

2021 Men's 60m Hurdles World Indoor Record Season

Grant Holloway (USA) - 7.29

Hurdle Touchdown Times



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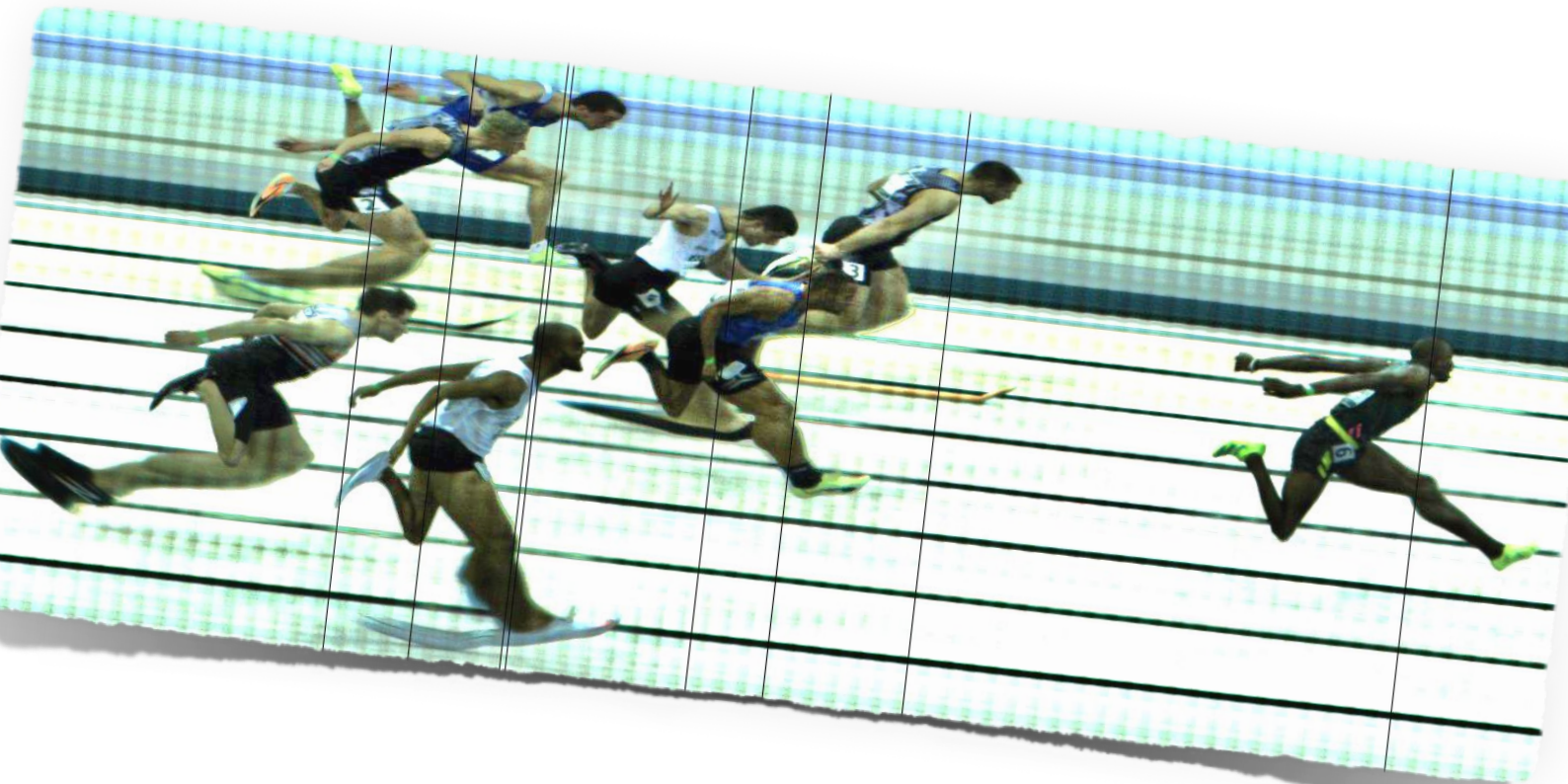
Todd Henson

2021 Men's 60m Hurdles World Indoor Record Season

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Meetings Overview:

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Notes:

- The times listed as TV Analysis are taken from [youtube.com](https://www.youtube.com) videos and generally coming from Television broadcasts. These are not always the best angles or coverage for getting times. They are often trying to tell a story by focusing on one athlete, and sometimes while shifting camera angles an extra frame can get added or removed.
- Where times are taken from the first movement, instead of the gun, there is at least a ± 0.12 second difference/error. This will show up from the start to the first hurdle and then from hurdle 10 to the finish. The between hurdle intervals should be fairly consistent, but there is still the usual ± 0.03 second.
 - *You can definitely see this in the both the Madrid and Liévin finals when comparing my TV analysis with the Video analysis of Coach Vazel. Our rhythmic unit times between hurdles were very close, but his times to the first hurdle were more accurate (slower) and thus his run-in times were more accurate (faster) as well.*
- Data errors, missing data, spelling mistakes, anything that needs correction - please let me know. As always, I try to put together the most complete and accurate report possible.
- I have done the best I could, I hope people find it useful or at least interesting.

2021 Men's 60m Hurdles World Record Season - Grant Holloway (USA) (1997)**Villa de Madrid (Madrid, ESP)**

Final de Madrid (Madrid, ESP)		date	Vazel (2021) - https://twitter.com/pjvazel/status/1364677209525485569								
FINAL			H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)	time	2.48	3.47	4.46	5.45	6.44			7.29	6 / 1	
	reaction time	interval	7 steps	0.99	0.99	0.99	0.99	0.85	WR		2.97
		velocity	5.53	9.23	9.23	9.23	9.23	11.44	8.23		9.23

Heat 1 (TV Analysis)

Heat 1 (TV Analysis)		date	24-Feb-21		Henson (2021) - Athlete First: 2021 Grant Holloway world indoor record						
			H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)	time		2.36	3.36	4.34	5.34	6.33		7.32	5 / 1	
	reaction time	0.164	interval	7 steps	1.00	0.98	1.00	0.99	0.99	=AR	
			velocity	5.81	9.14	9.33	9.14	9.23	9.82	8.20	

Copernicus Cup (Toruń, POL) (TV Analysis)

date		Henson (2021) - Athlete First: 2021 Grant Holloway world indoor record									
		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4	
Holloway, Grant (USA) (1997)	time	2.44	3.45	4.43	5.42	6.45		7.38	4 / 1		
reaction time	0.122	7 steps	1.01	0.98	0.99	1.03	0.93				2.98
	velocity	5.62	9.05	9.33	9.23	8.87	10.45	8.13			9.20

Heat 1

	date	17-Feb-21	H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)	time								7.43	4 / 1	
reaction time	0.199 interval		No Information Available								
	velocity								8.08		

Meeting Elite en Salle de L'Eure (Val-de-Reuil, FRA) (TV Analysis)

FINAL	date	14-Feb-21	Henson (2021) - Athlete First: 2021 Grant Holloway world indoor record								
			H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)	time		2.40	3.40	4.40	5.42	6.42		7.41	5 / 1	
reaction time	0.161	interval	7 steps	1.00	1.00	1.02	1.00	0.99			3.02
		velocity	5.72	9.14	9.14	8.96	9.14	9.82	8.10		9.08

