

Women's 400m Hurdles Touchdown Times - by athlete

LAST UPDATE: 8-Oct-24

Abt, Gudrun (FRG) (1962)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1988 Olympic Games (Seoul, KOR)		Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988																
date	28-Sep-88	time	6.53	10.69	14.98	19.30	23.82	28.43	33.11	37.95	43.04	48.28		54.04	8 / 6			
reaction time	0.316	interval	4.16	4.29	4.32	4.52	4.61	4.68	4.84	5.09	5.24	5.76		PB		12.77	13.81	15.17
		velocity	6.89	8.41	8.16	8.10	7.74	7.59	7.48	7.23	6.88	6.68	6.94	7.40		8.22	7.60	6.92
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	19	179				
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)		Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988																
date	26-Sep-88	time	6.51	10.67	14.94	19.30	23.76	28.45	33.27	38.30	43.40	48.70		54.52	5 / 3			
reaction time	0.346	interval	4.16	4.27	4.36	4.46	4.69	4.82	5.03	5.10	5.30	5.82		PB		12.79	13.97	15.43
		velocity	6.91	8.41	8.20	8.03	7.85	7.46	7.26	6.96	6.86	6.60	6.87	7.34		8.21	7.52	6.80
H1 lead leg		strides	23	15	15	15	15	15	15	16	16	16	19	180				
Addy, Megan (USA) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Modesto Relays (Modesto, CA)		Henson (2004) USATF OTC sport science																
date	08-May-04	time	6.06	10.92	15.38	19.91	24.65	29.47	34.48	39.53	44.87	50.33		56.59	1 / 1			
reaction time		interval	4.86	4.46	4.53	4.74	4.82	5.01	5.05	5.34	5.46	6.26				13.85	14.57	15.85
		velocity	7.43	7.20	7.85	7.73	7.38	7.26	6.99	6.93	6.55	6.41	6.39	7.07		7.58	7.21	6.62
H1 lead leg		strides																
FINAL - 2004 UCLA (Los Angeles, CA)		Henson (2004) USATF OTC sport science																
date	10-Apr-04	time	7.10	11.22	15.51	19.86	24.35	28.97	33.66	38.67	43.96	49.41		56.13	1 / 2			
reaction time		interval	4.12	4.29	4.35	4.49	4.62	4.69	5.01	5.29	5.45	6.72		PB		12.76	13.80	15.75
		velocity	6.34	8.50	8.16	8.05	7.80	7.58	7.46	6.99	6.62	6.42	5.95	7.13		8.23	7.61	6.67
H1 lead leg		strides																
Adekoya, Kemi (BRN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2024 Resisprint International (La Chaux-de-Fonds, SUI) (TV Analysis)		Henson (2024) - Athlete First: 2024 year end hurdle report																
date	14-Jul-24	time	6.38	10.45	14.54	18.76	23.17	27.66	32.19	36.95	42.12			53.41	5 / 2			
reaction time		interval	4.07	4.09	4.22	4.41	4.49	4.53	4.76	5.17						12.38	13.43	
		velocity	7.05	8.60	8.56	8.29	7.94	7.80	7.73	7.35	6.77			7.49		8.48	7.82	
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16			144				
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)		Henson (2023) - Athlete First: 2023 year end hurdle report																
date	24-Aug-23	time	6.34	10.41	14.48	18.55	22.82	27.23	31.73	36.64	41.74	47.18		53.09	7 / 4			
reaction time	0.207	interval	4.07	4.07	4.07	4.27	4.41	4.50	4.91	5.10	5.44	5.91		AR		12.21	13.18	15.45
		velocity	7.10	8.60	8.60	8.60	8.20	7.94	7.78	7.13	6.86	6.43	6.77	7.53		8.60	7.97	6.80
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	17	20	182				
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)		Henson (2023) - Athlete First: 2023 year end hurdle report																
date	22-Aug-23	time	6.34	10.37	14.48	18.68	22.99		32.10	36.91	41.98	47.35		53.39	6 / 2			
reaction time	0.195	interval	4.03	4.11	4.20	4.31		9.11	4.81	5.07	5.37	6.04		AR		12.34	13.42	15.25
		velocity	7.10	8.68	8.52	8.33	8.12		7.68	7.28	6.90	6.52	6.62	7.49		8.51	7.82	6.89
H1 lead leg	R	strides	23	15	15	15	15		15	16	17	19.7	150.7					
Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)		Henson (2023) - Athlete First: 2023 year end hurdle report																
date	21-Aug-23	time	6.40	10.30	14.36	18.37	22.73	27.30	31.90	36.73	42.00	47.38		53.56	8 / 1			
reaction time	0.191	interval	3.90	4.06	4.01	4.36	4.57	4.60	4.83	5.27	5.38	6.18		AR		11.97	13.53	15.48
		velocity	7.03	8.97	8.62	8.73	8.03	7.66	7.61	7.25	6.64	6.51	6.47	7.47		8.77	7.76	6.78
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	17	17	19.5	182.5				
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)		Henson (2020) - Athlete First: 2018 year end hurdle report																
date	31-May-18	time	6.40	10.56	14.80	19.12	23.72	28.84	34.16	39.60	45.12	50.68		56.83	1 / 9			
reaction time	0.186	interval	4.16	4.24	4.32	4.60	5.12	5.32	5.44	5.52	5.56	6.15				12.72	15.04	16.52
		velocity	7.03	8.41	8.25	8.10	7.61	6.84	6.58	6.43	6.34	6.29	6.50	7.04		8.25	6.98	6.36
H1 lead leg	R	strides	23	15	15	15	16	17	17	17	17	17	17	169				
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)		Henson (2020) - Athlete First: 2017 year end hurdle report																
date	08-Jun-17	time	6.36	10.64	14.96	19.56	24.20	29.04	34.16	39.36	44.60	49.92		55.63	2 / 6			
reaction time	0.169	interval	4.28	4.32	4.60	4.64	4.84	5.12	5.20	5.24	5.32	5.71				13.20	14.60	15.76
		velocity	7.08	8.18	8.10	7.61	7.54	7.23	6.84	6.73	6.68	6.58	7.01	7.19		7.95	7.19	6.66
H1 lead leg	R	strides	23	15	16	16	16	17	17	17	17	17	19.7	190.7				
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)		Henson (2020) - Athlete First: 2016 year end hurdle report																
date	05-Jun-16	time	6.43	10.63	15.00	19.37	23.87	28.67	33.57	38.70	43.97	49.27		55.28	6 / 5			
reaction time	0.195	interval	4.20	4.37	4.37	4.50	4.80	4.90	5.13	5.27	5.30	6.01				12.94	14.20	15.70
		velocity	7.00	8.33	8.01	8.01	7.78	7.29	7.14	6.82	6.64	6.60	6.66	7.24		8.11	7.39	6.69
H1 lead leg	R	strides	24	15	16	16	16	16	16	17	17	17	20	190				
FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)		Henson (2020) - Athlete First: 2016 year end hurdle report																
date	02-Jun-16	time	6.28	10.48		19.00	23.44	28.12	33.00	38.08	43.44	49.04		55.48	8 / 5			
reaction time	0.176	interval	4.20		8.52	4.44	4.68	4.88	5.08	5.36	5.60	6.44				12.72	14.00	16.04
		velocity	7.17	8.33	8.22	7.88	7.48	7.17	6.89	6.53	6.25	6.21	7.21		8.25	7.50	6.55	
H1 lead leg	R	strides	24	16		16		17	17		18	21	129					

WR=World Rec. AR=Area Rec. OR=Olympic Rec. CR=Championship Rec. NR=National Rec. PB=Personal Best DQ=Disqualified DV=Drug Violation

FINAL - 2016 Meeting International Mohammed VI D'Atletisme (Rabat, MAR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	22-May-16	time	6.40	10.76	15.12	19.56	24.04	28.72	33.60	38.72	43.92	49.28		55.33	6 / 5			
reaction time	0.180	interval		4.36	4.36	4.44	4.48	4.68	4.88	5.12	5.20	5.36	6.05		13.16	14.04	15.68	
		velocity	7.03	8.03	8.03	7.88	7.81	7.48	7.17	6.84	6.73	6.53	6.61	7.23	7.98	7.48	6.70	
H1 lead leg	L	strides	24	16	16	16	16	16	17	17	17	17	20.2	192.2				

FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	06-May-16	time	6.52	10.84	15.16	19.56	24.12	28.76	33.56	38.64	43.88	49.16		54.87	2 / 2			
reaction time	0.178	interval		4.32	4.32	4.40	4.56	4.64	4.80	5.08	5.24	5.28	5.71		13.04	14.00	15.60	
		velocity	6.90	8.10	8.10	7.95	7.68	7.54	7.29	6.89	6.68	6.63	7.01	7.29	8.05	7.50	6.73	
H1 lead leg	L	strides	24	15	15	15	15	15	15	17	17	17	19.5	184.5				

Alimzhanova, Natalya (KAZ) (1968) H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																		
FINAL - 2004 Seiko Super Grand Prix (Yokohama, JPN)														<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>				
date	23-Sep-04	time	6.62	10.82	15.17	19.64	24.26	29.13	34.12	39.39	44.80	50.26		56.53	/ 3			
reaction time		interval		4.20	4.35	4.47	4.62	4.87	4.99	5.27	5.41	5.46	6.27		13.02	14.48	16.14	
		velocity	6.80	8.33	8.05	7.83	7.58	7.19	7.01	6.64	6.47	6.41	6.38	7.08	8.06	7.25	6.51	
H1 lead leg		strides	15	15	15	15	15	16	16	16	16	16	140					

Torshina, Natalya (KAZ) (1968) H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																		
FINAL - 2002 IAAF World Cup (Madrid, ESP)														<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>				
date	20-Sep-02	time	6.41	10.66	15.01	19.58	24.38	29.25	34.17	39.36	44.81	50.20		56.38	7 / 5			
reaction time	0.208	interval		4.25	4.35	4.57	4.80	4.87	4.92	5.19	5.45	5.39	6.18		13.17	14.59	16.03	
		velocity	7.02	8.24	8.05	7.66	7.29	7.19	7.11	6.74	6.42	6.49	6.47	7.09	7.97	7.20	6.55	
H1 lead leg	R	strides	22	15	15	15	16	16	16	17	18	17	20.5	187.5				

Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)														<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>				
date	23-Aug-99	time	6.16	10.49	14.76	19.15	23.69	28.34	33.25	38.24	43.48	48.74		55.26	8 / 7			
reaction time	0.256	interval		4.33	4.27	4.39	4.54	4.65	4.91	4.99	5.24	5.26	6.52		12.99	14.10	15.49	
		velocity	7.31	8.08	8.20	7.97	7.71	7.53	7.13	7.01	6.68	6.65	6.13	7.24	8.08	7.45	6.78	
H1 lead leg	R	strides	22	15	15	15	15	15	16	17	17	17	20.5	184.5				

Semi-Final 2 - 1993 IAAF World Championships (Stuttgart, GER)														<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>				
date	17-Aug-93	time	6.53	10.79	15.12	19.52	23.93	28.57	33.43	38.40	43.45	48.65		54.53	4 / 3			
reaction time		interval		4.26	4.33	4.40	4.41	4.64	4.86	4.97	5.05	5.20	5.88	PB	12.99	13.91	15.22	
		velocity	6.89	8.22	8.08	7.95	7.94	7.54	7.20	7.04	6.93	6.73	6.80	7.34	8.08	7.55	6.90	
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21	187				

Alonso, Mariam (ESP) (1970) H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																		
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)														<i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>				
date	02-Aug-98	time	6.63	11.23	15.82	20.60	25.60	30.67	35.92	41.38	47.09	52.94		60.10	6 / 3			
reaction time		interval		4.60	4.59	4.78	5.00	5.07	5.25	5.46	5.71	5.85	7.16		13.97	15.32	17.02	
		velocity	6.79	7.61	7.63	7.32	7.00	6.90	6.67	6.41	6.13	5.98	5.59	6.66	7.52	6.85	6.17	
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	18	18	22	195				

Ambrazine, Anna (URS) (1955) H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																		
FINAL - 1983 European Cup (London, GBR)														<i>Ewen (1985) - hurdles</i>				
date	20-Aug-83	time		15.6	19.9	24.4		28.8	33.7	38.7	43.9	48.7		54.74	2 / 2			
reaction time		interval			4.30	4.50		4.40	4.90	5.00	5.20	4.80	6.04		13.80	15.00		
		velocity			7.37	8.14	7.78		7.95	7.14	7.00	6.73	7.29	6.62	7.31	7.61	7.00	
H1 lead leg	R	strides	24	15	15	16		16	17	17	17	17	169					

FINAL - 1983 IAAF World Championships (Helsinki, FIN)														<i>McFarlane (1988) - The Science of Hurdling</i>				
date	10-Aug-83	time	6.69	11.05	15.31	19.57	24.08	28.65	33.31	38.15	43.13	48.16		54.15	3 / 2			
reaction time		interval		4.36	4.26	4.26	4.51	4.57	4.66	4.84	4.98	5.03	5.99		12.88	13.74	14.85	
		velocity	6.73	8.03	8.22	8.22	7.76	7.66	7.51	7.23	7.03	6.96	6.68	7.39	8.15	7.64	7.07	
H1 lead leg	R	strides	24	16	16	16	16	16	16	17	17	17	20	191				

Anacharsis, Phara (FRA) (1983) H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																		
FINAL - 2016 Herculis Meeting International d'Atletisme (Monaco, MON) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	15-Jul-16	time	6.60	10.77		19.40	23.87	28.47		38.37	43.87	49.50		56.20	1 / 7			
reaction time	0.183	interval		4.17		8.63	4.47	4.60		9.90	5.50	5.63	6.70		12.80			
		velocity	6.82	8.39		8.11	7.83	7.61		7.07	6.36	6.22	5.97	7.12	8.20			
H1 lead leg	L	strides	15			15		15			17	17	20	99				

Angounou, Linda (CMR) (1992) H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																		
Repechage 3 - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	05-Aug-24	time	6.59	10.91	15.28	19.66	24.17	28.79	33.54	38.46	43.63	48.98		55.09	2 / 3			
reaction time	0.186	interval		4.32	4.37	4.38	4.51	4.62	4.75	4.92	5.17	5.35	6.11	NR PB	13.07	13.88	15.44	
		velocity	6.83	8.10	8.01	7.99	7.76	7.58	7.37	7.11	6.77	6.54	6.55	7.26	8.03	7.56	6.80	
H1 lead leg	R	strides	23			15	15	15	15	15	16	16	19.5	149.5				

Heat 3 - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	04-Aug-24	time	6.45	10.74	15.10	19.54	24.14	28.83	33.71	38.80	44.12	49.42		55.69	7 / 8			
reaction time	0.153	interval		4.29	4.36	4.44	4.60	4.69	4.88	5.09	5.32	5.30	6.27	NR PB	13.09	14.17	15.71	
		velocity	6.98	8.16	8.03	7.88	7.61	7.46	7.17	6.88	6.58	6.60	6.38	7.18	8.02	7.41	6.68	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	20.5	181.5				

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Ankiewicz, Emilia (POL) (1990)																		
FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	22-May-16	time	6.64	11.12	15.72	20.36	25.12	29.96	35.00	40.32	45.64	51.08		57.25	2 / 6			
reaction time	0.148	interval		4.48	4.60	4.64	4.76	4.84	5.04	5.32	5.32	5.44	6.17			13.72	14.64	16.08
		velocity	6.78	7.81	7.61	7.54	7.35	7.23	6.94	6.58	6.58	6.43	6.48	6.99		7.65	7.17	6.53
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17	20.5	190.5				
Antkowiak, Hannah (USA) (2003)																		
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	29-Jun-24	time	6.72	11.01	15.29	19.73	24.38	26.41	29.20	34.29	39.56	45.06	50.45	56.45	7 / 5			
reaction time		interval		4.29	4.28	4.44	4.65	4.82	5.09	5.27	5.50	5.39	6.00			13.01	14.56	16.16
		velocity	6.70	8.16	8.18	7.88	7.53	7.57	7.26	6.88	6.64	6.36	6.49	6.67	7.09	8.07	7.21	6.50
H1 lead leg	L	strides	24	15	15	15	15	15	17	17	17	17	17	167				
Heat 3 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	27-Jun-24	time	6.65	10.89	15.18	19.51	24.05	26.29	29.04	34.12	39.36	44.76	50.23	56.39	9 / 3			
reaction time		interval		4.24	4.29	4.33	4.54	4.99	5.08	5.24	5.40	5.47	6.16			12.86	14.61	16.11
		velocity	6.77	8.25	8.16	8.08	7.71	7.61	7.01	6.89	6.68	6.48	6.40	6.49	7.09	8.16	7.19	6.52
H1 lead leg		strides																
Antyukh, Natalya (RUS) (1981)																		
FINAL - 2012 Olympic Games (London, GBR)														<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>				
date	08-Aug-12	time	6.26	10.39	14.47	18.65	22.89	24.89	27.35	31.85	36.55	41.40	46.63	52.70	5 / 1			
reaction time	0.167	interval		4.13	4.08	4.18	4.24	4.46	4.50	4.70	4.85	5.23	6.07	PB		12.39	13.20	14.78
		velocity	7.19	8.47	8.58	8.37	8.25	8.04	7.85	7.78	7.45	7.22	6.69	6.59	7.59	8.47	7.95	7.10
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	17	20	182				
FINAL - 2011 IAAF World Championships (Daegu, KOR)														<i>Behm (2011) - Le quatrache: Démus enfin!</i>				
date	01-Sep-11	time	6.2	10.4	14.5	18.8	23.2	27.7	32.4	37.2	42.3	47.6		53.85	5 / 3			
reaction time	0.151	interval		4.20	4.10	4.30	4.40	4.50	4.70	4.80	5.10	5.30	6.25			12.60	13.60	15.20
		velocity	7.26	8.33	8.54	8.14	7.95	7.78	7.45	7.29	6.86	6.60	6.40	7.43		8.33	7.72	6.91
H1 lead leg	R	strides	22	15	15	15	15	16	16	17	17	17	20	185				
FINAL - 2010 European Championships (Barcelona, ESP)														<i>Graubner (2010) - http://www.fgs.uni-halle.de</i>				
date	30-Jul-10	time	6.43	10.52	14.66	18.93	23.19	27.60	32.18	37.03	41.95	47.01		52.92	6 / 1			
reaction time	0.182	interval		4.09	4.14	4.27	4.26	4.41	4.58	4.85	4.92	5.06	5.91	CR		12.50	13.25	14.83
		velocity	7.00	8.56	8.45	8.20	8.22	7.94	7.64	7.22	7.11	6.92	6.77	7.56		8.40	7.92	7.08
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	19.5	179.5				
FINAL - 2009 IAAF World Championships (Berlin, GER)														<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>				
date	20-Aug-09	time	6.61	10.63	14.67	18.86	23.14	27.61	32.22	37.07	42.27	47.68		54.11	7 / 6			
reaction time	0.205	interval		4.02	4.04	4.19	4.28	4.47	4.61	4.85	5.20	5.41	6.43	PB		12.25	13.36	15.46
		velocity	6.81	8.71	8.66	8.35	8.18	7.83	7.59	7.22	6.73	6.47	6.22	7.39		8.57	7.86	6.79
H1 lead leg		strides		15	15	15	15	15	16	16	17	17	17	141				
Semi-Final 3 - 2009 IAAF World Championships (Berlin, GER)														<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>				
date	18-Aug-09	time	6.80	11.05	15.35	19.74	24.20	27.78	33.53	38.42	43.34	48.91		54.86	5 / 2			
reaction time	0.176	interval		4.25	4.30	4.39	4.46	3.58	5.75	4.89	4.92	5.57	5.95			12.94	13.79	15.38
		velocity	6.62	8.24	8.14	7.97	7.85	9.78	6.09	7.16	7.11	6.28	6.72	7.29		8.11	7.61	6.83
H1 lead leg		strides																
Heat 3 - 2009 IAAF World Championships (Berlin, GER)														<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>				
date	17-Aug-09	time	6.84	11.19	15.53	19.93	24.43	29.03	33.88	38.92	44.03	49.27		55.40	3 / 2			
reaction time	0.215	interval		4.35	4.34	4.40	4.50	4.60	4.85	5.04	5.11	5.24	6.13			13.09	13.95	15.39
		velocity	6.58	8.05	8.06	7.95	7.78	7.61	7.22	6.94	6.85	6.68	6.53	7.22		8.02	7.53	6.82
H1 lead leg		strides																
Aoki, Honoka (JPN) (2001)																		
FINAL - 2023 Japanese National Championships (Osaka, JPN)														<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>				
date	04-Jun-23	time	6.66	10.94	15.32	19.75	24.32	29.12	34.13	39.36	44.94	50.72		57.48	4 / 4			
reaction time	0.237	interval		4.28	4.38	4.43	4.57	4.80	5.01	5.23	5.58	5.78	6.76	PB		13.09	14.38	16.59
		velocity	6.76	8.18	7.99	7.90	7.66	7.29	6.99	6.69	6.27	6.06	5.92	6.96		8.02	7.30	6.33
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	22.2	197.2				
B FINAL - 2023 Shizuoka International Meeting (Fukuuroi, JPN)														<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>				
date	03-May-23	time	6.68	11.03	15.60	20.25	25.06	30.04	35.18	40.45	45.95	51.78		58.30	8 / 1			
reaction time	0.217	interval		4.35	4.57	4.65	4.81	4.98	5.14	5.27	5.50	5.83	6.52			13.57	14.93	16.60
		velocity	6.74	8.05	7.66	7.53	7.28	7.03	6.81	6.64	6.36	6.00	6.13	6.86		7.74	7.03	6.33
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	18	21.7	195.7				
FINAL - 2022 Japanese National Championships (Osaka, JPN)														<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>				
date	12-Jun-22	time	6.64	10.96	15.48	20.05	24.79	29.73	34.98	40.37	46.00	51.75		58.38	3 / 6			
reaction time	0.220	interval		4.32	4.52	4.57	4.74	4.94	5.25	5.39	5.63	5.75	6.63			13.41	14.93	16.77
		velocity	6.78	8.10	7.74	7.66	7.38	7.09	6.67	6.49	6.22	6.09	6.03	6.85		7.83	7.03	6.26
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	17	174					

FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)

date	03-May-22	time	6.76	11.18	15.67	20.29	25.06
reaction time	0.215	interval		4.42	4.49	4.62	4.77
		velocity	6.66	7.92	7.80	7.58	7.34
H1 lead leg	L	strides	23	16	16	16	16

Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season

	29.98	35.24	40.52	46.15	51.97	58.56	2 / 6
	4.92	5.26	5.28	5.63	5.82	6.59	13.53 14.95 16.73
	7.11	6.65	6.63	6.22	6.01	6.07	6.83 7.76 7.02 6.28
	17	17	17	18	18	174	

B Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)

date	30-Apr-22	time	6.66	11.13	15.67	20.35	25.19
reaction time	0.181	interval		4.47	4.54	4.68	4.84
		velocity	6.76	7.83	7.71	7.48	7.23
H1 lead leg	L	strides	24	16	16	16	16

Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season

	30.31	35.57	40.96	46.58	52.32	58.85	7 / 1
	5.12	5.26	5.39	5.62	5.74	6.53	13.69 15.22 16.75
	6.84	6.65	6.49	6.23	6.10	6.13	7.67 6.90 6.27
	17	17	17	18	18	22	197

FINAL - 2021 Japanese National Championships (Osaka, JPN)

date	27-Jun-21	time	6.76	11.21	15.75	20.44	25.24
reaction time	0.236	interval		4.45	4.54	4.69	4.80
		velocity	6.66	7.87	7.71	7.46	7.29
H1 lead leg	L	strides	24	16	16	16	16

Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season

	30.23	35.49	40.87	46.51	52.34	58.82	2 / 6
	4.99	5.26	5.38	5.64	5.83	6.48	13.68 15.05 16.85
	7.01	6.65	6.51	6.21	6.00	6.17	7.68 6.98 6.23
	17	17	17	18	18	21.7	196.7

B FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)

date	01-Jun-21	time	6.76	11.19	15.75	20.42	25.31
reaction time	0.189	interval		4.43	4.56	4.67	4.89
		velocity	6.66	7.90	7.68	7.49	7.16
H1 lead leg	L	strides	24	16	16	17	17

Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season

	30.38	35.69	41.22	46.78	52.47	58.77	7 / 2
	5.07	5.31	5.53	5.56	5.69	6.30	13.66 15.27 16.78
	6.90	6.59	6.33	6.29	6.15	6.35	7.69 6.88 6.26
	17	18	18	18	18	21.5	200.5

FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)

date	25-Oct-20	time	6.94	11.53	16.20	21.02	26.06
reaction time	0.202	interval		4.59	4.67	4.82	5.04
		velocity	6.48	7.63	7.49	7.26	6.94
H1 lead leg		strides		16	16	17	17

Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season

	31.16	36.42	41.89	47.45	52.92	59.02	5 / 2
	5.10	5.26	5.47	5.56	5.47	6.10	14.08 15.40 16.50
	6.86	6.65	6.40	6.29	6.40	6.56	7.46 6.82 6.36
	17	17	18	18	18	154	

FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)

date	06-Aug-19	time	6.83	11.39	16.05	20.80	25.78
reaction time		interval		4.56	4.66	4.75	4.98
		velocity	6.59	7.68	7.51	7.37	7.03
H1 lead leg		strides		17	17	17	17

Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection

	30.91	36.07	41.42	46.97	52.71	58.94	8 / 4
	5.13	5.16	5.35	5.55	5.74	6.23	13.97 15.27 16.64
	6.82	6.78	6.54	6.31	6.10	6.42	7.52 6.88 6.31
	17	17	18	18	18	156	

FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)

date	19-May-19	time	6.74	11.09	15.65	20.35	25.28
reaction time	0.167	interval		4.35	4.56	4.70	4.93
		velocity	6.68	8.05	7.68	7.45	7.10
H1 lead leg	R	strides	23	16	17	17	17

Hirokawa (2019) - research on athlete performance and technique- 2019 data book

	30.43	35.62	40.97	46.55	52.17	58.45	1 / 9
	5.15	5.19	5.35	5.58	5.62	6.28	PB 13.61 15.27 16.55
	6.80	6.74	6.54	6.27	6.23	6.37	7.71 6.88 6.34
	17	17	18	18	19	21	200

C FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)

date	03-May-19	time	7.01	11.49	16.10	20.80	25.66
reaction time		interval		4.48	4.61	4.70	4.86
		velocity	6.42	7.81	7.59	7.45	7.20
H1 lead leg		strides		17	17	17	17

Kobayashi (2019) - research on athlete performance and technique- 2019 data book

	30.78	36.14	41.71	47.38	53.07	59.25	1 / 1
	5.12	5.36	5.57	5.67	5.69	6.18	13.79 15.34 16.93
	6.84	6.53	6.28	6.17	6.15	6.47	7.61 6.84 6.20
	17	18	18	18	18	157	

FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)

date	04-Aug-18	time	7.01	11.64	16.43	21.32	26.33
reaction time		interval		4.63	4.79	4.89	5.01
		velocity	6.42	7.56	7.31	7.16	6.99
H1 lead leg		strides		17	17	17	17

Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection

	31.48	36.70	41.99	47.40	52.95	59.08	6 / 2
	5.15	5.22	5.29	5.41	5.55	6.13	PB 14.31 15.38 16.25
	6.80	6.70	6.62	6.47	6.31	6.53	7.34 6.83 6.46
	17	17	18	18	18	156	

Aoki, Sayaka (JPN) (1986)

FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)			H1	H2	H3	H4	H5	200m										
date	20-Sep-20	time	6.97	11.70	16.52	21.49	26.53		31.68	36.92	42.29	47.75	53.40		59.81		3 / 3	
reaction time	0.252	interval		4.73	4.82	4.97	5.04		5.15	5.24	5.37	5.46	5.65	6.41			14.52 15.43 16.48	
		velocity	6.46	7.40	7.26	7.04	6.94		6.80	6.68	6.52	6.41	6.19	6.24	6.69			7.23 6.80 6.37
H1 lead leg		strides		16	16	17	17		17	17	17	17	17	151				

*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season***FINAL - 2018 Japanese National Championships (Yamaguchi, JPN)**

date	24-Jun-18	time	6.54	10.99	15.61	20.26	25.11
reaction time	0.175	interval		4.39	4.45	4.65	4.85
		velocity	6.88	7.87	7.58	7.53	7.22
H1 lead leg	L	strides	24	16	16	16	16

Morioka (2018) - race pattern analysis of Japan's top 400m hurdlers - main national competitions in 2018

	30.08	35.12	40.26	45.55	51.09	57.64	5 / 2
	4.97	5.04	5.14	5.29	5.54	6.55	13.72 14.86 15.97
	7.04	6.94	6.81	6.62	6.32	6.11	7.65 7.07 6.57
	17	17	17	17	17	21.5	194.5

FINAL - 2017 Japanese National Championships (Osaka, JPN)

date	24-Jun-17	time	6.52	10.91	15.31	19.85	24.52
reaction time	0.186	interval		4.39	4.40	4.54	4.67
		velocity	6.90	7.97	7.95	7.71	7.49
H1 lead leg		strides		16	16	16	16

Morioka (2018) - race pattern analysis of Japan's top 400m hurdlers - main national competitions in 2018

	29.39	34.36	39.37	44.56	49.95	56.35	1 / 1
	4.87	4.97	5.01	5.19	5.39	6.40	13.33 14.51 15.59
	7.19	7.04	6.99	6.74	6.49	6.25	7.10 7.88 7.24 6.74
	17	17	17	17	17	149	

FINAL - 2010 Japanese National Championships (Marugame, JPN)

date	06-Jun-10	time	6.55	10.99	15.44	20.01	24.65
reaction time		interval		4.44	4.45	4.57	4.64
		velocity	6.87	7.88	7.87	7.66	7.54

Yasuori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11

	29.49	34.55	39.66	44.87	50.29	56.90	1 / 3
	4.84	5.06	5.11	5.21	5.42	6.61	13.46 14.54 15.74
	7.23	6.92	6.85	6.72	6.46	6.05	7.80 7.22 6.67

H1 lead leg strides 16.00 16.00 16.00 16.00 17.00 17.00 17.00 17.00 17.00 149.00

FINAL - 2009 Japanese National Championships (Hiroshima, JPN) *Yasunori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*
 date 27-Jun-09 time 6.64 11.16 15.81 20.60 25.42 30.43 35.45 40.62 45.84 51.18 57.56 6 / 2
 reaction time interval 4.52 4.65 4.79 4.82 5.01 5.02 5.17 5.22 5.34 6.38 13.96 14.85 15.73
 velocity 6.78 7.74 7.53 7.31 7.26 6.99 6.97 6.77 6.70 6.55 6.27 6.95 7.52 7.07 6.68
 H1 lead leg strides 16 16 16 16 17 17 17 17 17 149

FINAL - 2008 Japanese National Championships (Kawasaki, JPN) *Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers*
 date 27-Jun-08 time 6.47 10.79 15.29 19.83 24.42 29.29 34.30 39.37 44.64 50.18 56.93 / 2
 reaction time interval 4.32 4.50 4.54 4.59 4.87 5.01 5.07 5.27 5.54 6.75 13.36 14.47 15.88
 velocity 6.96 8.10 7.78 7.71 7.63 7.19 6.99 6.90 6.64 6.32 5.93 7.03 7.86 7.26 6.61
 H1 lead leg strides 16 16 16 16 17 17 17 17 17 149

Race 2 - 2008 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers*
 date 03-May-08 time 6.63 11.10 15.62 20.16 24.91 29.86 34.90 40.14 45.46 50.93 57.33 / 2
 reaction time interval 4.47 4.52 4.54 4.75 4.95 5.04 5.24 5.32 5.47 6.40 13.53 14.74 16.03
 velocity 6.79 7.83 7.74 7.71 7.37 7.07 6.94 6.68 6.58 6.40 6.25 6.98 7.76 7.12 6.55
 H1 lead leg strides 16 16 16 16 17 17 17 17 17 149

Arashima, Yuri (JPN) (1997) **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

FINAL - 2015 Japanese National Junior Championships (Nagoya, JPN) *Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan*
 date 18-Oct-15 time 6.90 11.37 15.95 20.62 25.41 30.43 35.70 41.11 46.68 52.45 58.97 / 2
 reaction time interval 4.47 4.58 4.67 4.79 5.02 5.27 5.41 5.57 5.77 6.52 13.72 15.08 16.75
 velocity 6.52 7.83 7.64 7.49 7.31 6.97 6.64 6.47 6.28 6.07 6.13 6.78 7.65 6.96 6.27
 H1 lead leg strides 15 15 15 15 17 17 17 17 17 145

FINAL - 2015 Japanese National High School Championships (Wakayama, JPN) *Enomoto (2015) - 68th high school championships: JAF scientific committee- biomechanics data*
 date 31-Jul-15 time 6.71 11.08 15.53 20.12 24.86 29.95 35.24 40.66 46.35 52.24 58.99 6 / 3
 reaction time interval 4.37 4.45 4.59 4.74 5.09 5.29 5.42 5.69 5.89 6.75 13.41 15.12 17.00
 velocity 6.71 8.01 7.87 7.63 7.38 6.88 6.62 6.46 6.15 5.94 5.93 6.78 7.83 6.94 6.18
 H1 lead leg strides 15 15 15 15 17 17 17 17 17 145

FINAL - 2014 Japanese National High School Championships (Kofu, JPN) *Yanagiya (2014) - research on athlete performance and technique- 2014 data book*
 date 01-Aug-14 time 6.77 11.19 15.66 20.18 24.92 30.03 35.35 40.79 46.41 52.17 58.76 / 1
 reaction time interval 4.42 4.47 4.52 4.74 5.11 5.32 5.44 5.62 5.76 6.59 **PB** 13.41 15.17 16.82
 velocity 6.65 7.92 7.83 7.74 7.38 6.85 6.58 6.43 6.23 6.08 6.07 6.81 7.83 6.92 6.24
 H1 lead leg strides 15 15 15 15 17 17 17 17 17 145

FINAL - 2012 Japanese National High School Championships (Niigata, JPN) *Yanagiya (2014) - research on athlete performance and technique- 2014 data book*
 date 31-Jul-12 time 6.61 10.96 15.53 20.25 25.04 30.13 35.27 40.64 46.13 51.79 58.27 / 1
 reaction time interval 4.35 4.57 4.72 4.79 5.09 5.14 5.37 5.49 5.66 6.48 **PB** 13.64 15.02 16.52
 velocity 6.81 8.05 7.66 7.42 7.31 6.88 6.81 6.52 6.38 6.18 6.17 6.86 7.70 6.99 6.36
 H1 lead leg strides 17 17 17 17 18 18 19 19 19 161

Arita, Asaki (JPN) (2000) **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

FINAL - 2017 Japanese National High School Championships (Yamagata, JPN) *Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data collection*
 date 31-Jul-17 time 6.94 11.59 16.42 21.44 26.71 32.22 38.12 43.96 49.80 55.72 62.23 3 / 8
 reaction time 0.176 interval 4.65 4.83 5.02 5.27 5.51 5.90 5.84 5.84 5.92 6.51 14.50 16.68 17.60
 velocity 6.48 7.53 7.25 6.97 6.64 6.35 5.93 5.99 5.99 5.91 6.14 6.43 7.24 6.29 5.97
 H1 lead leg strides 17 17 17 17 17 17 19 19 19 161

Arnardóttir, Guðrún (ISL) (1971) **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

FINAL - 2000 Olympic Games (Sydney, AUS) *Behm (2000) - Sydney 2000: Compte-rendu du 400m haies*
 date 27-Sep-00 time 6.6 10.9 15.2 19.5 24.0 28.6 33.5 38.5 43.5 48.7 54.63 2 / 7
 reaction time 0.238 interval 4.30 4.30 4.30 4.50 4.60 4.90 5.00 5.00 5.20 5.93 12.90 14.00 15.20
 velocity 6.82 8.14 8.14 8.14 7.78 7.61 7.14 7.00 7.00 6.73 6.75 7.32 8.14 7.50 6.91
 H1 lead leg L strides 23 15 15 15 15 15 15 16 16 16 18.5 179.5

FINAL - 1998 European Championships (Budapest, HUN) *Sanchez (1998) - Budapest '98: análisis de la carreras con villas*
 date 23-Aug-98 time 6.54 23.81 48.80 54.59 2 / 4
 reaction time interval 17.27 24.99 5.79 **NR**
 velocity 6.88 8.11 7.00 6.91 7.33
 H1 lead leg L strides 23 15 15 15 15 15 16 16 17 17 19.5 183.5

Aruga, Chiharu (JPN) (2001) **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*
 date 25-Oct-20 time 6.99 11.64 16.42 21.34 26.54 32.00 37.64 43.46 49.12 54.60 60.72 4 / 5
 reaction time 0.174 interval 4.65 4.78 4.92 5.20 5.46 5.64 5.82 5.66 5.48 6.12 14.35 16.30 16.96
 velocity 6.44 7.53 7.32 7.11 6.73 6.41 6.21 6.01 6.18 6.39 6.54 6.59 7.32 6.44 6.19
 H1 lead leg strides 17 17 17 17 17 18 19 20 19 19 163

Bakhvalova, Yekaterina (RUS) (1972) **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

FINAL - 2002 European Championships (Munich, GER) *Graubner (2009) - http://www.fgs.uni-halle.de*
 date 08-Aug-02 time 6.61 10.83 15.11 19.61 24.30 29.15 34.21 39.53 44.90 50.35 56.39 / 5
 reaction time 0.250 interval 4.22 4.28 4.50 4.69 4.85 5.06 5.32 5.37 5.45 6.04 13.00 14.60 16.14
 velocity 6.81 8.29 8.18 7.78 7.46 7.22 6.92 6.58 6.52 6.42 6.62 7.09 8.08 7.19 6.51

H1 lead leg strides

FINAL - 1997 European Cup (Munich, GER)

date	21-Jun-97	time	6.78	11.14	15.52	20.03	24.72	29.50	34.45	39.57	44.83	50.01	55.66	Jung (2003) - http://www.fgs.uni-halle.de	13.25	14.42	15.56
reaction time		interval	4.36	4.38	4.51	4.69	4.78	4.95	5.12	5.26	5.18	5.65	7.19	/ 3			
		velocity	6.64	8.03	7.99	7.76	7.32	7.07	6.84	6.65	6.76	7.08	7.19		7.92	7.28	6.75

H1 lead leg strides

Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)

date	23-Aug-99	time	6.23	10.56	14.97	19.12	24.19	29.08	34.05	38.93	44.18	49.63	55.76	Sanchez (1999) - Sevilla '99: análisis de la carreras con villas	8.15	7.03	6.74
reaction time	0.151	interval	4.33	4.41	4.15	5.07	4.89	4.97	4.88	5.25	5.45	6.13	7.17	8 / 7	12.89	14.93	15.58
		velocity	7.22	8.08	7.94	8.43	6.90	7.16	7.04	7.17	6.67	6.42	6.53		8.15	7.03	6.74
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	16	18				

Ban, Nozomi (JPN) (2001)

date	25-Oct-20	time	6.87	11.53	16.35	21.32	26.49	31.72	37.14	42.66	48.55	54.70	61.65	Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season	14.45	15.82	17.56
reaction time	0.176	interval	4.66	4.82	4.97	5.17	5.23	5.42	5.52	5.89	6.15	6.95	6.49	1 / 8	7.27	6.64	5.98
		velocity	6.55	7.51	7.26	7.04	6.77	6.69	6.46	6.34	5.94	5.69	5.76		7.27	6.64	5.98
H1 lead leg		strides	16	16	17	17	17	17	17	17	19	19	155				

FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)

date	04-Aug-18	time	6.97	11.64	16.38	21.34	26.43	31.61	36.90	42.31	47.83	53.50	59.96	Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection	14.37	15.56	16.60
reaction time		interval	4.67	4.74	4.96	5.09	5.18	5.29	5.41	5.52	5.67	6.46	6.67	8 / 4	7.31	6.75	6.33
		velocity	6.46	7.49	7.38	7.06	6.88	6.76	6.62	6.47	6.34	6.17	6.19		7.31	6.75	6.33
H1 lead leg		strides	16	16	17	17	17	17	17	17	17	17	151				

Barbarino, Carla (ITA) (1967)

date	21-Jun-97	time	6.94	11.29	15.67	20.15	24.82	29.83	34.95	40.32	45.77	51.35	57.78	Jung (2003) - http://www.fgs.uni-halle.de	13.21	14.80	16.40
reaction time		interval	4.35	4.38	4.48	4.67	5.01	5.12	5.37	5.45	5.58	6.43	6.92	/ 7	7.95	7.09	6.40
		velocity	6.48	8.05	7.99	7.81	7.49	6.99	6.84	6.52	6.42	6.27	6.22		7.95	7.09	6.40
H1 lead leg		strides															

Barber, Kaila (USA) (1993)

date	27-Jun-24	time	6.44	10.62	14.94	19.58	24.40	26.53	29.26	34.33	39.63	45.20	50.90	57.60	USATF and Karmarush (2024) - USA Olympic trials results and race analysis	13.14	14.75	16.57
reaction time		interval	4.18	4.32	4.64	4.82	4.86	5.07	5.30	5.57	5.70	6.70	6.94	8 / 6	7.99	7.12	6.34	
		velocity	6.99	8.37	8.10	7.54	7.26	7.54	7.20	6.90	6.60	6.28	6.14	5.97		7.99	7.12	6.34
H1 lead leg		strides																

FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)

date	09-Jul-23	time	6.44	10.64	15.05	19.65	24.32	29.26	39.57	57.51	1 / 8	57.51	17.94	Henson (2023) - Athlete First: 2023 year end hurdle report	13.21		
reaction time		interval	4.20	4.41	4.60	4.67	4.94	10.31	17.94	6.96	7.95						
		velocity	6.99	8.33	7.94	7.61	7.49	7.09	6.79	6.96	7.95						
H1 lead leg	R	strides	23	15	15	15	15		17	100							

Semi-Final 1 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)

date	24-Jun-22	time	6.26	10.23	14.43	18.86	23.66	25.76	33.80	39.10	44.70	50.46	57.41	3 / 6	57.41	12.60	14.94	16.66
reaction time		interval	3.97	4.20	4.43	4.80	7.76	10.14	5.30	5.60	5.76	6.95	6.97		8.33	7.03	6.30	
		velocity	7.19	8.82	8.33	7.90	7.29	7.76	6.90	6.60	6.25	6.08	5.76		8.33	7.03	6.30	
H1 lead leg	L	strides	23	15	15	15	16		17	17	17	21	156					

Heat 1 - 2022 USATF National Championships (Eugene, OR)

date	24-Jun-22	time	6.40	10.54	14.84	19.32	23.85	25.71	28.66	33.56	38.84	44.21	49.65	56.00	6 / 3	56.00	12.92	14.24	16.09
reaction time		interval	4.14	4.30	4.48	4.53	7.78	7.28	7.14	6.63	6.52	6.43	6.30	7.14		8.13	7.37	6.53	
		velocity	7.03	8.45	8.14	7.81	7.73	7.78	7.28	7.14	6.63	6.52	6.43	6.30		8.13	7.37	6.53	
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	20	186					

FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)

date	03-May-22	time	6.32	10.44	14.75	19.25	23.99	28.85	33.88	39.04	44.38	50.02	56.55	4 / 1	56.55	12.93	14.63	16.14
reaction time	0.181	interval	4.12	4.31	4.50	4.74	4.86	5.03	5.16	5.34	5.64	6.53	7.07		8.12	7.18	6.51	
		velocity	7.12	8.50	8.12	7.78	7.38	7.20	6.96	6.78	6.55	6.21	6.13		8.12	7.18	6.51	
H1 lead leg	L	strides	23	15	15	15	16	16	17	17	17	18	21	190				

A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)

date	30-Apr-22	time	6.31	10.38	14.68	19.14	24.04	29.05	34.30	39.61	45.11	50.92	57.45	7 / 1	57.45	12.83	15.16	16.62
reaction time	0.181	interval	4.07	4.30	4.46	4.90	5.01	5.25	5.31	5.50	5.81	6.53	6.96		8.18	6.93	6.32	
		velocity	7.13	8.60	8.14	7.85	7.14	6.99	6.67	6.59	6.36	6.02	6.13		8.18	6.93	6.32	
H1 lead leg	L	strides	23	15	15	15	16	16	17	17	17	18	21.2	190.2				

Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)

date	26-Jun-21	time	6.30	10.54	15.01	19.58	24.45	29.63	34.93	40.54	46.35	52.16	58.01	60.14	4 / 8	60.14	13.28	15.35
reaction time	0.174	interval	4.24	4.47	4.57	4.87	5.18	5.30	5.61	5.81	6.02	6.13	6.65		7.91	6.84		
		velocity	7.14	8.25	7.83	7.66	7.19	6.76	6.60	6.24	6.02	6.13	6.65		7.91	6.84		
H1 lead leg	R	strides	16	16	16	16	16	17	17	18	18	19	99					

															H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Barbosa, Vera (POR) (1989)															<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
Heat 1 - 2024 European Athletics Championships (Roma, ITA)																															
date	09-Jun-24	time	6.55	10.77	15.28	19.74	24.33	29.17	34.09	39.25	44.63	50.13	56.81	6 / 4																	
reaction time	0.215	interval	4.22	4.51	4.46	4.59	4.84	4.92	5.16	5.38	5.50	6.68	7.04		13.19	14.35	16.04														
		velocity	6.87	8.29	7.76	7.85	7.63	7.23	7.11	6.78	6.51	6.36	5.99		7.96	7.32	6.55														
H1 lead leg		strides																													
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	08-Aug-22	time	6.73	11.07	15.56	20.23	29.87	34.09	39.25	44.63	50.13	56.81	63.50	1 / 6																	
reaction time	0.248	interval	4.34	4.49	4.67	4.76	4.84	4.92	5.16	5.38	5.50	6.68	7.04		13.19	14.35	16.04														
		velocity	6.69	8.06	7.80	7.49	7.17	6.74	6.40	6.06	5.72	5.38	5.04		6.94	7.78															
H1 lead leg	L	strides	24	16	16	16	16	16	16	16	16	16	16	106																	
Barnes, Miriam (USA) (1983)															<i>USATF Hurdle Development (2008)</i>																
FINAL - 2008 USA Olympic Trials (Eugene, OR)																															
date	29-Jun-08	time	6.80	10.94	15.23	19.47	23.83	28.30	33.30	38.21	43.28	fell on H9	60.18	7 / 8																	
reaction time		interval	4.14	4.29	4.24	4.36	4.47	5.00	4.91	5.07					12.67	13.83															
		velocity	6.62	8.45	8.16	8.25	8.03	7.83	7.00	7.13	6.90				6.65	8.29	7.59														
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	17	17	164																		
Barti, Claudia (GDR) (1968)															<i>Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races</i>																
FINAL - 1986 IAAF World Junior Championships (Athens, GRE)																															
date	18-Jul-86	time	6.49	10.77	15.25	19.73	24.49	29.51	34.57	40.05	45.30	50.69	56.76	1 / 1																	
reaction time		interval	4.28	4.48	4.48	4.76	5.02	5.06	5.48	5.25	5.39	6.07			13.24	14.84	16.12														
		velocity	6.93	8.18	7.81	7.81	7.35	6.97	6.92	6.39	6.67	6.49	6.59		7.93	7.08	6.51														
H1 lead leg		strides	23	15	15	15	16	17	17	17	17	17	20	189																	
FINAL - 1985 European Junior Championships (Cottbus, GDR)															<i>Warburton (1985) - 1985 european junior championships - hurdles</i>																
date	25-Aug-85	time	6.57	14.88	19.39	24.30	29.11	33.98	39.11	44.48	49.80	56.22	1 / 1																		
reaction time		interval	8.31	4.51	4.91	4.81	4.87	5.13	5.37	5.32	6.42			12.82	14.59	15.82															
		velocity	6.85	8.42	7.76	7.13	7.28	7.19	6.82	6.52	6.58	6.23	7.11		8.19	7.20	6.64														
H1 lead leg		strides																													
Batten, Kim (USA) (1969)															<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>																
FINAL - 1997 IAAF World Championships (Athens, GRE)																															
date	08-Aug-97	time	6.57	10.66	14.86	19.10	23.46	27.88	32.46	37.34	42.36	47.46	53.52	5 / 3																	
reaction time	0.170	interval	4.09	4.20	4.24	4.36	4.42	4.58	4.88	5.02	5.10	6.06			12.53	13.36	15.00														
		velocity	6.85	8.56	8.33	8.25	8.03	7.92	7.64	7.17	6.97	6.86	6.60		8.38	7.86	7.00														
H1 lead leg		strides																													
FINAL - 1996 Olympic Games (Atlanta, GA)															<i>McFarlane (2000) - the science of hurdling and speed</i>																
date	31-Jul-96	time	6.38	10.50	14.70	19.00	23.40	27.80	32.40	37.20	42.00	47.10	53.08	6 / 2																	
reaction time	0.283	interval	4.12	4.20	4.30	4.40	4.40	4.60	4.80	4.80	5.10	5.98			12.62	13.40	14.70														
		velocity	7.05	8.50	8.33	8.14	7.95	7.95	7.61	7.29	7.29	6.86	6.69		7.54	8.32	7.14														
H1 lead leg		strides	23	15	15	15	15	15	15	16	17	17	163																		
FINAL - 1996 USA Olympic Trials (Atlanta, GA)															<i>USATF Women's Sprint Development (1996)</i>																
date	16-Jun-96	time	6.43	10.50	14.88	19.25	23.71	25.62	28.28	32.95	37.85	42.78	47.81	53.81	4 / 1																
reaction time		interval	4.07	4.38	4.37	4.46	4.57	4.67	4.90	4.93	5.03	6.00			12.82	13.70	14.86														
		velocity	7.00	8.60	7.99	8.01	7.85	7.81	7.66	7.49	7.14	7.10	6.96	6.67	7.43	8.19	7.66	7.07													
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	17	17	21	185																	
FINAL - 1995 IAAF World Championships (Göteborg, SWE)															<i>Behm (1999) - Les chiffres: Les podiums de tous le championnats</i>																
date	11-Aug-95	time				23.0							52.61	5 / 1																	
reaction time		interval				8.04							WR																		
		velocity				8.04							7.60																		
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	17	17	21	185																
FINAL - 1993 IAAF World Championships (Stuttgart, GER)															<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>																
date	19-Aug-93	time	6.40	10.56	14.89	19.19	23.76	28.12	32.99	37.86	42.87	47.93	53.84	7 / 4																	
reaction time		interval	4.16	4.33	4.30	4.57	4.36	4.87	4.87	5.01	5.06	5.91	PB		12.79	13.80	14.94														
		velocity	7.03	8.41	8.08	8.14	7.66	8.03	7.19	7.19	6.99	6.92	6.77	7.43	8.21	7.61	7.03														
H1 lead leg	L	strides	24	16	16	16	16	16	17	17	17	17	155																		
Semi-Final 2 - 1993 IAAF World Championships (Stuttgart, GER)															<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>																
date	17-Aug-93	time	6.58	10.85	15.19	19.56	24.11	28.76	33.51	38.39	43.33	48.39	54.20	6 / 2																	
reaction time		interval	4.27	4.34	4.37	4.55	4.65	4.75	4.88	4.94	5.06	5.81			12.98	13.95	14.88														
		velocity	6.84	8.20	8.06	8.01	7.69	7.53	7.37	7.17	7.09	6.92	6.88	7.38	8.09	7.53	7.06														
H1 lead leg	L	strides	24	16	16	16	16	16	17	17	17	17	20.2	192.2																	
Beaugeant, Chantal (FRA) (1961)															<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)																															
date	26-Sep-88	time	6.68	10.95	15.35	19.90	24.54	29.46	34.61	39.87	45.24	50.80	56.94	1 / 8																	
reaction time	0.215	interval	4.27	4.40	4.55	4.64	4.92	5.15	5.26	5.37	5.56	6.14			13.22	14.71	16.19														
		velocity	6.74	8.20	7.95	7.69	7.54	7.11	6.80	6.65	6.52	6.29	6.51	7.02	7.94	7.14	6.49														
H1 lead leg		strides	22	15	15	15	15	16	16	16	17	17	20	184																	

Beermann, Elke (FRG)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)															<i>Keydel (1971) - die 400m hürden machten das rennen</i>			
date	15-May-71	time	7.5	13.0	18.6	24.2	29.8	35.3	40.8	46.3	51.6	56.9		62.6	1 / 4			
reaction time		interval		5.50	5.60	5.60	5.60	5.50	5.50	5.50	5.30	5.30	5.70			16.70	16.60	16.10
		velocity	6.00	6.36	6.25	6.25	6.25	6.36	6.36	6.36	6.60	6.60	7.02	6.39		6.29	6.33	6.52
H1 lead leg		strides	24	19	19	19	19	19	19	19	19	19		195				
Beesley, Meghan (GBR) (1989)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	13-Jul-21	time	6.38	10.64	15.02	19.42	24.00	26.0	28.76	33.80	39.06	44.72	50.40	57.04	1 / 7			
reaction time	0.145	interval		4.26	4.38	4.40	4.58		4.76	5.04	5.26	5.66	5.68	6.64		13.04	14.38	16.60
		velocity	7.05	8.22	7.99	7.95	7.64	7.69	7.35	6.94	6.65	6.18	6.16	6.02	7.01	8.05	7.30	6.33
H1 lead leg	L	strides	24	16	16	16	16		17	18	18	19	19	23	202			
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	02-Oct-19	time	6.34	10.54	14.81		23.82		28.59	33.46	38.70	44.28	50.05	56.89	9 / 8			
reaction time	0.173	interval		4.20	4.27		9.01		4.77	4.87	5.24	5.58	5.77	6.84				16.59
		velocity	7.10	8.33	8.20		7.77		7.34	7.19	6.68	6.27	6.07	5.85	7.03			6.33
H1 lead leg	L	strides	24	16	16		16		17	17	18	19	19	127				
FINAL - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	10-Sep-19	time	6.34	10.54		19.18	23.72		28.46		38.53	43.84	49.25	55.49	2 / 3			
reaction time		interval		4.20		8.64	4.54		4.74		10.07	5.31	5.41	6.24		12.84		
		velocity	7.10	8.33		8.10	7.71		7.38		6.95	6.59	6.47	6.41	7.21	8.18		
H1 lead leg	L	strides		16	16		16		17		18	18	22.2	123.2				
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	21-Jul-19	time	6.44	10.64	15.00	19.40	23.92		28.60	33.44	38.48	43.80	49.12	55.20	8 / 6			
reaction time	0.152	interval		4.20	4.36	4.40	4.52		4.68	4.84	5.04	5.32	5.32	6.08		12.96	14.04	15.68
		velocity	6.99	8.33	8.03	7.95	7.74		7.48	7.23	6.94	6.58	6.58	6.58	7.25	8.10	7.48	6.70
H1 lead leg	R	strides	24	16	16	16	16		17	17	18	18	22.5	180.5				
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	13-Jun-19	time	6.40	10.64	15.00		24.16	26.1	28.80	33.96	39.12	44.64	50.36	57.13	1 / 8			
reaction time	0.166	interval		4.24	4.36		9.16		4.64	5.16	5.16	5.52	5.72	6.77				16.40
		velocity	7.03	8.25	8.03		7.64	7.66	7.54	6.78	6.78	6.34	6.12	5.91	7.00			6.40
H1 lead leg	R	strides	24	16	16		16	17	17	17	18	19	23.5	166.5				
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	03-May-19	time	6.34	10.51	14.88	19.18	23.79	25.7	28.53	33.50	38.84	44.28	49.75	56.01	3 / 6			
reaction time	0.157	interval		4.17	4.37	4.30	4.61		4.74	4.97	5.34	5.44	5.47	6.26		12.84	14.32	16.25
		velocity	7.10	8.39	8.01	8.14	7.59	7.78	7.38	7.04	6.55	6.43	6.40	6.39	7.14	8.18	7.33	6.46
H1 lead leg	L	strides	24	16	16	16	16		17	17	18	18	22.7	198.7				
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)															<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>			
date	09-Sep-18	time	6.24	10.44	14.84	19.20	23.72		28.40	33.32	38.52	43.96	49.40	55.58	4 / 4			
reaction time	0.170	interval		4.20	4.40	4.36	4.52		4.68	4.92	5.20	5.44	5.44	6.18		12.96	14.12	16.08
		velocity	7.21	8.33	7.95	8.03	7.74		7.48	7.11	6.73	6.43	6.43	6.47	7.20	8.10	7.44	6.53
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	18	18	22	196			
FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	18-Aug-18	time	6.37	10.64	15.11	19.65	24.22		29.13	34.06	39.17	44.41	49.68	55.83	7 / 3			
reaction time	0.168	interval		4.27	4.47	4.54	4.57		4.91	4.93	5.11	5.24	5.27	6.15		13.28	14.41	15.62
		velocity	7.06	8.20	7.83	7.71	7.66		7.13	7.10	6.85	6.68	6.64	6.50	7.16	7.91	7.29	6.72
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	18	22	197			
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)															<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	06-May-16	time	6.32	10.52	14.84	19.28	23.88		28.72	33.64	38.68	43.96	49.40	55.72	7 / 6			
reaction time	0.166	interval		4.20	4.32	4.44	4.60		4.84	4.92	5.04	5.28	5.44	6.32		12.96	14.36	15.76
		velocity	7.12	8.33	8.10	7.88	7.61		7.23	7.11	6.94	6.63	6.43	6.33	7.18	8.10	7.31	6.66
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	22	197			
Bellamy, Shan'ia (USA) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	29-Jun-24	time	6.41	10.47	14.61	18.90	23.25	25.18	27.76	32.48	37.64	43.15	49.02	56.24	7 / 6			
reaction time		interval		4.06	4.14	4.29	4.35		4.51	4.72	5.16	5.51	5.87	7.22		12.49	13.58	16.54
		velocity	7.02	8.62	8.45	8.16	8.05	7.94	7.76	7.42	6.78	6.35	5.96	5.54	7.11	8.41	7.73	6.35
H1 lead leg	L	strides		15	15	15	15		15	16	16	16	17	20.2	160.2			
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	27-Jun-24	time	6.51	10.63	14.89	19.38	23.92	25.99	28.63	33.50	38.62	43.99	49.58	55.91	4 / 3			
reaction time		interval		4.12	4.26	4.49	4.54		4.71	4.87	5.12	5.37	5.59	6.33		12.87	14.12	16.08
		velocity	6.91	8.50	8.22	7.80	7.71	7.70	7.43	7.19	6.84	6.52	6.26	6.32	7.15	8.16	7.44	6.53
H1 lead leg		strides																
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)															<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>			
date	08-Jun-24	time	6.50	10.63	14.89	19.18	23.65		28.23	33.16	38.24	43.54	49.09	55.78	1 / 9			

reaction time	interval	4.13	4.26	4.29	4.47		4.58	4.93	5.08	5.30	5.55	6.69		12.68	13.98	15.93		
	velocity	6.92	8.47	8.22	8.16	7.83	7.64	7.10	6.89	6.60	6.31	5.98		8.28	7.51	6.59		
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17		164					
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	09-Jul-23	time	6.24	10.71	15.08	19.55	24.12	28.86	33.70	38.87	44.04		55.64	3 / 4				
reaction time	interval	4.47	4.37	4.47	4.57		4.74	4.84	5.17	5.17		11.60		13.31	14.15			
	velocity	7.21	7.83	8.01	7.83	7.66	7.38	7.23	6.77	6.77		6.47	7.19	7.89	7.42			
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	16		114					
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	10-Jun-23	time	6.44	10.51	14.85	19.35	24.06	28.86	33.96	39.14	44.42	49.71		55.58	1 / 5			
reaction time	interval	4.07	4.34	4.50	4.71		4.80	5.10	5.18	5.28	5.29	5.87		PB	12.91	14.61	15.75	
	velocity	6.99	8.60	8.06	7.78	7.43	7.29	6.86	6.76	6.63	6.62	6.81		7.20	8.13	7.19	6.67	
H1 lead leg	R	strides	22	14	15	15	15	16	16	16	16	16	18.5	178.5				
Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)													<i>USATF (2022) - Results powered by Karmarush</i>					
date	24-Jun-22	time	6.42	10.73	15.23	19.82	24.72	26.82	29.59	34.70	40.09	45.50	51.69	58.47	2 / 8			
reaction time	interval	4.31	4.50	4.59	4.90		4.87	5.11	5.39	5.41	6.19	6.78			13.40	14.88	16.99	
	velocity	7.01	8.12	7.78	7.63	7.14	7.46	7.19	6.85	6.49	6.47	5.65	5.90	6.84	7.84	7.06	6.18	
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	16	16		115				
Belle, Tia Adana (BAR) (1996)																		
FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	10-Jun-21	time	6.72	11.20		20.68	27.6		35.56	40.92	46.48	52.08		58.36	1 / 8			
reaction time	0.172	interval	4.48		9.48				14.88	5.36	5.56	5.60	6.28		13.96	14.88	16.52	
	velocity	6.70	7.81		7.38	7.25		7.06	6.53	6.29	6.25	6.37	6.85		7.52	7.06	6.36	
H1 lead leg	R	strides	24	16					17	17	17	17	91					
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	21-Jul-19	time	6.44	10.64	14.88	19.28	23.84	28.48	33.32	38.28	43.36	48.56		54.54	7 / 3			
reaction time	0.152	interval	4.20	4.24	4.40	4.56		4.64	4.84	4.96	5.08	5.20	5.98		12.84	14.04	15.24	
	velocity	6.99	8.33	8.25	7.95	7.68		7.54	7.23	7.06	6.89	6.73	6.69	7.33	8.18	7.48	6.89	
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	16	19.7	181.7				
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)													<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>					
date	19-May-19	time	6.51	10.64	14.85	19.24	23.77	28.56	33.60	38.66	43.88	49.23		55.42	6 / 2			
reaction time	0.177	interval	4.13	4.21	4.39	4.53		4.79	5.04	5.06	5.22	5.35	6.19		12.73	14.36	15.63	
	velocity	6.91	8.47	8.31	7.97	7.73		7.31	6.94	6.92	6.70	6.54	6.46	7.22	8.25	7.31	6.72	
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	16	20	182				
Benjabela, Mina (JPN) (1994)																		
FINAL - 2011 Japanese National High School Championships (Kitakami, JPN)													<i>Abe (2011) - 64th high school championships: JAF scientific committee - biomechanics</i>					
date	05-Aug-11	time	7.17	12.08	16.93	21.94	27.01	32.08	37.15	42.66	48.45	54.27		60.58	7 / 3			
reaction time	interval	4.91	4.85	5.01	5.07		5.07	5.07	5.51	5.79	5.82	6.31			14.77	15.21	17.12	
	velocity	6.28	7.13	7.22	6.99	6.90		6.90	6.90	6.35	6.04	6.01	6.34	6.60	7.11	6.90	6.13	
H1 lead leg		strides																
Beppu, Riho (JPN) (2003)																		
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>					
date	23-Aug-20	time	6.86	11.51	16.33	21.27	26.31	31.50	37.02	42.59	48.40	54.47		61.24	1 / 8			
reaction time	0.132	interval	4.65	4.82	4.94	5.04		5.19	5.52	5.57	5.81	6.07	6.77		PB	14.41	15.75	17.45
	velocity	6.56	7.53	7.26	7.09	6.94		6.74	6.34	6.28	6.02	5.77	5.91	6.53	7.29	6.67	6.02	
H1 lead leg		strides	16	16	17	17		17	18	18	19	19		157				
Bikert, Yekaterina (RUS) (1980)																		
FINAL - 2008 Olympic Games (Beijing, CHN)													<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>					
date	20-Aug-08	time	6.4	10.7	15.0	19.3	23.8	28.4	33.2	38.2	43.5	48.9		54.96	2 / 6			
reaction time	0.193	interval	4.30	4.30	4.30	4.50		4.60	4.80	5.00	5.30	5.40	6.06		12.90	13.90	15.70	
	velocity	7.03	8.14	8.14	8.14	7.78		7.61	7.29	7.00	6.60	6.48	6.60	7.28	8.14	7.55	6.69	
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	15	15		152				
FINAL - 2004 Olympic Games (Athens, GRE)													<i>Behm (2005) - Athènes 2004: Les Haies Basses</i>					
date	25-Aug-04	time	6.6	10.7	14.9	19.4	23.9	28.6	33.3	38.3	43.3	48.5		54.18	7 / 6			
reaction time	0.322	interval	4.10	4.20	4.50	4.50		4.70	4.70	5.00	5.00	5.20	5.68		12.80	13.90	15.20	
	velocity	6.82	8.54	8.33	7.78	7.78		7.45	7.45	7.00	7.00	6.73	7.04	7.38	8.20	7.55	6.91	
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15		152				
Bidouane, Nezha (MAR) (1969)																		
FINAL - 2001 IAAF World Championships (Edmonton, CAN)													<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>					
date	08-Aug-01	time	6.3	10.7	15.0	19.3	23.7	28.3	32.9	37.7	42.4	47.4		53.34	4 / 1			
reaction time	0.153	interval	4.40	4.30	4.30	4.40		4.60	4.60	4.80	4.70	5.00	5.94		13.00	13.60	14.50	
	velocity	7.14	7.95	8.14	8.14	7.95		7.61	7.61	7.29	7.45	7.00	6.73	7.50	8.08	7.72	7.24	
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	17	17	20.5	193.5				
FINAL - 2000 Olympic Games (Sydney, AUS)													<i>Behm (2000) - Sydney 2000: Compte-rendu du 400m haies</i>					
date	27-Sep-00	time	6.4	10.7	15.0	19.3	23.6	28.1	32.7	37.5	42.4	47.5		53.57	4 / 3			

reaction time	0.169	interval	4.30	4.30	4.30	4.30	4.50	4.60	4.80	4.90	5.10	6.07		12.90	13.40	14.80	
		velocity	7.03	8.14	8.14	8.14	7.78	7.61	7.29	7.14	6.86	6.59	7.47		8.14	7.84	7.09
H1 lead leg	R	strides	16	16	16	16	16	17	17	17	17	21	169				

FINAL - 1999 IAAF World Championships (Sevilla, ESP)

Sanchez (1999) - Sevilla '99: análisis de la carreras con villas

date	25-Aug-99	time	6.25	10.41	14.61	18.91	23.28	27.77	32.56	37.19	42.05	46.96	52.90	4 / 2				
reaction time	0.170	interval	4.16	4.20	4.30	4.37	4.49	4.79	4.63	4.86	4.91	5.94	AR		12.66	13.65	14.40	
		velocity	7.20	8.41	8.33	8.14	8.01	7.80	7.31	7.56	7.20	7.13	6.73	7.56		8.29	7.69	7.29
H1 lead leg	R	strides	24	16	16	16	16	16	17	17	17	17	20.5	193				

Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)

Sanchez (1999) - Sevilla '99: análisis de la carreras con villas

date	23-Aug-99	time	6.18	10.55	14.91	19.39	24.01	28.76	33.52	38.29	43.13	47.96	53.95	6 / 1				
reaction time	0.166	interval	4.37	4.36	4.48	4.62	4.75	4.76	4.77	4.84	4.83	5.99			13.21	14.13	14.44	
		velocity	7.28	8.01	8.03	7.81	7.58	7.37	7.35	7.34	7.23	7.25	6.68	7.41		7.95	7.43	7.27
H1 lead leg	R	strides	24	16	16	16	16	16	17	17	17	17	20.5	192.5				

Heat 2 - 1999 IAAF World Championships (Sevilla, ESP)

Sanchez (1999) - Sevilla '99: análisis de la carreras con villas

date	21-Aug-99	time	6.29	10.53	14.82	19.19	23.67	28.44	33.29	38.18	43.25	48.41	54.64	5 / 1				
reaction time	0.188	interval	4.24	4.29	4.37	4.48	4.77	4.85	4.89	5.07	5.16	6.23			12.90	14.10	15.12	
		velocity	7.15	8.25	8.16	8.01	7.81	7.34	7.22	7.16	6.90	6.78	6.42	7.32		8.14	7.45	6.94
H1 lead leg	R	strides	24	16	16	16	17	17	17	17	18	21	195					

FINAL - 1997 IAAF World Championships (Athens, GRE)

Hommel (1999) - biomechanical research project, athens 1997: final report

date	08-Aug-97	time	6.50	10.76	15.08	19.50	23.92	28.44	32.98	37.74	42.62	47.46	52.97	3 / 1				
reaction time	0.138	interval	4.26	4.32	4.42	4.42	4.52	4.54	4.76	4.88	4.84	5.51	AR		13.00	13.48	14.48	
		velocity	6.92	8.22	8.10	7.92	7.92	7.74	7.71	7.35	7.17	7.23	7.26	7.55		8.08	7.79	7.25
H1 lead leg		strides																

Bing, Portia (NZL) (1993)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)

Henson (2022) - Athlete First: 2022 year end hurdle report

date	06-Aug-22	time	6.53	10.63	14.63	18.97	23.43	25.6	28.32	33.22	38.17	43.47	49.17	56.36	9 / 7				
reaction time	0.173	interval	4.10	4.00	4.34	4.46	4.89	4.90	4.95	5.30	5.70	7.19				12.44	14.25	15.95	
		velocity	6.89	8.54	8.75	8.06	7.85	7.81	7.16	7.14	7.07	6.60	6.14	5.56	7.10		8.44	7.37	6.58
H1 lead leg	R	strides	22	14	14	14	14	15	15	16		17	20.5	161.5					

Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)

Henson (2022) - Athlete First: 2022 year end hurdle report

date	20-Jul-22	time	6.57	10.83	15.30	19.66	24.16	26.21	28.90		38.76	43.94	49.32	55.53	1 / 6				
reaction time	0.191	interval	4.26	4.47	4.36	4.50	4.74		4.74	9.86	5.18	5.38	6.21			13.09			
		velocity	6.85	8.22	7.83	8.03	7.78	7.63	7.38		7.10	6.76	6.51	6.44	7.20		8.02		
H1 lead leg	R	strides	22	14	14	14	14	15		16	16	19	144						

Blackett, Andrea (BAR) (1976)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

FINAL - 2005 IAAF World Championships (Helsinki, FIN)

Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins

date	13-Aug-05	time	6.3	10.5	14.7	19.1	23.7	28.3	33.1	38.2	43.4	48.8	55.06	2 / 6				
reaction time	0.146	interval	4.20	4.20	4.40	4.60	4.60	4.80	5.10	5.20	5.40	6.26			12.80	14.00	15.70	
		velocity	7.14	8.33	8.33	7.95	7.61	7.61	7.29	6.86	6.73	6.48	6.39	7.26		8.20	7.50	6.69
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	16	17	164					

FINAL - 2005 Osaka Grand Prix (Osaka, JPN)

Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers

date	07-May-05	time	6.42	10.59	15.06	19.63	24.35	29.17	34.16	39.47	44.96	50.23	56.15	1 / 1				
reaction time		interval	4.17	4.47	4.57	4.72	4.82	4.99	5.31	5.49	5.27	5.92			13.21	14.53	16.07	
		velocity	7.01	8.39	7.83	7.66	7.42	7.26	7.01	6.59	6.38	6.64	6.76	7.12		7.95	7.23	6.53
H1 lead leg		strides	15.00	15.00	15.00	15.00	16.00	16.00	16.00	17.00	18.00		143.00					

FINAL - 2003 IAAF World Championships (Paris, FRA)

Behm (2003) - Paris 2003:Le quatrache masculin - féminin

date	28-Aug-03	time	6.2	10.2	14.5	19.0	23.6	28.2	33.0	38.3	43.5	48.8	54.79	7 / 6				
reaction time	0.149	interval	4.00	4.30	4.50	4.60	4.60	4.80	5.30	5.20	5.30	5.99			12.80	14.00	15.80	
		velocity	7.26	8.75	8.14	7.78	7.61	7.61	7.29	6.60	6.73	6.60	6.68	7.30		8.20	7.50	6.65
H1 lead leg	L	strides	13	13	13	13	16	16	16	16	17	19.5	152.5					

FINAL - 1999 IAAF World Championships (Sevilla, ESP)

Sanchez (1999) - Sevilla '99: análisis de la carreras con villas

date	25-Aug-99	time	6.20	10.31	14.59	18.98	23.49	28.20	33.00	37.81	42.70	47.71	53.36	6 / 4				
reaction time	0.178	interval	4.11	4.28	4.39	4.51	4.71	4.80	4.81	4.89	5.01	5.65	NR / PB		12.78	14.02	14.71	
		velocity	7.26	8.52	8.18	7.97	7.76	7.43	7.29	7.28	7.16	6.99	7.08	7.50		8.22	7.49	7.14
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	16	16	18.5	182				

Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)

Sanchez (1999) - Sevilla '99: análisis de la carreras con villas

date	23-Aug-99	time	5.99	10.11	14.38	18.84	23.39	28.23	33.21	38.14	43.16	48.13	54.18	6 / 2				
reaction time	0.144	interval	4.12	4.27	4.46	4.55	4.84	4.98	4.93	5.02	4.97	6.05			12.85	14.37	14.92	
		velocity	7.51	8.50	8.20	7.85	7.69	7.23	7.03	7.10	6.97	7.04	6.61	7.38		8.17	7.31	7.04
H1 lead leg	L	strides	23	15	15	15	16	16	16	16	16	19	183					

Blaszak, Genowefa (POL) (1957)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)

Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988

date	26-Sep-88	time	6.67	10.86	15.16	19.56	24.37	29.25	34.24	39.34	44.60	50.13	56.76	7 / 7				
reaction time		interval	4.19	4.30	4.40	4.81	4.88	4.99	5.10	5.26	5.53	6.63			12.89	14.68	15.89	
		velocity	6.75	8.35	8.14	7.95	7.28	7.17	7.01	6.86	6.65	6.33	6.03	7.05		8.15	7.15	6.61

H1 lead leg		strides	23.00	16.00	15.00	15.00	16.00	16.00	17.00	16.00	17.00	17.00	21.10	189.10					
Bley, Sara (SWE) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2011 Fridrott (Stockholm, SWE)															<i>Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx</i>				
date	07-Jun-11	time	7.16	11.82	16.56	21.56	26.80	32.04	37.38	42.94	48.80	54.64		61.35	1 / 3				
reaction time		interval		4.66	4.74	5.00	5.24	5.24	5.34	5.56	5.86	5.84	6.71			14.40	15.82	17.26	
		velocity	6.28	7.51	7.38	7.00	6.68	6.68	6.55	6.29	5.97	5.99	5.96	6.52		7.29	6.64	6.08	
H1 lead leg	L	strides		16	16	17	17	17	17	17	18	18	22	175					
Boden, Lauren (AUS) (1988)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	02-Oct-19	time	6.47	10.71	15.01	23.86	29.94	33.33	38.47	43.78	49.31	55.94		55.94	3 / 8				
reaction time	0.173	interval		4.24	4.30	8.85	9.47	5.14	5.31	5.53	6.63	6.03	7.15			12.94	13.82	15.71	
		velocity	6.96	8.25	8.14	7.91	7.39	6.81	6.59	6.33	6.03	6.07	7.19			8.11	7.60	6.68	
H1 lead leg	L	strides		22	15	15	15	15	15	16	16	17	21	182					
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	03-May-19	time	6.54	10.74	15.05	19.48	23.96	25.9	28.56	33.30	38.34	43.54	49.01	55.60	9 / 5				
reaction time	0.147	interval		4.20	4.31	4.43	4.48	4.60	4.74	5.04	5.20	5.47	6.59			12.94	13.82	15.71	
		velocity	6.88	8.33	8.12	7.90	7.81	7.72	7.61	7.38	6.94	6.73	6.40	6.07	7.19		8.11	7.60	6.68
H1 lead leg	L	strides		22	15	15	15	15	15	16	16	17	21	182					
Semi-Final 1 - 2006 IAAF Junior World Championships (Beijing, CHN)															<i>Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler</i>				
date	16-Aug-06	time	6.42	10.75	15.22	19.72	24.44	29.34	34.40	39.34	45.18	50.97	58.05	58.05	6 / 7				
reaction time	0.172	interval		4.33	4.47	4.50	4.72	4.90	5.06	4.94	5.84	5.79	7.08			13.30	14.68	16.57	
		velocity	7.01	8.08	7.83	7.78	7.42	7.14	6.92	7.09	5.99	6.04	5.65	6.89		7.89	7.15	6.34	
H1 lead leg		strides																	
Heat 1 - 2006 IAAF Junior World Championships (Beijing, CHN)															<i>Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler</i>				
date	15-Aug-06	time	6.66	10.95	15.40	19.95	24.54	29.29	34.31	39.67	45.23	51.10	57.95	57.95	3 / 2				
reaction time	0.194	interval		4.29	4.45	4.55	4.59	4.75	5.02	5.36	5.56	5.87	6.85			13.29	14.36	16.79	
		velocity	6.76	8.16	7.87	7.69	7.63	7.37	6.97	6.53	6.29	5.96	5.84	6.90		7.90	7.31	6.25	
H1 lead leg		strides																	
Heat 5 - 2006 Commonwealth Games (Melbourne, AUS)															<i>Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler</i>				
date	22-Mar-06	time	6.76	11.12	15.72	20.32	25.08	29.88	35.00	40.36	45.88	51.38	57.77	57.77	1 / 5				
reaction time		interval		4.36	4.60	4.60	4.76	4.80	5.12	5.36	5.52	5.50	6.39			13.56	14.68	16.38	
		velocity	6.66	8.03	7.61	7.61	7.35	7.29	6.84	6.53	6.34	6.36	6.26	6.92		7.74	7.15	6.41	
H1 lead leg		strides																	
FINAL - 2006 Telstra A Series (Canberra, AUS)															<i>Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler</i>				
date	26-Jan-06	time	6.78	11.18	15.66	20.26	24.96	29.80	34.76	40.01	45.36	50.96	57.45	57.45	1 / 3				
reaction time		interval		4.40	4.48	4.60	4.70	4.84	4.96	5.25	5.35	5.60	6.49	PB		13.48	14.50	16.20	
		velocity	6.64	7.95	7.81	7.61	7.45	7.23	7.06	6.67	6.54	6.25	6.16	6.96		7.79	7.24	6.48	
H1 lead leg		strides																	
Semi-Final 1 - 2005 IAAF Youth World Championships (Marrakech, MAR)															<i>Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler</i>				
date	14-Jul-05	time	6.68	11.19	15.70	20.39	25.23	30.21	35.42	40.86	46.27	51.81	58.19	58.19	3 / 1				
reaction time	0.170	interval		4.51	4.51	4.69	4.84	4.98	5.21	5.44	5.41	5.54	6.38	PB		13.71	15.03	16.39	
		velocity	6.74	7.76	7.76	7.46	7.23	7.03	6.72	6.43	6.47	6.32	6.27	6.87		7.66	6.99	6.41	
H1 lead leg		strides																	
FINAL - 2005 Australian National Championships (Sydney, AUS)															<i>Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler</i>				
date	06-Mar-05	time	7.32	11.98	16.68	21.50	26.48	31.58	36.82	42.04	47.34	52.68	58.59	58.59	1 / 1				
reaction time		interval		4.66	4.70	4.82	4.98	5.10	5.24	5.22	5.30	5.34	5.91	PB		14.18	15.32	15.86	
		velocity	6.15	7.51	7.45	7.26	7.03	6.86	6.68	6.70	6.60	6.55	6.77	6.83		7.40	6.85	6.62	
H1 lead leg		strides																	
Bol, Femke (NED) (2000)															<i>Omega Timing (2024) - diamond league race analysis</i>				
FINAL - 2024 Memorial van damme (Brussels, BEL)															<i>Omega Timing (2024) - diamond league race analysis</i>				
date	14-Sep-24	time	6.27	10.30	14.42	18.63	22.95	27.41	32.01	36.83	41.78	46.72	52.45	52.45	5 / 1				
reaction time	0.213	interval		4.03	4.12	4.21	4.32	4.46	4.60	4.82	4.95	4.94	5.73			12.36	13.38	14.71	
		velocity	7.18	8.68	8.50	8.31	8.10	7.85	7.61	7.26	7.07	7.09	6.98	7.63		8.50	7.85	7.14	
H1 lead leg	L	strides		21	14	14	14	14	14	15	15	15	19	169					
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)															<i>Omega Timing (2024) - diamond league race analysis</i>				
date	25-Aug-24	time	6.28	10.30	14.38	18.63	23.00	27.47	32.14	36.93	41.81	46.67	52.13	52.13	6 / 1				
reaction time	0.158	interval		4.02	4.08	4.25	4.37	4.47	4.67	4.79	4.88	4.86	5.46			12.35	13.51	14.53	
		velocity	7.17	8.71	8.58	8.24	8.01	7.83	7.49	7.31	7.17	7.20	7.33	7.67		8.50	7.77	7.23	
H1 lead leg	L	strides		22	14	14	14	14	14	15	15	15	18.2	169.2					
FINAL - 2024 Athletissima (Lausanne, SUI)															<i>Omega Timing (2024) - diamond league race analysis</i>				
date	22-Aug-24	time	6.25	10.30	14.42	18.61	22.92	27.40	31.98	36.72	41.55	46.53	52.25	52.25	5 / 1				
reaction time	0.182	interval		4.05	4.12	4.19	4.31	4.48	4.58	4.74	4.83	4.98	5.72			12.36	13.37	14.55	
		velocity	7.20	8.64	8.50	8.35	8.12	7.81	7.64	7.38	7.25	7.03	6.99	7.66		8.50	7.85	7.22	
H1 lead leg	L	strides		22	14	14	14	14	14	15	15	15	18.7	169.7					

FINAL - 2024 Olympic Games (Paris, FRA)

Paris 2024 Olympic Games - Results Book (2024)

date	08-Aug-24	time	6.13	10.00	13.93	17.99	22.16	26.48	31.00	35.74	40.70	45.90	52.15	6 / 3				
reaction time	0.165	interval		3.87	3.93	4.06	4.17	4.32	4.52	4.74	4.96	5.20	6.25		11.86	13.01	14.90	
		velocity	7.34	9.04	8.91	8.62	8.39	8.10	7.74	7.38	7.06	6.73	6.40	7.67	8.85	8.07	7.05	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	16	19	171				

Semi-Final 3 - 2024 Olympic Games (Paris, FRA)

Paris 2024 Olympic Games - Results Book (2024)

date	06-Aug-24	time	6.24	10.18	14.24	18.35	22.61	27.03	31.64	36.50	41.55	46.62	52.57	6 / 1				
reaction time	0.194	interval		3.94	4.06	4.11	4.26	4.42	4.61	4.86	5.05	5.07	5.95		12.11	13.29	14.98	
		velocity	7.21	8.88	8.62	8.52	8.22	7.92	7.59	7.20	6.93	6.90	6.72	7.61	8.67	7.90	7.01	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18	169				

Heat 3 - 2024 Olympic Games (Paris, FRA)

Paris 2024 Olympic Games - Results Book (2024)

date	04-Aug-24	time	6.34	10.40	14.52	18.65	22.92	27.41	32.14	37.06	42.14	47.30	53.38	4 / 1				
reaction time	0.196	interval		4.06	4.12	4.13	4.27	4.49	4.73	4.92	5.08	5.16	6.08		12.31	13.49	15.16	
		velocity	7.10	8.62	8.50	8.47	8.20	7.80	7.40	7.11	6.89	6.78	6.58	7.49	8.53	7.78	6.93	
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18	170				

FINAL - 2024 London Athletics Meet (London, GBR)

Omega Timing (2024) - diamond league race analysis

date	20-Jul-24	time	6.22	10.14	14.10	18.13	22.32	26.71	31.21	35.88	40.70	45.55	51.30	6 / 1				
reaction time	0.175	interval		3.92	3.96	4.03	4.19	4.39	4.50	4.67	4.82	4.85	5.75		11.91	13.08	14.34	
		velocity	7.23	8.93	8.84	8.68	8.35	7.97	7.78	7.49	7.26	7.22	6.96	7.80	8.82	8.03	7.32	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	19	170				

A FINAL - 2024 Resisprint International (La Chaux-de-Fonds, SUI) (TV Analysis)

Henson (2024) - Athlete First: 2024 year end hurdle report

date	14-Jul-24	time	6.16	10.09	14.16	18.20	22.40	26.68	31.10	35.77	40.50	45.33	50.95	4 / 1				
reaction time		interval		3.93	4.07	4.04	4.20	4.28	4.42	4.67	4.73	4.83	5.62	AR	12.04	12.90	14.23	
		velocity	7.31	8.91	8.60	8.66	8.33	8.18	7.92	7.49	7.40	7.25	7.12	7.85	8.72	8.14	7.38	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	19	170				

FINAL - 2024 European Athletics Championships (Roma, ITA)

European Athletics (2024) - 2024 european athletics championships - results book

date	11-Jun-24	time	6.40	10.38	14.48	18.66	22.98	27.43	32.08	36.92	41.91	46.91	52.49	6 / 1				
reaction time	0.180	interval		3.98	4.10	4.18	4.32	4.45	4.65	4.84	4.99	5.00	5.58	CR	12.26	13.42	14.83	
		velocity	7.03	8.79	8.54	8.37	8.10	7.87	7.53	7.23	7.01	7.00	7.17	7.62	8.56	7.82	7.08	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	19	170				

Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)

European Athletics (2024) - 2024 european athletics championships - results book

date	10-Jun-24	time	6.24	10.29	14.51	18.76	23.14	27.74	32.39	37.36	42.62	48.04	54.16	5 / 1				
reaction time	0.209	interval		4.05	4.22	4.25	4.38	4.60	4.65	4.97	5.26	5.42	6.12		12.52	13.63	15.65	
		velocity	7.21	8.64	8.29	8.24	7.99	7.61	7.53	7.04	6.65	6.46	6.54	7.39	8.39	7.70	6.71	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	16	16	18.5	171.5				

FINAL - 2024 Bauhaus Galan (Stockholm, SWE)

Omega Timing (2024) - diamond league race analysis

date	02-Jun-24	time	6.42	10.49	14.62	18.80	23.09	27.59	32.28	37.18	42.18	47.24	53.07	5 / 1				
reaction time	0.191	interval		4.07	4.13	4.18	4.29	4.50	4.69	4.90	5.00	5.06	5.83		12.38	13.48	14.96	
		velocity	7.01	8.60	8.47	8.37	8.16	7.78	7.46	7.14	7.00	6.92	6.86	7.54	8.48	7.79	7.02	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	19	170				

FINAL - 2023 Prefontaine Classic (Eugene, OR)

Omega Timing (2023) - diamond league race analysis

date	17-Sep-23	time	6.25	10.32	14.46	18.63	22.96	27.45	32.03	36.74	41.54	46.44	51.98	6 / 1				
reaction time	0.158	interval		4.07	4.14	4.17	4.33	4.49	4.58	4.71	4.80	4.90	5.54		12.38	13.40	14.41	
		velocity	7.20	8.60	8.45	8.39	8.08	7.80	7.64	7.43	7.29	7.14	7.22	7.70	8.48	7.84	7.29	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.2	169.2				

FINAL - 2023 Memorial van Damme (Brussels, BEL)

Omega Timing (2023) - diamond league race analysis

date	08-Sep-23	time	6.27	10.23	14.33	18.52	22.83	27.32	32.00	36.77	41.61	46.55	52.11	5 / 1				
reaction time	0.203	interval		3.96	4.10	4.19	4.31	4.49	4.68	4.77	4.84	4.94	5.56		12.25	13.48	14.55	
		velocity	7.18	8.84	8.54	8.35	8.12	7.80	7.48	7.34	7.23	7.09	7.19	7.68	8.57	7.79	7.22	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.2	169.2				

FINAL - 2023 Galà Dei Castelli (Bellinzona, ITA) (TV Analysis)

Henson (2023) - Athlete First: 2023 year end hurdle report

date	04-Sep-23	time	6.36	10.52	14.68	18.92	23.28	27.80	32.48	37.32	42.28	47.28	52.79	4 / 1				
reaction time		interval		4.16	4.16	4.24	4.36	4.52	4.68	4.84	4.96	5.00	5.51		12.56	13.56	14.80	
		velocity	7.08	8.41	8.41	8.25	8.03	7.74	7.48	7.23	7.06	7.00	7.26	7.58	8.36	7.74	7.09	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.2	169.2				

FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)

Henson (2023) - Athlete First: 2023 year end hurdle report

date	24-Aug-23	time	6.37	10.44	14.41	18.41	22.66	27.03	31.53	36.24	41.07	46.01	51.70	6 / 1				
reaction time	0.202	interval		4.07	3.97	4.00	4.25	4.37	4.50	4.71	4.83	4.94	5.69		12.04	13.12	14.48	
		velocity	7.06	8.60	8.82	8.75	8.24	8.01	7.78	7.43	7.25	7.09	7.03	7.74	8.72	8.00	7.25	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.5	169.5				

Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)

Henson (2023) - Athlete First: 2023 year end hurdle report

date	22-Aug-23	time	6.31	10.44	14.45	18.45	22.75	27.20	31.79	36.57	41.60	46.71	52.95	8 / 1				
reaction time	0.199	interval		4.13	4.01	4.00	4.30	4.45	4.59	4.78	5.03	5.11	6.24		12.14	13.34	14.92	
		velocity	7.13	8.47	8.73	8.75	8.14	7.87	7.63	7.32	6.96	6.85	6.41	7.55	8.65	7.87	7.04	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.5	169.5				

Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)

date	21-Aug-23	time	6.27	10.43	14.50	18.43	22.70	27.23	31.90	36.76	41.80	47.00	Henson (2023) - Athlete First: 2023 year end hurdle report					
reaction time	0.206	interval		4.16	4.07	3.93	4.27	4.53	4.67	4.86	5.04	5.20	6.39	53.39	4 / 1	12.16	13.47	15.10
		velocity	7.18	8.41	8.60	8.91	8.20	7.73	7.49	7.20	6.94	6.73	6.26	7.49		8.63	7.80	6.95
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	18.5	171.5				

FINAL - 2023 London Athletics Meet (London, GBR)

date	23-Jul-23	time	6.25	10.26	14.30	18.43	22.65	27.05	31.58	36.26	41.09	45.88	Omega Timing (2023) - diamond league race analysis					
reaction time	0.187	interval		4.01	4.04	4.13	4.22	4.40	4.53	4.68	4.83	4.79	5.57	AR PB	6 / 1	12.18	13.15	14.30
		velocity	7.20	8.73	8.66	8.47	8.29	7.95	7.73	7.48	7.25	7.31	7.18	7.77		8.62	7.98	7.34
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	19	170				

FINAL - 2023 Athletissima (Lausanne, SUI)

date	30-Jun-23	time	6.14	10.09	14.11	18.16	22.38	26.76	31.43	36.35	41.36	46.61	Omega Timing (2023) - diamond league race analysis					
reaction time	0.169	interval		3.95	4.02	4.05	4.22	4.38	4.67	4.92	5.01	5.25	6.15	52.76	5 / 1	12.02	13.27	15.18
		velocity	7.33	8.86	8.71	8.64	8.29	7.99	7.49	7.11	6.99	6.67	6.50	7.58		8.74	7.91	6.92
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	19.7	170.7				

FINAL - 2023 Bislett Games (Oslo, NOR)

date	15-Jun-23	time	6.29	10.36	14.52	18.74	23.05	27.48	32.11	36.92	41.78	46.69	Omega Timing (2023) - diamond league race analysis					
reaction time	0.172	interval		4.07	4.16	4.22	4.31	4.43	4.63	4.81	4.86	4.91	5.61	52.30	5 / 1	12.45	13.37	14.58
		velocity	7.15	8.60	8.41	8.29	8.12	7.90	7.56	7.28	7.20	7.13	7.13	7.65		8.43	7.85	7.20
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.5	169.5				

FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)

date	02-Jun-23	time	6.27	10.35	14.48	18.63	22.90	27.28	31.96	36.76	41.63	46.64	Omega Timing (2023) - diamond league race analysis					
reaction time	0.170	interval		4.08	4.13	4.15	4.27	4.38	4.68	4.80	4.87	5.01	5.79	52.43	6 / 1	12.36	13.33	14.68
		velocity	7.18	8.58	8.47	8.43	8.20	7.99	7.48	7.29	7.19	6.99	6.91	7.63		8.50	7.88	7.15
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	19	170				

FINAL - 2023 IFAM Oordegem (Oordegem, BEL) (TV Analysis)

date	27-May-23	time	6.40	10.53	14.73	19.03	23.40	27.96	32.67	37.43	42.30	47.63	Henson (2023) - Athlete First: 2023 year end hurdle report					
reaction time		interval		4.13	4.20	4.30	4.37	4.56	4.71	4.76	4.96	5.49	10.20	53.12	6 / 1	12.63	13.64	14.96
		velocity	7.03	8.47	8.33	8.14	8.01	7.68	7.43	7.35	7.19	7.06	7.29	7.53		8.31	7.70	7.02
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	16	19	156				

FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)

date	08-Sep-22	time	6.37	10.41	14.55	18.72	23.06	24.86	27.56	32.14	36.83	41.71	46.98	Henson (2022) - Athlete First: 2022 year end hurdle report					
reaction time	0.189	interval		4.04	4.14	4.17	4.34	4.50	4.58	4.69	4.88	5.27	6.05	53.03	6 / 1	12.35	13.42	14.84	
		velocity	7.06	8.66	8.45	8.39	8.06	8.05	7.78	7.64	7.46	7.17	6.64	6.61	7.54		8.50	7.82	7.08
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	16	19	177					

FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)

date	26-Aug-22	time	6.27	10.36	14.55	18.97	23.40	25.25	28.00	32.67	37.34	42.30	47.33	Henson (2022) - Athlete First: 2022 year end hurdle report					
reaction time	0.155	interval		4.09	4.19	4.42	4.43	4.60	4.67	4.67	4.96	5.03	5.62	52.95	5 / 1	12.70	13.70	14.66	
		velocity	7.18	8.56	8.35	7.92	7.90	7.92	7.61	7.49	7.49	7.06	6.96	7.12	7.55		8.27	7.66	7.16
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19	176					

FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)

date	19-Aug-22	time	6.43	10.46	14.70	18.93	23.27	25.04	27.73	32.37	37.10	41.97	46.93	Henson (2022) - Athlete First: 2022 year end hurdle report					
reaction time	0.279	interval		4.03	4.24	4.23	4.34	4.46	4.64	4.73	4.87	4.96	5.74	52.67	3 / 1	12.50	13.44	14.56	
		velocity	7.00	8.68	8.25	8.27	8.06	7.99	7.85	7.54	7.40	7.19	7.06	6.97	7.59		8.40	7.81	7.21
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18.7	175.7					

FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)

date	22-Jul-22	time	6.43	10.47	14.57	18.82	23.30	24.97	27.77	32.47	37.20	42.13	47.17	Henson (2022) - Athlete First: 2022 year end hurdle report				
reaction time	0.179	interval		4.04	4.10	4.25	4.48	4.64	4.73	4.80	4.93	5.64	6.43	52.27	4 / 2	12.39	13.40	14.41
		velocity	7.00	8.66	8.54	8.24	7.81	8.01	7.85	7.48	7.29	7.10	7.09	7.65		8.47	7.84	7.29
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19	146				

Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)

date	20-Jul-22	time	6.30	10.27	14.50	18.73	23.17	25.15	27.77	32.47	37.20	42.13	47.17	Henson (2022) - Athlete First: 2022 year end hurdle report					
reaction time	0.171	interval		3.97	4.23	4.23	4.44	4.60	4.70	4.73	4.93	5.04	5.67	52.84	3 / 1	12.43	13.74	14.70	
		velocity	7.14	8.82	8.27	8.27	7.88	7.95	7.61	7.45	7.40	7.10	6.94	7.05	7.57		8.45	7.64	7.14
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18	175					

Heat 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)

date	19-Jul-22	time	6.26	10.36	14.50	18.66	22.93	24.95	27.46	32.10	36.93	42.17	47.47	Henson (2022) - Athlete First: 2022 year end hurdle report					
reaction time	0.191	interval		4.10	4.14	4.16	4.27	4.53	4.64	4.83	5.24	5.30	6.43	53.90	8 / 1	12.40	13.44	15.37	
		velocity	7.19	8.54	8.45	8.41	8.20	8.02	7.73	7.54	7.25	6.68	6.60	6.22	7.42		8.47	7.81	6.83
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	18.7	177.7					

FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)

date	30-Jun-22	time	6.36	10.38	14.46	18.64	22.94	24.75	27.42	32.02	36.70	41.48	46.40	Henson (2022) - Athlete First: 2022 year end hurdle report					
reaction time	0.203	interval		4.02	4.08	4.18	4.30	4.48	4.60	4.68	4.78	4.92	5.87	52.27	6 / 1	12.28	13.38	14.38	
		velocity	7.08	8.71	8.58	8.37	8.14	8.08	7.81	7.61	7.48	7.32	7.11	6.81	7.65		8.55	7.85	7.30

H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	15	19	176				
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	16-Jun-22	time	6.32	10.34	14.48	18.62	22.88		27.38	31.98	36.66	41.58	46.74		52.61	6 / 1			
reaction time	0.177	interval		4.02	4.14	4.14	4.26		4.50	4.60	4.68	4.92	5.16	5.87			12.30	13.36	14.76
		velocity	7.12	8.71	8.45	8.45	8.22		7.78	7.61	7.48	7.11	6.78	6.81	7.60		8.54	7.86	7.11
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	16	19.5	177.5				
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	09-Jun-22	time	6.43	10.47	14.63	18.90	23.27	25.06	27.80	32.47	37.24	42.13	47.27		53.02	5 / 1			
reaction time	0.188	interval		4.04	4.16	4.27	4.37		4.53	4.67	4.77	4.89	5.14	5.75			12.47	13.57	14.80
		velocity	7.00	8.66	8.41	8.20	8.01	7.98	7.73	7.49	7.34	7.16	6.81	6.96	7.54		8.42	7.74	7.09
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19.5	161.5				
FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	31-May-22	time	6.87	10.50		18.57	22.78		27.27	31.77					36.86	5 / 1			
reaction time	0.215	interval		3.63		8.07	4.21		4.49	4.50			5.09	WB PB			11.70	13.20	
		velocity	7.28	9.64		8.67	8.31		7.80	7.78			7.86	8.14			8.97	7.95	
H1 lead leg	L	strides	24	15			15		15	15				18.5	102.5				
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	09-Sep-21	time	6.36	10.40		18.88	23.24	25.0	27.80	32.52	37.24	42.16	47.20		52.80	4 / 1			
reaction time	0.172	interval		4.04		8.48	4.36		4.56	4.72	4.72	4.92	5.04	5.60			12.52	13.64	14.68
		velocity	7.08	8.66		8.25	8.03	8.00	7.68	7.42	7.42	7.11	6.94	7.14	7.58		8.39	7.70	7.15
H1 lead leg	L	strides	22	15		15	15		15	15	15	15	15	18.7	145.7				
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	26-Aug-21	time	6.32	10.36	14.48		23.24		27.84	32.60	37.40	42.32	47.32		53.05	4 / 1			
reaction time	0.186	interval		4.04	4.12		8.76		4.60	4.76	4.80	4.92	5.00	5.73					14.72
		velocity	7.12	8.66	8.50		7.99		7.61	7.35	7.29	7.11	7.00	6.98	7.54				7.13
H1 lead leg	L	strides	22	15	15				15	15	15	15	15	18.7	145.7				
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	04-Aug-21	time	6.28	10.26	14.28	18.36	22.56		26.96	31.60	36.28	41.16	46.16		52.03	5 / 3			
reaction time	0.165	interval		3.98	4.02	4.08	4.20		4.40	4.64	4.68	4.88	5.00	5.87	AR		12.08	13.24	14.56
		velocity	7.17	8.79	8.71	8.58	8.33		7.95	7.54	7.48	7.17	7.00	6.81	7.69		8.69	7.93	7.21
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				
Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	02-Aug-21	time	6.48	10.60	14.76	19.04	23.40		27.92	32.56	37.32	42.24	47.32		53.91	5 / 1			
reaction time	0.215	interval		4.12	4.16	4.28	4.36		4.52	4.64	4.76	4.92	5.08	6.59			12.56	13.52	14.76
		velocity	6.94	8.50	8.41	8.18	8.03		7.74	7.54	7.35	7.11	6.89	6.07	7.42		8.36	7.77	7.11
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				
Heat 4 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	31-Jul-21	time	6.40	10.47	14.61	18.88	23.32		27.83	32.46	37.27	42.47	47.78		54.43	8 / 1			
reaction time	0.194	interval		4.07	4.14	4.27	4.44		4.51	4.63	4.81	5.20	5.31	6.65			12.48	13.58	15.32
		velocity	7.03	8.60	8.45	8.20	7.88		7.76	7.56	7.28	6.73	6.59	6.02	7.35		8.41	7.73	6.85
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19	178				
FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	13-Jul-21	time	6.38	10.42	14.60	18.90	23.30	25.2	27.78	32.42	37.28	42.28	47.38		53.24	5 / 1			
reaction time	0.214	interval		4.04	4.18	4.30	4.40		4.48	4.64	4.86	5.00	5.10	5.86			12.52	13.52	14.96
		velocity	7.05	8.66	8.37	8.14	7.95	7.94	7.81	7.54	7.20	7.00	6.86	6.83	7.51		8.39	7.77	7.02
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				
FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	06-Jul-21	time	6.40	10.41	14.56	18.77	23.02		27.49	32.20	36.97	41.97	47.14		52.81	5 / 1			
reaction time	0.247	interval		4.01	4.15	4.21	4.25		4.47	4.71	4.77	5.00	5.17	5.67			12.37	13.43	14.94
		velocity	7.03	8.73	8.43	8.31	8.24		7.83	7.43	7.34	7.00	6.77	7.05	7.57		8.49	7.82	7.03
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19.2	161.2				
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	04-Jul-21	time	6.24	10.24	14.26	18.45	22.78	24.8	27.31	31.96	36.72	41.58	46.60		52.37	5 / 1			
reaction time	0.195	interval		4.00	4.02	4.19	4.33		4.53	4.65	4.76	4.86	5.02	5.77	NR PB		12.21	13.51	14.64
		velocity	7.21	8.75	8.71	8.35	8.08	8.06	7.73	7.53	7.35	7.20	6.97	6.93	7.64		8.60	7.77	7.17
H1 lead leg	L	strides		15	15	15	15		15	15	15	15	15	19	154				
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	01-Jul-21	time	6.32	10.44	14.56	18.80	23.20		27.64	32.32	37.16	42.12	47.32		53.33	4 / 1			
reaction time	0.199	interval		4.12	4.12	4.24	4.40		4.44	4.68	4.84	4.96	5.20	6.01	NR PB		12.48	13.52	15.00
		velocity	7.12	8.50	8.50	8.25	7.95		7.88	7.48	7.23	7.06	6.73	6.66	7.50		8.41	7.77	7.00
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19.2	176.2				
FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	10-Jun-21	time	6.32	10.44	14.60	18.80	23.08	24.9	27.62	32.28	37.12	42.16	47.40		53.44	4 / 1			
reaction time	0.209	interval		4.12	4.16	4.20	4.28		4.54	4.66	4.84	5.04	5.24	6.04	NR PB		12.48	13.48	15.12

H1 lead leg	L	velocity	7.12	8.50	8.41	8.33	8.18	8.03	7.71	7.51	7.23	6.94	6.68	6.62	7.49	8.41	7.79	6.94
		strides	22	15	15	15	15	15	15	15	15	15	16	19.5	162.5			

FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)*Henson (2020) - Athlete First: 2020 year end hurdle report*

date	17-Sep-20	time	6.40	10.52	14.68	19.00	23.48	25.4	28.08	32.80	37.72	42.84	48.04	53.90	5 / 1			
reaction time	0.178	interval	4.12	4.16	4.32	4.48	4.60	4.72	4.92	5.12	5.20	5.86	12.60	13.80	15.24			
		velocity	7.03	8.50	8.41	8.10	7.81	7.87	7.61	7.42	7.11	6.84	6.73	6.83	7.42	8.33	7.61	6.89
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	15	16	16	18.5	176.5			

FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis)*Henson (2020) - Athlete First: 2020 year end hurdle report*

date	15-Sep-20	time	6.60	10.76	15.00	19.32	23.72	28.32	33.08	38.04	43.28	48.56	54.33	3 / 1			
reaction time		interval	4.16	4.24	4.32	4.40	4.60	4.76	4.96	5.24	5.28	5.77	12.72	13.76	15.48		
		velocity	6.82	8.41	8.25	8.10	7.95	7.61	7.35	7.06	6.68	6.63	6.93	7.36	8.25	7.63	6.78
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	19	178			

FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)*Henson (2020) - Athlete First: 2020 year end hurdle report*

date	23-Aug-20	time	6.57	15.20	19.57	24.10	26.0	28.77	33.57	38.53	43.77	48.90	54.68	4 / 1			
reaction time	0.226	interval	8.63	4.37	4.53	4.67	4.80	4.96	5.24	5.13	5.78	13.00	14.00	15.33			
		velocity	6.85	8.11	8.01	7.73	7.69	7.49	7.29	7.06	6.68	6.82	6.92	7.32	8.08	7.50	6.85
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	16	16	18.5	161.5			

FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)*Henson (2020) - Athlete First: 2020 year end hurdle report*

date	19-Aug-20	time	6.52	10.72	15.08	19.56	24.12	28.80	33.64	38.60	43.76	48.92	54.67	4 / 1			
reaction time	0.205	interval	4.20	4.36	4.48	4.56	4.68	4.84	4.96	5.16	5.16	5.75	13.04	14.08	15.28		
		velocity	6.90	8.33	8.03	7.81	7.68	7.48	7.23	7.06	6.78	6.78	6.96	7.32	8.05	7.46	6.87
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	19	178			

Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)*Henson (2020) - Athlete First: 2019 year end hurdle report*

date	02-Oct-19	time	6.64	10.88	15.18	19.65	24.26	33.97	39.00	44.48	49.98	56.37	2 / 7			
reaction time	0.219	interval	4.24	4.30	4.47	4.61	9.71	5.03	5.48	5.50	6.39	13.01	14.32	16.01		
		velocity	6.78	8.25	8.14	7.83	7.59	7.21	6.96	6.39	6.36	6.26	7.10	8.07	7.33	6.56
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	69				

Bookman, Deonca (USA) (1995)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)***USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	29-Jun-24	time	6.57	10.67	14.81	19.06	23.40	25.49	28.01	32.82	37.99	43.32	48.75	55.61	6 / 4			
reaction time		interval	4.10	4.14	4.25	4.34	4.61	4.81	5.17	5.33	5.43	6.86	12.49	13.76	15.93			
		velocity	6.85	8.54	8.45	8.24	8.06	7.85	7.59	7.28	6.77	6.57	6.45	5.83	7.19	8.41	7.63	6.59
H1 lead leg	R	strides	24	16	16	16	16	17	18	18	18	19	23.2	201.2				

Heat 1 - 2024 USA Olympic Trials (Eugene, OR)*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	27-Jun-24	time	6.49	10.55	14.79	19.06	23.44	25.47	28.09	33.01	38.31	43.83	49.52	56.25	3 / 2			
reaction time		interval	4.06	4.24	4.27	4.38	4.65	4.92	5.30	5.52	5.69	6.73	12.57	13.95	16.51			
		velocity	6.93	8.62	8.25	8.20	7.99	7.85	7.53	7.11	6.60	6.34	6.15	5.94	7.11	8.35	7.53	6.36
H1 lead leg	R	strides	24	16	16	16	16	17	17	18	19	19	178					

Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)*USATF (2022) - Results powered by Karmarush*

date	24-Jun-22	time	6.48	10.67	14.99	19.45	24.17	26.32	29.02	33.93	39.03	44.22	49.69	56.24	56.24	7 / 6		
reaction time		interval	4.19	4.32	4.46	4.72	4.85	4.91	5.10	5.19	5.47	6.55	12.97	14.48	15.76			
		velocity	6.94	8.35	8.10	7.85	7.42	7.60	7.22	7.13	6.86	6.74	6.40	6.11	7.11	8.10	7.25	6.66
H1 lead leg	L	strides	24	16	16	16	17	17	18	18	18	18	124					

FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)*Henson (2021) - Athlete First: 2021 year end hurdle report*

date	27-Jun-21	time	6.54	10.64	14.84	19.18	23.79	28.49	33.46	44.17	56.90	2 / 7	6			
reaction time	0.349	interval	4.10	4.20	4.34	4.61	4.70	4.97	10.71	6.54	7.03	13.15	9.67			
		velocity	6.88	8.54	8.33	8.06	7.59	7.45	7.04	6.54	7.03	7.98	10.86			
H1 lead leg	R	strides	16	16	16	17	18	83								

Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)*Henson (2021) - Athlete First: 2021 year end hurdle report*

date	26-Jun-21	time	6.54	10.71	15.11	19.52	24.15	28.89	33.66	38.54	43.74	55.66	9 / 4			
reaction time	0.338	interval	4.17	4.40	4.41	4.63	4.74	4.77	4.88	5.20	PB	12.98	14.14			
		velocity	6.88	8.39	7.95	7.94	7.56	7.38	7.34	7.17	6.73	7.19	8.09	7.43		
H1 lead leg	R	strides	17	17	17	17	17	17	17	17	18	18	155			

Brown, Edna (USA) (1960)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 1987 TAC Championships (San Jose, CA)***Mann (1987) - the elite athlete program biomechanical analysis of the long hurdles: tac championship meet*

date	26-Jun-87	time	6.70	10.80	15.36	20.00	24.74	29.40	34.34	39.46	44.86	50.74	55.98				
reaction time		interval	4.10	4.56	4.64	4.74	4.66	4.94	5.12	5.40	5.88	5.24	13.30	14.34	16.40		
		velocity	6.72	8.54	7.68	7.54	7.38	7.51	7.09	6.84	6.48	5.95	7.63	7.15	7.89	7.32	6.40
H1 lead leg		strides															

Brown-King, Judi (USA) (1961)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 1984 Olympic Games (Los Angeles, CA)***Behm (1995) - la tactique du 400 haies*

date	08-Aug-84	time	6.7	11.2	15.7	20.4	25.0	29.6	34.5	39.5	44.6	49.7	55.20	8 / 2			
reaction time	0.188	interval	4.50	4.50	4.70	4.60	4.60	4.90	5.00	5.10	5.10	5.50	13.70	14.10	15.20		
		velocity	6.72	7.78	7.78	7.45	7.61	7.61	7.14	7.00	6.86	6.86	7.27	7.25	7.66	7.45	6.91
H1 lead leg		strides	21	14	14	14	14	14	14	15	15	15	18	168			

Brown, T'erea (USA) (1989)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	10-Jul-16	time	6.30	10.41	14.58	18.92	23.39		28.06	32.97	37.97	43.21	48.88		56.29	7 / 8														
reaction time	0.243	interval	4.11	4.17	4.34	4.47		4.67	4.91	5.00	5.24	5.67	7.41				12.62	14.05	15.91											
		velocity	7.14	8.52	8.39	8.06	7.83		7.49	7.13	7.00	6.68	6.17	5.40	7.11		8.32	7.47	6.60											
H1 lead leg	L	strides	23	15	15	15	15		15	17	17	17	18		167															
FINAL - 2012 Olympic Games (London, GBR)														<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>																
date	08-Aug-12	time	6.39	10.44	14.68	19.06	23.50		28.07	33.05	38.10	43.34	48.67		55.07	2 / 6														
reaction time	0.201	interval	4.05	4.24	4.38	4.44		4.57	4.98	5.05	5.24	5.33	6.40				12.67	13.99	15.62											
		velocity	7.04	8.64	8.25	7.99	7.88		7.66	7.03	6.93	6.68	6.57	6.25	7.26		8.29	7.51	6.72											
H1 lead leg	R	strides	23	15	15	15	15		15	16	17	17	18		166															
Brown, Tonya (USA) (1960)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1987 TAC Championships (San Jose, CA)														<i>Mann (1987) - the elite athlete program biomechanical analysis of the long hurdles: tac championship meet</i>																
date	26-Jun-87	time	6.36	11.12	15.66	19.96	24.78		29.54	34.70	39.98	45.44	51.14		57.44															
reaction time		interval	4.76	4.54	4.30	4.82		4.76	5.16	5.28	5.46	5.70	6.30				13.60	14.74	16.44											
		velocity	7.08	7.35	7.71	8.14	7.26		7.35	6.78	6.63	6.41	6.14	6.35	6.96		7.72	7.12	6.39											
H1 lead leg		strides																												
Buchanan, Rebecca (USA) (1970)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USA Olympic Trials (Atlanta, GA)														<i>USATF Women's Sprint Development (1996)</i>																
date	16-Jun-96	time	6.43	10.70	15.05	19.60	24.27	26.26	29.07	34.05	39.17	44.37	49.51		55.69	6 / 5														
reaction time		interval	4.27	4.35	4.55	4.67		4.80	4.98	5.12	5.20	5.14	6.18				13.17	14.45	15.46											
		velocity	7.00	8.20	8.05	7.69	7.49	7.62	7.29	7.03	6.84	6.73	6.81	6.47	7.18		7.97	7.27	6.79											
H1 lead leg	R	strides	23	15	15	16	16		16	16	16	17	17	20	187															
Buford-Bailey, Tonja (USA) (1970)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 IAAF World Championships (Edmonton, CAN)														<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>																
date	08-Aug-01	time	6.3	10.6	14.9	19.3	23.7		28.4	33.2	38.3	43.4	48.7		54.55	6 / 4														
reaction time	0.146	interval	4.30	4.30	4.40	4.40		4.70	4.80	5.10	5.10	5.30	5.85				13.00	13.90	15.50											
		velocity	7.14	8.14	8.14	7.95	7.95		7.45	7.29	6.86	6.86	6.60	6.84	7.33		8.08	7.55	6.77											
H1 lead leg	L	strides	23	15	15	15	15		15	16	17	17	17	20	185															
FINAL - 1997 IAAF World Championships (Athens, GRE)														<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>																
date	08-Aug-97	time	6.60	10.72	14.92	19.21	23.60		28.22	32.92	37.92	43.14	48.54		54.77	2 / 6														
reaction time	0.238	interval	4.12	4.20	4.29	4.39		4.62	4.70	5.00	5.22	5.40	6.23				12.61	13.71	15.62											
		velocity	6.82	8.50	8.33	8.16	7.97		7.58	7.45	7.00	6.70	6.48	6.42	7.30		8.33	7.66	6.72											
H1 lead leg		strides																												
FINAL - 1996 Olympic Games (Atlanta, GA)														<i>McFarlane (2000) - the science of hurdling and speed</i>																
date	31-Jul-96	time	6.38	10.34	14.39	18.58	22.90		27.43	32.07	36.96	41.96	47.10		53.22	4 / 3														
reaction time	0.274	interval	3.96	4.05	4.19	4.32		4.53	4.64	4.89	5.00	5.14	6.12				12.20	13.49	15.03											
		velocity	7.05	8.84	8.64	8.35	8.10		7.73	7.54	7.16	7.00	6.81	6.54	7.52		8.61	7.78	6.99											
H1 lead leg		strides	23	15	15	15	15		15	16	16	16	16	162																
FINAL - 1996 USA Olympic Trials (Atlanta, GA)														<i>USATF Women's Sprint Development (1996)</i>																
date	16-Jun-96	time	6.47	10.67	14.85	19.17	23.57	25.45	28.08	32.95	37.85	42.87	47.78		53.92	3 / 2														
reaction time		interval	4.20	4.18	4.32	4.40		4.51	4.87	4.90	5.02	4.91	6.14				12.70	13.78	14.83											
		velocity	6.96	8.33	8.37	8.10	7.95	7.86	7.76	7.19	7.14	6.97	7.13	6.51	7.42		8.27	7.62	7.08											
H1 lead leg	L	strides	23	15	15	15	15		15	16	17	17	19	184																
FINAL - 1995 IAAF World Championships (Goteborg, SWE)														<i>Winckler/USATF (2001) - Level II: sprints, hurdles, and relays</i>																
date	11-Aug-95	time	6.47	10.50	14.60	18.77	23.07		27.47	32.17	36.97	41.94	47.00		52.62	3 / 2														
reaction time		interval	4.03	4.10	4.17	4.30		4.40	4.70	4.80	4.97	5.06	5.62				12.30	13.40	14.83											
		velocity	6.96	8.68	8.54	8.39	8.14		7.95	7.45	7.29	7.04	6.92	7.12	7.60		8.54	7.84	7.08											
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	19.5	184															
FINAL - 1993 IAAF World Championships (Stuttgart, GER)														<i>Winckler (1994) - principles for development of the 400m hurdle program</i>																
date	19-Aug-93	time	6.64	10.67	14.89	19.24	23.71		28.44	33.24	38.31	43.42	48.66		54.55	2 / 5														
reaction time		interval	4.03	4.22	4.35	4.47		4.73	4.80	5.07	5.11	5.24	5.89				12.60	14.00	15.42											
		velocity	6.78	8.68	8.29	8.05	7.83		7.40	7.29	6.90	6.85	6.68	6.79	7.33		8.33	7.50	6.81											
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	16	17	164																
Semi-Final 1 - 1993 IAAF World Championships (Stuttgart, GER)														<i>Winckler (1994) - principles for development of the 400m hurdle program</i>																
date	17-Aug-93	time	6.83	11.06	15.39	19.79	24.32		29.03	33.75	38.66	43.60	48.81		54.38	5 / 2														
reaction time		interval	4.23	4.33	4.40	4.53		4.71	4.72	4.91	4.94	5.21	5.57	PB			12.96	13.96	15.06											
		velocity	6.59	8.27	8.08	7.95	7.73		7.43	7.42	7.13	7.09	6.72	7.18	7.36		8.10	7.52	6.97											
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	16	17	19.7	184															
Heat 4 - 1992 Olympic Games (Barcelona, ESP)														<i>Lyle (1992) - miscellaneous coaching notes</i>																
date	02-Aug-92	time	6.54	10.71	14.94	19.30	23.89		28.78	33.77	38.89	44.23	49.89		56.35	2 / 3														
reaction time		interval	4.17	4.23	4.36	4.59		4.89	4.99	5.12	5.34	5.66	6.46				12.76	14.47	16.12											
		velocity	6.88	8.39	8.27	8.03	7.63		7.16	7.01	6.84	6.55	6.18	6.19	7.10		8.23	7.26	6.51											
H1 lead leg		strides																												

Buryak, Mariya (UKR) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 2024 European Athletics Championships (Roma, ITA)													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>					
date	09-Jun-24	time	6.58	10.94	15.36	19.97	24.85	29.93	35.03	40.44	46.00	51.67	58.40	9 / 7				
reaction time	0.228	interval	4.36	4.42	4.61	4.88	5.08	5.10	5.41	5.56	5.67	6.73			13.39	15.06	16.64	
		velocity	6.84	8.03	7.92	7.59	7.17	6.89	6.86	6.47	6.29	6.17	5.94	6.85		7.84	6.97	6.31
H1 lead leg		strides																

Busch, Sabine (GDR) (1962)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1988 Olympic Games (Seoul, KOR)													<i>Gill (1990) - atletismo (I) carreras y marcha</i>					
date	28-Sep-88	time	6.61	10.68	14.86	19.18	23.62	28.19	32.79	37.56	42.57	47.76	53.89	7 / 4				
reaction time	0.283	interval	4.07	4.18	4.32	4.44	4.57	4.60	4.77	5.01	5.19	6.13			12.57	13.61	14.97	
		velocity	6.81	8.60	8.37	8.10	7.88	7.66	7.61	7.34	6.99	6.74	6.53	7.42		8.35	7.71	7.01
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	20	180				

Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)													<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>					
date	26-Sep-88	time	6.63	10.53	15.15	19.54	24.11	28.77	33.57	38.48	43.60	48.83	54.71	7 / 4				
reaction time	0.230	interval	3.90	4.62	4.39	4.57	4.66	4.80	4.91	5.12	5.23	5.88			12.91	14.03	15.26	
		velocity	6.79	8.97	7.58	7.97	7.66	7.51	7.29	7.13	6.84	6.69	6.80	7.31		8.13	7.48	6.88
H1 lead leg		strides	23	15	15	15	15	15	15	15	16	16	19	179				

FINAL - 1987 IAAF World Championships (Rome, ITA)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1987 IAAF World Championships (Rome, ITA)													<i>Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>					
date	03-Sep-87	time	6.60	10.81	15.19	19.65	24.13	28.81	33.59	38.46	43.38	48.31	53.62	3 / 1				
reaction time		interval	4.21	4.38	4.46	4.48	4.68	4.78	4.87	4.92	4.93	5.31	CR		13.05	13.94	14.72	
		velocity	6.82	8.31	7.99	7.85	7.81	7.48	7.32	7.19	7.11	7.10	7.53	7.46	8.05	7.53	7.13	
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	18	178				

Semi-Final 1 - 1987 IAAF World Championships (Rome, ITA)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 1987 IAAF World Championships (Rome, ITA)													<i>Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>					
date	01-Sep-87	time	6.80	11.04	15.37	19.80	24.29	28.93	33.70	38.66	43.67	48.75	54.41	6 / 1				
reaction time		interval	4.24	4.33	4.43	4.49	4.64	4.77	4.96	5.01	5.08	5.66			13.00	13.90	15.05	
		velocity	6.62	8.25	8.08	7.90	7.80	7.54	7.34	7.06	6.99	6.89	7.07	7.35	8.08	7.55	6.98	
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	18.5	178.5				

Heat 1 - 1987 IAAF World Championships (Rome, ITA)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 1987 IAAF World Championships (Rome, ITA)													<i>Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>					
date	31-Aug-87	time	6.84	11.04	15.39	19.85	24.45	29.14	34.05	39.07	44.26	49.46	55.51	1 / 1				
reaction time		interval	4.20	4.35	4.46	4.60	4.69	4.91	5.02	5.19	5.20	6.05			13.01	14.20	15.41	
		velocity	6.58	8.33	8.05	7.85	7.61	7.46	7.13	6.97	6.74	6.73	6.61	7.21	8.07	7.39	6.81	
H1 lead leg		strides	23	15	15	15	15	15	15	15	16	16	18.8	178.8				

FINAL - 1987 East German National Championships (Potsdam, GDR)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1987 East German National Championships (Potsdam, GDR)													<i>König (1989) - present state of development, and questions of future development, 400m hurdles for women</i>					
date	21-Aug-87	time	6.57	10.66	14.94	19.28	23.75	28.33	32.94	37.68	42.65	47.67	53.24	1 / 1				
reaction time		interval	4.09	4.28	4.34	4.47	4.58	4.61	4.74	4.97	5.02	5.57	NR		12.71	13.66	14.73	
		velocity	6.85	8.56	8.18	8.06	7.83	7.64	7.59	7.38	7.04	6.97	7.18	7.51	8.26	7.69	7.13	
H1 lead leg		strides																

FINAL - 1986 European Championships (Stuttgart, FRG)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1986 European Championships (Stuttgart, FRG)													<i>Breiser (1990) - tendencies in the development of women for 400m races with hurdles</i>					
date	30-Aug-86	time	6.56	10.72	15.06	19.42	23.90	28.47	33.11	37.93	42.76	47.76	53.60	1 / 2				
reaction time		interval	4.16	4.34	4.36	4.48	4.57	4.64	4.82	4.83	5.00	5.84			12.86	13.69	14.65	
		velocity	6.86	8.41	8.06	8.03	7.81	7.66	7.54	7.26	7.25	7.00	6.85	7.46	8.16	7.67	7.17	
H1 lead leg		strides	22	15	15	15	15	15	15	15	15	19	176					

Caravelli, Marzia (ITA) (1981)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)													<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>					
date	08-Jun-17	time	6.60	10.88	15.36	20.00	24.68	29.56	34.32	39.16	44.40	49.68	55.83	1 / 8				
reaction time	0.170	interval	4.28	4.48	4.64	4.68	4.88	4.76	4.84	5.24	5.28	6.15			13.40	14.32	15.36	
		velocity	6.82	8.18	7.81	7.54	7.48	7.17	7.35	7.23	6.68	6.63	6.50	7.16	7.84	7.33	6.84	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19.5	178.5				

Carli, Sarah (AUS) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Repechage 3 - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>					
date	05-Aug-24	time	6.32	10.54	14.81	19.20	23.74	28.47	33.30	38.32	43.55	48.92	55.12	4 / 4				
reaction time	0.187	interval	4.22	4.27	4.39	4.54	4.73	4.83	5.02	5.23	5.37	6.20			12.88	14.10	15.62	
		velocity	7.12	8.29	8.20	7.97	7.71	7.40	7.25	6.97	6.69	6.52	6.45	7.26	8.15	7.45	6.72	
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21	187				

Heat 5 - 2024 Olympic Games (Paris, FRA)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 5 - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>					
date	04-Aug-24	time	6.41	10.57	14.79	19.13	23.71	28.44	33.45	38.63	43.92	49.37	55.92	7 / 6				
reaction time	0.306	interval	4.16	4.22	4.34	4.58	4.73	5.01	5.18	5.29	5.45	6.55			12.72	14.32	15.92	
		velocity	7.02	8.41	8.29	8.06	7.64	7.40	6.99	6.76	6.62	6.42	6.11	7.15	8.25	7.33	6.60	
H1 lead leg	L	strides	23	15	15	15	15	15	16	17	17	17	21	186				

FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	06-Aug-22	time	6.47	10.50	14.60	19.07	23.63	25.6	28.57	33.53	38.50	43.80	49.23	55.82	2 / 6			
reaction time	0.263	interval	4.03	4.10	4.47	4.56	4.94	4.96	4.97	5.30	5.43	6.59			12.60	14.46	15.70	
		velocity	6.96	8.68	8.54	7.83	7.68	7.81	7.09	7.06	7.04	6.60	6.45	6.07	7.17	8.33	7.26	6.69
H1 lead leg	L	strides	23	15	15	15	16	16	16	17	17	17	21	188				

Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)*Henson (2022) - Athlete First: 2022 year end hurdle report*

date	20-Jul-22	time	6.40	10.66	15.10	19.53	24.17	26.39	29.13	34.10	39.16	44.36	49.63	55.57	7 / 7				
reaction time	0.257	interval		4.26	4.44	4.43	4.64		4.96	4.97	5.06	5.20	5.27	5.94		13.13	14.57	15.53	
		velocity	7.03	8.22	7.88	7.90	7.54	7.58	7.06	7.04	6.92	6.73	6.64	6.73	7.20	8.00	7.21	6.76	
H1 lead leg	L	strides	23	15	15	15	16		16	16	17	17	17	19.7					
Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	19-Jul-22	time	6.53	10.90	15.43	19.93	24.73	26.74		34.50	39.53	44.70	49.90	55.89	4 / 3				
reaction time	0.279	interval		4.37	4.53	4.50	4.80		4.88	4.92	5.04	5.17	5.20	5.99		13.40	14.57	15.40	
		velocity	6.89	8.01	7.73	7.78	7.29	7.48		7.16	6.96	6.77	6.73	6.68	7.16	7.84	7.21	6.82	
H1 lead leg	L	strides	23	15	15	15	16		16	16	16	17	17	19.2					
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	02-Oct-19	time	6.36	10.52	14.80	19.24	23.88	26.76	33.68	38.72	44.00	49.36		55.43	2 / 7				
reaction time	0.167	interval		4.16	4.28	4.44	4.64		4.88	4.92	5.04	5.28	5.36	6.07	PB	12.88	14.44	15.68	
		velocity	7.08	8.41	8.18	7.88	7.54		7.17	7.11	6.94	6.63	6.53	6.59	7.22	8.15	7.27	6.70	
H1 lead leg	L	strides	23	15	15	15	15		16	16	16		17	20	168				
Carothers, Keina (JPN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2019 Kinami Memorial (Osaka, JPN)															<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>				
date	06-May-19	time	6.81	11.34	16.00	20.77	25.59		30.63	35.77	41.14	46.61	52.32		58.90	3 / 3			
reaction time		interval		4.53	4.66	4.77	4.82		5.04	5.14	5.37	5.47	5.71	6.58	PB	13.96	15.00	16.55	
		velocity	6.61	7.73	7.51	7.34	7.26		6.94	6.81	6.52	6.40	6.13	6.08	6.79	7.52	7.00	6.34	
H1 lead leg	R	strides		16	16	16	16		17	17	17	17	17	21.7	170.7				
Carter, Kori (USA) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	12-Jul-19	time	6.28	10.48	14.80	19.16	23.72	25.7		33.44	38.56	43.80	49.20		55.63	7 / 7			
reaction time	0.140	interval		4.20	4.32	4.36	4.56		4.92	5.12	5.24	5.40	6.43			12.88	14.28	15.76	
		velocity	7.17	8.33	8.10	8.03	7.68	7.78		7.20	6.84	6.68	6.48	6.22	7.19	8.15	7.35	6.66	
H1 lead leg	L	strides	23	15	15	15	15				17	17	17	20.2	154.2				
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	05-Jul-19	time	6.36	10.56	14.84	19.20	23.72	25.8	28.60	33.52	38.68	43.96	49.28		55.55	6 / 7			
reaction time	0.129	interval		4.20	4.28	4.36	4.52		4.88	4.92	5.16	5.28	5.32	6.27		12.84	14.32	15.76	
		velocity	7.08	8.33	8.18	8.03	7.74	7.75	7.17	7.11	6.78	6.63	6.58	6.38	7.20	8.18	7.33	6.66	
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	165					
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	13-Jun-19	time	6.24	10.28	14.40		23.08	25.0	27.76	32.80	38.00	43.44	49.12		55.67	3 / 4			
reaction time	0.137	interval		4.04	4.12		8.68		4.68	5.04	5.20	5.44	5.68	6.55				16.32	
		velocity	7.21	8.66	8.50		8.06	8.00	7.48	6.94	6.73	6.43	6.16	6.11	7.19	8.55	7.77	6.98	
H1 lead leg	L	strides	23	15	15				16	17	17	18	18	20.7	159.7				
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	06-Jun-19	time	6.32	10.36	14.60	18.92	23.44		28.12	33.00	38.08	43.20	48.56		55.09	2 / 4			
reaction time	0.153	interval		4.04	4.24	4.32	4.52		4.68	4.88	5.08	5.12	5.36	6.53		12.60	14.08	15.56	
		velocity	7.12	8.66	8.25	8.10	7.74		7.48	7.17	6.89	6.84	6.53	6.13	7.26	8.33	7.46	6.75	
H1 lead leg	L	strides	23	15	16	16	16		16	16	17	17	18	21	191				
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	10-Aug-17	time	6.20	10.28	14.28	18.48	22.92		27.32	32.00	36.92	41.92	47.04		53.07	9 / 1			
reaction time	0.151	interval		4.08	4.00	4.20	4.44		4.40	4.68	4.92	5.00	5.12	6.03		12.28	13.52	15.04	
		velocity	7.26	8.58	8.75	8.33	7.88		7.95	7.48	7.11	7.00	6.84	6.63	7.54	8.55	7.77	6.98	
H1 lead leg	L	strides	24	15	15	15	16		16	16	17	17	17	20	188				
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	21-Jul-17	time	6.20	10.32	14.48	18.68	23.04		27.52	32.36	37.12	42.12	47.24		53.36	6 / 1			
reaction time	0.142	interval		4.12	4.16	4.20	4.36		4.48	4.84	4.76	5.00	5.12	6.12		12.48	13.68	14.88	
		velocity	7.26	8.50	8.41	8.33	8.03		7.81	7.23	7.35	7.00	6.84	6.54	7.50	8.41	7.68	7.06	
H1 lead leg	L	strides	24	15	15	15	15		15	16	16	16	16	19.2	182.2				
FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)															<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>				
date	25-Jun-17	time	6.34	10.31	14.25	18.28	22.49		27.09	32.13	37.10	42.04	47.08		52.95	7 / 3			
reaction time	0.244	interval		3.97	3.94	4.03	4.21		4.60	5.04	4.97	4.94	5.04	5.87	PB	11.94	13.85	14.95	
		velocity	7.10	8.82	8.88	8.68	8.31		7.61	6.94	7.04	7.09	6.94	6.81	7.55	8.79	7.58	7.02	
H1 lead leg	L	strides	24	15	15	15	115		17	17	17	17	17	20	289				
FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	27-May-17	time	6.43	10.66	14.96	19.36	24.06		28.83	33.56	38.36	43.46	48.66		54.98	8 / 7			
reaction time	0.280	interval		4.23	4.30	4.40	4.70		4.77	4.73	4.80	5.10	5.20	6.32		12.93	14.20	15.10	
		velocity	7.00	8.27	8.14	7.95	7.45		7.34	7.40	7.29	6.86	6.73	6.33	7.28	8.12	7.39	6.95	
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	16	16	19.7	183.7				
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	10-Jul-16	time	6.47	10.61	14.88	19.12	23.46		28.03	32.73	37.64	42.81	48.18		54.47	3 / 4			
reaction time	0.192	interval		4.14	4.27	4.24	4.34		4.57	4.70	4.91	5.17	5.37	6.29		12.65	13.61	15.45	
		velocity	6.96	8.45	8.20	8.25	8.06		7.66	7.45	7.13	6.77	6.52	6.36	7.34	8.30	7.71	6.80	

H1 lead leg	L	strides	24	15	15	15	15	16	16	16	17	17	21	187						
Cavalleri, Valentina (ITA) (1995)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis)																				
<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																				
date	15-Sep-20	time	6.76	11.20	15.88		30.42	35.32		46.08	51.60		57.80	1 / 6						
reaction time		interval	4.44	4.68			14.54	4.90		10.76	5.52	6.20							16.28	
		velocity	6.66	7.88	7.48		7.22	7.14		6.51	6.34	6.45	6.92						6.45	
H1 lead leg	L	strides	23	16	16			16			17	20.5	108.5							
Cazier, Marie-Christine (FRA) (1963)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 1990 Résisprint International (La Chaux-de-Ford, FRA)																				
<i>Veney - split times from PJ</i>																				
date	19-Aug-90	time	6.55	10.70	15.10	19.50	24.10	28.80	33.75	38.90	44.15	49.55	55.50	1 / 1						
reaction time		interval	4.15	4.40	4.40	4.60	4.70	4.95	5.15	5.25	5.40	5.95	PB		12.95	14.25	15.80			
		velocity	6.87	8.43	7.95	7.95	7.61	7.45	7.07	6.80	6.67	6.48	6.72	7.21	8.11	7.37	6.65			
H1 lead leg		strides	15	15	15	15	15	15	16	16	17	17	141							
FINAL - 1990 Eight Nations (Milano, ITA)																				
<i>Veney - split times from PJ</i>																				
date	05-Jun-90	time	6.0	10.1	14.3	18.7	23.2	28.2	33.6	39.6	45.0	51.1	58.63	1 / 7						
reaction time		interval	4.08	4.23	4.36	4.54	5.02	5.36	6.00	5.36	6.15	7.53			12.67	14.92	17.51			
		velocity	7.50	8.58	8.27	8.03	7.71	6.97	6.53	5.83	6.53	5.69	5.31	6.82	8.29	7.04	6.00			
H1 lead leg		strides																		
Chaboudez, Aurelie (FRA) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																				
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																				
date	21-Jul-17	time	6.40	10.64		19.68	24.44		34.24	39.44	44.84	50.64	57.32	1 / 7						
reaction time	0.202	interval	4.24		9.04	4.76		9.80	5.20	5.40	5.80	6.68			13.28	14.56	16.40			
		velocity	7.03	8.25	7.74	7.35		7.14	6.73	6.48	6.03	5.99	6.98		7.91	7.21	6.40			
H1 lead leg	L	strides	24	16		16			17	17	18	18	108							
Chen Dongmei (CHN) (1963)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 1990 Asian Games Test (Beijing, CHN)																				
<i>Fan (1992) - implementing Chen Dongmei's four-year training plan: regularities of 400m hurdles</i>																				
date	24-Jun-90	time	6.40	10.86	15.07	19.46	23.92	28.82	33.50	38.58	43.84	49.19	55.68	1 / 2						
reaction time		interval	4.46	4.21	4.39	4.46	4.90	4.68	5.08	5.26	5.35	6.49			13.06	14.04	15.69			
		velocity	7.03	7.85	8.31	7.97	7.85	7.14	7.48	6.89	6.65	6.54	6.16	7.18	8.04	7.48	6.69			
H1 lead leg		strides	23	16	16	16	16	17	17	17	17	18	22	195						
FINAL - 1989 ??? (???)																				
<i>Fan (1992) - implementing Chen Dongmei's four-year training plan: regularities of 400m hurdles</i>																				
date	???	time	6.63	11.17	15.75	20.48	25.14	30.16	35.01	40.09	45.32	50.48	56.63	???						
reaction time		interval	4.54	4.58	4.73	4.66	5.02	4.85	5.08	5.23	5.16	6.15	NR		13.85	14.53	15.47			
		velocity	6.79	7.71	7.64	7.40	7.51	6.97	7.22	6.89	6.69	6.78	6.50	7.06	7.58	7.23	6.79			
H1 lead leg		strides	24	17	17	17	17	17	17	17	18	17	22	200						
Chen Juying (CHN) (1963)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 1990 Asian Games Test (Beijing, CHN)																				
<i>Guo (2007) - study on relationship between the rhythm and performance of 400m hurdles</i>																				
date	24-Jun-90	time	6.56	10.82	15.19	19.71	24.30	29.02	33.87	38.89	44.05	49.28	55.12	1 / 1						
reaction time		interval	4.26	4.37	4.52	4.59	4.72	4.85	5.02	5.16	5.23	5.84			13.15	14.16	15.41			
		velocity	6.86	8.22	8.01	7.74	7.63	7.42	7.22	6.97	6.78	6.69	6.85	7.26	7.98	7.42	6.81			
H1 lead leg		strides	23	15	15	15	15	15	15	15	17	17	162							
FINAL - 1987 ??? (???)																				
<i>Cui (2008) - research on the rhythm characteristics of outstanding female 400m hurdlers in China</i>																				
date	???	time	6.80	11.25	15.61	20.12	24.72	29.50	34.53	39.80	45.15	50.48	56.78	???						
reaction time		interval	4.45	4.36	4.51	4.60	4.78	5.03	5.27	5.35	5.33	6.30			13.32	14.41	15.95			
		velocity	6.62	7.87	8.03	7.76	7.61	7.32	6.96	6.64	6.54	6.57	6.35	7.04	7.88	7.29	6.58			
H1 lead leg		strides	23	15	15	15	15	15	17	17	17	17	22	188						
Chen Leyi (CHN) (2003)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)																				
<i>CAA Hurdle Development (2021)</i>																				
date	25-Apr-21	time	7.10	11.81	16.77	22.02	27.46	33.06	38.92	44.80	50.68	56.64	63.15	6 / 3						
reaction time	0.339	interval	4.71	4.96	5.25	5.44	5.60	5.86	5.88	5.88	5.96	6.51			14.92	16.90	17.72			
		velocity	6.34	7.43	7.06	6.67	6.43	6.25	5.97	5.95	5.95	5.87	6.14	6.33	7.04	6.21	5.93			
H1 lead leg	L	strides	25	17	17	18	18	18	19	19	19	19	22	211						
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																				
<i>CAA Hurdle Development (2019)</i>																				
date	17-Aug-19	time	7.24	11.94	16.80	21.76	26.82	32.20	37.70	43.48	49.40	55.42	62.45	4 / 3						
reaction time	0.397	interval	4.70	4.86	4.96	5.06	5.38	5.50	5.78	5.92	6.02	7.03			14.52	15.94	17.72			
		velocity	6.22	7.45	7.20	7.06	6.92	6.51	6.36	6.06	5.91	5.81	5.69	6.41	7.23	6.59	5.93			
H1 lead leg	R	strides	26	17	17	17	17	18	18	19	19	19	23	210						
Chen Lin (CHN) (2004)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)																				
<i>CAA Hurdle Development (2021)</i>																				
date	20-May-21	time	7.47	12.33	17.33	22.42	27.66	33.23	38.94	44.79	50.85		64.20	8 / 7						
reaction time	0.243	interval	4.86	5.00	5.09	5.24	5.57	5.71	5.85	6.06					14.95	16.52				
		velocity	6.02	7.20	7.00	6.88	6.68	6.28	6.13	5.98	5.78		6.23		7.02	6.36				
H1 lead leg	R	strides	25	17	17	17	17	18	18	18	19		166							
FINAL - 2021 National Grand Prix (Chengdu, CHN)																				
<i>CAA Hurdle Development (2021)</i>																				
date	02-Apr-21	time	6.95	11.63	16.46	21.46	26.56	31.77	37.29	42.87	48.52	54.17	60.69	3 / 1						

reaction time	0.207	interval	4.68	4.83	5.00	5.10		5.21	5.52	5.58	5.65	5.65	6.52			14.51	15.83	16.88	
		velocity	6.47	7.48	7.25	7.00	6.86	6.72	6.34	6.27	6.19	6.19	6.13	6.59		7.24	6.63	6.22	
H1 lead leg	L	strides	24	17	17	17	17	17	18	18	18	18	22	203					
Chen Liying (CHN) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																			
<i>CAA Hurdle Development (2021)</i>																			
date	26-Jun-21	time	6.86	11.40	16.06	20.84	25.74		30.88	36.24	41.66	47.36	53.36		59.94	6 / 6			
reaction time	0.202	interval	4.54	4.66	4.78	4.90		5.14	5.36	5.42	5.70	6.00	6.58				13.98	15.40	17.12
		velocity	6.56	7.71	7.51	7.32	7.14		6.81	6.53	6.46	6.14	5.83	6.08	6.67		7.51	6.82	6.13
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	19	21.7	197.7				
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)																			
<i>CAA Hurdle Development (2021)</i>																			
date	26-Jun-21	time	6.79	11.33	15.99	20.74	25.59		30.64	35.88	41.26	46.81	52.70		59.20	7 / 2			
reaction time	0.208	interval	4.54	4.66	4.75	4.85		5.05	5.24	5.38	5.55	5.89	6.50	PB			13.95	15.14	16.82
		velocity	6.63	7.71	7.51	7.37	7.22		6.93	6.68	6.51	6.31	5.94	6.15	6.76		7.53	6.94	6.24
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	19	21.7	197.7				
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)																			
<i>CAA Hurdle Development (2021)</i>																			
date	13-Jun-21	time	6.56	10.98	15.70	20.62	25.71		30.86	36.29	41.91	47.96	54.22		61.27	2 / 7			
reaction time	0.168	interval	4.42	4.72	4.92	5.09		5.15	5.43	5.62	6.05	6.26	7.05				14.06	15.67	17.93
		velocity	6.86	7.92	7.42	7.11	6.88		6.80	6.45	6.23	5.79	5.59	5.67	6.53		7.47	6.70	5.86
H1 lead leg	R	strides	23	15	16	16	17		17	17	18	19	19	22	199				
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																			
<i>CAA Hurdle Development (2021)</i>																			
date	25-Apr-21	time	6.96	11.72	16.48	21.38	26.42		31.76	37.34	43.16	49.18	55.12		61.86	9 / 7			
reaction time	0.199	interval	4.76	4.76	4.90	5.04		5.34	5.58	5.82	6.02	5.94	6.74				14.42	15.96	17.78
		velocity	6.47	7.35	7.35	7.14	6.94		6.55	6.27	6.01	5.81	5.89	5.93	6.47		7.28	6.58	5.91
H1 lead leg	R	strides	24	16	16	16	16		17	17	18	18	19	21.5	198.5				
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)																			
<i>CAA Hurdle Development (2021)</i>																			
date	25-Apr-21	time	6.87	11.41	16.10	20.84	25.74		30.85	36.10	41.61	47.63	53.75		60.55	3 / 3			
reaction time	0.214	interval	4.54	4.69	4.74	4.90		5.11	5.25	5.51	6.02	6.12	6.80				13.97	15.26	17.65
		velocity	6.55	7.71	7.46	7.38	7.14		6.85	6.67	6.35	5.81	5.72	5.88	6.61		7.52	6.88	5.95
H1 lead leg	R	strides	24	16	16	16	16		17	17	18	19	19	22	200				
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)																			
<i>CAA Hurdle Development (2020)</i>																			
date	17-Sep-20	time	6.75	11.25	16.00	20.83		30.96	36.33	42.21	48.12	54.25		61.14	2 / 6				
reaction time		interval	4.50	4.75	4.83			30.96	5.37	5.88	5.91	6.13	6.89				14.08	15.50	17.92
		velocity	6.67	7.78	7.37	7.25		1.13	6.52	5.95	5.92	5.71	5.81	6.54			7.46	6.77	5.86
H1 lead leg	R	strides	14		16				18	19	18	19	22	126					
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																			
<i>CAA Hurdle Development (2019)</i>																			
date	22-Aug-19	time	6.96	11.56	16.34	21.28	26.36		31.50	36.99	42.94	48.98	55.14		62.07	9 / 5			
reaction time	0.226	interval	4.60	4.78	4.94	5.08		5.14	5.49	5.95	6.04	6.16	6.93				14.32	15.71	18.15
		velocity	6.47	7.61	7.32	7.09	6.89		6.81	6.38	5.88	5.79	5.68	5.77	6.44		7.33	6.68	5.79
H1 lead leg	R	strides	24	18	17	17	17		17	18	19	19	19	22	207				
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)																			
<i>CAA Hurdle Development (2019)</i>																			
date	03-Aug-19	time	6.84	11.45	16.07	20.82	25.68		30.76	36.07	41.54	47.29	53.34		60.13	4 / 6			
reaction time	0.185	interval	4.61	4.62	4.75	4.86		5.08	5.31	5.47	5.75	6.05	6.79	PB			13.98	15.25	17.27
		velocity	6.58	7.59	7.58	7.37	7.20		6.89	6.59	6.40	6.09	5.79	5.89	6.65		7.51	6.89	6.08
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	19	22.2	198.2				
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)																			
<i>CAA Hurdle Development (2019)</i>																			
date	03-Aug-19	time	6.92	11.63	16.31	21.08	25.93		31.08	36.52	42.07	47.70	53.55		60.34	1 / 2			
reaction time	0.193	interval	4.71	4.68	4.77	4.85		5.15	5.44	5.55	5.63	5.85	6.79				14.16	15.44	17.03
		velocity	6.50	7.43	7.48	7.34	7.22		6.80	6.43	6.31	6.22	5.98	5.89	6.63		7.42	6.80	6.17
H1 lead leg	R	strides	24	16	16	16	16		17	18	18	18	18	22	199				
Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)																			
<i>CAA Hurdle Development (2019)</i>																			
date	09-Jul-19	time	6.90	11.48	16.13	20.83	25.66		30.69	35.94	41.41	47.16	53.37		60.26	6 / 3			
reaction time	0.194	interval	4.58	4.65	4.70	4.83		5.03	5.25	5.47	5.75	6.21	6.89	PB			13.93	15.11	17.43
		velocity	6.52	7.64	7.53	7.45	7.25		6.96	6.67	6.40	6.09	5.64	5.81	6.64		7.54	6.95	6.02
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	20	22.5	199.5				
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)																			
<i>CAA Hurdle Development (2019)</i>																			
date	29-May-19	time	7.05	11.61	16.28	20.95	25.79		30.88	36.28	42.01	47.86	53.95		60.83	7 / 4			
reaction time		interval	4.56	4.67	4.67	4.84		5.09	5.40	5.73	5.85	6.09	6.88				13.90	15.33	17.67
		velocity	6.38	7.68	7.49	7.49	7.23		6.88	6.48	6.11	5.98	5.75	5.81	6.58		7.55	6.85	5.94
H1 lead leg	L	strides	24	16	16	16	16		17	17	19	18	19	22	200				
Heat 5 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			
<i>CAA Hurdle Development (2019)</i>																			
date	07-Apr-19	time	7.05	11.75	16.43	21.19	26.06		31.21	36.47	41.92	47.80	54.04		61.01	8 / 3			
reaction time	0.194	interval	4.70	4.68	4.76	4.87		5.15	5.26	5.45	5.88	6.24	6.97				14.14	15.28	17.57
		velocity	6.38	7.45	7.48	7.35	7.19		6.80	6.65	6.42	5.95	5.61	5.74	6.56		7.43	6.87	5.98
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	20	23	200				

Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)*Henson (2018) - coaching observations*

date	15-Sep-18	time	7.00	11.60	16.32	21.17	26.34		31.59	36.97	42.63	48.34	54.28		61.00	4 / 4			
reaction time		interval		4.60	4.72	4.85	5.17		5.25	5.38	5.66	5.71	5.94	6.72			14.17	15.80	17.31
		velocity	6.43	7.61	7.42	7.22	6.77		6.67	6.51	6.18	6.13	5.89	5.95	6.56		7.41	6.65	6.07
H1 lead leg	L	strides	24	16	16	17	17		17	17	18	18	19	22	201				

Chen Qian (CHN) (2002)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)***CAA Hurdle Development (2019)*

date	17-Aug-19	time	7.22	12.06	17.00	21.96	27.12		32.46	38.22	44.30	50.64	57.20		65.02	2 / 6			
reaction time	0.144	interval		4.84	4.94	4.96	5.16		5.34	5.76	6.08	6.34	6.56	7.82			14.74	16.26	18.98
		velocity	6.23	7.23	7.09	7.06	6.78		6.55	6.08	5.76	5.52	5.34	5.12	6.15		7.12	6.46	5.53
H1 lead leg	L	strides	24	17	17	17	17		17	18	19	20	20	24	210				

Chen Zhuo (CHN) (2001)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)***CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.91	11.46	16.18	21.12	26.29		31.68	37.34	43.07	49.08	55.30		62.52	2 / 7			
reaction time	0.208	interval		4.55	4.72	4.94	5.17		5.39	5.66	5.73	6.01	6.22	7.22			14.21	16.22	17.96
		velocity	6.51	7.69	7.42	7.09	6.77		6.49	6.18	6.11	5.82	5.63	5.54	6.40		7.39	6.47	5.85
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	22	197				

Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)*CAA Hurdle Development (2021)*

date	25-Apr-21	time	7.02	11.61	16.22	20.97	25.99		31.35	36.87	42.73	48.82	55.04		62.21	6 / 4			
reaction time	0.247	interval		4.59	4.61	4.75	5.02		5.36	5.52	5.86	6.09	6.22	7.17			13.95	15.90	18.17
		velocity	6.41	7.63	7.59	7.37	6.97		6.53	6.34	5.97	5.75	5.63	5.58	6.43		7.53	6.60	5.78
H1 lead leg	L	strides	24	16	16	16	16		17	17	18	18	19	22	199				

Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)*CAA Hurdle Development (2019)*

date	22-Aug-19	time	7.12	11.95	16.88	22.01	27.36		32.90	38.82	44.90	51.17	57.49		64.44	3 / 6			
reaction time	0.223	interval		4.83	4.93	5.13	5.35		5.54	5.92	6.08	6.27	6.32	6.95			14.89	16.81	18.67
		velocity	6.32	7.25	7.10	6.82	6.54		6.32	5.91	5.76	5.58	5.54	5.76	6.21		7.05	6.25	5.62
H1 lead leg	L	strides	23	17	17	17	17		17	18	18	19	19	22	204				

U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)*CAA Hurdle Development (2019)*

date	17-Aug-19	time	7.08	11.80	16.66	21.82	27.34		33.06	39.12	45.38	51.74	58.22		65.23	2 / 7			
reaction time	0.198	interval		4.72	4.86	5.16	5.52		5.72	6.06	6.26	6.36	6.48	7.01			14.74	17.30	19.10
		velocity	6.36	7.42	7.20	6.78	6.34		6.12	5.78	5.59	5.50	5.40	5.71	6.13		7.12	6.07	5.50
H1 lead leg	L	strides	23	16	16	16	17		17	18	18	19	19	22	201				

U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)*CAA Hurdle Development (2019)*

date	17-Aug-19	time	6.88	11.64	16.52	21.50	26.68		32.10	37.80	43.72	49.94	56.24		63.25	3 / 4			
reaction time	0.172	interval		4.76	4.88	4.98	5.18		5.42	5.70	5.92	6.22	6.30	7.01			14.62	16.30	18.44
		velocity	6.54	7.35	7.17	7.03	6.76		6.46	6.14	5.91	5.63	5.56	5.71	6.32		7.18	6.44	5.69
H1 lead leg	L	strides	23	17	17	17	17		17	17	17	18	19	21.5	200.5				

