

Fred McLaughlin

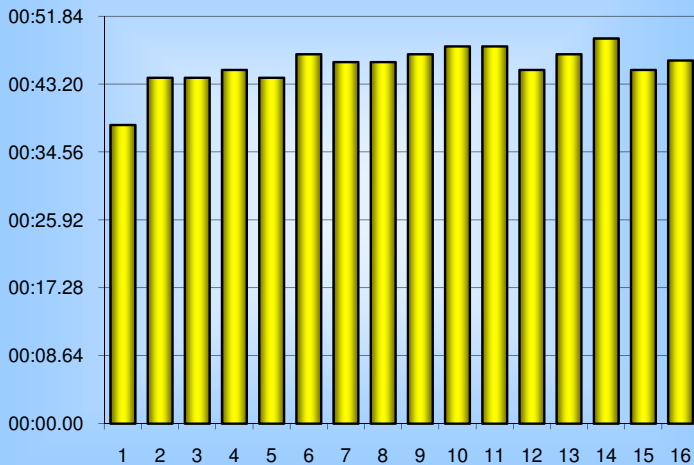
800m Splits

11th September 2009

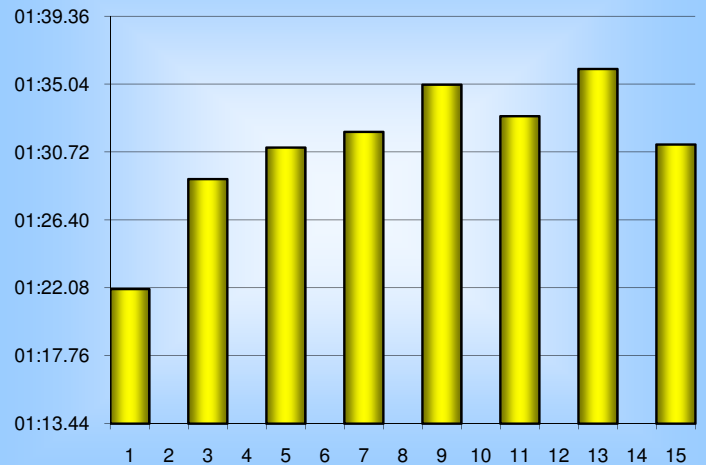
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:38.00	00:38.00				
100	01:22.00	00:44.00	01:22.00			
150	02:06.00	00:44.00	01:29.00	02:51.00		
200	02:51.00	00:45.00	01:31.00		05:54.00	
250	03:35.00	00:44.00	01:31.00			
300	04:22.00	00:47.00	01:32.00	03:03.00		
350	05:08.00	00:46.00	01:32.00			
400	05:54.00	00:46.00	01:35.00			12:09.20
450	06:41.00	00:47.00	01:35.00			
500	07:29.00	00:48.00	01:33.00	03:08.00		
550	08:17.00	00:48.00	01:33.00			
600	09:02.00	00:45.00	01:36.00		06:15.20	
650	09:49.00	00:47.00	01:36.00			
700	10:38.00	00:49.00	01:31.20	03:07.20		
750	11:23.00	00:45.00				
800	12:09.20	00:46.20				
Averages		00:45.58	01:31.15	03:02.30	06:04.60	12:09.20

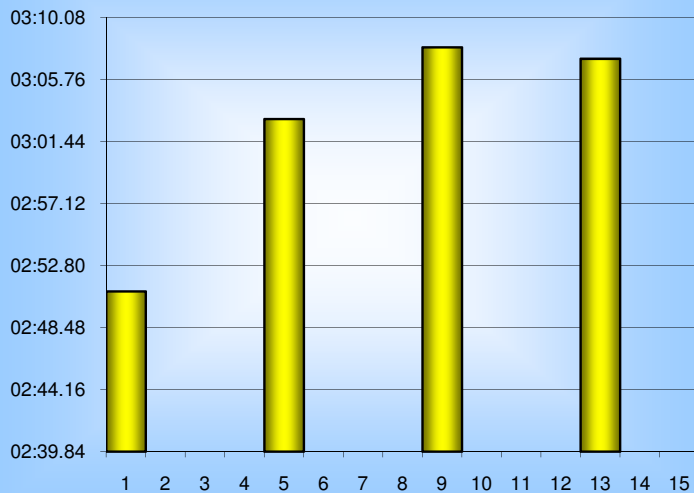
50m splits



100m splits



200m splits



400m splits