Heat 1

eat 1	date	14-Feb-21	Henson (2021) - Athlete First: 2021 Grant Holloway world indoor record								
			H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)	time		2.42	3.42	4.42	5.42	6.42		7.47	4 / 1	
reaction time	0.142	interval	7 steps	1.00	1.00	1.00	1.00	1.05			3.00
		velocity	5.67	9.14	9.14	9.14	9.14	9.26	8.03		9.14

Meeting Hauts-de-France Pas-de-Calais (Liévin, FRA)

FINAL	date	09-Feb-21	Vazel (2021) - https://twitter.com/pjvazel/status/1359286403834724356								
			H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)	time		2.50	3.49	4.48	5.47	6.45		7.32	5 / 1	
reaction time	0.150	interval	7 steps	0.99	0.99	0.99	0.98	0.87	AR		2.97
		velocity	5.49	9.23	9.23	9.23	9.33	11.17	8.20		9.23

Heat 2 (TV Analysis)

eat 2 (TV Analysis)		date	09-Feb-21	Henson (2021) - Athlete First: 2021 Grant Holloway world indoor record								
				H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)		time		2.38	3.38	4.38	5.36	6.34		7.38	4 / 1	
reaction time		0.194	interval	7 steps	1.00	1.00	0.98	0.98	1.04			
			velocity	5.76	9.14	9.14	9.33	9.33	9.35	8.13		

American Track League 1 (Fayetteville, AR) (TV Analysis)

date		24-Jan-21		Henson (2021) - Athlete First: 2021 Grant Holloway world indoor record							
		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4	
Holloway, Grant (USA) (1997)	time	2.42	3.43	4.43	5.42	6.39		7.35	4 / 1		
reaction time	0.174	interval	7 steps	1.01	1.00	0.99	0.97	=AR =PB		3.00	
		velocity	5.67	9.05	9.14	9.23	9.42	10.13	8.16	9.14	

Heat 2

date 24-Jan-21

Holloway, Grant (USA) (1997)

reaction time 0.189

time

interval

velocity

H1

H2

H3

H4

H5

Run-In

60m

Lane / Place

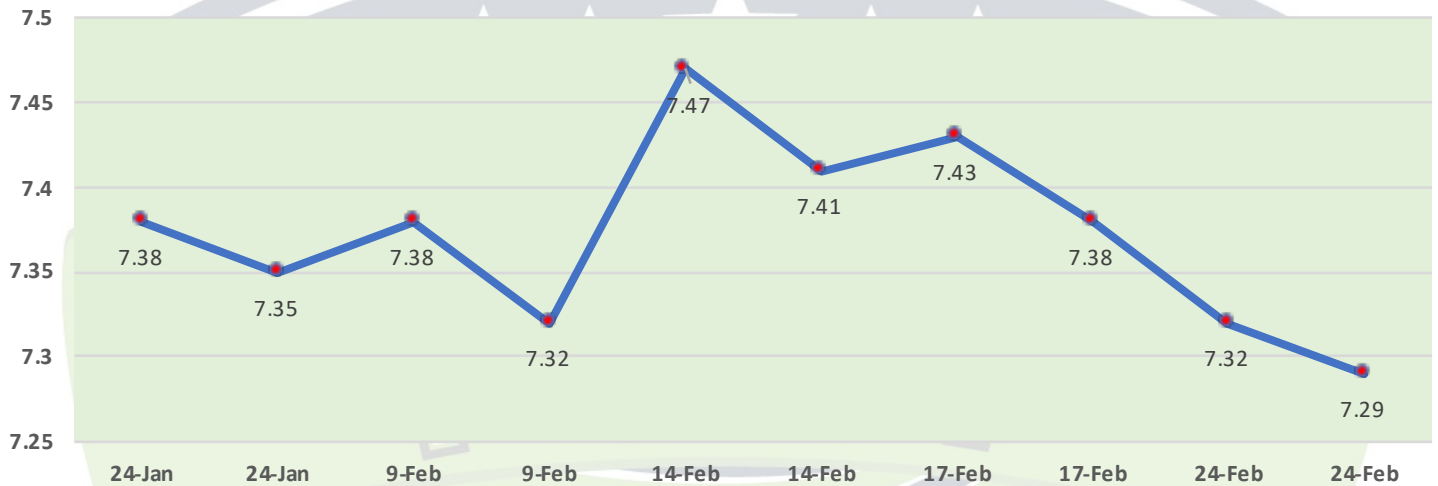
6 / 1

H1-H4

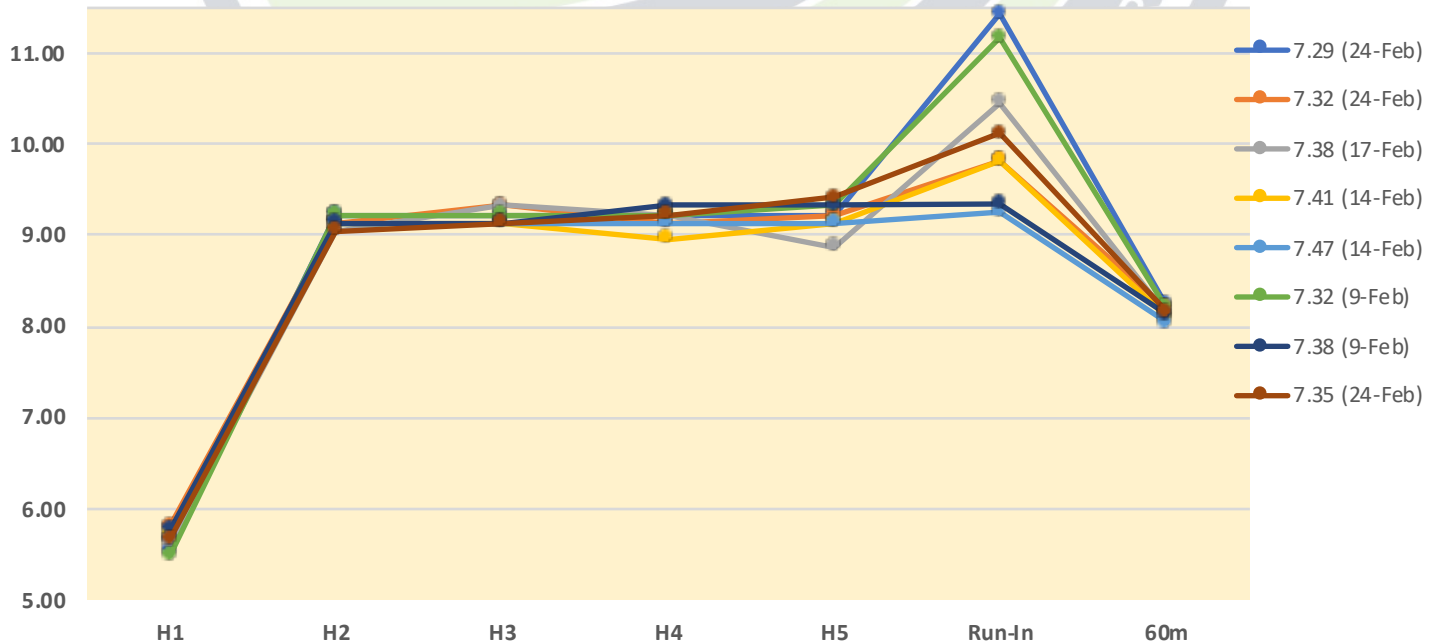
No Information Available

8.13

Grant Holloway 2021 Indoor



Hurdle Rhythmic Units - Top 10 Times (average 7.373)



