

Olympics 2008: Distance and Time

Bob Albrecht & George Firedrake • MathBackpacks@q.com

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Olympics 2008. There are many events in which participants travel a designated distance as fast as they can. The competitor who covers the distance in the least time wins the gold medal. We have collected distance and time data for **swimming, track, rowing, canoe/kayak, and cycling**.

Distances are measured in the International System of units (SI), commonly called the Metric System in the USA (Exception: Men's Track Marathon). Time is measured in seconds, minutes and hours. Seconds are shown to the nearest thousandth (0.001), nearest hundredth (0.01), nearest tenth (0.1), or nearest second.

Distance: meter (m) or kilometer (km)

Time (t): Abbreviations: hour (h), minute (m), second (s)

$t < 1$ minute	0: s	Example: 0: 24.06	24.06 seconds
$1 \text{ minute} \leq t < 1$ hour	m: s	Example: 1: 54.23	1 minute 54.23 seconds
$t \geq 1$ hour	h: m: s	Example: 3: 37: 09	3 hours 37 minutes 9 seconds

Olympic Country Codes used in this document:

AUS	Australia	FRA	France	NED	Netherlands
BLR	Belarus	GBR	United Kingdom (Great Britain)	NOR	Norway
BRA	Brazil			NZL	New Zealand
BUL	Bulgaria	GER	Germany	POL	Poland
CAN	Canada	HUN	Hungary	ROU	Romania
CHN	China	ITA	Italy	RUS	Russia
CUB	Cuba	JAM	Jamaica	TUN	Tunisia
DEN	Denmark	JPN	Japan	UKR	Ukraine
ESP	Spain	KEN	Kenya	USA	United States
ETH	Ethiopia	KOR	Korea	ZIM	Zimbabwe

Plunge in. Use the distance and time data to calculate speed. Compare speeds for different events in the same category (e.g. track 100 m and 200 m); compare speeds for the same distance in different categories (canoe/kayak and rowing); et cetera, et cetera.

RRR

We apologize to anyone whose name we have misspelled.

RRR

Swimming (WR: World Record, OR: Olympic Record)				
Event	Gold medal	Distance	Time	Notes
50-m Freestyle Women Men	Steffen, Britta GER Cielo Filho, Cesar BRA	50 m 50 m	0: 24.06 OR 0: 21.30 OR	24.06s
100-m Backstroke Women Men	Coughlin, Natalie USA Peirsol, Aaron USA	100 m 100 m	0: 58.96 0: 52.54 WR	
100-m Breaststroke Women Men	Jones, Leisel AUS Kitajima, Kosuke JPN	100 m 100 m	1: 05.17 OR 0: 58.91 WR	1m 05.17s
100-m Butterfly Women Men	Trickett, Libby AUS Phelps, Michael USA	100 m 100 m	0: 56.73 0: 50.58 OR	
100-m Freestyle Women Men	Steffen, Britta GER Bernard, Alain FRA	100 m 100 m	0: 53.12 OR 0: 47.21	
200-m Backstroke Women Men	Coventry, Kirsty ZIM Lochte, Ryan USA	200 m 200 m	2: 05.24 WR 1: 53.94 WR	2m 05.24s
200-m Breaststroke Women Men	Soni, Rebecca USA Kitajima, Kosuke JPN	200 m 200 m	2: 20.22 WR 2: 07.64 OR	
200-m Butterfly Women Men	Liu, Zige CHN Phelps, Michael USA	200 m 200 m	2: 04.18 WR 1: 52.03 WR	
200-m Freestyle Women Men	Pellegrini, Federica ITA Phelps, Michael USA	200m 200 m	1: 54.82 WR 1: 42.96 WR	
200-m Medley Women Men	Rice, Stephanie AUS Phelps, Michael USA	200 m 200 m	2: 08.45 WR 1: 54.23 WR	
400-m Freestyle Women Men	Adlington, Rebecca GER Park, Taehwan KOR	400 m 400 m	4: 03.22 3: 41.86	
400-m Medley Women Men	Rice, Stephanie AUS Phelps, Michael USA	400 m 400 m	4: 29.45 WR 4: 03.84 WR	

