

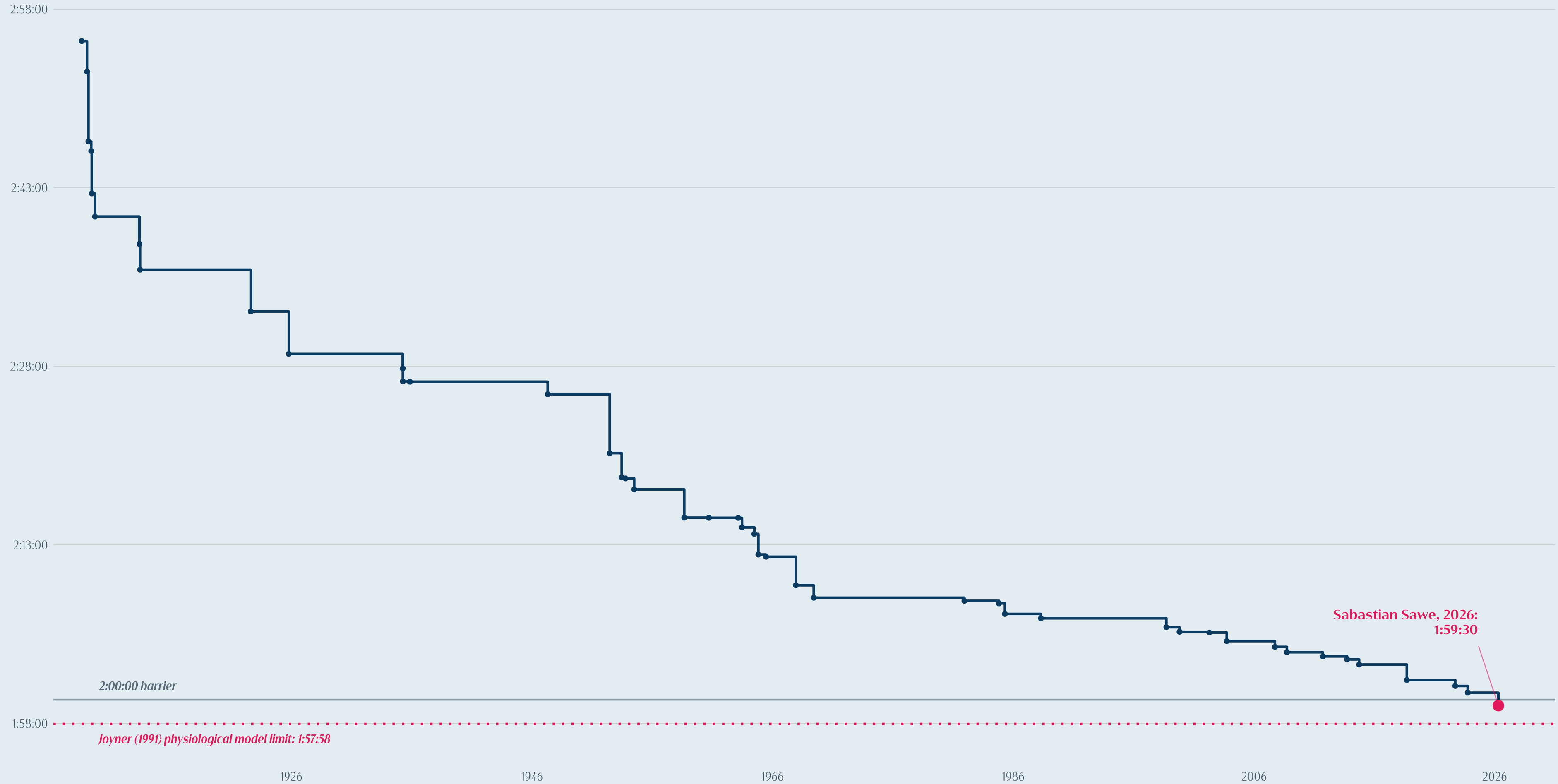
# Sub-Two

*The Anatomy of a  
117-Year Pursuit*

Weekend Wanderings | May 2026  
[jeffreycleveland.com/presentations](http://jeffreycleveland.com/presentations)

