

Douglas McLean

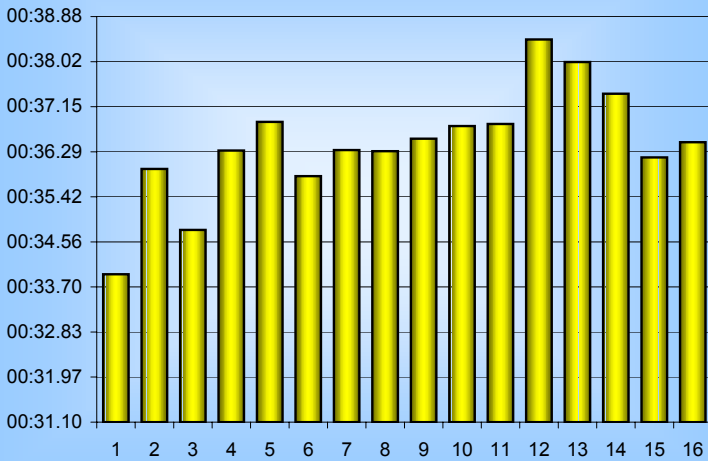
800m Splits

5th September 2008

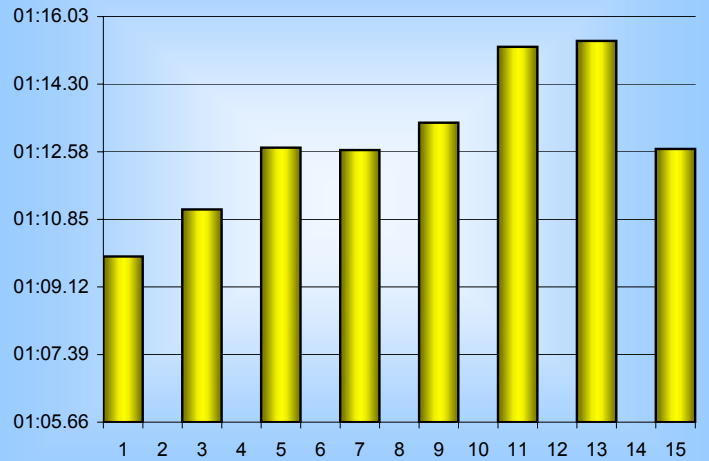
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:33.94	00:33.94				
100	01:09.90	00:35.96	01:09.90			
150	01:44.69	00:34.79		02:21.00		
200	02:21.00	00:36.31	01:11.10			
250	02:57.86	00:36.86			04:46.30	
300	03:33.68	00:35.82	01:12.68			
350	04:10.00	00:36.32		02:25.30		
400	04:46.30	00:36.30	01:12.62			
450	05:22.84	00:36.54				09:42.94
500	05:59.62	00:36.78	01:13.32			
550	06:36.44	00:36.82		02:28.58		
600	07:14.88	00:38.44	01:15.26			
650	07:52.89	00:38.01			04:56.64	
700	08:30.29	00:37.40	01:15.41			
750	09:06.47	00:36.18		02:28.06		
800	09:42.94	00:36.47	01:12.65			
Averages		00:36.43	01:12.87	02:25.73	04:51.47	09:42.94

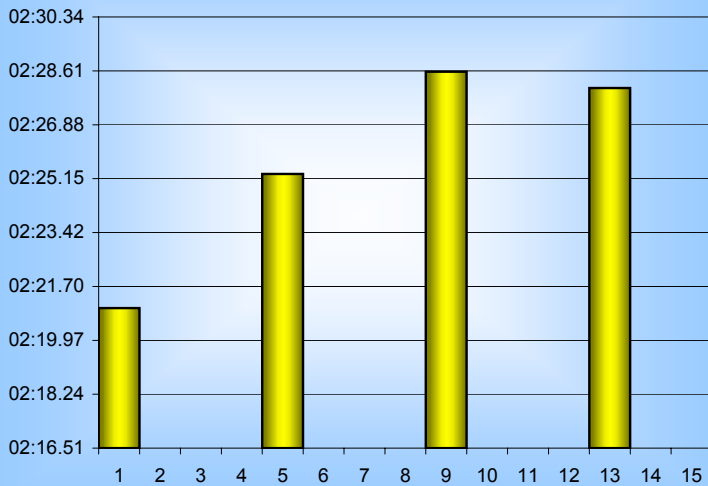
50m splits



100m splits



200m splits



400m splits

