

# Elaine Porteous

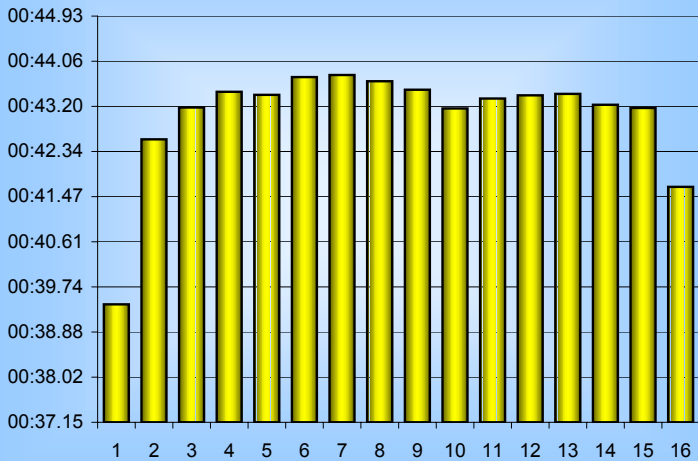
## 800m Splits

5th September 2008

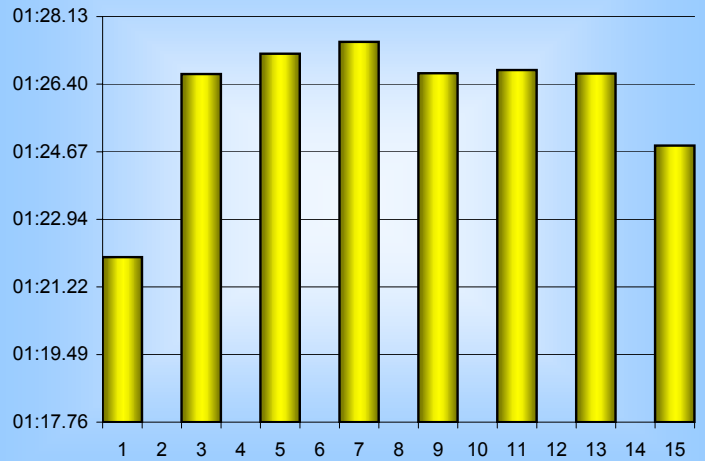
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:39.41	00:39.41				
100	01:21.98	00:42.57	01:21.98			
150	02:05.16	00:43.18	01:26.66	02:48.64		
200	02:48.64	00:43.48	01:27.18		05:43.30	
250	03:32.06	00:43.42	01:27.48	02:54.66		
300	04:15.82	00:43.76	01:26.68			
350	04:59.62	00:43.80	01:26.76	02:53.44		
400	05:43.30	00:43.68	01:26.67		05:44.94	
450	06:26.82	00:43.52	01:24.83	02:51.50		11:28.24
500	07:09.98	00:43.16				
550	07:53.33	00:43.35				
600	08:36.74	00:43.41				
650	09:20.18	00:43.44				
700	10:03.41	00:43.23				
750	10:46.58	00:43.17				
800	11:28.24	00:41.66				
<b>Averages</b>		<b>00:43.02</b>	<b>01:26.03</b>	<b>02:52.06</b>	<b>05:44.12</b>	<b>11:28.24</b>

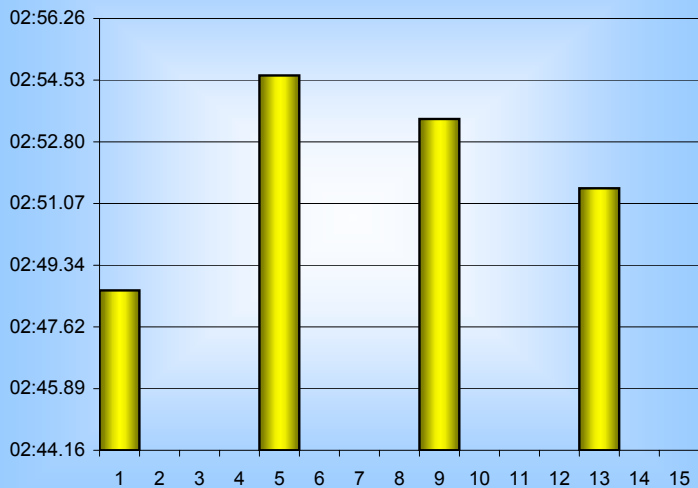
50m splits



100m splits



200m splits



400m splits

