

# Robert Wilmot

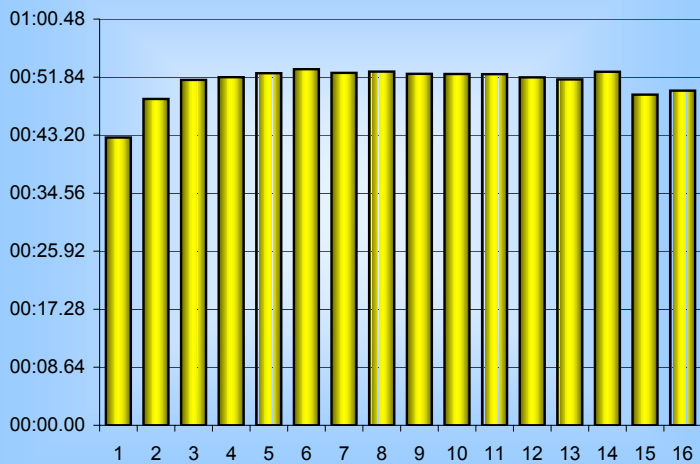
## 800m Splits

9th September 2005

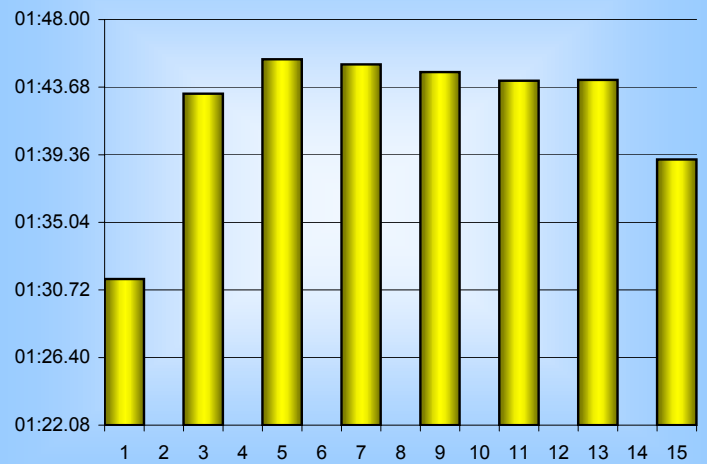
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:42.84	00:42.84				
100	01:31.42	00:48.58	01:31.42			
150	02:22.84	00:51.42	01:43.26	03:14.68		
200	03:14.68	00:51.84	01:45.46		06:45.28	
250	04:07.11	00:52.43	01:45.46			
300	05:00.14	00:53.03	01:45.14	03:30.60		
350	05:52.61	00:52.47	01:45.14			
400	06:45.28	00:52.67	01:44.64			13:37.21
450	07:37.62	00:52.34	01:44.64			
500	08:29.92	00:52.30	01:44.09	03:28.73		
550	09:22.20	00:52.28	01:44.09			
600	10:14.01	00:51.81	01:44.14		06:51.93	
650	11:05.51	00:51.50	01:44.14			
700	11:58.15	00:52.64	01:39.06	03:23.20		
750	12:47.38	00:49.23				
800	13:37.21	00:49.83				
<b>Averages</b>		<b>00:51.08</b>	<b>01:42.15</b>	<b>03:24.30</b>	<b>06:48.61</b>	<b>13:37.21</b>

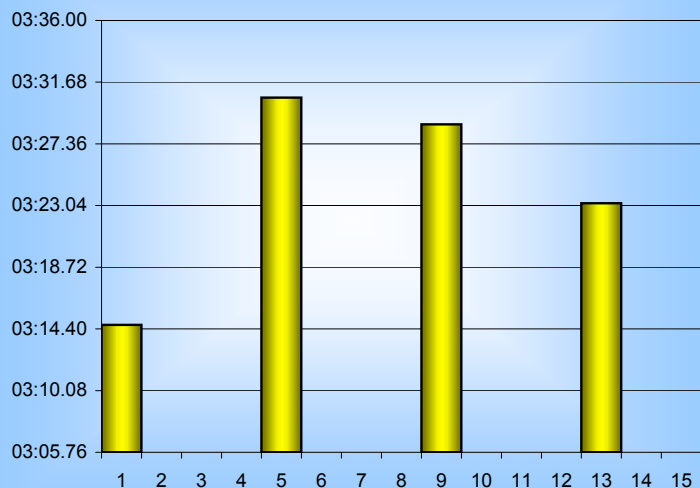
50m splits



100m splits



200m splits



400m splits

