

# Douglas McLean

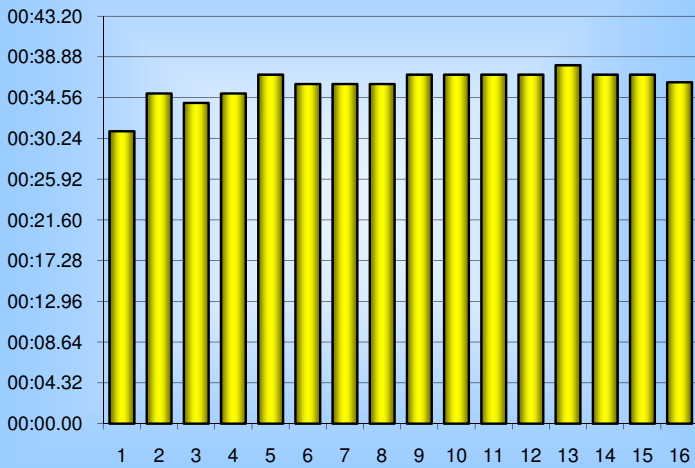
## 800m Splits

11th September 2009

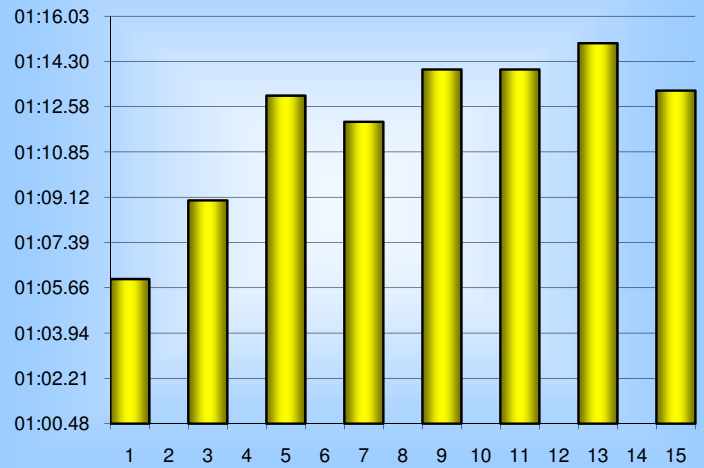
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:31.00	00:31.00				
100	01:06.00	00:35.00	01:06.00			
150	01:40.00	00:34.00	01:09.00	02:15.00		
200	02:15.00	00:35.00			04:40.00	
250	02:52.00	00:37.00	01:13.00			
300	03:28.00	00:36.00	01:12.00	02:25.00		
350	04:04.00	00:36.00	01:12.00			
400	04:40.00	00:36.00	01:14.00			
450	05:17.00	00:37.00	01:14.00			09:36.19
500	05:54.00	00:37.00	01:14.00	02:28.00		
550	06:31.00	00:37.00	01:14.00			
600	07:08.00	00:37.00	01:15.00		04:56.19	
650	07:46.00	00:38.00	01:15.00			
700	08:23.00	00:37.00	01:13.19	02:28.19		
750	09:00.00	00:37.00				
800	09:36.19	00:36.19				
<b>Averages</b>		<b>00:36.01</b>	<b>01:12.02</b>	<b>02:24.05</b>	<b>04:48.09</b>	<b>09:36.19</b>

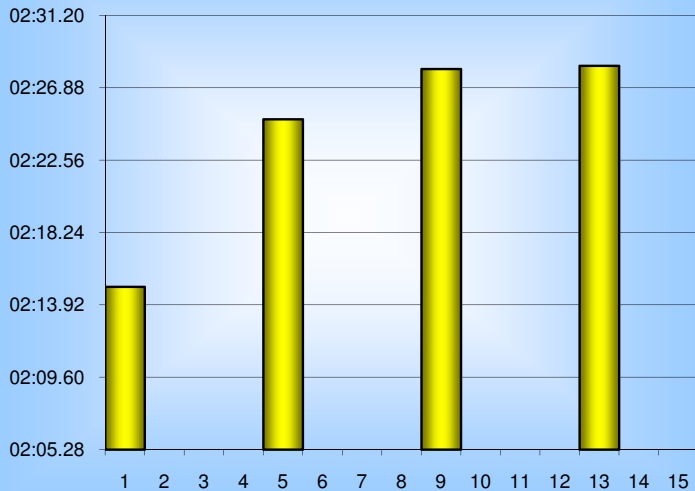
50m splits



100m splits



200m splits



400m splits

