

Heather Allan

800m Splits

5th September 2008

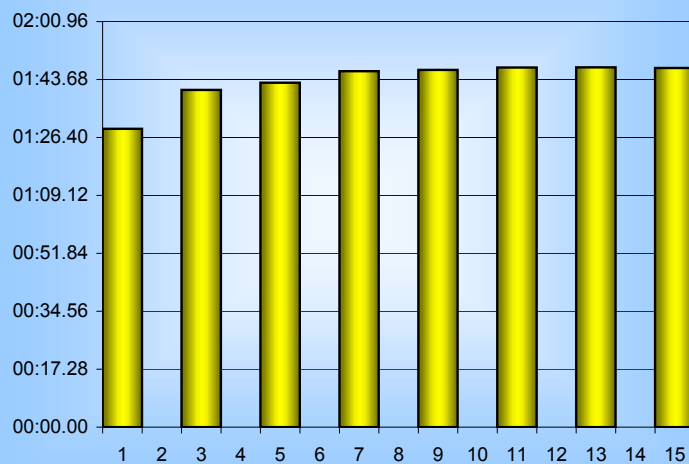
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:41.38	00:41.38				
100	01:29.00	00:47.62	01:29.00			
150	02:20.22	00:51.22	01:40.58	03:09.58		
200	03:09.58	00:49.36	01:40.58		06:38.49	
250	04:01.15	00:51.57	01:42.73			
300	04:52.31	00:51.16	01:46.18	03:28.91		
350	05:45.41	00:53.10	01:46.18			
400	06:38.49	00:53.08	01:46.54			13:46.71
450	07:32.03	00:53.54	01:46.54			
500	08:25.03	00:53.00	01:47.25	03:33.79		
550	09:18.00	00:52.97	01:47.25			
600	10:12.28	00:54.28	01:47.31		07:08.22	
650	11:06.53	00:54.25	01:47.31			
700	11:59.59	00:53.06	01:47.12	03:34.43		
750	12:52.28	00:52.69				
800	13:46.71	00:54.43				
Averages		00:51.67	01:43.34	03:26.68	06:53.36	13:46.71

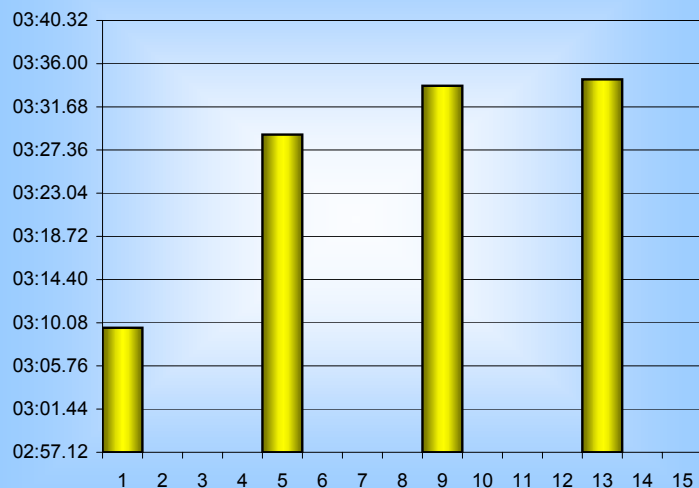
50m splits



100m splits



200m splits



400m splits

