

John McKay

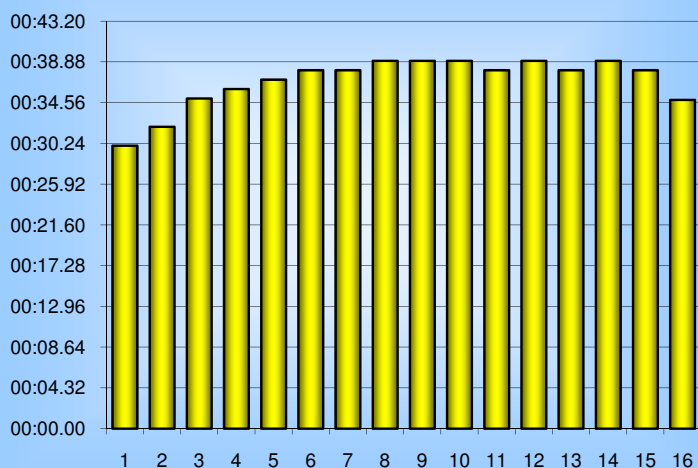
800m Splits

11th September 2009

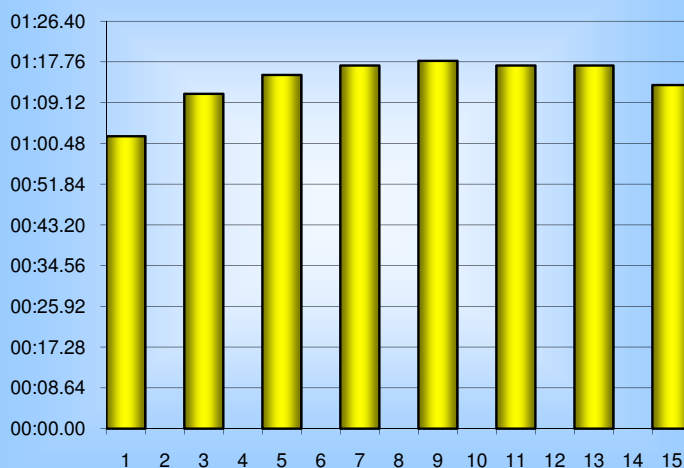
Inverclyde Masters

| 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 |

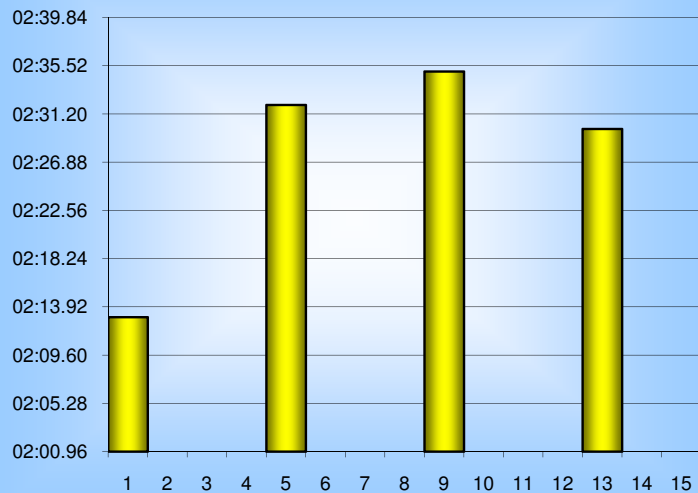
50m splits



100m splits



200m splits



400m splits

