

Robin Balfour

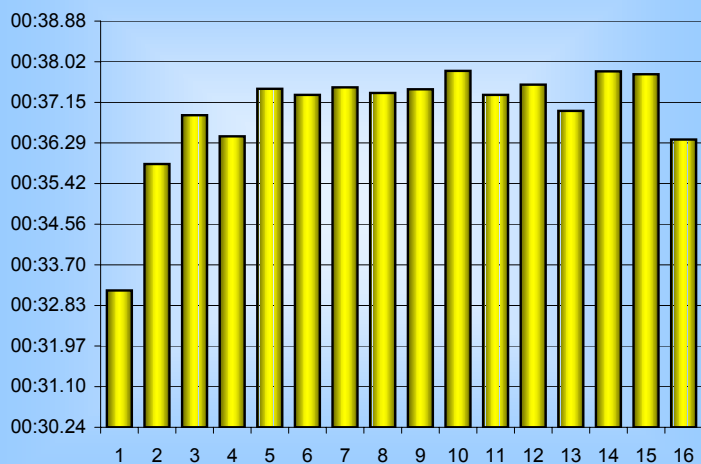
800m Splits

7th September 2007

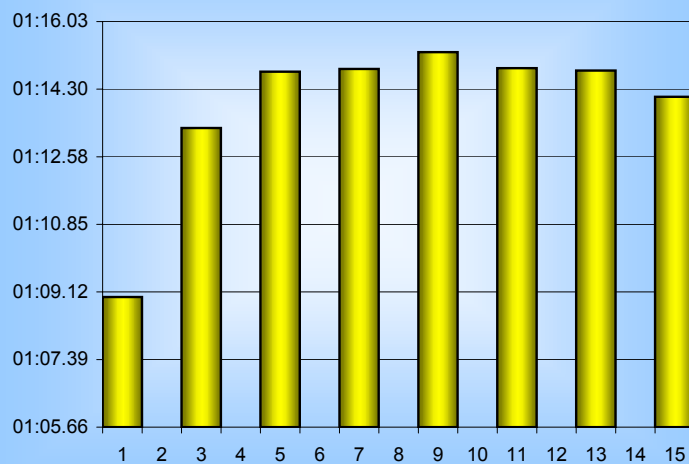
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:33.15	00:33.15				
100	01:08.99	00:35.84	01:08.99			
150	01:45.87	00:36.88	01:13.31	02:22.30		
200	02:22.30	00:36.43	01:14.75		04:51.87	
250	02:59.74	00:37.44	01:14.82	02:29.57		
300	03:37.05	00:37.31	01:15.25			
350	04:14.52	00:37.47	01:14.84	02:30.09		
400	04:51.87	00:37.35	01:14.78		04:58.98	09:50.85
450	05:29.30	00:37.43	01:14.11	02:28.89		
500	06:07.12	00:37.82				
550	06:44.43	00:37.31				
600	07:21.96	00:37.53				
650	07:58.93	00:36.97				
700	08:36.74	00:37.81				
750	09:14.49	00:37.75				
800	09:50.85	00:36.36				
Averages		00:36.93	01:13.86	02:27.71	04:55.42	09:50.85

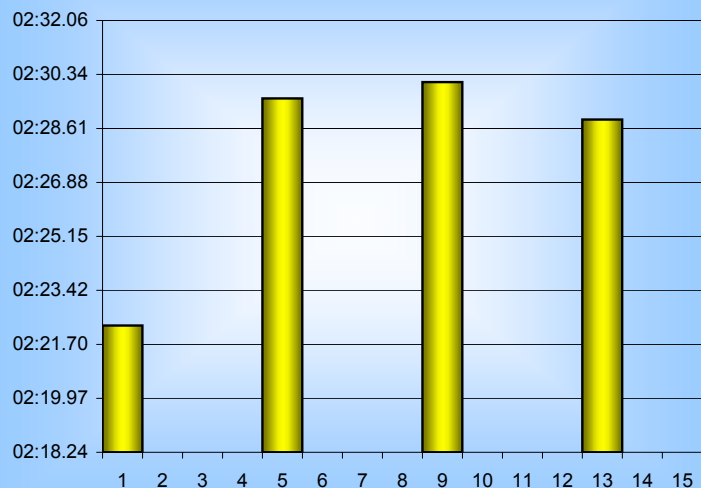
50m splits



100m splits



200m splits



400m splits