Biomechanical Analysis

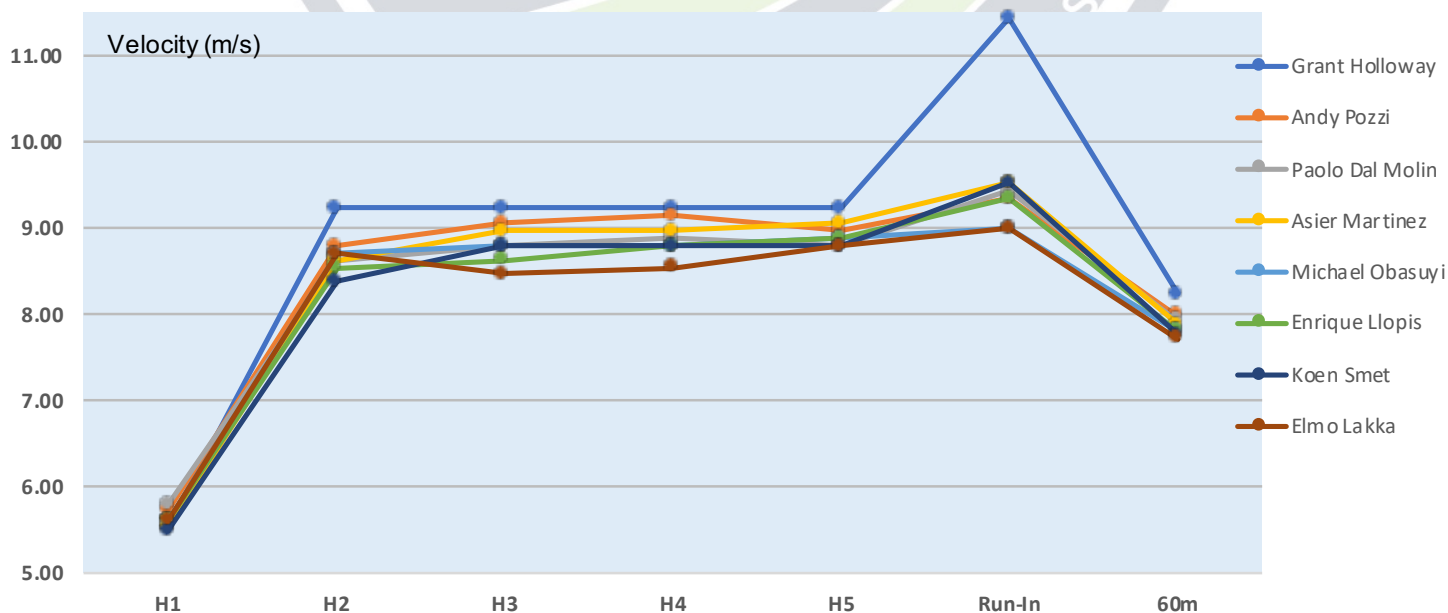
Villa de Madrid (Madrid, ESP)

Men's 60m Hurdles

Date: 2021.02.24

FINAL

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Holloway, Grant (USA) (1997)	time	2.48	3.47	4.46	5.45	6.44		7.29	6 / 1
	reaction time							WR	Vazel (2021)
	interval	7 steps	0.99	0.99	0.99	0.99	0.85	8.23	
Pozzi, Andy (GBR) (1992)	time	2.40	3.44	4.45	5.45	6.47		7.51	3 / 2
	reaction time								
	interval	7 steps	1.04	1.01	1.00	1.02	1.04	7.99	
Dal Molin, Paolo (ITA) (1987)	time	2.37	3.43	4.47	5.50	6.54		7.57	5 / 3
	reaction time								
	interval	7 steps	1.06	1.04	1.03	1.04	1.03	7.93	
Martinez, Asier (ESP) (2000)	time	2.48	3.54	4.56	5.58	6.59		7.61	4 / 4
	reaction time							=PB	
	interval	7 steps	1.06	1.02	1.02	1.01	1.02	7.88	
Obasuyi, Michael (BEL) (1999)	time	2.45	3.50	4.54	5.58	6.61		7.69	8 / 5
	reaction time								
	interval	7 steps	1.05	1.04	1.04	1.03	1.08	7.80	
Llopis, Enrique (ESP) (2000)	time	2.45	3.52	4.58	5.62	6.65		7.69	1 / 6
	reaction time							PB	
	interval	7 steps	1.07	1.06	1.04	1.03	1.04	7.80	
Smet, Koen (BEL) (1992)	time	2.50	3.59	4.63	5.67	6.71		7.73	2 / 7
	reaction time								
	interval	7 steps	1.09	1.04	1.04	1.04	1.02	7.76	
Lakka, Elmo (FIN) (1993)	time	2.45	3.50	4.58	5.65	6.69		7.77	7 / 8
	reaction time								
	interval	7 steps	1.05	1.08	1.07	1.04	1.08	7.72	



Holloway

Source: Vazel, P.J. (2021.02.25) <https://twitter.com/pjvazel/status/1364677209525485569>

Place 2-8 (TV Analysis)

Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 60fps

Timing From: Gun Flash

Source: <https://www.youtube.com/watch?v=E8omN7pyirA>

Biomechanical Analysis

Villa de Madrid (Madrid, ESP) (TV Analysis)

