

Patricia Johnston

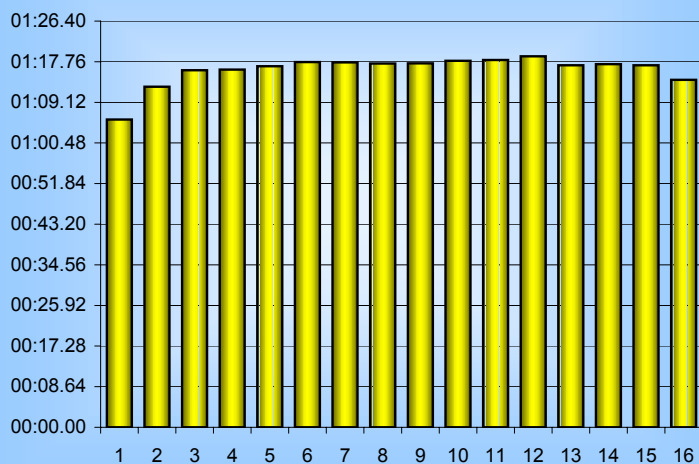
800m Splits

5th September 2008

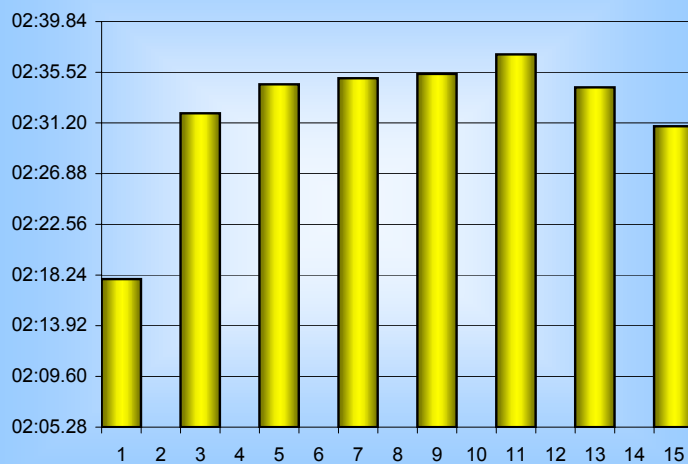
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	01:05.45	01:05.45				
100	02:17.89	01:12.44	02:17.89			
150	03:33.84	01:15.95	02:32.02	04:49.91		
200	04:49.91	01:16.07	02:34.49		09:59.41	
250	06:06.70	01:16.79	02:34.49			
300	07:24.40	01:17.70	02:35.01	05:09.50		
350	08:42.02	01:17.62	02:35.01			
400	09:59.41	01:17.39	02:35.38			20:17.00
450	11:16.82	01:17.41	02:35.38			
500	12:34.79	01:17.97	02:37.05	05:12.43		
550	13:52.93	01:18.14	02:37.05			
600	15:11.84	01:18.91	02:34.24		10:17.59	
650	16:28.85	01:17.01	02:34.24			
700	17:46.08	01:17.23	02:30.92	05:05.16		
750	19:03.10	01:17.02				
800	20:17.00	01:13.90				
Averages		01:16.06	02:32.13	05:04.25	10:08.50	20:17.00

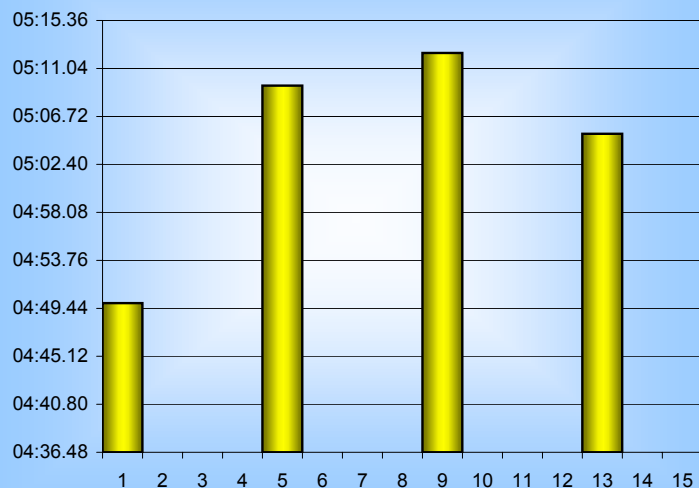
50m splits



100m splits



200m splits



400m splits

