

# Ellen Stewart

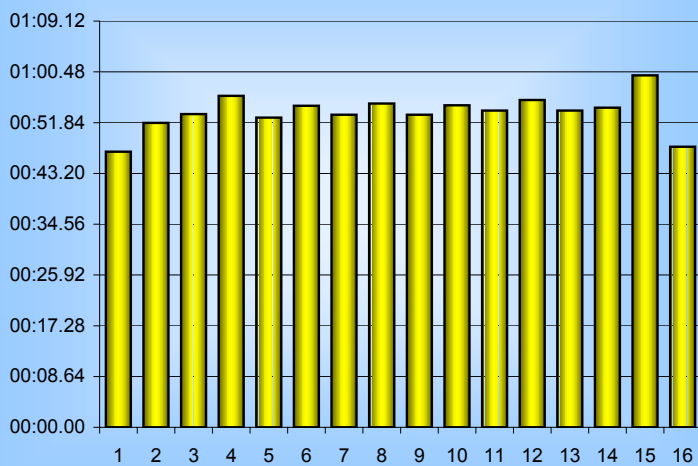
## 800m Splits

5th September 2008

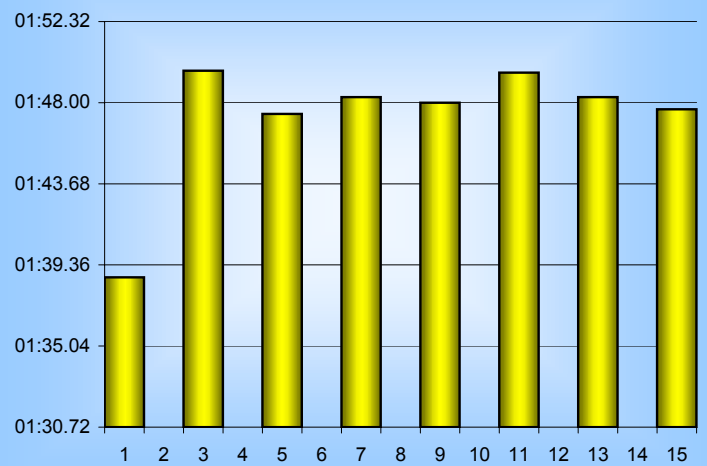
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:46.90	00:46.90				
100	01:38.70	00:51.80	01:38.70			
150	02:32.00	00:53.30	01:49.70	03:28.40		
200	03:28.40	00:56.40	01:49.70		07:04.10	
250	04:21.10	00:52.70	01:47.40			
300	05:15.80	00:54.70	01:47.40			
350	06:09.00	00:53.20	01:48.30	03:35.70		
400	07:04.10	00:55.10	01:48.30			
450	07:57.30	00:53.20	01:48.00			14:17.65
500	08:52.10	00:54.80	01:48.00	03:37.60		
550	09:46.00	00:53.90	01:49.60			
600	10:41.70	00:55.70	01:49.60		07:13.55	
650	11:35.60	00:53.90	01:48.30			
700	12:30.00	00:54.40	01:48.30	03:35.95		
750	13:29.90	00:59.90	01:47.65			
800	14:17.65	00:47.75				
<b>Averages</b>		<b>00:53.60</b>	<b>01:47.21</b>	<b>03:34.41</b>	<b>07:08.83</b>	<b>14:17.65</b>

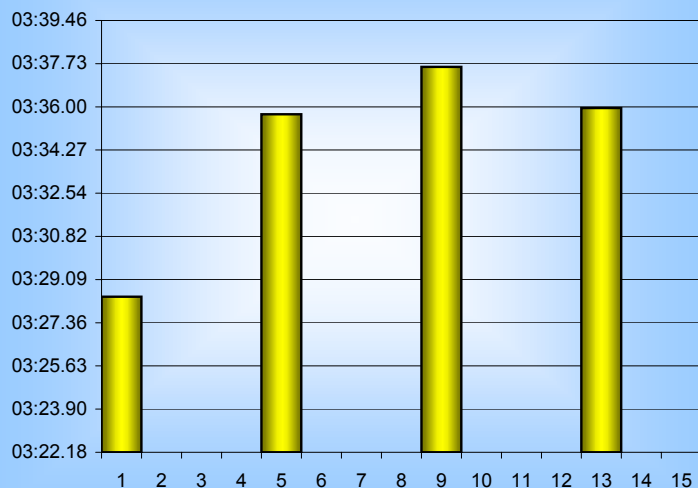
50m splits



100m splits



200m splits



400m splits

