

# Janice Beaton

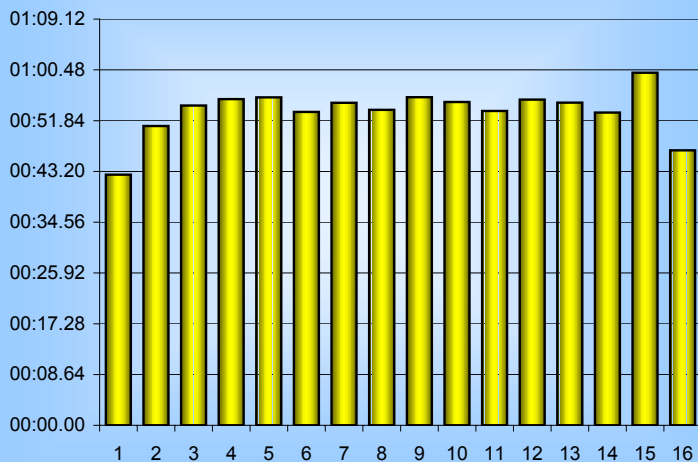
## 800m Splits

5th September 2008

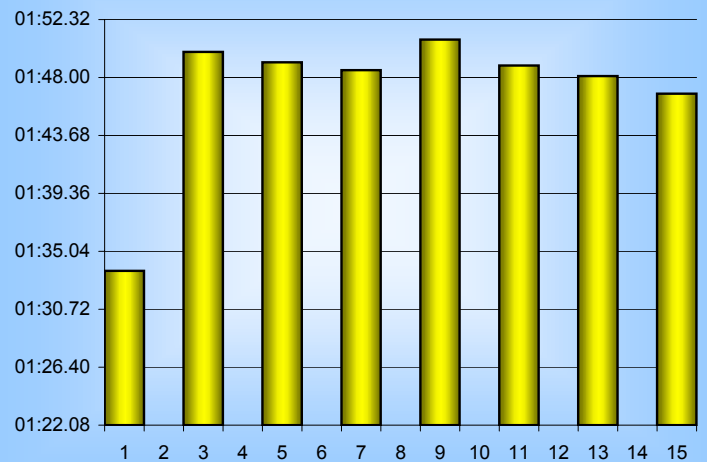
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:42.64	00:42.64				
100	01:33.58	00:50.94	01:33.58			
150	02:28.00	00:54.42	01:49.91	03:23.49		
200	03:23.49	00:55.49	01:49.13		07:01.17	
250	04:19.29	00:55.80	01:49.13			
300	05:12.62	00:53.33	01:48.55	03:37.68		
350	06:07.49	00:54.87	01:48.55			
400	07:01.17	00:53.68	01:50.83			14:15.80
450	07:57.00	00:55.83	01:50.83			
500	08:52.00	00:55.00	01:48.89	03:39.72		
550	09:45.48	00:53.48	01:48.89			
600	10:40.89	00:55.41	01:48.11		07:14.63	
650	11:35.79	00:54.90	01:48.11			
700	12:29.00	00:53.21	01:46.80	03:34.91		
750	13:29.00	01:00.00				
800	14:15.80	00:46.80				
<b>Averages</b>		<b>00:53.49</b>	<b>01:46.97</b>	<b>03:33.95</b>	<b>07:07.90</b>	<b>14:15.80</b>

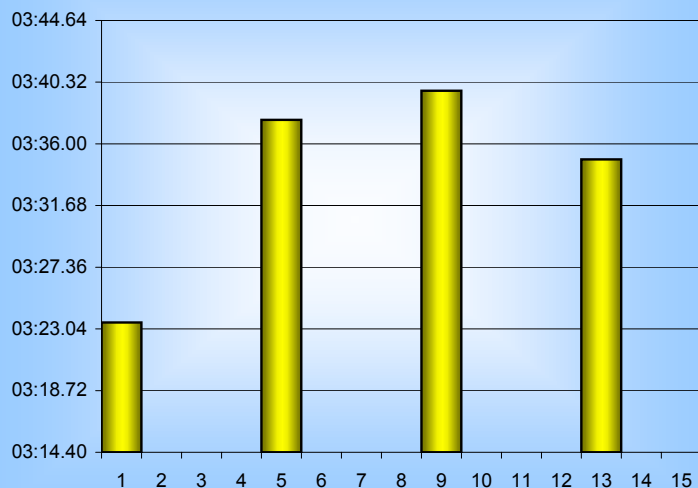
50m splits



100m splits



200m splits



400m splits

