

Vanessa Foster

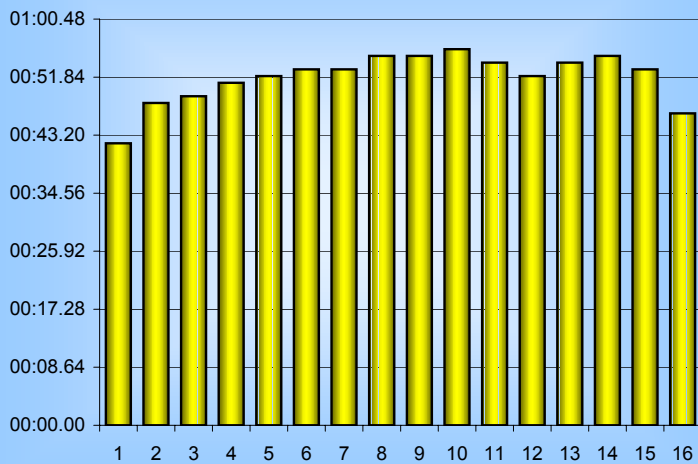
800m Splits

5th September 2008

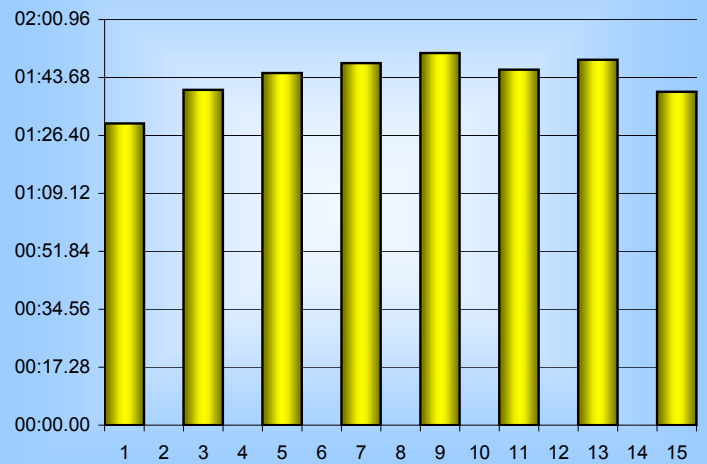
Inverclyde Masters

| Distance (m) | Elapsed Time | 50 splits | 100 splits | 200 splits | 400 splits | 800 splits |
|-----------------|--------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 50 | 00:42.00 | 00:42.00 | | | | |
| 100 | 01:30.00 | 00:48.00 | 01:30.00 | | | |
| 150 | 02:19.00 | 00:49.00 | 01:40.00 | 03:10.00 | | |
| 200 | 03:10.00 | 00:51.00 | 01:45.00 | | 06:43.00 | |
| 250 | 04:02.00 | 00:52.00 | 01:45.00 | | | |
| 300 | 04:55.00 | 00:53.00 | 01:48.00 | 03:33.00 | | |
| 350 | 05:48.00 | 00:53.00 | 01:48.00 | | | |
| 400 | 06:43.00 | 00:55.00 | 01:51.00 | | | 13:48.45 |
| 450 | 07:38.00 | 00:55.00 | 01:51.00 | | | |
| 500 | 08:34.00 | 00:56.00 | 01:46.00 | 03:37.00 | | |
| 550 | 09:28.00 | 00:54.00 | 01:46.00 | | | |
| 600 | 10:20.00 | 00:52.00 | 01:49.00 | | 07:05.45 | |
| 650 | 11:14.00 | 00:54.00 | 01:49.00 | | | |
| 700 | 12:09.00 | 00:55.00 | 01:39.45 | 03:28.45 | | |
| 750 | 13:02.00 | 00:53.00 | | | | |
| 800 | 13:48.45 | 00:46.45 | | | | |
| Averages | | 00:51.78 | 01:43.56 | 03:27.11 | 06:54.23 | 13:48.45 |

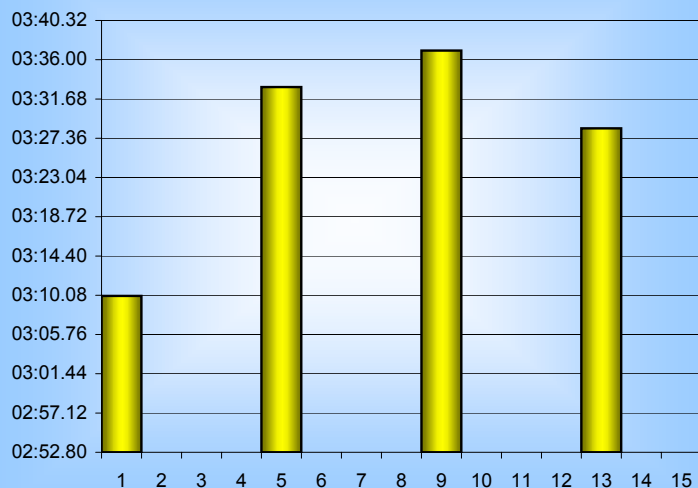
50m splits



100m splits



200m splits



400m splits

