

# Alastair Caird

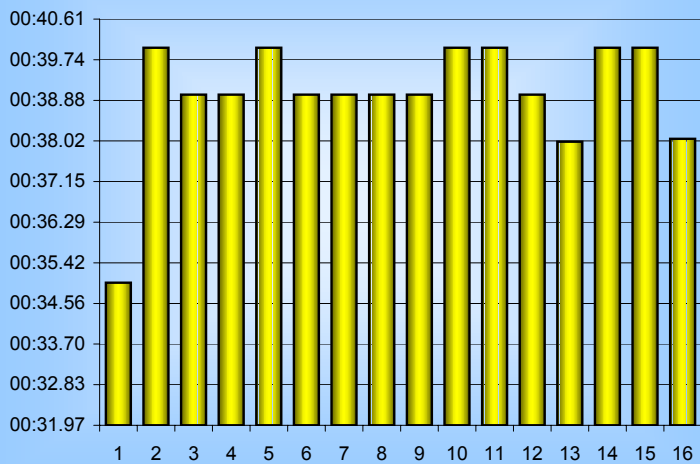
## 800m Splits

8th September 2006

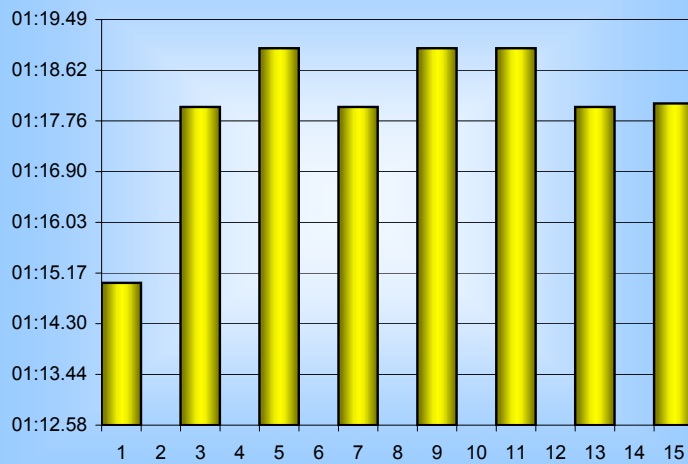
Inverclyde Masters

| Distance (m)    | Elapsed Time | 50 splits       | 100 splits      | 200 splits      | 400 splits      | 800 splits      |
|-----------------|--------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 50              | 00:35.00     | 00:35.00        |                 |                 |                 |                 |
| 100             | 01:15.00     | 00:40.00        | 01:15.00        |                 |                 |                 |
| 150             | 01:54.00     | 00:39.00        | 01:18.00        | 02:33.00        |                 |                 |
| 200             | 02:33.00     | 00:39.00        | 01:19.00        |                 | 05:10.00        |                 |
| 250             | 03:13.00     | 00:40.00        | 01:19.00        | 02:37.00        |                 |                 |
| 300             | 03:52.00     | 00:39.00        | 01:18.00        |                 |                 |                 |
| 350             | 04:31.00     | 00:39.00        | 01:19.00        | 02:38.00        |                 |                 |
| 400             | 05:10.00     | 00:39.00        | 01:19.00        |                 |                 | 10:24.06        |
| 450             | 05:49.00     | 00:39.00        | 01:19.00        |                 |                 |                 |
| 500             | 06:29.00     | 00:40.00        | 01:19.00        | 02:36.06        |                 |                 |
| 550             | 07:09.00     | 00:40.00        | 01:18.06        |                 |                 |                 |
| 600             | 07:48.00     | 00:39.00        |                 |                 | 05:14.06        |                 |
| 650             | 08:26.00     | 00:38.00        |                 |                 |                 |                 |
| 700             | 09:06.00     | 00:40.00        |                 |                 |                 |                 |
| 750             | 09:46.00     | 00:40.00        |                 |                 |                 |                 |
| 800             | 10:24.06     | 00:38.06        |                 |                 |                 |                 |
| <b>Averages</b> |              | <b>00:39.00</b> | <b>01:18.01</b> | <b>02:36.01</b> | <b>05:12.03</b> | <b>10:24.06</b> |

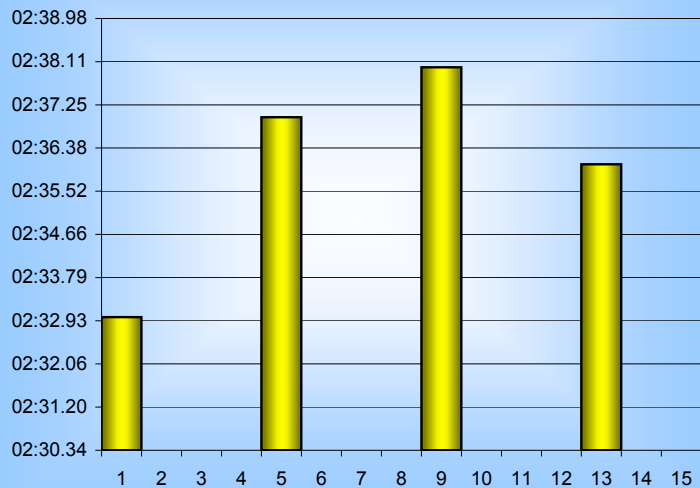
50m splits



100m splits



200m splits



400m splits

