

# Elaine Porteous

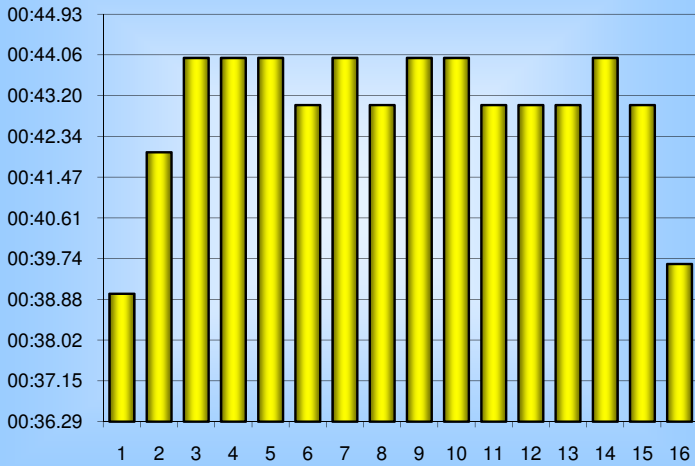
## 800m Splits

11th September 2009

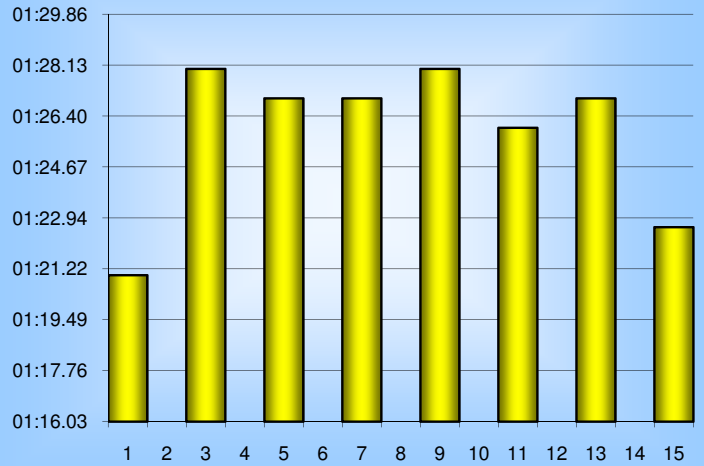
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:39.00	00:39.00				
100	01:21.00	00:42.00	01:21.00			
150	02:05.00	00:44.00	01:28.00	02:49.00		
200	02:49.00	00:44.00	01:27.00		05:43.00	
250	03:33.00	00:44.00	01:27.00	02:54.00		
300	04:16.00	00:43.00	01:27.00			
350	05:00.00	00:44.00	01:28.00	02:54.00		
400	05:43.00	00:43.00	01:28.00			11:26.63
450	06:27.00	00:44.00	01:26.00	02:54.00		
500	07:11.00	00:44.00	01:26.00		05:43.63	
550	07:54.00	00:43.00	01:27.00	02:49.63		
600	08:37.00	00:43.00	01:22.63			
650	09:20.00	00:43.00				
700	10:04.00	00:44.00				
750	10:47.00	00:43.00				
800	11:26.63	00:39.63				
<b>Averages</b>		<b>00:42.91</b>	<b>01:25.83</b>	<b>02:51.66</b>	<b>05:43.32</b>	<b>11:26.63</b>

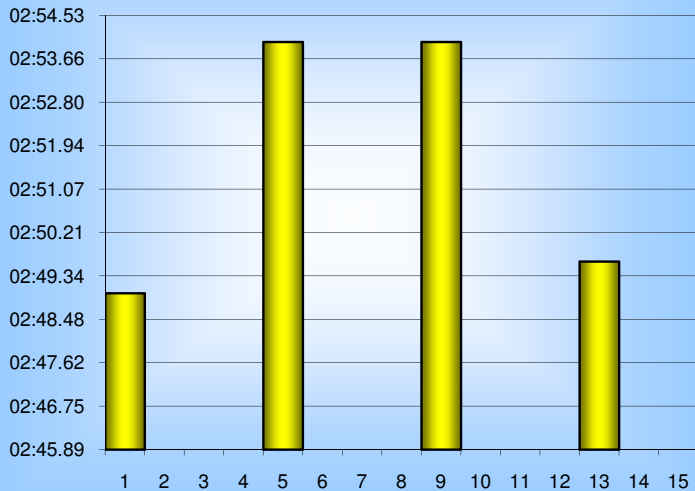
50m splits



100m splits



200m splits



400m splits

