

Colin Watson

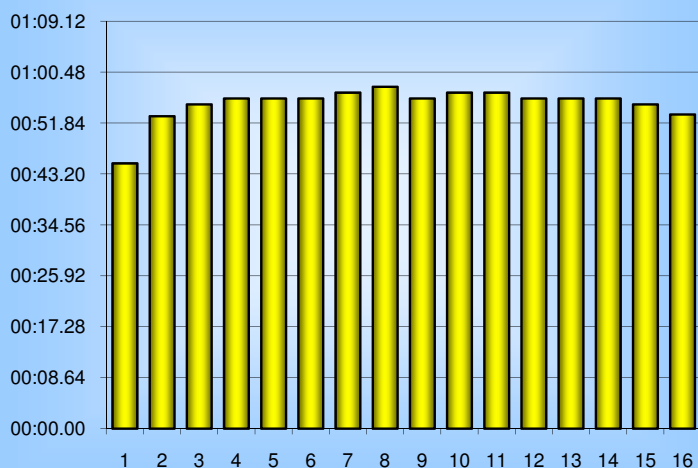
800m Splits

11th September 2009

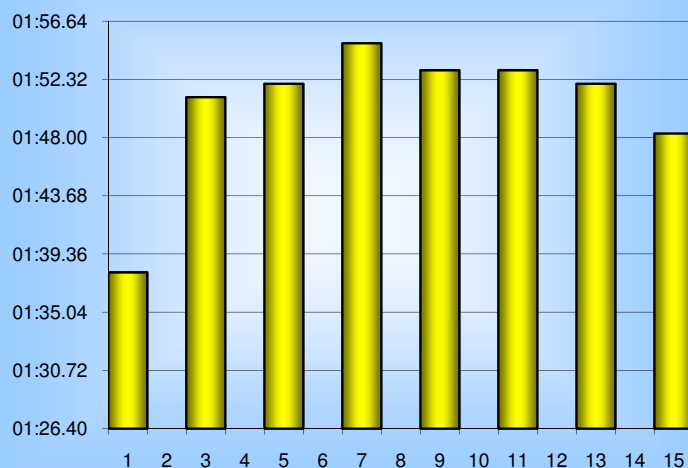
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:45.00	00:45.00				
100	01:38.00	00:53.00	01:38.00			
150	02:33.00	00:55.00	01:51.00	03:29.00		
200	03:29.00	00:56.00	01:52.00		07:16.00	
250	04:25.00	00:56.00	01:52.00			
300	05:21.00	00:56.00	01:52.00			
350	06:18.00	00:57.00	01:55.00	03:47.00		
400	07:16.00	00:58.00	01:55.00			
450	08:12.00	00:56.00	01:53.00			14:42.30
500	09:09.00	00:57.00	01:53.00	03:46.00		
550	10:06.00	00:57.00	01:53.00			
600	11:02.00	00:56.00	01:52.00		07:26.30	
650	11:58.00	00:56.00	01:52.00			
700	12:54.00	00:56.00	01:52.00			
750	13:49.00	00:55.00	01:48.30	03:40.30		
800	14:42.30	00:53.30				
Averages		00:55.14	01:50.29	03:40.58	07:21.15	14:42.30

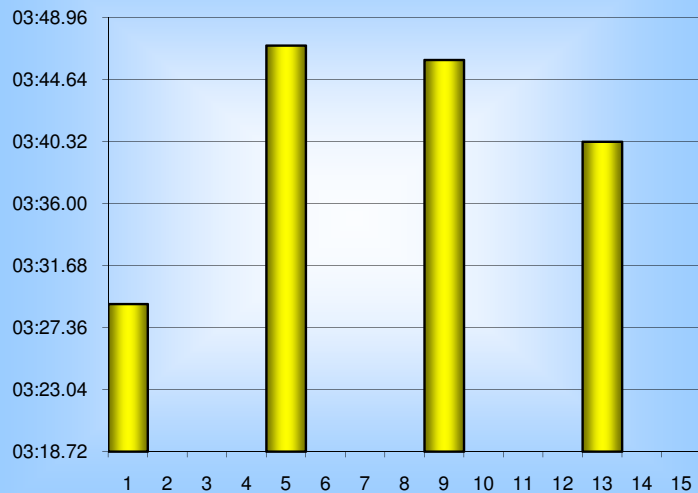
50m splits



100m splits



200m splits



400m splits

