

 <b><u>Vs Vaughn's Summaries</u></b>	
<b><u>Sports Summaries</u></b> <b><i>Track and Field</i></b>	
<b>Athletic Performance Records</b> <b>Men vs. Women</b> <b>Differences</b> by <a href="#">Vaughn Aubuchon</a>	

The summary chart below compares the athletic performance of men vs. women, in selected 2004 Olympic track and field event records.

The difference is about 10% in speed events, and about 15% in strength events. The shot put, discus, and javelin events cannot be compared, since there is a 50% weight difference between the male and female shot, discus, and javelin.

300

140

	<b>Track Event</b>	<b>Men</b>	<b>Women</b>	<b>Performance Difference %</b>
	<b>SPEED - Endurance</b>			
	<b>Leg Strength</b>			
	<b>Foot Races</b>	<b>Seconds Men</b>	<b>Seconds Women</b>	<b>Difference from Men %</b>
1	100M	9.84	10.6	+ 8% ----- ([W-M] / M)
2	200M	19.32	21.3	+10%
3	400M	43.49	48.3	+11%
4	800M	103	113	+10%
5	1,500M	212	234	+10%
6	5,000M	786	881	+12%
7	10,000M	1625	1817	+12%
8	Marathon	7740	8580	+11%
9	<b>100M Hurdles</b>	-	12.4	<b>8.06M per sec. (-6%)</b>

10	<b>110M Hurdles</b>	12.9	-	<b>8.53M per sec.</b>
<b>DISTANCE</b> <b>Leg/ Arm Strength</b>				
	<b>Leaping</b>	<b>Meters Men</b>	<b>Meters Women</b>	<b>Difference from Men %</b>
1	High Jump	2.39	2.1	-12% ----- ([M-W] / M)
2	Long Jump	8.9	7.4	-17%
3	Pole Vault	6	4.9	-18%
<b>Different Standards - Cannot Compare</b> <b>Arm Strength</b>				
	<b>Throwing</b>	<b>Meters Men</b>	<b>Meters Women</b>	<b>Difference %</b>
1	Shot Put	22	22.4	Cannot compare
		16 lbs.	11 lbs.	50% shot weight difference
2	Discus	69.89	72.3	Cannot compare
		1.5 kilo	1 kilo	50% discus weight difference
3	Javelin	90.17	71.5	Cannot compare
		810 grams	610 grams	25% javelin weight difference
How far can a man throw a women's discus? Who knows? How far can a woman throw a men's discus? Who knows? etc., etc.				
50	100	50	50	200 - 450

I have always wondered just what the athletic performance difference was between men and women. So, I made this athletic Olympic records summary page to illustrate the differences.

Interesting, don't you think?  
About 10% in speed events, and about 15% in strength events.

Since the distances for the shot put and discus are about equal, one might

argue that there exists a 50% strength difference, since there is a 50% weight difference.

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**Author Bio**

[\*Vaughn's Summaries\*](#)

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