

Ian Scott

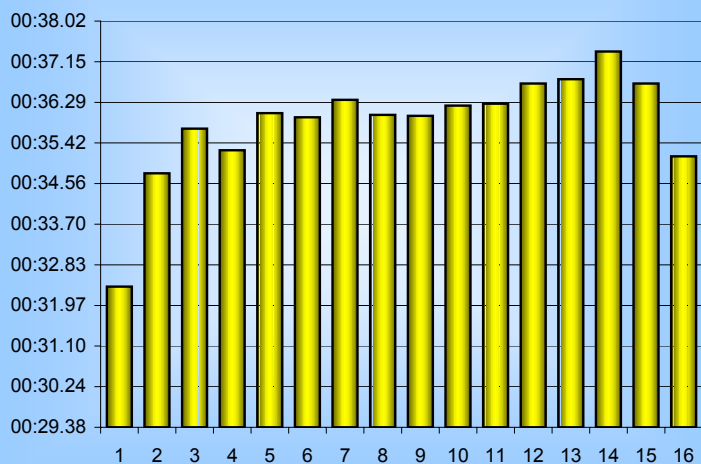
800m Splits

7th September 2007

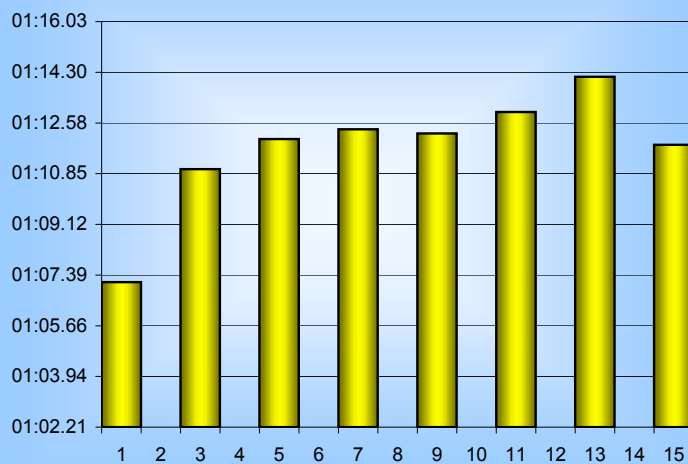
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:32.37	00:32.37				
100	01:07.15	00:34.78	01:07.15			
150	01:42.88	00:35.73	01:11.00	02:18.15		
200	02:18.15	00:35.27	01:12.03		04:42.54	
250	02:54.21	00:36.06	01:12.36	02:24.39		
300	03:30.18	00:35.97	01:12.36			
350	04:06.52	00:36.34	01:12.22			
400	04:42.54	00:36.02	01:12.22			09:33.69
450	05:18.54	00:36.00	01:12.95	02:25.17		
500	05:54.76	00:36.22	01:14.15		04:51.15	
550	06:31.02	00:36.26	01:14.15	02:25.98		
600	07:07.71	00:36.69	01:11.83			
650	07:44.49	00:36.78				
700	08:21.86	00:37.37				
750	08:58.55	00:36.69				
800	09:33.69	00:35.14				
Averages		00:35.86	01:11.71	02:23.42	04:46.85	09:33.69

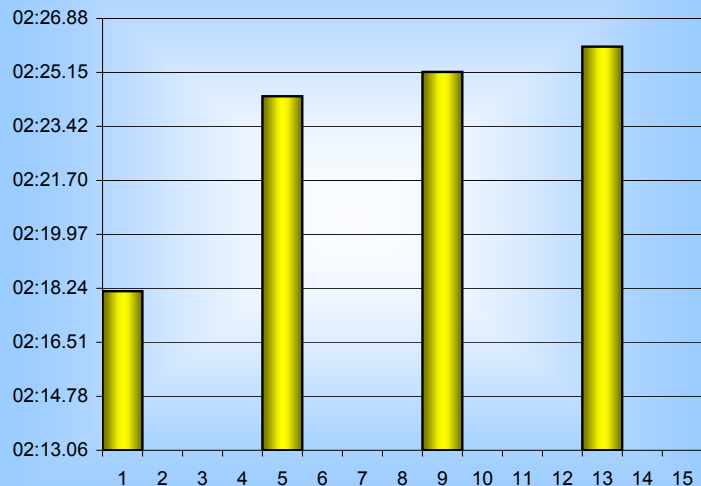
50m splits



100m splits



200m splits



400m splits

