

Gerard Malone

800m Splits

11th September 2009

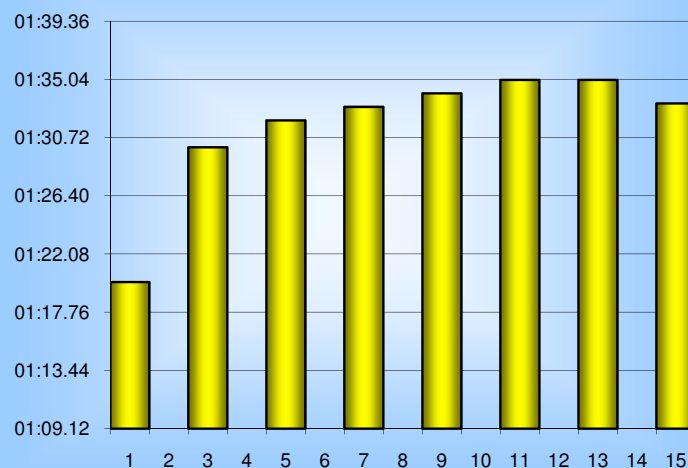
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:38.00	00:38.00				
100	01:20.00	00:42.00	01:20.00			
150	02:05.00	00:45.00	01:30.00	02:50.00		
200	02:50.00	00:45.00	01:32.00		05:55.00	
250	03:35.00	00:45.00	01:32.00			
300	04:22.00	00:47.00	01:33.00	03:05.00		
350	05:08.00	00:46.00	01:33.00			
400	05:55.00	00:47.00	01:34.00			12:12.26
450	06:42.00	00:47.00	01:34.00			
500	07:29.00	00:47.00	01:35.00	03:09.00		
550	08:17.00	00:48.00	01:35.00			
600	09:04.00	00:47.00	01:35.00		06:17.26	
650	09:52.00	00:48.00	01:35.00			
700	10:39.00	00:47.00	01:35.00			
750	11:25.00	00:46.00	01:33.26	03:08.26		
800	12:12.26	00:47.26				
Averages		00:45.77	01:31.53	03:03.06	06:06.13	12:12.26

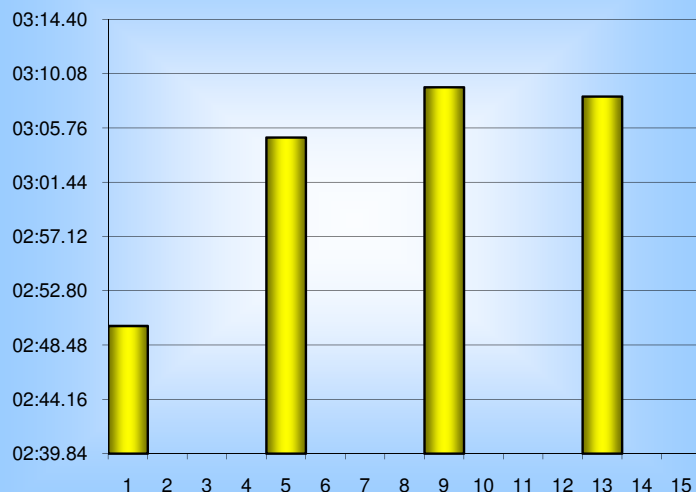
50m splits



100m splits



200m splits



400m splits