Men's 60m Hurdles

Date: 2021.02.24

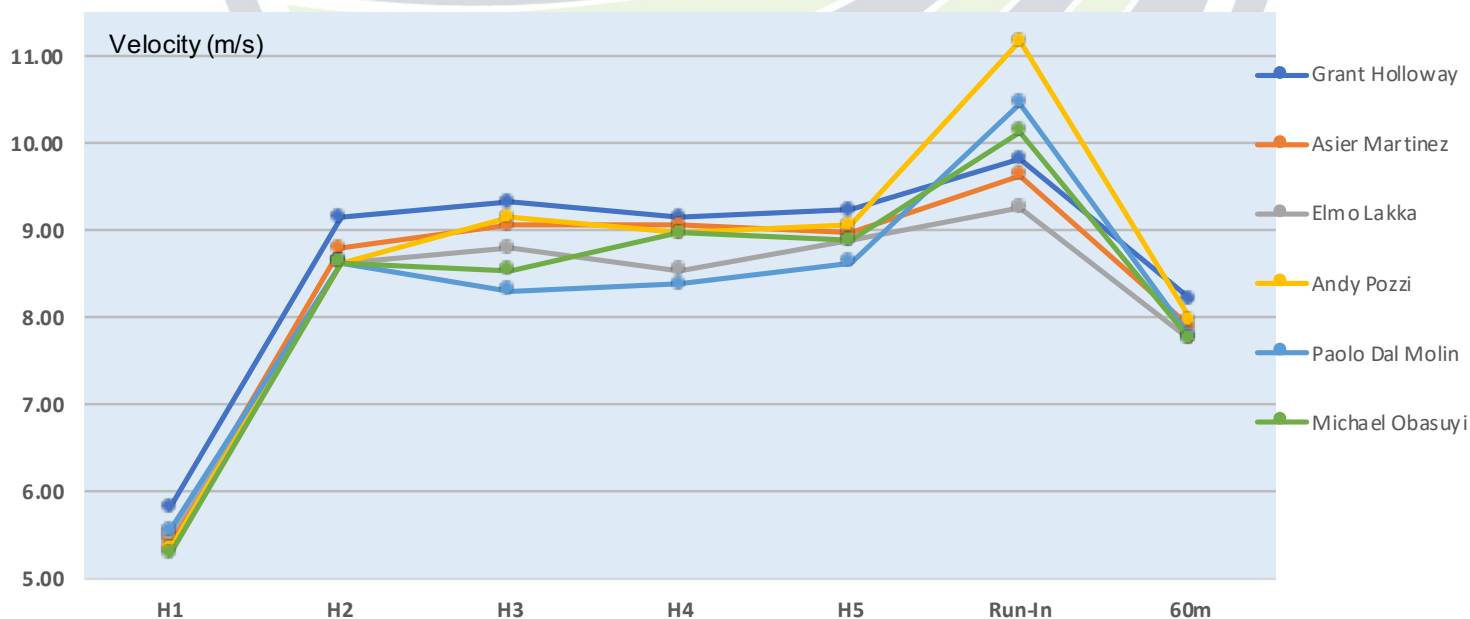
Heat 1

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Holloway, Grant (USA) (1997)	time	2.36	3.36	4.34	5.34	6.33		7.32	5 / 1
	reaction time	0.164	interval	7 steps	1.00	0.98	1.00	0.99	=AR
	velocity	5.81	9.14	9.33	9.14	9.23	9.82	8.20	
Martinez, Asier (ESP) (2000)	time	2.52	3.56	4.57	5.58	6.60		7.61	4 / 2
	reaction time	0.131	interval	7 steps	1.04	1.01	1.01	1.01	PB
	velocity	5.44	8.79	9.05	9.05	8.96	9.62	7.88	
Lakka, Elmo (FIN) (1993)	time	2.50	3.56	4.60	5.67	6.70		7.75	6 / 3
	reaction time	0.142	interval	7 steps	1.06	1.04	1.07	1.03	
	velocity	5.49	8.62	8.79	8.54	8.87	9.26	7.74	

Date: 2021.02.24

Heat 2

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Pozzi, Andy (GBR) (1992)	time	2.57	3.63	4.63	5.65	6.66		7.53	4 / 1
	reaction time	0.132	interval	7 steps	1.06	1.00	1.02	1.01	0.87
	velocity	5.34	8.62	9.14	8.96	9.05	11.17	7.97	
Dal Molin, Paolo (ITA) (1987)	time	2.47	3.53	4.63	5.72	6.78		7.71	5 / 2
	reaction time	0.134	interval	7 steps	1.06	1.10	1.09	1.06	0.93
	velocity	5.55	8.62	8.31	8.39	8.62	10.45	7.78	
Obasuyi, Michael (BEL) (1999)	time	2.60	3.66	4.73	5.75	6.78		7.74	3 / 3
	reaction time	0.172	interval	7 steps	1.06	1.07	1.02	1.03	0.96
	velocity	5.28	8.62	8.54	8.96	8.87	10.13	7.75	



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 30fps

Timing From: First Movement

Source: https://www.youtube.com/watch?v=XDcHenx9b_I&t=56s

Biomechanical Analysis

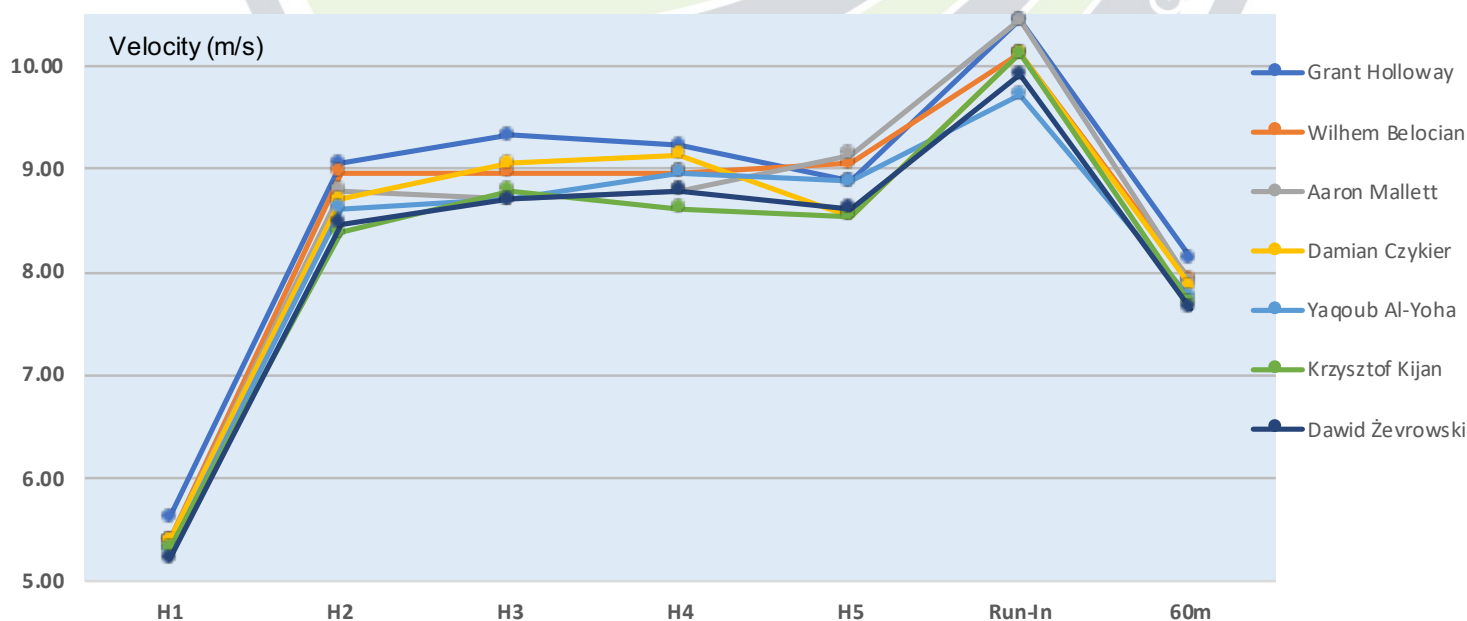
Copernicus Cup (Toruń, POL) (TV Analysis)

