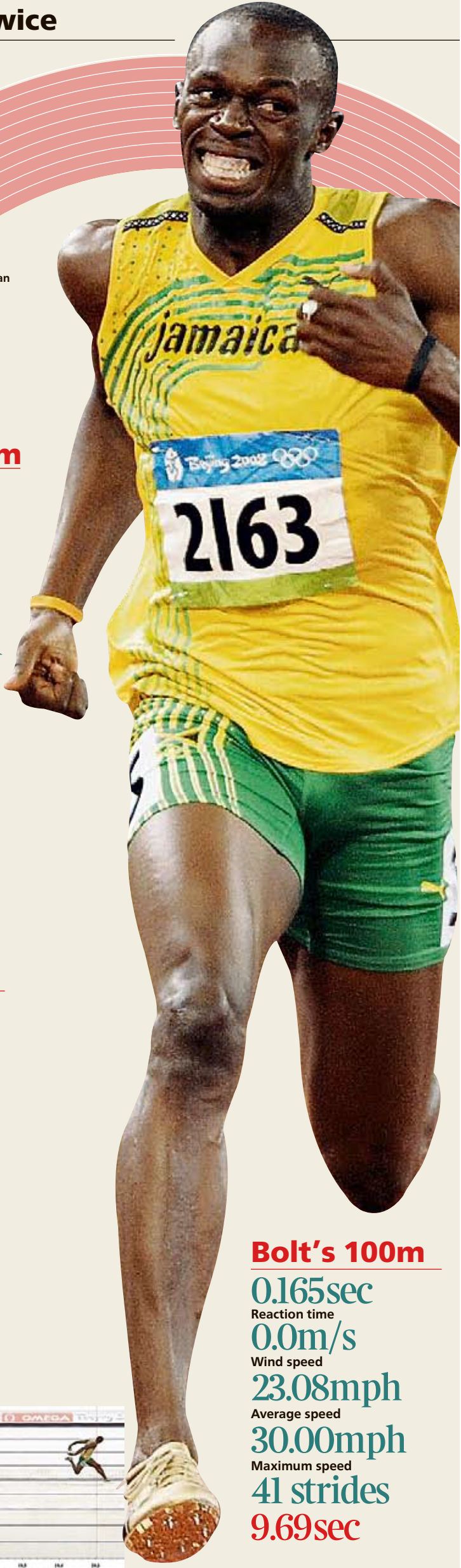


Lightning strikes twice

In the space of five days, Usain Bolt has rewritten the record books with two gold medals and two world records. Here are the vital statistics in Bolt's blitz on the sprints and how the legends of the past - and the average man - measure up against the Jamaican



Average man
30-35sec

100m

Bolt's 200m

0.182sec

Reaction time

-0.9m/s

Wind speed

23.18mph

Average speed

30.00mph

Maximum speed

80 strides

10.00sec

To 100m

9.30sec

To 200m

19.30sec

Where they would finish

John Walter Tewksbury (US)
22.2 1900

Florence Griffith Joyner (US)
21.34 1988

Jesse Owens (US)
20.7 1936

Valery Borzov (USSR)
20.00 1972

Shawn Crawford (US)
19.96 2nd 2008

Carl Lewis (US)
19.80 1984

Michael Johnson (US)
19.32 1996

Usain Bolt (Jam)
19.30 2008

Finish

Bolt's 100m

0.165sec

Reaction time

0.0m/s

Wind speed

23.08mph

Average speed

30.00mph

Maximum speed

41 strides

9.69sec