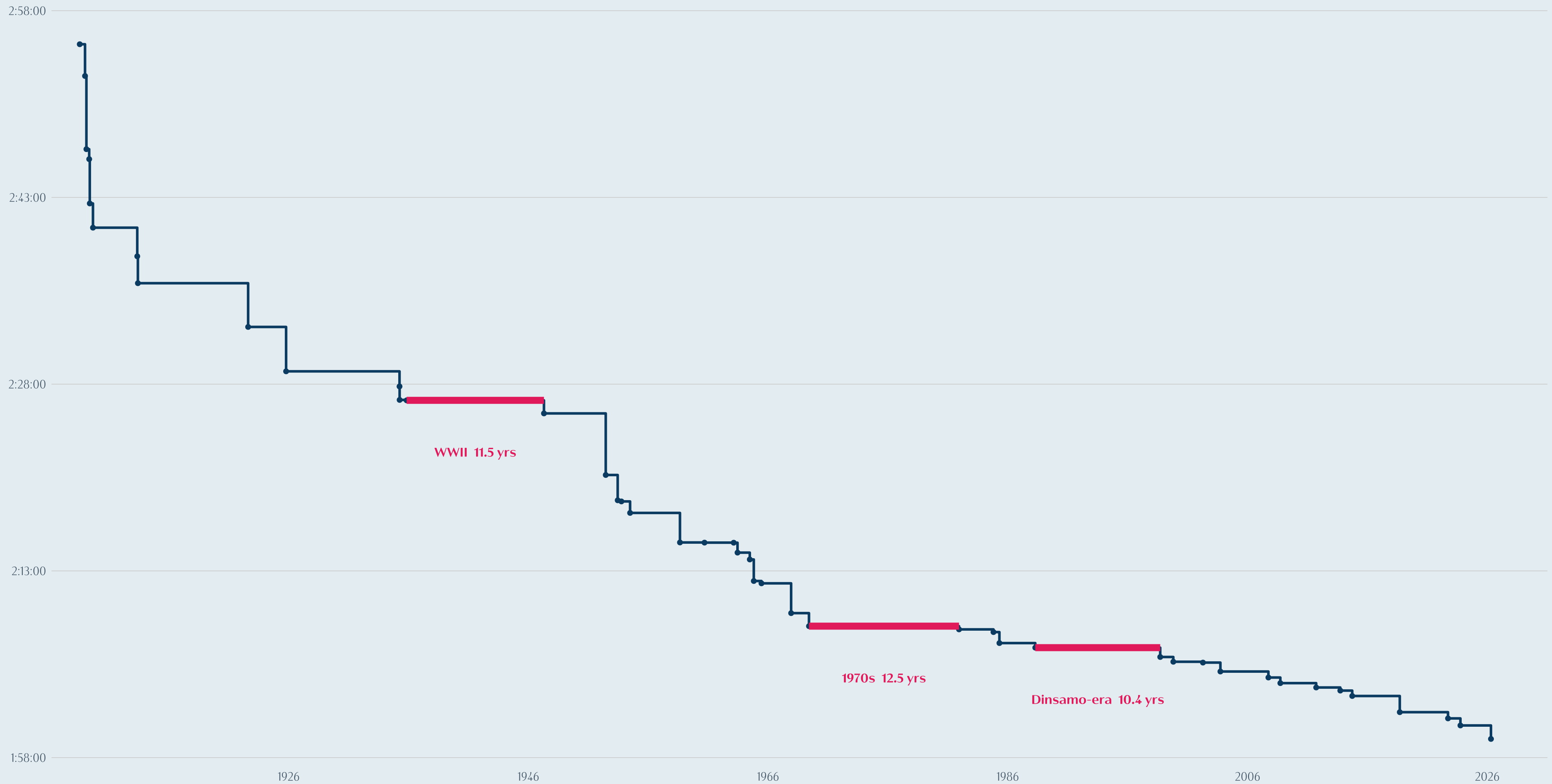
# The Last 92 Seconds

Men's marathon world record, 1908 to today. Sawe is now **92 seconds** from Joyner's 1991 physiological model limit.



