

# Fiona Lavety

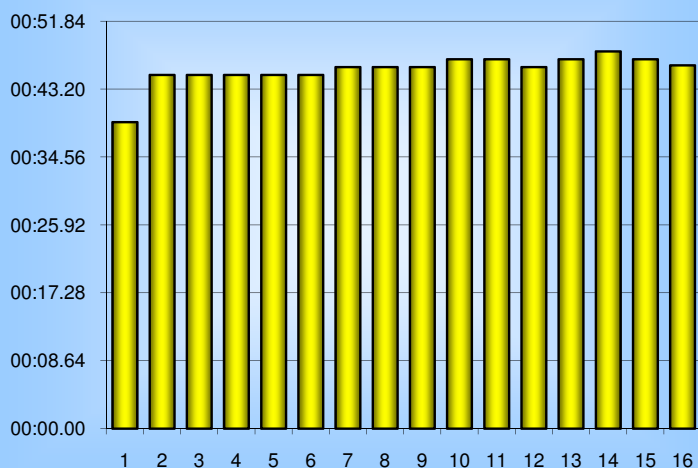
## 800m Splits

### 11th September 2009

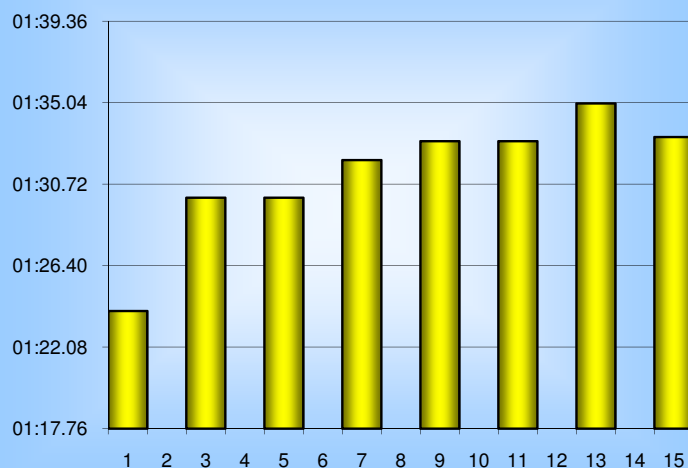
### Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:39.00	00:39.00				
100	01:24.00	00:45.00	01:24.00			
150	02:09.00	00:45.00	01:30.00	02:54.00		
200	02:54.00	00:45.00	01:30.00		05:56.00	
250	03:39.00	00:45.00	01:30.00			
300	04:24.00	00:45.00	01:30.00			
350	05:10.00	00:46.00	01:32.00	03:02.00		
400	05:56.00	00:46.00	01:32.00			12:10.22
450	06:42.00	00:46.00	01:33.00			
500	07:29.00	00:47.00	01:33.00	03:06.00		
550	08:16.00	00:47.00	01:33.00			
600	09:02.00	00:46.00	01:33.00		06:14.22	
650	09:49.00	00:47.00	01:35.00			
700	10:37.00	00:48.00	01:35.00			
750	11:24.00	00:47.00	01:33.22	03:08.22		
800	12:10.22	00:46.22				
<b>Averages</b>		<b>00:45.64</b>	<b>01:31.28</b>	<b>03:02.56</b>	<b>06:05.11</b>	<b>12:10.22</b>

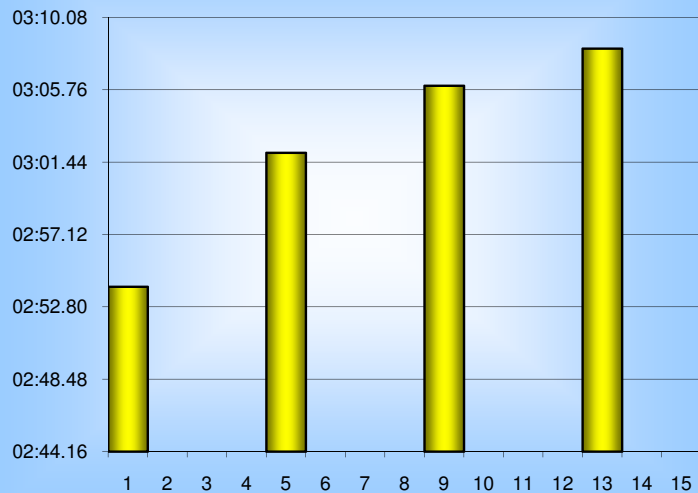
**50m splits**



**100m splits**



**200m splits**



**400m splits**

