

John McKay

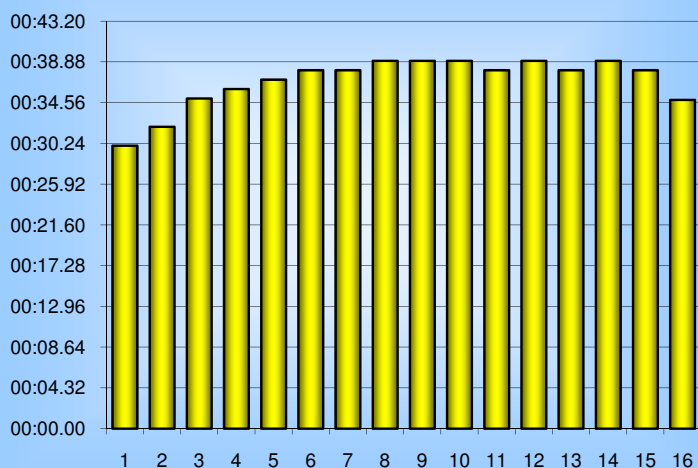
800m Splits

11th September 2009

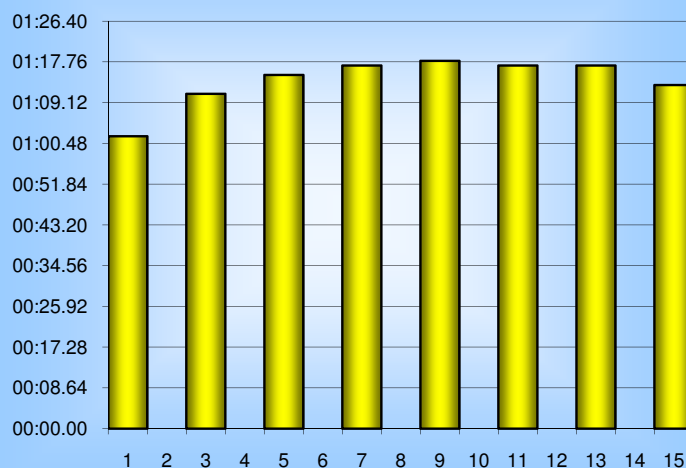
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:30.00	00:30.00				
100	01:02.00	00:32.00	01:02.00			
150	01:37.00	00:35.00	01:11.00	02:13.00		
200	02:13.00	00:36.00	01:15.00		04:45.00	
250	02:50.00	00:37.00	01:17.00	02:32.00		
300	03:28.00	00:38.00	01:18.00			
350	04:06.00	00:38.00	01:18.00	02:35.00		
400	04:45.00	00:39.00	01:17.00			09:49.85
450	05:24.00	00:39.00	01:17.00			
500	06:03.00	00:39.00	01:17.00	02:29.85		
550	06:41.00	00:38.00	01:12.85			
600	07:20.00	00:39.00			05:04.85	
650	07:58.00	00:38.00				
700	08:37.00	00:39.00				
750	09:15.00	00:38.00				
800	09:49.85	00:34.85				
Averages		00:36.87	01:13.73	02:27.46	04:54.92	09:49.85

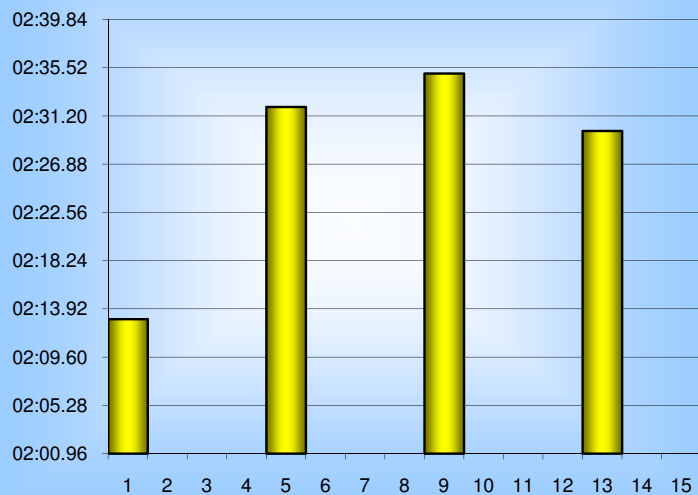
50m splits



100m splits



200m splits



400m splits

