

2022 Men's 60m Hurdles
World Indoor Record Season
Grant Holloway (USA) - =7.29
Hurdle Touchdown Times



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Todd Henson

2022 Men's 60m Hurdles World Indoor Record Season Grant Holloway (USA) - =7.29

Meetings Overview:

Grant Holloway Season Overview	3
World Athletics Indoor Championships (Belgrade, SRB) (TV Analysis) — Final	5
World Athletics Indoor Championships (Belgrade, SRB) (TV Analysis) — Semi-final	6
World Athletics Indoor Championships (Belgrade, SRB) (TV Analysis) — Heats	7
Birmingham (Birmingham, GBR) (TV Analysis) — Final	8
Meeting Hauts-de-France Pas-de-Calais (Liévin, FRA) (TV Analysis) — Final	9
Meeting Hauts-de-France Pas-de-Calais (Liévin, FRA) (TV Analysis) — Heats	10
New Balance Indoor (Staten Island, NY) (TV Analysis) — Final	11



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.
- 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.

2022 Men's 60m Hurdles World Indoor Record Season - Grant Holloway (USA) (1997)**World Athletics Indoor Championships (Belgrade, SRB) (TV Analysis)**

FINAL		date	Henson (2022) - Athlete First: 2022 Grant Holloway world indoor record								
			H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)	time		2.36	3.40	4.38	5.38	6.38		7.39	4 / 1	
	reaction time	interval	7 steps	1.04	0.98	1.00	1.00	1.01			3.02
		velocity	5.81	8.79	9.33	9.14	9.14	9.62	8.12		9.08

Semi-Final 2

Semi-Final 2		date	Henson (2022) - Athlete First: 2022 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	5.32	6.32		7.29	6 / 1	
	reaction time	interval	7 steps	1.00	0.98	0.98	1.00	0.97	=WR		2.96
		velocity	5.81	9.14	9.33	9.33	9.14	10.02	8.23		9.26

Heat 5

Heat 5		date	Henson (2022) - Athlete First: 2022 Grant Holloway world indoor record								
			H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)	time		2.50	3.50	4.48	5.46	6.48		7.40	3 / 1	
	reaction time	0.140 interval	7 steps	1.00	0.98	0.98	1.02	0.92			2.96
		velocity	5.49	9.14	9.33	9.33	8.96	10.57	8.11		9.26

USATF Indoor Championships (Spokane, WA)

FINAL		date	Henson (2022) - Athlete First: 2022 Grant Holloway world indoor record									
			H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4	
Holloway, Grant (USA) (1997)	time								7.37	4 / 1		
	reaction time	0.177 interval	No Information Available									
		velocity							8.14			

Heat 2

Heat 2		date	Henson (2022) - Athlete First: 2022 Grant Holloway world indoor record								
			H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)	time								7.43	4 / 1	
	reaction time	0.173 interval	No Information Available								
		velocity							8.08		

Müller Indoor Grand Prix (Birmingham, GBR) (TV Analysis)

FINAL		date	Henson (2022) - Athlete First: 2022 Grant Holloway world indoor record								
			H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)	time		2.37	3.38	4.39	5.39	6.39		7.41	3 / 1	
	reaction time	0.149 interval	7 steps	1.01	1.01	1.00	1.00	1.02			3.02
		velocity	5.79	9.05	9.05	9.14	9.14	9.53	8.10		9.08

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

FINAL		date	Henson (2022) - Athlete First: 2022 Grant Holloway world indoor record								
			H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)	time		2.39	3.40	4.38	5.36	6.36		7.35	4 / 1	
	reaction time	0.167 interval	7 steps	1.01	0.98	0.98	1.00	0.99			2.97
		velocity	5.74	9.05	9.33	9.33	9.14	9.82	8.16		9.23

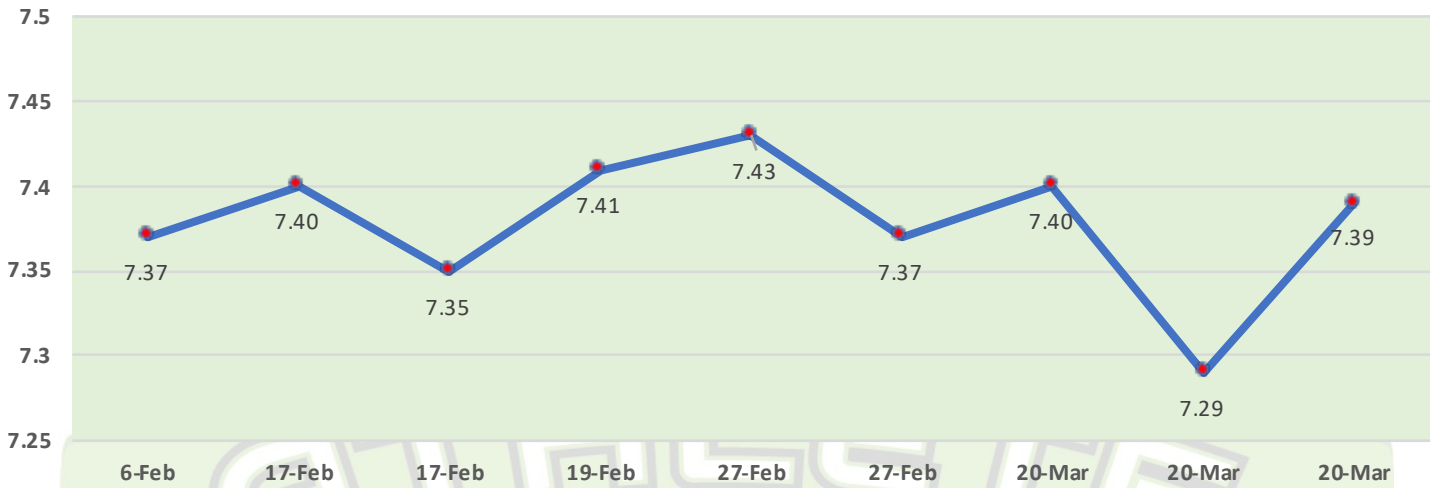
Heat 2

Heat 2		date	Henson (2022) - Athlete First: 2022 Grant Holloway world indoor record								
			H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)	time		2.35	3.38	4.37	5.37	6.38		7.40	4 / 1	
	reaction time	0.153 interval	7 steps	1.03	0.99	1.00	1.01	1.02			3.02
		velocity	5.84	8.87	9.23	9.14	9.05	9.53	8.11		9.08

