

David O'Brien

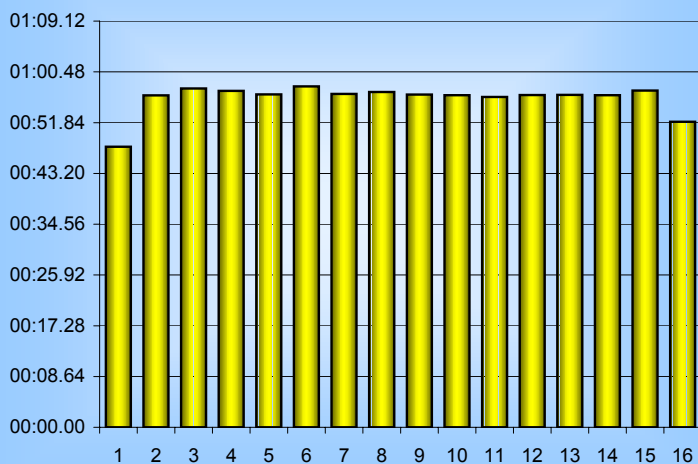
800m Splits

7th September 2007

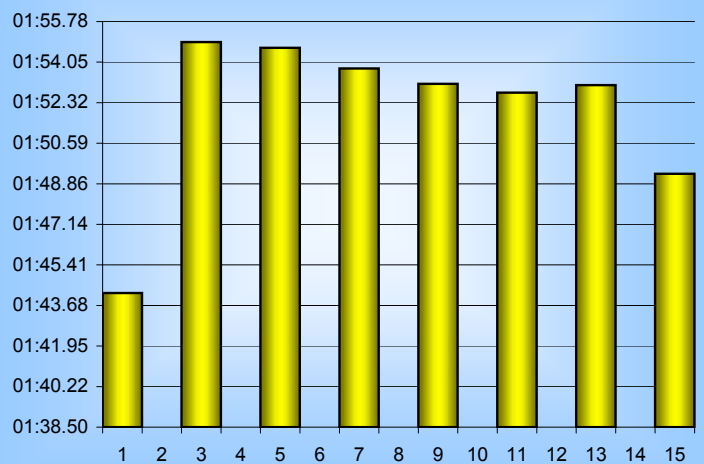
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:47.74	00:47.74				
100	01:44.21	00:56.47	01:44.21			
150	02:41.86	00:57.65	01:54.90	03:39.11		
200	03:39.11	00:57.25	01:54.66		07:27.55	
250	04:35.77	00:56.66	01:54.66			
300	05:33.77	00:58.00	01:53.78	03:48.44		
350	06:30.49	00:56.72	01:53.12			
400	07:27.55	00:57.06	01:53.12			14:55.78
450	08:24.17	00:56.62	01:53.12			
500	09:20.67	00:56.50	01:52.75	03:45.87		
550	10:16.89	00:56.22	01:52.75			
600	11:13.42	00:56.53	01:53.07		07:28.23	
650	12:09.99	00:56.57	01:53.07			
700	13:06.49	00:56.50	01:49.29	03:42.36		
750	14:03.78	00:57.29	01:49.29			
800	14:55.78	00:52.00				
Averages		00:55.99	01:51.97	03:43.94	07:27.89	14:55.78

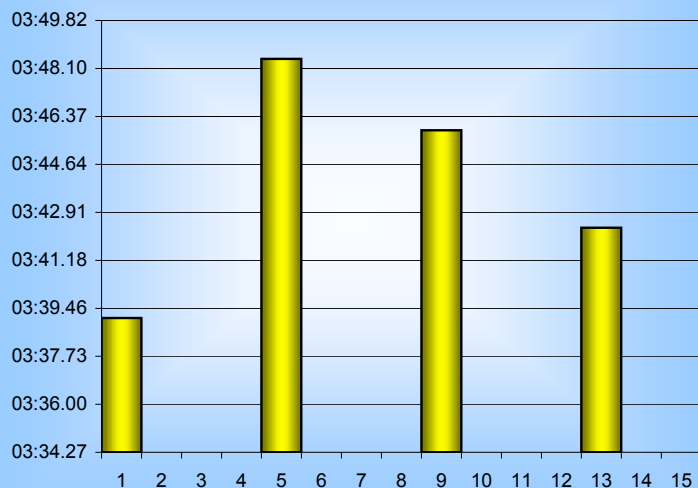
50m splits



100m splits



200m splits



400m splits

