

Bolt smashes 200 meters record

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Usain Bolt broke his own world record in the 200 meters as he completed the sprint double at the world championships in Berlin in sensational style.

Bolt crosses the line in the 200m final in a world record 19.19 seconds.

The remarkable Jamaican took gold in 19.19 seconds, shaving just over a tenth of a second off the mark he set in winning the 200m at last year's Beijing Olympics.

Bolt also smashed his own 100m world record with a 9.58 seconds clocking in claiming gold in the shorter sprint on the second day of the championships.

Bolt, who celebrates his 23rd birthday on Friday, made a fine start and was well clear of the field coming around the bend, clearly pushing to the line as he eyed his old mark of 19.30 seconds.

Source CNN

<http://i2.cdn.turner.com/cnn/2009/SPORT/08/20/athletics.bolt.200m.gold/art.jpg>

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