

# Gerard Malone

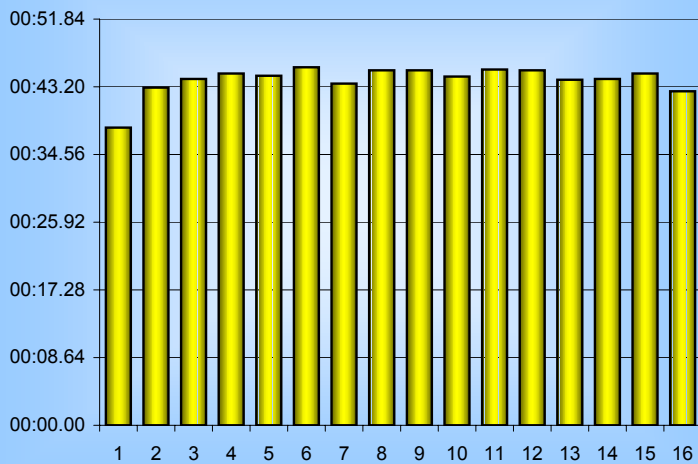
## 800m Splits

5th September 2008

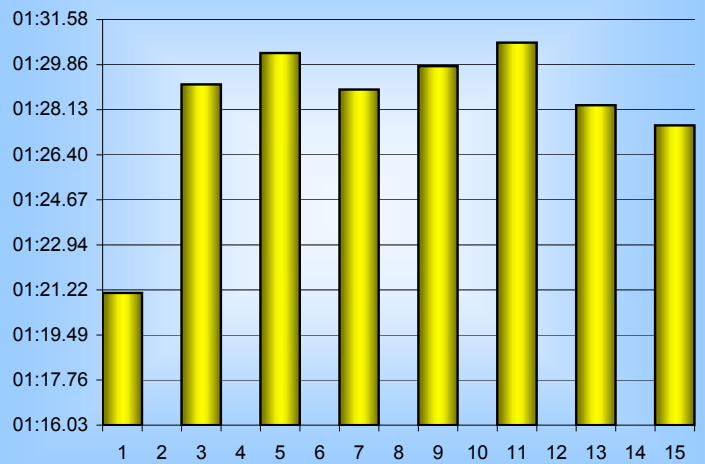
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:38.00	00:38.00				
100	01:21.10	00:43.10	01:21.10			
150	02:05.30	00:44.20	01:29.10	02:50.20		
200	02:50.20	00:44.90	01:30.30		05:49.40	
250	03:34.80	00:44.60	01:28.90	02:59.20		
300	04:20.50	00:43.60	01:29.80			
350	05:04.10	00:45.30	01:29.80			
400	05:49.40	00:45.30	01:28.30			11:45.73
450	06:34.70	00:44.50	01:30.70	03:00.50		
500	07:19.20	00:45.40	01:28.30			
550	08:04.60	00:45.30	01:27.53	02:55.83		
600	08:49.90	00:44.10			05:56.33	
650	09:34.00	00:44.20				
700	10:18.20	00:44.90				
750	11:03.10	00:42.63				
800	11:45.73					
<b>Averages</b>		<b>00:44.11</b>	<b>01:28.22</b>	<b>02:56.43</b>	<b>05:52.87</b>	<b>11:45.73</b>

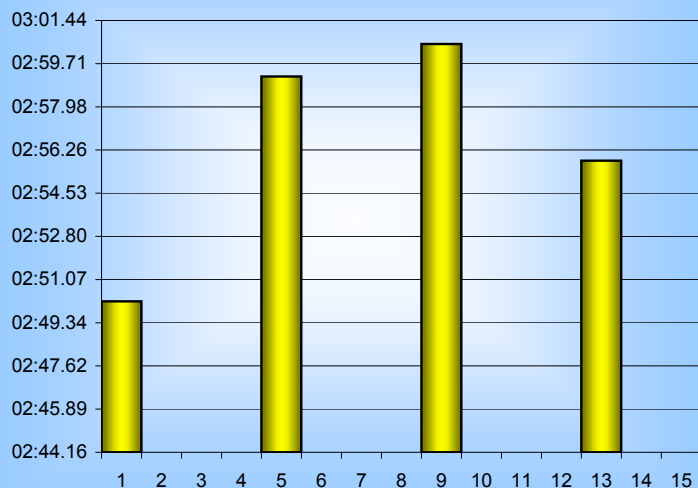
50m splits



100m splits



200m splits



400m splits

