

Alan Young

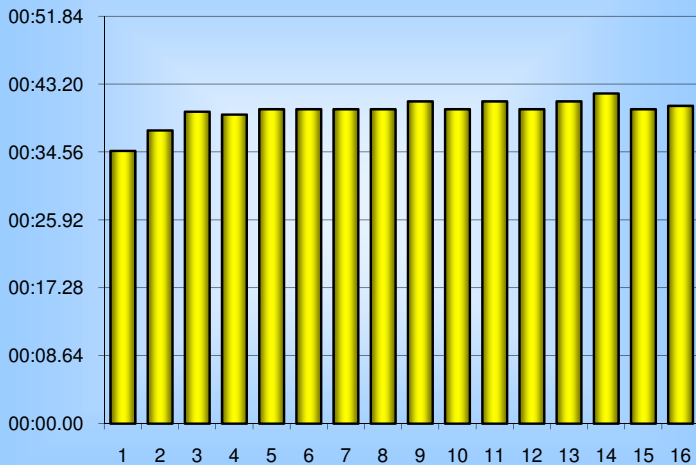
800m Splits

11th September 2009

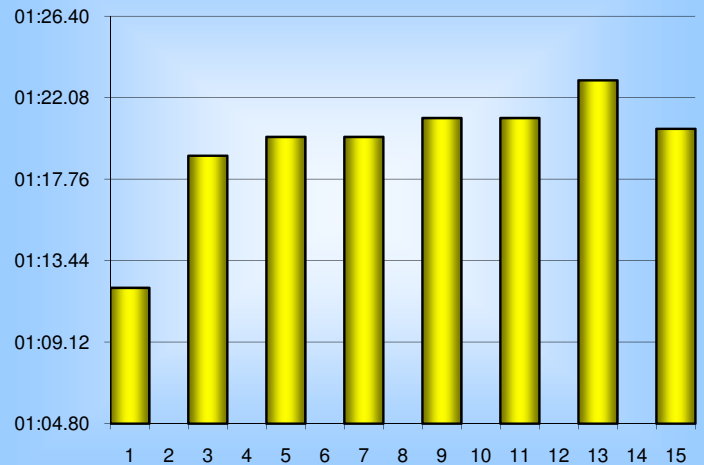
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:34.69	00:34.69				
100	01:12.00	00:37.31	01:12.00			
150	01:51.68	00:39.68	01:19.00	02:31.00		
200	02:31.00	00:39.32	01:20.00		05:11.00	
250	03:11.00	00:40.00	01:20.00	02:40.00		
300	03:51.00	00:40.00	01:20.00			
350	04:31.00	00:40.00	01:21.00	02:42.00		
400	05:11.00	00:41.00	01:21.00			10:36.43
450	05:52.00	00:41.00	01:21.00	02:43.43		
500	06:32.00	00:41.00	01:23.00		05:25.43	
550	07:13.00	00:41.00	01:20.43			
600	07:53.00	00:42.00				
650	08:34.00	00:40.00				
700	09:16.00	00:40.00				
750	09:56.00	00:40.43				
800	10:36.43					
Averages		00:39.78	01:19.55	02:39.11	05:18.21	10:36.43

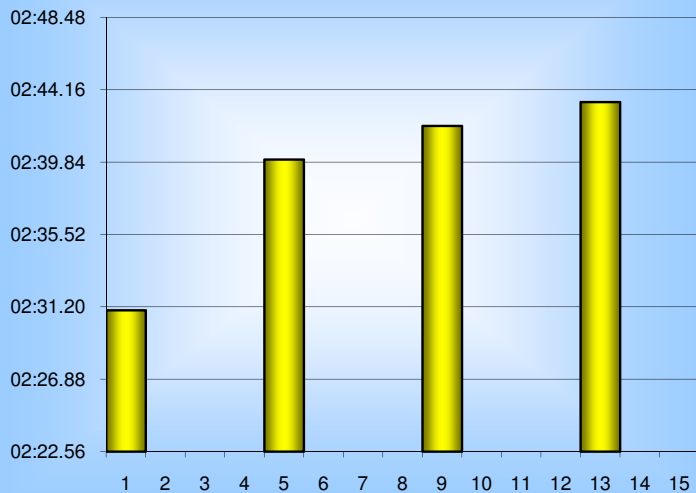
50m splits



100m splits



200m splits



400m splits

