

David Jackson

800m Splits

11th September 2009

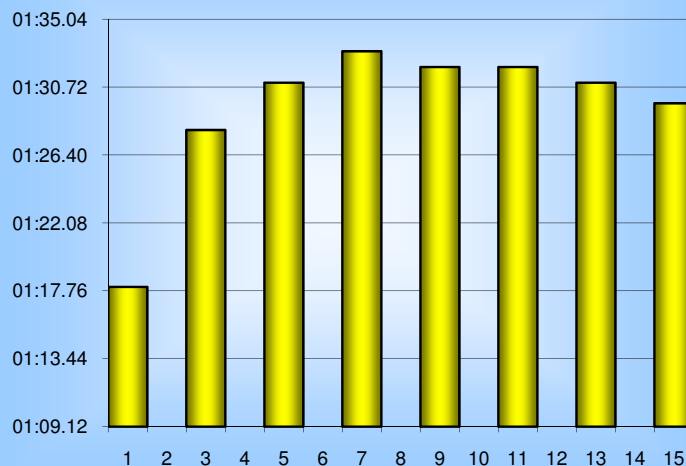
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:35.63	00:35.63				
100	01:18.01	00:42.38	01:18.01			
150	02:02.04	00:44.03	01:27.99	02:46.00		
200	02:46.00	00:43.96	01:31.00		05:50.00	
250	03:32.00	00:46.00	01:31.00			
300	04:17.00	00:45.00	01:33.00	03:04.00		
350	05:04.00	00:47.00	01:33.00			
400	05:50.00	00:46.00	01:32.00			11:54.69
450	06:36.00	00:46.00	01:32.00			
500	07:22.00	00:46.00	01:32.00	03:04.00		
550	08:08.00	00:46.00	01:32.00			
600	08:54.00	00:46.00	01:31.00		06:04.69	
650	09:40.00	00:46.00	01:31.00			
700	10:25.00	00:45.00	01:29.69	03:00.69		
750	11:10.00	00:45.00				
800	11:54.69	00:44.69				
Averages		00:44.67	01:29.34	02:58.67	05:57.35	11:54.69

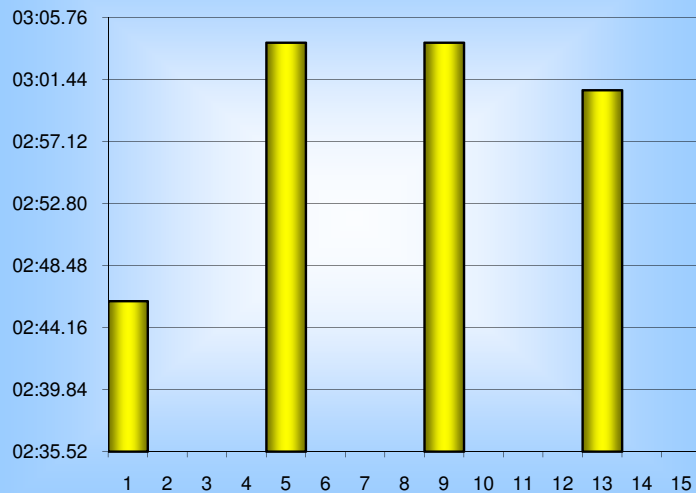
50m splits



100m splits



200m splits



400m splits

