

# Bill Forbes

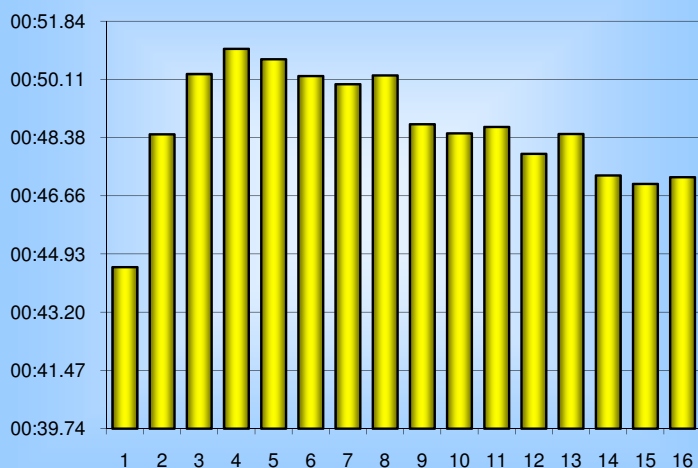
## 800m Splits

### 11th September 2009

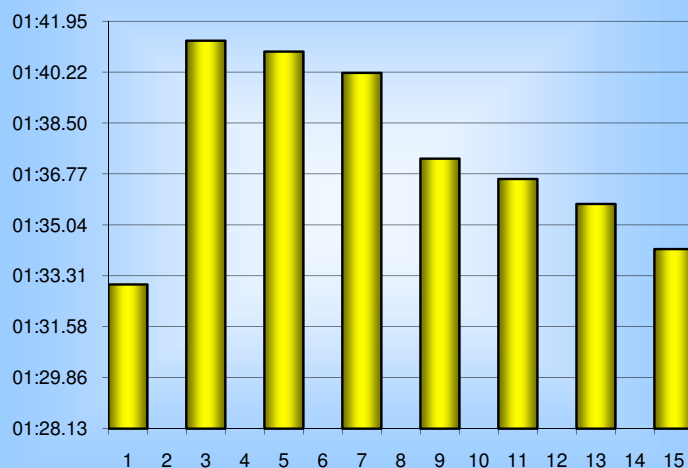
### Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:44.54	00:44.54				
100	01:33.02	00:48.48	01:33.02			
150	02:23.29	00:50.27	01:41.29	03:14.31		
200	03:14.31	00:51.02	01:40.92		06:35.43	
250	04:05.02	00:50.71	01:40.20			
300	04:55.23	00:49.97	01:40.20	03:21.12		
350	05:45.20	00:50.23	01:37.29			
400	06:35.43	00:48.78	01:37.29			12:59.29
450	07:24.21	00:48.51	01:36.60	03:13.89		
500	08:12.72	00:48.70	01:36.60			
550	09:01.42	00:47.90	01:35.75	03:09.97	06:23.86	
600	09:49.32	00:48.49	01:35.75			
650	10:37.81	00:47.26	01:34.22			
700	11:25.07	00:47.01				
750	12:12.08	00:47.21				
800	12:59.29					
<b>Averages</b>		<b>00:48.71</b>	<b>01:37.41</b>	<b>03:14.82</b>	<b>06:29.64</b>	<b>12:59.29</b>

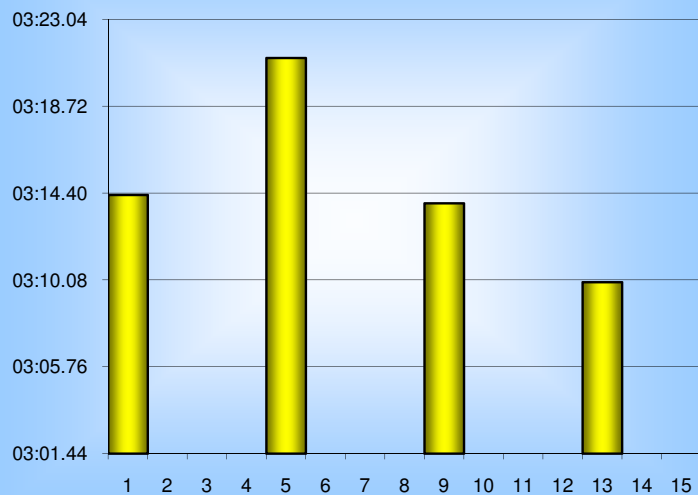
50m splits



100m splits



200m splits



400m splits

