









Sporting Speeds

Sport		Distance	Time	Speed (km/h)	Speed (m/s)
Adam Peaty Swimming		100 m	56.88 seconds	6.33 km/h	1.76 m/s
Battaash Horse Racing		1 km	50.9 seconds	70.7 km/h	19.6 m/s
Mark Cavendish Cycling		200 m	9.22 seconds	78.1 km/h	21.7 m/s
Rafael Nadal's Tennis Ball		23.7 m	0.47 seconds	180 km/h	50 m/s
Usain Bolt 100 m Sprint		100 m	9.58 seconds	37.6 km/h	10.4 m/s
Max Verstappen Formula 1		3.24 km	1 minute 14 seconds	157.8 km/h	43.8 m/s
Lionel Messi's Football		23.4 m	0.65 seconds	130 km/h	36.1 m/s
Mo Farah Marathon		42.24 km	2 hours 10 min 28 seconds	19.4 km/h	5.4 m/s