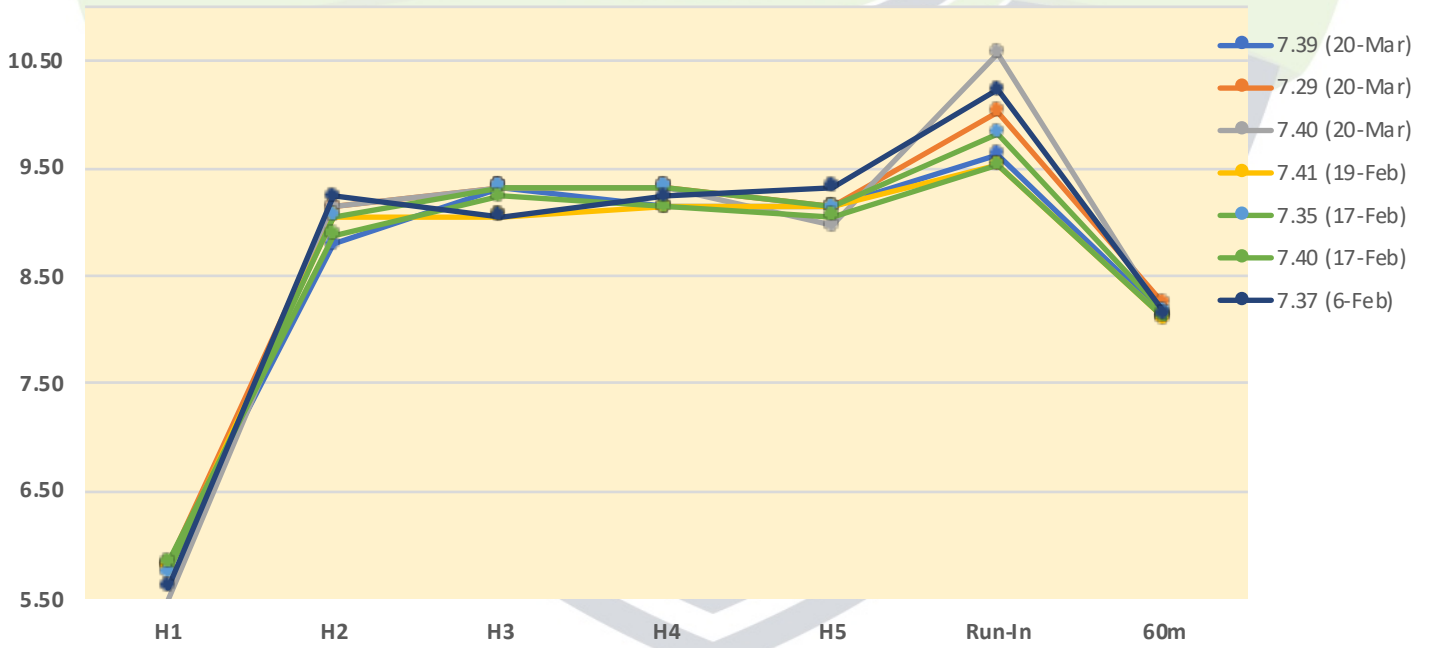
New Balance Indoor Grand Prix (Staten Island, NY) (TV Analysis)

FINAL		date	Henson (2022) - Athlete First: 2022 Grant Holloway world indoor record								
			H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)	time		2.45	3.44	4.45	5.44	6.42		7.37	3 / 1	
	reaction time	0.181 interval	7 steps	0.99	1.01	0.99	0.98	0.95			2.99
		velocity	5.60	9.23	9.05	9.23	9.33	10.23	8.14		9.17

Grant Holloway 2022 Indoor



Hurdle Rhythmic Units - Top 9 Times (average 7.379)



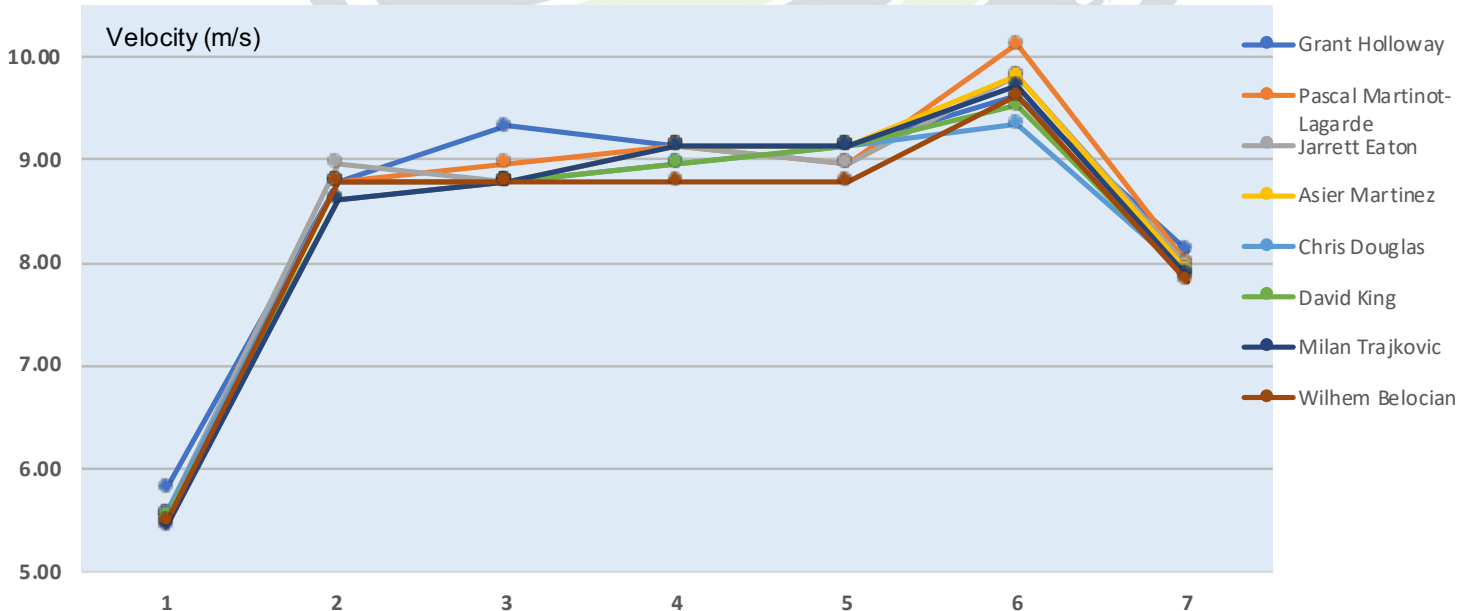
World Athletics Indoor Championships (Belgrade, SRB) (TV Analysis)

