

Elaine Fraser

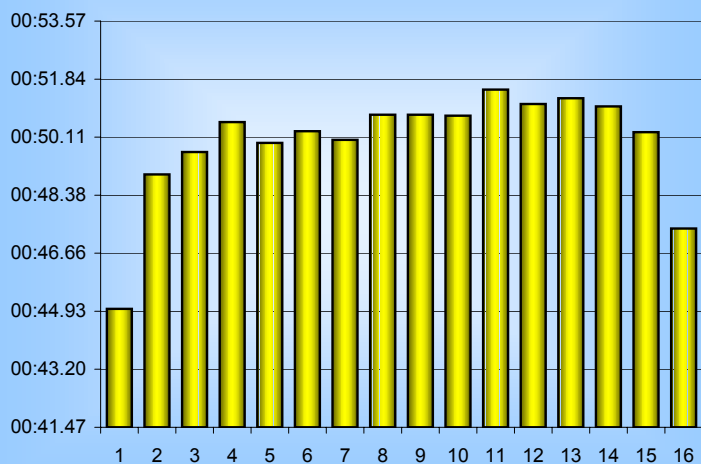
800m Splits

5th September 2008

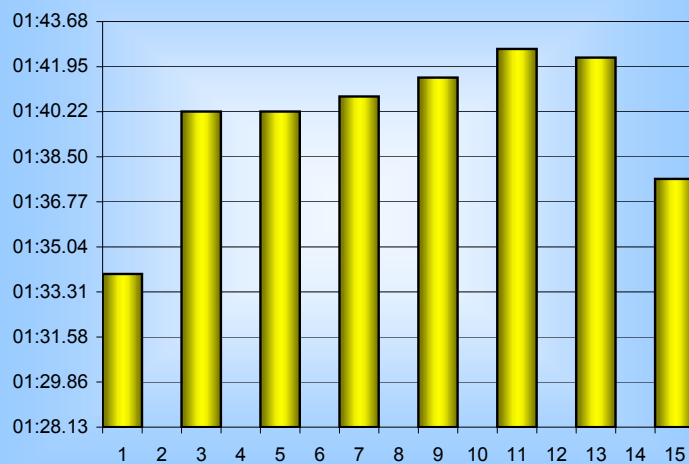
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:45.00	00:45.00				
100	01:34.00	00:49.00	01:34.00			
150	02:23.67	00:49.67	01:40.23	03:14.23		
200	03:14.23	00:50.56	01:40.23		06:35.27	
250	04:04.17	00:49.94	01:40.23			
300	04:54.46	00:50.29	01:40.23			
350	05:44.49	00:50.03	01:40.81	03:21.04		
400	06:35.27	00:50.78	01:40.81			13:19.38
450	07:26.05	00:50.78	01:41.53			
500	08:16.80	00:50.75	01:41.53	03:24.16		
550	09:08.33	00:51.53	01:42.63			
600	09:59.43	00:51.10	01:42.63		06:44.11	
650	10:50.70	00:51.27	01:42.30			
700	11:41.73	00:51.03	01:42.30	03:19.95		
750	12:31.99	00:50.26	01:37.65			
800	13:19.38	00:47.39				
Averages		00:49.96	01:39.92	03:19.84	06:39.69	13:19.38

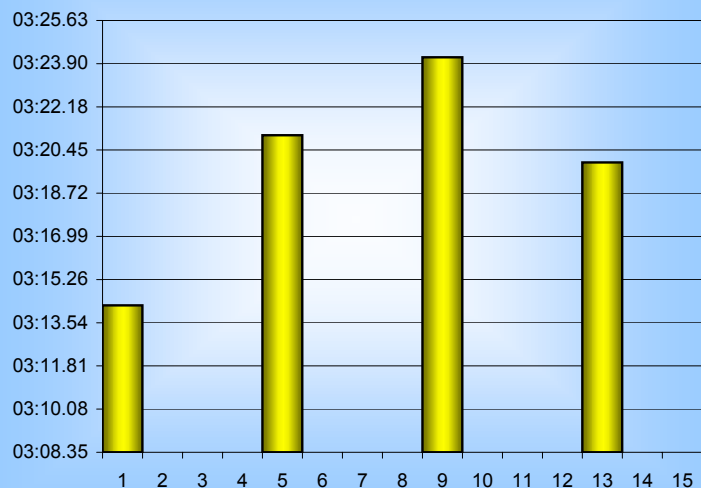
50m splits



100m splits



200m splits



400m splits