Men's 60m Hurdles

Date: 2021.02.17

FINAL

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Holloway, Grant (USA) (1997)	time	2.44	3.45	4.43	5.42	6.45		7.38	4 / 1
reaction time	0.122	interval	7 steps	1.01	0.98	0.99	1.03	0.93	
		velocity	5.62	9.05	9.33	9.23	8.87	10.45	8.13
Belocian, Wilhem (FRA) (1995)	time	2.54	3.56	4.58	5.60	6.61		7.57	3 / 2
reaction time	0.143	interval	1.02	1.02	1.02	1.01	0.96		
		velocity	5.40	8.96	8.96	8.96	9.05	10.13	7.93
Mallett, Aaron (USA) (1994)	time	2.54	3.58	4.63	5.67	6.67		7.60	6 / 3
reaction time	0.170	interval	1.04	1.05	1.04	1.00	0.93		
		velocity	5.40	8.79	8.70	8.79	9.14	10.45	7.89
Czykier, Damian (POL) (1992)	time	2.54	3.59	4.60	5.60	6.67		7.63	7 / 4
reaction time	0.149	interval	7 steps	1.05	1.01	1.00	1.07	0.96	
		velocity	5.40	8.70	9.05	9.14	8.54	10.13	7.86
Al-Yoha, Yaqub (KUW) (1993)	time	2.59	3.65	4.70	5.72	6.75		7.75	5 / 5
reaction time	0.166	interval	1.06	1.05	1.02	1.03	1.00		
		velocity	5.30	8.62	8.70	8.96	8.87	9.72	7.74
Kiljan, Krzysztof (POL) (1999)	time	2.58	3.67	4.71	5.77	6.84		7.80	2 / 6
reaction time	0.155	interval	7 steps	1.09	1.04	1.06	1.07	0.96	
		velocity	5.32	8.39	8.79	8.62	8.54	10.13	7.69
Żevrowski, Dawid (POL) (1997)	time	2.63	3.71	4.76	5.80	6.86		7.84	1 / 7
reaction time	0.167	interval	1.08	1.05	1.04	1.06	0.98		
		velocity	5.22	8.46	8.70	8.79	8.62	9.92	7.65



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 60fps

Timing From: First Movement

Source: <https://www.youtube.com/watch?v=jqs74k9zUc4>

Biomechanical Analysis

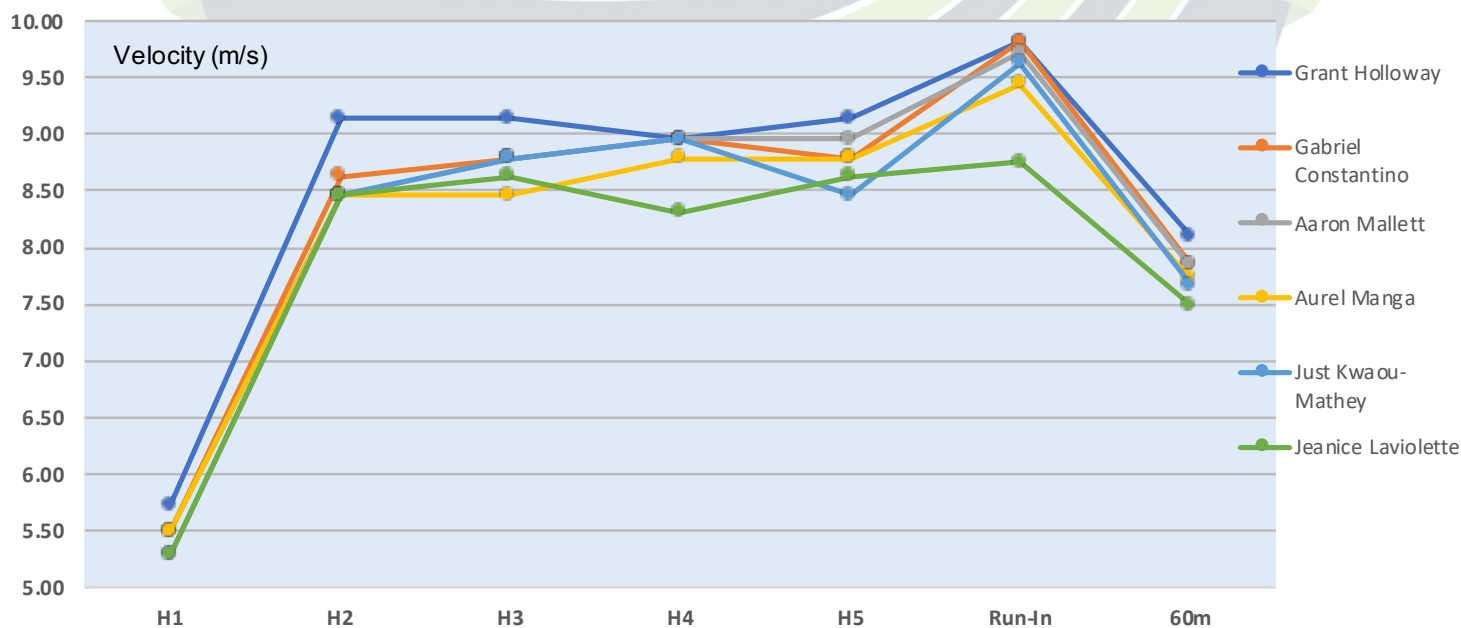
Meeting Elite en Salle de L'Eure (Val-de-Reuil, FRA) (TV Analysis)

Men's 60m Hurdles

Date: 2021.02.14

FINAL

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Holloway, Grant (USA) (1997)	time	2.40	3.40	4.40	5.42	6.42		7.41	5 / 1
reaction time	0.161	interval	7 steps	1.00	1.00	1.02	1.00	0.99	
		velocity	5.72	9.14	9.14	8.96	9.14	9.82	8.10
Constantino, Gabriel (BRA) (2000)	time	2.50	3.56	4.60	5.62	6.66		7.65	4 / 2
reaction time	0.166	interval	7 steps	1.06	1.04	1.02	1.04	0.99	
		velocity	5.49	8.62	8.79	8.96	8.79	9.82	7.84
Mallett, Aaron (USA) (1995)	time	2.50	3.58	4.62	5.64	6.66		7.66	3 / 3
reaction time	0.137	interval		1.08	1.04	1.02	1.00		
		velocity	5.49	8.46	8.79	8.96	8.96	9.72	7.83
Manga, Aurel (FRA) (1992)	time	2.50	3.58	4.66	5.70	6.74		7.77	6 / 4
reaction time	0.160	interval	7 steps	1.08	1.08	1.04	1.04	1.03	
		velocity	5.49	8.46	8.46	8.79	8.79	9.44	7.72
Kwaou-Mathey, Just (FRA) (1999)	time	2.60	3.68	4.72	5.74	6.82		7.83	1 / 5
reaction time	0.168	interval	7 steps	1.08	1.04	1.02	1.08	1.01	
		velocity	5.28	8.46	8.79	8.96	8.46	9.62	7.66
Laviolette, Jeanice (FRA) (2000)	time	2.60	3.68	4.74	5.84	6.90		8.01	2 / 6
reaction time	0.158	interval		1.08	1.06	1.10	1.06	1.11	
		velocity	5.28	8.46	8.62	8.31	8.62	8.76	7.49



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 25fps

Timing From: First Movement

Source: https://www.youtube.com/watch?v=w_jT7ruZIXA

Biomechanical Analysis

Meeting Elite en Salle de L'Eure (Val-de-Reuil, FRA) (TV Analysis)

