

Melissa Mackin

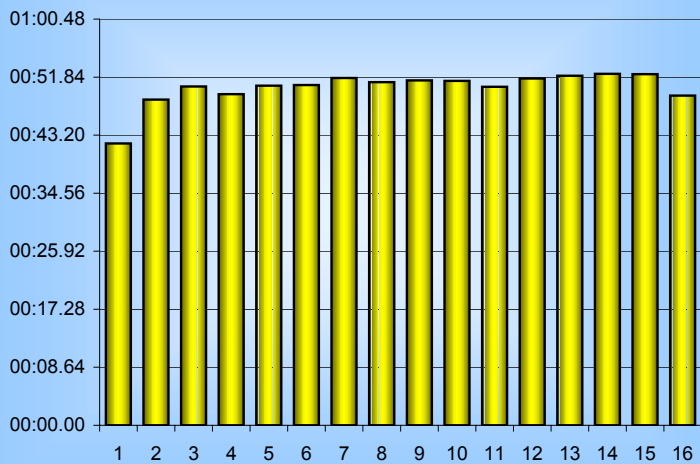
800m Splits

5th September 2008

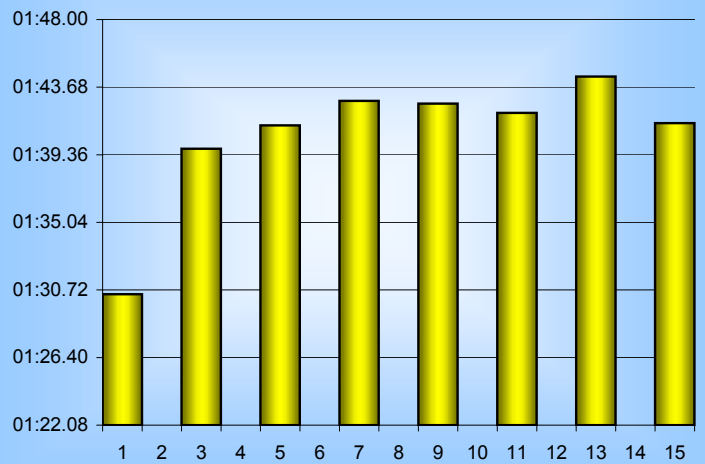
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:41.96	00:41.96				
100	01:30.45	00:48.49	01:30.45			
150	02:20.90	00:50.45	01:39.75	03:10.20		
200	03:10.20	00:49.30	01:41.24		06:34.24	
250	04:00.77	00:50.57	01:42.80	03:24.04		
300	04:51.44	00:50.67	01:42.80			
350	05:43.14	00:51.70	01:42.63	03:24.67		
400	06:34.24	00:51.10	01:42.04		06:50.41	13:24.65
450	07:25.59	00:51.35	01:44.36	03:25.74		
500	08:16.87	00:51.28	01:41.38			
550	09:07.26	00:50.39				
600	09:58.91	00:51.65				
650	10:50.95	00:52.04				
700	11:43.27	00:52.32				
750	12:35.55	00:52.28				
800	13:24.65	00:49.10				
Averages		00:50.29	01:40.58	03:21.16	06:42.33	13:24.65

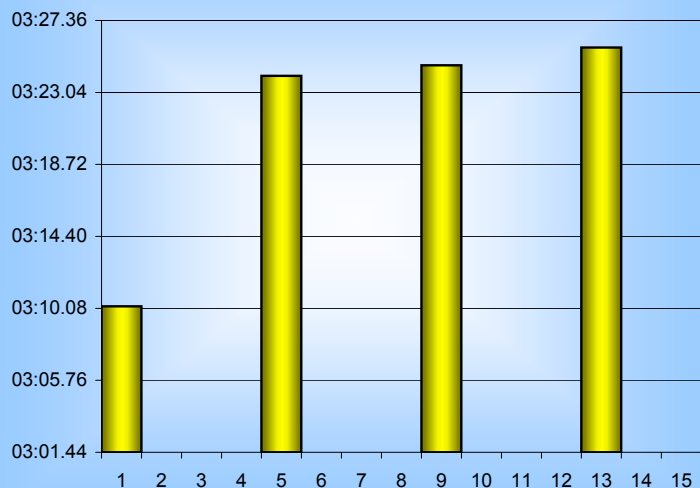
50m splits



100m splits



200m splits



400m splits

