

# Simona Ielo

## 800m Splits

### 7th September 2007

### Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:41.39	00:41.39				
100	01:26.94	00:45.55	01:26.94			
150	02:13.61	00:46.67	01:34.27	03:01.21		
200	03:01.21	00:47.60				
250	03:48.86	00:47.65	01:35.69		06:13.78	
300	04:36.90	00:48.04				
350	05:25.08	00:48.18	01:36.88	03:12.57		
400	06:13.78	00:48.70				
450	07:02.44	00:48.66	01:37.57			12:44.69
500	07:51.35	00:48.91				
550	08:40.12	00:48.77	01:37.89	03:15.46		
600	09:29.24	00:49.12				
650	10:18.90	00:49.66	01:39.76	06:30.91		
700	11:09.00	00:50.10				
750	11:58.52	00:49.52	01:35.69	03:15.45		
800	12:44.69	00:46.17				
<b>Averages</b>		<b>00:47.79</b>	<b>01:35.59</b>	<b>03:11.17</b>	<b>06:22.35</b>	<b>12:44.69</b>

