

Robert Mitchell

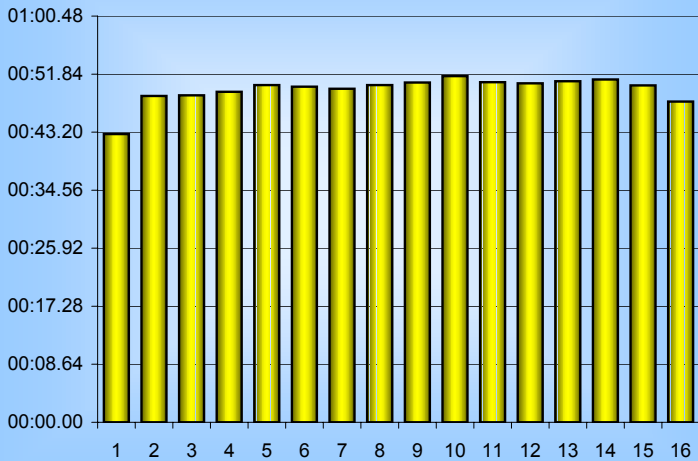
800m Splits

7th September 2007

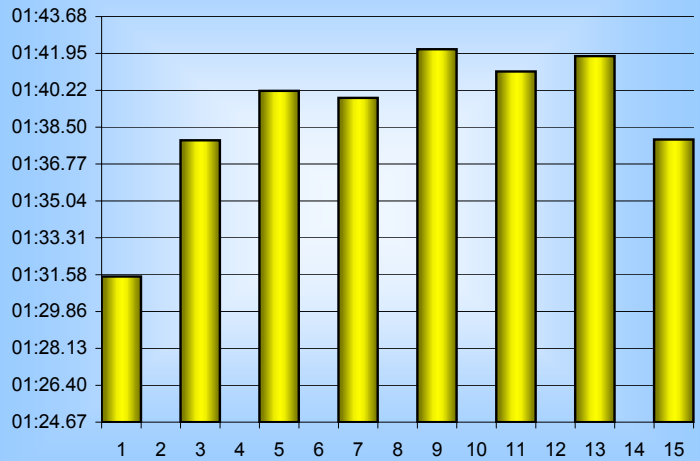
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:42.92	00:42.92				
100	01:31.50	00:48.58	01:31.50			
150	02:20.18	00:48.68	01:37.88	03:09.38		
200	03:09.38	00:49.20	01:40.20		06:29.45	
250	03:59.60	00:50.22	01:39.87	03:20.07		
300	04:49.58	00:49.98	01:42.15			
350	05:39.24	00:49.66	01:41.11	03:23.26		
400	06:29.45	00:50.21	01:41.83		06:43.01	
450	07:20.05	00:50.60	01:37.92	03:19.75		
500	08:11.60	00:51.55				13:12.46
550	09:02.24	00:50.64				
600	09:52.71	00:50.47				
650	10:43.50	00:50.79				
700	11:34.54	00:51.04				
750	12:24.71	00:50.17				
800	13:12.46	00:47.75				
Averages		00:49.53	01:39.06	03:18.12	06:36.23	13:12.46

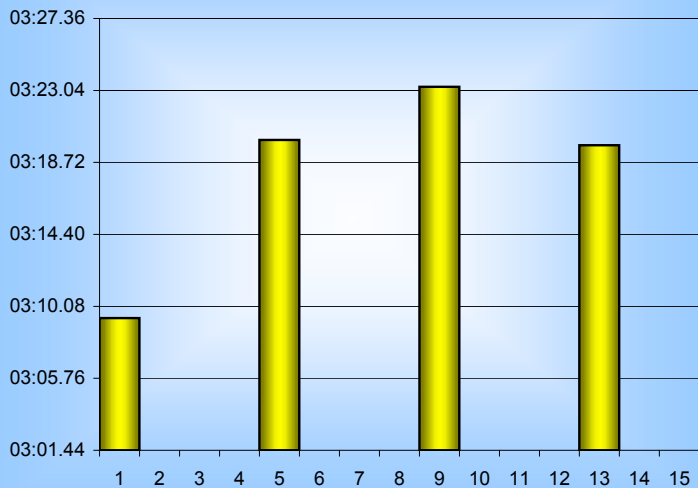
50m splits



100m splits



200m splits



400m splits

