

Bill Forbes

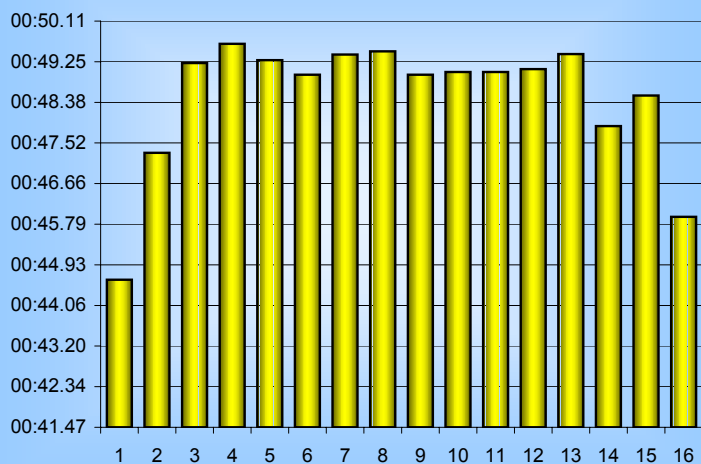
800m Splits

7th September 2007

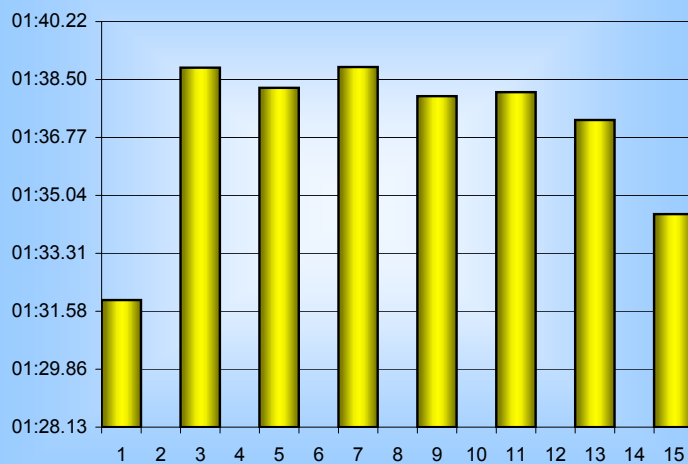
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:44.61	00:44.61				
100	01:31.92	00:47.31	01:31.92			
150	02:21.14	00:49.22	01:38.85	03:10.77		
200	03:10.77	00:49.63	01:38.25		06:27.89	
250	04:00.05	00:49.28	01:38.87			
300	04:49.02	00:48.97	01:38.00	03:17.12		
350	05:38.42	00:49.40	01:38.12			
400	06:27.89	00:49.47	01:38.12			12:55.78
450	07:16.86	00:48.97	01:37.29			
500	08:05.89	00:49.03	01:34.48	03:16.12		
550	08:54.92	00:49.03				
600	09:44.01	00:49.09			06:27.89	
650	10:33.42	00:49.41				
700	11:21.30	00:47.88		03:11.77		
750	12:09.83	00:48.53				
800	12:55.78	00:45.95				
Averages		00:48.49	01:36.97	03:13.94	06:27.89	12:55.78

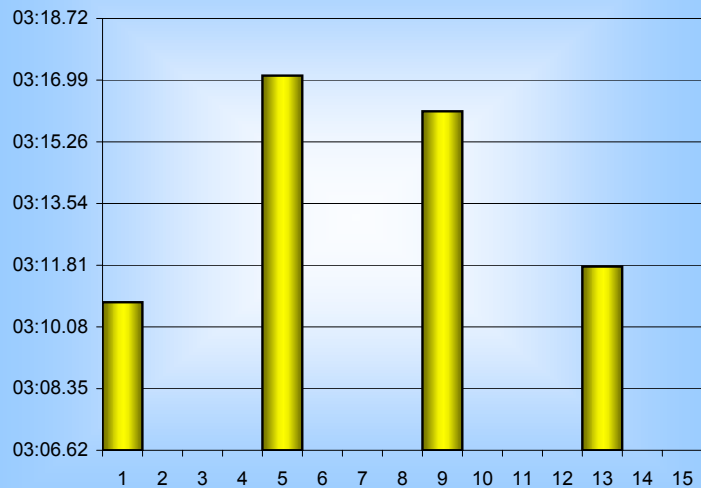
50m splits



100m splits



200m splits



400m splits

