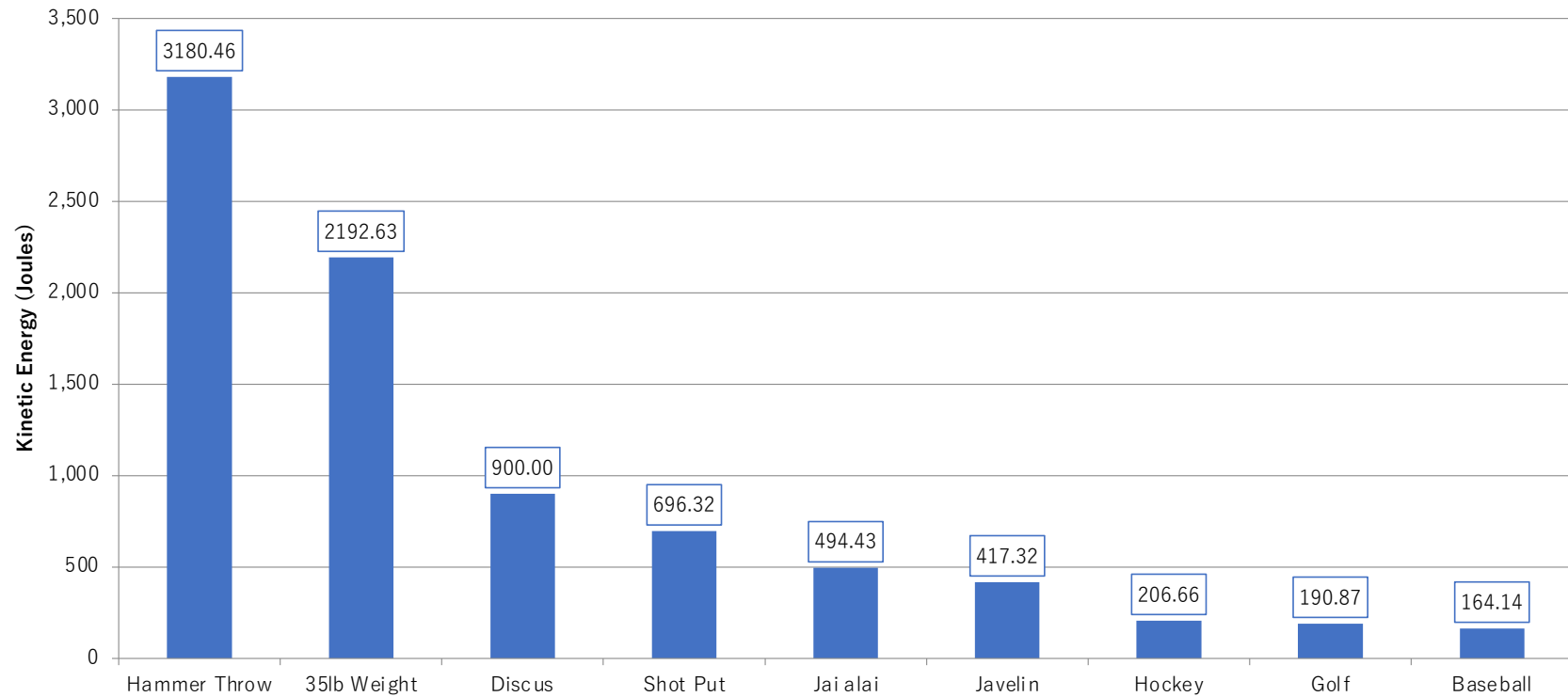


Kinetic Energy in Various Thrown Projectiles



By: Zach Hazen

Sport	Mass (g)	Speed (mph)	Speed (m/s)	Linear Energy (J)
Usain Bolt CoG	92000.00	27.29	12.20	6846.33
Hammer Throw	7260.00	66.21	29.60	3180.46
35lb Weight	15875.73	37.18	16.62	2192.63
Discus	2000.00	67.11	30.00	900.00
Shot Put	7260.00	30.98	13.85	696.32
Jai alai	140.00	188.00	84.04	494.43
Javelin	800.00	72.25	32.30	417.32
Hockey	170.00	110.30	49.31	206.66
Golf	45.90	204.00	91.20	190.87
Baseball	149.00	105.00	46.94	164.14

Note

http://en.wikipedia.org/wiki/Usain_Bolt

<http://w4.ub.uni-konstanz.de/cpa/article/viewFile/469/409>

http://en.wikipedia.org/wiki/Weight_throw

<http://www.arielnet.com/start/apas/studies/Panoutsakopoulos-DISCUS.pdf>

<http://www.arielnet.com/start/apas/studies/shotfinal.pdf>

http://en.wikipedia.org/wiki/Jai_alai

<http://connection.ebscohost.com/c/articles/20709871/biomechanical-analysis-world-record-javelin-throw-case-study>

http://en.wikipedia.org/wiki/Hockey_puck

http://en.wikipedia.org/wiki/Golf_ball#World_records

<http://sports.yahoo.com/mlb/news?slug=sh-redspadres092410>

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