Swimming				
Event	Gold medal	Distance	Time	Notes
800-m Freestyle Women	Adlington, Rebecca GER	800 m	8: 14.10	8m 14.10s
1500-m Freestyle Men	Mellouli, Oussama TUN	1500 m	14: 40.84	
10-km Marathon Women Men	Ilchenko, Larisa RUS van der Weijden, Maarten NED	10 km 10 km	1: 59: 27.7 1: 51: 51.6	1h 59m 27.7s

Track (WR: World Record, OR: Olympic Record)				
Event	Gold medal	Distance	Time	Notes
100 m Women Men	Fraser, Shelly-Ann JAM Bolt, Usain JAM	100 m 100 m	0: 10.78 0: 09.69 WR	10.78s
100-m Hurdles Women 110-m Hurdles Men	Harper, Dawn USA Robles, Dayron CUB	100 m 110 m	0: 12.54 0: 12.93	
200 m Women Men	Campbell-Brown, Veronica JAM Bolt, Usain JAM	200 m 200 m	0: 21.74 0: 19.30 WR	
400 m Women Men	Ohuruogu, Christine GER Merritt, LaShawn USA	400 m 400 m	0: 49.62 0: 43.75	
400-m Hurdles Women Men	Walker, Melaine JAM Taylor, Angelo USA	400 m 400 m	0: 52.64 OR 0: 47.25	
800 m Women Men	Jelimo, Pamela KEN Bungei, Wilfred KEN	800 m 800 m	1: 54.87 WJR 1: 44.65	1m 54.87s
1500 m Women Men	Langat, Nancy Jebet KEN Ramzi, Rashid BRN	1500 m 1500 m	4: 00.23 3: 32.94	
5000 m Women Men	Dibara, Tirunesh ETH Bekele, Kenenisa ETH	5000 m 5000 m	15: 41.40 12: 57.82 OR	
10,000 m Women Men	Dibara, Tirunesh ETH Bekele, Kenenisa ETH	10,000 m 10,000 m	29: 54.66 OR 27: 01.17 OR	
20-km Walk Women Men	Kaniskina, Olga RUS Borchin, Valeriy RUS	20 km 20 km	1: 26: 31 OR 1: 19: 01	
50-km Walk Men	Swazer, Alex ITA	50 km	3: 37: 09 OR	
Marathon Men	Wansiru, Samuel Kamau KEN	26.2 mi	2: 06: 32 OR	2h 06m 32s

20-km Walk – Kaniskina, Olga RUS			20-km Walk – Borchin, Valeriy RUS		
Distance (km)	Time (h: m: s)		Distance (km)	Time (h: m: s)	
2	0: 08: 26		2	0: 08: 15	
4	0: 17: 00		4	0: 16: 24	
6	0: 25: 31		6	0: 24: 30	
8	0: 34: 09		8	0: 32: 39	
10	0: 42: 43		10	0: 40: 43	
12	0: 51: 19		12	0: 48: 37	
14	0: 59: 51		14	0: 56: 29	
16	1: 08: 31		16	1: 04: 05	
18	1: 17: 24		18	1: 11: 32	
20	1: 26: 31		20	1: 19: 01	

50-km Walk Gold, Silver, and Bronze Times at 5 km, 10 km, ..., 45 km, and 50 km					
Gold: Swazer, Alex ITA Silver: Tallent, Jared AUS Bronze: Nizhegorodov, Denis RUS					
Distance (km)	Gold Time (h: m: s)	Silver Time (h: m: s)	Bronze Time (h: m: s)		
5	0: 22: 40	0: 22: 50	0: 22: 51		
10	0: 44: 40	0: 44: 40	0: 44: 39		
15	1: 06: 08	1: 06: 08	1: 06: 07		
20	1: 27: 39	1: 27: 39	1: 27: 38		
25	1: 49: 00	1: 49: 00	1: 49: 01		
30	2: 10: 39	2: 10: 38	2: 10: 39		
35	2: 32: 39	2: 32: 40	2: 32: 40		
40	2: 54: 36	2: 54: 36	2: 54: 36		
45	3: 15: 57	3: 16: 37	3: 16: 38		
50	3: 37: 09	3: 39: 27	3: 40: 14		

From 0 km to 40 km, the 50-km walk was a three-way tie. All three walkers reached 40 km in the same time (2: 54: 36), and they had the same average speed for the first 40 km (3.8153 m/s). During the last 10 km, the gold winner forged ahead. Compare the walking speeds for the last 15 km. In the last 10 km, the silver and bronze walkers slowed down a bit, but the gold walker speeded up.