Men's 60m Hurdles

Date: 2021.02.14

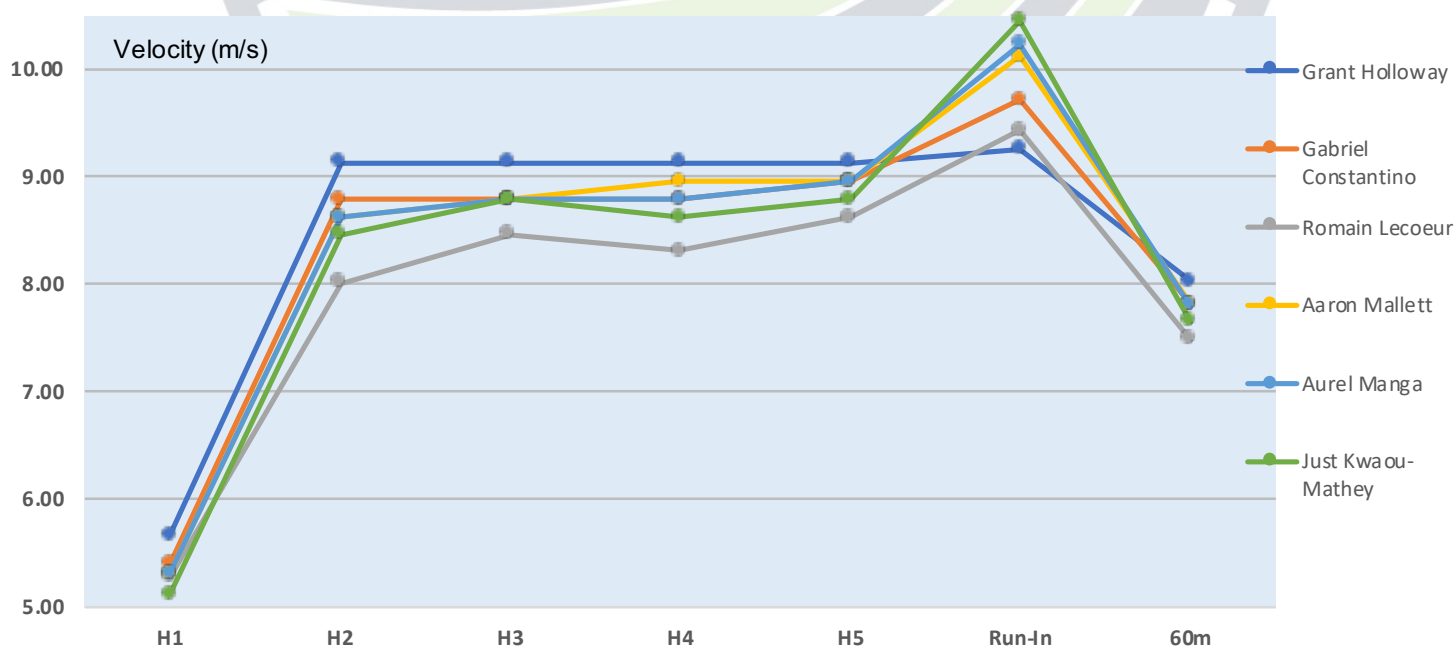
Heat 1

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Holloway, Grant (USA) (1997)	time	2.42	3.42	4.42	5.42	6.42		7.47	4 / 1
	reaction time	0.142							
	interval	7 steps	1.00	1.00	1.00	1.00	1.05		
	velocity	5.67	9.14	9.14	9.14	9.14	9.26	8.03	
Constantino, Gabriel (BRA) (2000)	time	2.54	3.58	4.62	5.66	6.68		7.68	5 / 2
	reaction time	0.185							
	interval	7 steps	1.04	1.04	1.04	1.02	1.00		
	velocity	5.40	8.79	8.79	8.79	8.96	9.72	7.81	
Lecoeur, Romain (FRA) (1997)	time	2.60	3.74	4.82	5.92	6.98		8.01	2 / 3
	reaction time	0.116							
	interval	7 steps	1.14	1.08	1.10	1.06	1.03		
	velocity	5.28	8.02	8.46	8.31	8.62	9.44	7.49	

Date: 2021.02.14

Heat 2

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Mallett, Aaron (USA) (1995)	time	2.58	3.64	4.68	5.70	6.72		7.68	3 / 1
	reaction time	0.166							
	interval	7 steps	1.06	1.04	1.02	1.02	0.96		
	velocity	5.32	8.62	8.79	8.96	8.96	10.13	7.81	
Manga, Aurel (FRA) (1992)	time	2.58	3.64	4.68	5.72	6.74		7.69	4 / 2
	reaction time	0.176							
	interval	7 steps	1.06	1.04	1.04	1.02	0.95		
	velocity	5.32	8.62	8.79	8.79	8.96	10.23	7.80	
Kwaou-Mathey, Just (FRA) (1999)	time	2.68	3.76	4.80	5.86	6.90		7.83	2 / 3
	reaction time	0.158							
	interval	7 steps	1.08	1.04	1.06	1.04	0.93		
	velocity	5.12	8.46	8.79	8.62	8.79	10.45	7.66	



Heat 1

Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 25fps

Timing From: First Movement

Source: https://www.youtube.com/watch?v=w_jT7ruZIXA

Heat 2

Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 25fps

Timing From: Gun Flash

Source: https://www.youtube.com/watch?v=w_jT7ruZIXA

Biomechanical Analysis

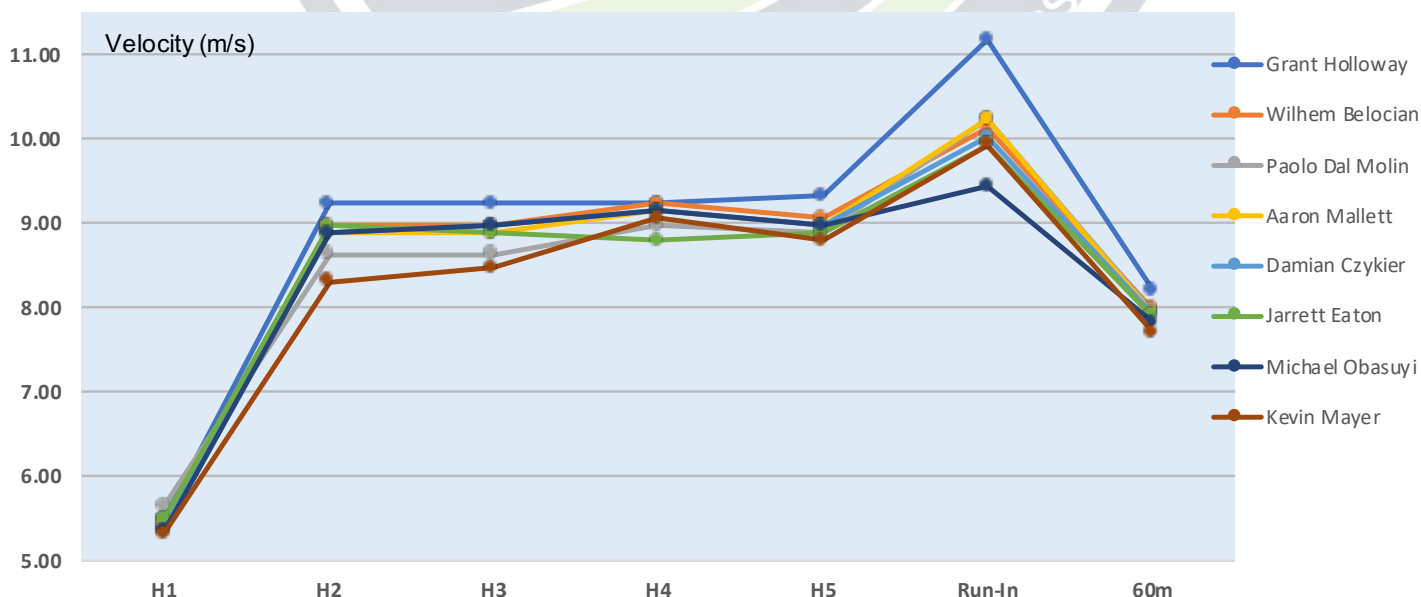
Meeting Hauts-de-France Pas-de-Calais (Liévin, FRA)

