

The Perfect Mile

The first four-minute mile is usually attributed to the English athlete Roger Bannister, who ran it in 1954 at age 25 in 3:59.4. The mile record has since been lowered by 17.34 seconds. According to World Athletics statistics, the "four-minute barrier" has been broken by just over 2,000 athletes. The record for the fastest time stands at 3:42.66, achieved by the Scottish athlete Josh Kerr, at age 28, in 2026. There has not yet been a woman who has run a four-minute mile. 86604997d6

Perfect Gentlemen Tyrone Sutton (on Rated PG) Miles "Masspike Miles" Wheeler (on The Perfect Gentlemen) Stephen Reeves (on The Perfect Gentlemen) Rated PG (Columbia Records. Jr 86604997d6

The Perfect Mile (also called the Miracle Mile) is not against the clock, rather it is what was required in heated competition between John Landy and Roger Bannister. 86604997d6 == Reception == 86604997d6 June 21, 1954: Less than six weeks after Bannister's historic feat, Australian John Landy runs 3:58 at a track meet in Finland, throwing down the gauntlet. 86604997d6

A Perfect Planet The first episode premiered on 3 January 2021 on BBC One. A Perfect Planet is a 2021 five-part earth science series presented by David Attenborough. Filming 86604997d6

Perfect Stranger (film) It was produced by. Perfect Stranger is a 2007 American psychological

thriller film, directed by James Foley, and starring Halle Berry and Bruce Willis 86604997d6

The New York Times' review calls it an "enthraling book" and says Bascomb "expertly winds up the tension of the three men's many failed attempts to get closer to the magic mark, before Bannister wrote himself into legend first on a windy day at the Oxford University track". 86604997d6

Philip Humber's perfect game Humber of the Chicago White Sox pitched a perfect game against the Seattle Mariners by retiring all 27 batters he faced on April 21, 2012, as the White Sox 86604997d6

Nautical mile latitude, which was within 44 feet of the currently accepted value for a nautical mile. Since the Earth is not a perfect sphere but is an oblate spheroid with 86604997d6

Four-minute mile It translates to an average speed of 15 miles per hour (24. 609 km) in four minutes or less. It translates to an average speed of 15 miles per hour (24. 1 km/h) A four-minute mile is the completion of a mile run (1. 1 km/h). A four-minute mile is the completion of a mile run (1. It is a standard for male professional middle-distance runners in several countries. 609 km) in four minutes or less 86604997d6

Perfect Way " "Perfect Way" at Discogs. The percolating single "Perfect Way" met with US success twice (the second time thanks to Miles Davis' instrumental. p 23 " 86604997d6

== Record holders == 86604997d6

The Perfect Mile The runners are Englishman Roger Bannister, American Wes Santee, and Australian John Landy. The Perfect Mile: Three Athletes, One Goal, and Less Than Four Minutes to Achieve It (2004) by Neal Bascomb is a non-fiction book about three runners and The Perfect Mile: Three Athletes, One Goal, and Less Than Four Minutes to Achieve It (2004) by Neal Bascomb is a non-fiction book about three runners and their attempts to become the first man to run a mile under four minutes and their first subsequent head-to-head competition 86604997d6

The book was also adapted as a 2005 TV movie called, "4 Minutes". 86604997d6

Fillies' Mile The Fillies' Mile is a Group 1 flat horse race in Great Britain open to two-year-old fillies. It is run on the Rowley Mile at Newmarket over a distance 86604997d6

Mile run world record progression World Athletics is the official body. The world record in the mile run is the fastest time set by a runner in the middle-distance track and field event 86604997d6

August 7, 1954: The Empire Games in Vancouver, Canada, pits the two titans against one another in an event billed the "Miracle Mile." 86604997d6

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