

Chris Grabham

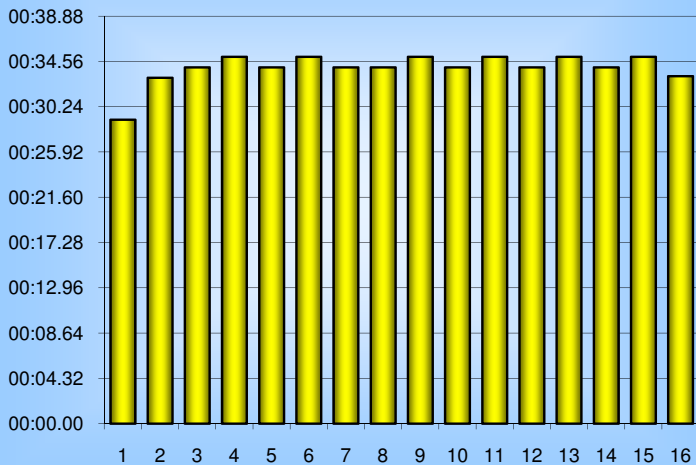
800m Splits

11th September 2009

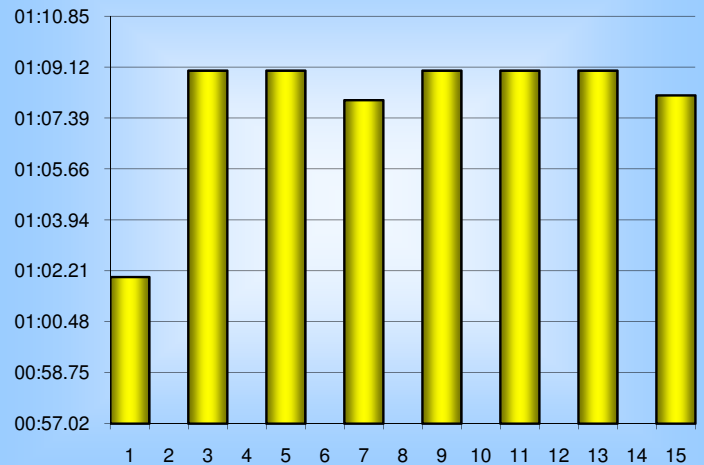
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:29.00	00:29.00				
100	01:02.00	00:33.00	01:02.00			
150	01:36.00	00:34.00	01:09.00	02:11.00		
200	02:11.00	00:35.00	01:09.00		04:28.00	
250	02:45.00	00:34.00	01:09.00			
300	03:20.00	00:35.00	01:08.00	02:17.00		
350	03:54.00	00:34.00	01:08.00			
400	04:28.00	00:34.00	01:09.00			09:03.16
450	05:03.00	00:35.00	01:09.00			
500	05:37.00	00:34.00	01:09.00	02:18.00		
550	06:12.00	00:35.00	01:09.00			
600	06:46.00	00:34.00	01:09.00		04:35.16	
650	07:21.00	00:35.00	01:09.00			
700	07:55.00	00:34.00	01:09.00			
750	08:30.00	00:35.00	01:08.16	02:17.16		
800	09:03.16	00:33.16				
Averages		00:33.95	01:07.90	02:15.79	04:31.58	09:03.16

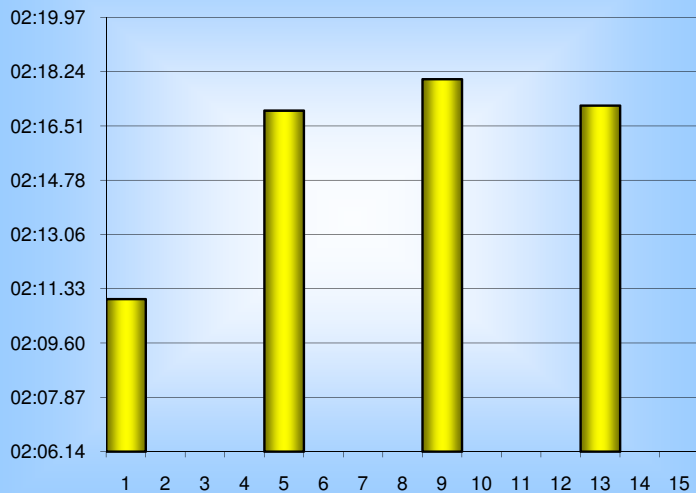
50m splits



100m splits



200m splits



400m splits