Men's 60m Hurdles

Date: 2021.02.09

FINAL

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Holloway, Grant (USA) (1997)	time	2.50	3.49	4.48	5.47	6.45		7.32	5 / 1
	reaction time	0.150					0.87	AR	Vazel (2021)
	interval velocity	5.49	9.23	9.23	9.23	9.33	11.17	8.20	
Belocian, Wilhem (FRA) (1995)	time	2.52	3.54	4.56	5.55	6.56		7.52	4 / 2
	reaction time	0.160					0.96		
	interval velocity	5.44	8.96	8.96	9.23	9.05	10.13	7.98	
Dal Molin, Paolo (ITA) (1987)	time	2.43	3.49	4.55	5.57	6.60		7.55	2 / 3
	reaction time	0.126					0.95		
	interval velocity	5.65	8.62	8.62	8.96	8.87	10.23	7.95	
Mallett, Aaron (USA) (1994)	time	2.54	3.57	4.60	5.60	6.62		7.57	7 / 4
	reaction time	0.150					0.95		
	interval velocity	5.40	8.87	8.87	9.14	8.96	10.23	7.93	
Czykier, Damian (POL) (1992)	time	2.55	3.58	4.60	5.60	6.62		7.59	3 / 5
	reaction time	0.161					0.97		
	interval velocity	5.38	8.87	8.96	9.14	8.96	10.02	7.91	
Eaton, Jarrett (USA) (1989)	time	2.50	3.52	4.55	5.59	6.62		7.60	6 / 6
	reaction time	0.140					0.98		
	interval velocity	5.49	8.96	8.87	8.79	8.87	9.92	7.89	
Obasuyi, Michael (BEL) (1999)	time	2.57	3.60	4.62	5.62	6.64		7.67	8 / 7
	reaction time	0.158					1.03	=PB	
	interval velocity	5.34	8.87	8.96	9.14	8.96	9.44	7.82	
Mayer, Kevin (FRA) (1992)	time	2.58	3.68	4.76	5.77	6.81		7.79	1 / 8
	reaction time	0.179					0.98		
	interval velocity	5.32	8.31	8.46	9.05	8.79	9.92	7.70	



Heat 1 - Holloway

Source: Vazel, P.J. (2021.02.10) <https://twitter.com/pjvazel/status/1359286403834724356>

Place 2-8 (TV Analysis)

Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 60fps

Timing From: Gun Flash

Source: https://www.youtube.com/watch?v=9xcBx1yB_cc&t=7s

Biomechanical Analysis

Meeting Hauts-de-France Pas-de-Calais (Liévin, FRA) (TV Analysis)

Men's 60m Hurdles

Date: 2021.02.09

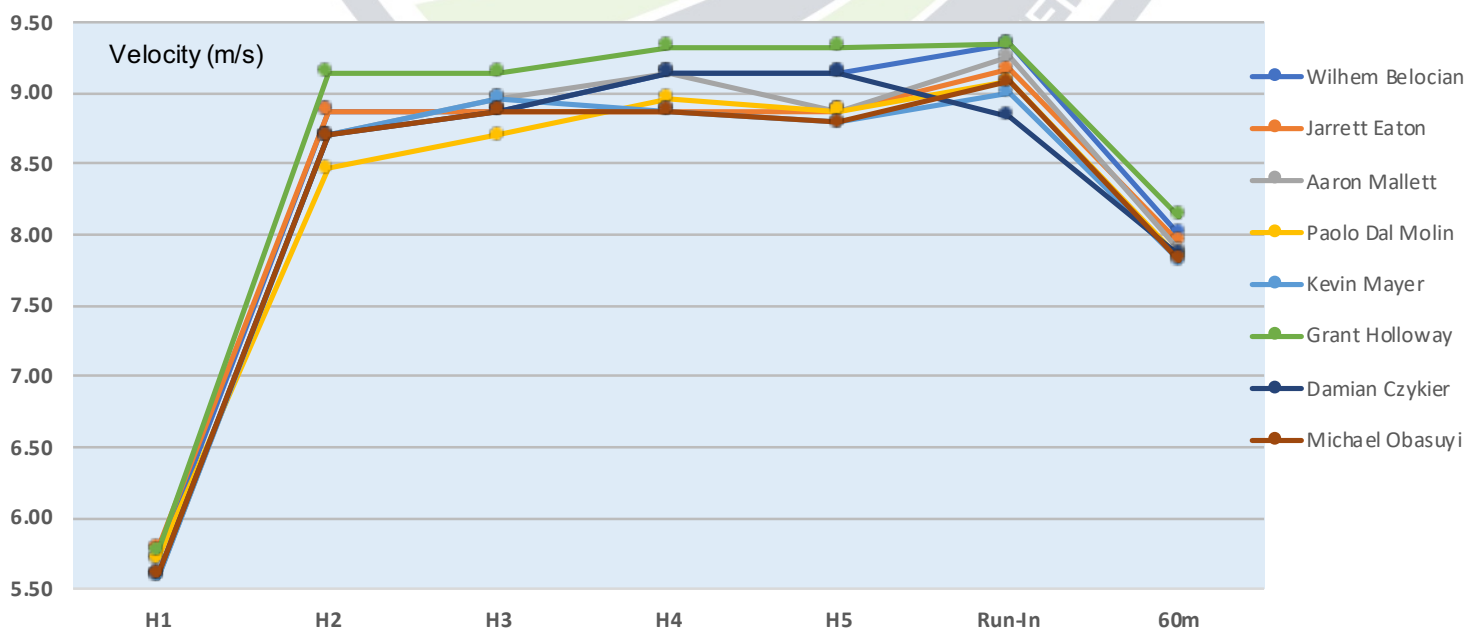
Heat 1

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Belocian, Wilhem (FRA) (1995)	time	2.40	3.43	4.46	5.46	6.46		7.50	5 / 1
	reaction time	0.141							
	interval velocity	5.72	8.87	8.87	9.14	9.14	9.35	8.00	
Eaton, Jarrett (USA) (1989)	time	2.37	3.40	4.43	5.46	6.49		7.55	4 / 2
	reaction time	0.161							
	interval velocity	7 steps	1.03	1.03	1.03	1.03	1.06	7.95	
Mallett, Aaron (USA) (1994)	time	2.46	3.51	4.53	5.53	6.56		7.61	3 / 3
	reaction time	0.152							
	interval velocity	5.58	8.70	8.96	9.14	8.87	9.26	7.88	
Dal Molin, Paolo (ITA) (1987)	time	2.40	3.48	4.53	5.55	6.58		7.65	7 / 4
	reaction time	0.134							
	interval velocity	7 steps	1.08	1.05	1.02	1.03	1.07	7.84	
Mayer, Kevin (FRA) (1992)	time	2.46	3.51	4.53	5.56	6.60		7.68	6 / 5
	reaction time	0.174							
	interval velocity	7 steps	1.05	1.02	1.03	1.04	1.08	PB 7.81	

