

Sandy Galletly

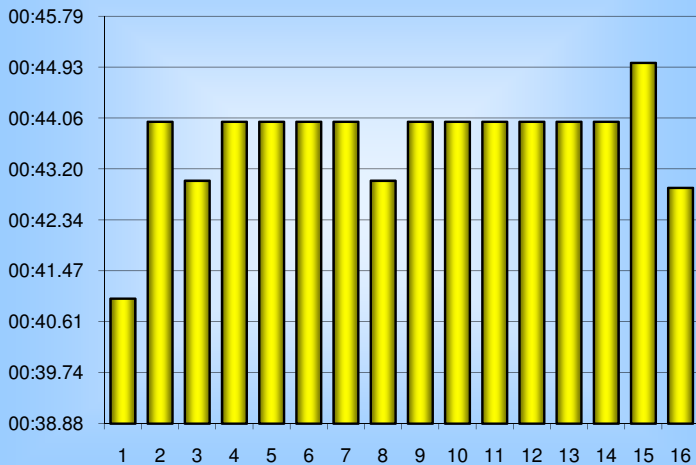
800m Splits

11th September 2009

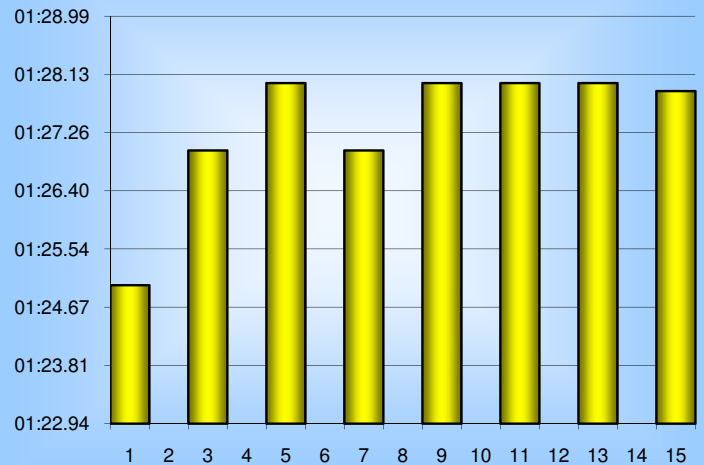
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:41.00	00:41.00				
100	01:25.00	00:44.00	01:25.00			
150	02:08.00	00:43.00	01:27.00	02:52.00		
200	02:52.00	00:44.00	01:28.00		05:47.00	
250	03:36.00	00:44.00	01:28.00	02:55.00		
300	04:20.00	00:44.00	01:27.00			
350	05:04.00	00:43.00	01:28.00	02:56.00		
400	05:47.00	00:44.00	01:28.00		05:51.88	
450	06:31.00	00:44.00	01:28.00	02:55.88		
500	07:15.00	00:44.00	01:27.88			11:38.88
550	07:59.00	00:44.00				
600	08:43.00	00:44.00				
650	09:27.00	00:45.00				
700	10:11.00	00:42.88				
750	10:56.00					
800	11:38.88					
Averages		00:43.68	01:27.36	02:54.72	05:49.44	11:38.88

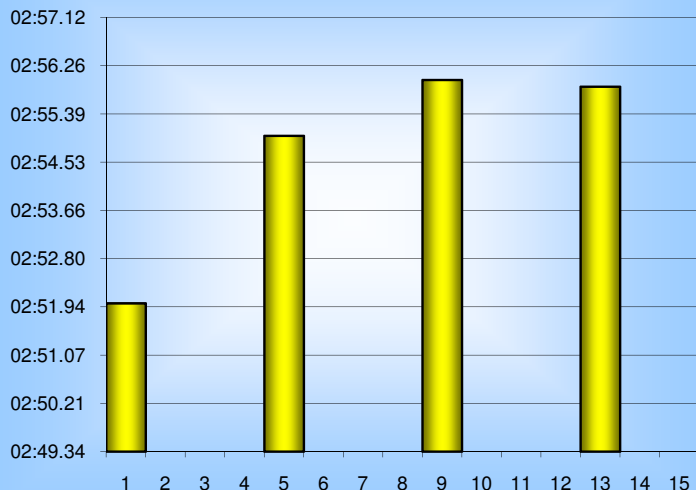
50m splits



100m splits



200m splits



400m splits

