

Lorna Smith

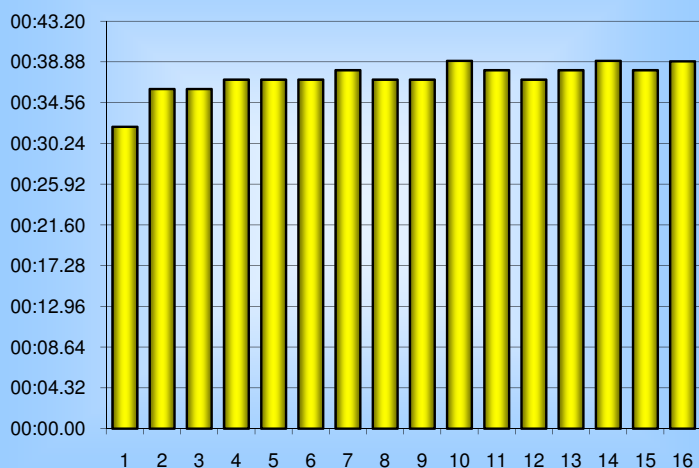
800m Splits

11th September 2009

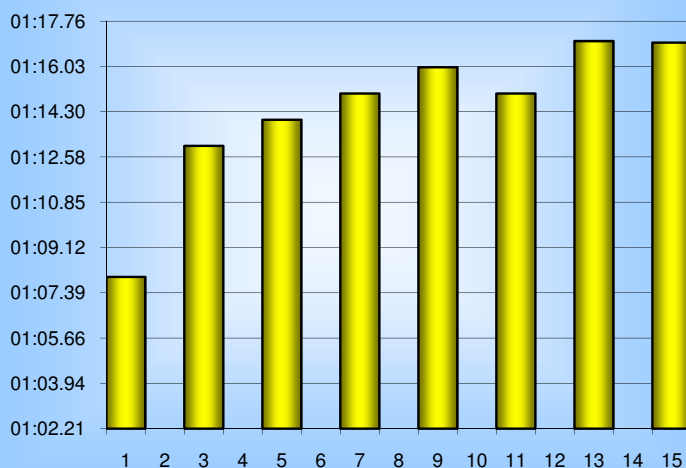
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:32.00	00:32.00				
100	01:08.00	00:36.00	01:08.00			
150	01:44.00	00:36.00	01:13.00	02:21.00		
200	02:21.00	00:37.00	01:14.00		04:50.00	
250	02:58.00	00:37.00	01:15.00	02:29.00		
300	03:35.00	00:38.00	01:16.00			
350	04:13.00	00:37.00	01:16.00	02:31.00		
400	04:50.00	00:39.00	01:15.00		05:04.94	09:54.94
450	05:27.00	00:38.00	01:17.00	02:33.94		
500	06:06.00	00:39.00	01:16.94			
550	06:44.00	00:37.00				
600	07:21.00	00:38.00				
650	07:59.00	00:39.00				
700	08:38.00	00:38.00				
750	09:16.00	00:38.00				
800	09:54.94	00:38.94				
Averages		00:37.18	01:14.37	02:28.74	04:57.47	09:54.94

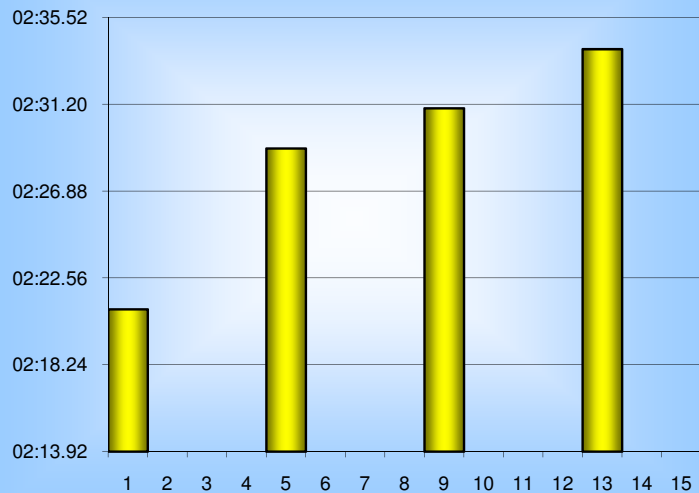
50m splits



100m splits



200m splits



400m splits