Chiba, Shiori (JPN)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)***Takashima (2023) - national high school sports festival - biomechanics data*

date	04-Aug-23	time	6.92	11.46	16.12	20.92	25.76		30.71	35.80	40.97	46.30	51.67		57.85	5 / 2			
reaction time	0.252	interval		4.54	4.66	4.80	4.84		4.95	5.09	5.17	5.33	5.37	6.18			14.00	14.88	15.87
		velocity	6.50	7.71	7.51	7.29	7.23		7.07	6.88	6.77	6.57	6.52	6.47	6.91		7.50	7.06	6.62
H1 lead leg		strides	23	16	16	16	16		16	16	17	17	17	22	192				

Cho, Stephanie (CAN) (1997)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)***Henson (2021) - Athlete First: 2021 year end hurdle report*

date	12-Jun-21	time	6.67	15.63	20.30	25.17				40.73	46.07				57.48	1 / 8			
reaction time	0.298	interval		8.96	4.67	4.87				15.56	5.34			PB			13.63		
		velocity	6.75	7.81	7.49	7.19				6.75	6.55				6.96		7.70		
H1 lead leg	R	strides	22		15	15					16				68				

Churakova, Yelena (RUS) (1986)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2011 IAAF World Championships (Daegu, KOR)***Behm (2011) - Le quatrache: Démus enfin!*

date	01-Sep-11	time	6.4	10.7	15.2	19.6	24.1		28.8	33.6	38.6				55.31	7 / 8			
reaction time	0.173	interval		4.30	4.50	4.40	4.50		4.70	4.80	5.00						13.20	14.00	
		velocity	7.03	8.14	7.78	7.95	7.78		7.45	7.29	7.00				7.23		7.95	7.50	
H1 lead leg	R	strides	22	15	15	16	15		15	15	15				128				

Claes, Hanne (BEL) (1991)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Semi-Final 2 - 2024 Olympic Games (Paris, FRA)***Paris 2024 Olympic Games - Results Book (2024)*

date	06-Aug-24	time	6.33	10.44	14.69	18.97	23.39		27.96	32.80	37.83	43.23	49.12		55.96	9 / 8			
reaction time	0.188	interval		4.11	4.25	4.28	4.42		4.57	4.84	5.03	5.40	5.89	6.84			12.64	13.83	16.32
		velocity	7.11	8.52	8.24	8.18	7.92		7.66	7.23	6.96	6.48	5.94	5.85	7.15		8.31	7.59	6.43
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	18	19		168				

Heat 4 - 2024 Olympic Games (Paris, FRA)*Paris 2024 Olympic Games - Results Book (2024)*

date	04-Aug-24	time	6.38	10.50	14.81	19.16	23.59		28.15	33.10	38.16	43.31	48.59		54.80	9 / 4			
reaction time	0.186	interval		4.12	4.31	4.35	4.43		4.56	4.95	5.06	5.15	5.28	6.21			12.78	13.94	15.49
		velocity	7.05	8.50	8.12	8.05	7.90		7.68	7.07	6.92	6.80	6.63	6.44	7.30		8.22	7.53	6.78
H1 lead leg	R	strides	23	15	15	15	15		16	17	17	17	17	21	188				

Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)										<i>European Athletics (2024) - 2024 european athletics championships - results book</i>							
date	10-Jun-24	time	6.44	10.65	14.95	19.31	23.84	28.46	33.24	38.33	43.55	49.02	55.36	5 / 6			
reaction time	0.222	interval		4.21	4.30	4.36	4.53	4.62	4.78	5.09	5.22	5.47	6.34	12.87	13.93	15.78	
		velocity	6.99	8.31	8.14	8.03	7.73	7.58	7.32	6.88	6.70	6.40	6.31	7.23	8.16	7.54	6.65
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	17	17	21	186			

FINAL - 2023 Memorial van Damme (Brussels, BEL)										<i>Omega Timing (2023) - diamond league race analysis</i>							
date	08-Sep-23	time	6.37	10.45	14.70	19.07	23.57	28.22	33.11	38.19	43.37	48.70	54.95	4 / 7			
reaction time	0.205	interval		4.08	4.25	4.37	4.50	4.65	4.89	5.08	5.18	5.33	6.25	12.70	14.04	15.59	
		velocity	7.06	8.58	8.24	8.01	7.78	7.53	7.16	6.89	6.76	6.57	6.40	7.28	8.27	7.48	6.74
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	17	17	21	185			

Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)										<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>						
date	22-Aug-23	time	6.34	10.34	14.48	18.72	23.15	27.91	32.84	38.10	43.51	49.25	56.06	9 / 7		
reaction time	0.208	interval		4.00	4.14	4.24	4.43	4.76	4.93	5.00	5.24	5.47	6.44	12.38	14.12	16.41
		velocity	7.10	8.75	8.45	8.25	7.90	7.35	7.10	6.56	6.10	5.87	7.14	8.48	7.44	6.40
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	18	21	170			

Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)										<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>						
date	21-Aug-23	time	6.43	10.76	15.16	19.43	23.96	29.10	34.10	39.10	44.10	49.10	55.13	1 / 3		
reaction time	0.193	interval		4.33	4.40	4.27	4.53	4.68	4.92	5.00	5.30	5.97	7.26	13.00		
		velocity	7.00	8.08	7.95	8.20	7.73	7.15	6.70	6.60	6.70	6.70	7.26	8.08		
H1 lead leg	R	strides	23	15	15	15	15	15	15	17	17	20.5	137.5			

Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)										<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>						
date	02-Oct-19	time	6.34	10.47	14.71	19.07	23.56	28.22	33.10	38.10	43.34	48.81	55.25	3 / 5		
reaction time	0.159	interval		4.13	4.24	4.24	4.85	4.95	5.00	5.24	5.47	6.44	7.24	15.71		
		velocity	7.10	8.47	8.25	7.91	7.34	7.00	6.68	6.40	6.21	7.24	8.08	6.68		
H1 lead leg	R	strides	23	15	15	15	15	15	15	17	17	21	108			

Claxton, Grace (PUR) (1993)										<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>							
Repechage 1 - 2024 Olympic Games (Paris, FRA)										<i>Paris 2024 Olympic Games - Results Book (2024)</i>							
date	05-Aug-24	time	6.39	10.60	14.88	19.28	23.86	28.49	33.39	38.56	43.92	49.48	55.94	6 / 4			
reaction time	0.209	interval		4.21	4.28	4.40	4.58	4.63	4.90	5.17	5.36	5.56	6.46	12.89	14.11	16.09	
		velocity	7.04	8.31	8.18	7.95	7.64	7.56	7.14	6.77	6.53	6.29	6.19	7.15	8.15	7.44	6.53
H1 lead leg	R	strides	24	16	16	16	16	16	17	17	18	18	22	196			

Heat 4 - 2024 Olympic Games (Paris, FRA)										<i>Paris 2024 Olympic Games - Results Book (2024)</i>							
date	04-Aug-24	time	6.46	10.82	15.26	19.76	24.34	29.09	34.08	39.16	44.48	49.85	56.29	3 / 6			
reaction time	0.210	interval		4.36	4.44	4.50	4.58	4.75	4.99	5.08	5.32	5.37	6.44	13.30	14.32	15.77	
		velocity	6.97	8.03	7.88	7.78	7.64	7.37	7.01	6.89	6.58	6.52	6.21	7.11	7.89	7.33	6.66
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	17	18	174				

Clayton, Rushell (JAM) (1992)										<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>							
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)										<i>Omega Timing (2024) - diamond league race analysis</i>							
date	25-Aug-24	time	6.21	10.11	14.11	18.28	22.61	27.15	31.97	37.00	42.00	47.02	53.11	7 / 3			
reaction time	0.131	interval		3.90	4.00	4.17	4.33	4.54	4.82	5.03	5.00	5.02	6.09	12.07	13.69	15.05	
		velocity	7.25	8.97	8.75	8.39	8.08	7.71	7.26	6.96	7.00	6.97	6.57	7.53	8.70	7.67	6.98
H1 lead leg	L	strides	22	14	14	14	14	15	15	16	16	16	19	175			

FINAL - 2024 Athletissima (Lausanne, SUI)										<i>Omega Timing (2024) - diamond league race analysis</i>							
date	22-Aug-24	time	6.15	10.03	14.05	18.15	22.45	27.04	31.72	36.55	41.63	46.89	53.32	4 / 2			
reaction time	0.159	interval		3.88	4.02	4.10	4.30	4.59	4.68	4.83	5.08	5.26	6.43	12.00	13.57	15.17	
		velocity	7.32	9.02	8.71	8.54	8.14	7.63	7.48	7.25	6.89	6.65	6.22	7.50	8.75	7.74	6.92
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	16	16	19	174			

FINAL - 2024 Olympic Games (Paris, FRA)										<i>Paris 2024 Olympic Games - Results Book (2024)</i>							
date	08-Aug-24	time	6.19	10.08	14.07	18.20	22.42	26.81	31.41	36.22	41.20	46.42	52.68	8 / 5			
reaction time	0.142	interval		3.89	3.99	4.13	4.22	4.39	4.60	4.81	4.98	5.22	6.26	12.01	13.21	15.01	
		velocity	7.27	9.00	8.77	8.47	8.29	7.97	7.61	7.28	7.03	6.70	6.39	7.59	8.74	7.95	7.00
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	16	16	19	158			

Semi-Final 1 - 2024 Olympic Games (Paris, FRA)										<i>Paris 2024 Olympic Games - Results Book (2024)</i>							
date	06-Aug-24	time	6.13	10.02	14.02	18.11	22.33	26.78	31.48	36.37	41.51	46.79	53.00	5 / 1			
reaction time	0.152	interval		3.89	4.00	4.09	4.22	4.45	4.70	4.89	5.14	5.28	6.21	11.98	13.37	15.31	
		velocity	7.34	9.00	8.75	8.56	8.29	7.87	7.45	7.16	6.81	6.63	6.44	7.55	8.76	7.85	6.86
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	16	16	19	174			

Heat 1 - 2024 Olympic Games (Paris, FRA)										<i>Paris 2024 Olympic Games - Results Book (2024)</i>							
date	04-Aug-24	time	6.15	10.11	14.19	18.38	22.84	27.61	32.54	37.60	42.81	47.98	54.32	7 / 1			
reaction time	0.148	interval		3.96	4.08	4.19	4.46	4.77	4.93	5.06	5.21	5.17	6.34	12.23	14.16	15.44	
		velocity	7.32	8.84	8.58	8.35	7.85	7.34	7.10	6.92	6.72	6.77	6.31	7.36	8.59	7.42	6.80
H1 lead leg	L	strides	22	14	14	14	15	15	15	15	15	16	19	174			

FINAL - 2024 London Athletics Meet (London, GBR)										<i>Omega Timing (2024) - diamond league race analysis</i>						
date	20-Jul-24	time	6.25	10.18	14.20	18.30	22.55	27.07	31.78	36.64	41.70	46.93	53.24	4 / 3		

reaction time	0.132	interval	3.93	4.02	4.10	4.25	4.52	4.71	4.86	5.06	5.23	6.31	12.05	13.48	15.15		
		velocity	7.20	8.91	8.71	8.54	8.24	7.74	7.43	7.20	6.92	6.69	6.34	7.51	8.71	7.79	6.93
H1 lead leg	L	strides	22	14	14	14	14	15	15	15		19	142				
FINAL - 2024 Bauhaus Galan (Stockholm, SWE)													<i>Omega Timing (2024) - diamond league race analysis</i>				
date	02-Jun-24	time	6.26	10.19	14.21	18.30	22.55	27.08	31.93	37.09	42.30	47.56	53.78	6 / 2			
reaction time	0.142	interval	3.93	4.02	4.09	4.25	4.53	4.85	5.16	5.21	5.26	6.22		12.04	13.63	15.63	
		velocity	7.19	8.91	8.71	8.56	8.24	7.73	7.22	6.78	6.72	6.65	6.43	7.44	8.72	7.70	6.72
H1 lead leg	L	strides	22	14	14	14	14	15	16	16	16	16	19	176			
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)													<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	30-May-24	time	6.29	10.32	14.35	18.52	22.82	27.46	32.23	37.31	42.42	47.77	54.02	5 / 2			
reaction time	0.147	interval	4.03	4.03	4.17	4.30	4.64	4.77	5.08	5.11	5.35	6.25		12.23	13.71	15.54	
		velocity	7.15	8.68	8.68	8.39	8.14	7.54	7.34	6.89	6.85	6.54	6.40	7.40	8.59	7.66	6.76
H1 lead leg	L	strides	22	14	14	14	14	15	15	16	16	16	19.2	175.2			
FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)													<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	19-May-24	time	6.34	10.16	14.23	18.36	22.78	27.36	32.18	37.27	42.55	47.93	53.98	6 / 1			
reaction time	0.158	interval	3.82	4.07	4.13	4.42	4.67	4.82	5.09	5.28	5.38	6.05		12.02	13.82	15.75	
		velocity	7.10	9.16	8.60	8.47	7.92	7.54	7.26	6.88	6.63	6.51	6.61	7.41	8.74	7.60	6.67
H1 lead leg	L	strides	22	14	14	14	15	15	15	16	16	16	19.2	176.2			
FINAL - 2023 Prefontaine Classic (Eugene, OR)													<i>Omega Timing (2023) - diamond league race analysis</i>				
date	17-Sep-23	time	6.25	10.22	14.25	18.43	22.88	27.51	32.30	37.29	42.36	47.53	53.56	7 / 3			
reaction time	0.138	interval	3.97	4.03	4.18	4.45	4.63	4.79	4.99	5.07	5.17	6.03		12.18	13.87	15.23	
		velocity	7.20	8.82	8.68	8.37	7.87	7.56	7.31	7.01	6.90	6.77	6.63	7.47	8.62	7.57	6.89
H1 lead leg	L	strides	22	14	14	14	14	15	16	16	16	16	19	176			
FINAL - 2023 Memorial van Damme (Brussels, BEL)													<i>Omega Timing (2023) - diamond league race analysis</i>				
date	08-Sep-23	time	6.19	10.12	14.19	18.38	22.77	27.44	32.25	37.17	42.32	47.77	54.10	6 / 3			
reaction time	0.141	interval	3.93	4.07	4.19	4.39	4.67	4.81	4.92	5.15	5.45	6.33		12.19	13.87	15.52	
		velocity	7.27	8.91	8.60	8.35	7.97	7.49	7.28	7.11	6.80	6.42	6.32	7.39	8.61	7.57	6.77
H1 lead leg	L	strides	22	14	14	14	15	15	15	16	16	16	19.5	175.5			
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)													<i>Omega Timing (2023) - diamond league race analysis</i>				
date	02-Sep-23	time	6.30	10.30	14.40	18.60	22.90	27.50	32.20	37.10	42.20	47.40	53.56	5 / 1			
reaction time	0.138	interval	4.00	4.10	4.20	4.30	4.60	4.70	4.90	5.10	5.20	6.16		12.30	13.60	15.20	
		velocity	7.14	8.75	8.54	8.33	8.14	7.61	7.45	7.14	6.86	6.73	6.49	7.47	8.54	7.72	6.91
H1 lead leg	R	strides	23	14	15	15	15	15	15	16	16	16	19.2	179.2			
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	24-Aug-23	time	6.31	10.39	14.42	18.36	22.59	27.06	31.63	36.43	41.47	46.68	52.81	8 / 3			
reaction time	0.147	interval	4.08	4.03	3.94	4.23	4.47	4.57	4.80	5.04	5.21	6.13	PB	12.05	13.27	15.05	
		velocity	7.13	8.58	8.68	8.88	8.27	7.83	7.66	7.29	6.94	6.72	6.53	7.57	8.71	7.91	6.98
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	16	16	20	175			
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	22-Aug-23	time	6.34	10.44	14.51	18.48	22.72	27.23	31.90	36.73	41.86	47.19	53.30	5 / 1			
reaction time	0.190	interval	4.10	4.07	3.97	4.24	4.51	4.67	4.83	5.13	5.33	6.11	PB	12.14	13.42	15.29	
		velocity	7.10	8.54	8.60	8.82	8.25	7.76	7.49	7.25	6.82	6.57	6.55	7.50	8.65	7.82	6.87
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	16	16	19	174			
Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	21-Aug-23	time	6.28	10.27	14.42	18.69	23.12	27.72	32.46	37.36	42.43	47.75	53.97	3 / 4			
reaction time	0.156	interval	3.99	4.15	4.27	4.43	4.60	4.74	4.90	5.07	5.32	6.22		12.41	13.77	15.29	
		velocity	7.17	8.77	8.43	8.20	7.90	7.61	7.38	7.14	6.90	6.58	6.43	7.41	8.46	7.63	6.87
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	19	178			
FINAL - 2023 London Athletics Meet (London, GBR)													<i>Omega Timing (2023) - diamond league race analysis</i>				
date	23-Jul-23	time	6.28	10.27	14.42	18.69	23.12	27.72	32.46	37.36	42.43	47.75	53.97	3 / 4			
reaction time	0.131	interval	3.99	4.15	4.27	4.43	4.60	4.74	4.90	5.07	5.32	6.22		12.41	13.77	15.29	
		velocity	7.17	8.77	8.43	8.20	7.90	7.61	7.38	7.14	6.90	6.58	6.43	7.41	8.46	7.63	6.87
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	19	178			
FINAL - 2023 Bislett Games (Oslo, NOR)													<i>Omega Timing (2023) - diamond league race analysis</i>				
date	15-Jun-23	time	6.34	10.36	14.47	18.72	23.10	27.70	32.46	37.42	42.53	47.76	53.84	6 / 2			
reaction time	0.141	interval	4.02	4.11	4.25	4.38	4.60	4.76	4.96	5.11	5.23	6.08		12.38	13.74	15.30	
		velocity	7.10	8.71	8.52	8.24	7.99	7.61	7.35	7.06	6.85	6.69	6.58	7.43	8.48	7.64	6.86
H1 lead leg	L	strides	22	15	14	14	15	15	15	16	16	16	20	178			
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)													<i>Omega Timing (2023) - diamond league race analysis</i>				
date	02-Jun-23	time	6.38	10.55	14.82	19.13	23.62	28.21	33.05	38.04	43.26	48.53	54.71	5 / 6			
reaction time	0.133	interval	4.17	4.27	4.31	4.49	4.59	4.84	4.99	5.22	5.27	6.18		12.75	13.92	15.48	
		velocity	7.05	8.39	8.20	8.12	7.80	7.63	7.23	7.01	6.70	6.64	6.47	7.31	8.24	7.54	6.78
H1 lead leg	L	strides	23	15	14	14	15	15	15	16	16	16	19	178			
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)													<i>Omega Timing (2023) - diamond league race analysis</i>				

date	28-May-23	time	6.23	10.22	14.35	18.59	23.04		27.65	32.52	37.58	42.72	47.99		54.15	5 / 2			
reaction time	0.142	interval		3.99	4.13	4.24	4.45		4.61	4.87	5.06	5.14	5.27	6.16			12.36	13.93	15.47
		velocity	7.22	8.77	8.47	8.25	7.87		7.59	7.19	6.92	6.81	6.64	6.49	7.39		8.50	7.54	6.79
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19.2	181.2				
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)																	<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>		
date	08-Sep-22	time	6.34	10.44		18.85	23.25	25.11	27.79	32.60	37.47	42.84	48.15		54.25	7 / 5			
reaction time	0.148	interval		4.10		8.41	4.40		4.54	4.81	4.87	5.37	5.31	6.10			12.51	13.75	15.55
		velocity	7.10	8.54		8.32	7.95	7.96	7.71	7.28	7.19	6.52	6.59	6.56	7.37		8.39	7.64	6.75
H1 lead leg	R	strides	23	15		16			15	16	16	17	17	19.2	154.2				
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)																	<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>		
date	26-Aug-22	time	6.36	10.53	14.76	19.13	23.57		28.13	32.88	37.90	fell		dnf	6 / --				
reaction time	0.161	interval		4.17	4.23	4.37	4.44		4.56	4.75	5.02						12.77	13.75	
		velocity	7.08	8.39	8.27	8.01	7.88		7.68	7.37	6.97						8.22	7.64	
H1 lead leg	R	strides	22	15	15	15	15		15	15	16				128				
FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)																	<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>		
date	10-Aug-22	time	6.30	10.33	14.53	18.77	23.07	24.92	27.50	32.10	36.93	42.07	47.30		53.33	6 / 1			
reaction time	0.179	interval		4.03	4.20	4.24	4.30		4.43	4.60	4.83	5.14	5.23	6.03	PB		12.47	13.33	15.20
		velocity	7.14	8.68	8.33	8.25	8.14	8.03	7.90	7.61	7.25	6.81	6.69	6.63	7.50		8.42	7.88	6.91
H1 lead leg	L	strides	21	15	15	15	15		15	15	16	16	17	19.7	179.7				
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)																	<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>		
date	08-Aug-22	time	6.36	10.53	14.90	19.33	23.93		28.56	33.33	38.26	43.30	48.43		54.45	7 / 3			
reaction time	0.196	interval		4.17	4.37	4.43	4.60		4.63	4.77	4.93	5.04	5.13	6.02			12.97	14.00	15.10
		velocity	7.08	8.39	8.01	7.90	7.61		7.56	7.34	7.10	6.94	6.82	6.64	7.35		8.10	7.50	6.95
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16		145				
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)																	<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>		
date	06-Aug-22	time	6.36	10.46	14.40	18.63	23.00	25.0	27.77	32.43	37.20	42.40	47.83		54.67	5 / 4			
reaction time	0.147	interval		4.10	3.94	4.23	4.37		4.77	4.66	4.77	5.20	5.43	6.84			12.27	13.80	15.40
		velocity	7.08	8.54	8.88	8.27	8.01	8.00	7.74	7.51	7.34	6.73	6.45	5.85	7.32		8.56	7.61	6.82
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	20	181				
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																	<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>		
date	22-Jul-22	time	6.40	10.57	14.73	19.00	23.43	25.19		32.67	37.67	42.83	48.07		54.36	2 / 6			
reaction time	0.145	interval		4.17	4.16	4.27	4.43		9.24	5.00	5.16	5.24	6.29				12.60	13.67	15.40
		velocity	7.03	8.39	8.41	8.20	7.90	7.94		7.58	7.00	6.78	6.68	6.36	7.36		8.33	7.68	6.82
H1 lead leg	L	strides	22	15	15	15	15				16	16	16		130				
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																	<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>		
date	20-Jul-22	time	6.20	10.27	14.40	18.60	23.04	25.07	27.57	32.30	37.10	42.27	47.40		53.63	8 / 3			
reaction time	0.169	interval		4.07	4.13	4.20	4.44		4.53	4.73	4.80	5.17	5.13	6.23	PB		12.40	13.70	15.10
		velocity	7.26	8.60	8.47	8.33	7.88	7.98	7.73	7.40	7.29	6.77	6.82	6.42	7.46		8.47	7.66	6.95
H1 lead leg	L	strides	22	14	14	15	15		15	15	15	16	16	19.2	176.2				
Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																	<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>		
date	19-Jul-22	time	6.40	10.53	14.77	19.07	23.50	25.27	28.06		37.96	43.30	48.74		54.99	2 / 4			
reaction time	0.157	interval		4.13	4.24	4.30	4.43		4.56		9.90	5.34	5.44	6.25			12.67		
		velocity	7.03	8.47	8.25	8.14	7.90	7.91	7.68		7.07	6.55	6.43	6.40	7.27		8.29		
H1 lead leg	L	strides	22	15	15	15	15		15			17	17	19.5	150.5				
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																	<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>		
date	30-Jun-22	time	6.46	10.68	14.84	19.08	23.44	25.32	27.96	32.66	37.58	42.58	47.80		53.90	7 / 2			
reaction time	0.143	interval		4.22	4.16	4.24	4.36		4.52	4.70	4.92	5.00	5.22	6.10			12.62	13.58	15.14
		velocity	6.97	8.29	8.41	8.25	8.03	7.90	7.74	7.45	7.11	7.00	6.70	6.56	7.42		8.32	7.73	6.94
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19.7	181.7				
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																	<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>		
date	09-Jun-22	time	6.43	10.50	14.67	19.00	23.47	25.33	28.20	33.03	38.00	43.20	48.60		54.80	7 / 5			
reaction time	0.164	interval		4.07	4.17	4.33	4.47		4.73	4.83	4.97	5.20	5.40	6.20			12.57	14.03	15.57
		velocity	7.00	8.60	8.39	8.08	7.83	7.90	7.40	7.25	7.04	6.73	6.48	6.45	7.30		8.35	7.48	6.74
H1 lead leg	L	strides	23	15	15	15			16	16	16	17	17	20	170				
FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																	<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>		
date	04-Oct-19	time	6.42	10.61	14.87	19.24	23.79		28.38	33.16	38.00	42.91	47.91		53.74	5 / 3			
reaction time	0.137	interval		4.19	4.26	4.37	4.55		4.59	4.78	4.84	4.91	5.00	5.83	PB		12.82	13.92	14.75
		velocity	7.01	8.35	8.22	8.01	7.69		7.63	7.32	7.23	7.13	7.00	6.86	7.44		8.19	7.54	7.12
H1 lead leg	L	strides	23	15	15	15	15		15	16	15	16	16	19	180				
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																	<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>		
date	02-Oct-19	time	6.44	10.64	14.88	19.28	23.84		28.52	33.36	38.32	43.36	48.36		54.17	7 / 1			
reaction time	0.148	interval		4.20	4.24	4.40	4.56		4.68	4.84	4.96	5.04	5.00	5.81			12.84	14.08	15.00
		velocity	6.99	8.33	8.25	7.95	7.68		7.48	7.23	7.06	6.94	7.00	6.88	7.38		8.18	7.46	7.00
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19	181				

Heat 5 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)

date	01-Oct-19	time	6.60	10.76	15.04	19.36	23.88		33.60	38.68	43.88	49.16		55.23	7 / 1			
reaction time	0.176	interval		4.16	4.28	4.32	4.52		9.72	5.08	5.20	5.28	6.07			12.76	14.24	15.56
		velocity	6.82	8.41	8.18	8.10	7.74		7.20	6.89	6.73	6.63	6.59	7.24		8.23	7.37	6.75
H1 lead leg	L	strides	23	15	15	15	15			16	16	16	19	135				

Henson (2021) - Athlete First: 2019 year end hurdle report

FINAL - 2019 Pan American Games (Lima, PER) (TV Analysis)

date	08-Aug-19	time	6.38	10.44	14.65	18.96		28.24	33.14	38.27	43.58	49.00		55.53	4 / 3			
reaction time	0.188	interval		4.06	4.21	4.31		9.28	4.90	5.13	5.31	5.42	6.53			12.58	14.18	15.86
		velocity	7.05	8.62	8.31	8.12		7.54	7.14	6.82	6.59	6.46	6.13	7.20		8.35	7.40	6.62
H1 lead leg	L	strides	23	15	15	15			16	16	17	17	21.2	155.2				

Henson (2020) - Athlete First: 2019 year end hurdle report

FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)

date	21-Jul-19	time	6.52	10.70	15.00	19.40	23.92		28.64	33.48	38.40	43.36	48.36		54.16	4 / 1			
reaction time	0.165	interval		4.18	4.30	4.40	4.52		4.72	4.84	4.92	4.96	5.00	5.80	PB		12.88	14.08	14.88
		velocity	6.90	8.37	8.14	7.95	7.74		7.42	7.23	7.11	7.06	7.00	6.90	7.39		8.15	7.46	7.06
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5				

Henson (2020) - Athlete First: 2019 year end hurdle report

FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)

date	12-Jul-19	time	6.48	10.56	14.80	19.20	25.6		33.24	38.32	43.56	48.84		54.82	1 / 5			
reaction time	0.183	interval		4.08	4.24	4.40			14.04	5.08	5.24	5.28	5.98			12.72	14.04	15.60
		velocity	6.94	8.58	8.25	7.95	7.81		7.48	6.89	6.68	6.63	6.69	7.30		8.25	7.48	6.73
H1 lead leg	L	strides	22	15	15	15				16	17	17	19.5	136.5				

Henson (2020) - Athlete First: 2019 year end hurdle report

Cockrell, Anna (USA) (1997)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2024 Memorial van damme (Brussels, BEL)																			
Omega Timing (2024) - diamond league race analysis																			
date	14-Sep-24	time	6.21	10.17	14.30	18.58	22.96		27.49	32.18	37.06	42.08	47.37		53.71	4 / 2			
reaction time	0.168	interval		3.96	4.13	4.28	4.38		4.53	4.69	4.88	5.02	5.29	6.34			12.37	13.60	15.19
		velocity	7.25	8.84	8.47	8.18	7.99		7.73	7.46	7.17	6.97	6.62	6.31	7.45		8.49	7.72	6.91
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	16	16	19.7	173.7				

FINAL - 2024 Weltklasse (Züich, SUI)																			
Omega Timing (2024) - diamond league race analysis																			
date	05-Sep-24	time	6.07	9.99	14.10	18.23	22.53		27.09	31.83	36.77	41.75	46.96		53.17	4 / 2			
reaction time	0.152	interval		3.92	4.11	4.13	4.30		4.56	4.74	4.94	4.98	5.21	6.21			12.16	13.60	15.13
		velocity	7.41	8.93	8.52	8.47	8.14		7.68	7.38	7.09	7.03	6.72	6.44	7.52		8.63	7.72	6.94
H1 lead leg	L	strides	21	13	13	13	14		14	14	15	15	15	20	167				

FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)																			
Omega Timing (2024) - diamond league race analysis																			
date	30-Aug-24	time	6.12	10.02	14.04	18.21	22.62		27.11	31.71	36.54	41.48	46.54		52.59	4 / 1			
reaction time	0.161	interval		3.90	4.02	4.17	4.41		4.49	4.60	4.83	4.94	5.06	6.05			12.09	13.50	14.83
		velocity	7.35	8.97	8.71	8.39	7.94		7.80	7.61	7.25	7.09	6.92	6.61	7.61		8.68	7.78	7.08
H1 lead leg	L	strides	22	13		14			14	14	15	15	15	19	141				

FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)																			
Omega Timing (2024) - diamond league race analysis																			
date	25-Aug-24	time	6.20	10.13	14.20	18.48	22.94		27.51	32.29	37.14	42.04	46.94		52.88	5 / 2			
reaction time	0.167	interval		3.93	4.07	4.28	4.46		4.57	4.78	4.85	4.90	4.90	5.94			12.28	13.81	14.65
		velocity	7.26	8.91	8.60	8.18	7.85		7.66	7.32	7.22	7.14	7.14	6.73	7.56		8.55	7.60	7.17
H1 lead leg	L	strides	22	13	13	14	14		14	14	15	15	15	19	168				

FINAL - 2024 Olympic Games (Paris, FRA)																			
Paris 2024 Olympic Games - Results Book (2024)																			
date	08-Aug-24	time	6.10	9.98	13.94	18.09	22.40		26.72	31.28	35.96	40.84	45.84		51.87	7 / 2			
reaction time	0.158	interval		3.88	3.96	4.15	4.31		4.32	4.56	4.68	4.88	5.00	6.03	PB		11.99	13.19	14.56
		velocity	7.38	9.02	8.84	8.43	8.12		8.10	7.68	7.48	7.17	7.00	6.63	7.71		8.76	7.96	7.21
H1 lead leg	R	strides	22	13	14	14	14		14	14	15	15	15	19	169				

Semi-Final 3 - 2024 Olympic Games (Paris, FRA)																			
Paris 2024 Olympic Games - Results Book (2024)																			
date	06-Aug-24	time	6.14	10.10	14.25	18.59	23.06		27.52	32.13	36.91	41.87	46.91		52.90	7 / 2			
reaction time	0.178	interval		3.96	4.15	4.34	4.47		4.46	4.61	4.78	4.96	5.04	5.99			12.45	13.54	14.78
		velocity	7.33	8.84	8.43	8.06	7.83		7.85	7.59	7.32	7.06	6.94	6.68	7.56		8.43	7.75	7.10
H1 lead leg	R	strides	22	13	14	14	14		14	14	14	15	15	19	168				

Heat 4 - 2024 Olympic Games (Paris, FRA)																			
Paris 2024 Olympic Games - Results Book (2024)																			
date	04-Aug-24	time	6.29	10.39	14.71	19.08	23.54		28.03	32.73	37.56	42.68	47.76		53.91	8 / 1			
reaction time	0.209	interval		4.10	4.32	4.37	4.46		4.49	4.70	4.83	5.12	5.08	6.15			12.79	13.65	15.03
		velocity	7.15	8.54	8.10	8.01	7.85		7.80	7.45	7.25	6.84	6.89	6.50	7.42		8.21	7.69	6.99
H1 lead leg	R	strides	22	13	13	14	14		14	14	14	15	15	19	167				

FINAL - 2024 USA Olympic Trials (Eugene, OR)																			
USATF and Karmarush (2024) - USA Olympic trials results and race analysis																			
date	30-Jun-24	time	6.23	10.14	14.22	18.48	22.83	24.85	27.40	32.05	36.86	41.81	46.74		52.64	6 / 2			
reaction time		interval		3.91	4.08	4.26	4.35		4.57	4.65	4.81	4.95	4.93	5.90	PB		12.25	13.57	14.69
		velocity	7.22	8.95	8.58	8.22	8.05	8.05	7.66	7.53	7.28	7.07	7.10	6.78	7.60		8.57	7.74	7.15
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19	172				

Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)																			
USATF and Karmarush (2024) - USA Olympic trials results and race analysis																			
date	29-Jun-24	time	6.22	10.06	14.14	18.48	22.83	24.83	27.33	31.99	36.89	41.91	47.02		52.95	5 / 1			
reaction time		interval		3.84	4.08	4.34	4.35		4.50	4.66	4.90	5.02	5.11	5.93	PB		12.26	13.51	15.03
		velocity	7.23	9.11	8.58	8.06	8.05	8.05	7.78	7.51	7.14	6.97	6.85	6.75	7.55		8.56	7.77	6.99

H1 lead leg	R	strides	22	14	14	14	14	14	15	15	15	15	19	171				
Heat 3 - 2024 USA Olympic Trials (Eugene, OR)																		
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																		
date	27-Jun-24	time	6.26	10.09	14.25	18.47	22.84	24.92	27.57	32.53	37.71	43.13	48.53	54.71	3 / 1			
reaction time		interval	3.83	4.16	4.22	4.37		4.73	4.96	5.18	5.42	5.40	6.18		12.21	14.06	16.00	
		velocity	7.19	9.14	8.41	8.29	8.01	8.03	7.40	7.06	6.76	6.46	6.48	6.47	7.31	8.60	7.47	6.56
H1 lead leg		strides																
FINAL - 2023 Prefontaine Classic (Eugene, OR)																		
<i>Omega Timing (2023) - diamond league race analysis</i>																		
date	17-Sep-23	time	6.07	10.07	14.20	18.41	22.87		27.58	32.45	37.43	42.63	48.04	54.48	4 / 5			
reaction time	0.139	interval	4.00	4.13	4.21	4.46		4.71	4.87	4.98	5.20	5.41	6.44		12.34	14.04	15.59	
		velocity	7.41	8.75	8.47	8.31	7.85		7.43	7.19	7.03	6.73	6.47	6.21	7.34	8.51	7.48	6.74
H1 lead leg	R	strides	22	14		14		15	15	15	15	16		126				
FINAL - 2023 Memorial van Damme (Brussels, BEL)																		
<i>Omega Timing (2023) - diamond league race analysis</i>																		
date	08-Sep-23	time	6.12	9.98	14.06	18.26	22.65		27.38	32.21	37.15	42.34	47.82	54.29	2 / 4			
reaction time	0.218	interval	3.86	4.08	4.20	4.39		4.73	4.83	4.94	5.19	5.48	6.47		12.14	13.95	15.61	
		velocity	7.35	9.07	8.58	8.33	7.97		7.40	7.25	7.09	6.74	6.39	6.18	7.37	8.65	7.53	6.73
H1 lead leg	R	strides	22	14		14		15	15	15	15	16	19.7	145.7				
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)																		
<i>Omega Timing (2023) - diamond league race analysis</i>																		
date	02-Sep-23	time	6.06	9.92	14.02	18.31	22.80		27.58	32.39	37.49	42.71	48.04	54.56	4 / 6			
reaction time	0.182	interval	3.86	4.10	4.29	4.49		4.78	4.81	5.10	5.22	5.33	6.52		12.25	14.08	15.65	
		velocity	7.43	9.07	8.54	8.16	7.80		7.32	7.28	6.86	6.70	6.57	6.13	7.33	8.57	7.46	6.71
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	19.7	174.7			
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	24-Aug-23	time	6.17	10.12	14.11	18.05	22.39		26.92	31.49		41.47	46.88	53.34	9 / 5			
reaction time	0.189	interval	3.95	3.99	3.94	4.34		4.53	4.57		9.98	5.41	6.46	PB		11.88	13.44	15.39
		velocity	7.29	8.86	8.77	8.88	8.06		7.73	7.66		7.01	6.47	6.19	7.50	8.84	7.81	6.82
H1 lead leg	R	strides	22	14	14	14	14		15	15		16	20	144				
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	22-Aug-23	time	6.27	10.31	14.38	18.48	22.96		27.76	32.53	37.37	42.45	47.65	53.63	7 / 2			
reaction time	0.199	interval	4.04	4.07	4.10	4.48		4.80	4.77	4.84	5.08	5.20	5.98	PB		12.21	14.05	15.12
		velocity	7.18	8.66	8.60	8.54	7.81		7.29	7.34	7.23	6.89	6.73	6.69	7.46	8.60	7.47	6.94
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	19	173			
Heat 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	21-Aug-23	time	6.33	10.36	14.43	18.75	23.33		28.00	32.83	37.83	43.06	48.46	54.68	9 / 2			
reaction time	0.211	interval	4.03	4.07	4.32	4.58		4.67	4.83	5.00	5.23	5.40	6.22		12.42	14.08	15.63	
		velocity	7.11	8.68	8.60	8.10	7.64		7.49	7.25	7.00	6.69	6.48	6.43	7.32	8.45	7.46	6.72
H1 lead leg	R	strides	22	14	14	15	15		15	15	15	16	16	19.2	176.2			
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)																		
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	09-Jul-23	time	6.24	10.21	14.51	18.95	23.52		28.16	32.83	37.70	42.87	48.08	54.24	6 / 3			
reaction time		interval	3.97	4.30	4.44	4.57		4.64	4.67	4.87	5.17	5.21	6.16		12.71	13.88	15.25	
		velocity	7.21	8.82	8.14	7.88	7.66		7.54	7.49	7.19	6.77	6.72	6.49	7.37	8.26	7.56	6.89
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	20	175			
FINAL - 2022 USATF National Championships (Eugene, OR)																		
<i>USATF (2022) - Results powered by Karmarush</i>																		
date	25-Jun-22	time	6.17	10.08	14.21	18.52	23.05	25.07	27.67	32.27	37.31	42.44	47.73	54.03	53.98	7 / 4		
reaction time		interval	3.91	4.13	4.31	4.53		4.62	4.60	5.04	5.13	5.29	6.25		12.35	13.75	15.46	
		velocity	7.29	8.95	8.47	8.12	7.73	7.98	7.58	7.61	6.94	6.82	6.62	6.40	7.41	8.50	7.64	6.79
H1 lead leg	L	strides	22	14	14	15	15		15	16	15	16		142				
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)																		
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																		
date	24-Jun-22	time	6.23	10.23	14.50	19.06	23.83	25.85	28.76	33.80	38.83	44.00	49.26	55.54	5 / 2			
reaction time		interval	4.00	4.27	4.56	4.77		4.93	5.04	5.03	5.17	5.26	6.28		12.83	14.74	15.46	
		velocity	7.22	8.75	8.20	7.68	7.34	7.74	7.10	6.94	6.96	6.77	6.65	6.37	7.20	8.18	7.12	6.79
H1 lead leg	L	strides	22	14	14	15	15		15	16	16	16	20	179				
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																		
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																		
date	04-Aug-21	time	6.28	10.44	14.64	19.00	23.52		28.12	32.80	37.76	42.80	47.96	54.22	8 / 7	<i>(no official time given)</i>		
reaction time		interval	4.16	4.20	4.36	4.52		4.60	4.68	4.96	5.04	5.16	6.26	DQ		12.72	13.80	15.16
		velocity	7.17	8.41	8.33	8.03	7.74		7.61	7.48	7.06	6.94	6.78	6.39	7.38	8.25	7.61	6.93
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	160				
FINAL - 2020 USA Olympic Trials (Eugene, OR)																		
<i>Athlete Tracking (2021) - Women's 400mH - Unofficial Split Times</i>																		
date	27-Jun-21	time	6.32	10.46	14.69	19.10	23.56	25.53	28.14	32.81	37.60	42.51	47.61	53.70	9 / 3			
reaction time	0.201	interval	4.14	4.23	4.41	4.46		4.58	4.67	4.79	4.91	5.10	6.09	PB		12.78	13.71	14.80
		velocity	7.12	8.45	8.27	7.94	7.85	7.83	7.64	7.49	7.31	7.13	6.86	6.57	7.45	8.22	7.66	7.09
H1 lead leg	L	strides		15	15	15	15		15	15	15	16	16	137				
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																		
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																		
date	26-Jun-21	time	6.30	10.51	14.91	19.45	24.15		29.06	33.96	38.97	43.94	49.01	55.10	8 / 3			
reaction time	0.177	interval	4.21	4.40	4.54	4.70		4.91	4.90	5.01	4.97	5.07	6.09		13.15	14.51	15.05	

H1 lead leg	L	velocity	7.14	8.31	7.95	7.71	7.45	7.13	7.14	6.99	7.04	6.90	6.57	7.26	7.98	7.24	6.98
		strides	15	15	15	15	16	15	16	16	16	16	20	139			
Heat 3 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	25-Jun-21	time	6.40	10.70	15.20	19.73	24.50	29.46	34.70	39.73	44.90	50.26	56.83	7 / 2			
reaction time	0.196	interval	4.30	4.50	4.53	4.77	4.96	5.24	5.03	5.17	5.36	6.57		13.33	14.97	15.56	
		velocity	7.03	8.14	7.78	7.73	7.34	7.06	6.68	6.96	6.77	6.53	6.09	7.04	7.88	7.01	6.75
H1 lead leg	L	strides	22	15	15	15	15	15	16	15	16	16	20	180			
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	12-Jun-21	time	6.27	10.53	14.87	19.40	24.13	28.93	33.80	38.67	43.67	48.67	54.68	6 / 1			
reaction time	0.166	interval	4.26	4.34	4.53	4.73	4.80	4.87	4.87	5.00	5.00	6.01	PB	13.13	14.40	14.87	
		velocity	7.18	8.22	8.06	7.73	7.40	7.29	7.19	7.19	7.00	7.00	6.66	7.32	8.00	7.29	7.06
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	19.7	178.7			
FINAL - 2019 Pan American Games (Lima, PER) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	08-Aug-19	time	6.34	10.38	14.83	19.38	24.03	28.79	33.72	38.76	43.89	49.40	55.50	8 / 2			
reaction time	0.247	interval	4.04	4.45	4.55	4.65	4.76	4.93	5.04	5.13	5.34	6.31		13.04	14.34		
		velocity	7.10	8.66	7.87	7.69	7.53	7.35	7.10	6.94	6.82	7.21		8.05	7.32		
H1 lead leg	L	strides	22	14	15	15	15	15	15	16	16	20.5	143				
FINAL - 2018 USATF National Championships (Des Moines, IA) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	24-Jun-18	time	6.17	10.17	14.34	18.68	23.29	28.56	33.63	38.80	44.06	49.40	55.71	5 / 2			
reaction time		interval	4.00	4.17	4.34	4.61	4.83	5.07	5.17	5.26	5.34	6.31		12.73	14.47	15.77	
		velocity	7.29	8.75	8.39	8.06	7.59	7.25	6.90	6.77	6.65	6.55	6.34	7.18	8.25	7.26	6.66
H1 lead leg	L	strides	22	14	15	15	15	16	16	16	16	20.5	113.5				
FINAL - 2018 NCAA Championships (Eugene, OR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	09-Jun-18	time	6.43	10.43	14.83	19.38	24.03	28.56	33.63	38.80	44.06	49.40	55.71	5 / 2			
reaction time		interval	4.00	4.17	4.34	4.61	4.83	5.07	5.17	5.26	5.34	6.31		12.73	14.47	15.77	
		velocity	7.00	8.75	8.02	7.66	7.25	6.90	6.77	6.65	6.55	6.34	7.18	8.25	7.26	6.66	
H1 lead leg	L	strides	22	14	15	15	15	16	16	16	16	20.5	113.5				
Cojocaru, Cristieana (ROU) (1962)																	
FINAL - 1984 Olympic Games (Los Angeles, CA)														<i>Behm (1995) - la tactique du 400 haies</i>			
date	08-Aug-84	time	6.3	10.6	15.0	19.4	24.1	28.8	33.5	38.7	44.0	49.3	55.41	2 / 3			
reaction time	0.237	interval	4.30	4.40	4.40	4.70	4.70	4.70	5.20	5.30	5.30	6.11		13.10	14.10	15.80	
		velocity	7.14	8.14	7.95	7.95	7.45	7.45	7.45	6.73	6.60	6.60	6.55	7.22	8.02	7.45	6.65
H1 lead leg		strides	22	15	15	15	15	15	15	16	16	17	21	182			
Coleman, Ayana (USA) (1979)																	
FINAL - 1996 USATF National Junior Championships (Delaware, OH)														<i>USATF Women's Sprint Development (1996)</i>			
date	29-Jun-96	time	7.04	11.73	16.48	21.33	26.29	31.35	37.05	43.08	49.16	55.44	63.74	1 / 8			
reaction time		interval	4.69	4.75	4.85	4.96	5.06	5.70	6.03	6.08	6.28	8.30		14.29	15.72	18.39	
		velocity	6.39	7.46	7.37	7.22	7.06	6.92	6.14	5.80	5.76	5.57	4.82	6.28	7.35	6.68	5.71
H1 lead leg		strides															
Couckuyt, Paulien (BEL) (1997)																	
FINAL - 2024 Memorial van damme (Brussels, BEL)														<i>Omega Timing (2024) - diamond league race analysis</i>			
date	14-Sep-24	time	6.40	10.46	14.66	19.05	23.57	28.31	33.35	38.49	43.76	49.18	55.66	1 / 6			
reaction time	0.172	interval	4.06	4.20	4.39	4.52	4.74	5.04	5.14	5.27	5.42	6.48		12.65	14.30	15.83	
		velocity	7.03	8.62	8.33	7.97	7.74	7.38	6.94	6.81	6.64	6.46	6.17	7.19	8.30	7.34	6.63
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	18	21.2	143.2			
FINAL - 2024 Athletissima (Lausanne, SUI)														<i>Omega Timing (2024) - diamond league race analysis</i>			
date	22-Aug-24	time	6.32	10.35	14.53	18.83	23.28	28.05	32.99	38.16	43.48	49.06	55.53	1 / 6			
reaction time	0.193	interval	4.03	4.18	4.30	4.45	4.77	4.94	5.17	5.32	5.58	6.47		12.51	14.16	16.07	
		velocity	7.12	8.68	8.37	8.14	7.87	7.34	7.09	6.77	6.58	6.27	6.18	7.20	8.39	7.42	6.53
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21.5	154.5			
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	06-Aug-24	time	6.29	10.37	14.56	18.84	23.24	27.84	32.67	37.71	43.00	48.37	54.64	9 / 5			
reaction time	0.175	interval	4.08	4.19	4.28	4.40	4.60	4.83	5.04	5.29	5.37	6.27		12.55	13.83	15.70	
		velocity	7.15	8.58	8.35	8.18	7.95	7.61	7.25	6.94	6.62	6.52	6.38	7.32	8.37	7.59	6.69
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	20	186			
Heat 2 - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	04-Aug-24	time	6.45	10.57	14.83	19.16	23.68	28.48	33.50	38.56	43.68	48.84	54.90	2 / 4			
reaction time	0.228	interval	4.12	4.26	4.33	4.52	4.80	5.02	5.06	5.12	5.16	6.06		12.71	14.34	15.34	
		velocity	6.98	8.50	8.22	8.08	7.74	7.29	6.97	6.92	6.84	6.78	6.60	7.29	8.26	7.32	6.84
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	20	186			
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>			
date	10-Jun-24	time	6.40	10.62	14.92	19.20	23.74	28.41	33.33	38.33	43.71	49.08	55.24	9 / 4			
reaction time	0.212	interval	4.22	4.30	4.28	4.54	4.67	4.92	5.00	5.38	5.37	6.16		12.80	14.13	15.75	
		velocity	7.03	8.29	8.14	8.18	7.71	7.49	7.11	7.00	6.51	6.52	6.49	7.24	8.20	7.43	6.67
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21	170			

Heat 2 - 2024 European Athletics Championships (Roma, ITA)*European Athletics (2024) - 2024 european athletics championships - results book*

date	09-Jun-24	time	10.53	14.82	19.27	23.84	28.69	33.66	38.76	44.16	49.55	55.73	3 / 3						
reaction time	0.205	interval		4.29	4.45	4.57	4.85	4.97	5.10	5.40	5.39	6.18						14.39	15.89
		velocity	7.60	8.16	7.87	7.66	7.22	7.04	6.86	6.48	6.49	6.47	7.18					7.30	6.61
H1 lead leg		strides																	

Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)*Henson (2022) - Athlete First: 2022 year end hurdle report*

date	20-Jul-22	time	6.30	10.33	14.63	18.90	23.36	25.42	28.13	32.93	38.20	43.50	48.96	55.42	8 / 5					
reaction time	0.201	interval		4.03	4.30	4.27	4.46		4.77	4.80	5.27	5.30	5.46	6.46				12.60	14.03	16.03
		velocity	7.14	8.68	8.14	8.20	7.85	7.87	7.34	7.29	6.64	6.60	6.41	6.19	7.22			8.33	7.48	6.55
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187					

Heat 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)*Henson (2022) - Athlete First: 2022 year end hurdle report*

date	19-Jul-22	time	6.40	10.53	14.80	19.03	23.50	25.35	28.30	33.17	38.37	43.70	49.13	55.42	5 / 4					
reaction time	0.168	interval		4.13	4.27	4.23	4.47		4.80	4.87	5.20	5.33	5.43	6.29				12.63	14.14	15.96
		velocity	7.03	8.47	8.20	8.27	7.83	7.89	7.29	7.19	6.73	6.57	6.45	6.36	7.22			8.31	7.43	6.58
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187					

FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)*Henson (2021) - Athlete First: 2021 year end hurdle report*

date	28-Aug-21	time	6.37	10.48	14.82		23.95		28.75	33.71	38.95	44.30	49.95	56.36	2 / 7						
reaction time	0.169	interval		4.11	4.34		9.13		4.80	4.96	5.24	5.35	5.65	6.41						16.24	
		velocity	7.06	8.52	8.06		7.67		7.29	7.06	6.68	6.54	6.19	6.24	7.10						6.47
H1 lead leg	L	strides	23	15	15		16		16	16	16	17	18	21	173						

Craft, Angela (USA) (1979)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**
USATF Women's Sprint Development (1996)

date	29-Jun-96	time	7.27	12.14	16.98	21.73	26.52		31.66	36.94	42.34	48.07	54.06	61.31	8 / 6						
reaction time		interval		4.87	4.84	4.75	4.79		5.14	5.28	5.40	5.73	5.99	7.25					14.46	15.21	17.12
		velocity	6.19	7.19	7.23	7.37	7.31		6.81	6.63	6.48	6.11	5.84	5.52	6.52				7.26	6.90	6.13
H1 lead leg		strides																			

da Silva, Chayenne (BRA) (2000)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**
Paris 2024 Olympic Games - Results Book (2024)

date	05-Aug-24	time	6.51	10.88	15.27	19.73	24.35		29.09	34.01	39.16	44.37	49.81	56.56	8 / 7						
reaction time	0.186	interval		4.37	4.39	4.46	4.62		4.74	4.92	5.15	5.21	5.44	6.75					13.22	14.28	15.80
		velocity	6.91	8.01	7.97	7.85	7.58		7.38	7.11	6.80	6.72	6.43	5.93	7.07				7.94	7.35	6.65
H1 lead leg	L	strides	23	15	15	15	16		16	17	17	17	17	21	189						

Heat 1 - 2024 Olympic Games (Paris, FRA)*Paris 2024 Olympic Games - Results Book (2024)*

date	04-Aug-24	time	6.36	10.54	14.82	19.17	23.65		28.44	33.48	38.63	44.01	49.54	56.52	4 / 7						
reaction time	0.156	interval		4.18	4.28	4.35	4.48		4.79	5.04	5.15	5.38	5.53	6.98					12.81	14.31	16.06
		velocity	7.08	8.37	8.18	8.05	7.81		7.31	6.94	6.80	6.51	6.33	5.73	7.08				8.20	7.34	6.54
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187						

Danvers-Smith, Tasha (GBR) (1977)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**
Behm (2008) - Pekin 2008: Le quatrache masculin - féminin

date	20-Aug-08	time	6.4	10.6	14.8	19.1	23.6		28.1	32.6	37.4	42.3	47.6	53.84	7 / 3						
reaction time	0.189	interval		4.20	4.20	4.30	4.50		4.50	4.50	4.80	4.90	5.30	6.24	PB				12.70	13.50	15.00
		velocity	7.03	8.33	8.33	8.14	7.78		7.78	7.78	7.29	7.14	6.60	6.41	7.43				8.27	7.78	7.00
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	17	17	21	183						

FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)*Graubner (2007) - http://www.fgs.uni-halle.de*

date	23-Sep-07	time	6.45	10.59	14.87	19.29	23.79		28.49	33.33	38.41	43.80	49.35	55.76	3 / 7						
reaction time	0.158	interval		4.14	4.28	4.42	4.50		4.70	4.84	5.08	5.39	5.55	6.41					12.84	14.04	16.02
		velocity	6.98	8.45	8.18	7.92	7.78		7.45	7.23	6.89	6.49	6.31	6.24	7.17				8.18	7.48	6.55
H1 lead leg		strides																			

FINAL - 2007 IAAF World Championships (Osaka, JPN)*Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers*

date	30-Aug-07	time	6.35	10.37	14.62	18.91	23.31		27.85	32.55	37.62	42.81	48.33	54.94	2 / 8						
reaction time	0.155	interval		4.02	4.25	4.29	4.40		4.54	4.70	5.07	5.19	5.52	6.61					12.56	13.64	15.78
		velocity	7.09	8.71	8.24	8.16	7.95		7.71	7.45	6.90	6.74	6.34	6.05	7.28				8.36	7.70	6.65
H1 lead leg	R	strides	22	15	15	15	15		15	15	17	17	17	21	184						

Danvers, Tasha (GBR) (1977)*Behm (2006) - Göteborg 2006: Le quatrache*

date	09-Aug-06	time	6.4	10.5	14.7	19.3	23.9		28.7	33.6	38.6	43.8	49.3	55.56	1 / 7						
reaction time		interval		4.10	4.20	4.60	4.60		4.80	4.90	5.00	5.20	5.50	6.26					12.90	14.30	15.70
		velocity	7.03	8.54	8.33	7.61	7.61		7.29	7.14	7.00	6.73	6.36	6.39	7.20				8.14	7.34	6.69
H1 lead leg	R	strides	22	14	14	15	15		15	15	15	16	17	20	178						

FINAL - 2002 European Championships (Munich, GER)*Graubner (2009) - http://www.fgs.uni-halle.de*

date	08-Aug-02	time	6.65	10.83	15.11	19.59	24.17		28.91	33.89	39.19	44.69	50.35	56.93	1 / 7						
reaction time	0.244	interval		4.18	4.28	4.48	4.58		4.74	4.98	5.30	5.50	5.66	6.58					12.94	14.30	16.46
		velocity	6.77	8.37	8.18	7.81	7.64		7.38	7.03	6.60	6.36	6.18	6.08	7.03				8.11	7.34	6.38
H1 lead leg		strides																			

FINAL - 2001 European Cup (Bremen, GER)*Graubner (2007) - http://www.fgs.uni-halle.de*

date	23-Jun-01	time	6.56	10.69	14.87	19.21	23.69		28.53	33.53	38.67	43.98	54.86		62.97	/ 8																	
reaction time		interval		4.13	4.18	4.34	4.48		4.84	5.00	5.14	5.31	10.88	8.11			12.65	14.32	21.33														
		velocity	6.86	8.47	8.37	8.06	7.81		7.23	7.00	6.81	6.59	3.22	4.93	6.35		8.30	7.33	4.92														
H1 lead leg		strides																															
FINAL - 2000 Olympic Games (Sydney, AUS)																<i>Behm (2000) - Sydney 2000: Compte-rendu du 400m haies</i>																	
date	27-Sep-00	time	6.2	10.4	14.7	19.2	23.7		28.2	33.1	38.0	43.1	48.7		55.00	/ 8																	
reaction time	0.174	interval		4.20	4.30	4.50	4.50		4.50	4.90	4.90	5.10	5.60	6.30			13.00	13.90	15.60														
		velocity	7.26	8.33	8.14	7.78	7.78		7.78	7.14	7.14	6.86	6.25	6.35	7.27		8.08	7.55	6.73														
H1 lead leg	L	strides	21	15	14	14	14		15	15	15	15	16	17	171																		
Dauwens, Axelle (BEL) (1990)																																	
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)																<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																	
date	09-Sep-16	time	6.48	10.72	15.08	19.52	24.08		28.92	34.04	39.40	44.92	50.88		58.34	8 / 9																	
reaction time	0.172	interval		4.24	4.36	4.44	4.56		4.84	5.12	5.36	5.52	5.96	7.46			13.04	14.52	16.84														
		velocity	6.94	8.25	8.03	7.88	7.68		7.23	6.84	6.53	6.34	5.87	5.36	6.86		8.05	7.23	6.24														
H1 lead leg	L	strides	22	15	15	15	15		16	17	17	17	18	167																			
Debois, Nadine (FRA) (1961)																																	
FINAL - 1987 Meeting International de Dijon (Dijon, FRA)																<i>Veney - split times from PJ</i>																	
date	13-Jun-87	time	7.2	11.7	16.3	21.0	25.8		30.7	35.6	40.5	45.4	50.7		56.54	/ 2																	
reaction time		interval		4.50	4.60	4.70	4.80		4.90	4.90	4.90	4.90	5.30	5.84			13.80	14.60	15.10														
		velocity	6.25	7.78	7.61	7.45	7.29		7.14	7.14	7.14	7.14	6.60	6.85	7.07		7.61	7.19	6.95														
H1 lead leg		strides																															
Delaune, Florence (FRA) (1978)																																	
FINAL - 1997 European Cup (Munich, GER)																<i>Jung (2003) - http://www.fgs.uni-halle.de</i>																	
date	21-Jun-97	time	7.21	11.94	16.70	21.45	26.27		31.21	36.09	41.25	46.71	52.04		57.77	/ 6																	
reaction time		interval		4.73	4.76	4.75	4.82		4.94	4.88	5.16	5.46	5.33	5.73			14.24	14.64	15.95														
		velocity	6.24	7.40	7.35	7.37	7.26		7.09	7.17	6.78	6.41	6.57	6.98	6.92		7.37	7.17	6.58														
H1 lead leg		strides																															
Demes, Eileen (GER) (1997)																																	
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)																<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																	
date	10-Jun-24	time	6.37	10.47	14.63	18.94	23.54		28.19	33.00	38.07	43.47	49.18		55.64	4 / 5																	
reaction time	0.150	interval		4.10	4.16	4.31	4.60		4.65	4.81	5.07	5.40	5.71	6.46			12.57	14.06	16.18														
		velocity	7.06	8.54	8.41	8.12	7.61		7.53	7.28	6.90	6.48	6.13	6.19	7.19		8.35	7.47	6.49														
H1 lead leg	R	strides	22	15	15	15	15		15	16	16	16	17	20.7	182.7																		
Heat 2 - 2024 European Athletics Championships (Roma, ITA)																<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																	
date	09-Jun-24	time		10.67	14.85	19.09	23.65		28.34	33.15	38.24	43.45	48.96		55.25	8 / 1																	
reaction time	0.233	interval		4.18	4.24	4.56		4.69	4.81	5.09	5.21	5.51	6.29	PB			14.06	15.81															
		velocity		7.50	8.37	8.25	7.68		7.46	7.28	6.88	6.72	6.35	6.36	7.24		7.47	6.64															
H1 lead leg		strides																															
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																	
date	22-Aug-23	time	6.44	10.51	14.71	19.04	23.52		32.96	38.14	43.84	49.88		56.71	3 / 8																		
reaction time	0.166	interval		4.07	4.20	4.33	4.48		9.44	5.18	5.70	6.04	6.83				12.60	13.92	16.92														
		velocity	6.99	8.60	8.33	8.08	7.81		7.42	6.76	6.14	5.79	5.86	7.05			8.33	7.54	6.21														
H1 lead leg	R	strides	22	14	14	14	14				16	17	17	20	148																		
Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																	
date	21-Aug-23	time	6.50	10.73	14.90	19.06	23.56		28.20	33.00	38.06	43.30	48.94		55.29	5 / 5																	
reaction time	0.169	interval		4.23	4.17	4.16	4.50		4.64	4.80	5.06	5.24	5.64	6.35	PB		12.56	13.94	15.94														
		velocity	6.92	8.27	8.39	8.41	7.78		7.54	7.29	6.92	6.68	6.21	6.30	7.23		8.36	7.53	6.59														
H1 lead leg	R	strides	22	14	14	14	15		15	15	16	16	17	20	178																		
Demus, Lashinda (USA) (1983)																																	
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)																<i>Henson (2021) - Athlete First: major championships report</i>																	
date	15-Aug-13	time	6.00	9.96	14.15	18.54	22.93		27.31	31.92	36.77	42.04	47.58		54.27	4 / 3																	
reaction time	0.156	interval		3.96	4.19	4.39	4.39		4.38	4.61	4.85	5.27	5.54	6.69			12.54	13.38	15.66														
		velocity	7.50	8.84	8.35	7.97	7.97		7.99	7.59	7.22	6.64	6.32	5.98	7.37		8.37	7.85	6.70														
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	17	17	21	183																		
FINAL - 2012 Olympic Games (London, GBR)																<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>																	
date	08-Aug-12	time	6.07	10.06	14.25	18.68	23.06	24.86	27.55	32.04	36.69	41.64	46.77		52.77	7 / 2																	
reaction time	0.170	interval		3.99	4.19	4.43	4.38		4.49	4.49	4.65	4.95	5.13	6.00			12.61	13.36	14.73														
		velocity	7.41	8.77	8.35	7.90	7.99	8.05	7.80	7.80	7.53	7.07	6.82	6.67	7.58		8.33	7.86	7.13														
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	20	180																		
FINAL - 2011 IAAF World Championships (Daegu, KOR)																<i>Behm (2011) - Le quatrache: Démus enfin!</i>																	
date	01-Sep-11	time	6.0	10.0	14.1	18.4	22.9		27.4	32.0	36.5	41.4	46.5		52.47	3 / 1																	
reaction time	0.149	interval		4.00	4.10	4.30	4.50		4.50	4.60	4.50	4.90	5.10	5.97	AR		12.40	13.60	14.50														
		velocity	7.50	8.75	8.54	8.14	7.78		7.78	7.61	7.78	7.14	6.86	6.70	7.62		8.47	7.72	7.24														
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	20	180																		
FINAL - 2009 IAAF World Championships (Berlin, GER)																<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																	

date	20-Aug-09	time	6.16	10.11	14.23	18.59	23.05	27.51	32.02	36.65	41.70	46.99	52.96	5 / 2				
reaction time	0.159	interval		3.95	4.12	4.36	4.46	4.46	4.51	4.63	5.05	5.29	5.97		12.43	13.43	14.97	
		velocity	7.31	8.86	8.50	8.03	7.85	7.85	7.76	7.56	6.93	6.62	6.70	7.55		8.45	7.82	7.01
H1 lead leg		strides		15	15	15	15	15	15	15	17	17	139					

Semi-Final 3 - 2009 IAAF World Championships (Berlin, GER)*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	18-Aug-09	time	6.22	10.21	14.44	18.83	23.40	27.99	32.67	37.50	42.74	48.23	54.25	6 / 1				
reaction time	0.162	interval		3.99	4.23	4.39	4.57	4.59	4.68	4.83	5.24	5.49	6.02		12.61	13.84	15.56	
		velocity	7.23	8.77	8.27	7.97	7.66	7.63	7.48	7.25	6.68	6.38	6.64	7.37		8.33	7.59	6.75
H1 lead leg		strides																

Heat 5 - 2009 IAAF World Championships (Berlin, GER)*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	17-Aug-09	time	6.27	10.25	14.48	18.91	23.48	28.10	32.88	37.92	43.14	48.63	54.66	5 / 1				
reaction time	0.152	interval		3.98	4.23	4.43	4.57	4.62	4.78	5.04	5.22	5.49	6.03		12.64	13.97	15.75	
		velocity	7.18	8.79	8.27	7.90	7.66	7.58	7.32	6.94	6.70	6.38	6.63	7.32		8.31	7.52	6.67
H1 lead leg		strides																

FINAL - 2008 USA Olympic Trials (Eugene, OR)*USATF Hurdle Development (2008)*

date	29-Jun-08	time	6.34	10.40	14.65	18.92	23.34	27.89	32.62	37.45	42.84	48.32	54.76	6 / 4				
reaction time		interval		4.06	4.25	4.27	4.42	4.55	4.73	4.83	5.39	5.48	6.44		12.58	13.70	15.70	
		velocity	7.10	8.62	8.24	8.20	7.92	7.69	7.40	7.25	6.49	6.39	6.21	7.30		8.35	7.66	6.69
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	17	162					

FINAL - 2005 IAAF World Championships (Helsinki, FIN)*Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins*

date	13-Aug-05	time	6.2	10.4	14.6	18.8	23.1	27.7	32.2	36.8	41.8	46.9	53.27	8 / 2				
reaction time	0.176	interval		4.20	4.20	4.20	4.30	4.60	4.50	4.60	5.00	5.10	6.37	PB	12.60	13.40	14.70	
		velocity	7.26	8.33	8.33	8.33	8.14	7.61	7.78	7.61	7.00	6.86	6.28	7.51		8.33	7.84	7.14
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	20	180				

FINAL - 2004 USA Olympic Trials (Sacramento, CA)*Lyle - miscellaneous coaching notes*

date	11-Jul-04	time	6.00	9.99	14.13	18.39	22.76	27.16	31.66	36.35	41.24	46.80	53.43	4 / 3				
reaction time		interval		3.99	4.14	4.26	4.37	4.40	4.50	4.69	4.89	5.56	6.63	PB	12.39	13.27	15.14	
		velocity	7.50	8.77	8.45	8.22	8.01	7.95	7.78	7.46	7.16	6.29	6.03	7.49		8.47	7.91	6.94
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	18	20	182				

FINAL - 2003 USATF National Championships (Palo Alto, CA)*USATF Women's Sprint Development (2003)*

date	21-Jun-03	time	6.34	10.51	14.75	19.09	23.49	27.98	32.77	37.75	43.28	49.38	59.05	4 / 8				
reaction time		interval		4.17	4.24	4.34	4.40	4.49	4.79	4.98	5.53	6.10	9.67		12.75	13.68	16.61	
		velocity	7.10	8.39	8.25	8.06	7.95	7.80	7.31	7.03	6.33	5.74	4.14	6.77		8.24	7.68	6.32
H1 lead leg		strides																

Deniau, Lydie (FRA) (1971)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 1992 French National Championships (Narbonne, FRA)***Veney - split times from PJ*

date	28-Jun-92	time	6.96	11.60	16.28	20.96	25.76	30.76	35.76	40.96	46.16	51.76	58.42	1 / 2				
reaction time		interval		4.64	4.68	4.68	4.80	5.00	5.00	5.20	5.20	5.60	6.66		14.00	14.80	16.00	
		velocity	6.47	7.54	7.48	7.48	7.29	7.00	7.00	6.73	6.73	6.25	6.01	6.85		7.50	7.09	6.56
H1 lead leg		strides	23	15	16	16	16	17	17	17	17	18	22	194				

Derycke, Sylvaine (FRA) (1982)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Heat 2 - 2001 European Junior Championships (Grosseto, ITA)***Leynier (2001) - Athl'haies - Championnats d'Europe Juniors*

date	20-Jul-01	time	6.6	11.3	16.1	21.1	26.4	31.7	37.1	42.7	48.4	54.3	61.52	1 / 5				
reaction time		interval		4.7	4.8	5.0	5.3	5.3	5.4	5.6	5.7	5.9	7.2		14.50	16.00	17.20	
		velocity	6.82	7.45	7.29	7.00	6.60	6.60	6.48	6.25	6.14	5.93	5.54	6.50		7.24	6.56	6.10
H1 lead leg		strides																

Dherbecourt, Isabelle (FRA) (1973)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 1996 Tarare, FRA***Veney - split times from PJ*

date	06-Jul-96	time	7.1	11.6	16.0	20.5	25.2	30.0	35.0	40.2	45.4	51.1	57.06	1 / 2				
reaction time		interval		4.50	4.40	4.50	4.70	4.80	5.00	5.20	5.20	5.70	5.96		13.40	14.50	16.10	
		velocity	6.34	7.78	7.95	7.78	7.45	7.29	7.00	6.73	6.73	6.14	6.71	7.01		7.84	7.24	6.52
H1 lead leg		strides	24	16	16	16	16	16	17	17	17	18	18	174				

Di Chengqian (CHN) (1999)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)***CAA Hurdle Development (2019)*

date	22-Aug-19	time	7.07	11.95	16.93	22.12	27.49	33.20	39.12	45.46		59.00	66.19	3 / 6				
reaction time	0.228	interval		4.88	4.98	5.19	5.37	5.71	5.92	6.34		13.54	7.19		15.05	17.00	19.88	
		velocity	6.36	7.17	7.03	6.74	6.52	6.13	5.91	5.52		5.17	5.56	6.04		6.98	6.18	5.28
H1 lead leg	L	strides	23	16	16	16	16	17	17	19		21.2	161.2					

FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)*CAA Hurdle Development (2019)*

date	08-Apr-19	time	6.88	11.50	16.26	21.24	26.42	31.86	37.50	43.26	49.56		63.58	5 / 8			
reaction time	0.197	interval		4.62	4.76	4.98	5.18	5.44	5.64	5.76	6.30		6.29		14.36	16.26	
		velocity	6.54	7.58	7.35	7.03	6.76	6.43	6.21	6.08	5.56		6.29		7.31	6.46	
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	19		157				

Heat 2 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)*CAA Hurdle Development (2019)*

date	07-Apr-19	time	6.74	11.33	16.03	20.80	25.78	31.03	36.48	42.06	47.92	53.75	60.53	6 / 1			
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reaction time	0.273	interval	4.59	4.70	4.77	4.98	5.25	5.45	5.58	5.86	5.83	6.78	14.06	15.68	17.27		
		velocity	6.68	7.63	7.45	7.34	7.03	6.67	6.42	6.27	5.97	6.00	5.90	6.61	7.47	6.70	6.08
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	21	193			
Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)													<i>Henson (2018) - coaching observations</i>				
date	15-Sep-18	time	6.89	11.48	16.27	21.47							74.18	4 / 6			
reaction time		interval	4.59	4.79	5.20										14.58		
		velocity	6.53	7.63	7.31	6.73							5.39		7.20		
H1 lead leg	L	strides	23	16	16	18							73				
Diallo, Fatoumata Bintu (POR) (2000)																	
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)																	
													<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	06-Aug-24	time	6.34	10.62	15.10	19.58	24.14	28.74	33.44	38.31	43.37	48.56	54.93	8 / 6			
reaction time	0.168	interval	4.28	4.48	4.48	4.56	4.60	4.70	4.87	5.06	5.19	6.37			13.24	13.86	15.12
		velocity	7.10	8.18	7.81	7.81	7.68	7.61	7.45	7.19	6.92	6.74	6.28	7.28	7.93	7.58	6.94
H1 lead leg	R	strides	24	16	16	16	16	16	17	17	17	18	21.2	194.2			
Heat 1 - 2024 Olympic Games (Paris, FRA)																	
													<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	04-Aug-24	time	6.28	10.47	14.73	18.98	23.38	27.98	32.89	37.94	43.24	48.52	54.75	3 / 2			
reaction time	0.192	interval	4.19	4.26	4.25	4.40	4.60	4.91	5.05	5.30	5.28	6.23			12.70	13.91	15.63
		velocity	7.17	8.35	8.22	8.24	7.95	7.61	7.13	6.93	6.60	6.63	6.42	7.31	8.27	7.55	6.72
H1 lead leg	R	strides	24	16	16	16	16	16	17	17	18	18	22	196			
FINAL - 2024 European Athletics Championships (Roma, ITA)																	
													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	11-Jun-24	time	6.42	10.63	14.96	19.38	23.88	28.57	33.58	38.62	43.96	49.44	55.65	3 / 8			
reaction time	0.166	interval	4.21	4.33	4.42	4.50	4.69	5.01	5.04	5.34	5.48	6.21			12.96	14.20	15.86
		velocity	7.01	8.31	8.08	7.92	7.78	7.46	6.99	6.94	6.55	6.39	6.44	7.19	8.10	7.39	6.62
H1 lead leg	R	strides	24	16	16			17				18	21.5	112.5			
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)																	
													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	10-Jun-24	time	6.38	10.60	14.98	19.37	23.83	28.52	33.40	38.29	43.33	48.64	54.65	4 / 4			
reaction time	0.183	interval	4.22	4.38	4.39	4.46	4.69	4.88	4.89	5.04	5.31	6.01	NR PB		12.99	14.03	15.24
		velocity	7.05	8.29	7.99	7.97	7.85	7.46	7.17	7.16	6.94	6.59	6.66	7.32	8.08	7.48	6.89
H1 lead leg	R	strides	24	16	16	16	16	16	16	17	17	18	21.5	193.5			
Heat 3 - 2024 European Athletics Championships (Roma, ITA)																	
													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	09-Jun-24	time	6.44	10.80	15.32	19.98	24.72	29.60	34.42	39.40	44.55	49.70	55.81	7 / 4			
reaction time	0.177	interval	4.36	4.52	4.66	4.74	4.88	4.82	4.98	5.15	5.15	6.11			13.54	14.44	15.28
		velocity	6.99	8.03	7.74	7.51	7.38	7.17	7.26	7.03	6.80	6.80	6.55	7.17	7.75	7.27	6.87
H1 lead leg		strides															
Dille, Monique (FRA)																	
FINAL - 1986 French National Championships (Aix les Bains, FRA)																	
													<i>Veney - split times from PJ</i>				
date	10-Aug-86	time	6.9	11.3	16.1	20.9	25.9	30.9	36.2	41.6	47.2	52.9	59.50	/ 6			
reaction time		interval	4.40	4.80	4.80	5.00	5.00	5.30	5.40	5.60	5.70	6.60			14.00	15.30	16.70
		velocity	6.52	7.95	7.29	7.29	7.00	7.00	6.60	6.48	6.25	6.14	6.06	6.72	7.50	6.86	6.29
H1 lead leg		strides															
Ding Xiaoxue (CHN) (1998)																	
Heat 1 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																	
													<i>CAA Hurdle Development (2019)</i>				
date	07-Apr-19	time	7.11	11.93	16.92	22.06	27.44	33.10	39.06	45.48			67.07	2 / 9			
reaction time	0.295	interval	4.82	4.99	5.14	5.38	5.66	5.96	6.42						14.95	17.00	
		velocity	6.33	7.26	7.01	6.81	6.51	6.18	5.87	5.45			5.96		7.02	6.18	
H1 lead leg	L	strides	25	17	17	17	18	18	19	20			151				
Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)																	
													<i>Henson (2018) - coaching observations</i>				
date	15-Sep-18	time	6.90	11.66	16.31	21.12	26.11	31.28	36.60	42.16	48.01	54.22	61.56	6 / 5			
reaction time		interval	4.76	4.65	4.81	4.99	5.17	5.32	5.56	5.85	6.21	7.34			14.22	15.48	17.62
		velocity	6.52	7.35	7.53	7.28	7.01	6.77	6.58	6.29	5.98	5.64	5.45	6.50	7.38	6.78	5.96
H1 lead leg	L	strides	25	18	17	17	17	17	18	19	19	20	24	211			
Ding Yirui (CHN) (2002)																	
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																	
													<i>CAA Hurdle Development (2021)</i>				
date	26-Jun-21	time	6.86	11.36	16.11	20.95	26.07	31.50	36.97	42.42	48.05	53.77	59.88	2 / 5			
reaction time	0.238	interval	4.50	4.75	4.84	5.12	5.43	5.47	5.45	5.63	5.72	6.11			14.09	16.02	16.80
		velocity	6.56	7.78	7.37	7.23	6.84	6.45	6.40	6.42	6.22	6.12	6.55	6.68	7.45	6.55	6.25
H1 lead leg	L	strides	22	15	15	15	16	16	16	16	17	17	19.5	184.5			
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)																	
													<i>CAA Hurdle Development (2021)</i>				
date	26-Jun-21	time	6.95	11.50	16.26	21.10	26.22	31.40	36.81	42.34	47.98	53.61	59.78	8 / 4			
reaction time	0.331	interval	4.55	4.76	4.84	5.12	5.18	5.41	5.53	5.64	5.63	6.17			14.15	15.71	16.80
		velocity	6.47	7.69	7.35	7.23	6.84	6.76	6.47	6.33	6.21	6.22	6.48	6.69	7.42	6.68	6.25
H1 lead leg	L	strides	22	15	15	15	16	16	17	17	17	17	19.5	186.5			
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)																	
													<i>CAA Hurdle Development (2021)</i>				
date	13-Jun-21	time	6.84	11.41	16.25	21.34	26.53	31.90	37.29	42.89	48.63	54.47	61.13	8 / 6			
reaction time	0.247	interval	4.57	4.84	5.09	5.19	5.37	5.39	5.60	5.74	5.84	6.66			14.50	15.95	17.18

H1 lead leg	L	velocity	6.58	7.66	7.23	6.88	6.74	6.52	6.49	6.25	6.10	5.99	6.01	6.54	7.24	6.58	6.11	
		strides	22	15	15	16	16	16	16	17	17	17	19.2	186.2				
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)																		
date	03-Aug-19	time	6.84	11.33	15.98	20.69	25.64	30.86	36.24	41.77	47.50	53.12	59.63	CAA Hurdle Development (2019)				
reaction time	0.245	interval	4.49	4.65	4.71	4.95	5.22	5.38	5.53	5.73	5.62	6.51	PB	13.85	15.55	16.88		
		velocity	6.58	7.80	7.53	7.43	7.07	6.70	6.51	6.33	6.11	6.23	6.14	6.71	7.58	6.75	6.22	
H1 lead leg	L	strides	23	15	15	15	16	16	17	17	17	17	21	189				
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)																		
date	03-Aug-19	time	6.84	11.46	16.33	21.29	26.44	31.95	37.29	42.71	48.26	54.09	60.85	CAA Hurdle Development (2019)				
reaction time	0.250	interval	4.62	4.87	4.96	5.15	5.51	5.34	5.42	5.55	5.83	6.76	14.45	16.00	16.80			
		velocity	6.58	7.58	7.19	7.06	6.80	6.35	6.55	6.46	6.31	6.00	5.92	6.57	7.27	6.56	6.25	
H1 lead leg	L	strides	23	15	16	16	17	17	17	17	17	18	21.2	194.2				
Diouf, Tacko (SEN) (1976)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)																		
date	23-Aug-99	time	6.15	10.46	14.85	19.29	23.93	28.86	33.75	38.63	43.48	48.63	55.17	Sanchez (1999) - Sevilla '99: análisis de la carreras con villas				
reaction time	0.218	interval	4.31	4.39	4.44	4.64	4.93	4.89	4.88	4.85	5.15	6.54	7.5	13.14	14.46	14.88		
		velocity	7.32	8.12	7.97	7.88	7.54	7.10	7.16	7.17	7.22	6.80	6.12	7.25	7.99	7.26	7.06	
H1 lead leg	R	strides	22	16	16	16	16	17	17	17	17	18	22	194				
Dou Lingyu (CHN) (2000)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																		
date	17-Aug-19	time	6.94	11.52	16.34	21.36	26.72	32.44	38.56	45.16	51.80	58.52	66.01	CAA Hurdle Development (2019)				
reaction time	0.203	interval	4.58	4.82	5.02	5.36	5.72	6.12	6.60	6.64	6.72	7.49	14.42	17.20	19.96			
		velocity	6.48	7.64	7.26	6.97	6.53	6.12	5.72	5.30	5.27	5.21	5.34	6.06	7.28	6.10	5.26	
H1 lead leg	L	strides	25	17	17	17	18	18	19	20	20	21	24	216				
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)																		
date	17-Aug-19	time	6.82	11.40	16.14	20.98	26.16	31.62	37.38	43.34	49.56	55.90	63.46	CAA Hurdle Development (2019)				
reaction time	0.188	interval	4.58	4.74	4.84	5.18	5.46	5.76	5.96	6.22	6.34	7.56	PB	14.16	16.40	18.52		
		velocity	6.60	7.64	7.38	7.23	6.76	6.41	6.08	5.87	5.63	5.52	5.29	6.30	7.42	6.40	5.67	
H1 lead leg	L	strides	25	17	17	17	18	18	19	19	20	20	24	214				
Dowd, Erin (USA) (1998)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)																		
date	27-Jun-24	time	6.72	10.92	15.29	19.76	24.27	26.37	29.00	34.07	39.60	45.32	51.44	58.41	USATF and Karmarush (2024) - USA Olympic trials results and race analysis			
reaction time		interval	4.20	4.37	4.47	4.51	4.73	5.07	5.53	5.72	6.12	6.97	13.04	14.31	17.37			
		velocity	6.70	8.33	8.01	7.83	7.76	7.58	7.40	6.90	6.33	6.12	5.74	6.85	8.05	7.34	6.04	
H1 lead leg		strides																
Doyle, Eilidh (GBR) (1987)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)																		
date	30-Aug-18	time	6.52	10.76	15.08	23.96	26.0	28.68	33.48	43.64	48.92	55.05	Henson (2020) - Athlete First: 2018 year end hurdle report					
reaction time	0.176	interval	4.24	4.32	8.88	7.88	7.69	7.42	7.29	10.16	5.28	6.13	7.27	15.44				
		velocity	6.90	8.25	8.10	7.88	7.69	7.42	7.29	6.89	6.63	6.53	7.27	6.80				
H1 lead leg	L	strides	23	15	15	16	16	16	16	17	17	21	123					
FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																		
date	18-Aug-18	time	6.47	10.74	15.21	19.85	24.69	29.59	34.63	39.74	45.01	50.38	56.61	Henson (2020) - Athlete First: 2018 year end hurdle report				
reaction time	0.159	interval	4.27	4.47	4.64	4.84	4.90	5.04	5.11	5.27	5.37	6.23	13.38	14.78	15.75			
		velocity	6.96	8.20	7.83	7.54	7.23	7.14	6.94	6.85	6.64	6.52	6.42	7.07	7.85	7.10	6.67	
H1 lead leg	L	strides	23	15	15	16	16	16	17	17	18	18	21	192				
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)																		
date	21-Jul-18	time	6.40	10.68	15.16	19.52	24.00	28.72	33.64	38.76	44.32	49.68	56.18	Henson (2020) - Athlete First: 2018 year end hurdle report				
reaction time	0.149	interval	4.28	4.48	4.36	4.48	4.72	4.92	5.12	5.56	5.36	6.50	13.12	14.12	16.04			
		velocity	7.03	8.18	7.81	8.03	7.81	7.42	7.11	6.84	6.29	6.53	6.15	7.12	8.00	7.44	6.55	
H1 lead leg	L	strides	23	16	16	15	15	16	17	17	18	18	22	193				
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)																		
date	01-Sep-17	time	6.32	10.52	14.84	19.28	23.76	25.9	28.40	33.16	38.20	43.32	48.64	55.04	Henson (2020) - Athlete First: 2017 year end hurdle report			
reaction time	0.196	interval	4.20	4.32	4.44	4.48	4.64	4.64	4.76	5.04	5.12	5.32	6.40	12.96	13.88	15.48		
		velocity	7.12	8.33	8.10	7.88	7.81	7.72	7.54	7.35	6.94	6.84	6.58	6.25	7.27	8.10	7.56	6.78
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	22	188				
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)																		
date	24-Aug-17	time	6.36	10.52	14.80	19.16	23.68	28.40	33.28	43.40	48.80	55.09	Henson (2020) - Athlete First: 2017 year end hurdle report					
reaction time	0.163	interval	4.16	4.28	4.36	4.52	4.72	4.88	5.12	5.56	5.36	6.29	12.80	14.12	15.52			
		velocity	7.08	8.41	8.18	8.03	7.74	7.42	7.17	6.92	6.48	6.36	7.26	8.20	7.44	6.77		
H1 lead leg	L	strides	23	15	15	15	15	16	16	18	18	21.7	139.7					
FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																		
date	20-Aug-17	time	6.36	10.56	14.80	19.04	23.40	27.96	32.88	38.08	43.36	48.72	54.89	Henson (2021) - Athlete First: 2017 year end hurdle report				
reaction time	0.158	interval	4.20	4.24	4.24	4.36	4.56	4.92	5.20	5.28	5.36	6.17	12.68	13.84	15.84			
		velocity	7.08	8.33	8.25	8.03	7.68	7.11	6.73	6.63	6.53	6.48	7.29	8.28	7.59	6.63		

H1 lead leg	L	strides	23	15	15	15	15	16	17	17	18	18	22	191					
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	10-Aug-17	time	6.32	14.80	19.16	23.68		28.32	33.24	38.40	43.68	49.16		55.71	2 / 8				
reaction time	0.157	interval		8.48	4.36	4.52		4.64	4.92	5.16	5.28	5.48	6.55			12.84	14.08	15.92	
		velocity	7.12	8.25	8.03	7.74		7.54	7.11	6.78	6.63	6.39	6.11	7.18		8.18	7.46	6.60	
H1 lead leg	L	strides	23		15	15		16	17	17	18	18	21.5	160.5					
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	21-Jul-17	time	6.32	10.44	14.68	18.92	23.24	27.88	32.60	37.52	42.68	48.20		54.75	7 / 4				
reaction time	0.196	interval		4.12	4.24	4.24	4.32	4.64	4.72	4.92	5.16	5.52	6.55			12.60	13.68	15.60	
		velocity	7.12	8.50	8.25	8.25	8.10	7.54	7.42	7.11	6.78	6.34	6.11	7.31		8.33	7.68	6.73	
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	18	22	189					
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>				
date	16-Jul-17	time	6.48	10.68	15.00	19.40	23.92	28.64	33.48	38.52	43.64	48.80		54.92	8 / 3				
reaction time	0.157	interval		4.20	4.32	4.40	4.52	4.72	4.84	5.04	5.12	5.16	6.12			12.92	14.08	15.32	
		velocity	6.94	8.33	8.10	7.95	7.74	7.42	7.23	6.94	6.84	6.78	6.54	7.28		8.13	7.46	6.85	
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21.2	187.2					
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)															<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>				
date	06-Jul-17	time	6.52	10.72	15.04	19.40	23.76	28.32	33.12	38.08	43.16	48.32		54.36	1 / 3				
reaction time	0.151	interval		4.20	4.32	4.36	4.36	4.56	4.80	4.96	5.08	5.16	6.04			12.88	13.72	15.20	
		velocity	6.90	8.33	8.10	8.03	8.03	7.68	7.29	7.06	6.89	6.78	6.62	7.36		8.15	7.65	6.91	
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21.5	187.5					
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	08-Jun-17	time	6.48	10.64	14.88	19.20	23.56	28.28	33.08	38.08	43.48	49.28		55.86	3 / 9				
reaction time	0.165	interval		4.16	4.24	4.32	4.36	4.72	4.80	5.00	5.40	5.80	6.58			12.72	13.88	16.20	
		velocity	6.94	8.41	8.25	8.10	8.03	7.42	7.29	7.00	6.48	6.03	6.08	7.16		8.25	7.56	6.48	
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	19	19	22	192					
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)															<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	09-Sep-16	time	6.36	10.48	14.68	18.96	23.40	28.04	32.92	38.00	43.28	48.72		55.26	4 / 5				
reaction time	0.204	interval		4.12	4.20	4.28	4.44	4.64	4.88	5.08	5.28	5.44	6.54			12.60	13.96	15.80	
		velocity	7.08	8.50	8.33	8.18	7.88	7.54	7.17	6.89	6.63	6.43	6.12	7.24		8.33	7.52	6.65	
H1 lead leg	L	strides	23	15	15	15	15	16	17	17	18	18	21.5	190.5					
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)															<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	01-Sep-16	time	6.36	10.52	14.76	19.12	23.52	28.16	33.00	37.92	43.04	48.36		54.55	4 / 3				
reaction time	0.184	interval		4.16	4.24	4.36	4.40	4.64	4.84	4.92	5.12	5.32	6.19			12.76	13.88	15.36	
		velocity	7.08	8.41	8.25	8.03	7.95	7.54	7.23	7.11	6.84	6.58	6.46	7.33		8.23	7.56	6.84	
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	17	17	21	171					
FINAL - 2016 Athletissima (Laussane, SUI) (TV Analysis)															<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	25-Aug-16	time	6.36	10.56	14.80	19.12	23.56	28.28	33.08	38.04	43.20	48.40		54.45	3 / 2				
reaction time	0.157	interval		4.20	4.24	4.32	4.44	4.72	4.80	4.96	5.16	5.20	6.05			12.76	13.96	15.32	
		velocity	7.08	8.33	8.25	8.10	7.88	7.42	7.29	7.06	6.78	6.73	6.61	7.35		8.23	7.52	6.85	
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21	187					
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)															<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	18-Aug-16	time	6.44	10.64	14.92	19.24	23.68	28.32	33.12	38.12	43.24	48.48		54.61	1 / 8				
reaction time	0.171	interval		4.20	4.28	4.32	4.44	4.64	4.80	5.00	5.12	5.24	6.13			12.80	13.88	15.36	
		velocity	6.99	8.33	8.18	8.10	7.88	7.54	7.29	7.00	6.84	6.68	6.53	7.32		8.20	7.56	6.84	
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21	187					
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	22-Jul-16	time	6.36	10.60	14.80	19.00	23.40	27.96	32.73	37.67	42.73	48.10		54.70	4 / 4				
reaction time	0.162	interval		4.24	4.20	4.20	4.40	4.56	4.77	4.94	5.06	5.37	6.60			12.64	13.73	15.37	
		velocity	7.08	8.25	8.33	8.33	7.95	7.68	7.34	7.09	6.92	6.52	6.06	7.31		8.31	7.65	6.83	
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	18	22	189					
FINAL - 2016 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)															<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	15-Jul-16	time	6.40	10.53	14.78	18.97	23.33	27.80	32.57	37.47	42.60	47.90		54.09	3 / 1				
reaction time	0.163	interval		4.13	4.25	4.19	4.36	4.47	4.77	4.90	5.13	5.30	6.19			12.57	13.60	15.33	
		velocity	7.03	8.47	8.24	8.35	8.03	7.83	7.34	7.14	6.82	6.60	6.46	7.40		8.35	7.72	6.85	
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	18	21.5	188.5					
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	05-Jun-16	time	6.47	10.60	14.83	19.10	23.50	28.20	32.97	37.90	43.07	48.37		54.57	5 / 2				
reaction time	0.171	interval		4.13	4.23	4.27	4.40	4.70	4.77	4.93	5.17	5.30	6.20			12.63	13.87	15.40	
		velocity	6.96	8.47	8.27	8.20	7.95	7.45	7.34	7.10	6.77	6.60	6.45	7.33		8.31	7.57	6.82	
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21.7	187.7					
FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	02-Jun-16	time	6.32	10.48	14.68	18.96	23.40	28.12	33.00	38.00	43.08	48.48		54.81	6 / 3				
reaction time	0.154	interval		4.16	4.20	4.28	4.44	4.72	4.88	5.00	5.08	5.40	6.33			12.64	14.04	15.48	

H1 lead leg	L	velocity	7.12	8.41	8.33	8.18	7.88	7.42	7.17	7.00	6.89	6.48	6.32	7.30	8.31	7.48	6.78	
		strides	23	15	15	15	16			17		18	20.7	139.7				
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)															<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	06-May-16	time	6.40	10.56	14.84	19.12	23.56	28.24	33.00	37.96	43.04	48.32	54.53	3 / 1				
reaction time	0.191	interval	4.16	4.28	4.28	4.44	4.68	4.76	4.96	5.08	5.28	6.21	12.72	13.88	15.32			
		velocity	7.03	8.41	8.18	8.18	7.88	7.48	7.35	7.06	6.89	6.63	6.44	7.34	8.25	7.56	6.85	
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21.2	187.2				
<i>Child, Eilidh (GBR) (1987)</i>															<i>Henson (2021) - Athlete First: major championships report</i>			
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)															<i>Henson (2021) - Athlete First: major championships report</i>			
date	26-Aug-15	time	6.40	10.52	14.80	19.08	23.44	32.96	38.04	43.24	48.60	54.78	3 / 6					
reaction time	0.161	interval	4.12	4.28	4.28	4.36	4.50	4.61	4.89	5.00	5.15	5.38	6.18	12.68	13.88	15.64		
		velocity	7.03	8.50	8.18	8.18	8.03	7.35	6.89	6.73	6.53	6.47	7.30	8.28	7.56	6.71		
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21.2	187.2				
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)															<i>Henson (2021) - Athlete First: major championships report</i>			
date	15-Aug-13	time	6.31	10.38	14.65	19.08	23.58	28.19	33.08	38.08	43.23	48.61	54.86	8 / 5.4				
reaction time	0.175	interval	4.07	4.27	4.43	4.50	4.61	4.89	5.00	5.15	5.38	6.25	7.29	12.77	14.00	15.53		
		velocity	7.13	8.60	8.20	7.90	7.78	7.59	7.16	7.00	6.80	6.51	6.40	7.29	8.22	7.50	6.76	
H1 lead leg	L	strides	23	16	16	16	17	17	17	17	18	21.2	161.2					
FINAL - 2010 Commonwealth Games (Dehli, IND)															<i>Arnold (2010) - 400mH planning and peaking</i>			
date	10-Oct-10	time	6.5	10.8	15.2	19.7	24.2	26.2	28.8	33.7	38.7	44.1	49.5	55.62	5 / 2			
reaction time	0.238	interval	4.30	4.40	4.50	4.50	4.60	4.90	5.00	5.40	5.40	6.12	7.19	13.20	14.00	15.80		
		velocity	6.92	8.14	7.95	7.78	7.78	7.63	7.61	7.14	7.00	6.48	6.48	6.54	7.95	7.50	6.65	
H1 lead leg		strides																
Heat 2 - 2010 Commonwealth Games (Dehli, IND)															<i>Arnold (2010) - 400mH planning and peaking</i>			
date	09-Oct-10	time	6.3	10.7	15.1	19.5	24.0	26.0	28.8	33.8	39.1	44.5	49.9	56.16	7 / 2			
reaction time	0.202	interval	4.40	4.40	4.40	4.50	4.80	5.00	5.30	5.40	5.40	6.26	7.12	13.20	14.30	16.10		
		velocity	7.14	7.95	7.95	7.95	7.78	7.69	7.29	7.00	6.60	6.48	6.48	6.39	7.95	7.34	6.52	
H1 lead leg		strides																
FINAL - 2010 European Championships (Barcelona, ESP)															<i>Arnold (2010) - 400mH planning and peaking</i>			
date	30-Jul-10	time	10.64	15.04	19.42	24.02	28.76	33.62	38.76	44.08	49.50	55.51	2 / 8					
reaction time	0.199	interval	4.40	4.38	4.60	4.74	4.86	5.14	5.32	5.42	6.01	7.21	14.20	15.88				
		velocity	7.52	7.95	7.99	7.61	7.38	7.20	6.81	6.58	6.46	6.66	7.21	7.39	6.61			
H1 lead leg	L	strides																
Semi-Final 1 - 2010 European Championships (Barcelona, ESP)															<i>Arnold (2010) - 400mH planning and peaking</i>			
date	28-Jul-10	time	6.48	10.78	15.10	19.50	23.96	28.64	33.48	38.38	43.64	49.20	55.27	4 / 4				
reaction time	0.169	interval	4.30	4.32	4.40	4.46	4.68	4.84	4.90	5.26	5.56	6.07	7.24	13.02	13.98	15.72		
		velocity	6.94	8.14	8.10	7.95	7.85	7.48	7.23	7.14	6.65	6.29	6.59	7.24	8.06	7.51	6.68	
H1 lead leg	L	strides																
Heat 3 - 2010 European Championships (Barcelona, ESP)															<i>Arnold (2010) - 400mH planning and peaking</i>			
date	27-Jul-10	time	6.56	10.82	15.20	19.56	24.04	28.70	33.52	38.54	44.06	49.70	55.82	8 / 2				
reaction time	0.331	interval	4.26	4.38	4.36	4.48	4.66	4.82	5.02	5.52	5.64	6.12	7.17	13.00	13.96	16.18		
		velocity	6.86	8.22	7.99	8.03	7.81	7.51	7.26	6.97	6.34	6.21	6.54	7.17	8.08	7.52	6.49	
H1 lead leg	L	strides																
Dudgeon, Sinead (GBR) (1976)															<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>			
FINAL - 2002 European Championships (Munich, GER)															<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>			
date	08-Aug-02	time	6.61	11.16	15.65	20.22	24.99	29.99	35.23	40.76	46.56	59.39	1 / 8					
reaction time	0.184	interval	4.55	4.49	4.57	4.77	5.00	5.24	5.53	5.80	6.74	13.61	15.01					
		velocity	6.81	7.69	7.80	7.66	7.34	7.00	6.68	6.33	6.03	6.74	7.71	7.00				
H1 lead leg		strides																
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)															<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>			
date	23-Aug-99	time	6.06	10.27	14.60	18.98	23.59	28.46	33.48	38.73	43.97	49.38	55.69	2 / 6				
reaction time	0.173	interval	4.21	4.33	4.38	4.61	4.87	5.02	5.25	5.24	5.41	6.31	7.18	12.92	14.50	15.90		
		velocity	7.43	8.31	8.08	7.99	7.59	7.19	6.97	6.67	6.68	6.47	6.34	7.18	8.13	7.24	6.60	
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	20	186				
Dulin, Mandie (USA) (1977)															<i>USATF Women's Sprint Development (1996)</i>			
FINAL - 1996 USATF National Junior Championships (Delaware, OH)															<i>USATF Women's Sprint Development (1996)</i>			
date	29-Jun-96	time	7.11	11.77	16.35	21.12	25.94	31.10	36.49	42.21	47.94	53.70	60.19	6 / 3				
reaction time		interval	4.66	4.58	4.77	4.82	5.16	5.39	5.72	5.73	5.76	6.49	7.49	14.01	15.37	17.21		
		velocity	6.33	7.51	7.64	7.34	7.26	6.78	6.49	6.12	6.11	6.08	6.16	6.65	7.49	6.83	6.10	
H1 lead leg		strides																
Dyson, Sandra (GBR) (1944)															<i>Keydel (1971) - die 400m hürden machten das rennen</i>			
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)															<i>Keydel (1971) - die 400m hürden machten das rennen</i>			
date	15-May-71	time	6.8	11.4	16.2	21.2	26.7	32.0	37.6	43.4	49.2	54.9	61.1	1 / 1				
reaction time		interval	4.60	4.80	5.00	5.50	5.30	5.60	5.80	5.80	5.70	6.20	7.29	14.40	16.40	17.30		
		velocity	6.62	7.61	7.29	7.00	6.36	6.60	6.25	6.03	6.03	6.14	6.45	6.55	7.29	6.40	6.07	
H1 lead leg		strides	24	17	17	17	19	19	19	19	19	19	189					

														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Edeh, Rosey (CAN) (1966)																															
FINAL - 1996 Olympic Games (Atlanta, GA)														<i>Behm (1996) - 400m haies</i>																	
date	31-Jul-96	time	6.6	10.7	15.0	19.4	23.9		28.4	33.2	38.1	43.1	48.5		54.39	7 / 6															
reaction time	0.324	interval		4.10	4.30	4.40	4.50		4.50	4.80	4.90	5.00	5.40	5.89				12.80	13.80	15.30											
		velocity	6.82	8.54	8.14	7.95	7.78		7.78	7.29	7.14	7.00	6.48	6.79	7.35			8.20	7.61	6.86											
H1 lead leg		strides	22	15	15	15	15		15	15	15	17	17		161																
Semi-Final 2 - 1993 IAAF World Championships (Stuttgart, GER)														<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>																	
date	17-Aug-93	time	6.55	10.73	15.08	19.50	23.94		28.54	33.25	38.13	43.35	48.60		54.53	3 / 4															
reaction time		interval		4.18	4.35	4.42	4.44		4.60	4.71	4.88	5.22	5.25	5.93				12.95	13.75	15.35											
		velocity	6.87	8.37	8.05	7.92	7.88		7.61	7.43	7.17	6.70	6.67	6.75	7.34			8.11	7.64	6.84											
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	17	17	20.5	181.5																
Ellenberger, Gisela (FRG) (1950)																															
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)														<i>Keydel (1971) - die 400m hürden machten das rennen</i>																	
date	15-May-71	time	7.4	12.6	17.7	22.8	28.0		33.7	39.8	45.6	51.3	56.9		62.0	1 / 2															
reaction time		interval		5.20	5.10	5.10	5.20		5.70	6.10	5.80	5.70	5.60	5.10				15.40	17.00	17.10											
		velocity	6.08	6.73	6.86	6.86	6.73		6.14	5.74	6.03	6.14	6.25	7.84	6.45			6.82	6.18	6.14											
H1 lead leg		strides	24	17	17	17	17		19	19	19	19	19		187																
El Moutawakel, Nawal (MAR) (1962)																															
FINAL - 1984 Olympic Games (Los Angeles, CA)														<i>Behm (1995) - la tactique du 400 haies</i>																	
date	08-Aug-84	time	6.4	10.6	14.8	19.1	23.7		28.3	33.2	38.2	43.4	48.6		54.61	3 / 1															
reaction time	0.176	interval		4.20	4.20	4.30	4.60		4.60	4.90	5.00	5.20	5.20	6.01	OR PB			12.70	14.10	15.40											
		velocity	7.03	8.33	8.33	8.14	7.61		7.61	7.14	7.00	6.73	6.73	6.66	7.32			8.27	7.45	6.82											
H1 lead leg		strides		17	17	17	17		17	17	18	18	19	22.5	179.5																
Ennadi, Noura (MAR) (1999)																															
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympc Games - Results Book (2024)</i>																	
date	06-Aug-24	time	6.47	10.63	14.83	19.14	23.61		28.27	33.15	38.22	43.52	48.88		55.50	8 / 8															
reaction time	0.175	interval		4.16	4.20	4.31	4.47		4.66	4.88	5.07	5.30	5.36	6.62				12.67	14.01	15.73											
		velocity	6.96	8.41	8.33	8.12	7.83		7.51	7.17	6.90	6.60	6.53	6.04	7.21			8.29	7.49	6.68											
H1 lead leg	R	strides	23	15	15	15	15		16		17			116																	
Heat 5 - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympc Games - Results Book (2024)</i>																	
date	04-Aug-24	time	6.72	11.07	15.51	19.99	24.61		29.36	34.23	39.28	44.23	49.36		55.26	4 / 2															
reaction time	0.198	interval		4.35	4.44	4.48	4.62		4.75	4.87	5.05	4.95	5.13	5.90				13.27	14.24	15.13											
		velocity	6.70	8.05	7.88	7.81	7.58		7.37	7.19	6.93	7.07	6.82	6.78	7.24			7.91	7.37	6.94											
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	19.7	183.7																
FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)														<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																	
date	19-May-24	time	6.73	11.06	15.49	19.91	24.59			34.35	39.38	44.61	49.94		56.15	3 / 7															
reaction time	0.177	interval		4.33	4.43	4.42	4.68			34.35	5.03	5.23	5.33	6.21				13.18	14.44	15.59											
		velocity	6.69	8.08	7.90	7.92	7.48			2.04	6.96	6.69	6.57	6.44	7.12			7.97	7.27	6.74											
H1 lead leg	R	strides	23	15	15	15	15		15		17	17	17	20.2	169.2																
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																	
date	22-Aug-23	time	6.61	11.07	15.41	19.68	24.25			34.06	39.07	44.21	49.34		55.15	2 / 6															
reaction time	0.184	interval		4.46	4.34	4.27	4.57			9.81	5.01	5.14	5.13	5.81				13.07	14.38	15.28											
		velocity	6.81	7.85	8.06	8.20	7.66			7.14	6.99	6.81	6.82	6.88	7.25			8.03	7.30	6.87											
H1 lead leg	L	strides	24		15		15				17	17	17	105																	
Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																	
date	21-Aug-23	time	6.67	11.16	15.50	19.77	24.36			34.03	39.03	44.10	49.26		55.21	2 / 5															
reaction time	0.178	interval		4.49	4.34	4.27	4.59			9.67	5.00	5.07	5.16	5.95				13.10	14.26	15.23											
		velocity	6.75	7.80	8.06	8.20	7.63			7.24	7.00	6.90	6.78	6.72	7.25			8.02	7.36	6.89											
H1 lead leg	L	strides	24		15	15	15				17	17	17	20	140																
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)														<i>Omega Timing (2023) - diamond league race analysis</i>																	
date	28-May-23	time	6.44	10.66	15.02	19.55	24.31		29.31	34.37	39.41	44.52	49.71		55.83	1 / 7															
reaction time	0.183	interval		4.22	4.36	4.53	4.76		5.00	5.06	5.04	5.11	5.19	6.12	PB			13.11	14.82	15.34											
		velocity	6.99	8.29	8.03	7.73	7.35		7.00	6.92	6.94	6.85	6.74	6.54	7.16			8.01	7.09	6.84											
H1 lead leg	R	strides	23	15		15	15		17			17	17	20	139																
Fahr, Annina (SUI) (1993)																															
Heat 2 - 2024 European Athletics Championships (Roma, ITA)														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																	
date	09-Jun-24	time		10.84	15.19	19.71	24.41		29.19	34.05	39.36	44.74	50.03		56.59	5 / 6															
reaction time	0.208	interval			4.35	4.52	4.70		4.78	4.86	5.31	5.38	5.29	6.56				14.34	15.98												
		velocity		7.38	8.05	7.74	7.45		7.32	7.20	6.59	6.51	6.62	6.10	7.07			7.32	6.57												
H1 lead leg		strides																													
Fair, Chloe (USA) (2001)																															
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																	
date	29-Jun-24	time	6.62	10.92	15.26	19.68	24.28	26.51	29.35	34.38	39.61	45.17	50.76		73.14	1 / 9															
reaction time		interval		4.30	4.34	4.42	4.60		5.07	5.03	5.23	5.56	5.59	22.38				13.06	14.70	16.38											
		velocity	6.80	8.14	8.06	7.92	7.61	7.54	6.90	6.96	6.69	6.29	6.26	1.79	5.47			8.04	7.14	6.41											

H1 lead leg	L	strides	25	16	16	16	17	17	17	18	18	18	178						
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)																			
USATF and Karmarush (2024) - USA Olympic trials results and race analysis																			
date	27-Jun-24	time	6.75	11.07	15.51	20.08	24.74	26.84	29.50	34.65	40.08	45.64	51.09	57.26	6 / 6				
reaction time		interval	4.32	4.44	4.57	4.66		4.76	5.15	5.43	5.56	5.45	6.17			13.33	14.57	16.44	
		velocity	6.67	8.10	7.88	7.66	7.51	7.45	7.35	6.80	6.45	6.29	6.42	6.48	6.99		7.88	7.21	6.39
H1 lead leg		strides																	
Farmer-Patrick, Sandra (USA) (1962)																			
USATF Women's Sprint Development (1996)																			
FINAL - 1996 USA Olympic Trials (Atlanta, GA)																			
date	16-Jun-96	time	6.49	10.75	15.08	19.41	23.93	25.86	28.63	33.47	38.17	43.07	48.10	54.07	5 / 3				
reaction time		interval	4.26	4.33	4.33	4.52		4.70	4.84	4.70	4.90	5.03	5.97			12.92	14.06	14.63	
		velocity	6.93	8.22	8.08	8.08	7.74	7.73	7.45	7.23	7.45	7.14	6.96	6.70	7.40		8.13	7.47	7.18
H1 lead leg	R	strides	24	15	15	15	15	15	15	16	16	16	16	19	182				
FINAL - 1993 IAAF World Championships (Stuttgart, GER)																			
Graubner (2008) - http://www.fgs.uni-halle.de																			
date	19-Aug-93	time	6.52	10.57	14.72	18.93	23.31		27.90	32.79	37.38	42.20	47.04	52.79	6 / 2				
reaction time	0.300	interval	4.05	4.15	4.21	4.38		4.59	4.89	4.59	4.82	4.84	5.75	AR		12.41	13.86	14.25	
		velocity	6.90	8.64	8.43	8.31	7.99		7.63	7.16	7.63	7.26	7.23	6.96	7.58	8.46	7.58	7.37	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	16	19.5	181.5				
Semi-Final 3 - 1993 IAAF World Championships (Stuttgart, GER)																			
Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)																			
date	17-Aug-93	time	6.38	10.52	14.68	18.98	23.42		27.91	32.56	37.44	42.47	47.12	53.88	3 / 1				
reaction time		interval	4.14	4.16	4.30	4.44		4.49	4.65	4.88	5.03	4.65	6.76			12.60	13.58	14.56	
		velocity	7.05	8.45	8.41	8.14	7.88		7.80	7.53	7.17	6.96	7.53	5.92	7.42	8.33	7.73	7.21	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	16	19.2	181.2				
FINAL - 1992 Olympic Games (Barcelona, ESP)																			
Knight (1992) - 1992 Olympic report: the hurdling events																			
date	05-Aug-92	time	6.5	10.5	13.7	19.1	23.5		28.2	33.0	37.8	42.8	47.6	53.69	4 / 2				
reaction time		interval	4.00	3.20	5.40	4.40		4.70	4.80	4.80	5.00	4.80	6.09			12.60	13.90	14.60	
		velocity	6.92	8.75	10.94	6.48	7.95		7.45	7.29	7.29	7.00	7.29	6.57	7.45	8.33	7.55	7.19	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	17	17	19.2	183				
Heat 1 - 1992 Olympic Games (Barcelona, ESP)																			
Lyle (1992) - miscellaneous coaching notes																			
date	02-Aug-92	time	6.90	11.11	15.46	19.91	24.51		29.21	33.95	39.07	44.13	49.33	55.12	6 / 1				
reaction time		interval	4.21	4.35	4.45	4.60		4.70	4.74	5.12	5.06	5.20	5.79			13.01	14.04	15.38	
		velocity	6.52	8.31	8.05	7.87	7.61		7.45	7.38	6.84	6.92	6.73	6.91	7.26	8.07	7.48	6.83	
H1 lead leg		strides																	
Febbraio, Surita (RSA) (1973)																			
Behm (2003) - Paris 2003:Le quatrache masculin - féminin																			
FINAL - 2003 IAAF World Championships (Paris, FRA)																			
date	28-Aug-03	time	6.4	10.5	14.7	19.2	23.7		28.4	33.2	38.1	43.4	49.0	55.90	8 / 8				
reaction time	0.168	interval	4.10	4.20	4.50	4.50		4.70	4.80	4.90	5.30	5.60	6.90			12.80	14.00	15.80	
		velocity	7.03	8.54	8.33	7.78	7.78		7.45	7.29	7.14	6.60	6.25	5.80	7.16	8.20	7.50	6.65	
H1 lead leg	L	strides	23	15	15	16	16	17	17	18	18	19	21	195					
Fei Jiayu (CHN) (2000)																			
CAA Hurdle Development (2021)																			
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)																			
date	26-Jun-21	time	7.12	11.86	16.75	21.77	26.79		32.10	37.60	43.23	48.90	54.65	61.26	2 / 6				
reaction time	0.239	interval	4.74	4.89	5.02	5.02		5.31	5.50	5.63	5.67	5.75	6.61			14.65	15.83	17.05	
		velocity	6.32	7.38	7.16	6.97	6.97		6.59	6.36	6.22	6.17	6.09	6.05	6.53	7.17	6.63	6.16	
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	17	17	20.5	193.5					
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)																			
CAA Hurdle Development (2021)																			
date	20-May-21	time	7.02	11.58	16.15	21.00	25.86		30.96	36.27	41.72		53.49	60.25	4 / 4				
reaction time	0.213	interval	4.56	4.57	4.85	4.86		5.10	5.31	5.45		11.77	6.76	PB		13.98	15.27	17.22	
		velocity	6.41	7.68	7.66	7.22	7.20		6.86	6.59	6.42		5.95	5.92	6.64	7.51	6.88	6.10	
H1 lead leg	R	strides	24	16	16	16	16	17	17	17		18	21.5	178.5					
Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)																			
CAA Hurdle Development (2021)																			
date	25-Apr-21	time	7.17	11.96	16.80	21.74	26.81		32.01	37.37	42.90	48.80	54.80	61.67	6 / 4				
reaction time	0.222	interval	4.79	4.84	4.94	5.07		5.20	5.36	5.53	5.90	6.00	6.87			14.57	15.63	17.43	
		velocity	6.28	7.31	7.23	7.09	6.90		6.73	6.53	6.33	5.93	5.83	5.82	6.49	7.21	6.72	6.02	
H1 lead leg	R	strides	24	16	16	17	17	17	17	17	17	18	18	21.5	198.5				
Feng Meiya (CHN) (2001)																			
CAA Hurdle Development (2021)																			
Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)																			
date	25-Apr-21	time	7.02	11.70	16.50	21.45	26.74		32.35	38.25	44.50		54.14	64.33	4 / 6				
reaction time	0.231	interval	4.68	4.80	4.95	5.29		5.61	5.90	6.25		6.24	5.93	5.60		14.43	16.80		
		velocity	6.41	7.48	7.29	7.07	6.62		6.24	5.93	5.60		6.22		6.22	7.28	6.25		
H1 lead leg	L	strides	24	17	17	17	17	18	18	19	20		149						
Fesenko-Grun, Yekaterina (URS) (1983)																			
McFarlane (1988) - The Science of Hurdling																			
FINAL - 1983 IAAF World Championships (Helsinki, FIN)																			
date	10-Aug-83	time	6.74	11.30	15.48	19.90	24.32		28.99	33.68	38.31	43.21	48.32	54.14	5 / 1				
reaction time		interval	4.56	4.18	4.42	4.42		4.67	4.69	4.63	4.90	5.11	5.82	CR / PB		13.16	13.78	14.64	
		velocity	6.68	7.68	8.37	7.92	7.92		7.49	7.46	7.56	7.14	6.85	6.87	7.39	7.98	7.62	7.17	

date	08-Aug-83	time	6.81	11.22	15.80	20.54	25.42		30.09	35.02	40.04	45.23	50.59		56.47	/ 1			
reaction time		interval		4.41	4.58	4.74	4.88		4.67	4.93	5.02	5.19	5.36	5.88	PB		13.73	14.48	15.57
		velocity	6.61	7.94	7.64	7.38	7.17		7.49	7.10	6.97	6.74	6.53	6.80	7.08		7.65	7.25	6.74
H1 lead leg		strides																	

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Folorunso, Ayomide (ITA) (1996)																			
FINAL - 2024 Memorial van damme (Brussels, BEL)																			
<i>Omega Timing (2024) - diamond league race analysis</i>																			
date	14-Sep-24	time	6.51	10.80	15.15	19.55	24.04		28.71	33.55	38.53	43.63	48.99		55.37	8 / 5			
reaction time	0.204	interval		4.29	4.35	4.40	4.49		4.67	4.84	4.98	5.10	5.36	6.38			13.04	14.00	15.44
		velocity	6.91	8.16	8.05	7.95	7.80		7.49	7.23	7.03	6.86	6.53	6.27	7.22		8.05	7.50	6.80
H1 lead leg	R	strides	23				15		16	16	16	16		20.5	122.5				
FINAL - 2024 Weltklasse (Züich, SUI)																			
<i>Omega Timing (2024) - diamond league race analysis</i>																			
date	05-Sep-24	time	6.35	10.51	14.74	18.96	23.25		27.77	32.54	37.59	42.96	48.57		55.26	2 / 5			
reaction time	0.205	interval		4.16	4.23	4.22	4.29		4.52	4.77	5.05	5.37	5.61	6.69			12.61	13.58	16.03
		velocity	7.09	8.41	8.27	8.29	8.16		7.74	7.34	6.93	6.52	6.24	5.98	7.24		8.33	7.73	6.55
H1 lead leg	R	strides	23	15			15		16	16			18	21	124				
FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)																			
<i>Omega Timing (2024) - diamond league race analysis</i>																			
date	30-Aug-24	time	6.29	10.45	14.73	19.03	23.41		28.03	32.82	37.83	43.07	48.54		55.00	2 / 6			
reaction time	0.168	interval		4.16	4.28	4.30	4.38		4.62	4.79	5.01	5.24	5.47	6.46			12.74	13.79	15.72
		velocity	7.15	8.41	8.18	8.14	7.99		7.58	7.31	6.99	6.68	6.40	6.19	7.27		8.24	7.61	6.68
H1 lead leg	R	strides	23	15			15		16	16	16	16	17		134				
FINAL - 2024 Athletissima (Lausanne, SUI)																			
<i>Omega Timing (2024) - diamond league race analysis</i>																			
date	22-Aug-24	time	6.30	10.43	14.58	18.88	23.35		28.00	32.81	37.80	43.02	48.51		55.08	8 / 5			
reaction time	0.203	interval		4.13	4.15	4.30	4.47		4.65	4.81	4.99	5.22	5.49	6.57			12.58	13.93	15.70
		velocity	7.14	8.47	8.43	8.14	7.83		7.53	7.28	7.01	6.70	6.38	6.09	7.26		8.35	7.54	6.69
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	16	17	21	185				
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	06-Aug-24	time	6.30	10.42	14.74	19.07	23.43		27.98	32.73	37.71	42.99	48.42		54.92	3 / 5			
reaction time	0.166	interval		4.12	4.32	4.33	4.36		4.55	4.75	4.98	5.28	5.43	6.50			12.77	13.66	15.69
		velocity	7.14	8.50	8.10	8.08	8.03		7.69	7.37	7.03	6.63	6.45	6.15	7.28		8.22	7.69	6.69
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17	17	20.7	185.7				
Repechage 1 - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	05-Aug-24	time	6.37	10.46	14.65	18.91	23.33		27.91	32.71	37.72	42.96	48.50		55.07	4 / 1			
reaction time	0.193	interval		4.09	4.19	4.26	4.42		4.58	4.80	5.01	5.24	5.54	6.57			12.54	13.80	15.79
		velocity	7.06	8.56	8.35	8.22	7.92		7.64	7.29	6.99	6.68	6.32	6.09	7.26		8.37	7.61	6.65
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17	17	22	187				
Heat 2 - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	04-Aug-24	time	6.36	10.53	14.80	19.19	23.77		28.46	33.34	38.29	43.43	48.74		55.03	7 / 6			
reaction time	0.195	interval		4.17	4.27	4.39	4.58		4.69	4.88	4.95	5.14	5.31	6.29			12.83	14.15	15.40
		velocity	7.08	8.39	8.20	7.97	7.64		7.46	7.17	7.07	6.81	6.59	6.36	7.27		8.18	7.42	6.82
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	16	17	21	185				
FINAL - 2024 European Athletics Championships (Roma, ITA)																			
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																			
date	11-Jun-24	time	6.60	10.82	15.21	19.69	24.27		28.87	33.61	38.53	43.79	49.04		55.20	2 / 5			
reaction time	0.173	interval		4.22	4.39	4.48	4.58		4.60	4.74	4.92	5.26	5.25	6.16			13.09	13.92	15.43
		velocity	6.82	8.29	7.97	7.81	7.64		7.61	7.38	7.11	6.65	6.67	6.49	7.25		8.02	7.54	6.80
H1 lead leg	L	strides	23	15	15		15		16				17	21	122				
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)																			
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																			
date	10-Jun-24	time	6.37	10.57	14.91	19.23	23.73		28.36	33.11	37.85	42.97	48.24		54.52	7 / 3			
reaction time	0.190	interval		4.20	4.34	4.32	4.50		4.63	4.75	4.74	5.12	5.27	6.28			12.86	13.88	15.13
		velocity	7.06	8.33	8.06	8.10	7.78		7.56	7.37	7.38	6.84	6.64	6.37	7.34		8.16	7.56	6.94
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	21	186				
FINAL - 2024 Bauhaus Galan (Stockholm, SWE)																			
<i>Omega Timing (2024) - diamond league race analysis</i>																			
date	02-Jun-24	time	6.41	10.74	15.04	19.39	23.84		28.49	33.29	38.37	43.69	49.28		55.99	2 / 6			
reaction time	0.174	interval		4.33	4.30	4.35	4.45		4.65	4.80	5.08	5.32	5.59	6.71			12.98	13.90	15.99
		velocity	7.02	8.08	8.14	8.05	7.87		7.53	7.29	6.89	6.58	6.26	5.96	7.14		8.09	7.55	6.57
H1 lead leg	L	strides	23	15					16	16	16	16	18	21	141				
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)																			
<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																			
date	30-May-24	time	6.32	10.35	14.55	18.86	23.26		28.03	32.92	38.12	43.67	49.38		56.06	3 / 7			
reaction time	0.168	interval		4.03	4.20	4.31	4.40		4.77	4.89	5.20	5.55	5.71	6.68			12.54	14.06	16.46
		velocity	7.12	8.68	8.33	8.12	7.95		7.34	7.16	6.73	6.31	6.13	5.99	7.14		8.37	7.47	6.38
H1 lead leg	L	strides	23	15	15	15	16		16	16	16	17	17	21	187				
FINAL - 2023 Prefontaine Classic (Eugene, OR)																			
<i>Omega Timing (2023) - diamond league race analysis</i>																			
date	17-Sep-23	time	6.28	10.51	14.83	19.23	23.78		28.48	33.29	38.25	43.37	48.63		54.68	8 / 6			
reaction time	0.182	interval		4.23	4.32	4.40	4.55		4.70	4.81	4.96	5.12	5.26	6.05			12.95	14.06	15.34
		velocity	7.17	8.27	8.10	7.95	7.69		7.45	7.28	7.06	6.84	6.65	6.61	7.32		8.11	7.47	6.84
H1 lead leg	L	strides	23	15	15	15	16		16	16	16			132					

FINAL - 2023 Memorial van Damme (Brussels, BEL)														<i>Omega Timing (2023) - diamond league race analysis</i>					
date	08-Sep-23	time	6.29	10.42	14.73	19.09	23.61	28.28	33.09	38.06	43.17	48.42	54.42	8 / 5					
reaction time	0.213	interval		4.13	4.31	4.36	4.52	4.67	4.81	4.97	5.11	5.25	6.00		12.80	14.00	15.33		
		velocity	7.15	8.47	8.12	8.03	7.74	7.49	7.28	7.04	6.85	6.67	6.67	7.35		8.20	7.50	6.85	
H1 lead leg	L	strides	24	15	15			16	16	16	16	17	20	155					
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)														<i>Omega Timing (2023) - diamond league race analysis</i>					
date	02-Sep-23	time	6.31	10.45	14.72	19.11	23.61	28.31	33.10	38.05	43.08	48.16	54.08	3 / 4					
reaction time	0.185	interval		4.14	4.27	4.39	4.50	4.70	4.79	4.95	5.03	5.08	5.92		12.80	13.99	15.06		
		velocity	7.13	8.45	8.20	7.97	7.78	7.45	7.31	7.07	6.96	6.89	6.76	7.40		8.20	7.51	6.97	
H1 lead leg	L	strides	23	15	15	15	16	16	16	16	16	17	20	185					
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	24-Aug-23	time	6.41	10.74	15.01	19.27	23.72		33.13	38.06	43.14	48.34	54.19	2 / 6					
reaction time	0.192	interval		4.33	4.27	4.26	4.45		9.41	4.93	5.08	5.20	5.85		12.86	13.86	15.21		
		velocity	7.02	8.08	8.20	8.22	7.87		7.44	7.10	6.89	6.73	6.84	7.38		8.16	7.58	6.90	
H1 lead leg	L	strides	23	15	15	15	16	16				16	17	20	153				
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	22-Aug-23	time	6.27	10.38	14.61	18.92	23.32		32.60	37.47	42.50	47.76	53.89	5 / 4					
reaction time	0.190	interval		4.11	4.23	4.31	4.40		9.28	4.87	5.03	5.26	6.13	NR	12.65	13.68	15.16		
		velocity	7.18	8.52	8.27	8.12	7.95		7.54	7.19	6.96	6.65	6.53	7.42		8.30	7.68	6.93	
H1 lead leg	L	strides	23	15	15	15	16				16	16	17	20.5	153.5				
Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	21-Aug-23	time	6.43	10.40	14.70	18.90	23.36	28.03	32.80	37.63	42.73	47.97	54.30	9 / 3					
reaction time	0.189	interval		3.97	4.30	4.20	4.46	4.67	4.77	4.83	5.10	5.24	6.33		12.47	13.90	15.17		
		velocity	7.00	8.82	8.14	8.33	7.85	7.49	7.34	7.25	6.86	6.68	6.32	7.37		8.42	7.55	6.92	
H1 lead leg	L	strides	23	15	15	15	16	16	16	16	16	17	20.2	185.2					
FINAL - 2023 Athletissima (Lausanne, SUI)														<i>Omega Timing (2023) - diamond league race analysis</i>					
date	30-Jun-23	time	6.26	10.41	14.66	19.04	23.53	28.17	33.01	38.07	43.23	48.66	55.12	8 / 3					
reaction time	0.222	interval		4.15	4.25	4.38	4.49	4.64	4.84	5.06	5.16	5.43	6.46		12.78	13.97	15.65		
		velocity	7.19	8.43	8.24	7.99	7.80	7.54	7.23	6.92	6.78	6.45	6.19	7.26		8.22	7.52	6.71	
H1 lead leg	L	strides	23	15		15		15	16	16	17	17	21	155					
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)														<i>Omega Timing (2023) - diamond league race analysis</i>					
date	02-Jun-23	time	6.25	10.33	14.61	18.87	23.23	27.69	32.49	37.55	42.91	48.64	55.34	2 / 7					
reaction time	0.190	interval		4.08	4.28	4.26	4.36	4.46	4.80	5.06	5.36	5.73	6.70		12.62	13.62	16.15		
		velocity	7.20	8.58	8.18	8.22	8.03	7.85	7.29	6.92	6.53	6.11	5.97	7.23		8.32	7.71	6.50	
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	17	21.2	184.2					
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	08-Sep-22	time	6.34	10.44		23.46	25.33	28.03	32.86		43.21	48.88	55.86	1 / 8					
reaction time	0.179	interval		4.10		13.02		4.57	4.83		10.35	5.67	6.98					16.02	
		velocity	7.10	8.54		8.06	7.90	7.66	7.25		6.76	6.17	5.73	7.16				6.55	
H1 lead leg	L	strides	23	15		15		16	16			17	22	124					
FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	19-Aug-22	time	6.40	10.70		19.50	24.00	25.91	28.67	33.47	38.50	43.66	49.10	55.91	2 / 7				
reaction time	0.197	interval		4.30		8.80	4.50		4.67	4.80	5.03	5.16	5.44	6.81		13.10	13.97	15.63	
		velocity	7.03	8.14		7.95	7.78	7.72	7.49	7.29	6.96	6.78	6.43	5.87	7.15		8.02	7.52	6.72
H1 lead leg	L	strides	23	15		15		16	16	16	16	17	17	21.5	156.5				
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	20-Jul-22	time	6.40	10.67	15.03	19.33	23.80	25.75	28.33	33.10	38.00	43.03	48.23	54.34	5 / 5				
reaction time	0.188	interval		4.27	4.36	4.30	4.47		2.58	4.77	4.90	5.03	5.20	6.11	NR PB	12.93	13.77	15.13	
		velocity	7.03	8.20	8.03	8.14	7.83	7.77	13.57	7.34	7.14	6.96	6.73	6.55	7.36		8.12	7.63	6.94
H1 lead leg	L	strides	23	15	15	15	15		16		16	17	17	20.5	169.5				
Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	19-Jul-22	time	6.53	10.87	15.33	19.80	24.33	26.22	29.00	33.76	38.67	43.67	48.83	54.69	5 / 2				
reaction time	0.176	interval		4.34	4.46	4.47	4.53		4.67	4.76	4.91	5.00	5.16	5.86		13.27	13.96	15.07	
		velocity	6.89	8.06	7.85	7.83	7.73	7.63	7.49	7.35	7.13	7.00	6.78	6.83	7.31		7.91	7.52	6.97
H1 lead leg	L	strides	23	15	15	15	15		15		16	17	17	20	168				
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	30-Jun-22	time	6.62	10.96	15.38	19.86	24.32	26.24	28.94	33.66	38.50	43.52	48.66	54.66	3 / 4				
reaction time	0.192	interval		4.34	4.42	4.48	4.46		4.62	4.72	4.84	5.02	5.14	6.00		13.24	13.80	15.00	
		velocity	6.80	8.06	7.92	7.81	7.85	7.62	7.58	7.42	7.23	6.97	6.81	6.67	7.32		7.93	7.61	7.00
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	20.2	185.2				
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	09-Jun-22	time	6.60	10.87	15.13	19.53	23.93	25.88	28.60	33.33	38.33	43.47	48.70	54.84	3 / 6				
reaction time	0.192	interval		4.27	4.26	4.40	4.40		4.67	4.73	5.00	5.14	5.23	6.14		12.93	13.80	15.37	
		velocity	6.82	8.20	8.22	7.95	7.95	7.73	7.49	7.40	7.00	6.81	6.69	6.51	7.29		8.12	7.61	6.83

H1 lead leg	L	strides	23	15	15	15		16	16	16	17	17	20.5	170.5						
FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	10-Jun-21	time	6.36	10.60	14.92	19.32	23.88	25.9		33.64	38.96	44.44	50.24		56.92		3 / 7			
reaction time	0.193	interval		4.24	4.32	4.40	4.56			9.76	5.32	5.48	5.80	6.68				12.96	14.32	16.60
		velocity	7.08	8.25	8.10	7.95	7.68	7.72		7.17	6.58	6.39	6.03	5.99	7.03			8.10	7.33	6.33
H1 lead leg	L	strides	23	15	15	15				17	17	18		120						
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>						
date	17-Sep-20	time	6.60	10.96	15.36	19.84		26.5	29.08	33.84	38.72	43.92	50.08		56.58		4 / 8			
reaction time	0.187	interval		4.36	4.40	4.48			9.24	4.76	4.88	5.20	6.16	6.50				13.24	14.00	16.24
		velocity	6.82	8.03	7.95	7.81		7.55	7.58	7.35	7.17	6.73	5.68	6.15	7.07			7.93	7.50	6.47
H1 lead leg	L	strides	23	16	16	16				15	15	15	19	21	156					
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>						
date	02-Oct-19	time	6.52	10.68	14.92	19.24	23.68		28.40	33.28	38.40	43.52	48.92		55.36		6 / 5			
reaction time	0.198	interval		4.16	4.24	4.32	4.44		4.72	4.88	5.12	5.12	5.40	6.44				12.72	14.04	15.64
		velocity	6.90	8.41	8.25	8.10	7.88		7.42	7.17	6.84	6.84	6.48	6.21	7.23			8.25	7.48	6.71
H1 lead leg	R	strides	22	15	15	15	15		16	17	17	17	17	21	187					
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>						
date	06-Jun-19	time	6.56	10.84	15.20	19.68	24.28		29.04	33.88	38.88	44.04	49.60		55.99		9 / 8			
reaction time	0.194	interval		4.28	4.36	4.48	4.60		4.76	4.84	5.00	5.16	5.56	6.39				13.12	14.20	15.72
		velocity	6.86	8.18	8.03	7.81	7.61		7.35	7.23	7.00	6.78	6.29	6.26	7.14			8.00	7.39	6.68
H1 lead leg	R	strides	23	16	16	16	16		16	16	17	17	17	21	191					
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	31-May-18	time	6.48	10.76	15.12	19.56	24.08		28.76	33.68	38.64	43.80	49.08		55.16		2 / 4			
reaction time	0.182	interval		4.28	4.36	4.44	4.52		4.68	4.92	4.96	5.16	5.28	6.08	PB			13.08	14.12	15.40
		velocity	6.94	8.18	8.03	7.88	7.74		7.48	7.11	7.06	6.78	6.63	6.58	7.25			8.03	7.44	6.82
H1 lead leg	R	strides	23	16	16	16	16		16	16	17	17	17	20.7	190.7					
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>						
date	01-Sep-16	time	6.56	10.96	15.40	20.04	24.68		29.44	34.32	39.48	44.60	49.84		55.69		1 / 5			
reaction time	0.203	interval		4.40	4.44	4.64	4.64		4.76	4.88	5.16	5.12	5.24	5.85				13.48	14.28	15.52
		velocity	6.86	7.95	7.88	7.54	7.54		7.35	7.17	6.78	6.84	6.68	6.84	7.18			7.79	7.35	6.77
H1 lead leg	R	strides	23	16	16	16	16		16	17	17	17	17	20	175					
Fontanive, Petra (SUI) (1988)														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>						
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>						
date	24-Aug-17	time	6.32	10.60	15.04	19.56	24.24		28.96	33.84		43.88	48.96		54.66		4 / 4			
reaction time	0.157	interval		4.28	4.44	4.52	4.68		4.72	4.88		10.04	5.08	5.70				13.24	14.28	15.12
		velocity	7.12	8.18	7.88	7.74	7.48		7.42	7.17		6.97	6.89	7.02	7.32			7.93	7.35	6.94
H1 lead leg	L	strides	23	16	16	16	16		17	17		17	21	143						
FINAL - 2016 Hürden-und Sprintmeeting (Basel, SUI) (300m Hurdles)														<i>Swiss Athletics (2016) - sprint and hurdle analysis</i>						
date	07-May-16	time	6.70	11.08	15.56	20.20	25.16		30.24	35.14					41.38		1 / 3			
reaction time		interval		4.38	4.48	4.64	4.96		5.08	4.90			6.24					13.50	14.94	
		velocity	6.72	7.99	7.81	7.54	7.06		6.89	7.14			7.21	7.25				7.78	7.03	
H1 lead leg		strides																		
Forcadell, Laia (ESP) (1982)														<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>						
FINAL - 2007 European Cup (Munich, GER)														<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>						
date	23-Jun-07	time	6.93	11.29	15.74	20.42	25.22		30.22	35.42	40.61	45.87	51.21		57.05		1 / 6			
reaction time	0.258	interval		4.36	4.45	4.68	4.80		5.00	5.20	5.19	5.26	5.34	5.84	PB			13.49	15.00	15.79
		velocity	6.49	8.03	7.87	7.48	7.29		7.00	6.73	6.74	6.65	6.55	6.85	7.01			7.78	7.00	6.65
H1 lead leg		strides																		
Foster, Charlynna (USA) (1980)														<i>USATF Women's Sprint Development (1996)</i>						
FINAL - 1996 USATF National Junior Championships (Delaware, OH)														<i>USATF Women's Sprint Development (1996)</i>						
date	29-Jun-08	time	6.74	11.22	15.91	20.73	25.53		30.58	35.84	41.08	46.71	52.56		58.93		5 / 1			
reaction time		interval		4.48	4.69	4.82	4.80		5.05	5.26	5.24	5.63	5.85	6.37	PB			13.99	15.11	16.72
		velocity	6.68	7.81	7.46	7.26	7.29		6.93	6.65	6.68	6.22	5.98	6.28	6.79			7.51	6.95	6.28
H1 lead leg		strides																		
Fra, Daniela (ESP) (2000)														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>						
Heat 2 - 2024 European Athletics Championships (Roma, ITA)														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>						
date	09-Jun-24	time		10.57	14.87	19.31	23.87		28.54	33.46	38.45	43.76	49.19		55.71		6 / 2			
reaction time	0.197	interval			4.30	4.44	4.56		4.67	4.92	4.99	5.31	5.43	6.52	PB				14.15	15.73
		velocity		7.57	8.14	7.88	7.68		7.49	7.11	7.01	6.59	6.45	6.13	7.18				7.42	6.68
H1 lead leg		strides																		
Franklin, Autumnne (USA) (1994)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>						
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>						
date	10-Jul-16	time	6.54	10.78	14.98	19.32	23.66		28.23	33.03	37.97	43.14	48.48		54.65		4 / 6			
reaction time	0.172	interval		4.24	4.20	4.34	4.34		4.57	4.80	4.94	5.17	5.34	6.17	PB			12.78	13.71	15.45
		velocity	6.88	8.25	8.33	8.06	8.06		7.66	7.29	7.09	6.77	6.55	6.48	7.32			8.22	7.66	6.80
H1 lead leg		strides																		

H1 lead leg	R	strides	24	16	16	16	16	16	17	17	18	18	21.5	195.5					
Fu Yijia (CHN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)			<i>CAA Hurdle Development (2021)</i>																
date	26-Jun-21	time	7.06	11.71	16.48	21.39	26.49		31.69	36.95	42.20	47.85	54.01		60.54	7 / 5			
reaction time	0.243	interval	4.65	4.77	4.91	5.10		5.20	5.26	5.25	5.65	6.16	6.53				14.33	15.56	17.06
		velocity	6.37	7.53	7.34	7.13	6.86		6.73	6.65	6.67	6.19	5.68	6.13	6.61		7.33	6.75	6.15
H1 lead leg	R	strides	24	16	16	17	17		17	17	17	18	19	21.5	199.5				
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)			<i>CAA Hurdle Development (2021)</i>																
date	13-Jun-21	time	6.84	11.58	16.38	21.42	26.63		31.93	37.30	42.86	48.81	54.79		61.52	1 / 8			
reaction time	0.244	interval	4.74	4.80	5.04	5.21		5.30	5.37	5.56	5.95	5.98	6.73				14.58	15.88	17.49
		velocity	6.58	7.38	7.29	6.94	6.72		6.60	6.52	6.29	5.88	5.85	5.94	6.50		7.20	6.61	6.00
H1 lead leg	R	strides	23	16	16	17	17		17	17	17	18	18	21.7	197.7				
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)			<i>CAA Hurdle Development (2019)</i>																
date	17-Aug-19	time	7.12	11.84	16.72	21.70	26.88		32.30	37.98	43.78	49.92	56.58		63.84	9 / 6			
reaction time	0.408	interval	4.72	4.88	4.98	5.18		5.42	5.68	5.80	6.14	6.66	7.26				14.58	16.28	18.60
		velocity	6.32	7.42	7.17	7.03	6.76		6.46	6.16	6.03	5.70	5.26	5.51	6.27		7.20	6.45	5.65
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	19	20	22	206				
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)			<i>CAA Hurdle Development (2019)</i>																
date	17-Aug-19	time	7.06	11.92	16.90	21.94	27.14		32.46	38.02	43.72	49.80	55.90		63.00	5 / 3			
reaction time	0.258	interval	4.86	4.98	5.04	5.20		5.32	5.56	5.70	6.08	6.10	7.10				14.88	16.08	17.88
		velocity	6.37	7.20	7.03	6.94	6.73		6.58	6.29	6.14	5.76	5.74	5.63	6.35		7.06	6.53	5.87
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	19	19	21.2	204.2				
Fuho, Saeki (JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)			<i>Takashima (2023) - national high school sports festival - biomechanics data</i>																
date	04-Aug-23	time	6.86	11.31	16.00	20.94	25.96		31.13	36.47	42.18	47.98	53.99		60.75	9 / 6			
reaction time	0.260	interval	4.45	4.69	4.94	5.02		5.17	5.34	5.71	5.80	6.01	6.76				14.08	15.53	17.52
		velocity	6.56	7.87	7.46	7.09	6.97		6.77	6.55	6.13	6.03	5.82	5.92	6.58		7.46	6.76	5.99
H1 lead leg		strides	15	15	17	17		17	17	19	19	19	19	23	178				
Fukushima, Eriko (JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)			<i>Kota (2017) - 70th high school championships: JAF scientific committee- biomechanics data</i>																
date	31-Jul-17	time	6.94	11.49	16.22	21.05	26.04		31.38	36.77	42.29	47.91	53.54		59.75	9 / 5			
reaction time	0.218	interval	4.55	4.73	4.83	4.99		5.34	5.39	5.52	5.62	5.63	6.21				14.11	15.72	16.77
		velocity	6.48	7.69	7.40	7.25	7.01		6.55	6.49	6.34	6.23	6.22	6.44	6.69		7.44	6.68	6.26
H1 lead leg		strides	17	17	17	17		18	18	19	19	19	19		161				
Gallego, Sara (ESP) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	19-Aug-22	time	6.33	10.53		19.37	23.93	25.82	28.60	33.37	38.37	43.46	48.77		54.97	6 / 4			
reaction time	0.143	interval	4.20		8.84	4.56		4.67	4.77	5.00	5.09	5.31	6.20				13.04	14.00	15.40
		velocity	7.11	8.33		7.92	7.68	7.75	7.49	7.34	7.00	6.88	6.59	6.45	7.28		8.05	7.50	6.82
H1 lead leg	L	strides	23	15		16		16	16	16	17	17	17	21.7	158.7				
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	20-Jul-22	time	6.27	10.40	14.87	19.33	23.92	25.94	28.53	33.30	38.20	43.18	48.37		54.49	7 / 5			
reaction time	0.136	interval	4.13	4.47	4.46	4.59		4.61	4.77	4.90	4.98	5.19	6.12				13.06	13.97	15.07
		velocity	7.18	8.47	7.83	7.85	7.63	7.71	7.59	7.34	7.14	7.03	6.74	6.54	7.34		8.04	7.52	6.97
H1 lead leg	L	strides	24	15	16	16	16		16	16	17	17		21	174				
Heat 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	19-Jul-22	time	6.50	10.70	15.03	19.53	24.20	26.08	28.90	33.70	38.70	43.76	48.96		55.09	7 / 3			
reaction time	0.125	interval	4.20	4.33	4.50	4.67		4.70	4.80	5.00	5.06	5.20	6.13				13.03	14.17	15.26
		velocity	6.92	8.33	8.08	7.78	7.49	7.67	7.45	7.29	7.00	6.92	6.73	6.53	7.26		8.06	7.41	6.88
H1 lead leg	L	strides	23	15	16	16	16		16	16	17	17	17	20.2	189.2				
FINAL - 2018 IAAF World Junior Championships (Tampere, FIN) (TV Analysis)			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	13-Jul-18	time	6.76	11.20	15.66	20.26	25.00		29.86	34.86	39.93	45.26	50.73		57.11	6 / 4			
reaction time	0.190	interval	4.44	4.46	4.60	4.74		4.86	5.00	5.07	5.33	5.47	6.38	NJR PB			13.50	14.60	15.87
		velocity	6.66	7.88	7.85	7.61	7.38		7.20	7.00	6.90	6.57	6.40	6.27	7.00		7.78	7.19	6.62
H1 lead leg	R	strides	24	17	17	17	17		17	17	17		18		161				
Garozzo, Aliya Rae (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	29-Jun-24	time	6.57	10.90	15.43	20.02	24.81	27.02	29.94	35.33	40.63	46.20	51.48		57.35	1 / 7			
reaction time		interval	4.33	4.53	4.59	4.79		5.13	5.39	5.30	5.57	5.28	5.87				13.45	15.31	16.15
		velocity	6.85	8.08	7.73	7.63	7.31	7.40	6.82	6.49	6.60	6.28	6.63	6.81	6.97		7.81	6.86	6.50
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	16	16	19	182				
Heat 4 - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	6.67	11.03	15.62	20.53	25.54	27.80	30.69	35.97	41.38	46.87	52.21		58.12	7 / 5			
reaction time		interval	4.36	4.59	4.91	5.01		5.15	5.28	5.41	5.49	5.34	5.91				13.86	15.44	16.24
		velocity	6.75	8.03	7.63	7.13	6.99	7.19	6.80	6.63	6.47	6.38	6.55	6.77	6.88		7.58	6.80	6.47

H1 lead leg	R	strides	24	15	16	16	16	16	16	16	16	16	16	16	167				
Garrett, Akala (USA) (2005)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 USA Olympic Trials (Eugene, OR)																			
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																			
date	30-Jun-24	time	6.53	10.69	15.02	19.41	23.96	25.96	28.70	33.55	38.74	43.90	48.95		55.01	1 / 7			
reaction time		interval	4.16	4.33	4.39	4.55		4.74	4.85	5.19	5.16	5.05	6.06				12.88	14.14	15.40
		velocity	6.89	8.41	8.08	7.97	7.69	7.70	7.38	7.22	6.74	6.78	6.93	6.60	7.27		8.15	7.43	6.82
H1 lead leg	R	strides	23	15	15	15		15	16	16	17	17	19.5		183.5				
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	29-Jun-24	time	6.49	10.50	14.58	18.87	23.29	25.28	27.87	32.78	37.92	43.08	48.57		55.34	8 / 3			
reaction time		interval	4.01	4.08	4.29	4.42		4.58	4.91	5.14	5.16	5.49	6.77				12.38	13.91	15.79
		velocity	6.93	8.73	8.58	8.16	7.92	7.91	7.64	7.13	6.81	6.78	6.38	5.91	7.23		8.48	7.55	6.65
H1 lead leg	R	strides		15	15	15		16	16	17	17	17	20		163				
Heat 3 - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	6.48	10.60	14.86	19.37	23.99	26.04	28.69	33.58	38.80	44.07	49.48		55.67	5 / 2			
reaction time		interval	4.12	4.26	4.51	4.62		4.70	4.89	5.22	5.27	5.41	6.19				12.89	14.21	15.90
		velocity	6.94	8.50	8.22	7.76	7.58	7.68	7.45	7.16	6.70	6.64	6.47	6.46	7.19		8.15	7.39	6.60
H1 lead leg		strides																	
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)			<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																
date	08-Jun-24	time	6.50	10.63	14.89	19.23	23.73		28.40	33.24	38.24	43.21	48.59		54.84	8 / 4			
reaction time		interval	4.13	4.26	4.34	4.50		4.67	4.84	5.00	4.97	5.38	6.25				12.73	14.01	15.35
		velocity	6.92	8.47	8.22	8.06	7.78		7.49	7.23	7.00	7.04	6.51	6.40	7.29		8.25	7.49	6.84
H1 lead leg	R	strides		15	15	15		15	16	16	16	17		140					
Goldenhuys, Zenéy (RSA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympc Games - Results Book (2024)</i>																			
date	06-Aug-24	time	6.34	10.54	14.67	18.99	23.39		27.93	32.71	37.73	42.84	48.00		53.90	8 / 3			
reaction time	0.175	interval	4.20	4.13	4.32	4.40		4.54	4.78	5.02	5.11	5.16	5.90	PB			12.65	13.72	15.29
		velocity	7.10	8.33	8.47	8.10	7.95		7.71	7.32	6.97	6.85	6.78	6.78	7.42		8.30	7.65	6.87
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16	19.2	180.2				
Heat 3 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympc Games - Results Book (2024)</i>																
date	04-Aug-24	time	6.40	10.65	15.10	19.51	24.10		28.80	33.61	38.59	43.74	48.82		54.73	3 / 3			
reaction time	0.170	interval	4.25	4.45	4.41	4.59		4.70	4.81	4.98	5.15	5.08	5.91				13.11	14.10	15.21
		velocity	7.03	8.24	7.87	7.94	7.63		7.45	7.28	7.03	6.80	6.89	6.77	7.31		8.01	7.45	6.90
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	19	179				
FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)			<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																
date	19-May-24	time	6.53	10.76	15.14	19.61	24.14		28.91	33.79	39.03	44.30	49.54		55.28	1 / 4			
reaction time	0.163	interval	4.23	4.38	4.47	4.53		4.81	4.88	5.24	5.27	5.24	5.74				13.08	14.18	15.75
		velocity	6.89	8.27	7.99	7.83	7.73		7.45	7.17	6.68	6.64	6.68	6.97	7.24		8.03	7.40	6.67
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	19	165					
Gerhard, Heidi (FRG) (1941)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)																			
<i>Keydel (1971) - die 400m hürden machten das rennen</i>																			
date	15-May-71	time	7.4	12.6	17.7	22.9	28.2		33.9	39.7	45.6	51.5	57.5		65.0	1 / 5			
reaction time		interval	5.20	5.10	5.20	5.30		5.70	5.80	5.90	5.90	6.00	7.50				15.50	16.80	17.80
		velocity	6.08	6.73	6.86	6.73	6.60		6.14	6.03	5.93	5.93	5.83	5.33	6.15		6.77	6.25	5.90
H1 lead leg		strides	23	17	17	17	17		19	19	19	19	19	19	186				
Giger, Yasmin (SUI) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Weltklasse (Züich, SUI)																			
<i>Omega Timing (2024) - diamond league race analysis</i>																			
date	05-Sep-24	time	6.34	10.50	14.82	19.21	23.74		28.55	33.51	38.66	44.08	49.75		56.19	1 / 8			
reaction time	0.155	interval	4.16	4.32	4.39	4.53		4.81	4.96	5.15	5.42	5.67	6.44				12.87	14.30	16.24
		velocity	7.10	8.41	8.10	7.97	7.73		7.28	7.06	6.80	6.46	6.17	6.21	7.12		8.16	7.34	6.47
H1 lead leg	R	strides	23	15		15		16	16		17	18	20	140					
Repechage 3 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympc Games - Results Book (2024)</i>																
date	05-Aug-24	time	6.40	10.69	15.04	19.48	24.04		28.71	33.57	38.55	43.77	49.06		55.18	3 / 5			
reaction time	0.157	interval	4.29	4.35	4.44	4.56		4.67	4.86	4.98	5.22	5.29	6.12				13.08	14.09	15.49
		velocity	7.03	8.16	8.05	7.88	7.68		7.49	7.20	7.03	6.70	6.62	6.54	7.25		8.03	7.45	6.78
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20.2	184.2				
Heat 5 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympc Games - Results Book (2024)</i>																
date	04-Aug-24	time	6.39	10.59	14.85	19.27	23.82		28.54	33.47	38.60	43.90	49.29		55.44	6 / 4			
reaction time	0.138	interval	4.20	4.26	4.42	4.55		4.72	4.93	5.13	5.30	5.39	6.15				12.88	14.20	15.82
		velocity	7.04	8.33	8.22	7.92	7.69		7.42	7.10	6.82	6.60	6.49	6.50	7.22		8.15	7.39	6.64
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	0.7	166.7				
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	10-Jun-24	time	6.66	11.01	15.46	19.95	24.57		29.33	34.22	39.10	44.11	49.27		55.05	9 / 5			
reaction time	0.225	interval	4.35	4.45	4.49	4.62		4.76	4.89	4.88	5.01	5.16	5.78	PB			13.29	14.27	15.05
		velocity	6.76	8.05	7.87	7.80	7.58		7.35	7.16	7.17	6.99	6.78	6.92	7.27		7.90	7.36	6.98
H1 lead leg	R	strides	23	15	15	15	15		16	16		16	19.5	150.5					

Heat 3 - 2024 European Athletics Championships (Roma, ITA)*European Athletics (2024) - 2024 european athletics championships - results book*

date	09-Jun-24	time	6.50	10.79	15.23	19.84	24.63	29.44	34.34	39.32	44.46	49.64	55.33	2 / 2				
reaction time	0.172	interval		4.29	4.44	4.61	4.79	4.81	4.90	4.98	5.14	5.18	5.69		13.34	14.50	15.30	
		velocity	6.92	8.16	7.88	7.59	7.31	7.28	7.14	7.03	6.81	6.76	7.03	7.23	7.87	7.24	6.86	
H1 lead leg		strides																

Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)*Henson (2022) - Athlete First: 2022 year end hurdle report*

date	20-Jul-22	time	6.53	10.84	15.30	19.73	24.40	26.41	34.20	39.33	44.70	56.31	2 / 8					
reaction time	0.154	interval		4.31	4.46	4.43	4.67		9.80	5.13	5.37			13.20	14.47			
		velocity	6.89	8.12	7.85	7.90	7.49	7.57	7.14	6.82	6.52	7.10		7.95	7.26			
H1 lead leg	R	strides	23	15	15	15	15		16	17		116						

FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)*Henson (2022) - Athlete First: 2022 year end hurdle report*

date	09-Jun-22	time	6.53	10.83	15.30	24.70	26.64	29.57	34.60	39.70	45.13	56.52	1 / 9					
reaction time	0.155	interval		4.30	4.47	9.40		4.87	5.03	5.10	5.43							
		velocity	6.89	8.14	7.83	7.45	7.51	7.19	6.96	6.86	6.45	7.08						
H1 lead leg	R	strides	23	15	15	15		15	16	16	17	132						

FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis)*Henson (2020) - Athlete First: 2020 year end hurdle report*

date	15-Sep-20	time	6.60	10.92	15.36			29.68	34.72	45.20	50.52	56.42	2 / 4					
reaction time		interval		4.32	4.44			14.32	5.04	10.48	5.32	5.90						15.80
		velocity	6.82	8.10	7.88			7.33	6.94	6.68	6.58	6.78	7.09					6.65
H1 lead leg	R	strides	23	15	15				16		17	20.2	106.2					

FINAL - 2018 IAAF World Junior Championships (Tampere, FIN) (TV Analysis)*Henson (2020) - Athlete First: 2018 year end hurdle report*

date	13-Jul-18	time	6.40	10.70	15.06	19.66	24.36	29.20	34.16	39.30	44.66	50.40	56.98	8 / 3				
reaction time	0.179	interval		4.30	4.36	4.60	4.70	4.84	4.96	5.14	5.36	5.74	6.58		13.26	14.50	16.24	
		velocity	7.03	8.14	8.03	7.61	7.45	7.23	7.06	6.81	6.53	6.10	6.08	7.02	7.92	7.24	6.47	
H1 lead leg	R	strides	23	15	15	15	15	15	16	16		17	147					

Glenn, Rachel (USA) (2002)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2024 USA Olympic Trials (Eugene, OR)***USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	30-Jun-24	time	6.33	10.29	14.52	18.82	23.25	25.28	27.85	32.54	37.42	42.41	47.39	53.46	4 / 5				
reaction time		interval		3.96	4.23	4.30	4.43		4.60	4.69	4.88	4.99	4.98	6.07	PB		12.49	13.72	14.85
		velocity	7.11	8.84	8.27	8.14	7.90	7.91	7.61	7.46	7.17	7.01	7.03	6.59	7.48		8.41	7.65	7.07
H1 lead leg	R	strides	21	14	14	14	14		14	14	15	15	15	18.7	168.7				

Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	29-Jun-24	time	6.33	10.42	14.54	18.90	23.31	25.33	27.83	32.54	37.56	42.66	47.77	53.68	5 / 2				
reaction time		interval		4.09	4.12	4.36	4.41		4.52	4.71	5.02	5.10	5.11	5.91	PB		12.57	13.64	15.23
		velocity	7.11	8.56	8.50	8.03	7.94	7.90	7.74	7.43	6.97	6.86	6.85	6.77	7.45		8.35	7.70	6.89
H1 lead leg	L	strides	21	14	14	13	14		14	15	15	15	15	18.2	168.2				

Heat 4 - 2024 USA Olympic Trials (Eugene, OR)*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	27-Jun-24	time	6.51	10.69	14.93	19.26	23.62	25.65	28.31	33.10	38.18	43.53	48.87	55.03	4 / 1				
reaction time		interval		4.18	4.24	4.33	4.36		4.69	4.79	5.08	5.35	5.34	6.16		12.75	13.84	15.77	
		velocity	6.91	8.37	8.25	8.08	8.03	7.80	7.46	7.31	6.89	6.54	6.55	6.49	7.27		8.24	7.59	6.66
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	16	16	19	173				

FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)*Henson (2024) - Athlete First: 2024 year end hurdle report*

date	08-Jun-24	time	6.30	10.42	14.64	18.97	23.36	27.86	32.74	37.70	42.75	47.96	54.11	6 / 3				
reaction time		interval		4.12	4.22	4.33	4.39		4.50	4.88	4.96	5.05	5.21	6.15		12.67	13.77	15.22
		velocity	7.14	8.50	8.29	8.08	7.97	7.78	7.17	7.06	6.93	6.72	6.50	7.39		8.29	7.63	6.90
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	18.7	169.7			

Gloor, Rita (FRG)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 1971 West German Athletics - 300m Hurdles Test (Bonn, FRG)***Keydel (1971) - 300 ou 400 haies pour les femmes?*

date	15-May-71	time	4.1	7.8	11.5	15.3	19.1	23.2	27.5	31.9	36.8	41.6	45.0	1 / 2				
reaction time		interval		3.7	3.7	3.8	3.8		4.1	4.3	4.4	4.9	4.8	3.4		11.20	12.20	14.10
		velocity																
H1 lead leg		strides	13	13	13	13	13		13	13	13	15	15	134				

Glover, Sandra (USA) (1968)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)***Graubner (2007) - http://www.fgs.uni-halle.de*

date	23-Sep-07	time	6.88	11.34	15.84	20.50	25.14	29.88	34.68	39.65	44.70	49.85	55.82	7 / 8					
reaction time	0.332	interval		4.46	4.50	4.66	4.64		4.74	4.80	4.97	5.05	5.15	5.97		13.62	14.18	15.17	
		velocity	6.54	7.85	7.78	7.51	7.54		7.38	7.29	7.04	6.93	6.80	6.70	7.17		7.71	7.40	6.92
H1 lead leg		strides																	

FINAL - 2005 IAAF World Championships (Helsinki, FIN)*Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins*

date	13-Aug-05	time	6.3	10.5	14.8	19.2	23.5	28.0	32.5	37.2	42.1	47.1	53.32	3 / 3					
reaction time	0.200	interval		4.20	4.30	4.40	4.30		4.50	4.50	4.70	4.90	5.00	6.22	PB		12.90	13.30	14.60
		velocity	7.14	8.33	8.14	7.95	8.14		7.78	7.78	7.45	7.14	7.00	6.43	7.50		8.14	7.89	7.19
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	21	191					

FINAL - 2004 Seiko Super Grand Prix (Yokohama, JPN)*Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers*

date	23-Sep-04	time	6.61	10.91	15.26	19.73	24.22	28.82	33.47	38.34	43.48	48.74	54.86	/ 1			
reaction time		interval		4.30	4.35	4.47	4.49	4.60	4.65	4.87	5.14	5.26	6.12		13.12	13.74	15.27
		velocity	6.81	8.14	8.05	7.83	7.80	7.61	7.53	7.19	6.81	6.65	6.54	7.29		8.00	7.64
H1 lead leg		strides		16	16	16	16	16	16	17	17	17	147				

FINAL - 2003 IAAF World Championships (Paris, FRA)*Behm (2003) - Paris 2003:Le quatrache masculin - féminin*

date	28-Aug-03	time	6.3	10.3	14.6	19.1	23.6	28.1	32.8	37.5	42.5	47.5	53.65	6 / 2			
reaction time	2.060	interval		4.00	4.30	4.50	4.50	4.50	4.70	4.70	5.00	5.00	6.15		12.80	13.70	14.70
		velocity	7.14	8.75	8.14	7.78	7.78	7.78	7.78	7.45	7.45	7.00	7.00	6.50	7.46	8.20	7.66
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17	20	190			

FINAL - 2003 USATF National Championships (Palo Alto, CA)*USATF Women's Sprint Development (2003)*

date	21-Jun-03	time	6.36	10.58	14.82	19.22	23.62	28.32	32.85	37.57	42.68	48.20	55.12	3 / 3			
reaction time		interval		4.22	4.24	4.40	4.40	4.70	4.53	4.72	5.11	5.52	6.92		12.86	13.63	15.35
		velocity	7.08	8.29	8.25	7.95	7.95	7.45	7.73	7.42	6.85	6.34	5.78	7.26		8.16	7.70
H1 lead leg		strides															

FINAL - 2002 IAAF World Cup (Madrid, ESP)*Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*

date	20-Sep-02	time	6.27	10.54	14.95	19.38	24.08	28.69	33.42	38.23	43.23	48.29	54.46	6 / 2			
reaction time	0.198	interval		4.27	4.41	4.43	4.70	4.61	4.73	4.81	5.00	5.06	6.17		13.11	14.04	14.87
		velocity	7.18	8.20	7.94	7.90	7.45	7.59	7.40	7.28	7.00	6.92	6.48	7.34		8.01	7.48
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17	20	190			

Semi-Final 1 - 2001 IAAF World Championships (Edmonton, CAN)*Behm (2001) - profil des finales d'Edmonton*

date	08-Aug-01	time	6.4	10.7	15.1	19.5	24.0	28.5	33.3	38.2	43.2	48.6	55.04	2 / 4			
reaction time	0.174	interval		4.3	4.4	4.4	4.5	4.5	4.8	4.9	5.0	5.4	6.44		13.10	13.80	15.30
		velocity	7.03	8.14	7.95	7.95	7.78	7.78	7.29	7.14	7.00	6.48	6.21		8.02	7.61	6.86
H1 lead leg		strides	24	16	16	16	16	17	18	18	18	18	177				

FINAL - 1999 IAAF World Championships (Sevilla, ESP)*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*

date	25-Aug-99	time	6.44	10.64	14.97	19.30	23.83	28.37	32.99	37.64	42.55	47.60	53.65	1 / 5				
reaction time	0.150	interval		4.20	4.33	4.33	4.53	4.54	4.62	4.65	4.91	5.05	6.05	PB		12.86	13.69	14.61
		velocity	6.99	8.33	8.08	8.08	7.73	7.71	7.58	7.53	7.13	6.93	6.61	7.46		8.16	7.67	7.19
H1 lead leg	L	strides	24	16	16	16	16	16	16	17	17	17	20	191				

Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*

date	23-Aug-99	time	6.19	10.46	14.81	19.17	23.72	28.25	32.96	37.77	42.76	47.90	54.17	4 / 3			
reaction time	0.151	interval		4.27	4.35	4.36	4.55	4.53	4.71	4.81	4.99	5.14	6.27		12.98	13.79	14.94
		velocity	7.27	8.20	8.05	8.03	7.69	7.73	7.43	7.28	7.01	6.81	6.38	7.38		8.09	7.61
H1 lead leg	L	strides	24	16	16	16	16	16	16	17	17	17	19.5				

Glynn, Abbey (USA) (2001)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)***USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	29-Jun-24	time	6.51	10.83	14.99	19.43	23.96	26.02	28.54	33.35	38.40	43.74	49.50	56.08	9 / 6			
reaction time		interval		4.32	4.16	4.44	4.53		4.58	4.81	5.05	5.34	5.76	6.58		12.92	13.92	16.15
		velocity	6.91	8.10	8.41	7.88	7.73	7.69	7.64	7.28	6.93	6.55	6.08	6.08	7.13		8.13	7.54
H1 lead leg	L	strides		15	15	15	15		15	15	15	16	18	139				

Heat 1 - 2024 USA Olympic Trials (Eugene, OR)*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	27-Jun-24	time	6.43	10.62	14.96	19.52	24.11	26.31	28.88	33.88	39.24	44.65	50.44	56.94	4 / 3			
reaction time		interval		4.19	4.34	4.56	4.59		4.77	5.00	5.36	5.41	5.79	6.50		13.09	14.36	16.56
		velocity	7.00	8.35	8.06	7.68	7.63	7.60	7.34	7.00	6.53	6.47	6.04	6.15	7.02		8.02	7.31
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	16	16	158				

FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)*Henson (2024) - Athlete First: 2024 year end hurdle report*

date	08-Jun-24	time	6.67	10.88	15.22	19.68	24.31	28.98	33.82	38.84	44.17	49.71	55.75	2 / 8				
reaction time		interval		4.21	4.34	4.46	4.63		4.67	4.84	5.02	5.33	5.54	6.04		13.01	14.14	15.89
		velocity	6.75	8.31	8.06	7.85	7.56		7.49	7.23	6.97	6.57	6.32	6.62	7.17		8.07	7.43
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	160				

FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)*Henson (2023) - Athlete First: 2023 year end hurdle report*

date	10-Jun-23	time	6.74	11.04	15.55	20.18	24.89	29.66	34.60	39.57	44.85	50.18	56.01	3 / 8				
reaction time		interval		4.30	4.51	4.63	4.71		4.77	4.94	4.97	5.28	5.33	5.83		13.44	14.42	15.58
		velocity	6.68	8.14	7.76	7.56	7.43		7.34	7.09	7.04	6.63	6.57	6.86	7.14		7.81	7.28
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	17	17	161				

Gnafáki, Dimitra (GRA) (1997)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Heat 2 - 2024 European Athletics Championships (Roma, ITA)***European Athletics (2024) - 2024 european athletics championships - results book*

date	09-Jun-24	time		10.76	15.15	19.67	24.40	29.22	34.24	39.50	44.91	50.31	56.62	4 / 7			
reaction time	0.172	interval		4.39	4.52	4.73		4.82	5.02	5.26	5.41	5.40	6.31			14.57	16.07
		velocity		7.43	7.97	7.74	7.40		7.26	6.97	6.65	6.47	6.48	6.34	7.06		7.21
H1 lead leg		strides															

Gonzalez, Melissa (COL) (1994)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)***Henson (2022) - Athlete First: 2022 year end hurdle report*

date	20-Jul-22	time	6.40	10.53	14.93	19.23	23.67	25.60	28.35	33.27	38.30	43.63	49.00	55.13	1 / 7			
reaction time	0.143	interval		4.13	4.40	4.30	4.44		4.68	4.92	5.03	5.33	5.37	6.13		12.83	14.04	15.73

H1 lead leg	L	velocity	7.03	8.47	7.95	8.14	7.88	7.81	7.48	7.11	6.96	6.57	6.52	6.53	7.26	8.18	7.48	6.68	
		strides	23	15	15	15	15		16		16	17	17	20	169				
Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	19-Jul-22	time	6.57	10.90	15.23	19.60	24.30	26.20	29.13	34.10	39.36	44.73	50.00		56.24	5 / 4			
reaction time	0.143	interval		4.33	4.33	4.37	4.70		4.83	4.97	5.26	5.37	5.27	6.24		13.03	14.50	15.90	
		velocity	6.85	8.08	8.08	8.01	7.45	7.63	7.25	7.04	6.65	6.52	6.64	6.41	7.11	8.06	7.24	6.60	
H1 lead leg	L	strides	23	15	15	15	16		16	16	17	17	17	20	187				
Gooden, Dianna (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)															<i>USATF Women's Sprint Development (2003)</i>				
date	22-Jun-03	time	6.81	11.34	16.08	20.99	26.06		31.33	36.95	42.80	48.78			61.47	4 / 6			
reaction time		interval		4.53	4.74	4.91	5.07		5.27	5.62	5.85	5.98					14.18	15.96	
		velocity	6.61	7.73	7.38	7.13	6.90		6.64	6.23	5.98	5.85			6.51		7.40	6.58	
H1 lead leg		strides																	
Goossens, Ester (NED) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 European Championships (Budapest, HUN)															<i>Sanchez (1998) - Budapest '98: análisis de la carreras con villas</i>				
date	23-Aug-98	time	6.52				24.10						48.50		54.62	8 / 5			
reaction time		interval					17.58						24.40	6.12	NR				
		velocity	6.90				7.96						7.17	6.54	7.32				
H1 lead leg	L	strides	23	14	14	15	15		15	15	16	16	17	20.5	180.5				
Graham, Lashanna (JAM) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	10-Jun-23	time	6.71	10.94	15.31	19.99	24.76		29.56	34.47	39.54	44.41	49.75		55.59	9 / 6			
reaction time		interval		4.23	4.37	4.68	4.77		4.80	4.91	5.07	4.87	5.34	5.84	PB		13.28	14.48	15.28
		velocity	6.71	8.27	8.01	7.48	7.34		7.29	7.13	6.90	7.19	6.55	6.85	7.20		7.91	7.25	6.87
H1 lead leg	L	strides	22.14	15	15	15	15		15	15	16	15	16		159.14				
Granat, Moa (SWE) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)															<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	10-Jun-24	time	6.51	10.72	15.06	19.54	24.16		28.88	33.77	38.86	44.19	49.62		55.89	2 / 6			
reaction time	0.204	interval		4.21	4.34	4.48	4.62		4.72	4.89	5.09	5.33	5.43	6.27	PB		13.03	14.23	15.85
		velocity	6.91	8.31	8.06	7.81	7.58		7.42	7.16	6.88	6.57	6.45	6.38	7.16		8.06	7.38	6.62
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	17	21	184				
Heat 3 - 2024 European Athletics Championships (Roma, ITA)															<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	09-Jun-24	time	6.49	10.77	15.30	19.86	24.50		29.31	34.13	39.11	44.42	49.70		55.95	8 / 6			
reaction time	0.185	interval		4.28	4.53	4.56	4.64		4.81	4.82	4.98	5.31	5.28	6.25			13.37	14.27	15.57
		velocity	6.93	8.18	7.73	7.68	7.54		7.28	7.26	7.03	6.59	6.63	6.40	7.15		7.85	7.36	6.74
H1 lead leg		strides																	
FINAL - 2024 Bauhaus Galan (Stockholm, SWE)															<i>Omega Timing (2024) - diamond league race analysis</i>				
date	02-Jun-24	time	6.52	10.73	15.08	19.61	24.25		28.91	33.86	39.14	44.58	50.07		56.65	8 / 8			
reaction time	0.154	interval		4.21	4.35	4.53	4.64		4.66	4.95	5.28	5.44	5.49	6.58			13.09	14.25	16.21
		velocity	6.90	8.31	8.05	7.73	7.54		7.51	7.07	6.63	6.43	6.38	6.08	7.06		8.02	7.37	6.48
H1 lead leg	R	strides	23	15	15	15	15		15	15	17	17	17	164					
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	02-Jul-23	time	6.41	10.61	14.97	19.44	24.01		28.75	33.74	38.97	44.47	50.29		57.34	4 / 2			
reaction time	0.144	interval		4.20	4.36	4.47	4.57		4.74	4.99	5.23	5.50	5.82	7.05			13.03	14.30	16.55
		velocity	7.02	8.33	8.03	7.83	7.66		7.38	7.01	6.69	6.36	6.01	5.67	6.98		8.06	7.34	6.34
H1 lead leg		strides																	
Granqvist, Emilia (SWE) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Poks Memorial (Hässleholm, SWE)															<i>Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx</i>				
date	12-Jun-11	time	6.90	11.44	16.24	21.14	26.20		31.56	37.06	42.88	48.82	54.92		61.70	1 / 3			
reaction time		interval		4.54	4.80	4.90	5.06		5.36	5.50	5.82	5.94	6.10	6.78			14.24	15.92	17.86
		velocity	6.52	7.71	7.29	7.14	6.92		6.53	6.36	6.01	5.89	5.74	5.90	6.48		7.37	6.60	5.88
H1 lead leg	L	strides	16	17	17	17	17		18	18	19	19	19	160					
FINAL - 2011 Fridrott (Stockholm, SWE)															<i>Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx</i>				
date	07-Jun-11	time	6.94	11.48	16.12	21.04	26.10		31.24	36.50	41.90	47.68	53.44		60.25	1 / 1			
reaction time		interval		4.54	4.64	4.92	5.06		5.14	5.26	5.40	5.78	5.76	6.81			14.10	15.46	16.94
		velocity	6.48	7.71	7.54	7.11	6.92		6.81	6.65	6.48	6.06	6.08	5.87	6.64		7.45	6.79	6.20
H1 lead leg	L	strides	16	16	17	17	17		17	17	17	18	18	22	175				
Grebo, Shana (FRA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	06-Aug-24	time	6.26	10.32	14.59	18.89	23.28		27.92	32.85	37.93	43.18	48.64		54.84	3 / 4			
reaction time	0.195	interval		4.06	4.27	4.30	4.39		4.64	4.93	5.08	5.25	5.46	6.20			12.63	13.96	15.79
		velocity	7.19	8.62	8.20	8.14	7.97		7.54	7.10	6.89	6.67	6.41	6.45	7.29		8.31	7.52	6.65
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	18	18	20.5	193.5				
Repechage 3 - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	05-Aug-24	time	6.27	10.37	14.44	18.76	23.26		28.02	32.98	38.12	43.48	48.84		54.91	7 / 1			

reaction time	0.196	interval	4.10	4.07	4.32	4.50		4.76	4.96	5.14	5.36	5.36	6.07		12.49	14.22	15.86	
		velocity	7.18	8.54	8.60	8.10	7.78		7.35	7.06	6.81	6.53	6.53	6.59	7.28	8.41	7.38	6.62
H1 lead leg	L	strides	23	15	16	16	16		16	17	18	18	18	21	194			
Heat 2 - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	04-Aug-24	time	6.41	10.60	14.88	19.28	23.91		28.77	33.95	39.25	44.76	50.37		56.70	6 / 7		
reaction time	0.205	interval		4.19	4.28	4.40	4.63		4.86	5.18	5.30	5.51	5.61	6.33		12.87	14.67	16.42
		velocity	7.02	8.35	8.18	7.95	7.56		7.20	6.76	6.60	6.35	6.24	6.32	7.05	8.16	7.16	6.39
H1 lead leg	R	strides	25	16	15	16	16		17	17	17	18		157				
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)														<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	08-Jun-24	time	6.42	10.47	14.73	19.31	23.94		28.74	33.58	38.54	43.71	49.13		55.30	4 / 6		
reaction time		interval		4.05	4.26	4.58	4.63		4.80	4.84	4.96	5.17	5.42	6.17	PB	12.89	14.27	15.55
		velocity	7.01	8.64	8.22	7.64	7.56		7.29	7.23	7.06	6.77	6.46	6.48	7.23	8.15	7.36	6.75
H1 lead leg	L	strides	23	15	15	17	17		17	17	17	17	18		173			
Grenwald, Lydia (FRG)																		
FINAL - 1971 West German Athletics - 300m Hurdles Test (Bonn, FRG)														<i>Keydel (1971) - 300 ou 400 haies pour les femmes?</i>				
date	15-May-71	time	4.3	8.1	12.1	16.2	20.2		24.3	28.6	33.3	38.1	42.8		45.7	1 / 4		
reaction time		interval		3.80	4.00	4.10	4.00		4.10	4.30	4.70	4.80	4.70	2.90		11.90	12.40	14.20
		velocity																
H1 lead leg		strides	13	13	13	13	13		13	13	15	15	15		136			
Gryc, Anna (POL) (1999)																		
Heat 1 - 2024 European Athletics Championships (Roma, ITA)														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	09-Jun-24	time	6.60	10.96	15.49	20.07	24.86		29.84	34.83	39.94	45.30	50.72		56.91	7 / 5		
reaction time	0.219	interval		4.36	4.53	4.58	4.79		4.98	4.99	5.11	5.36	5.42	6.19	=PB	13.47	14.76	15.89
		velocity	6.82	8.03	7.73	7.64	7.31		7.03	7.01	6.85	6.53	6.46	6.46	7.03	7.80	7.11	6.61
H1 lead leg		strides																
Gunnell, Sally (GBR) (1966)																		
FINAL - 1997 European Cup (Munich, GER)														<i>Jung (2003) - http://www.fgs.uni-halle.de</i>				
date	21-Jun-97	time	6.69	10.96	15.26	19.64	24.08		28.58	33.48	38.39	43.54	48.67		54.57	1 / 1		
reaction time		interval		4.27	4.30	4.38	4.44		4.50	4.90	4.91	5.15	5.13	5.90		12.95	13.84	15.19
		velocity	6.73	8.20	8.14	7.99	7.88		7.78	7.14	7.13	6.80	6.82	6.78	7.33	8.11	7.59	6.91
H1 lead leg		strides																
FINAL - 1994 European Championships (Helsinki, FIN)														<i>Behm (1995) - la tactique du 400 haies</i>				
date	10-Aug-94	time	6.5	10.7	14.8	19.2	23.6		28.1	32.7	37.5	42.5	47.5		53.33	1 / 1		
reaction time		interval		4.20	4.10	4.40	4.40		4.50	4.60	4.80	5.00	5.00	5.83		12.70	13.50	14.80
		velocity	6.92	8.33	8.54	7.95	7.95		7.78	7.61	7.29	7.00	7.00	6.86	7.50	8.27	7.78	7.09
H1 lead leg		strides	22	15	15	15	15		15	16	16	17	17	163				
FINAL - 1993 IAAF World Championships (Stuttgart, GER)														<i>Graubner (2008) - http://www.fgs.uni-halle.de</i>				
date	19-Aug-93	time	6.65	10.76	14.94	17.19	23.58		28.04	32.66	37.37	42.24	47.12		52.74	4 / 1		
reaction time	0.284	interval		4.11	4.18	2.25	6.39		4.46	4.62	4.71	4.87	4.88	5.62	WR	10.54	15.47	14.46
		velocity	6.77	8.52	8.37	15.56	5.48		7.85	7.58	7.43	7.19	7.17	7.12	7.58	9.96	6.79	7.26
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	20.2	182.2			
Semi-Final 1 - 1993 IAAF World Championships (Stuttgart, GER)														<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>				
date	17-Aug-93	time	6.79	10.85	14.97	19.21	23.55		28.06	33.14	37.87	43.07	48.27		53.95	6 / 1		
reaction time		interval		4.06	4.12	4.24	4.34		4.51	5.08	4.73	5.20	5.20	5.68		12.42	13.93	15.13
		velocity	6.63	8.62	8.50	8.25	8.06		7.76	6.89	7.40	6.73	6.73	7.04	7.41	8.45	7.54	6.94
H1 lead leg	L	strides	23	15	15	15	15		15	16	17	17	17	19.5	184.5			
FINAL - 1992 Olympic Games (Barcelona, ESP)														<i>Knight (1992) - 1992 Olympic report: the hurdling events</i>				
date	05-Aug-92	time	6.5	10.7	14.0	19.3	23.7		28.2	32.9	37.6	42.5	47.4		53.23	3 / 1		
reaction time		interval		4.20	3.30	5.30	4.40		4.50	4.70	4.70	4.90	4.90	5.83		12.80	13.60	14.50
		velocity	6.92	8.33	10.61	6.60	7.95		7.78	7.45	7.45	7.14	7.14	6.86	7.51	8.20	7.72	7.24
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	16	20.2	181			
Semi-Finals 1 - 1992 Olympic Games (Barcelona, ESP)														<i>Lyle (1992) - miscellaneous coaching notes</i>				
date	03-Aug-92	time	5.92	10.08	14.26	18.39	22.94		27.69	32.37	37.32	42.49	47.63		53.78	4 / 1		
reaction time		interval		4.16	4.18	4.13	4.55		4.75	4.68	4.95	5.17	5.14	6.15		12.47	13.98	15.26
		velocity	7.60	8.41	8.37	8.47	7.69		7.37	7.48	7.07	6.77	6.81	6.50	7.44	8.42	7.51	6.88
H1 lead leg		strides																
FINAL - 1991 IAAF World Championships (Tokyo, JPN)														<i>Behm (1995) - la tactique du 400 haies</i>				
date	29-Aug-91	time	6.4	10.7	15.0	19.1	23.5		28.0	32.6	37.3	42.1	47.2		53.16	5 / 2		
reaction time		interval		4.30	4.30	4.10	4.40		4.50	4.60	4.70	4.80	5.10	5.96	NR	12.70	13.50	14.60
		velocity	7.03	8.14	8.14	8.54	7.95		7.78	7.61	7.45	7.29	6.86	6.71	7.52	8.27	7.78	7.19
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	17	20.5	183.5			
FINAL - 1991 European Cup (Frankfurt, GER)														<i>Federle (2003) - http://www.fgs.uni-halle.de</i>				
date	29-Jun-91	time	6.61	10.76	15.00	19.36	23.83		28.31	33.16	38.25	43.55	48.89		54.61	1 / 2		
reaction time		interval		4.15	4.24	4.36	4.47		4.48	4.85	5.09	5.30	5.34	5.72		12.75	13.80	15.73
		velocity	6.81	8.43	8.25	8.03	7.83		7.81	7.22	6.88	6.60	6.55	6.99	7.32	8.24	7.61	6.68

H1 lead leg strides

FINAL - 1988 Olympic Games (Seoul, KOR)

date	28-Sep-88	time	6.64	10.81	15.09	19.45	23.94	25.94	28.39	33.11	38.07	43.20	48.28	54.03	2 / 5	<i>Arnold (1992) - Hurdling</i>		
reaction time	0.188	interval	4.17	4.28	4.36	4.49			4.45	4.72	4.96	5.13	5.08	5.75	PB	12.81	13.66	15.17
		velocity	6.78	8.39	8.18	8.03	7.80	7.71	7.87	7.42	7.06	6.82	6.89	6.96	7.40	8.20	7.69	6.92
H1 lead leg	L	strides	23	15	15	15	15		15	15	17	17	17	20	184			

Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)

date	26-Sep-88	time	6.87	11.12	15.56	20.07	24.70		29.23	33.86	38.57	43.58	48.72	54.48	6 / 4	<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>		
reaction time	0.219	interval	4.25	4.44	4.51	4.63			4.53	4.63	4.71	5.01	5.14	5.76		13.20	13.79	14.86
		velocity	6.55	8.24	7.88	7.76	7.56		7.73	7.56	7.43	6.99	6.81	6.94	7.34	7.95	7.61	7.07
H1 lead leg		strides	23	15	15	15	15		16	15	15	15	17	20.8	181.8			

Hailey, Nnenna (USA) (1994)

date	09-Sep-21	time	6.36	10.48			23.68	25.5	28.28	32.96	37.68	42.84	48.28	55.06	1 / 6	<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>		
reaction time	0.183	interval	4.12			13.20		4.60	4.68	4.72	5.16	5.44	6.78					15.32
		velocity	7.08	8.50		7.95	7.84	7.61	7.48	7.42	6.78	6.43	5.90	7.26				6.85
H1 lead leg	L	strides	23	16				17	17		18	18	23	132				

FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)

date	28-Aug-21	time	6.12	10.20	14.52	19.02	23.55		28.18		37.70	42.85	48.22	54.78	1 / 4	<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
reaction time	0.187	interval	4.08	4.32	4.50	4.53		4.63		9.52	5.15	5.37	6.56			12.90			
		velocity	7.35	8.58	8.10	7.78	7.73		7.56		7.35	6.80	6.52	6.10	7.30		8.14		
H1 lead leg	L	strides	23	16	16	17		17	17	18	18	19	24	185					

FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)

date	21-Aug-21	time	6.12	10.24	14.52	18.88	23.24	25.2		37.60	42.72	48.48		55.16	1 / 6	<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>		
reaction time	0.153	interval	4.12	4.28	4.36	4.36				14.36	5.12	5.76	6.68			12.76		
		velocity	7.35	8.50	8.18	8.03	8.03	7.94		7.31	6.84	6.08	5.99	7.25		8.23		
H1 lead leg	L	strides	24	16	16	16	16				17	19	23	147				

FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)

date	13-Jul-21	time	6.30	10.44	14.82	19.28	23.84	25.8	28.58	33.44	38.38	43.46	48.98	55.16	7 / 5	<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
reaction time	0.181	interval	4.14	4.38	4.46	4.56		4.74	4.86	4.94	5.08	5.52	6.18			12.98	14.16	15.54	
		velocity	7.14	8.45	7.99	7.85	7.68	7.75	7.38	7.20	7.09	6.89	6.34	6.47	7.25		8.09	7.42	6.76
H1 lead leg	L	strides	24	16	16	16	16		16	17	18	17	18	21.7	195.7				

FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)

date	06-Jul-21	time	6.40	10.51	14.61	18.97	23.49		28.19		38.05	43.14	48.34	54.42	2 / 5	<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
reaction time	0.338	interval	4.11	4.10	4.36	4.52		4.70		9.86	5.09	5.20	6.08			12.57			
		velocity	7.03	8.52	8.54	8.03	7.74		7.45		7.10	6.88	6.73	6.58	7.35		8.35		
H1 lead leg	L	strides		16	16	16	17		17			18	18	118					

FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)

date	27-Jun-21	time	6.24	10.24	14.44	18.82	23.29		27.89	32.63	37.50	42.61		54.79	8 / 5	<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>		
reaction time	0.251	interval	4.00	4.20	4.38	4.47		4.60	4.74	4.87	5.11		DQ			13.05	9.34	
		velocity	7.21	8.75	8.33	7.99	7.83		7.61	7.38	7.19	6.85		7.30		8.05	11.24	
H1 lead leg	L	strides		16	16	16	16		17	17	17	17		132				

Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)

date	26-Jun-21	time	6.27	10.27	14.44	18.72	23.09		27.69	32.43	37.23	42.41	47.75	54.24	8 / 2	<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
reaction time	0.266	interval	4.00	4.17	4.28	4.37		4.60	4.74	4.80	5.18	5.34	6.49	PB		12.45	13.71	15.32	
		velocity	7.18	8.75	8.39	8.18	8.01		7.61	7.38	7.29	6.76	6.55	6.16	7.37		8.43	7.66	6.85
H1 lead leg	L	strides		16	16	15	16		17	17	17	18	18	22.5	172.5				

Heat 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)

date	25-Jun-21	time	6.33	10.40	14.60	19.10	23.76		28.47	33.23	38.17	43.37	48.63	55.05	8 / 2	<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
reaction time	0.291	interval	4.07	4.20	4.50	4.66		4.71	4.76	4.94	5.20	5.26	6.42			12.77	14.13	15.40	
		velocity	7.11	8.60	8.33	7.78	7.51		7.43	7.35	7.09	6.73	6.65	6.23	7.27		8.22	7.43	6.82
H1 lead leg	L	strides		16	16	17	17		17	17	17	18	18	22.2	175.2				

Halkiá, Faní (GRE) (1979)

date	09-Aug-06	time	6.4	10.6	14.7	19.1	23.5		28.1	32.8	37.9	42.8	48.0	54.02	4 / 2	<i>Behm (2006) - Göteborg 2006: Le quatrache</i>			
reaction time		interval	4.20	4.10	4.40	4.40		4.60	4.70	5.10	4.90	5.20	6.02			12.70	13.70	15.20	
		velocity	7.03	8.33	8.54	7.95	7.95		7.61	7.45	6.86	7.14	6.73	6.64	7.40		8.27	7.66	6.91
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	17	20	182				

FINAL - 2004 Olympic Games (Athens, GRE)

date	25-Aug-04	time	6.37	10.52	14.61	18.79	23.19		27.65	32.12	36.86	41.89	46.98	52.82	4 / 1	<i>Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04</i>			
reaction time	0.295	interval	4.15	4.09	4.18	4.40		4.46	4.47	4.74	5.03	5.09	5.84			12.42	13.33	14.86	
		velocity	7.06	8.43	8.56	8.37	7.95		7.85	7.83	7.38	6.96	6.88	6.85	7.57		8.45	7.88	7.07
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	20	180				

Hall, Anna (USA) (2001)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
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FINAL - 2023 Bislett Games (Oslo, NOR)

date	15-Jun-23	time	6.28	10.39	14.61	18.91	23.42	28.12	33.02	38.01	43.32	49.09	55.28	8 / 5				
reaction time	0.212	interval		4.11	4.22	4.30	4.51	4.70	4.90	4.99	5.31	5.77	6.19		12.63	14.11	16.07	
		velocity	7.17	8.52	8.29	8.14	7.76	7.45	7.14	7.01	6.59	6.07	6.46	7.24	8.31	7.44	6.53	
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	17		139					

Omega Timing (2023) - diamond league race analysis

FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)

date	02-Jun-23	time	6.38	10.57	14.81	19.01	23.43	27.99	32.69	37.65	42.68	48.03	54.42	8 / 3				
reaction time	0.182	interval		4.19	4.24	4.20	4.42	4.56	4.70	4.96	5.03	5.35	6.39	PB	12.63	13.68	15.34	
		velocity	7.05	8.35	8.25	8.33	7.92	7.68	7.45	7.06	6.96	6.54	6.26	7.35	8.31	7.68	6.84	
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	17	19.5	173.5				

Omega Timing (2023) - diamond league race analysis

Halonen, Kristiina (FIN) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)																	
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																	
date	10-Jun-24	time	6.64	11.02	15.48	20.00	24.57	29.30	34.08	39.10	44.28	49.59	55.83	3 / 7			
reaction time	0.173	interval		4.38	4.46	4.52	4.57	4.73	4.78	5.02	5.18	5.31	6.24		13.36	14.08	15.51
		velocity	6.78	7.99	7.85	7.74	7.66	7.40	7.32	6.97	6.76	6.59	6.41	7.16	7.86	7.46	6.77
H1 lead leg	L	strides	23	15	15	15	16	16	16	16	17	20.5	169.5				

Heat 3 - 2024 European Athletics Championships (Roma, ITA)

date	09-Jun-24	time	6.55	10.73	15.11	19.61	24.22	28.90	33.69	38.59	43.78	49.15	55.62	3 / 3			
reaction time	0.175	interval		4.18	4.38	4.50	4.61	4.68	4.79	4.90	5.19	5.37	6.47	PB	13.06	14.08	15.46
		velocity	6.87	8.37	7.99	7.78	7.59	7.48	7.31	7.14	6.74	6.52	6.18	7.19	8.04	7.46	6.79
H1 lead leg		strides															

European Athletics (2024) - 2024 european athletics championships - results book

Hamachiyo, Rinka (JPN) (2003)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)																	
<i>Shibayama (2021) - national high school and U20 national championships</i>																	
date	30-Jul-21	time	6.92	11.61	16.68	21.83	27.00	32.30	37.90	43.67	49.46	55.38	61.44	2 / 6			
reaction time	0.168	interval		4.69	5.07	5.15	5.17	5.30	5.60	5.77	5.79	5.92	6.06		14.91	16.07	17.48
		velocity	6.50	7.46	6.90	6.80	6.77	6.60	6.25	6.07	6.04	5.91	6.60	6.51	7.04	6.53	6.01
H1 lead leg		strides		17	18	17	17	18	18	18	19	19	161				

FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)

date	27-Jun-21	time	7.06	11.78	16.52	21.40	26.46	31.61	37.09	42.69	48.62	54.60	60.75	4 / 5			
reaction time	0.191	interval		4.72	4.74	4.88	5.06	5.15	5.48	5.60	5.93	5.98	6.15	PB	14.34	15.69	17.51
		velocity	6.37	7.42	7.38	7.17	6.92	6.80	6.39	6.25	5.90	5.85	6.50	6.58	7.32	6.69	6.00
H1 lead leg	L	strides	25	17	17	17	17	17	18	18	19	19	184				

Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season

Han Qing (CHN) (1970)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1993 Chinese National Games (Beijing, CHN)																	
<i>Wang (2016) - hurdle rhythm characteristic analysis and athletic training considerations</i>																	
date	09-Sep-93	time	6.24	10.41	14.69	18.95	23.38	28.18	32.99	37.78	42.77	47.78	53.96	1 / 1			
reaction time		interval		4.17	4.28	4.26	4.43	4.80	4.81	4.79	4.99	5.01	6.18	AR	12.71	14.04	14.79
		velocity	7.21	8.39	8.18	8.22	7.90	7.29	7.28	7.31	7.01	6.99	6.47	7.41	8.26	7.48	7.10
H1 lead leg		strides	23	15	15	15	15	15	16	16	17	17	164				

Hantzí-Neag, Hristina (GRE) (1976)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 European Cup (Munich, GER)																	
<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																	
date	23-Jun-07	time	6.63	10.90	15.25	19.89	24.59	29.41	34.41	39.57	44.88	50.21	56.44	1 / 5			
reaction time	0.184	interval		4.27	4.35	4.64	4.70	4.82	5.00	5.16	5.31	5.33	6.23		13.26	14.52	15.80
		velocity	6.79	8.20	8.05	7.54	7.45	7.26	7.00	6.78	6.59	6.57	6.42	7.09	7.92	7.23	6.65
H1 lead leg		strides															

Harada, Emily (JPN)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)																	
<i>Takashima (2023) - national high school sports festival - biomechanics data</i>																	
date	04-Aug-23	time	6.96	11.56	16.27	21.04	25.93	31.08	36.52	42.11	47.93	53.84	60.56	8 / 5			
reaction time	0.241	interval		4.60	4.71	4.77	4.89	5.15	5.44	5.59	5.82	5.91	6.72		14.08	15.48	17.32
		velocity	6.47	7.61	7.43	7.34	7.16	6.80	6.43	6.26	6.01	5.92	5.95	6.61	7.46	6.78	6.06
H1 lead leg		strides	23	17	17	17	17	17	18	18	19	19	24	206			

Hardiway, Korey (USA) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)																	
<i>USATF Women's Sprint Development (2003)</i>																	
date	22-Jun-03	time	7.01	11.71	16.58	21.41	26.48	32.08	38.04	44.06	49.85		63.20	1 / 8			
reaction time		interval		4.70	4.87	4.83	5.07	5.60	5.96	6.02	5.79				14.40	16.63	
		velocity	6.42	7.45	7.19	7.25	6.90	6.25	5.87	5.81	6.04		6.33		7.29	6.31	
H1 lead leg		strides															

Harrison, Queen (USA) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 USA Olympic Trials (Eugene, OR)																	
<i>USATF Hurdle Development (2008)</i>																	
date	29-Jun-08	time	6.57	10.88	15.21	19.45	23.83	28.43	33.28	38.42	43.51	48.68	54.60	8 / 2			
reaction time		interval		4.31	4.33	4.24	4.38	4.60	4.85	5.14	5.09	5.17	5.92	PB	12.88	13.83	15.40
		velocity	6.85	8.12	8.08	8.25	7.99	7.61	7.22	6.81	6.88	6.77	6.76	7.33	8.15	7.59	6.82
H1 lead leg	L	strides	24	15	15	15	15	15	15	16	16	17	163				

Hata, Yuki (JPN) (2006)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)																	
<i>Takashima (2024) - national high school sports festival - biomechanics data</i>																	
date	30-Jul-24	time	6.89	11.46	16.12	20.80	25.69	30.83	36.19	41.64	47.20	52.94	59.62	8 / 4			
reaction time	0.194	interval		4.57	4.66	4.68	4.89	5.14	5.36	5.45	5.56	5.74	6.68	PB	13.91	15.39	16.75

H1 lead leg	velocity	6.53	7.66	7.51	7.48	7.16		6.81	6.53	6.42	6.29	6.10	5.99	6.71		7.55	6.82	6.27
	strides	23	17	17	17	17		17	17	17	17	17	22	198				
Hatakeyama, Konomi (JPN) (2006)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)															<i>Takashima (2024) - national high school sports festival - biomechanics data</i>			
date	30-Jul-24	time	6.57	11.21	15.92	20.64	25.48		30.63	35.92	41.32	46.71	52.19		58.23	7 / 1		
reaction time	0.183	interval		4.64	4.71	4.72	4.84		5.15	5.29	5.40	5.39	5.48	6.04	PB	14.07	15.28	16.27
		velocity	6.85	7.54	7.43	7.42	7.23		6.80	6.62	6.48	6.49	6.39	6.62	6.87	7.46	6.87	6.45
H1 lead leg		strides	22	15	15	16	16		17	17	17	17	17	21	190			
Hatanaka, Yuki (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 Japanese National High School Championships (Nara, JPN)															<i>Matsuo (2009) - 62nd high school championships: JAF scientific committee- biomechanics</i>			
date	31-Jul-09	time	6.96	11.76	16.65	21.74	26.88		32.10	37.29	42.55	48.04	53.70		59.83	1 / 3		
reaction time		interval		4.80	4.89	5.09	5.14		5.22	5.19	5.26	5.49	5.66	6.13		14.78	15.55	16.41
		velocity	6.47	7.29	7.16	6.88	6.81		6.70	6.74	6.65	6.38	6.18	6.53	6.69	7.10	6.75	6.40
H1 lead leg		strides		17	17	17	17		17	17	17	18	18	155				
Hattori, Rira (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)															<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>			
date	12-Jun-22	time	7.01	11.85	16.70	21.81	27.16		32.55	38.14	43.98	49.90	56.11		63.08	3 / 8		
reaction time	0.199	interval		4.84	4.85	5.11	5.35		5.39	5.59	5.84	5.92	6.21	6.97		14.80	16.33	17.97
		velocity	6.42	7.23	7.22	6.85	6.54		6.49	6.26	5.99	5.91	5.64	5.74	6.34	7.09	6.43	5.84
H1 lead leg	L	strides	24	17	17	17	18		18	19	19	19	19	187				
Haye-Smith, Yanique (TKS) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	06-Aug-22	time	6.38	10.53	14.70	19.23	23.90		29.07	34.20	39.43	45.20		58.78	3 / 8			
reaction time	0.170	interval		4.15	4.17	4.53	4.67		5.17	5.13	5.23	5.77				12.85	14.97	
		velocity	7.05	8.43	8.39	7.73	7.49	7.69	6.77	6.82	6.69	6.07		6.81		8.17	7.01	
H1 lead leg	R	strides	24	16	16	16	16		17	17	18	18		158				
Hayes, Jernail (USA) (1988)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)															<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	06-May-16	time	6.44	10.88	15.40	20.12	24.96		30.00	35.32	40.84	46.72		60.48	1 / 8			
reaction time	0.146	interval		4.44	4.52	4.72	4.84		5.04	5.32	5.52	5.88				13.68	15.20	
		velocity	6.99	7.88	7.74	7.42	7.23		6.94	6.58	6.34	5.95		6.61		7.68	6.91	
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18		156				
Hayes, Joanna (USA) (1976)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Championships (Palo Alto, CA)															<i>USATF Women's Sprint Development (2003)</i>			
date	21-Jun-03	time	6.36	10.46	14.67	18.92	23.42		28.11	33.05	37.99	43.06	48.47		54.76	8 / 2		
reaction time		interval		4.10	4.21	4.25	4.50		4.69	4.94	4.94	5.07	5.41	6.29		12.56	14.13	15.42
		velocity	7.08	8.54	8.31	8.24	7.78		7.46	7.09	7.09	6.90	6.47	6.36	7.30	8.36	7.43	6.81
H1 lead leg		strides																
He Xueying (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)															<i>CAA Hurdle Development (2019)</i>			
date	17-Aug-19	time	6.80	11.56	16.44	21.40	26.52		31.62	36.70	41.94	<i>fell</i>		dnf	7 / --			
reaction time		interval		4.76	4.88	4.96	5.12		5.10	5.08	5.24					14.60	15.30	
		velocity	6.62	7.35	7.17	7.06	6.84		6.86	6.89	6.68					7.19	6.86	
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	19		162				
Hechavarría, Zurian (CUB) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	02-Oct-19	time	6.44	10.54	14.75	23.62		28.36	33.20	38.24	43.48	48.85		55.03	7 / 4			
reaction time	0.216	interval		4.10	4.21	8.87		4.74	4.84	5.04	5.24	5.37	6.18					15.65
		velocity	6.99	8.54	8.31	7.89		7.38	7.23	6.94	6.68	6.52	6.47	7.27				6.71
H1 lead leg	L	strides	23	15	15			16	16	16	17	17	21.2	156.2				
Heitmann, Kersten (FRG)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)															<i>Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973</i>			
date	28-Jul-73	time	7.3	12.4	17.5	23.0	28.6		34.6	40.7	46.9	53.5		68.3	1 / 7			
reaction time		interval		5.10	5.10	5.47	5.59		6.05	6.09	6.21	6.57				15.67	17.73	
		velocity	6.16	6.86	6.86	6.40	6.26		5.79	5.75	5.64	5.33		5.86		6.70	5.92	
H1 lead leg		strides	24	17	17	17	17		17	17	18	18	19	181				
Hejnová, Zuzana (CZE) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)															<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>			
date	23-Aug-20	time	6.70	11.03	15.40	19.87	24.50		29.37	34.33	39.33	44.73	50.23		56.75	7 / 7		
reaction time	0.151	interval		4.33	4.37	4.47	4.63		4.87	4.96	5.00	5.40	6.52			13.17	14.46	15.90
		velocity	6.72	8.08	8.01	7.83	7.56	7.55	7.19	7.06	7.00	6.48	6.36	6.13	7.05	7.97	7.26	6.60
H1 lead leg	R	strides	21	15	15	15	15		16	16	16	17	17	20.5	183.5			
FINAL - 2020 Inspiration Games (Zürich, SUI) (TV Analysis) (300m Hurdles)															<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>			
date	09-Jul-20	time	7.33	11.63	16.03	20.53	25.30		30.20	35.13				40.97	3 / 3			
reaction time		interval		4.30	4.40	4.50	4.77		4.90	4.93			5.84	(Papendal, NED)	13.67	14.60		
		velocity	6.82	8.14	7.95	7.78	7.34		7.14	7.10			6.85	7.32	7.68	7.19		

H1 lead leg	R	strides	25	15	15	15	16	16	16	16	20	138								
FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>							
date	04-Oct-19	time	6.47	10.71	14.98	19.32	23.82	28.36	33.03	37.94	42.91	48.05	54.23	8 / 5						
reaction time	0.141	interval	4.24	4.27	4.34	4.50	4.54	4.67	4.91	4.97	5.14	6.18			12.85	13.71	15.02			
		velocity	6.96	8.25	8.20	8.06	7.78	7.71	7.49	7.13	7.04	6.81	6.47	7.38		8.17	7.66	6.99		
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	20	149							
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>							
date	02-Oct-19	time	6.64	10.92	15.24	19.64	24.12	28.72	33.40	38.28	43.24	48.36	54.41	5 / 2						
reaction time	0.162	interval	4.28	4.32	4.40	4.48	4.60	4.68	4.88	4.96	5.12	6.05			13.00	13.76	14.96			
		velocity	6.78	8.18	8.10	7.95	7.81	7.61	7.48	7.17	7.06	6.84	6.61	7.35		8.08	7.63	7.02		
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.7	179.7						
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>							
date	29-Aug-19	time	6.64	10.96	15.32	19.76	24.24	26.2	28.88	33.56	38.44	43.48	48.64	54.75	6 / 4					
reaction time	0.144	interval	4.32	4.36	4.44	4.48	4.64	4.68	4.88	5.04	5.16	6.11			13.12	13.80	15.08			
		velocity	6.78	8.10	8.03	7.88	7.81	7.54	7.48	7.17	6.94	6.78	6.55	7.31		8.00	7.61	6.96		
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180						
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>							
date	21-Jul-19	time	6.60	10.88	15.24	19.68	24.20	28.80	33.48	38.28	43.24	48.28	54.33	5 / 2						
reaction time	0.150	interval	4.28	4.36	4.44	4.52	4.60	4.68	4.80	4.96	5.04	6.05			13.08	13.80	14.80			
		velocity	6.82	8.18	8.03	7.88	7.74	7.61	7.48	7.29	7.06	6.94	6.61	7.36		8.03	7.61	7.09		
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180						
FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>							
date	12-Jul-19	time	6.58	10.86	15.14	19.50	23.98	25.9	28.58	33.34	38.28	43.34	48.46	54.55	6 / 3					
reaction time	0.162	interval	4.28	4.28	4.36	4.48	4.60	4.76	4.94	5.06	5.12	6.09			12.92	13.84	15.12			
		velocity	6.84	8.18	8.18	8.03	7.81	7.72	7.61	7.35	7.09	6.92	6.84	6.57	7.33		8.13	7.59	6.94	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20.2	180.2						
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>							
date	05-Jul-19	time	6.54	10.88	15.22	24.14	26.1	28.74	33.36	38.16	43.10	48.16	54.11	4 / 2						
reaction time	0.149	interval	4.34	4.34	8.92	4.60	4.62	4.80	4.94	5.06	5.95							14.80		
		velocity	6.88	8.06	8.06	7.85	7.66	7.61	7.58	7.29	7.09	6.92	6.72	7.39				7.09		
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.7	149.7						
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>							
date	06-Jun-19	time	6.66	10.96	15.34	19.80	24.40	29.04	33.74	38.58	43.62	48.78	54.82	7 / 3						
reaction time	0.162	interval	4.30	4.38	4.46	4.60	4.64	4.70	4.84	5.04	5.16	6.04			13.14	13.94	15.04			
		velocity	6.76	8.14	7.99	7.85	7.61	7.54	7.45	7.23	6.94	6.78	6.62	7.30		7.99	7.53	6.98		
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180						
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>							
date	07-Jun-18	time	6.56	10.80	15.16	19.64	24.20	26.2	28.76	33.52	38.44	43.50	48.80	55.16	7 / 5					
reaction time	0.145	interval	4.24	4.36	4.48	4.56	4.56	4.76	4.92	5.06	5.30	6.36			13.08	13.88	15.28			
		velocity	6.86	8.25	8.03	7.81	7.68	7.63	7.68	7.35	7.11	6.92	6.60	6.29	7.25		8.03	7.56	6.87	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20.2	180.2						
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>							
date	26-May-18	time	6.80	11.08	15.40	19.80	24.32	33.76	38.68	43.80	49.08	55.36	6 / 6							
reaction time	0.190	interval	4.28	4.32	4.40	4.52	9.44	4.92	5.12	5.28	6.28				13.00	13.96	15.32			
		velocity	6.62	8.18	8.10	7.95	7.74	7.42	7.11	6.84	6.63	6.37	7.23		8.08	7.52	6.85			
H1 lead leg	R	strides	22	15	15	15	15	16	16	16	16	20	150							
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)													<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>							
date	01-Sep-17	time	6.40	10.64	14.88	19.20	23.64	25.7	28.16	32.84	37.72	42.76	47.88	53.93	7 / 2					
reaction time	0.156	interval	4.24	4.24	4.32	4.44	4.52	4.68	4.88	5.04	5.12	6.05			12.80	13.64	15.04			
		velocity	7.03	8.25	8.25	8.10	7.88	7.78	7.74	7.48	7.17	6.94	6.84	6.61	7.42		8.20	7.70	6.98	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180						
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)													<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>							
date	24-Aug-17	time	6.56	10.84	15.16	19.56	24.04	28.64	33.32	38.20	43.16	48.20	54.13	5 / 1						
reaction time	0.158	interval	4.28	4.32	4.40	4.48	4.60	4.68	4.88	4.96	5.04	5.93			13.00	13.76	14.88			
		velocity	6.86	8.18	8.10	7.95	7.81	7.61	7.48	7.17	7.06	6.94	6.75	7.39		8.08	7.63	7.06		
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.7	179.7						
FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>							
date	20-Aug-17	time	6.52	10.68	14.96	19.28	23.80	28.40	33.12	38.08	43.16	48.28	54.18	5 / 1						
reaction time	0.155	interval	4.16	4.28	4.32	4.52	4.60	4.72	4.96	5.08	5.12	5.90			12.76	13.84	15.16			
		velocity	6.90	8.41	8.18	8.10	7.74	7.61	7.42	7.06	6.89	6.84	6.78	7.38		8.23	7.59	6.93		
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180						
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>							
date	10-Aug-17	time	6.36	10.52	14.68	18.92	23.28	27.76	32.36	37.20	42.24	47.64	54.20	6 / 4						
reaction time	0.151	interval	4.16	4.16	4.24	4.36	4.48	4.60	4.84	5.04	5.40	6.56			12.56	13.44	15.28			

H1 lead leg	R	velocity	7.08	8.41	8.41	8.25	8.03	7.81	7.61	7.23	6.94	6.48	6.10	7.38	8.36	7.81	6.87	
		strides	22	15	15	15	15	15	15	16	16	17	20.5	181.5				
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>				
date	16-Jul-17	time	6.44	10.68	14.96	19.32	23.80	28.44	33.12	38.00	43.04	48.20	54.22	6 / 1				
reaction time	0.155	interval	4.24	4.28	4.36	4.48	4.64	4.68	4.88	5.04	5.16	6.02	12.88	13.80	15.08			
		velocity	6.99	8.25	8.18	8.03	7.81	7.54	7.48	7.17	6.94	6.78	6.64	7.38	8.15	7.61	6.96	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180				
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)														<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>				
date	06-Jul-17	time	6.60	10.84	15.20	19.64	24.12	28.72	33.44	38.36	43.44	48.68	54.69	2 / 5				
reaction time	0.133	interval	4.24	4.36	4.44	4.48	4.60	4.72	4.92	5.08	5.24	6.01	13.04	13.80	15.24			
		velocity	6.82	8.25	8.03	7.88	7.81	7.61	7.42	7.11	6.89	6.68	6.66	7.31	8.05	7.61	6.89	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.7	179.7				
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	08-Jun-17	time	6.52	10.68	15.00	19.40	23.84	28.52	33.24	38.12	43.36	48.84	55.27	5 / 4				
reaction time	0.152	interval	4.16	4.32	4.40	4.44	4.68	4.72	4.88	5.24	5.48	6.43	12.88	13.84	15.60			
		velocity	6.90	8.41	8.10	7.95	7.88	7.48	7.42	7.17	6.68	6.39	6.22	7.24	8.15	7.59	6.73	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	17	17	20.2	182.2				
FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	27-May-17	time	6.60	10.83	15.13	19.46	23.93	28.56	33.30	38.26	43.26	48.43	54.50	7 / 4				
reaction time	0.173	interval	4.23	4.30	4.33	4.47	4.63	4.74	4.96	5.00	5.17	6.07	12.86	13.84	15.13			
		velocity	6.82	8.27	8.14	8.08	7.83	7.56	7.38	7.06	7.00	6.77	6.59	7.34	8.16	7.59	6.94	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180				
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	09-Sep-16	time	6.56	10.80	15.08	19.48	23.92	28.48	33.24	38.24	43.40	48.76	55.12	3 / 4				
reaction time	0.159	interval	4.24	4.28	4.40	4.44	4.56	4.76	5.00	5.16	5.36	6.36	12.92	13.76	15.52			
		velocity	6.86	8.25	8.18	7.95	7.88	7.68	7.35	7.00	6.78	6.53	6.29	7.26	8.13	7.63	6.77	
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	17	20.5	181.5				
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	18-Aug-16	time	6.48	10.64	14.88	19.20	23.56	28.12	32.76	37.60	42.60	47.76	53.92	6 / 4				
reaction time	0.157	interval	4.16	4.24	4.32	4.36	4.56	4.64	4.84	5.00	5.16	6.16	12.72	13.56	15.00			
		velocity	6.94	8.41	8.25	8.10	8.03	7.68	7.54	7.23	7.00	6.78	6.49	7.42	8.25	7.74	7.00	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180				
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)														<i>Henson (2021) - Athlete First: major championships report</i>				
date	26-Aug-15	time	6.40	10.52	14.72	19.00	23.36	27.88	32.48	37.24	42.28	47.40	53.50	5 / 1				
reaction time	0.153	interval	4.12	4.20	4.28	4.36	4.52	4.60	4.76	5.04	5.12	6.10	12.60	13.48	14.92			
		velocity	7.03	8.50	8.33	8.18	8.03	7.74	7.61	7.35	6.94	6.84	6.56	7.48	8.33	7.79	7.04	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.7	142.7				
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)														<i>Henson (2021) - Athlete First: major championships report</i>				
date	15-Aug-13	time	6.34	10.42	14.57	18.73	23.04	27.42	31.96	36.73	41.69	46.73	52.83	3 / 1				
reaction time	0.149	interval	4.08	4.15	4.16	4.31	4.38	4.54	4.77	4.96	5.04	6.10	12.39	13.23	14.77			
		velocity	7.10	8.58	8.43	8.41	8.12	7.99	7.71	7.34	7.06	6.94	6.56	7.57	8.47	7.94	7.11	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180				
FINAL - 2012 Olympic Games (London, GBR)														<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>				
date	08-Aug-12	time	6.63	10.82	15.07	19.42	23.78	25.58	28.16	32.70	37.42	42.30	47.45	53.38	4 / 3			
reaction time	0.163	interval	4.19	4.25	4.35	4.36	4.38	4.54	4.72	4.88	5.15	5.93	12.79	13.28	14.75			
		velocity	6.79	8.35	8.24	8.05	8.03	7.82	7.99	7.71	7.42	7.17	6.80	6.75	7.49	8.21	7.91	7.12
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	20	180				
FINAL - 2011 IAAF World Championships (Daegu, KOR)														<i>Behm (2011) - Le quatrache: Démus enfin!</i>				
date	01-Sep-11	time	6.2	10.3	14.6	18.9	23.3	27.9	32.5	37.3	42.3	47.6	54.23	4 / 7				
reaction time	0.158	interval	4.10	4.30	4.30	4.40	4.60	4.60	4.80	5.00	5.30	6.63	12.70	13.60	15.10			
		velocity	7.26	8.54	8.14	8.14	7.95	7.61	7.61	7.29	7.00	6.60	6.03	7.38	8.27	7.72	6.95	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180				
Semi-Final 3 - 2009 IAAF World Championships (Berlin, GER)														<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>				
date	18-Aug-09	time	6.60	10.90	15.24	19.66	24.21	28.89	33.70	38.72	43.84	49.08	54.99	4 / 4				
reaction time	0.149	interval	4.30	4.34	4.42	4.55	4.68	4.81	5.02	5.12	5.24	5.91	13.06	14.04	15.38			
		velocity	6.82	8.14	8.06	7.92	7.69	7.48	7.28	6.97	6.84	6.68	6.77	7.27	8.04	7.48	6.83	
H1 lead leg		strides																
FINAL - 2008 Olympic Games (Beijing, CHN)														<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>				
date	20-Aug-08	time	6.4	10.4	14.5	19.3	23.8	28.3	33.2	38.3	43.5	48.8	54.97	3 / 7				
reaction time	0.195	interval	4.00	4.10	4.80	4.50	4.50	4.50	4.90	5.10	5.20	5.30	6.17	12.90	13.90	15.60		
		velocity	7.03	8.75	8.54	7.29	7.78	7.78	7.14	6.86	6.73	6.60	6.48	7.28	8.14	7.55	6.73	
H1 lead leg	R	strides	22	15	15	15	15	16	16	16	17	17	164					
Helberg, Amanda (USA) (1978)																		
FINAL - 1996 USATF National Junior Championships (Delaware, OH)														<i>USATF Women's Sprint Development (1996)</i>				

date	29-Jun-96	time	7.27	11.96	16.57	21.28	26.11		31.30	36.91	42.71	48.70	54.92		62.17	3 / 7			
reaction time		interval		4.69	4.61	4.71	4.83		5.19	5.61	5.80	5.99	6.22	7.25			14.01	15.63	18.01
		velocity	6.19	7.46	7.59	7.43	7.25		6.74	6.24	6.03	5.84	5.63	5.52	6.43		7.49	6.72	5.83
H1 lead leg		strides																	

Hemmings, Deon (JAM) (1968)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2001 IAAF World Championships (Edmonton, CAN)																			
<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>																			
date	08-Aug-01	time	6.3	10.6	15.0	19.3	23.8		28.6	33.7	38.9	44.0	49.3		55.83	8 / 7			
reaction time	0.179	interval		4.30	4.40	4.30	4.50		4.80	5.10	5.20	5.10	5.30	6.53			13.00	14.40	15.60
		velocity	7.14	8.14	7.95	8.14	7.78		7.29	6.86	6.73	6.86	6.60	6.13	7.16		8.08	7.29	6.73
H1 lead leg	L	strides	23	15	15	15	15		15	17	16	16	17		164				

FINAL - 2000 Olympic Games (Sydney, AUS)

<i>Behm (2000) - Sydney 2000: Compte-rendu du 400m haies</i>																			
date	27-Sep-00	time	6.3	10.4	14.5	18.8	23.2		27.7	32.3	37.3	42.4	47.5		53.45	6 / 2			
reaction time	0.446	interval		4.10	4.10	4.30	4.40		4.50	4.60	5.00	5.10	5.10	5.95			12.50	13.50	15.20
		velocity	7.14	8.54	8.54	8.14	7.95		7.78	7.61	7.00	6.86	6.86	6.72	7.48		8.40	7.78	6.91
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	16	20	181				

FINAL - 1999 IAAF World Championships (Sevilla, ESP)

<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>																			
date	25-Aug-99	time	6.14	10.18	14.36	18.61	22.98		27.48	32.30	37.06	42.10	47.05		53.16	3 / 3			
reaction time	0.188	interval		4.04	4.18	4.25	4.37		4.50	4.82	4.76	5.04	4.95	6.11			12.47	13.69	14.75
		velocity	7.33	8.66	8.37	8.24	8.01		7.78	7.26	7.35	6.94	7.07	6.55	7.52		8.42	7.67	7.12
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	16	20	183				

Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)

<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>																			
date	23-Aug-99	time	5.99	10.09	14.25	18.57	23.03		27.55	32.41	37.36	42.41	47.78		54.00	3 / 1			
reaction time	0.189	interval		4.10	4.16	4.32	4.46		4.52	4.86	4.95	5.05	5.37	6.22			12.58	13.84	15.37
		velocity	7.51	8.54	8.41	8.10	7.85		7.74	7.20	7.07	6.93	6.52	6.43	7.41		8.35	7.59	6.83
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	17	20	183				

Heat 4 - 1999 IAAF World Championships (Sevilla, ESP)

<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>																			
date	21-Aug-99	time	6.04	10.23	14.51	18.93	23.29		27.84	32.74	37.67	42.84	48.05		54.27	5 / 1			
reaction time	0.172	interval		4.19	4.28	4.42	4.36		4.55	4.90	4.93	5.17	5.21	6.22			12.89	13.81	15.31
		velocity	7.45	8.35	8.18	7.92	8.03		7.69	7.14	7.10	6.77	6.72	6.43	7.37		8.15	7.60	6.86
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	20	184				

FINAL - 1997 IAAF World Championships (Athens, GRE)

<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>																			
date	08-Aug-97	time	6.46	10.58	14.72	19.00	23.36		27.76	32.36	37.22	42.20	47.31		53.09	4 / 2			
reaction time	0.187	interval		4.12	4.14	4.28	4.36		4.40	4.60	4.86	4.98	5.11	5.78			12.54	13.36	14.95
		velocity	6.97	8.50	8.45	8.18	8.03		7.95	7.61	7.20	7.03	6.85	6.92	7.53		8.37	7.86	7.02
H1 lead leg		strides																	

FINAL - 1996 Olympic Games (Atlanta, GA)

<i>McFarlane (2000) - the science of hurdling and speed</i>																			
date	31-Jul-96	time	6.32	10.27	14.35	18.62	22.92		27.46	32.12	36.94	41.92	46.99		52.82	5 / 1			
reaction time	0.348	interval		3.95	4.08	4.27	4.30		4.54	4.66	4.82	4.98	5.07	5.83	OR / AR		12.30	13.50	14.87
		velocity	7.12	8.86	8.58	8.20	8.14		7.71	7.51	7.26	7.03	6.90	6.86	7.57		8.54	7.78	7.06
H1 lead leg		strides	23	15	15	15	15		15	15	16	16	17	162					

FINAL - 1995 IAAF World Championships (Göteborg, SWE)

<i>Behm (1999) - Les chiffres: Les podiums de tous le championnats</i>																			
date	11-Aug-95	time					23.2								53.48	4 / 3			
reaction time		interval													NR				
		velocity					7.97								7.48				
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	19.7	181				

Semi-Final 3 - 1993 IAAF World Championships (Stuttgart, GER)

<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>																			
date	17-Aug-93	time	6.36	10.52	14.71	19.09	23.54		28.03	32.75	37.84	42.93	48.13		54.12	6 / 2			
reaction time		interval		4.16	4.19	4.38	4.45		4.49	4.72	5.09	5.09	5.20	5.99	NR		12.73	13.66	15.38
		velocity	7.08	8.41	8.35	7.99	7.87		7.80	7.42	6.88	6.88	6.73	6.68	7.39		8.25	7.69	6.83
H1 lead leg	L	strides	22	15	15	15	15		15	15	17	17	17	19.7	182.7				

Higa, Kazuki (JPN) (1998)

B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)																			
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																			
date	06-Jun-21	time	6.86	11.35	15.97	20.67	25.56		30.65	35.85	41.16	46.55	52.14		58.83	6 / 1			
reaction time		interval		4.49	4.62	4.70	4.89		5.09	5.20	5.31	5.39	5.59	6.69			13.81	15.18	16.29
		velocity	6.56	7.80	7.58	7.45	7.16		6.88	6.73	6.59	6.49	6.26	5.98	6.80		7.60	6.92	6.45
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	22	195				

A FINAL - 2019 Kinami Memorial (Osaka, JPN)

<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>																			
date	06-May-19	time	6.97	11.53	16.22	20.99	25.88		30.91	36.04	41.32	46.78	52.43		59.03	5 / 5			
reaction time		interval		4.56	4.69	4.77	4.89		5.03	5.13	5.28	5.46	5.65	6.60			14.02	15.05	16.39
		velocity	6.46	7.68	7.46	7.34	7.16		6.96	6.82	6.63	6.41	6.19	6.06	6.78		7.49	6.98	6.41
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	21.7	194.7				

FINAL - 2016 Japanese National High School Championships (Okayama, JPN)

<i>Kota (2016) - 69th high school championships: JAF scientific committee- biomechanics data</i>																			
date	31-Jul-16	time	6.84	11.33	16.07	20.87	25.89		30.86	35.94	41.51	47.23	53.03		59.39	6 / 4			
reaction time		interval		4.49	4.74	4.80	5.02		4.97	5.08	5.57	5.72	5.80	6.36			14.03	15.07	17.09
		velocity	6.58	7.80	7.38	7.29	6.97		7.04	6.89	6.28	6.12	6.03	6.29	6.74		7.48	6.97	6.14

H1 lead leg	strides	17	17	17	17	17	17	17	19	19	19	159							
Higuchi, Ayane (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>						
date	27-Jun-21	time	7.02	11.70	16.50	21.42	26.54	31.85	37.19	42.83	48.72	54.79	61.44	8 / 8					
reaction time	0.186	interval	4.68	4.80	4.92	5.12	5.31	5.34	5.64	5.89	6.07	6.65				14.40	15.77	17.60	
		velocity	6.41	7.48	7.29	7.11	6.84	6.59	6.55	6.21	5.94	5.77	6.02	6.51		7.29	6.66	5.97	
H1 lead leg	L	strides	23	16	16	16	16	17	17	18	19	19	177						
Hill, MacKenzie (USA) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)													<i>USATF Women's Sprint Development (2003)</i>						
date	22-Jun-03	time	6.61	10.91	15.43	20.05	25.13	30.74	36.15	41.58	46.86	52.37	58.39	7 / 2					
reaction time		interval	4.30	4.52	4.62	5.08	5.61	5.41	5.43	5.28	5.51	6.02	PB			13.44	16.10	16.22	
		velocity	6.81	8.14	7.74	7.58	6.89	6.24	6.47	6.45	6.63	6.35	6.64	6.85		7.81	6.52	6.47	
H1 lead leg		strides																	
Hill, Sierra (USA) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)													<i>USATF Women's Sprint Development (2003)</i>						
date	22-Jun-03	time	7.07	11.83	16.67	21.64	26.76	32.26	37.85	43.53	49.20		61.48	3 / 7					
reaction time		interval	4.76	4.84	4.97	5.12	5.50	5.59	5.68	5.67						14.57	16.21		
		velocity	6.36	7.35	7.23	7.04	6.84	6.36	6.26	6.16	6.17		6.51			7.21	6.48		
H1 lead leg		strides																	
Hindrikes, Evelin (SWE) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
B-Race - 2011 Poks Memorial (Hässleholm, SWE)													<i>Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx</i>						
date	12-Jun-11	time	7.20	11.89	16.60	21.42	26.38	31.64	37.32	43.08	48.90	54.74	61.20	1 / 3					
reaction time		interval	4.69	4.71	4.82	4.96	5.26	5.68	5.76	5.82	5.84	6.46				14.22	15.90	17.42	
		velocity	6.25	7.46	7.43	7.26	7.06	6.65	6.16	6.08	6.01	5.99	6.19	6.54		7.38	6.60	6.03	
H1 lead leg	L	strides	17	17	17	17	17	17	18	18	18	18	22	179					
Hirahara, Kyoka (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)													<i>Kota (2016) - 69th high school championships: JAF scientific committee- biomechanics data</i>						
date	31-Jul-16	time	7.07	11.76	16.68	21.91	27.14	32.40	37.67	43.13	48.63	54.32	60.61	8 / 5					
reaction time		interval	4.69	4.92	5.23	5.23	5.26	5.27	5.46	5.50	5.69	6.29				14.84	15.76	16.65	
		velocity	6.36	7.46	7.11	6.69	6.69	6.65	6.64	6.41	6.36	6.15	6.36	6.60		7.08	6.66	6.31	
H1 lead leg		strides	16	16	18	17	17	17	17	17	17	18	153						
Hiraki, Haru (JPN) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)													<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>						
date	04-Jun-23	time	6.71	11.29	15.95	20.74	25.64	30.88	36.17	41.54	47.18	53.02	59.67	7 / 1					
reaction time	0.177	interval	4.58	4.66	4.79	4.90	5.24	5.29	5.37	5.64	5.84	6.65	PB			14.03	15.43	16.85	
		velocity	6.71	7.64	7.51	7.31	7.14	6.68	6.62	6.52	6.21	5.99	6.02	6.70		7.48	6.80	6.23	
H1 lead leg	R	strides	25	16	16	16	16	17	17	17	18	18	23	199					
Hoffman, Lauren (PHI) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Repechage 3 - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>						
date	05-Aug-24	time	6.41	10.65	14.99	19.43	24.06	28.91	33.96	39.25	44.90	50.89	58.28	5 / 7					
reaction time	0.180	interval	4.24	4.34	4.44	4.63	4.85	5.05	5.29	5.65	5.99	7.39				13.02	14.53	16.93	
		velocity	7.02	8.25	8.06	7.88	7.56	7.22	6.93	6.62	6.19	5.84	5.41	6.86		8.06	7.23	6.20	
H1 lead leg	L	strides	23	15	15	15	16	16	17	17	18		152						
Heat 4 - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>						
date	04-Aug-24	time	6.46	10.66	14.96	19.35	23.86	28.63	33.72	39.07	44.69	50.60	57.84	6 / 8					
reaction time	0.192	interval	4.20	4.30	4.39	4.51	4.77	5.09	5.35	5.62	5.91	7.24				12.89	14.37	16.88	
		velocity	6.97	8.33	8.14	7.97	7.76	7.34	6.88	6.54	6.23	5.92	5.52	6.92		8.15	7.31	6.22	
H1 lead leg	L	strides	23	15	15	15	15	16	17	18	19		153						
Hoffman, Lauren (USA) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>						
date	09-Jul-23	time	6.54	10.64	14.95	19.42	23.99	28.73	33.66	38.77			17.36	56.13	8 / 6				
reaction time		interval	4.10	4.31	4.47	4.57	4.74	4.93	5.11				6.05	7.13		12.88	14.24		
		velocity	6.88	8.54	8.12	7.83	7.66	7.38	7.10	6.85			6.02	7.14		8.15	7.37		
H1 lead leg	L	strides	23	15	15	16	16	16	18	18			137						
FINAL - 2022 USATF National Championships (Eugene, OR)													<i>USATF (2022) - Results powered by Karmarush</i>						
date	25-Jun-22	time	6.44	10.45	14.58	18.81	23.37	25.47	28.13	33.03	38.27	43.78	49.36	56.00	2 / 7				
reaction time		interval	4.01	4.13	4.23	4.56	4.76	4.90	5.24	5.51	5.58	6.64				12.37	14.22	16.33	
		velocity	6.99	8.73	8.47	8.27	7.68	7.85	7.35	7.14	6.68	6.35	6.27	6.02	7.14		8.49	7.38	6.43
H1 lead leg	L	strides	23	15	15	15	16		16	17	18		135						
Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)													<i>USATF (2022) - Results powered by Karmarush</i>						
date	24-Jun-22	time	6.51	10.62	14.85	19.33	23.85	26.06	28.75	33.73	38.94	44.25	49.79	56.19	9 / 5				
reaction time		interval	4.11	4.23	4.48	4.52	4.90	4.98	5.21	5.31	5.54	6.40				12.82	14.40	16.06	
		velocity	6.91	8.52	8.27	7.81	7.74	7.67	7.14	7.03	6.72	6.59	6.32	6.25	7.12		8.19	7.29	6.54
H1 lead leg	L	strides	23	15	15	15	16		16	16	17		133						
Heat 1 - 2022 USATF National Championships (Eugene, OR)													<i>USATF (2022) - Results powered by Karmarush</i>						
date	23-Jun-22	time	6.54	10.64	14.91	19.32	23.92	25.84	28.69	33.66	38.94	44.41	49.88	56.08	3 / 4				

reaction time	interval	4.10	4.27	4.41	4.60		4.77	4.97	5.28	5.47	5.47	6.20		12.78	14.34	16.22		
	velocity	6.88	8.54	8.20	7.94	7.61	7.74	7.34	7.04	6.63	6.40	6.40	6.45	7.13	8.22	7.32	6.47	
H1 lead leg	L	strides	23	15	15	15	16		16	17	18	18	18	22	193			
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	26-Jun-21	time	6.47	10.57	14.98	19.38	23.99		28.89	34.00	39.33	44.84		57.59	3 / 6			
reaction time	0.224	interval		4.10	4.41	4.40	4.61		4.90	5.11	5.33	5.51				12.91	14.62	
		velocity	6.96	8.54	7.94	7.95	7.59		7.14	6.85	6.57	6.35		6.95		8.13	7.18	
H1 lead leg	L	strides		15	16	16	16			17	18	18		116				
Hollmann, Silvia (FRG) (1955)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1978 European Championships (Prague, TCH)																		
<i>Behm (1995) - la tactique du 400 haies</i>																		
date	02-Sep-78	time	6.5	10.8	15.2	19.6	24.2	26.2	28.7	33.2	38.1	43.1	48.5	55.14	6 / 2			
reaction time		interval		4.30	4.40	4.40	4.60		4.50	4.50	4.90	5.00	5.40	6.64		13.10	13.60	15.30
		velocity	6.92	8.14	7.95	7.95	7.61	7.63	7.78	7.78	7.14	7.00	6.48	6.02	7.25	8.02	7.72	6.86
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	17	20	182			
Horlacher, Esther (FRG) (1954)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)																		
<i>Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973</i>																		
date	28-Jul-73	time	7.30	12.25	17.28	22.65	28.15		34.18	40.08	46.16	52.24	58.12	65.0	1 / 5			
reaction time		interval		4.95	5.03	5.37	5.50		6.03	5.90	6.08	6.08	5.88	6.88		15.35	17.43	18.04
		velocity	6.16	7.07	6.96	6.52	6.36		5.80	5.93	5.76	5.76	5.95	5.81	6.15	6.84	6.02	5.82
H1 lead leg		strides	24	17	17	17	17		17	17	19	19	19	183				
Hu Lihong (CHN) (1999)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	26-Jun-21	time	6.88	11.44	16.21	21.03	26.01		31.12	36.42	41.90	47.64	53.69	60.99	6 / 6			
reaction time	0.167	interval		4.56	4.77	4.82	4.98		5.11	5.30	5.48	5.74	6.05	7.30		14.15	15.39	17.27
		velocity	6.54	7.68	7.34	7.26	7.03		6.85	6.60	6.39	6.10	5.79	5.48	6.56	7.42	6.82	6.08
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	21	193			
FINAL - 2021 National Grand Prix (Chengdu, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	02-Apr-21	time	6.91	11.48	16.13	20.86	25.79		30.96	36.35	42.17	48.38	54.90	62.74	6 / 3			
reaction time	0.154	interval		4.57	4.65	4.73	4.93		5.17	5.39	5.82	6.21	6.52	7.84		13.95	15.49	18.55
		velocity	6.51	7.66	7.53	7.40	7.10		6.77	6.49	6.01	5.64	5.37	5.10	6.38	7.53	6.78	5.66
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18	22.7	196.7			
FINAL - 2020 Chinese National Championships (Shaoying, CHN)																		
<i>CAA Hurdle Development (2020)</i>																		
date	17-Sep-20	time	6.92		16.46				37.54	43.25	49.25	55.67	63.09	1 / 8				
reaction time		interval			9.54				21.08	5.71	6.00	6.42	7.42				18.13	
		velocity	6.50		7.34				6.64	6.13	5.83	5.45	5.39	6.34			5.79	
H1 lead leg	L	strides	24						17	17	17	18	21	97				
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	23-Aug-19	time	7.00	11.60	16.42	21.30	26.30		31.38	36.66	42.14	47.81	53.79	60.89	9 / 4			
reaction time	0.217	interval		4.60	4.82	4.88	5.00		5.08	5.28	5.48	5.67	5.98	7.10		14.30	15.36	17.13
		velocity	6.43	7.61	7.26	7.17	7.00		6.89	6.63	6.39	6.17	5.85	5.63	6.57	7.34	6.84	6.13
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17	21	191			
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	22-Aug-19	time	7.06	11.72	16.54	21.38	26.38		31.38	36.52	41.98	47.56	53.37	60.18	9 / 3			
reaction time	0.216	interval		4.66	4.82	4.84	5.00		5.00	5.14	5.46	5.58	5.81	6.81		14.32	15.14	16.85
		velocity	6.37	7.51	7.26	7.23	7.00		7.00	6.81	6.41	6.27	6.02	5.87	6.65	7.33	6.94	6.23
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17	20.8	190.8			
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	03-Aug-19	time	7.02	11.66	16.36	21.08	26.00		31.02	36.22	41.60	47.22	53.10	60.34	8 / 7			
reaction time	0.231	interval		4.64	4.70	4.72	4.92		5.02	5.20	5.38	5.62	5.88	7.24		14.06	15.14	16.88
		velocity	6.41	7.54	7.45	7.42	7.11		6.97	6.73	6.51	6.23	5.95	5.52	6.63	7.47	6.94	6.22
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17	21	191			
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	03-Aug-19	time	7.08	11.80	16.68	21.54	26.54		31.72	36.88	42.26	47.84	53.62	60.44	8 / 3			
reaction time	0.229	interval		4.72	4.88	4.86	5.00		5.18	5.16	5.38	5.58	5.78	6.82		14.46	15.34	16.74
		velocity	6.36	7.42	7.17	7.20	7.00		6.76	6.78	6.51	6.27	6.06	5.87	6.62	7.26	6.84	6.27
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17	20.7	190.7			
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	09-Jul-19	time	6.94	11.51	16.26	21.05	25.96		31.13	36.33	41.66	47.29	53.35	60.39	5 / 4 3			
reaction time	0.211	interval		4.57	4.75	4.79	4.91		5.17	5.20	5.33	5.63	6.06	7.04		14.11	15.28	17.02
		velocity	6.48	7.66	7.37	7.31	7.13		6.77	6.73	6.57	6.22	5.78	5.68	6.62	7.44	6.87	6.17
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	21	193			
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	29-May-19	time	7.02	11.64	16.35	21.17	26.17		31.33	36.70	42.12	47.86	53.87	60.75	5 / 3			
reaction time		interval		4.62	4.71	4.82	5.00		5.16	5.37	5.42	5.74	6.01	6.88		14.15	15.53	17.17
		velocity	6.41	7.58	7.43	7.26	7.00		6.78	6.52	6.46	6.10	5.82	5.81	6.58	7.42	6.76	6.12

H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	20.7	192.7							
Heat 1 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																			<i>CAA Hurdle Development (2019)</i>		
date	12-Apr-19	time	6.97	11.53	16.25	21.02	26.02	31.31	36.73	42.41	48.36	54.65		62.30	7 / 2						
reaction time	0.210	interval	4.56	4.72	4.77	5.00	5.29	5.42	5.68	5.95	6.29	7.65				14.05	15.71	17.92			
		velocity	6.46	7.68	7.42	7.34	7.00	6.62	6.46	6.16	5.88	5.56	5.23	6.42		7.47	6.68	5.86			
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	18	22	195							
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			<i>CAA Hurdle Development (2019)</i>		
date	08-Apr-19	time	6.98	11.50	16.20	21.00	26.02	31.24	36.68	42.30	48.22	54.46		62.02	2 / 7						
reaction time	0.191	interval	4.52	4.70	4.80	5.02	5.22	5.44	5.62	5.92	6.24	7.56				14.02	15.68	17.78			
		velocity	6.45	7.74	7.45	7.29	6.97	6.70	6.43	6.23	5.91	5.61	5.29	6.45		7.49	6.70	5.91			
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	22	194							
Heat 1 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			<i>CAA Hurdle Development (2019)</i>		
date	07-Apr-19	time	7.04	11.63	16.40	21.27	26.29	31.50	36.87	42.42	48.11	54.04		60.94	7 / 2						
reaction time	0.186	interval	4.59	4.77	4.87	5.02	5.21	5.37	5.55	5.69	5.93	6.90				14.23	15.60	17.17			
		velocity	6.39	7.63	7.34	7.19	6.97	6.72	6.52	6.31	6.15	5.90	5.80	6.56		7.38	6.73	6.12			
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	21	194							
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)																			<i>Henson (2018) - coaching observations</i>		
date	16-Sep-18	time	6.96	11.51	16.25	20.97	25.93	31.03	36.27	41.65	47.18	52.92		59.62	7 / 4						
reaction time		interval	4.55	4.74	4.72	4.96	5.10	5.24	5.38	5.53	5.74	6.70				14.01	15.30	16.65			
		velocity	6.47	7.69	7.38	7.42	7.06	6.86	6.68	6.51	6.33	6.10	5.97	6.71		7.49	6.86	6.31			
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	20.5	192.5							
Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)																			<i>Henson (2018) - coaching observations</i>		
date	15-Sep-18	time	6.94	11.48	16.25	21.04	25.93	31.00	36.20	41.51	47.00	52.69		59.46	2 / 2						
reaction time		interval	4.54	4.77	4.79	4.89	5.07	5.20	5.31	5.49	5.69	6.77	PB			14.10	15.16	16.49			
		velocity	6.48	7.71	7.34	7.31	7.16	6.90	6.73	6.59	6.38	6.15	5.91	6.73		7.45	6.93	6.37			
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	20.5	192.5							
Huang Jie (CHN) (2005)																					
FINAL - 2021 National Grand Prix (Chengdu, CHN)																			<i>CAA Hurdle Development (2021)</i>		
date	02-Apr-21	time	7.23	11.93	16.71	21.71	26.99	32.66	38.87	45.58				dnf	8 / --						
reaction time	0.312	interval	4.70	4.78	5.00	5.28	5.67	6.21	6.71							14.48	17.16				
		velocity	6.22	7.45	7.32	7.00	6.63	6.17	5.64	5.22						7.25	6.12				
H1 lead leg	L	strides	25	17	17	17	17	17	19	19				148							
Huang Xiaoxiao (CHN) (1983)																					
Heat 1 - 2009 IAAF World Championships (Berlin, GER)																			<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>		
date	17-Aug-09	time	6.54	10.85	15.28	19.81	24.40	29.11	34.11	39.13	44.33	49.61		55.52	5 / 3						
reaction time	0.169	interval	4.31	4.43	4.53	4.59	4.71	5.00	5.02	5.20	5.28	5.91				13.27	14.30	15.50			
		velocity	6.88	8.12	7.90	7.73	7.63	7.43	7.00	6.97	6.73	6.63	6.77	7.20		7.91	7.34	6.77			
H1 lead leg		strides																			
FINAL - 2007 IAAF World Championships (Osaka, JPN)																			<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>		
date	30-Aug-07	time	6.36	10.46	14.66	18.93	23.35	27.97	32.86	37.78	42.89	48.18		54.15	8 / 5						
reaction time	0.189	interval	4.10	4.20	4.27	4.42	4.62	4.89	4.92	5.11	5.29	5.97				12.57	13.93	15.32			
		velocity	7.08	8.54	8.33	8.20	7.92	7.58	7.16	7.11	6.85	6.62	6.70	7.39		8.35	7.54	6.85			
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	17	17	20.5	185							
FINAL - 2005 Chinese National Games (Nanjing, CHN)																			<i>Wang (2016) - hurdle rhythm characteristic analysis and athletic training considerations</i>		
date	21-Oct-05	time	6.30	10.65	14.90	19.33	23.81	28.47	33.25	38.20	43.16	48.23		54.18	1 / 1						
reaction time		interval	4.35	4.25	4.43	4.48	4.66	4.78	4.95	4.96	5.07	5.95	PB			13.03	13.92	14.98			
		velocity	7.14	8.05	8.24	7.90	7.81	7.51	7.32	7.07	7.06	6.90	6.72	7.38		8.06	7.54	7.01			
H1 lead leg		strides	23	15	15	15	15	15	17	17	17	17	166								
FINAL - 2005 IAAF World Championships (Helsinki, FIN)																			<i>Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins</i>		
date	13-Aug-05	time	6.3	10.5	14.8	19.2	23.8	28.5	33.5	38.6	43.5	48.6		54.57	6 / 5						
reaction time	0.172	interval	4.20	4.30	4.40	4.60	4.70	5.00	5.10	4.90	5.10	5.97				12.90	14.30	15.10			
		velocity	7.14	8.33	8.14	7.95	7.61	7.45	7.00	6.86	7.14	6.86	6.70	7.33		8.14	7.34	6.95			
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	16	162								
FINAL - 2001 Chinese National Games (Guangzhou, CHN)																			<i>Lu (2002) - technical analysis of women's 400m hurdles champion and runner-up at the 9th national games</i>		
date	22-Nov-01	time	6.31	10.55	14.79	19.11	23.51	28.10	33.02	38.02	43.26	48.66		55.15	1 / 2						
reaction time		interval	4.24	4.24	4.32	4.40	4.59	4.92	5.00	5.24	5.40	6.49	PB			12.80	13.91	15.64			
		velocity	7.13	8.25	8.25	8.10	7.95	7.63	7.11	7.00	6.68	6.48	6.16	7.25		8.20	7.55	6.71			
H1 lead leg		strides																			
Huang Yan (CHN) (1996)																					
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																			<i>CAA Hurdle Development (2021)</i>		
date	26-Jun-21	time	6.68	11.10	15.76	20.44	25.27	30.18	35.26	40.44	46.10	51.92		58.34	8 / 3						
reaction time	0.320	interval	4.42	4.66	4.68	4.83	4.91	5.08	5.18	5.66	5.82	6.42				13.76	14.82	16.66			
		velocity	6.74	7.92	7.51	7.48	7.25	7.13	6.89	6.76	6.18	6.01	6.23	6.86		7.63	7.09	6.30			
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	19	19	22	203							

Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)														CAA Hurdle Development (2021)				
date	26-Jun-21	time	6.81	11.37	16.10	20.83	25.74	30.73	35.79	41.14	46.79	52.63	59.27	5 / 2				
reaction time	0.318	interval		4.56	4.73	4.73	4.91	4.99	5.06	5.35	5.65	5.84	6.64		14.02	14.96	16.84	
		velocity	6.61	7.68	7.40	7.40	7.13	7.01	6.92	6.54	6.19	5.99	6.02		7.49	7.02	6.24	
H1 lead leg	L	strides	24	17	17	17	17	17	17	18	19	19	22					
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)														CAA Hurdle Development (2021)				
date	25-Apr-21	time	6.77	11.23	15.80	20.65	25.69	30.76	36.12	41.99	47.63	53.29	59.80	4 / 4				
reaction time	0.236	interval		4.46	4.57	4.85	5.04	5.07	5.36	5.87	5.64	5.66	6.51		13.88	15.47	17.17	
		velocity	6.65	7.85	7.66	7.22	6.94	6.90	6.53	5.96	6.21	6.18	6.14		7.56	6.79	6.12	
H1 lead leg	L	strides	24	16	16	17	17	17	18	19	18	18	21					
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)														CAA Hurdle Development (2021)				
date	25-Apr-21	time	6.82	11.38	15.98	20.82	25.83	30.91	36.14	41.69	47.30	53.15	60.05	4 / 1				
reaction time	0.232	interval		4.56	4.60	4.84	5.01	5.08	5.23	5.55	5.61	5.85	6.90		14.00	15.32	17.01	
		velocity	6.60	7.68	7.61	7.23	6.99	6.89	6.69	6.31	6.24	5.98	5.80		7.50	6.85	6.17	
H1 lead leg	L	strides	24	16	16	17	17	17	17	18	18	19	22					
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)														CAA Hurdle Development (2020)				
date	17-Sep-20	time	6.62	11.00	15.42	20.12	24.92	29.87	35.08	40.46	46.08	51.92	58.68	6 / 3				
reaction time		interval		4.38	4.42	4.70	4.80	4.95	5.21	5.38	5.62	5.84	6.76		13.50	14.96	16.84	
		velocity	6.80	7.99	7.92	7.45	7.29	7.07	6.72	6.51	6.23	5.99	5.92		7.78	7.02	6.24	
H1 lead leg	R	strides	24	16	17	17	17	17	18	18	19	19	23					
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)														CAA Hurdle Development (2019)				
date	23-Aug-19	time	6.80	11.28	15.94	20.62	25.44	30.40	35.56	40.86	46.28	51.97	58.44	7 / 1				
reaction time	0.238	interval		4.48	4.66	4.68	4.82	4.96	5.16	5.30	5.42	5.69	6.47		13.82	14.94	16.41	
		velocity	6.62	7.81	7.51	7.48	7.26	7.06	6.78	6.60	6.46	6.15	6.18		7.60	7.03	6.40	
H1 lead leg	L	strides	24	17	17	17	17	17	18	18	18	19	23					
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)														CAA Hurdle Development (2019)				
date	22-Aug-19	time	6.80	11.30	15.92	20.59	25.41	30.31	35.55	41.14	46.95	52.80	59.43	4 / 2				
reaction time	0.255	interval		4.50	4.62	4.67	4.82	4.90	5.24	5.59	5.81	5.85	6.63		13.79	14.96	17.25	
		velocity	6.62	7.78	7.58	7.49	7.26	7.14	6.68	6.26	6.02	5.98	6.03		7.61	7.02	6.09	
H1 lead leg	L	strides	24	17	17	17	17	17	18	19	19	19	22.5					
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)														CAA Hurdle Development (2019)				
date	03-Aug-19	time	6.96	11.51	16.23	21.00	25.89	30.95	36.14	41.42	46.85	52.29	58.39	1 / 1				
reaction time	0.263	interval		4.55	4.72	4.77	4.89	5.06	5.19	5.28	5.43	5.44	6.10		14.04	15.14	16.15	
		velocity	6.47	7.69	7.42	7.34	7.16	6.92	6.74	6.63	6.45	6.43	6.56		7.48	6.94	6.50	
H1 lead leg	L	strides	24	17	17	17	17	17	18	18	18	18	22					
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)														CAA Hurdle Development (2019)				
date	03-Aug-19	time	6.96	11.79	16.55	21.31	26.26	31.50	36.85	42.24	47.98	53.89	60.51	3 / 4				
reaction time	0.212	interval		4.83	4.76	4.76	4.95	5.24	5.35	5.39	5.74	5.91	6.62		14.35	15.54	17.04	
		velocity	6.47	7.25	7.35	7.35	7.07	6.68	6.54	6.49	6.10	5.92	6.04		7.32	6.76	6.16	
H1 lead leg	L	strides	25	17	17	17	17	18	18	18	19	19	21.7					
FINAL - 2019 Chinese National Championships (Shenyang, CHN)														CAA Hurdle Development (2019)				
date	10-Jul-19	time	6.77	11.26	15.83	20.45	25.21	30.08	35.05	40.32	45.88	51.53	58.11	4 / 3				
reaction time	0.199	interval		4.49	4.57	4.62	4.76	4.87	4.97	5.27	5.56	5.65	6.58		13.68	14.60	16.48	
		velocity	6.65	7.80	7.66	7.58	7.35	7.19	7.04	6.64	6.29	6.19	6.08		7.68	7.19	6.37	
H1 lead leg	L	strides	24	17	17	17	17	17	17	18	19	19	23.2					
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)														CAA Hurdle Development (2019)				
date	09-Jul-19	time	6.85	11.41	16.13	20.89	25.71	30.64	35.92	41.24	46.88	52.65	59.33	4 / 1				
reaction time	0.225	interval		4.56	4.72	4.76	4.82	4.93	5.28	5.32	5.64	5.77	6.68		14.04	15.03	16.73	
		velocity	6.57	7.68	7.42	7.35	7.26	7.10	6.63	6.58	6.21	6.07	5.99		7.48	6.99	6.28	
H1 lead leg	L	strides	24	17	17	17	17	17	18	18	19	19	23					
FINAL - 2019 Asian Athletics Championships (Doha, QAT)														CAA Hurdle Development (2019)				
date	22-Apr-19	time	6.80	11.33	16.01	20.73	25.61	30.72	36.00	41.27	46.64	52.06	58.29	8 / 7				
reaction time	0.194	interval		4.53	4.68	4.72	4.88	5.11	5.28	5.27	5.37	5.42	6.23		13.93	15.27	16.06	
		velocity	6.62	7.73	7.48	7.42	7.17	6.85	6.63	6.64	6.52	6.46	6.42		7.54	6.88	6.54	
H1 lead leg	L	strides	24	17	17	17	17	18	18	18	18	18	22					
Heat 2 - 2019 Asian Athletics Championships (Doha, QAT)														CAA Hurdle Development (2019)				
date	21-Apr-19	time	6.57	11.06	15.70	20.40	25.22	30.13	35.38	40.71	46.18	51.87	58.46	6 / 3				
reaction time	0.180	interval		4.49	4.64	4.70	4.82	4.91	5.25	5.33	5.47	5.69	6.59		13.83	14.98	16.49	
		velocity	6.85	7.80	7.54	7.45	7.26	7.13	6.67	6.57	6.40	6.15	6.07		7.59	7.01	6.37	
H1 lead leg	L	strides	24	17	17	17	17	17	18	18	18	19	22.5					
Heat 2 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														CAA Hurdle Development (2019)				
date	07-Apr-19	time	6.72	11.26	15.98	20.64	25.48	30.60	36.17	41.74	47.56	53.35	74.88	9 / 8				
reaction time	0.319	interval		4.54	4.72	4.66	4.84	5.12	5.57	5.57	5.82	7.79	19.53		13.92	15.53	19.18	
		velocity	6.70	7.71	7.42	7.51	7.23	6.84	6.28	6.28	6.01	4.49	2.05	5.34		7.54	6.76	5.47
H1 lead leg	L	strides	24	17	17	17	17	18	19	19	19	23	27					

FINAL - 2018 Chinese National Championships (Taiyuan, CHN)															<i>Henson (2018) - coaching observations</i>			
date	16-Sep-18	time	6.73	11.20	15.77	20.39	25.13	29.95	35.09	40.26	45.60	51.25		57.61	5 / 1			
reaction time		interval		4.47	4.57	4.62	4.74	4.82	5.14	5.17	5.34	5.65	6.36			13.66	14.70	16.16
		velocity	6.69	7.83	7.66	7.58	7.38	7.26	6.81	6.77	6.55	6.19	6.29	6.94		7.69	7.14	6.50
H1 lead leg	L	strides	24	17	17	17	17	17	18	18	18	19	23	205				
Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN)															<i>Henson (2018) - coaching observations</i>			
date	15-Sep-18	time	6.74	11.21	15.82	20.45	25.18	30.05	35.23	40.57	46.05	51.80		58.67	7 / 1			
reaction time		interval		4.47	4.61	4.63	4.73	4.87	5.18	5.34	5.48	5.75	6.87			13.71	14.78	16.57
		velocity	6.68	7.83	7.59	7.56	7.40	7.19	6.76	6.55	6.39	6.09	5.82	6.82		7.66	7.10	6.34
H1 lead leg	L	strides	24	17	17	17	17	17	18	18	18	19	23	205				
Huart, H�el�ene (FRA) (1965)																		
FINAL - 1987 French National Championships (Annecy, FRA)															<i>Veney - split times from PJ</i>			
date	09-Aug-87	time	6.54	10.86	15.28	19.85	24.45	29.16	34.04	39.09	44.25	49.52		55.55	1 / 1			
reaction time		interval		4.32	4.42	4.57	4.60	4.71	4.88	5.05	5.16	5.27	6.03	PB		13.31	14.19	15.48
		velocity	6.88	8.10	7.92	7.66	7.61	7.43	7.17	6.93	6.78	6.64	6.63	7.20		7.89	7.40	6.78
H1 lead leg		strides	22	15	15	15	15	15	15	16	16	17	17	161				
Humphrey, Brittley (USA) (1998)																		
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	26-Jun-21	time	6.44	10.67	15.15	19.89	24.79	29.93		40.67	46.38			58.95	2 / 7			
reaction time	0.190	interval		4.23	4.48	4.74	4.90	5.14		10.74	5.71					13.45		
		velocity	6.99	8.27	7.81	7.38	7.14	6.81		6.52	6.13			6.79		7.81		
H1 lead leg	L	strides		15	15	15	15				17			77				
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	12-Jun-21	time	6.47	10.60	14.87	19.43	24.20	29.23	34.33	39.63	45.07			57.51	7 / 9			
reaction time	0.177	interval		4.13	4.27	4.56	4.77	5.03	5.10	5.30	5.44					12.96	14.90	
		velocity	6.96	8.47	8.20	7.68	7.34	6.96	6.86	6.60	6.43			6.96		8.10	7.05	
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	16			147				
Huo Xinghua (CHN) (1996)																		
Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)															<i>CAA Hurdle Development (2019)</i>			
date	09-Jul-19	time	6.94	11.39	16.08	20.97	26.06	31.50	37.13	43.19	49.60	56.17		64.20	3 / 6			
reaction time	0.371	interval		4.45	4.69	4.89	5.09	5.44	5.63	6.06	6.41	6.57	8.03			14.03	16.16	19.04
		velocity	6.48	7.87	7.46	7.16	6.88	6.43	6.22	5.78	5.46	5.33	4.98	6.23		7.48	6.50	5.51
H1 lead leg	L	strides	23	15	16	16	16	17	17	18	19	19	24	200				
Hurkmans, Jennie (SWE) (1984)																		
B-Race - 2011 Poks Memorial (H�assleholm, SWE)															<i>Blomkvist (2011) - www.elitlandslag.se/SprintH�ack/L�angSprintH�ack.aspx</i>			
date	12-Jun-11	time	7.10	11.74	16.60	21.70	26.84		37.84	43.06	48.94	55.06		61.79	1 / 4			
reaction time		interval		4.64	4.86	5.10	5.14		11.00	5.22	5.88	6.12	6.73	PB		14.60	16.14	17.22
		velocity	6.34	7.54	7.20	6.86	6.81		6.36	6.70	5.95	5.72	5.94	6.47		7.19	6.51	6.10
H1 lead leg	R	strides		16	16	17	17		17	17	18	19	21	158				
FINAL - 2011 Fridrott (Stockholm, SWE)															<i>Blomkvist (2011) - www.elitlandslag.se/SprintH�ack/L�angSprintH�ack.aspx</i>			
date	07-Jun-11	time	6.94	11.80	16.64	21.68	26.88	32.38	37.90	43.58	49.40	55.46		62.04	1 / 4			
reaction time		interval		4.86	4.84	5.04	5.20	5.50	5.52	5.68	5.82	6.06	6.58			14.74	16.22	17.56
		velocity	6.48	7.20	7.23	6.94	6.73	6.36	6.34	6.16	6.01	5.78	6.08	6.45		7.12	6.47	5.98
H1 lead leg	R	strides		16	16	16	16	17	17	17	17	18	21	171				
Ibrahim, Ayesya (JPN) (1998)																		
FINAL - 2023 Japanese National Championships (Osaka, JPN)															<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>			
date	04-Jun-23	time	6.74	11.08	15.58	20.22	25.04	30.03	35.22	40.66	46.45	52.42		59.19	2 / 8			
reaction time	0.224	interval		4.34	4.50	4.64	4.82	4.99	5.19	5.44	5.79	5.97	6.77			13.48	15.00	17.20
		velocity	6.68	8.06	7.78	7.54	7.26	7.01	6.74	6.43	6.04	5.86	5.91	6.76		7.79	7.00	6.10
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	17	17	17	162				
A FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)															<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>			
date	06-May-23	time	6.69	10.99	15.45	20.15	25.08	30.11	35.22	40.46	46.00	51.94		58.89	8 / 4			
reaction time	0.202	interval		4.30	4.46	4.70	4.93	5.03	5.11	5.24	5.54	5.94	6.95			13.46	15.07	16.72
		velocity	6.73	8.14	7.85	7.45	7.10	6.96	6.85	6.68	6.32	5.89	5.76	6.79		7.80	6.97	6.28
H1 lead leg		strides		15	15	15	15	15	15	15	16	17	17	138				
FINAL - 2021 Japanese National Championships (Osaka, JPN)															<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>			
date	27-Jun-21	time	6.71	10.98	15.42	19.97	24.71	29.65	34.72	40.02	45.58	51.43		58.16	9 / 3			
reaction time	0.270	interval		4.27	4.44	4.55	4.74	4.94	5.07	5.30	5.56	5.85	6.73			13.26	14.75	16.71
		velocity	6.71	8.20	7.88	7.69	7.38	7.09	6.90	6.60	6.29	5.98	5.94	6.88		7.92	7.12	6.28
H1 lead leg	R	strides	22	14	15	15	15	15	15	15	16	17	21	180				
FINAL - 2020 Japanese National Championships (Niigata, JPN)															<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>			
date	03-Oct-20	time	6.59	10.79	15.12	19.60	24.24	29.11	34.05	39.24	44.66	50.13		56.50	6 / 1			
reaction time	0.220	interval		4.20	4.33	4.48	4.64	4.87	4.94	5.19	5.42	5.47	6.37	PB		13.01	14.45	16.08
		velocity	6.83	8.33	8.08	7.81	7.54	7.19	7.09	6.74	6.46	6.40	6.28	7.08		8.07	7.27	6.53
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	20	179				

Ito, Akiko (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)										<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>								
date	06-May-23	time	6.72	11.18	15.88	20.84	25.96	31.15	36.30	41.71	47.21	52.82		59.28	7 / 5			
reaction time	0.145	interval		4.46	4.70	4.96	5.12	5.19	5.15	5.41	5.50	5.61	6.46			14.12	15.46	16.52
		velocity	6.70	7.85	7.45	7.06	6.84	6.74	6.80	6.47	6.36	6.24	6.19	6.75		7.44	6.79	6.36
H1 lead leg		strides		15	15	16	16	16	16	17	17	17		145				
FINAL - 2022 Japanese National Championships (Osaka, JPN)										<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>								
date	12-Jun-22	time	6.62	10.99	15.55	20.25	24.97	29.82	34.78	40.09	45.58	51.23		58.18	5 / 5			
reaction time	0.198	interval		4.37	4.56	4.70	4.72	4.85	4.96	5.31	5.49	5.65	6.95			13.63	14.53	16.45
		velocity	6.80	8.01	7.68	7.45	7.42	7.22	7.06	6.59	6.38	6.19	5.76	6.88		7.70	7.23	6.38
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17		170				
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)										<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>								
date	03-May-22	time	6.71	11.14	15.73	20.62	25.54	30.43	35.55	40.87	46.43	52.34		59.32	3 / 7			
reaction time	0.170	interval		4.43	4.59	4.89	4.92	4.89	5.12	5.32	5.56	5.91	6.98			13.91	14.93	16.79
		velocity	6.71	7.90	7.63	7.16	7.11	7.16	6.84	6.58	6.29	5.92	5.73	6.74		7.55	7.03	6.25
H1 lead leg	L	strides	23	15	15	16	16	16	16	17	17	17		168				
A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)										<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>								
date	30-Apr-22	time	6.64	11.14	15.78	20.59	25.46	30.45	35.52	40.77	46.18	51.79		58.43	9 / 5			
reaction time	0.131	interval		4.50	4.64	4.81	4.87	4.99	5.07	5.25	5.41	5.61	6.64			13.95	14.93	16.27
		velocity	6.78	7.78	7.54	7.28	7.19	7.01	6.90	6.67	6.47	6.24	6.02	6.85		7.53	7.03	6.45
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17		170				
FINAL - 2021 Japanese National Championships (Osaka, JPN)										<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>								
date	27-Jun-21	time	6.59	10.96	15.57	20.35	25.31	30.31	35.44	40.76	46.33	52.07		58.76	7 / 4			
reaction time	0.166	interval		4.37	4.61	4.78	4.96	5.00	5.13	5.32	5.57	5.74	6.69			13.76	15.09	16.63
		velocity	6.83	8.01	7.59	7.32	7.06	7.00	6.82	6.58	6.28	6.10	5.98	6.81		7.63	6.96	6.31
H1 lead leg	L	strides	23	15	15	16	16	16	16	17	17	17	21.2	189.2				
FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)										<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>								
date	06-Jun-21	time	6.64	10.99	15.48	20.09	24.82	29.78	34.83	40.17	45.61	51.22		57.93	4 / 2			
reaction time		interval		4.35	4.49	4.61	4.73	4.96	5.05	5.34	5.44	5.61	6.71			13.45	14.74	16.39
		velocity	6.78	8.05	7.80	7.59	7.40	7.06	6.93	6.55	6.43	6.24	5.96	6.90		7.81	7.12	6.41
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21.7	187.7				
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)										<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>								
date	01-Jun-21	time	6.64	10.94	15.33	19.85	24.51	29.51	34.63	39.99	45.68	51.72		58.86	8 / 4			
reaction time	0.180	interval		4.30	4.39	4.52	4.66	5.00	5.12	5.36	5.69	6.04	7.14			13.21	14.78	17.09
		velocity	6.78	8.14	7.97	7.74	7.51	7.00	6.84	6.53	6.15	5.79	5.60	6.80		7.95	7.10	6.14
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	18	18	22	190				
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)										<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>								
date	09-May-21	time	6.57	10.91	15.45	20.12	24.94	29.98	35.04	40.31	45.70	51.17		57.76	4 / 2			
reaction time	0.153	interval		4.34	4.54	4.67	4.82	5.04	5.06	5.27	5.39	5.47	6.59			13.55	14.92	16.13
		velocity	6.85	8.06	7.71	7.49	7.26	6.94	6.92	6.64	6.49	6.40	6.07	6.93		7.75	7.04	6.51
H1 lead leg	L	strides	23	15	15	15	16	18	17	17	17	18	21	192				
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)										<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>								
date	03-May-21	time	6.62	10.99	15.62	20.39	25.23	30.26	35.32	40.64	46.20	51.92		58.65	7 / 3			
reaction time	0.166	interval		4.37	4.63	4.77	4.84	5.03	5.06	5.32	5.56	5.72	6.73			13.77	14.93	16.60
		velocity	6.80	8.01	7.56	7.34	7.23	6.96	6.92	6.58	6.29	6.12	5.94	6.82		7.63	7.03	6.33
H1 lead leg	L	strides	23	15	15	16	16	16	16	17	17	17		168				
FINAL - 2020 Japanese National Championships (Niigata, JPN)										<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>								
date	03-Oct-20	time	6.52	10.86	15.37	20.00	24.77	29.75	34.72	40.02	45.46	50.92		57.34	7 / 3			
reaction time	0.147	interval		4.34	4.51	4.63	4.77	4.98	4.97	5.30	5.44	5.46	6.42			13.48	14.72	16.20
		velocity	6.90	8.06	7.76	7.56	7.34	7.03	7.04	6.60	6.43	6.41	6.23	6.98		7.79	7.13	6.48
H1 lead leg	L	strides	23	15	15	16	16	16	16	17	17	17	21.2	189.2				
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)										<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>								
date	20-Sep-20	time	6.74	11.13	15.75	20.59	25.53	30.61	35.74	41.17	46.65	52.29		59.04	5 / 2			
reaction time	0.205	interval		4.39	4.62	4.84	4.94	5.08	5.13	5.43	5.48	5.64	6.75			13.85	15.15	16.55
		velocity	6.68	7.97	7.58	7.23	7.09	6.89	6.82	6.45	6.39	6.21	5.93	6.78		7.58	6.93	6.34
H1 lead leg		strides		15	15	16	16	16	16	17	17	17		145				
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)										<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>								
date	23-Aug-20	time	6.57	10.88	15.42	20.12	25.03	30.01	35.00	40.34	45.95	51.74		58.56	5 / 4			
reaction time	0.136	interval		4.31	4.54	4.70	4.91	4.98	4.99	5.34	5.61	5.79	6.82			13.55	14.88	16.74
		velocity	6.85	8.12	7.71	7.45	7.13	7.03	7.01	6.55	6.24	6.04	5.87	6.83		7.75	7.06	6.27
H1 lead leg		strides		15	15	16	16	16	16	17	17	17		145				
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)										<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>								
date	30-Jun-19	time	6.47	10.73	15.17	19.74	24.44	29.28	34.28	39.51	44.91	50.52		57.09	4 / 1			
reaction time	0.151	interval		4.26	4.44	4.57	4.70	4.84	5.00	5.23	5.40	5.61	6.57	PB		13.27	14.54	16.24
		velocity	6.96	8.22	7.88	7.66	7.45	7.23	7.00	6.69	6.48	6.24	6.09	7.01		7.91	7.22	6.47

H1 lead leg L strides 23 15 15 15 16 16 16 17 17 17 21.2 188.2

FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)*Hirokawa (2019) - research on athlete performance and technique- 2019 data book*

date 19-May-19 time 6.49 10.79 15.25 19.95 24.82 29.86 34.87 40.14 45.63 51.16 57.61 2 / 7
 reaction time 0.141 interval 4.30 4.46 4.70 4.87 5.04 5.01 5.27 5.49 5.53 6.45 **PB** 13.46 14.92 16.29
 velocity 6.93 8.14 7.85 7.45 7.19 6.94 6.99 6.64 6.38 6.33 6.20 6.94 7.80 7.04 6.45
 H1 lead leg L strides 23 15 15 16 16 16 16 17 17 17 21 189

A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)*Kobayashi (2019) - research on athlete performance and technique- 2019 data book*

date 03-May-19 time 6.62 11.01 15.53 20.22 25.13 30.15 35.10 40.39 45.90 51.55 58.08 / 2
 reaction time interval 4.39 4.52 4.69 4.91 5.02 4.95 5.29 5.51 5.65 6.53 13.60 14.88 16.45
 velocity 6.80 7.97 7.74 7.46 7.13 6.97 7.07 6.62 6.35 6.19 6.13 6.89 7.72 7.06 6.38
 H1 lead leg strides 15 15 16 16 16 16 17 17 17 145

luel, Amalie (NOR) (1994)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Semi-Final 1 - 2024 Olympic Games (Paris, FRA)***Paris 2024 Olympc Games - Results Book (2024)*

date 06-Aug-24 time 6.39 10.49 14.69 18.98 23.41 28.04 32.92 37.99 43.24 48.64 54.88 4 / 5
 reaction time 0.149 interval 4.10 4.20 4.29 4.43 4.63 4.88 5.07 5.25 5.40 6.24 12.59 13.94 15.72
 velocity 7.04 8.54 8.33 8.16 7.90 7.56 7.17 6.90 6.67 6.48 6.41 7.29 8.34 7.53 6.68
 H1 lead leg L strides 23 15 15 15 15 15 15 15 15 16 16 19 179

Heat 1 - 2024 Olympic Games (Paris, FRA)*Paris 2024 Olympc Games - Results Book (2024)*

date 04-Aug-24 time 6.44 10.54 14.68 18.92 23.39 28.06 32.90 37.92 43.17 48.48 54.82 5 / 3
 reaction time 0.165 interval 4.10 4.14 4.24 4.47 4.67 4.84 5.02 5.25 5.31 6.34 12.48 13.98 15.58
 velocity 6.99 8.54 8.45 8.25 7.83 7.49 7.23 6.97 6.67 6.59 6.31 7.30 8.41 7.51 6.74
 H1 lead leg L strides 23 15 15 15 15 15 15 15 15 16 16 19.5 179.5

Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)*European Athletics (2024) - 2024 european athletics championships - results book*

date 10-Jun-24 time 6.45 10.54 14.75 19.05 23.46 28.16 32.99 38.00 43.28 48.60 54.89 4 / 3
 reaction time 0.167 interval 4.09 4.21 4.30 4.41 4.70 4.83 5.01 5.28 5.32 6.29 12.60 13.94 15.61
 velocity 6.98 8.56 8.31 8.14 7.94 7.45 7.25 6.99 6.63 6.58 6.36 7.29 8.33 7.53 6.73
 H1 lead leg L strides 23 15 15 15 15 15 15 15 15 16 16 19.2 149.2

Heat 1 - 2024 European Athletics Championships (Roma, ITA)*European Athletics (2024) - 2024 european athletics championships - results book*

date 09-Jun-24 time 6.56 10.84 15.24 19.70 24.37 29.39 34.46 39.60 44.85 50.08 56.23 4 / 2
 reaction time 0.174 interval 4.28 4.40 4.46 4.67 5.02 5.07 5.14 5.25 5.23 6.15 13.14 14.76 15.62
 velocity 6.86 8.18 7.95 7.85 7.49 6.97 6.90 6.81 6.67 6.69 6.50 7.11 7.99 7.11 6.72
 H1 lead leg strides

FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)*Henson (2024) - Athlete First: 2024 year end hurdle report*

date 30-May-24 time 6.49 10.73 15.00 19.39 24.00 28.81 33.75 38.83 44.07 49.42 55.50 7 / 4
 reaction time 0.129 interval 4.24 4.27 4.39 4.61 4.81 4.94 5.08 5.24 5.35 6.08 12.90 14.36 15.67
 velocity 6.93 8.25 8.20 7.97 7.59 7.28 7.09 6.89 6.68 6.54 6.58 7.21 8.14 7.31 6.70
 H1 lead leg L strides 23 15 15 15 15 15 15 15 15 16 16 19 179

FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)*Henson (2022) - Athlete First: 2022 year end hurdle report*

date 19-Aug-22 time 6.40 10.50 19.20 23.67 25.62 28.36 33.20 38.30 43.47 48.80 55.32 1 / 5
 reaction time 0.186 interval 4.10 8.70 4.47 4.69 4.84 5.10 5.17 5.33 6.52 12.80 14.00 15.60
 velocity 7.03 8.54 8.05 7.83 7.81 7.46 7.23 6.86 6.77 6.57 6.13 7.23 8.20 7.50 6.73
 H1 lead leg L strides 23 15 15 15 15 15 15 15 16 16 20 151

Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)*Henson (2022) - Athlete First: 2022 year end hurdle report*

date 20-Jul-22 time 6.33 10.40 14.67 18.93 23.43 25.37 28.10 38.00 43.23 48.60 54.81 4 / 6
 reaction time 0.123 interval 4.07 4.27 4.26 4.50 4.67 9.90 5.23 5.37 6.21 12.60
 velocity 7.11 8.60 8.20 8.22 7.78 7.88 7.49 7.07 6.69 6.52 6.44 7.30 8.33
 H1 lead leg L strides 23 15 15 15 15 15 15 15 15 16 16 19 164

Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)*Henson (2022) - Athlete First: 2022 year end hurdle report*

date 19-Jul-22 time 6.50 10.67 14.93 19.30 23.80 25.73 28.53 33.33 38.30 43.46 48.73 54.70 7 / 3
 reaction time 0.140 interval 4.17 4.26 4.37 4.50 4.73 4.80 4.97 5.16 5.27 5.97 **PB** 12.80 14.03 15.40
 velocity 6.92 8.39 8.22 8.01 7.78 7.77 7.40 7.29 7.04 6.78 6.64 6.70 7.31 8.20 7.48 6.82
 H1 lead leg L strides 23 15 15 15 15 15 15 15 15 16 16 19 179

FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)*Henson (2022) - Athlete First: 2022 year end hurdle report*

date 16-Jun-22 time 6.36 10.54 14.92 19.32 23.90 28.64 33.58 38.52 43.64 48.92 55.06 2 / 5
 reaction time 0.148 interval 4.18 4.38 4.40 4.58 4.74 4.94 4.94 5.12 5.28 6.14 12.96 14.26 15.34
 velocity 7.08 8.37 7.99 7.95 7.64 7.38 7.09 7.09 6.84 6.63 6.51 7.26 8.10 7.36 6.84
 H1 lead leg L strides 23 15 15 15 15 16 16 16 16 17 19.7 183.7

FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)*Henson (2021) - Athlete First: 2021 year end hurdle report*

date 01-Jul-21 time 6.44 10.58 14.84 23.78 28.50 33.34 38.36 43.50 48.84 55.04 7 / 4
 reaction time 0.150 interval 4.14 4.26 8.94 4.72 4.84 5.02 5.14 5.34 6.20 15.50
 velocity 6.99 8.45 8.22 7.83 7.42 7.23 6.97 6.81 6.55 6.45 7.27 6.77
 H1 lead leg L strides 23 15 15 15 15 15 15 16 16 16 19.2 165.2

FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)*Henson (2020) - Athlete First: 2020 year end hurdle report*

date 17-Sep-20 time 6.40 10.64 14.96 19.36 23.88 25.9 28.52 33.28 38.44 43.72 49.16 55.27 8 / 5

reaction time	0.143	interval	4.24	4.32	4.40	4.52		4.64	4.76	5.16	5.28	5.44	6.11		12.96	13.92	15.88	
		velocity	7.03	8.25	8.10	7.95	7.74	7.72	7.54	7.35	6.78	6.63	6.43	6.55	7.24	8.10	7.54	6.61
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	16	19	180			
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)														<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>				
date	23-Aug-20	time	6.47	10.67	15.03	19.53	24.17	26.2	28.97	33.93	39.07	44.33	49.63		55.92	8 / 3		
reaction time	0.162	interval	4.20	4.36	4.50	4.64		4.80	4.96	5.14	5.26	5.30	6.29			13.06	14.40	15.70
		velocity	6.96	8.33	8.03	7.78	7.54	7.63	7.29	7.06	6.81	6.65	6.60	6.36	7.15	8.04	7.29	6.69
H1 lead leg	L	strides	22	15		15	15		15	15	16	16	16	19	164			
FINAL - 2020 Impossible Games (Oslo, NOR) (TV Analysis) (300m Hurdles)														<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>				
date	11-Jun-20	time	7.00	11.08	15.45	19.89	24.42		29.09	33.90					39.44	8 / 2		
reaction time	0.137	interval	4.08	4.37	4.44	4.53		4.67	4.81				5.54			13.34	9.48	
		velocity	7.14	8.58	8.01	7.88	7.73		7.49	7.28			7.22	7.61		7.87	11.08	
H1 lead leg	L	strides	25	15	15	15	15		15	15			18.7	133.7				
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	02-Oct-19	time	6.32	10.52	14.76	19.16	23.68		28.36	33.20	38.28	43.48	48.84		55.03	4 / 4		
reaction time	0.151	interval	4.20	4.24	4.40	4.52		4.68	4.84	5.08	5.20	5.36	6.19			12.84	14.04	15.64
		velocity	7.12	8.33	8.25	7.95	7.74		7.48	7.23	6.89	6.73	6.53	6.46	7.27	8.18	7.48	6.71
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	19	164				
Heat 4 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														<i>Henson (2021) - Athlete First: 2019 year end hurdle report</i>				
date	01-Oct-19	time	6.32	10.48	14.76	19.08	23.72		28.40	33.18	38.16	43.20	48.56		54.72	5 / 1		
reaction time	0.157	interval	4.16	4.28	4.32	4.64		4.68	4.78	4.98	5.04	5.36	6.16	NR PB		12.76	14.10	15.38
		velocity	7.12	8.41	8.18	8.10	7.54		7.48	7.32	7.03	6.94	6.53	6.49	7.31	8.23	7.45	6.83
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	19	164			
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	05-Jul-19	time	6.44	10.64	14.92	19.40	24.04	26.1	28.84	33.72	38.72	44.08	49.36		55.48	8 / 6		
reaction time	0.156	interval	4.20	4.28	4.48	4.64		4.80	4.88	5.00	5.36	5.28	6.12			12.96	14.32	15.64
		velocity	6.99	8.33	8.18	7.81	7.54	7.66	7.29	7.17	7.00	6.53	6.63	6.54	7.21	8.10	7.33	6.71
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	160				
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	13-Jun-19	time	6.36	10.52	14.84	19.24	23.88	25.9	28.68	33.72	38.72	44.04	49.48		55.80	8 / 5		
reaction time	0.169	interval	4.16	4.32	4.40	4.64		4.80	5.04	5.00	5.32	5.44	6.32			12.88	14.48	15.76
		velocity	7.08	8.41	8.10	7.95	7.54	7.72	7.29	6.94	7.00	6.58	6.43	6.33	7.17	8.15	7.25	6.66
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19.2	181.2			
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	07-Jun-18	time	6.44	10.60	15.04		24.20	26.3	28.92	33.88	38.96	44.04	49.20		55.26	8 / 6		
reaction time	0.140	interval	4.16	4.44		9.16		4.72	4.96	5.08	5.08	5.16	6.06	NR PB			15.32	
		velocity	6.99	8.41	7.88	7.64	7.60	7.42	7.06	6.89	6.89	6.78	6.60	7.24			6.85	
H1 lead leg	L	strides	23	15	15			15	15	16	16	16	16	131				
Ivanova, Natalya (RUS) (1981)														<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>				
FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)														<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>				
date	23-Sep-07	time	6.71	11.13	15.58	20.09	24.78		29.56	34.49	39.53	44.68	49.87		55.60	1 / 6		
reaction time	0.165	interval	4.42	4.45	4.51	4.69		4.78	4.93	5.04	5.15	5.19	5.73			13.38	14.40	15.38
		velocity	6.71	7.92	7.87	7.76	7.46		7.32	7.10	6.94	6.80	6.74	6.98	7.19	7.85	7.29	6.83
H1 lead leg		strides																
FINAL - 2006 European Championships (Göteborg, SWE)														<i>Behm (2006) - Göteborg 2006: Le quatrache</i>				
date	09-Aug-06	time	6.5	11.0	15.5	20.0	24.6		29.4	34.2	39.1	44.2	49.2		55.04	2 / 5		
reaction time		interval	4.50	4.50	4.50	4.60		4.80	4.80	4.90	5.10	5.00	5.84			13.50	14.20	15.00
		velocity	6.92	7.78	7.78	7.78	7.61		7.29	7.29	7.14	6.86	7.00	6.85	7.27	7.78	7.39	7.00
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	18	176				
Iwata, Honoka (JPN) (1997)														<i>Enomoto (2015) - 68th high school championships: JAF scientific committee- biomechanics data</i>				
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)														<i>Enomoto (2015) - 68th high school championships: JAF scientific committee- biomechanics data</i>				
date	31-Jul-15	time	6.92	11.53	16.35	21.27	26.34		31.40	36.72	42.19	47.83	53.75		60.40	3 / 7		
reaction time		interval	4.61	4.82	4.92	5.07		5.06	5.32	5.47	5.64	5.92	6.65			14.35	15.45	17.03
		velocity	6.50	7.59	7.26	7.11	6.90		6.92	6.58	6.40	6.21	5.91	6.02	6.62	7.32	6.80	6.17
H1 lead leg		strides	16	16	17	17		17	17	17	18	19	154					
Jamal, Aminat (BRN) (1997)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	02-Oct-19	time	6.37	10.54	14.85		23.76			33.43	38.54	43.88	49.28		55.54	4 / 5		
reaction time	0.210	interval	4.17	4.31		8.91			9.67	5.11	5.34	5.40	6.26				15.85	
		velocity	7.06	8.39	8.12	7.86			7.24	6.85	6.55	6.48	6.39	7.20			6.62	
H1 lead leg	R	strides	22	15	15					16		17	19.7	104.7				
Jémaa, Dora (FRA) (1985)														<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>				
FINAL - 2007 European Cup (Munich, GER)														<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>				
date	23-Jun-07	time	6.92	11.32	15.91	20.64	25.23		29.91	34.79	39.87	45.03	50.33		56.27	1 / 4		
reaction time	0.308	interval	4.40	4.59	4.73	4.59		4.68	4.88	5.08	5.16	5.30	5.94	PB		13.72	14.15	15.54

H1 lead leg	velocity	6.50	7.95	7.63	7.40	7.63		7.48	7.17	6.89	6.78	6.60	6.73	7.11		7.65	7.42	6.76
	strides																	
Jernbeck, Therese (SWE) (1992)																		
FINAL - 2011 Fridrott (Stockholm, SWE)																		
<i>Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx</i>																		
date	07-Jun-11	time	12.32	17.36	22.56	28.00		33.64	39.36	45.44	51.28	57.06		63.13		/ 4		
reaction time		interval		5.04	5.20	5.44		5.64	5.72	6.08	5.84	5.78	6.07				16.80	17.70
		velocity	6.49	6.94	6.73	6.43		6.21	6.12	5.76	5.99	6.06	6.59	6.34			6.25	5.93
H1 lead leg		strides		16	16	16		16	16	17	16	16	19	148				
Jesień, Anna (POL) (1978)																		
Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)																		
<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																		
date	18-Aug-09	time	6.57	10.79	15.06	19.45	23.97		28.54	33.39	38.29	43.41	48.65		54.82		4 / 4	
reaction time	0.183	interval		4.22	4.27	4.39	4.52		4.57	4.85	4.90	5.12	5.24	6.17			12.88	13.94
		velocity	6.85	8.29	8.20	7.97	7.74		7.66	7.22	7.14	6.84	6.68	6.48	7.30		8.15	7.53
H1 lead leg		strides																
Heat 2 - 2009 IAAF World Championships (Berlin, GER)																		
<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																		
date	17-Aug-09	time	6.67	11.07	15.61	20.13	24.75		29.51	34.46	39.48	44.57	49.75		55.57		8 / 3	
reaction time	0.170	interval		4.40	4.54	4.52	4.62		4.76	4.95	5.02	5.09	5.18	5.82			13.46	14.33
		velocity	6.75	7.95	7.71	7.74	7.58		7.35	7.07	6.97	6.88	6.76	6.87	7.20		7.80	7.33
H1 lead leg		strides																
FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)																		
<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																		
date	14-Sep-08	time	6.61	10.75	15.04	19.38	23.87		28.65	33.52	38.61	43.87	49.32		55.44		1 / 6	
reaction time	0.151	interval		4.14	4.29	4.34	4.49		4.78	4.87	5.09	5.26	5.45	6.12			12.77	14.14
		velocity	6.81	8.45	8.16	8.06	7.80		7.32	7.19	6.88	6.65	6.42	6.54	7.22		8.22	7.43
H1 lead leg		strides																
FINAL - 2008 Olympic Games (Beijing, CHN)																		
<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>																		
date	20-Aug-08	time	6.3	10.5	14.9	19.3	23.8		28.4	33.1	37.9	43.1	48.5		54.29		9 / 5	
reaction time	0.206	interval		4.20	4.40	4.40	4.50		4.60	4.70	4.80	5.20	5.40	5.79			13.00	13.80
		velocity	7.14	8.33	7.95	7.95	7.78		7.61	7.45	7.29	6.73	6.48	6.91	7.37		8.08	7.61
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	162				
FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)																		
<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																		
date	23-Sep-07	time	6.74	11.00	15.36	19.82	24.31		28.87	33.56	38.47	43.41	48.50		54.17		6 / 1	
reaction time	0.290	interval		4.26	4.36	4.46	4.49		4.56	4.69	4.91	4.94	5.09	5.67			13.08	13.74
		velocity	6.68	8.22	8.03	7.85	7.80		7.68	7.46	7.13	7.09	6.88	7.05	7.38		8.03	7.64
H1 lead leg		strides																
FINAL - 2007 IAAF World Championships (Osaka, JPN)																		
<i>Ae (2008) - IAAF biomechanics team - a booklet of biomechanics data</i>																		
date	30-Aug-07	time	6.48	10.63	14.95	19.29	23.70		28.23	32.90	37.80	42.75	47.98		53.92		7 / 3	
reaction time	0.176	interval		4.15	4.32	4.34	4.41		4.53	4.67	4.90	4.95	5.23	5.94			12.81	13.61
		velocity	6.94	8.43	8.10	8.06	7.94		7.73	7.49	7.14	7.07	6.69	6.73	7.42		8.20	7.71
H1 lead leg		strides	22	15	15	15	15		15	15	16	16	16	20.5	180.5			
FINAL - 2007 European Cup (Munich, GER)																		
<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																		
date	23-Jun-07	time	6.55	10.86	15.18	19.70	24.17		28.75	33.59	38.52	43.59	48.90		54.88		/ 2	
reaction time	0.207	interval		4.31	4.32	4.52	4.47		4.58	4.84	4.93	5.07	5.31	5.98			13.15	13.89
		velocity	6.87	8.12	8.10	7.74	7.83		7.64	7.23	7.10	6.90	6.59	6.69	7.29		7.98	7.56
H1 lead leg		strides																
FINAL - 2006 European Championships (Göteborg, SWE)																		
<i>Behm (2006) - Göteborg 2006: Le quatrache</i>																		
date	09-Aug-06	time	6.4	10.7	14.9	19.4	24.1		28.8	33.5	38.5	43.6	49.0		55.16		7 / 6	
reaction time		interval		4.30	4.20	4.50	4.70		4.70	4.70	5.00	5.10	5.40	6.16			13.00	14.10
		velocity	7.03	8.14	8.33	7.78	7.45		7.45	7.45	7.00	6.86	6.48	6.49	7.25		8.08	7.45
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	17	20.5	183.5			
FINAL - 2005 IAAF World Championships (Helsinki, FIN)																		
<i>Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins</i>																		
date	13-Aug-05	time	6.3	10.6	14.8	19.2	23.6		28.2	32.9	37.9	42.8	48.0		54.17		5 / 4	
reaction time	0.184	interval		4.30	4.20	4.40	4.40		4.60	4.70	5.00	4.90	5.20	6.17			12.90	13.70
		velocity	7.14	8.14	8.33	7.95	7.95		7.61	7.45	7.00	7.14	6.73	6.48	7.38		8.14	7.66
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	16	161				
Olichwierzczuk, Anna (POL) (1978)																		
FINAL - 2002 European Championships (Munich, GER)																		
<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																		
date	08-Aug-02	time	6.61	10.79	15.01	19.31	23.79		28.53	33.37	38.51	43.91	49.57		56.18		/ 3	
reaction time	0.185	interval		4.18	4.22	4.30	4.48		4.74	4.84	5.14	5.40	5.66	6.61			12.70	14.06
		velocity	6.81	8.37	8.29	8.14	7.81		7.38	7.23	6.81	6.48	6.18	6.05	7.12		8.27	7.47
H1 lead leg		strides		15	15	15	15		16	16	16	17	18	143				
Jiang Liyunzhe (CHN) (2002)																		
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	26-Jun-21	time	6.77	11.36	16.08	20.99	26.01		31.11	36.22	41.57	47.23	53.07		59.95		4 / 2	
reaction time	0.286	interval		4.59	4.72	4.91	5.02		5.10	5.11	5.35	5.66	5.84	6.88			14.22	15.23
		velocity	6.65	7.63	7.42	7.13	6.97		6.86	6.85	6.54	6.18	5.99	5.81	6.67		7.38	6.89
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	22	197			

FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)

date	20-May-21	time	6.71	11.16	15.70	20.42	25.17	30.11	35.23	40.37	46.11	52.05	58.83	CAA Hurdle Development (2021)
reaction time	0.187	interval		4.45	4.54	4.72	4.75	4.94	5.12	5.14	5.74	5.94	6.78	6 / 2
		velocity	6.71	7.87	7.71	7.42	7.37	7.09	6.84	6.81	6.10	5.89	5.90	13.71 14.81 16.82
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	22	7.66 7.09 6.24

Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)

date	25-Apr-21	time	6.84	11.48	16.24	21.18	26.24	31.38	36.72	42.26	48.36	54.40	61.03	CAA Hurdle Development (2021)
reaction time	0.246	interval		4.64	4.76	4.94	5.06	5.14	5.34	5.54	6.10	6.04	6.63	8 / 3
		velocity	6.58	7.54	7.35	7.09	6.92	6.81	6.55	6.32	5.74	5.79	6.03	14.34 15.54 17.68
H1 lead leg	L	strides	24	16	16	17	17	17	17	17	19	19	21	7.32 6.76 5.94

FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)

date	23-Aug-19	time	6.72	11.26	15.83	20.65	25.68	30.95	36.27	41.86	48.03	54.77	63.02	CAA Hurdle Development (2019)
reaction time	0.224	interval		4.54	4.57	4.82	5.03	5.27	5.32	5.59	6.17	6.74	8.25	2 / 6
		velocity	6.70	7.71	7.66	7.26	6.96	6.64	6.58	6.26	5.67	5.19	4.85	13.93 15.62 18.50
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	20	23.5	7.54 6.72 5.68

Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)

date	22-Aug-19	time	6.76	11.44	16.30	21.32	26.40	31.65	37.02	42.53	48.20	54.29	61.32	CAA Hurdle Development (2019)
reaction time	0.171	interval		4.68	4.86	5.02	5.08	5.25	5.37	5.51	5.67	6.09	7.03	8 / 4
		velocity	6.66	7.48	7.20	6.97	6.89	6.67	6.52	6.35	6.17	5.75	5.69	14.56 15.70 17.27
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	18	21.5	7.21 6.69 6.08

Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)

date	03-Aug-19	time	7.02	11.97	17.02	22.26	27.58	33.10	38.52	44.02	49.66	55.60	62.33	CAA Hurdle Development (2019)
reaction time	0.179	interval		4.95	5.05	5.24	5.32	5.52	5.42	5.50	5.64	5.94	6.73	7 / 6
		velocity	6.41	7.07	6.93	6.68	6.58	6.34	6.46	6.36	6.21	5.89	5.94	15.24 16.26 17.08
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	20.5	6.89 6.46 6.15

Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)

date	09-Jul-19	time	6.79	11.47	16.20	21.20	26.16	31.24	36.42	41.67	47.23	53.08	59.69	CAA Hurdle Development (2019)
reaction time	0.180	interval		4.68	4.73	5.00	4.96	5.08	5.18	5.25	5.56	5.85	6.61	6 / 3
		velocity	6.63	7.48	7.40	7.00	7.06	6.89	6.76	6.67	6.29	5.98	6.05	14.41 15.22 16.66
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	18	20.5	7.29 6.90 6.30

FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)

date	12-Apr-19	time	7.02	11.76	16.63	21.67	26.81	32.01	37.30	42.74	48.42	54.38	61.11	CAA Hurdle Development (2019)
reaction time	0.264	interval		4.74	4.87	5.04	5.14	5.20	5.29	5.44	5.68	5.96	6.73	8 / 4
		velocity	6.41	7.38	7.19	6.94	6.81	6.73	6.62	6.43	6.16	5.87	5.94	14.65 15.63 17.08
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	18	21.2	7.17 6.72 6.15

Heat 4 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)

date	12-Apr-19	time	7.04	11.71	16.58	21.57	26.63	31.67	36.90	42.32	48.16	54.23	61.37	CAA Hurdle Development (2019)
reaction time	0.188	interval		4.67	4.87	4.99	5.06	5.04	5.23	5.42	5.84	6.07	7.14	7 / 2
		velocity	6.39	7.49	7.19	7.01	6.92	6.94	6.69	6.46	5.99	5.77	5.60	14.53 15.33 17.33
H1 lead leg	L	strides	24	16	16	16	16	17	17	18	18	18	22	7.23 6.85 6.06

FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)

date	08-Apr-19	time	6.72	11.30	16.00	20.83	25.86	30.94	36.26	41.76	47.71	53.88	60.80	CAA Hurdle Development (2019)
reaction time	0.194	interval		4.58	4.70	4.83	5.03	5.08	5.32	5.50	5.95	6.17	6.92	3 / 4
		velocity	6.70	7.64	7.45	7.25	6.96	6.89	6.58	6.36	5.88	5.67	5.78	14.11 15.43 17.62
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.5	7.44 6.80 5.96

Heat 1 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)

date	07-Apr-19	time	6.84	11.62	16.37	21.30	26.36	31.68	37.07	42.59	48.52	54.45	60.97	CAA Hurdle Development (2019)
reaction time	0.217	interval		4.78	4.75	4.93	5.06	5.32	5.39	5.52	5.93	5.93	6.52	1 / 3
		velocity	6.58	7.32	7.37	7.10	6.92	6.58	6.49	6.34	5.90	5.90	6.13	14.46 15.77 17.38
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21	7.26 6.66 6.04

Jichová, Nikoleta (CZE) (2000)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

Repechage 2 - 2024 Olympic Games (Paris, FRA)

date	05-Aug-24	time	6.36	10.56	14.93	19.40	24.01	28.79	33.79	38.90	44.12	49.29	55.31	Paris 2024 Olympic Games - Results Book (2024)
reaction time	0.152	interval		4.20	4.37	4.47	4.61	4.78	5.00	5.11	5.22	5.17	6.02	6 / 4
		velocity	7.08	8.33	8.01	7.83	7.59	7.32	7.00	6.85	6.70	6.77	6.64	13.04 14.39 15.50
H1 lead leg	R	strides	20	15	15	15	15	16	16	16	16	17	20.7	8.05 7.30 6.77

Heat 4 - 2024 Olympic Games (Paris, FRA)

date	04-Aug-24	time	6.34	10.48	14.72	19.18	23.73	28.43	33.42	38.66	44.03	49.38	55.45	Paris 2024 Olympic Games - Results Book (2024)
reaction time	0.151	interval		4.14	4.24	4.46	4.55	4.70	4.99	5.24	5.37	5.35	6.07	5 / 5
														12.84 14.24 15.96

H1 lead leg	R	velocity	7.10	8.45	8.25	7.85	7.69	7.45	7.01	6.68	6.52	6.54	6.59	7.21	8.18	7.37	6.58	
		strides	22	15	15	15	15	15	16	16	17	17	21	184				
FINAL - 2024 European Athletics Championships (Roma, ITA)														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	11-Jun-24	time	6.50	10.68	15.03	19.49	24.00	28.68	33.51	38.59	43.83	49.04	54.91	4 / 4				
reaction time	0.254	interval	4.18	4.35	4.46	4.51	4.68	4.83	5.08	5.24	5.21	5.87		12.99	14.02	15.53		
		velocity	6.92	8.37	8.05	7.85	7.76	7.48	7.25	6.89	6.68	6.72	6.81	7.28	8.08	7.49	6.76	
H1 lead leg	R	strides	22	15	15			15				16	20.5	103.5				
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	10-Jun-24	time	6.45	10.64	15.11	19.51	24.04	28.76	33.62	38.55	43.66	48.73	54.59	7 / 2				
reaction time	0.243	interval	4.19	4.47	4.40	4.53	4.72	4.86	4.93	5.11	5.07	5.86	PB	13.06	14.11	15.11		
		velocity	6.98	8.35	7.83	7.95	7.73	7.42	7.20	7.10	6.85	6.90	6.83	7.33	8.04	7.44	6.95	
H1 lead leg	R	strides	22	15	15	15	15	16	16			16	20	150				
Heat 3 - 2024 European Athletics Championships (Roma, ITA)														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	09-Jun-24	time	6.30	10.46	14.84	19.31	23.90	28.58	33.51	38.55	43.81	49.04	54.88	4 / 1				
reaction time	0.197	interval	4.16	4.38	4.47	4.59	4.68	4.93	5.04	5.26	5.23	5.84	=PB	13.01	14.20	15.53		
		velocity	7.14	8.41	7.99	7.83	7.63	7.48	7.10	6.94	6.65	6.69	6.85	7.29	8.07	7.39	6.76	
H1 lead leg		strides											0					
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	22-Aug-23	time	6.57	10.88	15.18	19.48	23.99		33.63	38.74	43.97	49.24	55.01	4 / 6				
reaction time	0.229	interval	4.31	4.30	4.30	4.51		9.64	5.11	5.23	5.27	5.77		12.91	14.15	15.61		
		velocity	6.85	8.12	8.14	8.14	7.76		7.26	6.85	6.69	6.64	6.93	7.27	8.13	7.42	6.73	
H1 lead leg	R	strides	22	15	15	15	15			16	16	16	20.7	150.7				
Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	21-Aug-23	time	6.43	10.83	15.13	19.50	24.16		33.93	39.03	44.16	49.36	55.10	3 / 4				
reaction time	0.206	interval	4.40	4.30	4.37	4.66		9.77	5.10	5.13	5.20	5.74		13.07	14.43	15.43		
		velocity	7.00	7.95	8.14	8.01	7.51		7.16	6.86	6.82	6.73	6.97	7.26	8.03	7.28	6.80	
H1 lead leg	R	strides	22	15	15	15	15			16	17	17	21	153				
Jinks, Asia (USA) (1999)																		
Heat 1 - 2022 USATF National Championships (Eugene, OR)																		
date	24-Jun-22	time	6.69	10.93	15.53	20.27	25.23	27.52	30.38	35.80	41.49	47.20	52.97	59.80	59.80	7 / 6		
reaction time		interval	4.24	4.60	4.74	4.96		5.15	5.42	5.69	5.71	5.77	6.83		13.58	15.53	17.17	
		velocity	6.73	8.25	7.61	7.38	7.06	7.27	6.80	6.46	6.15	6.13	6.07	5.86	6.69	7.73	6.76	6.12
H1 lead leg	R	strides	24	16	16	16	17		17	18	18			142				
Jolivet, Rosa (USA) (1974)																		
FINAL - 1996 USA Olympic Trials (Atlanta, GA)																		
date	16-Jun-96	time	6.67	10.97	15.31	19.81	24.43	26.41	29.33	34.47	39.80		57.53	2 / 8				
reaction time		interval	4.30	4.34	4.50	4.62		4.90	5.14	5.33				13.14	14.66			
		velocity	6.75	8.14	8.06	7.78	7.58	7.57	7.14	6.81	6.57		6.95	7.99	7.16			
H1 lead leg	L	strides	24	15	15	15	15		16	16	17	17	20	187				
Johnson, Michelle (USA) (1974)																		
FINAL - 1999 IAAF World Championships (Sevilla, ESP)																		
date	25-Aug-99	time	6.53	10.67	14.96	19.32	23.73		28.25	33.12	37.92	42.98	48.09	54.23	2 / 6			
reaction time	0.291	interval	4.14	4.29	4.36	4.41		4.52	4.87	4.80	5.06	5.11	6.14		12.79	13.80	14.97	
		velocity	6.89	8.45	8.16	8.03	7.94		7.74	7.19	7.29	6.92	6.85	6.51	7.38	8.21	7.61	7.01
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5			
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)																		
date	23-Aug-99	time	6.15	10.30	14.47	18.79	23.25		27.85	32.85	37.75	42.78	47.99	54.67	5 / 4			
reaction time	0.188	interval	4.15	4.17	4.32	4.46		4.60	5.00	4.90	5.03	5.21	6.68		12.64	14.06	15.14	
		velocity	7.32	8.43	8.39	8.10	7.85		7.61	7.00	7.14	6.96	6.72	5.99	7.32	8.31	7.47	6.94
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5			
Jones, Jasmine (USA) (2001)																		
FINAL - 2024 Olympic Games (Paris, FRA)																		
date	08-Aug-24	time	6.02	9.99	14.03	18.17	22.45		26.86	31.51	36.21	41.16	46.31	52.29	9 / 4			
reaction time	0.157	interval	3.97	4.04	4.14	4.28		4.41	4.65	4.70	4.95	5.15	5.98	PB	12.15	13.34	14.80	
		velocity	7.48	8.82	8.66	8.45	8.18		7.94	7.53	7.45	7.07	6.80	6.69	7.65	8.64	7.87	7.09
H1 lead leg	R	strides	22	14	14	14	14		14	15	15		16	18.7	156.7			
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)																		
date	06-Aug-24	time	6.11	10.21	14.36	18.55	22.90		27.35	32.05	37.03	42.23	47.58	53.83	7 / 2			
reaction time	0.166	interval	4.10	4.15	4.19	4.35		4.45	4.70	4.98	5.20	5.35	6.25		12.44	13.50	15.53	
		velocity	7.36	8.54	8.43	8.35	8.05		7.87	7.45	7.03	6.73	6.54	6.40	7.43	8.44	7.78	6.76
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	16	16	19	173			
Heat 2 - 2024 Olympic Games (Paris, FRA)																		
date	04-Aug-24	time	6.14	10.25	14.44	18.66	23.07		27.64	32.40	37.26	42.27	47.43	53.60	5 / 1			
reaction time	0.173	interval	4.11	4.19	4.22	4.41		4.57	4.76	4.86	5.01	5.16	6.17		12.52	13.74	15.03	
		velocity	7.33	8.52	8.35	8.29	7.94		7.66	7.35	7.20	6.99	6.78	6.48	7.46	8.39	7.64	6.99

H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	15	18.5	171.5
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FINAL - 2024 USA Olympic Trials (Eugene, OR)

USATF and Karmarush (2024) - USA Olympic trials results and race analysis

date	30-Jun-24	time	6.20	10.20	14.40	18.75	23.25	25.20	27.79	32.44	37.26	42.12	46.96	52.77	8 / 3			
reaction time		interval	4.00	4.20	4.35	4.50			4.54	4.65	4.82	4.86	4.84	5.81	PB	12.55	13.69	14.52
		velocity	7.26	8.75	8.33	8.05	7.78	7.94	7.71	7.53	7.26	7.20	7.23	6.88	7.58	8.37	7.67	7.23
H1 lead leg	R	strides		14	15	14	15		15	15	15	15	15	18.2	151.2			

Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)

USATF and Karmarush (2024) - USA Olympic trials results and race analysis

date	29-Jun-24	time	6.26	10.31	14.41	18.76	23.04	25.00	27.50	32.16	37.03	41.95	47.07	53.66	6 / 2			
reaction time		interval	4.05	4.10	4.35	4.28			4.46	4.66	4.87	4.92	5.12	6.59	12.50	13.40	14.91	
		velocity	7.19	8.64	8.54	8.05	8.18	8.00	7.85	7.51	7.19	7.11	6.84	6.07	7.45	8.40	7.84	7.04
H1 lead leg	R	strides		14	14	14	14		15	15	15	15	16	19	151			

Heat 2 - 2024 USA Olympic Trials (Eugene, OR)

USATF and Karmarush (2024) - USA Olympic trials results and race analysis

date	27-Jun-24	time	6.39	10.59	14.79	19.20	23.52	25.57	28.12	33.00	38.18	43.52	49.14	55.54	5 / 1			
reaction time		interval	4.20	4.20	4.41	4.32			4.60	4.88	5.18	5.34	5.62	6.40	12.81	13.80	16.14	
		velocity	7.04	8.33	8.33	7.94	8.10	7.82	7.61	7.17	6.76	6.55	6.23	6.25	7.20	8.20	7.61	6.51
H1 lead leg		strides																

FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)

Henson (2024) - Athlete First: 2024 year end hurdle report

date	08-Jun-24	time	6.42	10.55	14.80	19.22	23.65		28.27	33.03	37.83	42.71	47.59	53.15	5 / 1			
reaction time		interval	4.13	4.25	4.42	4.43			4.62	4.76	4.80	4.88	4.88	5.56	PB	12.80	13.81	14.56
		velocity	7.01	8.47	8.24	7.92	7.90		7.58	7.35	7.29	7.17	7.17	7.19	7.53	8.20	7.60	7.21
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18.2	171.2			

Joseph, Rogail (RSA) (2000)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

Semi-Final 2 - 2024 Olympic Games (Paris, FRA)

Paris 2024 Olympic Games - Results Book (2024)

date	06-Aug-24	time	6.29	10.56	14.87	19.12	23.46		27.96	32.57	37.46	42.61	47.86	54.12	5 / 3			
reaction time	0.177	interval	4.27	4.31	4.25	4.34			4.50	4.61	4.89	5.15	5.25	6.26	PB	12.83	13.45	15.29
		velocity	7.15	8.20	8.12	8.24	8.06		7.78	7.59	7.16	6.80	6.67	6.39	7.39	8.18	7.81	6.87
H1 lead leg	L	strides	23	15	15	14	15		15	15	16	16	17	20	181			

Heat 2 - 2024 Olympic Games (Paris, FRA)

Paris 2024 Olympic Games - Results Book (2024)

date	04-Aug-24	time	6.51	10.94	15.24	19.51	23.92		28.51	33.30	38.27	43.30	48.51	54.56	9 / 2			
reaction time	0.221	interval	4.43	4.30	4.27	4.41			4.59	4.79	4.97	5.03	5.21	6.05	PB	13.00	13.79	15.21
		velocity	6.91	7.90	8.14	8.20	7.94		7.63	7.31	7.04	6.96	6.72	6.61	7.33	8.08	7.61	6.90
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	20	184			

Kagawa, Yumeka (JPN) (2001)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)

Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season

date	25-Oct-20	time	7.02	11.70	16.55	21.45	26.51		31.78	37.17	42.74	48.31	53.89	60.11	3 / 3			
reaction time	0.230	interval	4.68	4.85	4.90	5.06			5.27	5.39	5.57	5.57	5.58	6.22	14.43	15.72	16.72	
		velocity	6.41	7.48	7.22	7.14	6.92		6.64	6.49	6.28	6.28	6.27	6.43	6.65	7.28	6.68	6.28
H1 lead leg		strides		16	16	16	16		17	17	17	17	17	149				

