

Gerard McGauley

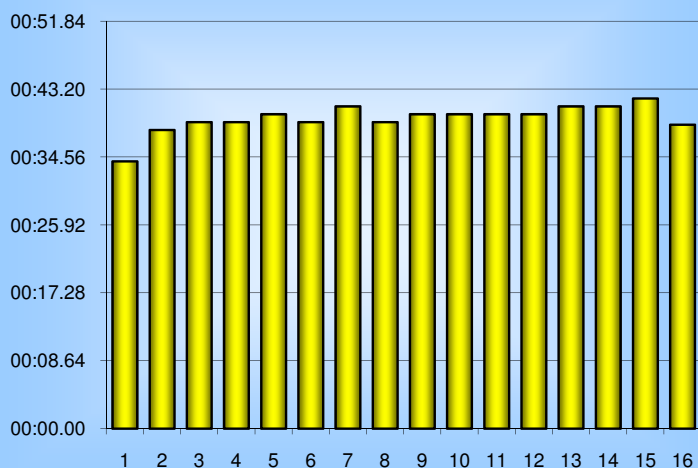
800m Splits

11th September 2009

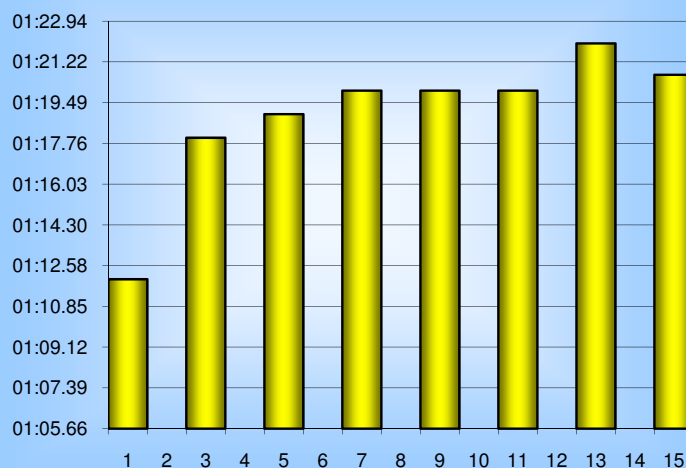
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:34.00	00:34.00				
100	01:12.00	00:38.00	01:12.00			
150	01:51.00	00:39.00	01:18.00	02:30.00		
200	02:30.00	00:39.00	01:19.00		05:09.00	
250	03:10.00	00:40.00	01:20.00	02:39.00		
300	03:49.00	00:39.00	01:20.00			
350	04:30.00	00:41.00	01:20.00	02:40.00		
400	05:09.00	00:39.00	01:20.00			10:31.67
450	05:49.00	00:40.00	01:20.00			
500	06:29.00	00:40.00	01:20.00	02:42.67		
550	07:09.00	00:40.00	01:22.00		05:22.67	
600	07:49.00	00:41.00	01:22.00			
650	08:30.00	00:41.00	01:20.67			
700	09:11.00	00:42.00				
750	09:53.00	00:38.67				
800	10:31.67					
Averages		00:39.48	01:18.96	02:37.92	05:15.83	10:31.67

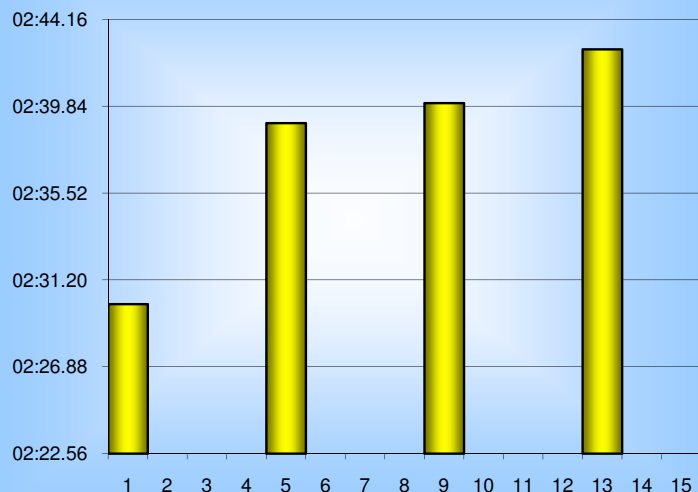
50m splits



100m splits



200m splits



400m splits