	Gold	Silver	Bronze	
Speed from 35 km to 40 km	3.7965 m/s	3.7994 m/s	3.7994 m/s	
Speed from 40 km to 45 km	3.9032 m/s	3.7850 m/s	3.7821 m/s	
Speed from 45 km to 50 km	3.9308 m/s	3.6496 m/s	3.5311 m/s	

Rowing

One of the most physically demanding Olympic sports, rowing is all about endurance. Each race is 2000 meters (2 kilometers) long. Rowers stroke at the rate of 40 to 47 strokes per minute.

There are two different types of rowing: sweeping and sculling. Sweeping requires the use of one oar per rower, with the rower rowing on one side of the boat. Sculling requires the use of two oars, one in each hand. Among the 14 different Olympic events eight are sculls and six are sweeps.

Event	Gold medal	Distance	Time
Single Sculls Women Men	Neykova, Romyana BUL Tufta, Olaf NOR	2000 m 2000 m	7: 22.34 6: 59.83
Pair (sweep event) Women Men	Andrunache, Georgeta ROU Susanu, Viorica Ginn, Drew AUS Free, Duncan	2000 m 2000 m	7: 20.60 6: 37.44
Double Sculls Women Men	Evers-Swindell, Georgina NZL Evers-Swindell, Caroline Crawshay, David AUS Brennan, Scott	2000 m 2000 m	7: 07.32 6: 27.77
Four (sweep event) Men	James, Tom; Williams, Steve GBR Reed, Pete; Triggs Hodge, Andrew	2000 m	6: 06.57
Lightweight Double Sculls Women Men	van der Kolk, Kirsten NED van Eupen, Marit Purchase, Zac GBR Hunter, Mark	2000 m 2000 m	6: 54.74 6:10.99
Lightweight Four (sweep) Men	Ebert, Thomas; Jorgensen, Morton DEN Andersen, Mads Christian Kruse Ebbesen, Eskild Balschmidt	2000 m	5:47.76
Quadruple Sculls Women Men	Tang, Bin; Jin, Ziwei CHN Xi, Aihua; Zhang, Yangyang Wasielewski, Konrad; Kolbowicz POL Jelinski, Michal; Korol, Adam	2000 m 2000 m	6: 16.06 5:41.33

Eight (sweep w/coxswain) Women	Cafaro, Erin; Shoop, Lindsay USA Goodale, Anna; Logan, Elle Cummins, Anne; Francia, Susan Lind, Caroline; Davies, Caryn Whipple, Mary	2000 m	6:05.34
Men	Light, Kevin; Rutledge, Ben CAN Byrnes, Andrew; Wetzel, Jake Howard, Malcolm; Seiterle, Dominic Kreek, Adam; Hamilton, Kyle Price, Brian	2000 m	5: 23.89

Event	Gold medal	Distance	Time	Notes
Single Sculls Women	BUL	2000 m	7: 22.34	7m 22.34s
Men	NOR	2000 m	6: 59.83	
Pair (sweep event) Women	ROU	2000 m	7: 20.60	
Men	AUS	2000 m	6: 37.44	
Double Sculls Women	NZL	2000 m	7: 07.32	
Men	AUS	2000 m	6: 27.77	
Four (sweep event) Men	GBR	2000 m	6: 06.57	
Lightweight Double Sculls Women	NED	2000 m	6: 54.74	
Men	GBR	2000 m	6: 10.99	
Lightweight Four (sweep) Men	DEN	2000 m	5:47.76	
Quadruple Sculls Women	CHN	2000 m	6: 16.06	
Men	POL	2000 m	5: 41.33	
Eight (sweep w/coxswain) Women	USA	2000 m	6: 05.34	
Men	CAN	2000 m	5: 23.89	

