

Lucy Birch

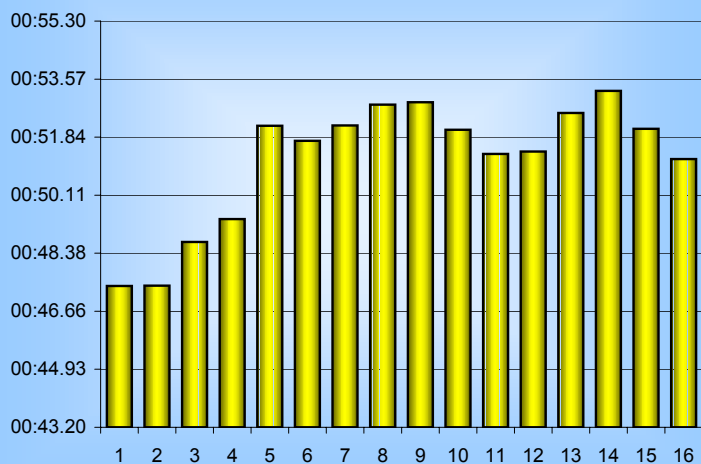
800m Splits

7th September 2007

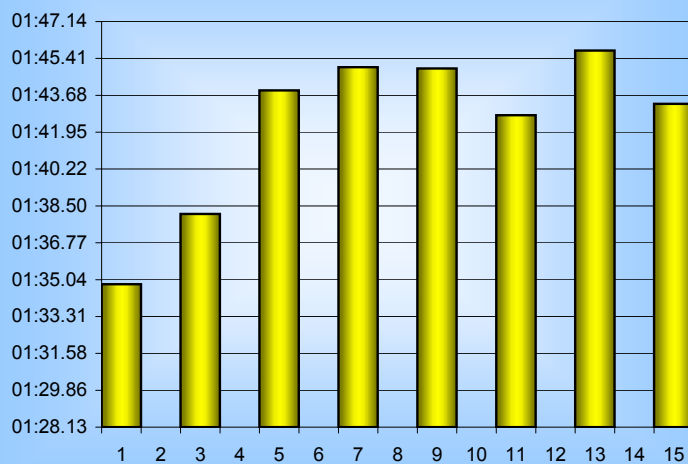
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:47.41	00:47.41				
100	01:34.83	00:47.42	01:34.83			
150	02:23.55	00:48.72	01:38.12	03:12.95		
200	03:12.95	00:49.40	01:43.91		06:41.86	
250	04:05.13	00:52.18	01:45.00			
300	04:56.86	00:51.73	01:44.94	03:28.91		
350	05:49.05	00:52.19	01:42.75			
400	06:41.86	00:52.81	01:45.78		06:56.75	
450	07:34.74	00:52.88	01:43.28			13:38.61
500	08:26.80	00:52.06		03:27.69		
550	09:18.14	00:51.34				
600	10:09.55	00:51.41				
650	11:02.11	00:52.56				
700	11:55.33	00:53.22		03:29.06		
750	12:47.42	00:52.09				
800	13:38.61	00:51.19				
Averages		00:51.16	01:42.33	03:24.65	06:49.31	13:38.61

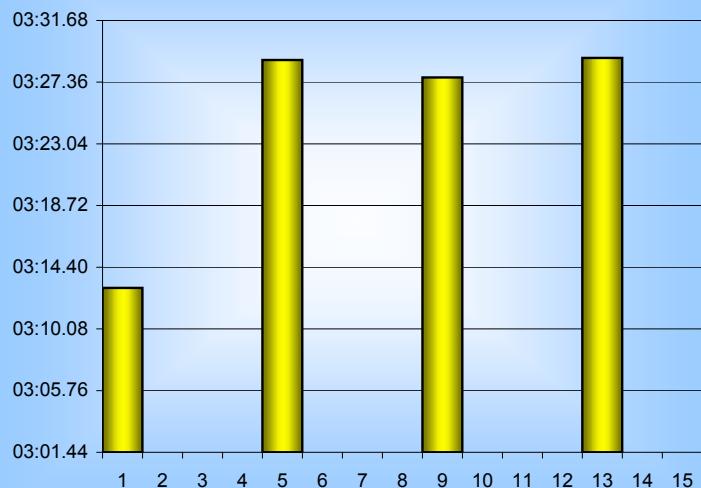
50m splits



100m splits



200m splits



400m splits

