

Bruce Cook

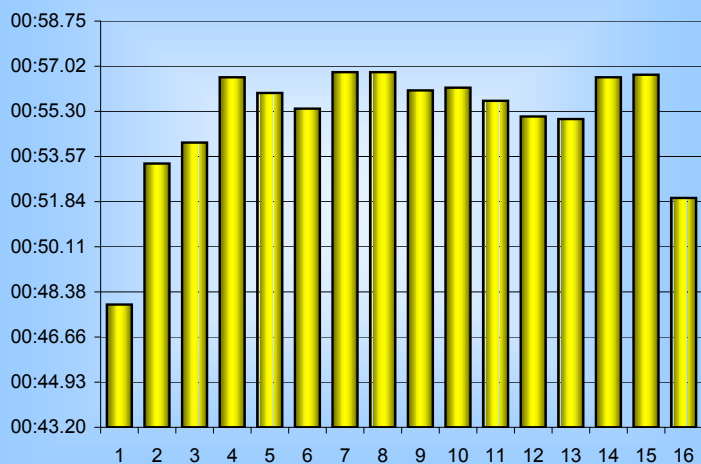
800m Splits

5th September 2008

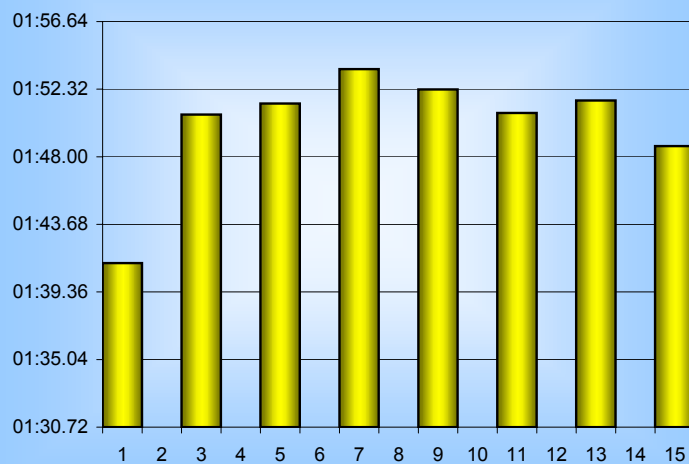
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:47.90	00:47.90				
100	01:41.20	00:53.30	01:41.20			
150	02:35.30	00:54.10	01:50.70	03:31.90		
200	03:31.90	00:56.60	01:51.40		07:16.90	
250	04:27.90	00:56.00	01:51.40			
300	05:23.30	00:55.40	01:53.60	03:45.00		
350	06:20.10	00:56.80	01:53.60			
400	07:16.90	00:56.80	01:52.30			14:40.28
450	08:13.00	00:56.10	01:52.30			
500	09:09.20	00:56.20	01:50.80	03:43.10		
550	10:04.90	00:55.70	01:50.80			
600	11:00.00	00:55.10	01:51.60		07:23.38	
650	11:55.00	00:55.00	01:51.60			
700	12:51.60	00:56.60	01:48.68	03:40.28		
750	13:48.30	00:56.70				
800	14:40.28	00:51.98				
Averages		00:55.02	01:50.03	03:40.07	07:20.14	14:40.28

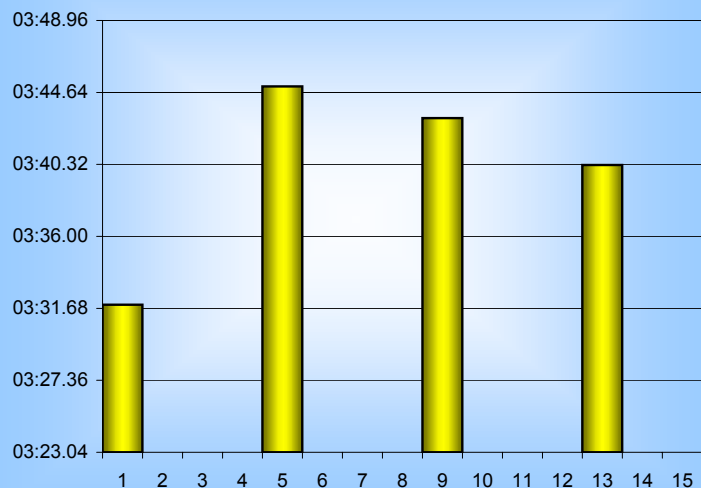
50m splits



100m splits



200m splits



400m splits

