

The following chart provides an estimated break down of each 10 yard split for a 40 yard sprint time. It is not intended to be a perfect translation of each split; however, the aim is to provide a realistic range (or goal) for running a targeted 40 yard time.

10	20	30	40	total
1.45	0.96	0.85	0.84	4.10
1.47	0.97	0.86	0.85	4.15
1.48	0.98	0.87	0.87	4.20
1.49	0.99	0.89	0.88	4.25
1.51	1.00	0.90	0.89	4.30
1.52	1.00	0.92	0.91	4.35
1.53	1.02	0.93	0.92	4.40
1.54	1.03	0.94	0.94	4.45
1.56	1.04	0.95	0.95	4.50
1.58	1.05	0.96	0.96	4.55
1.60	1.06	0.97	0.97	4.60
1.62	1.07	0.98	0.98	4.65
1.64	1.08	0.99	0.99	4.70
1.65	1.09	1.01	1.00	4.75
1.67	1.10	1.02	1.01	4.80
1.69	1.11	1.03	1.02	4.85
1.71	1.13	1.03	1.03	4.90
1.73	1.14	1.04	1.04	4.95
1.75	1.16	1.05	1.04	5.00
1.77	1.17	1.06	1.05	5.05
1.79	1.18	1.07	1.06	5.10
1.81	1.19	1.08	1.07	5.15
1.83	1.20	1.09	1.08	5.20
1.85	1.21	1.10	1.09	5.25
1.87	1.22	1.11	1.10	5.30
1.89	1.23	1.12	1.11	5.35
1.91	1.24	1.13	1.12	5.40
1.93	1.25	1.14	1.13	5.45
1.95	1.26	1.15	1.14	5.50
1.96	1.28	1.16	1.15	5.55
1.98	1.29	1.17	1.16	5.60
1.99	1.30	1.18	1.17	5.65
2.01	1.31	1.19	1.18	5.70
2.02	1.33	1.21	1.20	5.75
2.03	1.34	1.22	1.21	5.80
2.05	1.35	1.23	1.22	5.85
2.06	1.37	1.24	1.23	5.90
2.08	1.38	1.25	1.24	5.95
2.09	1.40	1.26	1.25	6.00