

Seonaid Hudson

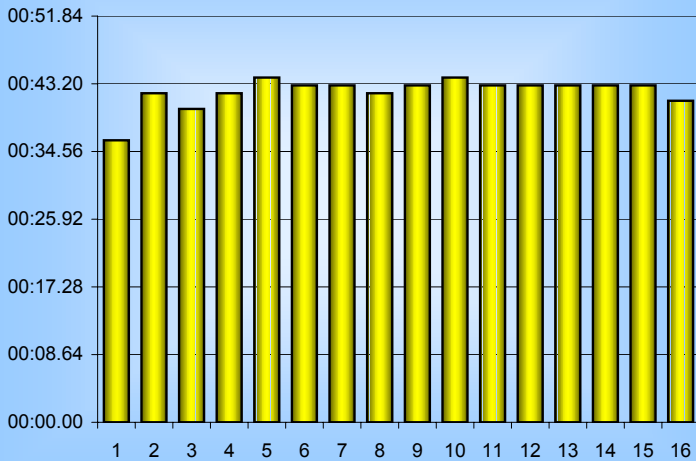
800m Splits

8th September 2006

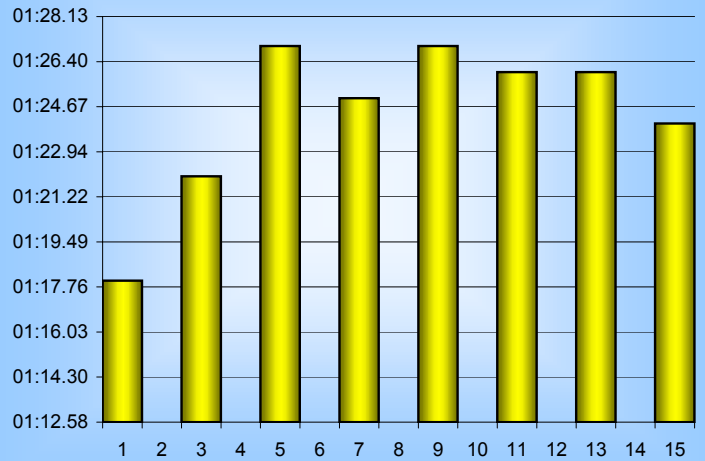
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:36.00	00:36.00				
100	01:18.00	00:42.00	01:18.00			
150	01:58.00	00:40.00	01:22.00	02:40.00		
200	02:40.00	00:42.00	01:27.00		05:32.00	
250	03:24.00	00:44.00	01:25.00	02:52.00		
300	04:07.00	00:43.00	01:27.00			
350	04:50.00	00:43.00	01:25.00	02:53.00		
400	05:32.00	00:42.00	01:27.00			11:15.03
450	06:15.00	00:43.00	01:26.00			
500	06:59.00	00:43.00	01:26.00	02:50.03		
550	07:42.00	00:43.00	01:24.03			
600	08:25.00	00:43.00			05:43.03	
650	09:08.00	00:43.00				
700	09:51.00	00:43.00				
750	10:34.00	00:43.00				
800	11:15.03	00:41.03				
Averages		00:42.19	01:24.38	02:48.76	05:37.52	11:15.03

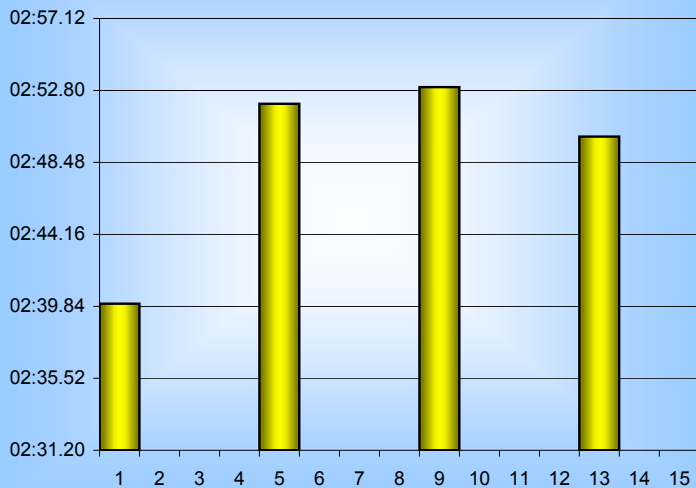
50m splits



100m splits



200m splits



400m splits

