

Lauren Porteous

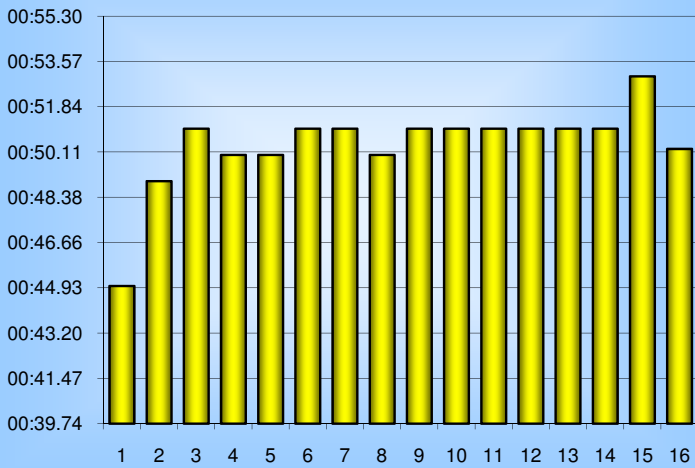
800m Splits

11th September 2009

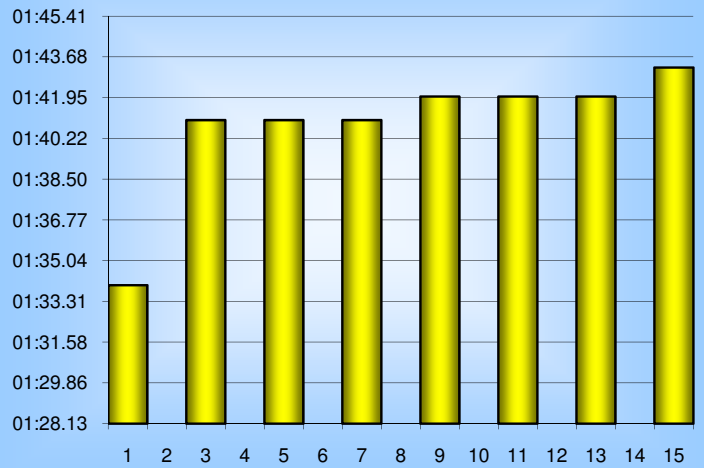
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:45.00	00:45.00				
100	01:34.00	00:49.00	01:34.00			
150	02:25.00	00:51.00	01:41.00	03:15.00		
200	03:15.00	00:50.00	01:41.00		06:37.00	
250	04:05.00	00:50.00	01:41.00			
300	04:56.00	00:51.00	01:41.00	03:22.00		
350	05:47.00	00:51.00	01:41.00			
400	06:37.00	00:50.00	01:41.00			
450	07:28.00	00:51.00	01:42.00	03:24.00		13:26.23
500	08:19.00	00:51.00	01:42.00			
550	09:10.00	00:51.00	01:42.00	03:24.00		
600	10:01.00	00:51.00	01:42.00		06:49.23	
650	10:52.00	00:51.00	01:42.00			
700	11:43.00	00:51.00	01:42.00	03:25.23		
750	12:36.00	00:53.00	01:43.23			
800	13:26.23	00:50.23				
Averages		00:50.39	01:40.78	03:21.56	06:43.12	13:26.23

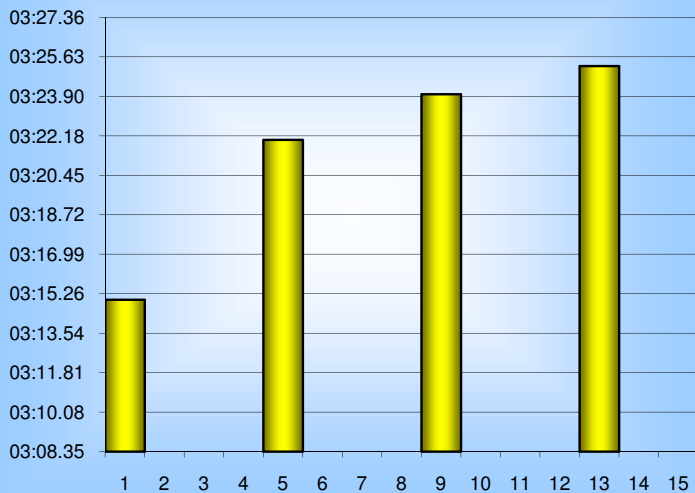
50m splits



100m splits



200m splits



400m splits

