Runner's Speed Lab

Data Table 1: Time to Reach Each Interval

Runner	Trial #	Time (sec)			
		Time at 5 meters	**Time at 10 meters**	**Time at 15 meters**	**Time at 20 meters**
	1				
	2				
	Average	= _____+_____ 　　　　2 =	= _____+_____ 　　　　2 =	= _____+_____ 　　　　2 =	=_____+_____ 　　　　2 =
	1				
	2				
	Average	= _____+_____ 　　　　2 =	= _____+_____ 　　　　2 =	= _____+_____ 　　　　2 =	= _____+_____ 　　　　2 =
	1				
	2				
	Average	= _____+_____ 　　　　2 =	= _____+_____ 　　　　2 =	= _____+_____ 　　　　2 =	= _____+_____ 　　　　2 =
	1				
	2				
	Average	= _____+_____ 　　　　2 =	= _____+_____ 　　　　2 =	= _____+_____ 　　　　2 =	=_____+_____ 　　　　2 =

Data Table 2: Interval Times

Runner	Time Interval (sec)			
	1st interval 0-5 meters	2nd interval 5-10 meters (avg at 10m – avg at 5m)	3rd interval 10-15 meters (avg at 15m – avg at 10m)	4th interval 15-20 meters (avg at 20m – avg at 15m)
		= _____ - _____ =	= _____ - _____ =	= _____ - _____ =
		= _____ - _____ =	= _____ - _____ =	= _____ - _____ =
		= _____ - _____ =	= _____ - _____ =	= _____ - _____ =
		= _____ - _____ =	= _____ - _____ =	= _____ - _____ =

Data Table 3: Average Speed for the Intervals

Name	Average Speed (m/sec)			
	1st interval 0-5 meters	2nd interval 5-10 meters	3rd interval 10-15 meters	4th interval 15-20 meters
	= _____ =	= _____ =	= _____ =	= _____ =
	= _____ =	= _____ =	= _____ =	= _____ =
	= _____ =	= _____ =	= _____ =	= _____ =
	= _____ =	= _____ =	= _____ =	= _____ =

Data Table 4: Overall Average Speed

Name	Average Speed (m/sec)
	Entire Race **20 meters**
	D/T = _____ =
	D/T = _____ =
	D/T = _____ =
	D/T = _____ =

Y↑

X→