

Betty McMillan

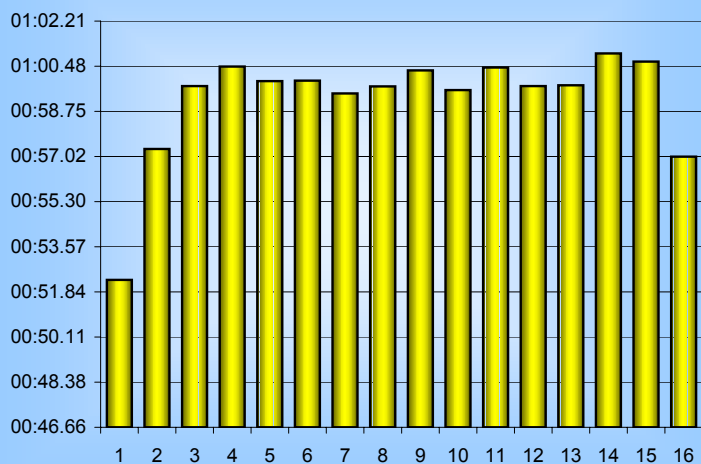
800m Splits

7th September 2007

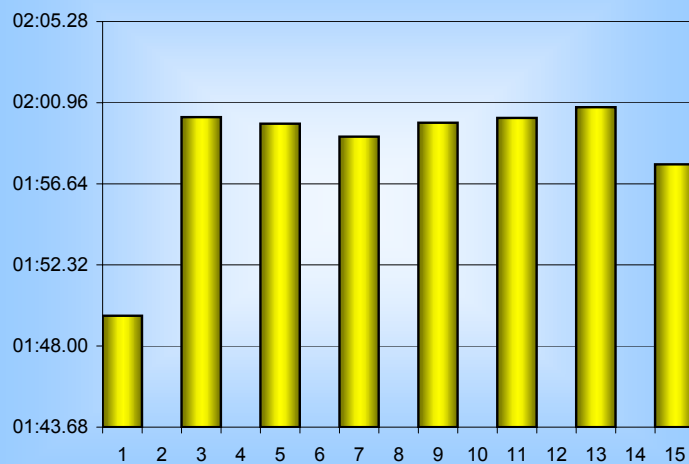
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:52.30	00:52.30				
100	01:49.61	00:57.31	01:49.61			
150	02:49.33	00:59.72	02:00.19	03:49.80		
200	03:49.80	01:00.47				
250	04:49.71	00:59.91	01:59.84		07:48.79	
300	05:49.64	00:59.93				
350	06:49.08	00:59.44	01:59.15	03:58.99		
400	07:48.79	00:59.71				
450	08:49.11	01:00.32	01:59.89			15:47.23
500	09:48.68	00:59.57		04:00.04		
550	10:49.11	01:00.43	02:00.15			
600	11:48.83	00:59.72			07:58.44	
650	12:48.58	00:59.75	02:00.72			
700	13:49.55	01:00.97		03:58.40		
750	14:50.21	01:00.66	01:57.68			
800	15:47.23	00:57.02				
Averages		00:59.20	01:58.40	03:56.81	07:53.61	15:47.23

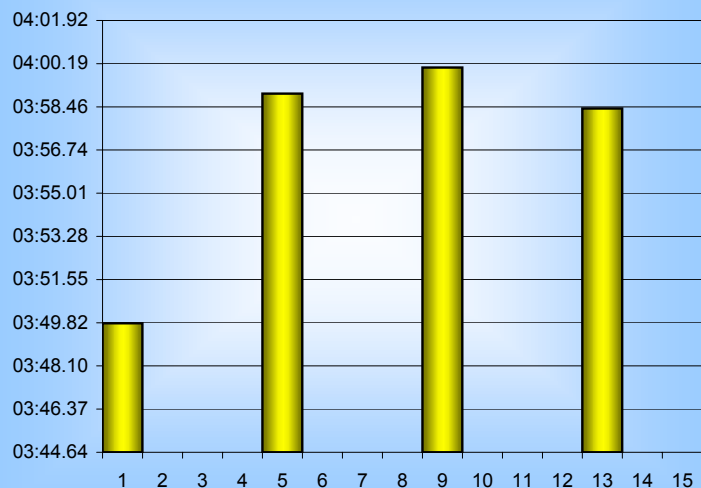
50m splits



100m splits



200m splits



400m splits

