

sistema 2 3 sportingbet

sprint, in athletics (track and field), a footrace over a short distance

with an all-out

or nearly all-out burst of speed, the chief distances being 100, 200,

and 400 metres

and 100, 220, and 440 yards.

The course for sprint races is usually marked off in lanes

within which each runner must remain for the entire race. Originally

sprinters used a

standing start, but after 1884 sprinters started from a crouched position

using a

device called a starting block (legalized in the 1930s) to brace their

feet (see photograph). Races are begun

sprinters attain maximum speed, more than 40 km per hour (25 miles per

hour) by the 65-metre mark the runner begins to lose speed through fatigue.

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Britannica Quiz American

Sports Nicknames

All important international races at 200 metres and 220 yards, as well

as

400 metres and 440 yards, are run on an oval track. The starts are

staggered (the lanes farther from the

each runner will cover an equal distance. As a result, the competitors,

particularly in

the 400 metres and 440 yards, have no exact knowledge of their respective

positions

until they have completed the final turn. Great emphasis is therefore

placed on an

athlete's ability to judge his own pace, as well as upon his speed

and endurance.

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Assunto: sistema 2 3 sportingbet

Palavras-chave: sistema 2 3 sportingbet

Tempo: 2024/11/16 21:27:21