

Sandy MacLellan

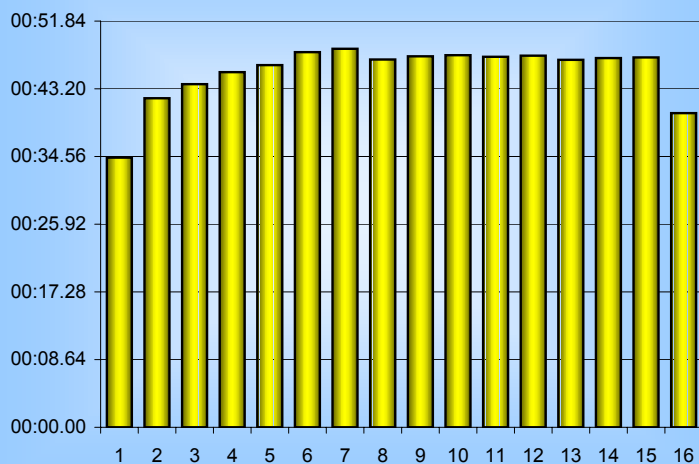
800m Splits

5th September 2008

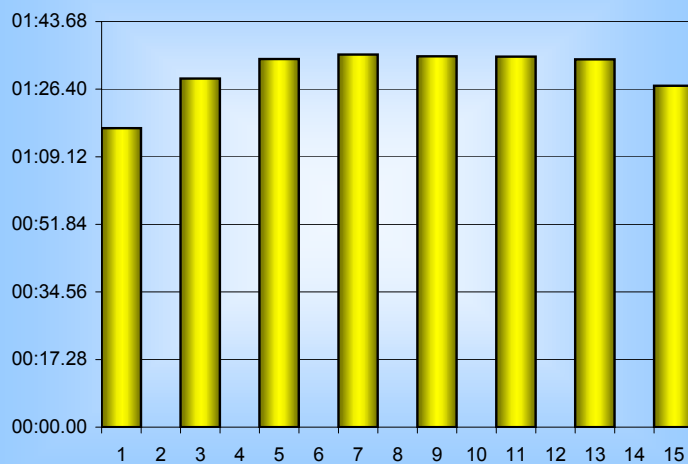
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:34.41	00:34.41				
100	01:16.41	00:42.00	01:16.41			
150	02:00.20	00:43.79	01:29.11	02:45.52		
200	02:45.52	00:45.32	01:34.11		05:54.87	
250	03:31.75	00:46.23	01:35.24	03:09.35		
300	04:19.63	00:47.88	01:34.82			
350	05:07.94	00:48.31	01:34.82	03:09.54		
400	05:54.87	00:46.93	01:34.72		06:10.86	12:05.73
450	06:42.21	00:47.34	01:34.03	03:01.32		
500	07:29.69	00:47.48	01:27.29			
550	08:16.98	00:47.29				
600	09:04.41	00:47.43				
650	09:51.31	00:46.90				
700	10:38.44	00:47.13				
750	11:25.64	00:47.20				
800	12:05.73	00:40.09				
Averages		00:45.36	01:30.72	03:01.43	06:02.87	12:05.73

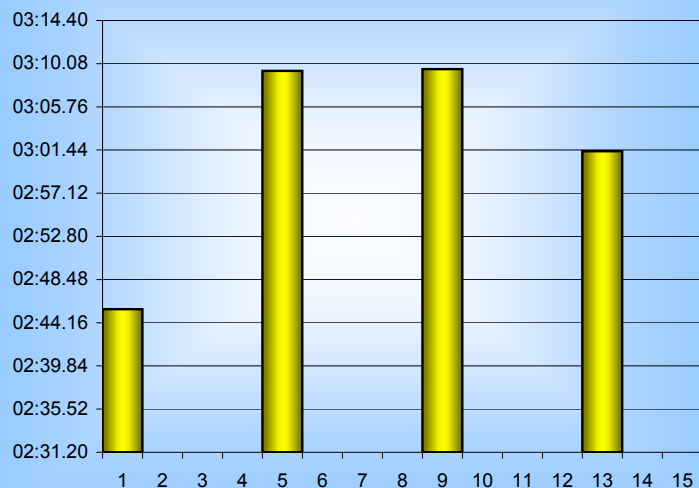
50m splits



100m splits



200m splits



400m splits