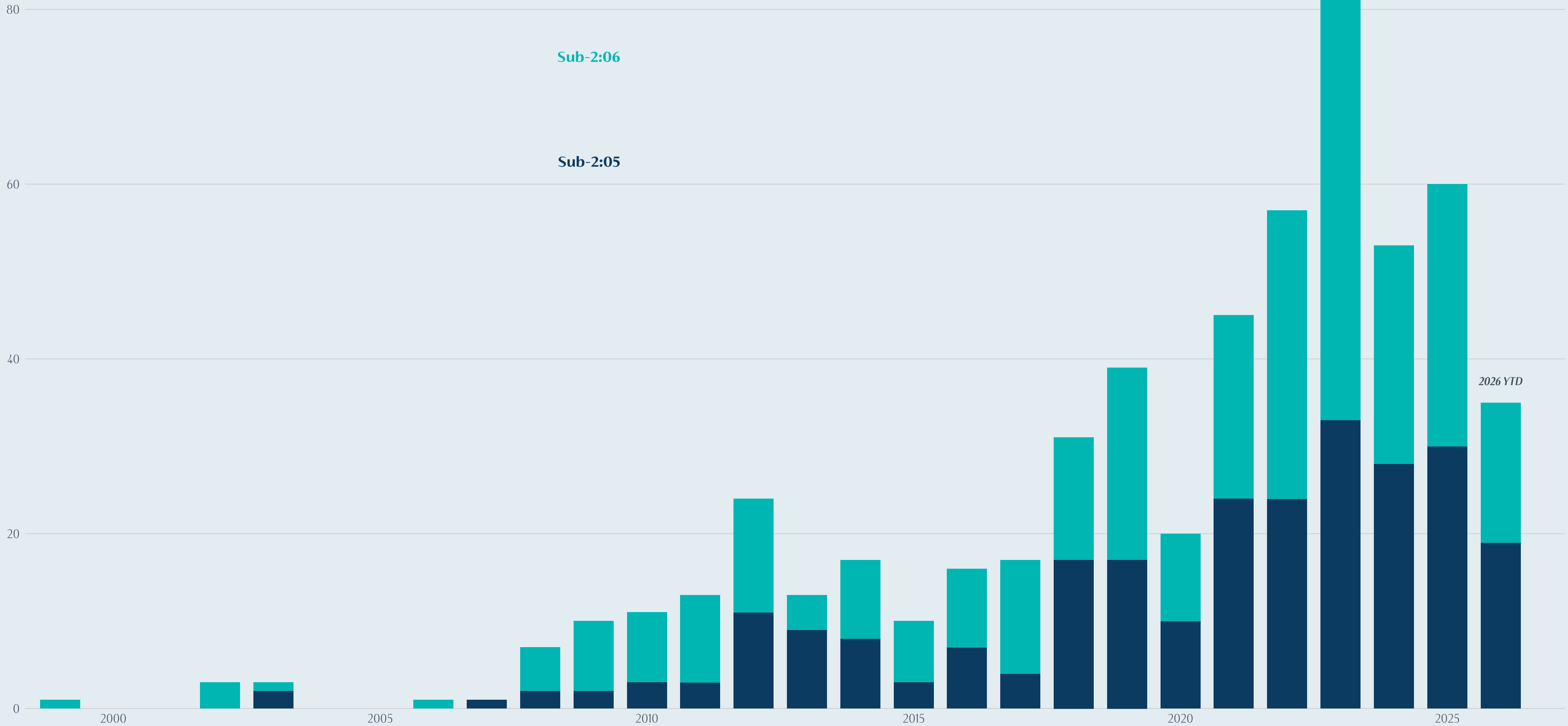
# When the Record Stood Still

Men's marathon world-record progression since 1908. *Three modern droughts account for 34 of the past 90 years.*



