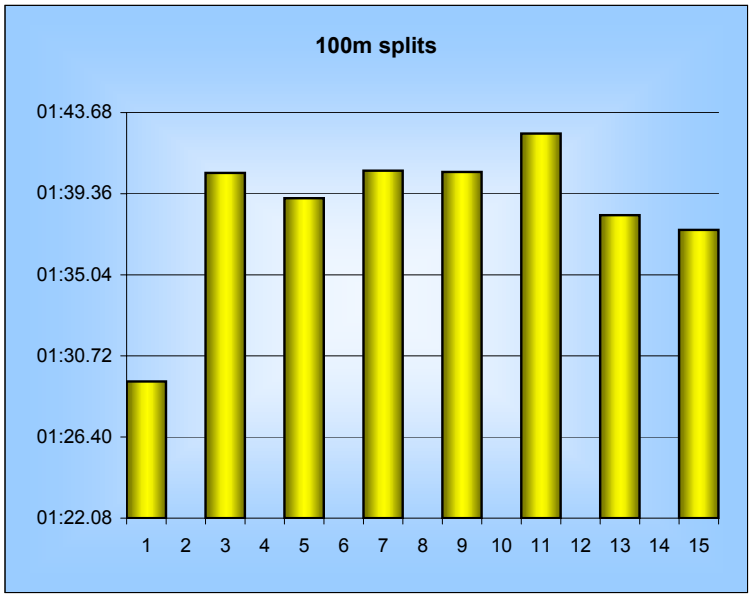
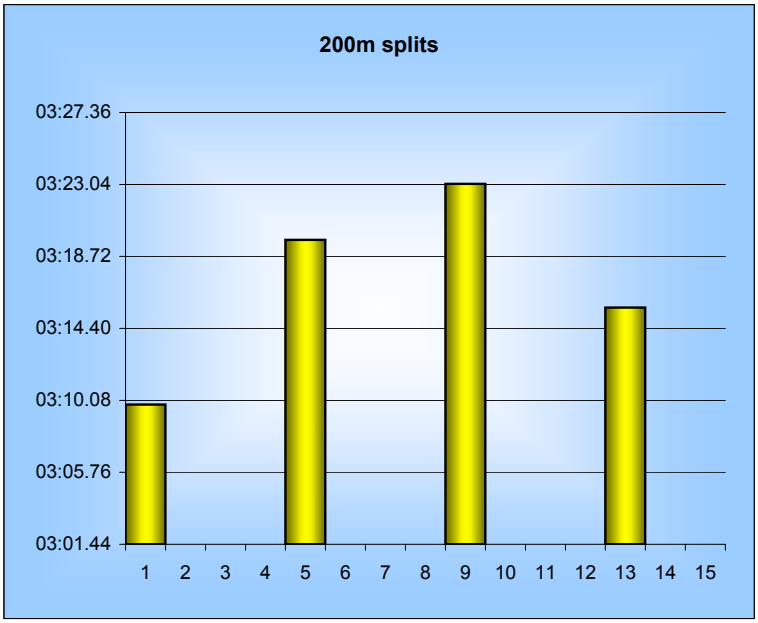
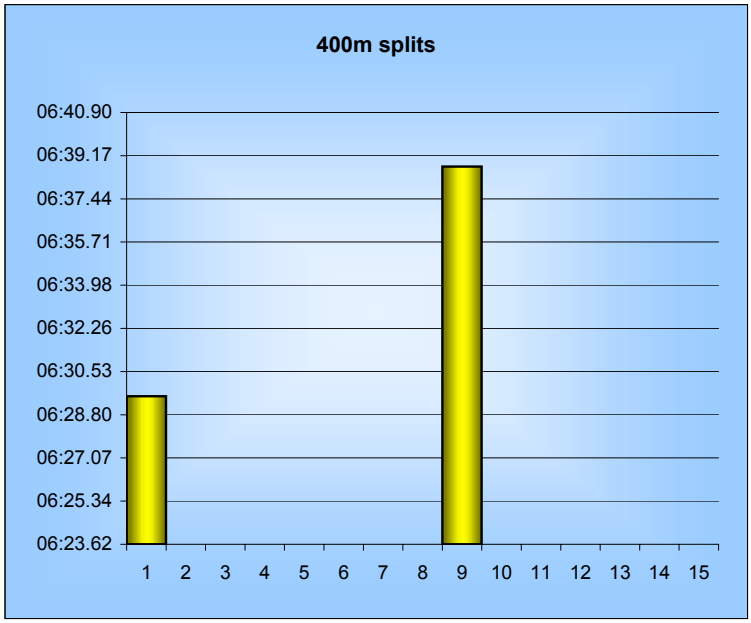
Jack Glover

800m Splits

9th September 2005

Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:41.52	00:41.52				
100	01:29.36	00:47.84	01:29.36			
150	02:18.66	00:49.30		03:09.83		
200	03:09.83	00:51.17	01:40.47			
250	03:59.43	00:49.60			06:29.54	
300	04:48.95	00:49.52	01:39.12			
350	05:39.27	00:50.32		03:19.71		
400	06:29.54	00:50.27	01:40.59			
450	07:19.02	00:49.48				13:08.27
500	08:10.06	00:51.04	01:40.52			
550	09:00.36	00:50.30		03:23.08		
600	09:52.62	00:52.26	01:42.56			
650	10:40.63	00:48.01			06:38.73	
700	11:30.84	00:50.21	01:38.22			
750	12:21.33	00:50.49		03:15.65		
800	13:08.27	00:46.94	01:37.43			
	Averages	00:49.27	01:38.53	03:17.07	06:34.14	13:08.27