

# Heather Allan

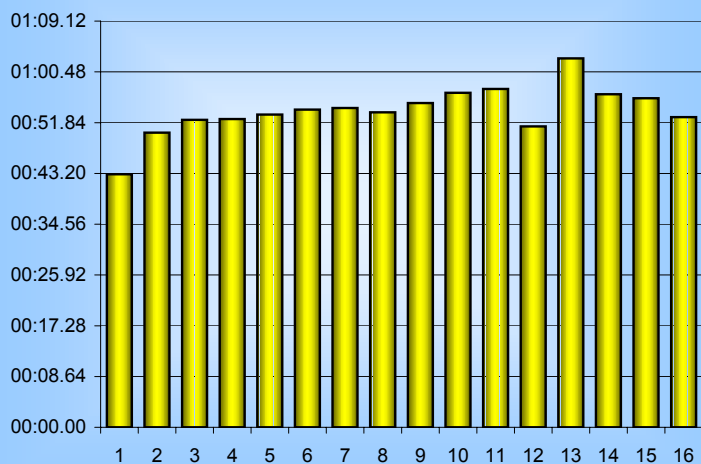
## 800m Splits

7th September 2007

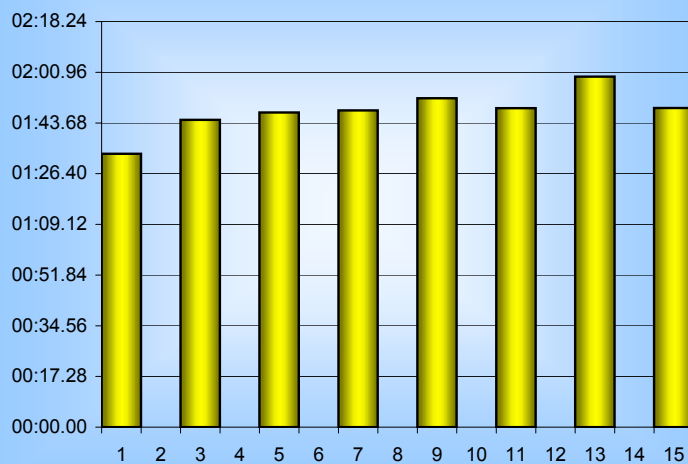
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:43.05	00:43.05				
100	01:33.18	00:50.13	01:33.18			
150	02:25.49	00:52.31	01:44.75	03:17.93		
200	03:17.93	00:52.44			06:53.15	
250	04:11.15	00:53.22	01:47.28			
300	05:05.21	00:54.06	01:47.94	03:35.22		
350	05:59.55	00:54.34	01:47.94			
400	06:53.15	00:53.60	01:52.09			14:22.22
450	07:48.33	00:55.18				
500	08:45.24	00:56.91	01:48.75	03:40.84		
550	09:42.80	00:57.56			07:29.07	
600	10:33.99	00:51.19	01:59.45			
650	11:36.77	01:02.78	01:59.45			
700	12:33.44	00:56.67		03:48.23		
750	13:29.43	00:55.99	01:48.78			
800	14:22.22	00:52.79				
<b>Averages</b>		<b>00:53.89</b>	<b>01:47.78</b>	<b>03:35.56</b>	<b>07:11.11</b>	<b>14:22.22</b>

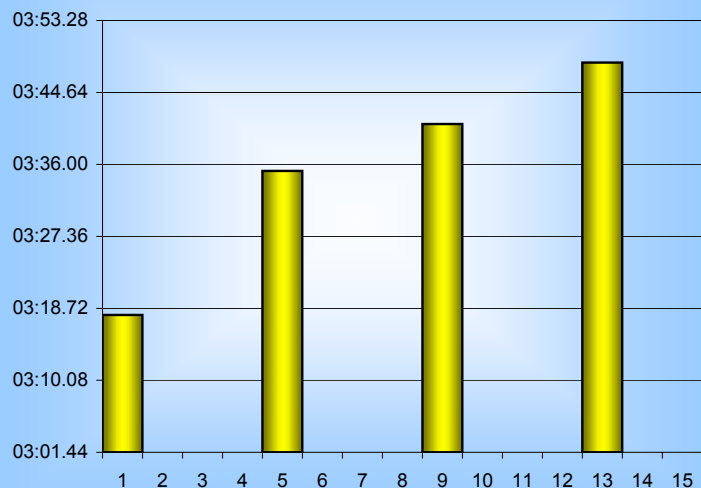
50m splits



100m splits



200m splits



400m splits

