

Ellen Stewart

800m Splits

11th September 2009

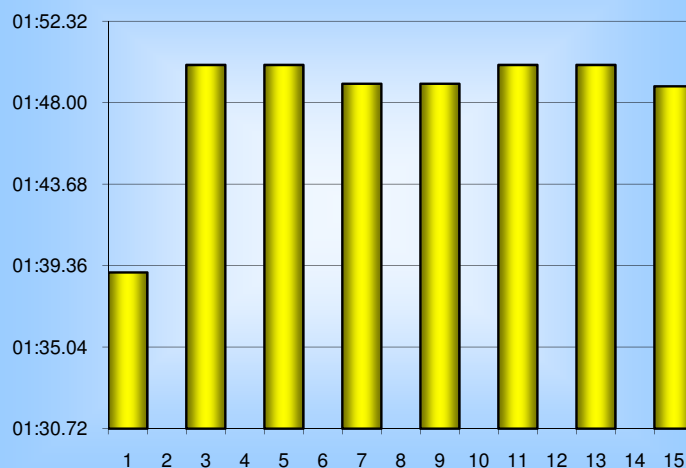
Inverclyde Masters

| Distance (m) | Elapsed Time | 50 splits | 100 splits | 200 splits | 400 splits | 800 splits |
|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 50 | 00:47.00 | 00:47.00 | | | | |
| 100 | 01:39.00 | 00:52.00 | 01:39.00 | | | |
| 150 | 02:35.00 | 00:56.00 | 01:50.00 | 03:29.00 | | |
| 200 | 03:29.00 | 00:54.00 | 01:50.00 | | 07:08.00 | |
| 250 | 04:24.00 | 00:55.00 | 01:50.00 | | | |
| 300 | 05:19.00 | 00:55.00 | 01:50.00 | | | |
| 350 | 06:13.00 | 00:54.00 | 01:49.00 | 03:39.00 | | |
| 400 | 07:08.00 | 00:55.00 | 01:49.00 | | | |
| 450 | 08:03.00 | 00:55.00 | 01:49.00 | | | 14:25.87 |
| 500 | 08:57.00 | 00:54.00 | 01:49.00 | 03:39.00 | | |
| 550 | 09:52.00 | 00:55.00 | 01:50.00 | | | |
| 600 | 10:47.00 | 00:55.00 | 01:50.00 | | 07:17.87 | |
| 650 | 11:41.00 | 00:54.00 | 01:50.00 | | | |
| 700 | 12:37.00 | 00:56.00 | 01:50.00 | | | |
| 750 | 13:31.00 | 00:54.00 | 01:48.87 | 03:38.87 | | |
| 800 | 14:25.87 | 00:54.87 | | | | |
| Averages | | 00:54.12 | 01:48.23 | 03:36.47 | 07:12.94 | 14:25.87 |

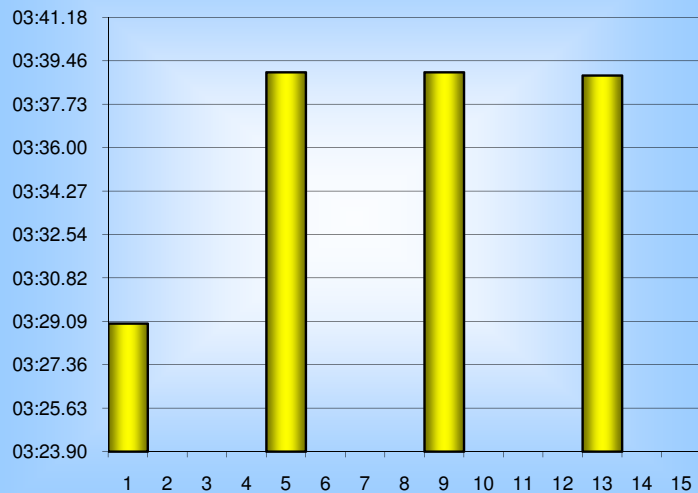
50m splits



100m splits



200m splits



400m splits