Kamada, Saki (JPN) (1997)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)

Enomoto (2015) - 68th high school championships: JAF scientific committee- biomechanics data

date	31-Jul-15	time	6.81	11.44	16.22	20.95	25.89		31.21	36.50	42.09	47.65	53.52	60.04	8 / 5			
reaction time		interval	4.63	4.78	4.73	4.94			5.32	5.29	5.59	5.56	5.87	6.52	14.14	15.55	17.02	
		velocity	6.61	7.56	7.32	7.40	7.09		6.58	6.62	6.26	6.29	5.96	6.13	6.66	7.43	6.75	6.17
H1 lead leg		strides		17	17	17	17		18	18	18	18	19	159				

Karlsson, Hanna (SWE) (2003)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)

Omega Timing (2023) - diamond league race analysis

date	02-Jul-23	time	6.77	11.27	15.84	20.56	25.50		30.64	35.92	41.48	47.32	53.34	60.37	6 / 5			
reaction time	0.163	interval	4.50	4.57	4.72	4.94			5.14	5.28	5.56	5.84	6.02	7.03	13.79	15.36	17.42	
		velocity	6.65	7.78	7.66	7.42	7.09		6.81	6.63	6.29	5.99	5.81	5.69	6.63	7.61	6.84	6.03
H1 lead leg		strides																

Kashima, Himari (JPN)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

FINAL - 2009 Japanese National High School Championships (Nara, JPN)

Matsuo (2009) - 62nd high school championships: JAF scientific committee - biomechanics data collection

date	31-Jul-09	time	6.74	11.39	16.21	21.06	26.00		30.99	36.10	41.42	46.96	52.68	59.14	1 / 2			
reaction time		interval	4.65	4.82	4.85	4.94			4.99	5.11	5.32	5.54	5.72	6.46	14.32	15.04	16.58	
		velocity	6.68	7.53	7.26	7.22	7.09		7.01	6.85	6.58	6.32	6.12	6.19	6.76	7.33	6.98	6.33
H1 lead leg		strides		17	17	17	17		17	17	18	19	19	158				

Kashiwagura, Umi (JPN) (2004)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

FINAL - 2022 Japanese National High School Championships (Naruto, JPN)

Kishima (2022) - national high school championships biomechanics data collection

date	05-Aug-22	time	6.75	11.22	15.77	20.57	25.53		30.65	35.88	41.18	46.75	52.53	59.12	7 / 2			
reaction time		interval	4.47	4.55	4.80	4.96			5.12	5.23	5.30	5.57	5.78	6.59	PB	13.82	15.31	16.65
		velocity	6.67	7.83	7.69	7.29	7.06		6.84	6.69	6.60	6.28	6.06	6.07	6.77	7.60	6.86	6.31
H1 lead leg	R	strides	22	16	16	17	17		17	17	17	18	19	23	199			

Katou, Misato (JPN) (2007)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)

Takashima (2024) - national high school sports festival - biomechanics data

date	30-Jul-24	time	6.84	11.44	16.25	21.12	26.11		31.33	36.74	42.19	47.71	53.35	59.76	4 / 5
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reaction time	0.187	interval	4.60	4.81	4.87	4.99		5.22	5.41	5.45	5.52	5.64	6.41			14.28	15.62	16.61		
		velocity	6.58	7.61	7.28	7.19	7.01		6.70	6.47	6.42	6.34	6.21	6.24	6.69		7.35	6.72	6.32	
H1 lead leg		strides	23	17	17	17		17	18	18	19	19	24	206						
Kawabata, Szuka (JPN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
B FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)			<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																	
date	24-Oct-20	time	6.64	10.99	15.58	20.30	25.26		30.53	35.82	41.11	46.93	52.97		59.45	7 / 1				
reaction time		interval		4.35	4.59	4.72	4.96		5.27	5.29	5.29	5.82	6.04	6.48				13.66	15.52	17.15
		velocity	6.78	8.05	7.63	7.42	7.06		6.64	6.62	6.62	6.01	5.79	6.17	6.73			7.69	6.77	6.12
H1 lead leg		strides		15	16	16	17		17	17	17	19	19	153						
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)			<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																	
date	20-Sep-20	time	6.76	11.18	15.90	20.72	25.73		30.88	36.19	41.84	47.58	53.50		59.98	2 / 5				
reaction time	0.198	interval		4.42	4.72	4.82	5.01		5.15	5.31	5.65	5.74	5.92	6.48				13.96	15.47	17.31
		velocity	6.66	7.92	7.42	7.26	6.99		6.80	6.59	6.19	6.10	5.91	6.17	6.67			7.52	6.79	6.07
H1 lead leg		strides		15	16	16	17		17	17	18	18	19	153						
B FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)			<i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>																	
date	03-May-19	time	6.76	11.21	15.87	20.64	25.58		30.66	36.05	41.68	47.36	53.32		59.87	1 / 3				
reaction time		interval		4.45	4.66	4.77	4.94		5.08	5.39	5.63	5.68	5.96	6.55				13.88	15.41	17.27
		velocity	6.66	7.87	7.51	7.34	7.09		6.89	6.49	6.22	6.16	5.87	6.11	6.68			7.56	6.81	6.08
H1 lead leg		strides		15	16	16	16		16	17	18	18	19	151						
Kawachi, Sena (JPN) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)			<i>Shibayama (2021) - national high school and U20 national championships</i>																	
date	30-Jul-21	time	6.77	11.31	16.10	21.01	26.06		31.10	36.19	41.57	46.97	52.43		58.32	3 / 2				
reaction time	0.192	interval		4.54	4.79	4.91	5.05		5.04	5.09	5.38	5.40	5.46	5.89				14.24	15.18	16.24
		velocity	6.65	7.71	7.31	7.13	6.93		6.94	6.88	6.51	6.48	6.41	6.79	6.86			7.37	6.92	6.47
H1 lead leg		strides		16	16	16	17		17	17	17	18	18	152						
Kawamura, Yuka (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
A FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)			<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																	
date	03-May-23	time	6.88	11.35	15.96	20.70	25.55		30.57	35.68	40.90	46.26	51.74		58.12	6 / 1				
reaction time	0.288	interval		4.47	4.61	4.74	4.85		5.02	5.11	5.22	5.36	5.48	6.38	PB			13.82	14.98	16.06
		velocity	6.54	7.83	7.59	7.38	7.22		6.97	6.85	6.70	6.53	6.39	6.27	6.88			7.60	7.01	6.54
H1 lead leg	R	strides	23	16	16	16	16		17	17	17	17	17	21.2	193.2					
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)			<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																	
date	03-May-21	time	7.02	11.64	16.42	21.20	26.06		31.15	36.29	41.56	46.95	52.50		58.96	3 / 4				
reaction time	0.214	interval		4.62	4.78	4.78	4.86		5.09	5.14	5.27	5.39	5.55	6.46				14.18	15.09	16.21
		velocity	6.41	7.58	7.32	7.32	7.20		6.88	6.81	6.64	6.49	6.31	6.19	6.78			7.40	6.96	6.48
H1 lead leg	R	strides	23	16	16	16	16		17	17	17	17	17	172						
FINAL - 2020 Japanese National Championships (Niigata, JPN)			<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																	
date	03-Oct-20	time	6.96	11.51	16.18	20.99	25.84		30.85	36.00	41.29	46.68	52.17		58.38	2 / 8				
reaction time	0.212	interval		4.55	4.67	4.81	4.85		5.01	5.15	5.29	5.39	5.49	6.21	PB			14.03	15.01	16.17
		velocity	6.47	7.69	7.49	7.28	7.22		6.99	6.80	6.62	6.49	6.38	6.44	6.85			7.48	7.00	6.49
H1 lead leg	R	strides	23	16	16	16	16		17	17	17	17	17	21	193					
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)			<i>Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection</i>																	
date	06-Aug-19	time	6.83	11.46	16.18	20.97	25.95		31.16	36.37	41.61	47.20	53.00		59.91	7 / 7				
reaction time		interval		4.63	4.72	4.79	4.98		5.21	5.21	5.24	5.59	5.80	6.91				14.14	15.40	16.63
		velocity	6.59	7.56	7.42	7.31	7.03		6.72	6.72	6.68	6.26	6.03	5.79	6.68			7.43	6.82	6.31
H1 lead leg		strides		17	17	17	17		17	17	18	18	19	157						
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)			<i>Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection</i>																	
date	04-Aug-18	time	6.77	11.39	16.37	21.34	26.46		31.66	37.07	42.83	49.00	54.79		61.38	3 / 8				
reaction time		interval		4.62	4.98	4.97	5.12		5.20	5.41	5.76	6.17	5.79	6.59				14.57	15.73	17.72
		velocity	6.65	7.58	7.03	7.04	6.84		6.73	6.47	6.08	5.67	6.04	6.07	6.52			7.21	6.68	5.93
H1 lead leg		strides		17	17	17	17		17	17	19	19	19	159						
Kawano, Shiho (JPN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)			<i>Kota (2017) - 70th high school championships: JAF scientific committee- biomechanics data</i>																	
date	31-Jul-17	time	6.84	11.43	16.13	21.17	26.29		31.58	36.92	42.29	47.88	53.55		59.96	5 / 7				
reaction time	0.240	interval		4.59	4.70	5.04	5.12		5.29	5.34	5.37	5.59	5.67	6.41				14.33	15.75	16.63
		velocity	6.58	7.63	7.45	6.94	6.84		6.62	6.55	6.52	6.26	6.17	6.24	6.67			7.33	6.67	6.31
H1 lead leg		strides		16	16	17	17		17	17	17	18	18	153						
Kira, Manami (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2015 Japanese National Championships (Niigata, JPN)			<i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>																	
date	28-Jun-15	time	6.71	11.13	15.54	20.04	24.66		29.46	34.41	39.63	45.00	50.77		57.92	7 / 1				
reaction time	0.178	interval		4.42	4.41	4.50	4.62		4.80	4.95	5.22	5.37	5.77	7.15				13.33	14.37	16.36
		velocity	6.71	7.92	7.94	7.78	7.58		7.29	7.07	6.70	6.52	6.07	5.59	6.91			7.88	7.31	6.42
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	18	22.7	190					
FINAL - 2015 Seiko Golden Grand Prix (Kawasaki, JPN)			<i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>																	
date	10-May-15	time	6.66	11.00	15.39	19.89	24.49		29.36	34.48	39.75	45.21	51.20		57.73	4 / 2				

reaction time	interval	4.34	4.39	4.50	4.60	4.87	5.12	5.27	5.46	5.99	6.53		13.23	14.59	16.72			
	velocity	6.76	8.06	7.97	7.78	7.19	6.84	6.64	6.41	5.84	6.13	6.93	7.94	7.20	6.28			
H1 lead leg	strides	15	15	15	15	16	16	16	16	17	22	163						
FINAL - 2014 Japanese National Championships (Fukushima, JPN) <i>Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions</i>																		
date	08-Jun-14	time	6.72	11.06	15.45	19.92	24.52	29.41	34.38	39.52	44.96	50.60	57.27	6 / 2				
reaction time		interval	4.34	4.39	4.47	4.60	4.89	4.97	5.14	5.44	5.64	6.67		13.20	14.46	16.22		
		velocity	6.70	8.06	7.97	7.83	7.61	7.16	7.04	6.81	6.43	6.21	6.00	6.98	7.95	7.26	6.47	
H1 lead leg	L	strides	23	15	15	15	15	16	17	17	17	18	22.2	190				
A FINAL - 2014 Shizuoka International Athletics Meeting (Fukuori, JPN) <i>Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions</i>																		
date	03-May-14	time	6.81	11.25	15.79	20.42	25.07	29.94	35.00	40.14	45.50	51.12	57.69	/ 2				
reaction time		interval	4.44	4.54	4.63	4.65	4.87	5.06	5.14	5.36	5.62	6.57		13.61	14.58	16.12		
		velocity	6.61	7.88	7.71	7.56	7.53	7.19	6.92	6.81	6.53	6.23	6.09	6.93	7.71	7.20	6.51	
H1 lead leg		strides	15	15	15	15	15	16	16	16	16	17	141					
Kloster, Line (NOR) (1990)																		
Repechage 1 - 2024 Olympic Games (Paris, FRA) <i>Paris 2024 Olympic Games - Results Book (2024)</i>																		
date	05-Aug-24	time	6.27	10.38	14.64	18.99	23.48	28.06	32.90	38.13	43.69	49.33	56.73	5 / 5				
reaction time	0.137	interval	4.11	4.26	4.35	4.49	4.58	4.84	5.23	5.56	5.64	7.40		12.72	13.91	16.43		
		velocity	7.18	8.52	8.22	8.05	7.80	7.64	7.23	6.69	6.29	6.21	5.41	7.05	8.25	7.55	6.39	
H1 lead leg	R	strides	22	15	15	15	15	15	15	17	17	17	22	185				
Heat 5 - 2024 Olympic Games (Paris, FRA) <i>Paris 2024 Olympic Games - Results Book (2024)</i>																		
date	04-Aug-24	time	6.32	10.54	14.85	19.34	23.88	28.58	33.58	38.85	44.57	50.46	57.69	8 / 7				
reaction time	0.158	interval	4.22	4.31	4.49	4.54	4.70	5.00	5.27	5.72	5.89	7.23		13.02	14.24	16.88		
		velocity	7.12	8.29	8.12	7.80	7.71	7.45	7.00	6.64	6.12	5.94	5.53	6.93	8.06	7.37	6.22	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	145					
FINAL - 2024 European Athletics Championships (Roma, ITA) <i>European Athletics (2024) - 2024 european athletics championships - results book</i>																		
date	11-Jun-24	time	6.32	10.40	14.68	19.06	23.55	28.20	32.95	38.08	43.51	49.00	55.29	5 / 6				
reaction time	0.168	interval	4.08	4.28	4.38	4.49	4.65	4.75	5.13	5.43	5.49	6.29		12.74	13.89	16.05		
		velocity	7.12	8.58	8.18	7.99	7.80	7.53	7.37	6.82	6.45	6.38	6.36	7.23	8.24	7.56	6.54	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20	135				
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA) <i>European Athletics (2024) - 2024 european athletics championships - results book</i>																		
date	10-Jun-24	time	6.23	10.31	14.67	18.99	23.51	28.12	32.79	37.77	43.22	48.48	54.56	7 / 1				
reaction time	0.171	interval	4.08	4.36	4.32	4.52	4.61	4.67	4.98	5.45	5.26	6.08		12.76	13.80	15.69		
		velocity	7.22	8.58	8.03	8.10	7.74	7.59	7.49	7.03	6.42	6.65	6.58	7.33	8.23	7.61	6.69	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19.5	178.5				
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) <i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	22-Aug-23	time	6.30	10.57	14.78	19.08	23.52			38.23	43.51	49.08	55.43	2 / 7				
reaction time	0.152	interval	4.27	4.21	4.30	4.44			14.71	5.28	5.57	6.35		12.78				
		velocity	7.14	8.20	8.31	8.14	7.88			7.14	6.63	6.28	6.30	7.22	8.22			
H1 lead leg	R	strides	22	14	14	15	15			16	16	17	20	149				
Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) <i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	21-Aug-23	time	6.26	10.53	14.70	18.93	23.46	28.16	32.96	38.03	43.46	48.96	55.23	9 / 4				
reaction time	0.170	interval	4.27	4.17	4.23	4.53	4.70	4.80	5.07	5.43	5.50	6.27		12.67	14.03	16.00		
		velocity	7.19	8.20	8.39	8.27	7.73	7.45	7.29	6.90	6.45	6.36	6.38	7.24	8.29	7.48	6.56	
H1 lead leg	R	strides	22	14	14	15	15	15	15	15	16	16	19.5	176.5				
FINAL - 2023 Bislett Games (Oslo, NOR) <i>Omega Timing (2023) - diamond league race analysis</i>																		
date	15-Jun-23	time	6.27	10.42	14.75	19.10	23.57	28.22	33.14	38.50	43.91	49.63	56.44	2 / 8				
reaction time	0.150	interval	4.15	4.33	4.35	4.47	4.65	4.92	5.36	5.41	5.72	6.81		12.83	14.04	16.49		
		velocity	7.18	8.43	8.08	8.05	7.83	7.53	7.11	6.53	6.47	6.12	5.87	7.09	8.18	7.48	6.37	
H1 lead leg	R	strides	22	15	15	15	15	15	16	16	17	17	163					
FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis) <i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																		
date	10-Aug-22	time	6.20	10.28	14.53	18.90	23.32	25.26	27.90	32.63	37.56	42.90	48.30	54.62	7 / 6			
reaction time	0.156	interval	4.08	4.25	4.37	4.42	4.58	4.73	4.93	5.34	5.40	6.32		12.70	13.73	15.67		
		velocity	7.26	8.58	8.24	8.01	7.92	7.92	7.64	7.40	7.10	6.55	6.48	6.33	7.32	8.27	7.65	6.70
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	16	16	20	179			
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis) <i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																		
date	16-Jun-22	time	6.28	10.40	14.78	19.18	23.72	28.54	33.54	38.64	44.08	49.66	56.07	3 / 7				
reaction time	0.135	interval	4.12	4.38	4.40	4.54	4.82	5.00	5.10	5.44	5.58	6.41		12.90	14.36	16.12		
		velocity	7.17	8.50	7.99	7.95	7.71	7.26	7.00	6.86	6.43	6.27	6.24	7.13	8.14	7.31	6.51	
H1 lead leg	R	strides	22	14	15	15	15	15	16	16	17	17	20	182				
FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis) <i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																		
date	15-Sep-20	time	6.36	10.60	15.04	19.52	24.20	29.00	34.04		44.80	50.32	56.71	6 / 5				
reaction time		interval	4.24	4.44	4.48	4.68	4.80	5.04		10.76	5.52	6.39		13.16	14.52	16.28		
		velocity	7.08	8.25	7.88	7.81	7.48	7.29	6.94		6.51	6.34	6.26	7.05	7.98	7.23	6.45	
H1 lead leg	R	strides	22	15	15	15	15	16	16		17	20	151					

FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)*Henson (2020) - Athlete First: 2018 year end hurdle report*

date	07-Jun-18	time	6.56	10.84	15.28		24.84	26.9	29.68	34.64	39.76	44.96	50.24		56.48	2 / 8			
reaction time	0.190	interval		4.28	4.44		9.56		4.84	4.96	5.12	5.20	5.28	6.24					15.60
		velocity	6.86	8.18	7.88		7.32	7.43	7.23	7.06	6.84	6.73	6.63	6.41	7.08				6.73
H1 lead leg	R	strides	23	15	15				16	16			17	17					119

Knebes, Riley (USA) (1996)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Heat 5 - 2024 USA Olympic Trials (Eugene, OR)***USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	27-Jun-24	time	6.46	10.81	15.37	20.00	24.78	26.86	29.55	34.65	40.01	45.36	50.73		57.52	6 / 7			
reaction time		interval		4.35	4.56	4.63	4.78		4.77	5.10	5.36	5.35	5.37	6.79					13.54
		velocity	6.97	8.05	7.68	7.56	7.32	7.45	7.34	6.86	6.53	6.54	6.52	5.89	6.95				7.75
H1 lead leg		strides																	6.53

Heat 1 - 2022 USATF National Championships (Eugene, OR)*USATF (2022) - Results powered by Karmarush*

date	24-Jun-22	time	6.59	10.92	15.44	20.03	24.84	27.02	29.86	35.02	40.42	45.94	51.59	58.38	58.38	9 / 5			
reaction time		interval		4.33	4.52	4.59	4.81		5.02	5.16	5.40	5.52	5.65	6.79					13.44
		velocity	6.83	8.08	7.74	7.63	7.28	7.40	6.97	6.78	6.48	6.34	6.19	5.89	6.85				7.81
H1 lead leg	L	strides	24	16	16	16	17		17	17	18			141					6.34

Knight, Andrenette (JAM) (1996)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2024 Memorial van damme (Brussels, BEL)***Omega Timing (2024) - diamond league race analysis*

date	14-Sep-24	time	6.24	10.24	14.41	18.74	23.29		28.07	33.07	38.26	43.79	49.58		56.70	2 / 8			
reaction time	0.165	interval		4.00	4.17	4.33	4.55		4.78	5.00	5.19	5.53	5.79	7.12					12.50
		velocity	7.21	8.75	8.39	8.08	7.69		7.32	7.00	6.74	6.33	6.04	5.62	7.05				8.40
H1 lead leg	R	strides	23				15		16	16	16	17	17	20.7	140.7				6.36

FINAL - 2024 Weltklasse (Züich, SUI)*Omega Timing (2024) - diamond league race analysis*

date	05-Sep-24	time	6.20	10.19	14.35	18.60	23.03		27.59	32.38	37.51	42.82	48.47		55.42	3 / 6			
reaction time	0.176	interval		3.99	4.16	4.25	4.43		4.56	4.79	5.13	5.31	5.65	6.95					12.40
		velocity	7.26	8.77	8.41	8.24	7.90		7.68	7.31	6.82	6.59	6.19	5.76	7.22				8.47
H1 lead leg	R	strides	22	15	15				15	15	16	16	17	20	151				6.53

FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)*Omega Timing (2024) - diamond league race analysis*

date	30-Aug-24	time	6.16	10.19	14.31	18.59	23.12		27.75	32.54	37.54	42.72	48.16		54.90	7 / 5			
reaction time	0.176	interval		4.03	4.12	4.28	4.53		4.63	4.79	5.00	5.18	5.44	6.74					12.43
		velocity	7.31	8.68	8.50	8.18	7.73		7.56	7.31	7.00	6.76	6.43	5.93	7.29				8.45
H1 lead leg	R	strides	22	15	15	15	15		15	16		17	17	147					6.72

FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)*Omega Timing (2024) - diamond league race analysis*

date	25-Aug-24	time	6.18	10.18	14.33	18.57	22.94		27.43	32.19	37.13	42.18	47.39		53.68	3 / 6			
reaction time	0.166	interval		4.00	4.15	4.24	4.37		4.49	4.76	4.94	5.05	5.21	6.29					12.39
		velocity	7.28	8.75	8.43	8.25	8.01		7.80	7.35	7.09	6.93	6.72	6.36	7.45				8.47
H1 lead leg	R	strides	22	15	15	15	15		15	16	16	16	16	20	181				6.91

FINAL - 2024 Athletissima (Lausanne, SUI)*Omega Timing (2024) - diamond league race analysis*

date	22-Aug-24	time	6.29	10.35	14.50	18.79	23.32		28.01	32.84	37.90	43.11	48.50		54.93	7 / 4			
reaction time	0.182	interval		4.06	4.15	4.29	4.53		4.69	4.83	5.06	5.21	5.39	6.43					12.50
		velocity	7.15	8.62	8.43	8.16	7.73		7.46	7.25	6.92	6.72	6.49	6.22	7.28				8.40
H1 lead leg	L	strides	22	14	14	14	15		15	15	16	16	16	19.5	176.5				6.70

FINAL - 2024 London Athletics Meet (London, GBR)*Omega Timing (2024) - diamond league race analysis*

date	20-Jul-24	time	6.29	10.36	14.57	18.96	23.41		27.99	32.69	37.51	42.59	47.64		53.69	8 / 4			
reaction time	0.170	interval		4.07	4.21	4.39	4.45		4.58	4.70	4.82	5.08	5.05	6.05					12.67
		velocity	7.15	8.60	8.31	7.97	7.87		7.64	7.45	7.26	6.89	6.93	6.61	7.45				8.29
H1 lead leg	R	strides	23	15	15	15	15		15	15				113					7.02

FINAL - 2024 Bauhaus Galan (Stockholm, SWE)*Omega Timing (2024) - diamond league race analysis*

date	02-Jun-24	time	6.18	10.15	14.22	18.40	22.76		27.29	32.09	37.17	42.46	47.95		54.62	4 / 3			
reaction time	0.168	interval		3.97	4.07	4.18	4.36		4.53	4.80	5.08	5.29	5.49	6.67					12.22
		velocity	7.28	8.82	8.60	8.37	8.03		7.73	7.29	6.89	6.62	6.38	6.00	7.32				8.59
H1 lead leg	R	strides	23	15		15	15		15	16	16	17	17	20.7	169.7				6.62

FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)*Henson (2024) - Athlete First: 2024 year end hurdle report*

date	30-May-24	time	6.18	10.18	14.25	18.45	22.82		27.56	32.37	37.41	42.66	48.21		54.63	4 / 2			
reaction time	0.172	interval		4.00	4.07	4.20	4.37		4.74	4.81	5.04	5.25	5.55	6.42					12.27
		velocity	7.28	8.75	8.60	8.33	8.01		7.38	7.28	6.94	6.67	6.31	6.23	7.32				8.56
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17	17	20	185				6.63

FINAL - 2023 Memorial van Damme (Brussels, BEL)*Omega Timing (2023) - diamond league race analysis*

date	08-Sep-23	time	6.09	9.97	13.98	18.10	22.43		27.03	31.79	36.78	42.09	47.77		54.75	3 / 6			
reaction time	0.153	interval		3.88	4.01	4.12	4.33		4.60	4.76	4.99	5.31	5.68	6.98					12.01
		velocity	7.39	9.02	8.73	8.50	8.08		7.61	7.35	7.01	6.59	6.16	5.73	7.31				8.74
H1 lead leg	R	strides	24	15	15				16	16	16	17	17	20.2	156.2				6.57

FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)*Omega Timing (2023) - diamond league race analysis*

date	02-Sep-23	time	6.18	10.13	14.20	18.43	22.83		27.44	32.21	37.24	42.44	47.64		53.87	7 / 2			
reaction time	0.162	interval		3.95	4.07	4.23	4.40		4.61	4.77	5.03	5.20	5.20	6.23					12.25

H1 lead leg	R	velocity	7.28	8.86	8.60	8.27	7.95	7.59	7.34	6.96	6.73	6.73	6.42	7.43	8.57	7.62	6.80	
		strides	23	15	15	15	15	16	16	17	17	17	20	186				
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	24-Aug-23	time	6.24	10.37	14.44	18.52	22.92	27.49	32.29	37.30	42.67	48.31	55.20	4 / 8				
reaction time	0.158	interval	4.13	4.07	4.08	4.40	4.57	4.80	5.01	5.37	5.64	6.89			12.28	13.77	16.02	
		velocity	7.21	8.47	8.60	8.58	7.95	7.66	7.29	6.99	6.52	6.21	5.81	7.25	8.55	7.63	6.55	
H1 lead leg	R	strides	23	15	15	15	15	16			17	17	20.7	153.7				
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	22-Aug-23	time	6.27	10.41	14.51	18.61	22.99	27.49	32.23	37.20	42.30	47.58	53.72	7 / 2				
reaction time	0.163	interval	4.14	4.10	4.10	4.38	4.50	4.74	4.97	5.10	5.28	6.14			12.34	13.62	15.35	
		velocity	7.18	8.45	8.54	8.54	7.99	7.78	7.38	7.04	6.86	6.63	6.51	7.45	8.51	7.71	6.84	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	17	20	182				
Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	21-Aug-23	time	6.20	10.00	14.03	18.13	22.50	27.16	31.98	36.96	42.23	47.60	54.21	5 / 2				
reaction time	0.165	interval	3.80	4.03	4.10	4.37	4.66	4.82	4.98	5.27	5.37	6.61			11.93	13.85	15.62	
		velocity	7.26	9.21	8.68	8.54	8.01	7.51	7.26	7.03	6.64	6.52	6.05	7.38	8.80	7.58	6.72	
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	17	16	20	184				
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	26-Aug-22	time	6.16	10.14		18.56	23.02	24.86	27.57	32.30	37.16	42.30	47.76	54.33	1 / 3			
reaction time	0.148	interval	3.98			8.42	4.46	4.55	4.73	4.86	5.14	5.46	6.57			12.40	13.74	15.46
		velocity	7.31	8.79		8.31	7.85	8.05	7.69	7.40	7.20	6.81	6.41	6.09	7.36	8.47	7.64	6.79
H1 lead leg	R	strides	22	15		15		15	16	16	16	17	20	152				
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	20-Jul-22	time	6.37	10.60	15.07	19.50	24.10	26.19	28.90	33.73	38.80	49.40	55.39	2 / 7				
reaction time	0.148	interval	4.23	4.47	4.43	4.60	4.80	4.83	5.07		10.60	5.99			13.13	14.23	15.67	
		velocity	7.06	8.27	7.83	7.90	7.61	7.64	7.29	7.25	6.90	6.60	6.68	7.22	8.00	7.38	6.70	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	19	146					
Heat 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	19-Jul-22	time	6.33		15.00	19.40	23.93	25.89	28.70	33.70	38.90	44.20	49.57	55.48	2 / 4			
reaction time	0.144	interval			8.67	4.40	4.53	4.77	5.00	5.20	5.30	5.37	5.91			13.07	14.30	15.87
		velocity	7.11		8.07	7.95	7.73	7.72	7.34	7.00	6.73	6.60	6.52	6.77	7.21	8.03	7.34	6.62
H1 lead leg	R	strides			15	15		15	15	15	16	16	19	126				
FINAL - 2022 Music City Track Carnival (Nashville, TN) (TV Analysis) (H5 5m long)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	05-Jun-22	time	10.14	14.23	18.35	23.28	27.27	32.10	37.04	42.11	47.35	53.39	4 / 2					
reaction time		interval	4.09	4.12	4.93	3.99	4.83	4.94	5.07	5.24	6.04	PB			18.35	13.75	15.25	
		velocity	7.89	8.56	8.50	8.11	8.77	7.25	7.09	6.90	6.68	6.62	7.49		5.72	7.64	6.89	
H1 lead leg		strides		15	15	17	13	16	16		16	16	108					
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	12-Jun-21	time	6.40		14.83	19.23	23.97		33.73	38.70	43.97	49.47	55.81	4 / 3				
reaction time	0.178	interval			8.43	4.40	4.74		9.76	4.97	5.27	5.50	6.34			12.83	14.50	15.74
		velocity	7.03		8.30	7.95	7.38		7.17	7.04	6.64	6.36	6.31	7.17	8.18	7.24	6.67	
H1 lead leg	R	strides	23		15	16					17	17	20.2	108.2				
Knight, Jessie (GBR) (1994)																		
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	06-Aug-24	time	6.35	10.52	14.77	19.08	23.55	28.22	33.11	38.29	43.57	48.89	54.90	3 / 6				
reaction time	0.156	interval	4.17	4.25	4.31	4.47	4.67	4.89	5.18	5.28	5.32	6.01			12.73	14.03	15.78	
		velocity	7.09	8.39	8.24	8.12	7.83	7.49	7.16	6.76	6.63	6.58	6.66	7.29	8.25	7.48	6.65	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16			128					
Repechage 2 - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	05-Aug-24	time	6.41	10.65	14.97	19.37	23.97	28.77	33.73	38.80	43.99	49.23	55.10	3 / 2				
reaction time	0.175	interval	4.24	4.32	4.40	4.60	4.80	4.96	5.07	5.19	5.24	5.87			12.96	14.36	15.50	
		velocity	7.02	8.25	8.10	7.95	7.61	7.29	7.06	6.90	6.74	6.68	6.81	7.26	8.10	7.31	6.77	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19	178				
Heat 3 - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	04-Aug-24	time	6.43	10.69	15.04	19.41	23.97	28.71	33.69	38.82	44.04	49.35	55.39	5 / 5				
reaction time	0.171	interval	4.26	4.35	4.37	4.56	4.74	4.98	5.13	5.22	5.31	6.04			12.98	14.28	15.66	
		velocity	7.00	8.22	8.05	8.01	7.68	7.38	7.03	6.82	6.70	6.59	6.62	7.22	8.09	7.35	6.70	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	15	19	176				
FINAL - 2024 London Athletics Meet (London, GBR)														<i>Omega Timing (2024) - diamond league race analysis</i>				
date	20-Jul-24	time	6.34	10.50	14.77	19.06	23.58	28.30	33.11	38.05	43.12	48.25	54.15	1 / 5				
reaction time	0.159	interval	4.16	4.27	4.29	4.52	4.72	4.81	4.94	5.07	5.13	5.90			12.72	14.05	15.14	
		velocity	7.10	8.41	8.20	8.16	7.74	7.42	7.28	7.09	6.90	6.82	6.78	7.39	8.25	7.47	6.94	
H1 lead leg	R	strides	22	15		15	15	15	15				97					
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				

date	10-Jun-24	time	6.40	10.61	15.06	19.54	24.20		29.00	33.94	39.11	44.52	49.90		56.01	6 / 7			
reaction time	0.156	interval		4.21	4.45	4.48	4.66		4.80	4.94	5.17	5.41	5.38	6.11			13.14	14.40	15.96
		velocity	7.03	8.31	7.87	7.81	7.51		7.29	7.09	6.77	6.47	6.51	6.55	7.14		7.99	7.29	6.58
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	19	162					
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)															<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	30-May-24	time	6.55	10.79	15.12	19.53		28.87	33.79		44.27	49.65		55.52	2 / 5				
reaction time	0.154	interval		4.24	4.33	4.41		9.34	4.92		10.48	5.38	5.87			12.98	14.26	15.86	
		velocity	6.87	8.25	8.08	7.94		7.49	7.11		6.68	6.51	6.81	7.20		8.09	7.36	6.62	
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	19.2	163.2					
FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)															<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	19-May-24	time	6.58	10.86	15.49	19.71	24.19		28.92	34.04	39.28	44.76	50.44		56.71	2 / 8			
reaction time	0.163	interval		4.28	4.63	4.22	4.48		28.92	5.12	5.24	5.48	5.68	6.27			13.13	14.33	16.40
		velocity	6.84	8.18	7.56	8.29	7.81		1.21	6.84	6.68	6.39	6.16	6.38	7.05		8.00	7.33	6.40
H1 lead leg	R	strides	22	14	16	15	15		15		16	16	16	19.5	164.5				
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	22-Aug-23	time	6.61	11.01	15.28	19.54	23.99		28.72	33.56	38.50	43.64	48.88		54.51	8 / 4			
reaction time	0.187	interval		4.40	4.27	4.26	4.45		4.73	4.84	4.94	5.14	5.24	5.63			12.93	14.02	15.32
		velocity	6.81	7.95	8.20	8.22	7.87		7.40	7.23	7.09	6.81	6.68	7.10	7.34		8.12	7.49	6.85
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16		139					
Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	21-Aug-23	time	6.53	10.97	15.30	19.53	24.03		28.76	33.56	38.53	43.63	48.71		54.27	8 / 1			
reaction time	0.161	interval		4.44	4.33	4.23	4.50		4.73	4.80	4.97	5.10	5.08	5.56			13.00	14.03	15.15
		velocity	6.89	7.88	8.08	8.27	7.78		7.40	7.29	7.04	6.86	6.89	7.19	7.37		8.08	7.48	6.93
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18.5	171.5				
FINAL - 2023 London Athletics Meet (London, GBR)															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	23-Jul-23	time	6.40	10.62	14.86	19.17	23.61		28.30	33.08	38.08	43.13	48.24		54.09	7 / 5			
reaction time	0.182	interval		4.22	4.24	4.31	4.44		4.69	4.78	5.00	5.05	5.11	5.85	=PB		12.77	13.91	15.16
		velocity	7.03	8.29	8.25	8.12	7.88		7.46	7.32	7.00	6.93	6.85	6.84	7.40		8.22	7.55	6.93
H1 lead leg	R	strides	22	14	14	14	14		15	15	15		15	19	157				
FINAL - 2023 Athletissima (Lausanne, SUI)															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	30-Jun-23	time	6.42	10.66	15.02	19.36	23.85		28.48	33.36	38.52	43.79	49.13		55.13	3 / 4			
reaction time	0.178	interval		4.24	4.36	4.34	4.49		4.63	4.88	5.16	5.27	5.34	6.00			12.94	14.00	15.77
		velocity	7.01	8.25	8.03	8.06	7.80		7.56	7.17	6.78	6.64	6.55	6.67	7.26		8.11	7.50	6.66
H1 lead leg	R	strides	22	14		14			15	15		16	16	19	131				
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	06-Aug-22	time	6.40	10.50	14.53	18.90	23.47	25.5	28.33	33.23	38.20	43.37	48.73		55.11	8 / 5			
reaction time	0.160	interval		4.10	4.03	4.37	4.57		4.86	4.90	4.97	5.17	5.36	6.38			12.50	14.33	15.50
		velocity	7.03	8.54	8.68	8.01	7.66	7.84	7.20	7.14	7.04	6.77	6.53	6.27	7.26		8.40	7.33	6.77
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.2	179.2				
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	30-Jun-22	time	6.44	10.68	14.98	19.36	23.88	25.76	28.58	33.56	38.62	43.80	49.04		54.89	5 / 7			
reaction time	0.157	interval		4.24	4.30	4.38	4.52		4.70	4.98	5.06	5.18	5.24	5.85			12.92	14.20	15.48
		velocity	6.99	8.25	8.14	7.99	7.74	7.76	7.45	7.03	6.92	6.76	6.68	6.84	7.29		8.13	7.39	6.78
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178				
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	16-Jun-22	time	6.44	10.66	14.94	19.28	23.82		28.58	33.46	38.58	43.72	48.98		54.84	4 / 3			
reaction time	0.160	interval		4.22	4.28	4.34	4.54		4.76	4.88	5.12	5.14	5.26	5.86			12.84	14.18	15.52
		velocity	6.99	8.29	8.18	8.06	7.71		7.35	7.17	6.84	6.81	6.65	6.83	7.29		8.18	7.40	6.77
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.2	179.2				
FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	31-May-22	time	6.97	10.87	15.03	19.40	23.90		28.77	33.50					38.84	4 / 5			
reaction time	0.170	interval		3.90	4.16	4.37	4.50		4.87	4.73				5.34	NR PB		12.43	14.10	
		velocity	7.17	8.97	8.41	8.01	7.78		7.19	7.40				7.49	7.72		8.45	7.45	
H1 lead leg	R	strides	24	15	15	15	15			15				18.2	117.2				
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	21-May-22	time	6.43		15.03	19.47	24.03	25.82	28.83	33.73	39.00	44.23	49.63		55.50	2 / 6			
reaction time	0.147	interval			8.60	4.44	4.56		4.80	4.90	5.27	5.23	5.40	5.87			13.04	14.26	15.90
		velocity	7.00		8.14	7.88	7.68	7.75	7.29	7.14	6.64	6.69	6.48	6.81	7.21		8.05	7.36	6.60
H1 lead leg	R	strides	22			15	15		15	15	16	16	16	19.2	149.2				
FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	13-Jul-21	time	6.34	10.56	14.90	19.30	23.80	25.7	28.46	33.32	38.36	43.60	48.78		54.69	3 / 4			
reaction time	0.147	interval		4.22	4.34	4.40	4.50		4.66	4.86	5.04	5.24	5.18	5.91			12.96	14.02	15.46
		velocity	7.10	8.29	8.06	7.95	7.78	7.78	7.51	7.20	6.94	6.68	6.76	6.77	7.31		8.10	7.49	6.79
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19	179				

FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)*Henson (2020) - Athlete First: 2020 year end hurdle report*

date	17-Sep-20	time	6.40	10.72	15.16	19.60	26.2	28.88	33.84	38.92	44.16	49.48	55.58	2 / 6			
reaction time	0.164	interval		4.32	4.44	4.44		9.28	4.96	5.08	5.24	5.32	6.10		13.20	14.24	15.64
		velocity	7.03	8.10	7.88	7.88	7.63	7.54	7.06	6.89	6.68	6.58	6.56	7.20	7.95	7.37	6.71
H1 lead leg	R	strides	23	15	15	15		15	15	16	16	16	19.2	149.2			

Knoroz, Anna (RUS) (1970)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 1998 European Championships (Budapest, HUN)***Sanchez (1998) - Budapest '98: análisis de la carreras con villas*

date	23-Aug-98	time	6.60				23.90					49.32	55.47	1 / 7			
reaction time		interval					17.30					25.42	6.15				
		velocity	6.82				8.09					6.88	6.50	7.21			
H1 lead leg	L	strides	24	16	16	16	16	16	16	17	17	18	22	194			

FINAL - 1994 European Championships (Helsinki, FIN)*Behm (1995) - la tactique du 400 haies*

date	10-Aug-94	time	6.6	10.8	15.0	19.4	23.7	28.1	32.5	38.0	43.1	48.5	54.68	1 / 3			
reaction time		interval		4.20	4.20	4.40	4.30	4.40	4.40	5.50	5.10	5.40	6.18		12.80	13.10	16.00
		velocity	6.82	8.33	8.33	7.95	8.14	7.95	7.95	6.36	6.86	6.48	6.47	7.32	8.20	8.02	6.56
H1 lead leg		strides		16	16	16	16	16	16	17	17	18	148				

Kodama, Saki (JPN) (1997)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2015 Japanese National Junior Championships (Nagoya, JPN)***Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan*

date	18-Oct-15	time	6.82	11.42	16.06	20.85	25.87	31.01	36.22	41.46	47.13	52.70	58.91	1 / 1			
reaction time		interval		4.60	4.64	4.79	5.02	5.14	5.21	5.24	5.67	5.57	6.21	PB	14.03	15.37	16.48
		velocity	6.60	7.61	7.54	7.31	6.97	6.81	6.72	6.68	6.17	6.28	6.44	6.79	7.48	6.83	6.37
H1 lead leg		strides		16	16	16	17	17	17	17	18	18	152				

Kong Yingying (CHN) (2003)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)***CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.93	11.55	16.26	21.08	26.12	31.30	36.55	42.04	47.75	53.48	60.10	7 / 4			
reaction time	0.272	interval		4.62	4.71	4.82	5.04	5.18	5.25	5.49	5.71	5.73	6.62		14.15	15.47	16.93
		velocity	6.49	7.58	7.43	7.26	6.94	6.76	6.67	6.38	6.13	6.11	6.04	6.66	7.42	6.79	6.20
H1 lead leg	R	strides	23	16	16	16	17	17	17	18	18	18	22	198			

FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)*CAA Hurdle Development (2021)*

date	13-Jun-21	time	6.87	11.51	16.35	21.17	26.19	31.38	36.67	42.04	47.66	53.39	59.75	7 / 4			
reaction time	0.360	interval		4.64	4.84	4.82	5.02	5.19	5.29	5.37	5.62	5.73	6.36	PB	14.30	15.50	16.72
		velocity	6.55	7.54	7.23	7.26	6.97	6.74	6.62	6.52	6.23	6.11	6.29	6.69	7.34	6.77	6.28
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21	196			

FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)*CAA Hurdle Development (2021)*

date	20-May-21	time	6.99	11.46	16.06	20.85	25.77	30.88	36.32	41.81	47.51	53.44	59.87	5 / 3			
reaction time	0.305	interval		4.47	4.60	4.79	4.92	5.11	5.44	5.49	5.70	5.93	6.43	PB	13.86	15.47	17.12
		velocity	6.44	7.83	7.61	7.31	7.11	6.85	6.43	6.38	6.14	5.90	6.22	6.68	7.58	6.79	6.13
H1 lead leg	L	strides	24	16	16	17	17	17	18	18	18	19	21.5	201.5			

Korzuch, Julia (POL) (1995)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)***Omega Timing (2023) - diamond league race analysis*

date	02-Jul-23	time	6.67	11.13	15.63	20.23	24.98	29.94	35.14	40.54	46.15	52.08	58.94	3 / 4			
reaction time	0.138	interval		4.46	4.50	4.60	4.75	4.96	5.20	5.40	5.61	5.93	6.86		13.56	14.91	16.94
		velocity	6.75	7.85	7.78	7.61	7.37	7.06	6.73	6.48	6.24	5.90	5.83	6.79	7.74	7.04	6.20
H1 lead leg		strides															

Kovacev, Mirjana (FRG)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)***Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973*

date	28-Jul-73	time	6.7	11.4	16.3	21.2	26.2	31.3	37.0	43.2	49.5	55.9	63.2	1 / 2			
reaction time		interval		4.65	4.91	4.91	4.97	5.14	5.74	6.20	6.23	6.40	7.33		14.47	15.85	18.83
		velocity	6.70	7.53	7.13	7.13	7.04	6.81	6.10	5.65	5.62	5.47	5.46	6.33	7.26	6.62	5.58
H1 lead leg		strides	23	17	17	17	17	17	17	17	19	19	180				

FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)*Keydel (1971) - die 400m hürden machten das rennen*

date	15-May-71	time	7.2	12.0	17.2	22.4	27.8	33.2	39.0	44.8	50.5	56.2	62.0	1 / 3			
reaction time		interval		4.80	5.20	5.20	5.40	5.40	5.80	5.80	5.70	5.70	5.80		15.20	16.60	17.20
		velocity	6.25	7.29	6.73	6.73	6.48	6.48	6.03	6.03	6.14	6.14	6.90	6.45	6.91	6.33	6.10
H1 lead leg		strides	23	17	17	17	17	17	19	19	19	19	184				

Koyama, Kana (JPN) (1998)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)***Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	24-Oct-20	time	6.81	11.16	15.63	20.25	25.09	30.30	35.59	40.89	46.48	52.17	58.65	4 / 2			
reaction time		interval		4.35	4.47	4.62	4.84	5.21	5.29	5.30	5.59	5.69	6.48		13.44	15.34	16.58
		velocity	6.61	8.05	7.83	7.58	7.23	6.72	6.62	6.60	6.26	6.15	6.17	6.82	7.81	6.84	6.33
H1 lead leg		strides		15	15	15	16	16	17	17	17	17	145				

FINAL - 2020 Japanese National Championships (Niigata, JPN)*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	03-Oct-20	time	6.74	11.16	15.72	20.42	25.28	30.18	35.32	40.56	45.91	51.32	57.44	4 / 5			
reaction time	0.158	interval		4.42	4.56	4.70	4.86	4.90	5.14	5.24	5.35	5.41	6.12	PB	13.68	14.90	16.00
		velocity	6.68	7.92	7.68	7.45	7.20	7.14	6.81	6.68	6.54	6.47	6.54	6.96	7.68	7.05	6.56
H1 lead leg	L	strides	22	15	15	15	16	16	17	17	17	17	21	188			

reaction time	0.190	interval	3.90	4.17	4.13	4.27		4.79	5.00	5.00	5.24	5.40	6.53		12.20	14.06	15.64	
		velocity	7.38	8.97	8.39	8.47	8.20	7.31	7.00	7.00	6.68	6.48	6.13	7.34	8.61	7.47	6.71	
H1 lead leg	L	strides	23	15	15	15	15	17	17	17		17	21.7	172.7				
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)														<i>Omega Timing (2023) - diamond league race analysis</i>				
date	02-Jul-23	time	6.24	10.31	14.49	18.83	23.37		28.15	33.09	38.17	43.50	49.09	55.71	5 / 1			
reaction time	0.178	interval		4.07	4.18	4.34	4.54		4.78	4.94	5.08	5.33	5.59	6.62		12.59	14.26	16.00
		velocity	7.21	8.60	8.37	8.06	7.71		7.32	7.09	6.89	6.57	6.26	6.04	7.18	8.34	7.36	6.56
H1 lead leg		strides																
FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	19-Aug-22	time	6.26	10.30		18.66	23.07	24.97	27.80	32.66	37.73	43.00	48.80	56.02	8 / 8			
reaction time	0.215	interval		4.04		8.36	4.41		4.73	4.86	5.07	5.27	5.80	7.22		12.40	14.00	16.14
		velocity	7.19	8.66		8.37	7.94	8.01	7.40	7.20	6.90	6.64	6.03	5.54	7.14	8.47	7.50	6.51
H1 lead leg	L	strides	23	15		15			16	16	17	17	19	22.5	160.5			
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	16-Jun-22	time	6.34	10.42	14.64	19.02	23.72		28.74	33.84	39.10	44.82	51.06	58.74	1 / 8			
reaction time	0.170	interval		4.08	4.22	4.38	4.70		5.02	5.10	5.26	5.72	6.24	7.68		12.68	14.82	17.22
		velocity	7.10	8.58	8.29	7.99	7.45		6.97	6.86	6.65	6.12	5.61	5.21	6.81	8.28	7.09	6.10
H1 lead leg	L	strides	23	15	15	15	17		17	17		18	20	157				
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	04-Jul-21	time	6.22	10.18	14.30		23.18	25.3	27.96	32.98	38.14	43.32	48.78	55.20	2 / 7			
reaction time	0.187	interval		3.96	4.12		8.88		4.78	5.02	5.16	5.18	5.46	6.42				15.80
		velocity	7.23	8.84	8.50		7.88	7.91	7.32	6.97	6.78	6.76	6.41	6.23	7.25			6.65
H1 lead leg	L	strides	22	15	15				16	17	17	17	19	21.7	159.7			
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	02-Oct-19	time	6.36	10.44	14.64	19.04	23.60		28.52	33.56	38.80	44.20	49.88	56.41	3 / 8			
reaction time	0.191	interval		4.08	4.20	4.40	4.56		4.92	5.04	5.24	5.40	5.68	6.53		12.68	14.52	16.32
		velocity	7.08	8.58	8.33	7.95	7.68		7.11	6.94	6.68	6.48	6.16	6.13	7.09	8.28	7.23	6.43
H1 lead leg	L	strides	23	15	15	15	15		16	17	17		18	151				
Kron, Tina (GER) (1981)																		
Heat 1 - 2009 German National Championships (Ulm, GER)														<i>Killing (2009) - der rhythmus is entscheidend</i>				
date	04-Jul-09	time	6.54	10.71	14.98	19.30	23.80		28.54	33.73	39.17	44.77	50.52	57.18	1 / 1			
reaction time	0.187	interval		4.17	4.27	4.32	4.50		4.74	5.19	5.44	5.60	5.75	6.66		12.76	14.43	16.79
		velocity	6.88	8.39	8.20	8.10	7.78		7.38	6.74	6.43	6.25	6.09	6.01	7.00	8.23	7.28	6.25
H1 lead leg		strides		15	15	15	15		16	16	18	18	18	146				
Kubokura, Satomi (JPN) (1982)																		
FINAL - 2016 Japanese National Championships (Nagoya, JPN)														<i>Morioka (2016) - race pattern of top 400m hurdlers in japan</i>				
date	26-Jun-16	time	6.67	11.02	15.56	20.23	25.10		30.04	35.16	40.33	45.51	50.72	56.62	5 / 2			
reaction time	0.176	interval		4.35	4.54	4.67	4.87		4.94	5.12	5.17	5.18	5.21	5.90		13.56	14.93	15.56
		velocity	6.75	8.05	7.71	7.49	7.19		7.09	6.84	6.77	6.76	6.72	6.78	7.06	7.74	7.03	6.75
H1 lead leg		strides		16	16	16	16		16	17	17	17	17	148				
FINAL - 2016 Seiko Golden Grand Prix (Kawasaki, JPN)														<i>Morioka (2016) - race pattern of top 400m hurdlers in japan</i>				
date	08-May-16	time	6.63	10.93	15.38	19.93	24.65		29.50	34.51	39.62	44.83	50.07	56.14	4 / 2			
reaction time	0.176	interval		4.30	4.45	4.55	4.72		4.85	5.01	5.11	5.21	5.24	6.07		13.30	14.58	15.56
		velocity	6.79	8.14	7.87	7.69	7.42		7.22	6.99	6.85	6.72	6.68	6.59	7.13	7.89	7.20	6.75
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	17	21	192			
FINAL - 2016 Shizuoka International Athletics Meeting (Fukuroi, JPN)														<i>Morioka (2016) - race pattern of top 400m hurdlers in japan</i>				
date	03-May-16	time	6.56	10.88	15.42	20.06	24.83		29.63	34.84	40.18	45.62	51.39	57.91	1 / 2			
reaction time		interval		4.32	4.54	4.64	4.77		4.80	5.21	5.34	5.44	5.77	6.52		13.50	14.78	16.55
		velocity	6.86	8.10	7.71	7.54	7.34		7.29	6.72	6.55	6.43	6.07	6.13	6.91	7.78	7.10	6.34
H1 lead leg		strides		16	16	16	16		16	17	17	17	18	149				
FINAL - 2014 Japanese National Championships (Fukushima, JPN)														<i>Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions</i>				
date	08-Jun-14	time	6.61	10.95	15.49	20.01	24.71		29.41	34.38	39.47	44.68	50.02	56.39	4 / 1			
reaction time		interval		4.34	4.54	4.52	4.70		4.70	4.97	5.09	5.21	5.34	6.37		13.40	14.37	15.64
		velocity	6.81	8.06	7.71	7.74	7.45		7.45	7.04	6.88	6.72	6.55	6.28	7.09	7.84	7.31	6.71
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	17	21.5	193			
A FINAL - 2014 Shizuoka International Athletics Meeting (Fukuroi, JPN)														<i>Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions</i>				
date	03-May-14	time	6.56	10.83	15.33	19.90	24.65		29.45	34.54	39.65	44.91	50.28	56.72	1 / 1			
reaction time		interval		4.27	4.50	4.57	4.75		4.80	5.09	5.11	5.26	5.37	6.44		13.34	14.64	15.74
		velocity	6.86	8.20	7.78	7.66	7.37		7.29	6.88	6.85	6.65	6.52	6.21	7.05	7.87	7.17	6.67
H1 lead leg		strides		16	16	16	16		16	17	17	17	17	148				
FINAL - 2012 Japanese National Championships (Osaka, JPN)														<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>				
date	10-Jun-12	time	6.59	10.93	15.40	19.97	24.67		29.47	34.51	39.62	44.69	49.85	55.98	7 / 1			
reaction time		interval		4.34	4.47	4.57	4.70		4.80	5.04	5.11	5.07	5.16	6.13		13.38	14.54	15.34
		velocity	6.83	8.06	7.83	7.66	7.45		7.29	6.94	6.85	6.90	6.78	6.53	7.15	7.85	7.22	6.84
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	17	21	192			

A FINAL - 2012 Shizuoka International Athletics Meeting (Fukuroi, JPN)										<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>										
date	03-May-12	time	6.49	10.68	15.18	19.78	24.42	29.12	34.06	39.22	44.48	49.80	56.03	/ 2						
reaction time		interval		4.19	4.50	4.60	4.64	4.70	4.94	5.16	5.26	5.32	6.23		13.29	14.28	15.74			
		velocity	6.93	8.35	7.78	7.61	7.54	7.45	7.09	6.78	6.65	6.58	6.42	7.14	7.90	7.35	6.67			
H1 lead leg		strides		15	16	16	16	16	17	17	17	17	17	147						
FINAL - 2011 Asian Championships (Kobe, JPN)										<i>Yasunori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>										
date	10-Jul-11	time	6.47	10.82	15.39	20.04	24.88	29.62	34.63	39.75	44.92	50.34	56.52	/ 1						
reaction time	0.198	interval		4.35	4.57	4.65	4.84	4.74	5.01	5.12	5.17	5.42	6.18		13.57	14.59	15.71			
		velocity	6.96	8.05	7.66	7.53	7.23	7.38	6.99	6.84	6.77	6.46	6.47	7.08	7.74	7.20	6.68			
H1 lead leg		strides		16	16	16	16	16	17	17	17	18	149							
FINAL - 2011 Japanese National Championships (Kumagaya, JPN)										<i>Yasunori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>										
date	12-Jun-11	time	6.51	10.91	15.36	19.95	24.55	29.37	34.22	39.19	44.30	49.61	55.81	/ 1						
reaction time		interval		4.40	4.45	4.59	4.60	4.82	4.85	4.97	5.11	5.31	6.20		13.44	14.27	15.39			
		velocity	6.91	7.95	7.87	7.63	7.61	7.26	7.22	7.04	6.85	6.59	6.45	7.17	7.81	7.36	6.82			
H1 lead leg		strides		16	16	16	16	17	17	17	17	17	149							
FINAL - 2010 Japanese National Championships (Marugume, JPN)										<i>Yasunori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>										
date	06-Jun-10	time	6.47	10.76	15.25	19.82	24.44	29.23	34.22	39.36	44.52	49.73	55.83	/ 1						
reaction time	0.183	interval		4.29	4.49	4.57	4.62	4.79	4.99	5.14	5.16	5.21	6.10		13.35	14.40	15.51			
		velocity	6.96	8.16	7.80	7.66	7.58	7.31	7.01	6.81	6.78	6.72	6.56	7.16	7.87	7.29	6.77			
H1 lead leg		strides		15	16	16	16	16	16	17	17	17	146							
FINAL - 2010 Osaka Grand Prix (Osaka, JPN)										<i>Yasunori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>										
date	08-May-10	time	6.34	10.58	14.95	19.32	23.94	28.61	33.58	38.79	44.18	49.72	56.29	/ 4						
reaction time		interval		4.24	4.37	4.37	4.62	4.67	4.97	5.21	5.39	5.54	6.57		12.98	14.26	16.14			
		velocity	7.10	8.25	8.01	8.01	7.58	7.49	7.04	6.72	6.49	6.32	6.09	7.11	8.09	7.36	6.51			
H1 lead leg		strides		16	16	16	16	16	17	17	17	17	148							
Race A - 2010 Shizuoka International Athletics Meeting (Fukuroi, JPN)										<i>Yasunori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>										
date	03-May-10	time	6.46	10.73	15.23	19.78	24.47	29.15	34.07	39.13	44.39	49.98	56.50	/ 2						
reaction time		interval		4.27	4.50	4.55	4.69	4.68	4.92	5.06	5.26	5.59	6.52		13.32	14.29	15.91			
		velocity	6.97	8.20	7.78	7.69	7.46	7.48	7.11	6.92	6.65	6.26	6.13	7.08	7.88	7.35	6.60			
H1 lead leg		strides		16	16	16	16	16	17	17	17	17	148							
FINAL - 2009 Japanese National Championships (Hiroshima, JPN)										<i>Yasunori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>										
date	27-Jun-09	time	6.54	10.88	15.50	20.19	25.09	29.94	34.96	40.12	45.36	50.62	56.70	4 / 1						
reaction time		interval		4.34	4.62	4.69	4.90	4.85	5.02	5.16	5.24	5.26	6.08		13.65	14.77	15.66			
		velocity	6.88	8.06	7.58	7.46	7.14	7.22	6.97	6.78	6.68	6.65	6.58	7.05	7.69	7.11	6.70			
H1 lead leg		strides		16	16	16	16	16	17	17	17	17	148							
FINAL - 2009 Osaka Grand Prix (Osaka, JPN)										<i>Yasunori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>										
date	09-May-09	time	6.52	10.81	15.33	19.88	24.57	29.34	34.29	39.46	44.73	50.22	56.73	/ 4						
reaction time		interval		4.29	4.52	4.55	4.69	4.77	4.95	5.17	5.27	5.49	6.51		13.36	14.41	15.93			
		velocity	6.90	8.16	7.74	7.69	7.46	7.34	7.07	6.77	6.64	6.38	6.14	7.05	7.86	7.29	6.59			
H1 lead leg		strides		16	16	16	16	16	17	17	17	18	149							
FINAL - 2008 Japanese National Championships (Kawasaki, JPN)										<i>Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers</i>										
date	27-Jun-08	time	6.56	10.76	15.15	19.64	24.24	28.98	33.85	38.94	44.18	49.69	56.21	/ 1						
reaction time		interval		4.20	4.39	4.49	4.60	4.74	4.87	5.09	5.24	5.51	6.52		13.08	14.21	15.84			
		velocity	6.86	8.33	7.97	7.80	7.61	7.38	7.19	6.88	6.68	6.35	6.13	7.12	8.03	7.39	6.63			
H1 lead leg		strides		16	16	16	16	16	17	17	17	17	148							
FINAL - 2008 Osaka Grand Prix (Osaka, JPN)										<i>Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers</i>										
date	10-May-08	time	6.77	11.23	15.70	20.43	25.18	30.08	35.20	40.41	45.82	51.49	57.84	8 / 4						
reaction time		interval		4.46	4.47	4.73	4.75	4.90	5.12	5.21	5.41	5.67	6.35		13.66	14.77	16.29			
		velocity	6.65	7.85	7.83	7.40	7.37	7.14	6.84	6.72	6.47	6.17	6.30	6.92	7.69	7.11	6.45			
H1 lead leg		strides		16	16	16	16	17	17	17	18	18	151							
Race 2 - 2008 Shizuoka International Athletics Meeting (Fukuroi, JPN)										<i>Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers</i>										
date	03-May-08	time	6.61	10.96	15.40	19.92	24.61	29.43	34.40	39.52	44.93	50.50	56.83	/ 1						
reaction time		interval		4.35	4.44	4.52	4.69	4.82	4.97	5.12	5.41	5.57	6.33		13.31	14.48	16.10			
		velocity	6.81	8.05	7.88	7.74	7.46	7.26	7.04	6.84	6.47	6.28	6.32	7.04	7.89	7.25	6.52			
H1 lead leg		strides		16	16	16	16	17	17	17	18	18	151							
Heat 1 - 2007 IAAF World Championships (Osaka, JPN)										<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>										
date	27-Aug-07	time	6.57	10.90	15.44	20.06	24.83	29.77	34.86	40.00	45.26	50.77	57.01	2 / 6						
reaction time	0.202	interval		4.33	4.54	4.62	4.77	4.94	5.09	5.14	5.26	5.51	6.24		13.49	14.80	15.91			
		velocity	6.85	8.08	7.71	7.58	7.34	7.09	6.88	6.81	6.65	6.35	6.41	7.02	7.78	7.09	6.60			
H1 lead leg		strides		16	16	16	16	16	18	17	17	18	150							
FINAL - 2007 Japanese National Championships (Osaka, JPN)										<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>										
date	01-Jul-07	time	6.56	10.99	15.43	20.00	24.64	29.40	34.28	39.31	44.48	49.93	56.09	/ 1						
reaction time		interval		4.43	4.44	4.57	4.64	4.76	4.88	5.03	5.17	5.45	6.16		13.44	14.28	15.65			
		velocity	6.86	7.90	7.88	7.66	7.54	7.35	7.17	6.96	6.77	6.42	6.49	7.13	7.81	7.35	6.71			

H1 lead leg strides 16 16 16 16 17 17 17 17 18 150

FINAL - 2006 Seiko Super Grand Prix (Yokohama, JPN)*Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers*

date 24-Sep-06 time 6.59 10.88 15.38 19.92 24.69 29.48 34.47 39.53 44.72 50.03 56.19 / 2
 reaction time interval 4.29 4.50 4.54 4.77 4.79 4.99 5.06 5.19 5.31 6.16 13.33 14.55 15.56
 velocity 6.83 8.16 7.78 7.71 7.34 7.31 7.01 6.92 6.74 6.59 6.49 7.12 7.88 7.22 6.75
 H1 lead leg strides 16 16 16 16 16 17 17 17 17 17 148

FINAL - 2005 Osaka Grand Prix (Osaka, JPN)*Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers*

date 07-May-05 time 6.67 11.16 15.75 20.44 25.34 30.19 35.14 40.13 45.42 50.89 57.10 / 2
 reaction time interval 4.49 4.59 4.69 4.90 4.85 4.95 4.99 5.29 5.47 6.21 13.77 14.70 15.75
 velocity 6.75 7.80 7.63 7.46 7.14 7.22 7.07 7.01 6.62 6.40 6.44 7.01 7.63 7.14 6.67
 H1 lead leg strides 16 16 15 17 17 17 17 17 18 150

FINAL - 2004 Seiko Super Grand Prix (Yokohama, JPN)*Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers*

date 23-Sep-04 time 6.69 11.28 15.97 20.72 25.66 30.63 35.67 40.81 46.08 51.40 57.27 / 4
 reaction time interval 4.59 4.69 4.75 4.94 4.97 5.04 5.14 5.27 5.32 5.87 PB 14.03 14.95 15.73
 velocity 6.73 7.63 7.46 7.37 7.09 7.04 6.94 6.81 6.64 6.58 6.81 6.98 7.48 7.02 6.68
 H1 lead leg strides 16 16 17 17 17 17 17 17 17 151

Kudo, Mei (JPN) (2002)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

FINAL - 2023 Japanese National Championships (Osaka, JPN)*Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

date 04-Jun-23 time 6.91 11.48 16.10 20.84 25.61 30.53 35.65 40.81 46.03 51.58 57.84 3 / 5
 reaction time 0.212 interval 4.57 4.62 4.74 4.77 4.92 5.12 5.16 5.22 5.55 6.26 PB 13.93 14.81 15.93
 velocity 6.51 7.66 7.58 7.38 7.34 7.11 6.84 6.78 6.70 6.31 6.39 6.92 7.54 7.09 6.59
 H1 lead leg L strides 24 16 16 16 16 17 17 17 17 18 174

FINAL - 2022 Japanese National Championships (Osaka, JPN)*Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date 12-Jun-22 time 6.87 11.51 16.13 20.92 25.88 30.93 36.16 41.57 47.10 52.71 59.16 7 / 8
 reaction time 0.213 interval 4.64 4.62 4.79 4.96 5.05 5.23 5.41 5.53 5.61 6.45 14.05 15.24 16.55
 velocity 6.55 7.54 7.58 7.31 7.06 6.93 6.69 6.47 6.33 6.24 6.20 6.76 7.47 6.89 6.34
 H1 lead leg strides 16 16 16 16 16 17 17 17 17 18 150

FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)*Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date 03-May-22 time 7.01 11.68 16.38 21.34 26.46 31.70 36.97 42.29 47.71 53.37 59.49 7 / 8
 reaction time 0.205 interval 4.67 4.70 4.96 5.12 5.24 5.27 5.32 5.42 5.66 6.12 14.33 15.63 16.40
 velocity 6.42 7.49 7.45 7.06 6.84 6.68 6.64 6.58 6.46 6.18 6.54 6.72 7.33 6.72 6.40
 H1 lead leg L strides 24 16 16 17 17 17 17 17 17 18 176

FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date 27-Jun-21 time 6.99 11.59 16.43 21.39 26.46 31.53 36.64 41.86 47.43 53.05 58.97 6 / 1
 reaction time 0.186 interval 4.60 4.84 4.96 5.07 5.07 5.11 5.22 5.57 5.62 5.92 PB 14.40 15.25 16.41
 velocity 6.44 7.61 7.23 7.06 6.90 6.90 6.85 6.70 6.28 6.23 6.76 6.78 7.29 6.89 6.40
 H1 lead leg L strides 24 17 17 17 17 17 17 17 18 18 200.2

FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date 25-Oct-20 time 6.92 11.58 16.45 21.40 26.51 31.77 37.24 42.93 48.87 54.79 60.75 6 / 7
 reaction time 0.210 interval 4.66 4.87 4.95 5.11 5.26 5.47 5.69 5.94 5.92 5.96 14.48 15.84 17.55
 velocity 6.50 7.51 7.19 7.07 6.85 6.65 6.40 6.15 5.89 5.91 6.71 6.58 7.25 6.63 5.98
 H1 lead leg strides 17 18 17 17 17 17 17 17 19 19 158

Kudo, Mitsuki (JPN) (2004)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

FINAL - 2021 Japanese High School National Championships (Fukui, JPN)*Shibayama (2021) - national high school and U20 national championships*

date 30-Jul-21 time 7.40 12.31 17.40 22.56 28.01 33.45 38.89 44.56 50.27 56.10 62.41 8 / 8
 reaction time 0.285 interval 4.91 5.09 5.16 5.45 5.44 5.44 5.67 5.71 5.83 6.31 15.16 16.33 17.21
 velocity 6.08 7.13 6.88 6.78 6.42 6.43 6.43 6.17 6.13 6.00 6.34 6.41 6.93 6.43 6.10
 H1 lead leg strides 19 19 17 19 19 19 19 19 19 19 169

FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date 27-Jun-21 time 7.07 11.61 16.22 20.94 25.99 31.33 36.67 42.23 47.91 54.05 61.02 9 / 6
 reaction time 0.206 interval 4.54 4.61 4.72 5.05 5.34 5.34 5.56 5.68 6.14 6.97 13.87 15.73 17.38
 velocity 6.36 7.71 7.59 7.42 6.93 6.55 6.55 6.29 6.16 5.70 5.74 6.56 7.57 6.68 6.04
 H1 lead leg R strides 26 17 17 17 19 19 19 19 19 21 193

Kuki, Yurie (JPN) (1993)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date 06-Jun-21 time 6.86 11.26 15.82 20.47 25.44 30.48 35.84 41.34 47.01 52.92 59.42 4 / 3
 reaction time interval 4.40 4.56 4.65 4.97 5.04 5.36 5.50 5.67 5.91 6.50 13.61 15.37 17.08
 velocity 6.56 7.95 7.68 7.53 7.04 6.94 6.53 6.36 6.17 5.92 6.15 6.73 7.71 6.83 6.15
 H1 lead leg R strides 23 15 15 15 16 16 17 17 17 18 22.2 191.2

FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date 09-May-21 time 6.87 11.36 15.97 20.69 25.69 31.06 36.42 41.84 47.31 53.05 59.80 8 / 5
 reaction time 0.139 interval 4.49 4.61 4.72 5.00 5.37 5.36 5.42 5.47 5.74 6.75 13.82 15.73 16.63
 velocity 6.55 7.80 7.59 7.42 7.00 6.52 6.53 6.46 6.40 6.10 5.93 6.69 7.60 6.68 6.31
 H1 lead leg R strides 23 15 15 15 16 18 17 17 17 18 171

C FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)

						<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>												
date	24-Oct-20	time	6.82	11.33	15.90	20.87	26.29	31.65	36.99	42.38	48.03	53.80	60.75	3 / 2				
reaction time		interval		4.51	4.57	4.97	5.42	5.36	5.34	5.39	5.65	5.77	6.95		14.05	16.12	16.81	
		velocity	6.60	7.76	7.66	7.04	6.46	6.53	6.55	6.49	6.19	6.07	5.76	6.58	7.47	6.51	6.25	
H1 lead leg		strides		15	15	16	17	18	17	17	17	17	17	149				

FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)

						<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>												
date	20-Sep-20	time	6.97	11.54	16.30	21.17	26.29	31.43	36.79	42.28	47.80	53.40	59.94	7 / 4				
reaction time	0.192	interval		4.57	4.76	4.87	5.12	5.14	5.36	5.49	5.52	5.60	6.54		14.20	15.62	16.61	
		velocity	6.46	7.66	7.35	7.19	6.84	6.81	6.53	6.38	6.34	6.25	6.12	6.67	7.39	6.72	6.32	
H1 lead leg		strides		15	15	15	16	16	17	17	17	17	17	145				

Kuritani, Mizuki (JPN) (1998)

						<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>												
date	31-Jul-16	time	6.79	11.29	16.23	21.35	26.74	32.18	37.70	43.31	49.05	54.85	61.21	3 / 7				
reaction time		interval		4.50	4.94	5.12	5.39	5.44	5.52	5.61	5.74	5.80	6.36		14.56	16.35	17.15	
		velocity	6.63	7.78	7.09	6.84	6.49	6.43	6.34	6.24	6.10	6.03	6.29	6.53	7.21	6.42	6.12	
H1 lead leg		strides		17	17	17	17	18	18	18	18	18	158					

Kurochkina, Tatyana (BLR) (1967)

						<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>												
date	23-Jun-01	time	6.70	11.01	15.27	19.69	24.77	29.13	34.17	39.33	44.67	50.11	56.17	1 / 5				
reaction time		interval		4.31	4.26	4.42	5.08	4.36	5.04	5.16	5.34	5.44	6.06		12.99	14.48	15.94	
		velocity	6.72	8.12	8.22	7.92	6.89	8.03	6.94	6.78	6.55	6.43	6.60	7.12	8.08	7.25	6.59	
H1 lead leg		strides																

FINAL - 1997 European Cup (Munich, GER)

						<i>Jung (2003) - http://www.fgs.uni-halle.de</i>												
date	21-Jun-97	time	6.85		15.46	19.88	24.44	29.16	34.09	39.15	44.37	49.82	56.19	1 / 4				
reaction time		interval			8.61	4.42	4.56	4.72	4.93	5.06	5.22	5.45	6.37		13.03	14.21	15.73	
		velocity	6.57		8.13	7.92	7.68	7.42	7.10	6.92	6.70	6.42	6.28	7.12	8.06	7.39	6.68	
H1 lead leg		strides																

Kurochkina, Tatyana (URS) (1967)

						<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>												
date	28-Sep-88	time	6.52	10.57	14.73	19.05	23.46	27.98	32.67	37.59	42.79	48.18	54.39	1 / 7				
reaction time	0.231	interval		4.05	4.16	4.32	4.41	4.52	4.69	4.92	5.20	5.39	6.21	PB	12.53	13.62	15.51	
		velocity	6.90	8.64	8.41	8.10	7.94	7.74	7.46	7.11	6.73	6.49	6.44	7.35	8.38	7.71	6.77	
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	17	20.1	182.1				

Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)

						<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>												
date	26-Sep-88	time	6.61	10.75	15.04	19.37	23.90	28.46	33.23	38.23	43.36	48.68	54.46	3 / 2				
reaction time	0.261	interval		4.14	4.29	4.33	4.53	4.56	4.77	5.00	5.13	5.32	5.78	PB	12.76	13.86	15.45	
		velocity	6.81	8.45	8.16	8.08	7.73	7.68	7.34	7.00	6.82	6.58	6.92	7.34	8.23	7.58	6.80	
H1 lead leg		strides	23	15	15	15	15	15	15	16	16	17	19.5	181.5				

Kusaka, Ayana (JPN) (2003)

						<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>												
date	12-Jun-22	time	7.01	11.54	16.27	21.25	26.29	31.48	36.87	42.53	48.37	54.24	60.50	8 / 4				
reaction time	0.196	interval		4.53	4.73	4.98	5.04	5.19	5.39	5.66	5.84	5.87	6.26		14.24	15.62	17.37	
		velocity	6.42	7.73	7.40	7.03	6.94	6.74	6.49	6.18	5.99	5.96	6.39	6.61	7.37	6.72	6.04	
H1 lead leg		strides		17	17	17	17	17	17	19	19	19	19	159				

FINAL - 2021 Japanese High School National Championships (Fukui, JPN)

						<i>Shibayama (2021) - national high school and U20 national championships</i>												
date	30-Jul-21	time	6.73	11.36	16.07	20.95	25.96	31.03	36.40	42.28	48.14	54.14	60.46	7 / 4				
reaction time	0.173	interval		4.63	4.71	4.88	5.01	5.07	5.37	5.88	5.86	6.00	6.32		14.22	15.45	17.74	
		velocity	6.69	7.56	7.43	7.17	6.99	6.90	6.52	5.95	5.97	5.83	6.33	6.62	7.38	6.80	5.92	
H1 lead leg	R	strides	24	17	17	17	17	17	17	19	19	19	22.5	205.5				

FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)

						<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>												
date	27-Jun-21	time	6.81	11.28	15.90	20.59	25.51	30.76	36.40	42.18	48.11	54.29	61.20	3 / 7				
reaction time	0.194	interval		4.47	4.62	4.69	4.92	5.25	5.64	5.78	5.93	6.18	6.91		13.78	15.81	17.89	
		velocity	6.61	7.83	7.58	7.46	7.11	6.67	6.21	6.06	5.90	5.66	5.79	6.54	7.62	6.64	5.87	
H1 lead leg	R	strides	24	17	17	17	17	17	19	19	19	19	185					

Lachgar, Zahra (MAR) (1977)

						<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>												
date	20-Sep-02	time	7.01	11.54	16.24	20.95	25.94	31.02	36.41	41.83	47.32	52.95	59.14	2 / 8				
reaction time	0.260	interval		4.53	4.70	4.71	4.99	5.08	5.39	5.42	5.49	5.63	6.19		13.94	15.46	16.54	
		velocity	6.42	7.73	7.45	7.43	7.01	6.89	6.49	6.46	6.38	6.22	6.46	6.76	7.53	6.79	6.35	
H1 lead leg	R	strides	24	16	16	16	16	17	17	18	19	19	21.5	199.5				

Lan Tianlu (CHN) (1999)

						<i>CAA Hurdle Development (2021)</i>												
date	26-Jun-21	time	6.91	11.46	16.20	21.09	25.99	31.13	36.43	41.86	47.36	53.17	59.82	3 / 5				
reaction time	0.223	interval		4.55	4.74	4.89	4.90	5.14	5.30	5.43	5.50	5.81	6.65		14.18	15.34	16.74	
		velocity	6.51	7.69	7.38	7.16	7.14	6.81	6.60	6.45	6.36	6.02	6.02	6.69	7.40	6.84	6.27	
H1 lead leg	L	strides	22	16	16	16	16	17	17	17	17	18	21.5	193.5				

FINAL - 2020 Chinese National Championships (Shaoying, CHN)

CAA Hurdle Development (2020)

date	17-Sep-20	time	10.92	15.33	19.87	24.54	29.54	34.83	40.50	46.75	53.54	61.76	7 / 7			
reaction time	interval		4.41	4.54	4.67	5.00	5.29	5.67	6.25	6.79	8.22			14.96	18.71	
		velocity	7.33	7.94	7.71	7.49	7.00	6.62	6.17	5.60	5.15	4.87			7.02	5.61
H1 lead leg	strides		16			17	17	18	19	20	24	131				

FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)

CAA Hurdle Development (2019)

date	23-Aug-19	time	6.80	11.28	15.92	20.82	25.80	30.94	36.14	41.41	47.06	53.10	60.04	8 / 3			
reaction time	interval		4.48	4.64	4.90	4.98	5.14	5.20	5.27	5.65	6.04	6.94			14.02	15.32	16.96
		velocity	6.62	7.81	7.54	7.14	7.03	6.81	6.73	6.64	6.19	5.79	5.76			7.49	6.85
H1 lead leg	L	strides	23	16	16	17	17	17	17	18	19	22.5	199.5				

Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)

CAA Hurdle Development (2019)

date	22-Aug-19	time	7.02	11.63	16.38	21.29	26.24	31.45	36.70	42.06	47.56	53.55	60.49	7 / 3			
reaction time	interval		4.61	4.75	4.91	4.95	5.21	5.25	5.36	5.50	5.99	6.94			14.27	15.41	16.85
		velocity	6.41	7.59	7.37	7.13	7.07	6.72	6.67	6.53	6.36	5.84	5.76			7.36	6.81
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	18	22	195			

FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)

CAA Hurdle Development (2019)

date	03-Aug-19	time	6.88	11.56	16.26	21.08	26.04	31.22	36.42	41.70	46.98	52.36	58.48	7 / 2			
reaction time	interval		4.68	4.70	4.82	4.96	5.18	5.20	5.28	5.28	5.38	6.12	PB		14.20	15.34	15.94
		velocity	6.54	7.48	7.45	7.26	7.06	6.76	6.73	6.63	6.63	6.51	6.54	6.84		7.39	6.84
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	21	193			

Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)

CAA Hurdle Development (2019)

date	03-Aug-19	time	7.16	12.16	17.21	22.51	27.91	33.67	39.97	46.15	52.55	58.93	66.40	2 / 3			
reaction time	interval		5.00	5.05	5.30	5.40	5.76	6.30	6.18	6.40	6.38	7.47			15.35	17.46	18.96
		velocity	6.28	7.00	6.93	6.60	6.48	6.08	5.56	5.66	5.47	5.49	5.35	6.02		6.84	6.01
H1 lead leg	L	strides	23	16	16	16	16	17	18	18	18	18	22	198			

FINAL - 2019 Chinese National Championships (Shenyang, CHN)

CAA Hurdle Development (2019)

date	10-Jul-19	time	6.87	11.47	16.10	20.73	25.52	30.56	35.67	40.97	46.41	52.23	58.79	6 / 4			
reaction time	interval		4.60	4.63	4.63	4.79	5.04	5.11	5.30	5.44	5.82	6.56	PB		13.86	14.94	16.56
		velocity	6.55	7.61	7.56	7.56	7.31	6.94	6.85	6.60	6.43	6.01	6.10	6.80		7.58	7.03
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	18	21.7	194.7			

Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)

CAA Hurdle Development (2019)

date	09-Jul-19	time	6.90	11.52	16.16	20.99	25.86	30.90	36.03	41.34	46.88	52.68	59.40	7 / 2			
reaction time	interval		4.62	4.64	4.83	4.87	5.04	5.13	5.31	5.54	5.80	6.72	PB		14.09	15.04	16.65
		velocity	6.52	7.58	7.54	7.25	7.19	6.94	6.82	6.59	6.32	6.03	5.95	6.73		7.45	6.98
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	18	21.5	194.5			

FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)

CAA Hurdle Development (2019)

date	08-Apr-19	time	6.85	11.26	15.88	20.60	25.47	30.56	35.83	41.47	47.44	53.76	61.06	9 / 5			
reaction time	interval		4.41	4.62	4.72	4.87	5.09	5.27	5.64	5.97	6.32	7.30			13.75	15.23	17.93
		velocity	6.57	7.94	7.58	7.42	7.19	6.88	6.64	6.21	5.86	5.54	5.48	6.55		7.64	6.89
H1 lead leg	L	strides	23	16	16	16	16	17	17	18	19	23	200				

Heat 4 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)

CAA Hurdle Development (2019)

date	07-Apr-19	time	6.97	11.62	16.48	21.25	26.10	31.18	36.67	42.39	48.23	54.03	60.76	5 / 2			
reaction time	interval		4.65	4.86	4.77	4.85	5.08	5.49	5.72	5.84	5.80	6.73			14.28	15.42	17.36
		velocity	6.46	7.53	7.20	7.34	7.22	6.89	6.38	6.12	5.99	6.03	5.94	6.58		7.35	6.81
H1 lead leg	L	strides	23	16	16	16	16	17	17	18	18	18	22	197			

Landin, Tyra (SWE) (2002)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)

Omega Timing (2023) - diamond league race analysis

date	02-Jul-23	time	6.89	11.53	16.34	21.27	26.33	31.45	36.69	42.20	48.04	54.43	61.90	8 / 7			
reaction time	interval		4.64	4.81	4.93	5.06	5.12	5.24	5.51	5.84	6.39	7.47			14.38	15.42	17.74
		velocity	6.53	7.54	7.28	7.10	6.92	6.84	6.68	6.35	5.99	5.48	5.35	6.46		7.30	6.81
H1 lead leg		strides															

Langley-Walker, Madison (USA) (199)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)

Henson (2023) - Athlete First: 2023 year end hurdle report

date	09-Jul-23	time	6.54	10.88	15.48	20.02	24.75	29.83		40.24			56.94	2 / 7			
reaction time	interval		4.34	4.60	4.54	4.73	5.08		10.41			16.70			13.48		
		velocity	6.88	8.06	7.61	7.71	7.40	6.89		6.72			6.29	7.02		7.79	
H1 lead leg	R	strides	24	16	17	16	16						89				

Lebreton, Catherine (FRA) (1960)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

FINAL - 1987 French National Championships (Annecy, FRA)

Veney - split times from PJ

date	09-Aug-87	time	7.10	12.00	16.70	21.55	26.60	31.70	36.85	42.00	47.30	52.60	58.68	/ 4			
reaction time	interval		4.90	4.70	4.85	5.05	5.10	5.15	5.15	5.30	5.30	6.08			14.45	15.30	15.75
		velocity	6.34	7.14	7.45	7.22	6.93	6.86	6.80	6.80	6.60	6.60	6.58	6.82		7.27	6.86
H1 lead leg		strides															

Ledecká, Daniela (SVK) (1996)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)

European Athletics (2024) - 2024 european athletics championships - results book

date	10-Jun-24	time	6.57	11.02	15.63	20.20	24.83	29.50	34.28	39.14	44.30	49.68	55.83	2 / 8				
reaction time	0.155	interval		4.45	4.61	4.57	4.63	4.67	4.78	4.86	5.16	5.38	6.15	PB	13.63	14.08	15.40	
		velocity	6.85	7.87	7.59	7.66	7.56	7.49	7.32	7.20	6.78	6.51	6.50	7.16	7.70	7.46	6.82	
H1 lead leg	R	strides	23	16	16	16	16	16	16	16	16	17	21	173				

Heat 2 - 2024 European Athletics Championships (Roma, ITA)*European Athletics (2024) - 2024 european athletics championships - results book*

date	09-Jun-24	time	11.01	15.56	20.10	24.79	29.49	34.25	39.21	44.46	49.89	56.17	2 / 4				
reaction time	0.170	interval		4.55	4.54	4.69	4.70	4.76	4.96	5.25	5.43	6.28		14.15	15.64		
		velocity	7.27	7.69	7.71	7.46	7.45	7.35	7.06	6.67	6.45	6.37	7.12	7.42	6.71		
H1 lead leg		strides															

FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)*Henson (2022) - Athlete First: 2022 year end hurdle report*

date	08-Aug-22	time	6.67	10.96	15.43	19.90	24.63	29.66	34.83	40.07	45.70	57.89	8 / 7				
reaction time	0.146	interval		4.29	4.47	4.47	4.73	5.03	5.17	5.24	5.63		13.23	14.93			
		velocity	6.75	8.16	7.83	7.83	7.40	6.96	6.77	6.68	6.22	6.91	7.94	7.03			
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	17	148					

Ledovskaya, Tatyana (BLR) (1966)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Semi-Final 3 - 1993 IAAF World Championships (Stuttgart, GER)***Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)*

date	17-Aug-93	time	6.30	10.32	14.64	18.81	23.19	27.74	32.60	37.67	42.93	48.32	54.60	5 / 3			
reaction time		interval		4.02	4.32	4.17	4.38	4.55	4.86	5.07	5.26	5.39	6.28		12.51	13.79	15.72
		velocity	7.14	8.71	8.10	8.39	7.99	7.69	7.20	6.90	6.65	6.49	6.37	7.33	8.39	7.61	6.68
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	21	187			

Ledovskaya, Tatyana (EUN) (1966)**Heat 2 - 1992 Olympic Games (Barcelona, ESP)***Lyle (1992) - miscellaneous coaching notes*

date	02-Aug-92	time	6.30	10.64	14.89	19.17	23.63	28.18	32.98	37.95	43.24	48.82	55.03	4 / 1			
reaction time		interval		4.34	4.25	4.28	4.46	4.55	4.80	4.97	5.29	5.58	6.21		12.87	13.81	15.84
		velocity	7.14	8.06	8.24	8.18	7.85	7.69	7.29	7.04	6.62	6.27	6.44	7.27	8.16	7.60	6.63
H1 lead leg		strides															

Ledovskaya, Tatyana (URS) (1966)**FINAL - 1991 IAAF World Championships (Tokyo, JPN)***Behm (1995) - la tactique du 400 haies*

date	29-Aug-91	time	6.3	10.5	14.7	18.9	23.2	27.7	32.3	36.9	41.9	47.1	53.11	6 / 1			
reaction time		interval		4.20	4.20	4.20	4.30	4.50	4.60	4.60	5.00	5.20	6.01	CR / NR	12.60	13.40	14.80
		velocity	7.14	8.33	8.33	8.33	8.14	7.78	7.61	7.61	7.00	6.73	6.66	7.53	8.33	7.84	7.09
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	17	20.7	180.7			

FINAL - 1990 European Championships (Split, YUG)*Behm (1995) - la tactique du 400 haies*

date	31-Aug-90	time	6.2	10.4	14.5	18.7	23.0	27.5	32.1	37.1	42.1	47.5	53.62	1 / 1			
reaction time		interval		4.20	4.10	4.20	4.30	4.50	4.60	5.00	5.00	5.40	6.12		12.50	13.40	15.40
		velocity	7.26	8.33	8.54	8.33	8.14	7.78	7.61	7.00	7.00	6.48	6.54	7.46	8.40	7.84	6.82
H1 lead leg		strides	23	15	15	15	15	15	15	15	16	17	161				

FINAL - 1988 Olympic Games (Seoul, KOR)*Arnold (1992) - Hurdling*

date	28-Sep-88	time	6.36	10.41	14.49	18.69	23.06	24.96	27.61	32.41	37.27	42.29	47.44	53.18	3 / 2		
reaction time	0.245	interval		4.05	4.08	4.20	4.37	4.55	4.80	4.86	5.02	5.15	5.74	PB	12.33	13.72	15.03
		velocity	7.08	8.64	8.58	8.33	8.01	7.69	7.29	7.20	6.97	6.80	6.97	7.52	8.52	7.65	6.99
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	16	17	20	184			

Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*

date	26-Sep-88	time	6.42	10.45	14.58	18.79	23.14	27.68	32.62	37.70	42.93	48.17	54.01	2 / 2			
reaction time	0.268	interval		4.03	4.13	4.21	4.35	4.54	4.94	5.08	5.23	5.24	5.84		12.37	13.83	15.55
		velocity	7.01	8.68	8.47	8.31	8.05	7.71	7.09	6.89	6.69	6.68	6.85	7.41	8.49	7.59	6.75
H1 lead leg		strides	24	15	15	16	16	17	17	17	17	17	20.5	191.5			

Lee, Tonya (USA) (1969)**FINAL - 1996 USA Olympic Trials (Atlanta, GA)***USATF Women's Sprint Development (1996)*

date	16-Jun-96	time	6.58	10.83	15.08	19.47	23.98	25.89	28.81	33.95	39.17	45.00	56.59	8 / 7			
reaction time		interval		4.25	4.25	4.39	4.51	4.83	5.14	5.22					12.89	14.48	
		velocity	6.84	8.24	8.24	7.97	7.76	7.72	7.25	6.81	6.70			7.07	8.15	7.25	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21	196			

Lehikoinen, Viivi (FIN) (1999)**Repechage 1 - 2024 Olympic Games (Paris, FRA)***Paris 2024 Olympic Games - Results Book (2024)*

date	05-Aug-24	time	6.50	10.70	15.15	19.76	24.48	29.36	34.55	39.98	45.58	51.28	58.04	2 / 6			
reaction time	0.252	interval		4.20	4.45	4.61	4.72	4.88	5.19	5.43	5.60	5.70	6.76		13.26	14.79	16.73
		velocity	6.92	8.33	7.87	7.59	7.42	7.17	6.74	6.45	6.25	6.14	5.92	6.89	7.92	7.10	6.28
H1 lead leg	R	strides	23	16	15	16	16	16	16	18	18	18	172				

Heat 4 - 2024 Olympic Games (Paris, FRA)*Paris 2024 Olympic Games - Results Book (2024)*

date	04-Aug-24	time	6.49	10.81	15.20	19.68	24.23	28.96	33.89	39.00	44.33	49.89	56.67	2 / 7			
reaction time	0.189	interval		4.32	4.39	4.48	4.55	4.73	4.93	5.11	5.33	5.56	6.78		13.19	14.21	16.00
		velocity	6.93	8.10	7.97	7.81	7.69	7.40	7.10	6.85	6.57	6.29	5.90	7.06	7.96	7.39	6.56
H1 lead leg	L	strides	24			16	16	16	17	17	17	18	141				

Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)*European Athletics (2024) - 2024 european athletics championships - results book*

date	10-Jun-24	time	6.41	10.52	14.81	19.16	23.68	28.44	33.22	38.17	43.39	48.70	54.92	6 / 4			
reaction time	0.178	interval		4.11	4.29	4.35	4.52	4.76	4.78	4.95	5.22	5.31	6.22		12.75	14.06	15.48

H1 lead leg	R	velocity	7.02	8.52	8.16	8.05	7.74		7.35	7.32	7.07	6.70	6.59	6.43	7.28		8.24	7.47	6.78
		strides	23	15	15	15	15		16	16	17	17	17	21	187				
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)															<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	30-May-24	time	6.49	10.69	14.99	19.43		28.74	33.78		44.31	49.82		56.23	1 / 8				
reaction time	0.234	interval		4.20	4.30	4.44		9.31	5.04		10.53	5.51	6.41			12.94	14.35	16.04	
		velocity	6.93	8.33	8.14	7.88		7.52	6.94		6.65	6.35	6.24	7.11		8.11	7.32	6.55	
H1 lead leg	R	strides	23	15	15	16	16		17		17	18	21	158					
FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)															<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	19-May-24	time	6.38	10.41	14.56	18.81	23.34	28.06	33.04	38.17	43.60	49.27		55.81	8 / 6				
reaction time	0.192	interval		4.03	4.15	4.25	4.53	28.06	4.98	5.13	5.43	5.67	6.54			12.43	14.23	16.23	
		velocity	7.05	8.68	8.43	8.24	7.73	1.25	7.03	6.82	6.45	6.17	6.12	7.17		8.45	7.38	6.47	
H1 lead leg	R	strides	23	15	15	15	16	16	16	17	18	18	21	190					
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	02-Sep-23	time	6.31	10.42	14.67	19.13	23.74	28.55	33.39	38.48	43.71	49.08		55.44	2 / 8				
reaction time	0.215	interval		4.11	4.25	4.46	4.61	4.81	4.84	5.09	5.23	5.37	6.36			12.82	14.26	15.69	
		velocity	7.13	8.52	8.24	7.85	7.59	7.28	7.23	6.88	6.69	6.52	6.29	7.22		8.19	7.36	6.69	
H1 lead leg	R	strides	23	15	15	16	16	16	16	16	17	17	167						
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	22-Aug-23	time	6.42	10.61	14.81	18.88	23.29	27.89	32.66	37.63	42.72	48.04		54.48	4 / 3				
reaction time	0.200	interval		4.19	4.20	4.07	4.41	4.60	4.77	4.97	5.09	5.32	6.44			12.46	13.78	15.38	
		velocity	7.01	8.35	8.33	8.60	7.94	7.61	7.34	7.04	6.88	6.58	6.21	7.34		8.43	7.62	6.83	
H1 lead leg	R	strides	23	15	15	15	16	16	16	16	17	17	21	187					
Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	21-Aug-23	time	6.23	10.30	14.70		23.46	28.20	33.03	38.00	43.20	48.50		54.65	2 / 4				
reaction time	0.181	interval		4.07	4.40		8.76	4.74	4.83	4.97	5.20	5.30	6.15					15.47	
		velocity	7.22	8.60	7.95		7.99	7.38	7.25	7.04	6.73	6.60	6.50	7.32				6.79	
H1 lead leg	R	strides	23	15	15	15		16		16	17	17	20	154					
FINAL - 2023 Athletissima (Lausanne, SUI)															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	30-Jun-23	time	6.29	10.29	14.42	18.59	22.96	27.55	32.31	37.38	42.67	48.08		54.67	4 / 2				
reaction time	0.208	interval		4.00	4.13	4.17	4.37	4.59	4.76	5.07	5.29	5.41	6.59			12.30	13.72	15.77	
		velocity	7.15	8.75	8.47	8.39	8.01	7.63	7.35	6.90	6.62	6.47	6.07	7.32		8.54	7.65	6.66	
H1 lead leg	R	strides	23	15				16	16	16	17	17	21	141					
FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	19-Aug-22	time	6.57	10.76	15.07	19.36	23.83	25.69	28.57	33.43	38.63	43.83	49.20		55.58	4 / 6			
reaction time	0.291	interval		4.19	4.31	4.29	4.47	4.74	4.86	5.20	5.20	5.37	6.38			12.79	14.07	15.77	
		velocity	6.85	8.35	8.12	8.16	7.83	7.79	7.38	7.20	6.73	6.73	6.52	6.27	7.20		8.21	7.46	6.66
H1 lead leg	R	strides	25	16	16	16	16	16	16	17	17	17	20.5	193.5					
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	20-Jul-22	time	6.27	10.30	14.60	18.97	23.57	25.75	28.30	33.10	38.10	43.20	48.40		54.60	4 / 6			
reaction time	0.168	interval		4.03	4.30	4.37	4.60	4.73	4.80	5.00	5.10	5.20	6.20	NR PB		12.70	14.13	15.30	
		velocity	7.18	8.68	8.14	8.01	7.61	7.77	7.40	7.29	7.00	6.86	6.73	6.45	7.33		8.27	7.43	6.86
H1 lead leg	R	strides	23	15	15	15	16	16	16	16	17	17	20.2	187.2					
Heat 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	19-Jul-22	time	6.33	10.50	14.72	19.07	23.56	25.58	28.30		38.30	43.46	48.73		54.95	3 / 3			
reaction time	0.165	interval		4.17	4.22	4.35	4.49	4.74		10.00	5.16	5.27	6.22			12.74			
		velocity	7.11	8.39	8.29	8.05	7.80	7.82	7.38		7.00	6.78	6.64	6.43	7.28		8.24		
H1 lead leg	R	strides	23	15	15	15	16	16	16		17	17	20.2	154.2					
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	30-Jun-22	time	6.40	10.60	14.84	19.18	23.66	25.58	28.36	33.20	38.22	43.36	48.64		54.80	2 / 6			
reaction time	0.180	interval		4.20	4.24	4.34	4.48	4.70	4.84	5.02	5.14	5.28	6.16	PB		12.78	14.02	15.44	
		velocity	7.03	8.33	8.25	8.06	7.81	7.82	7.45	7.23	6.97	6.81	6.63	6.49	7.30		8.22	7.49	6.80
H1 lead leg	L	strides	24	16	16	16	16	16	16	16	16	17	17	20.5	190.5				
FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	31-May-22	time	6.90			19.03	23.45		28.28	33.03				38.50	7 / 4				
reaction time	0.202	interval				12.13	4.42	4.83	4.75				5.47	NR PB		12.13	14.00		
		velocity	7.25			8.66	7.92	7.25	7.37				7.31	7.79		8.66	7.50		
H1 lead leg	R	strides	26			16	16		16				19.7	93.7					

Leng Xueyan (CHN) (1972)

FINAL - 1992 ??? (???)															<i>Cui (2008) - research on the rhythm characteristics of outstanding female 400m hurdlers in China</i>				
date	???	time	6.44	10.80	15.29	19.92	24.53		29.03	34.06	39.49	44.68	49.90		56.40	???			
reaction time		interval		4.36	4.49	4.63	4.61		4.50	5.03	5.43	5.19	5.22	6.50			13.48	14.14	15.84
		velocity	6.99	8.03	7.80	7.56	7.59		7.78	6.96	6.45	6.74	6.70	6.15	7.09		7.79	7.43	6.63
H1 lead leg		strides	23	16	16	16	16		16	16	17	17	17	22.5	192.5				

FINAL - 1991 ??? (???)*Cui (2008) - research on the rhythm characteristics of outstanding female 400m hurdlers in China*

date	???	time	6.55	11.13	15.67	20.46	25.33		30.37	35.82	41.09	46.35	51.71		58.15	???				
reaction time		interval		4.58	4.54	4.79	4.87		5.04	5.45	5.27	5.26	5.36	6.44				13.91	15.36	15.89
		velocity	6.87	7.64	7.71	7.31	7.19		6.94	6.42	6.64	6.65	6.53	6.21	6.88			7.55	6.84	6.61
H1 lead leg		strides	24	16	16	16	16		17	17	17	17	17	23	196					
Lenskaya, Irina (UKR) (1971)																				
FINAL - 1997 European Cup (Munich, GER)															Jung (2003) - http://www.fgs.uni-halle.de					
date	21-Jun-97	time	6.70	10.96	15.22	19.63	24.12		28.93	33.99	39.24	44.67	50.09		56.47					
reaction time		interval		4.26	4.26	4.41	4.49		4.81	5.06	5.25	5.43	5.42	6.38				12.93	14.36	16.10
		velocity	6.72	8.22	8.22	7.94	7.80		7.28	6.92	6.67	6.45	6.46	6.27	7.08			8.12	7.31	6.52
H1 lead leg		strides																		
Leuschner, Uschi (FRG)																				
FINAL - 1971 West German Athletics - 300m Hurdles Test (Bonn, FRG)															Keydel (1971) - 300 ou 400 haies pour les femmes?					
date	15-May-71	time	4.0	7.8	11.5	15.4	19.5		23.7	28.2	32.6	37.2	41.8		44.5					
reaction time		interval		3.80	3.70	3.90	4.10		4.20	4.50	4.40	4.60	4.60	2.70				11.40	12.80	13.60
		velocity																		
H1 lead leg		strides	13	13	13	13	13		13	15	15	15	15		138					
Lhabze, Lamiae (MAR) (1984)																				
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)															Henson (2021) - Athlete First: 2018 year end hurdle report					
date	09-Sep-18	time	6.44	10.76	15.20	19.72	24.40		29.28	34.36		45.04	50.68		57.35					
reaction time	0.158	interval		4.32	4.44	4.52	4.68		4.88	5.08		10.68	5.64	6.67				13.28	14.64	16.32
		velocity	6.99	8.10	7.88	7.74	7.48		7.17	6.89		6.55	6.21	6.00	6.97			7.91	7.17	6.43
H1 lead leg	L	strides	23	15	15	15	15		15	16			17	19.5	150.5					
Li Yirong (CHN) (2002)																				
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)															CAA Hurdle Development (2019)					
date	17-Aug-19	time	7.08	11.86	16.78	21.82	26.92		32.24	37.66	43.40	49.50	55.94		63.46					
reaction time	0.188	interval		4.78	4.92	5.04	5.10		5.32	5.42	5.74	6.10	6.44	7.52				14.74	15.84	18.28
		velocity	6.36	7.32	7.11	6.94	6.86		6.58	6.46	6.10	5.74	5.43	5.32	6.30			7.12	6.63	5.74
H1 lead leg	L	strides	25	17	17	17	17		18	18	19	20	21	24.5	213.5					
Liang Yina (CHN) (2001)																				
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)															CAA Hurdle Development (2019)					
date	17-Aug-19	time	6.94	11.52	16.20	21.04	26.14		31.54	37.10	42.74	48.54	54.48		61.35					
reaction time	0.364	interval		4.58	4.68	4.84	5.10		5.40	5.56	5.64	5.80	5.94	6.87				14.10	16.06	17.38
		velocity	6.48	7.64	7.48	7.23	6.86		6.48	6.29	6.21	6.03	5.89	5.82	6.52			7.45	6.54	6.04
H1 lead leg	L	strides	24	17	17	17	17		18	18	18	18	18	22	204					
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)															CAA Hurdle Development (2019)					
date	17-Aug-19	time	6.98	11.70	16.58	21.56	26.80		32.32	38.08	43.84	49.84	55.92		62.37					
reaction time	0.241	interval		4.72	4.88	4.98	5.24		5.52	5.76	5.76	6.00	6.08	6.45				14.58	16.52	17.84
		velocity	6.45	7.42	7.17	7.03	6.68		6.34	6.08	6.08	5.83	5.76	6.20	6.41			7.20	6.36	5.89
H1 lead leg	R	strides	25	16	17	17	17		18	18	18	19	19	21.5	205.5					
Heat 3 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)															CAA Hurdle Development (2019)					
date	07-Apr-19	time	7.06	11.73	16.55	21.45	26.54		31.83	37.52	43.29	49.22	55.39		62.02					
reaction time	0.376	interval		4.67	4.82	4.90	5.09		5.29	5.69	5.77	5.93	6.17	6.63				14.39	16.07	17.87
		velocity	6.37	7.49	7.26	7.14	6.88		6.62	6.15	6.07	5.90	5.67	6.03	6.45			7.30	6.53	5.88
H1 lead leg	L	strides	24	17	17	17	17		18	18	18	19	19	22	206					
Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN)															Henson (2018) - coaching observations					
date	15-Sep-18	time	7.02	11.56	16.23	20.99	25.92		31.03	36.43	41.93	47.66	53.69		60.38					
reaction time		interval		4.54	4.67	4.76	4.93		5.11	5.40	5.50	5.73	6.03	6.69				13.97	15.44	17.26
		velocity	6.41	7.71	7.49	7.35	7.10		6.85	6.48	6.36	6.11	5.80	5.98	6.62			7.52	6.80	6.08
H1 lead leg	L	strides	25	17	17	17	17		17	18	18	18			164					
Lin Zixin (CHN) (2004)																				
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)															CAA Hurdle Development (2021)					
date	25-Apr-21	time	7.54	12.70	18.08	23.61									72.25					
reaction time	0.223	interval		5.16	5.38	5.53												16.07		
		velocity	5.97	6.78	6.51	6.33									5.54			6.53		
H1 lead leg	L	strides	24	17	17	17									75					
Lindley, Ashton (USA) (2002)																				
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															Henson (2021) - Athlete First: 2021 year end hurdle report					
date	26-Jun-21	time	6.54	11.04	15.65	20.32	25.15		30.26		40.83	46.21			58.04					
reaction time	0.288	interval		4.50	4.61	4.67	4.83		5.11		10.57	5.38						13.78		
		velocity	6.88	7.78	7.59	7.49	7.25		6.85		6.62	6.51			6.89			7.62		
H1 lead leg	L	strides		16	16	16	16					17			81					
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)															Henson (2021) - Athlete First: 2021 year end hurdle report					
date	12-Jun-21	time	6.57		15.40	19.97	24.73				39.97	45.13	50.50		56.74					
reaction time	0.213	interval			8.83	4.57	4.76				15.24	5.16	5.37	6.24	PB			13.40		
		velocity	6.85		7.93	7.66	7.35				6.89	6.78	6.52	6.41	7.05			7.84		
H1 lead leg	L	strides	23			16	16						17	17						

Ling Jiayu (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)																		
CAA Hurdle Development (2021)																		
date	26-Jun-21	time	6.96	11.53	16.26	21.07	26.02	31.16	36.70	42.57	48.60	54.70		61.28	2 / 6			
reaction time	0.186	interval		4.57	4.73	4.81	4.95	5.14	5.54	5.87	6.03	6.10	6.58			14.11	15.63	18.00
		velocity	6.47	7.66	7.40	7.28	7.07	6.81	6.32	5.96	5.80	5.74	6.08	6.53		7.44	6.72	5.83
H1 lead leg	R	strides	24	17	17	17	17	17	19	19	19	19	21	206				
Linkiewicz, Joanna (POL) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)																		
Henson (2020) - Athlete First: 2020 year end hurdle report																		
date	19-Aug-20	time	6.64	11.08	15.64	20.28	25.08	30.08	35.24	40.32	45.56			57.11	8 / 7			
reaction time	0.175	interval		4.44	4.56	4.64	4.80	5.00	5.16	5.08	5.24					13.64	14.96	
		velocity	6.78	7.88	7.68	7.54	7.29	7.00	6.78	6.89	6.68			7.00		7.70	7.02	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17			156				
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)		Henson (2020) - Athlete First: 2019 year end hurdle report																
date	02-Oct-19	time	6.48	10.72	15.04	19.56	24.24	29.04	33.96	38.92	44.00	49.24		55.38	9 / 6			
reaction time	0.166	interval		4.24	4.32	4.52	4.68	4.80	4.92	4.96	5.08	5.24	6.14			13.08	14.40	15.28
		velocity	6.94	8.25	8.10	7.74	7.48	7.29	7.11	7.06	6.89	6.68	6.51	7.22		8.03	7.29	6.87
H1 lead leg	L	strides	24	16	16	16	16	17	17	17		17	20.5	176.5				
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)		Hirokawa (2019) - research on athlete performance and technique- 2019 data book																
date	19-May-19	time	6.56	10.84	15.30	19.81	24.57	29.51	34.52	39.57	44.76	50.07		56.35	7 / 4			
reaction time	0.112	interval		4.28	4.46	4.51	4.76	4.94	5.01	5.05	5.19	5.31	6.28			13.25	14.71	15.55
		velocity	6.86	8.18	7.85	7.76	7.35	7.09	6.99	6.93	6.74	6.59	6.37	7.10		7.92	7.14	6.75
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	21	194				
FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)		Henson (2020) - Athlete First: 2018 year end hurdle report																
date	12-May-18	time	6.60	10.92	15.32	19.84	24.44	29.24	34.12	39.08	44.24	49.60		55.84	2 / 5			
reaction time	0.138	interval		4.32	4.40	4.52	4.60	4.80	4.88	4.96	5.16	5.36	6.24			13.24	14.28	15.48
		velocity	6.82	8.10	7.95	7.74	7.61	7.29	7.17	7.06	6.78	6.53	6.41	7.16		7.93	7.35	6.78
H1 lead leg	L	strides	25	16	16	16	16	17	17	17	17	18	175					
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)		Henson (2021) - Athlete First: 2016 year end hurdle report																
date	01-Sep-16	time	6.56	10.92	15.40	20.00	24.76	29.68	34.64	39.72	44.84			56.24	8 / 8			
reaction time	0.183	interval		4.36	4.48	4.60	4.76	4.92	4.96	5.08	5.12					13.44	14.64	
		velocity	6.86	8.03	7.81	7.61	7.35	7.11	7.06	6.89	6.84			7.11		7.81	7.17	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17			140				
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)		Henson (2020) - Athlete First: 2016 year end hurdle report																
date	05-Jun-16	time	6.67	11.03	15.47	20.00	24.73	29.63	34.43	39.43	44.40	49.47		55.41	8 / 6			
reaction time	0.165	interval		4.36	4.44	4.53	4.73	4.90	4.80	5.00	4.97	5.07	5.94			13.33	14.43	15.04
		velocity	6.75	8.03	7.88	7.73	7.40	7.14	7.29	7.00	7.04	6.90	6.73	7.22		7.88	7.28	6.98
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	173					
Linz, Christine (FRG) (1940)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)																		
Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973																		
date	28-Jul-73	time	7.2	12.7	18.2	23.9	29.5	35.6	41.6	47.7	54.6	61.2		68.3	1 / 8			
reaction time		interval		5.41	5.54	5.66	5.69	6.09	5.94	6.15	6.85	6.64	7.10			16.61	17.72	19.64
		velocity	6.22	6.47	6.32	6.18	6.15	5.75	5.89	5.69	5.11	5.27	5.63	5.86		6.32	5.93	5.35
H1 lead leg		strides	25	17	17	17	17	17	17	19	19	21	186					
Little, Shamier (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Memorial van damme (Brussels, BEL)																		
Omega Timing (2024) - diamond league race analysis																		
date	14-Sep-24	time	6.17	10.22	14.34	18.54	22.86	27.38	32.07	37.05	42.36	48.14		55.26	6 / 4			
reaction time	0.199	interval		4.05	4.12	4.20	4.32	4.52	4.69	4.98	5.31	5.78	7.12			12.37	13.53	16.07
		velocity	7.29	8.64	8.50	8.33	8.10	7.74	7.46	7.03	6.59	6.06	5.62	7.24		8.49	7.76	6.53
H1 lead leg	R	strides	23			15		15	15	16	16	17	20.7	137.7				
FINAL - 2024 Weltklasse (Zürich, SUI)		Omega Timing (2024) - diamond league race analysis																
date	05-Sep-24	time	6.12	10.15	14.28	18.43	22.67	27.04	31.64	36.51	41.66	47.09		54.07	5 / 3			
reaction time	0.174	interval		4.03	4.13	4.15	4.24	4.37	4.60	4.87	5.15	5.43	6.98			12.31	13.21	15.45
		velocity	7.35	8.68	8.47	8.43	8.25	8.01	7.61	7.19	6.80	6.45	5.73	7.40		8.53	7.95	6.80
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	17	20.2	182.2				
FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)		Omega Timing (2024) - diamond league race analysis																
date	30-Aug-24	time	6.28	10.45	14.68	19.12	23.65	28.25	32.91	37.71	42.76	48.01		54.15	8 / 3			
reaction time	0.234	interval		4.17	4.23	4.44	4.53	4.60	4.66	4.80	5.05	5.25	6.14			12.84	13.79	15.10
		velocity	7.17	8.39	8.27	7.88	7.73	7.61	7.51	7.29	6.93	6.67	6.51	7.39		8.18	7.61	6.95
H1 lead leg	R	strides	23	15	14	14	15	15	15	16	16	16	19	162				
FINAL - 2024 Athletissima (Lausanne, SUI)		Omega Timing (2024) - diamond league race analysis																
date	22-Aug-24	time	6.22	10.36	14.60	19.00	23.57	28.34	33.28	38.86	44.81	51.08		58.57	6 / 8			
reaction time	0.203	interval		4.14	4.24	4.40	4.57	4.77	4.94	5.58	5.95	6.27	7.49			12.78	14.28	17.80
		velocity	7.23	8.45	8.25	7.95	7.66	7.34	7.09	6.27	5.88	5.58	5.34	6.83		8.22	7.35	5.90
H1 lead leg	R	strides	23	15	15	15	15			17	18	18		136				

FINAL - 2024 London Athletics Meet (London, GBR)															<i>Omega Timing (2024) - diamond league race analysis</i>				
date	20-Jul-24	time	6.25	10.31	14.45	18.71	23.11		27.67	32.28	37.01	41.91	46.98		52.78	5 / 2			
reaction time	0.207	interval		4.06	4.14	4.26	4.40		4.56	4.61	4.73	4.90	5.07	5.80			12.46	13.57	14.70
		velocity	7.20	8.62	8.45	8.22	7.95		7.68	7.59	7.40	7.14	6.90	6.90	7.58		8.43	7.74	7.14
H1 lead leg	R	strides	23	15	15	15	15		15	15	15		19	147					
FINAL - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	30-Jun-24	time	6.32	10.41	14.63	18.94	23.37	25.30	27.79	32.39	37.20	42.28	47.21		52.98	7 / 4			
reaction time		interval		4.09	4.22	4.31	4.43		4.42	4.60	4.81	5.08	4.93	5.77			12.62	13.45	14.82
		velocity	7.12	8.56	8.29	8.12	7.90	7.91	7.92	7.61	7.28	6.89	7.10	6.93	7.55		8.32	7.81	7.09
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19.2	179.2				
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	29-Jun-24	time	6.34	10.42	14.63	19.00	23.45	25.42	27.87	32.51	37.41	42.72	47.77		53.49	7 / 1			
reaction time		interval		4.08	4.21	4.37	4.45		4.42	4.64	4.90	5.31	5.05	5.72			12.66	13.51	15.26
		velocity	7.10	8.58	8.31	8.01	7.87	7.87	7.92	7.54	7.14	6.59	6.93	6.99	7.48		8.29	7.77	6.88
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19	179				
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	27-Jun-24	time	6.31	10.44	14.77	19.36	23.95	25.99	28.58	33.40	38.49	43.69	48.76		54.93	5 / 1			
reaction time		interval		4.13	4.33	4.59	4.59		4.63	4.82	5.09	5.20	5.07	6.17			13.05	14.04	15.36
		velocity	7.13	8.47	8.08	7.63	7.63	7.70	7.56	7.26	6.88	6.73	6.90	6.48	7.28		8.05	7.48	6.84
H1 lead leg		strides																	
FINAL - 2023 Prefontaine Classic (Eugene, OR)															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	17-Sep-23	time	6.09	10.12	14.23	18.41	22.76		27.27	31.89	36.64	41.61	46.92		53.45	5 / 2			
reaction time	0.169	interval		4.03	4.11	4.18	4.35		4.51	4.62	4.75	4.97	5.31	6.53			12.32	13.48	15.03
		velocity	7.39	8.68	8.52	8.37	8.05		7.76	7.58	7.37	7.04	6.59	6.13	7.48		8.52	7.79	6.99
H1 lead leg	R	strides	23	15	15	14	14		15	15	15	16	16	20	178				
FINAL - 2023 Galà Dei Castelli (Bellinzona, ITA) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	04-Sep-23	time	6.44	10.64	14.92	23.48		27.96	32.56	37.28	42.32	47.52		53.64	5 / 2				
reaction time		interval		4.20	4.28	8.56		4.48	4.60	4.72	5.04	5.20	6.12						14.96
		velocity	6.99	8.33	8.18	8.18		7.81	7.61	7.42	6.94	6.73	6.54	7.46					7.02
H1 lead leg	R	strides	23	15	15			15	15	15	16	16	20	150					
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	24-Aug-23	time	6.24	10.41	14.58	18.68	23.02		27.46	31.96	36.64	41.54	46.81		52.80	5 / 2			
reaction time	0.181	interval		4.17	4.17	4.10	4.34		4.44	4.50	4.68	4.90	5.27	5.99			12.44	13.28	14.85
		velocity	7.21	8.39	8.39	8.54	8.06		7.88	7.78	7.48	7.14	6.64	6.68	7.58		8.44	7.91	7.07
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	20	164					
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	22-Aug-23	time	6.17	10.14	14.28	18.52	22.92		27.42	32.03	36.80	41.86	46.95		52.81	8 / 1			
reaction time	0.212	interval		3.97	4.14	4.24	4.40		4.50	4.61	4.77	5.06	5.09	5.86			12.35	13.51	14.92
		velocity	7.29	8.82	8.45	8.25	7.95		7.78	7.59	7.34	6.92	6.88	6.83	7.57		8.50	7.77	7.04
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19.2	179.2				
Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	21-Aug-23	time	6.17	10.33	14.50	18.70	23.13		27.73	32.46	37.37	42.63	48.13		54.40	4 / 2			
reaction time	0.215	interval		4.16	4.17	4.20	4.43		4.60	4.73	4.91	5.26	5.50	6.27			12.53	13.76	15.67
		velocity	7.29	8.41	8.39	8.33	7.90		7.61	7.40	7.13	6.65	6.36	6.38	7.35		8.38	7.63	6.70
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	17	19.2	180.2				
FINAL - 2023 London Athletics Meet (London, GBR)															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	23-Jul-23	time	6.20	10.29	14.44	18.70	23.07		27.69	32.46	37.30	42.52	47.80		53.76	4 / 3			
reaction time	0.174	interval		4.09	4.15	4.26	4.37		4.62	4.77	4.84	5.22	5.28	5.96			12.50	13.76	15.34
		velocity	7.26	8.56	8.43	8.22	8.01		7.58	7.34	7.23	6.70	6.63	6.71	7.44		8.40	7.63	6.84
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	20	180				
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	09-Jul-23	time	6.27	10.24	14.38	18.68	23.09		27.59	32.36	37.24	42.24	47.48		53.34	5 / 1			
reaction time		interval		3.97	4.14	4.30	4.41		4.50	4.77	4.88	5.00	5.24	5.86			12.41	13.68	15.12
		velocity	7.18	8.82	8.45	8.14	7.94		7.78	7.34	7.17	7.00	6.68	6.83	7.50		8.46	7.68	6.94
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	20.2	182.2					
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	02-Jun-23	time	6.18	10.35	14.66	19.04	23.50		27.98	32.62	37.36	42.21	47.30		53.38	4 / 2			
reaction time	0.153	interval		4.17	4.31	4.38	4.46		4.48	4.64	4.74	4.85	5.09	6.08			12.86	13.58	14.68
		velocity	7.28	8.39	8.12	7.99	7.85		7.81	7.54	7.38	7.22	6.88	6.58	7.49		8.16	7.73	7.15
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	19.2	178.2					
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	28-May-23	time	6.18	10.20	14.39	18.71	23.17		27.77	32.73	37.51	42.57	47.93		53.95	4 / 1			
reaction time	0.183	interval		4.02	4.19	4.32	4.46		4.60	4.96	4.78	5.06	5.36	6.02			12.53	14.02	15.20
		velocity	7.28	8.71	8.35	8.10	7.85		7.61	7.06	7.32	6.92	6.53	6.64	7.41		8.38	7.49	6.91
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	19.5	178.5					

FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	22-Jul-22	time	6.33	10.53	14.73	19.17	23.68	25.52	32.96	37.67	42.60	47.77	53.76	3 / 4						
reaction time	0.147	interval		4.20	4.20	4.44	4.51		9.28	4.71	4.93	5.17	5.99			12.84	13.79	14.81		
		velocity	7.11	8.33	8.33	7.88	7.76	7.84	7.54	7.43	7.10	6.77	6.68	7.44		8.18	7.61	7.09		
H1 lead leg	R	strides	22	15	15	15	15			15	15	16	128							
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	20-Jul-22	time	6.17	10.26	14.53	18.80	23.33	25.43	27.93	32.73	37.60	42.63	47.77	53.61	6 / 2					
reaction time	0.178	interval		4.09	4.27	4.27	4.53		4.60	4.80	4.87	5.03	5.14	5.84		12.63	13.93	15.04		
		velocity	7.29	8.56	8.20	8.20	7.73	7.86	7.61	7.29	7.19	6.96	6.81	6.85	7.46	8.31	7.54	6.98		
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19.2	179.2					
Heat 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	19-Jul-22	time	6.33	10.43	14.63	18.97	23.50	25.53	28.17	38.03	43.27	48.63	54.77	8 / 2						
reaction time	0.165	interval		4.10	4.20	4.34	4.53		4.67	9.86	5.24	5.36	6.14		12.64					
		velocity	7.11	8.54	8.33	8.06	7.73	7.83	7.49	7.10	6.68	6.53	6.51	7.30	8.31					
H1 lead leg	R	strides	23	15	15	15	15		15		16	16	19	149						
FINAL - 2022 USATF National Championships (Eugene, OR)														<i>USATF (2022) - Results powered by Karmarush</i>						
date	25-Jun-22	time	6.31	10.37	14.55	18.94	23.44	25.44	28.03	32.56	37.27	42.29	47.61	53.94	53.92	8 / 3				
reaction time		interval		4.06	4.18	4.39	4.50		4.59	4.53	4.71	5.02	5.32	6.31		12.63	13.62	15.05		
		velocity	7.13	8.62	8.37	7.97	7.78	7.86	7.63	7.73	7.43	6.97	6.58	6.34	7.42	8.31	7.71	6.98		
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	144							
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	24-Jun-22	time	6.50	10.70	15.10	19.66	24.36	26.35	29.16	34.20	39.33	44.46	49.73	55.60	7 / 3					
reaction time		interval		4.20	4.40	4.56	4.70		4.80	5.04	5.13	5.13	5.27	5.87		13.16	14.54	15.53		
		velocity	6.92	8.33	7.95	7.68	7.45	7.59	7.29	6.94	6.82	6.82	6.64	6.81	7.19	7.98	7.22	6.76		
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	20	182					
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	09-Sep-21	time	6.20	10.28		18.84	23.28	25.1	27.80	32.48	37.24	42.24	47.36	53.35	3 / 2					
reaction time	0.165	interval		4.08		8.56	4.44		4.52	4.68	4.76	5.00	5.12	5.99		12.64	13.64	14.88		
		velocity	7.26	8.58		8.18	7.88	7.97	7.74	7.48	7.35	7.00	6.84	6.68	7.50	8.31	7.70	7.06		
H1 lead leg	R	strides	22	15		15			15	15	16	16	16	20	150					
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	28-Aug-21	time	6.27	10.63	15.22	19.75	24.32		28.98	33.85	38.90	44.37	50.10	57.18	5 / 8					
reaction time	0.222	interval		4.36	4.59	4.53	4.57		4.66	4.87	5.05	5.47	5.73	7.08		13.48	14.10	16.25		
		velocity	7.18	8.03	7.63	7.73	7.66		7.51	7.19	6.93	6.40	6.11	5.65	7.00	7.79	7.45	6.46		
H1 lead leg	R	strides	23	16	16	15	15		16	16	16	17	17	20.2	187.2					
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	26-Aug-21	time	6.20	10.24	14.40			27.76	32.52	37.32	42.28	47.48	53.78	3 / 2						
reaction time	0.202	interval		4.04	4.16			13.36	4.76	4.80	4.96	5.20	6.30						14.96	
		velocity	7.26	8.66	8.41			7.86	7.35	7.29	7.06	6.73	6.35	7.44					7.02	
H1 lead leg	R	strides	23	15	15				16	16	16	17	20	138						
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	21-Aug-21	time	6.28	10.40	14.60	18.88	23.46	25.4	28.20	33.10	37.96	42.88	47.88	53.79	6 / 2					
reaction time	0.190	interval		4.12	4.20	4.28	4.58		4.74	4.90	4.86	4.92	5.00	5.91		12.60	14.22	14.78		
		velocity	7.17	8.50	8.33	8.18	7.64	7.87	7.38	7.14	7.20	7.11	7.00	6.77	7.44	8.33	7.38	7.10		
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	17	16	19	184					
FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	13-Jul-21	time	6.40	10.56	14.82	19.16	23.58	25.5	28.12	32.92	37.90	43.10	48.38	54.53	4 / 2					
reaction time	0.214	interval		4.16	4.26	4.34	4.42		4.54	4.80	4.98	5.20	5.28	6.15		12.76	13.76	15.46		
		velocity	7.03	8.41	8.22	8.06	7.92	7.84	7.71	7.29	7.03	6.73	6.63	6.50	7.34	8.23	7.63	6.79		
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	17	19	182					
FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	06-Jul-21	time	6.40	10.58	14.78	19.04	23.39		27.83	32.42	37.23	42.12	47.21	52.85	6 / 2					
reaction time	0.339	interval		4.18	4.20	4.26	4.35		4.44	4.59	4.81	4.89	5.09	5.64		12.64	13.38	14.79		
		velocity	7.03	8.37	8.33	8.22	8.05		7.88	7.63	7.28	7.16	6.88	7.09	7.57	8.31	7.85	7.10		
H1 lead leg	R	strides	22	15	15	15	15		15		16	16	16	19.5	164.5					
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	04-Jul-21	time	6.18	10.28	14.42	18.78	23.28	25.2	27.72	32.26	36.92	41.72	46.72	52.39	6 / 2					
reaction time	0.200	interval		4.10	4.14	4.36	4.50		4.44	4.54	4.66	4.80	5.00	5.67	PB	12.60	13.48	14.46		
		velocity	7.28	8.54	8.45	8.03	7.78	7.94	7.88	7.71	7.51	7.29	7.00	7.05	7.64	8.33	7.79	7.26		
H1 lead leg	R	strides		15	15	15	15		15	15	15	16	16	19.7	156.7					
FINAL - 2020 USA Olympic Trials (Eugene, OR)														<i>Athlete Tracking (2021) - Women's 400mH - Unofficial Split Times</i>						
date	27-Jun-21	time	6.20	10.22	14.38	18.59	22.96	24.93	27.52	32.27	36.99	42.50	47.69	53.85	5 / 4					
reaction time	0.213	interval		4.02	4.16	4.21	4.37		4.56	4.75	4.72	5.51	5.19	6.16		12.39	13.68	15.42		
		velocity	7.26	8.71	8.41	8.31	8.01	8.02	7.68	7.37	7.42	6.35	6.74	6.49	7.43	8.47	7.68	6.81		

H1 lead leg	R	strides	15	15	15	15	16	16	15	18	17	142						
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	26-Jun-21	time	6.37	10.54	14.86	19.25	23.75	28.43	33.23	38.10	43.01	48.01	53.71	5 / 1				
reaction time	0.222	interval	4.17	4.32	4.39	4.50	4.68	4.80	4.87	4.91	5.00	5.70			12.88	13.98	14.78	
		velocity	7.06	8.39	8.10	7.97	7.78	7.48	7.29	7.19	7.13	7.00	7.02	7.45	8.15	7.51	7.10	
H1 lead leg	R	strides	15	15	15	15	16	16	16	16	16	19	159					
Heat 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	25-Jun-21	time	6.53	10.80	15.16	19.66	24.30	29.06	33.93	38.76	43.86	49.10	55.22	7 / 1				
reaction time	0.301	interval	4.27	4.36	4.50	4.64	4.76	4.87	4.83	5.10	5.24	6.12			13.13	14.27	15.17	
		velocity	6.89	8.20	8.03	7.78	7.54	7.35	7.19	7.25	6.86	6.68	6.54	7.24	8.00	7.36	6.92	
H1 lead leg	R	strides	23	15	15	15	16	16	16	16	16	19	183					
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	29-Aug-19	time	6.18	10.40	18.96	23.38	25.3	27.92	32.68	42.56	47.74	53.86	2 / 2					
reaction time	0.202	interval	4.22	4.22	4.56	4.42	4.54	4.76	4.76	9.88	5.18	6.12			12.78	13.72	15.06	
		velocity	7.28	8.29	8.18	7.92	7.91	7.71	7.35	7.09	6.76	6.54	7.43	8.22	7.65	6.97		
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	20	118						
FINAL - 2019 USATF National Championships (Des Moines, IA) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	28-Jul-19	time	6.15	10.11	14.28	18.45	22.78	27.36	32.13	37.07	42.10	47.34	53.91	5 / 4				
reaction time	0.198	interval	3.96	4.17	4.17	4.33	4.58	4.77	4.94	5.03	5.24	6.57			12.30	13.68	15.21	
		velocity	7.32	8.84	8.39	8.39	8.08	7.64	7.34	7.09	6.96	6.68	6.09	7.42	8.54	7.68	6.90	
H1 lead leg	L	strides	23	14	14	14	14	15	16	16	16	17	21	180				
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	05-Jul-19	time	6.12	10.24	14.50	18.88	23.32	25.3	27.90	32.74	37.72	42.80	48.00	53.73	5 / 1			
reaction time	0.223	interval	4.12	4.26	4.38	4.44	4.58	4.84	4.98	5.08	5.20	5.73			12.76	13.86	15.26	
		velocity	7.35	8.50	8.22	7.99	7.88	7.91	7.64	7.23	7.03	6.89	6.73	6.98	8.23	7.58	6.88	
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	17	19.7	182.7				
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	13-Jun-19	time	6.32	10.42	14.62	18.88	23.38	25.3	28.06	32.90	37.86	43.10	48.50	54.92	6 / 3			
reaction time	0.273	interval	4.10	4.20	4.26	4.50	4.68	4.84	4.96	5.24	5.40	6.42			12.56	14.02	15.60	
		velocity	7.12	8.54	8.33	8.22	7.78	7.91	7.48	7.23	7.06	6.68	6.48	6.23	7.28	8.36	7.49	6.73
H1 lead leg	R	strides	24	15	15	15	15	16	16	16	17	17	20	186				
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	06-Jun-19	time	6.28	10.44	14.72	19.12	23.64	28.32	33.08	38.04	43.12	48.30	54.40	4 / 2				
reaction time	0.215	interval	4.16	4.28	4.40	4.52	4.68	4.76	4.96	5.08	5.18	6.10			12.84	13.96	15.22	
		velocity	7.17	8.41	8.18	7.95	7.74	7.48	7.35	7.06	6.89	6.76	6.56	7.35	8.18	7.52	6.90	
H1 lead leg	R	strides	24	15	15	15	15	16	16	16	16	16	20	184				
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)													<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>					
date	09-Sep-18	time	6.28	10.52	14.88	19.32	23.84	28.36	33.00	37.84	42.80	47.88	53.86	5 / 2				
reaction time	0.223	interval	4.24	4.36	4.44	4.52	4.52	4.64	4.84	4.96	5.08	5.98			13.04	13.68	14.88	
		velocity	7.17	8.25	8.03	7.88	7.74	7.74	7.54	7.23	7.06	6.89	6.69	7.43	8.05	7.68	7.06	
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	15	16	19.2	178.2				
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	30-Aug-18	time	6.24	10.44	14.75	19.20	23.64	25.6	28.24	32.96	37.84	42.88	48.08	54.21	3 / 2			
reaction time	0.213	interval	4.20	4.31	4.45	4.44	4.60	4.72	4.88	5.04	5.20	6.13			12.96	13.76	15.12	
		velocity	7.21	8.33	8.12	7.87	7.88	7.81	7.61	7.42	7.17	6.94	6.73	6.53	7.38	8.10	7.63	6.94
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	17	20	182				
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	21-Jul-18	time	6.32	10.60	14.92	19.32	23.92	28.52	33.36	38.24	43.24	48.24	53.95	5 / 1				
reaction time	0.143	interval	4.28	4.32	4.40	4.60	4.60	4.84	4.88	5.00	5.00	5.71			13.00	14.04	14.88	
		velocity	7.12	8.18	8.10	7.95	7.61	7.61	7.23	7.17	7.00	7.00	7.01	7.41	8.08	7.48	7.06	
H1 lead leg	L	strides	23	15	14	15	15	15	16	16	16	16	19.5	180.5				
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	05-Jul-18	time	6.16	10.36	14.68	19.04	23.48	28.04	32.72	37.52	42.44	47.48	53.41	4 / 1				
reaction time	0.188	interval	4.20	4.32	4.36	4.44	4.56	4.68	4.80	4.92	5.04	5.93			12.88	13.68	14.76	
		velocity	7.31	8.33	8.10	8.03	7.88	7.68	7.48	7.29	7.11	6.94	6.75	7.49	8.15	7.68	7.11	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	20	181				
FINAL - 2018 USATF National Championships (Des Moines, IA) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	24-Jun-18	time	6.30	10.51	14.78	19.15	23.55	28.09	32.66	37.40	42.31	47.54	53.61	5 / 1				
reaction time		interval	4.21	4.27	4.37	4.40	4.54	4.57	4.74	4.91	5.23	6.07			12.85	13.51	14.88	
		velocity	7.14	8.31	8.20	8.01	7.95	7.71	7.66	7.38	7.13	6.69	6.59	7.46	8.17	7.77	7.06	
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	20	180				
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	07-Jun-18	time	6.20	10.28	14.52	18.88	23.36	25.3	27.88	32.56	37.48	42.48	47.68	53.94	4 / 2			
reaction time	0.200	interval	4.08	4.24	4.36	4.48	4.52	4.68	4.92	5.00	5.20	6.26			12.68	13.68	15.12	

H1 lead leg	R	velocity	7.26	8.58	8.25	8.03	7.81	7.91	7.74	7.48	7.11	7.00	6.73	6.39	7.42	8.28	7.68	6.94	
		strides	23	15	15	15	15		15	15	16	16	16	20	181				
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	26-May-18	time	6.44	10.52	14.64	18.88	23.28		27.88	32.68	37.72	43.12	48.72		55.23	2 / 5			
reaction time	0.249	interval		4.08	4.12	4.24	4.40		4.60	4.80	5.04	5.40	5.60	6.51			12.44	13.80	16.04
		velocity	6.99	8.58	8.50	8.25	7.95		7.61	7.29	6.94	6.48	6.25	6.14	7.24		8.44	7.61	6.55
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20	184				
FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>				
date	20-Aug-17	time	6.48	10.64	14.88	19.20	23.76		28.56	33.56	38.80	44.32	50.24		57.42	3 / 6			
reaction time	0.220	interval		4.16	4.24	4.32	4.56		4.80	5.00	5.24	5.52	5.92	7.18			12.72	14.36	16.68
		velocity	6.94	8.41	8.25	8.10	7.68		7.29	7.00	6.68	6.34	5.91	5.57	6.97		8.25	7.31	6.29
H1 lead leg	R	strides	24	15	15	15	15		16	16	16	17	18	167					
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	21-Jul-17	time	6.32	10.40		19.00	23.44		32.60	37.52	42.60	47.84		54.02	4 / 2				
reaction time	0.243	interval		4.08		8.60	4.44		9.16	4.92	5.08	5.24	6.18				12.68	13.60	15.24
		velocity	7.12	8.58		8.14	7.88		7.64	7.11	6.89	6.68	6.47	7.40			8.28	7.72	6.89
H1 lead leg	R	strides	24	15		15				16	16	16	19.5	121.5					
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)															<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>				
date	06-Jul-17	time	6.48	10.80	15.24	19.64	24.12		28.72	33.36	38.16	43.28	48.64		55.10	4 / 6			
reaction time	0.230	interval		4.32	4.44	4.40	4.48		4.60	4.64	4.80	5.12	5.36	6.46			13.16	13.72	15.28
		velocity	6.94	8.10	7.88	7.95	7.81		7.61	7.54	7.29	6.84	6.53	6.19	7.26		7.98	7.65	6.87
H1 lead leg	R	strides	24	15	15	15	15		15	15	15	16	16	20	181				
FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)															<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>				
date	25-Jun-17	time	6.34		14.51				27.36	31.96	36.77	41.84	46.94		52.75	4 / 2			
reaction time	0.186	interval			8.17				12.85	4.60	4.81	5.07	5.10	5.81	PB			14.98	
		velocity	7.10		8.57				8.17	7.61	7.28	6.90	6.86	6.88	7.58			7.01	
H1 lead leg	R	strides	24							15	16	16	16	19.5	106.5				
FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	27-May-17	time	6.40	10.46	14.66	19.03	23.50		27.93	32.66	37.50	42.53	47.60		53.44	1 / 2			
reaction time	0.236	interval		4.06	4.20	4.37	4.47		4.43	4.73	4.84	5.03	5.07	5.84	PB		12.63	13.63	14.94
		velocity	7.03	8.62	8.33	8.01	7.83		7.90	7.40	7.23	6.96	6.90	6.85	7.49		8.31	7.70	7.03
H1 lead leg	R	strides	24	15	15	15	15		15	15	16	16	16	19.5	181.5				
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)															<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	01-Sep-16	time	6.32	10.44	14.68	19.00	23.36		27.88	32.48	37.36	42.44	47.80		53.97	3 / 1			
reaction time	0.215	interval		4.12	4.24	4.32	4.36		4.52	4.60	4.88	5.08	5.36	6.17			12.68	13.48	15.32
		velocity	7.12	8.50	8.25	8.10	8.03		7.74	7.61	7.17	6.89	6.53	6.48	7.41		8.28	7.79	6.85
H1 lead leg	R	strides	23	15	15		15		15	15	16	16	17	20	167				
FINAL - 2016 Athletissima (Laussane, SUI) (TV Analysis)															<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	25-Aug-16	time	6.40	10.60	14.92	19.32	23.80		28.48	33.36	38.28	43.52	49.04		55.20	4 / 5			
reaction time	0.249	interval		4.20	4.32	4.40	4.48		4.68	4.88	4.92	5.24	5.52	6.16			12.92	14.04	15.68
		velocity	7.03	8.33	8.10	7.95	7.81		7.48	7.17	7.11	6.68	6.34	6.49	7.25		8.13	7.48	6.70
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17	17	20	185				
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	22-Jul-16	time	6.33	10.50	14.66	18.90	23.36		27.93	32.73	37.56	42.53	48.16		55.01	5 / 6			
reaction time	0.263	interval		4.17	4.16	4.24	4.46		4.57	4.80	4.83	4.97	5.63	6.85			12.57	13.83	15.43
		velocity	7.11	8.39	8.41	8.25	7.85		7.66	7.29	7.25	7.04	6.22	5.84	7.27		8.35	7.59	6.80
H1 lead leg	R	strides	23	16	16	16	16		16	16	17	17	20.5	190.5					
FINAL - 2016 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)															<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	15-Jul-16	time	6.33	10.43	14.80	19.27	23.77		28.60	33.47	38.57	43.93	49.40		55.73	5 / 6			
reaction time	0.183	interval		4.10	4.37	4.47	4.50		4.83	4.87	5.10	5.36	5.47	6.33			12.94	14.20	15.93
		velocity	7.11	8.54	8.01	7.83	7.78		7.25	7.19	6.86	6.53	6.40	6.32	7.18		8.11	7.39	6.59
H1 lead leg	L	strides	24	15	15	15	15		16	16	16	17	17	20	186				
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)															<i>Henson (2021) - Athlete First: major championships report</i>				
date	26-Aug-15	time	6.40	10.56	14.76	19.12	23.56		32.72	37.64	42.68	47.96		53.94	2 / 2				
reaction time	0.227	interval		4.16	4.20	4.36	4.44		9.16	4.92	5.04	5.28	5.98				12.72	13.60	15.24
		velocity	7.03	8.41	8.33	8.03	7.88		7.64	7.11	6.94	6.63	6.69	7.42			8.25	7.72	6.89
H1 lead leg	R	strides		15		15	15				16	16	17	20	114				
Liu Hongjuan (CHN) (1996)																			
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)															<i>CAA Hurdle Development (2021)</i>				
date	26-Jun-21	time	6.94	11.56	16.26	21.24	26.32		31.70	37.32	43.04	48.97	55.07		62.11	4 / 7			
reaction time	0.250	interval		4.62	4.70	4.98	5.08		5.38	5.62	5.72	5.93	6.10	7.04			14.30	16.08	17.75
		velocity	6.48	7.58	7.45	7.03	6.89		6.51	6.23	6.12	5.90	5.74	5.68	6.44		7.34	6.53	5.92
H1 lead leg	L	strides	23	16	16	16	16		17	18	18	19	19	22.2	200.2				
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)															<i>CAA Hurdle Development (2021)</i>				

date	25-Apr-21	time	6.66	11.18	15.82	20.68	25.68	30.94	36.40	41.90	47.74	53.58	60.33	7 / 5				
reaction time	0.240	interval		4.52	4.64	4.86	5.00	5.26	5.46	5.50	5.84	5.84	6.75		14.02	15.72	17.18	
		velocity	6.76	7.74	7.54	7.20	7.00	6.65	6.41	6.36	5.99	5.99	5.93	6.63	7.49	6.68	6.11	
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	18	22	196				
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)														<i>CAA Hurdle Development (2021)</i>				
date	25-Apr-21	time	6.82	11.36	16.00	20.82	25.78	31.05	36.44	42.04	47.78	53.75	60.54	7 / 2				
reaction time	0.249	interval		4.54	4.64	4.82	4.96	5.27	5.39	5.60	5.74	5.97	6.79		14.00	15.62	17.31	
		velocity	6.60	7.71	7.54	7.26	7.06	6.64	6.49	6.25	6.10	5.86	5.89	6.61	7.50	6.72	6.07	
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	19	22	197				
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)														<i>CAA Hurdle Development (2019)</i>				
date	22-Aug-19	time	7.10	11.78	16.54	21.52	26.71	32.28	37.95	43.96	50.03	56.19	63.27	8 / 5				
reaction time	0.284	interval		4.68	4.76	4.98	5.19	5.57	5.67	6.01	6.07	6.16	7.08		14.42	16.43	18.24	
		velocity	6.34	7.48	7.35	7.03	6.74	6.28	6.17	5.82	5.77	5.68	5.65	6.32	7.28	6.39	5.76	
H1 lead leg	L	strides	23	16	16	16	16	18	18	19	19	19	22.2	202.2				
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)														<i>CAA Hurdle Development (2019)</i>				
date	03-Aug-19	time	7.02	11.78	16.57	21.44	26.46	31.68	37.02	42.61	48.28	54.20	61.02	3 / 8				
reaction time	0.251	interval		4.76	4.79	4.87	5.02	5.22	5.34	5.59	5.67	5.92	6.82		14.42	15.58	17.18	
		velocity	6.41	7.35	7.31	7.19	6.97	6.70	6.55	6.26	6.17	5.91	5.87	6.56	7.28	6.74	6.11	
H1 lead leg	L	strides	23	16	16	16	16	17	17	18	18	19	22.2	198.2				
Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)														<i>CAA Hurdle Development (2019)</i>				
date	03-Aug-19	time	7.09	11.84	16.70	21.70	26.83	32.22	37.74	43.24	49.02	54.87	61.69	4 / 1				
reaction time	0.228	interval		4.75	4.86	5.00	5.13	5.39	5.52	5.50	5.78	5.85	6.82		14.61	16.04	17.13	
		velocity	6.35	7.37	7.20	7.00	6.82	6.49	6.34	6.36	6.06	5.98	5.87	6.48	7.19	6.55	6.13	
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	18	21.2	195.2				
Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)														<i>CAA Hurdle Development (2019)</i>				
date	09-Jul-19	time	6.94	11.58	16.25	21.10	26.04	31.21	36.48	41.89	47.71	53.58	60.57	3 / 4				
reaction time	0.291	interval		4.64	4.67	4.85	4.94	5.17	5.27	5.41	5.82	5.87	6.99		14.16	15.38	17.10	
		velocity	6.48	7.54	7.49	7.22	7.09	6.77	6.64	6.47	6.01	5.96	5.72	6.60	7.42	6.83	6.14	
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	18	22.5	196.5				
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)														<i>CAA Hurdle Development (2019)</i>				
date	12-Apr-19	time	6.98	11.57	16.34	21.30	26.32	31.58	37.18	42.92	48.72	54.62	61.30	5 / 6				
reaction time	0.265	interval		4.59	4.77	4.96	5.02	5.26	5.60	5.74	5.80	5.90	6.68		14.32	15.88	17.44	
		velocity	6.45	7.63	7.34	7.06	6.97	6.65	6.25	6.10	6.03	5.93	5.99	6.53	7.33	6.61	6.02	
H1 lead leg	L	strides	23	16	16	16	16	17	18	18	19	19	22.2	200.2				
Heat 3 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)														<i>CAA Hurdle Development (2019)</i>				
date	12-Apr-19	time	6.86	11.43	16.19	21.10	26.06	31.30	36.57	42.04	47.69	53.48	60.19	7 / 2				
reaction time	0.227	interval		4.57	4.76	4.91	4.96	5.24	5.27	5.47	5.65	5.79	6.71		14.24	15.47	16.91	
		velocity	6.56	7.66	7.35	7.13	7.06	6.68	6.64	6.40	6.19	6.04	5.96	6.65	7.37	6.79	6.21	
H1 lead leg	L	strides	23	16	16	16	16	17	17	18	19	19	22.5	199.5				
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														<i>CAA Hurdle Development (2019)</i>				
date	08-Apr-19	time	6.88	11.40	15.96	20.76	25.64	30.82	36.06	41.54	47.12	52.92	59.65	4 / 3				
reaction time	0.250	interval		4.52	4.56	4.80	4.88	5.18	5.24	5.48	5.58	5.80	6.73		13.88	15.30	16.86	
		velocity	6.54	7.74	7.68	7.29	7.17	6.76	6.68	6.39	6.27	6.03	5.94	6.71	7.56	6.86	6.23	
H1 lead leg	L	strides	23	16	16	16	16	17	17	18	18	19	22.5	198.5				
Heat 5 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														<i>CAA Hurdle Development (2019)</i>				
date	07-Apr-19	time	6.99	11.63	16.35	21.25	26.13	31.35	36.78	42.37	48.15	53.99	60.55	7 / 1				
reaction time	0.278	interval		4.64	4.72	4.90	4.88	5.22	5.43	5.59	5.78	5.84	6.56		14.26	15.53	17.21	
		velocity	6.44	7.54	7.42	7.14	7.17	6.70	6.45	6.26	6.06	5.99	6.10	6.61	7.36	6.76	6.10	
H1 lead leg	L	strides	23	16	16	16	16	17	18	18	19	19	22.5	200.5				
Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)														<i>Henson (2018) - coaching observations</i>				
date	15-Sep-18	time	7.06	11.61	16.25	21.07	26.01	31.20	36.72	42.36	48.27	54.57	61.85	3 / 6				
reaction time		interval		4.55	4.64	4.82	4.94	5.19	5.52	5.64	5.91	6.30	7.28		14.01	15.65	17.85	
		velocity	6.37	7.69	7.54	7.26	7.09	6.74	6.34	6.21	5.92	5.56	5.49	6.47	7.49	6.71	5.88	
H1 lead leg	L	strides	23	16	16	16	16	17	18	18	19	20	23	202				
Liu Wei (CHN) (2001)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)														<i>CAA Hurdle Development (2021)</i>				
date	26-Jun-21	time	7.21	12.00	16.93	21.97	27.08	32.35	37.59	43.06	48.53	54.15	60.62	2 / 6				
reaction time	0.343	interval		4.79	4.93	5.04	5.11	5.27	5.24	5.47	5.47	5.62	6.47		14.76	15.62	16.56	
		velocity	6.24	7.31	7.10	6.94	6.85	6.64	6.68	6.40	6.40	6.23	6.18	6.60	7.11	6.72	6.34	
H1 lead leg	L	strides	23	17	17	17	17	17	17	17	18	18	21.2	199.2				
FINAL - 2021 National Grand Prix (Chengdu, CHN)														<i>CAA Hurdle Development (2021)</i>				
date	02-Apr-21	time	7.13	11.83	16.56	21.36	26.31	31.29	36.54	42.10	47.93	53.95	61.31	5 / 2				
reaction time	0.298	interval		4.70	4.73	4.80	4.95	4.98	5.25	5.56	5.83	6.02	7.36		14.23	15.18	17.41	
		velocity	6.31	7.45	7.40	7.29	7.07	7.03	6.67	6.29	6.00	5.81	5.43	6.52	7.38	6.92	6.03	
H1 lead leg	L	strides	24	17	17	17	17	17	18	19	19	19	24	208				

