

Graeme Beacham

800m Splits

11th September 2009

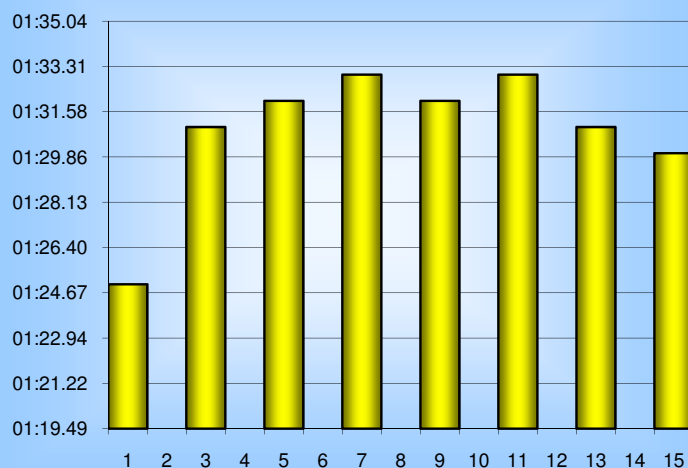
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:40.00	00:40.00				
100	01:25.00	00:45.00	01:25.00			
150	02:10.00	00:45.00	01:31.00	02:56.00		
200	02:56.00	00:46.00	01:32.00		06:01.00	
250	03:42.00	00:46.00	01:32.00			
300	04:28.00	00:46.00	01:33.00	03:05.00		
350	05:15.00	00:47.00	01:33.00			
400	06:01.00	00:46.00	01:32.00			12:07.00
450	06:47.00	00:46.00	01:32.00			
500	07:33.00	00:46.00	01:33.00	03:05.00		
550	08:19.00	00:46.00	01:33.00			
600	09:06.00	00:47.00	01:33.00		06:06.00	
650	09:52.00	00:46.00	01:31.00			
700	10:37.00	00:45.00	01:30.00	03:01.00		
750	11:24.00	00:47.00				
800	12:07.00	00:43.00				
Averages		00:45.44	01:30.87	03:01.75	06:03.50	12:07.00

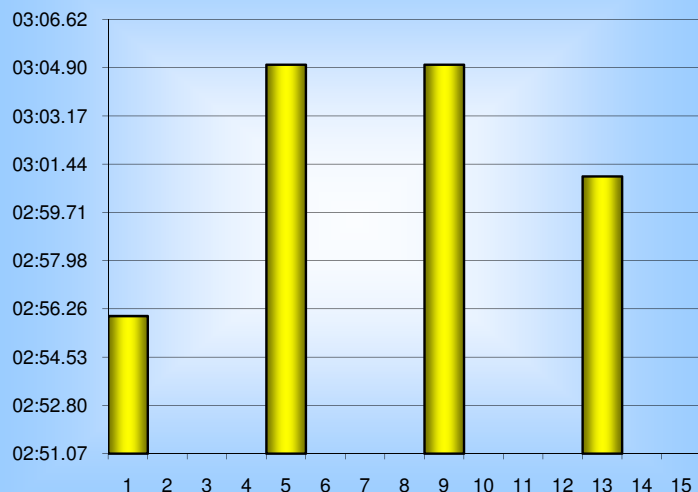
50m splits



100m splits



200m splits



400m splits