Men's 60m Hurdles

Date: 2022.03.20

FINAL

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Holloway, Grant (USA) (1997)	time	2.36	3.40	4.38	5.38	6.38		7.39	4 / 1
	reaction time	0.151	interval	7 steps	1.04	0.98	1.00	1.00	1.01
	velocity	5.81	8.79	9.33	9.14	9.14	9.62	8.12	
Martinot-Lagarde, Pascal (FRA) (1991)	time	2.46	3.50	4.52	5.52	6.54		7.50	5 / 2
	reaction time	0.154	interval	7 steps	1.04	1.02	1.00	1.02	0.96
	velocity	5.58	8.79	8.96	9.14	8.96	10.13	8.00	
Eaton, Jarrett (USA) (1989)	time	2.46	3.48	4.52	5.52	6.54		7.53	6 / 3
	reaction time	0.166	interval	7 steps	1.02	1.04	1.00	1.02	0.99
	velocity	5.58	8.96	8.79	9.14	8.96	9.82	7.97	
Martinez, Asier (ESP) (2000)	time	2.50	3.54	4.58	5.58	6.58		7.57	2 / 4
	reaction time	0.150	interval	7 steps	1.04	1.04	1.00	1.00	0.99
	velocity	5.49	8.79	8.79	9.14	9.14	9.82	7.93	
Douglas, Chris (AUS) (1997)	time	2.46	3.50	4.54	5.56	6.56		7.60	8 / 5
	reaction time	0.159	interval	7 steps	1.04	1.04	1.02	1.00	1.04
	velocity	5.58	8.79	8.79	8.96	9.14	9.35	7.89	
King, David (GBR) (1994)	time	2.48	3.54	4.58	5.60	6.60		7.62	1 / 6
	reaction time	0.142	interval	7 steps	1.06	1.04	1.02	1.00	1.02
	velocity	5.53	8.62	8.79	8.96	9.14	9.53	7.87	
Trajkovic, Milan (CYP) (1992)	time	2.52	3.58	4.62	5.62	6.62		7.62	7 / 7
	reaction time	0.207	interval	7 steps	1.06	1.04	1.00	1.00	1.00
	velocity	5.44	8.62	8.79	9.14	9.14	9.72	7.87	
Belocian, Wilhem (FRA) (1995)	time	2.50	3.54	4.58	5.62	6.66		7.67	3 / 8
	reaction time	0.177	interval		1.04	1.04	1.04	1.04	1.01
	velocity	5.49	8.79	8.79	8.79	8.79	9.62	7.82	



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 25fps

Timing From: First Movement

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

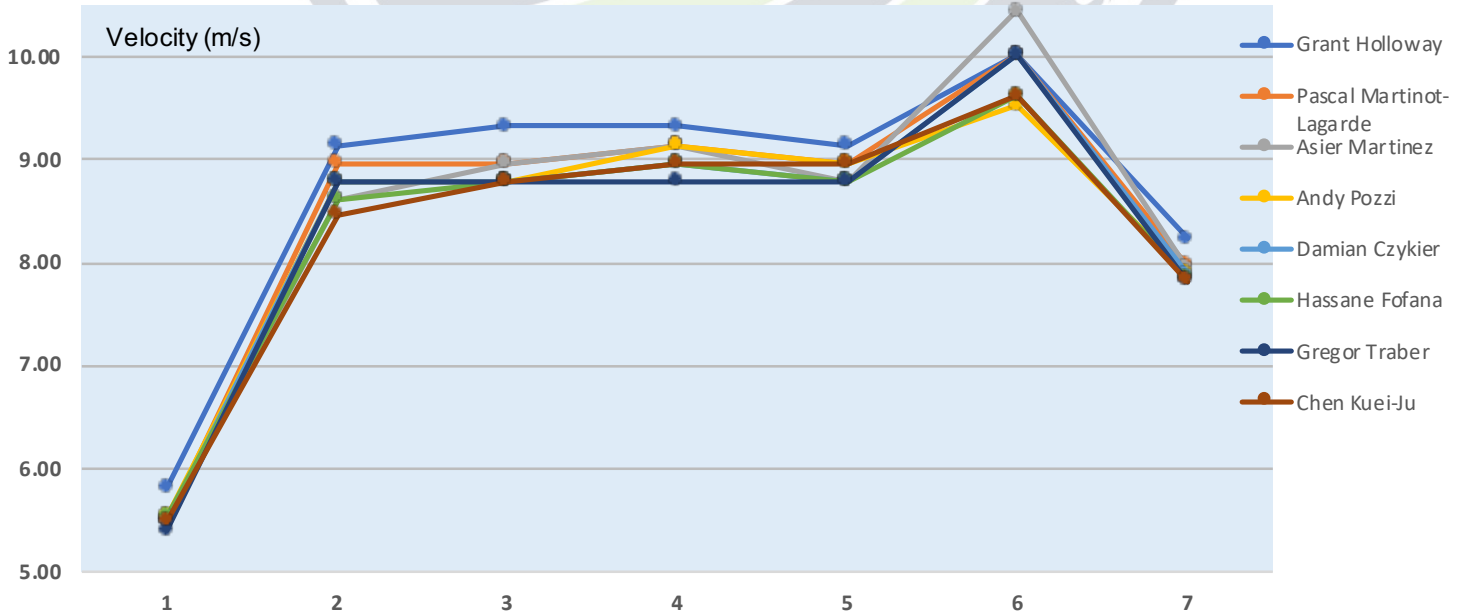
World Athletics Indoor Championships (Belgrade, SRB) (TV Analysis)