Liu Xin (CHN) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)																		
CAA Hurdle Development (2021)																		
date	26-Jun-21	time	7.11	11.71	16.52	21.45	26.51	31.91	37.49	43.21	49.20	55.39		62.59	4 / 7			
reaction time	0.255	interval		4.60	4.81	4.93	5.06	5.40	5.58	5.72	5.99	6.19	7.20			14.34	16.04	17.90
		velocity	6.33	7.61	7.28	7.10	6.92	6.48	6.27	6.12	5.84	5.65	5.56	6.39		7.32	6.55	5.87
H1 lead leg	L	strides	25	17	17	17	17	18	19	19	20	20	23.5	212.5				
FINAL - 2019 Chinese National Championships (Shenyang, CHN)																		
CAA Hurdle Development (2019)																		
date	10-Jul-19	time	7.20	11.86	16.82	21.95	27.32	33.01	38.72	44.56				64.88	8 / 8			
reaction time	0.428	interval		4.66	4.96	5.13	5.37	5.69	5.71	5.84						14.75	16.77	
		velocity	6.25	7.51	7.06	6.82	6.52	6.15	6.13	5.99				6.17		7.12	6.26	
H1 lead leg	L	strides	25	17	17	17	18	18	19	19				150				
Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)																		
CAA Hurdle Development (2019)																		
date	09-Jul-19	time	7.19	11.78	16.40	21.12	25.92	30.93	36.07	41.39	46.96	52.75		59.86	7 / 2			
reaction time	0.281	interval		4.59	4.62	4.72	4.80	5.01	5.14	5.32	5.57	5.79	7.11			13.93	14.95	16.68
		velocity	6.26	7.63	7.58	7.42	7.29	6.99	6.81	6.58	6.28	6.04	5.63	6.68		7.54	7.02	6.29
H1 lead leg	L	strides	25	17	17	17	17	18	18	19	19	19	24	210				
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																		
CAA Hurdle Development (2019)																		
date	12-Apr-19	time	7.42	12.22	16.96	21.76	26.76	31.98	37.32	42.86	48.62	54.40		60.97	2 / 3			
reaction time	0.355	interval		4.80	4.74	4.80	5.00	5.22	5.34	5.54	5.76	5.78	6.57			14.34	15.56	17.08
		velocity	6.06	7.29	7.38	7.29	7.00	6.70	6.55	6.32	6.08	6.06	6.09	6.56		7.32	6.75	6.15
H1 lead leg	L	strides	25	17	17	17	17	18	18	19	19	19	23.5	209.5				
Heat 5 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																		
CAA Hurdle Development (2019)																		
date	12-Apr-19	time	7.09	11.71	16.55	21.52	26.72	32.25	37.77	43.36	49.20	55.07		61.85	8 / 2			
reaction time	0.310	interval		4.62	4.84	4.97	5.20	5.53	5.52	5.59	5.84	5.87	6.78			14.43	16.25	17.30
		velocity	6.35	7.58	7.23	7.04	6.73	6.33	6.34	6.26	5.99	5.96	5.90	6.47		7.28	6.46	6.07
H1 lead leg	L	strides	25	17	17	17	18	19	19	19	20	20	24	215				
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																		
CAA Hurdle Development (2019)																		
date	08-Apr-19	time	7.16	11.85	16.68	21.53	26.66	32.06	37.48	43.04	48.78	54.65		61.71	8 / 6			
reaction time	0.269	interval		4.69	4.83	4.85	5.13	5.40	5.42	5.56	5.74	5.87	7.06			14.37	15.95	17.17
		velocity	6.28	7.46	7.25	7.22	6.82	6.48	6.46	6.29	6.10	5.96	5.67	6.48		7.31	6.58	6.12
H1 lead leg	L	strides	25	17	17	17	18	18	19	19	19	20	24	213				
Heat 5 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																		
CAA Hurdle Development (2019)																		
date	07-Apr-19	time	7.14	11.86	16.75	21.62	26.63	31.75	37.00	42.49	48.13	54.00		60.80	6 / 2			
reaction time	0.247	interval		4.72	4.89	4.87	5.01	5.12	5.25	5.49	5.64	5.87	6.80			14.48	15.38	17.00
		velocity	6.30	7.42	7.16	7.19	6.99	6.84	6.67	6.38	6.21	5.96	5.88	6.58		7.25	6.83	6.18
H1 lead leg	L	strides	24	17	17	17	17	18	18	19	19	20	24	210				
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)																		
Henson (2018) - coaching observations																		
date	16-Sep-18	time	7.11	11.72	16.48	21.30	26.21	31.18	36.42	41.94	47.54	53.34		59.80	1 / 5			
reaction time		interval		4.61	4.76	4.82	4.91	4.97	5.24	5.52	5.60	5.80	6.46			14.19	15.12	16.92
		velocity	6.33	7.59	7.35	7.26	7.13	7.04	6.68	6.34	6.25	6.03	6.19	6.69		7.40	6.94	6.21
H1 lead leg	L	strides	25	17	17	17	17	17	18	19	19	20	23.5	209.5				
Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN)																		
Henson (2018) - coaching observations																		
date	15-Sep-18	time	7.04	11.58	16.16	20.90	25.76	30.83	36.07	41.41	46.98	52.67		59.18	3 / 3			
reaction time		interval		4.54	4.58	4.74	4.86	5.07	5.24	5.34	5.57	5.69	6.51			13.86	15.17	16.60
		velocity	6.39	7.71	7.64	7.38	7.20	6.90	6.68	6.55	6.28	6.15	6.14	6.76		7.58	6.92	6.33
H1 lead leg	L	strides	25	17	17	17	17	17	18	18	19	19	25.3	209.3				
Losch, Susanne (GDR) (1966)																		
Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988																		
date	26-Sep-88	time	6.53	10.55	14.83	19.36	24.05	28.85	33.78	38.74	43.94	49.41		55.56	8 / 6			
reaction time	0.213	interval		4.02	4.28	4.53	4.69	4.80	4.93	4.96	5.20	5.47	6.15			12.83	14.42	15.63
		velocity	6.89	8.71	8.18	7.73	7.46	7.29	7.10	7.06	6.73	6.40	6.50	7.20		8.18	7.28	6.72
H1 lead leg		strides	23	15	15	15	15	15	16	16	17	17	20	184				
Lu Zhangwei (CHN) (2001)																		
CAA Hurdle Development (2021)																		
date	26-Jun-21	time	6.82	11.21	15.73	20.40	25.16	30.41	fell					74.02	3 / 7			
reaction time	0.259	interval		4.39	4.52	4.67	4.76	5.25								13.58		
		velocity	6.60	7.97	7.74	7.49	7.35	6.67						5.40		7.73		
H1 lead leg	R	strides	24	16	16	16	16	17						105				
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)																		
CAA Hurdle Development (2021)																		
date	26-Jun-21	time	6.83	11.26	15.80	20.61	25.49	30.55	35.75	41.07	46.67	52.47		59.03	5 / 1			
reaction time	0.261	interval		4.43	4.54	4.81	4.88	5.06	5.20	5.32	5.60	5.80	6.56			13.78	15.14	16.72
		velocity	6.59	7.90	7.71	7.28	7.17	6.92	6.73	6.58	6.25	6.03	6.10	6.78		7.62	6.94	6.28
H1 lead leg	L	strides	24	16	16	17	17	17	17	17	18	18	21	198				
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)																		
CAA Hurdle Development (2020)																		

date	17-Sep-20	time	6.54	11.00	15.42	20.12	24.83	29.75	34.83	40.04	45.58	51.29	57.89	3 / 2			
reaction time		interval		4.46	4.42	4.70	4.71	4.92	5.08	5.21	5.54	5.71	6.60		13.58	14.71	16.46
		velocity	6.88	7.85	7.92	7.45	7.43	7.11	6.89	6.72	6.32	6.13	6.06		6.91	7.73	7.14
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	18	22		197		6.38
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	23-Aug-19	time	6.87	11.23	15.85	20.64	25.48	30.60	35.65	41.01	46.65	52.57	59.30	5 / 2			
reaction time	0.247	interval		4.36	4.62	4.79	4.84	5.12	5.05	5.36	5.64	5.92	6.73		13.77	15.01	16.92
		velocity	6.55	8.03	7.58	7.31	7.23	6.84	6.93	6.53	6.21	5.91	5.94		6.75	7.63	7.00
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	18	18	23		202		6.21
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	22-Aug-19	time	6.84	11.33	15.97	20.75	25.68	30.74	35.97	41.46	47.08	52.85	59.39	6 / 1			
reaction time	0.256	interval		4.49	4.64	4.78	4.93	5.06	5.23	5.49	5.62	5.77	6.54		13.91	15.22	16.88
		velocity	6.58	7.80	7.54	7.32	7.10	6.92	6.69	6.38	6.23	6.07	6.12		6.74	7.55	6.90
H1 lead leg	R	strides	24	17	17	17	17	17	17	18	18	19	22.5		203.5		6.22
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	17-Aug-19	time	6.84	11.32	15.96	20.74	25.62	30.64	35.88	41.18	46.70	52.28	58.53	5 / 2			
reaction time	0.206	interval		4.48	4.64	4.78	4.88	5.02	5.24	5.30	5.52	5.58	6.25		PB	13.90	15.14
		velocity	6.58	7.81	7.54	7.32	7.17	6.97	6.68	6.60	6.34	6.27	6.40		6.83	7.55	6.94
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	18	18	21.5		200.5		6.40
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	17-Aug-19	time	7.06	11.68	16.44	21.26	26.26	31.42	36.72	42.20	48.06	54.18	61.70	7 / 2			
reaction time	0.191	interval		4.62	4.76	4.82	5.00	5.16	5.30	5.48	5.86	6.12	7.52		14.20	15.46	17.46
		velocity	6.37	7.58	7.35	7.26	7.00	6.78	6.60	6.39	5.97	5.72	5.32		6.48	7.39	6.79
H1 lead leg	R	strides	23	17	17	17	17	17	17	17	18	20	23		203		6.01
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	03-Aug-19	time	6.88	11.38	15.98	20.72	25.62	30.72	35.94	41.30	46.92	52.54	58.90	6 / 3			
reaction time	0.275	interval		4.50	4.60	4.74	4.90	5.10	5.22	5.36	5.62	5.62	6.36		PB	13.84	15.22
		velocity	6.54	7.78	7.61	7.38	7.14	6.86	6.70	6.53	6.23	6.23	6.29		6.79	7.59	6.90
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	18	18	22.2		201.2		6.33
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	03-Aug-19	time	6.90	11.48	16.26	21.12	26.16	31.46	36.78	42.16	47.74	53.38	59.81	6 / 1			
reaction time	0.229	interval		4.58	4.78	4.86	5.04	5.30	5.32	5.38	5.58	5.64	6.43		14.22	15.66	16.60
		velocity	6.52	7.64	7.32	7.20	6.94	6.60	6.58	6.51	6.27	6.21	6.22		6.69	7.38	6.70
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	18	18	21.5		200.5		6.33
FINAL - 2019 Chinese National Championships (Shenyang, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	10-Jul-19	time	6.84	11.24	15.85	20.58	25.44	30.48	35.67	41.02	46.70	52.48	59.05	2 / 6			
reaction time	0.273	interval		4.40	4.61	4.73	4.86	5.04	5.19	5.35	5.68	5.78	6.57		PB	13.74	15.09
		velocity	6.58	7.95	7.59	7.40	7.20	6.94	6.74	6.54	6.16	6.06	6.09		6.77	7.64	6.96
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	18	18	22.5		201.5		6.25
Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	09-Jul-19	time	6.90	11.39	15.96	20.75	25.67	30.81	36.15	41.50	47.17	53.13	60.11	6 / 4			
reaction time	0.244	interval		4.49	4.57	4.79	4.92	5.14	5.34	5.35	5.67	5.96	6.98		13.85	15.40	16.98
		velocity	6.52	7.80	7.66	7.31	7.11	6.81	6.55	6.54	6.17	5.87	5.73		6.65	7.58	6.82
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	18	19	23		203		6.18
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	12-Apr-19	time	7.04	11.53				36.58	42.46	48.53	54.75		62.25	9 / 8			
reaction time	0.326	interval		4.49				25.05	5.88	6.07	6.22	7.50					18.17
		velocity	6.39	7.80				6.99	5.95	5.77	5.63	5.33	6.43				5.78
H1 lead leg	R	strides	24	17						19	19	19	23		121		
Heat 2 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	12-Apr-19	time	6.98	11.52	16.12	20.84	25.74	30.94	36.56	42.20	48.04	54.20	61.28	3 / 3			
reaction time	0.237	interval		4.54	4.60	4.72	4.90	5.20	5.62	5.64	5.84	6.16	7.08		13.86	15.72	17.64
		velocity	6.45	7.71	7.61	7.42	7.14	6.73	6.23	6.21	5.99	5.68	5.65		6.53	7.58	6.68
H1 lead leg	R	strides		17	17	17	17	17	18	18	19	19	22.5		181.5		5.95
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	08-Apr-19	time	6.91	11.44	16.03	20.75	25.71	30.84	36.08	41.48	47.21	52.88	59.22	6 / 2			
reaction time	0.260	interval		4.53	4.59	4.72	4.96	5.13	5.24	5.40	5.73	5.67	6.34		PB	13.84	15.33
		velocity	6.51	7.73	7.63	7.42	7.06	6.82	6.68	6.48	6.11	6.17	6.31		6.75	7.59	6.85
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	18	18	22		201		6.25
Heat 4 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	07-Apr-19	time	6.85	11.38	15.96	20.62	25.47	30.51	35.71	41.12	46.90	53.02	59.89	6 / 1			
reaction time	0.220	interval		4.53	4.58	4.66	4.85	5.04	5.20	5.41	5.78	6.12	6.87		13.77	15.09	17.31
		velocity	6.57	7.73	7.64	7.51	7.22	6.94	6.73	6.47	6.06	5.72	5.82		6.68	7.63	6.96
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	19	19	23		204		6.07

Lucas, Josanne (TTO) (1984)																		
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2009 IAAF World Championships (Berlin, GER)										<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>								
date	20-Aug-09	time	6.26	10.20	14.30	18.50	22.90	27.47	32.17	36.97	42.01	47.21	53.20	3 / 3				
reaction time	0.186	interval	3.94	4.10	4.20	4.40	4.57	4.70	4.80	5.04	5.20	5.99	NR		12.24	13.67	15.04	
		velocity	7.19	8.88	8.54	8.33	7.95	7.66	7.45	7.29	6.94	6.73	6.68		7.52	7.52	7.52	
H1 lead leg		strides	14	14	14	14	15	15	15	16	16		133		8.58	7.68	6.98	
Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)										<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>								
date	18-Aug-09	time	6.29	10.32	14.42	18.67	23.04	27.60	32.34	37.26	42.35	47.80	53.98	3 / 2				
reaction time	0.190	interval	4.03	4.10	4.25	4.37	4.56	4.74	4.92	5.09	5.45	6.18	NR		12.38	13.67	15.46	
		velocity	7.15	8.68	8.54	8.24	8.01	7.68	7.38	7.11	6.88	6.42	6.47	7.41		8.48	7.68	6.79
H1 lead leg		strides																
Heat 1 - 2009 IAAF World Championships (Berlin, GER)										<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>								
date	17-Aug-09	time	6.40	10.46	14.62	18.89	23.35	28.04	32.98	38.27	43.63	49.23	55.41	8 / 2				
reaction time	0.173	interval	4.06	4.16	4.27	4.46	4.69	4.94	5.29	5.36	5.60	6.18			12.49	14.09	16.25	
		velocity	7.03	8.62	8.41	8.20	7.85	7.46	7.09	6.62	6.53	6.25	6.47	7.22		8.41	7.45	6.46
H1 lead leg		strides																
Lukashevich, Svetlana (URS) (1968)																		
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1986 IAAF World Junor Championships (Athens, GRE)										<i>Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races</i>								
date	18-Jul-86	time	6.75	11.13	15.72	20.29	24.98	29.91	35.58	40.93	46.47	51.95	57.92	1 / 3				
reaction time		interval	4.38	4.59	4.57	4.69	4.93	5.67	5.35	5.54	5.48	5.97			13.54	15.29	16.37	
		velocity	6.67	7.99	7.63	7.66	7.46	7.10	6.17	6.54	6.32	6.39	6.70	6.91		7.75	6.87	6.41
H1 lead leg		strides	23	15	15	15	15	15	15	17	17	21	185					
Luo Ouxuan (CHN) (2000)																		
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)										<i>CAA Hurdle Development (2019)</i>								
date	17-Aug-19	time	7.32	12.26	17.24	22.36							dnf	9 / --				
reaction time		interval	4.94	4.98	5.12										15.04			
		velocity	6.15	7.09	7.03	6.84									6.98			
H1 lead leg	R	strides	24	16	16	16							72					
Ma Jie (CHN) (1998)																		
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)										<i>CAA Hurdle Development (2021)</i>								
date	26-Jun-21	time	6.96	11.65	16.45	21.52	26.79	32.45	38.65	45.25			66.91	1 / 8				
reaction time	0.262	interval	4.69	4.80	5.07	5.27	5.66	6.20	6.60						14.56	17.13		
		velocity	6.47	7.46	7.29	6.90	6.64	6.18	5.65	5.30			5.98		7.21	6.13		
H1 lead leg	L	strides	23	16	16	16	16	17	19	19			142					
Heat 5 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)										<i>CAA Hurdle Development (2019)</i>								
date	12-Apr-19	time	7.10	11.82	16.70	22.00	27.66	33.56					67.77	2 / 7				
reaction time	0.335	interval	4.72	4.88	5.30	5.66	5.90								14.90			
		velocity	6.34	7.42	7.17	6.60	6.18	5.93					5.90		7.05			
H1 lead leg	L	strides	16	16	17	17	17					83						
Heat 5 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)										<i>CAA Hurdle Development (2019)</i>								
date	07-Apr-19	time	6.79	11.36	16.15	21.25	26.88	32.95	39.39	46.25			67.91	4 / 8				
reaction time	0.211	interval	4.57	4.79	5.10	5.63	6.07	6.44	6.86						14.46	18.14		
		velocity	6.63	7.66	7.31	6.86	6.22	5.77	5.43	5.10			5.89		7.26	5.79		
H1 lead leg	L	strides	23	16	16	16	16	17	19	19			142					
Manabe, Ayana (JPN) (2001)																		
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)										<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>								
date	25-Oct-20	time	7.27	12.20	17.22	22.37	27.58	32.90	38.39	43.99	49.53	55.12	61.35	2 / 6				
reaction time	0.202	interval	4.93	5.02	5.15	5.21	5.32	5.49	5.60	5.54	5.59	6.23			15.10	16.02	16.73	
		velocity	6.19	7.10	6.97	6.80	6.72	6.58	6.38	6.25	6.32	6.26	6.42	6.52		6.95	6.55	6.28
H1 lead leg		strides	16	16	16	16	16	16	17	17	17	17	148					
Maraval, Louise (FRA) (2001)																		
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Weltklasse (Züich, SUI)										<i>Omega Timing (2024) - diamond league race analysis</i>								
date	05-Sep-24	time	6.30	10.47	14.76	19.13	23.71	28.48	33.52	38.71	43.98	49.36	55.54	8 / 7				
reaction time	0.145	interval	4.17	4.29	4.37	4.58	4.77	5.04	5.19	5.27	5.38	6.18			12.83	14.39	15.84	
		velocity	7.14	8.39	8.16	8.01	7.64	7.34	6.94	6.74	6.64	6.51	6.47	7.20		8.18	7.30	6.63
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	17	20	152					
FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)										<i>Omega Timing (2024) - diamond league race analysis</i>								
date	30-Aug-24	time	6.28	10.40	14.58	18.92	23.45	28.22	33.17	38.35	43.65	48.93	55.16	6 / 7				
reaction time	0.150	interval	4.12	4.18	4.34	4.53	4.77	4.95	5.18	5.30	5.28	6.23			12.64	14.25	15.76	
		velocity	7.17	8.50	8.37	8.06	7.73	7.34	7.07	6.76	6.60	6.63	6.42	7.25		8.31	7.37	6.66
H1 lead leg	R	strides	23	15		15		16	16	17	17		119					
FINAL - 2024 Olympic Games (Paris, FRA)										<i>Paris 2024 Olympic Games - Results Book (2024)</i>								
date	08-Aug-24	time	6.26	10.29	14.49	18.81	23.28	27.90	32.68	37.71	42.94	48.25	54.53	4 / 8				
reaction time	0.166	interval	4.03	4.20	4.32	4.47	4.62	4.78	5.03	5.23	5.31	6.28			12.55	13.87	15.57	
		velocity	7.19	8.68	8.33	8.10	7.83	7.58	7.32	6.96	6.69	6.59	6.37	7.34		8.37	7.57	6.74
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	17	17	165					

Semi-Final 2 - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympc Games - Results Book (2024)</i>				
date	06-Aug-24	time	6.30	10.42	14.76	19.12	23.52	28.15	32.87	37.76	42.88	47.89	53.83	4 / 2				
reaction time	0.160	interval		4.12	4.34	4.36	4.40	4.63	4.72	4.89	5.12	5.01	5.94		12.82	13.75	15.02	
		velocity	7.14	8.50	8.06	8.03	7.95	7.56	7.42	7.16	6.84	6.99	6.73	7.43	8.19	7.64	6.99	
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	20	186				
Heat 5 - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympc Games - Results Book (2024)</i>				
date	04-Aug-24	time	6.30	10.44	14.70	19.02	23.52	28.19	33.11	38.32	43.81	49.24	55.32	5 / 3				
reaction time	0.159	interval		4.14	4.26	4.32	4.50	4.67	4.92	5.21	5.49	5.43	6.08		12.72	14.09	16.13	
		velocity	7.14	8.45	8.22	8.10	7.78	7.49	7.11	6.72	6.38	6.45	6.58	7.23	8.25	7.45	6.51	
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	18	17	20.2	187.2				
FINAL - 2024 European Athletics Championships (Roma, ITA)														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	11-Jun-24	time	6.60	10.73	15.05	19.44	23.98	28.73	33.54	38.25	43.44	48.51	54.23	7 / 2				
reaction time	0.211	interval		4.13	4.32	4.39	4.54	4.75	4.81	4.71	5.19	5.07	5.72	PB	12.84	14.10	14.97	
		velocity	6.82	8.47	8.10	7.97	7.71	7.37	7.28	7.43	6.74	6.90	6.99	7.38	8.18	7.45	7.01	
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	20	122				
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	10-Jun-24	time	6.41	10.60	14.94	19.32	23.67	28.35	33.09	37.96	43.04	48.28	54.36	6 / 1				
reaction time	0.168	interval		4.19	4.34	4.38	4.35	4.68	4.74	4.87	5.08	5.24	6.08	PB	12.91	13.77	15.19	
		velocity	7.02	8.35	8.06	7.99	8.05	7.48	7.38	7.19	6.89	6.68	6.58	7.36	8.13	7.63	6.91	
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	21	187				
Marcinkiewicz, Ewa (SWE) (1993)														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
B-Race - 2011 Poks Memorial (Hässleholm, SWE)														<i>Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx</i>				
date	12-Jun-11	time	7.12	11.84	16.66	21.66	26.74	31.98	37.46	43.10	48.78	54.52	60.75	1 / 1				
reaction time		interval		4.72	4.82	5.00	5.08	5.24	5.48	5.64	5.68	5.74	6.23		14.54	15.80	17.06	
		velocity	6.32	7.42	7.26	7.00	6.89	6.68	6.39	6.21	6.16	6.10	6.42	6.58	7.22	6.65	6.15	
H1 lead leg	R	strides		17	17	17	17	17	17	18	18	18	22	178				
Marx, Claudia (GER) (1978)														<i>Behm (2006) - Göteborg 2006: Le quatrache</i>				
FINAL - 2006 European Championships (Göteborg, SWE)														<i>Behm (2006) - Göteborg 2006: Le quatrache</i>				
date	09-Aug-06	time	6.4	10.6	14.7	19.2	23.6	28.3	33.2	38.3	43.5	48.8	54.99	5 / 4				
reaction time		interval		4.20	4.10	4.50	4.40	4.70	4.90	5.10	5.20	5.30	6.19		12.80	14.00	15.60	
		velocity	7.03	8.33	8.54	7.78	7.95	7.45	7.14	6.86	6.73	6.60	6.46	7.27	8.20	7.50	6.73	
H1 lead leg	L	strides	22	15	15	15	15	16	16	17	17	17	21	186				
Masferrer, Cristina (ESP) (1977)														<i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>				
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)														<i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>				
date	02-Aug-98	time	7.27	12.18	17.17	22.22	27.52	32.89	38.38	44.09	49.90	55.99	63.01	7 / 6				
reaction time		interval		4.91	4.99	5.05	5.30	5.37	5.49	5.71	5.81	6.09	7.02		14.95	16.16	17.61	
		velocity	6.19	7.13	7.01	6.93	6.60	6.52	6.38	6.13	6.02	5.75	5.70	6.35	7.02	6.50	5.96	
H1 lead leg	L	strides	24	17	17	17	17	17	18	18	18	19	23	205				
Masuko, Meri (JPN) (2003)														<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>				
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)														<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>				
date	12-Jun-22	time	6.99	11.56	16.35	21.20	26.18	31.35	36.64	42.18	48.15	54.29	60.81	9 / 5				
reaction time	0.162	interval		4.57	4.79	4.85	4.98	5.17	5.29	5.54	5.97	6.14	6.52		14.21	15.44	17.65	
		velocity	6.44	7.66	7.31	7.22	7.03	6.77	6.62	6.32	5.86	5.70	6.13	6.58	7.39	6.80	5.95	
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	17	18	19	22	202			
Mátó, Sára (HUN) (2000)														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	10-Jun-24	time	6.46	10.66	15.02	19.43	23.92	28.60	33.50	38.54	43.93	49.17	55.35	2 / 7				
reaction time	0.264	interval		4.20	4.36	4.41	4.49	4.68	4.90	5.04	5.39	5.24	6.18	PB	12.97	14.07	15.67	
		velocity	6.97	8.33	8.03	7.94	7.80	7.48	7.14	6.94	6.49	6.68	6.47	7.23	8.10	7.46	6.70	
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	16	17	21	170				
Heat 1 - 2024 European Athletics Championships (Roma, ITA)														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	09-Jun-24	time	6.42	10.61	14.98	19.41	23.94	28.78	33.75	38.95	44.42	49.73	55.95	2 / 1				
reaction time	0.214	interval		4.19	4.37	4.43	4.53	4.84	4.97	5.20	5.47	5.31	6.22		12.99	14.34	15.98	
		velocity	7.01	8.35	8.01	7.90	7.73	7.23	7.04	6.73	6.40	6.59	6.43	7.15	8.08	7.32	6.57	
H1 lead leg		strides																
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)														<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>				
date	19-Aug-20	time	6.64	11.04	15.60	20.20	24.96	29.88	35.04	40.12	45.48		57.61	7 / 8				
reaction time	0.195	interval		4.40	4.56	4.60	4.76	4.92	5.16	5.08	5.36				13.56	14.84		
		velocity	6.78	7.95	7.68	7.61	7.35	7.11	6.78	6.89	6.53		6.94		7.74	7.08		
H1 lead leg	L	strides	22	15	15	15	16	16	16	16	17		148					
Matsuki, Ai (JPN) (2006)														<i>Takashima (2024) - national high school sports festival - biomechanics data</i>				
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)														<i>Takashima (2024) - national high school sports festival - biomechanics data</i>				
date	30-Jul-24	time	6.91	11.54	16.37	21.24	26.21	31.33	36.64	42.08	47.75	53.54	60.06	3 / 6				
reaction time	0.185	interval		4.63	4.83	4.87	4.97	5.12	5.31	5.44	5.67	5.79	6.52		14.33	15.40	16.90	
		velocity	6.51	7.56	7.25	7.19	7.04	6.84	6.59	6.43	6.17	6.04	6.13	6.66	7.33	6.82	6.21	

H1 lead leg	strides	15	15	17	17	17	17	19	19	19	23	178						
Matsuo, Kazuki (JPN) (2006)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)	<i>Takashima (2024) - national high school sports festival - biomechanics data</i>																	
date	30-Jul-24	time	6.82	11.44	16.23	21.05	26.01	31.50	37.02	42.56	48.25	53.95	60.16	6 / 7				
reaction time	0.184	interval	4.62	4.79	4.82	4.96	5.49	5.52	5.54	5.69	5.70	6.21			14.23	15.97	16.93	
		velocity	6.60	7.58	7.31	7.26	7.06	6.38	6.34	6.32	6.15	6.14	6.44	6.65	7.38	6.57	6.20	
H1 lead leg	strides	24	17	17	17	17	17	19	19	19	19	23	208					
Matsuoka, Moe (JPN) (2003)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Japanese National Championships (Osaka, JPN)	<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																	
date	04-Jun-23	time	6.92	11.58	16.27	21.02	25.89	30.85	35.83	40.99	46.33	51.80	58.13	8 / 6				
reaction time	0.194	interval	4.66	4.69	4.75	4.87	4.96	4.98	5.16	5.34	5.47	6.33			14.10	14.81	15.97	
		velocity	6.50	7.51	7.46	7.37	7.19	7.06	7.03	6.78	6.55	6.40	6.32	6.88	7.45	7.09	6.57	
H1 lead leg	R	strides	24	16	16	17	17	17	17	17	17	17	175					
FINAL - 2022 Japanese National Championships (Osaka, JPN)	<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																	
date	12-Jun-22	time	6.82	11.46	16.20	21.02	25.91	30.98	36.05	41.26	46.51	51.75	57.57	9 / 3				
reaction time	0.215	interval	4.64	4.74	4.82	4.89	5.07	5.07	5.21	5.25	5.24	5.82	PB		14.20	15.03	15.70	
		velocity	6.60	7.54	7.38	7.26	7.16	6.90	6.90	6.72	6.67	6.68	6.87	6.95	7.39	6.99	6.69	
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	17	17	173					
Matthews, Gabrielle (JAM) (2002)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)	<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																	
date	08-Jun-24	time	6.42	10.55	14.76	19.18	23.86	28.69	33.82	39.12			55.33	9 / 7				
reaction time		interval	4.13	4.21	4.42	4.68	4.83	5.13	5.30						12.76	14.64		
		velocity	7.01	8.47	8.31	7.92	7.48	7.25	6.82	6.60			7.23		8.23	7.17		
H1 lead leg	L	strides	15	15	15	16	16	17	17	17			111					
McBride, Allyria (USA) (2004)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)	<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																	
date	29-Jun-24	time	6.82	11.28	15.78	20.38	25.02	27.02	29.70	34.79	39.97	45.60	51.08	57.37	9 / 8			
reaction time		interval	4.46	4.50	4.60	4.64	4.68	5.09	5.18	5.63	5.48	6.29			13.56	14.41	16.29	
		velocity	6.60	7.85	7.78	7.61	7.54	7.40	7.48	6.88	6.76	6.22	6.39	6.36	6.97	7.74	7.29	6.45
H1 lead leg	L	strides	16	16	15	15	16	16	16	17	17		128					
Heat 1 - 2024 USA Olympic Trials (Eugene, OR)	<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																	
date	27-Jun-24	time	6.60	10.74	14.96	19.31	23.83	25.76	28.37	33.39	38.69	44.31	50.12	56.96	8 / 4			
reaction time		interval	4.14	4.22	4.35	4.52	4.54	5.02	5.30	5.62	5.81	6.84			12.71	14.08	16.73	
		velocity	6.82	8.45	8.29	8.05	7.74	7.76	7.71	6.97	6.60	6.23	6.02	5.85	7.02	8.26	7.46	6.28
H1 lead leg	L	strides	23	15	15	15	15	16	16	16			131					
McGrory, Kelly (IRL) (1996)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2024 European Athletics Championships (Roma, ITA)	<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																	
date	09-Jun-24	time	6.48	10.80	15.33	19.87	24.65	29.62	34.63	39.79	45.13	50.62	57.10	9 / 7				
reaction time	0.168	interval	4.32	4.53	4.54	4.78	4.97	5.01	5.16	5.34	5.49	6.48	PB		13.39	14.76	15.99	
		velocity	6.94	8.10	7.73	7.71	7.32	7.04	6.99	6.78	6.55	6.38	6.17	7.01	7.84	7.11	6.57	
H1 lead leg		strides																
McIntosh, Raasin (USA) (1982)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2003 USATF National Championships (Palo Alto, CA)	<i>USATF Women's Sprint Development (2003)</i>																	
date	21-Jun-03	time	6.47	10.76	15.10	19.52	23.89	28.53	33.28	38.16	43.21	48.58	54.62	6 / 1				
reaction time		interval	4.29	4.34	4.42	4.37	4.64	4.75	4.88	5.05	5.37	6.04			13.05	13.76	15.30	
		velocity	6.96	8.16	8.06	7.92	8.01	7.54	7.37	7.17	6.93	6.52	6.62	7.32	8.05	7.63	6.86	
H1 lead leg		strides																
McLaughlin, Elaine (GBR) (1963)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)	<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																	
date	26-Sep-88	time	6.77	11.13	15.59	20.14	24.78	29.66	34.65	39.69	44.82	50.01	55.91	2 / 6				
reaction time	0.168	interval	4.36	4.46	4.55	4.64	4.88	4.99	5.04	5.13	5.19	5.90			13.37	14.51	15.36	
		velocity	6.65	8.03	7.85	7.69	7.54	7.17	7.01	6.94	6.82	6.74	6.78	7.15	7.85	7.24	6.84	
H1 lead leg		strides	25	16	16	16	16	16	16	17	17	17	19.5	191.5				
McLaughlin-Levrone, Sydney (USA)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Olympic Games (Paris, FRA)	<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	
date	08-Aug-24	time	5.91	9.79	13.81	17.86	22.02	26.29	30.72	35.24	39.89	44.71	50.37	5 / 1				
reaction time	0.139	interval	3.88	4.02	4.05	4.16	4.27	4.43	4.52	4.65	4.82	5.66	WR		11.95	12.86	13.99	
		velocity	7.61	9.02	8.71	8.64	8.41	8.20	7.90	7.74	7.53	7.26	7.07	7.94	8.79	8.16	7.51	
H1 lead leg	R	strides	22	14	14	14	14	14	14	15	15	15	19	170				
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)	<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	
date	06-Aug-24	time	6.03	10.05	14.28	18.62	22.97	27.38	31.90	36.62	41.54	46.49	52.13	7 / 1				
reaction time	0.154	interval	4.02	4.23	4.34	4.35	4.41	4.52	4.72	4.92	4.95	5.64			12.59	13.28	14.59	
		velocity	7.46	8.71	8.27	8.06	8.05	7.94	7.74	7.42	7.11	7.07	7.09	7.67	8.34	7.91	7.20	
H1 lead leg	R	strides	22	14	15	15	14	14	14	15	16	15	18	172				
Heat 5 - 2024 Olympic Games (Paris, FRA)	<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	

date	04-Aug-24	time	6.13	10.18	14.39	18.64	23.03		27.53	32.31	37.23	42.26	47.40		53.60	3 / 1			
reaction time	0.163	interval		4.05	4.21	4.25	4.39		4.50	4.78	4.92	5.03	5.14	6.20			12.51	13.67	15.09
		velocity	7.34	8.64	8.31	8.24	7.97		7.78	7.32	7.11	6.96	6.81	6.45	7.46		8.39	7.68	6.96
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	19	173				
FINAL - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	30-Jun-24	time	6.08	9.99	14.05	18.19	22.45	24.41	26.89	31.44	36.12	40.79	45.44		50.65	5 / 1			
reaction time		interval		3.91	4.06	4.14	4.26		4.44	4.55	4.68	4.67	4.65	5.21	WR		12.11	13.25	14.00
		velocity	7.40	8.95	8.62	8.45	8.22	8.19	7.88	7.69	7.48	7.49	7.53	7.68	7.90		8.67	7.92	7.50
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18	171				
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	29-Jun-24	time	6.16	10.13	14.20	18.40	22.70	24.62	27.10	31.75	36.52	41.53	46.55		52.48	6 / 1			
reaction time		interval		3.97	4.07	4.20	4.30		4.40	4.65	4.77	5.01	5.02	5.93			12.24	13.35	14.80
		velocity	7.31	8.82	8.60	8.33	8.14	8.12	7.95	7.53	7.34	6.99	6.97	6.75	7.62		8.58	7.87	7.09
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	18	172				
Heat 1 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	27-Jun-24	time	6.08	10.13	14.26	18.54	22.91	24.84	27.35	32.02	36.94	41.87	46.93		53.07	6 / 1			
reaction time		interval		4.05	4.13	4.28	4.37		4.44	4.67	4.92	4.93	5.06	6.14			12.46	13.48	14.91
		velocity	7.40	8.64	8.47	8.18	8.01	8.05	7.88	7.49	7.11	7.10	6.92	6.51	7.54		8.43	7.79	7.04
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	18	172				
FINAL - 2024 The Edwin Moses Legends Meet (Atlanta, GA) (TV Analysis)															<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	31-May-24	time	6.27	10.44	14.72	18.92	23.35		27.92	32.57	37.30	42.33	47.27		52.70	6 / 1			
reaction time		interval		4.17	4.28	4.20	4.43		4.57	4.65	4.73	5.03	4.94	5.43			12.65	13.65	14.70
		velocity	7.18	8.39	8.18	8.33	7.90		7.66	7.53	7.40	6.96	7.09	7.37	7.59		8.30	7.69	7.14
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	18	177				
<i>McLaughlin, Sydney (USA) (1999)</i>																			
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	08-Aug-22	time	6.24	10.27	14.36	18.63	22.96		32.16	36.86	41.63	46.30		51.68	4 / 1				
reaction time	0.182	interval		4.03	4.09	4.27	4.33		9.20	4.70	4.77	4.67	5.38				12.39	13.53	14.14
		velocity	7.21	8.68	8.56	8.20	8.08		7.61	7.45	7.34	7.49	7.43	7.74			8.47	7.76	7.43
H1 lead leg	R	strides	22	14	14	14	14			15	15	15	18	141					
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	22-Jul-22	time	6.10	10.10	14.10	18.27	22.50	24.25	26.84	31.23	35.80	40.40	45.17		50.68	5 / 1			
reaction time	0.158	interval		4.00	4.00	4.17	4.23		4.34	4.39	4.57	4.60	4.77	5.51	WR		12.17	12.96	13.94
		velocity	7.38	8.75	8.75	8.39	8.27	8.25	8.06	7.97	7.66	7.61	7.34	7.26	7.89		8.63	8.10	7.53
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	15	18.7	169.7				
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	20-Jul-22	time	6.12	10.10	14.30	18.42	22.73	24.61	27.27	31.90	36.60	41.43	46.43		52.17	6 / 1			
reaction time	0.174	interval		3.98	4.20	4.12	4.31		4.54	4.63	4.70	4.83	5.00	5.74			12.30	13.48	14.53
		velocity	7.35	8.79	8.33	8.50	8.12	8.13	7.71	7.56	7.45	7.25	7.00	6.97	7.67		8.54	7.79	7.23
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	18	172				
Heat 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	19-Jul-22	time	6.40	10.43	14.83	19.12	23.60	25.48	28.36		38.03	43.20	48.30		53.95	8 / 1			
reaction time	0.168	interval		4.03	4.40	4.29	4.48		4.76		9.67	5.17	5.10	5.65			12.72		
		velocity	7.03	8.68	7.95	8.16	7.81	7.85	7.35		7.24	6.77	6.86	7.08	7.41		8.25		
H1 lead leg	R	strides	22	14	14	14	14		15			16	16	18	143				
FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	25-Jun-22	time	6.20	10.14	14.21	18.48	22.85	24.63	27.36	31.89	36.53	41.31	46.08		51.41	5 / 1			
reaction time		interval		3.94	4.07	4.27	4.37		4.51	4.53	4.64	4.78	4.77	5.33	WR		12.28	13.41	14.19
		velocity	7.26	8.88	8.60	8.20	8.01	8.12	7.76	7.73	7.54	7.32	7.34	7.50	7.78		8.55	7.83	7.40
H1 lead leg	R	strides	22	14	14	14	14		14	14	14	15	15	18.2	168.2				
Semi-Final 1 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	24-Jun-22	time	6.26	10.26	14.40	18.73	23.20	25.04	27.83	32.60	37.46	42.30	47.23		52.90	5 / 1			
reaction time		interval		4.00	4.14	4.33	4.47		4.63	4.77	4.86	4.84	4.93	5.67			12.47	13.87	14.63
		velocity	7.19	8.75	8.45	8.08	7.83	7.99	7.56	7.34	7.20	7.23	7.10	7.05	7.56		8.42	7.57	7.18
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	18.2	172.2				
Heat 1 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	23-Jun-22	time	6.37	10.41	14.61	18.98	23.42	25.30	28.09	32.90	37.87	43.01	48.21		54.11	5 / 1			
reaction time		interval		4.04	4.20	4.37	4.44		4.67	4.81	4.97	5.14	5.20	5.90			12.61	13.92	15.31
		velocity	7.06	8.66	8.33	8.01	7.88	7.91	7.49	7.28	7.04	6.81	6.73	6.78	7.39		8.33	7.54	6.86
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	18.5	173.5				
FINAL - 2022 Music City Track Carnival (Nashville, TN) (TV Analysis) (H5 5m long)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	05-Jun-22	time	5.84	10.37	14.46	18.65	23.42		27.27	31.87	36.50	41.33	46.33		51.61	5 / 1			
reaction time		interval		4.53	4.09	4.19	4.77		3.85	4.60	4.63	4.83	5.00	5.28			12.81	13.22	14.46
		velocity	7.71	7.73	8.56	8.35	8.39		9.09	7.61	7.56	7.25	7.00	7.58	7.75		8.20	7.94	7.26
H1 lead leg	R	strides		14	14	14	16		13	15	15		16		117				

FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

date	04-Aug-21	time	6.16	10.16	14.24	18.36	22.64	27.00	31.56	36.32	41.20	46.04	51.46	4 / 1			
reaction time	0.163	interval		4.00	4.08	4.12	4.28	4.36	4.56	4.76	4.88	4.84	5.42	WR	12.20	13.20	14.48
		velocity	7.31	8.75	8.58	8.50	8.18	8.03	7.68	7.35	7.17	7.23	7.38	7.77	8.61	7.95	7.25
H1 lead leg	R	strides	22	14	14	14	14	14	14	15	16	15	18.5	170.5			

Henson (2021) - Athlete First: 2021 year end hurdle report

Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

date	02-Aug-21	time	6.20	10.20	14.32	18.52	22.88	27.52	32.24	37.04	42.04	47.20	53.03	5 / 1			
reaction time	0.204	interval		4.00	4.12	4.20	4.36	4.64	4.72	4.80	5.00	5.16	5.83		12.32	13.72	14.96
		velocity	7.26	8.75	8.50	8.33	8.03	7.54	7.42	7.29	7.00	6.78	6.86	7.54	8.52	7.65	7.02
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	16	16	18.5	173.5			

Henson (2021) - Athlete First: 2021 year end hurdle report

Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

date	31-Jul-21	time	6.36	10.52	14.80	19.26	23.80	28.56	33.48	38.44	43.58	48.74	54.65	5 / 1			
reaction time	0.176	interval		4.16	4.28	4.46	4.54	4.76	4.92	4.96	5.14	5.16	5.91		12.90	14.22	15.26
		velocity	7.08	8.41	8.18	7.85	7.71	7.35	7.11	7.06	6.81	6.78	6.77	7.32	8.14	7.38	6.88
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	16	16	18.5	173.5			

Henson (2021) - Athlete First: 2021 year end hurdle report

FINAL - 2020 USA Olympic Trials (Eugene, OR)

date	27-Jun-21	time	6.11	10.14	14.36	18.60	23.04	24.97	27.59	32.24	36.91	41.64	46.46	51.90	6 / 1		
reaction time	0.194	interval		4.03	4.22	4.24	4.44	4.55	4.65	4.67	4.73	4.82	5.44	WR	12.49	13.64	14.22
		velocity	7.36	8.68	8.29	8.25	7.88	8.01	7.69	7.53	7.49	7.40	7.26	7.35	7.71	8.41	7.70
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	18.2	171.2			

Athlete Tracking (2021) - Women's 400mH - Unofficial Split Times

Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)

date	26-Jun-21	time	6.14	10.21	14.34	18.58	22.99	27.59	32.33	37.07	42.07	47.04	53.03	5 / 1			
reaction time	0.227	interval		4.07	4.13	4.24	4.41	4.60	4.74	4.74	5.00	4.97	5.99		12.44	13.75	14.71
		velocity	7.33	8.60	8.47	8.25	7.94	7.61	7.38	7.38	7.00	7.04	6.68	7.54	8.44	7.64	7.14
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	16	15	18.2	172.2			

Henson (2021) - Athlete First: 2021 year end hurdle report

Heat 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)

date	25-Jun-21	time	6.33	10.46	14.67	19.10	23.77	28.50	33.26	38.07	42.93	48.00	54.07	5 / 1			
reaction time	0.255	interval		4.13	4.21	4.43	4.67	4.73	4.76	4.81	4.86	5.07	6.07		12.77	14.16	14.74
		velocity	7.11	8.47	8.31	7.90	7.49	7.40	7.35	7.28	7.20	6.90	6.59	7.40	8.22	7.42	7.12
H1 lead leg	R	strides	22	14	14	15	15	15	15	15	15	16	18.2	174.2			

Henson (2021) - Athlete First: 2021 year end hurdle report

FINAL - 2021 Music City Track Carnival (Nashville, TN) (TV Analysis)

date	06-Jun-21	time	6.34	10.64	14.88	19.07	23.45	27.92	32.53	37.34	42.44	47.48	52.83	5 / 1			
reaction time		interval		4.30	4.24	4.19	4.38	4.47	4.61	4.81	5.10	5.04	5.35		12.73	13.46	14.95
		velocity	7.10	8.14	8.25	8.35	7.99	7.83	7.59	7.28	6.86	6.94	7.48	7.57	8.25	7.80	7.02
H1 lead leg	R	strides	22	15	14	14	14	14	15	16	16	16	18.5	158.5			

Henson (2021) - Athlete First: 2021 year end hurdle report

FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)

date	04-Oct-19	time	6.27	10.27	14.38	18.65	22.98	27.42	31.96	36.73	41.57	46.58	52.23	4 / 2			
reaction time	0.161	interval		4.00	4.11	4.27	4.33	4.44	4.54	4.77	4.84	5.01	5.65	PB	12.38	13.31	14.62
		velocity	7.18	8.75	8.52	8.20	8.08	7.88	7.71	7.34	7.23	6.99	7.08	7.66	8.48	7.89	7.18
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	19.2	180.2			

Henson (2020) - Athlete First: 2019 year end hurdle report

Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)

date	02-Oct-19	time	6.30	10.41	14.71	19.00	23.48	27.99	32.69	37.60	42.57	47.74	53.81	5 / 1			
reaction time	0.170	interval		4.11	4.30	4.29	4.48	4.51	4.70	4.91	4.97	5.17	6.07		12.70	13.69	15.05
		velocity	7.14	8.52	8.14	8.16	7.81	7.76	7.45	7.13	7.04	6.77	6.59	7.43	8.27	7.67	6.98
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	18.5	178.5			

Henson (2020) - Athlete First: 2019 year end hurdle report

Heat 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)

date	01-Oct-19	time	6.48	10.64	14.92	19.40	23.92	33.40	38.52	43.44	48.52	54.45	8 / 1				
reaction time	0.176	interval		4.16	4.28	4.48	4.52	9.48	5.12	4.92	5.08	5.93		12.92	14.00	15.12	
		velocity	6.94	8.41	8.18	7.81	7.74	7.38	6.84	7.11	6.89	6.75	7.35	8.13	7.50	6.94	
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	16	18.2	149.2				

Henson (2021) - Athlete First: 2019 year end hurdle report

FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)

date	29-Aug-19	time	6.32	10.44	14.71	19.02	23.56	25.4	28.16	32.76	37.40	42.32	47.24	52.85	3 / 1		
reaction time	0.147	interval		4.12	4.17	4.34	4.54	4.60	4.60	4.64	4.92	4.92	5.61		12.70	13.74	14.48
		velocity	7.12	8.50	8.16	7.71	7.87	7.61	7.61	7.54	7.11	7.11	7.13	7.57	8.27	7.64	7.25
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19	149			

Henson (2020) - Athlete First: 2019 year end hurdle report

FINAL - 2019 USATF National Championships (Des Moines, IA) (TV Analysis)

date	28-Jul-19	time	6.37	10.54	14.71	18.98	23.32	28.12	32.72	37.52	42.55	47.52	52.88	6 / 2			
reaction time	0.198	interval		4.17	4.17	4.27	4.34	4.80	4.60	4.80	5.03	4.97	5.36		12.61		
		velocity	7.06	8.39	8.39	8.20	8.06	7.29	7.61	7.29	6.96	7.04	7.46	7.56	8.33		
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	18.5	178.5			

Henson (2020) - Athlete First: 2019 year end hurdle report

FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)

date	12-Jul-19	time	6.26	10.44	14.74	19.08	23.54	25.4	28.06	32.68	37.60	42.58	47.68	53.32	4 / 1		
reaction time	0.151	interval		4.18	4.30	4.34	4.46	4.52	4.62	4.92	4.98	5.10	5.64		12.82	13.60	15.00
		velocity	7.19	8.37	8.14	8.06	7.85	7.87	7.74	7.58	7.11	7.03	6.86	7.09	7.50	8.19	7.72
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	18.5	179.5			

Henson (2020) - Athlete First: 2019 year end hurdle report

FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)

date	13-Jun-19	time	6.36	10.64	14.96		23.76	25.6	28.30	33.00	38.02	43.14	48.38		Henson (2020) - Athlete First: 2019 year end hurdle report	54.16	4 / 1			
reaction time	0.213	interval		4.28	4.32		8.80		4.54	4.70	5.02	5.12	5.24	5.78						15.38
		velocity	7.08	8.18	8.10		7.95	7.81	7.71	7.45	6.97	6.84	6.68	6.92	7.39					6.83
H1 lead leg	R	strides	23	15	15				15	15	16	16	16	19	150					

FINAL - 2018 NCAA Championships (Eugene, OR) (TV Analysis)

date	09-Jun-18	time	6.43	10.53	14.63	18.90	23.20		27.73	32.43	37.33	42.60	47.93		Henson (2020) - Athlete First: 2018 year end hurdle report	53.96	4 / 1				
reaction time		interval		4.10	4.10	4.27	4.30		4.53	4.70	4.90	5.27	5.33	6.03					12.47	13.53	15.50
		velocity	7.00	8.54	8.54	8.20	8.14		7.73	7.45	7.14	6.64	6.57	6.63	7.41				8.42	7.76	6.77
H1 lead leg	R	strides		14	14	14	14		15	15	15	16	16	19.2	152.2						

FINAL - 2018 South Eastern Conference Championships (Knoxville, TN) (TV Analysis)

date	13-May-18	time	6.23	10.40	14.66	18.93	23.33		27.83	32.43	37.13	42.16	47.20		Henson (2020) - Athlete First: 2018 year end hurdle report	52.75	5 / 1				
reaction time		interval		4.17	4.26	4.27	4.40		4.50	4.60	4.70	5.03	5.04	5.55	WJR PB				12.70	13.50	14.77
		velocity	7.22	8.39	8.22	8.20	7.95		7.78	7.61	7.45	6.96	6.94	7.21	7.58				8.27	7.78	7.11
H1 lead leg	R	strides		15	15	15	15		15	15	15	16	16	18.5	155.5						

A FINAL - 2018 National Relay Championships (Fayetteville, AR) (TV Analysis)

date	27-Apr-18	time	6.31	10.30		19.08	23.53		28.06	32.80	37.66	42.81	47.95		Henson (2020) - Athlete First: 2018 year end hurdle report	53.60	5 / 1				
reaction time		interval		3.99		8.78	4.45		4.53	4.74	4.86	5.15	5.14	5.65	WJR PB				12.77	13.72	15.15
		velocity	7.13	8.77		7.97	7.87		7.73	7.38	7.20	6.80	6.81	7.08	7.46				8.22	7.65	6.93
H1 lead leg	R	strides	22	15		15			15	15	15	16	16	18.5	147.5						

FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)

date	25-Jun-17	time	6.27	10.51	14.71	18.89	23.12		27.69	32.46	37.37	42.57	47.81		Henson (2021) - Athlete First: 2017 year end hurdle report	53.82	8 / 6				
reaction time	0.305	interval		4.24	4.20	4.18	4.23		4.57	4.77	4.91	5.20	5.24	6.01	WJR PB				12.62	13.57	15.35
		velocity	7.18	8.25	8.33	8.37	8.27		7.66	7.34	7.13	6.73	6.68	6.66	7.43				8.32	7.74	6.84
H1 lead leg	R	strides	23	14	14	14	14		15	15	15	16	16	18.5	174.5						

FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)

date	10-Jul-16	time	6.47	10.64	14.95	19.28	23.76		28.36	33.03	37.84	42.91	48.08		Henson (2020) - Athlete First: 2016 year end hurdle report	54.15	5 / 3				
reaction time	0.371	interval		4.17	4.31	4.33	4.48		4.60	4.67	4.81	5.07	5.17	6.07	WJR WYB PB				12.81	13.75	15.05
		velocity	6.96	8.39	8.12	8.08	7.81		7.61	7.49	7.28	6.90	6.77	6.59	7.39				8.20	7.64	6.98
H1 lead leg	R	strides	22	15	14	14	15		15	15	15	16	16	19.7	176.7						

Medina, Celia (ESP) (1977)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)																					
date	02-Aug-98	time	6.75	11.61	16.49	21.56	26.70		31.80	37.08	42.36	47.99	53.86		Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas	60.80	4 / 4				
reaction time		interval		4.86	4.88	5.07	5.14		5.10	5.28	5.28	5.63	5.87	6.94					14.81	15.52	16.78
		velocity	6.67	7.20	7.17	6.90	6.81		6.86	6.63	6.63	6.22	5.96	5.76	6.58				7.09	6.77	6.26
H1 lead leg	L	strides	22	16	16	17	17		17	17	17	18	18	21	196						

Meisberger, Shannon (USA) (1999)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2022 USATF National Championships (Eugene, OR)																					
date	25-Jun-22	time	6.42	10.46	14.57	18.86	23.27	25.34	28.03	32.89	38.21	43.67	49.67	55.42	55.39	9 / 5					
reaction time		interval		4.04	4.11	4.29	4.41		4.76	4.86	5.32	5.46	6.00	5.72	PB				12.44	14.03	16.78
		velocity	7.01	8.67	8.52	8.16	7.94	7.89	7.35	7.20	6.58	6.41	5.83	6.99	7.22				8.44	7.48	6.26
H1 lead leg	L	strides	22	15	15	15	15		16	16	16			130							

Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)

date	24-Jun-22	time	6.37	10.30	14.39	18.79	23.29	25.34	28.02	32.90	38.12	43.43	49.03	55.61	55.61	8 / 4					
reaction time		interval		3.93	4.09	4.40	4.50		4.73	4.88	5.22	5.31	5.60	6.58	PB				12.42	14.11	16.13
		velocity	7.06	8.91	8.56	7.95	7.78	7.89	7.40	7.17	6.70	6.59	6.25	6.08	7.19				8.45	7.44	6.51
H1 lead leg	L	strides	22	15	15	15	15		16	16	16	17		147							

Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)

date	26-Jun-21	time	6.44	10.67	15.08	19.68	24.46		29.36	34.50		45.21			Henson (2021) - Athlete First: 2021 year end hurdle report	57.22	9 / 5			
reaction time	0.260	interval		4.23	4.41	4.60	4.78		4.90	5.14		10.71							13.24	14.82
		velocity	6.99	8.27	7.94	7.61	7.32		7.14	6.81		6.54			6.99				7.93	7.09
H1 lead leg	L	strides		15	15	15	16		16	17	17			111						

FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)

date	12-Jun-21	time	6.60	10.97	15.17	19.60	24.17			33.87	38.83	44.03	49.40		Henson (2021) - Athlete First: 2021 year end hurdle report	55.70	8 / 2				
reaction time	0.275	interval		4.37	4.20	4.43	4.57			9.70	4.96	5.20	5.37	6.30	PB				13.00	14.27	15.53
		velocity	6.82	8.01	8.33	7.90	7.66			7.22	7.06	6.73	6.52	6.35	7.18				8.08	7.36	6.76
H1 lead leg	R	strides	23	15	15	15	16					17	17	20.5	138.5						

Meißner, Heike (GER) (1970)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2003 IAAF World Championships (Paris, FRA)																					
date	28-Aug-03	time	6.5	10.8	15.1	19.6	24.2		28.9	33.7	38.8	44.2	49.6		Behm (2003) - Paris 2003:Le quatrache masculin - féminin	55.60	1 / 7				
reaction time	0.233	interval		4.30	4.30	4.50	4.60		4.70	4.80	5.10	5.40	5.40	6.00					13.10	14.10	15.90
		velocity	6.92	8.14	8.14	7.78	7.61		7.45	7.29	6.86	6.48	6.48	6.67	7.19				8.02	7.45	6.60
H1 lead leg	R	strides	23	13	13	13	13		13	16	16	16	17		153						

FINAL - 2002 IAAF World Cup (Madrid, ESP)

Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas

date	20-Sep-02	time	6.72	11.45	16.08	20.50	25.21	30.01	35.10	40.23	45.65	51.06	57.40	5 / 7						
reaction time	0.177	interval	4.73	4.63	4.42	4.71	4.80	5.09	5.13	5.42	5.41	6.34			13.78	14.60	15.96			
		velocity	6.70	7.40	7.56	7.92	7.43	7.29	6.88	6.82	6.46	6.47	6.31	6.97	7.62	7.19	6.58			
H1 lead leg	R	strides	23	16	16	15	15	15	16	17	17	17	20.5	187.5						
FINAL - 2002 European Championships (Munich, GER)													<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>							
date	08-Aug-02	time	6.74	10.91	15.16	19.51	24.07	28.84	33.73	38.83	44.15	49.59	55.89	/ 2						
reaction time	0.180	interval	4.17	4.25	4.35	4.56	4.77	4.89	5.10	5.32	5.44	6.30			12.77	14.22	15.86			
		velocity	6.68	8.39	8.24	8.05	7.68	7.34	7.16	6.86	6.58	6.43	6.35	7.16	8.22	7.38	6.62			
H1 lead leg		strides	15	15	15	16	16	16	16	17	17	17	143							
Heat 1 - 2002 European Championships (Munich, GER)													<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>							
date	07-Aug-02	time	6.75	11.04	15.35	19.75	24.23	29.09	33.97	39.97	44.13	49.47	55.67	/ 2						
reaction time	0.160	interval	4.29	4.31	4.40	4.48	4.86	4.88	6.00	4.16	5.34	6.20			13.00	14.22	15.50			
		velocity	6.67	8.16	8.12	7.95	7.81	7.20	7.17	5.83	8.41	6.55	6.45	7.19	8.08	7.38	6.77			
H1 lead leg		strides																		
FINAL - 2001 European Cup (Bremen, GER)													<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>							
date	23-Jun-01	time	6.73	10.93	15.27	19.71	24.20	28.85	33.71	38.83	44.07	49.37	55.33	/ 3						
reaction time		interval	4.20	4.34	4.44	4.49	4.65	4.86	5.12	5.24	5.30	5.96			12.98	14.00	15.66			
		velocity	6.69	8.33	8.06	7.88	7.80	7.53	7.20	6.84	6.68	6.60	6.71	7.23	8.09	7.50	6.70			
H1 lead leg		strides																		
FINAL - 1996 Olympic Games (Atlanta, GA)													<i>Behm (1996) - 400m haies</i>							
date	31-Jul-96	time	6.6	10.6	14.8	19.0	23.4	28.1	32.9	37.8	42.8	48.1	54.03	1 / 5						
reaction time	0.272	interval	4.00	4.20	4.20	4.40	4.70	4.80	4.90	5.00	5.30	5.93	PB		12.40	13.90	15.20			
		velocity	6.82	8.75	8.33	8.33	7.95	7.45	7.29	7.14	7.00	6.60	6.75	7.40	8.47	7.55	6.91			
H1 lead leg		strides	23	15	15	15	15	15	16	16	17	17	164							
Semi-Final 1 - 1993 IAAF World Championships (Stuttgart, GER)													<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>							
date	17-Aug-93	time	6.53	10.67	14.89	19.27	23.62	28.11	32.99	38.06	43.26	48.56	54.64	2 / 3						
reaction time		interval	4.14	4.22	4.38	4.35	4.49	4.88	5.07	5.20	5.30	6.08			12.74	13.72	15.57			
		velocity	6.89	8.45	8.29	7.99	8.05	7.80	7.17	6.90	6.73	6.60	6.58	7.32	8.24	7.65	6.74			
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	17	17	21	185						
FINAL - 1991 European Cup (Frankfurt, GER)													<i>Federle (2003) - http://www.fgs.uni-halle.de</i>							
date	29-Jun-91	time	6.57	10.76	15.12	19.54	24.01	28.60	33.42	38.59	44.03	49.53	55.64	/ 3						
reaction time		interval	4.19	4.36	4.42	4.47	4.59	4.82	5.17	5.44	5.50	6.11			12.97	13.88	16.11			
		velocity	6.85	8.35	8.03	7.92	7.83	7.63	7.26	6.77	6.43	6.36	6.55	7.19	8.10	7.56	6.52			
H1 lead leg		strides																		
Melvin, Chelby (USA) (2003)																				
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)													<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>							
date	29-Jun-24	time	6.44	10.64	14.99	19.41	23.85	25.92	28.63	33.69	38.91	44.42	49.87	56.31	2 / 7					
reaction time		interval	4.20	4.35	4.42	4.44	4.78	5.06	5.22	5.51	5.45	6.44	PB		12.97	14.28	16.18			
		velocity	6.99	8.33	8.05	7.92	7.88	7.72	7.32	6.92	6.70	6.35	6.42	6.21	7.10	8.10	7.35	6.49		
H1 lead leg	R	strides	22	15	15	15	15	16	16	17	17	17	20.2	185.2						
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)													<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>							
date	27-Jun-24	time	6.62	10.90	15.22	19.71	24.22	26.36	28.93	33.84	39.27	44.75	50.40	56.97	9 / 5					
reaction time		interval	4.28	4.32	4.49	4.51	4.71	4.91	5.43	5.48	5.65	6.57			13.09	14.13	16.56			
		velocity	6.80	8.18	8.10	7.80	7.76	7.59	7.43	7.13	6.45	6.39	6.19	6.09	7.02	8.02	7.43	6.34		
H1 lead leg		strides																		
Miki, Shiori (JPN) (1991)																				
FINAL - 2011 Japanese National Championships (Kumagaya, JPN)													<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>							
date	12-Jun-11	time	6.61	11.08	15.67	20.34	25.19	30.18	35.24	40.38	45.64	50.93	56.92	/ 3						
reaction time		interval	4.47	4.59	4.67	4.85	4.99	5.06	5.14	5.26	5.29	5.99	PB		13.73	14.90	15.69			
		velocity	6.81	7.83	7.63	7.49	7.22	7.01	6.92	6.81	6.65	6.62	6.68	7.03	7.65	7.05	6.69			
H1 lead leg		strides	16	16	16	16	17	17	17	17	17	17	149							
FINAL - 2009 Japanese National High School Championships (Nara, JPN)													<i>Matsuo (2009) - 62nd high school championships: JAF scientific committee- biomechanics</i>							
date	31-Jul-09	time	6.87	11.64	16.43	21.40	26.51	31.82	37.19	42.56	47.83	53.09	58.96	/ 1						
reaction time		interval	4.77	4.79	4.97	5.11	5.31	5.37	5.37	5.27	5.26	5.87			14.53	15.79	15.90			
		velocity	6.55	7.34	7.31	7.04	6.85	6.59	6.52	6.52	6.64	6.65	6.81	6.78	7.23	6.65	6.60			
H1 lead leg		strides	17	16	16	16	16	17	17	17	17	17	150							
FINAL - 2008 Japanese National High School Championships (Kumagaya, JPN)													<i>Abe (2008) - 61st high school championships: JAF scientific committee- biomechanics data</i>							
date	31-Jul-08	time	7.01	11.73	16.62	21.47	26.46	31.68	36.95	42.24	47.55	52.79	58.79	/ 1						
reaction time		interval	4.72	4.89	4.85	4.99	5.22	5.27	5.29	5.31	5.24	6.00			14.46	15.48	15.84			
		velocity	6.42	7.42	7.16	7.22	7.01	6.70	6.64	6.62	6.59	6.68	6.67	6.80	7.26	6.78	6.63			
H1 lead leg		strides	16	16	16	16	17	17	17	17	17	17	149							
Minamisawa, Akane (JPN) (1997)																				
FINAL - 2023 Japanese National Championships (Osaka, JPN)													<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>							
date	04-Jun-23	time	6.74	11.14	15.57	20.11	24.92	29.87	35.09	40.44	46.00	51.89	58.97	7 / 7						
reaction time	0.171	interval	4.40	4.43	4.54	4.81	4.95	5.22	5.35	5.56	5.89	7.08			13.37	14.98	16.80			

H1 lead leg	L	velocity	6.68	7.95	7.90	7.71	7.28	7.07	6.70	6.54	6.29	5.94	5.65	6.78	7.85	7.01	6.25
		strides	23	15	15	15	16	16	17	17	17	18		169			
B FINAL - 2023 Michtaka Kinami Memorial (Osaka, JPN)																	
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																	
date	06-May-23	time	6.84	11.31	15.93	20.67	25.64	30.53	35.57	40.86	46.23	51.84		58.38	5 / 1		
reaction time	0.189	interval	4.47	4.62	4.74	4.97	4.89	5.04	5.29	5.37	5.61	6.54		PB	13.83	14.90	16.27
		velocity	6.58	7.83	7.58	7.38	7.04	7.16	6.94	6.62	6.52	6.24	6.12	6.85	7.59	7.05	6.45
H1 lead leg		strides		15	15	15	16	16	16	17	17	18		145			
B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)																	
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																	
date	06-Jun-21	time	6.97	11.54	16.10	20.70	25.59	30.55	35.72	41.04	46.56	52.45		59.45	5 / 4		
reaction time		interval	4.57	4.56	4.60	4.89	4.96	5.17	5.32	5.52	5.89	7.00			13.73	15.02	16.73
		velocity	6.46	7.66	7.68	7.61	7.16	7.06	6.77	6.58	6.34	5.94	5.71	6.73	7.65	6.99	6.28
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	17	18	22.7	194.7			
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)																	
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																	
date	20-Sep-20	time	7.16	12.00	16.87	21.82	26.83	32.03	37.52	43.03	48.58	54.29		60.69	4 / 6		
reaction time	0.243	interval	4.84	4.87	4.95	5.01	5.20	5.49	5.51	5.55	5.71	6.40			14.66	15.70	16.77
		velocity	6.28	7.23	7.19	7.07	6.99	6.73	6.38	6.35	6.31	6.13	6.25	6.59	7.16	6.69	6.26
H1 lead leg		strides		16	16	16	16	16	17	17	17	18		149			
Mitzuguchi, Moe (JPN) (2002)																	
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)																	
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																	
date	09-May-21	time	6.96	11.64	16.48	21.30	26.33	31.51	37.14	42.81	48.57	54.59		61.41	1 / 7		
reaction time	0.194	interval	4.68	4.84	4.82	5.03	5.18	5.63	5.67	5.76	6.02	6.82			14.34	15.84	17.45
		velocity	6.47	7.48	7.23	7.26	6.96	6.76	6.22	6.17	6.08	5.81	5.87	6.51	7.32	6.63	6.02
H1 lead leg	R	strides	24	16	17	16	17	17	18	18	18	18		179			
FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)																	
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																	
date	25-Oct-20	time	6.62	10.94	15.45	20.05	24.74	29.78	35.02	40.32	45.98	52.14		59.16	7 / 4		
reaction time	0.192	interval	4.32	4.51	4.60	4.69	5.04	5.24	5.30	5.66	6.16	7.02			13.43	14.97	17.12
		velocity	6.80	8.10	7.76	7.61	7.46	6.94	6.68	6.60	6.18	5.68	5.70	6.76	7.82	7.01	6.13
H1 lead leg		strides		16	16	17	17	17	17	17	18	19		154			
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)																	
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																	
date	23-Aug-20	time	6.86	11.53	16.37	21.10	25.99	31.15	36.45	42.09	47.98	53.90		60.50	2 / 7		
reaction time	0.156	interval	4.67	4.84	4.73	4.89	5.16	5.30	5.64	5.89	5.92	6.60			14.24	15.35	17.45
		velocity	6.56	7.49	7.23	7.40	7.16	6.78	6.60	6.21	5.94	5.91	6.06	6.61	7.37	6.84	6.02
H1 lead leg		strides		16	17	16	17	17	17	18	18	18		154			
Mo Jiadie (CHN) (2000)																	
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)																	
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	
date	06-Aug-24	time	6.37	10.54	14.92	19.39	24.03	28.75	33.73	38.84	44.07	49.40		55.63	2 / 9		
reaction time	0.163	interval	4.17	4.38	4.47	4.64	4.72	4.98	5.11	5.23	5.33	6.23			13.02	14.34	15.67
		velocity	7.06	8.39	7.99	7.83	7.54	7.42	7.03	6.85	6.69	6.57	6.42	7.19	8.06	7.32	6.70
H1 lead leg	L	strides	23	15	15	15	16	16	17	17	17	18		152			
Repechage 2 - 2024 Olympic Games (Paris, FRA)																	
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	
date	05-Aug-24	time	6.37	10.53	14.84	19.31	23.94	28.73	33.67	38.66	43.72	48.83		54.75	5 / 1		
reaction time	0.231	interval	4.16	4.31	4.47	4.63	4.79	4.94	4.99	5.06	5.11	5.92		PB	12.94	14.36	15.16
		velocity	7.06	8.41	8.12	7.83	7.56	7.31	7.09	7.01	6.92	6.85	6.76	7.31	8.11	7.31	6.93
H1 lead leg	L	strides	23	15	15	15	16	16	17	17	17	17	21	189			
Heat 3 - 2024 Olympic Games (Paris, FRA)																	
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	
date	04-Aug-24	time	6.32	10.49	14.84	19.21	23.79	28.52	33.45	38.55	43.76	49.01		55.43	2 / 6		
reaction time	0.190	interval	4.17	4.35	4.37	4.58	4.73	4.93	5.10	5.21	5.25	6.42			12.89	14.24	15.56
		velocity	7.12	8.39	8.05	8.01	7.64	7.40	7.10	6.86	6.72	6.67	6.23	7.22	8.15	7.37	6.75
H1 lead leg	L	strides	23	15	15	15	16	16	17	17	17	17	22	190			
FINAL - 2021 Chinese Student Games (Qingdao, CHN)																	
<i>CAA Hurdle Development (2021)</i>																	
date	14-Jul-21	time	6.74	11.17	15.61	20.28	25.05	29.99	35.09	40.43	45.80	51.23		57.50	5 / 1		
reaction time		interval	4.43	4.44	4.67	4.77	4.94	5.10	5.34	5.37	5.43	6.27			13.54	14.81	16.14
		velocity	6.68	7.90	7.88	7.49	7.34	7.09	6.86	6.55	6.52	6.45	6.38	6.96	7.75	7.09	6.51
H1 lead leg	L	strides	24	16	16	16	16	17	17	18	18	18	21.2	197.2			
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																	
<i>CAA Hurdle Development (2021)</i>																	
date	26-Jun-21	time	6.66	10.96	15.42	19.98	24.62	29.44	34.50	39.62	44.88	50.26		56.27	5 / 1		
reaction time	0.296	interval	4.30	4.46	4.56	4.64	4.82	5.06	5.12	5.26	5.38	6.01		PB	13.32	14.52	15.76
		velocity	6.76	8.14	7.85	7.68	7.54	7.26	6.92	6.84	6.65	6.51	6.66	7.11	7.88	7.23	6.66
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	18	21.2	195.2			
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)																	
<i>CAA Hurdle Development (2021)</i>																	
date	26-Jun-21	time	6.83	11.22	15.77	20.45	25.20	30.16	35.35	40.64	46.14	51.77		58.07	5 / 1		
reaction time	0.321	interval	4.39	4.55	4.68	4.75	4.96	5.19	5.29	5.50	5.63	6.30			13.62	14.90	16.42
		velocity	6.59	7.97	7.69	7.48	7.37	7.06	6.74	6.62	6.36	6.22	6.35	6.89	7.71	7.05	6.39
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21	196			

FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)

														CAA Hurdle Development (2021)			
date	13-Jun-21	time	6.69	11.14	15.82	20.42	25.21	30.13	35.25	40.42	45.88	51.62	58.34	4 / 2			
reaction time	0.254	interval		4.45	4.68	4.60	4.79	4.92	5.12	5.17	5.46	5.74	6.72		13.73	14.83	16.37
		velocity	6.73	7.87	7.48	7.61	7.31	7.11	6.84	6.77	6.41	6.10	5.95	6.86		7.65	7.08
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21				

FINAL - 2021 East China District Meeting (Zhaoqing, CHN)

														CAA Hurdle Development (2021)			
date	25-Apr-21	time	6.56	10.89	15.35	19.94	24.66	29.60	34.68	39.89	45.28	50.83	56.73	5 / 1			
reaction time	0.258	interval		4.33	4.46	4.59	4.72	4.94	5.08	5.21	5.39	5.55	5.90		13.38	14.74	16.15
		velocity	6.86	8.08	7.85	7.63	7.42	7.09	6.89	6.72	6.49	6.31	6.78	7.05		7.85	7.12
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21				

Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)

														CAA Hurdle Development (2021)			
date	25-Apr-21	time	6.84	11.28	15.83	20.44	25.22	30.28	35.65	41.19	47.01	53.00	59.57	3 / 1			
reaction time	0.312	interval		4.44	4.55	4.61	4.78	5.06	5.37	5.54	5.82	5.99	6.57		13.60	15.21	17.35
		velocity	6.58	7.88	7.69	7.59	7.32	6.92	6.52	6.32	6.01	5.84	6.09	6.71		7.72	6.90
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21				

FINAL - 2020 Chinese National Championships (Shaoxing, CHN)

														CAA Hurdle Development (2020)			
date	17-Sep-20	time	6.46	10.79	15.17	19.67	24.25	29.04	34.08	39.37	44.92	50.37	56.77	4 / 1			
reaction time		interval		4.33	4.38	4.50	4.58	4.79	5.04	5.29	5.55	5.45	6.40		13.21	14.41	16.29
		velocity	6.97	8.08	7.99	7.78	7.64	7.31	6.94	6.62	6.31	6.42	6.25	7.05		7.95	7.29
H1 lead leg	L	strides	24	16	16	16	16	17	17	18	18	18	21.5				

U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)

														CAA Hurdle Development (2019)			
date	17-Aug-19	time	6.66	11.08	15.66	20.38	25.26	30.26	35.42	40.58	46.04	51.58	57.76	6 / 1			
reaction time	0.241	interval		4.42	4.58	4.72	4.88	5.00	5.16	5.16	5.46	5.54	6.18		13.72	15.04	16.16
		velocity	6.76	7.92	7.64	7.42	7.17	7.00	6.78	6.78	6.41	6.32	6.47	6.93		7.65	6.98
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	18	20.8				

U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)

														CAA Hurdle Development (2019)			
date	17-Aug-19	time	6.78	11.34	16.10	20.94	25.94	31.14	36.54	41.94	47.78	53.66	60.37	6 / 1			
reaction time	0.222	interval		4.56	4.76	4.84	5.00	5.20	5.40	5.40	5.84	5.88	6.71		14.16	15.60	17.12
		velocity	6.64	7.68	7.35	7.23	7.00	6.73	6.48	6.48	5.99	5.95	5.96	6.63		7.42	6.73
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21				

FINAL - 2019 Chinese National Championships (Shenyang, CHN)

														CAA Hurdle Development (2019)			
date	10-Jul-19	time	6.61	10.89	15.28	19.87	24.55	29.46	34.47	39.59	44.93	50.61	56.70	3 / 1			
reaction time	0.293	interval		4.28	4.39	4.59	4.68	4.91	5.01	5.12	5.34	5.68	6.09	PB	13.26	14.60	16.14
		velocity	6.81	8.18	7.97	7.63	7.48	7.13	6.99	6.84	6.55	6.16	6.57	7.05		7.92	7.19
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.5				

Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)

														CAA Hurdle Development (2019)			
date	09-Jul-19	time	6.70	11.18	15.71	20.42	25.21	30.23	35.42	40.81	46.51	52.27	58.75	4 / 1			
reaction time	0.295	interval		4.48	4.53	4.71	4.79	5.02	5.19	5.39	5.70	5.76	6.48		13.72	15.00	16.85
		velocity	6.72	7.81	7.73	7.43	7.31	6.97	6.74	6.49	6.14	6.08	6.17	6.81		7.65	7.00
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.2				

FINAL - 2019 Asian Athletics Championships (Doha, QAT)

														CAA Hurdle Development (2019)			
date	22-Apr-19	time	6.89	11.39	15.96	20.72	25.55	30.53	35.68	41.04	46.78	52.56	59.20	9 / 8			
reaction time	0.181	interval		4.50	4.57	4.76	4.83	4.98	5.15	5.36	5.74	5.78	6.64		13.83	14.96	16.88
		velocity	6.53	7.78	7.66	7.35	7.25	7.03	6.80	6.53	6.10	6.06	6.02	6.76		7.59	7.02
H1 lead leg	L	strides	24	16	16	16	16	17	17	18	18	18	21.5				

Heat 1 - 2019 Asian Athletics Championships (Doha, QAT)

														CAA Hurdle Development (2019)			
date	21-Apr-19	time	6.64	11.02	15.58	20.23	25.12	30.23	35.42	40.70	46.31	51.92	58.28	6 / 3			
reaction time	0.224	interval		4.38	4.56	4.65	4.89	5.11	5.19	5.28	5.61	5.61	6.36		13.59	15.19	16.50
		velocity	6.78	7.99	7.68	7.53	7.16	6.85	6.74	6.63	6.24	6.24	6.29	6.86		7.73	6.91
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.2				

FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)

														CAA Hurdle Development (2019)			
date	08-Apr-19	time	6.84	11.31	15.88	20.62	25.44	30.44	35.58	40.87	46.48	52.12	58.34	7 / 1			
reaction time	0.283	interval		4.47	4.57	4.74	4.82	5.00	5.14	5.29	5.61	5.64	6.22		13.78	14.96	16.54
		velocity	6.58	7.83	7.66	7.38	7.26	7.00	6.81	6.62	6.24	6.21	6.43	6.86		7.62	7.02
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.5				

Heat 1 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)

														CAA Hurdle Development (2019)			
date	07-Apr-19	time	7.00	11.53	16.20	21.04	26.02	31.18	36.47	42.19	47.90	53.69	60.19	8 / 1			
reaction time	0.319	interval		4.53	4.67	4.84	4.98	5.16	5.29	5.72	5.71	5.79	6.50		14.04	15.43	17.22
		velocity	6.43	7.73	7.49	7.23	7.03	6.78	6.62	6.12	6.13	6.04	6.15	6.65		7.48	6.80
H1 lead leg	L	strides	24	16	16	16	16	17	17	18	18	18	21				

FINAL - 2018 Chinese National Championships (Taiyuan, CHN)

														Henson (2018) - coaching observations			
date	16-Sep-18	time	6.76	11.18	15.68	20.32	25.09	30.08	35.28	40.69	46.18	51.78	57.86	3 / 2			
reaction time		interval		4.42	4.50	4.64	4.77	4.99	5.20	5.41	5.49	5.60	6.08	PB	13.56	14.96	16.50
		velocity	6.66	7.92	7.78	7.54	7.34	7.01	6.73	6.47	6.38	6.25	6.58	6.91		7.74	7.02
H1 lead leg	L	strides	24	16	16	16	16	17	17	18	18	18	21.5				

Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)*Henson (2018) - coaching observations*

date	15-Sep-18	time	6.74	11.08	15.58	20.13	24.99	30.12	35.55	41.26	47.15	53.17	59.60	5 / 1				
reaction time		interval		4.34	4.50	4.55	4.86	5.13	5.43	5.71	5.89	6.02	6.43		13.39	15.42	17.62	
		velocity	6.68	8.06	7.78	7.69	7.20	6.82	6.45	6.13	5.94	5.81	6.22	6.71	7.84	6.81	5.96	
H1 lead leg	L	strides	24	16	16	16	16	17	18	18	19	19	21.5	200.5				

Moelo, Annie (FRA) (1962)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 1987 French National Championships (Annecy, FRA)***Veney - split times from PJ*

date	09-Aug-87	time	6.85	11.15	15.65	20.40	25.10	30.00	35.05	40.05	45.20	50.60	57.33	1 / 2				
reaction time		interval		4.30	4.50	4.75	4.70	4.90	5.05	5.00	5.15	5.40	6.73		13.55	14.65	15.55	
		velocity	6.57	8.14	7.78	7.37	7.45	7.14	6.93	7.00	6.80	6.48	5.94	6.98	7.75	7.17	6.75	
H1 lead leg		strides																

Moline, Georganne (USA) (1990)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2020 Inspiration Games (Zürich, SUI) (TV Analysis) (300m Hurdles)***Henson (2020) - Athlete First: 2020 year end hurdle report*

date	09-Jul-20	time	6.20	10.10	14.20	18.46	22.86	27.50	32.46				39.08	3 / 1				
reaction time		interval		3.90	4.10	4.26	4.40	4.64	4.96				6.62	(Walnut, CA)	12.76	14.00		
		velocity	8.06	8.97	8.54	8.22	7.95	7.54	7.06				6.04	7.68	8.23	7.50		
H1 lead leg	R	strides	22	15	15	15	15	16	16				22.5	136.5				

FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)*Henson (2020) - Athlete First: 2018 year end hurdle report*

date	30-Aug-18	time	6.52	10.72	15.04		23.92	25.9	28.48	33.16	43.24	48.76	55.00	2 / 4				
reaction time	0.261	interval		4.20	4.32		8.88	4.56	4.68	10.08	5.52	6.24						15.60
		velocity	6.90	8.33	8.10		7.88	7.72	7.68	7.48	6.94	6.34	6.41	7.27				6.73
H1 lead leg	L	strides	23	16	15			15	15			17	20.2	121.2				

FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)*Henson (2020) - Athlete First: 2018 year end hurdle report*

date	21-Jul-18	time	6.44	10.80	15.16	19.56	24.04	28.64	33.40	38.48	43.88	49.32	55.47	7 / 4				
reaction time	0.211	interval		4.36	4.36	4.40	4.48	4.60	4.76	5.08	5.40	5.44	6.15		13.12	13.84	15.92	
		velocity	6.99	8.03	8.03	7.95	7.81	7.61	7.35	6.89	6.48	6.43	6.50	7.21	8.00	7.59	6.60	
H1 lead leg	L	strides	23	16	15	15	15	15	15	16	17	17	20	184				

FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)*Henson (2020) - Athlete First: 2018 year end hurdle report*

date	05-Jul-18	time	6.32	10.56		19.32	23.72	28.24	32.80	37.56	42.52	47.68	53.90	7 / 3				
reaction time	0.204	interval		4.24		8.76	4.40	4.52	4.56	4.76	4.96	5.16	6.22		13.00	13.48	14.88	
		velocity	7.12	8.25		7.99	7.95	7.74	7.68	7.35	7.06	6.78	6.43	7.42	8.08	7.79	7.06	
H1 lead leg	R	strides	22	15		15		15	15	15	16	16	20	149				

FINAL - 2018 USATF National Championships (Des Moines, IA) (TV Analysis)*Henson (2020) - Athlete First: 2018 year end hurdle report*

date	24-Jun-18	time	6.40	10.51	14.71	19.05	23.49	27.99	32.56	37.27	42.24	47.58	54.12	4 / 2				
reaction time		interval		4.11	4.20	4.34	4.44	4.50	4.57	4.71	4.97	5.34	6.54		12.65	13.51	15.02	
		velocity	7.03	8.52	8.33	8.06	7.88	7.78	7.66	7.43	7.04	6.55	6.12	7.39	8.30	7.77	6.99	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	17	20.5	180.5				

FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)*Henson (2020) - Athlete First: 2018 year end hurdle report*

date	31-May-18	time	6.32	10.44	14.72	19.12	23.56	28.08	32.72	37.64	42.80	48.08	53.97	7 / 1				
reaction time	0.213	interval		4.12	4.28	4.40	4.44	4.52	4.64	4.92	5.16	5.28	5.89		12.80	13.60	15.36	
		velocity	7.12	8.50	8.18	7.95	7.88	7.74	7.54	7.11	6.78	6.63	6.79	7.41	8.20	7.72	6.84	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	17	17	20	182				

FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)*Henson (2020) - Athlete First: 2018 year end hurdle report*

date	26-May-18	time	6.72	11.00	15.16	19.36	23.68	28.08	32.64	37.52	42.60	48.04	54.33	1 / 3				
reaction time	0.219	interval		4.28	4.16	4.20	4.32	4.40	4.56	4.88	5.08	5.44	6.29		12.64	13.28	15.40	
		velocity	6.70	8.18	8.41	8.33	8.10	7.95	7.68	7.17	6.89	6.43	6.36	7.36	8.31	7.91	6.82	
H1 lead leg	L	strides	23	16		15	15	15	15	16	16	17	20	168				

FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)*Henson (2021) - Athlete First: 2017 year end hurdle report*

date	25-Jun-17	time	6.34	10.44	14.65	18.92	23.22	27.69	32.36	37.10	42.04	47.05	53.14	6 / 5				
reaction time	0.272	interval		4.10	4.21	4.27	4.30	4.47	4.67	4.74	4.94	5.01	6.09	PB	12.58	13.44	14.69	
		velocity	7.10	8.54	8.31	8.20	8.14	7.83	7.49	7.38	7.09	6.99	6.57	7.53	8.35	7.81	7.15	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19.7	178.7				

FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)*Henson (2020) - Athlete First: 2017 year end hurdle report*

date	27-May-17	time	6.53	10.73	15.13	19.60	24.13	28.76	33.63	38.60	43.60	48.60	54.09	3 / 3				
reaction time	0.285	interval		4.20	4.40	4.47	4.53	4.63	4.87	4.97	5.00	5.00	5.49		13.07	14.03	14.97	
		velocity	6.89	8.33	7.95	7.83	7.73	7.56	7.19	7.04	7.00	7.00	7.29	7.40	8.03	7.48	7.01	
H1 lead leg	R	strides	22	15	15	15	15	15	16	16	16	16	19	180				

FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)*Henson (2020) - Athlete First: 2016 year end hurdle report*

date	05-Jun-16	time	6.47	10.60	14.90	19.40	23.90	28.57	33.27	38.27	43.40	48.63	54.63	7 / 3				
reaction time	0.214	interval		4.13	4.30	4.50	4.50	4.67	4.70	5.00	5.13	5.23	6.00		12.93	13.87	15.36	
		velocity	6.96	8.47	8.14	7.78	7.78	7.49	7.45	7.00	6.82	6.69	6.67	7.32	8.12	7.57	6.84	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180				

FINAL - 2012 Olympic Games (London, GBR)*Hillier (2012) - uka 2012 olympic games report: 400m hurdles*

date	08-Aug-12	time	6.57	10.72	15.08	19.47	23.92	25.72	28.44	33.00	37.73	42.75	48.04	53.92	8 / 5			
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reaction time	0.177	interval	4.15	4.36	4.39	4.45		4.52	4.56	4.73	5.02	5.29	5.88	PB	12.90	13.53	15.04		
		velocity	6.85	8.43	8.03	7.97	7.87	7.78	7.74	7.68	7.40	6.97	6.62	6.80	7.42	8.14	7.76	6.98	
H1 lead leg	R	strides	23	15	15	15		15	15	15	16	16	19.2	179					
Molnár, Janka (HUN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	08-Aug-22	time	6.53	10.70	15.07	19.57	24.26		28.96		39.10	44.36	49.73		56.04	3 / 5			
reaction time	0.232	interval		4.17	4.37	4.50	4.69		4.70		10.14	5.26	5.37	6.31			13.04		
		velocity	6.89	8.39	8.01	7.78	7.46		7.45		6.90	6.65	6.52	6.34	7.14		8.05		
H1 lead leg	L	strides	23	16	16	16	16					17	17		121				
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)			<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																
date	19-Aug-20	time	6.80		20.24	24.92		29.76	34.76	39.96	45.28	50.76			57.10	2 / 6			
reaction time	0.218	interval			13.44	4.68		4.84	5.00	5.20	5.32	5.48	6.34				13.44	14.52	16.00
		velocity	6.62		7.81	7.48		7.23	7.00	6.73	6.58	6.39	6.31	7.01			7.81	7.23	6.56
H1 lead leg	R	strides	24			16		16	17	17	17	17	17		124				
Montero, Beatriz (ESP) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 IAAF World Cup (Madrid, ESP)			<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>																
date	20-Sep-02	time	6.69	11.18	15.76	20.50	25.42		30.56	35.88	41.34	47.11	52.87		59.79	8 / 9			
reaction time	0.181	interval		4.49	4.58	4.74	4.92		5.14	5.32	5.46	5.77	5.76	6.92			13.81	15.38	16.99
		velocity	6.73	7.80	7.64	7.38	7.11		6.81	6.58	6.41	6.07	6.08	5.78	6.69		7.60	6.83	6.18
H1 lead leg	R	strides	24	16	16	16	17		17	18	18	19	19	22.5	202.5				
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)			<i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>																
date	02-Aug-98	time	6.84	11.76	16.88	22.17	27.70		33.17	38.89	44.70	50.64	56.74		64.54	8 / 7			
reaction time		interval		4.92	5.12	5.29	5.53		5.47	5.72	5.81	5.94	6.10	7.80			15.33	16.72	17.85
		velocity	6.58	7.11	6.84	6.62	6.33		6.40	6.12	6.02	5.89	5.74	5.13	6.20		6.85	6.28	5.88
H1 lead leg	L	strides	23	16	17	17	17		17	18	18	18	18	23.5	202.5				
Morandais, Sylvanie (FRA) (1979)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 European Cup (Bremen, GER)			<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																
date	23-Jun-01	time	6.56	10.86	15.25	19.68	24.23			34.09	39.08	44.31	49.59		55.50	1 / 4			
reaction time		interval		4.30	4.39	4.43	4.55			9.86	4.99	5.23	5.28	5.91	PB		13.12	14.41	15.50
		velocity	6.86	8.14	7.97	7.90	7.69			7.10	7.01	6.69	6.63	6.77	7.21		8.00	7.29	6.77
H1 lead leg		strides																	
Moriwaki, Kanami (JPN) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)			<i>Kishima (2022) - national high school championships biomechanics data collection</i>																
date	05-Aug-22	time	6.85	11.40	16.27	21.32	26.58		32.03	37.50	42.93	48.50	54.27		60.89	1 / 7			
reaction time	0.166	interval		4.55	4.87	5.05	5.26		5.45	5.47	5.43	5.57	5.77	6.62	PB		14.47	16.18	16.77
		velocity	6.57	7.69	7.19	6.93	6.65		6.42	6.40	6.45	6.28	6.07	6.04	6.57		7.26	6.49	6.26
H1 lead leg	L	strides	24	16	17	17	17		17	17	17	17	17	22	198				
Morley, Sue (GBR) (1957)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1984 Olympic Games (Los Angeles, CA)			<i>Arnold (1984) - 1984 olympic games - hurdles</i>																
date	06-Aug-84	time	6.5	10.6	15.4	19.5	24.0	26.0	28.8	33.8	39.1	44.5	50.3		56.67	8 / 7			
reaction time		interval		4.10	4.80	4.10	4.50		4.80	5.00	5.30	5.40	5.80	6.37			13.00	14.30	16.50
		velocity	6.92	8.54	7.29	8.54	7.78	7.69	7.29	7.00	6.60	6.48	6.03	6.28	7.06		8.08	7.34	6.36
H1 lead leg	L	strides		15	15	15	15		16	16	17			109					
Morosanu, Angela (ROU) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 IAAF World Championships (Berlin, GER)			<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	20-Aug-09	time	6.17	10.14	14.24	18.56	22.97		27.70	32.63	37.70	43.08	48.71		55.04	1 / 8			
reaction time	0.183	interval		3.97	4.10	4.32	4.41		4.73	4.93	5.07	5.38	5.63	6.33			12.39	14.07	16.08
		velocity	7.29	8.82	8.54	8.10	7.94		7.40	7.10	6.90	6.51	6.22	6.32	7.27		8.47	7.46	6.53
H1 lead leg		strides		14	14	15	14		15	15	15	16	17		135				
Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)			<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	18-Aug-09	time	6.16	10.14	14.21	18.54	23.04		27.66	32.44	37.34	42.54	47.98		54.15	5 / 3			
reaction time	0.218	interval		3.98	4.07	4.33	4.50		4.62	4.78	4.90	5.20	5.44	6.17			12.38	13.90	15.54
		velocity	7.31	8.79	8.60	8.08	7.78		7.58	7.32	7.14	6.73	6.43	6.48	7.39		8.48	7.55	6.76
H1 lead leg		strides																	
Heat 4 - 2009 IAAF World Championships (Berlin, GER)			<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	17-Aug-09	time	6.21	10.32	14.62	18.87	23.25		27.96	32.83	37.75	42.80	48.35		54.70	3 / 1			
reaction time	0.187	interval		4.11	4.30	4.25	4.38		4.71	4.87	4.92	5.05	5.55	6.35			12.66	13.96	15.52
		velocity	7.25	8.52	8.14	8.24	7.99		7.43	7.19	7.11	6.93	6.31	6.30	7.31		8.29	7.52	6.77
H1 lead leg		strides																	
Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)			<i>Omega Timing (2024) - diamond league race analysis</i>																
date	25-Aug-24	time	6.30	10.38	14.61	19.05	23.57		28.33	33.39	38.78	44.15	49.50		55.99	9 / 9			
reaction time	0.163	interval		4.08	4.23	4.44	4.52		4.76	5.06	5.39	5.37	5.35	6.49			12.75	14.34	16.11
		velocity	7.14	8.58	8.27	7.88	7.74		7.35	6.92	6.49	6.52	6.54	6.16	7.14		8.24	7.32	6.52
H1 lead leg	R	strides	22	14	14	15	15		15	15	16	16		142					

FINAL - 2024 USA Olympic Trials (Eugene, OR)

date	30-Jun-24	time	6.29	10.40	14.59	18.93	23.45	25.44	28.00	32.71	37.75	43.13	48.33	54.27	9 / 6			
reaction time		interval	4.11	4.19	4.34	4.52		4.55	4.71	5.04	5.38	5.20	5.94			12.64	13.78	15.62
		velocity	7.15	8.52	8.35	8.06	7.74	7.86	7.69	7.43	6.94	6.51	6.73	6.73	7.37		8.31	7.62
H1 lead leg	R	strides	15	15	15	15		15	15	15	15	16	16	19.2	156.2			

*USATF and Karmarush (2024) - USA Olympic trials results and race analysis***Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)**

date	29-Jun-24	time	6.35	10.40	14.53	18.84	23.27	25.23	27.73	32.45	37.39	42.59	47.96	54.16	5 / 2			
reaction time		interval	4.05	4.13	4.31	4.43		4.46	4.72	4.94	5.20	5.37	6.20			12.49	13.61	15.51
		velocity	7.09	8.64	8.47	8.12	7.90	7.93	7.85	7.42	7.09	6.73	6.52	6.45	7.39		8.41	7.71
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	20	179			

*USATF and Karmarush (2024) - USA Olympic trials results and race analysis***Heat 4 - 2024 USA Olympic Trials (Eugene, OR)**

date	27-Jun-24	time	6.50	10.66	14.96	19.41	24.03	26.09	28.71	33.61	38.81	43.99	49.32	55.51	5 / 2			
reaction time		interval	4.16	4.30	4.45	4.62		4.68	4.90	5.20	5.18	5.33	6.19			12.91	14.20	15.71
		velocity	6.92	8.41	8.14	7.87	7.58	7.67	7.48	7.14	6.73	6.76	6.57	6.46	7.21		8.13	7.39
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19	179			

*USATF and Karmarush (2024) - USA Olympic trials results and race analysis***Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)**

date	22-Aug-23	time	6.24	10.38	14.48	18.55	22.89		27.42	32.16	37.20	42.49	47.94	54.19	6 / 3			
reaction time	0.169	interval	4.14	4.10	4.07	4.34		4.53	4.74	5.04	5.29	5.45	6.25			12.31	13.61	15.78
		velocity	7.21	8.45	8.54	8.60	8.06		7.73	7.38	6.94	6.62	6.42	6.40	7.38		8.53	7.71
H1 lead leg	R	strides	22	14	14	15	15		15	15	15	16	16	19.7	176.7			

*Henson (2023) - Athlete First: 2023 year end hurdle report***Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)**

date	21-Aug-23	time	6.03	10.03	14.37	18.67	23.03		27.60	32.36	37.27	42.46	47.80	54.21	5 / 2			
reaction time	0.156	interval	4.00	4.34	4.30	4.36		4.57	4.76	4.91	5.19	5.34	6.41			12.64	13.69	15.44
		velocity	7.46	8.75	8.06	8.14	8.03		7.66	7.35	7.13	6.74	6.55	6.24	7.38		8.31	7.67
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178			

*Henson (2023) - Athlete First: 2023 year end hurdle report***FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)**

date	09-Jul-23	time	6.24	10.21	14.41	18.72	23.19		27.76	32.36	37.24	42.24	47.44	53.53	4 / 2			
reaction time		interval	3.97	4.20	4.31	4.47		4.57	4.60	4.88	5.00	5.20	6.09			12.48	13.64	15.08
		velocity	7.21	8.82	8.33	8.12	7.83		7.66	7.61	7.17	7.00	6.73	6.57	7.47		8.41	7.70
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19.5	178.5			

*Henson (2023) - Athlete First: 2023 year end hurdle report***FINAL - 2023 Meeting International Mohammed VI d'Atlétisme (Rabat, MAR)**

date	28-May-23	time	6.18	10.28	14.58	19.13	23.79		28.53	33.54	38.67	43.85	49.26	55.72	6 / 5			
reaction time	0.170	interval	4.10	4.30	4.55	4.66		4.74	5.01	5.13	5.18	5.41	6.46			12.95	14.41	15.72
		velocity	7.28	8.54	8.14	7.69	7.51		7.38	6.99	6.82	6.76	6.47	6.19	7.18		8.11	7.29
H1 lead leg	R	strides	22	14	14	15	15		15	15		16	20	146				

*Omega Timing (2023) - diamond league race analysis***FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)**

date	08-Sep-22	time	6.04	10.01	14.18	18.42	22.82	24.64	27.29	31.87	36.70	41.87	47.31	53.83	5 / 4			
reaction time	0.150	interval	3.97	4.17	4.24	4.40		4.47	4.58	4.83	5.17	5.44	6.52			12.38	13.45	15.44
		velocity	7.45	8.82	8.39	8.25	7.95	8.12	7.83	7.64	7.25	6.77	6.43	6.13	7.43		8.48	7.81
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	20	179			

*Henson (2022) - Athlete First: 2022 year end hurdle report***FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)**

date	26-Aug-22	time	6.13	10.10	14.24	18.67	23.13	25.02	27.73	32.57	37.57	43.16	49.10	56.03	4 / 7			
reaction time	0.184	interval	3.97	4.14	4.43	4.46		4.60	4.84	5.00	5.59	5.94	6.93			12.54	13.90	16.53
		velocity	7.34	8.82	8.45	7.90	7.85	7.99	7.61	7.23	7.00	6.26	5.89	5.77	7.14		8.37	7.55
H1 lead leg	R	strides	22	14	14	15	15		15	15	15	16	17	158				

*Henson (2022) - Athlete First: 2022 year end hurdle report***FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)**

date	22-Jul-22	time	6.17	10.13	14.23	18.66	23.17	25.03	27.70	32.28	37.03	42.17	47.23	53.13	6 / 3			
reaction time	0.162	interval	3.96	4.10	4.43	4.51		4.53	4.58	4.75	5.14	5.06	5.90			12.49	13.62	14.95
		velocity	7.29	8.84	8.54	7.90	7.76	7.99	7.73	7.64	7.37	6.81	6.92	6.78	7.53		8.41	7.71
H1 lead leg	R	strides	22	14	14	15	15		15	15	15	16	16	157				

*Henson (2022) - Athlete First: 2022 year end hurdle report***Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)**

date	20-Jul-22	time	6.06	10.06	14.26	18.53	23.07	25.20	27.77	32.47	37.27	42.10	47.26	53.28	4 / 1			
reaction time	0.224	interval	4.00	4.20	4.27	4.54		4.70	4.70	4.80	4.83	5.16	6.02			12.47	13.94	14.79
		velocity	7.43	8.75	8.33	8.20	7.71	7.94	7.45	7.45	7.29	7.25	6.78	6.64	7.51		8.42	7.53
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	16	19	177			

*Henson (2022) - Athlete First: 2022 year end hurdle report***Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)**

date	19-Jul-22	time	6.26	10.43	14.76	19.17	23.76	25.73	28.48	33.30	38.36	43.50	48.70	54.45	3 / 1			
reaction time	0.169	interval	4.17	4.33	4.41	4.59		4.72	4.82	5.06	5.14	5.20	5.75			12.91	14.13	15.40
		velocity	7.19	8.39	8.08	7.94	7.63	7.77	7.42	7.26	6.92	6.81	6.73	6.96	7.35		8.13	7.43
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	19	1679				

*Henson (2022) - Athlete First: 2022 year end hurdle report***FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)**

date	21-May-22	time	6.30	10.23	14.43	18.73	23.27	25.11	28.03	33.03	38.06	43.23	48.45	54.54	4 / 1			
reaction time	0.160	interval	3.93	4.20	4.30	4.54		4.76	5.00	5.03	5.17	5.22	6.09			12.43	14.30	15.42
		velocity	7.14	8.91	8.33	8.14	7.71	7.96	7.35	7.00	6.96	6.77	6.70	6.57	7.33		8.45	7.34
H1 lead leg	R	strides	22	14	15	15	15		15	16	16	16	20	180				

Henson (2022) - Athlete First: 2022 year end hurdle report

FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	26-Aug-21	time	6.12	10.08	14.40	18.88	23.52	28.28	33.12	38.12	43.36	48.56	54.50	5 / 4						
reaction time	0.189	interval		3.96	4.32	4.48	4.64	4.76	4.84	5.00	5.24	5.20	5.94		12.76	14.24	15.44			
		velocity	7.35	8.84	8.10	7.81	7.54	7.35	7.23	7.00	6.68	6.73	6.73	7.34		8.23	7.37	6.80		
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19	178						
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	21-Aug-21	time	6.12	10.06	14.12	18.28	22.64	24.6	27.12	31.84	36.66	41.64	46.76	52.77	5 / 1					
reaction time	0.164	interval		3.94	4.06	4.16	4.36	4.48	4.72	4.82	4.98	5.12	6.01		12.16	13.56	14.92			
		velocity	7.35	8.88	8.62	8.41	8.03	8.13	7.81	7.42	7.26	7.03	6.84	6.66	7.58		8.63	7.74	7.04	
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19.2	179.2						
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	04-Aug-21	time	6.04	9.92	13.92	18.08	22.44	26.84	31.36	36.04	40.88	45.84	51.58	7 / 2						
reaction time	0.200	interval		3.88	4.00	4.16	4.36	4.40	4.52	4.68	4.84	4.96	5.74	PB	12.04	13.28	14.48			
		velocity	7.45	9.02	8.75	8.41	8.03	7.95	7.74	7.48	7.23	7.06	6.97	7.75		8.72	7.91	7.25		
H1 lead leg	R	strides	22	14	14	15	15	15	15	15	16	16	19	176						
Semi-Final 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	02-Aug-21	time	6.04	10.00	14.08	18.36	22.88	27.40	32.12	37.00	42.04	47.24	53.30	7 / 1						
reaction time	0.186	interval		3.96	4.08	4.28	4.52	4.52	4.72	4.88	5.04	5.20	6.06		12.32	13.76	15.12			
		velocity	7.45	8.84	8.58	8.18	7.74	7.74	7.42	7.17	6.94	6.73	6.60	7.50		8.52	7.63	6.94		
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19	178						
Heat 5 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	31-Jul-21	time	6.10	10.01	14.25	18.58	23.15	27.93	32.63	37.47	42.64	47.85	53.97	3 / 1						
reaction time	0.189	interval		3.91	4.24	4.33	4.57	4.78	4.70	4.84	5.17	5.21	6.12		12.48	14.05	15.22			
		velocity	7.38	8.95	8.25	8.08	7.66	7.32	7.45	7.23	6.77	6.72	6.54	7.41		8.41	7.47	6.90		
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19	178						
FINAL - 2020 USA Olympic Trials (Eugene, OR)															<i>Athlete Tracking (2021) - Women's 400mH - Unofficial Split Times</i>					
date	27-Jun-21	time	6.08	10.03	14.21	18.52	22.95	24.91	27.48	32.04	36.70	41.58	46.53	52.42	7 / 2					
reaction time	0.167	interval		3.95	4.18	4.31	4.43	4.53	4.56	4.66	4.88	4.95	5.89		12.44	13.52	14.49			
		velocity	7.40	8.86	8.37	8.12	7.90	8.03	7.73	7.68	7.51	7.17	7.07	6.79	7.63		8.44	7.77	7.25	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19	178						
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	26-Jun-21	time	6.07	10.11	14.43	18.95	23.59	28.33	33.10	37.94	42.95	48.01	53.86	6 / 2						
reaction time	0.174	interval		4.04	4.32	4.52	4.64	4.74	4.77	4.84	5.01	5.06	5.85		12.88	14.15	14.91			
		velocity	7.41	8.66	8.10	7.74	7.54	7.38	7.34	7.23	6.99	6.92	6.84	7.43		8.15	7.42	7.04		
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	18.7	177.7						
Heat 4 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	25-Jun-21	time	6.03	10.06	14.40	18.80	23.40	28.13	33.10	38.30	43.60	49.03	55.51	3 / 1						
reaction time	0.184	interval		4.03	4.34	4.40	4.60	4.73	4.97	5.20	5.30	5.43	6.48		12.77	14.30	15.93			
		velocity	7.46	8.68	8.06	7.95	7.61	7.40	7.04	6.73	6.60	6.45	6.17	7.21		8.22	7.34	6.59		
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19	178						
FINAL - 2019 IAAF World Championships (Doha, QAT)															<i>Sugimoto (2019) - world championship competition performance analysis- women's hurdles</i>					
date	04-Oct-19	time	6.19	10.11	14.23	18.49	22.86	27.24	31.72	36.39	41.21	46.23	52.16	6 / 1						
reaction time	0.200	interval		3.92	4.12	4.26	4.37	4.38	4.48	4.67	4.82	5.02	5.93	WR	12.30	13.23	14.51			
		velocity	7.27	8.93	8.50	8.22	8.01	7.99	7.81	7.49	7.26	6.97	6.75	7.67		8.54	7.94	7.24		
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	20	180						
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	02-Oct-19	time	6.14	10.07	14.25	18.55	23.08	27.63	32.36	37.30	42.37	47.64	53.91	5 / 1						
reaction time	0.167	interval		3.93	4.18	4.30	4.53	4.55	4.73	4.94	5.07	5.27	6.27		12.41	13.81	15.28			
		velocity	7.33	8.91	8.37	8.14	7.73	7.69	7.40	7.09	6.90	6.64	6.38	7.42		8.46	7.60	6.87		
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	19.2	180.2						
Heat 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)															<i>Henson (2021) - Athlete First: 2019 year end hurdle report</i>					
date	01-Oct-19	time	6.24	10.28	14.60	18.96	23.56	28.40	33.24	38.20	43.44	48.68	54.87	5 / 1						
reaction time	0.194	interval		4.04	4.32	4.36	4.60	4.84	4.84	4.96	5.24	5.24	6.19		12.72	14.28	15.44			
		velocity	7.21	8.66	8.10	8.03	7.61	7.23	7.23	7.06	6.68	6.68	6.46	7.29		8.25	7.35	6.80		
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19.2	179.2						
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	29-Aug-19	time	6.24	10.20	14.48	19.06	23.64	25.6	28.22	32.78	37.54	42.46	47.48	54.13	4 / 3					
reaction time	0.193	interval		3.96	4.28	4.58	4.58	4.58	4.56	4.76	4.92	5.02	6.65		12.82	13.72	14.70			
		velocity	7.21	8.84	8.18	7.64	7.64	7.81	7.64	7.68	7.35	7.11	6.97	6.02	7.39		8.19	7.65	7.14	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	19.5	180.5						
FINAL - 2019 USATF National Championships (Des Moines, IA)															<i>Vazel (2019) - statistical analysis and historical context of the new 400H world record</i>					
date	28-Jul-19	time	6.25	10.15	14.27	18.48	22.79	27.19	31.66	36.39	41.26	46.32	52.20	4 / 1						
reaction time	0.287	interval		3.90	4.12	4.21	4.31	4.40	4.47	4.73	4.87	5.06	5.88	WR	12.23	13.18	14.66			
		velocity	7.20	8.97	8.50	8.31	8.12	7.95	7.83	7.40	7.19	6.92	6.80	7.66		8.59	7.97	7.16		

H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	16	20	181				
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	13-Jun-19	time	6.10	10.04	14.20	18.58	23.12	25.0	27.72	32.40	37.28	42.44	47.88		54.35	5 / 2			
reaction time	0.205	interval	3.94	4.16	4.38	4.54		4.60	4.68	4.88	5.16	5.44	6.47				12.48	13.82	15.48
		velocity	7.38	8.88	8.41	7.99	7.71	8.00	7.61	7.48	7.17	6.78	6.43	6.18	7.36		8.41	7.60	6.78
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	17	20.5	181.5					
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	06-Jun-19	time	6.24	10.26	14.58	19.10	23.76		28.40	33.00	37.68	42.58	47.70		53.67	5 / 1			
reaction time	0.147	interval	4.02	4.32	4.52	4.66		4.64	4.60	4.68	4.90	5.12	5.97				12.86	13.90	14.70
		velocity	7.21	8.71	8.10	7.74	7.51		7.54	7.61	7.48	7.14	6.84	6.70	7.45		8.16	7.55	7.14
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	15	16	19.5	178.5					
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)																<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>			
date	19-May-19	time	6.21	10.23	14.51	18.94	23.47		28.16	32.75	37.49	42.46	47.80		53.88	5 / 1			
reaction time	0.181	interval	4.02	4.28	4.43	4.53		4.69	4.59	4.74	4.97	5.34	6.08				12.73	13.81	15.05
		velocity	7.25	8.71	8.18	7.90	7.73		7.46	7.63	7.38	7.04	6.55	6.58	7.42		8.25	7.60	6.98
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	15	16	16	20	180				
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	03-May-19	time	6.24	10.31	14.68	19.11	23.59	25.5	28.02	32.56	37.23	42.28	47.48		53.61	5 / 1			
reaction time	0.179	interval	4.07	4.37	4.43	4.48		4.43	4.54	4.67	5.05	5.20	6.13				12.87	13.45	14.92
		velocity	7.21	8.60	8.01	7.90	7.81	7.84	7.90	7.71	7.49	6.93	6.73	6.53	7.46		8.16	7.81	7.04
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	20	180					
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	30-Aug-18	time	6.24	10.36	14.68	19.16	23.68	25.7	28.16	32.76	37.56	42.60	47.76		53.88	5 / 1			
reaction time	0.184	interval	4.12	4.32	4.48	4.52		4.48	4.60	4.80	5.04	5.16	6.12				12.92	13.60	15.00
		velocity	7.21	8.50	8.10	7.81	7.74	7.78	7.81	7.61	7.29	6.94	6.78	6.54	7.42		8.13	7.72	7.00
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	20.2	179.2					
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	21-Jul-18	time	6.12	10.32	14.68	19.20	23.84		28.56	33.32	38.32	43.44	48.56		54.86	4 / 3			
reaction time		interval	4.20	4.36	4.52	4.64		4.72	4.76	5.00	5.12	5.12	6.30				13.08	14.12	15.24
		velocity	7.35	8.33	8.03	7.74	7.54		7.42	7.35	7.00	6.84	6.84	6.35	7.29		8.03	7.44	6.89
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	16	19.7	180.7				
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	05-Jul-18	time	6.16	10.20	14.48	18.80	23.20		27.88	32.80	37.84	42.96	48.28		54.61	3 / 4			
reaction time	0.182	interval	4.04	4.28	4.32	4.40		4.68	4.92	5.04	5.12	5.32	6.33				12.64	14.00	15.48
		velocity	7.31	8.66	8.18	8.10	7.95		7.48	7.11	6.94	6.84	6.58	6.32	7.32		8.31	7.50	6.78
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	19.5	181.5					
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	07-Jun-18	time	6.04	10.08	14.44	18.96	23.56	25.5	28.08	32.72	37.64	42.48	47.64		53.65	5 / 1			
reaction time	0.166	interval	4.04	4.36	4.52	4.60		4.52	4.64	4.92	4.84	5.16	6.01				12.92	13.76	14.92
		velocity	7.45	8.66	8.03	7.74	7.61	7.84	7.74	7.54	7.11	7.23	6.78	6.66	7.46		8.13	7.63	7.04
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19.7	180.7					
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	31-May-18	time	6.20	10.32	14.68	19.20	23.92		28.64	33.40	38.32	43.36	48.52		54.65	4 / 3			
reaction time	0.172	interval	4.12	4.36	4.52	4.72		4.72	4.76	4.92	5.04	5.16	6.13				13.00	14.20	15.12
		velocity	7.26	8.50	8.03	7.74	7.42		7.42	7.35	7.11	6.94	6.78	6.53	7.32		8.08	7.39	6.94
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	16	19.2	179.2				
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	26-May-18	time	6.28	10.32	14.56	18.92	23.40		28.64	32.76	37.60	42.64	47.96		54.09	4 / 2			
reaction time	0.222	interval	4.04	4.24	4.36	4.48		4.52	4.64	4.92	5.04	5.32	6.13				12.64	13.72	15.32
		velocity	7.17	8.66	8.25	8.03	7.81		7.58	7.06	6.94	6.58	6.53	7.40		8.31	7.65	6.85	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	17	20.2	152.2					
FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	12-May-18	time	6.12	10.16	14.48	18.88	23.52		28.08	32.76	37.56	42.72	47.84		53.77	4 / 1			
reaction time	0.186	interval	4.04	4.32	4.40	4.64		4.56	4.68	4.80	5.16	5.12	5.93				12.76	13.88	15.08
		velocity	7.35	8.66	8.10	7.95	7.54		7.68	7.48	7.29	6.78	6.84	6.75	7.44		8.23	7.56	6.96
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19.5	179.5					
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	01-Sep-17	time	6.00	10.04	14.36	18.76	23.16	25.3	27.68	32.44	37.44	42.52	47.76		53.89	6 / 1			
reaction time	0.154	interval	4.04	4.32	4.40	4.40		4.52	4.76	5.00	5.08	5.24	6.13				12.76	13.68	15.32
		velocity	7.50	8.66	8.10	7.95	7.95	7.91	7.74	7.35	7.00	6.89	6.68	6.53	7.42		8.23	7.68	6.85
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	20	181					
FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	20-Aug-17	time	6.16	10.20	14.48	18.92	23.48		28.12	32.88	37.84	42.96	48.20		54.20	4 / 2			
reaction time	0.159	interval	4.04	4.28	4.44	4.56		4.64	4.76	4.96	5.12	5.24	6.00				12.76	13.96	15.32

H1 lead leg	R	velocity	7.31	8.66	8.18	7.88	7.68	7.54	7.35	7.06	6.84	6.68	6.67	7.38	8.23	7.52	6.85	
		strides	23	15	15	15	15	15	15	16	16	16	20	181				
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	10-Aug-17	time	5.88	9.84	14.04	18.32	22.68	27.16	31.84	36.88	41.88	47.16	53.50	4 / 2				
reaction time	0.152	interval		3.96	4.20	4.28	4.36	4.48	4.68	5.04	5.00	5.28	6.34		12.44	13.52	15.32	
		velocity	7.65	8.84	8.33	8.18	8.03	7.81	7.48	6.94	7.00	6.63	6.31	7.48	8.44	7.77	6.85	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	20	181				
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)														<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>				
date	06-Jul-17	time	6.56											dnf	5 / --			
reaction time	0.280	interval																
		velocity	6.86															
H1 lead leg	R	strides	23											23				
FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)														<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>				
date	25-Jun-17	time	6.04	10.01	14.18	18.48	22.69	26.99	31.50	36.27	41.27	46.44	52.64	5 / 1				
reaction time	0.186	interval		3.97	4.17	4.30	4.21	4.30	4.51	4.77	5.00	5.17	6.20		PB	12.44	13.02	14.94
		velocity	7.45	8.82	8.39	8.14	8.31	8.14	7.76	7.34	7.00	6.77	6.45	7.60	8.44	8.06	7.03	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	20	181				
FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	27-May-17	time	6.26	10.36	14.80	19.40	24.06	28.60	33.30	38.13	43.30	48.43	54.53	5 / 5				
reaction time	0.289	interval		4.10	4.44	4.60	4.66	4.54	4.70	4.83	5.17	5.13	6.10			13.14	13.90	15.13
		velocity	7.19	8.54	7.88	7.61	7.51	7.71	7.45	7.25	6.77	6.82	6.56	7.34	7.99	7.55	6.94	
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19.5	179.5				
FINAL - 2016 Athletissima (Lausanne, SUI) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	25-Aug-16	time	6.12	10.20	14.56	18.96	23.48	28.04	32.68	37.52	42.52	47.76	53.78	5 / 1				
reaction time	0.118	interval		4.08	4.36	4.40	4.52	4.56	4.64	4.84	5.00	5.24	6.02		12.84	13.72	15.08	
		velocity	7.35	8.58	8.03	7.95	7.74	7.68	7.54	7.23	7.00	6.68	6.64	7.44	8.18	7.65	6.96	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	19.7	180.7				
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	18-Aug-16	time	6.00	10.00	14.16	18.44	22.84	27.24	31.88	36.68	41.80	47.08	53.13	3 / 1				
reaction time	0.143	interval		4.00	4.16	4.28	4.40	4.40	4.64	4.80	5.12	5.28	6.05		12.44	13.44	15.20	
		velocity	7.50	8.75	8.41	8.18	7.95	7.95	7.54	7.29	6.84	6.63	6.61	7.53	8.44	7.81	6.91	
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	20	180				
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	22-Jul-16	time	6.10	10.23	14.53	18.90	23.53	28.00	32.70	37.50	42.53	47.83	53.90	6 / 1				
reaction time	0.138	interval		4.13	4.30	4.37	4.63	4.47	4.70	4.80	5.03	5.30	6.07		12.80	13.80	15.13	
		velocity	7.38	8.47	8.14	8.01	7.56	7.83	7.45	7.29	6.96	6.60	6.59	7.42	8.20	7.61	6.94	
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19.5	179.5				
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	10-Jul-16	time	6.17	10.18	14.35	18.68	23.15	27.56	32.13	36.80	41.74	46.88	52.88	6 / 1				
reaction time	0.275	interval		4.01	4.17	4.33	4.47	4.41	4.57	4.67	4.94	5.14	6.00		PB	12.51	13.45	14.75
		velocity	7.29	8.73	8.39	8.08	7.83	7.94	7.66	7.49	7.09	6.81	6.67	7.56	8.39	7.81	7.12	
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	20	180				
Semi-Final 2 - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	08-Jul-16	time	6.10	10.08	14.35	18.72	23.22	27.79	32.56	37.50	42.67	47.91	54.14	6 / 1				
reaction time		interval		3.98	4.27	4.37	4.50	4.57	4.77	4.94	5.17	5.24	6.23		12.62	13.84	15.35	
		velocity	7.38	8.79	8.20	8.01	7.78	7.66	7.34	7.09	6.77	6.68	6.42	7.39	8.32	7.59	6.84	
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19.7	179.7				
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	05-Jun-16	time	6.27	10.40	14.70	19.20	23.83	28.43	33.17	38.10	43.23	48.53	54.75	3 / 4				
reaction time	0.131	interval		4.13	4.30	4.50	4.63	4.60	4.74	4.93	5.13	5.30	6.22		12.93	13.97	15.36	
		velocity	7.18	8.47	8.14	7.78	7.56	7.61	7.38	7.10	6.82	6.60	6.43	7.31	8.12	7.52	6.84	
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	16	16	20	182				
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)														<i>Henson (2021) - Athlete First: major championships report</i>				
date	15-Aug-13	time	6.11	10.23	14.28	18.69	23.04	27.54	32.19	37.11	42.23	47.65	54.09	6 / 2				
reaction time	0.165	interval		4.12	4.05	4.41	4.35	4.50	4.65	4.92	5.12	5.42	6.44		12.58	13.50	15.46	
		velocity	7.36	8.50	8.64	7.94	8.05	7.78	7.53	7.11	6.84	6.46	6.21	7.40	8.35	7.78	6.79	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	20.2	181.2				
Murakami, Mizuki (JPN) (1998)														<i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>				
FINAL - 2015 Japanese National Youth Championships (Nagoya, JPN)																		
date	18-Oct-15	time	6.88	11.38	16.05	20.99	25.96	31.13	36.39	41.68	47.12	52.63	58.87	1 / 1				
reaction time		interval		4.50	4.67	4.94	4.97	5.17	5.26	5.29	5.44	5.51	6.24		PB	14.11	15.40	16.24
		velocity	6.54	7.78	7.49	7.09	7.04	6.77	6.65	6.62	6.43	6.35	6.41	6.79	7.44	6.82	6.47	
H1 lead leg		strides		15	15	16	16	16	17	17	17	17	146					
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)														<i>Enomoto (2015) - 68th high school championships: JAF scientific committee- biomechanics data</i>				

date	31-Jul-15	time	6.84	11.33	16.00	20.80	25.83	30.88	36.25	41.61	46.95	52.50	58.95	2 / 2					
reaction time		interval		4.49	4.67	4.80	5.03	5.05	5.37	5.36	5.34	5.55	6.45	PB	13.96	15.45	16.25		
		velocity	6.58	7.80	7.49	7.29	6.96	6.93	6.52	6.53	6.55	6.31	6.20	6.79	7.52	6.80	6.46		
H1 lead leg		strides		15	15	15	16	16	17	17	17	17	17	145					
Murakami, Natsumi (JPN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese National Championships (Osaka, JPN)														<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>					
date	27-Jun-21	time	6.84	11.24	15.83	20.64	25.49	30.58	35.84	41.34	47.24	53.37	60.42	8 / 8					
reaction time	0.219	interval		4.40	4.59	4.81	4.85	5.09	5.26	5.50	5.90	6.13	7.05				13.80	15.20	17.53
		velocity	6.58	7.95	7.63	7.28	7.22	6.88	6.65	6.36	5.93	5.71	5.67	6.62			7.61	6.91	5.99
H1 lead leg	R	strides	23	15	15	16	16	17	17	17	18	18	172						
B FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)														<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>					
date	01-Jun-21	time	6.91	11.31	15.85	20.64	25.51	30.55	35.77	41.11	46.58	52.30	58.79	5 / 3					
reaction time	0.231	interval		4.40	4.54	4.79	4.87	5.04	5.22	5.34	5.47	5.72	6.49				13.73	15.13	16.53
		velocity	6.51	7.95	7.71	7.31	7.19	6.94	6.70	6.55	6.40	6.12	6.16	6.80			7.65	6.94	6.35
H1 lead leg	R	strides	24	15	15	16	16	17	17	17	17	17	22.2	193.2					
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)														<i>Kota (2016) - 69th high school championships: JAF scientific committee- biomechanics data</i>					
date	31-Jul-16	time	6.84	11.34	16.11	20.97	25.94	30.95	35.94	41.19	46.83	52.64	59.19	7 / 3					
reaction time		interval		4.50	4.77	4.86	4.97	5.01	4.99	5.25	5.64	5.81	6.55	PB	14.13	14.97	16.70		
		velocity	6.58	7.78	7.34	7.20	7.04	6.99	7.01	6.67	6.21	6.02	6.11	6.76	7.43	7.01	6.29		
H1 lead leg		strides		17	17	17	17	17	17	17	19	19	157						
Muramatsu, Luna (JPN) (2006)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)														<i>Kishima (2022) - national high school championships biomechanics data collection</i>					
date	05-Aug-22	time	7.10	11.68	16.43	21.33	26.60	31.97	37.47	42.98	48.60	54.38	60.97	4 / 9					
reaction time	0.199	interval		4.58	4.75	4.90	5.27	5.37	5.50	5.51	5.62	5.78	6.59	=PB			14.23	16.14	16.91
		velocity	6.34	7.64	7.37	7.14	6.64	6.52	6.36	6.35	6.23	6.06	6.07	6.56			7.38	6.51	6.21
H1 lead leg	L	strides	24	16	17	17	18	17	18	18	19	19	23	206					
Muraro, Alice (ITA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 3 - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympic Games - Results Book (2024)</i>					
date	05-Aug-24	time	6.52	10.81	15.15	19.59	24.25	29.08	34.05	39.15	44.30	49.45	55.48	6 / 6					
reaction time	0.141	interval		4.29	4.34	4.44	4.66	4.83	4.97	5.10	5.15	5.15	6.03				13.07	14.46	15.40
		velocity	6.90	8.16	8.06	7.88	7.51	7.25	7.04	6.86	6.80	6.80	6.63	7.21			8.03	7.26	6.82
H1 lead leg	R	strides	23	15	15	15	16	16	16	16	17	17	21	187					
Heat 5 - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympic Games - Results Book (2024)</i>					
date	04-Aug-24	time	6.45	10.74	15.21	19.68	24.25	29.04	34.03	39.12	44.29	49.53	55.62	2 / 5					
reaction time	0.149	interval		4.29	4.47	4.47	4.57	4.79	4.99	5.09	5.17	5.24	6.09				13.23	14.35	15.50
		velocity	6.98	8.16	7.83	7.83	7.66	7.31	7.01	6.88	6.77	6.68	6.57	7.19			7.94	7.32	6.77
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	21	187					
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>					
date	10-Jun-24	time	6.48	10.69	15.10	19.59	24.28	29.01	33.77	38.68	43.77	48.91	54.73	8 / 3					
reaction time	0.234	interval		4.21	4.41	4.49	4.69	4.73	4.76	4.91	5.09	5.14	5.82	PB			13.11	14.18	15.14
		velocity	6.94	8.31	7.94	7.80	7.46	7.40	7.35	7.13	6.88	6.81	6.87	7.31			8.01	7.40	6.94
H1 lead leg	R	strides	23	15	15	15	16	16	16	16	17	17	20.7	169.7					
Mustin, Dominique (USA) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>					
date	29-Jun-24	time	6.40	10.60	15.02	19.62	24.18	26.28	28.87	33.69	38.81	44.23	49.55	55.94	4 / 5				
reaction time		interval		4.20	4.42	4.60	4.56	4.69	4.82	5.12	5.42	5.32	6.39				13.22	14.07	15.86
		velocity	7.03	8.33	7.92	7.61	7.68	7.61	7.46	7.26	6.84	6.46	6.58	6.26	7.15		7.94	7.46	6.62
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19.2	179.2					
Heat 3 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>					
date	27-Jun-24	time	6.56	10.82	15.37	19.98	24.58	26.65	29.24	34.05	39.42	44.90	50.39	56.70	4 / 4				
reaction time		interval		4.26	4.55	4.61	4.60	4.66	4.81	5.37	5.48	5.49	6.31				13.42	14.07	16.34
		velocity	6.86	8.22	7.69	7.59	7.61	7.50	7.51	7.28	6.52	6.39	6.38	6.34	7.05		7.82	7.46	6.43
H1 lead leg		strides																	
Naito, Kano (JPN) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)														<i>Kishima (2022) - national high school championships biomechanics data collection</i>					
date	05-Aug-22	time	6.75	11.18	15.87	20.68	25.72	30.82	36.07	41.45	46.98	52.78	59.80	5 / 3					
reaction time	0.156	interval		4.43	4.69	4.81	5.04	5.10	5.25	5.38	5.53	5.80	7.02				13.93	15.39	16.71
		velocity	6.67	7.90	7.46	7.28	6.94	6.86	6.67	6.51	6.33	6.03	5.70	6.69			7.54	6.82	6.28
H1 lead leg	R	strides	23	16	16	16	16	17	17	17	18	18	22.2	196.2					
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)														<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>					
date	12-Jun-22	time	6.86	11.39	16.10	21.05	26.04	31.05	36.24	41.59	47.26	53.04	59.40	6 / 1					
reaction time	0.203	interval		4.53	4.71	4.95	4.99	5.01	5.19	5.35	5.67	5.78	6.36				14.19	15.19	16.80
		velocity	6.56	7.73	7.43	7.07	7.01	6.99	6.74	6.54	6.17	6.06	6.29	6.73			7.40	6.91	6.25
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	18	22	197					
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)														<i>Shibayama (2021) - national high school and U20 national championships</i>					

date	30-Jul-21	time	6.68	11.16	15.93	20.94	26.18		31.63	37.02	42.90	48.74	54.54		60.54	5 / 5			
reaction time	0.196	interval		4.48	4.77	5.01	5.24		5.45	5.39	5.88	5.84	5.80	6.00			14.26	16.08	17.52
		velocity	6.74	7.81	7.34	6.99	6.68		6.42	6.49	5.95	5.99	6.03	6.67	6.61		7.36	6.53	5.99
H1 lead leg		strides		17	17	17	17		19	17	19	19	19		161				
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)																			
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																			
date	27-Jun-21	time	6.77	11.29	16.02	20.89	25.94		31.08	36.60	42.21	47.88	53.65		60.30	5 / 4			
reaction time	0.231	interval		4.52	4.73	4.87	5.05		5.14	5.52	5.61	5.67	5.77	6.65	PB		14.12	15.71	17.05
		velocity	6.65	7.74	7.40	7.19	6.93		6.81	6.34	6.24	6.17	6.07	6.02	6.63		7.44	6.68	6.16
H1 lead leg	R	strides	25	17	17	17	17		17	19	19	19	19	22	208				
Nakagama, Sawako (JPN) (1997)																			
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)																			
<i>Enomoto (2015) - 68th high school championships: JAF scientific committee- biomechanics data</i>																			
date	31-Jul-15	time	6.87	11.41	16.07	20.80	25.69		30.93	36.40	41.83	47.43	53.27		59.71	7 / 4			
reaction time		interval		4.54	4.66	4.73	4.89		5.24	5.47	5.43	5.60	5.84	6.44	PB		13.93	15.60	16.87
		velocity	6.55	7.71	7.51	7.40	7.16		6.68	6.40	6.45	6.25	5.99	6.21	6.70		7.54	6.73	6.22
H1 lead leg		strides		16	16	16	16		18	17	17	17	18		151				
Nakahara, Minami (JPN) (1998)																			
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)																			
<i>Kota (2016) - 69th high school championships: JAF scientific committee- biomechanics data</i>																			
date	31-Jul-16	time	6.82	11.31	16.05	21.07	26.23		31.38	36.69	42.23	48.00	54.10		60.69	9 / 6			
reaction time		interval		4.49	4.74	5.02	5.16		5.15	5.31	5.54	5.77	6.10	6.59			14.25	15.62	17.41
		velocity	6.60	7.80	7.38	6.97	6.78		6.80	6.59	6.32	6.07	5.74	6.07	6.59		7.37	6.72	6.03
H1 lead leg		strides		15	15	17	16		16	17	17	17	19		149				
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)																			
<i>Enomoto (2015) - 68th high school championships: JAF scientific committee- biomechanics data</i>																			
date	31-Jul-15	time	7.02	11.66	16.35	21.17	26.11		31.31	36.60	42.04	47.83	53.77		60.52	9 / 8			
reaction time		interval		4.64	4.69	4.82	4.94		5.20	5.29	5.44	5.79	5.94	6.75			14.15	15.43	17.17
		velocity	6.41	7.54	7.46	7.26	7.09		6.73	6.62	6.43	6.04	5.89	5.93	6.61		7.42	6.80	6.12
H1 lead leg		strides		17	17	17	17		17	17	17	17	19		155				
Nakamura, Makoto (JPN) (2005)																			
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)																			
<i>Kishima (2022) - national high school championships biomechanics data collection</i>																			
date	05-Aug-22	time	6.82	11.37	16.08	21.02	26.12		31.32	36.57	42.10	47.92	53.85		60.80	3 / 4			
reaction time	0.171	interval		4.55	4.71	4.94	5.10		5.20	5.25	5.53	5.82	5.93	6.95			14.20	15.55	17.28
		velocity	6.60	7.69	7.43	7.09	6.86		6.73	6.67	6.33	6.01	5.90	5.76	6.58		7.39	6.75	6.08
H1 lead leg	R	strides	23	16	17	17	17		17	17	18	19	19	23	203				
Nakano, Nano (JPN) (2001)																			
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)																			
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																			
date	09-May-21	time	6.86	11.54	16.33	21.22	26.28		31.48	36.92	42.41	48.00	53.67		60.17	9 / 6			
reaction time	0.154	interval		4.68	4.79	4.89	5.06		5.20	5.44	5.49	5.59	5.67	6.50			14.36	15.70	16.75
		velocity	6.56	7.48	7.31	7.16	6.92		6.73	6.43	6.38	6.26	6.17	6.15	6.65		7.31	6.69	6.27
H1 lead leg	L	strides	24	17	17	17	17		17	19	19	19	19		185				
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)																			
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																			
date	25-Oct-20	time	6.96	11.61	16.38	21.19	26.14		31.35	36.65	42.11	47.46	52.84		58.94	6 / 1			
reaction time	0.211	interval		4.65	4.77	4.81	4.95		5.21	5.30	5.46	5.35	5.38	6.10			14.23	15.46	16.19
		velocity	6.47	7.53	7.34	7.28	7.07		6.72	6.60	6.41	6.54	6.51	6.56	6.79		7.38	6.79	6.49
H1 lead leg		strides		17	17	17	17		17	19	19	19	19		161				
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)																			
<i>Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection</i>																			
date	06-Aug-19	time	6.95	11.56	16.27	21.09	26.03		31.21	36.40	41.68	47.19	52.70		58.92	5 / 3			
reaction time		interval		4.61	4.71	4.82	4.94		5.18	5.19	5.28	5.51	5.51	6.22	PB		14.14	15.31	16.30
		velocity	6.47	7.59	7.43	7.26	7.09		6.76	6.74	6.63	6.35	6.35	6.43	6.79		7.43	6.86	6.44
H1 lead leg		strides		17	17	17	17		19	19	19	19	19		163				
Nakasima, Sayaku (JPN) (2004)																			
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)																			
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																			
date	04-Jun-23	time	6.87	11.58	16.30	21.12	26.13		31.38	36.79	42.24	47.98	54.00		60.43	8 / 6			
reaction time	0.180	interval		4.71	4.72	4.82	5.01		5.25	5.41	5.45	5.74	6.02	6.43	PB		14.25	15.67	17.21
		velocity	6.55	7.43	7.42	7.26	6.99		6.67	6.47	6.42	6.10	5.81	6.22	6.62		7.37	6.70	6.10
H1 lead leg	L	strides	25	17	17	17	17		18	18	18	19	20	23.5	209.5				
Natsume, Saaya (JPN) (2004)																			
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)																			
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																			
date	04-Jun-23	time	6.99	11.61	16.37	21.24	26.24		31.45	37.05	42.88	48.97	55.21		62.25	3 / 8			
reaction time	0.157	interval		4.62	4.76	4.87	5.00		5.21	5.60	5.83	6.09	6.24	7.04			14.25	15.81	18.16
		velocity	6.44	7.58	7.35	7.19	7.00		6.72	6.25	6.00	5.75	5.61	5.68	6.43		7.37	6.64	5.78
H1 lead leg	L	strides	25	17	17	17	17		17	19	19	19	19	24	210				
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)																			
<i>Kishima (2022) - national high school championships biomechanics data collection</i>																			
date	05-Aug-22	time	6.97	11.60	16.37	21.35	26.50		31.87	37.47	43.13	48.87	54.58		60.81	9 / 5			
reaction time	0.204	interval		4.63	4.77	4.98	5.15		5.37	5.60	5.66	5.74	5.71	6.23			14.38	16.12	17.11
		velocity	6.46	7.56	7.34	7.03	6.80		6.52	6.25	6.18	6.10	6.13	6.42	6.58		7.30	6.51	6.14
H1 lead leg	L	strides	24	17	17	17	17		17	19	19	19	19		185				

FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)

date	12-Jun-22	time	6.87	11.38	16.06	20.99	25.98	31.05	36.27	41.94	47.80	53.67	60.28	5 / 3			
reaction time	0.162	interval		4.51	4.68	4.93	4.99	5.07	5.22	5.67	5.86	5.87	6.61		14.12	15.28	17.40
		velocity	6.55	7.76	7.48	7.10	7.01	6.90	6.70	6.17	5.97	5.96	6.05	6.64	7.44	6.87	6.03
H1 lead leg	L	strides	25	17	17	17	17	17	17	19	19	19	22.5	206.5			

Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season**Ndiwabene, Nuulu (SWE) (1984)**

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B-Race - 2011 Poks Memorial (Hässleholm, SWE)																		
<i>Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx</i>																		
date	12-Jun-11	time	6.76	11.26	15.86	20.62	25.50	30.66	36.12	41.86	47.78	54.08		61.03	/ 2			
reaction time		interval		4.50	4.60	4.76	4.88	5.16	5.46	5.74	5.92	6.30	6.95			13.86	15.50	17.96
		velocity	6.66	7.78	7.61	7.35	7.17	6.78	6.41	6.10	5.91	5.56	5.76	6.55		7.58	6.77	5.85
H1 lead leg	L	strides		17	17	17	18	18	19	20	19	21	22	188				

FINAL - 2011 Fridrott (Stockholm, SWE)

<i>Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx</i>																		
date	07-Jun-11	time	6.80	11.44	16.16	21.12	26.10	31.28	36.70	42.30	48.04	53.96		60.94	/ 2			
reaction time		interval		4.64	4.72	4.96	4.98	5.18	5.42	5.60	5.74	5.92	6.98			14.32	15.58	17.26
		velocity	6.62	7.54	7.42	7.06	7.03	6.76	6.46	6.25	6.10	5.91	5.73	6.56		7.33	6.74	6.08
H1 lead leg	L	strides		17	17	18	18	18	19	19	19	21	22	188				

Nel, Wenda (RSA) (1988)

FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	10-Jun-21	time	6.36	10.76	15.20	19.68	24.20	26.2	28.96	33.76	38.72	43.80	49.08		55.20	8 / 4			
reaction time	0.182	interval		4.40	4.44	4.48	4.52		4.76	4.80	4.96	5.08	5.28	6.12		13.32	14.08	15.32	
		velocity	7.08	7.95	7.88	7.81	7.74	7.63	7.35	7.29	7.06	6.89	6.63	6.54	7.25		7.88	7.46	6.85
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	17	21.5		192.5			

FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)

<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																			
date	03-May-19	time	6.54	10.88	15.35	19.95	24.62	26.5	29.23	34.10	39.10	44.21	49.75		56.16	7 / 7			
reaction time	0.206	interval		4.34	4.47	4.60	4.67		4.61	4.87	5.00	5.11	5.54	6.41		13.41	14.15	15.65	
		velocity	6.88	8.06	7.83	7.61	7.49	7.55	7.59	7.19	7.00	6.85	6.32	6.24	7.12		7.83	7.42	6.71
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	18	22	194				

FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)

<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>																			
date	09-Sep-18	time	6.32	10.56	15.04	19.52	24.12		28.80	33.68	38.76	44.12	49.80		56.54	2 / 6			
reaction time	0.192	interval		4.24	4.48	4.48	4.60		4.68	4.88	5.08	5.36	5.68	6.74		13.20	14.16	16.12	
		velocity	7.12	8.25	7.81	7.81	7.61		7.48	7.17	6.89	6.53	6.16	5.93	7.07		7.95	7.42	6.51
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	18	19	22.5	196.5				

FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)

<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																			
date	18-Aug-18	time	6.40	10.71	15.18	19.82	24.62		29.43	34.43	39.57	45.08	50.85		57.51	2 / 6			
reaction time	0.183	interval		4.31	4.47	4.64	4.80		4.81	5.00	5.14	5.51	5.77	6.66		13.42	14.61	16.42	
		velocity	7.03	8.12	7.83	7.54	7.29		7.28	7.00	6.81	6.35	6.07	6.01	6.96		7.82	7.19	6.39
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	18	18	22	195				

FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)

<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																			
date	21-Jul-18	time	6.40	10.72	15.16	19.68	24.32		29.04	33.92	38.96	44.04	49.32		55.67	1 / 5			
reaction time	0.179	interval		4.32	4.44	4.52	4.64		4.72	4.88	5.04	5.08	5.28	6.35		13.28	14.24	15.40	
		velocity	7.03	8.10	7.88	7.74	7.54		7.42	7.17	6.94	6.89	6.63	6.30	7.19		7.91	7.37	6.82
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	17	21.7	192.7				

FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)

<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																		
date	12-May-18	time	6.44	10.84	15.44	20.08	24.88		29.64	34.52	39.44				55.63	8 / 4		
reaction time	0.184	interval		4.40	4.60	4.64	4.80		4.76	4.88	4.92					13.64	14.44	
		velocity	6.99	7.95	7.61	7.54	7.29		7.35	7.17	7.11				7.19		7.70	7.27
H1 lead leg	L	strides	23	16	16	16	16		16	17	17				137			

FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)

<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																			
date	01-Sep-17	time	6.32	10.52	14.88	19.40	24.00	26.1	28.64	33.52	38.68	44.08	49.72		56.30	2 / 8			
reaction time	0.219	interval		4.20	4.36	4.52	4.60		4.64	4.88	5.16	5.40	5.64	6.58		13.08	14.12	16.20	
		velocity	7.12	8.33	8.03	7.74	7.61	7.66	7.54	7.17	6.78	6.48	6.21	6.08	7.10		8.03	7.44	6.48
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	18	18	22	195				

FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)

<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																			
date	24-Aug-17	time	6.48	10.80	15.28	19.84	24.52		29.20	34.12		44.24	49.60		55.86	2 / 6			
reaction time	0.198	interval		4.32	4.48	4.56	4.68		4.68	4.92		10.12	5.36	6.26		13.36	14.28	15.48	
		velocity	6.94	8.10	7.81	7.68	7.48		7.48	7.11		6.92	6.53	6.39	7.16		7.86	7.35	6.78
H1 lead leg	L	strides	23	16	16		16		16	17			17	21.2	142.2				

FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)

<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																			
date	21-Jul-17	time	6.44	10.68		19.60	24.12			33.68	38.76	43.96	49.52		55.90	2 / 5			
reaction time	0.213	interval		4.24		8.92	4.52			9.56	5.08	5.20	5.56	6.38		13.16	14.08	15.84	
		velocity	6.99	8.25		7.85	7.74			7.32	6.89	6.73	6.29	6.27	7.16		7.98	7.46	6.63
H1 lead leg	L	strides	23	16			16				17	17	18	107					

FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)

<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>																		
date	16-Jul-17	time	6.40	10.80	15.28	19.80	24.52		29.20	34.04	38.96	44.00	49.20		55.31	2 / 5		
reaction time	0.189	interval		4.40	4.48	4.52	4.72		4.68	4.84	4.92	5.04	5.20	6.11		13.40	14.24	15.16

H1 lead leg	L	velocity	7.03	7.95	7.81	7.74	7.42	7.48	7.23	7.11	6.94	6.73	6.55	7.23	7.84	7.37	6.93
		strides	23	16	16	16	16	16	17	17	17	17	21	192			
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	08-Jun-17	time	6.44	10.80	15.28	19.76	24.36	29.00	33.72	38.56	43.52	48.64	54.58	6 / 3			
reaction time	0.171	interval	4.36	4.48	4.48	4.60	4.64	4.72	4.84	4.96	5.12	5.94		13.32	13.96	14.92	
		velocity	6.99	8.03	7.81	7.81	7.61	7.54	7.42	7.23	7.06	6.84	6.73	7.33	7.88	7.52	7.04
H1 lead leg	L	strides	23	16	16	16	16	16	16	16	17	17	20.5	189.5			
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	09-Sep-16	time	6.44	10.64	14.96	19.40	24.04	28.64	33.48	38.44	43.56	48.96	55.41	2 / 6			
reaction time	0.186	interval	4.20	4.32	4.44	4.64	4.60	4.84	4.96	5.12	5.40	6.45		12.96	14.08	15.48	
		velocity	6.99	8.33	8.10	7.88	7.54	7.61	7.23	7.06	6.84	6.48	6.20	7.22	8.10	7.46	6.78
H1 lead leg	L	strides	23	15	15	16	16	16	17	17	17	22	191				
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	01-Sep-16	time	6.40	10.68	15.04	19.52	24.04	28.60	33.28	38.24	43.40	48.84	55.15	5 / 4			
reaction time	0.193	interval	4.28	4.36	4.48	4.52	4.56	4.68	4.96	5.16	5.44	6.31		13.12	13.76	15.56	
		velocity	7.03	8.18	8.03	7.81	7.74	7.68	7.48	7.06	6.78	6.43	6.34	7.25	8.00	7.63	6.75
H1 lead leg	L	strides	23	15	15	16	16	16	16	17	17	17	21.5	173.5			
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	22-Jul-16	time	6.33	10.56	14.83	19.23	23.83	28.40	33.13	37.96	43.03	48.26	54.47	8 / 3			
reaction time	0.182	interval	4.23	4.27	4.40	4.60	4.57	4.73	4.83	5.07	5.23	6.21		12.90	13.90	15.13	
		velocity	7.11	8.27	8.20	7.95	7.61	7.66	7.40	7.25	6.90	6.69	6.44	7.34	8.14	7.55	6.94
H1 lead leg	L	strides	23	15	15	15	16	16	17	17	17	17	21.5	189.5			
FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	15-Jul-16	time	6.37	10.50	19.33	23.97	28.57	33.37	38.33	43.40	48.67	54.93	2 / 4				
reaction time	0.206	interval	4.13	8.83	4.64	4.60	4.80	4.96	5.07	5.27	6.26		12.96	14.04	15.30		
		velocity	7.06	8.47	7.93	7.54	7.61	7.29	7.06	6.90	6.64	6.39	7.28	8.10	7.48	6.86	
H1 lead leg	L	strides	23	15	16	16	16	17	17	17	17	21.5	159.5				
FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	02-Jun-16	time	6.40	10.72	19.64	24.24	28.80	33.52	38.36	43.32	48.52	54.61	9 / 2				
reaction time	0.188	interval	4.32	8.92	4.60	4.56	4.72	4.84	4.96	5.20	6.09		13.24	13.88	15.00		
		velocity	7.03	8.10	7.85	7.61	7.68	7.42	7.23	7.06	6.73	6.57	7.32	7.93	7.56	7.00	
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	21	127				
FINAL - 2016 Meeting International Mohammed VI D'Athlétisme (Rabat, MAR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	22-May-16	time	6.32	10.64	14.88	19.24	23.76	28.28	33.00	37.88	43.08	48.48	54.88	5 / 3			
reaction time	0.198	interval	4.32	4.24	4.36	4.52	4.52	4.72	4.88	5.20	5.40	6.40		12.92	13.76	15.48	
		velocity	7.12	8.10	8.25	8.03	7.74	7.74	7.42	7.17	6.73	6.48	6.25	7.29	8.13	7.63	6.78
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	18	18	21.5	194.5			
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	06-May-16	time	6.24	10.44	14.76	19.12	23.72	28.48	33.36	38.36	43.56	48.92	55.17	6 / 4			
reaction time	0.184	interval	4.20	4.32	4.36	4.60	4.76	4.88	5.00	5.20	5.36	6.25		12.88	14.24	15.56	
		velocity	7.21	8.33	8.10	8.03	7.61	7.35	7.17	7.00	6.73	6.53	6.40	7.25	8.15	7.37	6.75
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	18	21.5	195.5			
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)														<i>Henson (2021) - Athlete First: major championships report</i>			
date	26-Aug-15	time	6.28	10.48	14.68	19.00	23.52	28.28	33.12	38.08	43.20	54.94	8 / 7				
reaction time	0.211	interval	4.20	4.20	4.32	4.52	4.76	4.84	4.96	5.12			12.72	14.12			
		velocity	7.17	8.33	8.33	8.10	7.74	7.35	7.23	7.06	6.84	7.28	8.25	7.44			
H1 lead leg	L	strides	16	15	15	16	16	16	17	17	17	17	129				
Nelson, Carole (FRA) (1971)																	
FINAL - 1992 U23 European Cup (Villeneuve d'Ascq, FRA)														<i>Veney - split times from PJ</i>			
date	18-Jul-92	time	6.75	11.10	15.59	20.17	24.93	29.70	34.45	39.37	44.67	49.99	56.61	1 / 1			
reaction time		interval	4.35	4.49	4.58	4.76	4.77	4.75	4.92	5.30	5.32	6.62		13.42	14.28	15.54	
		velocity	6.67	8.05	7.80	7.64	7.35	7.34	7.37	7.11	6.60	6.58	6.04	7.07	7.82	7.35	6.76
H1 lead leg		strides	23	16	16	16	16	17	17	17	18	18	22	196			
Niederstätter, Monika (ITA) (1974)																	
FINAL - 2002 European Championships (Munich, GER)														<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>			
date	08-Aug-02	time	6.89	11.25	15.71	20.21	24.82	29.59	34.55	39.65	44.85	50.21	56.34	1 / 4			
reaction time	0.206	interval	4.36	4.46	4.50	4.61	4.77	4.96	5.10	5.20	5.36	6.13		13.32	14.34	15.66	
		velocity	6.53	8.03	7.85	7.78	7.59	7.34	7.06	6.86	6.73	6.53	6.53	7.10	7.88	7.32	6.70
H1 lead leg		strides															
FINAL - 2001 European Cup (Bremen, GER)														<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>			
date	23-Jun-01	time	6.85	11.22	15.67	20.15	24.77	29.51	34.53	39.63	44.86	50.47	56.85	1 / 6			
reaction time		interval	4.37	4.45	4.48	4.62	4.74	5.02	5.10	5.23	5.61	6.38		13.30	14.38	15.94	
		velocity	6.57	8.01	7.87	7.81	7.58	7.38	6.97	6.86	6.69	6.24	6.27	7.04	7.89	7.30	6.59
H1 lead leg		strides															

Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)

Sanchez (1999) - Sevilla '99: análisis de la carreras con villas

date	23-Aug-99	time	6.24	10.55	14.95	19.46	24.10	28.86	33.70	38.67	43.79	49.05	55.57	2 / 8			
reaction time	0.214	interval		4.31	4.40	4.51	4.64	4.76	4.84	4.97	5.12	5.26	6.52		13.22	14.24	15.35
		velocity	7.21	8.12	7.95	7.76	7.54	7.35	7.23	7.04	6.84	6.65	6.13	7.20	7.94	7.37	6.84
H1 lead leg	R	strides	23	16	16	16	16	16	17	17	17	17	22	193			

Nielsen, Lina (GBR) (1996)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)**

Omega Timing (2024) - diamond league race analysis

date	30-Aug-24	time	6.29	10.49	14.81	19.19	23.70	28.49	33.54	38.77	44.18	49.62	55.93	1 / 8			
reaction time	0.140	interval		4.20	4.32	4.38	4.51	4.79	5.05	5.23	5.41	5.44	6.31		12.90	14.35	16.08
		velocity	7.15	8.33	8.10	7.99	7.76	7.31	6.93	6.69	6.47	6.43	6.34	7.15	8.14	7.32	6.53
H1 lead leg	L	strides	22	15		15		16	16	16	16	17	117				

Semi-Final 1 - 2024 Olympic Games (Paris, FRA)

Paris 2024 Olympic Games - Results Book (2024)

date	06-Aug-24	time	6.22	10.33	14.56	18.89	23.27	27.89	32.79	37.73	42.88	48.08	91.22	6 / 8			
reaction time	0.157	interval		4.11	4.23	4.33	4.38	4.62	4.90	4.94	5.15	5.20	43.14		12.67	13.90	15.29
		velocity	7.23	8.52	8.27	8.08	7.99	7.58	7.14	7.09	6.80	6.73	0.93	4.39	8.29	7.55	6.87
H1 lead leg	L	strides	22	15	15	15	15	16	16	16	16	17	163				

Heat 4 - 2024 Olympic Games (Paris, FRA)

Paris 2024 Olympic Games - Results Book (2024)

date	04-Aug-24	time	6.39	10.57	14.93	19.29	23.72	28.41	33.30	38.28	43.44	48.59	54.65	7 / 2			
reaction time	0.163	interval		4.18	4.36	4.36	4.43	4.69	4.89	4.98	5.16	5.15	6.06		12.90	14.01	15.29
		velocity	7.04	8.37	8.03	8.03	7.90	7.46	7.16	7.03	6.78	6.80	6.60	7.32	8.14	7.49	6.87
H1 lead leg	L	strides	23	16	16	15	15	16	16	16	16	16	19	184			

FINAL - 2024 London Athletics Meet (London, GBR)

Omega Timing (2024) - diamond league race analysis

date	20-Jul-24	time	6.28	10.42	14.65	19.08	23.68	28.40	33.27	38.31	43.46	48.62	54.65	7 / 8			
reaction time	0.147	interval		4.14	4.23	4.43	4.60	4.72	4.87	5.04	5.15	5.16	6.03		12.80	14.19	15.35
		velocity	7.17	8.45	8.27	7.90	7.61	7.42	7.19	6.94	6.80	6.78	6.63	7.32	8.20	7.40	6.84
H1 lead leg	L	strides	22	15	15	15	15	15	16				113				

FINAL - 2024 European Athletics Championships (Roma, ITA)

European Athletics (2024) - 2024 european athletics championships - results book

date	11-Jun-24	time	6.55	10.76	15.14	19.57	24.18	29.02	34.00	39.08	44.22	49.52	55.65	8 / 7			
reaction time	0.209	interval		4.21	4.38	4.43	4.61	4.84	4.98	5.08	5.14	5.30	6.13		13.02	14.43	15.52
		velocity	6.87	8.31	7.99	7.90	7.59	7.23	7.03	6.89	6.81	6.60	6.53	7.19	8.06	7.28	6.77
H1 lead leg	L	strides	22	15	15	15	16	16	16			17	19	151			

Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)

European Athletics (2024) - 2024 european athletics championships - results book

date	10-Jun-24	time	6.29	10.47	14.84	19.26	23.75	28.46	33.27	38.27	43.38	48.56	54.43	8 / 2			
reaction time	0.188	interval		4.18	4.37	4.42	4.49	4.71	4.81	5.00	5.11	5.18	5.87	PB	12.97	14.01	15.29
		velocity	7.15	8.37	8.01	7.92	7.80	7.43	7.28	7.00	6.85	6.76	6.81	7.35	8.10	7.49	6.87
H1 lead leg	L	strides	22	15	15	15	15	16	16	16	16	16	20	182			

FINAL - 2023 Athletissima (Lausanne, SUI)

Omega Timing (2023) - diamond league race analysis

date	30-Jun-23	time	6.31	10.46	14.87	19.35	23.94	28.71	33.77	39.21	44.74	50.29	56.62	1 / 7			
reaction time	0.141	interval		4.15	4.41	4.48	4.59	4.77	5.06	5.44	5.53	5.55	6.33		13.04	14.42	16.52
		velocity	7.13	8.43	7.94	7.81	7.63	7.34	6.92	6.43	6.33	6.31	6.32	7.06	8.05	7.28	6.36
H1 lead leg	L	strides	22	15		15		15	15		16	16	114				

FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)

Henson (2022) - Athlete First: 2022 year end hurdle report

date	16-Jun-22	time	6.36	10.44	14.58	18.86	23.34	28.14	33.02	38.08	43.36	48.68	54.91	8 / 4			
reaction time	0.147	interval		4.08	4.14	4.28	4.48	4.80	4.88	5.06	5.28	5.32	6.23		12.50	14.16	15.66
		velocity	7.08	8.58	8.45	8.18	7.81	7.29	7.17	6.92	6.63	6.58	6.42	7.28	8.40	7.42	6.70
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	16	19.2	180.2			

FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

Henson (2022) - Athlete First: 2022 year end hurdle report

date	09-Jun-22	time	6.40	10.53	14.83	19.23	23.80	25.64	28.50	33.40	38.40	43.50	48.70	54.73	9 / 4			
reaction time	0.148	interval		4.13	4.30	4.40	4.57	4.70	4.90	5.00	5.10	5.20	6.03	PB	12.83	14.17	15.30	
		velocity	7.03	8.47	8.14	7.95	7.66	7.80	7.45	7.14	7.00	6.86	6.73	6.63	7.31	8.18	7.41	6.86
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	16	16	19	182				

FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)

Henson (2022) - Athlete First: 2022 year end hurdle report

date	21-May-22	time	6.43	10.67	15.03	19.43	24.07	25.94	28.93	33.90	44.17	49.47	55.40	8 / 4			
reaction time	0.156	interval		4.24	4.36	4.40	4.64	4.86	4.97		10.27	5.30	5.93		13.00	14.47	15.57
		velocity	7.00	8.25	8.03	7.95	7.54	7.71	7.20	7.04	6.82	6.60	6.75	7.22	8.08	7.26	6.74
H1 lead leg	L	strides	23	15	15	15	15	16	16			16	19.2	150.2			

