

Betty McMillan

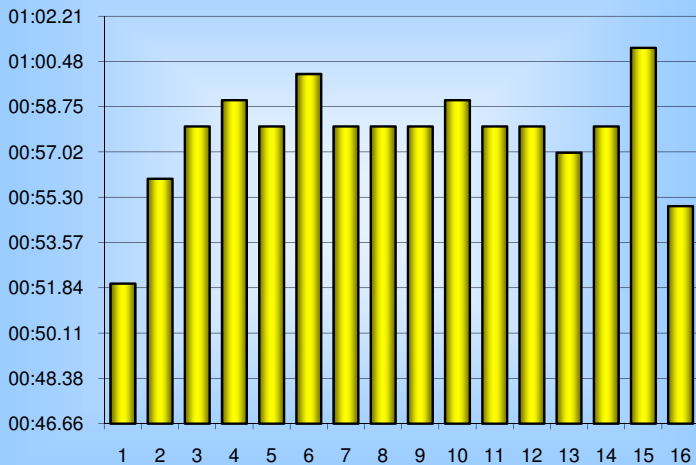
800m Splits

11th September 2009

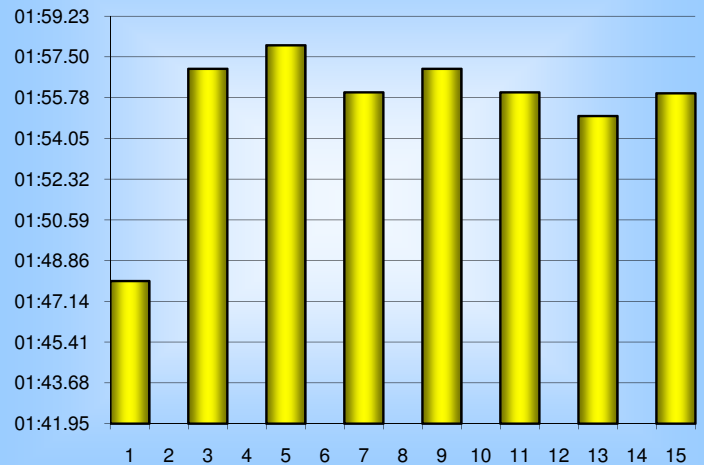
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:52.00	00:52.00				
100	01:48.00	00:56.00	01:48.00			
150	02:46.00	00:58.00	01:57.00	03:45.00		
200	03:45.00	00:59.00	01:58.00		07:39.00	
250	04:43.00	00:58.00	01:58.00	03:54.00		
300	05:43.00	01:00.00	01:56.00			
350	06:41.00	00:58.00	01:57.00	03:53.00		
400	07:39.00	00:58.00	01:56.00		07:43.96	
450	08:37.00	00:58.00	01:55.00	03:50.96		15:22.96
500	09:36.00	00:59.00	01:55.96			
550	10:34.00	00:58.00				
600	11:32.00	00:57.00				
650	12:29.00	00:58.00				
700	13:27.00	01:01.00				
750	14:28.00	00:54.96				
800	15:22.96					
Averages		00:57.68	01:55.37	03:50.74	07:41.48	15:22.96

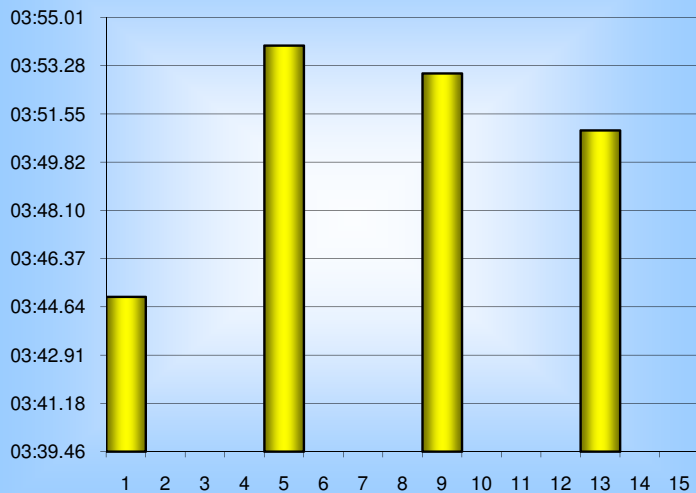
50m splits



100m splits



200m splits



400m splits

