

Robert Mitchell

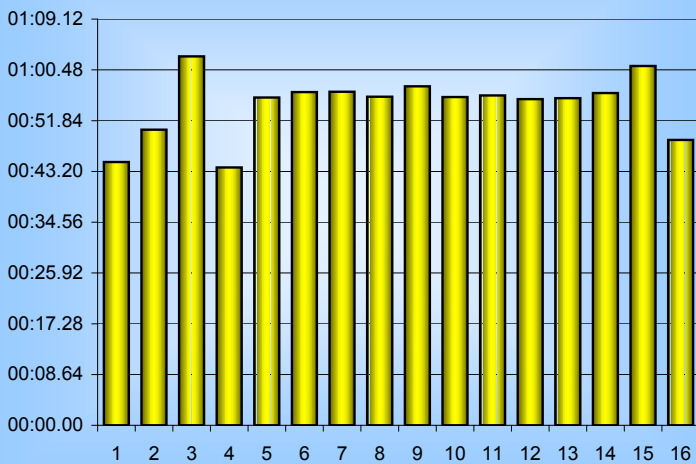
800m Splits

9th September 2005

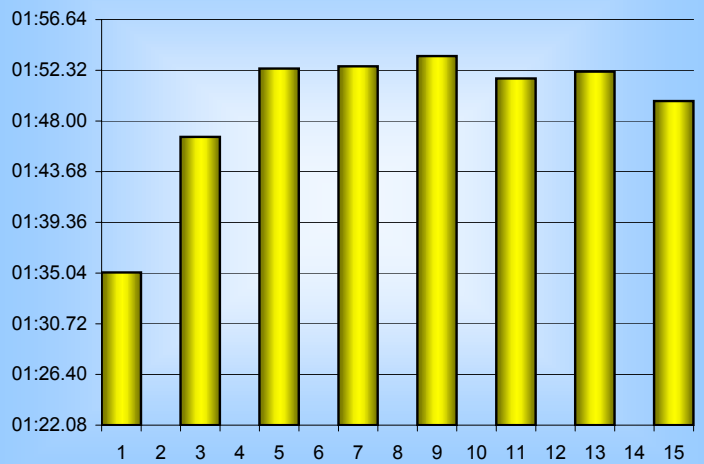
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:44.80	00:44.80				
100	01:35.09	00:50.29	01:35.09			
150	02:37.86	01:02.77		03:21.73		
200	03:21.73	00:43.87	01:46.64			
250	04:17.51	00:55.78	01:52.47		07:06.86	
300	05:14.20	00:56.69				
350	06:10.95	00:56.75	01:52.66	03:45.13		
400	07:06.86	00:55.91				
450	08:04.54	00:57.68	01:53.53			14:33.92
500	09:00.39	00:55.85		03:45.15		
550	09:56.51	00:56.12	01:51.62			
600	10:52.01	00:55.50			07:27.06	
650	11:47.67	00:55.66	01:52.21			
700	12:44.22	00:56.55				
750	13:45.36	01:01.14	01:49.70	03:41.91		
800	14:33.92	00:48.56				
Averages		00:54.62	01:49.24	03:38.48	07:16.96	14:33.92

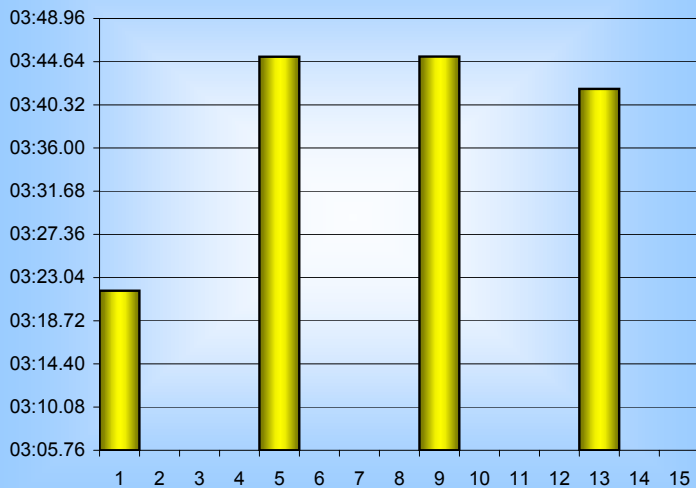
50m splits



100m splits



200m splits



400m splits

