

Evan Williams

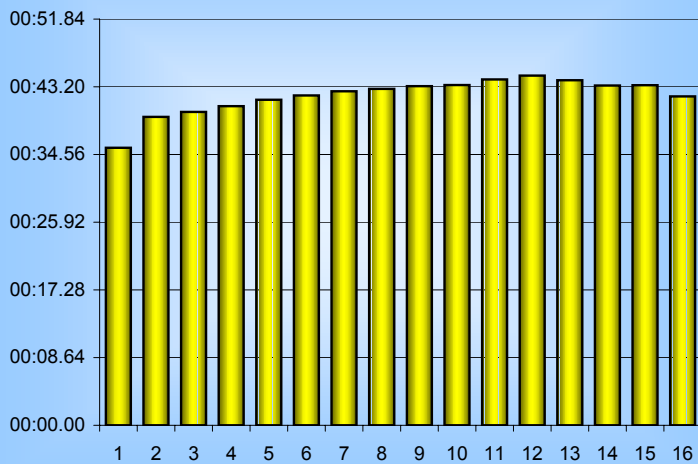
800m Splits

5th September 2008

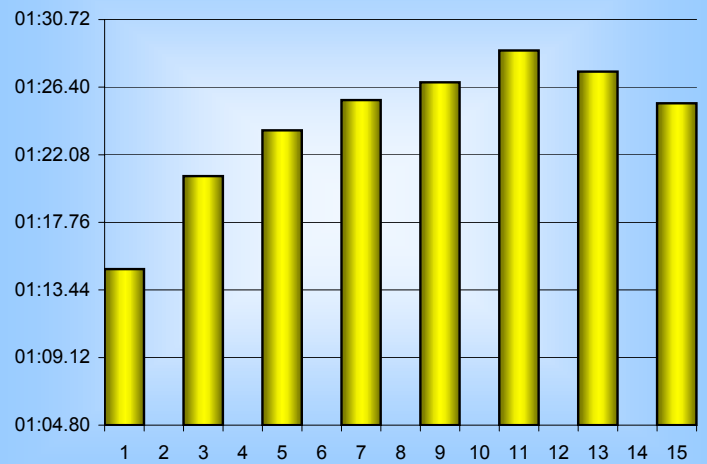
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:35.41	00:35.41				
100	01:14.77	00:39.36	01:14.77			
150	01:54.76	00:39.99	01:20.72	02:35.49		
200	02:35.49	00:40.73	01:23.64		05:24.70	
250	03:17.03	00:41.54	01:25.57			
300	03:59.13	00:42.10	01:26.71	02:49.21		
350	04:41.76	00:42.63	01:28.75			
400	05:24.70	00:42.94	01:27.40			11:12.93
450	06:07.99	00:43.29	01:25.37			
500	06:51.41	00:43.42		02:55.46		
550	07:35.54	00:44.13				
600	08:20.16	00:44.62			05:48.23	
650	09:04.20	00:44.04				
700	09:47.56	00:43.36		02:52.77		
750	10:30.96	00:43.40				
800	11:12.93	00:41.97				
Averages		00:42.06	01:24.12	02:48.23	05:36.47	11:12.93

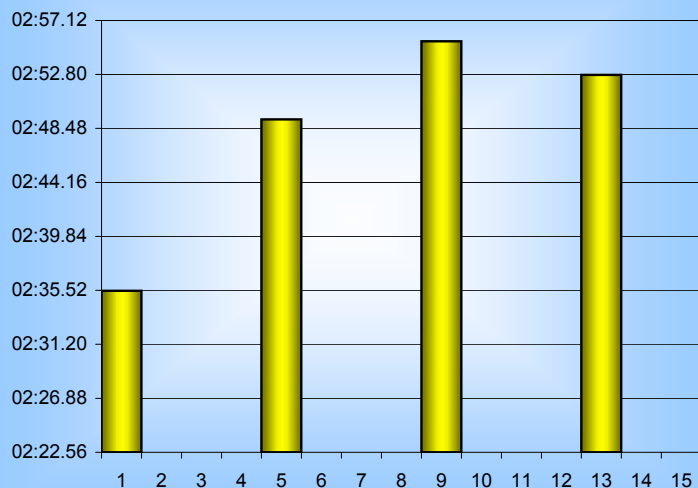
50m splits



100m splits



200m splits



400m splits