Nishida, Ayaka (JPN) (1993)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2011 Japanese National High School Championships (Kitakami, JPN)**

Abe (2011) - 64th high school championships: JAF scientific committee - biomechanics

date	05-Aug-11	time	7.04	11.88	16.73	21.69	26.73	31.95	37.20	42.69	48.43	54.17	60.13	6 / 2			
reaction time		interval		4.84	4.85	4.96	5.04	5.22	5.25	5.49	5.74	5.74	5.96		14.65	15.51	16.97
		velocity	6.39	7.23	7.22	7.06	6.94	6.70	6.67	6.38	6.10	6.10	6.71	6.65	7.17	6.77	6.19
H1 lead leg		strides															

Nishimura, Neneka (JPN) (1999)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)**

Kota (2017) - 70th high school championships: JAF scientific committee- biomechanics data

date	31-Jul-17	time	6.81	11.26	15.83	20.59	25.43	30.48	35.74	41.22	46.93	52.67	59.33	4 / 2			
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reaction time	0.218	interval	4.45	4.57	4.76	4.84	5.05	5.26	5.48	5.71	5.74	6.66			13.78	15.15	16.93		
		velocity	6.61	7.87	7.66	7.35	7.23	6.93	6.65	6.39	6.13	6.10	6.01	6.74	7.62	6.93	6.20		
H1 lead leg		strides	17	17	17	17	17	18	19	19	19	19	160						
Nugent, Leah (JAM) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	26-Aug-21	time	6.24	10.44	14.84		24.24	28.96	33.80	38.96	44.16	49.76		56.41		1 / 7			
reaction time	0.202	interval		4.20	4.40		9.40	4.72	4.84	5.16	5.20	5.60	6.65						15.96
		velocity	7.21	8.33	7.95		7.45	7.42	7.23	6.78	6.73	6.25	6.02	7.09					6.58
H1 lead leg	R	strides	22	15	15			15	15	15	15	16	19	147					
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	21-Aug-21	time	6.32	10.52	14.72	19.08	23.64	25.7	28.44	33.36	38.48	43.84		55.86		9 / 8			
reaction time	0.228	interval		4.20	4.20	4.36	4.56		4.80	4.92	5.12	5.36							12.76
		velocity	7.12	8.33	8.33	8.03	7.68	7.78	7.29	7.11	6.84	6.53		7.16					8.23
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16		143					7.35
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	04-Jul-21	time	6.24	10.32	14.60		23.54	25.7	28.30		38.14	43.20	48.64		55.01		1 / 6		
reaction time	0.193	interval		4.08	4.28		8.94		4.76		9.84	5.06	5.44	6.37					
		velocity	7.21	8.58	8.18		7.83	7.78	7.35		7.11	6.92	6.43	6.28	7.27				
H1 lead leg	R	strides		14	14				15			15	16	19	93				
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	01-Jul-21	time	6.44	10.68	15.00	19.72	24.44		29.16	33.92	38.88	44.12	49.28		55.37		3 / 5		
reaction time	0.233	interval		4.24	4.32	4.72	4.72		4.72	4.76	4.96	5.24	5.16	6.09					13.28
		velocity	6.99	8.25	8.10	7.42	7.42		7.42	7.35	7.06	6.68	6.78	6.57	7.22				7.91
H1 lead leg	R	strides	22	14	14	14	14		15	14	15	15	15	18.7	156.7				6.84
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																			
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																			
date	21-Jul-17	time	6.48	10.72	15.20	19.80	24.56		34.16	39.20	44.68	50.68		58.07		8 / 8			
reaction time	0.241	interval		4.24	4.48	4.60	4.76		9.60	5.04	5.48	6.00	7.39						13.32
		velocity	6.94	8.25	7.81	7.61	7.35		7.29	6.94	6.39	5.83	5.41	6.89					7.88
H1 lead leg	R	strides	22	15		15	15				15	16	16	114					6.36
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																			
date	18-Aug-16	time	6.36	10.44	14.76	19.16	23.68		28.36	33.16	38.04	43.00	48.12		54.45		2 / 6		
reaction time	0.226	interval		4.08	4.32	4.40	4.52		4.68	4.80	4.88	4.96	5.12	6.33	PB				12.80
		velocity	7.08	8.58	8.10	7.95	7.74		7.48	7.29	7.17	7.06	6.84	6.32	7.35				8.20
H1 lead leg	R	strides	23	13	14	14	14		14	15	15	15	15	19	171				7.02
Obeck, Waltraud (FRG) (1947)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)																			
<i>Keydel (1971) - die 400m hürden machten das rennen</i>																			
date	15-May-71	time	7.5	12.5	17.5	22.6	27.9		33.4	38.8	45.0	51.6	58.0		65.3		1 / 6		
reaction time		interval		5.00	5.00	5.10	5.30		5.50	5.40	6.20	6.60	6.40	7.30					15.10
		velocity	6.00	7.00	7.00	6.86	6.60		6.36	6.48	5.65	5.30	5.47	5.48	6.13				6.95
H1 lead leg		strides	24	17	17	17	17		19	19	19	21	21	191					5.47
Odumosu, Ajoke (NGR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2012 Olympic Games (London, GBR)																			
<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>																			
date	08-Aug-12	time	6.77	10.88	15.13	19.48	24.00	25.80	28.87	33.83	38.67	44.05	49.50		55.31		6 / 8		
reaction time	0.270	interval		4.11	4.25	4.35	4.52		4.87	4.96	4.84	5.38	5.45	5.81					12.71
		velocity	6.65	8.52	8.24	8.05	7.74	7.75	7.19	7.06	7.23	6.51	6.42	6.88	7.23				8.26
H1 lead leg	L	strides	23	15	15	16	15		17	17	17	17	17	169					6.70
Ogasawara, Arisa (JPN) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)																			
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																			
date	04-Jun-23	time	7.04	11.63	16.38	21.27	26.29		31.51	36.77	42.26	47.91	53.62		59.88		5 / 4		
reaction time	0.194	interval		4.59	4.75	4.89	5.02		5.22	5.26	5.49	5.65	5.71	6.26	PB				14.23
		velocity	6.39	7.63	7.37	7.16	6.97		6.70	6.65	6.38	6.19	6.13	6.39	6.68				7.38
H1 lead leg	L	strides	24	16	16	16	16		17	17	18	18	18	21.7	197.7				6.23
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)																			
<i>Kishima (2022) - national high school championships biomechanics data collection</i>																			
date	05-Aug-22	time	7.20	12.00	16.87	22.07	27.33		32.60	37.90	43.27	48.73	54.27		60.83		8 / 6		
reaction time	0.220	interval		4.80	4.87	5.20	5.26		5.27	5.30	5.37	5.46	5.54	6.56	PB				14.87
		velocity	6.25	7.29	7.19	6.73	6.65		6.64	6.60	6.52	6.41	6.32	6.10	6.58				7.06
H1 lead leg	L	strides	24	16	16	17	17		17	17	17	17	17	175					6.41
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)																			
<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																			
date	12-Jun-22	time	7.22	12.01	16.78	21.89	27.16		32.40	37.87	43.58	49.33	55.64		62.72		2 / 7		
reaction time	0.201	interval		4.79	4.77	5.11	5.27		5.24	5.47	5.71	5.75	6.31	7.08					14.67
		velocity	6.23	7.31	7.34	6.85	6.64		6.68	6.40	6.13	6.09	5.55	5.65	6.38				7.16
H1 lead leg	L	strides	24	16	16	17	17		17	18	18	18	19	180					5.91
Ohms, Sabine (FRG) (1953)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)																			
<i>Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973</i>																			
date	28-Jul-73	time	6.9	12.0	17.0	22.2	27.7		33.7	39.8	46.0	52.4	59.0		66.9		1 / 6		

reaction time	interval	5.07	4.99	5.15	5.59		5.91	6.18	6.18	6.40	6.55	7.89		15.21	17.68	19.13		
	velocity	6.48	6.90	7.01	6.80	6.26	5.92	5.66	5.66	5.47	5.34	5.07	5.98	6.90	5.94	5.49		
H1 lead leg	strides	24	17	17	17	17	19	19	18	19	19		186					
Oike, Saori (JPN)																		
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)							<i>Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection</i>											
date	04-Aug-18	time	7.04	11.71	16.45	21.32	26.31	31.38	36.45	41.63	46.95	52.65	59.00	5 / 1				
reaction time	interval		4.67	4.74	4.87	4.99	5.07	5.07	5.18	5.32	5.70	6.35	PB		14.28	15.13	16.20	
	velocity	6.39	7.49	7.38	7.19	7.01	6.90	6.90	6.76	6.58	6.14	6.30	6.78		7.35	6.94	6.48	
H1 lead leg	strides		17	17	17	17	17	17	17	17	19		155					
Okawa, Nazuna (JPN) (2001)																		
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)							<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>											
date	25-Oct-20	time	7.31	12.18	17.07	22.01	27.08	32.23	37.47	42.86	48.40	54.42	61.63	8 / 7				
reaction time	0.249	interval	4.87	4.89	4.94	5.07	5.15	5.24	5.39	5.54	6.02	7.21			14.70	15.46	16.95	
	velocity	6.16	7.19	7.16	7.09	6.90	6.80	6.68	6.49	6.32	5.81	5.55	6.49		7.14	6.79	6.19	
H1 lead leg	strides		17	17	17	17	17	17	17	17	19		155					
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)							<i>Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection</i>											
date	04-Aug-18	time	7.26	12.08	17.00	21.94	26.94	32.10	37.27	42.51	47.95	53.79	60.12	2 / 5				
reaction time	interval		4.82	4.92	4.94	5.00	5.16	5.17	5.24	5.44	5.84	6.33			14.68	15.33	16.52	
	velocity	6.20	7.26	7.11	7.09	7.00	6.78	6.77	6.68	6.43	5.99	6.32	6.65		7.15	6.85	6.36	
H1 lead leg	strides		17	17	17	17	17	17	17	17	19		155					
Okawa, Sumika (JPN) (2003)																		
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)							<i>Shibayama (2021) - national high school and U20 national championships</i>											
date	30-Jul-21	time	6.72	11.11	15.73	20.65	25.66	30.73	36.02	41.62	47.32	53.35	60.11	6 / 3				
reaction time	0.168	interval	4.39	4.62	4.92	5.01	5.07	5.29	5.60	5.70	6.03	6.76			13.93	15.37	17.33	
	velocity	6.70	7.97	7.58	7.11	6.99	6.90	6.62	6.25	6.14	5.80	5.92	6.65		7.54	6.83	6.06	
H1 lead leg	strides		15	15	16	16	16	16	16	17	17	17	145					
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)							<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>											
date	27-Jun-21	time	6.86	11.31	15.93	20.74	25.63	30.68	35.95	41.31	46.81	52.64	59.22	2 / 3				
reaction time	0.190	interval	4.45	4.62	4.81	4.89	5.05	5.27	5.36	5.50	5.83	6.58			13.88	15.21	16.69	
	velocity	6.56	7.87	7.58	7.28	7.16	6.93	6.64	6.53	6.36	6.00	6.08	6.75		7.56	6.90	6.29	
H1 lead leg	R	strides	23	15	15	16	16	16	16	17	17	18	22.2	191.2				
Okubayashi, Rin (JPN) (2000)																		
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)							<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>											
date	25-Oct-20	time	6.87	11.59	16.47	21.49	26.61	31.90	37.32	42.83	48.33	53.94	60.52	7 / 4				
reaction time	0.203	interval	4.72	4.88	5.02	5.12	5.29	5.42	5.51	5.50	5.61	6.58			14.62	15.83	16.62	
	velocity	6.55	7.42	7.17	6.97	6.84	6.62	6.46	6.35	6.36	6.24	6.08	6.61		7.18	6.63	6.32	
H1 lead leg	strides		16	16	16	16	17	17	17	17	17		149					
Olivieri, Linda (ITA) (1998)																		
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)							<i>European Athletics (2024) - 2024 european athletics championships - results book</i>											
date	10-Jun-24	time	6.37	10.56	14.89	19.15	23.77	28.39	33.25	38.13	43.30	48.68	54.99	9 / 6				
reaction time	0.235	interval	4.19	4.33	4.26	4.62	4.62	4.86	4.88	5.17	5.38	6.31	PB		12.78	14.10	15.43	
	velocity	7.06	8.35	8.08	8.22	7.58	7.58	7.20	7.17	6.77	6.51	6.34	7.27		8.22	7.45	6.80	
H1 lead leg	R	strides	23	15	15	15	15	15	16		17	21	137					
Heat 3 - 2024 European Athletics Championships (Roma, ITA)							<i>European Athletics (2024) - 2024 european athletics championships - results book</i>											
date	09-Jun-24	time	6.39	10.63	15.13	19.67	24.34	29.15	34.10	39.09	44.40	49.79	55.95	5 / 5				
reaction time	0.215	interval	4.24	4.50	4.54	4.67	4.81	4.95	4.99	5.31	5.39	6.16			13.28	14.43	15.69	
	velocity	7.04	8.25	7.78	7.71	7.49	7.28	7.07	7.01	6.59	6.49	6.49	7.15		7.91	7.28	6.69	
H1 lead leg	strides																	
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)							<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>											
date	20-Jul-22	time	6.40	10.70	15.10	19.57	24.20	26.32	29.03	33.97	39.00	49.57	56.04	1 / 8				
reaction time	0.135	interval	4.30	4.40	4.47	4.63	4.83	4.94	5.03	5.07	5.38	6.47			13.17	14.40	15.60	
	velocity	7.03	8.14	7.95	7.83	7.56	7.60	7.25	7.09	6.96	6.62	6.18	7.14		7.97	7.29	6.73	
H1 lead leg	R	strides	23	15	15	15	15	15	16	16		130						
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)							<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>											
date	09-Jun-22	time	6.63	10.93	15.33	24.53	26.50	29.40	34.40	39.60	44.83	50.13	56.25	2 / 8				
reaction time	0.150	interval	4.30	4.40	4.90	9.20	4.87	5.00	5.20	5.23	5.30	6.12					15.73	
	velocity	6.79	8.14	7.95	7.61	7.55	7.19	7.00	6.73	6.69	6.60	6.54	7.11				6.68	
H1 lead leg	R	strides	23	15	15	15	15	15	15	17	17	17	149					
FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)							<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>											
date	10-Jun-21	time	6.48	10.88	15.30	19.80	24.44	26.5	29.32	34.20	39.20	44.28	49.52	55.63	7 / 6			
reaction time	0.134	interval	4.40	4.42	4.50	4.64	4.88	4.88	5.00	5.08	5.24	6.11	PB		13.32	14.40	15.32	
	velocity	6.94	7.95	7.92	7.78	7.54	7.55	7.17	7.17	7.00	6.89	6.68	6.55	7.19		7.88	7.29	6.85
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	16	17	20.2	184.2				
Omori, Nanase (JPN) (1992)																		
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2010 Japanese National High School Championships (Okinawa, JPN)							<i>Matsuo (2010) - 63rd high school championships: JAF scientific committee- biomechanics data</i>											

date	31-Jul-10	time	6.76	11.23	15.95	20.75	25.69	30.71	35.90	41.31	47.13	53.25	60.51	/ 2					
reaction time		interval		4.47	4.72	4.80	4.94	5.02	5.19	5.41	5.82	6.12	7.26		13.99	15.15	17.35		
		velocity	6.66	7.83	7.42	7.29	7.09	6.97	6.74	6.47	6.01	5.72	5.51	6.61	7.51	6.93	6.05		
H1 lead leg		strides		17	17	17	17	17	17	17	18	19	156						
Ono, Mizuna (JPN) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)														<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>					
date	09-May-21	time	6.66	11.04	15.67	20.42	25.26	30.31	35.47	40.88	46.34	51.90	58.43	5 / 4					
reaction time	0.149	interval		4.38	4.63	4.75	4.84	5.05	5.16	5.41	5.46	5.56	6.53				13.76	15.05	16.43
		velocity	6.76	7.99	7.56	7.37	7.23	6.93	6.78	6.47	6.41	6.29	6.13	6.85			7.63	6.98	6.39
H1 lead leg	L	strides	23	15	16	16	16	16	16	16	17	17	17	21	190				
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuoi, JPN)														<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>					
date	03-May-21	time	6.79	11.44	16.22	21.05	26.09	31.15	36.30	41.57	46.98	52.57	59.21	8 / 5					
reaction time	0.161	interval		4.65	4.78	4.83	5.04	5.06	5.15	5.27	5.41	5.59	6.64				14.26	15.25	16.27
		velocity	6.63	7.53	7.32	7.25	6.94	6.92	6.80	6.64	6.47	6.26	6.02	6.76			7.36	6.89	6.45
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17	17	171					
FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)														<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>					
date	25-Oct-20	time	6.64	11.08	15.58	20.15	24.92	29.96	35.19	40.47	46.00	51.55	57.81	8 / 2					
reaction time	0.159	interval		4.44	4.50	4.57	4.77	5.04	5.23	5.28	5.53	5.55	6.26				13.51	15.04	16.36
		velocity	6.78	7.88	7.78	7.66	7.34	6.94	6.69	6.63	6.33	6.31	6.39	6.92			7.77	6.98	6.42
H1 lead leg		strides		16	16	16	16	16	16	17	17	17	17	148					
Oprya, Maryna (UKR) (1982)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 European Cup (Munich, GER)														<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>					
date	23-Jun-07	time	6.86	11.17	15.65	20.19	24.71	29.54	34.65	39.95	45.25	50.62							
reaction time	0.203	interval		4.31	4.48	4.54	4.52	4.83	5.11	5.30	5.30	5.37		DQ			13.33	14.46	15.97
		velocity	6.56	8.12	7.81	7.71	7.74	7.25	6.85	6.60	6.60	6.52					7.88	7.26	6.57
H1 lead leg		strides																	
Ortiz, Yamelis (USA) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USATF National Junior Championships (Delaware, OH)														<i>USATF Women's Sprint Development (1996)</i>					
date	29-Jun-96	time	7.01	11.61	16.11	20.85	25.60	30.63	36.09	41.81	47.76	53.58	60.28	2 / 4					
reaction time		interval		4.60	4.50	4.74	4.75	5.03	5.46	5.72	5.95	5.82	6.70				13.84	15.24	17.49
		velocity	6.42	7.61	7.78	7.38	7.37	6.96	6.41	6.12	5.88	6.01	5.97	6.64			7.59	6.89	6.00
H1 lead leg		strides																	
Oshiden, Moe (JPN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)														<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>					
date	06-May-23	time	6.81	11.51	16.28	21.19	26.19	31.28	36.49	41.78	47.13	52.64	59.03	8 / 2					
reaction time	0.155	interval		4.70	4.77	4.91	5.00	5.09	5.21	5.29	5.35	5.51	6.39				14.38	15.30	16.15
		velocity	6.61	7.45	7.34	7.13	7.00	6.88	6.72	6.62	6.54	6.35	6.26	6.78			7.30	6.86	6.50
H1 lead leg		strides		16	16	16	16	17	17	17	17	17	17	149					
C FINAL - 2023 Shizuoka International Meeting (Fukuoi, JPN)														<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>					
date	03-May-23	time	6.91	11.65	16.48	21.34	26.25	31.28	36.44	41.71	47.11	52.68	59.10	8 / 2					
reaction time	0.196	interval		4.74	4.83	4.86	4.91	5.03	5.16	5.27	5.40	5.57	6.42				14.43	15.10	16.24
		velocity	6.51	7.38	7.25	7.20	7.13	6.96	6.78	6.64	6.48	6.28	6.23	6.77			7.28	6.95	6.47
H1 lead leg	R	strides	23	16	16	16	16	17	17	17	17	17	21.5	193.5					
C FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)														<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>					
date	06-Jun-21	time	6.89	11.51	16.20	20.92	25.78	30.78	35.94	41.24	46.78	52.45	59.09	5 / 1					
reaction time		interval		4.62	4.69	4.72	4.86	5.00	5.16	5.30	5.54	5.67	6.64				14.03	15.02	16.51
		velocity	6.53	7.58	7.46	7.42	7.20	7.00	6.78	6.60	6.32	6.17	6.02	6.77			7.48	6.99	6.36
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17	17	21.7	192.7				
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)														<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>					
date	23-Aug-20	time	6.92	11.68	16.60	21.52	26.61	31.87	37.30	42.89	48.92	55.59	63.18	3 / 9					
reaction time	0.164	interval		4.76	4.92	4.92	5.09	5.26	5.43	5.59	6.03	6.67	7.59				14.60	15.78	18.29
		velocity	6.50	7.35	7.11	7.11	6.88	6.65	6.45	6.26	5.80	5.25	5.27	6.33			7.19	6.65	5.74
H1 lead leg		strides		16	16	16	16	17	17	17	18	20	153						
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)														<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>					
date	30-Jun-19	time	6.77	11.24	15.90	20.67	25.53	30.53	35.64	40.91	46.40	52.07	58.60	2 / 5					
reaction time	0.151	interval		4.47	4.66	4.77	4.86	5.00	5.11	5.27	5.49	5.67	6.53				13.90	14.97	16.43
		velocity	6.65	7.83	7.51	7.34	7.20	7.00	6.85	6.64	6.38	6.17	6.13	6.83			7.55	7.01	6.39
H1 lead leg	R	strides	23	16	16	16	16	17	17	17	17	17	21.7	193.7					
A FINAL - 2019 Kinami Memorial (Osaka, JPN)														<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>					
date	06-May-19	time	6.87	11.44	16.20	20.95	25.96	31.08	36.32	41.57	46.96	52.45	58.88	2 / 4					
reaction time		interval		4.57	4.76	4.75	5.01	5.12	5.24	5.25	5.39	5.49	6.43				14.08	15.37	16.13
		velocity	6.55	7.66	7.35	7.37	6.99	6.84	6.68	6.67	6.49	6.38	6.22	6.79			7.46	6.83	6.51
H1 lead leg		strides		16	16	16	16	17	17	17	17	17	21	170					
B FINAL - 2019 Shizuoka International Athletics Meeting (Fukuoi, JPN)														<i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>					
date	03-May-19	time	6.87	11.41	16.15	20.97	25.94	31.11	36.37	41.73	47.31	53.17	59.54	1 / 1					

reaction time	interval	4.54	4.74	4.82	4.97		5.17	5.26	5.36	5.58	5.86	6.37			14.10	15.40	16.80	
	velocity	6.55	7.71	7.38	7.26	7.04	6.77	6.65	6.53	6.27	5.97	6.28	6.72		7.45	6.82	6.25	
H1 lead leg	strides		16	16	16	16	17	17	17	17	17	17	149					
Oshiro, Funa (JPN) (1999)																		
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)																		
<i>Kota (2017) - 70th high school championships: JAF scientific committee- biomechanics data</i>																		
date	31-Jul-17	time	7.16	11.90	16.73	21.69	26.68		32.07	37.27	42.58	47.93	53.47	59.63	7 / 3			
reaction time	0.285	interval		4.74	4.83	4.96	4.99		5.39	5.20	5.31	5.35	5.54	6.16		14.53	15.58	16.20
		velocity	6.28	7.38	7.25	7.06	7.01		6.49	6.73	6.59	6.54	6.32	6.49	6.71	7.23	6.74	6.48
H1 lead leg		strides		17	17	17	17		18	18	18	18	18	158				
Otsu, Yui (JPN) (2004)																		
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)																		
<i>Shibayama (2021) - national high school and U20 national championships</i>																		
date	30-Jul-21	time	6.90	11.54	16.48	21.57	26.80		32.22	37.79	43.62	49.50	55.49	62.06	1 / 7			
reaction time	0.190	interval		4.64	4.94	5.09	5.23		5.42	5.57	5.83	5.88	5.99	6.57		14.67	16.22	17.70
		velocity	6.52	7.54	7.09	6.88	6.69		6.46	6.28	6.00	5.95	5.84	6.09	6.45	7.16	6.47	5.93
H1 lead leg		strides		16	17	17	18		18	18	19	19	19	161				
Ou Ying (CHN) (2001)																		
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	26-Jun-21	time	6.98	11.58	16.28	21.00	25.90		31.06	36.26	41.68	47.46	53.42	59.81	7 / 4			
reaction time	0.192	interval		4.60	4.70	4.72	4.90		5.16	5.20	5.42	5.78	5.96	6.39		14.02	15.26	17.16
		velocity	6.45	7.61	7.45	7.42	7.14		6.78	6.73	6.46	6.06	5.87	6.26	6.69	7.49	6.88	6.12
H1 lead leg	L	strides	24	17	17	17	17		17	17	18	19	19	22	204			
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	26-Jun-21	time	6.98	11.46	16.07	20.71	25.50		30.57	35.84	41.32	46.89	52.56	59.24	6 / 3			
reaction time	0.240	interval		4.48	4.61	4.64	4.79		5.07	5.27	5.48	5.57	5.67	6.68		13.73	15.13	16.72
		velocity	6.45	7.81	7.59	7.54	7.31		6.90	6.64	6.39	6.28	6.17	5.99	6.75	7.65	6.94	6.28
H1 lead leg	L	strides	24	17	17	17	17		17	17	18	18	18	22	202			
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	25-Apr-21	time	6.98	11.64	16.42	21.32	26.38		31.66	37.20	42.86	48.54	54.32	61.01	8 / 6			
reaction time	0.237	interval		4.66	4.78	4.90	5.06		5.28	5.54	5.66	5.68	5.78	6.69		14.34	15.88	17.12
		velocity	6.45	7.51	7.32	7.14	6.92		6.63	6.32	6.18	6.16	6.06	5.98	6.56	7.32	6.61	6.13
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	18	19	22	204			
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	25-Apr-21	time	7.16	11.79	16.57	21.37	26.31		31.41	36.84	42.48	48.30	54.10	60.65	3 / 2			
reaction time	0.255	interval		4.63	4.78	4.80	4.94		5.10	5.43	5.64	5.82	5.80	6.55		14.21	15.47	17.26
		velocity	6.28	7.56	7.32	7.29	7.09		6.86	6.45	6.21	6.01	6.03	6.11	6.60	7.39	6.79	6.08
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	19	19	22	205			
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)																		
<i>CAA Hurdle Development (2020)</i>																		
date	17-Sep-20	time	6.87	11.46	16.04	20.71	25.46		30.54	35.79	41.17	46.71	52.38	58.80	5 / 4			
reaction time		interval		4.59	4.58	4.67	4.75		5.08	5.25	5.38	5.54	5.67	6.42	PB	13.84	15.08	16.59
		velocity	6.55	7.63	7.64	7.49	7.37		6.89	6.67	6.51	6.32	6.17	6.23	6.80	7.59	6.96	6.33
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	18	19	21	201			
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	23-Aug-19	time	7.04	11.56	16.22	20.94	25.93		31.03	36.39	42.04	fell		68.86	4 / --			
reaction time	0.234	interval		4.52	4.66	4.72	4.99		5.10	5.36	5.65			DQ	13.90	15.45		
		velocity	6.39	7.74	7.51	7.42	7.01		6.86	6.53	6.19			5.81	7.55	6.80		
H1 lead leg	L	strides	24	17	17	17	17		17	17	17			143				
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	22-Aug-19	time	7.04	11.60	16.25	20.97	25.89		31.13	36.47	41.99	47.65	53.49	59.81	6 / 2			
reaction time	0.249	interval		4.56	4.65	4.72	4.92		5.24	5.34	5.52	5.66	5.84	6.32		13.93	15.50	17.02
		velocity	6.39	7.68	7.53	7.42	7.11		6.68	6.55	6.34	6.18	5.99	6.33	6.69	7.54	6.77	6.17
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	18	18	21	200			
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	17-Aug-19	time	7.26	11.98	16.76	21.82	26.88		32.14	37.40	42.80	53.34	59.54	66.39	6 / 5			
reaction time	0.246	interval		4.72	4.78	5.06	5.06		5.26	5.26	5.40	10.54	6.20	6.85		14.56	15.58	22.14
		velocity	6.20	7.42	7.32	6.92	6.92		6.65	6.65	6.48	3.32	5.65	5.84	6.03	7.21	6.74	4.74
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	fell	19	21.5	183.5			
FINAL - 2019 Chinese National Championships (Shenyang, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	10-Jul-19	time	6.94	11.52	16.18	20.94	25.89		31.06	36.37	41.77	47.26	52.93	59.30	7 / 7			
reaction time	0.245	interval		4.58	4.66	4.76	4.95		5.17	5.31	5.40	5.49	5.67	6.37		14.00	15.43	16.56
		velocity	6.48	7.64	7.51	7.35	7.07		6.77	6.59	6.48	6.38	6.17	6.28	6.75	7.50	6.80	6.34
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	18	21.2	199.2			
Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	09-Jul-19	time	7.19	11.86	16.65	21.52	26.57		31.80	37.03	42.34	47.81	53.40	59.61	8 / 2			
reaction time	0.299	interval		4.67	4.79	4.87	5.05		5.23	5.23	5.31	5.47	5.59	6.21		14.33	15.51	16.37
		velocity	6.26	7.49	7.31	7.19	6.93		6.69	6.69	6.59	6.40	6.26	6.44	6.71	7.33	6.77	6.41

H1 lead leg	L	strides	23	16	16	17	17	16	16	17	17	17	21	193						
<i>Paris, Debbie-Ann (JAM) (1973)</i>																				
FINAL - 1997 IAAF World Championships (Athens, GRE)										<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>										
date	08-Aug-97	time	6.44	10.83	14.78	19.38	23.52	28.46	33.20	38.00	43.04	48.24	54.19	8 / 5						
reaction time	0.206	interval	4.39	3.95	4.60	4.14	4.94	4.74	4.80	5.04	5.20	5.95			12.94	13.82	15.04			
		velocity	6.99	7.97	8.86	7.61	8.45	7.09	7.38	7.29	6.94	6.73	6.72	7.38		8.11	7.60	6.98		
H1 lead leg		strides																		
FINAL - 1996 Olympic Games (Atlanta, GA)																				
date	31-Jul-96	time	6.6	10.7	15.0	19.3	23.7	28.3	33.1	37.9	42.8	48.1	53.97	2 / 4						<i>Behm (1996) - 400m haies</i>
reaction time	0.217	interval	4.10	4.30	4.30	4.40	4.60	4.80	4.80	4.90	5.30	5.87	PB		12.70	13.80	15.00			
		velocity	6.82	8.54	8.14	8.14	7.95	7.61	7.29	7.29	7.14	6.60	6.81	7.41		8.27	7.61	7.00		
H1 lead leg		strides	24	16	16	16	16	16	16	17	17	18	172							
Payne, Kymber (USA) (1996)																				
FINAL - 2018 USATF National Championships (Des Moines, IA) (TV Analysis)										<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>										
date	24-Jun-18	time	6.47	10.67	14.91	19.32	23.75	28.46	33.30	38.27	43.44	48.91	55.54	6 / 4						
reaction time		interval	4.20	4.24	4.41	4.43	4.71	4.84	4.97	5.17	5.47	6.63			12.85	13.98	15.61			
		velocity	6.96	8.33	8.25	7.94	7.90	7.43	7.23	7.04	6.77	6.40	6.03	7.20		8.17	7.51	6.73		
H1 lead leg	L	strides	24	15	15	15	15	16	16	17	17	17	20	187						
FINAL - 2018 NCAA Championships (Eugene, OR) (TV Analysis)																				
date	09-Jun-18	time	6.73	10.93	15.20	19.53	23.96	28.73	33.70		44.33	50.03	56.88	6 / 3						<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>
reaction time		interval	4.20	4.27	4.33	4.43	4.77	4.97		10.63	5.70	6.85			12.80	14.17	16.33			
		velocity	6.69	8.33	8.20	8.08	7.90	7.34	7.04		6.59	6.14	5.84	7.03		8.20	7.41	6.43		
H1 lead leg	L	strides	24	15		15	15	16	16	17		18	136							
Pechonkina, Yuliya (RUS) (1978)																				
FINAL - 2007 IAAF World Championships (Osaka, JPN)										<i>Ae (2008) - IAAF biomechanics team - a booklet of biomechanics data</i>										
date	30-Aug-07	time	6.40	10.47	14.60	18.83	23.20	27.60	32.12	36.93	42.00	47.22	53.50	6 / 2						
reaction time	0.148	interval	4.07	4.13	4.23	4.37	4.40	4.52	4.81	5.07	5.22	6.28			12.43	13.29	15.10			
		velocity	7.03	8.60	8.47	8.27	8.01	7.95	7.74	7.28	6.90	6.70	6.37	7.48		8.45	7.90	6.95		
H1 lead leg	L	strides	22	15	15	15	15	15	15	17	17	17	20	183						
FINAL - 2007 European Cup (Munich, GER)																				
date	23-Jun-07	time	6.63	10.79	15.04	19.31	23.67	28.13	32.75	37.61	42.63	47.81	54.04	1 / 1						<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>
reaction time	0.134	interval	4.16	4.25	4.27	4.36	4.46	4.62	4.86	5.02	5.18	6.23			12.68	13.44	15.06			
		velocity	6.79	8.41	8.24	8.20	8.03	7.85	7.58	7.20	6.97	6.76	6.42	7.40		8.28	7.81	6.97		
H1 lead leg		strides																		
FINAL - 2005 IAAF World Championships (Helsinki, FIN)																				
date	13-Aug-05	time	6.3	10.5	14.8	18.8	23.1	27.5	31.9	36.6	41.6	46.6	52.90	4 / 1						<i>Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins</i>
reaction time	0.144	interval	4.20	4.30	4.00	4.30	4.40	4.40	4.40	4.70	5.00	5.00	6.30		12.50	13.10	14.70			
		velocity	7.14	8.33	8.14	8.75	8.14	7.95	7.95	7.45	7.00	7.00	6.35	7.56		8.40	8.02	7.14		
H1 lead leg	L	strides	22	15	15	15	15	15	15	17	17	17	20	183						
FINAL - 2004 Olympic Games (Athens, GRE)																				
date	25-Aug-04	time	6.4	10.5	14.7	18.9	23.3	27.9	32.5	37.7	42.9	48.5	55.79	6 / 8						<i>Behm (2005) - Athènes 2004: Les Haies Basses</i>
reaction time	0.244	interval	4.10	4.20	4.20	4.40	4.60	4.60	5.20	5.20	5.60	7.29			12.50	13.60	16.00			
		velocity	7.03	8.54	8.33	8.33	7.95	7.61	7.61	6.73	6.73	6.25	5.49	7.17		8.40	7.72	6.56		
H1 lead leg	L	strides	22	15	15	15	15	15	15	17	17	17	163							
FINAL - 2003 IAAF World Championships (Paris, FRA)																				
date	28-Aug-03	time	6.3	10.3	14.3	18.4	22.7	27.1	31.6	36.6	41.7	47.1	53.71	5 / 3						<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>
reaction time	0.128	interval	4.00	4.00	4.10	4.30	4.40	4.40	4.50	5.00	5.10	5.40	6.61		12.10	13.20	15.50			
		velocity	7.14	8.75	8.75	8.54	8.14	7.95	7.78	7.00	6.86	6.48	6.05	7.45		8.68	7.95	6.77		
H1 lead leg	L	strides	22	15	15	15	15	15	15	17	17	17	19.5	182.5						
FINAL - 2003 Russian National Championships (Tula, RUS)																				
date	08-Aug-03	time	6.3	10.3	14.3	18.5	22.9	27.4	31.9	36.5	41.2	46.3	52.34	4 / 1						<i>Vazel (2019) - statistical analysis and historical context of the new 400H world record</i>
reaction time		interval	4.0	4.0	4.2	4.4	4.5	4.5	4.6	4.7	5.1	6.04	WR		12.20	13.40	14.40			
		velocity	7.14	8.75	8.75	8.33	7.95	7.78	7.78	7.61	7.45	6.86	6.62	7.64		8.61	7.84	7.29		
H1 lead leg	L	strides	22	15	15	15	15	15	15	17	17	17	20.2	183.2						
FINAL - 2002 IAAF World Cup (Madrid, ESP)																				
date	20-Sep-02	time	6.49	10.55	14.77	18.94	23.29	27.77	32.37	37.26	42.31	47.48	53.74	3 / 1						<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>
reaction time	0.184	interval	4.06	4.22	4.17	4.35	4.48	4.60	4.89	5.05	5.17	6.26			12.45	13.43	15.11			
		velocity	6.93	8.62	8.29	8.39	8.05	7.81	7.61	7.16	6.93	6.77	6.39	7.44		8.43	7.82	6.95		
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	17	20	181						
Nosova, Yuliya (RUS) (1978)																				
FINAL - 2001 ISTAF (Berlin, GER)										<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>										
date	31-Aug-01	time	6.62	10.78	15.03	19.36	23.78	28.30	33.11	38.09	43.21	48.62	54.62	1 / 1						
reaction time	0.233	interval	4.16	4.25	4.33	4.42	4.52	4.81	4.98	5.12	5.41	6.00			12.74	13.75	15.51			
		velocity	6.80	8.41	8.24	8.08	7.92	7.74	7.28	7.03	6.84	6.47	6.67	7.32		8.24	7.64	6.77		
H1 lead leg		strides																		
FINAL - 2001 IAAF World Championships (Edmonton, CAN)																				
<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>																				

date	08-Aug-01	time	6.3	10.5	14.7	19.0	23.4		27.9	32.7	37.7	42.7	47.9		54.27	5 / 2			
reaction time	0.123	interval		4.20	4.20	4.30	4.40		4.50	4.80	5.00	5.00	5.20	6.37			12.70	13.70	15.20
		velocity	7.14	8.33	8.33	8.14	7.95		7.78	7.29	7.00	7.00	6.73	6.28	7.37		8.27	7.66	6.91
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	17	20.5	182.5				

FINAL - 2001 European Cup (Bremen, GER)Graubner (2007) - <http://www.fgs.uni-halle.de>

date	23-Jun-01	time	6.62	10.74	14.90	19.12	23.51		27.99	32.76	37.66	42.70	47.83		53.84	1 / 1			
reaction time		interval		4.12	4.16	4.22	4.39		4.48	4.77	4.90	5.04	5.13	6.01	PB		12.50	13.64	15.07
		velocity	6.80	8.50	8.41	8.29	7.97		7.81	7.34	7.14	6.94	6.82	6.66	7.43		8.40	7.70	6.97
H1 lead leg		strides																	

Pedroso, Yadisleidis (ITA) (1987)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)**

Henson (2020) - Athlete First: 2019 year end hurdle report

date	02-Oct-19	time	6.54	10.84	15.18	24.26		28.93	33.76	38.74	43.84	49.15		55.40	8 / 4				
reaction time	0.208	interval		4.30	4.34	9.08		4.67	4.83	4.98	5.10	5.31	6.25						15.39
		velocity	6.88	8.14	8.06	7.71		7.49	7.25	7.03	6.86	6.59	6.40	7.22					6.82
H1 lead leg	R	strides	24	16	16			16	16	17		17	21	143					

FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)

Henson (2020) - Athlete First: 2019 year end hurdle report

date	03-May-19	time	6.71	11.08	15.51	20.12	24.72	26.8	29.46	34.37	39.44	44.64	50.38		57.20	8 / 9			
reaction time	0.257	interval		4.37	4.43	4.61	4.60		4.74	4.91	5.07	5.20	5.74	6.82			13.41	14.25	16.01
		velocity	6.71	8.01	7.90	7.59	7.61	7.46	7.38	7.13	6.90	6.73	6.10	5.87	6.99		7.83	7.37	6.56
H1 lead leg	R	strides	24	16	16	16	16	16	16	16	17	17	18	22	194				

FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)

Henson (2020) - Athlete First: 2018 year end hurdle report

date	07-Jun-18	time	6.40	10.64	15.00	19.56	24.24	26.3	28.96	33.96	38.92	44.04	49.24		55.47	6 / 7			
reaction time	0.226	interval		4.24	4.36	4.56	4.68		4.72	5.00	4.96	5.12	5.20	6.23			13.16	14.40	15.28
		velocity	7.03	8.25	8.03	7.68	7.48	7.60	7.42	7.00	7.06	6.84	6.73	6.42	7.21		7.98	7.29	6.87
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17	17	17	171				

FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

Henson (2020) - Athlete First: 2018 year end hurdle report

date	31-May-18	time	6.48	10.80	15.20	19.76	24.44		29.16	34.04	39.00	44.08	49.28		55.43	8 / 5			
reaction time	0.226	interval		4.32	4.40	4.56	4.68		4.72	4.88	4.96	5.08	5.20	6.15			13.28	14.28	15.24
		velocity	6.94	8.10	7.95	7.68	7.48		7.42	7.17	7.06	6.89	6.73	6.50	7.22		7.91	7.35	6.89
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17	17	20.7	191.7				

FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

Henson (2020) - Athlete First: 2017 year end hurdle report

date	08-Jun-17	time	6.52	10.80	15.24	19.76	24.40		29.32	34.16	39.12	44.28	49.56		55.70	7 / 7			
reaction time	0.200	interval		4.28	4.44	4.52	4.64		4.92	4.84	4.96	5.16	5.28	6.14			13.24	14.40	15.40
		velocity	6.90	8.18	7.88	7.74	7.54		7.11	7.23	7.06	6.78	6.63	6.51	7.18		7.93	7.29	6.82
H1 lead leg	R	strides	24	16	16	16	16	16	16	16	17	18	18	21	194				

Semi-Final 1 - 2014 European Championships (Zurich, SUI)Incalza (2014) - FIDAL - <https://www.youtube.com/watch?v=EnXl2yLcGsg&list=UU7691fXeyNFIMROfKJ-WWUg>

date	14-Aug-14	time	6.69	11.01	15.53	20.00	24.53	26.42	29.17	34.03	39.08	44.25	49.70		56.07	8 / 3			
reaction time	0.188	interval		4.32	4.52	4.47	4.53		4.64	4.86	5.05	5.17	5.45	6.37			13.31	14.03	15.67
		velocity	6.73	8.10	7.74	7.83	7.73	7.57	7.54	7.20	6.93	6.77	6.42	6.28	7.13		7.89	7.48	6.70
H1 lead leg	R	strides	25	16	16	16	16	16	16	16	17	17	18	21.5	194.5				

Peeters, Cathelijm (NED) (1996)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2024 Athletissima (Lausanne, SUI)**

Omega Timing (2024) - diamond league race analysis

date	22-Aug-24	time	6.62	10.77	15.04	19.41	23.94		28.74	33.87	39.26	44.65	50.13		56.28	2 / 7			
reaction time	0.244	interval		4.15	4.27	4.37	4.53		4.80	5.13	5.39	5.39	5.48	6.15			12.79	14.46	16.26
		velocity	6.80	8.43	8.20	8.01	7.73		7.29	6.82	6.49	6.49	6.39	6.50	7.11		8.21	7.26	6.46
H1 lead leg	R	strides	23	15	15	15	15				17	17	17	134					

Semi-Final 1 - 2024 Olympic Games (Paris, FRA)

Paris 2024 Olympc Games - Results Book (2024)

date	06-Aug-24	time	6.63	10.84	15.08	19.42	23.81		28.43	33.38	38.46	43.75	49.25		55.20	9 / 7			
reaction time	0.219	interval		4.21	4.24	4.34	4.39		4.62	4.95	5.08	5.29	5.50	5.95			12.79	13.96	15.87
		velocity	6.79	8.31	8.25	8.06	7.97		7.58	7.07	6.89	6.62	6.36	6.72	7.25		8.21	7.52	6.62
H1 lead leg	R	strides	23	15	15	15	15		15	16		18		132					

Heat 1 - 2024 Olympic Games (Paris, FRA)

Paris 2024 Olympc Games - Results Book (2024)

date	04-Aug-24	time	6.56	10.75	15.00	19.41	23.89		28.55	33.56	38.58	43.75	49.01		54.84	8 / 4			
reaction time	0.212	interval		4.19	4.25	4.41	4.48		4.66	5.01	5.02	5.17	5.26	5.83			12.85	14.15	15.45
		velocity	6.86	8.35	8.24	7.94	7.81		7.51	6.99	6.97	6.77	6.65	6.86	7.29		8.17	7.42	6.80
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	18	20	184				

FINAL - 2024 London Athletics Meet (London, GBR)

Omega Timing (2024) - diamond league race analysis

date	20-Jul-24	time	6.56	10.73	14.97	19.28	23.68		28.23	33.07	38.08	43.36	48.68		54.50	2 / 6			
reaction time	0.196	interval		4.17	4.24	4.31	4.40		4.55	4.84	5.01	5.28	5.32	5.82			12.72	13.79	15.61
		velocity	6.86	8.39	8.25	8.12	7.95		7.69	7.23	6.99	6.63	6.58	6.87	7.34		8.25	7.61	6.73
H1 lead leg	L	strides	23	15		15	15		15	16			17	116					

FINAL - 2024 European Athletics Championships (Roma, ITA)

European Athletics (2024) - 2024 european athletics championships - results book

date	11-Jun-24	time	6.75	10.95	15.20	19.59	24.12		28.69	33.49	38.42	43.50	48.71		54.37	9 / 3			
reaction time	0.266	interval		4.20	4.25	4.39	4.53		4.57	4.80	4.93	5.08	5.21	5.66			12.84	13.90	15.22
		velocity	6.67	8.33	8.24	7.97	7.73		7.66	7.29	7.10	6.89	6.72	7.07	7.36		8.18	7.55	6.90

H1 lead leg	R	strides	23	15	15	15	15	15	16	17	20	151
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Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)*European Athletics (2024) - 2024 european athletics championships - results book*

date	10-Jun-24	time	6.55	10.75	15.09	19.45	23.90	28.54	33.39	38.47	43.73	48.99	54.66	5 / 2			
reaction time	0.229	interval	4.20	4.34	4.36	4.45	4.64	4.85	5.08	5.26	5.26	5.67	12.90	13.94	15.60		
		velocity	6.87	8.33	8.06	8.03	7.87	7.54	7.22	6.89	6.65	6.65	7.05	7.32	8.14	7.53	6.73
H1 lead leg	R	strides	23	15	15	15	15	15	16	17	17	17	20	185			

FINAL - 2024 Bauhaus Galan (Stockholm, SWE)*Omega Timing (2024) - diamond league race analysis*

date	02-Jun-24	time	6.77	10.95	15.20	19.58	24.14	28.88	33.93	39.21	44.57	50.08	56.03	3 / 7			
reaction time	0.279	interval	4.18	4.25	4.38	4.56	4.74	5.05	5.28	5.36	5.51	5.95	12.81	14.35	16.15		
		velocity	6.65	8.37	8.24	7.99	7.68	7.38	6.93	6.63	6.53	6.35	6.72	7.14	8.20	7.32	6.50
H1 lead leg	R	strides	23	15	15	15	16	17	17	17	17	17	152				

Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)*Henson (2023) - Athlete First: 2023 year end hurdle report*

date	22-Aug-23	time	6.50	10.64	14.91	19.22	23.72	33.36	38.40	43.51	48.71	54.63	4 / 5			
reaction time	0.248	interval	4.14	4.27	4.31	4.50	4.64	5.04	5.11	5.20	5.92	12.72	14.14	15.35		
		velocity	6.92	8.45	8.20	8.12	7.78	7.26	6.94	6.85	6.73	6.76	7.32	8.25	7.43	6.84
H1 lead leg	R	strides	22	15	15	15	15	16	16	16	16	19.2	165.2			

Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)*Henson (2023) - Athlete First: 2023 year end hurdle report*

date	21-Aug-23	time	6.60	10.53	14.66	18.80	23.23	27.83	38.00	43.40	48.83	54.95	2 / 4	
reaction time	0.247	interval	3.93	4.13	4.14	4.43	4.60	4.60	10.17	5.40	5.43	6.12	12.20	
		velocity	6.82	8.91	8.47	8.45	7.90	7.61	6.88	6.48	6.45	6.54	7.28	8.61
H1 lead leg	R	strides	22	15	15	15	15	155	16	17	17	19.7	291.7	

Pérec, Marie-José (FRA) (1968)**FINAL - 1995 Weltklasse (Zurich, SUI)** *Behm (1999) - Les 4 travaux de Marie-Jo*

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	19-Aug-95	time	6.3	10.3	14.4	18.7	23.2	27.7	32.1	36.8	42.1	47.1	53.21	6 / 2			
reaction time		interval	4.00	4.10	4.30	4.50	4.50	4.40	4.70	5.30	5.00	6.11	NR / PB		12.40	13.40	15.00
		velocity	7.14	8.75	8.54	8.14	7.78	7.78	7.95	7.45	6.60	7.00	6.55	7.52	8.47	7.84	7.00
H1 lead leg	L	strides	21	14	14	15	14	14	14	14	16	15	18.5	169.5			

FINAL - 1995 Bislett Games (Oslo, NOR)*Behm (1999) - Les 4 travaux de Marie-Jo*

date	21-Jul-95	time	6.6	10.9	15.2	19.5	23.9	28.5	33.4	38.1	43.2	48.3	53.92	1 / 1			
reaction time		interval	4.30	4.30	4.30	4.40	4.60	4.90	4.70	5.10	5.10	5.62	PB	12.90	13.90	14.90	
		velocity	6.82	8.14	8.14	8.14	7.95	7.61	7.14	7.45	6.86	6.86	7.12	7.42	8.14	7.55	7.05
H1 lead leg		strides	14	14	14	14	14	14	14	14	14	15	127				

FINAL - 1995 Gaz de France (Paris, FRA)*Behm (1999) - Les 4 travaux de Marie-Jo*

date	03-Jul-95	time	6.3	10.6	14.8	19.3	23.8	28.4	33.2	38.2	43.3	48.7	54.48	1 / 1			
reaction time		interval	4.30	4.20	4.50	4.50	4.60	4.80	5.00	5.10	5.40	5.78	PB	13.00	13.90	15.50	
		velocity	7.14	8.14	8.33	7.78	7.78	7.61	7.29	7.00	6.86	6.48	6.92	7.34	8.08	7.55	6.77
H1 lead leg		strides	20	14	14	14	14	14	15	15	15	15	150				

FINAL - 1995 European Cup (Villeneuve d'Ascq, FRA)*Behm (1999) - Les 4 travaux de Marie-Jo*

date	24-Jun-95	time	6.6	10.9	15.3	19.7	24.3	28.9	33.7	38.7	43.8	48.8	54.51	1 / 1			
reaction time		interval	4.30	4.40	4.40	4.60	4.60	4.80	5.00	5.10	5.00	5.71	PB	13.10	14.00	15.10	
		velocity	6.82	8.14	7.95	7.95	7.61	7.61	7.29	7.00	6.86	7.00	7.01	7.34	8.02	7.50	6.95
H1 lead leg		strides	21	14	14	14	14	14	15	15	15	15	151				

Pérez, Cristina (ESP) (1965)**Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)** *Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*

date	26-Sep-88	time	6.51	10.72	15.07	19.52	24.12	28.89	33.81	38.80	43.97	49.28	55.23	6 / 5			
reaction time	0.258	interval	4.21	4.35	4.45	4.60	4.77	4.92	4.99	5.17	5.31	5.95	NR	13.01	14.29	15.47	
		velocity	6.91	8.31	8.05	7.87	7.61	7.34	7.11	7.01	6.77	6.59	6.72	7.24	8.07	7.35	6.79
H1 lead leg		strides	23	16	16	16	16	16	17	17	17	17	20.3	191.3			

Pérez, Susana (ESP) (1974)**FINAL - 1998 Spanish National Championships (San Sebastián, ESP)** *Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas*

date	02-Aug-98	time	6.95	11.78	16.85	21.92	27.25	32.68	38.07	43.84	50.10	56.08	62.62	2 / 5			
reaction time		interval	4.83	5.07	5.07	5.33	5.43	5.39	5.77	6.26	5.98	6.54		14.97	16.15	18.01	
		velocity	6.47	7.25	6.90	6.90	6.57	6.45	6.49	6.07	5.59	5.85	6.12	6.39	7.01	6.50	5.83
H1 lead leg	L	strides	23	16	17	16	17	17	17	18	19	18	20.5	198.5			

Perkins, Angel (USA) (1984)**FINAL - 2008 USA Olympic Trials (Eugene, OR)** *USATF Hurdle Development (2008)*

date	29-Jun-08	time	6.44	10.59	14.99	19.49	24.02	28.95	34.07	39.31	44.54	49.83	56.23	1 / 7			
reaction time		interval	4.15	4.40	4.50	4.53	4.93	5.12	5.24	5.23	5.29	6.40		13.05	14.58	15.76	
		velocity	6.99	8.43	7.95	7.78	7.73	7.10	6.84	6.68	6.69	6.62	6.25	7.11	8.05	7.20	6.66
H1 lead leg	L	strides	24	16	16	16	15	17	17	17	17	17	172				

Pernia, Daimí (CUB) (1976)**FINAL - 2001 ISTAF (Berlin, GER)** *Graubner (2009) - http://www.fgs.uni-halle.de*

date	31-Aug-01	time	6.70	10.99	15.36	19.79	24.38	29.16	34.19	39.15	44.21	49.30	54.98	1 / 3			
reaction time	0.244	interval	4.29	4.37	4.43	4.59	4.78	5.03	4.96	5.06	5.09	5.68		13.09	14.40	15.11	
		velocity	6.72	8.16	8.01	7.90	7.63	7.32	6.96	7.06	6.92	6.88	7.04	7.28	8.02	7.29	6.95

H1 lead leg strides

FINAL - 2001 IAAF World Championships (Edmonton, CAN)

														<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>			
date	08-Aug-01	time	6.3	10.4	14.5	18.9	23.2	27.8	32.0	37.7	42.7	48.2	54.51	3 / 3	12.60	13.10	16.20
reaction time	0.160	interval		4.10	4.10	4.40	4.30	4.60	4.20	5.70	5.00	5.50	6.31				
		velocity	7.14	8.54	8.54	7.95	8.14	7.61	8.33	6.14	7.00	6.36	6.34	7.34	8.33	8.02	6.48
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	17	17	19.5	184.5			

FINAL - 2000 Olympic Games (Sydney, AUS)

														<i>Behm (2000) - Sydney 2000: Compte-rendu du 400m haies</i>			
date	27-Sep-00	time	6.4	10.5	14.7	19.0	23.3	27.9	32.5	37.5	42.6	47.6	53.68	5 / 4	12.60	13.50	15.10
reaction time	0.447	interval		4.10	4.20	4.30	4.30	4.60	4.60	5.00	5.10	5.00	6.08				
		velocity	7.03	8.54	8.33	8.14	8.14	7.61	7.61	7.00	6.86	7.00	6.58	7.45	8.33	7.78	6.95
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	19.5	179.5			

FINAL - 1999 IAAF World Championships (Sevilla, ESP)

														<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>			
date	25-Aug-99	time	6.26	10.36	14.50	18.79	23.17	27.75	32.55	37.29	42.22	47.00	52.89	5 / 1	12.53	13.76	14.45
reaction time	0.202	interval		4.10	4.14	4.29	4.38	4.58	4.80	4.74	4.93	4.78	5.89				
		velocity	7.19	8.54	8.45	8.16	7.99	7.64	7.29	7.38	7.10	7.32	6.79	7.56	8.38	7.63	7.27
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	16	19.5	182			

Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)

														<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>			
date	23-Aug-99	time	6.05	10.21	14.45	18.76	23.19	27.90	32.74	37.67	42.77	47.84	53.96	3 / 2	12.71	13.98	15.10
reaction time	0.197	interval		4.16	4.24	4.31	4.43	4.71	4.84	4.93	5.10	5.07	6.12				
		velocity	7.44	8.41	8.25	8.12	7.90	7.43	7.23	7.10	6.86	6.90	6.54	7.41	8.26	7.51	6.95
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	16	18.5	180.5			

Heat 1 - 1999 IAAF World Championships (Sevilla, ESP)

														<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>			
date	21-Aug-99	time	6.21	10.49	14.79	19.19	23.83	28.56	33.61	38.71	43.75	48.85	54.88	7 / 2	12.98	14.42	15.24
reaction time	0.272	interval		4.28	4.30	4.40	4.64	4.73	5.05	5.10	5.04	5.10	6.03				
		velocity	7.25	8.18	8.14	7.95	7.54	7.40	6.93	6.86	6.94	6.86	6.63	7.29	8.09	7.28	6.89
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	16	19	181			

Petersen, Elke (FRG) (1948)

														<i>Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973</i>			
date	28-Jul-73	time	7.0	11.9	16.9	21.8	26.9	32.2	38.1	43.8	49.9	55.9	62.9	4	14.81	16.21	17.81
reaction time		interval		4.85	5.00	4.96	5.07	5.28	5.86	5.73	6.10	5.98	7.04				
		velocity	6.40	7.22	7.00	7.06	6.90	6.63	5.97	6.11	5.74	5.85	5.68	6.36	7.09	6.48	5.90
H1 lead leg		strides	24	17	17	17	17	18	18	19	19	19	185				

Petersen, Sara Slott (DEN) (1987)

														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	10-Jun-21	time	6.44	10.68	14.96	19.32	23.70	25.7	33.08	38.16	43.48	48.96	55.21	2 / 5	12.88	13.76	15.88
reaction time	0.144	interval		4.24	4.28	4.36	4.38		9.38	5.08	5.32	5.48	6.25				
		velocity	6.99	8.25	8.18	8.03	7.99	7.78	7.46	6.89	6.58	6.39	6.40	7.25	8.15	7.63	6.61
H1 lead leg	R	strides	22	15	15	15	15		16	17	17	17	20.7	137.7			

FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

														<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>			
date	17-Sep-20	time	6.36	10.52	14.72	19.08	25.6	28.24	33.12	38.24	43.56	48.96	55.20	3 / 4	12.72	14.04	15.84
reaction time	0.114	interval		4.16	4.20	4.36		9.16	4.88	5.12	5.32	5.40	6.24				
		velocity	7.08	8.41	8.33	8.03	7.81	7.64	7.17	6.84	6.58	6.48	6.41	7.25	8.25	7.48	6.63
H1 lead leg	R	strides	22	15	15	15	15		16	16	17	17	21	169			

FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)

														<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>			
date	23-Aug-20	time	6.50	15.17	19.57	24.07	26.1	28.87	33.80	38.87	44.27	49.83	56.30	5 / 4	13.07	14.23	16.03
reaction time	0.209	interval		8.67	4.40	4.50		4.80	4.93	5.07	5.40	5.56	6.47				
		velocity	6.92	8.07	7.95	7.78	7.66	7.29	7.10	6.90	6.48	6.29	6.18	7.10	8.03	7.38	6.55
H1 lead leg	R	strides	21	15	15	15		16	16	17	18	18	21.5	172.5			

FINAL - 2020 Impossible Games (Oslo, NOR) (TV Analysis) (300m Hurdles)

														<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>			
date	11-Jun-20	time	7.04	11.14	15.38	19.72	24.22	28.96	34.00					39.42	4 / 1	13.08	9.78
reaction time	0.125	interval		4.10	4.24	4.34	4.50		4.74	5.04			5.42				
		velocity	7.10	8.54	8.25	8.06	7.78		7.38	6.94			7.38	7.61	8.03	10.74	
H1 lead leg	R	strides	25	15	15	15	15		15	17			20	137			

FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)

														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	01-Sep-17	time	6.36	10.52	14.84	19.20	23.64	25.8	28.20	32.96	38.08	43.40	49.04	55.54	3 / 5	12.84	13.76	16.08
reaction time	0.216	interval		4.16	4.32	4.36	4.44		4.56	4.76	5.12	5.32	5.64	6.50				
		velocity	7.08	8.41	8.10	8.03	7.88	7.75	7.68	7.35	6.84	6.58	6.21	6.15	7.20	8.18	7.63	6.53
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	17	18	21	184			

FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)

														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	24-Aug-17	time	6.36	10.52	14.80	19.16	23.60	28.16	32.88		42.92	48.20	54.35	7 / 2	12.80	13.72	15.32
reaction time	0.146	interval		4.16	4.28	4.36	4.44		4.56	4.72	10.04	5.28	6.15				
		velocity	7.08	8.41	8.18	8.03	7.88		7.68	7.42	6.97	6.63	6.50	7.36	8.20	7.65	6.85
H1 lead leg	R	strides	21	15	15	15	15		15	15		17	20.5	133.5			

FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)*Henson (2021) - Athlete First: 2017 year end hurdle report*

date	20-Aug-17	time	6.64	10.92	15.20	19.60	24.04	28.64	33.44	38.40	43.64	48.96	55.28	7 / 5			
reaction time	0.154	interval	4.28	4.28	4.40	4.44	4.60	4.80	4.96	5.24	5.32	6.32			12.96	13.84	15.52
		velocity	6.78	8.18	8.18	7.95	7.88	7.61	7.29	7.06	6.68	6.58	6.33	7.24		8.10	7.59
H1 lead leg	R	strides	22	15	15	15	15	15	16	16	17	17	20.5		183.5		

FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)

Henson (2021) - Athlete First: 2017 year end hurdle report

date	16-Jul-17	time	6.48	10.68	15.04	19.48	24.04	28.72	33.60	38.68	43.92	49.32	55.56	5 / 6			
reaction time	0.155	interval	4.20	4.36	4.44	4.56	4.68	4.88	5.08	5.24	5.40	6.24			13.00	14.12	15.72
		velocity	6.94	8.33	8.03	7.88	7.68	7.48	7.17	6.89	6.68	6.48	6.41	7.20		8.08	7.44
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	17	17	20.5		182.5		

FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)

Henson (2021) - Athlete First: 2017 year end hurdle report

date	06-Jul-17	time	6.56	10.76	15.04	19.36	23.76	28.32	33.00	38.00	43.16	48.40	54.49	3 / 4			
reaction time	0.133	interval	4.20	4.28	4.32	4.40	4.56	4.68	5.00	5.16	5.24	6.09			12.80	13.64	15.40
		velocity	6.86	8.33	8.18	8.10	7.95	7.68	7.48	7.00	6.78	6.68	6.57	7.34		8.20	7.70
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20.2		181.2		

FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

Henson (2020) - Athlete First: 2017 year end hurdle report

date	08-Jun-17	time	6.56	10.80	15.08	19.32	23.72	28.28	32.96	37.92	43.04	48.32	54.35	4 / 2			
reaction time	0.158	interval	4.24	4.28	4.24	4.40	4.56	4.68	4.96	5.12	5.28	6.03			12.76	13.64	15.36
		velocity	6.86	8.25	8.18	8.25	7.95	7.68	7.48	7.06	6.84	6.63	6.63	7.36		8.23	7.70
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20.5		181.5		

FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)

Henson (2020) - Athlete First: 2017 year end hurdle report

date	27-May-17	time	6.53	10.76	15.06	19.46	23.93	28.56	33.53	38.56	43.66	48.90	54.85	4 / 6			
reaction time	0.409	interval	4.23	4.30	4.40	4.47	4.63	4.97	5.03	5.10	5.24	5.95			12.93	14.07	15.37
		velocity	6.89	8.27	8.14	7.95	7.83	7.56	7.04	6.96	6.86	6.68	6.72	7.29		8.12	7.46
H1 lead leg	R	strides	22	15	15	15	15	15	16	16	17	17	20.2		183.2		

FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)

Henson (2021) - Athlete First: 2016 year end hurdle report

date	09-Sep-16	time	6.44	10.68	15.08	19.44	23.84	28.36	33.12	38.08	43.20	48.44	54.60	5 / 2			
reaction time	0.162	interval	4.24	4.40	4.36	4.40	4.52	4.76	4.96	5.12	5.24	6.16			13.00	13.68	15.32
		velocity	6.99	8.25	7.95	8.03	7.95	7.74	7.35	7.06	6.84	6.68	6.49	7.33		8.08	7.68
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20		181		

FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)

Henson (2021) - Athlete First: 2016 year end hurdle report

date	01-Sep-16	time	6.44	10.64	14.92	19.28	23.72	28.28	33.04	37.96	42.96	48.16	54.22	6 / 2			
reaction time	0.160	interval	4.20	4.28	4.36	4.44	4.56	4.76	4.92	5.00	5.20	6.06			12.84	13.76	15.12
		velocity	6.99	8.33	8.18	8.03	7.88	7.68	7.35	7.11	7.00	6.73	6.60	7.38		8.18	7.63
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20		181		

FINAL - 2016 Athletissima (Lausanne, SUI) (TV Analysis)

Henson (2020) - Athlete First: 2016 year end hurdle report

date	25-Aug-16	time	6.40	10.60	14.88	19.24	23.72	28.32	33.04	38.04	43.28	48.64	54.98	6 / 3			
reaction time	0.123	interval	4.20	4.28	4.36	4.48	4.60	4.72	5.00	5.24	5.36	6.34			12.84	13.80	15.60
		velocity	7.03	8.33	8.18	8.03	7.81	7.61	7.42	7.00	6.68	6.53	6.31	7.28		8.18	7.61
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	17	17	20.2		182.2		

FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)

Henson (2021) - Athlete First: 2016 year end hurdle report

date	18-Aug-16	time	6.32	10.44	14.72	19.00	23.36	27.84	32.48	37.40	42.36	47.64	53.55	4 / 2			
reaction time	0.161	interval	4.12	4.28	4.28	4.36	4.48	4.48	4.64	4.92	4.96	5.28	5.91	NR PB			
		velocity	7.12	8.50	8.18	8.18	8.03	7.81	7.81	7.54	7.11	7.06	6.63	6.77	7.47		8.28
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20		181		

FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)

Henson (2021) - Athlete First: 2016 year end hurdle report

date	22-Jul-16	time	6.43	10.73	15.06	19.46	23.96	28.56	33.30	38.16	43.26	48.40	54.33	7 / 2			
reaction time	0.157	interval	4.30	4.33	4.40	4.50	4.60	4.74	4.86	5.10	5.14	5.93			13.03	13.84	15.10
		velocity	7.00	8.14	8.08	7.95	7.78	7.61	7.38	7.20	6.86	6.81	6.75	7.36		8.06	7.59
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20		180		

FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)

Henson (2020) - Athlete First: 2016 year end hurdle report

date	15-Jul-16	time	6.37	10.63	14.97	19.37	23.83	28.40	33.12	38.13	43.30	48.67	54.81	6 / 3			
reaction time	0.154	interval	4.26	4.36	4.44	4.46	4.57	4.73	5.17	5.37	6.14				13.00		
		velocity	7.06	8.22	8.01	7.85	7.66	7.19	6.77	6.52	6.51	7.30			8.08		
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	17	18	20.2		122.2		

FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)

Henson (2021) - Athlete First: major championships report

date	26-Aug-15	time	6.48	14.96	19.32	23.76	28.24	32.92	37.72	42.88	48.16	54.20	4 / 4				
reaction time	0.155	interval	4.48	4.36	4.44	4.44	4.48	4.68	4.80	5.16	5.28	6.04			12.84	13.60	15.24
		velocity	6.94	8.25	8.03	7.88	7.81	7.48	7.29	6.78	6.63	6.62	7.38		8.18	7.72	6.89
H1 lead leg	R	strides	15	15	15	15	15	15	15	17	17	20		129			

Petkova, Zhivka (BUL) (1967)**FINAL - 1985 European Junior Championships (Cottbus, GDR)**

Warburton (1985) - 1985 european junior championships - hurdles

date	25-Aug-85	time	10.73	15.24	19.85	24.72	29.60	34.49	39.51	44.62	49.93	56.50	1 / 2				
reaction time	0.154	interval	4.51	4.61	4.87	4.88	4.88	4.89	5.02	5.11	5.31	6.57			PB		
		velocity	7.46	7.76	7.59	7.19	7.17	7.16	6.97	6.85	6.59	6.09	7.08			14.64	15.44
H1 lead leg		strides															

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Pfaff, Petra (GDR) (1960)																			
FINAL - 1982 European Championships (Athens, GRE)			<i>(1982) - XIII championnats d'Europe d'Atletisme, Athens 1982</i>																
date	10-Sep-82	time	6.8	10.9	15.3	19.5	24.0		28.7	33.6	38.6	43.9	49.2		54.90	1 / 2			
reaction time		interval	4.10	4.40	4.20	4.50		4.70	4.90	5.00	5.30	5.30	5.70		PB		12.70	14.10	15.60
		velocity	6.62	8.54	7.95	8.33	7.78		7.45	7.14	7.00	6.60	6.60	7.02	7.29		8.27	7.45	6.73
H1 lead leg		strides	23	15	15	15	15		15	15	15	16	16		160				
Pickett, Chastity (USA) (2001)																			
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	10-Jun-23	time	6.50	10.74	15.01	19.52	24.09		28.76	33.56	38.50	43.54	48.75		54.86	8 / 3			
reaction time		interval	4.24	4.27	4.51	4.57		4.67	4.80	4.94	5.04	5.21	6.11		PB		13.02	14.04	15.19
		velocity	6.92	8.25	8.20	7.76	7.66		7.49	7.29	7.09	6.94	6.72	6.55	7.29		8.06	7.48	6.91
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	18.2	171.2				
Ponomaryova, Margareta (RUS) (1963)																			
FINAL - 1993 IAAF World Championships (Stuttgart, GER)			<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>																
date	19-Aug-93	time	6.52	10.59	14.85	19.24	23.65		28.12	32.72	37.43	42.40	47.52		53.48	5 / 3			
reaction time		interval	4.07	4.26	4.39	4.41		4.47	4.60	4.71	4.97	5.12	5.96		PB		12.72	13.48	14.80
		velocity	6.90	8.60	8.22	7.97	7.94		7.83	7.61	7.43	7.04	6.84	6.71	7.48		8.25	7.79	7.09
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178				
Semi-Final 2 - 1993 IAAF World Championships (Stuttgart, GER)			<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>																
date	17-Aug-93	time	6.54	10.65	14.94	19.14	23.56		28.08	32.69	37.48	42.56	47.83		53.71	5 / 1			
reaction time		interval	4.11	4.29	4.20	4.42		4.52	4.61	4.79	5.08	5.27	5.88				12.60	13.55	15.14
		velocity	6.88	8.52	8.16	8.33	7.92		7.74	7.59	7.31	6.89	6.64	6.80	7.45		8.33	7.75	6.94
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178				
Ponomaryova, Margareta (URS) (1963)																			
FINAL - 1991 European Cup (Frankfurt, GER)			<i>Federle (2003) - http://www.fgs.uni-halle.de</i>																
date	29-Jun-91	time	6.71	10.78	14.99	19.35	23.77		28.25	32.86	37.63	42.81	48.40		54.42	1 / 1			
reaction time		interval	4.07	4.21	4.36	4.42		4.48	4.61	4.77	5.18	5.59	6.02				12.64	13.51	15.54
		velocity	6.71	8.60	8.31	8.03	7.92		7.81	7.59	7.34	6.76	6.26	6.64	7.35		8.31	7.77	6.76
H1 lead leg		strides																	
Khromova, Margareta (URS) (1963)																			
FINAL - 1984 Olympischen Tag (Potsdam, GDR)			<i>Heß (1985) - entwicklungsaspekte die leichtathletischen sprint-/hürdendisziplinen im olympiazklus 1981/84</i>																
date	21-Jul-84	time	6.74			24.13							48.56		54.36	1 / 1			
reaction time		interval				17.39							24.43	5.80					
		velocity	6.68			8.05							7.16	6.90	7.36				
H1 lead leg		strides																	
Powell, Shontel (USA) (1979)																			
FINAL - 1996 USATF National Junior Championships (Delaware, OH)			<i>USATF Women's Sprint Development (1996)</i>																
date	29-Jun-96	time	6.89	11.51	16.04	20.61	25.25		30.18	35.68	41.38	46.94	52.70		59.46	4 / 2			
reaction time		interval	4.62	4.53	4.57	4.64		4.93	5.50	5.70	5.56	5.76	6.76				13.72	15.07	17.02
		velocity	6.53	7.58	7.73	7.66	7.54		7.10	6.36	6.14	6.29	6.08	5.92	6.73		7.65	6.97	6.17
H1 lead leg		strides																	
Privalova, Irina (RUS) (1968)																			
FINAL - 2000 Olympic Games (Sydney, AUS)			<i>Behm (2000) - Sydney 2000: Compte-rendu du 400m haies</i>																
date	27-Sep-00	time	6.4	10.5	14.7	19.0	23.3		27.7	32.2	37.0	41.9	47.1		53.02	3 / 1			
reaction time	0.178	interval	4.10	4.20	4.30	4.30		4.40	4.50	4.80	4.90	5.20	5.92		PB		12.60	13.20	14.90
		velocity	7.03	8.54	8.33	8.14	8.14		7.95	7.78	7.29	7.14	6.73	6.76	7.54		8.33	7.95	7.05
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	16	16	19	173				
Protti, Anita (SUI) (1964)																			
FINAL - 1990 European Championships (Split, YUG)			<i>Behm (1995) - la tactique du 400 haies</i>																
date	31-Aug-90	time	6.8	11.1	15.3	19.7	24.1		28.6	33.3	38.1	43.1	48.4		54.36	1 / 2			
reaction time		interval	4.30	4.20	4.40	4.40		4.50	4.70	4.80	5.00	5.30	5.96		PB		12.90	13.60	15.10
		velocity	6.62	8.14	8.33	7.95	7.95		7.78	7.45	7.29	7.00	6.60	6.71	7.36		8.14	7.72	6.95
H1 lead leg		strides	17	17	17	17	17		17	17	17	19	19	157					
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)			<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																
date	26-Sep-88	time	6.95	11.22	15.58	20.13	24.76		29.30	33.98	38.74	43.67	48.74		54.56	5 / 5			
reaction time		interval	4.27	4.36	4.55	4.63		4.54	4.68	4.76	4.93	5.07	5.82		PB		13.18	13.85	14.76
		velocity	6.47	8.20	8.03	7.69	7.56		7.71	7.48	7.35	7.10	6.90	6.87	7.33		7.97	7.58	7.11
H1 lead leg		strides	26	17	17	17	17		17	17	17	18	18	21.2	202.2				
Pskit, Malgorzata (POL) (1976)																			
FINAL - 2005 IAAF World Championships (Helsinki, FIN)			<i>Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins</i>																
date	13-Aug-05	time	6.3	10.7	15.2	19.7	24.2		28.8	33.4	38.5	43.6	48.9		55.58	1 / 8			
reaction time	0.181	interval	4.40	4.50	4.50	4.50		4.60	4.60	5.10	5.10	5.30	6.68				13.40	13.70	15.50
		velocity	7.14	7.95	7.78	7.78	7.78		7.61	7.61	6.86	6.86	6.60	5.99	7.20		7.84	7.66	6.77
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	160					
FINAL - 2002 European Championships (Munich, GER)			<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																
date	08-Aug-02	time	6.72	10.91	15.13	19.51	24.03		28.75	33.73	38.87	44.35	50.11		56.76	1 / 6			
reaction time	0.202	interval	4.19	4.22	4.38	4.52		4.72	4.98	5.14	5.48	5.76	6.65				12.79	14.22	16.38

		velocity	6.70	8.35	8.29	7.99	7.74		7.42	7.03	6.81	6.39	6.08	6.02	7.05		8.21	7.38	6.41
H1 lead leg		strides																	
Pulse, Jacy (USA) (2001)																			
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)																			
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																			
date	29-Jun-24	time	6.49	10.72	15.05	19.41	23.86	26.01	28.61	33.53	38.86	44.34	49.88	56.59	3 / 8				
reaction time		interval		4.23	4.33	4.36	4.45		4.75	4.92	5.33	5.48	5.54	6.71		12.92	14.12	16.35	
		velocity	6.93	8.27	8.08	8.03	7.87	7.69	7.37	7.11	6.57	6.39	6.32	5.96	7.07		8.13	7.44	6.42
H1 lead leg	R	strides	23	15	15	15	15		17	17	17	17	17	21	189				
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)																			
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																			
date	27-Jun-24	time	6.45	10.62	15.01	19.45	24.06	26.33	29.13	34.24	39.65	45.18	50.67	56.99	3 / 5				
reaction time		interval		4.17	4.39	4.44	4.61		5.07	5.11	5.41	5.53	5.49	6.32		13.00	14.79	16.43	
		velocity	6.98	8.39	7.97	7.88	7.59	7.60	6.90	6.85	6.47	6.33	6.38	6.33	7.02		8.08	7.10	6.39
H1 lead leg		strides																	
Qiu Zhongyan (CHN) (1998)																			
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)																			
<i>CAA Hurdle Development (2021)</i>																			
date	26-Jun-21	time	7.14	11.84	16.73	21.65	26.65		31.70	36.90	42.19	47.78	53.53	59.99	8 / 3				
reaction time	0.364	interval		4.70	4.89	4.92	5.00		5.05	5.20	5.29	5.59	5.75	6.46	PB	14.51	15.25	16.63	
		velocity	6.30	7.45	7.16	7.11	7.00		6.93	6.73	6.62	6.26	6.09	6.19	6.67		7.24	6.89	6.31
H1 lead leg	L	strides	24	17	18	17	17		17	17	17	18	18	21.7	201.7				
Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)																			
<i>Henson (2018) - coaching observations</i>																			
date	15-Sep-18	time	7.04	11.70	16.53	21.42	26.46		31.56	36.80	42.24	47.93	53.79	60.51	2 / 3				
reaction time		interval		4.66	4.83	4.89	5.04		5.10	5.24	5.44	5.69	5.86	6.72		14.38	15.38	16.99	
		velocity	6.39	7.51	7.25	7.16	6.94		6.86	6.68	6.43	6.15	5.97	5.95	6.61		7.30	6.83	6.18
H1 lead leg	L	strides	24	17	17	17	17		17	17	18	18	19	23	204				
Rabchenyuk, Anastasiya (UKR) (1983)																			
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2011 IAAF World Championships (Daegu, KOR)																			
<i>Behm (2011) - Le quatrache: Démus enfin!</i>																			
date	01-Sep-11	time	6.2	10.3	14.4	18.6	23.1		27.7	32.6	37.7	42.9	48.1	54.18	1 / 5				
reaction time	0.174	interval		4.10	4.10	4.20	4.50		4.60	4.90	5.10	5.20	5.20	6.08		12.40	14.00	15.50	
		velocity	7.26	8.54	8.54	8.33	7.78		7.61	7.14	6.86	6.73	6.73	6.58	7.38		8.47	7.50	6.77
H1 lead leg	R	strides	22	15	15	15	15		16	16	17	17	17	165					
FINAL - 2009 IAAF World Championships (Berlin, GER)																			
<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																			
date	20-Aug-09	time	6.51	10.61	14.81	19.19	23.82		28.58	33.45	38.45	43.67	49.03	54.78	8 / 7				
reaction time	0.206	interval		4.10	4.20	4.38	4.63		4.76	4.87	5.00	5.22	5.36	5.75		12.68	14.26	15.58	
		velocity	6.91	8.54	8.33	7.99	7.56		7.35	7.19	7.00	6.70	6.53	6.96	7.30		8.28	7.36	6.74
H1 lead leg		strides		15	15	15	16		16	16	16	17	18	144					
Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)																			
<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																			
date	18-Aug-09	time	6.51	10.69	14.97	19.39	23.89		28.66	33.59	38.57	43.57	48.73	54.49	6 / 2				
reaction time	0.188	interval		4.18	4.28	4.42	4.50		4.77	4.93	4.98	5.00	5.16	5.76		12.88	14.20	15.14	
		velocity	6.91	8.37	8.18	7.92	7.78		7.34	7.10	7.03	7.00	6.78	6.94	7.34		8.15	7.39	6.94
H1 lead leg		strides																	
FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)																			
<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																			
date	14-Sep-08	time	6.62	10.87	15.26	19.74	24.41		29.27	34.15	39.09	44.12	49.33	54.92	7 / 2				
reaction time	0.219	interval		4.25	4.39	4.48	4.67		4.86	4.88	4.94	5.03	5.21	5.59		13.12	14.41	15.18	
		velocity	6.80	8.24	7.97	7.81	7.49		7.20	7.17	7.09	6.96	6.72	7.16	7.28		8.00	7.29	6.92
H1 lead leg		strides																	
FINAL - 2008 Olympic Games (Beijing, CHN)																			
<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>																			
date	20-Aug-08	time	6.3	10.5	14.6	19.0	23.6		28.1	33.0	37.9	43.0	48.2	53.96	4 / 4				
reaction time	0.248	interval		4.20	4.10	4.40	4.60		4.50	4.90	4.90	5.10	5.20	5.76	PB	12.70	14.00	15.20	
		velocity	7.14	8.33	8.54	7.95	7.61		7.78	7.14	7.14	6.86	6.73	6.94	7.41		8.27	7.50	6.91
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17	17	20	185				
FINAL - 2006 Seiko Super Grand Prix (Yokohama, JPN)																			
<i>Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers</i>																			
date	24-Sep-06	time	6.52	10.74	15.09	19.53	24.28		29.12	34.23	39.42	44.66	49.90	55.81	1 / 1				
reaction time		interval		4.22	4.35	4.44	4.75		4.84	5.11	5.19	5.24	5.24	5.91		13.01	14.70	15.67	
		velocity	6.90	8.29	8.05	7.88	7.37		7.23	6.85	6.74	6.68	6.68	6.77	7.17		8.07	7.14	6.70
H1 lead leg		strides		15	15	15	16		16	17	17	17	17	145					
FINAL - 2006 European Championships (Göteborg, SWE)																			
<i>Behm (2006) - Göteborg 2006: Le quatrache</i>																			
date	09-Aug-06	time	6.4	10.5	14.7	19.3	24.0		28.9	33.8	38.9	44.2	49.7	55.74	8 / 8				
reaction time		interval		4.10	4.20	4.60	4.70		4.90	4.90	5.10	5.30	5.50	6.04		12.90	14.50	15.90	
		velocity	7.03	8.54	8.33	7.61	7.45		7.14	7.14	6.86	6.60	6.36	6.62	7.18		8.14	7.24	6.60
H1 lead leg	R	strides	22	15	15	15	16		16	16	17	17	17	166					
Rawlinson, Jana (AUS) (1982)																			
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)																			
<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																			
date	23-Sep-07	time	6.69	10.79	14.93	19.15	23.54		28.08	32.85	37.70	42.84	48.22	54.19	4 / 2				
reaction time	0.271	interval		4.10	4.14	4.22	4.39		4.54	4.77	4.85	5.14	5.38	5.97		12.46	13.70	15.37	
		velocity	6.73	8.54	8.45	8.29	7.97		7.71	7.34	7.22	6.81	6.51	6.70	7.38		8.43	7.66	6.83

H1 lead leg strides

FINAL - 2007 IAAF World Championships (Osaka, JPN)

date	30-Aug-07	time	6.47	10.48	14.55	18.68	22.93	27.38	31.92	36.65	41.71	47.05	53.31	5 / 1				
reaction time	0.153	interval	4.01	4.07	4.13	4.25	4.45	4.54	4.73	5.06	5.34	6.26			12.21	13.24	15.13	
		velocity	6.96	8.73	8.60	8.47	8.24	7.87	7.71	7.40	6.92	6.55	6.39	7.50		8.60	7.93	6.94
H1 lead leg	R	strides	23	15	14	14	14	15	15	15	16	17	20	178				

*Ae (2008) - IAAF biomechanics team - a booklet of biomechanics data**Pittman, Jana (AUS) (1982)***FINAL - 2004 Olympic Games (Athens, GRE)**

date	25-Aug-04	time	6.40	10.50	14.57	18.80	23.10	27.57	32.21	37.02	42.19	47.47	53.92	5 / 5				
reaction time	0.248	interval	4.10	4.07	4.23	4.30	4.47	4.64	4.81	5.17	5.28	6.45			12.40	13.41	15.26	
		velocity	7.03	8.54	8.60	8.27	8.14	7.83	7.54	7.28	6.77	6.63	6.20	7.42		8.47	7.83	6.88
H1 lead leg	L	strides	22	14	14	14	14	14	15	15	16	16	18.5	172.5				

*Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04***FINAL - 2003 IAAF World Championships (Paris, FRA)**

date	28-Aug-03	time	6.3	10.3	14.6	19.0	23.4	28.0	32.6	37.4	42.3	47.4	53.22	4 / 1				
reaction time	0.179	interval	4.00	4.30	4.40	4.40	4.60	4.60	4.80	4.90	5.10	5.82	PB		12.70	13.60	14.80	
		velocity	7.14	8.75	8.14	7.95	7.95	7.61	7.61	7.29	7.14	6.86	6.87	7.52		8.27	7.72	7.09
H1 lead leg	R	strides	22	13	13	13	13	15	15	15	15	16	19	169				

*Behm (2003) - Paris 2003:Le quatrache masculin - féminin***FINAL - 2002 IAAF World Cup (Madrid, ESP)**

date	20-Sep-02	time	6.45	10.70	15.11	19.60	24.24	28.82	33.60	38.60	43.73	48.89	55.15	9 / 3				
reaction time	0.189	interval	4.25	4.41	4.49	4.64	4.58	4.78	5.00	5.13	5.16	6.26			13.15	14.00	15.29	
		velocity	6.98	8.24	7.94	7.80	7.54	7.64	7.32	7.00	6.82	6.78	6.39	7.25		7.98	7.50	6.87
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	18.5	178.5				

*Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas**Rega, Chantal (FRA) (1955)***FINAL - 1982 European Championships (Athens, GRE)**

date	10-Sep-82	time	6.47	10.56	14.72	18.97	23.36	27.96	32.97	38.07	43.37	48.80	54.94	3 / 3				
reaction time		interval	4.09	4.16	4.25	4.39	4.60	5.01	5.10	5.30	5.43	6.14	PB		12.50	14.00	15.83	
		velocity	6.96	8.56	8.41	8.24	7.97	7.61	6.99	6.86	6.60	6.45	6.51	7.28		8.40	7.50	6.63
H1 lead leg		strides	23	15	15	15	15	15	16	16	17	17	20.7	184.7				

*(1982) - XIII championnats d'Europe d'Atletisma, Athens 1982***Semi-Final 1 - 1982 European Championships (Athens, GRE)**

date	09-Sep-82	time	6.5	14.7	23.4	32.6	43.7	55.73	1 / 1			
reaction time		interval	8.20	8.70	9.20	11.10						
		velocity	6.92	8.54	8.05	7.61	6.31	7.18				
H1 lead leg		strides										

*(1982) - XIII championnats d'Europe d'Atletisma, Athens 1982**Renaud, Anne (FRA) (1970)***FINAL - 1996 Tarare, FRA**

date	06-Jul-96	time	7.1	11.5	15.8	20.2	24.9	29.8	34.8	39.8	45.0	50.6	56.82	1 / 1				
reaction time		interval	4.40	4.30	4.40	4.70	4.90	5.00	5.00	5.20	5.60	6.22			13.10	14.60	15.80	
		velocity	6.34	7.95	8.14	7.95	7.45	7.14	7.00	7.00	6.73	6.25	6.43	7.04		8.02	7.19	6.65
H1 lead leg		strides	22	15	15	15	15	15	16	16	16	16	161					

*Veney - split times from PJ**Rieger, Silvia (GER) (1970)***FINAL - 1998 European Championships (Budapest, HUN)**

date	23-Aug-98	time	6.49	23.35	48.17	54.45	3 / 3									
reaction time		interval	16.86	24.82	6.28											
		velocity	6.93	8.30	7.05	6.37	7.35									
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	20.5	184.5			

*Sanchez (1998) - Budapest '98: análisis de la carreras con villas***FINAL - 1997 European Cup (Munich, GER)**

date	21-Jun-97	time	6.80	11.05	15.33	19.71	24.19	28.88	33.83	39.02	44.21	49.34	55.23	2 / 2				
reaction time		interval	4.25	4.28	4.38	4.48	4.69	4.95	5.19	5.19	5.13	5.89			12.91	14.12	15.51	
		velocity	6.62	8.24	8.18	7.99	7.81	7.46	7.07	6.74	6.74	6.82	6.79	7.24		8.13	7.44	6.77
H1 lead leg		strides																

*Jung (2003) - http://www.fgs.uni-halle.de***FINAL - 1996 Olympic Games (Atlanta, GA)**

date	31-Jul-96	time	6.7	10.9	15.2	19.7	24.2	28.8	33.4	38.3	43.3	48.6	54.57	3 / 8				
reaction time	0.297	interval	4.20	4.30	4.50	4.50	4.60	4.60	4.90	5.00	5.30	5.97			13.00	13.70	15.20	
		velocity	6.72	8.33	8.14	7.78	7.78	7.61	7.61	7.14	7.00	6.60	6.70	7.33		8.08	7.66	6.91
H1 lead leg		strides	23	15	15	15	15	15	16	16	17	17	164					

*Behm (1996) - 400m haies***FINAL - 1994 European Championships (Helsinki, FIN)**

date	10-Aug-94	time	6.6	10.7	14.9	19.3	23.7	28.2	32.8	38.4	43.5	48.7	54.68	2 / 2				
reaction time		interval	4.10	4.20	4.40	4.40	4.50	4.60	5.60	5.10	5.20	5.98	PB		12.70	13.50	15.90	
		velocity	6.82	8.54	8.33	7.95	7.95	7.78	7.61	6.25	6.86	6.73	6.69	7.32		8.27	7.78	6.60
H1 lead leg		strides	15	15	15	15	15	15	16	17	17	17	142					

*Behm (1995) - la tactique du 400 haies**Roberts, Kellie (USA) (1969)***FINAL - 1986 IAAF World Junor Championships (Athens, GRE)**

date	18-Jul-86	time	6.73	11.11	15.51	20.08	24.87	29.87	34.98	40.19	45.39	50.75	56.80	2 / 2				
reaction time		interval	4.38	4.40	4.57	4.79	5.00	5.11	5.21	5.20	5.36	6.05			13.35	14.90	15.77	
		velocity	6.69	7.99	7.95	7.66	7.31	7.00	6.85	6.72	6.73	6.53	6.61	7.04		7.87	7.05	6.66
H1 lead leg		strides	24	16	16	16	18	17	17	17	17	17	21	196				

Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Robin, Sandrine (FRA)																		
FINAL - 1992 French National Championships (Narbonne, FRA)														<i>Veney - split times from PJ</i>				
date	28-Jun-92	time	7.0	11.6	16.3	21.0	25.9	31.0	36.2	41.4	46.9	52.3		58.42	1 / 3			
reaction time		interval	4.64	4.66	4.70	4.90		5.10	5.20	5.24	5.44	5.44	6.10			14.00	15.20	16.12
		velocity	6.43	7.54	7.51	7.45	7.14		6.86	6.73	6.68	6.43	6.43	6.56	6.85	7.50	6.91	6.51
H1 lead leg		strides	24	16	16	16	16		17	17	17	18	18	22	197			
Robinson, Chanler (USA) (2001)																		
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	29-Jun-24	time	6.77	11.07	15.53	20.05	24.73	26.88	29.65	34.71	39.99	45.54	51.16	57.44	3 / 9			
reaction time		interval	4.30	4.46	4.52	4.68		4.92	5.06	5.28	5.55	5.62	6.28			13.28	14.66	16.45
		velocity	6.65	8.14	7.85	7.74	7.48	7.44	7.11	6.92	6.63	6.31	6.23	6.37	6.96	7.91	7.16	6.38
H1 lead leg	L	strides	25	16	16	15	16	16	16	16	16	17	17	20	190			
Heat 1 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	27-Jun-24	time	6.61	11.07	15.35	19.64	24.53	26.71	29.41	34.61	40.01	45.74	51.38	58.02	9 / 5			
reaction time		interval	4.46	4.28	4.29	4.89		4.88	5.20	5.40	5.73	5.64	6.64			13.03	14.97	16.77
		velocity	6.81	7.85	8.18	8.16	7.16	7.49	7.17	6.73	6.48	6.11	6.21	6.02	6.89	8.06	7.01	6.26
H1 lead leg	R	strides	25	16	15	16	16	16	16	16	17	17	17	171				
Robinson-Hubbard, Kyla (USA) (200)																		
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	29-Jun-24	time	6.60	10.74	15.02	19.51	24.08	26.18	28.86	33.83	39.09	44.66	50.10	56.48	4 / 6			
reaction time		interval	4.14	4.28	4.49	4.57		4.78	4.97	5.26	5.57	5.44	6.38			12.91	14.32	16.27
		velocity	6.82	8.45	8.18	7.80	7.66	7.64	7.32	7.04	6.65	6.28	6.43	6.27	7.08	8.13	7.33	6.45
H1 lead leg	L	strides	23	16	16	16	16	16	16	16	17	17	17	20	190			
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	27-Jun-24	time	6.73	10.95	15.32	19.91	24.51	26.60	29.19	34.21	39.47	44.89	50.31	56.54	7 / 3			
reaction time		interval	4.22	4.37	4.59	4.60		4.68	5.02	5.26	5.42	5.42	6.23			13.18	14.30	16.10
		velocity	6.69	8.29	8.01	7.63	7.61	7.52	7.48	6.97	6.65	6.46	6.46	6.42	7.07	7.97	7.34	6.52
H1 lead leg		strides																
Rodriguez, Chloe (USA) (2003)																		
Heat 3 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	27-Jun-24	time	6.99	11.61	16.33	21.20	26.10	28.27	31.03	36.15	41.58	47.23	53.14	60.05	6 / 7			
reaction time		interval	4.62	4.72	4.87	4.90		4.93	5.12	5.43	5.65	5.91	6.91			14.21	14.95	16.99
		velocity	6.44	7.58	7.42	7.19	7.14	7.07	7.10	6.84	6.45	6.19	5.92	5.79	6.66	7.39	7.02	6.18
H1 lead leg		strides																
Rosolová, Denisa (CZE) (1986)																		
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	05-Jun-16	time		10.83	15.20	19.57	24.07		28.80	33.77	38.87	44.20	49.83	56.50	1 / 8			
reaction time	0.152	interval		4.37	4.37	4.50		4.73	4.97	5.10	5.33	5.63	6.67				14.20	16.06
		velocity		7.39	8.01	8.01	7.78		7.40	7.04	6.86	6.57	6.22	6.00	7.08		7.39	6.54
H1 lead leg		strides			15	15	15		15	16	16	17	17	126				
FINAL - 2012 Olympic Games (London, GBR)														<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>				
date	08-Aug-12	time	6.67	11.00	15.37	19.78	24.23	26.03	28.73	33.43	38.27	43.40	48.97	55.27	3 / 7			
reaction time	0.244	interval	4.33	4.37	4.41	4.45		4.50	4.70	4.84	5.13	5.57	6.30			13.11	13.65	15.54
		velocity	6.75	8.08	8.01	7.94	7.87	7.68	7.78	7.45	7.23	6.82	6.28	6.35	7.24	8.01	7.69	6.76
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	17	162				
Ross, Faith (USA) (1998)																		
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	12-Jun-21	time	6.37		14.90	19.23	23.97		39.23	44.57	49.97		56.49	3 / 6				
reaction time	0.227	interval			8.53	4.33	4.74		15.26	5.34	5.40	6.52	PB			12.86		
		velocity	7.06		8.21	8.08	7.38		6.88	6.55	6.48	6.13	7.08			8.16		
H1 lead leg	L	strides	24			15	15					17	17	21.2	109.2			
Roßley, Karin (GDR) (1957)																		
FINAL - 1980 East German Spitzenklasse (Jena, GDR)														<i>Heß (1985) - entwicklungsaspekte die leichtathletischen sprint-/hürdendisziplinen im olympiazklus 1981/84</i>				
date	17-May-80	time	6.49				23.87					48.58		54.28	1 / 1			
reaction time		interval					17.38					24.71	5.70	WR				
		velocity	6.93				8.06					7.08	7.02	7.37				
H1 lead leg		strides																
FINAL - 1978 European Championships (Prague, TCH)														<i>Behm (1995) - la tactique du 400 haies</i>				
date	02-Sep-78	time	6.5	10.5	14.8	19.2	23.9	25.7	28.8	33.9	39.0	44.2	49.5	55.36	1 / 3			
reaction time		interval	4.00	4.30	4.40	4.70		4.90	5.10	5.10	5.20	5.30	5.86	NR		12.70	14.70	15.60
		velocity	6.92	8.75	8.14	7.95	7.45	7.78	7.14	6.86	6.86	6.73	6.60	6.83	7.23	8.27	7.14	6.73
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187			
FINAL - 1977 European Cup (Helsinki, FIN)														<i>McFarlane (1979) - le 400 m haies feminin</i>				
date	13-Aug-77	time	6.5	10.9	15.4	19.8	24.5	26.5	29.4	34.2	39.3	44.5	49.7	55.63	1 / 1			
reaction time		interval	4.40	4.50	4.40	4.70		4.90	4.80	5.10	5.20	5.20	5.93	WR		13.30	14.40	15.50

H1 lead leg	velocity	6.92	7.95	7.78	7.95	7.45	7.55	7.14	7.29	6.86	6.73	6.73	6.75	7.19		7.89	7.29	6.77
	strides																	
Rücklová, Alena (CZE) (1981)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 European Cup (Bremen, GER)															<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>			
date	23-Jun-01	time	6.92	11.36	15.91	20.48	25.24	30.21	35.29	40.45		51.45		57.60		17		
reaction time		interval		4.44	4.55	4.57	4.76	4.97	5.08	5.16		11.00	6.15	PB		13.56	14.81	16.16
		velocity	6.50	7.88	7.69	7.66	7.35	7.04	6.89	6.78		6.36	6.50	6.94		7.74	7.09	6.50
H1 lead leg		strides																
Rudakova, Vera (ANA) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	02-Oct-19	time	6.50	10.74	15.05	19.55	24.22	28.99	33.90	38.94	44.14	49.38		55.57		8 / 6		
reaction time	0.246	interval		4.24	4.31	4.50	4.67	4.77	4.91	5.04	5.20	5.24	6.19			13.05	14.35	15.48
		velocity	6.92	8.25	8.12	7.78	7.49	7.34	7.13	6.94	6.73	6.68	6.46	7.20		8.05	7.32	6.78
H1 lead leg	L	strides	21	15	15	15	15	15	15	16	16	16	16	144				
Russell, Janieve (JAM) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Memorial van damme (Brussels, BEL)															<i>Omega Timing (2024) - diamond league race analysis</i>			
date	14-Sep-24	time	6.34	10.40	14.62	18.92	23.37	27.98	32.84	37.96	43.38	49.10		55.94		3 / 7		
reaction time	0.174	interval		4.06	4.22	4.30	4.45	4.61	4.86	5.12	5.42	5.72	6.84			12.58	13.92	16.26
		velocity	7.10	8.62	8.29	8.14	7.87	7.59	7.20	6.84	6.46	6.12	5.85	7.15		8.35	7.54	6.46
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	17	17	20	139				
FINAL - 2024 Weltklasse (Züch, SUI)															<i>Omega Timing (2024) - diamond league race analysis</i>			
date	05-Sep-24	time	6.26	10.29	14.47	18.68	23.05	27.58	32.28	37.23	42.45	48.05		54.75		7 / 4		
reaction time	0.185	interval		4.03	4.18	4.21	4.37	4.53	4.70	4.95	5.22	5.60	6.70			12.42	13.60	15.77
		velocity	7.19	8.68	8.37	8.31	8.01	7.73	7.45	7.07	6.70	6.25	5.97	7.31		8.45	7.72	6.66
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	17	17	20	184				
FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)															<i>Omega Timing (2024) - diamond league race analysis</i>			
date	30-Aug-24	time	6.33	10.38	14.56	18.76	23.11	27.67	32.37	37.36	42.72	48.09		54.46		3 / 4		
reaction time	0.182	interval		4.05	4.18	4.20	4.35	4.56	4.70	4.99	5.36	5.37	6.37			12.43	13.61	15.72
		velocity	7.11	8.64	8.37	8.33	8.05	7.68	7.45	7.01	6.53	6.52	6.28	7.34		8.45	7.71	6.68
H1 lead leg	R	strides	23	15	15	15	15	15	16	17	16	17	19.7	153.7				
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)															<i>Omega Timing (2024) - diamond league race analysis</i>			
date	25-Aug-24	time	6.33	10.37	14.49	18.78	23.22	27.76	32.40	37.23	42.20	47.38		53.59		4 / 5		
reaction time	0.160	interval		4.04	4.12	4.29	4.44	4.54	4.64	4.83	4.97	5.18	6.21			12.45	13.62	14.98
		velocity	7.11	8.66	8.50	8.16	7.88	7.71	7.54	7.25	7.04	6.76	6.44	7.46		8.43	7.71	7.01
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	17	17	19.7	184.7				
FINAL - 2024 Athletissima (Lausanne, SUI)															<i>Omega Timing (2024) - diamond league race analysis</i>			
date	22-Aug-24	time	6.40	10.45	14.62	18.86	23.25	27.89	32.71	37.55	42.65	47.99		54.48		3 / 3		
reaction time	0.180	interval		4.05	4.17	4.24	4.39	4.64	4.82	4.84	5.10	5.34	6.49			12.46	13.85	15.28
		velocity	7.03	8.64	8.39	8.25	7.97	7.54	7.26	7.23	6.86	6.55	6.16	7.34		8.43	7.58	6.87
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	17	17	20	152				
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	06-Aug-24	time	6.37	10.51	14.84	19.21	23.65	28.27	32.98	37.88	42.99	48.28		54.65		6 / 4		
reaction time	0.166	interval		4.14	4.33	4.37	4.44	4.62	4.71	4.90	5.11	5.29	6.37			12.84	13.77	15.30
		velocity	7.06	8.45	8.08	8.01	7.88	7.58	7.43	7.14	6.85	6.62	6.28	7.32		8.18	7.63	6.86
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	16	17	17	20	184			
Heat 4 - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	04-Aug-24	time	6.49	10.60	14.78	19.10	23.52	28.09	32.83	37.84	43.06	48.57		54.67		4 / 3		
reaction time	0.196	interval		4.11	4.18	4.32	4.42	4.57	4.74	5.01	5.22	5.51	6.10			12.61	13.73	15.74
		velocity	6.93	8.52	8.37	8.10	7.92	7.66	7.38	6.99	6.70	6.35	6.56	7.32		8.33	7.65	6.67
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	16	17	17	20	184			
FINAL - 2024 Bauhaus Galan (Stockholm, SWE)															<i>Omega Timing (2024) - diamond league race analysis</i>			
date	02-Jun-24	time	6.46	10.47	14.57	18.76	23.09	27.75	32.71	37.90	43.25	48.61		54.99		7 / 4		
reaction time	0.159	interval		4.01	4.10	4.19	4.33	4.66	4.96	5.19	5.35	5.36	6.38			12.30	13.95	15.90
		velocity	6.97	8.73	8.54	8.35	8.08	7.51	7.06	6.74	6.54	6.53	6.27	7.27		8.54	7.53	6.60
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	20.2	186.2				
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)															<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>			
date	30-May-24	time	6.45	10.56	14.73	19.03	23.39	28.17	33.11	38.25	43.46	48.88		55.07		6 / 3		
reaction time	0.139	interval		4.11	4.17	4.30	4.36	4.78	4.94	5.14	5.21	5.42	6.19			12.58	14.08	15.77
		velocity	6.98	8.52	8.39	8.14	8.03	7.32	7.09	6.81	6.72	6.46	6.46	7.26		8.35	7.46	6.66
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	20	186				
FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)															<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>			
date	19-May-24	time	6.53	10.56	14.73	19.06	23.53	28.26	33.29	38.47	43.96	49.54		55.74		5 / 5		
reaction time	0.141	interval		4.03	4.17	4.33	4.47	28.26	5.03	5.18	5.49	5.58	6.20			12.53	14.23	16.25
		velocity	6.89	8.68	8.39	8.08	7.83	1.24	6.96	6.76	6.38	6.27	6.45	7.18		8.38	7.38	6.46
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	20	170				

FINAL - 2023 Prefontaine Classic (Eugene, OR)

date	17-Sep-23	time	6.30	10.42	14.57	18.74	23.10	27.69	32.48	37.37	42.27	47.41	53.60	Omega Timing (2023) - diamond league race analysis		
reaction time	0.140	interval		4.12	4.15	4.17	4.36	4.59	4.79	4.89	4.90	5.14	6.19	53.60	3 / 4	
		velocity	7.14	8.50	8.43	8.39	8.03	7.63	7.31	7.16	7.14	6.81	6.46	7.46		12.44 13.74 14.93
H1 lead leg	R	strides	23	15			15	15	16	16	16	16	20	152		8.44 7.64 7.03

FINAL - 2023 Memorial van Damme (Brussels, BEL)

date	08-Sep-23	time	6.33	10.42	14.55	18.78	23.14	27.72	32.46	37.21	42.24	47.56	53.80	Omega Timing (2023) - diamond league race analysis		
reaction time	0.153	interval		4.09	4.13	4.23	4.36	4.58	4.74	4.75	5.03	5.32	6.24	53.80	7 / 2	
		velocity	7.11	8.56	8.47	8.27	8.03	7.64	7.38	7.37	6.96	6.58	6.41	7.43		12.45 13.68 15.10
H1 lead leg	R	strides	23	15	15			16	16	16	16	17	20	154		8.43 7.68 6.95

FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)

date	02-Sep-23	time	6.31	10.37	14.49	18.71	23.06	27.63	32.41	37.36	42.41	47.61	54.01	Omega Timing (2023) - diamond league race analysis		
reaction time	0.173	interval		4.06	4.12	4.22	4.35	4.57	4.78	4.95	5.05	5.20	6.40	54.01	6 / 3	
		velocity	7.13	8.62	8.50	8.29	8.05	7.66	7.32	7.07	6.93	6.73	6.25	7.41		12.40 13.70 15.20
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	16	17	20	184		8.47 7.66 6.91

FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)

date	24-Aug-23	time	6.34	10.44	14.54	18.55	22.79	27.29	32.00		42.21	47.78	54.28	Henson (2023) - Athlete First: 2023 year end hurdle report		
reaction time	0.152	interval		4.10	4.10	4.01	4.24	4.50	4.71		10.21	5.57	6.50	54.28	3 / 7	
		velocity	7.10	8.54	8.54	8.73	8.25	7.78	7.43		6.86	6.28	6.15	7.37		12.21 13.45 15.78
H1 lead leg	R	strides	23	15	15	15	15	16				17	20.5	136.5		8.60 7.81 6.65

Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)

date	22-Aug-23	time	6.37	10.48	14.58	18.86	23.22		32.43	37.27	42.32	47.59	53.69	Henson (2023) - Athlete First: 2023 year end hurdle report			
reaction time	0.180	interval		4.11	4.10	4.28	4.36		9.21	4.84	5.05	5.27	6.10	53.69	7 / 3		
		velocity	7.06	8.52	8.54	8.18	8.03		7.60	7.23	6.93	6.64	6.56	7.45		12.49 13.57 15.16	
H1 lead leg	R	strides	23	15	15	15	15				16	17	17	20	153		8.41 7.74 6.93

Heat 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)

date	21-Aug-23	time	6.47	10.73	14.93	19.03	23.43	28.13	32.93	37.83	42.86	48.20	54.53	Henson (2023) - Athlete First: 2023 year end hurdle report		
reaction time	0.164	interval		4.26	4.20	4.10	4.40	4.70	4.80	4.90	5.03	5.34	6.33	54.53	4 / 1	
		velocity	6.96	8.22	8.33	8.54	7.95	7.45	7.29	7.14	6.96	6.55	6.32	7.34		12.56 13.90 15.27
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	16	17	20	184		8.36 7.55 6.88

FINAL - 2023 London Athletics Meet (London, GBR)

date	23-Jul-23	time	6.33	10.46	14.62	18.91	23.27	27.85	32.60	37.40	42.33	47.49	53.75	Omega Timing (2023) - diamond league race analysis		
reaction time	0.148	interval		4.13	4.16	4.29	4.36	4.58	4.75	4.80	4.93	5.16	6.26	53.75	5 / 2	
		velocity	7.11	8.47	8.41	8.16	8.03	7.64	7.37	7.29	7.10	6.78	6.39	7.44		12.58 13.69 14.89
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	16	17	20	184		8.35 7.67 7.05

FINAL - 2023 Bislett Games (Oslo, NOR)

date	15-Jun-23	time	6.39	10.53	14.73	19.08	23.55	28.27	33.05	38.08	43.27	48.56	54.91	Omega Timing (2023) - diamond league race analysis		
reaction time	0.135	interval		4.14	4.20	4.35	4.47	4.72	4.78	5.03	5.19	5.29	6.35	54.91	3 / 4	
		velocity	7.04	8.45	8.33	8.05	7.83	7.42	7.32	6.96	6.74	6.62	6.30	7.28		12.69 13.97 15.51
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	17	17	20	185		8.27 7.52 6.77

FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)

date	28-May-23	time	6.41	10.62	14.90	19.33	23.88	28.56	33.51	38.63	43.85	49.12	55.41	Omega Timing (2023) - diamond league race analysis		
reaction time	0.160	interval		4.21	4.28	4.43	4.55	4.68	4.95	5.12	5.22	5.27	6.29	55.41	7 / 4	
		velocity	7.02	8.31	8.18	7.90	7.69	7.48	7.07	6.84	6.70	6.64	6.36	7.22		12.92 14.18 15.61
H1 lead leg	L	strides	23	15	15	15	15	16	16			17	20	152		8.13 7.40 6.73

FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)

date	08-Sep-22	time	6.41	10.58		19.22	23.56	25.35	28.03	32.63	37.37	42.31	47.51	53.77	Henson (2022) - Athlete First: 2022 year end hurdle report		
reaction time	0.155	interval		4.17		8.64	4.34		4.47	4.60	4.74	4.94	5.20	6.26	53.77	4 / 3	
		velocity	7.02	8.39		8.10	8.06	7.89	7.83	7.61	7.38	7.09	6.73	6.39	7.44		12.81 13.41 14.88
H1 lead leg	R	strides	23	15		15			15	15		16	17	20	136		8.20 7.83 7.06

FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)

date	26-Aug-22	time	6.40	10.53		19.17	23.56	25.35	28.13	32.93	37.67	42.70	47.87	53.92	Henson (2022) - Athlete First: 2022 year end hurdle report		
reaction time	0.167	interval		4.13		8.64	4.39		4.57	4.80	4.74	5.03	5.17	6.05	53.92	2 / 2	
		velocity	7.03	8.47		8.10	7.97	7.89	7.66	7.29	7.38	6.96	6.77	6.61	7.42		12.77 13.76 14.94
H1 lead leg	R	strides	23	15		15			16	16	16	17	17	20	155		8.22 7.63 7.03

FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)

date	10-Aug-22	time	6.33	10.47	14.65	18.88	23.17	25.08	27.60		37.07	42.07	47.30	53.52	Henson (2022) - Athlete First: 2022 year end hurdle report		
reaction time	0.180	interval		4.14	4.18	4.23	4.29		4.43		9.47	5.00	5.23	6.22	53.52	3 / 2	
		velocity	7.11	8.45	8.37	8.27	8.16	7.97	7.90		7.39	7.00	6.69	6.43	7.47		12.55
H1 lead leg	R	strides	23	15	15	15	15		15			16	17	20	151		8.37

FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)

date	08-Aug-22	time	6.43	10.53	14.73	19.09	23.45	28.07	32.76	37.63	42.67	47.93	54.14	Henson (2022) - Athlete First: 2022 year end hurdle report		
reaction time	0.168	interval		4.10	4.20	4.36	4.36	4.62	4.69	4.87	5.04	5.26	6.21	54.14	5 / 2	
		velocity	7.00	8.54	8.33	8.03	8.03	7.58	7.46	7.19	6.94	6.65	6.44	7.39		12.66 13.67 15.17
																8.29 7.68 6.92

H1 lead leg	R	strides	23	15	15	15	15		16	16	17		132					
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	06-Aug-22	time	6.43	10.53	14.60	19.03	23.50	25.5	28.26	32.93	37.52	42.47	47.67	54.14	7 / 1			
reaction time	0.148	interval	4.10	4.07	4.43	4.47			4.76	4.67	4.59	4.95	5.20	6.47		12.60	13.90	14.74
		velocity	7.00	8.54	8.60	7.90	7.83	7.84	7.35	7.49	7.63	7.07	6.73	6.18	7.39	8.33	7.55	7.12
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20		184		
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	20-Jul-22	time	6.33	10.53	14.93	19.30	23.87	25.99	28.60	33.38	38.30	43.30	48.50	54.66	6 / 3			
reaction time	0.130	interval	4.20	4.40	4.37	4.57			4.73	4.78	4.92	5.00	5.20	6.16		12.97	14.08	15.12
		velocity	7.11	8.33	7.95	8.01	7.66	7.70	7.40	7.32	7.11	7.00	6.73	6.49	7.32	8.10	7.46	6.94
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	16	17	20		184		
Heat 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	19-Jul-22	time	6.50	10.76	15.10	19.50	23.97	25.99	28.63	33.43	38.30	43.26	48.41	54.52	5 / 1			
reaction time	0.124	interval	4.26	4.34	4.40	4.47			4.66	4.80	4.87	4.96	5.15	6.11		13.00	13.93	14.98
		velocity	6.92	8.22	8.06	7.95	7.83	7.70	7.51	7.29	7.19	7.06	6.80	6.55	7.34	8.08	7.54	7.01
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	19.5		181.5		
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	09-Jun-22	time	6.47	10.67	15.03	19.47	23.93	25.78	28.50	33.23	37.93	42.93	48.23	54.18	6 / 2			
reaction time	0.140	interval	4.20	4.36	4.44	4.46			4.57	4.73	4.70	5.00	5.30	5.95		13.00	13.76	15.00
		velocity	6.96	8.33	8.03	7.88	7.85	7.76	7.66	7.40	7.45	7.00	6.60	6.72	7.38	8.08	7.63	7.00
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20		169		
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	21-May-22	time	6.35	10.40	14.50	18.83	23.40	25.18	28.17	33.10	38.30	43.70	49.33	56.21	6 / 7			
reaction time	0.135	interval	4.05	4.10	4.33	4.57			4.77	4.93	5.20	5.40	5.63	6.88		12.48	14.27	16.23
		velocity	7.09	8.64	8.54	8.08	7.66	7.94	7.34	7.10	6.73	6.48	6.22	5.81	7.12	8.41	7.36	6.47
H1 lead leg	R	strides	23	15	15	15	16		16	16	17	17	17	21		188		
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	09-Sep-21	time	6.44	10.68	15.00	19.40	23.84	25.7	28.56	33.48	38.48	43.84		55.74	6 / 7			
reaction time	0.145	interval	4.24	4.32	4.40	4.44			4.72	4.92	5.00	5.36				12.96	14.08	
		velocity	6.99	8.25	8.10	7.95	7.88	7.78	7.42	7.11	7.00	6.53		7.18		8.10	7.46	
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17		148				
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	28-Aug-21	time	6.28	10.48	14.85	19.35	23.88		28.53	33.37	38.07	43.18	48.43	54.75	4 / 3			
reaction time	0.162	interval	4.20	4.37	4.50	4.53			4.65	4.84	4.70	5.11	5.25	6.32		13.07	14.02	15.06
		velocity	7.17	8.33	8.01	7.78	7.73		7.53	7.23	7.45	6.85	6.67	6.33	7.31	8.03	7.49	6.97
H1 lead leg	R	strides	22	15	15	15	15		16	16	16	17	17	20		184		
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	26-Aug-21	time	6.24	10.24	14.44	18.72	23.28		28.08	32.84	37.84	42.96	48.36	54.89	6 / 6			
reaction time	0.136	interval	4.00	4.20	4.28	4.56			4.80	4.76	5.00	5.12	5.40	6.53		12.48	14.12	15.52
		velocity	7.21	8.75	8.33	8.18	7.68		7.29	7.35	7.00	6.84	6.48	6.13	7.29	8.41	7.44	6.77
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	16	17	20		185		
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	21-Aug-21	time	6.36	10.52	14.76	19.04	23.48	25.4		33.04	37.88	42.92	48.28	54.50	4 / 5			
reaction time	0.155	interval	4.16	4.24	4.28	4.44			9.56	4.84	5.04	5.36	6.22		12.68	14.00	15.24	
		velocity	7.08	8.41	8.25	8.18	7.88	7.87		7.32	7.23	6.94	6.53	6.43	7.34	8.28	7.50	6.89
H1 lead leg	R	strides	23	15	15	15	15			16	17	18	20.5	154.5				
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	04-Aug-21	time	6.40	10.52	14.68	18.88	23.20		27.68	32.32	37.08	42.00	47.12	53.08	6 / 4			
reaction time	0.136	interval	4.12	4.16	4.20	4.32			4.48	4.64	4.76	4.92	5.12	5.96	PB	12.48	13.44	14.80
		velocity	7.03	8.50	8.41	8.33	8.10		7.81	7.54	7.35	7.11	6.84	6.71	7.54	8.41	7.81	7.09
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	17	19.7		181.7		
FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	13-Jul-21	time	6.30	10.48	14.76	19.08	23.54	25.5	28.14	32.94	37.94	43.10	48.40	54.66	6 / 3			
reaction time	0.106	interval	4.18	4.28	4.32	4.46			4.60	4.80	5.00	5.16	5.30	6.26		12.78	13.86	15.46
		velocity	7.14	8.37	8.18	8.10	7.85	7.84	7.61	7.29	7.00	6.78	6.60	6.39	7.32	8.22	7.58	6.79
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20.5		184.5		
FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	06-Jul-21	time	6.27	10.46	14.60	18.92	23.27		27.79	32.52	37.47	42.49	47.64	53.68	4 / 3			
reaction time	0.168	interval	4.19	4.14	4.32	4.35			4.52	4.73	4.95	5.02	5.15	6.04		12.65	13.60	15.12
		velocity	7.18	8.35	8.45	8.10	8.05		7.74	7.40	7.07	6.97	6.80	6.62	7.45	8.30	7.72	6.94
H1 lead leg	R	strides	23	15	15	15	15		15		16	16	17	20		167		
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	04-Jul-21	time	6.25	10.40	14.58		23.34	25.3	27.86	32.62	37.54	42.48	47.72	54.08	4 / 4			
reaction time	0.151	interval	4.15	4.18		8.76		4.52	4.76	4.92	4.94	5.24	6.36				15.10	

H1 lead leg	R	velocity	7.20	8.43	8.37		7.99	7.91	7.74	7.35	7.11	7.09	6.68	6.29	7.40		6.95		
		strides		15	15				15	16	16	16	16	20	129				
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)																			
date	29-Aug-19	time	6.60	10.92		19.92	24.60	26.5	29.40	34.36	39.36				55.87	8 / 7			
reaction time	0.144	interval		4.32		9.00	4.68		4.80	4.96	5.00						13.32	14.44	
		velocity	6.82	8.10		7.78	7.48	7.55	7.29	7.06	7.00				7.16		7.88	7.27	
H1 lead leg	R	strides	23	15		15			16	16	16				101				
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)																			
date	21-Jul-19	time	6.52	10.72	15.12	19.64	24.16		28.84	33.52	38.44	43.48	48.76		55.14	6 / 5			
reaction time	0.162	interval		4.20	4.40	4.52	4.52		4.68	4.68	4.92	5.04	5.28	6.38			13.12	13.88	15.24
		velocity	6.90	8.33	7.95	7.74	7.74		7.48	7.48	7.11	6.94	6.63	6.27	7.25		8.00	7.56	6.89
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	17	20.2	181.2				
FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																			
date	12-Jul-19	time	6.40	10.68	15.08	19.60	24.20	26.2		33.54	38.44	43.48	48.64		54.70	5 / 4			
reaction time	0.150	interval		4.28	4.40	4.52	4.60		9.34	4.90	5.04	5.16	6.06				13.20	13.94	15.10
		velocity	7.03	8.18	7.95	7.74	7.61	7.63		7.49	7.14	6.94	6.78	6.60	7.31		7.95	7.53	6.95
H1 lead leg	R	strides	22	15	15	15	15				16	16	16	20	150				
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)																			
date	05-Jul-19	time	6.56	10.80	15.20		24.20	26.1	28.88	33.60	38.44	43.64	49.04		55.13	2 / 4			
reaction time	0.150	interval		4.24	4.40		9.00		4.68	4.72	4.84	5.20	5.40	6.09					15.44
		velocity	6.86	8.25	7.95		7.78	7.66	7.48	7.42	7.23	6.73	6.48	6.57	7.26				6.80
H1 lead leg	R	strides	22	15	15				15	15	15	17	17	19.5	150.5				
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																			
date	06-Jun-19	time	6.64	10.88	15.20	19.56	24.08		28.84	33.68	38.68	43.88	49.20		55.42	3 / 5			
reaction time	0.173	interval		4.24	4.32	4.36	4.52		4.76	4.84	5.00	5.20	5.32	6.22			12.92	14.12	15.52
		velocity	6.78	8.25	8.10	8.03	7.74		7.35	7.23	7.00	6.73	6.58	6.43	7.22		8.13	7.44	6.77
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	20	185				
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)																			
date	03-May-19	time	6.60	10.78	15.08	19.52	23.99	26.0	28.63	33.46	38.47	43.64	48.92		55.28	6 / 4			
reaction time	0.131	interval		4.18	4.30	4.44	4.47		4.64	4.83	5.01	5.17	5.28	6.36			12.92	13.94	15.46
		velocity	6.82	8.37	8.14	7.88	7.83	7.69	7.54	7.25	6.99	6.77	6.63	6.29	7.24		8.13	7.53	6.79
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	20	185				
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)																			
date	09-Sep-18	time	6.36	10.60	14.94	19.32	23.76		28.28	32.92	37.62	42.64	47.64		53.62	1 / 1			
reaction time	0.156	interval		4.24	4.34	4.38	4.44		4.52	4.64	4.70	5.02	5.00	5.98			12.96	13.60	14.72
		velocity	7.08	8.25	8.06	7.99	7.88		7.74	7.54	7.45	6.97	7.00	6.69	7.46		8.10	7.72	7.13
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19.2	178.2				
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)																			
date	30-Aug-18	time	6.52	10.80	15.16		24.12	26.1	28.68	33.32	38.12	43.12	48.32		54.38	6 / 3			
reaction time	0.153	interval		4.28	4.36		8.96		4.56	4.64	4.80	5.00	5.20	6.06					15.00
		velocity	6.90	8.18	8.03		7.81	7.66	7.68	7.54	7.29	7.00	6.73	6.60	7.36				7.00
H1 lead leg	R	strides	22	15	15				15	15	16		17	20	135				
FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																			
date	18-Aug-18	time	6.60	10.98	15.55	20.18	24.79		29.66	34.47	39.39	44.24	49.21		54.91	6 / 2			
reaction time	0.149	interval		4.38	4.57	4.63	4.61		4.87	4.81	4.92	4.85	4.97	5.70			13.58	14.29	14.74
		velocity	6.82	7.99	7.66	7.56	7.59		7.19	7.28	7.11	7.22	7.04	7.02	7.28		7.73	7.35	7.12
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.2	179.2				
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)																			
date	21-Jul-18	time	6.44	10.68	15.08	19.60	24.08		28.68	33.44	38.28	43.16	48.20		53.96	6 / 2			
reaction time	0.206	interval		4.24	4.40	4.52	4.48		4.60	4.76	4.84	4.88	5.04	5.76			13.16	13.84	14.76
		velocity	6.99	8.25	7.95	7.74	7.81		7.61	7.35	7.23	7.17	6.94	6.94	7.41		7.98	7.59	7.11
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.5	179.5				
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)																			
date	05-Jul-18	time	6.32	10.52	14.84	19.20	23.68		28.16	32.80	37.48	42.44	47.48		53.46	5 / 2			
reaction time	0.147	interval		4.20	4.32	4.36	4.48		4.48	4.64	4.68	4.96	5.04	5.98			12.88	13.60	14.68
		velocity	7.12	8.33	8.10	8.03	7.81		7.81	7.54	7.48	7.06	6.94	6.69	7.48		8.15	7.72	7.15
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19.5	178.5				
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																			
date	31-May-18	time	6.44	10.64	14.96	19.48	24.16		28.88	33.72	38.52	43.48	48.40		54.08	5 / 2			
reaction time	0.165	interval		4.20	4.32	4.52	4.68		4.72	4.84	4.80	4.96	4.92	5.68			13.04	14.24	14.68
		velocity	6.99	8.33	8.10	7.74	7.48		7.42	7.23	7.29	7.06	7.11	7.04	7.40		8.05	7.37	7.15
H1 lead leg	R	strides	22	15	15	15	15		15	16	16	16	16	19.2	180.2				
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)																			
date	26-May-18	time	6.72	10.96	15.24	19.68	24.16		33.40	38.28	43.24	48.28		54.06	5 / 1				

reaction time	0.200	interval	4.24	4.28	4.44	4.48		9.24	4.88	4.96	5.04	5.78		12.96	13.72	14.88		
		velocity	6.70	8.25	8.18	7.88	7.81	7.58	7.17	7.06	6.94	6.92	7.40	8.10	7.65	7.06		
H1 lead leg	L	strides	23	14	15	15	15		16	16	16	20	150					
FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	12-May-18	time	6.40	10.48	14.76	19.12	23.56	28.16	32.96	37.92	42.88	47.96	53.78	3 / 2				
reaction time	0.170	interval		4.08	4.28	4.36	4.44	4.60	4.80	4.96	4.96	5.08	5.82	PB	12.72	13.84	15.00	
		velocity	7.03	8.58	8.18	8.03	7.88	7.61	7.29	7.06	7.06	6.89	6.87	7.44	8.25	7.59	7.00	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.5	179.5				
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)													<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>					
date	01-Sep-17	time	6.32	10.52	14.84	19.24	23.80	26.0	28.40	33.24	38.32	43.52	49.04	55.60	9 / 6			
reaction time	0.178	interval		4.20	4.32	4.40	4.56	4.60	4.84	5.08	5.20	5.52	6.56		12.92	14.00	15.80	
		velocity	7.12	8.33	8.10	7.95	7.68	7.69	7.61	7.23	6.89	6.73	6.34	6.10	7.19	8.13	7.50	6.65
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20.2	181.2				
FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>					
date	20-Aug-17	time	6.36	10.56	14.80	19.16	23.64	28.32	33.16	38.08	43.12	48.32	54.67	6 / 3				
reaction time	0.134	interval		4.20	4.24	4.36	4.48	4.68	4.84	4.92	5.04	5.20	6.35		12.80	14.00	15.16	
		velocity	7.08	8.33	8.25	8.03	7.81	7.48	7.23	7.11	6.94	6.73	6.30	7.32	8.20	7.50	6.93	
H1 lead leg	R	strides	22	15	15	15	15	15	16	16	16	16	20	181				
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)													<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>					
date	21-Jul-17	time	6.28	10.40		19.04	23.52		32.92	37.84	42.88	48.12	54.38	3 / 3				
reaction time	0.186	interval		4.12		8.64	4.48		9.40	4.92	5.04	5.24	6.26		12.76	13.88	15.20	
		velocity	7.17	8.50		8.10	7.81		7.45	7.12	6.94	6.68	6.39	7.36	8.23	7.56	6.91	
H1 lead leg	R	strides	22	15		15			16	16	16	16	19.7	119.7				
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>					
date	16-Jul-17	time	6.56	10.88	15.28	19.68	24.20	28.88	33.64	38.48	43.44	48.48	54.36	7 / 2				
reaction time	0.152	interval		4.32	4.40	4.40	4.52	4.68	4.76	4.84	4.96	5.04	5.88		13.12	13.96	14.84	
		velocity	6.86	8.10	7.95	7.95	7.74	7.48	7.35	7.23	7.06	6.94	6.80	7.36	8.00	7.52	7.08	
H1 lead leg	L	strides	23	16	15	15	15	15	16	16	16	16	19.5	182.5				
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)													<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>					
date	08-Jun-17	time	6.28	10.44	14.56	18.80	23.12	27.60	32.40	37.28	42.44	47.84	54.14	8 / 1				
reaction time	0.183	interval		4.16	4.12	4.24	4.32	4.48	4.80	4.88	5.16	5.40	6.30		12.52	13.60	15.44	
		velocity	7.17	8.41	8.50	8.25	8.10	7.81	7.29	7.17	6.78	6.48	6.35	7.39	8.39	7.72	6.80	
H1 lead leg	R	strides	22	15	15	15	15	15	16	16	17	17	20.5	183.5				
FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>					
date	27-May-17	time	6.73	11.03	15.46	19.93	24.56	29.20	34.20	39.23	44.40	49.96	56.21	2 / 8				
reaction time	0.223	interval		4.30	4.43	4.47	4.63	4.64	5.00	5.03	5.17	5.56	6.25		13.20	14.27	15.76	
		velocity	6.69	8.14	7.90	7.83	7.56	7.54	7.00	6.96	6.77	6.29	6.40	7.12	7.95	7.36	6.66	
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	17	163					
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)													<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>					
date	18-Aug-16	time	6.40	10.52	14.68		23.32	27.84	32.64	37.52	42.64	48.00	54.46	8 / 7				
reaction time	0.140	interval		4.12	4.16		8.64	4.52	4.80	4.88	5.12	5.36	6.46				15.36	
		velocity	7.03	8.50	8.41		8.10	7.74	7.29	7.17	6.84	6.53	6.19	7.34			6.84	
H1 lead leg	R	strides	22	14	14	14		15	16	16	17	17	20.2	165.2				
FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)													<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>					
date	02-Jun-16	time	6.52	10.68	14.92	19.28	23.72	28.16	32.72	37.48	42.56	47.80	53.96	7 / 1				
reaction time	0.180	interval		4.16	4.24	4.36	4.44	4.44	4.56	4.76	5.08	5.24	6.16	PB	12.76	13.44	15.08	
		velocity	6.90	8.41	8.25	8.03	7.88	7.88	7.68	7.35	6.89	6.68	6.49	7.41	8.23	7.81	6.96	
H1 lead leg	R	strides	22	14	14	15	15		15	15		16	19.5	145.5				
FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>					
date	22-May-16	time	6.44	10.60	14.84	19.12	23.52	28.00	32.64	37.60	42.60	47.88	54.16	4 / 1				
reaction time	0.139	interval		4.16	4.24	4.28	4.40	4.48	4.64	4.96	5.00	5.28	6.28		12.68	13.52	15.24	
		velocity	6.99	8.41	8.25	8.18	7.95	7.81	7.54	7.06	7.00	6.63	6.37	7.39	8.28	7.77	6.89	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20	181				
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)													<i>Henson (2021) - Athlete First: major championships report</i>					
date	26-Aug-15	time	6.44	10.56	14.80	19.08	23.52	28.12	32.92	37.84	43.00		54.64	9 / 5				
reaction time	0.165	interval		4.12	4.24	4.28	4.44	4.60	4.80	4.92	5.16		PB	12.64	13.84			
		velocity	6.99	8.50	8.25	8.18	7.88	7.61	7.29	7.11	6.78		7.32	8.31	7.59			
H1 lead leg	R	strides		15	15	15	15	15	15	16	16		122					
Russell, Masai (USA) (2000)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	10-Jun-23	time	6.30	10.67	15.15	19.75	24.52	29.39	34.27	39.21	44.18	49.08	54.66	5 / 2				
reaction time		interval		4.37	4.48	4.60	4.77	4.87	4.88	4.94	4.97	4.90	5.58	PB	13.45	14.52	14.81	
		velocity	7.14	8.01	7.81	7.61	7.34	7.19	7.17	7.09	7.04	7.14	7.17	7.32	7.81	7.23	7.09	
H1 lead leg	R	strides	24	16	16	16	16	16	16	17	17	17	21	192				

FINAL - 2022 USATF National Championships (Eugene, OR)

USATF (2022) - Results powered by Karmarush

date	25-Jun-22	time	6.40	10.59	14.92	19.41	24.08	26.17	28.89	33.79	38.84	44.00	49.32	55.66	55.66	4 / 6			
reaction time		interval		4.19	4.33	4.49	4.67		4.81	4.90	5.05	5.16	5.32	6.34			13.01	14.38	15.53
		velocity	7.03	8.35	8.08	7.80	7.49	7.64	7.28	7.14	6.93	6.78	6.58	6.31		7.19		8.07	7.30
H1 lead leg	R	strides	24	16	16	16	16			17	17	17			139				

Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)

USATF (2022) - Results powered by Karmarush

date	24-Jun-22	time	6.33	10.51	14.87	19.50	24.20	26.32	29.05	33.94	38.89	43.97	49.02	55.02	55.02	6 / 2			
reaction time		interval		4.18	4.36	4.63	4.70		4.85	4.89	4.95	5.08	5.05	6.00	PB		13.17	14.44	15.08
		velocity	7.11	8.37	8.03	7.56	7.45	7.60	7.22	7.16	7.07	6.89	6.93	6.67		7.27		7.97	7.27
H1 lead leg	R	strides	24	16	16	16	16			17	17	17			139				

Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)

Henson (2021) - Athlete First: 2021 year end hurdle report

date	26-Jun-21	time	6.44	10.77	15.15	19.89	24.89		30.03		40.44	45.81			58.00	3 / 6			
reaction time	0.332	interval		4.33	4.38	4.74	5.00		5.14		10.41	5.37					13.45		
		velocity	6.99	8.08	7.99	7.38	7.00		6.81		6.72	6.52			6.90		7.81		
H1 lead leg	R	strides		16	16	16	16				17			81					

FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)

Henson (2021) - Athlete First: 2021 year end hurdle report

date	12-Jun-21	time	6.37		15.00	19.63	24.40			39.30	44.47	49.87			56.18	5 / 4			
reaction time	0.335	interval			8.63	4.63	4.77			14.90	5.17	5.40	6.31		PB		13.26		
		velocity	7.06		8.11	7.56	7.34			7.05	6.77	6.48	6.34	7.12		7.92			
H1 lead leg	R	strides	24		15	16					16	17	21	109					

Ryzykova, Anna (UKR) (1989)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)**

Omega Timing (2024) - diamond league race analysis

date	30-Aug-24	time	6.57	10.85	15.20	19.67	24.38		29.29	34.32	39.52	44.89	50.52		56.96	9 / 9			
reaction time	0.221	interval		4.28	4.35	4.47	4.71		4.91	5.03	5.20	5.37	5.63	6.44			13.10	14.65	16.20
		velocity	6.85	8.18	8.05	7.83	7.43		7.13	6.96	6.73	6.52	6.22	6.21	7.02		8.02	7.17	6.48
H1 lead leg	R	strides	21	14	14	14	15		15	15	15			123					

FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)

Omega Timing (2024) - diamond league race analysis

date	25-Aug-24	time	6.59	10.80	15.12	19.52	24.07		28.84	33.67	38.69	44.00	49.29		55.44	2 / 8			
reaction time	0.188	interval		4.21	4.32	4.40	4.55		4.77	4.83	5.02	5.31	5.29	6.15			12.93	14.15	15.62
		velocity	6.83	8.31	8.10	7.95	7.69		7.34	7.25	6.97	6.59	6.62	6.50	7.22		8.12	7.42	6.72
H1 lead leg	R	strides	21	14	14	14					16			79					

Semi-Final 2 - 2024 Olympic Games (Paris, FRA)

Paris 2024 Olympc Games - Results Book (2024)

date	06-Aug-24	time	6.49	10.66	14.99	19.41	23.87		28.60	33.42	38.43	43.72	49.26		55.65	2 / 7			
reaction time	0.169	interval		4.17	4.33	4.42	4.46		4.73	4.82	5.01	5.29	5.54	6.39			12.92	14.01	15.84
		velocity	6.93	8.39	8.08	7.92	7.85		7.40	7.26	6.99	6.62	6.32	6.26	7.19		8.13	7.49	6.63
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	16	20	173				

Repechage 3 - 2024 Olympic Games (Paris, FRA)

Paris 2024 Olympc Games - Results Book (2024)

date	05-Aug-24	time	6.49	10.76	15.03	19.45	24.03		28.77	33.58	38.56	43.67	48.88		54.95	8 / 2			
reaction time	0.174	interval		4.27	4.27	4.42	4.58		4.74	4.81	4.98	5.11	5.21	6.07			12.96	14.13	15.30
		velocity	6.93	8.20	8.20	7.92	7.64		7.38	7.28	7.03	6.85	6.72	6.59	7.28		8.10	7.43	6.86
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	19.5	170.5				

Heat 3 - 2024 Olympic Games (Paris, FRA)

Paris 2024 Olympc Games - Results Book (2024)

date	04-Aug-24	time	6.47	10.65	14.94	19.27	23.76		28.44	33.29	38.31	43.48	48.85		55.13	6 / 4			
reaction time	0.187	interval		4.18	4.29	4.33	4.49		4.68	4.85	5.02	5.17	5.37	6.28			12.80	14.02	15.56
		velocity	6.96	8.37	8.16	8.08	7.80		7.48	7.22	6.97	6.77	6.52	6.37	7.26		8.20	7.49	6.75
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	16	19.5	172.5				

Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)

European Athletics (2024) - 2024 european athletics championships - results book

date	10-Jun-24	time	6.56	10.75	15.12	19.49	24.05		28.80	33.64	38.52	43.57	48.90		54.95	8 / 5			
reaction time	0.253	interval		4.19	4.37	4.37	4.56		4.75	4.84	4.88	5.05	5.33	6.05			12.93	14.15	15.26
		velocity	6.86	8.35	8.01	8.01	7.68		7.37	7.23	7.17	6.93	6.57	6.61	7.28		8.12	7.42	6.88
H1 lead leg	R	strides	21	14	14	14	14		15	15		16	19.5	128.5					

FINAL - 2024 Bauhaus Galan (Stockholm, SWE)

Omega Timing (2024) - diamond league race analysis

date	02-Jun-24	time	6.54	10.70	14.89	19.16	23.56		28.26	33.11	38.19	43.51	49.09		55.64	1 / 5			
reaction time	0.194	interval		4.16	4.19	4.27	4.40		4.70	4.85	5.08	5.32	5.58	6.55			12.62	13.95	15.98
		velocity	6.88	8.41	8.35	8.20	7.95		7.45	7.22	6.89	6.58	6.27	6.11	7.19		8.32	7.53	6.57
H1 lead leg	R	strides	21	14					15	15	15	15	16	20	131				

FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)

Henson (2024) - Athlete First: 2024 year end hurdle report

date	30-May-24	time	6.55	10.69	14.99	19.39	24.00		28.77	33.61	38.63	43.77	49.21		55.58	8 / 6			
reaction time	0.189	interval		4.14	4.30	4.40	4.61		4.77	4.84	5.02	5.14	5.44	6.37			12.84	14.22	15.60
		velocity	6.87	8.45	8.14	7.95	7.59		7.34	7.23	6.97	6.81	6.43	6.28	7.20		8.18	7.38	6.73
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	20	172				

FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)

Henson (2024) - Athlete First: 2024 year end hurdle report

date	19-May-24	time	6.63	10.66	14.84	19.11	23.58		28.32	33.24	38.27	43.60	48.99		55.09	4 / 3			
reaction time	0.202	interval		4.03	4.18	4.27	4.47		28.32	4.92	5.03	5.33	5.39	6.10			12.48	14.13	15.75
		velocity	6.79	8.68	8.37	8.20	7.83		1.24	7.11	6.96	6.57	6.49	6.56	7.26		8.41	7.43	6.67

H1 lead leg	R	strides	21	14	14	14	14	15	15	16	16	19	158						
FINAL - 2023 Prefontaine Classic (Eugene, OR)																			
date	17-Sep-23	time	6.47	10.66	14.96	19.32	23.83	28.67	33.68	38.71	43.79	48.98	54.98	1 / 8					
reaction time	0.166	interval	4.19	4.30	4.36	4.51	4.84	5.01	5.03	5.08	5.19	6.00			12.85	14.36	15.30		
		velocity	6.96	8.35	8.14	8.03	7.76	7.23	6.99	6.96	6.89	6.74	6.67	7.28		8.17	7.31	6.86	
H1 lead leg	R	strides	22	14		14		15	15		15	15	95						
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)																			
date	02-Sep-23	time	6.51	10.65	14.89	19.28	23.79	28.59	33.44	38.37	43.43	48.51	54.35	1 / 5					
reaction time	0.157	interval	4.14	4.24	4.39	4.51	4.80	4.85	4.93	5.06	5.08	5.84			12.77	14.16	15.07		
		velocity	6.91	8.45	8.25	7.97	7.76	7.29	7.22	7.10	6.92	6.89	6.85	7.36		8.22	7.42	6.97	
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	19	172					
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
date	22-Aug-23	time	6.55	10.84	15.01	19.21	23.66	28.36	33.15	38.07		48.41	54.42	9 / 4					
reaction time	0.186	interval		4.29	4.17	4.20	4.45	4.70	4.79	4.92		10.34	6.01		12.66	13.94	15.26		
		velocity	6.87	8.16	8.39	8.33	7.87	7.45	7.31	7.11		6.77	6.66	7.35		8.29	7.53	6.88	
H1 lead leg	R	strides	22	14	14	14	14	15	15	15		15	19.2	157.2					
Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
date	21-Aug-23	time	6.53	10.83	14.96	19.23	23.73	28.54	33.43	38.46	43.53	48.73	54.70	7 / 3					
reaction time	0.186	interval	4.30	4.13	4.27	4.50	4.81	4.89	5.03	5.07	5.20	5.97			12.70	14.20	15.30		
		velocity	6.89	8.14	8.47	8.20	7.78	7.28	7.16	6.96	6.90	6.73	6.70	7.31		8.27	7.39	6.86	
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	19	172					
FINAL - 2023 London Athletics Meet (London, GBR)																			
date	23-Jul-23	time	6.37	10.42	14.61	18.84	23.18	27.83	32.67	37.61	42.76	48.12	54.53	1 / 7					
reaction time	0.166	interval		4.05	4.19	4.23	4.34	4.65	4.84	4.94	5.15	5.36	6.41		12.47	13.83	15.45		
		velocity	7.06	8.64	8.35	8.27	8.06	7.53	7.23	7.09	6.80	6.53	6.24	7.34		8.42	7.59	6.80	
H1 lead leg	R	strides	22	14	14	14	14			15	15	16	20	144					
FINAL - 2023 Athletissima (Lausanne, SUI)																			
date	30-Jun-23	time	6.46	10.60	14.87	19.22	23.71	28.44	33.37	38.48	43.73	49.21	55.41	2 / 5					
reaction time	0.175	interval		4.14	4.27	4.35	4.49	4.73	4.93	5.11	5.25	5.48	6.20		12.76	14.15	15.84		
		velocity	6.97	8.45	8.20	8.05	7.80	7.40	7.10	6.85	6.67	6.39	6.45	7.22		8.23	7.42	6.63	
H1 lead leg	R	strides	22	14		14		15	15		15	16	19.5	130.5					
FINAL - 2023 Bislett Games (Oslo, NOR)																			
date	15-Jun-23	time	6.52	10.68	14.96	19.34	23.87	28.65	33.54	38.57	43.80	49.25	55.53	1 / 7					
reaction time	0.202	interval		4.16	4.28	4.38	4.53	4.78	4.89	5.03	5.23	5.45	6.28		12.82	14.20	15.71		
		velocity	6.90	8.41	8.18	7.99	7.73	7.32	7.16	6.96	6.69	6.42	6.37	7.20		8.19	7.39	6.68	
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	16		154					
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)																			
date	02-Jun-23	time	6.43	10.55	14.83	19.21	23.74	28.48	33.45	38.49	43.79	49.38	55.99	1 / 8					
reaction time	0.155	interval		4.12	4.28	4.38	4.53	4.74	4.97	5.04	5.30	5.59	6.61		12.78	14.24	15.93		
		velocity	7.00	8.50	8.18	7.99	7.73	7.38	7.04	6.94	6.60	6.26	6.05	7.14		8.22	7.37	6.59	
H1 lead leg	R	strides	22	14	14	14	14				16	16	20	130					
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)																			
date	28-May-23	time	6.61	10.93	15.33	19.84	24.51	29.40	34.51	39.74	45.11	50.64	56.97	8 / 8					
reaction time	0.268	interval		4.32	4.40	4.51	4.67	4.89	5.11	5.23	5.37	5.53	6.33		13.23	14.67	16.13		
		velocity	6.81	8.10	7.95	7.76	7.49	7.16	6.85	6.69	6.52	6.33	6.32	7.02		7.94	7.16	6.51	
H1 lead leg	R	strides	22	14	14	14	14	15	15		16	16	19	159					
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)																			
date	08-Sep-22	time	6.34	10.38		23.49	25.42	28.26	33.10		43.31	48.68	55.06	2 / 7					
reaction time	0.167	interval		4.04		13.11		4.77	4.84		10.21	5.37	6.38					15.58	
		velocity	7.10	8.66		8.01	7.87	7.34	7.23		6.86	6.52	6.27	7.26				6.74	
H1 lead leg	R	strides	22	14				15	15			16	19.7	101.7					
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)																			
date	26-Aug-22	time	6.40	10.50		19.06	23.53	25.43	28.27	33.07	37.94	43.16	48.47	54.59	3 / 4				
reaction time	0.197	interval		4.10		8.56	4.47		4.74	4.80	4.87	5.22	5.31	6.12		12.66	14.01	15.40	
		velocity	7.03	8.54		8.18	7.83	7.86	7.38	7.29	7.19	6.70	6.59	6.54	7.33		8.29	7.49	6.82
H1 lead leg	R	strides	22	14		14		15	15	15	16	16	19.2	146.2					
FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)																			
date	19-Aug-22	time	6.50	10.60		19.20	23.70	25.61	28.43	33.27	38.23	43.30	48.67	54.86	5 / 3				
reaction time	0.250	interval		4.10		8.60	4.50		4.73	4.84	4.96	5.07	5.37	6.19		12.70	14.07	15.40	
		velocity	6.92	8.54		8.14	7.78	7.81	7.40	7.23	7.06	6.90	6.52	6.46	7.29		8.27	7.46	6.82
H1 lead leg	R	strides	22	14		14		15	15	15	15	16	19.5	145.5					
FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)																			
date	10-Aug-22	time	6.46	10.53	14.70	19.00	23.40	25.37	28.06	32.96	37.93	43.10	48.40	54.53	5 / 5				
reaction time	0.189	interval		4.07	4.17	4.30	4.40		4.66	4.90	4.97	5.17	5.30	6.13		12.54	13.96	15.44	

