

Bruce Cook

800m Splits

8th September 2006

Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:44.00	00:44.00				
100	01:35.00	00:51.00	01:35.00			
150	02:22.00	00:47.00	01:36.00	03:11.00		
200	03:11.00	00:49.00	01:36.00		06:41.00	
250	04:03.00	00:52.00	01:44.00			
300	04:55.00	00:52.00	01:44.00			
350	05:48.00	00:53.00	01:46.00	03:30.00		
400	06:41.00	00:53.00	01:46.00			
450	07:34.00	00:53.00	01:44.00			13:34.18
500	08:25.00	00:51.00	01:44.00	03:28.00		
550	09:17.00	00:52.00	01:44.00			
600	10:09.00	00:52.00	01:43.00		06:53.18	
650	11:01.00	00:52.00	01:43.00			
700	11:52.00	00:51.00	01:42.18	03:25.18		
750	12:45.00	00:53.00				
800	13:34.18	00:49.18				
Averages		00:50.89	01:41.77	03:23.55	06:47.09	13:34.18

