

# Robert Wilmot

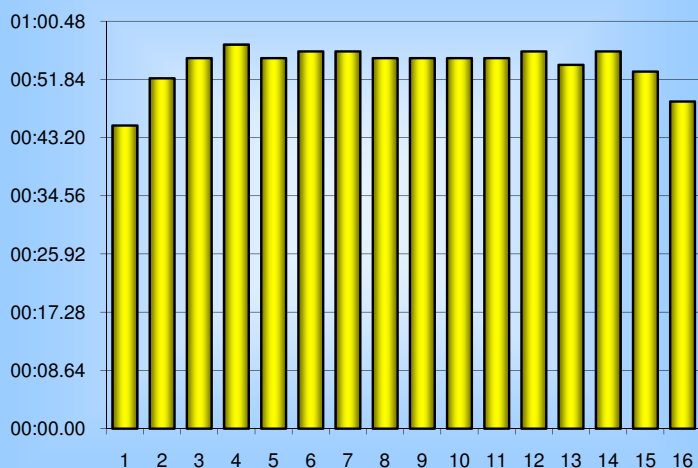
## 800m Splits

11th September 2009

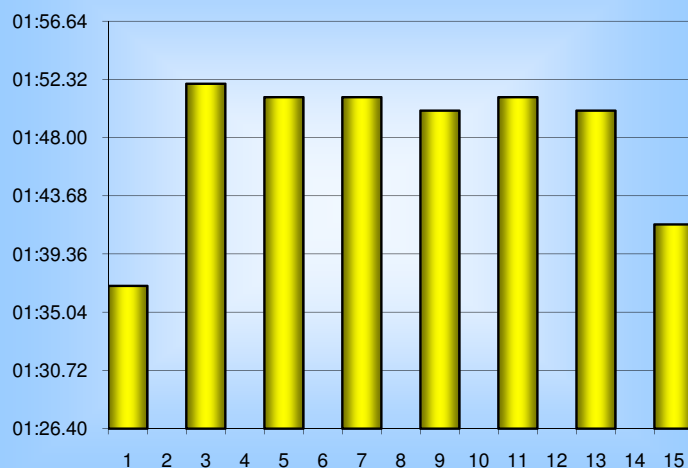
Inverclyde Masters

| Distance (m)    | Elapsed Time | 50 splits       | 100 splits      | 200 splits      | 400 splits      | 800 splits      |
|-----------------|--------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 50              | 00:45.00     | 00:45.00        |                 |                 |                 |                 |
| 100             | 01:37.00     | 00:52.00        | 01:37.00        |                 |                 |                 |
| 150             | 02:32.00     | 00:55.00        | 01:52.00        | 03:29.00        |                 |                 |
| 200             | 03:29.00     | 00:57.00        | 01:51.00        |                 | 07:11.00        |                 |
| 250             | 04:24.00     | 00:55.00        | 01:51.00        |                 |                 |                 |
| 300             | 05:20.00     | 00:56.00        | 01:51.00        | 03:42.00        |                 |                 |
| 350             | 06:16.00     | 00:56.00        | 01:51.00        |                 |                 |                 |
| 400             | 07:11.00     | 00:55.00        | 01:50.00        | 03:41.00        |                 | 14:23.56        |
| 450             | 08:06.00     | 00:55.00        | 01:50.00        |                 |                 |                 |
| 500             | 09:01.00     | 00:55.00        | 01:51.00        |                 |                 |                 |
| 550             | 09:56.00     | 00:55.00        | 01:51.00        |                 |                 |                 |
| 600             | 10:52.00     | 00:56.00        | 01:50.00        |                 | 07:12.56        |                 |
| 650             | 11:46.00     | 00:54.00        | 01:50.00        |                 |                 |                 |
| 700             | 12:42.00     | 00:56.00        | 01:41.56        | 03:31.56        |                 |                 |
| 750             | 13:35.00     | 00:53.00        |                 |                 |                 |                 |
| 800             | 14:23.56     | 00:48.56        |                 |                 |                 |                 |
| <b>Averages</b> |              | <b>00:53.97</b> | <b>01:47.94</b> | <b>03:35.89</b> | <b>07:11.78</b> | <b>14:23.56</b> |

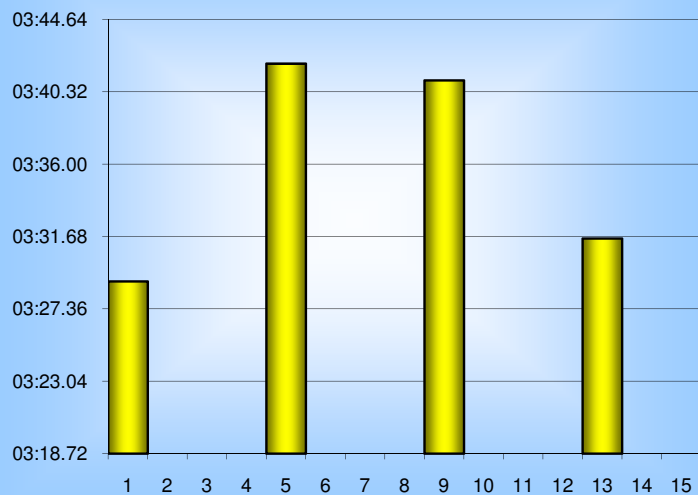
50m splits



100m splits



200m splits



400m splits

