

Lauren Porteous

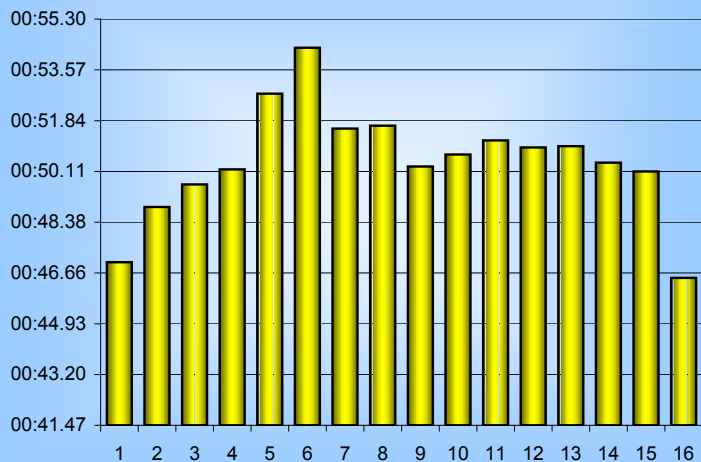
800m Splits

5th September 2008

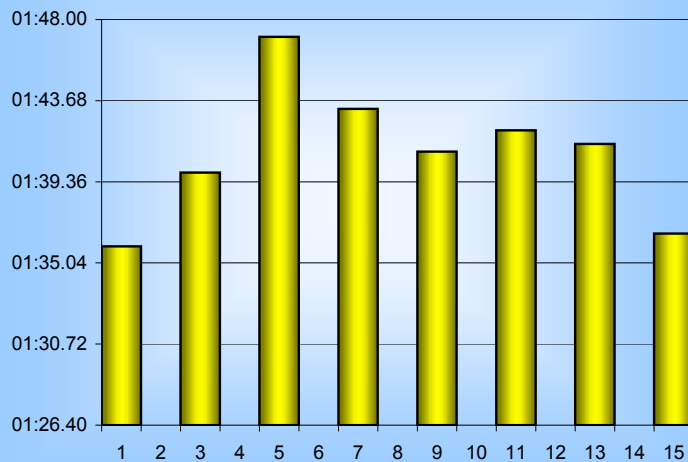
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:47.02	00:47.02				
100	01:35.92	00:48.90	01:35.92			
150	02:25.59	00:49.67	01:39.85	03:15.77		
200	03:15.77	00:50.18	01:47.08		06:46.09	
250	04:08.53	00:52.76	01:43.24	03:30.32		
300	05:02.85	00:54.32	01:40.97			
350	05:54.42	00:51.57	01:42.10	03:23.07		
400	06:46.09	00:51.67	01:41.38		06:41.05	
450	07:36.37	00:50.28	01:36.60	03:17.98		
500	08:27.06	00:50.69				
550	09:18.23	00:51.17				
600	10:09.16	00:50.93				
650	11:00.13	00:50.97				
700	11:50.54	00:50.41				
750	12:40.65	00:50.11				
800	13:27.14	00:46.49				
Averages		00:50.45	01:40.89	03:21.79	06:43.57	13:27.14

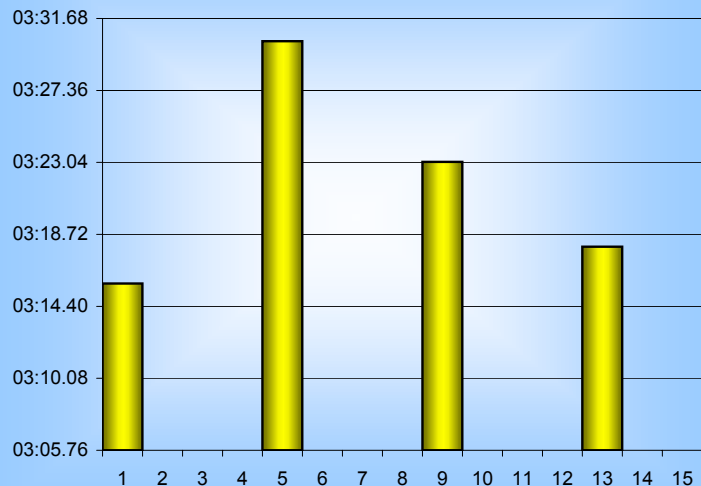
50m splits



100m splits



200m splits



400m splits

