

Gordon Wallace

800m Splits

5th September 2008

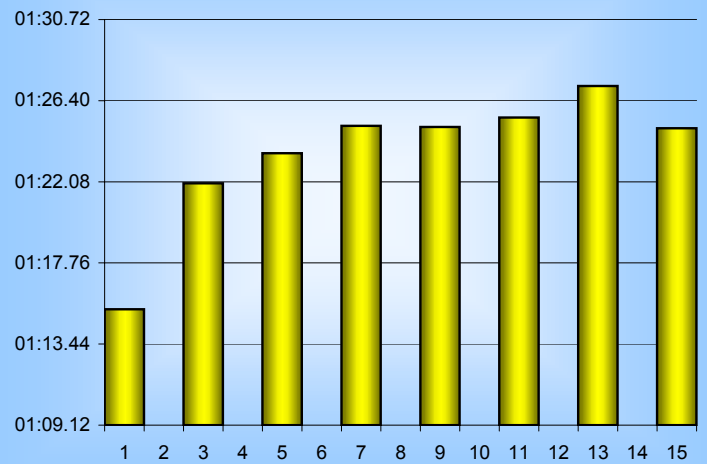
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:34.95	00:34.95				
100	01:15.29	00:40.34	01:15.29			
150	01:55.89	00:40.60	01:22.00	02:37.29		
200	02:37.29	00:41.40				
250	03:18.95	00:41.66	01:23.60		05:25.95	
300	04:00.89	00:41.94	01:25.06	02:48.66		
350	04:43.29	00:42.40				
400	05:25.95	00:42.66	01:25.00			11:08.56
450	06:08.10	00:42.15				
500	06:50.95	00:42.85	01:25.50	02:50.50		
550	07:33.79	00:42.84				
600	08:16.45	00:42.66	01:27.18		05:42.61	
650	08:59.83	00:43.38				
700	09:43.63	00:43.80	01:24.93	02:52.11		
750	10:27.76	00:44.13				
800	11:08.56	00:40.80				
Averages		00:41.78	01:23.57	02:47.14	05:34.28	11:08.56

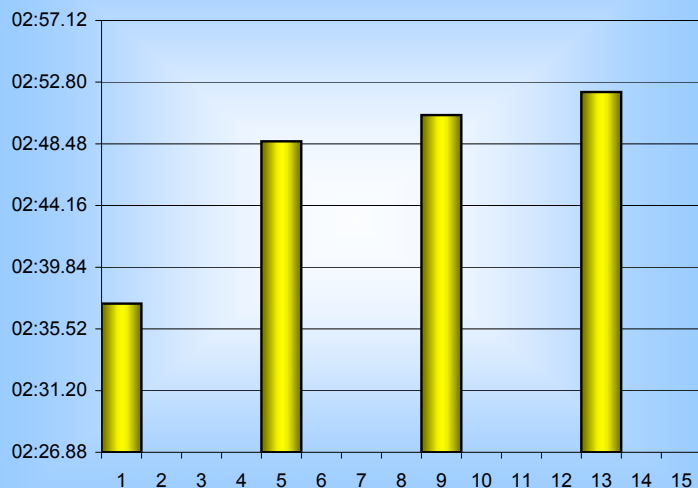
50m splits



100m splits



200m splits



400m splits