Men's 60m Hurdles

Date: 2022.03.20

Semi-Final 2

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Holloway, Grant (USA) (1997)	time	2.36	3.36	4.34	5.32	6.32		7.29	6 / 1
	reaction time	0.130	7 steps	1.00	0.98	0.98	1.00	0.97	=WR
	interval velocity	5.81	9.14	9.33	9.33	9.14	10.02	8.23	
Martinot-Lagarde, Pascal (FRA) (1992)	time	2.50	3.52	4.54	5.54	6.56		7.53	4 / 2
	reaction time	0.136	7 steps	1.02	1.02	1.00	1.02	0.97	
	interval velocity	5.49	8.96	8.96	9.14	8.96	10.02	7.97	
Martinez, Asier (ESP) (2000)	time	2.50	3.56	4.58	5.58	6.62		7.55	2 / 3
	reaction time	0.138	7 steps	1.06	1.02	1.00	1.04	0.93	=PB
	interval velocity	5.49	8.62	8.96	9.14	8.79	10.45	7.95	
Pozzi, Andy (GBR) (1992)	time	2.48	3.52	4.56	5.56	6.58		7.60	3 / 4
	reaction time	0.122	7 steps	1.04	1.04	1.00	1.02	1.02	
	interval velocity	5.53	8.79	8.79	9.14	8.96	9.53	7.89	
Czykier, Damian (POL) (1992)	time	2.50	3.54	4.58	5.60	6.64		7.61	5 / 5
	reaction time	0.157	7 steps	1.04	1.04	1.02	1.04	0.97	
	interval velocity	5.49	8.79	8.79	8.96	8.79	10.02	7.88	
Fofana, Hassane (ITA) (1992)	time	2.48	3.54	4.58	5.60	6.64		7.65	1 / 6
	reaction time	0.122		1.06	1.04	1.02	1.04	1.01	PB
	interval velocity	5.53	8.62	8.79	8.96	8.79	9.62	7.84	
Traber, Gregor (GER) (1992)	time	2.54	3.58	4.62	5.66	6.70		7.67	8 / 7
	reaction time	0.140	7 steps	1.04	1.04	1.04	1.04	0.97	
	interval velocity	5.40	8.79	8.79	8.79	8.79	10.02	7.82	
Chen Kuei-Ju (TPE) (1993)	time	2.50	3.58	4.62	5.64	6.66		7.67	7 / 8
	reaction time	0.168	7 steps	1.08	1.04	1.02	1.02	1.01	NR PB
	interval velocity	5.49	8.46	8.79	8.96	8.96	9.62	7.82	



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 25fps

Timing From: First Movement

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

Biomechanical Analysis

World Athletics Indoor Championships (Belgrade, SRB) (TV Analysis)

Men's 60m Hurdles

Date: 2022.03.20

Heat 6

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Belocian, Wilhem (FRA) (1995)	time	2.50	3.55	4.57	5.57	6.60		7.55	1 / 1
	reaction time	0.109					0.95		
	interval velocity	5.49	8.70	8.96	9.14	8.87	10.23	7.95	

Heat 5

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Holloway, Grant (USA) (1997)	time	2.50	3.50	4.48	5.46	6.48		7.40	3 / 1
	reaction time	0.140					0.92		
	interval velocity	5.49	9.14	9.33	9.33	8.96	10.57	8.11	

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Pozzi, Andy (GBR) (1992)	time	2.56	3.64	4.65	5.65	6.67		7.60	4 / 2
	reaction time	0.132					0.93		
	interval velocity	5.36	8.46	9.05	9.14	8.96	10.45	7.89	

Heat 4

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Svoboda, Petr (CZE) (1984)	time	2.53	3.58	4.60	5.62	6.66		7.59	4 / 1
	reaction time	0.132					0.93		
	interval velocity	5.42	8.70	8.96	8.96	8.79	10.45	7.91	

Heat 2

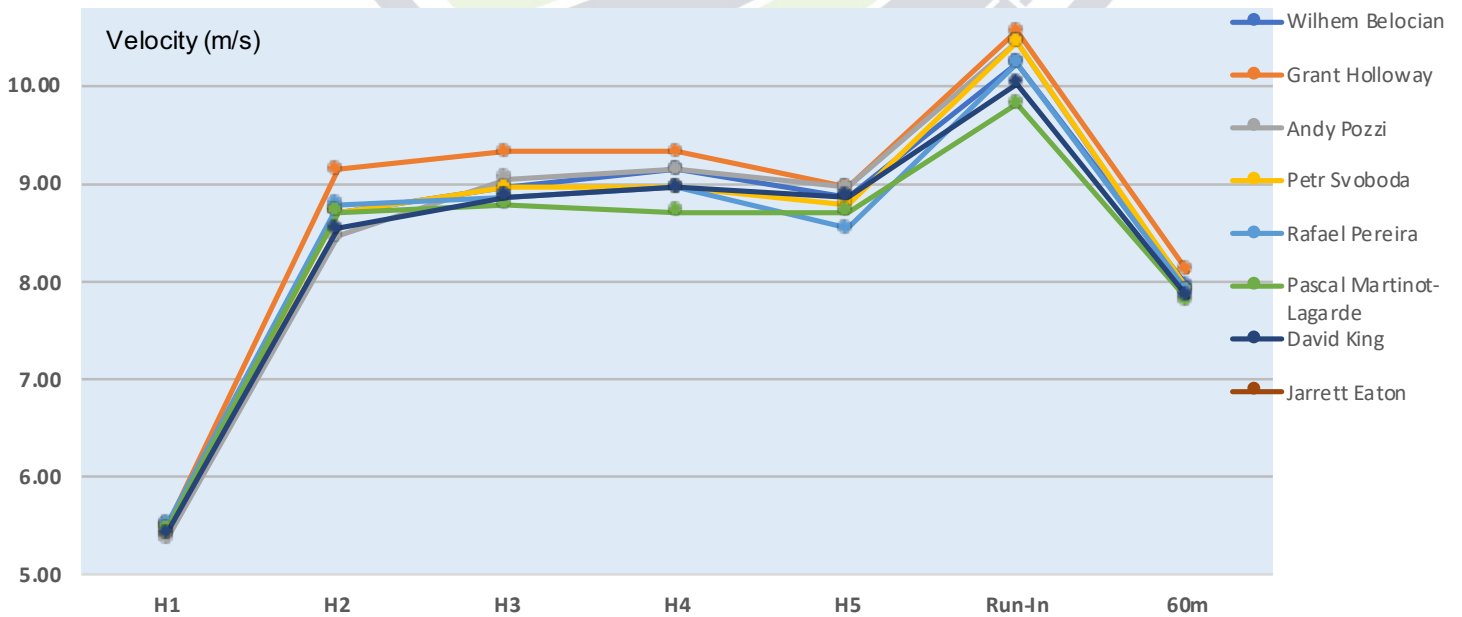
		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Pereira, Rafael (BRA) (1997)	time	2.49	3.53	4.56	5.58	6.65		7.60	5 / 1
	reaction time	0.130					0.95		
	interval velocity	5.51	8.79	8.87	8.96	8.54	10.23	7.89	

