









Ball	Mass (kg)	speed imparted (m/s)	impact time (ms)
Baseball	0.149	39	1.25
Football (punt)	0.415	28	8
Golf ball (drive)	0.047	69	1
Handball (serve)	0.061	23	12.5
Soccer ball (kick)	0.425	26	8
Tennis ball (server)	0.058	51	4



















