

Stuart McPhail

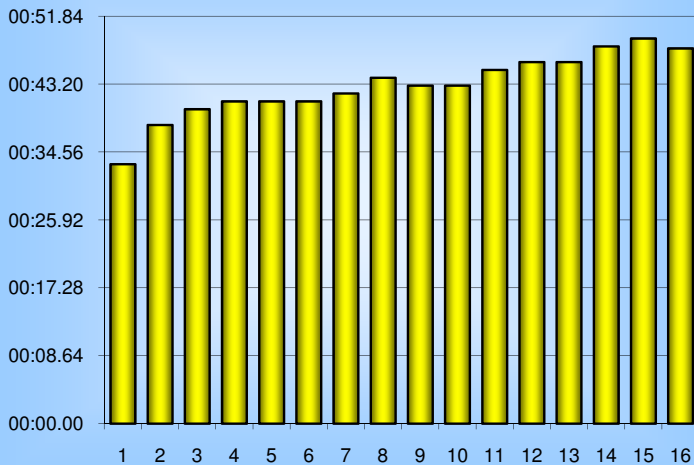
800m Splits

11th September 2009

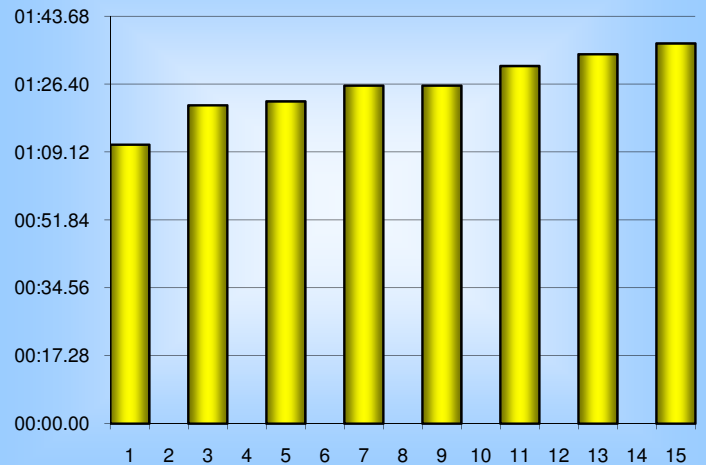
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:33.00	00:33.00				
100	01:11.00	00:38.00	01:11.00			
150	01:51.00	00:40.00	01:21.00	02:32.00		
200	02:32.00	00:41.00	01:22.00		05:20.00	
250	03:13.00	00:41.00	01:22.00			
300	03:54.00	00:41.00	01:26.00	02:48.00		
350	04:36.00	00:42.00	01:26.00			
400	05:20.00	00:44.00	01:26.00			11:27.74
450	06:03.00	00:43.00	01:26.00			
500	06:46.00	00:43.00	01:31.00	02:57.00		
550	07:31.00	00:45.00	01:31.00			
600	08:17.00	00:46.00	01:34.00		06:07.74	
650	09:03.00	00:46.00	01:34.00			
700	09:51.00	00:48.00	01:36.74	03:10.74		
750	10:40.00	00:49.00				
800	11:27.74	00:47.74				
Averages		00:42.98	01:25.97	02:51.93	05:43.87	11:27.74

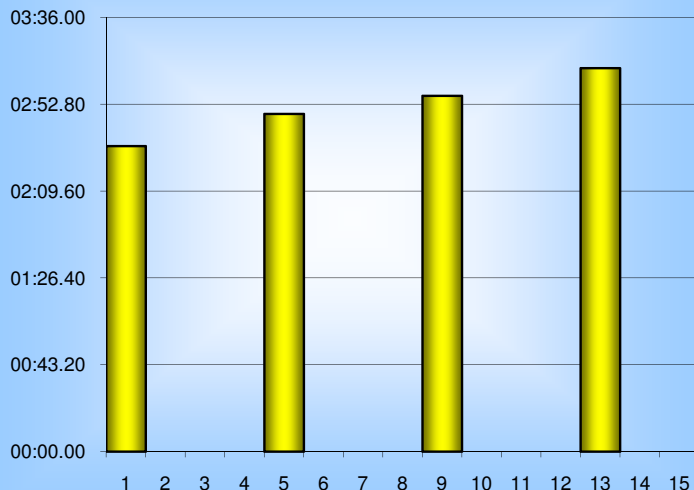
50m splits



100m splits



200m splits



400m splits