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Martinot-Lagarde, Pascal (FRA) (1991)	time	2.51	3.56	4.60	5.65	6.70		7.69	3 / 2
	reaction time	0.137					0.99		
	interval velocity	5.47	8.70	8.79	8.70	8.70	9.82	7.80	

Heat 1

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
King, David (GBR) (1994)	time	2.53	3.60	4.63	5.65	6.68		7.65	3 / 1
	reaction time	0.118					0.97		
	interval velocity	5.42	8.54	8.87	8.96	8.87	10.02	7.84	

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Eaton, Jarrett (USA) (1989)	time	2.56	3.63	4.63	5.65	6.66		7.66	8 / 2
	reaction time	0.128					1.00		
	interval velocity	5.36	8.54	9.14	8.96	9.05	9.72	7.83	



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 30fps

Timing From: First Movement

Source: <https://www.youtube.com/watch?v=ZdQ2XqS8Ruc>

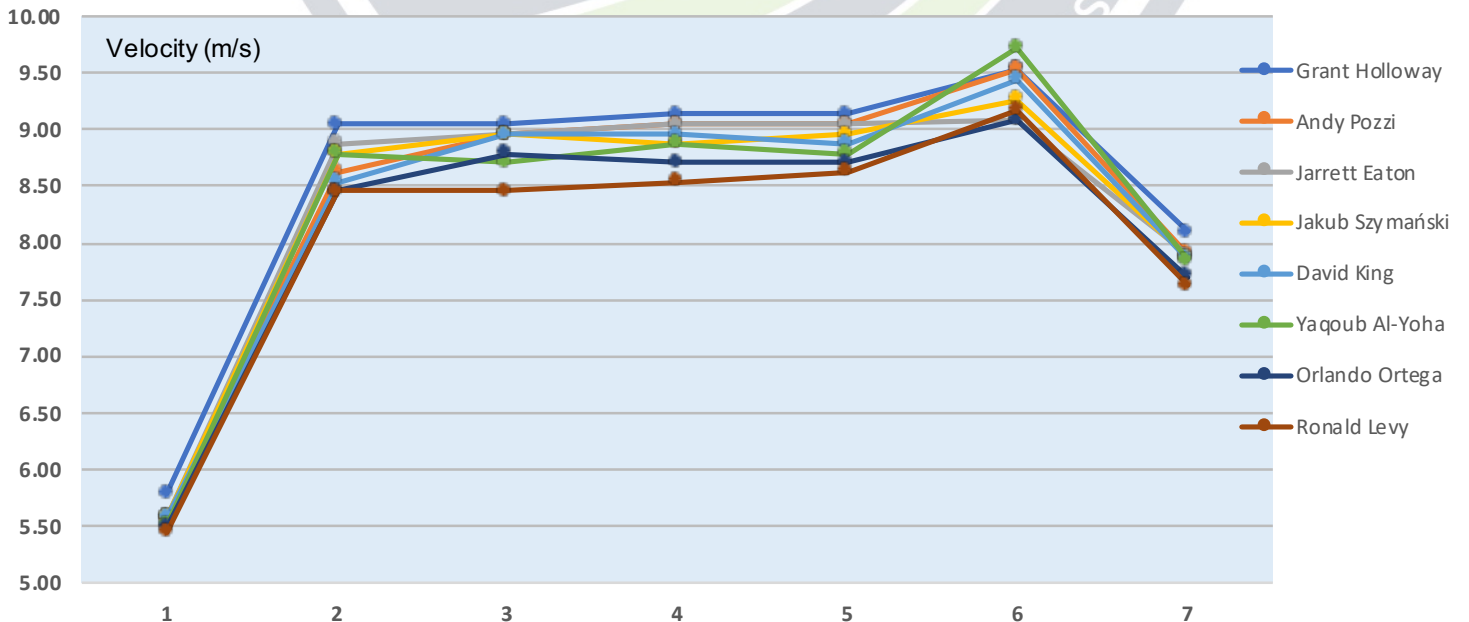
Müller Indoor Grand Prix (Birmingham, GBR) (TV Analysis)

