

Irene Allan

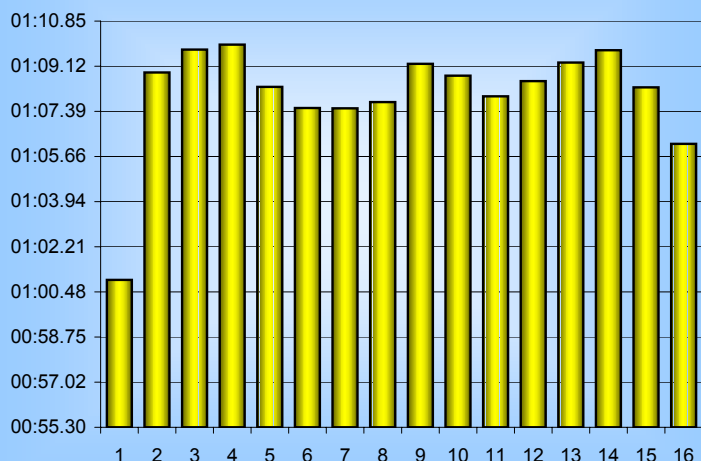
800m Splits

7th September 2007

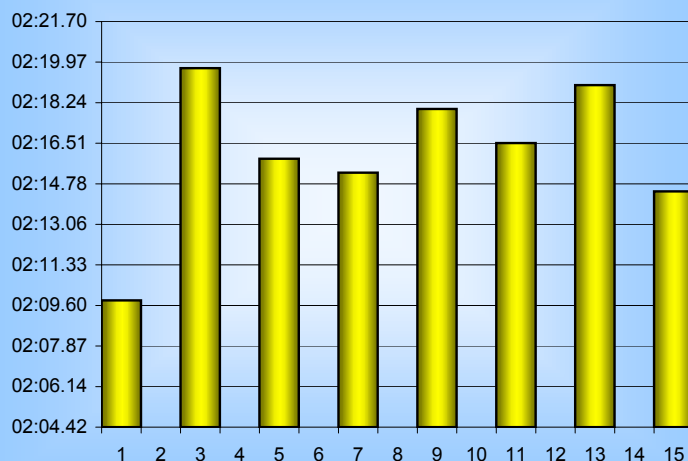
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	01:00.94	01:00.94				
100	02:09.82	01:08.88	02:09.82			
150	03:19.58	01:09.76	02:19.71	04:29.53		
200	04:29.53	01:09.95	02:15.85		09:00.64	
250	05:37.86	01:08.33	02:15.26	04:31.11		
300	06:45.38	01:07.52	02:17.97			
350	07:52.89	01:07.75	02:16.52	04:34.49		
400	09:00.64	01:09.21	02:18.99		09:07.94	
450	10:09.85	01:08.76	02:14.46	04:33.45		
500	11:18.61	01:07.97				
550	12:26.58	01:08.55				
600	13:35.13	01:09.26				
650	14:44.39	01:09.73				
700	15:54.12	01:08.31				
750	17:02.43	01:06.15				
800	18:08.58					18:08.58
Averages		01:08.04	02:16.07	04:32.15	09:04.29	18:08.58

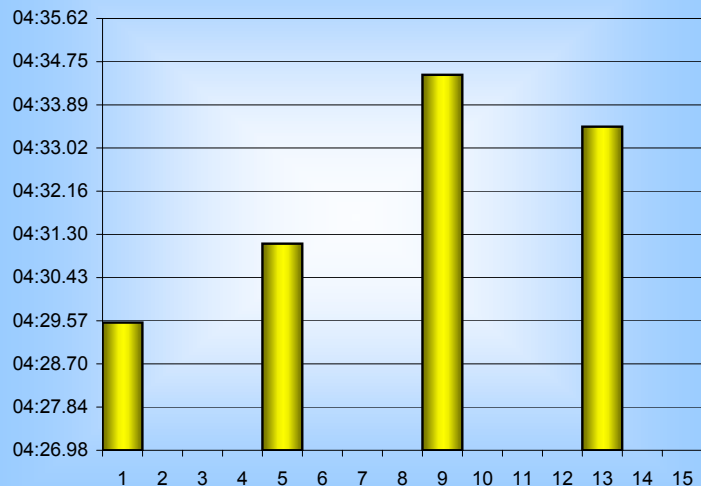
50m splits



100m splits



200m splits



400m splits

