|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name**  Athletics world record times and distances | **Distance** | **Time** | **Time (seconds)** | **Speed (m/s)** | **100m equivalent time (seconds)** | **Speed (mph)** |
| **Usain Bolt** | **100m** | **9.58 sec** | **9.58** | **10.44** | **9.58** |  |
| **Florence Griffith-Joyner** | **100m** | **10.48 sec** | **10.48** | **9.54** | **10.48** |  |
| **Usain Bolt** | **200m** | **19.19 sec** | **19.19** |  |  |  |
| **Florence Griffith-Joyner** | **200m** | **21.34 sec** | **21.34** |  |  |  |
| **Wayde Van-Niekerk** | **400m** | **43.03 sec** | **43.03** |  |  |  |
| **Marita Koch** | **400m** | **47.60 sec** | **47.60** | **8.40** | **11.90** |  |
| **Hicham el Guerrouj** | **1500m** | **3 min 26.00 sec** |  |  |  |  |
| **Genzebe Dibaba** | **1500m** | **3 min 50.07 sec** |  |  |  |  |
| **Daniel Komen** | **3000m** | **7 min 20.67 sec** | **440.67** | **6.81** | **14.69** |  |
| **Wang Junxia** | **3000m** | **8 min 6.11 sec** |  |  |  |  |
| **Kenenisa Bekele** | **5000m / 5k** | **12 min 37.35 sec** |  |  |  |  |
| **Tirunesh Dibaba** | **5000m / 5k** | **14 min 11.15 sec** |  |  |  |  |
| **Kenenisa Bekele** | **10000m / 10k** | **26 min 17.53 sec** |  |  |  |  |
| **Almaz Ayana** | **10000m / 10k** | **29 min 17.45 sec** |  |  |  |  |
| **Eliud Kipchoge** | **Marathon (42.195km)** | **2 hrs 1 min 39.00 sec** |  |  |  |  |
| **Brigid Kosgei** | **Marathon (42.195km)** | **2 hrs 14 min 4.00 sec** |  |  |  |  |
| **Yohann Diniz** | **50km walk** | **3 hrs 32 min 33.00 sec** |  |  |  |  |
| **Liang Rui** | **50km walk** | **4 hrs 4 min 36.00 sec** |  |  |  |  |

**Mr Smith’s 100m times**

Run 1 - 15.08 sec, Run 2 - 15.25 sec, Run 3 - 15.40 sec

**Mean = sec**

1. **What was my speed in m/s?**
2. **Work out the speed for the other world record times in this table.**
3. **Did I beat the 1500m speed?**
4. **Did I beat the 5000m speed?**
5. **Eliud Kipchoge has the men’s marathon WR with a time of 2 hours 1minute and 39 seconds. Brigid Kosgei has the women’s marathon WR of 2 hours 14 minutes and 4 seconds. How long would they each take to do 100m at their world record paces?**
6. **What times would the world record holders for the 50km walk get over 100m?**
7. **Work out all the other 100m equivalent times for each of the world records in the table.**
8. **What is each speed in mph? (1 mile is about 1609m)**
9. **I challenge you to run 100m. Record your time and work out your speed. What world record times do you compare to?**