Men's 60m Hurdles

Date: 2022.02.19

FINAL

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Holloway, Grant (USA) (1997)	time	2.37	3.38	4.39	5.39	6.39		7.41	3 / 1
	reaction time	0.149							
	interval velocity	7 steps	1.01	1.01	1.00	1.00	1.02	8.10	
Pozzi, Andy (GBR) (1992)	time	2.47	3.53	4.55	5.56	6.57		7.59	4 / 2
	reaction time	0.141							
	interval velocity	7 steps	1.06	1.02	1.01	1.01	1.02	7.91	
Eaton, Jarrett (USA) (1989)	time	2.46	3.49	4.51	5.52	6.53		7.60	6 / 3
	reaction time	0.154							
	interval velocity	7 steps	1.03	1.02	1.01	1.01	1.07	7.89	
Szymański, Jakub (POL) (2002)	time	2.46	3.50	4.52	5.55	6.57		7.62	8 / 4
	reaction time	0.165							
	interval velocity	7 steps	1.04	1.02	1.03	1.02	1.05	7.87	
King, David (GBR) (1994)	time	2.46	3.53	4.55	5.57	6.60		7.63	7 / 5
	reaction time	0.132						=PB	
	interval velocity	7 steps	1.07	1.02	1.02	1.03	1.03	7.86	
Al-Yoha, Yaqub (KUW) (1993)	time	2.49	3.53	4.58	5.61	6.65		7.65	5 / 6
	reaction time	0.146							
	interval velocity		1.04	1.05	1.03	1.04	1.00	7.84	
Ortega, Orlando (ESP) (1991)	time	2.50	3.58	4.62	5.67	6.72		7.79	2 / 7
	reaction time	0.165							
	interval velocity		1.08	1.04	1.05	1.05	1.07	7.70	
Levy, Ronald (JAM) (1992)	time	2.52	3.60	4.68	5.75	6.81		7.87	1 / 8
	reaction time	0.146							
	interval velocity	7 steps	1.08	1.08	1.07	1.06	1.06	7.62	



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 60fps

Timing From: First Movement

Source: <https://www.youtube.com/watch?v=0NITmaAu3Po>

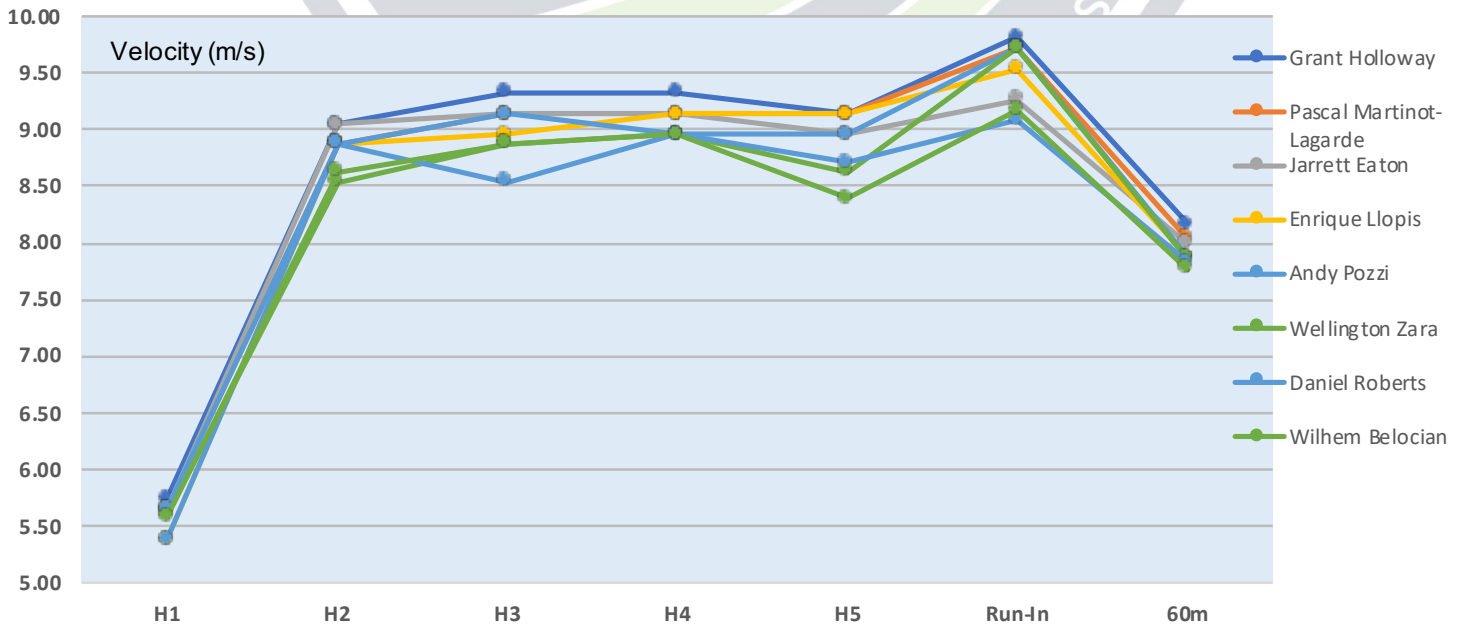
Meeting Hauts-de-France Pas-de-Calais (Liévin, FRA) (TV Analysis)

Men's 60m Hurdles

Date: 2022.02.17

FINAL

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Holloway, Grant (USA) (1997)	time	2.39	3.40	4.38	5.36	6.36		7.35	4 / 1
	reaction time	0.167	7 steps	1.01	0.98	0.98	1.00	0.99	
	interval velocity	5.74	9.05	9.33	9.33	9.14	9.82	8.16	
Martinot-Lagarde, Pascal (FRA) (1991)	time	2.43	3.46	4.46	5.46	6.46		7.46	6 / 2
	reaction time	0.144	7 steps	1.03	1.00	1.00	1.00	1.00	
	interval velocity	5.65	8.87	9.14	9.14	9.14	9.72	8.04	
Eaton, Jarrett (USA) (1989)	time	2.43	3.44	4.44	5.44	6.46		7.51	5 / 3
	reaction time	0.146	7 steps	1.01	1.00	1.00	1.02	1.05	
	interval velocity	5.65	9.05	9.14	9.14	8.96	9.26	7.99	
Llopis, Enrique (ESP) (2000)	time	2.55	3.58	4.60	5.60	6.60		7.62	2 / 4
	reaction time	0.163	7 steps	1.03	1.02	1.00	1.02	1.02	
	interval velocity	5.38	8.87	8.96	9.14	9.14	9.53	7.87	
Pozzi, Andy (GBR) (1992)	time	2.55	3.58	4.58	5.60	6.62		7.62	1 / 5
	reaction time	0.163	7 steps	1.03	1.00	1.02	1.02	1.00	
	interval velocity	5.38	8.87	9.14	8.96	8.96	9.72	7.87	
Zaza, Wellington (LBR) (1995)	time	2.45	3.52	4.55	5.57	6.63		7.63	8 / 6
	reaction time	0.149		1.07	1.03	1.02	1.06	1.00	
	interval velocity	5.60	8.54	8.87	8.96	8.62	9.72	7.86	
Roberts, Daniel (USA) (1998)	time	2.43	3.46	4.53	5.55	6.60		7.67	7 / 7
	reaction time	0.172	7 steps	1.03	1.07	1.02	1.05	1.07	
	interval velocity	5.65	8.87	8.54	8.96	8.70	9.08	7.82	
Belocian, Wilhem (FRA) (1995)	time	2.46	3.52	4.55	5.57	6.66		7.72	3 / 8
	reaction time	0.130		1.06	1.03	1.02	1.09	1.06	
	interval velocity	5.58	8.62	8.87	8.96	8.39	9.17	7.77	