# The Field Caught Up

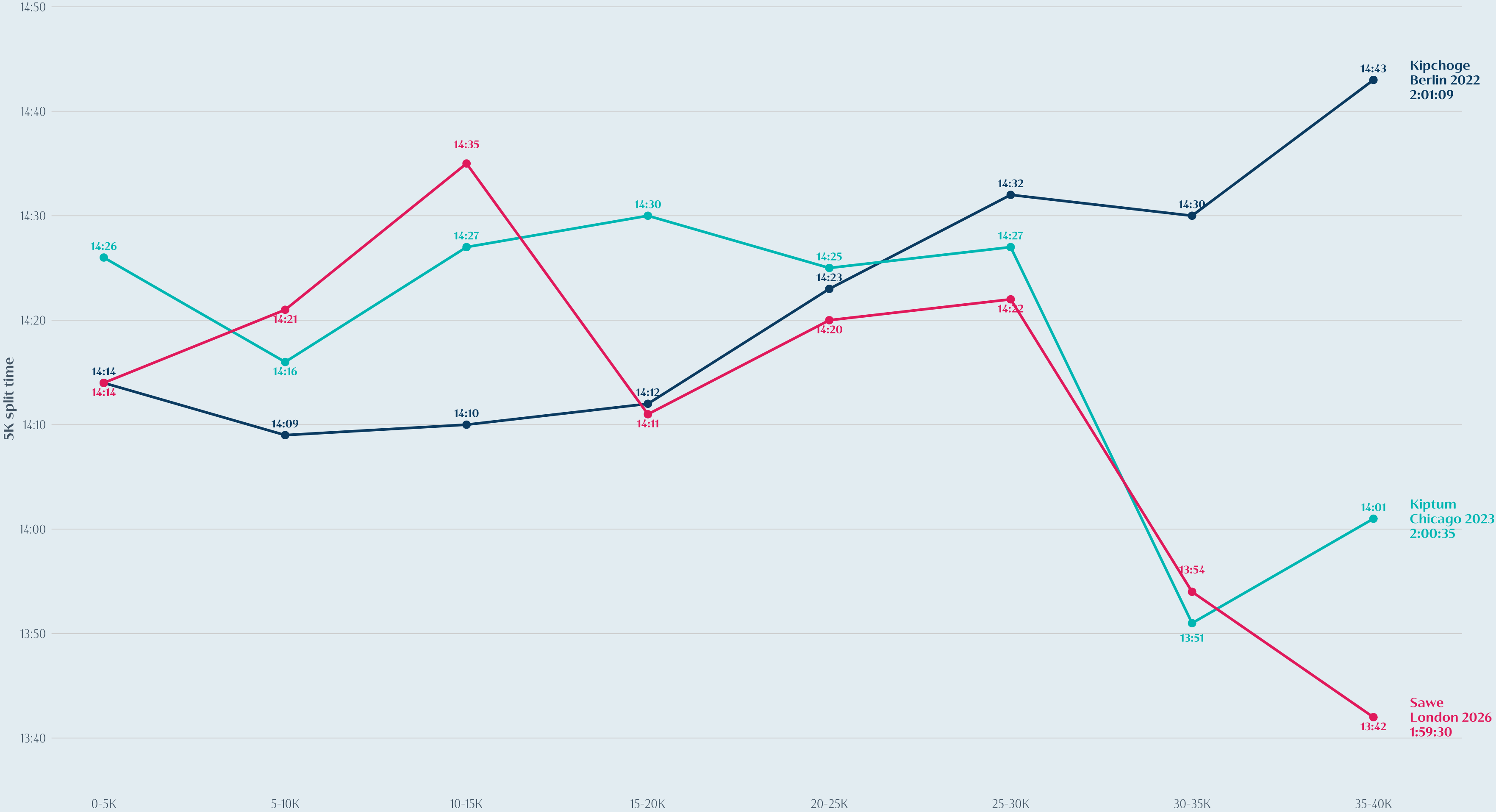
Sub-2:06 performances per year. Through 2014, only **51 men in history** had ever broken 2:06. 2023 alone: 82 performances.