H1 lead leg	R	velocity	6.97	8.60	8.39	8.14	7.95	7.88	7.51	7.14	7.04	6.77	6.60	6.53	7.34	8.37	7.52	6.80
		strides	22	14	14	14	14		15	15	15	16	19.2	158.2				
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	22-Jul-22	time	6.60	10.77	14.97	19.40	23.96	25.85	28.67	33.50	38.43	43.50			54.93	8 / 8		
reaction time	0.167	interval		4.17	4.20	4.43	4.56		4.71	4.83	4.93	5.07					12.80	14.10
		velocity	6.82	8.39	8.33	7.90	7.68	7.74	7.43	7.25	7.10	6.90			7.28		8.20	7.45
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15			137			
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	20-Jul-22	time	6.46	10.66	14.97	19.33	23.90	26.03	28.70	33.47	38.37	43.34	48.47		54.51	5 / 2		
reaction time	0.175	interval		4.20	4.31	4.36	4.57		4.80	4.77	4.90	4.97	5.13	6.04			12.87	14.14
		velocity	6.97	8.33	8.12	8.03	7.66	7.68	7.29	7.34	7.14	7.04	6.82	6.62	7.34		8.16	7.43
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19	172			7.00
Heat 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	19-Jul-22	time	6.63	10.83	15.13	19.40	23.90	25.73	28.63		38.56	43.60	48.93		54.93	2 / 2		
reaction time	0.139	interval		4.20	4.30	4.27	4.50		4.73		9.93	5.04	5.33	6.00			12.77	
		velocity	6.79	8.33	8.14	8.20	7.78	7.77	7.40		7.05	6.94	6.57	6.67	7.28		8.22	
H1 lead leg	R	strides	22	14	14	14	14		15			15	15	19.2	142.2			
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	30-Jun-22	time	6.44	10.56	14.72	19.08	23.54	25.44	28.20	32.98	37.86	42.88	48.26		54.33	4 / 3		
reaction time	0.165	interval		4.12	4.16	4.36	4.46		4.66	4.78	4.88	5.02	5.38	6.07			12.64	13.90
		velocity	6.99	8.50	8.41	8.03	7.85	7.86	7.51	7.32	7.17	6.97	6.51	6.59	7.36		8.31	7.55
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	19	173			6.87
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	16-Jun-22	time	6.46	10.58	14.78	19.10	23.62		28.50	33.36	38.30	43.44	48.86		54.81	7 / 2		
reaction time	0.175	interval		4.12	4.20	4.32	4.52		4.88	4.86	4.94	5.14	5.42	5.95			12.64	14.26
		velocity	6.97	8.50	8.33	8.10	7.74		7.17	7.20	7.09	6.81	6.46	6.72	7.30		8.31	7.36
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	19.2	173.2			6.77
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	09-Jun-22	time	6.53	10.67	14.80	19.07	23.60	25.52	28.33	33.13	38.07	43.10	48.47		54.50	4 / 3		
reaction time	0.187	interval		4.14	4.13	4.27	4.53		4.73	4.80	4.94	5.03	5.37	6.03			12.54	14.06
		velocity	6.89	8.45	8.47	8.20	7.73	7.84	7.40	7.29	7.09	6.96	6.52	6.63	7.34		8.37	7.47
H1 lead leg	R	strides	22	14	14	14			15	15	15	15	16	19.5	159.5			6.84
FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	31-May-22	time	7.20	11.05	15.17	19.37	23.73		28.46	33.20					38.36	6 / 3		
reaction time	0.208	interval		3.85	4.12	4.20	4.36		4.73	4.74				5.16			12.17	13.83
		velocity	6.94	9.09	8.50	8.33	8.03		7.40	7.38				7.75	7.82		8.63	7.59
H1 lead leg	R	strides	24	14		14	14		15					18	99			
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	21-May-22	time	6.53	10.66	14.83	19.17	23.70	25.61	28.67	33.63	38.80	44.07	49.43		55.37	5 / 3		
reaction time	0.173	interval		4.13	4.17	4.34	4.53		4.97	4.96	5.17	5.27	5.36	5.94			12.64	14.46
		velocity	6.89	8.47	8.39	8.06	7.73	7.81	7.04	7.06	6.77	6.64	6.53	6.73	7.22		8.31	7.26
H1 lead leg	R	strides	22	14	14	14	14		15	15	16	16	16	19.2	175.2			6.65
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	09-Sep-21	time	6.40	10.40	14.56	18.88	23.28	25.1	27.92	32.68	37.48	42.52	47.76		53.70	5 / 3		
reaction time	0.160	interval		4.00	4.16	4.32	4.40		4.64	4.76	4.80	5.04	5.24	5.94			12.48	13.80
		velocity	7.03	8.75	8.41	8.10	7.95	7.97	7.54	7.35	7.29	6.94	6.68	6.73	7.45		8.41	7.61
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	19.2	173.2			6.96
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	28-Aug-21	time	6.33	10.52	14.82		23.75		28.52	33.37	38.30	43.33	48.60		54.59	6 / 2		
reaction time	0.175	interval		4.19	4.30		8.93		4.77	4.85	4.93	5.03	5.27	5.99				15.23
		velocity	7.11	8.35	8.14		7.84		7.34	7.22	7.10	6.96	6.64	6.68	7.33			6.89
H1 lead leg	R	strides	22	14	14	14			15	15	15	15	15	19	158			
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	26-Aug-21	time	6.44	10.52	14.68		23.52		28.32	33.16	38.04	43.04	48.32		54.32	2 / 3		
reaction time	0.162	interval		4.08	4.16		8.84		4.80	4.84	4.88	5.00	5.28	6.00				15.16
		velocity	6.99	8.58	8.41		7.92		7.29	7.23	7.17	7.00	6.63	6.67	7.36			6.93
H1 lead leg	R	strides	22	14	14				15	15	15	15	16	19	145			
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	21-Aug-21	time	6.52	10.64	14.84	19.12	23.52	25.5		33.12	38.00	43.00	48.22		54.40	3 / 4		
reaction time	0.162	interval		4.12	4.20	4.28	4.40			9.60	4.88	5.00	5.22	6.18			12.60	14.00
		velocity	6.90	8.50	8.33	8.18	7.95	7.84		7.29	7.17	7.00	6.70	6.47	7.35		8.33	7.50
H1 lead leg	R	strides	22	14	14	14	14				15	15	15	20	143			6.95
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	04-Aug-21	time	6.40	10.48	14.60	18.80	23.08		27.68	32.44	37.28	42.32	47.52		53.48	2 / 5		

reaction time	0.177	interval	4.08	4.12	4.20	4.28	4.60	4.76	4.84	5.04	5.20	5.96	12.40	13.64	15.08			
		velocity	7.03	8.58	8.50	8.33	8.18	7.61	7.35	7.23	6.94	6.73	6.71	7.48	8.47	7.70	6.96	
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	16	19.2	173.2				
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	04-Jul-21	time	6.34	10.30	14.36	22.84	24.8	27.42	32.12	36.88	41.78	47.02	52.96	3 / 3				
reaction time	0.183	interval	3.96	4.06	8.48	4.58	4.70	4.76	4.90	5.24	5.94	NR PB	14.90					
		velocity	7.10	8.84	8.62	8.25	8.06	7.64	7.45	7.35	7.14	6.68	6.73	7.55	7.05			
H1 lead leg	R	strides	22	14	14	15	15	15	15	15	16	19.2	145.2					
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	01-Jul-21	time	6.48	10.56	14.68	19.00	23.44	28.12	32.84	37.72	42.68	48.04	54.15	5 / 2				
reaction time	0.185	interval	4.08	4.12	4.32	4.44	4.68	4.72	4.88	4.96	5.36	6.11	PB	12.52	13.84	15.20		
		velocity	6.94	8.58	8.50	8.10	7.88	7.48	7.42	7.17	7.06	6.53	6.55	7.39	8.39	7.59	6.91	
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	16	19.5	173.5				
FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	10-Jun-21	time	6.44	10.56	14.62	18.80	23.20	25.1	27.88	32.64	37.56	42.64	48.04	54.19	5 / 2			
reaction time	0.182	interval	4.12	4.06	4.18	4.40	4.68	4.76	4.92	5.08	5.40	6.15	PB	12.36	13.84	15.40		
		velocity	6.99	8.50	8.62	8.37	7.95	7.97	7.48	7.35	7.11	6.89	6.48	6.50	7.38	8.50	7.59	6.82
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	16	19.7	173.7				
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)													<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>					
date	17-Sep-20	time	6.44	10.56	14.76	19.12	23.68	25.7	28.44	33.32	38.32	43.36	48.52	54.54	6 / 2			
reaction time	0.157	interval	4.12	4.20	4.36	4.56	4.76	4.88	5.00	5.04	5.16	6.02	12.68	14.20	15.20			
		velocity	6.99	8.50	8.33	8.03	7.68	7.78	7.35	7.17	7.00	6.94	6.78	6.64	7.33	8.28	7.39	6.91
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	19.7	172.7				
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)													<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>					
date	23-Aug-20	time	6.50	10.67	15.00	19.37	24.00	26.0	28.87	33.77	38.63	43.80	49.10	55.19	2 / 2			
reaction time	0.156	interval	4.17	4.33	4.37	4.63	4.87	4.90	4.86	5.17	5.30	6.09	12.87	14.40	15.33			
		velocity	6.92	8.39	8.08	8.01	7.56	7.69	7.19	7.14	7.20	6.77	6.60	6.57	7.25	8.16	7.29	6.85
H1 lead leg	R	strides	21	14	14	14	15	15	15	15	16	15	16	19.5	160.5			
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)													<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>					
date	19-Aug-20	time	6.44	10.56	14.88	19.32	24.00	28.92	33.92	39.08	44.40	49.88	55.86	3 / 2				
reaction time	0.162	interval	4.12	4.32	4.44	4.68	4.92	5.00	5.16	5.32	5.48	5.98	12.88	14.60	15.96			
		velocity	6.99	8.50	8.10	7.88	7.48	7.11	7.00	6.78	6.58	6.39	6.69	7.16	8.15	7.19	6.58	
H1 lead leg	R	strides	22	14	14	14	15	15	15	15	16	16	19.5	175.5				
FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	04-Oct-19	time	6.40	10.48	14.65	18.98	23.45	28.13	33.00	38.00	43.04	48.35	54.45	3 / 7				
reaction time	0.173	interval	4.08	4.17	4.33	4.47	4.68	4.87	5.00	5.04	5.31	6.10	12.58	14.02	15.35			
		velocity	7.03	8.58	8.39	8.08	7.83	7.48	7.19	7.00	6.94	6.59	6.56	7.35	8.35	7.49	6.84	
H1 lead leg	R	strides	22	14	14	14	15	15	15	15	16	19.2	144.2					
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	02-Oct-19	time	6.54	10.67	14.85	19.22	23.75	28.46	33.30	38.24	43.21	48.35	54.45	6 / 3				
reaction time	0.171	interval	4.13	4.18	4.37	4.53	4.71	4.84	4.94	4.97	5.14	6.10	12.68	14.08	15.05			
		velocity	6.88	8.47	8.37	8.01	7.73	7.43	7.23	7.09	7.04	6.81	6.56	7.35	8.28	7.46	6.98	
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	19.2	172.2				
FINAL - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	10-Sep-19	time	6.54	10.67	14.88	19.18	23.65	28.42	33.40	38.47	43.71	49.01	55.32	6 / 1				
reaction time		interval	4.13	4.21	4.30	4.47	4.77	4.98	5.07	5.24	5.30	6.31	12.64	14.22	15.61			
		velocity	6.88	8.47	8.31	8.14	7.83	7.34	7.03	6.90	6.68	6.60	6.34	7.23	8.31	7.38	6.73	
H1 lead leg	R	strides	14	14	14	14	15	15	15	15	16	16	19.7	152.7				
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	29-Aug-19	time	6.48	10.64	19.24	23.88	25.9	28.72	33.68	38.72	43.88	49.20	55.28	1 / 6				
reaction time	0.149	interval	4.16	8.60	4.64	7.72	7.23	7.06	6.94	6.78	6.58	6.58	7.24	8.23	7.27	6.77		
		velocity	6.94	8.41	8.14	7.54	7.23	7.06	6.94	6.78	6.58	6.58	7.24	8.23	7.27	6.77		
H1 lead leg	R	strides	22	14	15	15	15	15	15	15	16	19.7	131.7					
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	21-Jul-19	time	6.60	10.80	15.04	19.40	23.92	28.60	33.40	38.32	43.40	48.56	54.64	2 / 4				
reaction time	0.158	interval	4.20	4.24	4.36	4.52	4.68	4.80	4.92	5.08	5.16	6.08	12.80	14.00	15.16			
		velocity	6.82	8.33	8.25	8.03	7.74	7.48	7.29	7.11	6.89	6.78	6.58	7.32	8.20	7.50	6.93	
H1 lead leg	R	strides	22	14	14	14	15	15	15	15	15	16	19.5	174.5				
FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	12-Jul-19	time	6.56	10.80	15.10	19.52	26.3	29.04	34.08	39.16	44.36	49.64	55.65	8 / 8				
reaction time	0.170	interval	4.24	4.30	4.42	9.52	5.04	5.08	5.20	5.28	6.01	12.96	14.56	15.56				
		velocity	6.86	8.25	8.14	7.92	7.60	7.35	6.94	6.89	6.73	6.63	6.66	7.19	8.10	7.21	6.75	
H1 lead leg	R	strides	22	14	14	14	15	15	15	15	15	16	125					
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					

date	13-Jun-19	time	6.52	10.72	14.96		24.20	26.2	29.04	34.04	39.04	44.28	49.80		56.26	2 / 6			
reaction time	0.178	interval		4.20	4.24		9.24		4.84	5.00	5.00	5.24	5.52	6.46					15.76
		velocity	6.90	8.33	8.25		7.58	7.63	7.23	7.00	7.00	6.68	6.34	6.19	7.11				6.66
H1 lead leg	R	strides	22	14	14				15	15	15	15	16	21	147				

FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)*Henson (2020) - Athlete First: 2019 year end hurdle report*

date	06-Jun-19	time	6.44	10.64	14.92	19.40	24.08		28.96	33.84	38.80	44.00	49.40		55.64	8 / 6				
reaction time	0.157	interval		4.20	4.28	4.48	4.68		4.88	4.88	4.96	5.20	5.40	6.24				12.96	14.44	15.56
		velocity	6.99	8.33	8.18	7.81	7.48		7.17	7.17	7.06	6.73	6.48	6.41	7.19			8.10	7.27	6.75
H1 lead leg	R	strides	22	14	14	14	15		15	15	15	15	16	19.5	174.5					

FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)*Henson (2020) - Athlete First: 2019 year end hurdle report*

date	03-May-19	time	6.58	10.70	14.91	19.35	23.99	25.9	28.73	33.60	38.60	43.64	48.84		54.82	4 / 3				
reaction time	0.149	interval		4.12	4.21	4.44	4.64		4.74	4.87	5.00	5.04	5.20	5.98				12.77	14.25	15.24
		velocity	6.84	8.50	8.31	7.88	7.54	7.72	7.38	7.19	7.00	6.94	6.73	6.69	7.30			8.22	7.37	6.89
H1 lead leg	R	strides	22	14	14	14	15		15	15	15	15	16	19.2	174.2					

FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)*Henson (2021) - Athlete First: 2018 year end hurdle report*

date	09-Sep-18	time	6.36	10.48	14.68	19.00	23.36		28.00	32.88	37.80	43.04	48.24		54.47	8 / 3				
reaction time	0.172	interval		4.12	4.20	4.32	4.36		4.64	4.88	4.92	5.24	5.20	6.23				12.64	13.88	15.36
		velocity	7.08	8.50	8.33	8.10	8.03		7.54	7.17	7.11	6.68	6.73	6.42	7.34			8.31	7.56	6.84
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	19.7	174.7					

FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)*Henson (2021) - Athlete First: major championships report*

date	15-Aug-13	time	6.34	10.58	14.88	19.19	23.84		28.65		38.61	43.77	49.00		55.01	1 / 6 5			
reaction time	0.169	interval		4.24	4.30	4.31	4.65		4.81		9.96	5.16	5.23	6.01				12.85	
		velocity	7.10	8.25	8.14	8.12	7.53		7.28		7.03	6.78	6.69	6.66	7.27			8.17	
H1 lead leg	L	strides	21	14	14	14	14		15		15	15	19.2	141.2					

Saihara, Mai (JPN)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)***Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection*

date	04-Aug-18	time	6.86	11.49	16.25	21.26	26.43		31.82	37.47	43.14	48.98	54.67		60.86	9 / 6				
reaction time		interval		4.63	4.76	5.01	5.17		5.39	5.65	5.67	5.84	5.69	6.19				14.40	16.21	17.20
		velocity	6.56	7.56	7.35	6.99	6.77		6.49	6.19	6.17	5.99	6.15	6.46	6.57			7.29	6.48	6.10
H1 lead leg		strides		17	17	17	17		17	18	18	19	19		159					

Saito, Mayu (JPN) (1995)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)***Sugimoto (2021) - race analysis of men's and women's 400m hurdlers in the 2021 season*

date	06-Jun-21	time	6.40	10.66	15.02	19.69	24.57		29.65	35.00	40.49	46.20	52.20		58.99	7 / 2				
reaction time		interval		4.26	4.36	4.67	4.88		5.08	5.35	5.49	5.71	6.00	6.79				13.29	15.31	17.20
		velocity	7.03	8.22	8.03	7.49	7.17		6.89	6.54	6.38	6.13	5.83	5.89	6.78			7.90	6.86	6.10
H1 lead leg	L	strides	24	16	16	17	17		17	18	18	19	19	23.2	204.2					

B FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	24-Oct-20	time	6.62	11.03	15.57	20.39	25.41		30.81	36.47	41.86	47.61	53.45		59.97	4 / 2				
reaction time		interval		4.41	4.54	4.82	5.02		5.40	5.66	5.39	5.75	5.84	6.52				13.77	16.08	16.98
		velocity	6.80	7.94	7.71	7.26	6.97		6.48	6.18	6.49	6.09	5.99	6.13	6.67			7.63	6.53	6.18
H1 lead leg		strides		16	16	17	17		17	18	18	19	19		157					

FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	20-Sep-20	time	6.59	10.94	15.45	20.22	25.26		30.53	36.14	42.04	48.30	54.70		62.14	8 / 7				
reaction time	0.217	interval		4.35	4.51	4.77	5.04		5.27	5.61	5.90	6.26	6.40	7.44				13.63	15.92	18.56
		velocity	6.83	8.05	7.76	7.34	6.94		6.64	6.24	5.93	5.59	5.47	5.38	6.44			7.70	6.60	5.66
H1 lead leg		strides		16	16	17	17		17	18	18	19	19		157					

Saka, Nozomi (JPN) (2001)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)***Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection*

date	06-Aug-19	time	6.67	11.16	15.75	20.47	25.38		30.53	35.72	41.02	46.60	52.63		59.48	2 / 6				
reaction time		interval		4.49	4.59	4.72	4.91		5.15	5.19	5.30	5.58	6.03	6.85	PB			13.80	15.25	16.91
		velocity	6.75	7.80	7.63	7.42	7.13		6.80	6.74	6.60	6.27	5.80	5.84	6.72			7.61	6.89	6.21
H1 lead leg		strides		16	16	16	16		17	17	17	17	19		151					

Sallins, Melinda (USA) (1973)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2003 USATF National Championships (Palo Alto, CA)***USATF Women's Sprint Development (2003)*

date	21-Jun-03	time	6.52	10.74	15.12	19.49	23.94		28.58	33.53	38.54	43.81	49.50		56.24	1 / 5				
reaction time		interval		4.22	4.38	4.37	4.45		4.64	4.95	5.01	5.27	5.69	6.74				12.97	14.04	15.97
		velocity	6.90	8.29	7.99	8.01	7.87		7.54	7.07	6.99	6.64	6.15	5.93	7.11			8.10	7.48	6.57
H1 lead leg		strides																		

Salmon, Shiann (JAM) (1999)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2024 Memorial van damme (Brussels, BEL)***Omega Timing (2024) - diamond league race analysis*

date	14-Sep-24	time	6.19	10.28	14.44	18.73	23.12		27.66	32.33	37.21	42.23	47.42		53.99	7 / 3				
reaction time	0.197	interval		4.09	4.16	4.29	4.39		4.54	4.67	4.88	5.02	5.19	6.57				12.54	13.60	15.09
		velocity	7.27	8.56	8.41	8.16	7.97		7.71	7.49	7.17	6.97	6.74	6.09	7.41			8.37	7.72	6.96
H1 lead leg	L	strides	22				14		15	15	15	16		20						

FINAL - 2024 Weltklasse (Züch, SUI)*Omega Timing (2024) - diamond league race analysis*

date	05-Sep-24	time	6.23	10.31	14.54	18.81	23.13	27.62	32.29	37.03	41.98	47.04	52.97	6 / 1				
reaction time	0.176	interval		4.08	4.23	4.27	4.32	4.49	4.67	4.74	4.95	5.06	5.93		PB	12.58	13.48	14.75
		velocity	7.22	8.58	8.27	8.20	8.10	7.80	7.49	7.38	7.07	6.92	6.75		7.55	8.35	7.79	7.12
H1 lead leg	R	strides	21	14	14	14	14	14	15	15	16	16	19.5		172.5			
FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)														<i>Omega Timing (2024) - diamond league race analysis</i>				
date	30-Aug-24	time	6.23	10.23	14.28	18.44	22.80	27.36	32.05	36.92	41.92	47.06	53.20	5 / 2				
reaction time	0.200	interval		4.00	4.05	4.16	4.36	4.56	4.69	4.87	5.00	5.14	6.14			12.21	13.61	15.01
		velocity	7.22	8.75	8.64	8.41	8.03	7.68	7.46	7.19	7.00	6.81	6.51		7.52	8.60	7.71	7.00
H1 lead leg	L	strides	22	14			14	15	15	16	16	16	19.5		147.5			
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)														<i>Omega Timing (2024) - diamond league race analysis</i>				
date	25-Aug-24	time	6.31	10.38	14.53	18.87	23.28	27.84	32.51	37.29	42.21	47.25	53.15	8 / 4				
reaction time	0.229	interval		4.07	4.15	4.34	4.41	4.56	4.67	4.78	4.92	5.04	5.90			12.56	13.64	14.74
		velocity	7.13	8.60	8.43	8.06	7.94	7.68	7.49	7.32	7.11	6.94	6.78		7.53	8.36	7.70	7.12
H1 lead leg	L	strides	22	14	14	14	14	15	15	16	16	16	19		175			
FINAL - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympc Games - Results Book (2024)</i>				
date	08-Aug-24	time	6.23	10.34	14.51	18.70	23.02	27.54	32.20	37.01	42.11	47.22	53.29	2 / 6				
reaction time	0.207	interval		4.11	4.17	4.19	4.32	4.52	4.66	4.81	5.10	5.11	6.07			12.47	13.50	15.02
		velocity	7.22	8.52	8.39	8.35	8.10	7.74	7.51	7.28	6.86	6.85	6.59		7.51	8.42	7.78	6.99
H1 lead leg	L	strides	22	14	14	14	14	15	15	16	16	16	19		175			
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympc Games - Results Book (2024)</i>				
date	06-Aug-24	time	6.13	10.16	14.26	18.45	22.80	27.35	32.04	36.82	41.81	46.95	53.13	5 / 3				
reaction time	0.182	interval		4.03	4.10	4.19	4.35	4.55	4.69	4.78	4.99	5.14	6.18		PB	12.32	13.59	14.91
		velocity	7.34	8.68	8.54	8.35	8.05	7.69	7.46	7.32	7.01	6.81	6.47		7.53	8.52	7.73	7.04
H1 lead leg	L	strides	22	14	14	14	14	15	15	16	16	16	20		176			
Heat 3 - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympc Games - Results Book (2024)</i>				
date	04-Aug-24	time	6.15	10.21	14.38	18.72	23.21	27.81	32.55	37.44	42.54	47.70	53.95	8 / 2				
reaction time	0.186	interval		4.06	4.17	4.34	4.49	4.60	4.74	4.89	5.10	5.16	6.25			12.57	13.83	15.15
		velocity	7.32	8.62	8.39	8.06	7.80	7.61	7.38	7.16	6.86	6.78	6.40		7.41	8.35	7.59	6.93
H1 lead leg	L	strides	22	15	14	14	14	15	15	16	16	16	20		177			
FINAL - 2024 London Athletics Meet (London, GBR)														<i>Omega Timing (2024) - diamond league race analysis</i>				
date	20-Jul-24	time	6.29	10.43	14.75	19.13	23.61	28.28	33.18	38.12	43.15	48.28	54.50	3 / 7				
reaction time	0.169	interval		4.14	4.32	4.38	4.48	4.67	4.90	4.94	5.03	5.13	6.22			12.84	14.05	15.10
		velocity	7.15	8.45	8.10	7.99	7.81	7.49	7.14	7.09	6.96	6.82	6.43		7.34	8.18	7.47	6.95
H1 lead leg	L	strides	22	15	15	15	15	16	16			16	130					
FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)														<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	19-May-24	time	6.43	10.61	14.99	19.46	23.99	28.56	33.24	38.02	43.06	48.23	54.27	7 / 2				
reaction time	0.163	interval		4.18	4.38	4.47	4.53	4.68	4.80	4.78	5.04	5.17	6.04			13.03	13.78	14.99
		velocity	7.00	8.37	7.99	7.83	7.73	7.48	7.29	7.32	6.94	6.77	6.62		7.37	8.06	7.62	7.00
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19.7		163.7			
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)														<i>Omega Timing (2023) - diamond league race analysis</i>				
date	28-May-23	time	6.21	10.35	14.78	19.27	23.88	28.56	33.36	38.25	43.16	48.18	54.42	3 / 3				
reaction time	0.178	interval		4.14	4.43	4.49	4.61	4.68	4.80	4.89	4.91	5.02	6.24			13.06	14.09	14.82
		velocity	7.25	8.45	7.90	7.80	7.59	7.48	7.29	7.16	7.13	6.97	6.41		7.35	8.04	7.45	7.09
H1 lead leg	R	strides	21	15	15	14	15	15	16	16	16	16	19.7		178.7			
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	06-Aug-22	time	6.36	10.55	14.70	19.23	23.73	25.8	28.53	33.22	37.90	42.90	48.08	54.47	4 / 2			
reaction time	0.195	interval		4.19	4.15	4.53	4.50	4.80	4.69	4.68	5.00	5.18	6.39			12.87	13.99	14.86
		velocity	7.08	8.35	8.43	7.73	7.78	7.75	7.29	7.46	7.48	7.00	6.76	6.26	7.34	8.16	7.51	7.07
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	16	16	19.7	178.7			
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	20-Jul-22	time	6.20	10.27	14.60	18.93	23.43	25.33	28.03		37.63	42.70	47.83	54.16	3 / 3			
reaction time	0.187	interval		4.07	4.33	4.33	4.50	4.60		4.60	9.60	5.07	5.13	6.33		12.73		
		velocity	7.26	8.60	8.08	8.08	7.78	7.90	7.61		7.29	6.90	6.82	6.32	7.39	8.25		
H1 lead leg	L	strides	22	15	15	15	15	15	15			16	16	20	149			
Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	19-Jul-22	time	6.30		14.83	19.33	24.03	26.00		33.76	38.67	43.70	48.80	54.91	2 / 2			
reaction time	0.176	interval			8.53	4.50	4.70			9.73	4.91	5.03	5.10	6.11		13.03	14.43	15.04
		velocity	7.14		8.21	7.78	7.45	7.69		7.19	7.13	6.96	6.86	6.55	7.28	8.06	7.28	6.98
H1 lead leg	L	strides	22			15	15					16	16	19.7	119.7			
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	02-Oct-19	time	6.34	10.57	14.95		24.09	28.82	33.73	38.68	43.81	48.98	55.16	7 / 3				
reaction time	0.186	interval		4.23	4.38		9.14	4.73	4.91	4.95	5.13	5.17	6.18		PB			15.25
		velocity	7.10	8.27	7.99		7.66	7.40	7.13	7.07	6.82	6.77	6.47		7.25			6.89
H1 lead leg	R	strides	22	15	15			15	16	16		17	20.5		136.5			

FINAL - 2018 IAAF World Junior Championships (Tampere, FIN) (TV Analysis)*Henson (2020) - Athlete First: 2018 year end hurdle report*

date	13-Jul-18	time	6.13	10.33	14.73	19.30	23.90	28.70	33.70	38.70	43.86	49.36	56.11	4 / 2				
reaction time	0.167	interval		4.20	4.40	4.57	4.60	4.80	5.00	5.00	5.16	5.50	6.75		13.17	14.40	15.66	
		velocity	7.34	8.33	7.95	7.66	7.61	7.29	7.00	7.00	6.78	6.36	5.93	7.13	7.97	7.29	6.70	
H1 lead leg	R	strides	22	15	15	15	15	15	16	16	16	17	21	183				

Sartori, Rebecca (ITA) (1997)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Repechage 2 - 2024 Olympic Games (Paris, FRA)***Paris 2024 Olympc Games - Results Book (2024)*

date	05-Aug-24	time	6.34	10.52	14.87	19.29	23.85	28.56	33.79	38.91	44.10	49.38	55.44	7 / 5				
reaction time	0.208	interval		4.18	4.35	4.42	4.56	4.71	5.23	5.12	5.19	5.28	6.06		12.95	14.50	15.59	
		velocity	7.10	8.37	8.05	7.92	7.68	7.43	6.69	6.84	6.74	6.63	6.60	7.22	8.11	7.24	6.74	
H1 lead leg	L	strides	22	15	15	15	15	16	16	16	16	16	19.2	181.2				

Heat 1 - 2024 Olympic Games (Paris, FRA)*Paris 2024 Olympc Games - Results Book (2024)*

date	04-Aug-24	time	6.20	10.21	14.37	18.70	23.25	28.06	33.14	38.41	43.87	49.35	55.81	6 / 6				
reaction time	0.210	interval		4.01	4.16	4.33	4.55	4.81	5.08	5.27	5.46	5.48	6.46		12.50	14.44	16.21	
		velocity	7.26	8.73	8.41	8.08	7.69	7.28	6.89	6.64	6.41	6.39	6.19	7.17	8.40	7.27	6.48	
H1 lead leg	L	strides	22	15	15	15	15	16	16	17	17	17	20	185				

Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)*Henson (2023) - Athlete First: 2023 year end hurdle report*

date	22-Aug-23	time	6.40	10.71	15.01	19.22	23.72		33.56	38.84	44.41		55.98	3 / 8				
reaction time	0.213	interval		4.31	4.30	4.21	4.50		9.84	5.28	5.57	11.57			12.82	14.34		
		velocity	7.03	8.12	8.14	8.31	7.78		7.11	6.63	6.28	6.48	7.15		8.19	7.32		
H1 lead leg	L	strides	22	15	15	15	15			17	17	17	133					

Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)*Henson (2023) - Athlete First: 2023 year end hurdle report*

date	21-Aug-23	time	6.26	10.36	14.80	19.15	23.50	28.26	33.20	38.23	43.40	48.77	54.82	4 / 5				
reaction time	0.203	interval		4.10	4.44	4.35	4.35	4.76	4.94	5.03	5.17	5.37	6.05	PB		12.89	14.05	15.57
		velocity	7.19	8.54	7.88	8.05	8.05	7.35	7.09	6.96	6.77	6.52	6.61	7.30	8.15	7.47	6.74	
H1 lead leg	L	strides	22	15	15	15	15	16	16	16	16	17	19.7	182.7				

Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)*Henson (2022) - Athlete First: 2022 year end hurdle report*

date	20-Jul-22	time	6.38	10.60	15.06	19.40	24.00	26.10	28.92	33.93	39.20	44.53	49.86	55.90	2 / 8			
reaction time	0.199	interval		4.22	4.46	4.34	4.60		4.92	5.01	5.27	5.33	5.33	6.04		13.02	14.53	15.93
		velocity	7.05	8.29	7.85	8.06	7.61	7.66	7.11	6.99	6.64	6.57	6.57	6.62	7.16	8.06	7.23	6.59
H1 lead leg	L	strides	22	15	15	15	15	16		17	17	17	19.5	168.5				

Sauka, Satsuki (JPN) (2005)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)***Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

date	04-Jun-23	time	7.06	11.80	16.62	21.47	26.53	31.75	37.10	42.79	48.62	54.64	61.35	2 / 7				
reaction time	0.223	interval		4.74	4.82	4.85	5.06	5.22	5.35	5.69	5.83	6.02	6.71		14.41	15.63	17.54	
		velocity	6.37	7.38	7.26	7.22	6.92	6.70	6.54	6.15	6.00	5.81	5.96	6.52	7.29	6.72	5.99	
H1 lead leg	R	strides	24	16	16	17	17	17	17	18	18	19	23	202				

Schallau, Karin (FRG) (1941)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 1971 West German Athletics - 300m Hurdles Test (Bonn, FRG)***Keydel (1971) - 300 ou 400 haies pour les femmes?*

date	15-May-71	time	4.1	7.9	11.6	15.4	19.3	23.6	27.6	31.7	36.1	41.4	44.4	1 / 1				
reaction time		interval		3.80	3.70	3.80	3.90	4.30	4.00	4.10	4.40	5.30	3.00		11.30	12.20	13.80	
		velocity																
H1 lead leg		strides	13	13	13	13	13	13	13	13	13	13	130					

Schirme, Randi (FRG)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 1971 West German Athletics - 300m Hurdles Test (Bonn, FRG)***Keydel (1971) - 300 ou 400 haies pour les femmes?*

date	15-May-71	time	4.1	7.9	11.8	15.6	19.6	24.1	28.6	33.3	38.1	43.0	46.4	1 / 5				
reaction time		interval		3.80	3.90	3.80	4.00	4.50	4.50	4.70	4.80	4.90	3.40		11.50	13.00	14.40	
		velocity																
H1 lead leg		strides	13	13	13	13	13	15	15	15	15	15	140					

Schürmann, Robine (SUI) (1989)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2016 Hürden-und Sprintmeeting (Basel, SUI) (300m Hurdles)***Swiss Athletics (2016) - sprint and hurdle analysis*

date	07-May-16	time	6.74	11.16	15.70	20.42	25.28	30.22	35.14				41.31	1 / 2				
reaction time		interval		4.42	4.54	4.72	4.86	4.94	4.92				6.17		13.68	14.72		
		velocity	6.68	7.92	7.71	7.42	7.20	7.09	7.11				7.29	7.26	7.68	7.13		
H1 lead leg		strides																

Sekimoto, Moeka (JPN) (2000)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)***Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	03-May-21	time	6.71	11.08	15.58	20.10	24.76	29.56	34.42	39.44	44.73	50.34	57.33	6 / 1				
reaction time	0.216	interval		4.37	4.50	4.52	4.66	4.80	4.86	5.02	5.29	5.61	6.99		13.39	14.32	15.92	
		velocity	6.71	8.01	7.78	7.74	7.51	7.29	7.20	6.97	6.62	6.24	5.72	6.98	7.84	7.33	6.60	
H1 lead leg	R	strides	22	15	15	15	15	16	16	17	17	17	22	187				

FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	24-Oct-20	time	6.64	11.03	15.48	19.99	24.62	29.60	34.73	39.92	45.38	51.08	58.09	3 / 1				
reaction time		interval		4.39	4.45	4.51	4.63	4.98	5.13	5.19	5.46	5.70	7.01		13.35	14.74	16.35	
		velocity	6.78	7.97	7.87	7.76	7.56	7.03	6.82	6.74	6.41	6.14	5.71	6.89	7.87	7.12	6.42	
H1 lead leg		strides		15	15	15	15	16	16	17	17	17	143					

date	28-Jul-10	time	6.50	10.74	15.16	19.54	24.04	28.70	33.54	38.50	43.52	48.82	54.73	3 / 3			
reaction time	0.258	interval		4.24	4.42	4.38	4.50	4.66	4.84	4.96	5.02	5.30	5.91	PB	13.04	14.00	15.28
		velocity	6.92	8.25	7.92	7.99	7.78	7.51	7.23	7.06	6.97	6.60	6.77	7.31	8.05	7.50	6.87
H1 lead leg	R	strides		15	16	16	15	16	16	17	17	17	145				

Heat 1 - 2010 European Championships (Barcelona, ESP)

Arnold (2010) - 400mH planning and peaking

date	27-Jul-10	time	6.54	10.74	15.04	19.42	23.92	28.54	33.54	38.62	44.00	49.36	55.35	4 / 2			
reaction time	0.189	interval		4.20	4.30	4.38	4.50	4.62	5.00	5.08	5.38	5.36	5.99		12.88	14.12	15.82
		velocity	6.88	8.33	8.14	7.99	7.78	7.58	7.00	6.89	6.51	6.53	6.68	7.23	8.15	7.44	6.64
H1 lead leg	R	strides		15	16	16	15	16	16	17	17	17	145				

Sheffield, LaTanya (USA) (1963)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

FINAL - 1988 Olympic Games (Seoul, KOR)

Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988

date	28-Sep-88	time	6.44	10.53	14.73	19.09	23.74	28.55	33.37	38.31	43.44	48.88	55.32	4 / 8			
reaction time	0.202	interval		4.09	4.20	4.36	4.65	4.81	4.82	4.94	5.13	5.44	6.44		12.65	14.28	15.51
		velocity	6.99	8.56	8.33	8.03	7.53	7.28	7.26	7.09	6.82	6.43	6.21	7.23	8.30	7.35	6.77
H1 lead leg	R	strides	23	15	15	15	17	17	17	17	17	17	21.2	191.2			

Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)

Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988

date	26-Sep-88	time	6.42	10.52	14.72	19.11	23.72	28.54	33.39	38.33	43.41	48.56	54.36	3 / 3			
reaction time	0.184	interval		4.10	4.20	4.39	4.61	4.82	4.85	4.94	5.08	5.15	5.80	PB	12.69	14.28	15.17
		velocity	7.01	8.54	8.33	7.97	7.59	7.26	7.22	7.09	6.89	6.80	6.90	7.36	8.27	7.35	6.92
H1 lead leg		strides	23	15	15	15	15	16	17	17	17	17	20.8	187.8			

Shibata, Haruka (JPN) (1991)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)

Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season

date	23-Aug-20	time	6.91	11.54	16.30	21.37	26.59	31.82	37.04	42.43	47.96	53.72	60.15	9 / 6			
reaction time	0.161	interval		4.63	4.76	5.07	5.22	5.23	5.22	5.39	5.53	5.76	6.43		14.46	15.67	16.68
		velocity	6.51	7.56	7.35	6.90	6.70	6.69	6.70	6.49	6.33	6.08	6.22	6.65	7.26	6.70	6.29
H1 lead leg		strides		16	16	17	17	17	17	17	17	19	153				

FINAL - 2019 Japanese National Championships (Fukuoka, JPN)

Yamanaka (2019) - research on athlete performance and technique- 2019 data book

date	30-Jun-19	time	6.72	11.19	15.83	20.57	25.43	30.45	35.60	40.86	46.28	51.82	58.18	3 / 4			
reaction time	0.174	interval		4.47	4.64	4.74	4.86	5.02	5.15	5.26	5.42	5.54	6.36		13.85	15.03	16.22
		velocity	6.70	7.83	7.54	7.38	7.20	6.97	6.80	6.65	6.46	6.32	6.29	6.88	7.58	6.99	6.47
H1 lead leg	L	strides	24	16	16	16	16	16	17	17	17	17	21.2	193.2			

B FINAL - 2019 Kinami Memorial (Osaka, JPN)

Matsubayashi (2019) - research on athlete performance and technique- 2019 data book

date	06-May-19	time	6.67	11.09	15.56	20.27	25.21	30.18	35.32	40.54	46.10	51.85	58.24	8 / 2			
reaction time		interval		4.42	4.47	4.71	4.94	4.97	5.14	5.22	5.56	5.75	6.39		13.60	15.05	16.53
		velocity	6.75	7.92	7.83	7.43	7.09	7.04	6.81	6.70	6.29	6.09	6.26	6.87	7.72	6.98	6.35
H1 lead leg	L	strides	24	16	16	17	17	17	17	17	18	18	21.2	198.2			

FINAL - 2008 Japanese National High School Championships (Kumagaya, JPN)

Abe (2008) - 61st high school championships: JAF scientific committee- biomechanics data

date	31-Jul-08	time	7.09	11.83	16.68	21.60	26.63	31.72	36.97	42.24	47.53	52.89	58.83	1 / 2			
reaction time		interval		4.74	4.85	4.92	5.03	5.09	5.25	5.27	5.29	5.36	5.94		14.51	15.37	15.92
		velocity	6.35	7.38	7.22	7.11	6.96	6.88	6.67	6.64	6.62	6.53	6.73	6.80	7.24	6.83	6.60
H1 lead leg		strides		17	17	17	17	17	17	17	17	17	153				

Shimizu, Hana (JPN) (2001)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)

Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection

date	06-Aug-19	time	6.80	11.33	15.97	20.79	25.85	31.01	36.14	41.31	46.85	52.55	59.07	6 / 5			
reaction time		interval		4.53	4.64	4.82	5.06	5.16	5.13	5.17	5.54	5.70	6.52	PB	13.99	15.35	16.41
		velocity	6.62	7.73	7.54	7.26	6.92	6.78	6.82	6.77	6.32	6.14	6.13	6.77	7.51	6.84	6.40
H1 lead leg		strides		17	17	17	17	17	17	17	19	19	157				

FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)

Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection

date	04-Aug-18	time	6.77	11.38	16.12	20.97	26.08	31.21	36.42	41.74	47.43	53.14	59.61	4 / 3			
reaction time		interval		4.61	4.74	4.85	5.11	5.13	5.21	5.32	5.69	5.71	6.47	PB	14.20	15.45	16.72
		velocity	6.65	7.59	7.38	7.22	6.85	6.82	6.72	6.58	6.15	6.13	6.18	6.71	7.39	6.80	6.28
H1 lead leg		strides		17	17	17	17	17	17	17	19	19	157				

Shiomi, Mikoto (JPN) (2001)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)

Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection

date	06-Aug-19	time	6.93	11.75	16.60	21.62	26.77	32.08	37.50	42.88	48.38	54.04	59.96	1 / 8			
reaction time		interval		4.82	4.85	5.02	5.15	5.31	5.42	5.38	5.50	5.66	5.92		14.69	15.88	16.54
		velocity	6.49	7.26	7.22	6.97	6.80	6.59	6.46	6.51	6.36	6.18	6.76	6.67	7.15	6.61	6.35
H1 lead leg		strides		17	17	17	17	18	18	18	18	18	158				

Simizu, Serina (JPN) (2005)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)

Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season

date	04-Jun-23	time	6.91	11.56	16.30	21.22	26.26	31.43	36.75	42.14	47.71	53.57	59.84	4 / 2			
reaction time	0.176	interval		4.65	4.74	4.92	5.04	5.17	5.32	5.39	5.57	5.86	6.27	PB	14.31	15.53	16.82
		velocity	6.51	7.53	7.38	7.11	6.94	6.77	6.58	6.49	6.28	5.97	6.38	6.68	7.34	6.76	6.24
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	17	19	22	201			

FINAL - 2022 Japanese National High School Championships (Naruto, JPN)

Kishima (2022) - national high school championships biomechanics data collection

date	05-Aug-22	time	6.80	11.32	16.15	21.15	26.43		31.82	37.45	43.07	48.73	54.55		60.92	2 / 8			
reaction time	0.291	interval		4.52	4.83	5.00	5.28		5.39	5.63	5.62	5.66	5.82	6.37	PB		14.35	16.30	17.10
		velocity	6.62	7.74	7.25	7.00	6.63		6.49	6.22	6.23	6.18	6.01	6.28	6.57		7.32	6.44	6.14
H1 lead leg	L	strides	24	17	17	17	17		17	19	19	19	19	22	207				
Skoglund, Ann-Louise (SWE) (1962)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 1982 European Championships (Athens, GRE)																			
<i>(1982) - XIII championnats d'Europe d'Atletisma, Athens 1982</i>																			
date	10-Sep-82	time	6.6	10.9	15.3	19.7	24.2		28.7	33.3	38.0	43.2	48.4		54.58	1 / 1			
reaction time		interval		4.30	4.40	4.40	4.50		4.50	4.60	4.70	5.20	5.20	6.18	CR / PB		13.10	13.60	15.10
		velocity	6.82	8.14	7.95	7.95	7.78		7.78	7.61	7.45	6.73	6.73	6.47	7.33		8.02	7.72	6.95
H1 lead leg		strides	23	15	15	15	15		15	15	15	17	17		162				
Slettum, Elisabeth (NOR) (1986)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 3 - 2024 European Athletics Championships (Roma, ITA)																			
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																			
date	09-Jun-24	time	6.52	10.78	15.22	19.77	24.59		29.55	34.59	39.89	45.40	50.96		57.16	6 / 8			
reaction time	0.236	interval		4.26	4.44	4.55	4.82		4.96	5.04	5.30	5.51	5.56	6.20			13.25	14.82	16.37
		velocity	6.90	8.22	7.88	7.69	7.26		7.06	6.94	6.60	6.35	6.29	6.45	7.00		7.92	7.09	6.41
H1 lead leg		strides																	
Smith, Christina (USA) (1985)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)																			
<i>USATF Women's Sprint Development (2003)</i>																			
date	22-Jun-03	time	6.42	10.76	15.24	19.90	24.93		30.28	35.84	41.22	46.73	52.27		59.01	9 / 4			
reaction time		interval		4.34	4.48	4.66	5.03		5.35	5.56	5.38	5.51	5.54	6.74	PB		13.48	15.94	16.43
		velocity	7.01	8.06	7.81	7.51	6.96		6.54	6.29	6.51	6.35	6.32	5.93	6.78		7.79	6.59	6.39
H1 lead leg		strides																	
Smith, Michelle (ISV) (2006)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2024 The Edwin Moses Legends Meet (Atlanta, GA) (TV Analysis)																			
<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																			
date	31-May-24	time	6.63	10.98	15.43	19.82	24.41		29.31	34.21		44.43	49.65		55.96	7 / 2			
reaction time		interval		4.35	4.45	4.39	4.59		4.90	4.90		10.22	5.22	6.31	NR PB		13.19	14.39	15.44
		velocity	6.79	8.05	7.87	7.97	7.63		7.14	7.14		6.85	6.70	6.34	7.15		7.96	7.30	6.80
H1 lead leg	R	strides	23	15	15	15	15		16	16			17		132				
Smith, Shauna (USA) (1983)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2003 USATF National Championships (Palo Alto, CA)																			
<i>USATF Women's Sprint Development (2003)</i>																			
date	21-Jun-03	time	6.82	11.18	15.62	20.24	24.95		29.83	35.04	40.39	45.85	51.40		57.69	2 / 7			
reaction time		interval		4.36	4.44	4.62	4.71		4.88	5.21	5.35	5.46	5.55	6.29			13.42	14.80	16.36
		velocity	6.60	8.03	7.88	7.58	7.43		7.17	6.72	6.54	6.41	6.31	6.36	6.93		7.82	7.09	6.42
H1 lead leg		strides																	
Smith-Walsh, Susan (IRL) (1971)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)																			
<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>																			
date	23-Aug-99	time	6.12	10.38	14.86	19.35	23.89		28.50	33.24	38.21	43.29	48.51		55.20	1 / 6			
reaction time	0.176	interval		4.26	4.48	4.49	4.54		4.61	4.74	4.97	5.08	5.22	6.69			13.23	13.89	15.27
		velocity	7.35	8.22	7.81	7.80	7.71		7.59	7.38	7.04	6.89	6.70	5.98	7.25		7.94	7.56	6.88
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	21	185				
Smith, Susan (IRL) (1971)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 1998 European Championships (Budapest, HUN)																			
<i>Sanchez (1998) - Budapest '98: análisis de la carreras con villas</i>																			
date	23-Aug-98	time	6.50				23.45					48.91		55.61	4 / 8				
reaction time		interval					16.95					25.46	6.70						
		velocity	6.92				8.26					6.87	5.97	7.19					
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	21.5	185.5				
FINAL - 1997 IAAF World Championships (Athens, GRE)																			
<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>																			
date	08-Aug-97	time	6.43	10.58	14.78	19.06	23.88		28.06	32.84	37.92	43.18	48.74		55.25	7 / 7			
reaction time	0.135	interval		4.15	4.20	4.28	4.82		4.18	4.78	5.08	5.26	5.56	6.51			12.63	13.78	15.90
		velocity	7.00	8.43	8.33	8.18	7.26		8.37	7.32	6.89	6.65	6.29	6.14	7.24		8.31	7.62	6.60
H1 lead leg		strides																	
Smolińska, Izabela (POL) (1999)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)																			
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																			
date	10-Jun-24	time	6.46	10.65	15.02	19.50	24.06		28.87	33.87	39.09	44.62	50.25		56.78	3 / 8			
reaction time	0.299	interval		4.19	4.37	4.48	4.56		4.81	5.00	5.22	5.53	5.63	6.53			13.04	14.37	16.38
		velocity	6.97	8.35	8.01	7.81	7.68		7.28	7.00	6.70	6.33	6.22	6.13	7.04		8.05	7.31	6.41
H1 lead leg	L	strides	23	16	16	16	16		17	17			19	21.7	145.7				
Heat 2 - 2024 European Athletics Championships (Roma, ITA)																			
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																			
date	09-Jun-24	time		10.82	15.23	19.74	24.39		29.21	34.17	39.29	44.65	50.11		56.24	9 / 5			
reaction time	0.292	interval			4.41	4.51	4.65		4.82	4.96	5.12	5.36	5.46	6.13	PB			14.43	15.94
		velocity		7.39	7.94	7.76	7.53		7.26	7.06	6.84	6.53	6.41	6.53	7.11			7.28	6.59
H1 lead leg		strides																	
Song Yinglan (CHN) (1975)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2001 Chinese National Games (Guangzhou, CHN)																			
<i>Lu (2002) - technical analysis of women's 400m hurdles champion and runner-up at the 9th national games</i>																			
date	22-Nov-01	time	6.37	10.57	14.81	19.05	23.41		27.97	32.73	37.65	42.73	47.85		53.96	1 / 1			
reaction time		interval		4.20	4.24	4.24	4.36		4.56	4.76	4.92	5.08	5.12	6.11	=AR PB		12.68	13.68	15.12
		velocity	7.06	8.33	8.25	8.25	8.03		7.68	7.35	7.11	6.89	6.84	6.55	7.41		8.28	7.68	6.94

H1 lead leg strides

Song Zhixin (CHN) (2005)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)			<i>CAA Hurdle Development (2021)</i>																
date	25-Apr-21	time	7.50	12.46	17.48	22.69	28.10		33.77	39.79					66.25	8 / 6			
reaction time	0.312	interval	4.96	5.02	5.21	5.41		5.67	6.02								15.19	17.10	
		velocity	6.00	7.06	6.97	6.72	6.47		6.17	5.81					6.04		6.91	6.14	
H1 lead leg	L	strides	24	17	17	17	17		17	18					127				

Sorensen, Kate (USA) (1999)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	6.69	11.01	15.49	20.16	25.02	27.26	30.05	35.26	40.61	46.18	51.96		59.04	5 / 6			
reaction time		interval	4.32	4.48	4.67	4.86		5.03	5.21	5.35	5.57	5.78	7.08				13.47	15.10	16.70
		velocity	6.73	8.10	7.81	7.49	7.20	7.34	6.96	6.72	6.54	6.28	6.06	5.65	6.78		7.80	6.95	6.29
H1 lead leg	R	strides	22	15	15	15	16		16	17	17	17	18		168				

Spence, Christine (USA) (1981)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 USA Olympic Trials (Eugene, OR)			<i>USATF Hurdle Development (2008)</i>																
date	29-Jun-08	time	6.51	10.71	15.08	19.45	23.92		28.51	33.42	38.42	43.82	49.27		55.74	3 / 5			
reaction time		interval	4.20	4.37	4.37	4.47		4.59	4.91	5.00	5.40	5.45	6.47				12.94	13.97	15.85
		velocity	6.91	8.33	8.01	8.01	7.83		7.63	7.13	7.00	6.48	6.42	6.18	7.18		8.11	7.52	6.62
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17		165				

Spencer, Ashley (USA) (1993)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	29-Jun-24	time	6.53	10.69	14.91	19.36	24.10	26.17	28.88	33.91	39.21	44.73	50.48		57.37	1 / 7			
reaction time		interval	4.16	4.22	4.45	4.74		4.78	5.03	5.30	5.52	5.75	6.89				12.83	14.55	16.57
		velocity	6.89	8.41	8.29	7.87	7.38	7.64	7.32	6.96	6.60	6.34	6.09	5.81	6.97		8.18	7.22	6.34
H1 lead leg	L	strides	23	15	15	15	15		15	16	16		17	20	167				

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	6.54	10.80	15.09	19.77	24.47	26.57	29.22	34.40	39.73	45.28	50.61		57.04	7 / 6			
reaction time		interval	4.26	4.29	4.68	4.70		4.75	5.18	5.33	5.55	5.33	6.43				13.23	14.63	16.21
		velocity	6.88	8.22	8.16	7.48	7.45	7.53	7.37	6.76	6.57	6.31	6.57	6.22	7.01		7.94	7.18	6.48
H1 lead leg		strides																	

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	25-Jun-22	time	6.67												dnf	3 / --			
reaction time		interval																	
		velocity	6.75																
H1 lead leg	R	strides	23												23				

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)			<i>USATF (2022) - Results powered by Karmarush</i>																
date	24-Jun-22	time	6.28	10.46	14.81	19.44	24.15	26.23	28.92	33.77	38.78	43.87	49.03	55.19	55.19	4 / 3			
reaction time		interval	4.18	4.35	4.63	4.71		4.77	4.85	5.01	5.09	5.16	6.16				13.16	14.33	15.26
		velocity	7.17	8.37	8.05	7.56	7.43	7.62	7.34	7.22	6.99	6.88	6.78	6.49	7.25		7.98	7.33	6.88
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15		127				

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2022 USATF National Championships (Eugene, OR)			<i>USATF (2022) - Results powered by Karmarush</i>																
date	23-Jun-22	time	6.57	10.87	15.21	19.75	24.39	26.30	29.13	33.96	39.04	44.21	49.51		55.79	4 / 2			
reaction time		interval	4.30	4.34	4.54	4.64		4.74	4.83	5.08	5.17	5.30	6.28				13.18	14.21	15.55
		velocity	6.85	8.14	8.06	7.71	7.54	7.60	7.38	7.25	6.89	6.77	6.60	6.37	7.17		7.97	7.39	6.75
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18.2	175.2				

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	06-Jul-21	time	6.44	10.61	14.90	19.20	23.76		28.63		39.07	44.64	50.30		56.91	3 / 8			
reaction time	0.204	interval	4.17	4.29	4.30	4.56		4.87		10.44	5.57	5.66	6.61				12.76		
		velocity	6.99	8.39	8.16	8.14	7.68		7.19		6.70	6.28	6.18	6.05	7.03		8.23		
H1 lead leg	L	strides	15	15	14	14		15				16	16		105				

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	27-Jun-21	time	6.37	10.61	14.88	19.38	24.25		28.99	33.93		44.71			60.19	3 / 8 7			
reaction time	0.222	interval	4.24	4.27	4.50	4.87		4.74	4.94		10.78						13.64	9.68	
		velocity	7.06	8.25	8.20	7.78	7.19		7.38	7.09		6.49			6.65		7.70	10.85	
H1 lead leg	L	strides	15	15	15	15		15						75					

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	26-Jun-21	time	6.40	10.67	15.11	19.72	24.42		29.18	34.03	38.87	43.84	49.01		55.25	7 / 4			
reaction time	0.208	interval	4.27	4.44	4.61	4.70		4.76	4.85	4.84	4.97	5.17	6.24				13.32	14.31	14.98
		velocity	7.03	8.20	7.88	7.59	7.45		7.35	7.22	7.23	7.04	6.77	6.41	7.24		7.88	7.34	7.01
H1 lead leg	L	strides	22	15	15	15	15			15	15	15	15		142				

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	25-Jun-21	time	6.36	10.70	15.16	19.63	24.26		29.03	33.93	38.93	44.16	49.60		55.92	8 / 2			
reaction time	0.182	interval	4.34	4.46	4.47	4.63		4.77	4.90	5.00	5.23	5.44	6.32				13.27	14.30	15.67
		velocity	7.08	8.06	7.85	7.83	7.56		7.34	7.14	7.00	6.69	6.43	6.33	7.15		7.91	7.34	6.70
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18	175				

H1 lead leg	L	strides	22	15			15	15	16	17				100						
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)														<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>						
date	06-Jul-17	time	6.48	10.76	15.20	19.68	24.32	28.96	33.60	38.28	43.08	48.28		53.90	6 / 1					
reaction time	0.154	interval	4.28	4.44	4.48	4.64		4.64	4.64	4.68	4.80	5.20	5.62			13.20	13.92	14.68		
		velocity	6.94	8.18	7.88	7.81	7.54		7.54	7.54	7.48	7.29	6.73	7.12	7.42		7.95	7.54	7.15	
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	16	18.2	176.2						
FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>						
date	27-May-17	time	6.50	10.76	15.13	19.67	24.23	28.76	33.36	38.03	42.83	47.83		53.38	6 / 1					
reaction time	0.240	interval	4.26	4.37	4.54	4.56		4.53	4.60	4.67	4.80	5.00	5.55	PB		13.17	13.69	14.47		
		velocity	6.92	8.22	8.01	7.71	7.68		7.73	7.61	7.49	7.29	7.00	7.21	7.49		7.97	7.67	7.26	
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18.2	175.2						
FINAL - 2016 Athletissima (Lausanne, SUI) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>						
date	25-Aug-16	time	6.56	10.84	15.24	19.76	24.40	29.04	33.88	38.88	44.28	49.80		55.86	2 / 6					
reaction time	0.159	interval	4.28	4.40	4.52	4.64		4.64	4.84	5.00	5.40	5.52	6.06			13.20	14.12	15.92		
		velocity	6.86	8.18	7.95	7.74	7.54		7.54	7.23	7.00	6.48	6.34	6.60	7.16		7.95	7.44	6.60	
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	18.2	177.2						
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>						
date	18-Aug-16	time	6.52	10.84	15.24	19.60	24.12	28.72	33.40	38.16	42.96	47.92		53.72	5 / 3					
reaction time	0.172	interval	4.32	4.40	4.36	4.52		4.60	4.68	4.76	4.80	4.96	5.80	PB		13.08	13.80	14.52		
		velocity	6.90	8.10	7.95	8.03	7.74		7.61	7.48	7.35	7.29	7.06	6.90	7.45		8.03	7.61	7.23	
H1 lead leg	L	strides	22	15	15	14	15	15	15	15	15	15	18.5	174.5						
FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>						
date	15-Jul-16	time	6.47	10.77	15.07	19.73	24.43	29.10	33.93	38.90	44.07	49.93		56.46	4 / 8					
reaction time	0.167	interval	4.30	4.30	4.66	4.70		4.67	4.83	4.97	5.17	5.86	6.53			13.26	14.20	16.00		
		velocity	6.96	8.14	8.14	7.51	7.45		7.49	7.25	7.04	6.77	5.97	6.13	7.08		7.92	7.39	6.56	
H1 lead leg	L	strides	22	15	14	15	15	15	15	15	15	17	18.7	176.7						
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>						
date	10-Jul-16	time	6.50	10.81	15.05	19.58	24.02	28.63	33.27	38.00	42.88	48.15		54.02	8 / 2					
reaction time	0.228	interval	4.31	4.24	4.53	4.44		4.61	4.64	4.73	4.88	5.27	5.87	PB		13.08	13.69	14.88		
		velocity	6.92	8.12	8.25	7.73	7.88		7.59	7.54	7.40	7.17	6.64	6.81	7.40		8.03	7.67	7.06	
H1 lead leg	L	strides	22	15	14	15	14	15	15	15	15	16	18.5	174.5						
Spencer, Kaliase (JAM) (1987)																				
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>						
date	09-Sep-16	time	6.44	10.68	15.04	19.56	24.20	28.88	33.68	38.64	43.76	49.04		55.05	6 / 3					
reaction time	0.182	interval	4.24	4.36	4.52	4.64		4.68	4.80	4.96	5.12	5.28	6.01			13.12	14.12	15.36		
		velocity	6.99	8.25	8.03	7.74	7.54		7.48	7.29	7.06	6.84	6.63	6.66	7.27		8.00	7.44	6.84	
H1 lead leg	L	strides	22	14	14	15	15	15	15	15	15	16	16	18.7	175.7					
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>						
date	05-Jun-16	time	6.57	10.83	15.37	19.90	24.60	29.43	34.23	39.40	44.63	50.00		55.96	2 / 7					
reaction time	0.157	interval	4.26	4.54	4.53	4.70		4.83	4.80	5.17	5.23	5.37	5.96			13.33	14.33	15.77		
		velocity	6.85	8.22	7.71	7.73	7.45		7.25	7.29	6.77	6.69	6.52	6.71	7.15		7.88	7.33	6.66	
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	16	160						
FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>						
date	02-Jun-16	time	6.40	10.60		19.48	24.00		33.48	38.56	43.80	49.20		55.51	3 / 6					
reaction time	0.158	interval	4.20			8.88	4.52		9.48	5.08	5.24	5.40	6.31			13.08	14.00	15.72		
		velocity	7.03	8.33		7.88	7.74		7.38	6.89	6.68	6.48	6.34	7.21		8.03	7.50	6.68		
H1 lead leg	L	strides	22	14		15	15			16	16	16	19	102						
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>						
date	06-May-16	time	6.44	10.72	15.16	19.64	24.24	28.96	33.72	38.56	43.72	48.96		55.02	4 / 3					
reaction time	0.144	interval	4.28	4.44	4.48	4.60		4.72	4.76	4.84	5.16	5.24	6.06			13.20	14.08	15.24		
		velocity	6.99	8.18	7.88	7.81	7.61		7.42	7.35	7.23	6.78	6.68	6.60	7.27		7.95	7.46	6.89	
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	18.7	177.7						
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)														<i>Henson (2021) - Athlete First: major championships report</i>						
date	26-Aug-15	time	6.44	10.68	15.12	19.48	24.00	28.60	33.36	38.24	43.48		55.47	7 / 8						
reaction time	0.196	interval	4.24	4.44	4.36	4.52		4.60	4.76	4.88	5.24					13.04	13.88			
		velocity	6.99	8.25	7.88	8.03	7.74		7.61	7.35	7.17	6.68		7.21		8.05	7.56			
H1 lead leg	L	strides		15	15	15	15	15	15	15	16		121							
FINAL - 2012 Olympic Games (London, GBR)														<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>						
date	08-Aug-12	time	6.36	10.40	14.45	18.60	22.81	24.61	27.40	32.29	37.14	42.12	47.50	53.66	9 / 4					
reaction time	0.191	interval	4.04	4.05	4.15	4.21		4.59	4.89	4.85	4.98	5.38	6.16			12.24	13.69	15.21		
		velocity	7.08	8.66	8.64	8.43	8.31	8.13	7.63	7.16	7.22	7.03	6.51	6.49	7.45		8.58	7.67	6.90	
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	15	16	19	178						
FINAL - 2011 IAAF World Championships (Daegu, KOR)														<i>Behm (2011) - Le quatrace: Démus enfin!</i>						
date	01-Sep-11	time	6.1	10.1	14.1	18.4	22.9	27.2	32.0	36.7	41.9	47.3		54.01	2 / 4					

reaction time	0.195	interval	4.00	4.00	4.30	4.50	4.30	4.80	4.70	5.20	5.40	6.71	12.30	13.60	15.30				
		velocity	7.38	8.75	8.75	8.14	7.78	8.14	7.29	7.45	6.73	6.48	5.96	7.41	8.54	7.72	6.86		
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	16	16	20	174					
FINAL - 2009 IAAF World Championships (Berlin, GER)													<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>						
date	20-Aug-09	time	6.43	10.48	14.66	18.93	23.31	27.95	32.69	37.51	42.45	47.55	53.56	6 / 4					
reaction time	0.149	interval	4.05	4.18	4.27	4.38	4.64	4.74	4.82	4.94	5.10	6.01	PB	12.50	13.76	14.86			
		velocity	7.00	8.64	8.37	8.20	7.99	7.54	7.38	7.26	7.09	6.86	6.66	7.47	8.40	7.63	7.07		
H1 lead leg		strides	14	14	14	14	15	15	15	15	15	15	131						
Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)													<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>						
date	18-Aug-09	time	6.45	10.47	14.65	18.88	23.29	28.03	32.85	37.73	42.81	48.27	54.37	3 / 1					
reaction time	0.180	interval	4.02	4.18	4.23	4.41	4.74	4.82	4.88	5.08	5.46	6.10	7.36	12.43	13.97	15.42			
		velocity	6.98	8.71	8.37	8.27	7.94	7.38	7.26	7.17	6.89	6.41	6.56	7.36	8.45	7.52	6.81		
H1 lead leg		strides																	
Heat 1 - 2009 IAAF World Championships (Berlin, GER)													<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>						
date	17-Aug-09	time	6.45	10.59	14.87	19.17	23.67	28.11	33.03	38.01	43.32	48.87	55.12	3 / 1					
reaction time	0.188	interval	4.14	4.28	4.30	4.50	4.44	4.92	4.98	5.31	5.55	6.25	7.26	12.72	13.86	15.84			
		velocity	6.98	8.45	8.18	8.14	7.78	7.11	7.03	6.59	6.31	6.40	7.26	8.25	7.58	6.63			
H1 lead leg		strides																	
Sprunger, Léa (SUI) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	09-Sep-21	time	6.64	10.92	19.76	24.36	26.2	29.08	34.00	38.96	55.87	8 / 8							
reaction time	0.155	interval	4.28	8.84	4.60	4.72	4.92	4.96	13.12	14.24									
		velocity	6.78	8.18	7.92	7.61	7.63	7.42	7.11	7.06	7.16	8.00	7.37						
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	15	98							
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	26-Aug-21	time	6.36	10.56	14.88	19.24	23.88	28.64	33.52	38.52	43.60	48.88	54.75	7 / 5					
reaction time	0.176	interval	4.20	4.32	4.36	4.64	4.76	4.88	5.00	5.08	5.28	5.87	7.31	12.88	14.28	15.36			
		velocity	7.08	8.33	8.10	8.03	7.54	7.35	7.17	7.00	6.89	6.63	6.81	7.31	8.15	7.35	6.84		
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	15	15	18	170					
FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	13-Jul-21	time	6.30	10.52	14.82	19.20	23.78	25.7	28.46	33.34	38.50	43.72	49.18	55.39	8 / 6				
reaction time	0.123	interval	4.22	4.30	4.38	4.58	4.68	4.88	5.16	5.22	5.46	6.21	7.22	12.90	14.14	15.84			
		velocity	7.14	8.29	8.14	7.99	7.64	7.78	7.48	7.17	6.78	6.70	6.41	6.44	7.22	8.14	7.43	6.63	
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	16	16	19	173					
FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	06-Jul-21	time	6.30	10.53	14.80	19.12	23.64	28.44	33.40	38.67	44.19	56.24	7 / 6						
reaction time	0.224	interval	4.23	4.27	4.32	4.52	4.80	4.96	5.27	5.52	7.11	12.82	14.28						
		velocity	7.14	8.27	8.20	8.10	7.74	7.29	7.06	6.64	6.34	7.11	8.19	7.35					
H1 lead leg	R	strides	15	14	14	15	15	15	16	16	17	122							
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	04-Jul-21	time	6.20	10.30	14.56	23.56	25.6	28.26	33.04	43.28	48.90	55.27	8 / 8						
reaction time	0.186	interval	4.10	4.26	9.00	4.70	4.78	10.24	5.62	6.37	7.24	15.86							
		velocity	7.26	8.54	8.22	7.78	7.81	7.45	7.32	6.84	6.23	6.28	7.24	6.62					
H1 lead leg	R	strides	15	14	15	15	15	15	15	16	16	90							
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	01-Jul-21	time	6.40	10.64	14.90	19.32	23.84	28.52	33.40	38.48	43.72	49.26	55.46	6 / 6					
reaction time	0.152	interval	4.24	4.26	4.42	4.52	4.68	4.88	5.08	5.24	5.54	6.20	7.21	12.92	14.08	15.86			
		velocity	7.03	8.25	8.22	7.92	7.74	7.48	7.17	6.89	6.68	6.32	6.45	7.21	8.13	7.46	6.62		
H1 lead leg	R	strides	22	15	14	14	15	15	15	15	16	16	19	176					
FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis)													<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>						
date	15-Sep-20	time	6.48	10.80	15.16	19.56	24.08	28.80	33.60	38.68	43.72	49.00	54.98	5 / 2					
reaction time		interval	4.32	4.36	4.40	4.52	4.72	4.80	5.08	5.04	5.28	5.98	7.28	13.08	14.04	15.40			
		velocity	6.94	8.10	8.03	7.95	7.74	7.42	7.29	6.89	6.94	6.63	6.69	7.28	8.03	7.48	6.82		
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	15	15	18.5	170.5					
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)													<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>						
date	23-Aug-20	time	6.50	10.87	15.27	19.77	24.43	26.3	29.20	34.20	39.27	44.73	50.23	56.40	6 / 6				
reaction time	0.151	interval	4.37	4.40	4.50	4.66	4.77	5.00	5.07	5.46	5.50	6.17	7.09	13.27	14.43	16.03			
		velocity	6.92	8.01	7.95	7.78	7.51	7.60	7.34	7.00	6.90	6.41	6.36	6.48	7.91	7.28	6.55		
H1 lead leg	R	strides	20	14	14	14	14	15	15	15	16	16	19	172					
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)													<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>						
date	19-Aug-20	time	6.56	10.96	15.44	19.96	24.64	29.52	34.60	39.84	45.24	50.72	56.65	6 / 4					
reaction time	0.207	interval	4.40	4.48	4.52	4.68	4.88	5.08	5.24	5.40	5.48	5.93	7.06	13.40	14.64	16.12			
		velocity	6.86	7.95	7.81	7.74	7.48	7.17	6.89	6.68	6.48	6.39	6.75	7.06	7.84	7.17	6.51		
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	16	16	154						

FINAL - 2020 Inspiration Games (Zürich, SUI) (TV Analysis) (300m Hurdles)

													<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>									
date	09-Jul-20	time	6.36	10.56	14.80	19.23	23.80	28.53	33.33					39.25	5 / 2							
reaction time		interval					4.20	4.24	4.43	4.57	4.73	4.80					5.92	<i>(Zürich, SUI)</i>	13.24	14.10		
		velocity	7.86	8.33	8.25	7.90	7.66	7.40	7.29					6.76	7.64				7.93	7.45		
H1 lead leg	R	strides	21	14	14	14	14					15	15					20	127			

FINAL - 2020 Impossible Games (Oslo, NOR) (TV Analysis) (300m Hurdles)

													<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>									
date	11-Jun-20	time	6.94	11.04	15.28	19.85	24.49	29.30	34.27					39.86	6 / 3							
reaction time	0.151	interval					4.10	4.24	4.57	4.64	4.81	4.97					5.59		13.45	9.78		
		velocity	7.20	8.54	8.25	7.66	7.54	7.28	7.04					7.16	7.53				7.81	10.74		
H1 lead leg	R	strides	23	13	13	14	14					15	15					18.2	125.2			

FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)

													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>								
date	04-Oct-19	time	6.28	10.47	14.71	19.00	23.49	28.11	32.93	37.93	42.94	48.08					54.06	9 / 4			
reaction time	0.199	interval					4.19	4.24	4.29	4.49	4.62	4.82	5.00	5.01	5.14	5.98	NR PB	12.72	13.93	15.15	
		velocity	7.17	8.35	8.25	8.16	7.80	7.58	7.26	7.00	6.99	6.81	6.69	7.40					8.25	7.54	6.93
H1 lead leg	R	strides	23	14	14	14	14					15	15	15	15	15	18.5	172.5			

Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)

													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>								
date	02-Oct-19	time	6.37	10.47	14.75	23.55		28.25	33.10	38.10	43.21	48.45					54.52	6 / 2			
reaction time	0.191	interval					4.10	4.28	8.80		4.70	4.85	5.00	5.11	5.24	6.07					15.35
		velocity	7.06	8.54	8.18	7.95		7.45	7.22	7.00	6.85	6.68	6.59	7.34					18.5	173.5	
H1 lead leg	R	strides	23	14	14	14	15					15	15	15	15	15	18.5	173.5			

Heat 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)

													<i>Henson (2021) - Athlete First: 2019 year end hurdle report</i>										
date	01-Oct-19	time	6.36	10.52	14.76	19.16	23.64	28.36	33.24	38.28	43.40	48.68					54.98	4 / 2					
reaction time	0.182	interval					4.16	4.24	4.40	4.48	4.72	4.88	5.04	5.12	5.28	6.30					12.80	14.08	15.44
		velocity	7.08	8.41	8.25	7.95	7.81	7.42	7.17	6.94	6.84	6.63	6.35	7.28					8.20	7.46	6.80		
H1 lead leg	R	strides	21	14	14	14						15	15	15	15	19	157						

FINAL - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis)

													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>									
date	10-Sep-19	time	6.47	10.71	19.41		23.92	28.69	38.77			44.07	49.45					55.46	4 / 2			
reaction time		interval					4.24	8.70		4.51	4.77	10.08	5.30	5.38	6.01					12.94		
		velocity	6.96	8.25	8.05		7.76	7.34	6.94			6.60	6.51	6.66	7.21					8.11		
H1 lead leg	R	strides	14		14	14						15	16		16	18.5	107.5					

FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)

													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>									
date	29-Aug-19	time	6.32	10.48	19.04		23.48	25.4	28.16	33.00	38.00	43.12	48.60					55.14	7 / 5			
reaction time	0.140	interval					4.16	8.56	4.44	4.68	4.84	5.00	5.12	5.48	6.54					12.72	13.96	15.60
		velocity	7.12	8.41	8.18	7.88	7.87	7.48	7.23	7.00	6.84	6.39	6.12	7.25					8.25	7.52	6.73	
H1 lead leg	R	strides	21	14	14						15	15	15	16	20	130						

FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)

													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>									
date	12-Jul-19	time	6.44	10.72	15.08	19.48	24.04	26.0	33.76	38.88	44.24	49.60					55.60	2 / 6				
reaction time	0.143	interval					4.28	4.36	4.40	4.56	9.72	5.12	5.36	5.36	6.00					13.04	14.28	15.84
		velocity	6.99	8.18	8.03	7.95	7.68	7.69	7.20	6.84	6.53	6.53	6.67	7.19					8.05	7.35	6.63	
H1 lead leg	R	strides	21	14	14	14	14					15	16	16	18.7	142.7						

FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)

													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>										
date	05-Jul-19	time	6.44	10.64	14.96	19.44	24.00	26.0	28.80	33.68	38.68	43.96	49.32					55.24	7 / 5				
reaction time	0.125	interval					4.20	4.32	4.48	4.56	4.80	4.88	5.00	5.28	5.36	5.92					13.00	14.24	15.64
		velocity	6.99	8.33	8.10	7.81	7.68	7.69	7.29	7.17	7.00	6.63	6.53	6.76	7.24					8.08	7.37	6.71	
H1 lead leg	R	strides	21	14	14	14	14					15	15	15	16	16	154						

FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)

													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>										
date	13-Jun-19	time	6.40	10.64	15.04	19.44	24.08	26.1	28.92	33.96	39.08	44.48	50.16					56.46	7 / 7				
reaction time	0.179	interval					4.24	4.40	4.40	4.64	4.84	5.04	5.12	5.40	5.68	6.30					13.04	14.52	16.20
		velocity	7.03	8.25	7.95	7.95	7.54	7.66	7.23	6.94	6.84	6.48	6.16	6.35	7.08					8.05	7.23	6.48	
H1 lead leg	R	strides	21	14	14	14	14					15	15	15	16	16	19.2	173.2					

FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>										
date	06-Jun-19	time	6.48	10.80	15.20	19.76	24.44	29.32	34.32	39.34	44.72	50.24					56.36	6 / 9					
reaction time	0.143	interval					4.32	4.40	4.56	4.68	4.88	5.00	5.02	5.38	5.52	6.12					13.28	14.56	15.92
		velocity	6.94	8.10	7.95	7.68	7.48	7.17	7.00	6.97	6.51	6.34	6.54	7.10					7.91	7.21	6.60		
H1 lead leg	R	strides	21	14	14	14	14					15	15	15	16	16	19	173					

FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)

													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>										
date	30-Aug-18	time	6.52	10.84	15.20	19.72	24.20	26.2	28.96	33.84	38.84	44.00	49.44					55.36	4 / 6				
reaction time	0.174	interval					4.32	4.36	4.52	4.48	4.76	4.88	5.00	5.16	5.44	5.92					13.20	14.12	15.60
		velocity	6.90	8.10	8.03	7.74	7.81	7.63	7.35	7.17	7.00	6.78	6.43	6.76	7.23					7.95	7.44	6.73	
H1 lead leg	R	strides	21	14	14	14	14					15	15	15	17	18.5	157.5						

FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)

													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>										
date	18-Aug-18	time	6.44	10.77	15.25	19.78	24.35	29.13	34.06	39.00	44.04	49.18					54.86	4 / 1					
reaction time	0.116	interval					4.33	4.48	4.53	4.57	4.78	4.93	4.94	5.04	5.14	5.68					13.34	14.28	15.12
		velocity	6.99	8.08	7.81	7.73	7.66	7.32	7.10	7.09	6.94	6.81	7.04	7.29					7.87	7.35	6.94		
H1 lead leg	R	strides	21	14	14	14	14					15	15	15	15	15	18.2	170.2					

FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)

date	05-Jul-18	time	6.40	10.72	19.48	24.00	28.72	33.60	38.56	43.60	48.80	54.79	6 / 6						
reaction time	0.126	interval		4.32	8.76	4.52	4.72	4.88	4.96	5.04	5.20	5.99			13.08	14.12	15.20		
		velocity	7.03	8.10	7.99	7.74	7.42	7.17	7.06	6.94	6.73	6.68	7.30		8.03	7.44	6.91		
H1 lead leg	R	strides	21	14		14	15	15	15	15	15	18.5	142.5						

Henson (2020) - Athlete First: 2018 year end hurdle report

FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)

date	07-Jun-18	time	6.36	10.64	15.00	24.16	28.88	33.76	38.80	43.96	49.24	55.07	3 / 4						
reaction time	0.138	interval		4.28	4.36	9.16	4.72	4.88	5.04	5.16	5.28	5.83							15.48
		velocity	7.08	8.18	8.03	7.64	7.42	7.17	6.94	6.78	6.63	6.86	7.26						6.78
H1 lead leg	R	strides	21	14	14		15	15	15	16	16	18.5	144.5						

Henson (2020) - Athlete First: 2018 year end hurdle report

FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

date	31-May-18	time	6.40	10.68	15.00	19.44	24.08	28.80	33.72	39.04	44.48	50.08	56.36	6 / 8					
reaction time	0.147	interval		4.28	4.32	4.44	4.64	4.72	4.92	5.32	5.44	5.60	6.28			13.04	14.28	16.36	
		velocity	7.03	8.18	8.10	7.88	7.54	7.42	7.11	6.58	6.43	6.25	6.37	7.10		8.05	7.35	6.42	
H1 lead leg	R	strides	21	14	14	14	14	15	15	17	17	17	19	177					

Henson (2020) - Athlete First: 2018 year end hurdle report

FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)

date	01-Sep-17	time	6.40	10.76	15.16	19.60	24.20	26.4	28.92	33.84	38.92	44.24	49.80	55.98	8 / 7				
reaction time	0.165	interval		4.36	4.40	4.44	4.60	4.72	4.92	5.08	5.32	5.56	6.18			13.20	14.24	15.96	
		velocity	7.03	8.03	7.95	7.88	7.61	7.58	7.42	7.11	6.89	6.58	6.29	6.47	7.15		7.95	7.37	6.58
H1 lead leg	R	strides	21	14	14	14	14	14	14	14	15	15	17	152					

Henson (2020) - Athlete First: 2017 year end hurdle report

FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)

date	24-Aug-17	time	6.36	10.56	14.92	19.36	23.88	28.64	33.60	38.68	43.84	48.96	54.66	6 / 3					
reaction time	0.124	interval		4.20	4.36	4.44	4.52	4.76	4.96	5.08	5.16	5.12	5.70			13.00	14.24	15.36	
		velocity	7.08	8.33	8.03	7.88	7.74	7.35	7.06	6.89	6.78	6.84	7.02	7.32		8.08	7.37	6.84	
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	15	15	18.2	170.2					

Henson (2020) - Athlete First: 2017 year end hurdle report

FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)

date	10-Aug-17	time	6.24	10.40	14.68	19.12	23.68	28.32	33.12	38.12	43.24	48.52	54.59	5 / 5					
reaction time	0.183	interval		4.16	4.28	4.44	4.56	4.64	4.80	5.00	5.12	5.28	6.07			12.88	14.00	15.40	
		velocity	7.21	8.41	8.18	7.88	7.68	7.54	7.29	7.00	6.84	6.63	6.59	7.33		8.15	7.50	6.82	
H1 lead leg	R	strides	21	14	14	15	15	15	15	15	15	15	18.7	172.7					

Henson (2020) - Athlete First: 2017 year end hurdle report

FINAL - 2017 Meeting International Mohammed VI D'Athlétisme (Rabat, MAR) (TV Analysis)

date	16-Jul-17	time	6.44	10.72	15.20	19.68	24.40	29.28	34.20	39.24	44.40	49.56	55.22	4 / 4					
reaction time	0.130	interval		4.28	4.48	4.48	4.72	4.88	4.92	5.04	5.16	5.16	5.66			13.24	14.52	15.36	
		velocity	6.99	8.18	7.81	7.81	7.42	7.17	7.11	6.94	6.78	6.78	7.07	7.24		7.93	7.23	6.84	
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	15	15	18.2	170.2					

Henson (2021) - Athlete First: 2017 year end hurdle report

FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)

date	06-Jul-17	time	6.44	10.72	15.00	19.44	23.96	28.64	33.44	38.44	43.52	48.68	54.29	7 / 2					
reaction time	0.121	interval		4.28	4.28	4.44	4.52	4.68	4.80	5.00	5.08	5.16	5.61	PB			13.00	14.00	15.24
		velocity	6.99	8.18	8.18	7.88	7.74	7.48	7.29	7.00	6.89	6.78	7.13	7.37		8.08	7.50	6.89	
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	15	15	18	170					

Henson (2021) - Athlete First: 2017 year end hurdle report

FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)

date	01-Sep-16	time	6.60	10.96	15.40	19.88	24.56	29.32	34.24	39.32	44.64	55.71	7 / 6						
reaction time	0.127	interval		4.36	4.44	4.48	4.68	4.76	4.92	5.08	5.32					13.28	14.36		
		velocity	6.82	8.03	7.88	7.81	7.48	7.35	7.11	6.89	6.58	7.18				7.91	7.31		
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	143							

Henson (2021) - Athlete First: 2016 year end hurdle report

FINAL - 2016 Athletissima (Lausanne, SUI) (TV Analysis)

date	25-Aug-16	time	6.56	10.92	15.32	19.84	24.52	29.32	34.28	39.36	44.68	50.20	56.05	7 / 8					
reaction time	0.136	interval		4.36	4.40	4.52	4.68	4.80	4.96	5.08	5.32	5.52	5.85			13.28	14.44	15.92	
		velocity	6.86	8.03	7.95	7.74	7.48	7.29	7.06	6.89	6.58	6.34	6.84	7.14		7.91	7.27	6.60	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	18	177					

Henson (2020) - Athlete First: 2016 year end hurdle report

FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)

date	15-Jul-16	time	6.47	10.83	19.57	24.13	28.87	38.77	43.97	49.43	55.42	8 / 5							
reaction time	0.133	interval		4.36	8.74	4.56	4.74	9.90	5.20	5.46	5.99					13.10			
		velocity	6.96	8.03	8.01	7.68	7.38	7.07	6.73	6.41	6.68	7.22			8.02				
H1 lead leg	R	strides	21	15		15	15	15	15	17	18.5	116.5							

Henson (2020) - Athlete First: 2016 year end hurdle report

FINAL - 2016 Hürden-und Sprintmeeting (Basel, SUI) (300m Hurdles)

date	07-May-16	time	6.66	10.96	15.40	20.00	24.76	29.52	34.32										
reaction time		interval		4.30	4.44	4.60	4.76	4.76	4.80			5.91							13.34
		velocity	6.76	8.14	7.88	7.61	7.35	7.35	7.29			7.61	7.46						7.87
H1 lead leg		strides																	7.33

Swiss Athletics (2016) - sprint and hurdle analysis

Stambolova, Vania (BUL) (1983)**FINAL - 2011 IAAF World Championships (Daegu, KOR)**

date	01-Sep-11	time	6.5	10.7	15.0	19.3	23.6	28.2	33.0	37.7	42.8	48.0	54.23	6 / 6					
reaction time	0.260	interval		4.20	4.30	4.30	4.30	4.60	4.80	4.70	5.10	5.20	6.23			12.80	13.70	15.00	

Behm (2011) - Le quatrache: Démus enfin!

H1 lead leg	R	velocity	6.92	8.33	8.14	8.14	8.14	7.61	7.29	7.45	6.86	6.73	6.42	7.38	8.20	7.66	7.00		
		strides	22	15	15	15	15	15	15	16	17	17		162					
FINAL - 2010 European Championships (Barcelona, ESP)																			
<i>Behm (2010) - les haies bases</i>																			
date	30-Jul-10	time	6.8	11.1	15.4	19.8	24.2	28.7	33.3	38.1	43.0	48.0		53.82	5 / 2				
reaction time	0.283	interval		4.30	4.30	4.40	4.40	4.50	4.60	4.80	4.90	5.00	5.82	NR		13.00	13.50	14.70	
		velocity	6.62	8.14	8.14	7.95	7.95	7.78	7.61	7.29	7.14	7.00	6.87			8.08	7.78	7.14	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16		161					
Stepanova, Marina (URS) (1950)																			
FINAL - 1986 IX USSR Spartakiade (Tashkent, URS)																			
<i>Stepanova (1997) - my experiences in the 400m hurdles</i>																			
date	17-Sep-86	time	6.55	10.65	14.80	19.05	23.38	27.81	32.49	37.34	42.15	47.19		52.94	1 / 1				
reaction time		interval		4.10	4.15	4.25	4.33	4.43	4.68	4.85	4.81	5.04	5.75	WR		12.50	13.44	14.70	
		velocity	6.87	8.54	8.43	8.24	8.08	7.90	7.48	7.22	7.28	6.94	6.96	7.56		8.40	7.81	7.14	
H1 lead leg		strides	22	15	15	15	15	15	15	17	17	17		163					
FINAL - 1986 European Championships (Stuttgart, FRG)																			
<i>Breizer (1990) - the preparation of women for the 400m hurdles</i>																			
date	30-Aug-86	time	6.64	10.78	15.01	19.38	23.84	28.39	33.06	37.88	42.75	47.73		53.32	1 / 1				
reaction time		interval		4.14	4.23	4.37	4.46	4.55	4.67	4.82	4.87	4.98	5.59	WR		12.74	13.68	14.67	
		velocity	6.78	8.45	8.27	8.01	7.85	7.69	7.49	7.26	7.19	7.03	7.16	7.50		8.24	7.68	7.16	
H1 lead leg		strides	23	15	15	15	15	15	15	17	17	17	21	185					
FINAL - 1984 Women's Friendship Games (Prague, TCH)																			
<i>Stepanova (1997) - my experiences in the 400m hurdles</i>																			
date	17-Aug-84	time	6.65	10.81	15.09	19.45	23.93	28.49	33.13		42.97	48.01		53.67	1 / 1				
reaction time		interval		4.16	4.28	4.36	4.48	4.56	4.64		9.84	5.04	5.66	PB		12.80	13.68	14.88	
		velocity	6.77	8.41	8.18	8.03	7.81	7.68	7.54		7.11	6.94	7.07	7.45		8.20	7.68	7.06	
H1 lead leg		strides	22	15	15	15	15	15	15	17	17	17		163					
FINAL - 1979 VII USSR Spartakiade (Moscow, URS)																			
<i>Stepanova (1996) - my school</i>																			
date	27-Jul-79	time	6.92	11.33	15.91	20.51	25.18	29.91	34.69	39.55	44.46	49.38		54.78	4 / 1				
reaction time		interval		4.41	4.58	4.60	4.67	4.73	4.78	4.86	4.91	4.92	5.40	WR		13.59	14.18	14.69	
		velocity	6.50	7.94	7.64	7.61	7.49	7.40	7.32	7.20	7.13	7.11	7.41	7.30		7.73	7.40	7.15	
H1 lead leg	L	strides	23	17	17	17	17	17	17	17	17	17	21	197					
Stepter, Jaide (USA) (1994)																			
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																			
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																			
date	08-Jun-17	time	6.40	10.52	14.72	19.04	23.48	28.04	32.92	38.28	43.72	49.24		55.62	9 / 5				
reaction time	0.134	interval		4.12	4.20	4.32	4.44	4.56	4.88	5.36	5.44	5.52	6.38			12.64	13.88	16.32	
		velocity	7.03	8.50	8.33	8.10	7.88	7.68	7.17	6.53	6.43	6.34	6.27	7.19		8.31	7.56	6.43	
H1 lead leg	L	strides	23	15	15	15	15	15	15	17	17	17	20.2	184.2					
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																			
date	09-Sep-16	time	6.48	10.72	14.96	19.32	23.84	28.52	33.52	38.56	43.84	49.44		55.88	9 / 7				
reaction time	0.235	interval		4.24	4.24	4.36	4.52	4.68	5.00	5.04	5.28	5.60	6.44			12.84	14.20	15.92	
		velocity	6.94	8.25	8.25	8.03	7.74	7.48	7.00	6.94	6.63	6.25	6.21	7.16		8.18	7.39	6.60	
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	17	20	182					
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																			
date	22-Jul-16	time	6.26	10.43	14.63	18.93	23.43	28.16	33.03	38.03	43.30	48.70		54.96	3 / 5				
reaction time	0.146	interval		4.17	4.20	4.30	4.50	4.73	4.87	5.00	5.27	5.40	6.26			12.67	14.10	15.67	
		velocity	7.19	8.39	8.33	8.14	7.78	7.40	7.19	7.00	6.64	6.48	6.39	7.28		8.29	7.45	6.70	
H1 lead leg	L	strides	22	15	15	15	15	16	16	17	17	17	19.7	184.7					
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)																			
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																			
date	10-Jul-16	time	6.64	10.88	15.21	19.55	23.99	28.66	33.43	38.40	43.54	48.81		54.95	2 / 7				
reaction time	0.340	interval		4.24	4.33	4.34	4.44	4.67	4.77	4.97	5.14	5.27	6.14	PB		12.91	13.88	15.38	
		velocity	6.78	8.25	8.08	8.06	7.88	7.49	7.34	7.04	6.81	6.64	6.51	7.28		8.13	7.56	6.83	
H1 lead leg	L	strides	22	15	15	15	15	16	16	17	17	17	19.7	184.7					
Stubler, Bianca (USA) (1999)																			
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)																			
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																			
date	29-Jun-24	time	6.56	10.72	15.01	19.48	24.16	26.27	28.94	33.86	38.98	44.52	50.02	56.42	2 / 4				
reaction time		interval		4.16	4.29	4.47	4.68	4.78	4.92	5.12	5.54	5.50	6.40			12.92	14.38	16.16	
		velocity	6.86	8.41	8.16	7.83	7.48	7.61	7.32	7.11	6.84	6.32	6.36	6.25	7.09		8.13	7.30	6.50
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	17	17	21.5	187.5				
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)																			
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																			
date	27-Jun-24	time	6.37	10.54	14.68	19.04	23.63	25.81	28.54	33.51	38.89	44.43	50.12	56.99	9 / 4				
reaction time		interval		4.17	4.14	4.36	4.59	4.91	4.97	5.38	5.54	5.69	6.87			12.67	14.47	16.61	
		velocity	7.06	8.39	8.45	8.03	7.63	7.75	7.13	7.04	6.51	6.32	6.15	5.82	7.02		8.29	7.26	6.32
H1 lead leg		strides																	
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)																			
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	24-Jun-22	time	6.93	11.20	15.63	20.23	25.00	26.96	29.93	34.96	40.23	45.60	51.03	57.15	2 / 5				
reaction time		interval		4.27	4.43	4.60	4.77	4.93	5.03	5.27	5.37	5.43	6.12			13.30	14.73	16.07	
		velocity	6.49	8.20	7.90	7.61	7.34	7.42	7.10	6.96	6.64	6.52	6.45	6.54	7.00		7.89	7.13	6.53
H1 lead leg	L	strides	24	16	16	16	16			17	17	17	17	20	176				

Suezaki, Nanami (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)													<i>Takashima (2023) - national high school sports festival - biomechanics data</i>						
date	04-Aug-23	time	6.81	11.29	15.95	20.72	25.66							61.38	2 / 8				
reaction time	0.209	interval	4.48	4.66	4.77	4.94		5.14	5.54	5.84	6.00	6.24	6.96			13.91	15.62	18.08	
		velocity	6.61	7.81	7.51	7.34	7.09		6.81	6.32	5.99	5.83	5.61	6.52		7.55	6.72	5.81	
H1 lead leg		strides	22	16	16	16	16		16	17	18	18	22	195					
Sugiyama, Manaho (JPN) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2010 Japanese National High School Championships (Okinawa, JPN)													<i>Matsuo (2010) - 63rd high school championships: JAF scientific committee- biomechanics data</i>						
date	31-Jul-10	time	6.91	11.63	16.48	21.35	26.37							61.21	1 / 3				
reaction time		interval	4.72	4.85	4.87	5.02		5.04	5.17	5.31	5.74	6.31	7.27			14.44	15.23	17.36	
		velocity	6.51	7.42	7.22	7.19	6.97		6.94	6.77	6.59	6.10	5.55	6.53		7.27	6.89	6.05	
H1 lead leg		strides	17	17	17	17	17		17	17	17	18	20	157					
Sund, Maja (SWE) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)													<i>Omega Timing (2023) - diamond league race analysis</i>						
date	02-Jul-23	time	7.12	11.99	17.00	22.12	27.33							63.29	1 / 8				
reaction time	0.171	interval	4.87	5.01	5.12	5.21		5.46	5.70	5.77	6.16	6.02	6.85			15.00	16.37	17.95	
		velocity	6.32	7.19	6.99	6.84	6.72		6.41	6.14	6.07	5.68	5.81	6.32		7.00	6.41	5.85	
H1 lead leg		strides																	
Sutherland, Liz (GBR) (1947)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 1978 European Championships (Prague, TCH)													<i>McFarlane (1980) - understanding the 400m hurdles</i>						
date	01-Sep-78	time	6.9	11.5	16.1	20.9	25.7	27.7	30.5	35.5	40.6	45.7	51.6	57.60	1 / 1				
reaction time		interval	4.60	4.60	4.80	4.80		4.80	5.00	5.10	5.10	5.90	6.00			14.00	14.60	16.10	
		velocity	6.52	7.61	7.61	7.29	7.29	7.22	7.29	7.00	6.86	6.86	5.93	6.67	6.94		7.50	7.19	6.52
H1 lead leg		strides	15	15	15	15	15		15	16	17	17	17	142					
Sutherland, Savannah (CAN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympc Games - Results Book (2024)</i>						
date	08-Aug-24	time	6.32	10.38	14.52	18.70	23.01							53.88	3 / 7				
reaction time	0.157	interval	4.06	4.14	4.18	4.31		4.44	4.68	4.91	5.20	5.29	6.35			12.38	13.43	15.40	
		velocity	7.12	8.62	8.45	8.37	8.12		7.88	7.48	7.13	6.73	6.62	6.30	7.42		8.48	7.82	6.82
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	161					
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympc Games - Results Book (2024)</i>						
date	06-Aug-24	time	6.26	10.35	14.50	18.76	23.10							53.80	4 / 4				
reaction time	0.145	interval	4.09	4.15	4.26	4.34		4.47	4.64	4.80	5.12	5.43	6.24			12.50	13.45	15.35	
		velocity	7.19	8.56	8.43	8.22	8.06		7.83	7.54	7.29	6.84	6.45	6.41	7.43		8.40	7.81	6.84
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	20	180					
Heat 2 - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympc Games - Results Book (2024)</i>						
date	04-Aug-24	time	6.42	10.59	14.74	18.97	23.46							54.80	3 / 3				
reaction time	0.179	interval	4.17	4.15	4.23	4.49		4.54	4.88	5.19	5.17	5.45	6.11			12.55	13.91	15.81	
		velocity	7.01	8.39	8.43	8.27	7.80		7.71	7.17	6.74	6.77	6.42	6.55	7.30		8.37	7.55	6.64
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	17	20	183				
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)													<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>						
date	08-Jun-24	time	6.46	10.51	14.64	18.85	23.19							53.26	7 / 2				
reaction time		interval	4.05	4.13	4.21	4.34		4.50	4.63	4.96	5.05	5.22	5.71	NR PB		12.39	13.47	15.23	
		velocity	6.97	8.64	8.47	8.31	8.06		7.78	7.56	7.06	6.93	6.70	7.01	7.51		8.47	7.80	6.89
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	20	181				
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>						
date	22-Aug-23	time	6.57	10.77	15.08	19.42	23.86							54.99	2 / 6				
reaction time	0.214	interval	4.20	4.31	4.34	4.44							6.11			12.85			
		velocity	6.85	8.33	8.12	8.06	7.88						7.32	6.72	6.40	6.55	7.27		
H1 lead leg	R	strides	23	15	15	15	15						16	17	20	136			
Heat 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>						
date	21-Aug-23	time	6.80	11.26	15.63	19.93	24.43							55.85	5 / 4				
reaction time	0.227	interval	4.46	4.37	4.30	4.50		4.80	4.97	5.03	5.34	5.43	5.85			13.13	14.27	15.80	
		velocity	6.62	7.85	8.01	8.14	7.78		7.29	7.04	6.96	6.55	6.45	6.84	7.16		8.00	7.36	6.65
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17	17	20	185				
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>						
date	10-Jun-23	time	6.54	10.77	15.11	19.48	23.95							54.45	7 / 1				
reaction time		interval	4.23	4.34	4.37	4.47		4.68	4.80	4.97	5.14	5.11	5.80	PB		12.94	13.95	15.22	
		velocity	6.88	8.27	8.06	8.01	7.83		7.48	7.29	7.04	6.81	6.85	6.90	7.35		8.11	7.53	6.90
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	20	182					
Svantesson, Ebba (SWE) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)													<i>Omega Timing (2023) - diamond league race analysis</i>						
date	02-Jul-23	time	6.70	11.32	16.01	20.76	25.75							61.38	2 / 6				
reaction time	0.176	interval	4.62	4.69	4.75	4.99		5.26	5.47	5.69	5.89	6.14	7.18			14.06	15.72	17.72	
		velocity	6.72	7.58	7.46	7.37	7.01		6.65	6.40	6.15	5.94	5.70	5.57	6.52		7.47	6.68	5.93

H1 lead leg strides

Sykora, Maria (AUT) (1946)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1973 British International Games (Edinburgh, GBR)																		
<i>Ewen (1976) - 400m haies feminin</i>																		
date	16-Jun-73	time	6.6	11.0	15.4	20.4	25.5	30.8	36.3	41.5	46.7	52.5	(58.53)	58.5	1 / 1			
reaction time		interval		4.40	4.40	5.00	5.10	5.30	5.50	5.20	5.20	5.80	6.00	WR		13.80	15.90	16.20
		velocity	6.82	7.95	7.95	7.00	6.86	6.60	6.36	6.73	6.73	6.03	6.67	6.84		7.61	6.60	6.48

H1 lead leg strides

Szekeres, Judit (HUN) (1966)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)																		
<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>																		
date	23-Aug-99	time	6.25	10.57	15.01	19.56	24.23	28.87	33.70	38.64	43.75	48.87		54.86	7 / 5			
reaction time	0.182	interval		4.32	4.44	4.55	4.67	4.64	4.83	4.94	5.11	5.12	5.99			13.31	14.14	15.17
		velocity	7.20	8.10	7.88	7.69	7.49	7.54	7.25	7.09	6.85	6.84	6.68	7.29		7.89	7.43	6.92
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17	20.5	190.5				

Tabashi, Yukino (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
C FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)																		
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																		
date	06-May-23	time	6.82	11.34	15.85	20.59	25.49	30.51	35.80	41.26	47.00	52.89		59.39	8 / 1			
reaction time	0.151	interval		4.52	4.51	4.74	4.90	5.02	5.29	5.46	5.74	5.89	6.50	PB		13.77	15.21	17.09
		velocity	6.60	7.74	7.76	7.38	7.14	6.97	6.62	6.41	6.10	5.94	6.15	6.74		7.63	6.90	6.14
H1 lead leg		strides		17	17	17	17	17	18	18	19	20	160					

Tago, Miyabi (JPN) (1988)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2012 Shizuoka International Athletics Meeting (Fukuuroi, JPN)																		
<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>																		
date	03-May-12	time	6.77	11.21	15.71	20.26	24.91	29.71	34.82	39.96	45.18	50.49		56.57	1 / 3			
reaction time		interval		4.44	4.50	4.55	4.65	4.80	5.11	5.14	5.22	5.31	6.08			13.49	14.56	15.67
		velocity	6.65	7.88	7.78	7.69	7.53	7.29	6.85	6.81	6.70	6.59	6.58	7.07		7.78	7.21	6.70
H1 lead leg		strides		15	15	15	15	15	16	16	16	16	139					

FINAL - 2011 Japanese National Championships (Kumagaya, JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Yasunori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																		
date	12-Jun-11	time	6.79	11.16	15.55	20.00	24.55	29.22	34.14	39.15	44.42	50.26		56.90	1 / 2			
reaction time		interval		4.37	4.39	4.45	4.55	4.67	4.92	5.01	5.27	5.84	6.64			13.21	14.14	16.12
		velocity	6.63	8.01	7.97	7.87	7.69	7.49	7.11	6.99	6.64	5.99	6.02	7.03		7.95	7.43	6.51
H1 lead leg		strides		15	15	15	15	15	16	16	16	16	18	141				

FINAL - 2010 Japanese National Championships (Marugume, JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Yasunori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																		
date	06-Jun-10	time	6.84	11.19	15.68	20.20	24.79	29.66	34.63	39.74	44.86	50.17		56.31	1 / 2			
reaction time	0.184	interval		4.35	4.49	4.52	4.59	4.87	4.97	5.11	5.12	5.31	6.14			13.36	14.43	15.54
		velocity	6.58	8.05	7.80	7.74	7.63	7.19	7.04	6.85	6.84	6.59	6.51	7.10		7.86	7.28	6.76
H1 lead leg		strides		15	15	15	15	16	16	16	16	16	140					

FINAL - 2010 Osaka Grand Prix (Osaka, JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Yasunori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																		
date	08-May-10	time	6.76	11.08	15.50	19.97	24.56	29.38	34.32	39.38	44.55	49.86		55.99	1 / 3			
reaction time		interval		4.32	4.42	4.47	4.59	4.82	4.94	5.06	5.17	5.31	6.13	PB		13.21	14.35	15.54
		velocity	6.66	8.10	7.92	7.83	7.63	7.26	7.09	6.92	6.77	6.59	6.53	7.14		7.95	7.32	6.76
H1 lead leg		strides		15	15	15	15	16	16	16	16	17	141					

Takagi, Rina (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)																		
<i>Kota (2017) - 70th high school championships: JAF scientific committee- biomechanics data</i>																		
date	31-Jul-17	time	6.82	11.18	15.73	20.55	25.49	30.71	36.09	41.46	46.98	52.70		59.20	6 / 1			
reaction time	0.213	interval		4.36	4.55	4.82	4.94	5.22	5.38	5.37	5.52	5.72	6.50			13.73	15.54	16.61
		velocity	6.60	8.03	7.69	7.26	7.09	6.70	6.51	6.52	6.34	6.12	6.15	6.76		7.65	6.76	6.32
H1 lead leg		strides		16	16	16	16	17	17	17	17	18	150					

Takano, Nanami (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
C FINAL - 2023 Shizuoka International Meeting (Fukuuroi, JPN)																		
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																		
date	03-May-23	time	6.83	11.40	16.04	20.82	25.63	30.61	35.78	41.20	46.75	52.46		58.89	5 / 1			
reaction time	0.224	interval		4.57	4.64	4.78	4.81	4.98	5.17	5.42	5.55	5.71	6.43	PB		13.99	14.96	16.68
		velocity	6.59	7.66	7.54	7.32	7.28	7.03	6.77	6.46	6.31	6.13	6.22	6.79		7.51	7.02	6.29
H1 lead leg	R	strides	24	16	17	17	17	18	18	19	19	19	23	207				

Takeishi, Konomi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)																		
<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>																		
date	30-Jun-19	time	6.66	11.14	15.88	20.82	25.81	30.90	36.30	41.86	47.28	52.69		58.76	8 / 6			
reaction time	0.148	interval		4.48	4.74	4.94	4.99	5.09	5.40	5.56	5.42	5.41	6.07			14.16	15.48	16.39
		velocity	6.76	7.81	7.38	7.09	7.01	6.88	6.48	6.29	6.46	6.47	6.59	6.81		7.42	6.78	6.41
H1 lead leg	R	strides	23	15	15	16	16	16	17	18	17	17	170					

Takino, Miku (JPN) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2023 Shizuoka International Meeting (Fukuuroi, JPN)																		
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																		
date	03-May-23	time	6.77	11.15	15.83	20.59	25.59	30.64	35.91	41.22	46.65	52.15		58.31	7 / 2			
reaction time	0.203	interval		4.38	4.68	4.76	5.00	5.05	5.27	5.31	5.43	5.50	6.16	PB		13.82	15.32	16.24
		velocity	6.65	7.99	7.48	7.35	7.00	6.93	6.64	6.59	6.45	6.36	6.49	6.86		7.60	6.85	6.47
H1 lead leg	R	strides	23	15	16	16	16	16	17	17	17	17	20	190				

FINAL - 2022 Japanese National High School Championships (Naruto, JPN) *Kishima (2022) - national high school championships biomechanics data collection*

date	05-Aug-22	time	6.87	11.48	16.13	21.02	26.02		31.25	36.53	41.77	47.12	52.45		58.54	6 / 1			
reaction time	0.188	interval		4.61	4.65	4.89	5.00		5.23	5.28	5.24	5.35	5.33	6.09	PB		14.15	15.51	15.92
		velocity	6.55	7.59	7.53	7.16	7.00		6.69	6.63	6.68	6.54	6.57	6.57	6.83		7.42	6.77	6.60
H1 lead leg	R	strides	23	16	16	16	16		17	17	17	17	17	20.7	192.7				

Takino, Mirai (JPN)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)			<i>Takashima (2023) - national high school sports festival - biomechanics data</i>																
date	04-Aug-23	time	6.77	11.13	15.67	20.42	25.21		30.28	35.55	40.81	46.15	51.62		57.45	4 / 1			
reaction time	0.236	interval		4.36	4.54	4.75	4.79		5.07	5.27	5.26	5.34	5.47	5.83			13.65	15.13	16.07
		velocity	6.65	8.03	7.71	7.37	7.31		6.90	6.64	6.65	6.55	6.40	6.86	6.96		7.69	6.94	6.53
H1 lead leg		strides	22	15	15	16	16		17	17	17	17	17	21	190				

Takisawa, Aya (JPN) (1994)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Japanese National High School Championships (Kitakami, JPN)			<i>Abe (2011) - 64th high school championships: JAF scientific committee - biomechanics</i>																
date	05-Aug-11	time	6.82	11.32	15.99	20.75	25.66		30.64	35.91	41.54	47.56	53.59		60.01	3 / 1			
reaction time		interval		4.50	4.67	4.76	4.91		4.98	5.27	5.63	6.02	6.03	6.42			13.93	15.16	17.68
		velocity	6.60	7.78	7.49	7.35	7.13		7.03	6.64	6.22	5.81	5.80	6.23	6.67		7.54	6.93	5.94
H1 lead leg		strides																	

Talbot, Melissa (USA) (1984)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)			<i>USATF Women's Sprint Development (2003)</i>																
date	22-Jun-03	time	6.67	11.09	15.67	20.27	25.14		30.30	35.87	41.27	46.76	52.42		58.69	5 / 3			
reaction time		interval		4.42	4.58	4.60	4.87		5.16	5.57	5.40	5.49	5.66	6.27	PB		13.60	15.60	16.55
		velocity	6.75	7.92	7.64	7.61	7.19		6.78	6.28	6.48	6.38	6.18	6.38	6.82		7.72	6.73	6.34
H1 lead leg		strides																	

Tanaka, Miu (JPN) (2006)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)			<i>Takashima (2024) - national high school sports festival - biomechanics data</i>																
date	30-Jul-24	time	6.71	11.18	15.93	20.65	25.51		30.61	36.04	41.41	46.78	52.35		58.75	5 / 2			
reaction time	0.185	interval		4.47	4.75	4.72	4.86		5.10	5.43	5.37	5.37	5.57	6.40	PB		13.94	15.39	16.31
		velocity	6.71	7.83	7.37	7.42	7.20		6.86	6.45	6.52	6.52	6.28	6.25	6.81		7.53	6.82	6.44
H1 lead leg		strides	23	16	16	16	16		16	16	17	17	17	22	192				

Taneru, Asuruhan Marino (JPN) (200)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)			<i>Shibayama (2021) - national high school and U20 national championships</i>																
date	30-Jul-21	time	6.69	11.21	15.98	20.75	25.59		30.86	36.09	41.36	46.68	52.04		57.98	4 / 1			
reaction time	0.151	interval		4.52	4.77	4.77	4.84		5.27	5.23	5.27	5.32	5.36	5.94	PB		14.06	15.34	15.95
		velocity	6.73	7.74	7.34	7.34	7.23		6.64	6.69	6.64	6.58	6.53	6.73	6.90		7.47	6.84	6.58
H1 lead leg		strides		16	16	16	16		17	17	18	18	18	18	152				

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)			<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																
date	27-Jun-21	time	6.71	11.21	15.87	20.77	25.79		30.95	36.32	41.79	47.31	52.94		59.07	7 / 2			
reaction time	0.152	interval		4.50	4.66	4.90	5.02		5.16	5.37	5.47	5.52	5.63	6.13	PB		14.06	15.55	16.62
		velocity	6.71	7.78	7.51	7.14	6.97		6.78	6.52	6.40	6.34	6.22	6.53	6.77		7.47	6.75	6.32
H1 lead leg	L	strides	24	16	16	17	17		17	18	18	18	19	22	202				

Tang Chan (CHN) (2003)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)			<i>CAA Hurdle Development (2021)</i>																
date	25-Apr-21	time	7.28	12.16	17.28	22.53	28.00		33.60	39.61	46.00	52.42	58.80		65.39	7 / 5			
reaction time	0.331	interval		4.88	5.12	5.25	5.47		5.60	6.01	6.39	6.42	6.38	6.59			15.25	17.08	19.19
		velocity	6.18	7.17	6.84	6.67	6.40		6.25	5.82	5.48	5.45	5.49	6.07	6.12		6.89	6.15	5.47
H1 lead leg	L	strides	24	17	17	17	17		17	17	19	19	19	21	185				

Tang Ziyang (CHN) (1999)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)			<i>CAA Hurdle Development (2021)</i>																
date	25-Apr-21	time	7.26	12.26	17.30	22.39	27.63		33.00	38.54	44.22	50.02	56.30		63.44	8 / 4			
reaction time	0.257	interval		5.00	5.04	5.09	5.24		5.37	5.54	5.68	5.80	6.28	7.14			15.13	16.15	17.76
		velocity	6.20	7.00	6.94	6.88	6.68		6.52	6.32	6.16	6.03	5.57	5.60	6.31		6.94	6.50	5.91
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	19	22	201				

Tao Xue (CHN) (1999)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)			<i>CAA Hurdle Development (2021)</i>																
date	26-Jun-21	time	6.94	11.26	15.75	20.35	25.11		30.23	35.70	41.49	47.23	53.18		59.81	3 / 2			
reaction time	0.252	interval		4.32	4.49	4.60	4.76		5.12	5.47	5.79	5.74	5.95	6.63			13.41	15.35	17.48
		velocity	6.48	8.10	7.80	7.61	7.35		6.84	6.40	6.04	6.10	5.88	6.03	6.69		7.83	6.84	6.01
H1 lead leg	L	strides	23	15	15	15	15		16	18	18	18	18	20.2	191.2				

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese Olympic Trials (Shaoying, CHN)			<i>CAA Hurdle Development (2021)</i>																
date	13-Jun-21	time	6.71	11.13	15.55	20.05	24.69		29.63	34.83	40.26	45.88	51.65		58.42	3 / 3			
reaction time	0.278	interval		4.42	4.42	4.50	4.64		4.94	5.20	5.43	5.62	5.77	6.77	PB		13.34	14.78	16.82
		velocity	6.71	7.92	7.92	7.78	7.54		7.09	6.73	6.45	6.23	6.07	5.91	6.85		7.87	7.10	6.24
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	20.5	186.5				

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)			<i>CAA Hurdle Development (2021)</i>																
date	25-Apr-21	time	6.92	11.23	15.63	20.10	24.67		29.56	34.68	40.11	45.90	51.87		63.30	2 / 5			
reaction time	0.292	interval		4.31	4.40	4.47	4.57		4.89	5.12	5.43	5.79	5.97	11.43			13.18	14.58	17.19
		velocity	6.50	8.12	7.95	7.83	7.66		7.16	6.84	6.45	6.04	5.86	3.50	6.32		7.97	7.20	6.11

H1 lead leg	L	strides	23	15	15	15	15	16	16	17	18	18	168							
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)														<i>CAA Hurdle Development (2019)</i>						
date	23-Aug-19	time	7.14	11.68	16.33	21.15	26.16	31.38	36.80	42.71	48.70	54.82	61.74	3 / 5						
reaction time	0.294	interval	4.54	4.65	4.82	5.01	5.22	5.42	5.91	5.99	6.12	6.92			14.01	15.65	18.02			
		velocity	6.30	7.71	7.53	7.26	6.99	6.70	6.46	5.92	5.84	5.72	5.78	6.48		7.49	6.71	5.83		
H1 lead leg	L	strides	23	16	16	16	16	17	17	18	18	18	21	196						
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)														<i>CAA Hurdle Development (2019)</i>						
date	22-Aug-19	time	7.26	11.90	16.73	21.59	26.64	32.00	37.54	43.16	49.03	54.92	61.66	7 / 4						
reaction time	0.317	interval	4.64	4.83	4.86	5.05	5.36	5.54	5.62	5.87	5.89	6.74			14.33	15.95	17.38			
		velocity	6.20	7.54	7.25	7.20	6.93	6.53	6.32	6.23	5.96	5.94	5.93	6.49		7.33	6.58	6.04		
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	18	21	195						
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)														<i>CAA Hurdle Development (2019)</i>						
date	09-Jul-19	time	7.09	11.73	16.43	21.18	26.07	31.21	36.53	42.03	47.84	53.95	61.55	3 / 5						
reaction time	0.286	interval	4.64	4.70	4.75	4.89	5.14	5.32	5.50	5.81	6.11	7.60			14.09	15.35	17.42			
		velocity	6.35	7.54	7.45	7.37	7.16	6.81	6.58	6.36	6.02	5.73	5.26	6.50		7.45	6.84	6.03		
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	18	22	195						
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)														<i>CAA Hurdle Development (2019)</i>						
date	29-May-19	time	6.92	11.29	15.78	20.40							dnf	1 / --						
reaction time		interval	4.37	4.49	4.62										13.48					
		velocity	6.50	8.01	7.80	7.58									7.79					
H1 lead leg	L	strides	13	15	15	16							59							
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)														<i>CAA Hurdle Development (2019)</i>						
date	12-Apr-19	time	7.12	11.66	16.35	21.14	26.04	31.36	36.47	41.89	47.36	53.04	59.57	6 / 1						
reaction time	0.287	interval	4.54	4.69	4.79	4.90	5.32	5.11	5.42	5.47	5.68	6.53			14.02	15.33	16.57			
		velocity	6.32	7.71	7.46	7.31	7.14	6.58	6.85	6.46	6.40	6.16	6.13	6.71		7.49	6.85	6.34		
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	18	21.2	194.2						
Heat 4 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)														<i>CAA Hurdle Development (2019)</i>						
date	12-Apr-19	time	7.17	11.77	16.55	21.30	26.26	31.34	36.70	42.24	47.81	53.50	60.12	8 / 1						
reaction time	0.349	interval	4.60	4.78	4.75	4.96	5.08	5.36	5.54	5.57	5.69	6.62			14.13	15.40	16.80			
		velocity	6.28	7.61	7.32	7.37	7.06	6.89	6.53	6.32	6.28	6.15	6.04	6.65		7.43	6.82	6.25		
H1 lead leg	R	strides	24	16	16	16	16	16	17	17	17	17	21.2	193.2						
Heat 2 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														<i>CAA Hurdle Development (2019)</i>						
date	07-Apr-19	time	7.04	11.56	16.21	20.97	25.93	31.00	36.52	42.31	48.34	54.42	61.29	2 / 2						
reaction time	0.307	interval	4.52	4.65	4.76	4.96	5.07	5.52	5.79	6.03	6.08	6.87			13.93	15.55	17.90			
		velocity	6.39	7.74	7.53	7.35	7.06	6.90	6.34	6.04	5.80	5.76	5.82	6.53		7.54	6.75	5.87		
H1 lead leg	L	strides	23	16	16	16	16	16	17	18	18	18	21	195						
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)														<i>Henson (2018) - coaching observations</i>						
date	16-Sep-18	time	7.12	11.71	16.35	21.12	26.04	31.23	36.65	42.21	48.16	54.30	61.55	8 / 8						
reaction time		interval	4.59	4.64	4.77	4.92	5.19	5.42	5.56	5.95	6.14	7.25			14.00	15.53	17.65			
		velocity	6.32	7.63	7.54	7.34	7.11	6.74	6.46	6.29	5.88	5.70	5.52	6.50		7.50	6.76	5.95		
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.5	196.5						
Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)														<i>Henson (2018) - coaching observations</i>						
date	15-Sep-18	time	6.95	11.51	16.17	20.85	25.79	31.03	36.40	42.09	47.92	53.82	60.48	7 / 2						
reaction time		interval	4.56	4.66	4.68	4.94	5.24	5.37	5.69	5.83	5.90	6.66			13.90	15.55	17.42			
		velocity	6.47	7.68	7.51	7.48	7.09	6.68	6.52	6.15	6.00	5.93	6.01	6.61		7.55	6.75	6.03		
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	18	21	195						
Tate, Cassandra (USA) (1990)																				
FINAL - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>						
date	30-Jun-24	time	6.29	10.30	14.58	18.93	23.40	25.41	28.05	32.82	38.10	43.53	49.02	55.37	2 / 8					
reaction time		interval	4.01	4.28	4.35	4.47	4.65	4.77	5.28	5.43	5.49	6.35			12.64	13.89	16.20			
		velocity	7.15	8.73	8.18	8.05	7.83	7.87	7.53	7.34	6.63	6.45	6.38	6.30	7.22		8.31	7.56	6.48	
H1 lead leg	R	strides	22	14	14	15	15	15	15	16	16	16	17	20	180					
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>						
date	29-Jun-24	time	6.37	10.52	14.79	19.25	23.76	25.72	28.33	32.98	37.87	43.08	48.47	54.66	8 / 3					
reaction time		interval	4.15	4.27	4.46	4.51	4.57	4.65	4.89	5.21	5.39	6.19			12.88	13.73	15.49			
		velocity	7.06	8.43	8.20	7.85	7.76	7.78	7.66	7.53	7.16	6.72	6.49	6.46	7.32		8.15	7.65	6.78	
H1 lead leg	R	strides		15	15	15	15	15	15	15	15	16	16	19.2	156.2					
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>						
date	27-Jun-24	time	6.26	10.40	14.67	19.15	23.71	25.68	28.26	33.01	38.15	43.55	48.89	55.55	8 / 2					
reaction time		interval	4.14	4.27	4.48	4.56	4.55	4.75	5.14	5.40	5.34	6.66			12.89	13.86	15.88			
		velocity	7.19	8.45	8.20	7.81	7.68	7.79	7.69	7.37	6.81	6.48	6.55	6.01	7.20		8.15	7.58	6.61	
H1 lead leg		strides																		
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>						
date	09-Jul-23	time	6.44	10.51	14.78	19.28	23.82	28.46	33.23	38.40				56.09	7 / 5					

reaction time	interval	4.07	4.27	4.50	4.54		4.64	4.77	5.17		17.69		12.84	13.95				
	velocity	6.99	8.60	8.20	7.78	7.71	7.54	7.34	6.77		5.94	7.13	8.18	7.53				
H1 lead leg	R	strides	22	14	14	15	15	15	15			125						
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	30-Jun-22	time	6.34	10.46	14.68	19.10	23.68	25.63	28.52	33.42	38.58	44.00	49.76	56.68	1 / 8			
reaction time	0.214	interval	4.12	4.22	4.42	4.58		4.84	4.90	5.16	5.42	5.76	6.92		12.76	14.32	16.34	
		velocity	7.10	8.50	8.29	7.92	7.64	7.80	7.23	7.14	6.78	6.46	6.08	5.78	7.06	8.23	7.33	6.43
H1 lead leg	L	strides	22	14	14	14	14		15	15	16	16	17	20	177			
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	24-Jun-22	time	6.40	10.40	14.60	19.10	23.70	25.56	28.40	33.20	38.33	43.70	49.43	56.26	4 / 4			
reaction time		interval	4.00	4.20	4.50	4.60		4.70	4.80	5.13	5.37	5.73	6.83		12.70	14.10	16.23	
		velocity	7.03	8.75	8.33	7.78	7.61	7.82	7.45	7.29	6.82	6.52	6.11	5.86	7.11	8.27	7.45	6.47
H1 lead leg	R	strides	22	14	14	15	15		15	15	15	16	17	21	179			
FINAL - 2022 Music City Track Carnival (Nashville, TN) (TV Analysis) (H5 5m long)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	05-Jun-22	time	6.38	10.58	14.83	19.29	24.60		28.66	33.39	38.22	43.26	48.56	54.81	7 / 4			
reaction time		interval	4.20	4.25	4.46	5.31		4.06	4.73	4.83	5.04	5.30	6.25		12.91	14.10	15.17	
		velocity	7.05	8.33	8.24	7.85	7.53		8.62	7.40	7.25	6.94	6.60	6.40	7.30	8.13	7.45	6.92
H1 lead leg	L	strides	21	14	14	14	17		13	15	15	15		138				
FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	27-Jun-21	time	6.30	10.38	14.63	19.05	23.69		28.39	33.40		44.11		56.51	4 / 5 5			
reaction time	0.194	interval	4.08	4.25	4.42	4.64		4.70	5.01	5.03	5.23	5.44	6.33		13.31	9.71		
		velocity	7.14	8.58	8.24	7.92	7.54		7.45	6.99	6.54			7.08	7.89	10.81		
H1 lead leg	R	strides		14	14	14	15			16				73				
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	26-Jun-21	time	6.27	10.37	14.58	18.92	23.49		28.22	33.21	38.24	43.47	48.91	55.24	6 / 3			
reaction time	0.211	interval	4.10	4.21	4.34	4.57		4.73	4.99	5.03	5.23	5.44	6.33		12.65	14.29	15.70	
		velocity	7.18	8.54	8.31	8.06	7.66		7.40	7.01	6.96	6.69	6.43	6.32	7.24	8.30	7.35	6.69
H1 lead leg	R	strides	22	14	14	14	15		15	16	15	16	16	157				
Heat 3 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	25-Jun-21	time	6.36	10.43	14.80	19.36	24.00		28.70	33.60	38.90	44.26	49.75	56.11	2 / 1			
reaction time	0.230	interval	4.07	4.37	4.56	4.64		4.70	4.90	5.30	5.36	5.49	6.36		13.00	14.24	16.15	
		velocity	7.08	8.60	8.01	7.68	7.54		7.45	7.14	6.60	6.53	6.38	6.29	7.13	8.08	7.37	6.50
H1 lead leg	R	strides		14	14	15	15		15	15	16	16	16	19.2	155.2			
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	05-Jul-19	time	6.36	10.40	14.76		23.72	25.7	28.60	33.56	38.76	44.24	50.00	56.90	1 / 8			
reaction time	0.201	interval	4.04	4.36		8.96		4.88	4.96	5.20	5.48	5.76	6.90		16.44			
		velocity	7.08	8.66	8.03	7.81	7.78	7.17	7.06	6.73	6.39	6.08	5.80	7.03	6.39			
H1 lead leg	R	strides	22	14	15			16	15	16	17	17	132					
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)													<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>					
date	19-May-19	time	6.34	10.38	14.58	19.17	23.89		28.65	33.52	38.44	43.66	49.18	55.45	8 / 3			
reaction time	0.233	interval	4.04	4.20	4.59	4.72		4.76	4.87	4.92	5.22	5.52	6.27		12.83	14.35	15.66	
		velocity	7.10	8.66	8.33	7.63	7.42		7.35	7.19	7.11	6.70	6.34	6.38	7.21	8.18	7.32	6.70
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19.7	178.7			
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	05-Jul-18	time	6.28	10.40		19.16	23.64		28.32	33.28	38.40	43.56	49.00	55.45	2 / 7			
reaction time	0.208	interval	4.12		8.76	4.48		4.68	4.96	5.12	5.16	5.44	6.45		12.88	14.12	15.72	
		velocity	7.17	8.50		7.99	7.81		7.48	7.06	6.84	6.78	6.43	6.20	7.21	8.15	7.44	6.68
H1 lead leg	R	strides	22	15		15		15	16	16	16	16	20	151				
FINAL - 2018 USATF National Championships (Des Moines, IA) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	24-Jun-18	time	6.24	10.34	14.54	18.88	23.32		27.86	32.63	37.70	43.01	48.58	55.00	3 / 3			
reaction time		interval	4.10	4.20	4.34	4.44		4.54	4.77	5.07	5.31	5.57	6.42		12.64	13.75	15.95	
		velocity	7.21	8.54	8.33	8.06	7.88		7.71	7.34	6.90	6.59	6.28	6.23	7.27	8.31	7.64	6.58
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	17	20	180			
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	31-May-18	time	6.24	10.44	14.76	19.28	24.00		28.80	33.80	38.92	44.28	49.76	56.09	3 / 7			
reaction time	0.228	interval	4.20	4.32	4.52	4.72		4.80	5.00	5.12	5.36	5.48	6.33		13.04	14.52	15.96	
		velocity	7.21	8.33	8.10	7.74	7.42		7.29	7.00	6.84	6.53	6.39	6.32	7.13	8.05	7.23	6.58
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180			
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	26-May-18	time	6.52	10.76	15.08	19.64	24.16		33.88	39.00	44.28			55.97	8 / 8			
reaction time	0.256	interval	4.24	4.32	4.56	4.52			9.72	5.12	5.28				13.12	14.24		
		velocity	6.90	8.25	8.10	7.68	7.74		7.20	6.84	6.63			7.15	8.00	7.37		
H1 lead leg	R	strides	22	15	15	15	15			16	16			114				
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>					

date	10-Aug-17	time	6.24	10.36	14.68	19.00	23.48	28.08	32.88	37.88	43.32	48.88	55.43	3 / 7			
reaction time	0.216	interval		4.12	4.32	4.32	4.48	4.60	4.80	5.00	5.44	5.56	6.55		12.76	13.88	16.00
		velocity	7.21	8.50	8.10	8.10	7.81	7.61	7.29	7.00	6.43	6.29	6.11	7.22	8.23	7.56	6.56
H1 lead leg	R	strides	22		15	15	15	15	15	15	17	17	20	166			

FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)*Henson (2021) - Athlete First: 2017 year end hurdle report*

date	16-Jul-17	time	6.44	10.64	14.96	19.36	23.96	28.68	33.64	38.76	44.00	49.40	55.70	1 / 7			
reaction time	0.213	interval		4.20	4.32	4.40	4.60	4.72	4.96	5.12	5.24	5.40	6.30		12.92	14.28	15.76
		velocity	6.99	8.33	8.10	7.95	7.61	7.42	7.06	6.84	6.68	6.48	6.35	7.18	8.13	7.35	6.66
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.7	179.7			

FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)*Henson (2021) - Athlete First: 2016 year end hurdle report*

date	09-Sep-16	time	6.20	10.36	14.68	19.12	23.68	28.28	33.04	38.00	43.20	48.44	54.47	7 / 1			
reaction time	0.228	interval		4.16	4.32	4.44	4.56	4.60	4.76	4.96	5.20	5.24	6.03		12.92	13.92	15.40
		velocity	7.26	8.41	8.10	7.88	7.68	7.61	7.35	7.06	6.73	6.68	6.63	7.34	8.13	7.54	6.82
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180			

FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis)*Henson (2020) - Athlete First: 2016 year end hurdle report*

date	25-Aug-16	time	6.32	10.52	14.96	19.52	24.32	29.04	33.96	38.88	44.08	49.32	55.14	8 / 4			
reaction time	0.235	interval		4.20	4.44	4.56	4.80	4.72	4.92	4.92	5.20	5.24	5.82		13.20	14.44	15.36
		velocity	7.12	8.33	7.88	7.68	7.29	7.42	7.11	7.11	6.73	6.68	6.87	7.25	7.95	7.27	6.84
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19	178			

FINAL - 2016 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)*Henson (2020) - Athlete First: 2016 year end hurdle report*

date	15-Jul-16	time	6.20	10.50		19.17	23.70	28.30		38.07	43.30	48.63	54.63	7 / 2			
reaction time	0.234	interval		4.30		8.67	4.53	4.60		9.77	5.23	5.33	6.00		12.97		
		velocity	7.26	8.14		8.07	7.73	7.61		7.16	6.69	6.57	6.67	7.32	8.10		
H1 lead leg	R	strides	22	15		15	15	15		16	17	19.5	119.5				

FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)*Henson (2020) - Athlete First: 2016 year end hurdle report*

date	10-Jul-16	time	6.37	10.51	14.82	19.18	23.62	28.09	32.76	37.70	42.87	48.25	54.60	1 / 5			
reaction time	0.300	interval		4.14	4.31	4.36	4.44	4.47	4.67	4.94	5.17	5.38	6.35		12.81	13.58	15.49
		velocity	7.06	8.45	8.12	8.03	7.88	7.83	7.49	7.09	6.77	6.51	6.30	7.33	8.20	7.73	6.78
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20	181			

FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)*Henson (2020) - Athlete First: 2016 year end hurdle report*

date	05-Jun-16	time	6.33	10.47	14.73	19.10	23.60	28.33	33.10	38.03	43.23	48.60	54.57	4 / 1			
reaction time	0.207	interval		4.14	4.26	4.37	4.50	4.73	4.77	4.93	5.20	5.37	5.97		12.77	14.00	15.50
		velocity	7.11	8.45	8.22	8.01	7.78	7.40	7.34	7.09	6.74	6.52	6.70	7.33	8.22	7.50	6.77
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.7	179.7			

FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)*Henson (2020) - Athlete First: 2016 year end hurdle report*

date	02-Jun-16	time	6.20	10.36		19.24	23.80		33.32	38.36	43.60	49.08	55.35	5 / 4			
reaction time	0.219	interval		4.16		8.88	4.56		9.52	5.04	5.24	5.48	6.27		13.04	14.08	15.76
		velocity	7.26	8.41		7.88	7.68		7.35	6.94	6.68	6.39	6.38	7.23	8.05	7.46	6.66
H1 lead leg	R	strides	22	15		15	15		15	16	16	20	103				

FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)*Henson (2020) - Athlete First: 2016 year end hurdle report*

date	22-May-16	time	6.20	10.52	14.76	19.16	23.60	28.16	32.92	37.96	43.12	48.56	54.69	3 / 2			
reaction time	0.209	interval		4.32	4.24	4.40	4.44	4.56	4.76	5.04	5.16	5.44	6.13		12.96	13.76	15.64
		velocity	7.26	8.10	8.25	7.95	7.88	7.68	7.35	6.94	6.78	6.43	6.53	7.31	8.10	7.63	6.71
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20	181			

FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)*Henson (2021) - Athlete First: 2016 year end hurdle report*

date	06-May-16	time	6.32	10.56	14.92	19.36	23.96	28.72	33.60	38.76	44.00	49.40	55.57	5 / 5			
reaction time	0.230	interval		4.24	4.36	4.44	4.60	4.76	4.88	5.16	5.24	5.40	6.17		13.04	14.24	15.80
		velocity	7.12	8.25	8.03	7.88	7.61	7.35	7.17	6.78	6.68	6.48	6.48	7.20	8.05	7.37	6.65
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180			

FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)*Henson (2021) - Athlete First: major championships report*

date	26-Aug-15	time	6.16	10.28	14.52	18.88	23.36	27.96	32.72	37.60	42.68	48.00	54.02	6 / 3			
reaction time	0.189	interval		4.12	4.24	4.36	4.48	4.60	4.76	4.88	5.08	5.32	6.02		12.72	13.84	15.28
		velocity	7.31	8.50	8.25	8.03	7.81	7.61	7.35	7.17	6.89	6.58	6.64	7.40	8.25	7.59	6.87
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19.7	178.7			

Tawa, Rina (JPN) (2002)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)***Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection*

date	06-Aug-19	time	6.88	11.48	16.07	20.79	25.88	30.93	36.20	41.54	46.92	52.43	58.60	4 / 2				
reaction time		interval		4.60	4.59	4.72	5.09	5.05	5.27	5.34	5.38	5.51	6.17		PB	13.91	15.41	16.23
		velocity	6.54	7.61	7.63	7.42	6.88	6.93	6.64	6.55	6.51	6.35	6.48	6.83		7.55	6.81	6.47
H1 lead leg		strides		16	16	16	17	17	18	18	18	18	154					

Taylor, Brenda (USA) (1979)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2004 Seiko Super Grand Prix (Yokohama, JPN)***Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers*

date	23-Sep-04	time	6.38	10.60	15.04	19.53	24.10	28.79	33.63	38.69	44.10	49.56	55.90	1 / 2				
reaction time		interval		4.22	4.44	4.49	4.57	4.69	4.84	5.06	5.41	5.46	6.34		13.15	14.10	15.93	
		velocity	7.05	8.29	7.88	7.80	7.66	7.46	7.23	6.92	6.47	6.41	6.31	7.16		7.98	7.45	6.59

H1 lead leg	strides	15	15	15	15	15	16	16	17	17	17	141
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FINAL - 2004 Olympic Games (Athens, GRE)

date	25-Aug-04	time	6.07	10.21	14.47	18.69	23.10	27.70	32.51	37.56	42.87	48.30	54.97	2 / 7				
reaction time	0.184	interval	4.14	4.26	4.22	4.41	4.60	4.81	5.05	5.31	5.43	6.67			12.62	13.82	15.79	
		velocity	7.41	8.45	8.22	8.29	7.94	7.61	7.28	6.93	6.59	6.45	6.00	7.28		8.32	7.60	6.65
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21	187				

Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04

FINAL - 2004 SDSU (San Diego, CA)

date	20-Mar-04	time	6.35	10.67	15.18	19.73	24.35	29.14	33.95	39.00	44.19	49.53	55.65	1 / 1				
reaction time		interval	4.32	4.51	4.55	4.62	4.79	4.81	5.05	5.19	5.34	6.12			13.38	14.22	15.58	
		velocity	7.09	8.10	7.76	7.69	7.58	7.31	7.28	6.93	6.74	6.55	6.54	7.19		7.85	7.38	6.74
H1 lead leg		strides																

Henson (2004) USATF OTC sport science

FINAL - 2003 USATF National Championships (Palo Alto, CA)

date	21-Jun-03	time	6.34	10.43	14.70	19.07	23.61	28.20	32.82	37.82	43.06	48.67	55.60	5 / 4				
reaction time		interval	4.09	4.27	4.37	4.54	4.59	4.62	5.00	5.24	5.61	6.93			12.73	13.75	15.85	
		velocity	7.10	8.56	8.20	8.01	7.71	7.63	7.58	7.00	6.68	6.24	5.77	7.19		8.25	7.64	6.62
H1 lead leg		strides																

USATF Women's Sprint Development (2003)

Taylor, Gladys (GBR) (1953)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	06-Aug-84	time	6.5	11.1	15.1	19.2	23.6	25.6	28.4	33.2	38.5	44.2	50.2	56.72	1 / 5			
reaction time		interval	4.60	4.00	4.10	4.40	4.80	4.80	5.30	5.70	6.00	6.52	PB		12.70	14.00	17.00	
		velocity	6.92	7.61	8.75	8.54	7.95	7.81	7.29	7.29	6.60	6.14	5.83	6.13	7.05	8.27	7.50	6.18
H1 lead leg	L	strides	15	15	15	15				17	19	19	21.5	136.5				

Arnold (1984) - 1984 olympic games - hurdles

Teng Xinyao (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	02-Apr-21	time	7.40	12.29	17.28	22.37	27.72	33.40	39.40	45.62	51.93		65.12	4 / 4			
reaction time	0.290	interval	4.89	4.99	5.09	5.35	5.68	6.00	6.22	6.31					14.97	17.03	
		velocity	6.08	7.16	7.01	6.88	6.54	6.16	5.83	5.63	5.55		6.14		7.01	6.17	
H1 lead leg	R	strides	24	17	17	17		19	19	19	19		168				

CAA Hurdle Development (2021)

Tereshchuk-Antipova, Tetyana (UKR)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	09-Aug-06	time	6.4	10.6	15.0	19.5	24.1	28.7	33.5	38.4	43.3	48.5	54.55	3 / 3			
reaction time		interval	4.20	4.40	4.50	4.60	4.60	4.80	4.90	4.90	5.20	6.05			13.10	14.00	15.00
		velocity	7.03	8.33	7.95	7.78	7.61	7.29	7.14	7.14	6.73	6.61	7.33		8.02	7.50	7.00
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	16	20.5	181.5			

Behm (2006) - Göteborg 2006: Le quatrache

FINAL - 2005 IAAF World Championships (Helsinki, FIN)

date	13-Aug-05	time	6.4	10.7	15.2	19.7	24.2	28.8	33.6	38.5	43.6	48.9	55.09	7 / 7				
reaction time	0.209	interval	4.30	4.50	4.50	4.50	4.60	4.80	4.90	5.10	5.30	6.19			13.30	13.90	15.30	
		velocity	7.03	8.14	7.78	7.78	7.78	7.61	7.29	7.14	6.86	6.60	6.46	7.26		7.89	7.55	6.86
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	16	161					

Behm (2005) - Helsinki 2005: Les haies - La revanche des lutins

FINAL - 2004 Olympic Games (Athens, GRE)

date	25-Aug-04	time	6.3	10.3	14.4	18.7	23.1	27.6	32.1	37.1	42.1	47.3	53.44	1 / 3				
reaction time	0.312	interval	4.00	4.10	4.30	4.40	4.50	4.50	4.50	5.00	5.00	5.20	6.14		12.40	13.40	15.20	
		velocity	7.14	8.75	8.54	8.14	7.95	7.78	7.78	7.00	7.00	6.73	6.51	7.49		8.47	7.84	6.91
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	16	20	181				

Behm (2005) - Athènes 2004: Les Haies Basses

FINAL - 2003 IAAF World Championships (Paris, FRA)

date	28-Aug-03	time	6.4	10.6	14.8	19.2	23.6	28.3	33.0	38.0	43.2	48.5	54.61	2 / 5				
reaction time	0.230	interval	4.20	4.20	4.40	4.40	4.40	4.70	4.70	5.00	5.20	5.30	6.11		12.80	13.80	15.50	
		velocity	7.03	8.33	8.33	7.95	7.95	7.45	7.45	7.00	6.73	6.60	6.55	7.32		8.20	7.61	6.77
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	20	179				

Behm (2003) - Paris 2003: Le quatrache masculin - féminin

FINAL - 2001 ISTAF (Berlin, GER)

date	31-Aug-01	time	6.69	11.00	15.32	19.73	24.23	28.84	33.63	38.50	43.61	48.80	54.64	1 / 2				
reaction time	0.291	interval	4.31	4.32	4.41	4.50	4.61	4.79	4.87	5.11	5.19	5.84			13.04	13.90	15.17	
		velocity	6.73	8.12	8.10	7.94	7.78	7.59	7.31	7.19	6.85	6.74	6.85	7.32		8.05	7.55	6.92
H1 lead leg		strides																

Graubner (2009) - http://www.fgs.uni-halle.de

FINAL - 2000 Olympic Games (Sydney, AUS)

date	27-Sep-00	time	6.6	10.7	14.9	19.1	23.5	27.9	32.6	37.5	42.5	47.5	53.98	8 / 5				
reaction time	0.326	interval	4.10	4.20	4.20	4.40	4.40	4.40	4.70	4.90	5.00	5.00	6.48		12.50	13.50	14.90	
		velocity	6.82	8.54	8.33	8.33	7.95	7.95	7.45	7.14	7.00	7.00	6.17	7.41		8.40	7.78	7.05
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	16	17.5	178.5				

Behm (2000) - Sydney 2000: Compte-rendu du 400m haies

FINAL - 1999 IAAF World Championships (Sevilla, ESP)

date	25-Aug-99	time	6.61	10.82	15.12	19.49	23.98	28.51	33.25	38.01	43.03	48.17	54.33	7 / 7				
reaction time	0.273	interval	4.21	4.30	4.37	4.49	4.53	4.74	4.76	5.02	5.14	6.16			12.88	13.76	14.92	
		velocity	6.81	8.31	8.14	8.01	7.80	7.73	7.38	7.35	6.97	6.81	6.49	7.36		8.15	7.63	7.04
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	16	19.5	181				

Sanchez (1999) - Sevilla '99: análisis de la carreras con villas

Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*

date	23-Aug-99	time	6.24	10.43	14.66	19.11	23.54	28.13	33.00	37.97	43.00	48.14	54.55	4 / 3			
reaction time	0.182	interval		4.19	4.23	4.45	4.43	4.59	4.87	4.97	5.03	5.14	6.41		12.87	13.89	15.14
		velocity	7.21	8.35	8.27	7.87	7.90	7.63	7.19	7.04	6.96	6.81	6.24	7.33	8.16	7.56	6.94
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	16	19.5	180.5			

FINAL - 1998 European Championships (Budapest, HUN)*Sanchez (1998) - Budapest '98: análisis de la carreras con villas*

date	23-Aug-98	time	6.41				23.10						47.49	54.07	5 / 2		
reaction time		interval					16.69						24.39	6.58			
		velocity	7.02				8.39						7.18	6.08	7.40		
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	21	180			

*Tereshchuk, Tetyana (UKR) (1969)***FINAL - 1997 IAAF World Championships (Athens, GRE)***Hommel (1999) - biomechanical research project, athens 1997: final report*

date	08-Aug-97	time	6.44	10.58	14.80	19.14	23.56	28.08	32.72	37.54	42.60	47.78	53.81	6 / 4			
reaction time	0.156	interval		4.14	4.22	4.34	4.42	4.52	4.64	4.82	5.06	5.18	6.03	NR	12.70	13.58	15.06
		velocity	6.99	8.45	8.29	8.06	7.92	7.74	7.54	7.26	6.92	6.76	6.63	7.43	8.27	7.73	6.97
H1 lead leg		strides															

*Tilgner, Jonna (GER) (1984)***Semi-Final 3 - 2009 IAAF World Championships (Berlin, GER)***Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	18-Aug-09	time	6.45	10.48	14.68	19.10	23.88	28.74	34.02	39.40	44.92	50.71	57.11	2 / 8			
reaction time	0.179	interval		4.03	4.20	4.42	4.78	4.86	5.28	5.38	5.52	5.79	6.40		12.65	14.92	16.69
		velocity	6.98	8.68	8.33	7.92	7.32	7.20	6.63	6.51	6.34	6.04	6.25	7.00	8.30	7.04	6.29
H1 lead leg		strides															

Heat 5 - 2009 IAAF World Championships (Berlin, GER)*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	17-Aug-09	time	6.45	10.50	14.77	19.20	23.88	28.76	33.97	39.32	44.98	50.62	56.73	4 / 5			
reaction time	0.211	interval		4.05	4.27	4.43	4.68	4.88	5.21	5.35	5.66	5.64	6.11		12.75	14.77	16.65
		velocity	6.98	8.64	8.20	7.90	7.48	7.17	6.72	6.54	6.18	6.21	6.55	7.05	8.24	7.11	6.31
H1 lead leg		strides															

Heat 3 - 2009 German National Championships (Ulm, GER)*Killing (2009) - der rhythmus is entscheidend*

date	04-Jul-09	time	6.48	10.61	14.90	19.40	24.05	28.86	34.00	39.36	44.81	50.30	56.58	1 / 1			
reaction time	0.237	interval		4.13	4.29	4.50	4.65	4.81	5.14	5.36	5.45	5.49	6.28		12.92	14.60	16.30
		velocity	6.94	8.47	8.16	7.78	7.53	7.28	6.81	6.53	6.42	6.38	6.37	7.07	8.13	7.19	6.44
H1 lead leg		strides		15	15	15	15	16	16	17	17	17	177				

*Tirlea, Ionela (ROU) (1976)***FINAL - 2004 Olympic Games (Athens, GRE)***Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04*

date	25-Aug-04	time	6.40	10.56	14.61	18.88	23.09	27.62	32.30	37.17	42.21	47.30	53.38	3 / 2			
reaction time	0.292	interval		4.16	4.05	4.27	4.21	4.53	4.68	4.87	5.04	5.09	6.08		12.48	13.42	15.00
		velocity	7.03	8.41	8.64	8.20	8.31	7.73	7.48	7.19	6.94	6.88	6.58	7.49	8.41	7.82	7.00
H1 lead leg	L	strides	22	15	15	15	15	16	16	17	17	17	21	186			

FINAL - 2003 IAAF World Championships (Paris, FRA)*Behm (2003) - Paris 2003:Le quatrache masculin - féminin*

date	28-Aug-03	time	6.2	10.2	14.4	18.8	23.2	27.9	32.8	37.9	43.2	48.4	54.41	3 / 4			
reaction time	0.170	interval		4.00	4.20	4.40	4.40	4.70	4.90	5.10	5.30	5.20	6.01		12.60	14.00	15.60
		velocity	7.26	8.75	8.33	7.95	7.95	7.45	7.14	6.86	6.60	6.73	6.66	7.35	8.33	7.50	6.73
H1 lead leg	L	strides	22	13	13	13	13	16	16	17	17	17	20	177			

FINAL - 2002 IAAF World Cup (Madrid, ESP)*Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*

date	20-Sep-02	time	6.29	10.59	14.96	19.37	24.11	29.03	34.18	39.44	44.80	50.15	56.17	4 / 4			
reaction time	0.161	interval		4.30	4.37	4.41	4.74	4.92	5.15	5.26	5.36	5.35	6.02		13.08	14.81	15.97
		velocity	7.15	8.14	8.01	7.94	7.38	7.11	6.80	6.65	6.53	6.54	6.64	7.12	8.03	7.09	6.57
H1 lead leg	L	strides	24	16	16	16	16	16	17	17	18	18	20	194			

FINAL - 2002 European Championships (Munich, GER)*Graubner (2009) - http://www.fgs.uni-halle.de*

date	08-Aug-02	time	6.46	10.64	14.86	19.19	23.66	28.37	33.27	38.40	43.68	49.01	54.95	1 / 1			
reaction time	0.171	interval		4.18	4.22	4.33	4.47	4.71	4.90	5.13	5.28	5.33	5.94		12.73	14.08	15.74
		velocity	6.97	8.37	8.29	8.08	7.83	7.43	7.14	6.82	6.63	6.57	6.73	7.28	8.25	7.46	6.67
H1 lead leg		strides		15	15	15	15	16	16	16	17	17	142				

Heat 1 - 2002 European Championships (Munich, GER)*Graubner (2009) - http://www.fgs.uni-halle.de*

date	07-Aug-02	time	6.48	10.67	14.95				33.71	38.95	44.25	49.59	55.57	1 / 1			
reaction time	0.196	interval		4.19	4.28				18.76	5.24	5.30	5.34	5.98				15.88
		velocity	6.94	8.35	8.18				7.46	6.68	6.60	6.55	6.69	7.20			6.61
H1 lead leg		strides															

FINAL - 2001 ISTAF (Berlin, GER)*Graubner (2009) - http://www.fgs.uni-halle.de*

date	31-Aug-01	time	6.47	10.68	14.99	19.34	23.92	28.76	33.71	38.86	44.08	49.30	55.13	1 / 4			
reaction time	0.202	interval		4.21	4.31	4.35	4.58	4.84	4.95	5.15	5.22	5.22	5.83		12.87	14.37	15.59
		velocity	6.96	8.31	8.12	8.05	7.64	7.23	7.07	6.80	6.70	6.70	6.86	7.26	8.16	7.31	6.74
H1 lead leg		strides															

FINAL - 2001 IAAF World Championships (Edmonton, CAN)*Behm (2001) - Edmonton: Le quatrache: les finales*

date	08-Aug-01	time	6.2	10.3	14.6	18.8	23.2	27.8	32.7	38.0	43.4	48.8	55.36	7 / 6			
reaction time	0.164	interval		4.10	4.30	4.20	4.40	4.60	4.90	5.30	5.40	5.40	6.56		12.60	13.90	16.10

H1 lead leg	R	velocity	7.26	8.54	8.14	8.33	7.95	7.61	7.14	6.60	6.48	6.48	6.10	7.23	8.33	7.55	6.52
		strides	23	16	16	16	16	17	17	17	17	17	20.5	192.5			
FINAL - 2001 European Cup (Bremen, GER)														<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>			
date	23-Jun-01	time	6.43	10.56	14.77	19.05	23.54	28.12	33.07	38.27	43.71	49.21	55.08	1/2			
reaction time		interval		4.13	4.21	4.28	4.49	4.58	4.95	5.20	5.44	5.50	5.87		12.62	14.02	16.14
		velocity	7.00	8.47	8.31	8.18	7.80	7.64	7.07	6.73	6.43	6.36	6.81	7.26	8.32	7.49	6.51
H1 lead leg		strides															
FINAL - 2000 Olympic Games (Sydney, AUS)														<i>Behm (2000) - Sydney 2000: Compte-rendu du 400m haies</i>			
date	27-Sep-00	time	6.4	10.5	14.7	19.0	23.3	28.1	32.9	37.9	42.9	48.3	54.35	7/6			
reaction time	0.281	interval		4.10	4.20	4.30	4.30	4.80	4.80	5.00	5.00	5.40	6.05		12.60	13.90	15.40
		velocity	7.03	8.54	8.33	8.14	8.14	7.29	7.29	7.00	7.00	6.48	6.61	7.36	8.33	7.55	6.82
H1 lead leg	L	strides	22	15	15	15	15	16	16	16	17	17	164				
FINAL - 1998 European Championships (Budapest, HUN)														<i>Sanchez (1998) - Budapest '98: análisis de la carreras con villas</i>			
date	23-Aug-98	time	6.30	10.40	14.42	18.62	23.05	27.61	32.16	36.92	42.01	47.30	53.37	6/1			
reaction time		interval		4.10	4.02	4.20	4.43	4.56	4.55	4.76	5.09	5.29	6.07	NR	12.32	13.54	15.14
		velocity	7.14	8.54	8.71	8.33	7.90	7.68	7.69	7.35	6.88	6.62	6.59	7.49	8.52	7.75	6.94
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	17	17	21	184			
FINAL - 1997 European Cup (Munich, GER)														<i>Jung (2003) - http://www.fgs.uni-halle.de</i>			
date	21-Jun-97	time	6.69	11.01	15.65	20.49	25.45	30.51	35.65	40.90	46.39	52.04	58.14	8			
reaction time		interval		4.32	4.64	4.84	4.96	5.06	5.14	5.25	5.49	5.65	6.10		13.80	15.16	16.39
		velocity	6.73	8.10	7.54	7.23	7.06	6.92	6.81	6.67	6.38	6.19	6.56	6.88	7.61	6.93	6.41
H1 lead leg		strides															
FINAL - 1996 Olympic Games (Atlanta, GA)														<i>Behm (1996) - 400m haies</i>			
date	31-Jul-96	time	6.6	10.6	14.9	19.3	23.8	28.4	33.2	38.1	43.2	48.6	54.40	8/7			
reaction time	0.343	interval		4.00	4.30	4.40	4.50	4.60	4.80	4.90	5.10	5.40	5.80	PB	12.70	13.90	15.40
		velocity	6.82	8.75	8.14	7.95	7.78	7.61	7.29	7.14	6.86	6.48	6.90	7.35	8.27	7.55	6.82
H1 lead leg		strides	22	15	15	15	15	15	16	16	17	17	163				
Titimets, Anna (UKR) (1989)																	
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)																	
date	09-Sep-16	time	6.52	10.76	15.08	19.52	24.12	28.84	33.80	39.00	44.28	49.72	55.92	1/8			
reaction time	0.205	interval		4.24	4.32	4.44	4.60	4.72	4.96	5.20	5.28	5.44	6.20		13.00	14.28	15.92
		velocity	6.90	8.25	8.10	7.88	7.61	7.42	7.06	6.73	6.63	6.43	6.45	7.15	8.08	7.35	6.60
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	16	20	180			
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)																	
date	01-Sep-16	time	6.52	10.76	15.20	19.68	24.32	29.00	33.84	38.80	44.08	49.52	55.72	2/7			
reaction time	0.180	interval		4.24	4.44	4.48	4.64	4.68	4.84	4.96	5.28	5.44	6.20		13.16	14.16	15.68
		velocity	6.90	8.25	7.88	7.81	7.54	7.48	7.23	7.06	6.63	6.43	6.45	7.18	7.98	7.42	6.70
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	20	164			
FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis)																	
date	25-Aug-16	time	6.60	10.92	15.32	19.88	24.52	29.32	34.20	39.24	44.48	49.88	55.99	1/7			
reaction time	0.188	interval		4.32	4.40	4.56	4.64	4.80	4.88	5.04	5.24	5.40	6.11		13.28	14.32	15.68
		velocity	6.82	8.10	7.95	7.68	7.54	7.29	7.17	6.94	6.68	6.48	6.55	7.14	7.91	7.33	6.70
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	19.5	178.5			
FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)																	
date	22-May-16	time	6.48	10.76	15.08	19.40	23.80	28.32	33.00	38.04	43.36	48.88	55.10	7/4			
reaction time	0.208	interval		4.28	4.32	4.32	4.40	4.52	4.68	5.04	5.32	5.52	6.22		12.92	13.60	15.88
		velocity	6.94	8.18	8.10	8.10	7.95	7.74	7.48	6.94	6.58	6.34	6.43	7.26	8.13	7.72	6.61
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	17	17	20	182			
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)																	
date	15-Aug-13	time	6.46	10.77	15.04	19.38	23.93	28.61		38.35	43.46	48.77	54.72	7/4			
reaction time	0.215	interval		4.31	4.27	4.34	4.55	4.68		9.74	5.11	5.31	5.95	DQ	12.92		
		velocity	6.97	8.12	8.20	8.06	7.69	7.48		7.19	6.85	6.59	6.72	7.31	8.13		
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	19.2	163.2				
Tkachuk, Viktoriya (UKR) (1994)																	
Repechage 1 - 2024 Olympic Games (Paris, FRA)																	
date	05-Aug-24	time	6.56	10.89	15.33	19.86	24.59	29.51	34.81	40.38	46.16	52.32	59.40	8/7			
reaction time	0.225	interval		4.33	4.44	4.53	4.73	4.92	5.30	5.57	5.78	6.16	7.08		13.30	14.95	17.51
		velocity	6.86	8.08	7.88	7.73	7.40	7.11	6.60	6.28	6.06	5.68	5.65	6.73	7.89	7.02	6.00
H1 lead leg	L	strides	22	15	15	15	15	15	16				113				
Heat 5 - 2024 Olympic Games (Paris, FRA)																	
date	04-Aug-24	time	6.63	11.08	15.60	20.21	24.94	29.75	34.84	40.23	45.82	51.53	58.10	9/8			
reaction time	0.241	interval		4.45	4.52	4.61	4.73	4.81	5.09	5.39	5.59	5.71	6.57		13.58	14.63	16.69
		velocity	6.79	7.87	7.74	7.59	7.40	7.28	6.88	6.49	6.26	6.13	6.09	6.88	7.73	7.18	6.29
H1 lead leg	L	strides	22	15	15	15	15	15	16	16			129				

FINAL - 2023 Prefontaine Classic (Eugene, OR)

date	17-Sep-23	time	6.46	10.72	15.06	19.42	23.91	28.57	33.49	38.52	43.73	49.12	55.48	9 / 9				
reaction time	0.218	interval		4.26	4.34	4.36	4.49	4.66	4.92	5.03	5.21	5.39	6.36		12.96	14.07	15.63	
		velocity	6.97	8.22	8.06	8.03	7.80	7.51	7.11	6.96	6.72	6.49	6.29	7.21	8.10	7.46	6.72	
H1 lead leg	L	strides	22	15	15	15	15	15	16	16			129					

Omega Timing (2023) - diamond league race analysis

FINAL - 2023 Memorial van Damme (Brussels, BEL)

date	08-Sep-23	time	6.38	10.49	14.76	19.12	23.59	28.20	33.03	38.04	43.23	48.63	54.98	1 / 8				
reaction time	0.217	interval		4.11	4.27	4.36	4.47	4.61	4.83	5.01	5.19	5.40	6.35		12.74	13.91	15.60	
		velocity	7.05	8.52	8.20	8.03	7.83	7.59	7.25	6.99	6.74	6.48	6.30	7.28	8.24	7.55	6.73	
H1 lead leg	L	strides	22	15	15			15	16	16	16	17	20.5	152.5				

Omega Timing (2023) - diamond league race analysis

FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)

date	02-Sep-23	time	6.31	10.47	14.77	19.14	23.60	28.21	33.04	38.16	43.48	48.90	55.25	8 / 7				
reaction time	0.201	interval		4.16	4.30	4.37	4.46	4.61	4.83	5.12	5.32	5.42	6.35		12.83	13.90	15.86	
		velocity	7.13	8.41	8.14	8.01	7.85	7.59	7.25	6.84	6.58	6.46	6.30	7.24	8.18	7.55	6.62	
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	17		146					

