

Mick Dunn

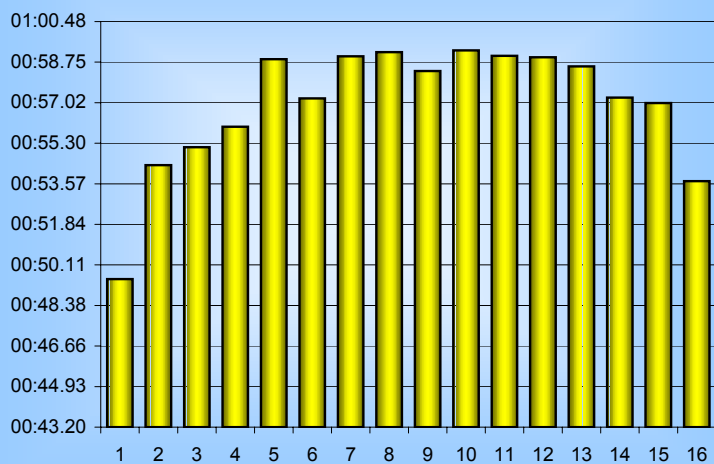
800m Splits

5th September 2008

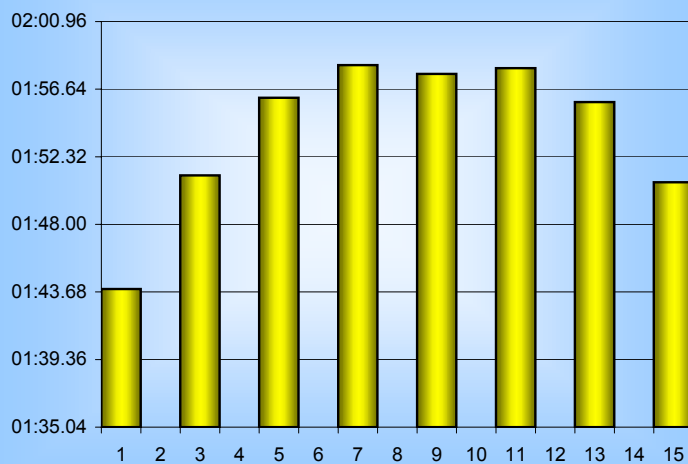
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:49.51	00:49.51				
100	01:43.87	00:54.36	01:43.87			
150	02:39.00	00:55.13		03:35.00		
200	03:35.00	00:56.00	01:51.13			
250	04:33.88	00:58.88			07:29.27	
300	05:31.09	00:57.21	01:56.09			
350	06:30.09	00:59.00		03:54.27		
400	07:29.27	00:59.18	01:58.18			
450	08:27.64	00:58.37				15:11.37
500	09:26.89	00:59.25	01:57.62			
550	10:25.91	00:59.02		03:55.60		
600	11:24.87	00:58.96	01:57.98			
650	12:23.44	00:58.57			07:42.10	
700	13:20.68	00:57.24	01:55.81			
750	14:17.69	00:57.01		03:46.50		
800	15:11.37	00:53.68	01:50.69			
Averages		00:56.96	01:53.92	03:47.84	07:35.69	15:11.37

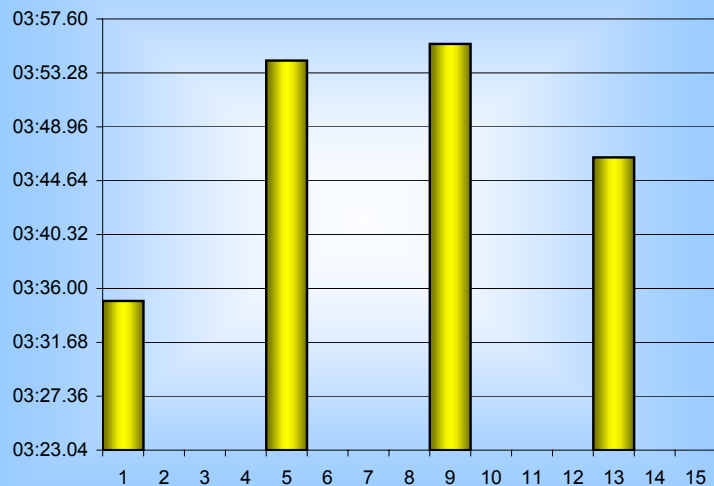
50m splits



100m splits



200m splits



400m splits