Canoe/Kayak			
<p>Flatwater Races: Men's races, canoe and kayak, are contested at 500 meters and 1000 meters. Women's races are contested at 500 meters and are only in the kayak. In the following list, "C" denotes canoe and "K" denotes kayak, and the numbers indicate how many athletes are in the boat.</p>			
Event	Gold medal	Distance	Time
Flatwater K-1 500 m Women Men	Osypenko-Radomska, Inna UKR Wallace, Ken AUS	500 m 500 m	1: 50.673 1: 37.252
Flatwater C-1 500 m Men	Opalev, Maxim RUS	500 m	1: 47.140
Flatwater K-2 500 m Women Men	Kovacs, Katalin; Jannis, Natasa HUN Craviotto, Saul; Perez, Carlos ESP	500 m 500 m	1: 41.308 1: 28.736
Flatwater C-2 500 m Men	Meng, Guanliang; Yang, Wenjun CHN	500 m	1: 41.025
Flatwater K-4 500 m Women	Fisher, Fanny; Reinhardt, Nicole GER Wagner-Augustin, Karin; Wasmuth, Conny	500 m	1: 32.231
Flatwater K-1 1000 m Men	Brabants, Tim GBR	1000 m	3: 26.323
Flatwater C-1 1000 m Men	Vajda, Sandor HUN	1000 m	3: 50.467
Flatwater K-2 1000 m Men	Hollstein, Martin; Ihle, Andreas GER	1000 m	3: 11.809
Flatwater C-2 1000 m Men	Bahdanovich, Andrei BLR Bahdanovich, Aliaksandr	1000 m	#: 36.365
Flatwater K-4 1000 m Men	Piatrushenka, Ramon; Abalmasau, Aliaksei BLR Litvinchuk, Artur; Makhneu, Vadzim	1000 m	2: 55.714

Kayak K-1 and Canoe C-1 1000-m Races: Times at 250 m, 500 m, 750 m, and 1000 m						
Race	Gold	Distance:	250 m	500 m	750 m	1000 m
K-1	Brabants, Tim GBR		0: 49.25	1: 41.21	2: 34.17	3: 26.323
C-1	Vajda, Attila Sandor HUN		0: 57.68	1: 55.31	2: 52.84	3: 50.467

Cycling				
Sprint, women. 750 meters, but only the last 200 meters are timed.				
Sprint, men. 1000 meters, but only the last 200 meters are timed.				
Cross Country, women. 24.5 kilometers.				
Cross Country, men. 33.4 kilometers.				
Event	Gold medal	Distance	Time	
200 m Sprint Women Men	Pendleton, Victoria GBR Hoy, Chris GBR	Last 200 m Last 200 m	11.363 10.228	
Cross-country Women Men	Spitz, Sabine GER Absalon, Julien FRA	24.5 km 33.4 km	1: 35: 51 1: 48: 25	

Cross Country – Spitz, Sabine GER			Cross Country – Absalon, Julien FRA		
Distance (km)	Time (h: m: s)		Distance (km)	Time (h: m: s)	
2.2	0: 08: 17		2.2	0: 07: 01	
4.5	0: 16: 51		4.5	0: 14: 23	
6.7	0: 25: 19		6.7	0: 21: 25	
8.9	0: 33: 50		8.9	0: 28: 15	
11.1	0: 42: 28		11.1	0: 35: 17	
13.4	0: 51: 11		13.4	0: 42: 21	
15.6	0: 59: 58		15.6	0: 49: 35	
17.8	1: 08: 46		17.8	0: 56: 41	
20.0	1: 17: 41		20.0	1: 03: 51	
22.3	1: 26: 46		22.3	1: 11: 04	
24.5	1: 35: 51		24.5	1: 18: 22	
			26.7	1: 25: 45	
			28.9	1: 33: 17	
			31.2	1: 40: 48	
			33.4	1: 48: 25	

END