

Melissa Mackin

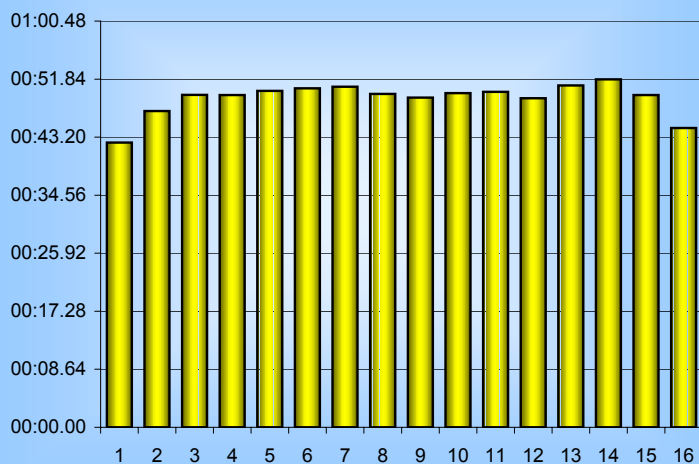
800m Splits

7th September 2007

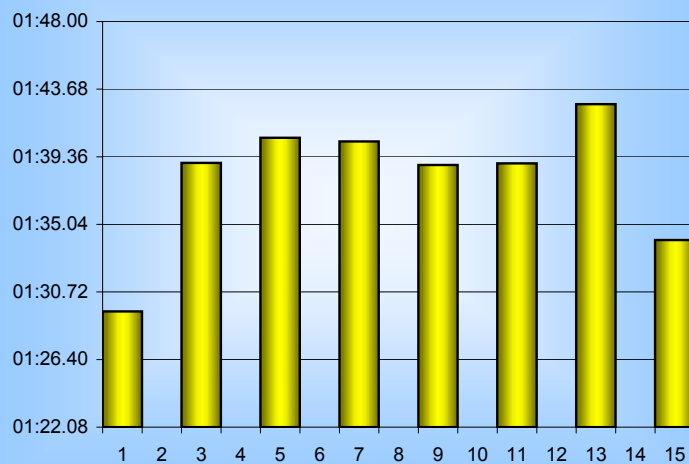
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:42.39	00:42.39				
100	01:29.48	00:47.09	01:29.48			
150	02:18.98	00:49.50	01:38.97	03:08.45		
200	03:08.45	00:49.47	01:40.57		06:29.36	
250	03:58.55	00:50.10	01:40.34	03:20.91		
300	04:49.02	00:50.71	01:40.34			
350	05:39.73	00:49.63	01:38.84	03:17.78		
400	06:29.36	00:49.09	01:38.94		06:34.54	13:03.90
450	07:18.45	00:49.75	01:42.72	03:16.76		
500	08:08.20	00:49.94	01:34.04			
550	08:58.14	00:49.00				
600	09:47.14	00:50.91				
650	10:38.05	00:51.81				
700	11:29.86	00:49.47				
750	12:19.33	00:44.57				
800	13:03.90					
Averages		00:48.99	01:37.99	03:15.97	06:31.95	13:03.90

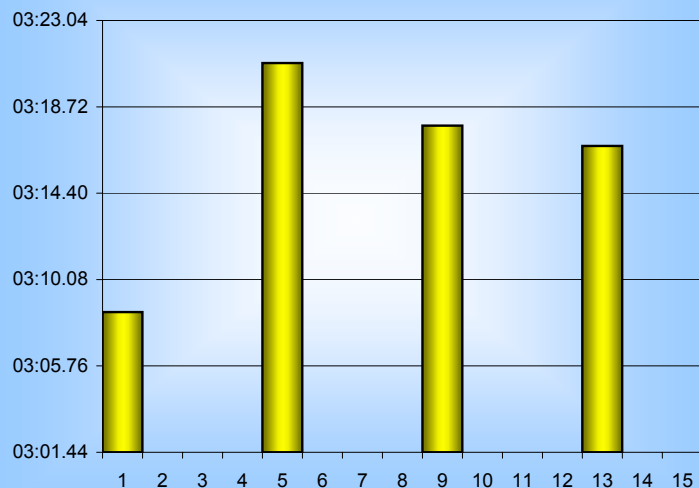
50m splits



100m splits



200m splits



400m splits