Date: 2021.02.09

Heat 2

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Holloway, Grant (USA) (1997)	time	2.38	3.38	4.38	5.36	6.34		7.38	4 / 1
	reaction time	0.194							
	interval velocity	7 steps	1.00	1.00	0.98	0.98	1.04	8.13	
Czykier, Damian (POL) (1992)	time	2.45	3.50	4.53	5.53	6.53		7.63	6 / 2
	reaction time	0.155							
	interval velocity	7 steps	1.05	1.03	1.00	1.00	1.10	7.86	
Obasuyi, Michael (BEL) (1999)	time	2.45	3.50	4.53	5.56	6.60		7.67	7 / 3
	reaction time	0.152							
	interval velocity	7 steps	1.05	1.03	1.03	1.04	1.07	PB 7.82	



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 30fps

Timing From: First Movement

Source: <https://www.youtube.com/watch?v=3nT2c28c264>

Biomechanical Analysis

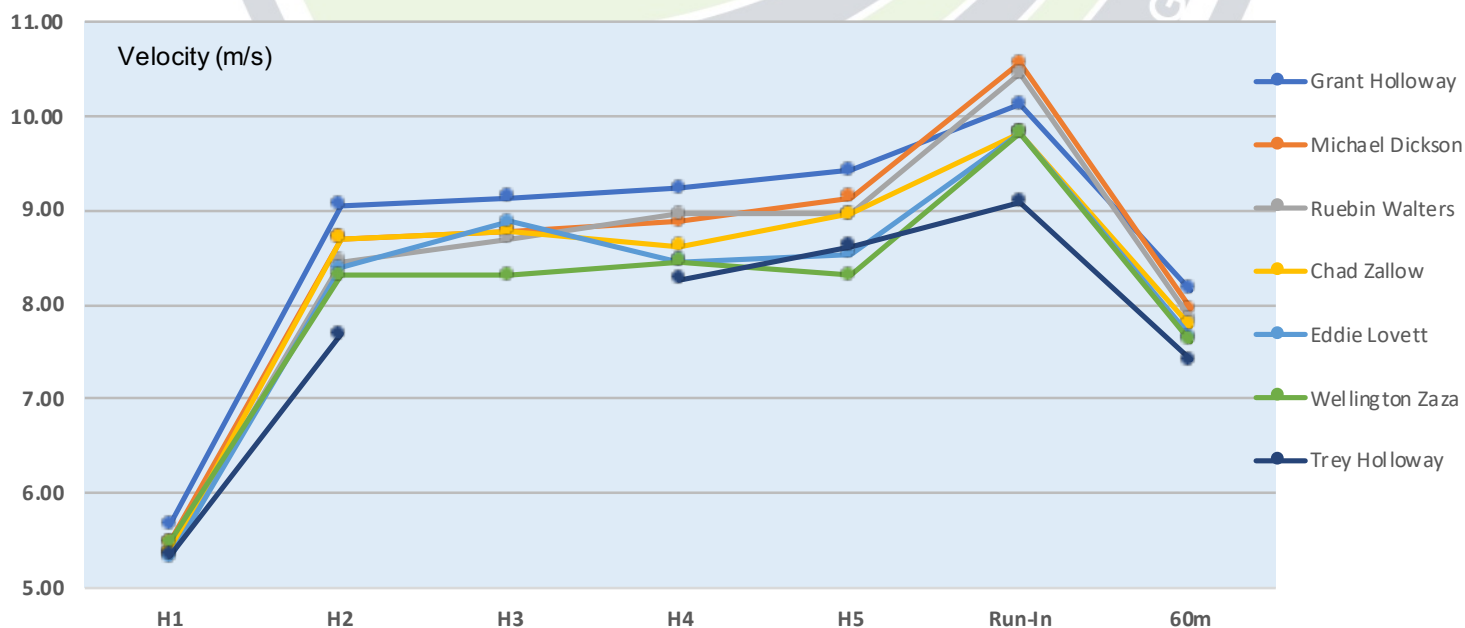
American Track League 1 (Fayetteville, AR) (TV Analysis)

Men's 60m Hurdles

Date: 2021.01.24

FINAL

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Holloway, Grant (USA) (1997)	time	2.42	3.43	4.43	5.42	6.39		7.35	4 / 1
reaction time	0.174	interval	7 steps	1.01	1.00	0.99	0.97	=AR =PB	
		velocity	5.67	9.05	9.14	9.23	9.42	10.13	8.16
Dickson, Michael (USA) (1997)	time	2.50	3.55	4.59	5.62	6.62		7.54	3 / 2
reaction time	0.186	interval	7 steps	1.05	1.04	1.03	1.00	PB	
		velocity	5.49	8.70	8.79	8.87	9.14	10.57	7.96
Walters, Ruebin (TTO) (1995)	time	2.55	3.63	4.68	5.70	6.72		7.65	5 / 3
reaction time	0.142	interval		1.08	1.05	1.02	1.02	0.93	
		velocity	5.38	8.46	8.70	8.96	8.96	10.45	7.84
Zallow, Chad (USA) (1997)	time	2.55	3.60	4.64	5.70	6.72		7.71	6 / 4
reaction time	0.189	interval		1.05	1.04	1.06	1.02	0.99	
		velocity	5.38	8.70	8.79	8.62	8.96	9.82	7.78
Lovett, Eddie (ISV) (1992)	time	2.58	3.67	4.70	5.78	6.85		7.84	7 / 5
reaction time	0.182	interval		1.09	1.03	1.08	1.07	0.99	
		velocity	5.32	8.39	8.87	8.46	8.54	9.82	7.65
Zaza, Wellington (LBR) (1995)	time	2.50	3.60	4.70	5.78	6.88		7.87	2 / 6
reaction time	0.153	interval		1.10	1.10	1.08	1.10	0.99	
		velocity	5.49	8.31	8.31	8.46	8.31	9.82	7.62
Holloway, Trey (USA) (1994)	time	2.57	3.76		5.97	7.03		8.10	1 / 7
reaction time	0.166	interval	7 steps	1.19		2.21	1.06	1.07	
		velocity	5.34	7.68		8.27	8.62	9.08	7.41



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 30fps

Timing From: First Movement

Source: https://www.youtube.com/watch?v=fl_9f4GWqubs