









Sporting Speeds

Sport		Distance	Time	Speed (km/h)	Speed (m/s)
Adam Peaty Swimming		100 m	56.88 seconds	6.33 km/h	
Battaash Horse Racing		1 km	50.9 seconds		
Mark Cavendish Cycling		200 m			21.7 m/s
Rafael Nadal's Tennis Ball			0.47 seconds		50 m/s
Usain Bolt 100 m Sprint		100 m	9.58 seconds		
Max Verstappen Formula 1			1 minute 14 seconds	157.8 km/h	
Lionel Messi's Football		23.4 m		130 km/h	
Mo Farah Marathon		42.24 km	2 hours 10 min 28 seconds		