

# Alan Kinsey

## 800m Splits

### 7th September 2007

### Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:41.52	00:41.52				
100	01:29.21	00:47.69	01:29.21			
150	02:19.56	00:50.35	01:39.10	03:08.31		
200	03:08.31	00:48.75	01:39.65		06:28.18	
250	03:57.99	00:49.68	01:39.65			
300	04:47.96	00:49.97	01:40.22	03:19.87		
350	05:38.77	00:50.81	01:41.11			
400	06:28.18	00:49.41	01:41.11			13:07.41
450	07:17.87	00:49.69	01:41.11			
500	08:09.29	00:51.42	01:39.29	03:20.40		
550	08:58.52	00:49.23	01:39.29			
600	09:48.58	00:50.06	01:41.19		06:39.23	
650	10:39.48	00:50.90	01:41.19			
700	11:29.77	00:50.29	01:37.64	03:18.83		
750	12:19.74	00:49.97				
800	13:07.41	00:47.67				
<b>Averages</b>		<b>00:49.21</b>	<b>01:38.43</b>	<b>03:16.85</b>	<b>06:33.71</b>	<b>13:07.41</b>

