

Gerard Malone

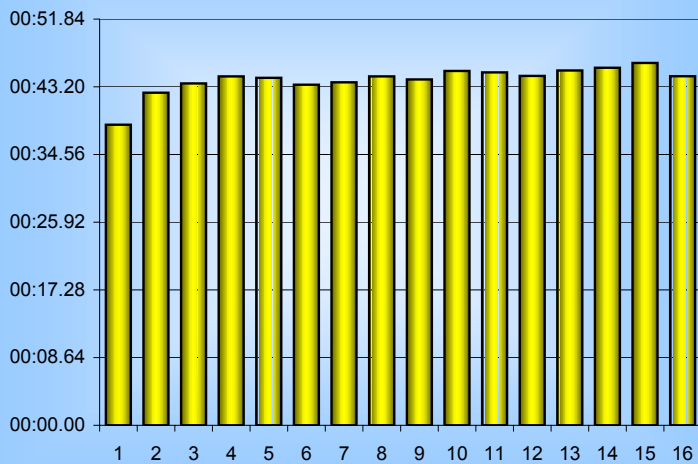
800m Splits

7th September 2007

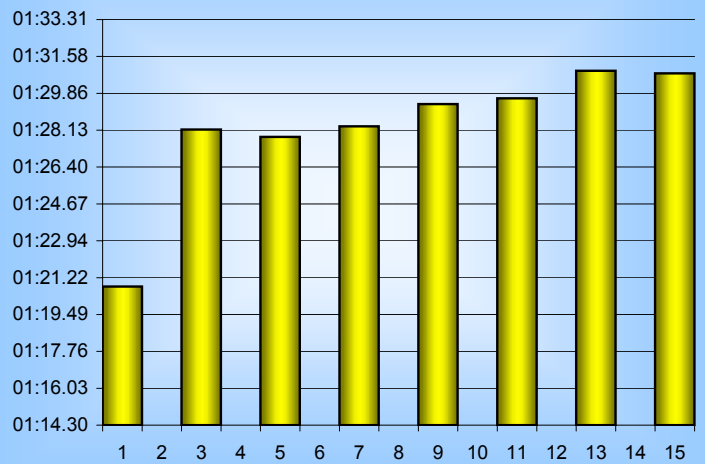
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:38.36	00:38.36				
100	01:20.80	00:42.44	01:20.80			
150	02:04.43	00:43.63	01:28.16	02:48.96		
200	02:48.96	00:44.53	01:27.81		05:45.08	
250	03:33.30	00:44.34	01:28.31	02:56.12		
300	04:16.77	00:43.78	01:29.35			
350	05:00.55	00:44.53	01:29.62	02:58.97		
400	05:45.08	00:44.13	01:30.91		06:00.67	11:45.75
450	06:29.21	00:45.22	01:30.79	03:01.70		
500	07:14.43	00:45.03				
550	07:59.46	00:44.59				
600	08:44.05	00:45.28				
650	09:29.33	00:45.63				
700	10:14.96	00:46.25				
750	11:01.21	00:44.54				
800	11:45.75					
Averages		00:44.11	01:28.22	02:56.44	05:52.87	11:45.75

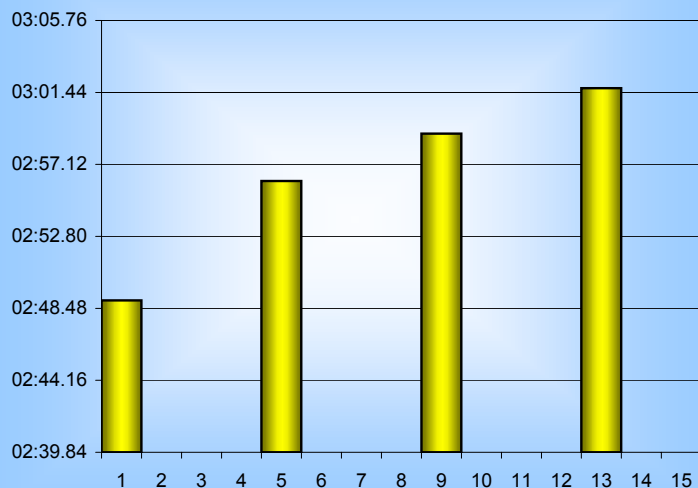
50m splits



100m splits



200m splits



400m splits

