

David O'Brien

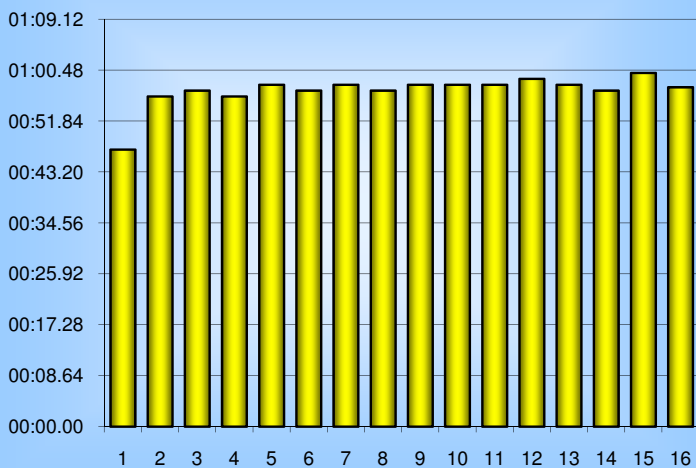
800m Splits

11th September 2009

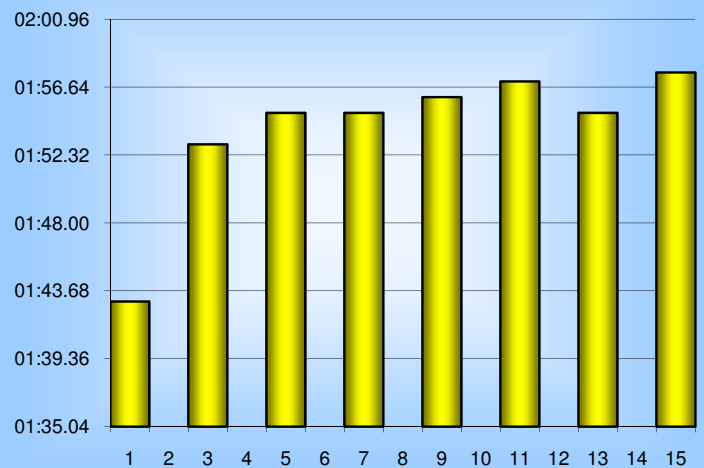
Inverclyde Masters

| Distance (m) | Elapsed Time | 50 splits | 100 splits | 200 splits | 400 splits | 800 splits |
|-----------------|--------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 50 | 00:47.00 | 00:47.00 | | | | |
| 100 | 01:43.00 | 00:56.00 | 01:43.00 | | | |
| 150 | 02:40.00 | 00:57.00 | 01:53.00 | 03:36.00 | | |
| 200 | 03:36.00 | 00:56.00 | 01:55.00 | | 07:26.00 | |
| 250 | 04:34.00 | 00:58.00 | 01:55.00 | 03:50.00 | | |
| 300 | 05:31.00 | 00:57.00 | 01:55.00 | | | |
| 350 | 06:29.00 | 00:58.00 | 01:55.00 | 03:50.00 | | |
| 400 | 07:26.00 | 00:57.00 | 01:56.00 | | | 15:11.57 |
| 450 | 08:24.00 | 00:58.00 | 01:56.00 | | | |
| 500 | 09:22.00 | 00:58.00 | 01:57.00 | 03:53.00 | | |
| 550 | 10:20.00 | 00:58.00 | 01:57.00 | | | |
| 600 | 11:19.00 | 00:59.00 | 01:55.00 | | 07:45.57 | |
| 650 | 12:17.00 | 00:58.00 | 01:55.00 | | | |
| 700 | 13:14.00 | 00:57.00 | 01:57.57 | 03:52.57 | | |
| 750 | 14:14.00 | 01:00.00 | | | | |
| 800 | 15:11.57 | 00:57.57 | | | | |
| Averages | | 00:56.97 | 01:53.95 | 03:47.89 | 07:35.79 | 15:11.57 |

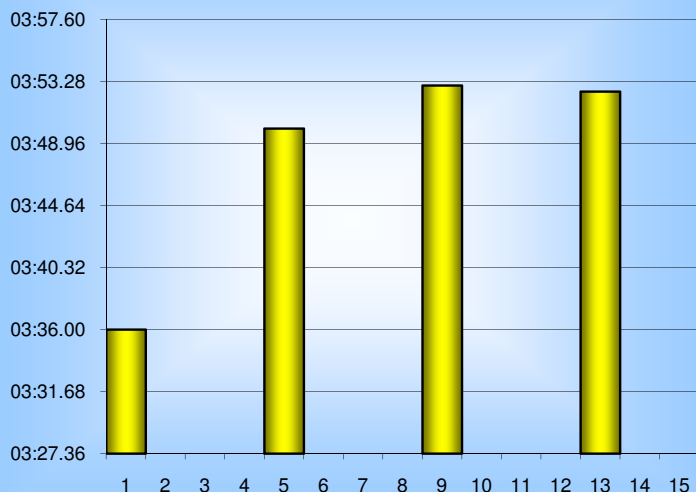
50m splits



100m splits



200m splits



400m splits

