

James Hendry

800m Splits

7th September 2007

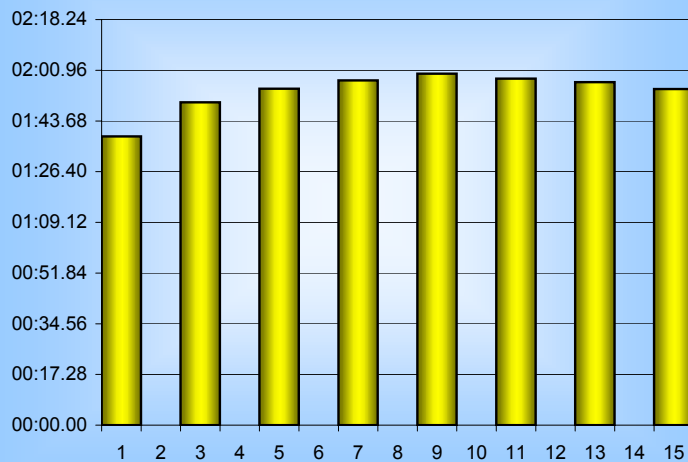
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:46.43	00:46.43				
100	01:38.39	00:51.96	01:38.39			
150	02:32.31	00:53.92	01:50.04	03:28.43		
200	03:28.43	00:56.12	01:54.66		07:20.62	
250	04:25.31	00:56.88	01:57.53	03:52.19		
300	05:23.09	00:57.78	01:59.81			
350	06:20.68	00:57.59	01:58.13	03:57.94		
400	07:20.62	00:59.94	01:56.93		07:49.42	
450	08:20.09	00:59.47	01:54.55	03:51.48		
500	09:20.43	01:00.34				15:10.04
550	10:20.84	01:00.41				
600	11:18.56	00:57.72				
650	12:16.81	00:58.25				
700	13:15.49	00:58.68				
750	14:14.65	00:59.16				
800	15:10.04	00:55.39				
Averages		00:56.88	01:53.76	03:47.51	07:35.02	15:10.04

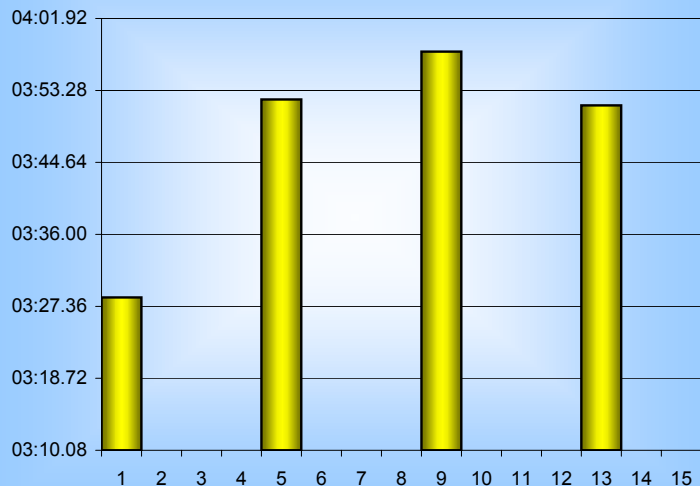
50m splits



100m splits



200m splits



400m splits

