

# Robert Mitchell

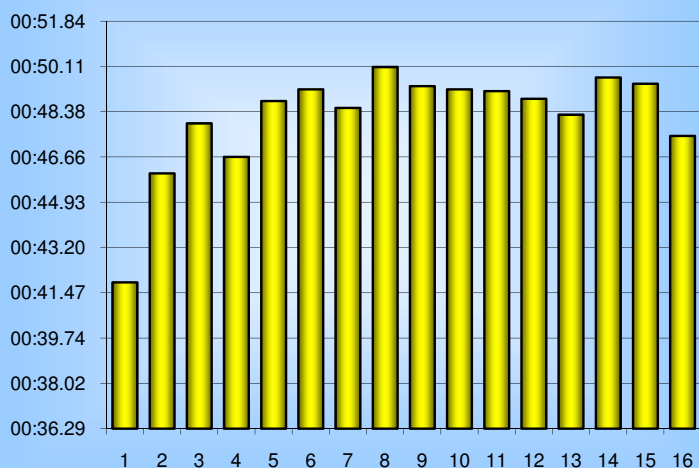
## 800m Splits

11th September 2009

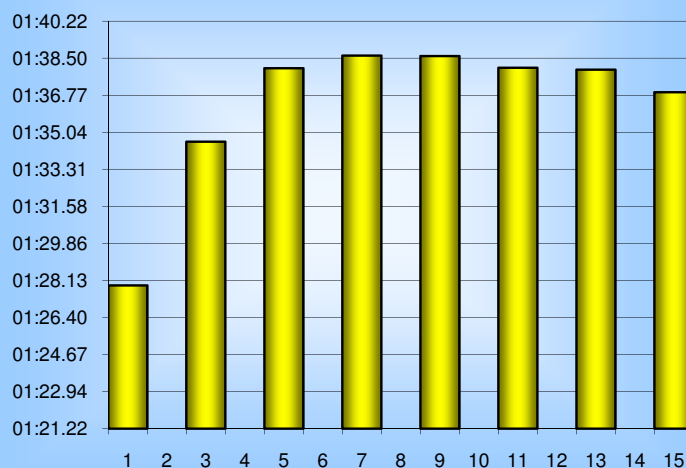
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:41.87	00:41.87				
100	01:27.90	00:46.03	01:27.90			
150	02:15.84	00:47.94	01:34.60	03:02.50		
200	03:02.50	00:46.66	01:38.03		06:19.15	
250	03:51.29	00:48.79	01:38.62	03:16.65		
300	04:40.53	00:49.24	01:38.60			
350	05:29.06	00:48.53	01:38.60	03:16.65		
400	06:19.15	00:50.09	01:38.05		06:31.52	
450	07:08.51	00:49.36	01:37.96	03:14.87		
500	07:57.75	00:49.24	01:36.91			12:50.67
550	08:46.92	00:49.17				
600	09:35.80	00:48.88				
650	10:24.07	00:48.27				
700	11:13.76	00:49.69				
750	12:03.21	00:49.45				
800	12:50.67	00:47.46				
<b>Averages</b>		<b>00:48.17</b>	<b>01:36.33</b>	<b>03:12.67</b>	<b>06:25.34</b>	<b>12:50.67</b>

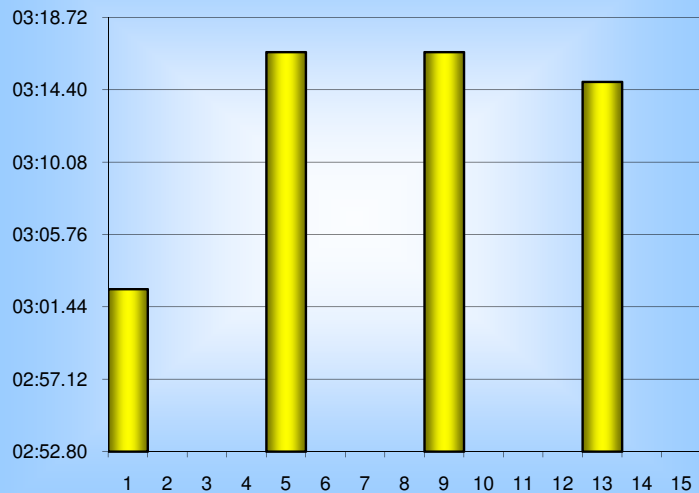
50m splits



100m splits



200m splits



400m splits