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 60fps

Timing From: First Movement

Source: <https://www.youtube.com/watch?v=4RvRiOIThrA>

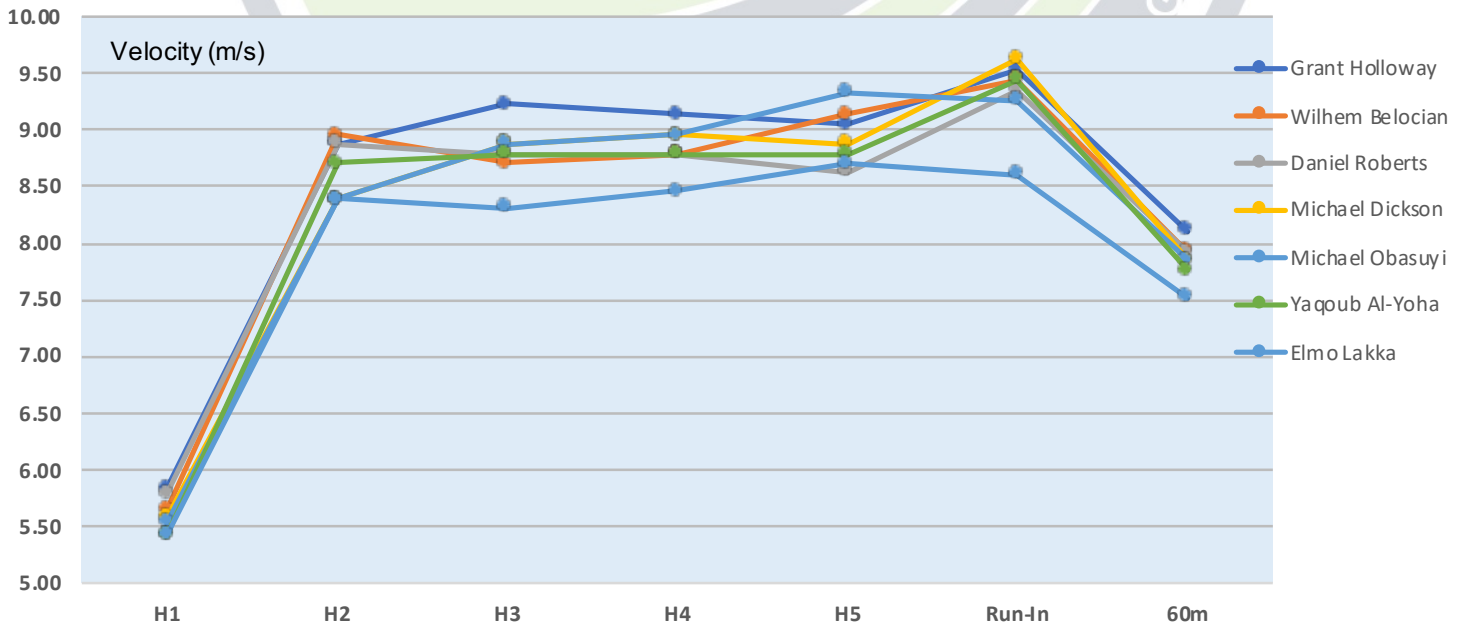
Meeting Hauts-de-France Pas-de-Calais (Liévin, FRA) (TV Analysis)

Men's 60m Hurdles

Date: 2022.02.17

Heat 2

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Holloway, Grant (USA) (1997)	time	2.35	3.38	4.37	5.37	6.38		7.40	4 / 1
	reaction time	0.153							
	interval velocity	7 steps	1.03	0.99	1.00	1.01	1.02		
	velocity	5.84	8.87	9.23	9.14	9.05	9.53	8.11	
Belocian, Wilhem (FRA) (1995)	time	2.43	3.45	4.50	5.54	6.54		7.57	5 / 2
	reaction time	0.139							
	interval velocity		1.02	1.05	1.04	1.00	1.03		
	velocity	5.65	8.96	8.70	8.79	9.14	9.44	7.93	
Roberts, Daniel (USA) (1998)	time	2.37	3.40	4.44	5.48	6.54		7.58	3 / 3
	reaction time	0.149							
	interval velocity	7 steps	1.03	1.04	1.04	1.06	1.04		
	velocity	5.79	8.87	8.79	8.79	8.62	9.35	7.92	
Dickson, Michael (USA) (1997)	time	2.46	3.55	4.58	5.60	6.63		7.64	6 / 4
	reaction time	0.183							
	interval velocity	7 steps	1.09	1.03	1.02	1.03	1.01		
	velocity	5.58	8.39	8.87	8.96	8.87	9.62	7.85	
Obasuyi, Michael (BEL) (1999)	time	2.48	3.57	4.60	5.62	6.60		7.65	2 / 5
	reaction time	0.150							
	interval velocity	7 steps	1.09	1.03	1.02	0.98	1.05		
	velocity	5.53	8.39	8.87	8.96	9.33	9.26	7.84	
Al-Yoha, Yaqoub (KUW) (1993)	time	2.53	3.58	4.62	5.66	6.70		7.73	7 / 6
	reaction time	0.166							
	interval velocity		1.05	1.04	1.04	1.04	1.03		
	velocity	5.42	8.70	8.79	8.79	8.79	9.44	7.76	
Lakka, Elmo (FIN) (1993)	time	2.53	3.62	4.72	5.80	6.85		7.98	8 / 7
	reaction time	0.152							
	interval velocity	7 steps	1.09	1.10	1.08	1.05	1.13		
	velocity	5.42	8.39	8.31	8.46	8.70	8.60	7.52	



