

John Dyer

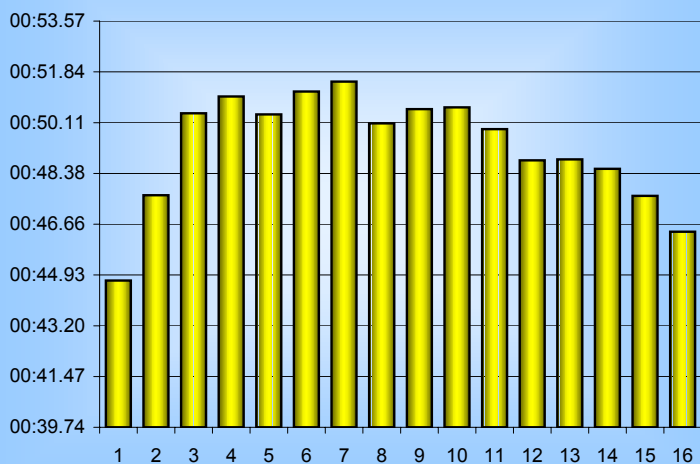
800m Splits

9th September 2005

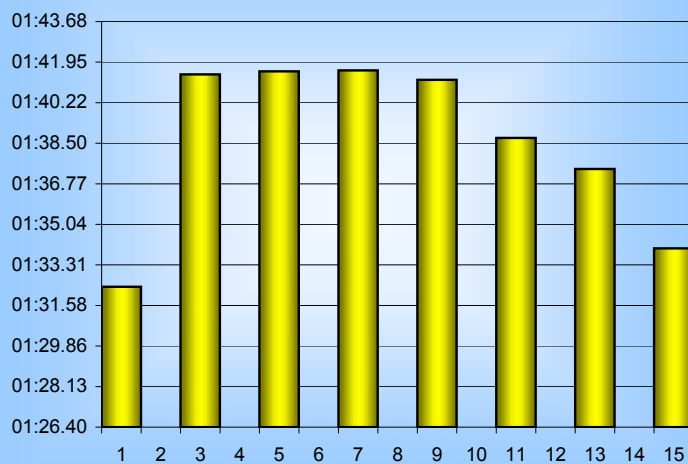
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:44.74	00:44.74				
100	01:32.38	00:47.64	01:32.38			
150	02:22.81	00:50.43	01:41.43	03:13.81		
200	03:13.81	00:51.00	01:41.56		06:36.97	
250	04:04.20	00:50.39	01:41.60	03:23.16		
300	04:55.37	00:51.17	01:41.60			
350	05:46.88	00:51.51	01:41.20	03:19.92		
400	06:36.97	00:50.09	01:38.72		06:31.34	13:08.31
450	07:27.54	00:50.57	01:37.40	03:11.42		
500	08:18.17	00:50.63	01:34.02			
550	09:08.06	00:49.89				
600	09:56.89	00:48.83				
650	10:45.75	00:48.86				
700	11:34.29	00:48.54				
750	12:21.91	00:47.62				
800	13:08.31	00:46.40				
Averages		00:49.27	01:38.54	03:17.08	06:34.15	13:08.31

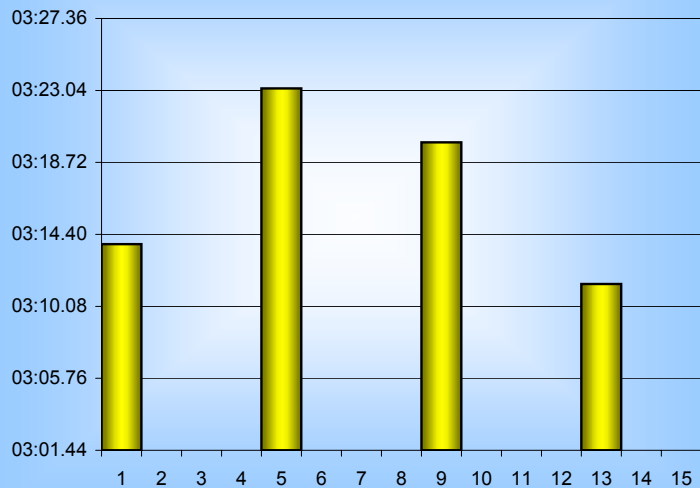
50m splits



100m splits



200m splits



400m splits

