

# Mohammed Allam

## 800m Splits

11th September 2009

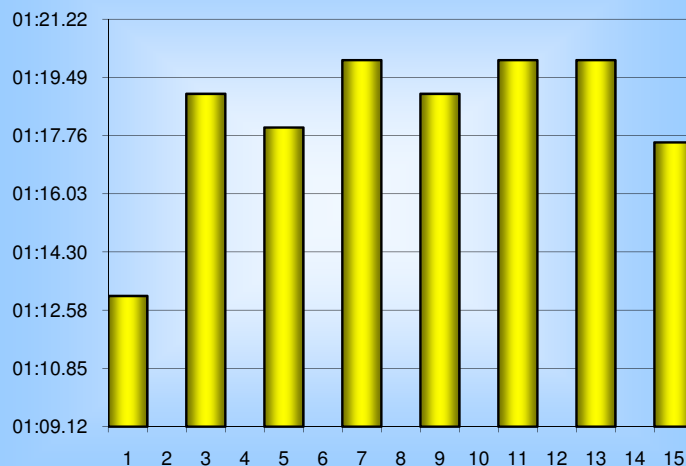
Inverclyde Masters

| Distance (m)    | Elapsed Time | 50 splits       | 100 splits      | 200 splits      | 400 splits      | 800 splits      |
|-----------------|--------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 50              | 00:30.00     | 00:30.00        |                 |                 |                 |                 |
| 100             | 01:13.00     | 00:43.00        | 01:13.00        |                 |                 |                 |
| 150             | 01:52.00     | 00:39.00        | 01:19.00        | 02:32.00        |                 |                 |
| 200             | 02:32.00     | 00:40.00        | 01:18.00        |                 | 05:10.00        |                 |
| 250             | 03:11.00     | 00:39.00        | 01:20.00        | 02:38.00        |                 |                 |
| 300             | 03:50.00     | 00:40.00        | 01:19.00        |                 |                 |                 |
| 350             | 04:30.00     | 00:39.00        | 01:20.00        | 02:39.00        |                 |                 |
| 400             | 05:10.00     | 00:40.00        | 01:19.00        |                 |                 | 10:26.56        |
| 450             | 05:49.00     | 00:40.00        | 01:20.00        |                 |                 |                 |
| 500             | 06:29.00     | 00:40.00        | 01:17.56        |                 |                 |                 |
| 550             | 07:09.00     | 00:40.00        |                 |                 |                 |                 |
| 600             | 07:49.00     | 00:40.00        |                 |                 | 05:16.56        |                 |
| 650             | 08:29.00     | 00:40.00        |                 |                 |                 |                 |
| 700             | 09:09.00     | 00:39.00        |                 | 02:37.56        |                 |                 |
| 750             | 09:48.00     | 00:38.56        |                 |                 |                 |                 |
| 800             | 10:26.56     |                 |                 |                 |                 |                 |
| <b>Averages</b> |              | <b>00:39.16</b> | <b>01:18.32</b> | <b>02:36.64</b> | <b>05:13.28</b> | <b>10:26.56</b> |

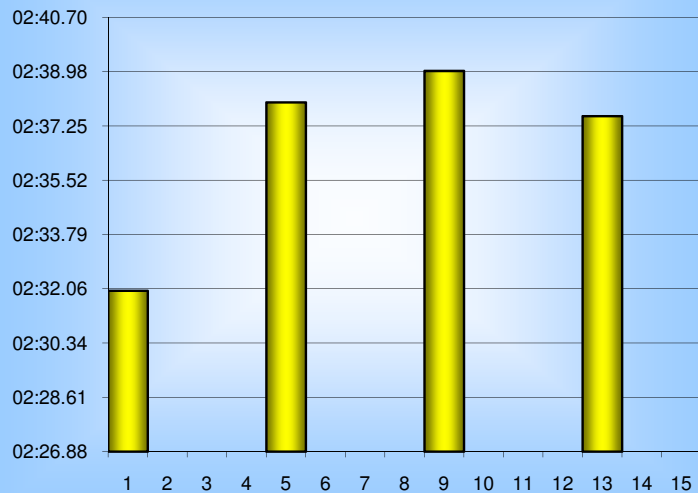
50m splits



100m splits



200m splits



400m splits

