

# Alastair Caird

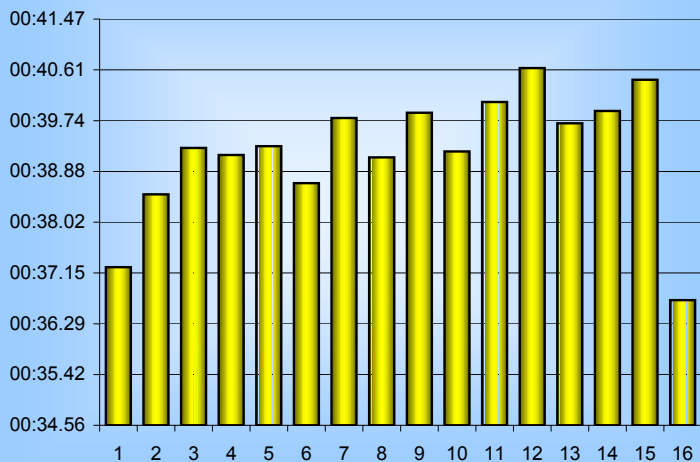
## 800m Splits

7th September 2007

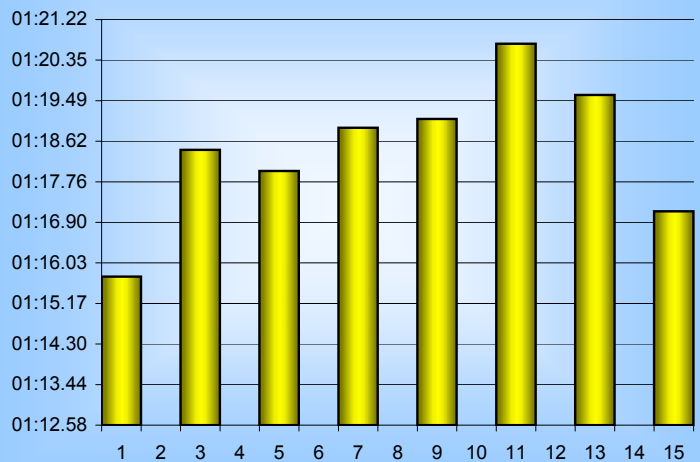
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:37.25	00:37.25				
100	01:15.74	00:38.49	01:15.74			
150	01:55.02	00:39.28	01:18.44	02:34.18		
200	02:34.18	00:39.16	01:17.99		05:11.08	
250	03:13.49	00:38.68	01:18.91	02:36.90		
300	03:52.17	00:39.79	01:19.10			
350	04:31.96	00:39.12	01:20.70	02:39.80		
400	05:11.08	00:39.88	01:17.13			10:27.62
450	05:50.96	00:39.22				
500	06:30.18	00:40.06				
550	07:10.24	00:40.64				
600	07:50.88	00:39.70			05:16.54	
650	08:30.58	00:39.91				
700	09:10.49	00:40.44		02:36.74		
750	09:50.93	00:36.69				
800	10:27.62					
<b>Averages</b>		<b>00:39.23</b>	<b>01:18.45</b>	<b>02:36.90</b>	<b>05:13.81</b>	<b>10:27.62</b>

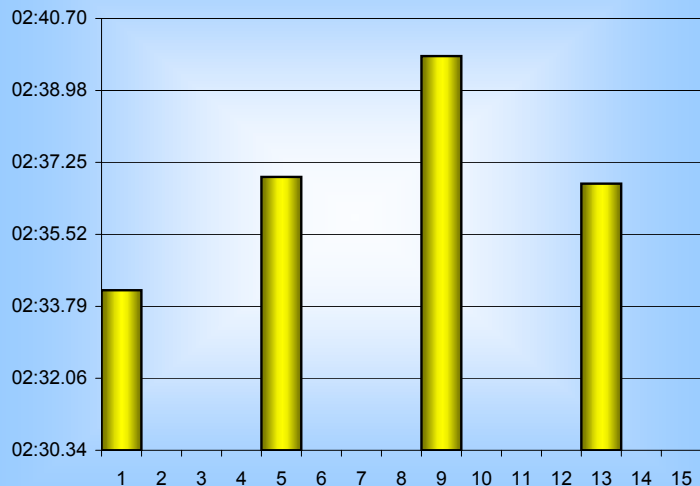
50m splits



100m splits



200m splits



400m splits

