

Simona Ielo

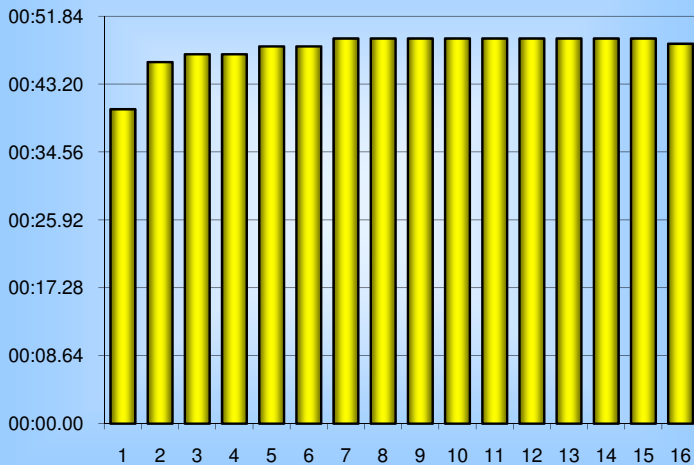
800m Splits

11th September 2009

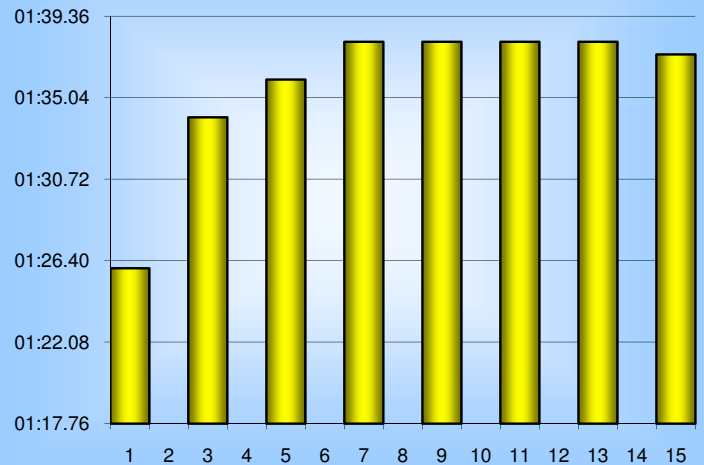
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:40.00	00:40.00				
100	01:26.00	00:46.00	01:26.00			
150	02:13.00	00:47.00	01:34.00	03:00.00		
200	03:00.00	00:47.00	01:36.00		06:14.00	
250	03:48.00	00:48.00	01:36.00	03:14.00		
300	04:36.00	00:48.00	01:38.00			
350	05:25.00	00:49.00	01:38.00	03:16.00		
400	06:14.00	00:49.00	01:38.00			12:45.33
450	07:03.00	00:49.00	01:38.00			
500	07:52.00	00:49.00	01:38.00	03:16.00		
550	08:41.00	00:49.00	01:38.00			
600	09:30.00	00:49.00	01:38.00	03:15.33	06:31.33	
650	10:19.00	00:49.00	01:38.00			
700	11:08.00	00:49.00	01:37.33			
750	11:57.00	00:49.00				
800	12:45.33	00:48.33				
Averages		00:47.83	01:35.67	03:11.33	06:22.66	12:45.33

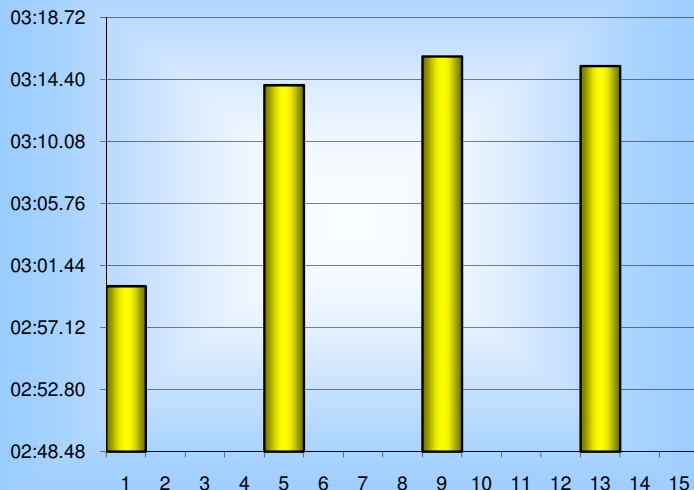
50m splits



100m splits



200m splits



400m splits