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 30fps

Timing From: First Movement

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

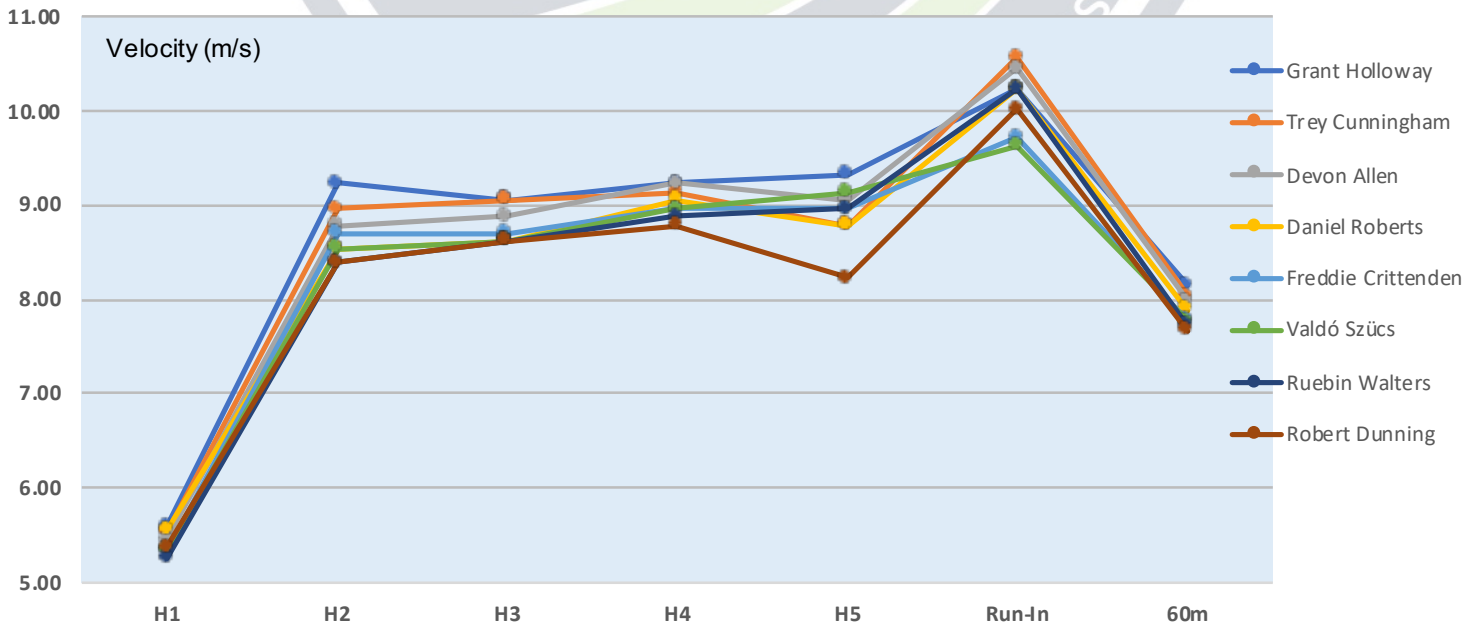
New Balance Indoor Grand Prix (Staten Island, NY) (TV Analysis)

Men's 60m Hurdles

Date: 2022.02.06

FINAL

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Holloway, Grant (USA) (1997)	time	2.45	3.44	4.45	5.44	6.42		7.37	3 / 1
	reaction time	0.181	7 steps	0.99	1.01	0.99	0.98	0.95	
	interval velocity	5.60	9.23	9.05	9.23	9.33	10.23	8.14	
Cunningham, Trey (USA) (1998)	time	2.48	3.50	4.51	5.51	6.55		7.47	4 / 2
	reaction time	0.189	7 steps	1.02	1.01	1.00	1.04	0.92	
	interval velocity	5.53	8.96	9.05	9.14	8.79	10.57	8.03	
Allen, Devon (USA) (1994)	time	2.51	3.55	4.58	5.57	6.58		7.51	5 / 3
	reaction time	0.143		1.04	1.03	0.99	1.01	0.93	
	interval velocity	5.47	8.79	8.87	9.23	9.05	10.45	7.99	
Roberts, Daniel (USA) (1998)	time	2.47	3.54	4.60	5.61	6.65		7.60	6 / 4
	reaction time	0.175	7 steps	1.07	1.06	1.01	1.04	0.95	
	interval velocity	5.55	8.54	8.62	9.05	8.79	10.23	7.89	
Crittenden, Freddie (USA) (1994)	time	2.57	3.62	4.67	5.69	6.71		7.71	2 / 5
	reaction time	0.169		1.05	1.05	1.02	1.02	1.00	
	interval velocity	5.34	8.70	8.70	8.96	8.96	9.72	7.78	
Szücs, Valdó (HUN) (1995)	time	2.57	3.64	4.70	5.72	6.72		7.73	1 / 6
	reaction time	0.160	7 steps	1.07	1.06	1.02	1.00	1.01	
	interval velocity	5.34	8.54	8.62	8.96	9.14	9.62	7.76	
Walters, Ruebin (TTO) (1995)	time	2.61	3.70	4.76	5.79	6.81		7.76	8 / 7
	reaction time	0.176		1.09	1.06	1.03	1.02	0.95	
	interval velocity	5.26	8.39	8.62	8.87	8.96	10.23	7.73	
Dunning, Robert (USA) (1997)	time	2.55	3.64	4.70	5.74	6.85		7.82	7 / 8
	reaction time	0.179	7 steps	1.09	1.06	1.04	1.11	0.97	
	interval velocity	5.38	8.39	8.62	8.79	8.23	10.02	7.67	



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 30fps

Timing From: First Movement

Source: <https://www.youtube.com/watch?v=G0adscXeb4Q>