

Bruce Cook

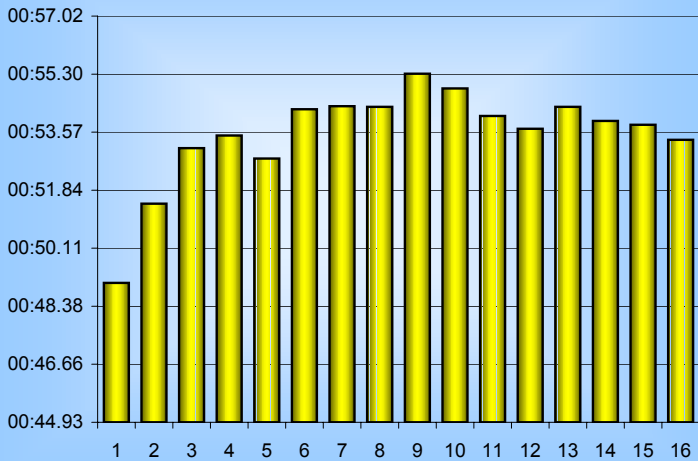
800m Splits

7th September 2007

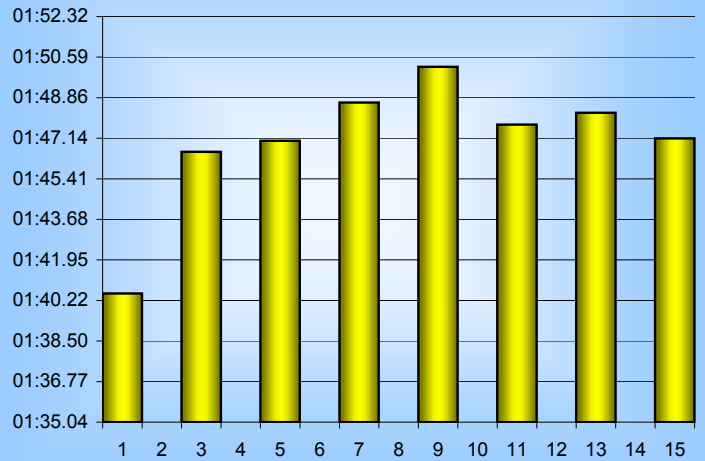
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:49.08	00:49.08				
100	01:40.52	00:51.44	01:40.52			
150	02:33.61	00:53.09		03:27.08		
200	03:27.08	00:53.47	01:46.56			
250	04:19.86	00:52.78		03:35.69	07:02.77	
300	05:14.11	00:54.25	01:47.03			
350	06:08.45	00:54.34		03:35.69		
400	07:02.77	00:54.32	01:48.66			
450	07:58.08	00:55.31				
500	08:52.95	00:54.87	01:50.18	03:37.90		
550	09:47.00	00:54.05				
600	10:40.67	00:53.67	01:47.72			
650	11:34.99	00:54.32			07:13.25	
700	12:28.89	00:53.90	01:48.22			
750	13:22.68	00:53.79		03:35.35		
800	14:16.02	00:53.34	01:47.13			
Averages		00:53.50	01:47.00	03:34.00	07:08.01	14:16.02

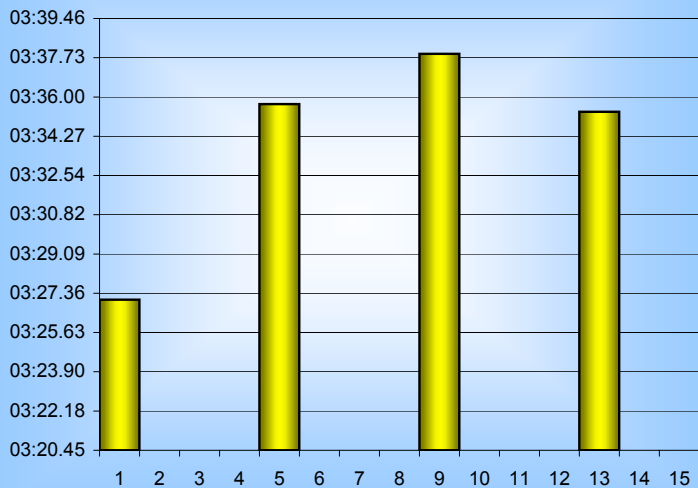
50m splits



100m splits



200m splits



400m splits

