

Nancy Scott

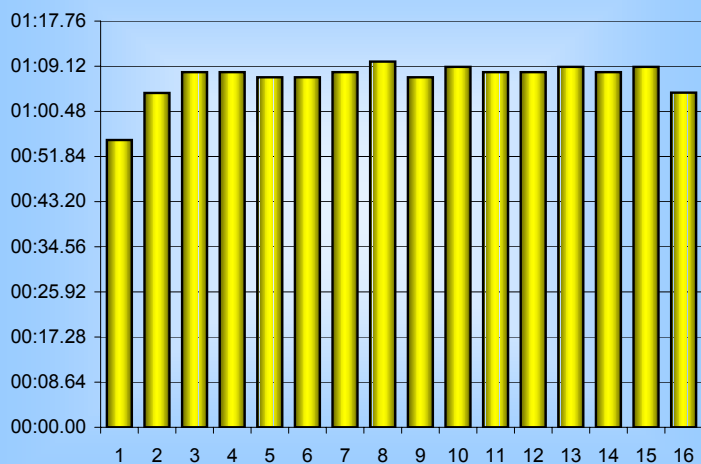
800m Splits

5th September 2008

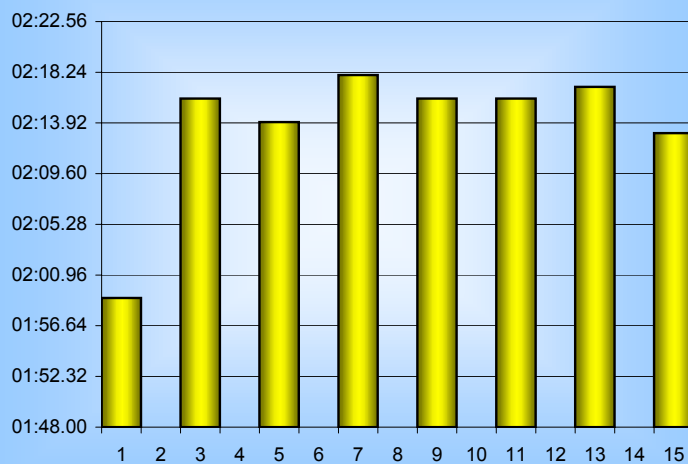
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:55.00	00:55.00				
100	01:59.00	01:04.00	01:59.00			
150	03:07.00	01:08.00	02:16.00	04:15.00		
200	04:15.00	01:08.00	02:16.00		08:47.00	
250	05:22.00	01:07.00	02:14.00			
300	06:29.00	01:07.00	02:14.00			
350	07:37.00	01:08.00	02:18.00	04:32.00		
400	08:47.00	01:10.00	02:18.00			17:49.06
450	09:54.00	01:07.00	02:16.00			
500	11:03.00	01:09.00	02:16.00	04:32.00		
550	12:11.00	01:08.00	02:16.00			
600	13:19.00	01:08.00	02:16.00		09:02.06	
650	14:28.00	01:09.00	02:17.00			
700	15:36.00	01:08.00	02:17.00	04:30.06		
750	16:45.00	01:09.00	02:13.06			
800	17:49.06	01:04.06				
Averages		01:06.82	02:13.63	04:27.26	08:54.53	17:49.06

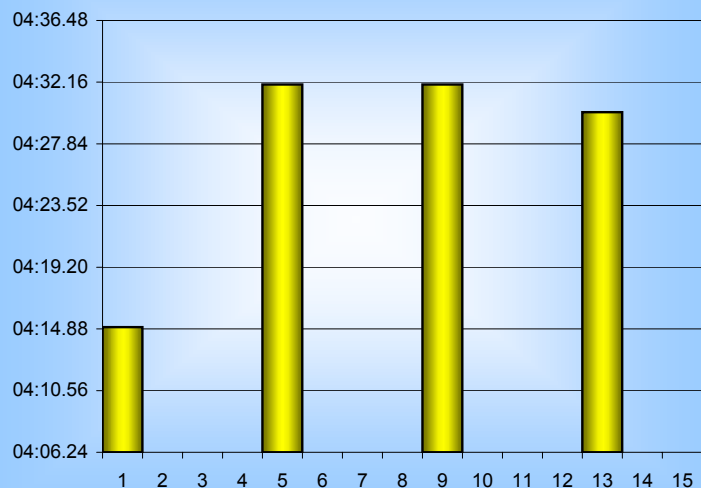
50m splits



100m splits



200m splits



400m splits

