

Patricia Jackson

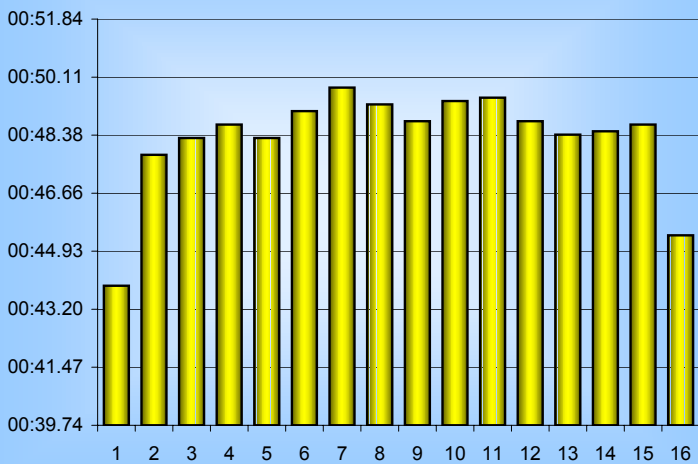
800m Splits

5th September 2008

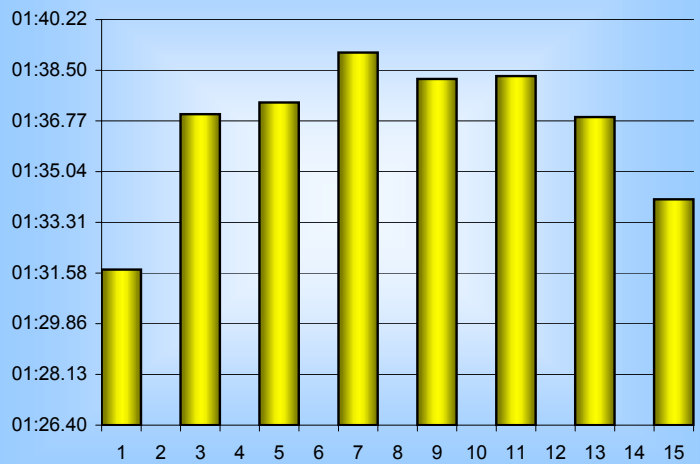
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:43.90	00:43.90				
100	01:31.70	00:47.80	01:31.70			
150	02:20.00	00:48.30	01:37.00	03:08.70		
200	03:08.70	00:48.70	01:37.40		06:25.20	
250	03:57.00	00:48.30	01:37.40			
300	04:46.10	00:49.10	01:39.10	03:16.50		
350	05:35.90	00:49.80	01:38.20			
400	06:25.20	00:49.30	01:38.20	03:16.50		12:52.70
450	07:14.00	00:48.80	01:38.30			
500	08:03.40	00:49.40	01:38.30	03:16.50		
550	08:52.90	00:49.50	01:36.90		06:27.50	
600	09:41.70	00:48.40	01:36.90			
650	10:30.10	00:48.40	01:34.10	03:11.00		
700	11:18.60	00:48.50				
750	12:07.30	00:48.70				
800	12:52.70	00:45.40				
Averages		00:48.29	01:36.59	03:13.18	06:26.35	12:52.70

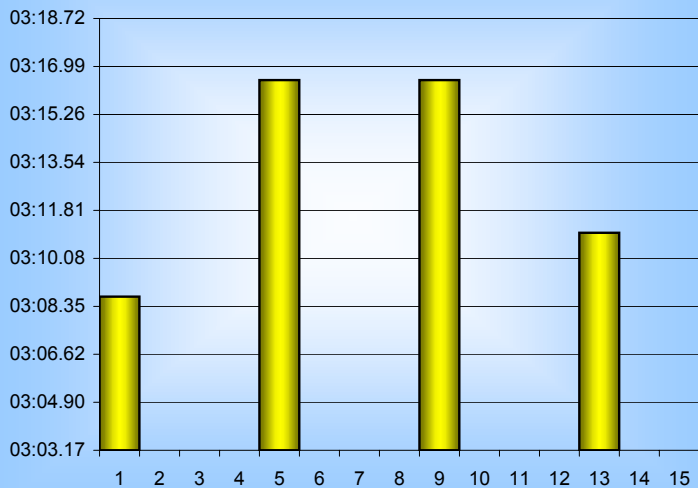
50m splits



100m splits



200m splits



400m splits

