

Mark O'Connor

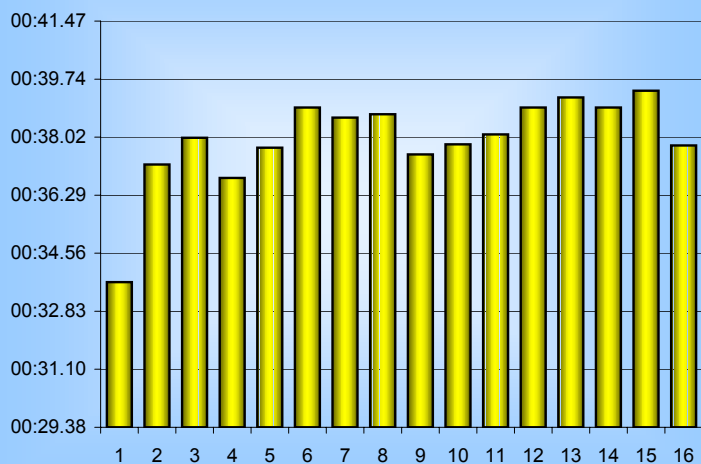
800m Splits

5th September 2008

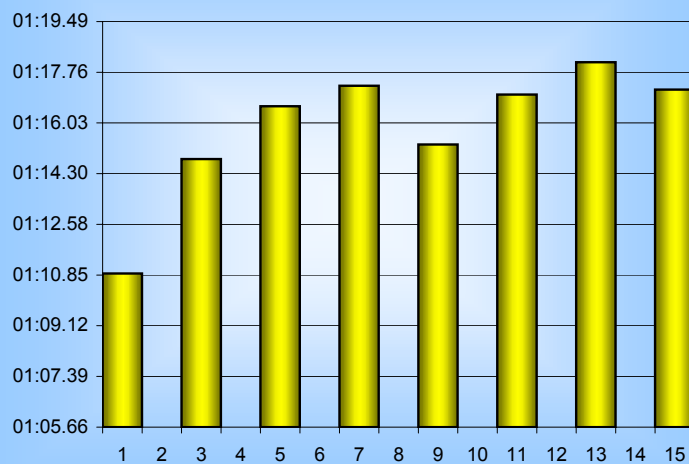
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:33.70	00:33.70				
100	01:10.90	00:37.20	01:10.90			
150	01:48.90	00:38.00	01:14.80	02:25.70		
200	02:25.70	00:36.80	01:16.60		04:59.60	
250	03:03.40	00:37.70	01:17.30	02:33.90		
300	03:42.30	00:38.90	01:15.30			
350	04:20.90	00:38.60	01:17.00	02:32.30		
400	04:59.60	00:38.70	01:18.10		05:07.57	
450	05:37.10	00:37.50	01:17.17	02:35.27		10:07.17
500	06:14.90	00:37.80				
550	06:53.00	00:38.10				
600	07:31.90	00:38.90				
650	08:11.10	00:39.20				
700	08:50.00	00:38.90				
750	09:29.40	00:39.40				
800	10:07.17	00:37.77				
Averages		00:37.95	01:15.90	02:31.79	05:03.58	10:07.17

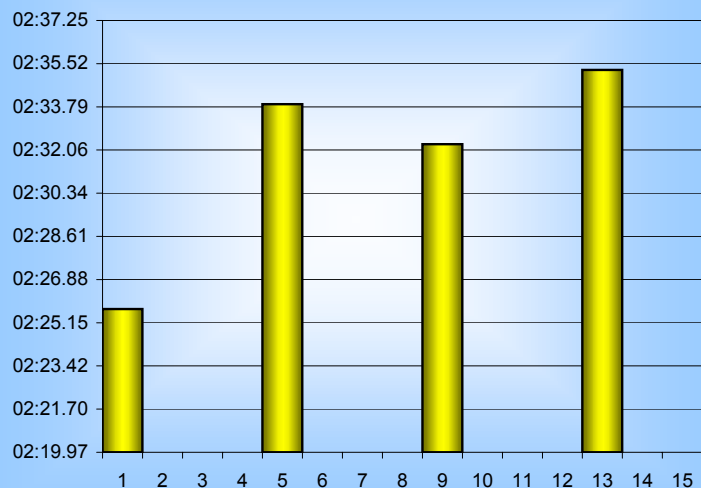
50m splits



100m splits



200m splits



400m splits

