

Kirsten van Cauteren

800m Splits

7th September 2007

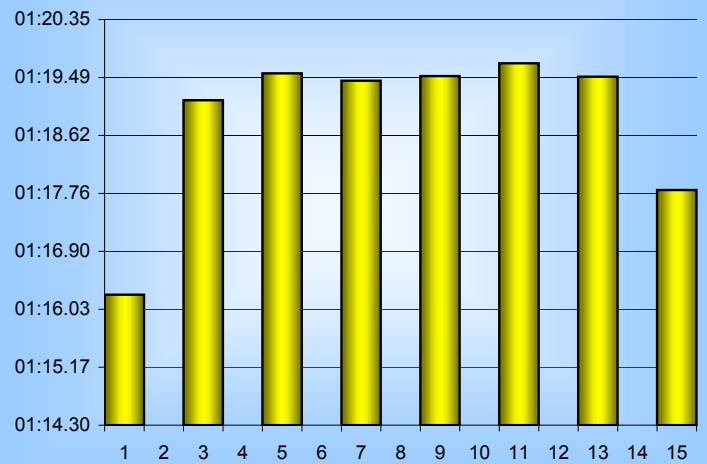
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:36.45	00:36.45				
100	01:16.25	00:39.80	01:16.25			
150	01:55.71	00:39.46	01:19.15	02:35.40		
200	02:35.40	00:39.69	01:19.55		05:14.39	
250	03:15.16	00:39.76	01:19.55			
300	03:54.95	00:39.79	01:19.44	02:38.99		
350	04:34.76	00:39.81	01:19.51			
400	05:14.39	00:39.63	01:19.51			10:30.91
450	05:54.24	00:39.85	01:19.70			
500	06:33.90	00:39.66	01:19.50	02:39.21		
550	07:13.77	00:39.87	01:17.81			
600	07:53.60	00:39.83			05:16.52	
650	08:33.27	00:39.67				
700	09:13.10	00:39.83				
750	09:52.54	00:39.44		02:37.31		
800	10:30.91	00:38.37				
Averages		00:39.43	01:18.86	02:37.73	05:15.45	10:30.91

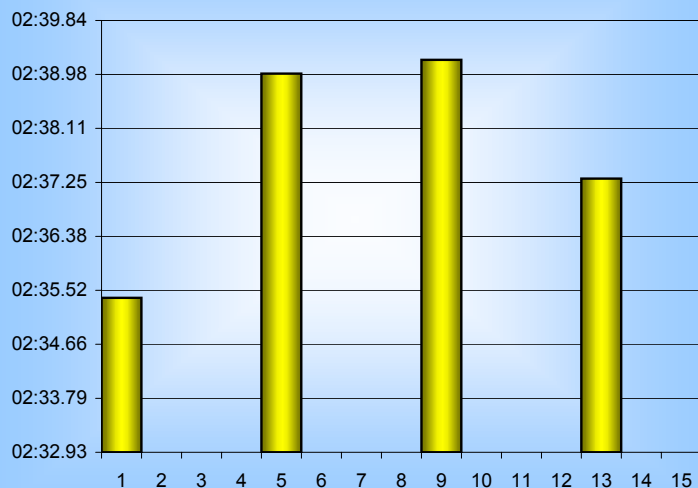
50m splits



100m splits



200m splits



400m splits

