

Fred McLaughlin

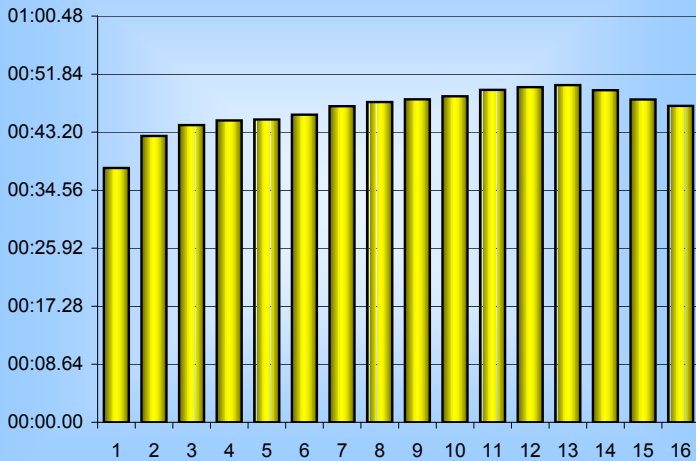
800m Splits

7th September 2007

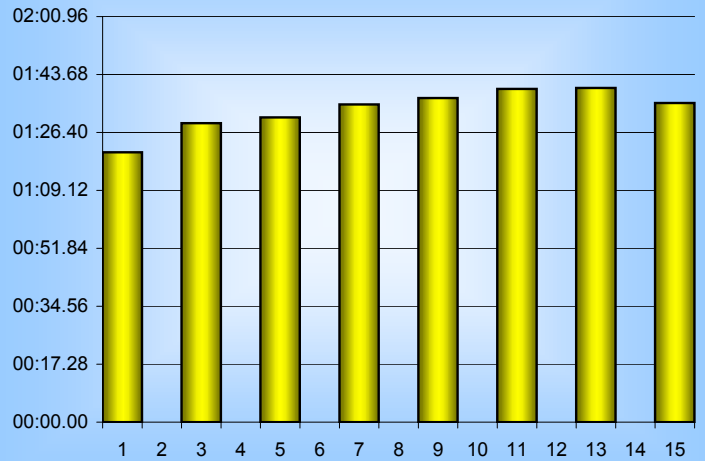
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:37.87	00:37.87				
100	01:20.49	00:42.62	01:20.49			
150	02:04.74	00:44.25	01:29.19	02:49.68		
200	02:49.68	00:44.94			05:55.33	
250	03:34.77	00:45.09	01:30.90			
300	04:20.58	00:45.81		03:05.65		
350	05:07.65	00:47.07	01:34.75			
400	05:55.33	00:47.68		03:16.04		12:26.19
450	06:43.43	00:48.10	01:36.64			
500	07:31.97	00:48.54		03:16.04		
550	08:21.46	00:49.49	01:39.40		06:30.86	
600	09:11.37	00:49.91		03:14.82		
650	10:01.58	00:50.21	01:39.65			
700	10:51.02	00:49.44				
750	11:39.08	00:48.06	01:35.17			
800	12:26.19	00:47.11				
Averages		00:46.64	01:33.27	03:06.55	06:13.10	12:26.19

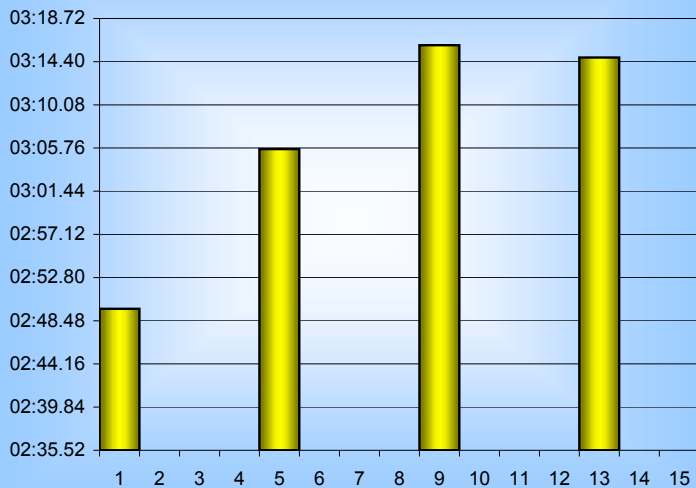
50m splits



100m splits



200m splits



400m splits

