

Amy Logan

800m Splits

5th September 2008

Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:39.84	00:39.84				
100	01:24.93	00:45.09	01:24.93			
150	02:11.48	00:46.55	01:33.67	02:58.60		
200	02:58.60	00:47.12	01:35.63		06:12.40	
250	03:46.08	00:47.48	01:38.17	03:13.80		
300	04:34.23	00:48.15	01:38.55			
350	05:23.09	00:48.86	01:38.55	03:18.34		
400	06:12.40	00:49.31	01:39.79			12:42.37
450	07:02.05	00:49.65	01:40.46	03:11.63		
500	07:50.95	00:48.90	01:31.17			
550	08:40.77	00:49.82				
600	09:30.74	00:49.97			06:29.97	
650	10:21.38	00:50.64				
700	11:11.20	00:49.82				
750	11:59.18	00:47.98				
800	12:42.37	00:43.19				
Averages		00:47.65	01:35.30	03:10.59	06:21.19	12:42.37

