

Simona Ielo

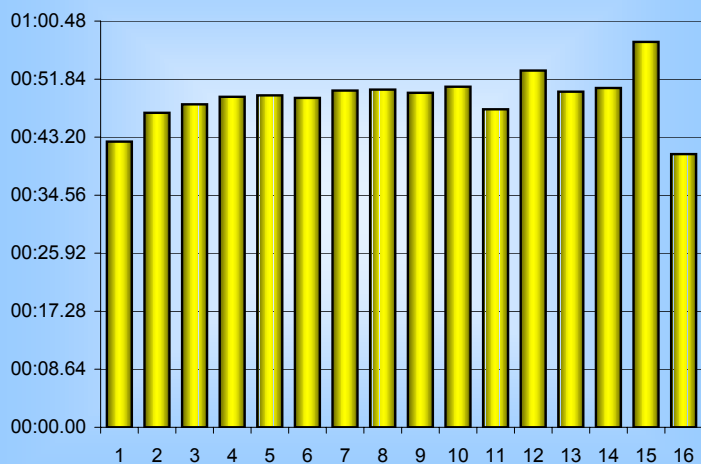
800m Splits

9th September 2005

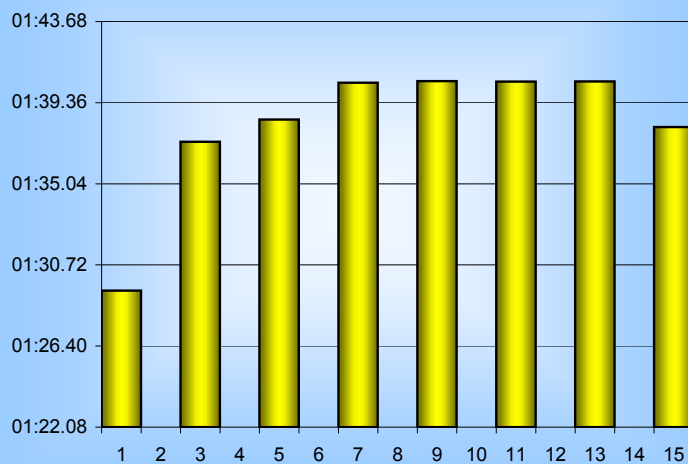
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:42.53	00:42.53				
100	01:29.35	00:46.82	01:29.35			
150	02:17.43	00:48.08	01:37.28	03:06.63		
200	03:06.63	00:49.20	01:38.46		06:25.51	
250	03:56.06	00:49.43	01:40.42	03:18.88		
300	04:45.09	00:49.03	01:40.51			
350	05:35.23	00:50.14	01:40.48	03:20.99		
400	06:25.51	00:50.28	01:40.49		06:39.54	13:05.05
450	07:15.32	00:49.81	01:38.06	03:18.55		
500	08:06.02	00:50.70				
550	08:53.38	00:47.36				
600	09:46.50	00:53.12				
650	10:36.46	00:49.96				
700	11:26.99	00:50.53				
750	12:24.37	00:57.38				
800	13:05.05	00:40.68				
Averages		00:49.07	01:38.13	03:16.26	06:32.53	13:05.05

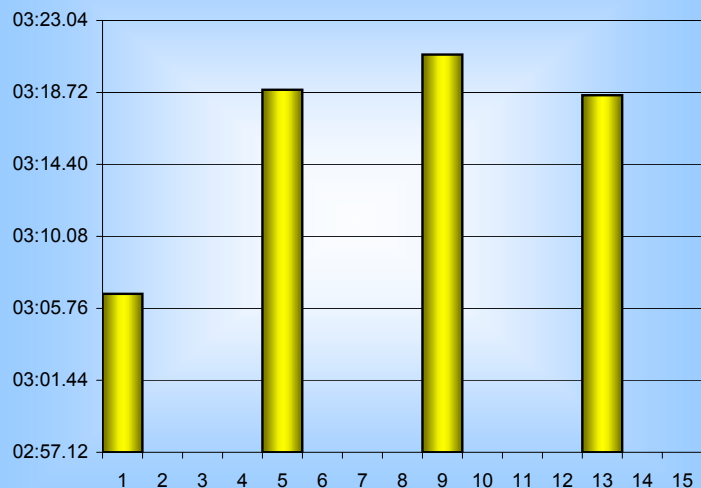
50m splits



100m splits



200m splits



400m splits

