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Utilizing cutting edge science to examine incredible physical feats in the most elite sports, John Brenkus uncovers what it takes to reach the 'perfection point' of the golf drive - that measurement of speed, distance or force that supreme athletes can inch closer to but never exceed.

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In *The Perfection Point*, John Brenkus, host and creator of ESPN's Emmy Award-winning *Sport Science*, uses hard data and scientific research to uncover the absolute limits of human performance. *The Perfection Point* is ideal for sports fans interested in the scientific basis of athletic

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Using engrossing and accessible language, he applies statistics, physics, and physiology to uncover perfection points such as: * the highest dunk * the longest home run * the fastest mile * the longest golf drive * the heaviest bench press Intriguing, detailed, and controversial, the answers that Brenkus provides are essential reading for every sports fan. For years, coaches, pundits, and experts have speculated about the extremes of human ability. The Perfection Point finally provides the [Perfection Point, The: Amazon.co.uk: John Brenkus ...](#) ever wondered how fast the fastest 100m will be, the longest golf drive, the heaviest bench press etc its all in here, each chapter starts with a story scenario and then breaks down the technical reasoning, great reference as a discussion point and fun to read.

[Ironmanlife: The Perfection Point](#)

So how fast can Chrissie go? While John Brenkus (along with co-author and Ironman columnist Lee Gruenfeld) didn't ask that question specifically in their book, "The Perfection Point," they do provide a fascinating look at human sports potential and help all of us Ironman fanatics come up with our

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What's the fastest a human can run the 100-meter sprint? What's the longest a human can hold his breath? What are the limits of human performance? Welcome to The Perfection Point. Until 1954, common wisdom and scientific knowledge considered a sub-four-minute mile an

impossible feat for a human. But