

David O'Brien

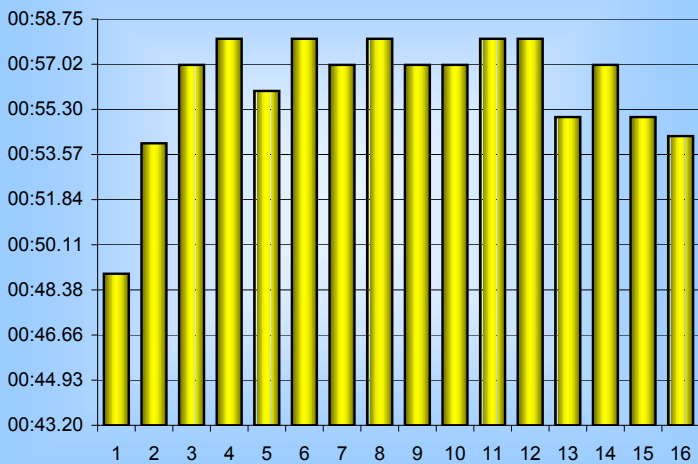
800m Splits

8th September 2006

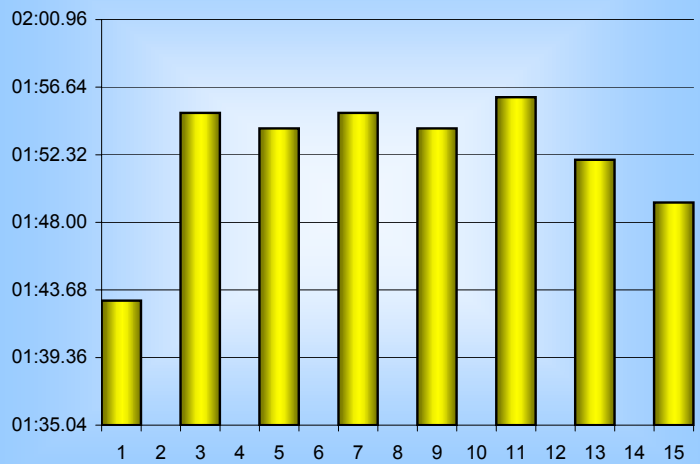
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:49.00	00:49.00				
100	01:43.00	00:54.00	01:43.00			
150	02:40.00	00:57.00	01:55.00	03:38.00		
200	03:38.00	00:58.00	01:54.00		07:27.00	
250	04:34.00	00:56.00	01:54.00			
300	05:32.00	00:58.00	01:55.00	03:49.00		
350	06:29.00	00:57.00	01:54.00			
400	07:27.00	00:58.00	01:54.00	03:50.00		14:58.27
450	08:24.00	00:57.00	01:54.00			
500	09:21.00	00:57.00	01:56.00			
550	10:19.00	00:58.00	01:52.00	03:41.27		
600	11:17.00	00:58.00	01:52.00		07:31.27	
650	12:12.00	00:55.00	01:49.27			
700	13:09.00	00:57.00				
750	14:04.00	00:55.00				
800	14:58.27	00:54.27				
Averages		00:56.14	01:52.28	03:44.57	07:29.14	14:58.27

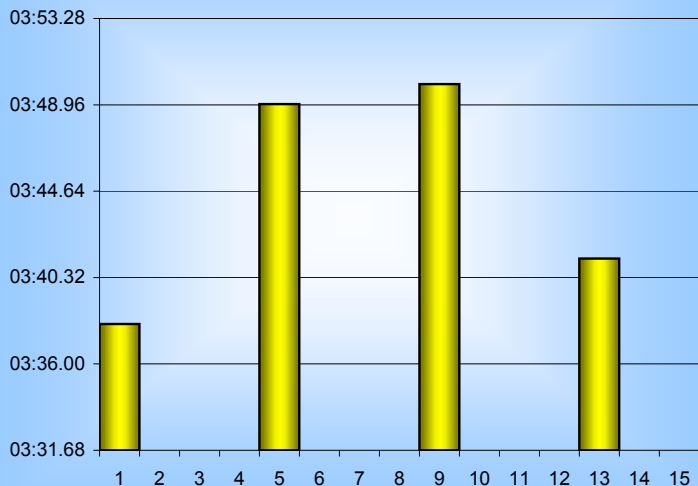
50m splits



100m splits



200m splits



400m splits

