

Mary Docherty

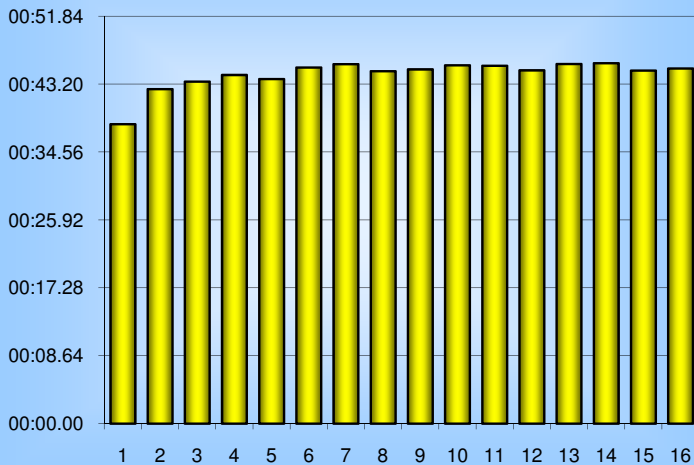
800m Splits

11th September 2009

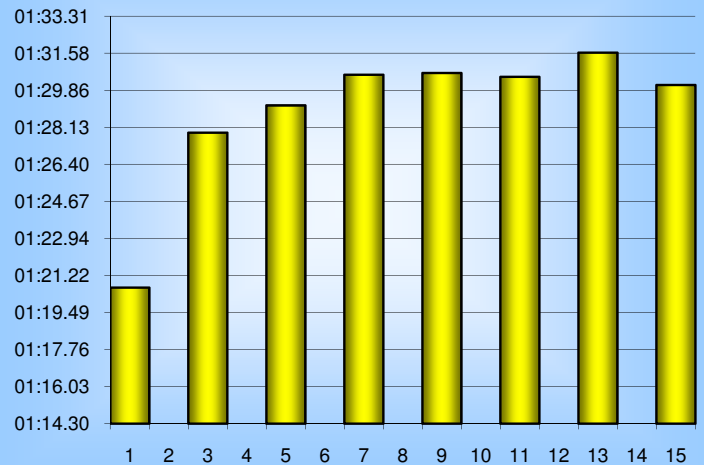
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:38.09	00:38.09				
100	01:20.65	00:42.56	01:20.65			
150	02:04.17	00:43.52	01:27.88	02:48.53		
200	02:48.53	00:44.36	01:29.15		05:48.26	
250	03:32.37	00:43.84	01:30.58	02:59.73		
300	04:17.68	00:45.31	01:30.66			
350	05:03.42	00:45.74	01:30.66	03:01.14		
400	05:48.26	00:44.84	01:30.48		06:02.85	
450	06:33.33	00:45.07	01:31.61	03:01.71		11:51.11
500	07:18.92	00:45.59	01:30.10			
550	08:04.45	00:45.53				
600	08:49.40	00:44.95				
650	09:35.15	00:45.75				
700	10:21.01	00:45.86				
750	11:05.93	00:44.92				
800	11:51.11	00:45.18				
Averages		00:44.44	01:28.89	02:57.78	05:55.56	11:51.11

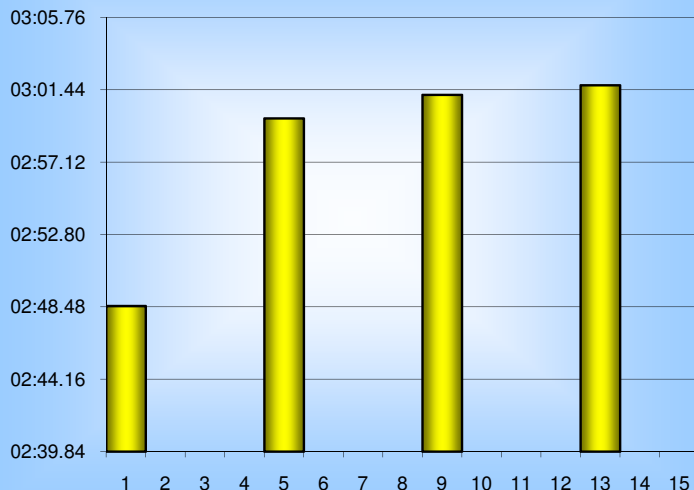
50m splits



100m splits



200m splits



400m splits

