

John Dyer

800m Splits

7th September 2007

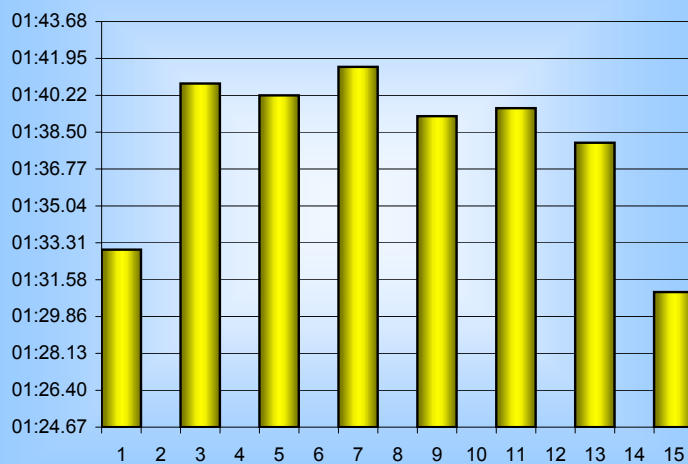
Inverclyde Masters

| Distance (m) | Elapsed Time | 50 splits | 100 splits | 200 splits | 400 splits | 800 splits |
|-----------------|--------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 50 | 00:43.83 | 00:43.83 | | | | |
| 100 | 01:32.99 | 00:49.16 | 01:32.99 | | | |
| 150 | 02:23.27 | 00:50.28 | 01:40.78 | 03:13.77 | | |
| 200 | 03:13.77 | 00:50.50 | 01:40.22 | | 06:35.55 | |
| 250 | 04:04.02 | 00:50.25 | 01:40.22 | | | |
| 300 | 04:53.99 | 00:49.97 | 01:41.56 | 03:21.78 | | |
| 350 | 05:44.86 | 00:50.87 | 01:41.56 | | | |
| 400 | 06:35.55 | 00:50.69 | 01:39.25 | 03:18.87 | | 13:03.42 |
| 450 | 07:24.61 | 00:49.06 | 01:39.25 | | | |
| 500 | 08:14.80 | 00:50.19 | 01:39.62 | | | |
| 550 | 09:04.83 | 00:50.03 | 01:39.62 | 03:09.00 | | |
| 600 | 09:54.42 | 00:49.59 | 01:38.00 | | 06:27.87 | |
| 650 | 10:43.30 | 00:48.88 | 01:38.00 | | | |
| 700 | 11:32.42 | 00:49.12 | 01:31.00 | | | |
| 750 | 12:20.67 | 00:48.25 | | | | |
| 800 | 13:03.42 | 00:42.75 | | | | |
| Averages | | 00:48.96 | 01:37.93 | 03:15.85 | 06:31.71 | 13:03.42 |

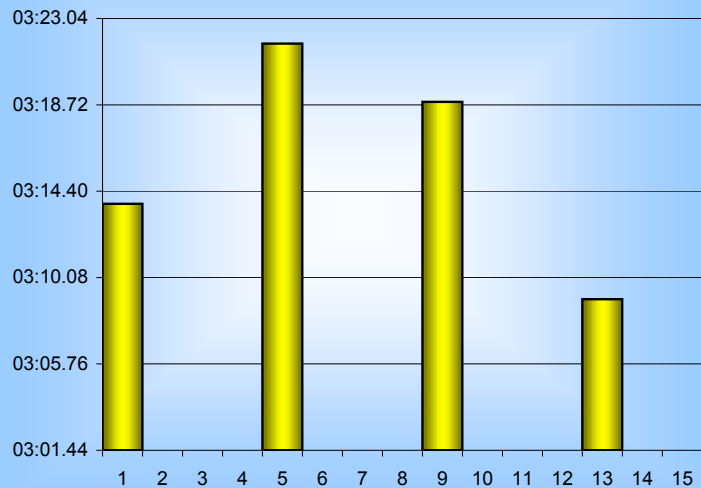
50m splits



100m splits



200m splits



400m splits

