

Irene Allan

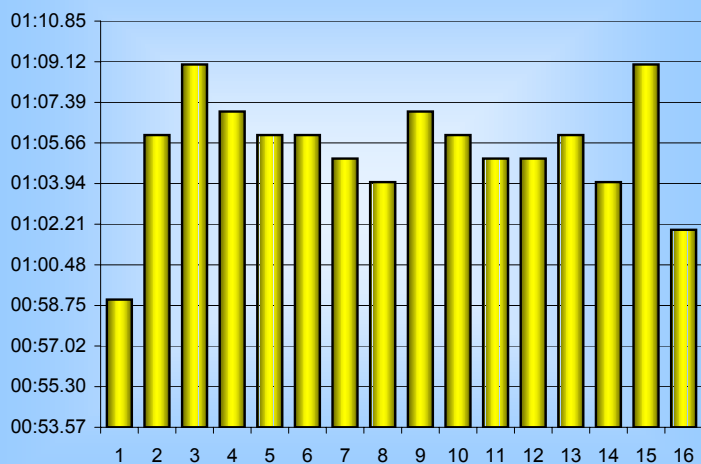
800m Splits

8th September 2006

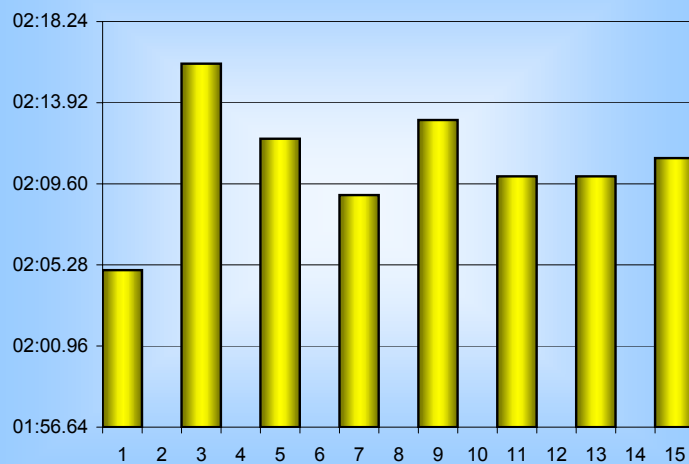
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:59.00	00:59.00				
100	02:05.00	01:06.00	02:05.00			
150	03:14.00	01:09.00		04:21.00		
200	04:21.00	01:07.00	02:16.00			
250	05:27.00	01:06.00		04:21.00	08:42.00	
300	06:33.00	01:06.00	02:12.00			
350	07:38.00	01:05.00		04:21.00		
400	08:42.00	01:04.00	02:09.00			
450	09:49.00	01:07.00		04:23.00		
500	10:55.00	01:06.00	02:13.00			17:25.97
550	12:00.00	01:05.00		04:23.00		
600	13:05.00	01:05.00	02:10.00			
650	14:11.00	01:06.00		04:20.97	08:43.97	
700	15:15.00	01:04.00	02:10.00			
750	16:24.00	01:09.00		04:20.97		
800	17:25.97	01:01.97	02:10.97			
Averages		01:05.37	02:10.75	04:21.49	08:42.99	17:25.97

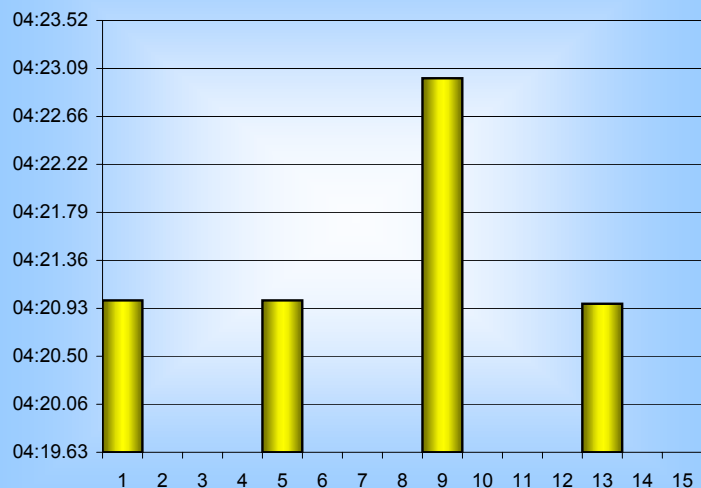
50m splits



100m splits



200m splits



400m splits