Source: alltime-athletics.com (Larsson). Strict <2:06:00 / <2:05:00, excluding aided courses. | jeffreycleveland.com/presentations

# The Anatomy of Sub-Two

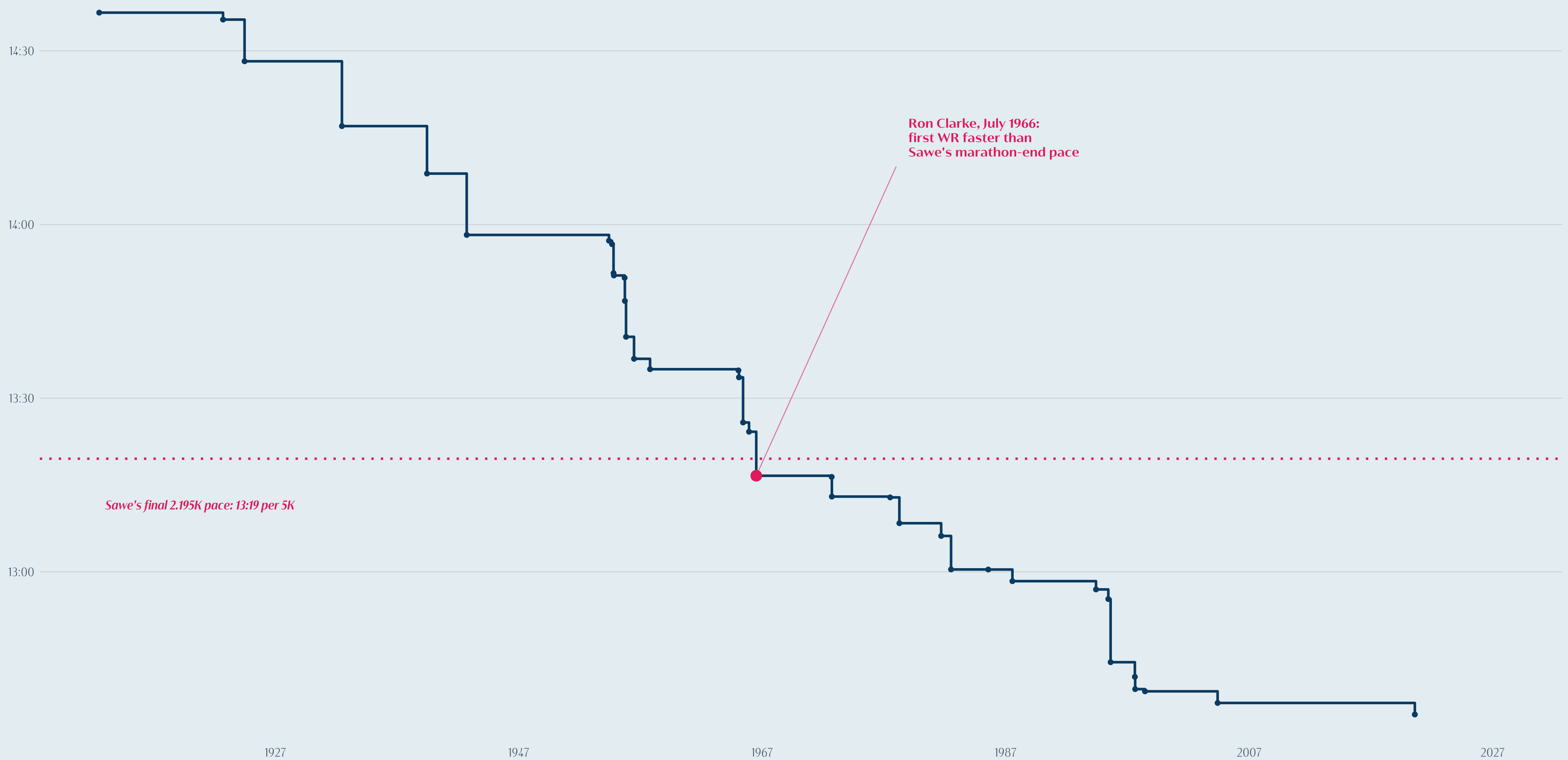
5K splits across three world-record marathons. *Sawe's 30-40K was the fastest late-race 10K in any marathon WR run.*



Sources: World Athletics (Kipchoge Berlin 2022; Kiptum Chicago 2023); TCS London Marathon (Sawe London 2026). | jeffreyclleveland.com/presentations

# Sixty Years of Finishing Kick

Men's 5000m world record, 1912 to today. *Sawe's marathon-end pace would have beaten every 5000m WR before July 1966.*



# The Floodgates That Came Late

Cumulative men globally to break the four-minute mile. *The wave came 50 years after Bannister, once training, technology, and nutrition caught up.*

