

Download The Perfect Mile Three Athletes One Goal And Less Than Four Minutes To Achieve It Neal Bascomb

The Perfect Mile: Three Athletes, One Goal, and Less Than Four Minutes to Achieve It [Neal Bascomb] on Amazon.com. *FREE* shipping on qualifying offers. There was a time when running the mile in four minutes was believed to be beyond the limits of human foot speed. In the sport of athletics, a four-minute mile means completing a mile run (1,760 yards, or 1,609.344 metres) in less than four minutes. It was first achieved in 1954 by Roger Bannister in 3:59.4. The "four-minute barrier" has since been broken by over 1,400 male athletes, and is now the standard of all male professional middle distance runners. For more than three decades, not one American schoolboy had run a sub-4:00 mile. Then, in January 2001, Alan Webb clocked a 3:59.86 mile, the fastest indoor U.S. high school mile ever. The 1952 Summer Olympics (Finnish: Kesäolympialaiset 1952; Swedish: Olympiska sommarspelen 1952), officially known as the Games of the XV Olympiad, were an international multi-sport event held in Helsinki, Finland from July 19 to August 3, 1952.