Omega Timing (2023) - diamond league race analysis

Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)

date	22-Aug-23	time	6.40	10.71	15.01	19.25	23.79	28.59	33.63	38.67	43.94	49.38	55.43	6 / 7				
reaction time	0.209	interval		4.31	4.30	4.24	4.54	4.80	5.04	5.04	5.27	5.44	6.05		12.85	14.38	15.75	
		velocity	7.03	8.12	8.14	8.25	7.71	7.29	6.94	6.94	6.64	6.43	6.61	7.22	8.17	7.30	6.67	
H1 lead leg	L	strides	22	15	15	15	15	16	16	16	16	17	163					

Henson (2023) - Athlete First: 2023 year end hurdle report

Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)

date	21-Aug-23	time	6.37	10.66	15.00	19.23	23.76	28.40	33.26	38.36	43.56	49.03	55.05	6 / 2				
reaction time	0.201	interval		4.29	4.34	4.23	4.53	4.80	4.86	5.10	5.20	5.47	6.02		12.86	14.03	15.77	
		velocity	7.06	8.16	8.06	8.27	7.73	7.23	6.86	6.73	6.40	6.64	7.27	8.16	7.48	6.66		
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	17	20	182				

Henson (2023) - Athlete First: 2023 year end hurdle report

FINAL - 2023 London Athletics Meet (London, GBR)

date	23-Jul-23	time	6.33	10.50	14.77	19.07	23.46	28.02	32.80	37.72	42.80	48.02	54.25	2 / 6				
reaction time	0.152	interval		4.17	4.27	4.30	4.39	4.56	4.78	4.92	5.08	5.22	6.23		12.74	13.73	15.22	
		velocity	7.11	8.39	8.20	8.14	7.97	7.68	7.32	7.11	6.89	6.70	6.42	7.37	8.24	7.65	6.90	
H1 lead leg	L	strides	22	15	15	15	15			16	16	16	20.2	150.2				

Omega Timing (2023) - diamond league race analysis

FINAL - 2023 Athletissima (Lausanne, SUI)

date	30-Jun-23	time	6.24	10.36	14.59	18.93	23.40	28.01	32.85	38.00	43.44	49.07	55.69	7 / 6				
reaction time	0.196	interval		4.12	4.23	4.34	4.47	4.61	4.84	5.15	5.44	5.63	6.62		12.69	13.92	16.22	
		velocity	7.21	8.50	8.27	8.06	7.83	7.59	7.23	6.80	6.43	6.22	6.04	7.18	8.27	7.54	6.47	
H1 lead leg	L	strides	22	15		15	15	15	15	16	18	17	21	169				

Omega Timing (2023) - diamond league race analysis

FINAL - 2023 Bislett Games (Oslo, NOR)

date	15-Jun-23	time	6.29	10.55	14.75	19.07	23.57	28.28	33.22	38.40	43.70	49.10	55.36	7 / 6				
reaction time	0.171	interval		4.26	4.20	4.32	4.50	4.71	4.94	5.18	5.30	5.40	6.26		12.78	14.15	15.88	
		velocity	7.15	8.22	8.33	8.10	7.78	7.43	7.09	6.76	6.60	6.48	6.39	7.23	8.22	7.42	6.61	
H1 lead leg	L	strides	24	15	15	15	15	15	16	16	17		148					

Omega Timing (2023) - diamond league race analysis

FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)

date	02-Jun-23	time	6.24	10.36	14.57	18.83	23.25	27.75	32.60	37.67	42.88	48.33	54.71	7 / 5				
reaction time	0.167	interval		4.12	4.21	4.26	4.42	4.50	4.85	5.07	5.21	5.45	6.38		12.59	13.77	15.73	
		velocity	7.21	8.50	8.31	8.22	7.92	7.78	7.22	6.90	6.72	6.42	6.27	7.31	8.34	7.63	6.68	
H1 lead leg	L	strides	22	15	15	15	15	15	16	161	17	17	20.2	328.2				

Omega Timing (2023) - diamond league race analysis

FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)

date	08-Sep-22	time	6.27	10.38		23.19	25.05	27.73	32.43	37.40	42.67	48.29	54.79	8 / 6					
reaction time	0.216	interval		4.11		12.81		4.54	4.70	4.97	5.27	5.62	6.50					15.86	
		velocity	7.18	8.52		8.20	7.98	7.71	7.45	7.04	6.64	6.23	6.15	7.30					6.62
H1 lead leg	L	strides	22	15				15	15	16	16	17	20.5	136.5					

Henson (2022) - Athlete First: 2022 year end hurdle report

FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)

date	26-Aug-22	time	6.27	10.33		18.80	23.20	25.05	27.73	32.53	37.46	42.80	48.60	55.29	7 / 6			
reaction time	0.211	interval		4.06		8.47	4.40		4.53	4.80	4.93	5.34	5.80	6.69		12.53	13.73	16.07
		velocity	7.18	8.62		8.26	7.95	7.98	7.73	7.29	7.10	6.55	6.03	5.98	7.23	8.38	7.65	6.53
H1 lead leg	L	strides	22	15			15		15	15	16	17	18	20.7	153.7			

Henson (2022) - Athlete First: 2022 year end hurdle report

FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)

date	19-Aug-22	time	6.30	10.50		19.07	23.47	25.33	28.06	32.77	37.70	42.83	48.10	54.30	7 / 2			
reaction time	0.195	interval		4.20		8.57	4.40		4.59	4.71	4.93	5.13	5.27	6.20		12.77	13.70	15.33
		velocity	7.14	8.33		8.17	7.95	7.90	7.63	7.43	7.10	6.82	6.64	6.45	7.37	8.22	7.66	6.85
H1 lead leg	L	strides	22	15			15		15	15	15	16	16	20	149			

Henson (2022) - Athlete First: 2022 year end hurdle report

FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)

date	10-Aug-22	time	6.33	10.46	14.70	18.97	23.33	25.25	27.78	32.40	37.37	42.63	48.07	54.27	8 / 4			
reaction time	0.253	interval		4.13	4.24	4.27	4.36		4.45	4.62	4.97	5.26	5.44	6.20		12.64	13.43	15.67
		velocity	7.11	8.47	8.25	8.20	8.03	7.92	7.87	7.58	7.04	6.65	6.43	6.45	7.37	8.31	7.82	6.70
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	19.7	180.7			

Henson (2022) - Athlete First: 2022 year end hurdle report

Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)

date	20-Jul-22	time	6.43	10.50	14.82	19.03	23.43	25.36	27.98	32.67	37.70	42.84	48.20	Henson (2022) - Athlete First: 2022 year end hurdle report					
reaction time	0.212	interval		4.07	4.32	4.21	4.40		4.55	4.69	5.03	5.14	5.36	6.04	54.24	8 / 4	12.60	13.64	15.53
		velocity	7.00	8.60	8.10	8.31	7.95	7.89	7.69	7.46	6.96	6.81	6.53	6.62	7.37		8.33	7.70	6.76
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	20	181				

Heat 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)

date	19-Jul-22	time	6.40	10.63	14.96	19.37	23.90	25.96	28.65		38.70	44.03	49.33	Henson (2022) - Athlete First: 2022 year end hurdle report					
reaction time	0.199	interval		4.23	4.33	4.41	4.53		4.75		10.05	5.33	5.30	5.94	55.27	2 / 4	12.97		
		velocity	7.03	8.27	8.08	7.94	7.73	7.70	7.37		6.97	6.57	6.60	6.73	7.24		8.10		
H1 lead leg	L	strides		15	15	15	15		15			17	17	19.2	128.2				

FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)

date	30-Jun-22	time	6.46	10.64	14.88	19.22	23.64	25.56	28.20	32.90	37.84	43.06	48.50	Henson (2022) - Athlete First: 2022 year end hurdle report					
reaction time	0.244	interval		4.18	4.24	4.34	4.42		4.56	4.70	4.94	5.22	5.44	6.22	54.72	8 / 5	12.76	13.68	15.60
		velocity	6.97	8.37	8.25	8.06	7.92	7.82	7.68	7.45	7.09	6.70	6.43	6.43	7.31		8.23	7.68	6.73
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	20	181				

FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)

date	16-Jun-22	time	6.30	10.44	14.70	19.06	23.50		28.26	33.16	38.14	43.50	48.90	Henson (2022) - Athlete First: 2022 year end hurdle report					
reaction time	0.142	interval		4.14	4.26	4.36	4.44		4.76	4.90	4.98	5.36	5.40	6.28	55.18	5 / 6	12.76	14.10	15.74
		velocity	7.14	8.45	8.22	8.03	7.88		7.35	7.14	7.03	6.53	6.48	6.37	7.25		8.23	7.45	6.67
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	17	17	20	183				

FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

date	09-Jun-22	time	6.43	10.60	14.93	19.30	23.83	25.73	28.50	33.30	38.33	43.60	49.03	Henson (2022) - Athlete First: 2022 year end hurdle report					
reaction time	0.193	interval		4.17	4.33	4.37	4.53		4.67	4.80	5.03	5.27	5.43	6.34	55.37	8 / 7	12.87	14.00	15.73
		velocity	7.00	8.39	8.08	8.01	7.73	7.77	7.49	7.29	6.96	6.64	6.45	6.31	7.22		8.16	7.50	6.68
H1 lead leg	L	strides	22	15	15	15			15	15	16	16	17	20	166				

FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)

date	31-May-22	time	6.90	10.70	14.83	19.07	23.50		28.25	32.88				Henson (2022) - Athlete First: 2022 year end hurdle report					
reaction time	0.246	interval		3.80	4.13	4.24	4.43		4.75	4.63			5.36	NR PB	38.24	3 / 2	12.17	13.81	
		velocity	7.25	9.21	8.47	8.25	7.90		7.37	7.56			7.46	7.85		8.63	7.60		
H1 lead leg	L	strides	24	15	15	15	15			15			19	118					

FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)

date	21-May-22	time	6.50		14.96	19.30	23.80	25.60	28.43	33.33	38.40	43.57	49.00	Henson (2022) - Athlete First: 2022 year end hurdle report					
reaction time	0.188	interval			8.46	4.34	4.50		4.63	4.90	5.07	5.17	5.43	6.25	55.25	3 / 2	12.80	14.03	15.67
		velocity	6.92		8.27	8.06	7.78	7.81	7.56	7.14	6.90	6.77	6.45	6.40	7.24		8.20	7.48	6.70
H1 lead leg	L	strides	22			15	15		15	16	16	17	17	20.7	153.7				

FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)

date	09-Sep-21	time	6.36	10.52		19.16	23.52	25.3	27.96	32.64		42.40	47.60	Henson (2021) - Athlete First: 2021 year end hurdle report					
reaction time	0.192	interval		4.16		8.64	4.36		4.44	4.68		9.76	5.20	6.16	53.76	7 / 4	12.80	13.48	14.96
		velocity	7.08	8.41		8.10	8.03	7.91	7.88	7.48		7.17	6.73	6.49	7.44		8.20	7.79	7.02
H1 lead leg	L	strides	20	18			15		15	15		16	16	20	135				

FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)

date	28-Aug-21	time	6.32	10.53	14.95		23.95		28.53		38.08	43.20	48.65	Henson (2021) - Athlete First: 2021 year end hurdle report					
reaction time	0.228	interval		4.21	4.42		9.00		4.58		9.55	5.12	5.45	6.28	54.93	3 / 5			
		velocity	7.12	8.31	7.92		7.78		7.64		7.33	6.84	6.42	6.37	7.28				
H1 lead leg	L	strides	22	15	15	15			15	15	16	16	17	20	166				

FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)

date	26-Aug-21	time	6.36	10.56	14.92	19.36	24.04		28.92	34.04		44.72		Henson (2021) - Athlete First: 2021 year end hurdle report					
reaction time	0.190	interval		4.20	4.36	4.44	4.68		4.88	5.12		10.68		56.53	8 / 8	13.00	14.68		
		velocity	7.08	8.33	8.03	7.88	7.48		7.17	6.84		6.55		7.08		8.08	7.15		
H1 lead leg	L	strides	22	15	15	15	15		16	16	16			130					

FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

date	04-Aug-21	time	6.40	10.56	14.80	19.06	23.40		27.88	32.56	37.48	42.60	47.80	Henson (2021) - Athlete First: 2021 year end hurdle report					
reaction time	0.206	interval		4.16	4.24	4.26	4.34		4.48	4.68	4.92	5.12	5.20	5.99	53.79	3 / 6	12.66	13.50	15.24
		velocity	7.03	8.41	8.25	8.22	8.06		7.81	7.48	7.11	6.84	6.73	6.68	7.44		8.29	7.78	6.89
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	19.7	179.7				

FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)

date	06-Jul-21	time	6.34	10.56	14.80	19.14	23.56		28.15	32.86	37.70	42.87	48.03	Henson (2021) - Athlete First: 2021 year end hurdle report					
reaction time	0.260	interval		4.22	4.24	4.34	4.42		4.59	4.71	4.84	5.17	5.16	5.99	54.02	8 / 4	12.80	13.72	15.17
		velocity	7.10	8.29	8.25	8.06	7.92		7.63	7.43	7.23	6.77	6.78	6.68	7.40		8.20	7.65	6.92
H1 lead leg	L	strides		15	15	15	15		15		15	16	16	19.2	141.2				

FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)

date	04-Jul-21	time	6.34	10.46	14.68	19.15	23.70	25.8	28.42	33.28	38.16	43.16	48.32	Henson (2021) - Athlete First: 2021 year end hurdle report					
reaction time	0.254	interval		4.12	4.22	4.47	4.55		4.72	4.86	4.88	5.00	5.16	6.07	54.39	7 / 5	12.81	14.13	15.04
		velocity	7.10	8.50	8.29	7.83	7.69	7.75	7.42	7.20	7.17	7.00	6.78	6.59	7.35		8.20	7.43	6.98

H1 lead leg	L	strides	15	15	15	15	15	16	16	16	16	16	19.2	158.2						
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	01-Jul-21	time	6.36	10.60	14.88	23.72	28.32	33.08	38.04	43.20	48.46		54.62	2 / 3						
reaction time	0.250	interval	4.24	4.28	8.84	8.84	4.60	4.76	4.96	5.16	5.26	6.16								15.38
		velocity	7.08	8.25	8.18	7.92	7.61	7.35	7.06	6.78	6.65	6.49	7.32							6.83
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	16	20	165						
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>					
date	17-Sep-20	time	6.52	10.76	15.16	19.60	24.16	26.2	28.76	33.64	38.68	43.80	49.04	54.93	9 / 3					
reaction time	0.270	interval	4.24	4.40	4.44	4.56	4.60	4.88	5.04	5.12	5.24	5.89	PB			13.08	14.04	15.40		
		velocity	6.90	8.25	7.95	7.88	7.68	7.63	7.61	7.17	6.94	6.84	6.68	6.79	7.28	8.03	7.48	6.82		
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	16	19.7	180.7						
FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis)															<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>					
date	15-Sep-20	time	6.44	10.76	15.32	19.80	24.32	29.08	33.88	38.96	44.08	49.28	55.15	4 / 3						
reaction time		interval	4.32	4.56	4.48	4.52	4.76	4.80	5.08	5.12	5.20	5.87				13.36	14.08	15.40		
		velocity	6.99	8.10	7.68	7.81	7.74	7.35	7.29	6.89	6.84	6.73	6.81	7.25		7.86	7.46	6.82		
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	16	19.5	179.5						
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	31-May-18	time	6.52	10.76	15.12	19.64	24.24	29.00	33.96	39.08	44.32	49.64	55.69	9 / 6						
reaction time	0.251	interval	4.24	4.36	4.52	4.60	4.76	4.96	5.12	5.24	5.32	6.05				13.12	14.32	15.68		
		velocity	6.90	8.25	8.03	7.74	7.61	7.35	7.06	6.84	6.68	6.58	6.61	7.18		8.00	7.33	6.70		
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	17	17	20	183						
Tokuhara, Kyoka (JPN) (1999)																				
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)															<i>Kota (2016) - 69th high school championships: JAF scientific committee- biomechanics data</i>					
date	31-Jul-16	time	7.07	11.70	16.67	21.96	27.34	32.85	38.37	43.99	49.57	55.11	61.23	2 / 8						
reaction time		interval	4.63	4.97	5.29	5.38	5.51	5.52	5.62	5.58	5.54	6.12				14.89	16.41	16.74		
		velocity	6.36	7.56	7.04	6.62	6.51	6.35	6.34	6.23	6.27	6.32	6.54	6.53		7.05	6.40	6.27		
H1 lead leg		strides	17	17	19	19	19	19	19	19	19	19	167							
Tolbert, Ryan (USA) (1976)																				
FINAL - 2003 USATF National Championships (Palo Alto, CA)															<i>USATF Women's Sprint Development (2003)</i>					
date	21-Jun-03	time	6.57	10.76	15.14	19.75	24.29	29.01	33.83	38.79	43.96	49.48	56.33	7 / 6						
reaction time		interval	4.19	4.38	4.61	4.54	4.72	4.82	4.96	5.17	5.52	6.85				13.18	14.08	15.65		
		velocity	6.85	8.35	7.99	7.59	7.71	7.42	7.26	7.06	6.77	6.34	5.84	7.10		7.97	7.46	6.71		
H1 lead leg		strides																		
Tosta, Sheena (USA) (1982)																				
Heat 2 - 2009 IAAF World Championships (Berlin, GER)															<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>					
date	17-Aug-09	time	6.19	10.21	14.33	18.67	23.18	27.91	32.81	38.01	43.41	49.21	56.00	5 / 4						
reaction time	0.154	interval	4.02	4.12	4.34	4.51	4.73	4.90	5.20	5.40	5.80	6.79				12.48	14.14	16.40		
		velocity	7.27	8.71	8.50	8.06	7.76	7.40	7.14	6.73	6.48	6.03	5.89	7.14		8.41	7.43	6.40		
H1 lead leg		strides																		
FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)															<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>					
date	14-Sep-08	time	6.40	10.55	14.83	19.27	23.93	28.73	33.57	38.51	43.79	49.20	55.33	5 / 5						
reaction time	0.153	interval	4.15	4.28	4.44	4.66	4.80	4.84	4.94	5.28	5.41	6.13				12.87	14.30	15.63		
		velocity	7.03	8.43	8.18	7.88	7.51	7.29	7.23	7.09	6.63	6.47	6.53	7.23		8.16	7.34	6.72		
H1 lead leg		strides																		
FINAL - 2008 Olympic Games (Beijing, CHN)															<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>					
date	20-Aug-08	time	6.2	10.2	14.2	18.4	22.9	27.4	32.0	36.8	41.8	47.1	53.70	5 / 2						
reaction time	0.191	interval	4.00	4.00	4.20	4.50	4.50	4.60	4.80	5.00	5.30	6.60				12.20	13.60	15.10		
		velocity	7.26	8.75	8.75	8.33	7.78	7.78	7.61	7.29	7.00	6.60	6.06	7.45		8.61	7.72	6.95		
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	16	20	181						
FINAL - 2008 USA Olympic Trials (Eugene, OR)															<i>USATF Hurdle Development (2008)</i>					
date	29-Jun-08	time	6.31	10.46	14.83	19.25	23.84	28.55	33.32	38.41	43.58	48.82	54.62	4 / 3						
reaction time		interval	4.15	4.37	4.42	4.59	4.71	4.77	5.09	5.17	5.24	5.80				12.94	14.07	15.50		
		velocity	7.13	8.43	8.01	7.92	7.63	7.43	7.34	6.88	6.77	6.68	6.90	7.32		8.11	7.46	6.77		
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	16	161							
Johnson, Sheena (USA) (1982)																				
FINAL - 2004 Olympic Games (Athens, GRE)															<i>Behm (2005) - Athènes 2004: Les Haies Basses</i>					
date	25-Aug-04	time	6.4	10.5	14.7	19.1	23.6	28.2	32.9	37.7	42.6	47.7	53.83	8 / 4						
reaction time	0.408	interval	4.10	4.20	4.40	4.50	4.60	4.70	4.80	4.90	5.10	6.13				12.70	13.80	14.80		
		velocity	7.03	8.54	8.33	7.95	7.78	7.61	7.45	7.29	7.14	6.86	6.53	7.43		8.27	7.61	7.09		
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	160							
FINAL - 2004 USA Olympic Trials (Sacramento, CA)															<i>Lyle - miscellaneous coaching notes</i>					
date	11-Jul-04	time	6.11	10.20	14.40	18.69	23.21	27.72	32.50	37.24	42.16	47.03	52.95	6 / 1						
reaction time		interval	4.09	4.20	4.29	4.52	4.51	4.78	4.74	4.92	4.87	5.92	PB			12.58	13.81	14.53		
		velocity	7.36	8.56	8.33	8.16	7.74	7.76	7.32	7.38	7.11	7.19	6.76	7.55		8.35	7.60	7.23		
H1 lead leg	L	strides	24	15	15	15	15	15	15	15	15	15	19	178						

Townsend, Sydni (USA) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
													<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>					
FINAL - 2024 USA Olympic Trials (Eugene, OR)																		
date	30-Jun-24	time	6.40	10.53	14.82	19.25	23.81	25.90	28.53	33.37	38.47	43.73	49.03	55.47	3 / 9			
reaction time		interval		4.13	4.29	4.43	4.56		4.72	4.84	5.10	5.26	5.30	6.44		12.85	14.12	15.66
		velocity	7.03	8.47	8.16	7.90	7.68	7.72	7.42	7.23	6.86	6.65	6.60	6.21	7.21	8.17	7.44	6.70
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	18	22.5	195.5			

Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
													<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>					
date	29-Jun-24	time	6.45	10.51	14.63	18.98	23.46	25.42	27.95	32.73	37.85	43.23	48.69	55.26	8 / 3			
reaction time		interval		4.06	4.12	4.35	4.48		4.49	4.78	5.12	5.38	5.46	6.57		12.53	13.75	15.96
		velocity	6.98	8.62	8.50	8.05	7.81	7.87	7.80	7.32	6.84	6.51	6.41	6.09	7.24	8.38	7.64	6.58
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	18	18	22.7	195.7			

Heat 2 - 2024 USA Olympic Trials (Eugene, OR)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
													<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>					
date	27-Jun-24	time	6.52	10.71	15.07	19.61	24.18	26.21	28.79	33.68	38.83	44.15	49.58	55.72	8 / 2			
reaction time		interval		4.19	4.36	4.54	4.57		4.61	4.89	5.15	5.32	5.43	6.14		13.09	14.07	15.90
		velocity	6.90	8.35	8.03	7.71	7.66	7.63	7.59	7.16	6.80	6.58	6.45	6.51	7.18	8.02	7.46	6.60
H1 lead leg		strides																

FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
													<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>					
date	08-Jun-24	time	6.42	10.55	14.76	19.14	23.73		28.36	33.24	38.24	43.37	48.71	55.01	3 / 5			
reaction time		interval		4.13	4.21	4.38	4.59		4.63	4.88	5.00	5.13	5.34	6.30		12.72	14.10	15.47
		velocity	7.01	8.47	8.31	7.99	7.63		7.56	7.17	7.00	6.82	6.55	6.35	7.27	8.25	7.45	6.79
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	18	18	22	195			

FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	10-Jun-23	time	6.50	10.77	15.25	19.82	24.59		29.43	34.43	39.47	44.75	49.98	56.27	2 / 9			
reaction time		interval		4.27	4.48	4.57	4.77		4.84	5.00	5.04	5.28	5.23	6.29		13.32	14.61	15.55
		velocity	6.92	8.20	7.81	7.66	7.34		7.23	7.00	6.94	6.63	6.69	6.36	7.11	7.88	7.19	6.75
H1 lead leg	L	strides	23	16	16	16	16		17	18	17	18	18	175				

Tracey, Ristananna (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)																		
date	21-Jul-18	time	6.44	10.68	14.96	19.36	24.00		28.84	33.88	39.12	44.48	49.80	56.07	9 / 6			
reaction time	0.204	interval		4.24	4.28	4.40	4.64		4.84	5.04	5.24	5.36	5.32	6.27		12.92	14.52	15.92
		velocity	6.99	8.25	8.18	7.95	7.54		7.23	6.94	6.68	6.53	6.58	6.38	7.13	8.13	7.23	6.60
H1 lead leg	L	strides	23	15	15	15	16		16	16	17	17	17	20.5	187.5			

FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
													<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>					
date	10-Aug-17	time	6.24	10.36	14.40	18.68	23.00		27.56	32.28	37.28	42.40	47.60	53.74	7 / 3			
reaction time	0.178	interval		4.12	4.04	4.28	4.32		4.56	4.72	5.00	5.12	5.20	6.14	PB	12.44	13.60	15.32
		velocity	7.21	8.50	8.66	8.18	8.10		7.68	7.42	7.00	6.84	6.73	6.51	7.44	8.44	7.72	6.85
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	20.2	186.2			

FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
													<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>				
date	06-Jul-17	time	6.72	11.00	15.32	19.68	24.12		28.88	33.80	38.92	44.28	56.23	8 / 7			
reaction time	0.206	interval		4.28	4.32	4.36	4.44		4.76	4.92	5.12	5.36			12.96	14.12	
		velocity	6.70	8.18	8.10	8.03	7.88		7.35	7.11	6.84	6.53	7.11		8.10	7.44	
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	148				

FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
													<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>					
date	18-Aug-16	time	6.44	10.56	14.80	19.08	23.48		28.16	32.96	37.96	42.96	48.20	54.15	7 / 5			
reaction time	0.213	interval		4.12	4.24	4.28	4.40		4.68	4.80	5.00	5.00	5.24	5.95	PB	12.64	13.88	15.24
		velocity	6.99	8.50	8.25	8.18	7.95		7.48	7.29	7.00	7.00	6.68	6.72	7.39	8.31	7.56	6.89
H1 lead leg	L	strides	22	15	15	15	15		16	16	16	16	16	20	182			

Tromp, Gretha (NED) (1964)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
													<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>					
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)																		
date	26-Sep-88	time	6.54	10.68	14.98	19.41	24.07		28.99	34.13	39.39	45.03	50.97	57.57	1 / 8			
reaction time	0.241	interval		4.14	4.30	4.43	4.66		4.92	5.14	5.26	5.64	5.94	6.60		12.87	14.72	16.84
		velocity	6.88	8.45	8.14	7.90	7.51		7.11	6.81	6.65	6.21	5.89	6.06	6.95	8.16	7.13	6.24
H1 lead leg		strides	23	15	16	15	16		16	15	17	18	18	21.3	190.3			

Tsugawa, Rui (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>					
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)																		
date	03-May-21	time	7.07	11.81	16.72	21.62	26.71		31.80	36.97	42.23	47.60	53.27	60.52	9 / 6			
reaction time	0.230	interval		4.74	4.91	4.90	5.09		5.09	5.17	5.26	5.37	5.67	7.25		14.55	15.35	16.30
		velocity	6.36	7.38	7.13	7.14	6.88		6.88	6.77	6.65	6.52	6.17	5.52	6.61	7.22	6.84	6.44
H1 lead leg	L	strides	23	17	17	17	17		17	17	17	17	18	177				

FINAL - 2020 Japanese National Championships (Niigata, JPN)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>					
date	03-Oct-20	time	6.94	11.59	16.35	21.19	26.18		31.20	36.25	41.37	46.66	52.00	58.21	8 / 7			
reaction time	0.184	interval		4.65	4.76	4.84	4.99		5.02	5.05	5.12	5.29	5.34	6.21		14.25	15.06	15.75
		velocity	6.48	7.53	7.35	7.23	7.01		6.97	6.93	6.84	6.62	6.55	6.44	6.87	7.37	6.97	6.67
H1 lead leg	L	strides	23	17	17	17	17		17	17	17	17	17	21.2	197.2			

FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)

date	06-Aug-19	time	6.85	11.38	16.03	20.82	25.66	30.65	35.60	40.60	46.03	51.73	58.14	3 / 1				
reaction time		interval		4.53	4.65	4.79	4.84	4.99	4.95	5.00	5.43	5.70	6.41	PB	13.97	14.78	16.13	
		velocity	6.57	7.73	7.53	7.31	7.23	7.01	7.07	7.00	6.45	6.14	6.24	6.88	7.52	7.10	6.51	
H1 lead leg		strides		17	17	17	17	17	17	17	19	19	157					
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN) <i>Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection</i>																		
date	04-Aug-18	time	6.97	11.63	16.53	21.57	26.74	32.05	37.35	42.99	48.87	54.77	60.89	7 / 7				
reaction time		interval		4.66	4.90	5.04	5.17	5.31	5.30	5.64	5.88	5.90	6.12		14.60	15.78	17.42	
		velocity	6.46	7.51	7.14	6.94	6.77	6.59	6.60	6.21	5.95	5.93	6.54	6.57	7.19	6.65	6.03	
H1 lead leg		strides		17	17	17	17	17	17	19	19	19	159					
Tsuha, Aiki (JPN) (2000)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese National Championships (Osaka, JPN) <i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	27-Jun-21	time	6.86	11.38	16.00	20.72	25.64	30.63	35.74	41.32	46.96	52.72	59.41	3 / 7				
reaction time	0.324	interval		4.52	4.62	4.72	4.92	4.99	5.11	5.58	5.64	5.76	6.69			13.86	15.02	16.98
		velocity	6.56	7.74	7.58	7.42	7.11	7.01	6.85	6.27	6.21	6.08	5.98	6.73		7.58	6.99	6.18
H1 lead leg	L	strides	25	17	17	17	17	17	17	19	19	19	184					
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN) <i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	01-Jun-21	time	6.74	11.19	15.83	20.65	25.61	30.60	35.77	41.06	46.56	52.27	58.93	9 / 5				
reaction time	0.179	interval		4.45	4.64	4.82	4.96	4.99	5.17	5.29	5.50	5.71	6.66		13.91	15.12	16.50	
		velocity	6.68	7.87	7.54	7.26	7.06	7.01	6.77	6.62	6.36	6.13	6.01	6.79		7.55	6.94	6.36
H1 lead leg	L	strides	25	17	17	17	17	17	18	18	19	19	23.2	207.2				
B FINAL - 2021 Shizuoka International Athletics Meeting (Fukuori, JPN) <i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	03-May-21	time	6.76	11.41	16.17	20.92	25.83	30.73	35.89	41.14	46.70	52.60	59.62	5 / 1				
reaction time	0.174	interval		4.65	4.76	4.75	4.91	4.90	5.16	5.25	5.56	5.90	7.02		14.16	14.97	16.71	
		velocity	6.66	7.53	7.35	7.37	7.13	7.14	6.78	6.67	6.29	5.93	5.70	6.71		7.42	7.01	6.28
H1 lead leg	L	strides	25	17	17	17	17	17	18	18	18	18	24	206				
C FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN) <i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	24-Oct-20	time	6.72	11.28	15.97	21.14	26.38	31.51	36.67	42.03	47.73	53.40	59.94	6 / 1				
reaction time		interval		4.56	4.69	5.17	5.24	5.13	5.16	5.36	5.70	5.67	6.54		14.42	15.53	16.73	
		velocity	6.70	7.68	7.46	6.77	6.68	6.82	6.78	6.53	6.14	6.17	6.12	6.67		7.28	6.76	6.28
H1 lead leg		strides		17	17	17	17	17	17	17	19	19	157					
Tsujii, Mio (JPN) (1999)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National Championships (Osaka, JPN) <i>Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																		
date	12-Jun-22	time	6.77	11.28	15.93	20.65	25.53	30.56	35.77	41.11	46.60	52.20	58.60	2 / 7				
reaction time	0.244	interval		4.51	4.65	4.72	4.88	5.03	5.21	5.34	5.49	5.60	6.40	=PB		13.88	15.12	16.43
		velocity	6.65	7.76	7.53	7.42	7.17	6.96	6.72	6.55	6.38	6.25	6.25	6.83		7.56	6.94	6.39
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	18	175					
C Race - 2022 Michitaka Kinami Memorial (Osaka, JPN) <i>Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																		
date	30-Apr-22	time	6.81	11.31	15.95	20.79	25.73	30.80	35.94	41.17	46.75	52.40	59.04	6 / 1				
reaction time	0.185	interval		4.50	4.64	4.84	4.94	5.07	5.14	5.23	5.58	5.65	6.64	PB		13.98	15.15	16.46
		velocity	6.61	7.78	7.54	7.23	7.09	6.90	6.81	6.69	6.27	6.19	6.02	6.78		7.51	6.93	6.38
H1 lead leg	R	strides	24	16	16	17	17	17	17	17	18	18	22.7	199.7				
Tsukamoto, Moeno (JPN) (2004)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN) <i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																		
date	04-Jun-23	time	6.84	11.31	15.93	20.67	25.64	30.80	36.09	41.52	47.18	53.14	59.85	9 / 3				
reaction time	0.157	interval		4.47	4.62	4.74	4.97	5.16	5.29	5.43	5.66	5.96	6.71			13.83	15.42	17.05
		velocity	6.58	7.83	7.58	7.38	7.04	6.78	6.62	6.45	6.18	5.87	5.96	6.68		7.59	6.81	6.16
H1 lead leg	R	strides	24	16	16	17	17	17	18	18	19	20	23.2	205.2				
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN) <i>Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																		
date	12-Jun-22	time	6.89	11.41	16.10	21.10	26.19	31.28	36.50	41.93	47.55	53.29	59.96	7 / 2				
reaction time	0.180	interval		4.52	4.69	5.00	5.09	5.09	5.22	5.43	5.62	5.74	6.67		14.21	15.40	16.79	
		velocity	6.53	7.74	7.46	7.00	6.88	6.88	6.70	6.45	6.23	6.10	6.00	6.67		7.39	6.82	6.25
H1 lead leg	R	strides	24	17	17	17	17	17	18	18	19	19	23	206				
Tsukuda, Huayue (JPN)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN) <i>Takashima (2023) - national high school sports festival - biomechanics data</i>																		
date	04-Aug-23	time	7.29	12.06	16.98	21.96	27.01	32.25	37.54	42.88	48.42	53.92	60.05	7 / 4				
reaction time	0.262	interval		4.77	4.92	4.98	5.05	5.24	5.29	5.34	5.54	5.50	6.13			14.67	15.58	16.38
		velocity	6.17	7.34	7.11	7.03	6.93	6.68	6.62	6.55	6.32	6.36	6.53	6.66		7.16	6.74	6.41
H1 lead leg		strides	23	17	17	17	17	17	17	17	17	17	22	198				
Turner, Jessica (GBR) (1995)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis) <i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																		
date	21-May-22	time	6.67	10.70	14.83	19.03	23.62	25.49	28.40	33.40	44.33	50.40	57.43	9 / 8				
reaction time	0.240	interval		4.03	4.13	4.20	4.59	4.78	5.00	10.93	6.07	7.03				12.36	14.37	17.00
		velocity	6.75	8.68	8.47	8.33	7.63	7.85	7.32	7.00	6.40	5.77	5.69	6.97		8.50	7.31	6.18
H1 lead leg	L	strides	25	15	15	15	16	16	17			19	138					
FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis) <i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																		

date	10-Jun-21	time	6.48	10.64	14.88	19.16	23.56	25.5	28.30	33.04	38.12	43.28	48.60	54.79	6 / 3			
reaction time	0.199	interval		4.16	4.24	4.28	4.40		4.74	4.74	5.08	5.16	5.32	6.19		12.68	13.88	15.56
		velocity	6.94	8.41	8.25	8.18	7.95	7.84	7.38	7.38	6.89	6.78	6.58	6.46	7.30	8.28	7.56	6.75
H1 lead leg	L	strides	24	15	15	15	15		16	16	17	17	17	20.2	187.2			

Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)*Henson (2020) - Athlete First: 2019 year end hurdle report*

date	02-Oct-19	time	6.60	11.08	15.58		24.72		29.46	34.20	39.14	44.34	49.65	55.87	9 / 7			
reaction time	0.189	interval		4.48	4.50		9.14		4.74	4.74	4.94	5.20	5.31	6.22				15.45
		velocity	6.82	7.81	7.78		7.66		7.38	7.38	7.09	6.73	6.59	6.43	7.16			6.80
H1 lead leg	L	strides	24	16	16				16	16	17		17	20.7	142.7			

Uibel, Birgit (GDR) (1961)**FINAL - 1984 (Dresden, GDR)***Heß (1985) - entwicklungsaspekte die leichtathletischen sprint-/hürdendisziplinen im olympiazklus 1981/84*

date	19-May-84	time	6.53				23.54						48.64	54.68	9 / 1			
reaction time		interval					17.01						25.10	6.04	PB			
		velocity	6.89				8.23						6.97	6.62	7.32			
H1 lead leg		strides																

Ullrich, Cornelia (GDR) (1963)**FINAL - 1987 IAAF World Championships (Rome, ITA)***Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*

date	03-Sep-87	time	6.60	10.77	15.13	19.62	24.17		28.94	33.82	38.75	43.67	48.67	54.31	4 / 3			
reaction time		interval		4.17	4.36	4.49	4.55		4.77	4.88	4.93	4.92	5.00	5.64		13.02	14.20	14.85
		velocity	6.82	8.39	8.03	7.80	7.69		7.34	7.17	7.10	7.11	7.00	7.09	7.37	8.06	7.39	7.07
H1 lead leg	R	strides	25	15	16	16	17		17	17	17	17	17	20.2	194.2			

Semi-Final 2 - 1987 IAAF World Championships (Rome, ITA)*Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*

date	01-Sep-87	time	6.67	10.77	15.03	19.24	23.68		28.32	33.18	38.18	43.38	48.64	54.72	3 / 1			
reaction time		interval		4.10	4.26	4.21	4.44		4.64	4.86	5.00	5.20	5.26	6.08		12.57	13.94	15.46
		velocity	6.75	8.54	8.22	8.31	7.88		7.54	7.20	7.00	6.73	6.65	6.58	7.37	8.35	7.53	6.79
H1 lead leg	R	strides	23	15	15	15	15		15	17	17	17	17	21.1	187.1			

Heat 5 - 1987 IAAF World Championships (Rome, ITA)*Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*

date	31-Aug-87	time	6.75	10.99	15.44	20.04	24.68		29.54	34.57	39.76	45.12	50.46	56.75	1 / 1			
reaction time		interval		4.24	4.45	4.60	4.64		4.86	5.03	5.19	5.36	5.34	6.29		13.29	14.53	15.89
		velocity	6.67	8.25	7.87	7.61	7.54		7.20	6.96	6.74	6.53	6.55	6.36	7.37	7.90	7.23	6.61
H1 lead leg		strides	23	15	15	15	15		17	17	17	17	17	21	189			

Feuerbach, Cornelia (GDR) (1963)**FINAL - 1986 European Championships (Stuttgart, FRG)***Behm (1995) - la tactique du 400 haies*

date	30-Aug-86	time	6.4	10.4	14.6	18.8	23.3		28.0	32.7	37.7	42.8	48.0	54.13	1 / 3				
reaction time		interval		4.00	4.20	4.20	4.50		4.70	4.70	5.00	5.10	5.20	6.13	PB		12.40	13.90	15.30
		velocity	7.03	8.75	8.33	8.33	7.78		7.45	7.45	7.00	6.86	6.73	6.53	7.39	8.47	7.55	6.86	
H1 lead leg		strides	23	15	15	15	15		15	15	15	17	17	162					

Umehara, Satsuki (JPN) (1994)**FINAL - 2023 Japanese National Championships (Osaka, JPN)***Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

date	04-Jun-23	time	6.72	11.19	15.72	20.29	25.04		29.93	34.93	40.11	45.43	50.85	57.02	9 / 3			
reaction time	0.175	interval		4.47	4.53	4.57	4.75		4.89	5.00	5.18	5.32	5.42	6.17		13.57	14.64	15.92
		velocity	6.70	7.83	7.73	7.66	7.37		7.16	7.00	6.76	6.58	6.46	6.48	7.02	7.74	7.17	6.60
H1 lead leg	R	strides	23	16	16	16	16		17	17	17	18	18	174				

A FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)*Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

date	06-May-23	time	6.71	11.29	15.98	20.85	25.78		30.89	36.02	41.19	46.68	52.15	58.36	4 / 2			
reaction time	0.147	interval		4.58	4.69	4.87	4.93		5.11	5.13	5.17	5.49	5.47	6.21		14.14	15.17	16.13
		velocity	6.71	7.64	7.46	7.19	7.10		6.85	6.82	6.77	6.38	6.40	6.44	6.85	7.43	6.92	6.51
H1 lead leg		strides		16	16	17	17		17	17	17	18	18	153				

FINAL - 2022 Japanese National Championships (Osaka, JPN)*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	12-Jun-22	time	6.79	11.28	15.82	20.52	25.31		30.20	35.22	40.41	45.75	51.23	57.61	8 / 4			
reaction time	0.231	interval		4.49	4.54	4.70	4.79		4.89	5.02	5.19	5.34	5.48	6.38		13.73	14.70	16.01
		velocity	6.63	7.80	7.71	7.45	7.31		7.16	6.97	6.74	6.55	6.39	6.27	6.94	7.65	7.14	6.56
H1 lead leg	R	strides	23	16	16	17	17		17	17	17	18	18	176				

FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	03-May-22	time	6.86	11.33	15.87	20.52	25.26		30.16	35.20	40.29	45.66	51.22	57.61	5 / 3			
reaction time	0.229	interval		4.47	4.54	4.65	4.74		4.90	5.04	5.09	5.37	5.56	6.39		13.66	14.68	16.02
		velocity	6.56	7.83	7.71	7.53	7.38		7.14	6.94	6.88	6.52	6.29	6.26	6.94	7.69	7.15	6.55
H1 lead leg	L	strides	24	16	16	16	17		17	17	17	18	18	22.2	198.2			

A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	30-Apr-22	time	6.72	11.18	15.80	20.50	25.36		30.30	35.42	40.62	46.18	51.84	58.41	8 / 4			
reaction time	0.163	interval		4.46	4.62	4.70	4.86		4.94	5.12	5.20	5.56	5.66	6.57		13.78	14.92	16.42
		velocity	6.70	7.85	7.58	7.45	7.20		7.09	6.84	6.73	6.29	6.18	6.09	6.85	7.62	7.04	6.39
H1 lead leg	R	strides	24	16	16	17	17		17	17	17	18	18	177				

FINAL - 2016 Japanese University Championships (Kumagaya, JPN)*(2016.09.04) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en*

date	03-Sep-16	time	6.71	11.08	15.49	20.02	24.69		29.58	34.58	39.69	45.07	50.50	56.79	6 / 1				
reaction time	0.170	interval		4.37	4.41	4.53	4.67		4.89	5.00	5.11	5.38	5.43	6.29	PB		13.31	14.56	15.92

H1 lead leg	R	velocity	6.71	8.01	7.94	7.73	7.49	7.16	7.00	6.85	6.51	6.45	6.36	7.04	7.89	7.21	6.60		
		strides	24	16	16	16	16	17	17	17	18	18	22	197					
Umemoto, Rina (JPN) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Japanese National High School Championships (Okinawa, JPN)													<i>Matsuo (2010) - 63rd high school championships: JAF scientific committee- biomechanics data</i>						
date	31-Jul-10	time	7.11	11.73	16.47	21.26	26.20		31.07	36.33	41.70	47.44	53.31		59.96	1			
reaction time		interval		4.62	4.74	4.79	4.94		4.87	5.26	5.37	5.74	5.87	6.65	PB		14.15	15.07	16.98
		velocity	6.33	7.58	7.38	7.31	7.09		7.19	6.65	6.52	6.10	5.96	6.02	6.67		7.42	6.97	6.18
H1 lead leg		strides		17	17	17	17		17	18	18	19	20		160				
Urbansky, Ulrike (GER) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 European Cup (Munich, GER)													<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>						
date	23-Jun-07	time	6.63	10.94	15.33	19.93	24.46		29.21	34.07	39.07	44.13	49.54		55.74	3			
reaction time	0.142	interval		4.31	4.39	4.60	4.53		4.75	4.86	5.00	5.06	5.41	6.20			13.30	14.14	15.47
		velocity	6.79	8.12	7.97	7.61	7.73		7.37	7.20	7.00	6.92	6.47	6.45	7.18		7.89	7.43	6.79
H1 lead leg		strides																	
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)													<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>						
date	23-Aug-99	time	6.28	10.51	14.79	19.13	23.56		28.22	33.45	38.71	43.89	49.26		55.81	1 / 8			
reaction time	0.239	interval		4.23	4.28	4.34	4.43		4.66	5.23	5.26	5.18	5.37	6.55			12.85	14.32	15.81
		velocity	7.17	8.27	8.18	8.06	7.90		7.51	6.69	6.65	6.76	6.52	6.11	7.17		8.17	7.33	6.64
H1 lead leg	R	strides	23	15	15	15	15		15	17	17	17	17	20	186				
FINAL - 1998 European Championships (Budapest, HUN)													<i>Sanchez (1998) - Budapest '98: análisis de la carreras con villas</i>						
date	23-Aug-98	time	6.67				23.85						49.90		55.38	7 / 6			
reaction time		interval					17.18						26.05	5.48					
		velocity	6.75				8.15						6.72	7.30	7.22				
H1 lead leg	R	strides	24	15	15	15	15		15	16	16	17	17	20.5	185.5				
Heat 3 - 1995 European Junior Championships (Nyiregyhaza, HUN)													<i>Hommel (2007) - Sprinttechnik beobachten und analysieren!</i>						
date	28-Jul-95	time	6.95	11.27	15.67	20.24	24.95		29.86	35.18	40.62	46.04	51.66		58.02	3 / 1			
reaction time		interval		4.32	4.40	4.57	4.71		4.91	5.32	5.44	5.42	5.62	6.36			13.29	14.94	16.48
		velocity	6.47	8.10	7.95	7.66	7.43		7.13	6.58	6.43	6.46	6.23	6.29	6.89		7.90	7.03	6.37
H1 lead leg		strides																	
Urcelay, Maite (ESP) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)													<i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>						
date	02-Aug-98	time	6.98	11.70	16.52	21.40	26.42		31.60	36.70	41.95	47.48	53.16		59.70	3 / 2			
reaction time		interval		4.72	4.82	4.88	5.02		5.18	5.10	5.25	5.53	5.68	6.54			14.42	15.30	16.46
		velocity	6.45	7.42	7.26	7.17	6.97		6.76	6.86	6.67	6.33	6.16	6.12	6.70		7.28	6.86	6.38
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18	21	195				
Usha, P.T. (IND) (1964)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1984 Olympic Games (Los Angeles, CA)													<i>Arnold (1984) - 1984 olympic games - hurdles</i>						
date	06-Aug-84	time	6.6	11.5	15.9	20.5	25.1	27.1	29.8	34.5	39.4	44.4	49.6		55.54	2 / 1			
reaction time		interval		4.90	4.40	4.60	4.60		4.70	4.70	4.90	5.00	5.20	5.94	PB		13.90	14.00	15.10
		velocity	6.82	7.14	7.95	7.61	7.61	7.38	7.45	7.45	7.14	7.00	6.73	6.73	7.20		7.55	7.50	6.95
H1 lead leg	L	strides		17	17	17					17	17	17	20.7	122.7				
Uřá, Alexandra Ștefania (ROU) (2007)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 European Athletics Championships (Roma, ITA)													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>						
date	09-Jun-24	time	6.93												dnf	5 / --			
reaction time	0.183	interval																	
		velocity	6.49																
H1 lead leg		strides																	
Utsunomiya, Eri (JPN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National Championships (Osaka, JPN)													<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>						
date	04-Jun-23	time	6.66	11.04	15.57	20.12	24.76		29.60	34.52	39.61	44.81	50.25		56.65	6 / 2			
reaction time	0.207	interval		4.38	4.53	4.55	4.64		4.84	4.92	5.09	5.20	5.44	6.40			13.46	14.40	15.73
		velocity	6.76	7.99	7.73	7.69	7.54		7.23	7.11	6.88	6.73	6.43	6.25	7.06		7.80	7.29	6.68
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	21	187				
A FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)													<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>						
date	06-May-23	time	6.62	10.96	15.47	20.09	24.92		30.05	35.35	40.69	46.06	51.69		58.43	5 / 3			
reaction time	0.176	interval		4.34	4.51	4.62	4.83		5.13	5.30	5.34	5.37	5.63	6.74			13.47	15.26	16.34
		velocity	6.80	8.06	7.76	7.58	7.25		6.82	6.60	6.55	6.52	6.22	5.93	6.85		7.80	6.88	6.43
H1 lead leg		strides		15	15	15	15		16	16	17	17	17	143					
B FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)													<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>						
date	03-May-23	time	6.62	11.02	15.63	20.28	25.21		30.32	35.49	40.78	46.17	51.91		58.80	6 / 3			
reaction time	0.211	interval		4.40	4.61	4.65	4.93		5.11	5.17	5.29	5.39	5.74	6.89			13.66	15.21	16.42
		velocity	6.80	7.95	7.59	7.53	7.10		6.85	6.77	6.62	6.49	6.10	5.81	6.80		7.69	6.90	6.39
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	22	188				
FINAL - 2022 Japanese National Championships (Osaka, JPN)													<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>						
date	12-Jun-22	time	6.62	10.93	15.41	19.99	24.64		29.53	34.52	39.74	44.99	50.45		56.90	4 / 2			

reaction time	0.206	interval	4.31	4.48	4.58	4.65	4.89	4.99	5.22	5.25	5.46	6.45	13.37	14.53	15.93		
		velocity	6.80	8.12	7.81	7.64	7.53	7.16	7.01	6.70	6.67	6.41	6.20	7.03	7.85	7.23	6.59
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	22	188			
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)													<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>				
date	03-May-22	time	6.67	10.96	15.47	20.07	24.82	29.86	34.92	40.14	45.53	51.08	57.43	9 / 2			
reaction time	0.217	interval	4.29	4.51	4.60	4.75	5.04	5.06	5.22	5.39	5.55	6.35	13.40	14.85	16.16		
		velocity	6.75	8.16	7.76	7.61	7.37	6.94	6.92	6.70	6.49	6.31	6.30	6.97	7.84	7.07	6.50
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	21	187			
A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)													<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>				
date	30-Apr-22	time	6.54	10.79	15.20	19.80	24.56	29.56	34.77	40.12	45.58	51.22	57.64	4 / 2			
reaction time	0.175	interval	4.25	4.41	4.60	4.76	5.00	5.21	5.35	5.46	5.64	6.42	13.26	14.97	16.45		
		velocity	6.88	8.24	7.94	7.61	7.35	7.00	6.72	6.54	6.41	6.21	6.23	6.94	7.92	7.01	6.38
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	21.5	187.5			
FINAL - 2021 Japanese National Championships (Osaka, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>				
date	27-Jun-21	time	6.57	10.84	15.23	19.77	24.37	29.28	34.38	39.66	45.20	50.97	57.83	4 / 2			
reaction time	0.194	interval	4.27	4.39	4.54	4.60	4.91	5.10	5.28	5.54	5.77	6.86	13.20	14.61	16.59		
		velocity	6.85	8.20	7.97	7.71	7.61	7.13	6.86	6.63	6.32	6.07	5.83	6.92	7.95	7.19	6.33
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	22	188			
FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>				
date	06-Jun-21	time	6.51	10.78	15.10	19.54	24.22	29.06	34.08	39.37	44.79	50.43	57.03	5 / 1			
reaction time		interval	4.27	4.32	4.44	4.68	4.84	5.02	5.29	5.42	5.64	6.60	13.03	14.54	16.35		
		velocity	6.91	8.20	8.10	7.88	7.48	7.23	6.97	6.62	6.46	6.21	6.06	7.01	8.06	7.22	6.42
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	22	188			
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>				
date	01-Jun-21	time	6.58	10.83	15.22	19.70	24.34	29.16	34.23	39.49	44.94	50.68	57.56	5 / 1			
reaction time	0.242	interval	4.25	4.39	4.48	4.64	4.82	5.07	5.26	5.45	5.74	6.88	13.12	14.53	16.45		
		velocity	6.84	8.24	7.97	7.81	7.54	7.26	6.90	6.65	6.42	6.10	5.81	6.95	8.00	7.23	6.38
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	22	188			
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>				
date	09-May-21	time	6.52	10.78	15.13	19.60	24.17	29.11	34.20	39.42	44.69	50.12	56.50	6 / 1			
reaction time	0.178	interval	4.26	4.35	4.47	4.57	4.94	5.09	5.22	5.27	5.43	6.38	PB	13.08	14.60	15.92	
		velocity	6.90	8.22	8.05	7.83	7.66	7.09	6.88	6.70	6.64	6.45	6.27	7.08	8.03	7.19	6.60
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	21	187			
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>				
date	03-May-21	time	6.56	10.86	15.35	19.84	24.47	29.48	34.55	39.89	45.28	50.98	57.57	4 / 2			
reaction time	0.196	interval	4.30	4.49	4.49	4.63	5.01	5.07	5.34	5.39	5.70	6.59	13.28	14.71	16.43		
		velocity	6.86	8.14	7.80	7.80	7.56	6.99	6.90	6.55	6.49	6.14	6.07	6.95	7.91	7.14	6.39
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	22	188			
FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>				
date	24-Oct-20	time	6.61	11.01	15.48	20.09	24.92	30.15	35.52	41.01	46.66	52.39	59.32	5 / 3			
reaction time		interval	4.40	4.47	4.61	4.83	5.23	5.37	5.49	5.65	5.73	6.93	13.48	15.43	16.87		
		velocity	6.81	7.95	7.83	7.59	7.25	6.69	6.52	6.38	6.19	6.11	5.77	6.74	7.79	6.80	6.22
H1 lead leg		strides		15	15	15	15	16	16	17	17	17	143				
FINAL - 2020 Japanese National Championships (Niigata, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>				
date	03-Oct-20	time	6.61	10.98	15.52	20.15	24.91	29.90	34.93	40.17	45.53	50.90	57.09	9 / 2			
reaction time	0.169	interval	4.37	4.54	4.63	4.76	4.99	5.03	5.24	5.36	5.37	6.19	13.54	14.78	15.97		
		velocity	6.81	8.01	7.71	7.56	7.35	7.01	6.96	6.68	6.53	6.52	6.46	7.01	7.75	7.10	6.57
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	21	187			
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>				
date	20-Sep-20	time	6.76	11.14	15.67	20.35	25.31	30.41	35.67	41.04	46.40	51.85	58.12	6 / 1			
reaction time	0.260	interval	4.38	4.53	4.68	4.96	5.10	5.26	5.37	5.36	5.45	6.27	13.59	15.32	16.18		
		velocity	6.66	7.99	7.73	7.48	7.06	6.86	6.65	6.52	6.53	6.42	6.38	6.88	7.73	6.85	6.49
H1 lead leg		strides		15	15	15	16	16	17	17	17	17	145				
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>				
date	23-Aug-20	time	6.62	11.03	15.60	20.30	25.29	30.31	35.45	40.97	47.01	53.12	59.86	6 / 5			
reaction time	0.190	interval	4.41	4.57	4.70	4.99	5.02	5.14	5.52	6.04	6.11	6.74	13.68	15.15	17.67		
		velocity	6.80	7.94	7.66	7.45	7.01	6.97	6.81	6.34	5.79	5.73	5.93	6.68	7.68	6.93	5.94
H1 lead leg		strides		15	15	15	16	16	16	17	20	19	149				
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)													<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>				
date	19-May-19	time	6.52	10.82	15.33	19.87	24.56	29.60	34.70	39.96	45.33	50.83	57.31	9 / 5			
reaction time	0.167	interval	4.30	4.51	4.54	4.69	5.04	5.10	5.26	5.37	5.50	6.48	13.35	14.83	16.13		
		velocity	6.90	8.14	7.76	7.71	7.46	6.94	6.86	6.65	6.52	6.36	6.17	6.98	7.87	7.08	6.51
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	21.2	187.2			
A FINAL - 2019 Kinami Memorial (Osaka, JPN)													<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>				

date	06-May-19	time	6.52	10.83	15.30	19.90	24.69	29.75	34.82	40.05	45.40	50.79	57.05	7 / 1			
reaction time		interval		4.31	4.47	4.60	4.79	5.06	5.07	5.23	5.35	5.39	6.26		13.38	14.92	15.97
		velocity	6.90	8.12	7.83	7.61	7.31	6.92	6.90	6.69	6.54	6.49	6.39	7.01		7.85	7.04
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	21	187			

A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)*Kobayashi (2019) - research on athlete performance and technique- 2019 data book*

date	03-May-19	time	6.52	10.81	15.28	19.85	24.69	29.71	34.87	40.26	45.81	51.72	58.68	7 / 1			
reaction time		interval		4.29	4.47	4.57	4.84	5.02	5.16	5.39	5.55	5.91	6.96		13.33	15.02	16.85
		velocity	6.90	8.16	7.83	7.66	7.23	6.97	6.78	6.49	6.31	5.92	5.75	6.82		7.88	6.99
H1 lead leg		strides		15	15	15	15	16	16	17	17	18	144				

FINAL - 2018 National Sports Festival (Fukui, JPN)*Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*

date	06-Oct-18	time	6.50	10.84	15.28	19.88	24.83	29.80	34.87	40.06	45.43	51.10	57.54	7 / 1			
reaction time	0.159	interval		4.34	4.44	4.60	4.95	4.97	5.07	5.19	5.37	5.67	6.44		13.38	14.99	16.23
		velocity	6.92	8.06	7.88	7.61	7.07	7.04	6.90	6.74	6.52	6.17	6.21	6.95		7.85	7.00
H1 lead leg		strides		15	15	15	16	16	17	17	17	17	145				

FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)*Henson (2021) - Athlete First: 2018 year end hurdle report*

date	09-Sep-18	time	6.24	10.48	14.92	19.48	24.36	29.72	34.96	40.32	45.96		58.92	7 / 8			
reaction time	0.181	interval		4.24	4.44	4.56	4.88	5.36	5.24	5.36	5.64				13.24	15.48	
		velocity	7.21	8.25	7.88	7.68	7.17	6.53	6.68	6.53	6.21		6.79		7.93	6.78	
H1 lead leg	L	strides	23	15	15	15	16	18	17		18		137				

FINAL - 2018 Japanese National Championships (Yamaguchi, JPN)*Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*

date	24-Jun-18	time	6.50	10.85	15.37	20.09	25.10	30.21	35.38	40.62	45.94	51.28	57.37	6 / 1			
reaction time	0.178	interval		4.35	4.52	4.72	5.01	5.11	5.17	5.24	5.32	5.34	6.09		13.59	15.29	15.90
		velocity	6.92	8.05	7.74	7.42	6.99	6.85	6.77	6.68	6.58	6.55	6.57	6.97		7.73	6.87
H1 lead leg	R	strides	23	15	15	15	16	16	17	17	17	17	21	189			

Uusimäki, Hilla (FIN) (1996)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Heat 1 - 2024 European Athletics Championships (Roma, ITA)***European Athletics (2024) - 2024 european athletics championships - results book*

date	09-Jun-24	time	6.32	10.48	14.83	19.30	23.96	28.96	33.92	39.13	44.58	50.06	56.40	3 / 3			
reaction time	0.221	interval		4.16	4.35	4.47	4.66	5.00	4.96	5.21	5.45	5.48	6.34		12.98	14.62	16.14
		velocity	7.12	8.41	8.05	7.83	7.51	7.00	7.06	6.72	6.42	6.39	6.31	7.09		8.09	7.18
H1 lead leg		strides															

van den Broeck, Naomi (BEL) (1996)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Semi-Final 1 - 2024 Olympic Games (Paris, FRA)***Paris 2024 Olympic Games - Results Book (2024)*

date	06-Aug-24	time	6.49	10.73	15.17	19.71	24.30	29.04	34.01	39.03	44.15	49.21	54.94	2 / 6			
reaction time	0.113	interval		4.24	4.44	4.54	4.59	4.74	4.97	5.02	5.12	5.06	5.73		13.22	14.30	15.20
		velocity	6.93	8.25	7.88	7.71	7.63	7.38	7.04	6.97	6.84	6.92	6.98	7.28		7.94	7.34
H1 lead leg	L	strides	25			17	17				19	19	22	119			

Repechage 1 - 2024 Olympic Games (Paris, FRA)*Paris 2024 Olympic Games - Results Book (2024)*

date	05-Aug-24	time	6.48	10.71	15.05	19.52	24.12	28.88	33.86	38.94	44.06	49.20	55.11	7 / 2				
reaction time	0.125	interval		4.23	4.34	4.47	4.60	4.76	4.98	5.08	5.12	5.14	5.91		PB	13.04	14.34	15.34
		velocity	6.94	8.27	8.06	7.83	7.61	7.35	7.03	6.89	6.84	6.81	6.77	7.26		8.05	7.32	6.84
H1 lead leg	R	strides	26	17	18	17	17	19	19	19	19	19	22.2	212.2				

Heat 1 - 2024 Olympic Games (Paris, FRA)*Paris 2024 Olympic Games - Results Book (2024)*

date	04-Aug-24	time	6.49	10.84	15.22	19.72	24.45	29.42	34.50	39.48	44.66	49.77	55.51	9 / 5			
reaction time	0.137	interval		4.35	4.38	4.50	4.73	4.97	5.08	4.98	5.18	5.11	5.74		13.23	14.78	15.27
		velocity	6.93	8.05	7.99	7.78	7.40	7.04	6.89	7.03	6.76	6.85	6.97	7.21		7.94	7.10
H1 lead leg	L	strides	25	16	16	17	17	18	18			19	22	168			

van der Walt, Zenéy (RSA) (2000)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)***Henson (2023) - Athlete First: 2023 year end hurdle report*

date	22-Aug-23	time	6.70	11.11	15.48	19.82	24.42		33.93		44.21	49.51	55.49	3 / 8			
reaction time	0.212	interval		4.41	4.37	4.34	4.60		9.51		10.28	5.30	5.98		13.12	14.11	15.58
		velocity	6.72	7.94	8.01	8.06	7.61		7.36		6.81	6.60	6.69	7.21		8.00	7.44
H1 lead leg	L	strides	23	15	15	15	15			16		16	19.5	134.5			

Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)*Henson (2023) - Athlete First: 2023 year end hurdle report*

date	21-Aug-23	time	6.58	10.70	15.03	19.37	23.96	28.63	33.40	38.36	43.67	48.96	55.21	7 / 5			
reaction time	0.203	interval		4.12	4.33	4.34	4.59	4.67	4.77	4.96	5.31	5.29	6.25		12.79	14.03	15.56
		velocity	6.84	8.50	8.08	8.06	7.63	7.49	7.34	7.06	6.59	6.62	6.40	7.25		8.21	7.48
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	16	19.2	180.2			

FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)*Henson (2022) - Athlete First: 2022 year end hurdle report*

date	06-Aug-22	time	6.43	10.67	14.90	19.50	24.15	26.2	29.10	33.87	38.60	43.63	48.63	54.47	6 / 3			
reaction time	0.168	interval		4.24	4.23	4.60	4.65	4.95	4.77	4.73	5.03	5.00	5.84		PB	13.07	14.37	14.76
		velocity	7.00	8.25	8.27	7.61	7.53	7.63	7.07	7.34	7.40	6.96	7.00	6.85	7.34		8.03	7.31
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	16	19	179			

Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)*Henson (2022) - Athlete First: 2022 year end hurdle report*

date	20-Jul-22	time	6.33	10.60	14.97	19.30	23.76	25.80	28.47	33.40	38.37	43.47	48.73	54.81	3 / 4			
reaction time	0.162	interval		4.27	4.37	4.33	4.46	4.71	4.93	4.97	5.10	5.26	6.08		PB	12.97	14.10	15.33

H1 lead leg	L	velocity	7.11	8.20	8.01	8.08	7.85	7.75	7.43	7.10	7.04	6.86	6.65	6.58	7.30	8.10	7.45	6.85
		strides	22	15	15	15	15	15	15	16	16	16	16	19.7	180.7			
Heat 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	19-Jul-22	time	6.20	10.56	14.97	19.36	23.97	26.11	28.73	33.63	38.67	43.97	49.20	55.05	7 / 2			
reaction time	0.160	interval	4.36	4.41	4.39	4.61	4.76	4.90	5.04	5.30	5.23	5.85	13.16	14.27	15.57			
		velocity	7.26	8.03	7.94	7.97	7.59	7.66	7.35	7.14	6.94	6.60	6.69	6.84	7.27	7.98	7.36	6.74
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	16	19	179				
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	03-May-19	time	6.54	10.88		24.52	26.5	29.36		39.54	44.91	50.35	56.45	1 / 8				
reaction time	0.167	interval	4.34			13.64		4.84		10.18	5.37	5.44	6.10					
		velocity	6.88	8.06		7.70	7.55	7.23		6.88	6.52	6.43	6.56	7.09				
H1 lead leg	L	strides	23	15				16		17	17	17	20.5	108.5				
FINAL - 2018 IAAF World Junior Championships (Tampere, FIN) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	13-Jul-18	time	6.50	10.66	15.03	19.40	23.96	28.66	33.53	38.66	43.80	49.16	55.34	5 / 1				
reaction time	0.206	interval	4.16	4.37	4.37	4.56	4.70	4.87	5.13	5.14	5.36	6.18	12.90	14.13	15.63			
		velocity	6.92	8.41	8.01	8.01	7.68	7.45	7.19	6.82	6.81	6.53	6.47	7.23	8.14	7.43	6.72	
H1 lead leg	L	strides	23	15	15	15	15	15	16	17	17	17	20.5	185.5				
Viadzernikava, Krystsina (BLR) (1983)															<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>			
FINAL - 2007 European Cup (Munich, GER)																		
date	23-Jun-07	time	6.78	11.37	15.95	20.71	25.57	30.54	35.90	41.35	52.77	58.99	1 / 7					
reaction time	0.250	interval	4.59	4.58	4.76	4.86	4.97	5.36	5.45	11.42	6.22	13.93	15.19	16.87				
		velocity	6.64	7.63	7.64	7.35	7.20	7.04	6.53	6.42	6.13	6.43	6.78	7.54	6.91	6.22		
H1 lead leg		strides																
Vickers, Janeene (USA) (1968)															<i>Knight (1992) - 1992 Olympic report: the hurdling events</i>			
FINAL - 1992 Olympic Games (Barcelona, ESP)																		
date	05-Aug-92	time	6.4	10.5	13.8	19.2	23.6	28.1	32.8	37.6	42.6	48.0	54.31	1 / 3				
reaction time		interval	4.10	3.30	5.40	4.40	4.50	4.70	4.80	5.00	5.40	6.31	12.80	13.60	15.20			
		velocity	7.03	8.54	10.61	6.48	7.95	7.78	7.45	7.29	7.00	6.48	6.34	7.37	8.20	7.72	6.91	
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19.7	180				
Semi-Finals 1 - 1992 Olympic Games (Barcelona, ESP)															<i>Lyle (1992) - miscellaneous coaching notes</i>			
date	03-Aug-92	time	6.62	10.80	15.08	19.41	23.96	28.61	33.39	38.34	43.51	48.65	54.67	6 / 3				
reaction time		interval	4.18	4.28	4.33	4.55	4.65	4.78	4.95	5.17	5.14	6.02	12.79	13.98	15.26			
		velocity	6.80	8.37	8.18	8.08	7.69	7.53	7.32	7.07	6.77	6.81	6.64	7.32	8.21	7.51	6.88	
H1 lead leg		strides																
Heat 3 - 1992 Olympic Games (Barcelona, ESP)															<i>Lyle (1992) - miscellaneous coaching notes</i>			
date	02-Aug-92	time	6.63	10.91	15.32	19.75	24.25	28.97	33.86	38.82	43.99	49.40	55.24	4 / 1				
reaction time		interval	4.28	4.41	4.43	4.50	4.72	4.89	4.96	5.17	5.41	5.84	13.12	14.11	15.54			
		velocity	6.79	8.18	7.94	7.90	7.78	7.42	7.16	7.06	6.77	6.47	6.85	7.24	8.00	7.44	6.76	
H1 lead leg		strides																
FINAL - 1991 IAAF World Championships (Tokyo, JPN)															<i>Behm (1995) - la tactique du 400 haies</i>			
date	29-Aug-91	time	6.4	10.7	14.9	19.0	23.6	28.2	32.9	37.6	42.6	47.7	53.47	7 / 3				
reaction time		interval	4.30	4.20	4.10	4.60	4.60	4.70	4.70	5.00	5.10	5.77	PB	12.60	13.90	14.80		
		velocity	7.03	8.14	8.33	8.54	7.61	7.61	7.45	7.45	7.00	6.86	6.93	7.48	8.33	7.55	7.09	
H1 lead leg	R	strides	15	15	15	15	15	15	16	16	16	16	18.7	158				
Walker, Melaine (JAM) (1983)															<i>Behm (2011) - Le quatrache: Démus enfin!</i>			
FINAL - 2011 IAAF World Championships (Daegu, KOR)																		
date	01-Sep-11	time	6.2	10.2	14.3	18.6	23.0	27.4	32.0	36.7	41.5	46.6	52.73	8 / 2				
reaction time	0.219	interval	4.00	4.10	4.30	4.40	4.40	4.40	4.60	4.70	4.80	5.10	6.13	12.40	13.40	14.60		
		velocity	7.26	8.75	8.54	8.14	7.95	7.95	7.61	7.45	7.29	6.86	6.53	7.59	8.47	7.84	7.19	
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	16	17	21	184				
FINAL - 2009 IAAF World Championships (Berlin, GER)															<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>			
date	20-Aug-09	time	6.23	10.15	14.32	18.58	22.98	27.45	32.08	36.81	41.58	46.63	52.42	4 / 1				
reaction time	0.142	interval	3.92	4.17	4.26	4.40	4.47	4.63	4.73	4.77	5.05	5.79	CR / AR	12.35	13.50	14.55		
		velocity	7.22	8.93	8.39	8.22	7.95	7.83	7.56	7.40	7.34	6.93	6.91	7.63	8.50	7.78	7.22	
H1 lead leg		strides	15	15	15	15	15	15	16	16	16	17	140					
Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)															<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>			
date	18-Aug-09	time	6.35	10.43	14.60	18.89	23.30	27.94	32.66	37.42	42.25	47.42	53.26	6 / 1				
reaction time	0.183	interval	4.08	4.17	4.29	4.41	4.64	4.72	4.76	4.83	5.17	5.84	12.54	13.77	14.76			
		velocity	7.09	8.58	8.39	8.16	7.94	7.54	7.42	7.35	7.25	6.77	6.85	7.51	8.37	7.63	7.11	
H1 lead leg		strides																
Heat 3 - 2009 IAAF World Championships (Berlin, GER)															<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>			
date	17-Aug-09	time	6.33	10.39	14.65	19.06	23.70	28.52	33.41	38.59	43.91	49.16	55.17	6 / 1				
reaction time	0.155	interval	4.06	4.26	4.41	4.64	4.82	4.89	5.18	5.32	5.25	6.01	12.73	14.35	15.75			
		velocity	7.11	8.62	8.22	7.94	7.54	7.26	7.16	6.76	6.58	6.67	6.66	7.25	8.25	7.32	6.67	
H1 lead leg		strides																

FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)

date	14-Sep-08	time	6.61	10.67	14.81	19.20	23.73	28.39	33.07	38.03	43.00	48.19	54.06	Graubner (2009) - http://www.fgs.uni-halle.de			
reaction time	0.279	interval		4.06	4.14	4.39	4.53	4.66	4.68	4.96	4.97	5.19	5.87	12.59	13.87	15.12	
		velocity	6.81	8.62	8.45	7.97	7.73	7.51	7.48	7.06	7.04	6.74	6.81	7.40	8.34	7.57	6.94
H1 lead leg		strides															

FINAL - 2008 Olympic Games (Beijing, CHN)

date	20-Aug-08	time	6.4	10.4	14.5	18.8	23.3	27.8	32.2	36.9	41.6	46.7	52.64	Behm (2008) - Pekin 2008: Le quatrache masculin - féminin			
reaction time	0.236	interval		4.00	4.10	4.30	4.50	4.50	4.40	4.70	4.70	5.10	5.94	OR / AR	12.40	13.40	14.50
		velocity	7.03	8.75	8.54	8.14	7.78	7.78	7.95	7.45	7.45	6.86	6.73	7.60	8.47	7.84	7.24
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	17	17	20.7	186			

FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)

date	23-Sep-07	time	6.75	10.96	15.25	19.64	24.14	28.68	33.36	38.28	43.25	48.50	54.31	Graubner (2007) - http://www.fgs.uni-halle.de			
reaction time	0.261	interval		4.21	4.29	4.39	4.50	4.54	4.68	4.92	4.97	5.25	5.81	12.89	13.72	15.14	
		velocity	6.67	8.31	8.16	7.97	7.78	7.71	7.48	7.11	7.04	6.67	6.88	7.37	8.15	7.65	6.94
H1 lead leg		strides															

Wallace, Latosha (USA) (1985)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
		USATF Hurdle Development (2008)																
date	29-Jun-08	time	6.46	10.71	15.13	19.67	24.17	28.99	34.02	39.22	44.46	49.77		55.85	2 / 6			
reaction time		interval		4.25	4.42	4.54	4.50	4.82	5.03	5.20	5.24	5.31	6.08	PB		13.21	14.35	15.75
		velocity	6.97	8.24	7.92	7.71	7.78	7.26	6.96	6.73	6.68	6.59	6.58	7.16		7.95	7.32	6.67
H1 lead leg	R	strides	24	15	16	16	15	16	16	17	17	17	17	169				

Wang Chen (CHN) (1999)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
		CAA Hurdle Development (2019)																
date	12-Apr-19	time	7.09	11.81	16.72	21.83	27.01	32.35	37.84	43.67	49.80	56.86		63.98	8 / 4			
reaction time	0.259	interval		4.72	4.91	5.11	5.18	5.34	5.49	5.83	6.13	7.06	7.12			14.74	16.01	19.02
		velocity	6.35	7.42	7.13	6.85	6.76	6.55	6.38	6.00	5.71	4.96	5.62	6.25		7.12	6.56	5.52
H1 lead leg	L	strides	24	17	17	17	17	17	17	18	20	21	23	208				

Heat 3 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)

date	12-Apr-19	time	7.09	11.81	16.72	21.83	27.01	32.35	37.84	43.67	49.80	56.86		63.98	8 / 4			
reaction time	0.259	interval		4.72	4.91	5.11	5.18	5.34	5.49	5.83	6.13	7.06	7.12			14.74	16.01	19.02
		velocity	6.35	7.42	7.13	6.85	6.76	6.55	6.38	6.00	5.71	4.96	5.62	6.25		7.12	6.56	5.52
H1 lead leg	L	strides	24	17	17	17	17	17	17	18	20	21	23	208				

Heat 3 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)

date	07-Apr-19	time	6.92	11.56	16.43	21.44	26.53	31.86	37.47	43.63	49.74	55.74		62.33	4 / 3			
reaction time	0.235	interval		4.64	4.87	5.01	5.09	5.33	5.61	6.16	6.11	6.00	6.59			14.52	16.03	18.27
		velocity	6.50	7.54	7.19	6.99	6.88	6.57	6.24	5.68	5.73	5.83	6.07	6.42		7.23	6.55	5.75
H1 lead leg	L	strides	24	17	17	17	17	17	17	19	19	19	22.5	205.5				

Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN)

date	15-Sep-18	time	6.79	11.31	15.98	20.77	25.79	31.06	36.78	42.92				63.63	2 / 6			
reaction time		interval		4.52	4.67	4.79	5.02	5.27	5.72	6.14						13.98	16.01	
		velocity	6.63	7.74	7.49	7.31	6.97	6.64	6.12	5.70				6.29		7.51	6.56	
H1 lead leg	L	strides	23	17	17	17	17	17	18	19				145				

Henson (2018) - coaching observations

Wang Hongyan (CHN) (1998)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
		CAA Hurdle Development (2021)																
date	26-Jun-21	time	6.97	11.64	16.39	21.21	26.26	31.55	36.97	42.49	48.20	53.89		60.16	6 / 4			
reaction time	0.204	interval		4.67	4.75	4.82	5.05	5.29	5.42	5.52	5.71	5.69	6.27			14.24	15.76	16.92
		velocity	6.46	7.49	7.37	7.26	6.93	6.62	6.46	6.34	6.13	6.15	6.38	6.65		7.37	6.66	6.21
H1 lead leg	L	strides	25	16	17	17	17	18	18	18	19	19	22.7	206.7				

FINAL - 2020 Chinese National Championships (Shaoying, CHN)

date	17-Sep-20	time		11.42	16.08	20.83	25.71	30.79	36.04	41.54	47.42	53.29		60.17	8 / 5			
reaction time		interval			4.66	4.75	4.88	5.08	5.25	5.50	5.88	5.87	6.88				15.21	17.25
		velocity		7.01	7.51	7.37	7.17	6.89	6.67	6.36	5.95	5.96	5.81	6.65			6.90	6.09
H1 lead leg		strides			17			17	18	18		19	23	112				

Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)

date	15-Sep-18	time	7.04	11.73	16.53	21.46	26.41	31.69	37.12	42.71	48.50	54.39		60.96	7 / 4			
reaction time		interval		4.69	4.80	4.93	4.95	5.28	5.43	5.59	5.79	5.89	6.57			14.42	15.66	17.27
		velocity	6.39	7.46	7.29	7.10	7.07	6.63	6.45	6.26	6.04	5.94	6.09	6.56		7.28	6.70	6.08
H1 lead leg	L	strides	25	17	17	17	17	18	18	18	19	19	22.7	207.7				

Henson (2018) - coaching observations

Wang Jiahui (CHN) (2000)

		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
		CAA Hurdle Development (2019)																
date	09-Jul-19	time	6.95	11.64	16.46	21.42	26.52	31.76	37.25	42.92	48.66	54.49		60.97	7 / 5			
reaction time	0.213	interval		4.69	4.82	4.96	5.10	5.24	5.49	5.67	5.74	5.83	6.48			14.47	15.83	17.24
		velocity	6.47	7.46	7.26	7.06	6.86	6.68	6.38	6.17	6.10	6.00	6.17	6.56		7.26	6.63	6.09
H1 lead leg	R	strides	23	17	17	17	17	17	18	18	19	19	22.2	204.2				

Wang Jiaqi (CHN) (2000)

		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
		CAA Hurdle Development (2021)																
date	26-Jun-21	time	7.02	11.47	16.11	20.81	25.77	30.97	36.31	41.83	47.64	53.51		60.07	7 / 3			
reaction time	0.238	interval		4.45	4.64	4.70	4.96	5.20	5.34	5.52	5.81	5.87	6.56			13.79	15.50	17.20
		velocity	6.41	7.87	7.54	7.45	7.06	6.73	6.55	6.34	6.02	5.96	6.10	6.66		7.61	6.77	6.10
H1 lead leg	L	strides	24	17	17	17	17	17	17	18	18	18	22	202				

WR=World Rec. AR=Area Rec. OR=Olympic Rec. CR=Championship Rec. NR=National Rec. PB=Personal Best DQ=Disqualified DV=Drug Violation

FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)

date	20-May-21	time	7.06	11.51	16.20	20.99	25.93	31.00	36.37	42.06	48.00	54.17	61.24	CAA Hurdle Development (2021)			
reaction time	0.246	interval		4.45	4.69	4.79	4.94	5.07	5.37	5.69	5.94	6.17	7.07	2 / 5	13.93	15.38	17.80
		velocity	6.37	7.87	7.46	7.31	7.09	6.90	6.52	6.15	5.89	5.67	5.66	6.53	7.54	6.83	5.90
H1 lead leg	R	strides	24	17	17	17	17	17	18	18	18	19	182				

U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)

date	17-Aug-19	time	6.88	11.40	16.08	20.92	25.90	31.02	36.42	41.98	47.62	53.38	59.89	CAA Hurdle Development (2019)			
reaction time	0.255	interval		4.52	4.68	4.84	4.98	5.12	5.40	5.56	5.64	5.76	6.51	8 / 4	14.04	15.50	16.96
		velocity	6.54	7.74	7.48	7.23	7.03	6.84	6.48	6.29	6.21	6.08	6.14	6.68	7.48	6.77	6.19
H1 lead leg	R	strides	24	17	17	17	17	17	18	18	18	18	22	203			

U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)

date	17-Aug-19	time	7.18	11.70	16.34	21.10	26.10	31.40	37.02	42.96	49.18	55.78	62.86	CAA Hurdle Development (2019)			
reaction time	0.394	interval		4.52	4.64	4.76	5.00	5.30	5.62	5.94	6.22	6.60	7.08	3 / 3	13.92	15.92	18.76
		velocity	6.27	7.74	7.54	7.35	7.00	6.60	6.23	5.89	5.63	5.30	5.65	6.36	7.54	6.60	5.60
H1 lead leg	R	strides	24	17	17	17	17	18	18	19	19	21	22.5	209.5			

FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)

date	12-Apr-19	time	7.20	11.74	16.42	21.24	26.46	31.88	37.50	43.34	49.20	55.24	61.96	CAA Hurdle Development (2019)			
reaction time	0.300	interval		4.54	4.68	4.82	5.22	5.42	5.62	5.84	5.86	6.04	6.72	3 / 7	14.04	16.26	17.74
		velocity	6.25	7.71	7.48	7.26	6.70	6.46	6.23	5.99	5.97	5.79	5.95	6.46	7.48	6.46	5.92
H1 lead leg	R	strides	24	17	17	17	18	18	19	19	19	19	22.2	209.2			

Heat 5 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)

date	12-Apr-19	time	7.10	11.64	16.34	21.26	26.42	31.94	37.62	43.30	49.18	55.05	61.69	CAA Hurdle Development (2019)			
reaction time	0.265	interval		4.54	4.70	4.92	5.16	5.52	5.68	5.68	5.88	5.87	6.64	3 / 1	14.16	16.36	17.43
		velocity	6.34	7.71	7.45	7.11	6.78	6.34	6.16	6.16	5.95	5.96	6.02	6.48	7.42	6.42	6.02
H1 lead leg	R	strides		17	17	17	18	18	19	19	19	19	22.2	185.2			

Wang Shuzhen (CHN) (2002)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																			
date	17-Aug-19	time	7.20	12.36	17.40	22.44	27.76		33.36	39.32	45.72	52.32	59.06		67.12	3 / 7			
reaction time	0.204	interval		5.16	5.04	5.04	5.32		5.60	5.96	6.40	6.60	6.74	8.06			15.24	16.88	19.74
		velocity	6.25	6.78	6.94	6.94	6.58		6.25	5.87	5.47	5.30	5.19	4.96	5.96		6.89	6.22	5.32
H1 lead leg	L	strides	24	17	17	17	17		17	18	19	19	19	23	207				

Wang Xing (CHN) (1986)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 Chinese National Games (Nanjing, CHN)																			
date	21-Oct-05	time	6.39	10.53	14.73	19.06	23.47		28.03	32.75	37.65	42.75	48.00		54.40	1 / 2			
reaction time		interval		4.14	4.20	4.33	4.41		4.56	4.72	4.90	5.10	5.25	6.40	WJR / WYB18		12.67	13.69	15.25
		velocity	7.04	8.45	8.33	8.08	7.94		7.68	7.42	7.14	6.86	6.67	6.25	7.35		8.29	7.67	6.89
H1 lead leg		strides	23	15	15	15	15		16	16	16	17	17	17	165				

Wang Yuanyuan (CHN) (2001)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)																			
date	17-Aug-19	time	7.32	12.12	17.00	22.04	27.28		32.80	38.54	44.48	50.70	56.90		63.49	5 / 4			
reaction time	0.191	interval		4.80	4.88	5.04	5.24		5.52	5.74	5.94	6.22	6.20	6.59			14.72	16.50	18.36
		velocity	6.15	7.29	7.17	6.94	6.68		6.34	6.10	5.89	5.63	5.65	6.07	6.30		7.13	6.36	5.72
H1 lead leg	L	strides	24	17	17	17	18		18	18	19	19	19	22	208				

Warden, Christine (GBR) (1950)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1979 AAA Women's National Championships (London, GBR)																			
date	28-Jul-79	time	6.7	11.1	15.5	20.1	24.5	26.7	29.3	34.1	39.3	44.5	49.8		56.06	1 / 1			
reaction time		interval		4.40	4.40	4.60	4.40		4.80	4.80	5.20	5.20	5.30	6.26	NR		13.40	14.00	15.70
		velocity	6.72	7.95	7.95	7.61	7.95	7.49	7.29	7.29	6.73	6.73	6.60	6.39	7.14		7.84	7.50	6.69
H1 lead leg		strides	23	16	16	16	16		16	17	17	17	17	22	193				

Wasada, Mahiro (JPN) (2004)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)																			
date	04-Jun-23	time	7.06	11.75	16.42	21.22	26.14		31.40	36.84	42.26	47.90	53.64		60.13	6 / 5			
reaction time	0.197	interval		4.69	4.67	4.80	4.92		5.26	5.44	5.42	5.64	5.74	6.49			14.16	15.62	16.80
		velocity	6.37	7.46	7.49	7.29	7.11		6.65	6.43	6.46	6.21	6.10	6.16	6.65		7.42	6.72	6.25
H1 lead leg	L	strides	24	16	16	16	16		17	18	18	19	19	23.2	202.2				

FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)

date	12-Jun-22	time	6.99	11.61	16.33	21.22	26.28		31.53	36.95	42.61	48.57	54.60		61.34	4 / 6			
reaction time	0.175	interval		4.62	4.72	4.89	5.06		5.25	5.42	5.66	5.96	6.03	6.74			14.23	15.73	17.65
		velocity	6.44	7.58	7.42	7.16	6.92		6.67	6.46	6.18	5.87	5.80	5.93	6.52		7.38	6.68	5.95
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	19	19	22	203				

Watkins, Simone (USA) (2001)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)																			
date	29-Jun-24	time	6.55	10.74	15.14	19.61	24.32	26.49	29.29	34.87	40.57	47.00	53.60		61.33	2 / 9			
reaction time		interval		4.19	4.40	4.47	4.71		4.97	5.58	5.70	6.43	6.60	7.73			13.06	15.26	18.73
		velocity	6.87	8.35	7.95	7.83	7.43	7.55	7.04	6.27	6.14	5.44	5.30	5.17	6.52		8.04	6.88	5.61

H1 lead leg L strides 23 15 15 15 15 16 16 17 18 20 170

Heat 3 - 2024 USA Olympic Trials (Eugene, OR)

USATF and Karmarush (2024) - USA Olympic trials results and race analysis

date 27-Jun-24 time 6.61 10.83 15.13 19.64 24.23 26.29 29.03 34.19 39.65 45.23 50.88 57.05 7 / 5
 reaction time interval 4.22 4.30 4.51 4.59 4.80 5.16 5.46 5.58 5.65 6.17 13.03 14.55 16.69
 velocity 6.81 8.29 8.14 7.76 7.63 7.61 7.29 6.78 6.41 6.27 6.19 6.48 7.01 8.06 7.22 6.29
 H1 lead leg strides

Watkins, Tawana (USA) (1984)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)

USATF Women's Sprint Development (2003)

date 22-Jun-03 time 6.59 11.08 15.80 20.42 25.31 30.44 35.62 40.97 46.23 51.90 58.38 6 / 1
 reaction time interval 4.49 4.72 4.62 4.89 5.13 5.18 5.35 5.26 5.67 6.48 13.83 15.20 16.28
 velocity 6.83 7.80 7.42 7.58 7.16 6.82 6.76 6.54 6.65 6.17 6.17 6.85 7.59 6.91 6.45
 H1 lead leg strides

Watson, Sage (CAN) (1994)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)

Henson (2021) - Athlete First: 2021 year end hurdle report

date 21-Aug-21 time 6.48 10.80 15.16 19.64 24.24 26.3 39.64 44.96 56.52 2 / 9
 reaction time 0.163 interval 4.32 4.36 4.48 4.60 5.13 5.18 5.35 5.26 5.67 6.48 13.16
 velocity 6.94 8.10 8.03 7.81 7.61 7.60 6.82 6.58 7.08 7.98
 H1 lead leg R strides 22 15 15 15 15 16 98

FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)

Henson (2021) - Athlete First: 2021 year end hurdle report

date 06-Jul-21 time 6.34 19.17 23.69 28.43 38.84 44.36 49.98 56.32 1 / 7
 reaction time 0.167 interval 12.83 4.52 4.74 10.41 5.52 5.62 6.34 12.83
 velocity 7.10 8.18 7.74 7.38 6.72 6.34 6.23 6.31 7.10 8.18
 H1 lead leg R strides 15 15 17 17 64

FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)

Henson (2021) - Athlete First: 2021 year end hurdle report

date 01-Jul-21 time 6.44 10.60 14.88 23.76 28.52 33.48 38.56 44.04 49.84 56.52 8 / 7
 reaction time 0.204 interval 4.16 4.28 8.88 4.76 4.96 5.08 5.48 5.80 6.68 16.36
 velocity 6.99 8.41 8.18 7.88 7.35 7.06 6.89 6.39 6.03 5.99 7.08 6.42
 H1 lead leg R strides 22 15 15 16 16 16 16 17 18 20.5 171.5

FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)

Henson (2020) - Athlete First: 2020 year end hurdle report

date 23-Aug-20 time 6.40 10.67 15.00 19.40 23.97 26.0 28.87 33.93 39.03 44.47 50.07 56.31 3 / 5
 reaction time 0.208 interval 4.27 4.33 4.40 4.57 4.90 5.06 5.10 5.44 5.60 6.24 13.00 14.53 16.14
 velocity 7.03 8.20 8.08 7.95 7.66 7.69 7.14 6.92 6.86 6.43 6.25 6.41 7.10 8.08 7.23 6.51
 H1 lead leg R strides 21 15 15 15 15 16 16 16 17 17 20 168

FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)

Henson (2020) - Athlete First: 2020 year end hurdle report

date 19-Aug-20 time 6.40 10.60 14.92 19.36 23.92 28.72 33.76 39.00 44.52 50.04 56.29 5 / 3
 reaction time 0.199 interval 4.20 4.32 4.44 4.56 4.80 5.04 5.24 5.52 5.52 6.25 12.96 14.40 16.28
 velocity 7.03 8.33 8.10 7.88 7.68 7.29 6.94 6.68 6.34 6.34 6.40 7.11 8.10 7.29 6.45
 H1 lead leg R strides 22 15 15 15 15 16 16 16 17 17 20 184

FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)

Henson (2020) - Athlete First: 2019 year end hurdle report

date 04-Oct-19 time 6.27 10.48 14.75 19.12 23.66 28.26 33.06 38.07 43.24 48.61 54.82 7 / 8
 reaction time 0.186 interval 4.21 4.27 4.37 4.54 4.60 4.80 5.01 5.17 5.37 6.21 12.85 13.94 15.55
 velocity 7.18 8.31 8.20 8.01 7.71 7.61 7.29 6.99 6.77 6.52 6.44 7.30 8.17 7.53 6.75
 H1 lead leg R strides 22 15 15 15 15 15 15 16 16 17 20 165

Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)

Henson (2020) - Athlete First: 2019 year end hurdle report

date 02-Oct-19 time 6.34 10.51 14.71 23.59 28.16 33.03 37.97 43.13 48.35 54.32 4 / 2
 reaction time 0.183 interval 4.17 4.20 8.88 4.57 4.87 4.94 5.16 5.22 5.97 NR PB 15.32
 velocity 7.10 8.39 8.33 7.88 7.66 7.19 7.09 6.78 6.70 6.70 7.36 6.85
 H1 lead leg R strides 22 15 15 15 15 15 16 16 16 20 151

FINAL - 2019 Pan American Games (Lima, PER) (TV Analysis)

Henson (2020) - Athlete First: 2019 year end hurdle report

date 08-Aug-19 time 6.34 10.52 14.76 19.10 28.20 33.03 38.13 43.33 48.82 55.16 6 / 1
 reaction time 0.220 interval 4.18 4.24 4.34 4.68 4.83 5.10 5.20 5.49 6.34 12.76 13.93 15.79
 velocity 7.10 8.37 8.25 8.06 7.69 7.25 6.86 6.73 6.38 6.31 7.25 8.23 7.54 6.65
 H1 lead leg L strides 22 15 15 15 15 15 16 16 17 20 151

FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)

Henson (2020) - Athlete First: 2019 year end hurdle report

date 21-Jul-19 time 6.40 10.56 14.80 19.12 23.52 28.20 33.08 38.20 43.60 49.12 55.32 9 / 7
 reaction time 0.180 interval 4.16 4.24 4.32 4.40 4.68 4.88 5.12 5.40 5.52 6.20 12.72 13.96 16.04
 velocity 7.03 8.41 8.25 8.10 7.95 7.48 7.17 6.84 6.48 6.34 6.45 7.23 8.25 7.52 6.55
 H1 lead leg R strides 22 15 15 15 15 16 16 17 17 20 168

FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

Henson (2020) - Athlete First: 2019 year end hurdle report

date 06-Jun-19 time 6.52 10.80 15.20 19.72 24.32 29.00 33.92 38.96 44.20 49.60 55.71 1 / 7
 reaction time 0.171 interval 4.28 4.40 4.52 4.60 4.68 4.92 5.04 5.24 5.40 6.11 13.20 14.20 15.68
 velocity 6.90 8.18 7.95 7.74 7.61 7.48 7.11 6.94 6.68 6.48 6.55 7.18 7.95 7.39 6.70
 H1 lead leg R strides 22 15 15 15 15 15 16 16 16 17 19.7 181.7

FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)

Henson (2020) - Athlete First: 2018 year end hurdle report

date	30-Aug-18	time	6.52	10.80	15.08		23.96	26.0	28.56	33.44		43.84		55.57	8 / 7					
reaction time	0.184	interval		4.28	4.28		8.88		4.60	4.88		10.40								
		velocity	6.90	8.18	8.18		7.88	7.69	7.61	7.17		6.73		7.20						
H1 lead leg	R	strides	22	15	15				15	16				83						
FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	18-Aug-18	time	6.50	10.84	15.41	19.99	24.79		29.76	34.83	40.07	45.44		57.11	8 / 5					
reaction time	0.174	interval		4.34	4.57	4.58	4.80		4.97	5.07	5.24	5.37					13.49	14.84		
		velocity	6.92	8.06	7.66	7.64	7.29		7.04	6.90	6.68	6.52		7.00			7.78	7.08		
H1 lead leg	R	strides	21	15	16	16			16	16	17	17		134						
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	21-Jul-18	time	6.44	10.72	15.04	19.44	24.00		28.80	33.82	38.88	44.20	49.80	56.21	2 / 8					
reaction time	0.174	interval		4.28	4.32	4.40	4.56		4.80	5.02	5.06	5.32	5.60	6.41			13.00	14.38	15.98	
		velocity	6.99	8.18	8.10	7.95	7.68		7.29	6.97	6.92	6.58	6.25	6.24	7.12		8.08	7.30	6.57	
H1 lead leg	R	strides	22	15	15	15	15		16	16	16	17	17	20	184					
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	07-Jun-18	time	6.36	10.56	14.88		24.00	26.0	28.68	33.64	38.64	43.68	48.84	54.55	1 / 3					
reaction time	0.162	interval		4.20	4.32		9.12		4.68	4.96	5.00	5.04	5.16	5.71					15.20	
		velocity	7.08	8.33	8.10		7.68	7.69	7.48	7.06	7.00	6.94	6.78	7.01	7.33				6.91	
H1 lead leg	R	strides	22	15	15				15	16	16	16	16	19	150					
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	26-May-18	time	6.56	10.72	14.96	19.36	23.92		33.52	38.52	43.68	49.00	54.81	7 / 4						
reaction time	0.199	interval		4.16	4.24	4.40	4.56		9.60	5.00	5.16	5.32	5.81				12.80	14.16	15.48	
		velocity	6.86	8.41	8.25	7.95	7.68		7.29	7.00	6.78	6.58	6.88	7.30			8.20	7.42	6.78	
H1 lead leg	R	strides	22	15	15	15	15			16	16	17	19.2	150.2						
FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	12-May-18	time	6.44	10.68	15.00	19.44	23.96		28.64	33.44	38.44	43.72	49.12	55.23	7 / 3					
reaction time	0.180	interval		4.24	4.32	4.44	4.52		4.68	4.80	5.00	5.28	5.40	6.11				13.00	14.00	15.68
		velocity	6.99	8.25	8.10	7.88	7.74		7.48	7.29	7.00	6.63	6.48	6.55	7.24		8.08	7.50	6.70	
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	17	17	162						
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>						
date	10-Aug-17	time	6.20	10.32	14.48	18.76	23.16		27.72	32.40	37.52	42.80	48.44	54.92	8 / 6					
reaction time	0.172	interval		4.12	4.16	4.28	4.40		4.56	4.68	5.12	5.28	5.64	6.48				12.56	13.64	16.04
		velocity	7.26	8.50	8.41	8.18	7.95		7.68	7.48	6.84	6.63	6.21	6.17	7.28		8.36	7.70	6.55	
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	17	20	181					
Watson, Vanessa (USA) (2001)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>						
Heat 1 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>						
date	27-Jun-24	time	6.47	10.70	15.19	19.81	24.62	26.80	29.59	34.80	40.36	46.15	52.42	60.22	7 / 7					
reaction time		interval		4.23	4.49	4.62	4.81		4.97	5.21	5.56	5.79	6.27	7.80				13.34	14.99	17.62
		velocity	6.96	8.27	7.80	7.58	7.28	7.46	7.04	6.72	6.29	6.04	5.58	5.13	6.64		7.87	7.00	5.96	
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	19	176						
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)														<i>USATF (2022) - Results powered by Karmarush</i>						
date	24-Jun-22	time	6.57	10.90	15.40	20.20	25.20	27.46	30.27	35.40	40.84	46.22	51.75	58.67	58.67	9 / 7				
reaction time		interval		4.33	4.50	4.80	5.00		5.07	5.13	5.44	5.38	5.53	6.92				13.63	15.20	16.35
		velocity	6.85	8.08	7.78	7.29	7.00	7.28	6.90	6.82	6.43	6.51	6.33	5.78	6.82		7.70	6.91	6.42	
H1 lead leg	R	strides	24	16	16	16	17		17	17	17			140						
Wehrsen, Claudia (GER) (1984)														<i>Killing (2009) - der rhythmus is entscheidend</i>						
Heat 2 - 2009 German National Championships (Ulm, GER)														<i>Killing (2009) - der rhythmus is entscheidend</i>						
date	04-Jul-09	time	6.77	11.07	15.52	20.12	24.88		29.97	35.20	40.63	46.13	51.74	58.07	1 / 1					
reaction time	0.230	interval		4.30	4.45	4.60	4.76		5.09	5.23	5.43	5.50	5.61	6.33				13.35	15.08	16.54
		velocity	6.65	8.14	7.87	7.61	7.35		6.88	6.69	6.45	6.36	6.24	6.32	6.89		7.87	6.96	6.35	
H1 lead leg		strides		15	15	15	15		16	16	17	17	17	170						
Weinstein, Erika (FRG) (1950)														<i>Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973</i>						
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)														<i>Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973</i>						
date	28-Jul-73	time	6.7	11.4	16.1	21.1	26.0		31.0	36.2	41.3	46.6	52.4	58.7	1 / 1					
reaction time		interval		4.73	4.69	4.98	4.84		5.09	5.12	5.12	5.35	5.81	6.22	NR			14.40	15.05	16.28
		velocity	6.71	7.40	7.46	7.03	7.23		6.88	6.84	6.84	6.54	6.02	6.43	6.82		7.29	6.98	6.45	
H1 lead leg		strides	23	17	17	17	17		17	17	17	9	19	170						
Westén, Monica (SWE) (1966)														<i>Behm (1995) - la tactique du 400 haies</i>						
FINAL - 1990 European Championships (Split, YUG)														<i>Behm (1995) - la tactique du 400 haies</i>						
date	31-Aug-90	time	6.7	10.9	15.3		24.2		33.6	38.5	43.5	48.6	54.75	54.75	1 / 3					
reaction time		interval		4.20	4.40		8.90		9.40	4.90	5.00	5.10	6.15						15.00	
		velocity	6.72	8.33	7.95		7.87		7.45	7.14	7.00	6.86	6.50	7.31					7.00	
H1 lead leg		strides		15	15	15	15		15	15	15	16	16	137						
White, Yvette (USA) (1977)														<i>USATF Women's Sprint Development (1996)</i>						
FINAL - 1996 USATF National Junior Championships (Delaware, OH)														<i>USATF Women's Sprint Development (1996)</i>						

date	29-Jun-96	time	7.11	11.81	16.61	21.42	26.24		31.36	36.60	42.14	47.76	53.59		60.39	7 / 5			
reaction time		interval		4.70	4.80	4.81	4.82		5.12	5.24	5.54	5.62	5.83	6.80			14.31	15.18	16.99
		velocity	6.33	7.45	7.29	7.28	7.26		6.84	6.68	6.32	6.23	6.00	5.88	6.62		7.34	6.92	6.18
H1 lead leg		strides																	

Whyte, Rhonda (JAM) (1990)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	21-Aug-21	time	6.44	10.72	15.08	19.60	24.36	26.4	29.32	34.36	39.36	44.52			55.57	7 / 7			
reaction time	0.153	interval		4.28	4.36	4.52	4.76		4.96	5.04	5.00	5.16					13.16	14.76	
		velocity	6.99	8.18	8.03	7.74	7.35	7.58	7.06	6.94	7.00	6.78			7.20		7.98	7.11	
H1 lead leg	L	strides	23	15	15	15	16		16	16	17			133					

FINAL - 2017 Meeting International Mohammed VI D'Atletisme (Rabat, MAR) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>																			
date	16-Jul-17	time	6.52	10.80	15.24	19.68	24.36		29.28	34.40	39.64	44.84	50.08		56.00	3 / 8			
reaction time	0.146	interval		4.28	4.44	4.44	4.68		4.92	5.12	5.24	5.20	5.24	5.92			13.16	14.72	15.68
		velocity	6.90	8.18	7.88	7.88	7.48		7.11	6.84	6.68	6.73	6.68	6.76	7.14		7.98	7.13	6.70
H1 lead leg	L	strides	23	15	15	15	15		16	17	17	16	17	19.7	185.7				

Williams, Schowonda (USA) (1966)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)																			
<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																			
date	26-Sep-88	time	6.44	10.64	14.95	19.40	24.09		28.90	33.74	38.80	44.14	49.90		56.71	8 / 7			
reaction time	0.157	interval		4.20	4.31	4.45	4.69		4.81	4.84	5.06	5.34	5.76	6.81			12.96	14.34	16.16
		velocity	6.99	8.33	8.12	7.87	7.46		7.28	7.23	6.92	6.55	6.08	5.87	7.05		8.10	7.32	6.50
H1 lead leg		strides	24	16	16	16	17		17	17	18	18	18	22.9	199.9				

Williams, Tiffany (USA) (1983)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																			
date	06-May-16	time	6.52	10.68	15.00	19.44	24.08		28.80	33.68	38.72	44.00	49.68		56.57	8 / 7			
reaction time	0.225	interval		4.16	4.32	4.44	4.64		4.72	4.88	5.04	5.28	5.68	6.89			12.92	14.24	16.00
		velocity	6.90	8.41	8.10	7.88	7.54		7.42	7.17	6.94	6.63	6.16	5.81	7.07		8.13	7.37	6.56
H1 lead leg	L	strides	24	15	15	15	16		16	17	17	17	18	22	192				

FINAL - 2009 IAAF World Championships (Berlin, GER)																			
<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																			
date	20-Aug-09	time	6.31	10.34	14.45	18.68	22.96		27.45	32.27	37.09	42.21	47.53		53.83	2 / 5			
reaction time	0.161	interval		4.03	4.11	4.23	4.28		4.49	4.82	4.82	5.12	5.32	6.30			12.37	13.59	15.26
		velocity	7.13	8.68	8.52	8.27	8.18		7.80	7.26	7.26	6.84	6.58	6.35	7.43		8.49	7.73	6.88
H1 lead leg		strides		15	15	15	15		15	16	16	17	17		141				

Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)																			
<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																			
date	18-Aug-09	time	6.46	10.65	14.92	19.29	23.75		28.53	33.29	38.28	43.42	48.69		54.79	5 / 3			
reaction time	0.167	interval		4.19	4.27	4.37	4.46		4.78	4.76	4.99	5.14	5.27	6.10			12.83	14.00	15.40
		velocity	6.97	8.35	8.20	8.01	7.85		7.32	7.35	7.01	6.81	6.64	6.56	7.30		8.18	7.50	6.82
H1 lead leg		strides																	

Heat 4 - 2009 IAAF World Championships (Berlin, GER)																			
<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																			
date	17-Aug-09	time	6.38	10.51	14.69	18.95	23.61		28.29	33.27	38.23	43.47	48.94		55.24	7 / 2			
reaction time	0.163	interval		4.13	4.18	4.26	4.66		4.68	4.98	4.96	5.24	5.47	6.30			12.57	14.32	15.67
		velocity	7.05	8.47	8.37	8.22	7.51		7.48	7.03	7.06	6.68	6.40	6.35	7.24		8.35	7.33	6.70
H1 lead leg		strides																	

FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)																			
<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																			
date	14-Sep-08	time	6.57	10.84	15.23	19.71	24.25		29.13	33.95	38.94	44.09	49.33		55.16	3 / 3			
reaction time	0.151	interval		4.27	4.39	4.48	4.54		4.88	4.82	4.99	5.15	5.24	5.83			13.14	14.24	15.38
		velocity	6.85	8.20	7.97	7.81	7.71		7.17	7.26	7.01	6.80	6.68	6.86	7.25		7.99	7.37	6.83
H1 lead leg		strides																	

FINAL - 2008 Olympic Games (Beijing, CHN)																			
<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>																			
date	20-Aug-08	time	6.3	10.4	14.7	19.0	23.7		28.3	33.1	38.3	43.7	49.3		57.55	8 / 8			
reaction time	0.236	interval		4.10	4.30	4.30	4.70		4.60	4.80	5.20	5.40	5.60	8.25			12.70	14.10	16.20
		velocity	7.14	8.54	8.14	8.14	7.45		7.61	7.29	6.73	6.48	6.25	4.85	6.95		8.27	7.45	6.48
H1 lead leg	L	strides	22	15	15	15	16		16	16	17	18		150					

FINAL - 2008 USA Olympic Trials (Eugene, OR)																			
<i>USATF Hurdle Development (2008)</i>																			
date	29-Jun-08	time	6.52	10.68	14.96	19.14	23.42		28.04	32.72	37.68	42.71	47.96		54.03	5 / 1			
reaction time		interval		4.16	4.28	4.18	4.28		4.62	4.68	4.96	5.03	5.25	6.07			12.62	13.58	15.24
		velocity	6.90	8.41	8.18	8.37	8.18		7.58	7.48	7.06	6.96	6.67	6.59	7.40		8.32	7.73	6.89
H1 lead leg	L	strides	24	15	15	15	15		16	16	17	17	17		167				

FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)																			
<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																			
date	23-Sep-07	time	6.57	10.82	15.10	19.44	23.92		28.52	33.44	38.34	43.51	48.84		55.01	5 / 5			
reaction time	0.273	interval		4.25	4.28	4.34	4.48		4.60	4.92	4.90	5.17	5.33	6.17			12.87	14.00	15.40
		velocity	6.85	8.24	8.18	8.06	7.81		7.61	7.11	7.14	6.77	6.57	6.48	7.27		8.16	7.50	6.82
H1 lead leg		strides																	

FINAL - 2007 IAAF World Championships (Osaka, JPN)																			
<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>																			
date	30-Aug-07	time	6.32	10.31	14.38	18.52	23.06		27.55	32.32	37.22	42.33	47.90		54.63	9 / 7			
reaction time	0.171	interval		3.99	4.07	4.14	4.54		4.49	4.77	4.90	5.11	5.57	6.73			12.20	13.80	15.58

H1 lead leg	L	velocity	7.12	8.77	8.60	8.45	7.71		7.80	7.34	7.14	6.85	6.28	5.94	7.32		8.61	7.61	6.74
		strides	24	15	15	15	16		16	17	17	17	17	21.5	191				
Williams, Tonya (USA) (1974)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USA Olympic Trials (Atlanta, GA)																<i>USATF Women's Sprint Development (1996)</i>			
date	16-Jun-96	time	6.20	10.38	14.71	19.25	23.83	25.79	28.60	33.58	38.68	44.07			55.94	1 / 6			
reaction time		interval		4.18	4.33	4.54	4.58		4.77	4.98	5.10	5.39					13.05	14.33	
		velocity	7.26	8.37	8.08	7.71	7.64	7.75	7.34	7.03	6.86	6.49			7.15		8.05	7.33	
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	19.5	183.5				
Williams, Trevaia (USA) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USA Olympic Trials (Atlanta, GA)																<i>USATF Women's Sprint Development (1996)</i>			
date	16-Jun-96	time	6.47	10.51	14.85	19.28	23.78	25.21	28.48	33.31	38.28	43.37	48.55		54.87	7 / 4			
reaction time		interval		4.04	4.34	4.43	4.50		4.70	4.83	4.97	5.09	5.18	6.32	PB		12.81	14.03	15.24
		velocity	6.96	8.66	8.06	7.90	7.78	7.93	7.45	7.25	7.04	6.88	6.76	6.33	7.29		8.20	7.48	6.89
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5				
Wilson, Britton (USA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	10-Jun-23	time	6.87	11.14	15.58	20.09	24.69		29.33	34.27	39.34	44.51	49.75		55.92	6 / 7			
reaction time		interval		4.27	4.44	4.51	4.60		4.64	4.94	5.07	5.17	5.24	6.17			13.22	14.18	15.48
		velocity	6.55	8.20	7.88	7.76	7.61		7.54	7.09	6.90	6.77	6.68	6.48	7.15		7.94	7.40	6.78
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	16	162				
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	22-Jul-22	time	6.46	10.70	15.00	19.47	23.87	25.60		33.07	37.90	42.97	48.13		54.02	1 / 5			
reaction time	0.141	interval		4.24	4.30	4.47	4.40		9.20	4.83	5.07	5.16	5.89				13.01	13.60	15.06
		velocity	6.97	8.25	8.14	7.83	7.95	7.81		7.61	7.25	6.90	6.78	6.79	7.40		8.07	7.72	6.97
H1 lead leg	R	strides	23	15	15	15	15			15	16	16	16	130					
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	20-Jul-22	time	6.47	10.70	15.07	19.40	24.00	26.19	28.67	33.33	38.10	42.93	47.97		53.72	5 / 4			
reaction time	0.159	interval		4.23	4.37	4.33	4.60		4.67	4.66	4.77	4.83	5.04	5.75			12.93	13.93	14.64
		velocity	6.96	8.27	8.01	8.08	7.61	7.64	7.49	7.51	7.34	7.25	6.94	6.96	7.45		8.12	7.54	7.17
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	15	16	18.2	177.2				
Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	19-Jul-22	time	6.56	10.80	15.20	19.56	24.12	25.98	28.77		38.50	43.66	48.80		54.54	4 / 1			
reaction time	0.154	interval		4.24	4.40	4.36	4.56		4.65		9.73	5.16	5.14	5.74			13.00		
		velocity	6.86	8.25	7.95	8.03	7.68	7.70	7.53		7.19	6.78	6.81	6.97	7.33		8.08		
H1 lead leg	R	strides	23	15	15	15	15		15		16	16	18	148					
FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	25-Jun-22	time	6.57	10.57	14.75	19.01	23.42	25.14	27.96	32.53	37.20	42.14	47.38		53.08	6 / 2			
reaction time		interval		4.00	4.18	4.26	4.41		4.54	4.57	4.67	4.94	5.24	5.70	PB		12.44	13.52	14.85
		velocity	6.85	8.75	8.37	8.22	7.94	7.96	7.71	7.66	7.49	7.09	6.68	7.02	7.54		8.44	7.77	7.07
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	160					
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	24-Jun-22	time	6.70	10.96	15.40	19.93	24.70	26.66	29.50	34.36	39.40	44.43	49.56		55.32	6 / 1			<i>Henson (2022)</i>
reaction time		interval		4.26	4.44	4.53	4.77		4.80	4.86	5.04	5.03	5.13	5.76			13.23	14.43	15.20
		velocity	6.72	8.22	7.88	7.73	7.34	7.50	7.29	7.20	6.94	6.96	6.82	6.94	7.23		7.94	7.28	6.91
H1 lead leg	L	strides	24	16	16	16	16		16	16	16	16	16	18.5	186.5				
Wilson, Nickiesha (JAM) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)																<i>Henson (2021) - Athlete First: major championships report</i>			
date	15-Aug-13	time	6.34	10.54	14.77	19.19	23.88		28.69		38.84	44.31	50.11		57.34	2 / 3 7			
reaction time	0.276	interval		4.20	4.23	4.42	4.69		4.81		10.15	5.47	5.80	7.23			12.85		
		velocity	7.10	8.33	8.27	7.92	7.46		7.28		6.90	6.40	6.03	5.53	6.98		8.17		
H1 lead leg	L	strides	23	15	15	16	16		16		17	17	21	156					
Semi-Final 3 - 2009 IAAF World Championships (Berlin, GER)																<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>			
date	18-Aug-09	time	6.37	10.40	14.54	18.92	23.53		28.25	33.07	38.04	43.28	48.78		54.89	3 / 3			
reaction time	0.247	interval		4.03	4.14	4.38	4.61		4.72	4.82	4.97	5.24	5.50	6.11			12.55	14.15	15.71
		velocity	7.06	8.68	8.45	7.99	7.59		7.42	7.26	7.04	6.68	6.36	6.55	7.29		8.37	7.42	6.68
H1 lead leg		strides																	
Heat 2 - 2009 IAAF World Championships (Berlin, GER)																<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>			
date	17-Aug-09	time	6.31	10.29	14.43	18.75	23.28		28.07	32.92	37.92	43.30	48.93		55.37	2 / 1			
reaction time	0.173	interval		3.98	4.14	4.32	4.53		4.79	4.85	5.00	5.38	5.63	6.44			12.44	14.17	16.01
		velocity	7.13	8.79	8.45	8.10	7.73		7.31	7.22	7.00	6.51	6.22	6.21	7.22		8.44	7.41	6.56
H1 lead leg		strides																	
FINAL - 2007 IAAF World Championships (Osaka, JPN)																<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>			
date	30-Aug-07	time	6.36	10.43	14.67	18.97	23.41		27.96	32.73	37.65	42.72	48.04		54.10	4 / 4			
reaction time	0.193	interval		4.07	4.24	4.30	4.44		4.55	4.77	4.92	5.07	5.32	6.06			12.61	13.76	15.31
		velocity	7.08	8.60	8.25	8.14	7.88		7.69	7.34	7.11	6.90	6.58	6.60	7.39		8.33	7.63	6.86

H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	17	20	182							
Semi-Final 3 - 2007 IAAF World Championships (Osaka, JPN)																			<i>Shaver (2008) - hurdle training</i>		
date	28-Aug-07	time	6.40	10.47	14.74	19.11	23.52	28.12	32.96	37.84	42.81	48.04		53.97	7 / 2						
reaction time	0.284	interval	4.07	4.27	4.37	4.41	4.60	4.84	4.88	4.97	5.23	5.93		PB		12.71	13.85	15.08			
		velocity	7.03	8.60	8.20	8.01	7.94	7.61	7.23	7.17	7.04	6.69	6.75	7.41		8.26	7.58	6.96			
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	17	17	20.2	184.2							
Wilson, Simone (USA) (1998)																					
Heat 1 - 2022 USATF National Championships (Eugene, OR)																			<i>USATF (2022) - Results powered by Karmarush</i>		
date	24-Jun-22	time	7.11	11.53	16.09	20.88	25.80	28.06	31.03	36.59	42.22	48.07	53.77	60.20	60.20	8 / 7					
reaction time		interval	4.42	4.56	4.79	4.92	5.23	5.56	5.63	5.85	5.70	6.43				13.77	15.71	17.18			
		velocity	6.33	7.92	7.68	7.31	7.11	7.13	6.69	6.29	6.22	5.98	6.14	6.22	6.64	7.63	6.68	6.11			
H1 lead leg	R	strides	25	16	16	16	16	17	17	17	17	19		123							
Wilson, Tyra (USA) (2002)																					
Heat 4 - 2024 USA Olympic Trials (Eugene, OR)																			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>		
date	27-Jun-24	time	6.62	10.91	15.30	19.69	24.20	26.32	29.08	34.45	39.96	45.81	52.11	60.33	60.33	3 / 6					
reaction time		interval	4.29	4.39	4.39	4.51	4.88	5.37	5.51	5.85	6.30	8.22				13.07	14.76	17.66			
		velocity	6.80	8.16	7.97	7.97	7.76	7.60	7.17	6.52	6.35	5.98	5.56	4.87	6.63	8.03	7.11	5.95			
H1 lead leg	L	strides	24	16	15	15	15	17	17	17	17	19		172							
Wise, Deshae (USA) (1999)																					
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)																			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>		
date	29-Jun-24	time	6.54	10.92	15.15	19.69	24.28	26.31	28.93	33.83	38.93	44.22	49.61	55.63	55.63	9 / 4					
reaction time		interval	4.38	4.23	4.54	4.59	4.65	4.90	5.10	5.29	5.39	6.02				13.15	14.14	15.78			
		velocity	6.88	7.99	8.27	7.71	7.63	7.60	7.53	7.14	6.86	6.62	6.49	6.64	7.19	7.98	7.43	6.65			
H1 lead leg	L	strides	16	16	16	16	16	16	16	16	16	17	17	19.7	165.7						
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)																			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>		
date	27-Jun-24	time	6.68	11.01	15.44	19.98	24.51	26.57	29.19	34.26	39.64	45.04	50.57	56.84	56.84	4 / 4					
reaction time		interval	4.33	4.43	4.54	4.53	4.68	5.07	5.38	5.40	5.53	6.27				13.30	14.28	16.31			
		velocity	6.74	8.08	7.90	7.71	7.73	7.53	7.48	6.90	6.51	6.48	6.33	6.38	7.04	7.89	7.35	6.44			
H1 lead leg		strides																			
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)																			<i>USATF (2022) - Results powered by Karmarush</i>		
date	24-Jun-22	time	6.49	10.79	15.21	19.88	24.83	26.91	29.86	35.02	40.60	46.34	52.22	59.42	59.42	8 / 8					
reaction time		interval	4.30	4.42	4.67	4.95	5.03	5.16	5.58	5.74	5.88	7.20				13.39	15.14	17.20			
		velocity	6.93	8.14	7.92	7.49	7.07	7.43	6.96	6.78	6.27	6.10	5.95	5.56	6.73	7.84	6.94	6.10			
H1 lead leg	R	strides	24	16	16	16	16	16	16	17	17			138							
Woodruff, Gianna (PAN) (1993)																					
Repechage 2 - 2024 Olympic Games (Paris, FRA)																			<i>Paris 2024 Olympc Games - Results Book (2024)</i>		
date	05-Aug-24	time	6.47	10.58	14.88	19.25	23.81	28.53	33.46	38.57	43.76	48.96	55.10	55.10	2 / 3						
reaction time	0.197	interval	4.11	4.30	4.37	4.56	4.72	4.93	5.11	5.19	5.20	6.14				12.78	14.21	15.50			
		velocity	6.96	8.52	8.14	8.01	7.68	7.42	7.10	6.85	6.74	6.73	6.51	7.26	8.22	7.39	6.77				
H1 lead leg	L	strides	22	14	14	14	14	15	15	16	16	16	19	175							
Heat 2 - 2024 Olympic Games (Paris, FRA)																			<i>Paris 2024 Olympc Games - Results Book (2024)</i>		
date	04-Aug-24	time	6.53	10.62	14.86	19.23	23.83	28.54	33.44	38.39	43.59	48.90	54.94	54.94	8 / 5						
reaction time	0.216	interval	4.09	4.24	4.37	4.60	4.71	4.90	4.95	5.20	5.31	6.04				12.70	14.21	15.46			
		velocity	6.89	8.56	8.25	8.01	7.61	7.43	7.14	7.07	6.73	6.59	6.62	7.28	8.27	7.39	6.79				
H1 lead leg	L	strides	22	14	14	15	15	15	15	15	16	16	19	176							
FINAL - 2023 Prefontaine Classic (Eugene, OR)																			<i>Omega Timing (2023) - diamond league race analysis</i>		
date	17-Sep-23	time	6.39	10.53	14.84	19.27	23.82	28.51	33.42	38.45	43.52	48.79	54.95	54.95	2 / 7						
reaction time	0.192	interval	4.14	4.31	4.43	4.55	4.69	4.91	5.03	5.07	5.27	6.16				12.88	14.15	15.37			
		velocity	7.04	8.45	8.12	7.90	7.69	7.46	7.13	6.96	6.90	6.64	6.49	7.28	8.15	7.42	6.83				
H1 lead leg	L	strides	22	14		15		15	15			17	98								
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)																			<i>Omega Timing (2023) - diamond league race analysis</i>		
date	02-Sep-23	time	6.40	10.40	14.62	18.99	23.53	28.20	33.04	38.11	43.49	48.85	55.45	55.45	9 / 9						
reaction time	0.219	interval	4.00	4.22	4.37	4.54	4.67	4.84	5.07	5.38	5.36	6.60				12.59	14.05	15.81			
		velocity	7.03	8.75	8.29	8.01	7.71	7.49	7.23	6.90	6.51	6.53	6.06	7.21	8.34	7.47	6.64				
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16		145								
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>		
date	22-Aug-23	time	6.44	10.57	14.68	18.86	23.29	27.92	32.70	37.73	48.41	54.71	54.71	9 / 5							
reaction time	0.208	interval	4.13	4.11	4.18	4.43	4.63	4.78	5.03	5.03	10.68	6.30				12.42	13.84	15.71			
		velocity	6.99	8.47	8.52	8.37	7.90	7.56	7.32	6.96	6.55	6.35	7.31	8.45	7.59	6.68					
H1 lead leg	L	strides	22	15	15	15	15	15	15	16		128									
Heat 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>		
date	21-Aug-23	time	6.46	10.80	15.00	19.23	23.80	28.50	33.40	38.37	43.60	49.03	55.31	55.31	2 / 3						
reaction time	0.171	interval	4.34	4.20	4.23	4.57	4.70	4.90	4.97	5.23	5.43	6.28				12.77	14.17	15.63			
		velocity	6.97	8.06	8.33	8.27	7.66	7.45	7.14	7.04	6.69	6.45	6.37	7.23	8.22	7.41	6.72				
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	17	17	19.7	182.7							

FINAL - 2023 London Athletics Meet (London, GBR)														<i>Omega Timing (2023) - diamond league race analysis</i>						
date	23-Jul-23	time	6.37	10.35	14.44	18.73	23.19	27.90	32.71	37.67	42.92	48.38	55.52	8 / 8						
reaction time	0.201	interval		3.98	4.09	4.29	4.46	4.71	4.81	4.96	5.25	5.46	7.14		12.36	13.98	15.67			
		velocity	7.06	8.79	8.56	8.16	7.85	7.43	7.28	7.06	6.67	6.41	5.60	7.20	8.50	7.51	6.70			
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	17	21	167							
FINAL - 2023 Athletissima (Lausanne, SUI)														<i>Omega Timing (2023) - diamond league race analysis</i>						
date	30-Jun-23	time	6.42	10.48	14.75	19.13	23.61	28.11	32.91	38.70	44.01	49.67	56.68	6 / 8						
reaction time	0.227	interval		4.06	4.27	4.38	4.48	4.50	4.80	5.79	5.31	5.66	7.01		12.71	13.78	16.76			
		velocity	7.01	8.62	8.20	7.99	7.81	7.78	7.29	6.04	6.59	6.18	5.71	7.06	8.26	7.62	6.26			
H1 lead leg	L	strides	22	15	15			15	15	17	17	17	133							
FINAL - 2023 Bislett Games (Oslo, NOR)														<i>Omega Timing (2023) - diamond league race analysis</i>						
date	15-Jun-23	time	6.36	10.44	14.72	19.15	23.66	28.29	33.11	38.17	43.30	48.43	54.46	4 / 3						
reaction time	0.198	interval		4.08	4.28	4.43	4.51	4.63	4.82	5.06	5.13	5.13	6.03		12.79	13.96	15.32			
		velocity	7.08	8.58	8.18	7.90	7.76	7.56	7.26	6.92	6.82	6.82	6.63	7.34	8.21	7.52	6.85			
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	17	19	180						
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)														<i>Omega Timing (2023) - diamond league race analysis</i>						
date	02-Jun-23	time	6.32	10.39	14.66	19.04	23.51	28.04	32.82	37.81	42.96	48.30	54.59	3 / 4						
reaction time	0.184	interval		4.07	4.27	4.38	4.47	4.53	4.78	4.99	5.15	5.34	6.29		12.72	13.78	15.48			
		velocity	7.12	8.60	8.20	7.99	7.83	7.73	7.32	7.01	6.80	6.55	6.36	7.33	8.25	7.62	6.78			
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	17	19.5	180.5						
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)														<i>Omega Timing (2023) - diamond league race analysis</i>						
date	28-May-23	time	6.34	10.32	14.55	19.04	23.67	28.45	33.58	38.86	44.14	49.53	55.74	2 / 6						
reaction time	0.201	interval		3.98	4.23	4.49	4.63	4.78	5.13	5.28	5.28	5.39	6.21		12.70	14.54	15.95			
		velocity	7.10	8.79	8.27	7.80	7.56	7.32	6.82	6.63	6.63	6.49	6.44	7.18	8.27	7.22	6.58			
H1 lead leg	R	strides	22	14		15	15	15	16			16	19	132						
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	08-Sep-22	time	6.31	10.28			23.26	25.12	27.76	32.46			42.27	47.57	53.72	3 / 2				
reaction time	0.203	interval		3.97			12.98		4.50	4.70			9.81	5.30	6.15			15.11		
		velocity	7.13	8.82			8.09	7.96	7.78	7.45			7.14	6.60	6.50	7.45			6.95	
H1 lead leg	L	strides	23	15					15	15			16	19.2	103.2					
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	26-Aug-22	time	6.33	10.26			18.90	23.36	25.26	27.97	32.86	37.90	43.13	48.56	54.97	8 / 5				
reaction time	0.193	interval		3.93			8.64	4.46	4.61	4.89	5.04	5.23	5.43	6.41			12.57	13.96	15.70	
		velocity	7.11	8.91			8.10	7.85	7.92	7.59	7.16	6.94	6.69	6.45	6.24	7.28		8.35	7.52	6.69
H1 lead leg	L	strides	23	15			15		15	15	16	16	17	19.5	151.5					
FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	10-Aug-22	time	6.30	10.33	14.53	18.83	23.33	25.28	27.86	32.53	37.40	42.47	47.73	54.13	4 / 3					
reaction time	0.203	interval		4.03	4.20	4.30	4.50		4.53	4.67	4.87	5.07	5.26	6.40			12.53	13.70	15.20	
		velocity	7.14	8.68	8.33	8.14	7.78	7.91	7.73	7.49	7.19	6.90	6.65	6.25	7.39		8.38	7.66	6.91	
H1 lead leg	L	strides	23	15	15	15	15		15		16	16	17	19.5	166.5					
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	08-Aug-22	time	6.50	10.53	14.93	19.47	24.10	28.83	33.73	38.90	44.10	49.46	55.73	6 / 4						
reaction time	0.234	interval		4.03	4.40	4.54	4.63	4.73	4.90	5.17	5.20	5.36	6.27			12.97	14.26	15.73		
		velocity	6.92	8.68	7.95	7.71	7.56	7.40	7.14	6.77	6.73	6.53	6.38	7.18		8.10	7.36	6.68		
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	147							
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	22-Jul-22	time	6.43	10.63	14.83	19.30	23.88	25.81	28.46	33.30	38.07	43.20	54.75	7 / 7						
reaction time	0.177	interval		4.20	4.20	4.47	4.58		4.58	4.84	4.77	5.13				12.87	14.00			
		velocity	7.00	8.33	8.33	7.83	7.64	7.75	7.64	7.23	7.34	6.82	7.31		8.16	7.50				
H1 lead leg	R	strides	23	16	15	15	15		15	16	16	16	147							
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	20-Jul-22	time	6.30	10.47	14.70	19.10	23.62	25.60	28.23	32.93	37.86	42.73	47.83	53.69	7 / 2					
reaction time	0.211	interval		4.17	4.23	4.40	4.52		4.61	4.70	4.93	4.87	5.10	5.86	AR PB		12.80	13.83	14.90	
		velocity	7.14	8.39	8.27	7.95	7.74	7.81	7.59	7.45	7.10	7.19	6.86	6.83	7.45		8.20	7.59	7.05	
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	17	19.2	181.2					
Heat 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	19-Jul-22	time	6.33	10.46	14.73	19.07	23.53	25.56	28.10	32.96	37.97	43.27	48.70	55.21	6 / 3					
reaction time	0.185	interval		4.13	4.27	4.34	4.46		4.57	4.86	5.01	5.30	5.43	6.51			12.74	13.89	15.74	
		velocity	7.11	8.47	8.20	8.06	7.85	7.82	7.66	7.20	6.99	6.60	6.45	6.14	7.25		8.24	7.56	6.67	
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	20	184					
FINAL - 2022 Music City Track Carnival (Nashville, TN) (TV Analysis) (H5 5m long)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	05-Jun-22	time	6.45	10.54	14.80	19.23	24.40	28.54	33.36	38.36	43.32		54.63	6 / 3						
reaction time		interval		4.09	4.26	4.43	5.17		4.14	4.82	5.00	4.96				12.78	14.13			
		velocity	6.98	8.56	8.22	7.90	7.74		8.45	7.26	7.00	7.06		7.32		8.22	7.43			

H1 lead leg	L	strides	23	15	15	15	17	13	16	16	130								
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	21-May-22	time	6.50	10.50	14.80	19.17	23.80	25.62	28.57	33.50	38.70	43.87	49.25	55.43	7 / 5				
reaction time	0.218	interval	4.00	4.30	4.37	4.63	4.77	4.93	5.20	5.17	5.38	6.18	12.67	14.33	15.75				
		velocity	6.92	8.75	8.14	8.01	7.56	7.81	7.34	7.10	6.73	6.77	6.51	6.47	7.22	8.29	7.33	6.67	
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	17	20	182					
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	09-Sep-21	time	6.36	10.32	18.96	23.48	25.4	28.16	32.96	37.92	43.00	48.28	54.50	2 / 5					
reaction time	0.192	interval	3.96	8.64	4.52	4.68	4.80	4.96	5.08	5.28	6.22	12.60	14.00	15.32					
		velocity	7.08	8.84	8.10	7.74	7.87	7.48	7.29	7.06	6.89	6.63	6.43	7.34	8.33	7.50	6.85		
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	19.2	134.2						
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	28-Aug-21	time	6.33	10.52	14.92	23.92	28.53	33.28	38.07	43.12	48.35	54.44	7 / 1						
reaction time	0.206	interval	4.19	4.40	9.00	4.61	4.75	4.79	5.05	5.23	6.09	15.07							
		velocity	7.11	8.35	7.95	7.78	7.59	7.37	7.31	6.93	6.69	6.57	7.35	6.97					
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	19.5	164.5						
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	21-Aug-21	time	6.40	10.44	14.64	18.96	23.38	25.4	28.00	32.84	37.68	42.72	47.88	54.20	8 / 3				
reaction time	0.249	interval	4.04	4.20	4.32	4.42	4.62	4.84	4.84	5.04	5.16	6.32	NR PB	12.56	13.88	15.04			
		velocity	7.03	8.66	8.33	8.10	7.92	7.87	7.58	7.23	7.23	6.94	6.78	6.33	7.38	8.36	7.56	6.98	
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	19.2	179.2					
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	04-Aug-21	time	6.44	10.54	14.84	19.32	23.88	28.52	33.40	38.44	55.84	9 / 8 7							
reaction time	0.235	interval	4.10	4.30	4.48	4.56	4.64	4.88	5.04	7.16	8.15	7.46							
		velocity	6.99	8.54	8.14	7.81	7.68	7.54	7.17	6.94	128								
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	128								
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>						
date	02-Oct-19	time	6.34	10.37	14.61	23.59	33.50	38.57	43.78	49.21	55.61	2 / 6							
reaction time	0.223	interval	4.03	4.24	8.98	9.91	5.07	5.21	5.43	6.40	AR	15.71							
		velocity	7.10	8.68	8.25	7.80	7.06	6.90	6.72	6.45	6.25	7.19	6.68						
H1 lead leg	L	strides	23	15	15	16	17	17	20	123									
Wright, Jessica (USA) (2000)																			
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)													<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>						
date	29-Jun-24	time	6.62	10.60	14.86	19.32	23.89	25.95	28.54	33.50	38.67	44.11	49.57	55.88	4 / 5				
reaction time		interval	3.98	4.26	4.46	4.57	4.65	4.96	5.17	5.44	5.46	6.31	7.16	8.27	7.40	6.53			
		velocity	6.80	8.79	8.22	7.85	7.66	7.71	7.53	7.06	6.77	6.43	6.41	6.34	7.16	8.27	7.40	6.53	
H1 lead leg	L	strides	24	15	16	16	16	16	17	17	18	18	22	195					
Heat 4 - 2024 USA Olympic Trials (Eugene, OR)													<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>						
date	27-Jun-24	time	6.85	11.04	15.47	20.09	24.74	26.82	29.54	34.43	39.71	45.05	50.55	56.90	8 / 3				
reaction time		interval	4.19	4.43	4.62	4.65	4.80	4.89	5.28	5.34	5.50	6.35	7.03	7.93	7.32	6.51			
		velocity	6.57	8.35	7.90	7.58	7.53	7.46	7.29	7.16	6.63	6.55	6.36	6.30	7.03	7.93	7.32	6.51	
H1 lead leg	L	strides	24	16	16	16	17	17	17	18	18	18	22	199					
Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)													<i>USATF (2022) - Results powered by Karmarush</i>						
date	24-Jun-22	time	6.74	11.03	15.57	20.41	25.25	27.34	30.13	35.01	40.17	45.53	50.85	57.09	57.09	3 / 7			
reaction time		interval	4.29	4.54	4.84	4.84	4.88	4.88	5.16	5.36	5.32	6.24	13.67	14.60	15.84				
		velocity	6.68	8.16	7.71	7.23	7.23	7.32	7.17	7.17	6.78	6.53	6.58	6.41	7.01	7.68	7.19	6.63	
H1 lead leg	R	strides	24	16	17	17	17	17	17	18	18	18	22	126					
Wu Fangfang (CHN) (1997)																			
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)													<i>CAA Hurdle Development (2021)</i>						
date	26-Jun-21	time	7.06	11.79	16.62	21.56	26.63	31.96	37.42	42.91	48.48	54.15	60.29	4 / 5					
reaction time	0.308	interval	4.73	4.83	4.94	5.07	5.33	5.46	5.49	5.57	5.67	6.14	14.50	15.86	16.73				
		velocity	6.37	7.40	7.25	7.09	6.90	6.57	6.41	6.38	6.28	6.17	6.51	6.63	7.24	6.62	6.28		
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	21	194					
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)													<i>CAA Hurdle Development (2019)</i>						
date	03-Aug-19	time	6.96	11.65	16.32	21.12	26.11	31.35	36.65	42.16	47.73	53.52	60.01	5 / 5					
reaction time	0.244	interval	4.69	4.67	4.80	4.99	5.24	5.30	5.51	5.57	5.79	6.49	14.16	15.53	16.87				
		velocity	6.47	7.46	7.49	7.29	7.01	6.68	6.60	6.35	6.28	6.04	6.16	6.67	7.42	6.76	6.22		
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	21.5	194.5					
Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)													<i>CAA Hurdle Development (2019)</i>						
date	03-Aug-19	time	7.19	12.04	17.00	22.09	27.68	33.58	39.51	45.71	52.10	58.41	65.54	5 / 2					
reaction time	0.247	interval	4.85	4.96	5.09	5.59	5.90	5.93	6.20	6.39	6.31	7.13	14.90	17.42	18.90				
		velocity	6.26	7.22	7.06	6.88	6.26	5.93	5.90	5.65	5.48	5.55	5.61	6.10	7.05	6.03	5.56		
H1 lead leg	L	strides	24	16	16	16	18	19	17	19	19	19	21.2	204.2					
FINAL - 2019 Chinese National Championships (Shenyang, CHN)													<i>CAA Hurdle Development (2019)</i>						

date	10-Jul-19	time	6.92	11.51	16.15	20.90	25.72	30.78	35.98	41.34	46.79	52.45	58.84	1 / 5						
reaction time	0.225	interval	4.59	4.64	4.75	4.82	5.06	5.20	5.36	5.45	5.66	6.39	PB		13.98	15.08	16.47			
		velocity	6.50	7.63	7.54	7.37	7.26	6.92	6.73	6.53	6.42	6.18	6.26		7.51	6.96	6.38			
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	22							
Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)														<i>CAA Hurdle Development (2019)</i>						
date	09-Jul-19	time	6.99	11.71	16.41	21.28	26.24	31.40	36.62	41.94	47.64	53.13	59.64	5 / 3						
reaction time	0.226	interval	4.72	4.70	4.87	4.96	5.16	5.22	5.32	5.70	5.49	6.51			14.29	15.34	16.51			
		velocity	6.44	7.42	7.45	7.19	7.06	6.78	6.70	6.58	6.14	6.38	6.14		7.35	6.84	6.36			
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	21.5							
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)														<i>CAA Hurdle Development (2019)</i>						
date	29-May-19	time	7.29	11.99	16.71	21.58	26.59	31.86	37.38	43.06	48.90	55.18	61.76	8 / 5						
reaction time		interval	4.70	4.72	4.87	5.01	5.27	5.52	5.68	5.84	6.28	6.58			14.29	15.80	17.80			
		velocity	6.17	7.45	7.42	7.19	6.99	6.64	6.34	6.16	5.99	5.57	6.08		7.35	6.65	5.90			
H1 lead leg	L	strides	24	16	16	17	16	17	17	17	17	19	21.2							
Heat 3 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														<i>CAA Hurdle Development (2019)</i>						
date	07-Apr-19	time	7.12	11.91	16.74	21.67	26.69	32.00	37.49	43.11	48.76	54.76	61.04	7 / 1						
reaction time	0.319	interval	4.79	4.83	4.93	5.02	5.31	5.49	5.62	5.65	6.00	6.28			14.55	15.82	17.27			
		velocity	6.32	7.31	7.25	7.10	6.97	6.59	6.38	6.23	6.19	5.83	6.37		7.22	6.64	6.08			
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	19	22							
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)														<i>Henson (2018) - coaching observations</i>						
date	16-Sep-18	time	7.06	11.70	16.36	21.14	26.07	31.23	36.64	42.21	47.81	58.36	60.44	2 / 7						
reaction time		interval	4.64	4.66	4.78	4.93	5.16	5.41	5.57	5.60	10.55	2.08			14.08	15.50	21.72			
		velocity	6.37	7.54	7.51	7.32	7.10	6.78	6.47	6.28	6.25	3.32	19.23		7.46	6.77	4.83			
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	19	23							
Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)														<i>Henson (2018) - coaching observations</i>						
date	15-Sep-18	time	7.00	11.60	16.27	21.05	26.00	31.28	36.74	42.21	47.81	53.52	59.88	3 / 3						
reaction time		interval	4.60	4.67	4.78	4.95	5.28	5.46	5.47	5.60	5.71	6.36			14.05	15.69	16.78			
		velocity	6.43	7.61	7.49	7.32	7.07	6.63	6.41	6.40	6.25	6.13	6.29		7.47	6.69	6.26			
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	21.5							
Wu Xueting (CHN) (1995)																				
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)														<i>CAA Hurdle Development (2021)</i>						
date	26-Jun-21	time	7.10	11.67	16.30	21.06	26.01	31.20	36.58	42.05	47.61	53.25	59.63	5 / 1						
reaction time	0.248	interval	4.57	4.63	4.76	4.95	5.19	5.38	5.47	5.56	5.64	6.38			13.96	15.52	16.67			
		velocity	6.34	7.66	7.56	7.35	7.07	6.74	6.51	6.40	6.29	6.21	6.27		7.52	6.77	6.30			
H1 lead leg	L	strides	22	15	15	15	16	16	17	17	17	17	20.5							
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)														<i>CAA Hurdle Development (2021)</i>						
date	25-Apr-21	time	6.94	11.46	16.16	20.92	25.94	31.11	36.52	42.04	47.55	53.07	59.25	2 / 3						
reaction time	0.239	interval	4.52	4.70	4.76	5.02	5.17	5.41	5.52	5.51	5.52	6.18			13.98	15.60	16.55			
		velocity	6.48	7.74	7.45	7.35	6.97	6.77	6.47	6.34	6.35	6.34	6.47		7.51	6.73	6.34			
H1 lead leg	L	strides	22	15	15	15	16	16	17	17	17	17	20							
Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)														<i>CAA Hurdle Development (2021)</i>						
date	25-Apr-21	time	7.00	11.60	16.25	21.02	26.06	31.31	36.72	42.28	48.02	54.04	60.99	7 / 2						
reaction time	0.265	interval	4.60	4.65	4.77	5.04	5.25	5.41	5.56	5.74	6.02	6.95			14.02	15.70	17.32			
		velocity	6.43	7.61	7.53	7.34	6.94	6.67	6.47	6.29	6.10	5.81	5.76		7.49	6.69	6.06			
H1 lead leg	L	strides	22	15	15	15	16	16	17	17	17	18	21							
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)														<i>CAA Hurdle Development (2019)</i>						
date	12-Apr-19	time	7.00	11.52	16.34	21.24	26.30	31.44	36.88	42.70	48.50	54.42	60.92	4 / 2						
reaction time	0.224	interval	4.52	4.82	4.90	5.06	5.14	5.44	5.82	5.80	5.92	6.50			14.24	15.64	17.54			
		velocity	6.43	7.74	7.26	7.14	6.92	6.81	6.43	6.01	6.03	5.91	6.15		7.37	6.71	5.99			
H1 lead leg	L	strides	23	16	16	16	16	16	17	18	18	18	21							
Heat 2 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)														<i>CAA Hurdle Development (2019)</i>						
date	12-Apr-19	time	7.03	11.63	16.47	21.40	26.51	31.73	37.12	42.76	48.63	54.54	61.24	9 / 1						
reaction time	0.309	interval	4.60	4.84	4.93	5.11	5.22	5.39	5.64	5.87	5.91	6.70			14.37	15.72	17.42			
		velocity	6.40	7.61	7.23	7.10	6.85	6.70	6.49	6.21	5.96	5.92	5.97		7.31	6.68	6.03			
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	18	18	21.2							
Heat 3 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														<i>CAA Hurdle Development (2019)</i>						
date	07-Apr-19	time	6.94	11.60	16.50	21.45	26.59	31.87	37.44	43.21	49.09	55.32	62.34	9 / 4						
reaction time	0.345	interval	4.66	4.90	4.95	5.14	5.28	5.57	5.77	5.88	6.23	7.02			14.51	15.99	17.88			
		velocity	6.48	7.51	7.14	7.07	6.81	6.63	6.28	6.07	5.95	5.62	5.70		7.24	6.57	5.87			
H1 lead leg	L	strides	22	16	16	16	16	16	17	18	18	18	21.5							
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)														<i>Henson (2018) - coaching observations</i>						
date	16-Sep-18	time	6.86	11.27	15.75	20.37	25.23	30.28	35.47	40.82	46.31	52.00	58.65	4 / 3						
reaction time		interval	4.41	4.48	4.62	4.86	5.05	5.19	5.35	5.49	5.69	6.65			13.51	15.10	16.53			
		velocity	6.56	7.94	7.81	7.58	7.20	6.93	6.74	6.54	6.38	6.15	6.02		7.77	6.95	6.35			
H1 lead leg	L	strides	22	15	15	15	16	16	17	17	17	18	21.5							

Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)

date	15-Sep-18	time	6.86	11.26	15.83	20.51	25.41	30.53	35.87	41.32	46.85	52.47	58.81	<i>Henson (2018) - coaching observations</i>			
reaction time		interval		4.40	4.57	4.68	4.90	5.12	5.34	5.45	5.53	5.62	6.34	13.65	15.36	16.60	
		velocity	6.56	7.95	7.66	7.48	7.14	6.84	6.55	6.42	6.33	6.23	6.31	6.80	7.69	6.84	6.33
H1 lead leg	L	strides	22	15	15	15	16	16	17	17	17	17	21	188			

Xiao Xia (CHN) (1991)

Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)																	
<i>CAA Hurdle Development (2021)</i>																	
date	26-Jun-21	time	6.76	11.38	16.25	21.30	26.41	31.76	37.17	42.71	48.35	53.97	60.42	3 / 5			
reaction time	0.296	interval		4.62	4.87	5.05	5.11	5.35	5.41	5.54	5.64	5.62	6.45		14.54	15.87	16.80
		velocity	6.66	7.58	7.19	6.93	6.85	6.54	6.47	6.32	6.21	6.23	6.20	6.62	7.22	6.62	6.25
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	20.5	192.5			

Heat 1 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)

<i>CAA Hurdle Development (2019)</i>																	
date	12-Apr-19	time	7.04	11.82	16.75	21.82	26.94	32.41	37.92	43.67	49.46	55.17	61.97	9 / 1			
reaction time	0.399	interval		4.78	4.93	5.07	5.12	5.47	5.51	5.75	5.79	5.71	6.80		14.78	16.10	17.25
		velocity	6.39	7.32	7.10	6.90	6.84	6.40	6.35	6.09	6.04	6.13	5.88	6.45	7.10	6.52	6.09
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	21.2	193.2			

Heat 3 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)

<i>CAA Hurdle Development (2019)</i>																	
date	07-Apr-19	time	7.11	11.96	17.12	22.41	27.86	33.42	39.12	44.85	50.47	56.27	63.02	1 / 6			
reaction time	0.370	interval		4.85	5.16	5.29	5.45	5.56	5.70	5.73	5.62	5.80	6.75		15.30	16.71	17.15
		velocity	6.33	7.22	6.78	6.62	6.42	6.29	6.14	6.11	6.23	6.03	5.93	6.35	6.86	6.28	6.12
H1 lead leg	L	strides	22	16	16	17	17	17	17	17	17	17	21	194			

Xie Hanmeng (CHN) (2001)

U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)																	
<i>CAA Hurdle Development (2019)</i>																	
date	17-Aug-19	time	7.36	12.16	17.20	22.58	28.38	34.82	41.86			66.74	76.27	2 / 6			
reaction time	0.232	interval		4.80	5.04	5.38	5.80	6.44	7.04			24.88	9.53		15.22	19.28	24.88
		velocity	6.11	7.29	6.94	6.51	6.03	5.43	4.97			4.22	4.20	5.24	6.90	5.45	4.22
H1 lead leg	L	strides	24	17	17	17	18	19	20	21			153				

Xiong Yiqi (CHN) (2002)

U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																	
<i>CAA Hurdle Development (2019)</i>																	
date	17-Aug-19	time	7.20	12.02	16.92	21.92	27.14	32.64	38.26	44.00	49.90	55.78	62.41	8 / 2			
reaction time	0.223	interval		4.82	4.90	5.00	5.22	5.50	5.62	5.74	5.90	5.88	6.63		14.72	16.34	17.52
		velocity	6.25	7.26	7.14	7.00	6.70	6.36	6.23	6.10	5.93	5.95	6.03	6.41	7.13	6.43	5.99
H1 lead leg	L	strides	25	17	17	17	17	19	19	19	19	19	23.2	211.2			

Yajima, Aki (JPN) (2007)

FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)																	
<i>Takashima (2024) - national high school sports festival - biomechanics data</i>																	
date	30-Jul-24	time	6.87	11.56	16.43	21.27	26.16	31.23	36.50	41.86	47.50	53.20	59.49	2 / 3			
reaction time	0.196	interval		4.69	4.87	4.84	4.89	5.07	5.27	5.36	5.64	5.70	6.29		14.40	15.23	16.70
		velocity	6.55	7.46	7.19	7.23	7.16	6.90	6.64	6.53	6.21	6.14	6.36	6.72	7.29	6.89	6.29
H1 lead leg		strides	23	17	17	17	17	17	17	17	17	19	22	200			

Yamaga, Nagi (JPN) (2006)

FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)																	
<i>Takashima (2024) - national high school sports festival - biomechanics data</i>																	
date	30-Jul-24	time	7.09	12.01	17.17	22.27	27.58	33.20	38.81	44.44	50.12	55.84	62.16	9 / 8			
reaction time	0.199	interval		4.92	5.16	5.10	5.31	5.62	5.61	5.63	5.68	5.72	6.32		15.18	16.54	17.03
		velocity	6.35	7.11	6.78	6.86	6.59	6.23	6.24	6.22	6.16	6.12	6.33	6.44	6.92	6.35	6.17
H1 lead leg		strides	22	16	16	16	16	16	17	18	18	18	22	195			

Yamamoto, Ami (JPN) (2002)

FINAL - 2023 Japanese National Championships (Osaka, JPN)																	
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																	
date	04-Jun-23	time	6.64	11.08	15.52	20.09	24.76	29.53	34.43	39.42	44.54	49.83	56.06	5 / 1			
reaction time	0.196	interval		4.44	4.44	4.57	4.67	4.77	4.90	4.99	5.12	5.29	6.23	PB	13.45	14.34	15.40
		velocity	6.78	7.88	7.88	7.66	7.49	7.34	7.14	7.01	6.84	6.62	6.42	7.14	7.81	7.32	6.82
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	21	194			

A FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)

<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																	
date	06-May-23	time	6.66	11.15	15.77	20.50	25.36	30.43	35.54	40.74	46.05	51.55	57.92	6 / 1			
reaction time	0.154	interval		4.49	4.62	4.73	4.86	5.07	5.11	5.20	5.31	5.50	6.37		13.84	15.04	16.01
		velocity	6.76	7.80	7.58	7.40	7.20	6.90	6.85	6.73	6.59	6.36	6.28	6.91	7.59	6.98	6.56
H1 lead leg		strides		16	16	16	17	17	17	17	17	17	17	150			

B FINAL - 2023 Shizuoka International Meeting (Fukuuroi, JPN)

<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																	
date	03-May-23	time	6.93	11.50	16.25	21.06	26.01	31.08	36.25	41.50	46.92	52.43	58.63	5 / 2			
reaction time	0.262	interval		4.57	4.75	4.81	4.95	5.07	5.17	5.25	5.42	5.51	6.20		14.13	15.19	16.18
		velocity	6.49	7.66	7.37	7.28	7.07	6.90	6.77	6.67	6.46	6.35	6.45	6.82	7.43	6.91	6.49
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	21	194			

FINAL - 2022 Japanese National Championships (Osaka, JPN)

<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																	
date	12-Jun-22	time	6.82	11.24	15.75	20.37	25.03	29.81	34.77	39.81	44.93	50.20	56.38	6 / 1			
reaction time	0.219	interval		4.42	4.51	4.62	4.66	4.78	4.96	5.04	5.12	5.27	6.18	PB	13.55	14.40	15.43
		velocity	6.60	7.92	7.76	7.58	7.51	7.32	7.06	6.94	6.84	6.64	6.47	7.09	7.75	7.29	6.80

H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	21	194						
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)																				
date	03-May-22	time	6.86	11.39	16.10	20.87	25.76	30.81	36.04	41.21	46.46	51.77	57.98	6 / 4						
reaction time	0.220	interval	4.53	4.71	4.77	4.89	5.05	5.23	5.17	5.25	5.31	6.21			14.01	15.17	15.73			
		velocity	6.56	7.73	7.43	7.34	7.16	6.93	6.69	6.77	6.67	6.59	6.44	6.90		7.49	6.92	6.68		
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	21	193						
A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)																				
date	30-Apr-22	time	6.79	11.23	15.85	20.51	25.36	30.51	35.77	41.12	46.53	51.94	58.11	5 / 3						
reaction time	0.182	interval	4.44	4.62	4.66	4.85	5.15	5.26	5.35	5.41	5.41	6.17			13.72	15.26	16.17			
		velocity	6.63	7.88	7.58	7.51	7.22	6.80	6.65	6.54	6.47	6.47	6.48	6.88		7.65	6.88	6.49		
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	21	194						
FINAL - 2021 Japanese National Championships (Osaka, JPN)																				
date	27-Jun-21	time	6.82	11.29	15.85	20.49	25.24	30.11	35.09	40.22	45.63	51.15	57.30	5 / 1						
reaction time	0.193	interval	4.47	4.56	4.64	4.75	4.87	4.98	5.13	5.41	5.52	6.15			13.67	14.60	16.06			
		velocity	6.60	7.83	7.68	7.54	7.37	7.19	7.03	6.82	6.47	6.34	6.50	6.98		7.68	7.19	6.54		
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.5	196.5						
Heat 1 - 2021 Japanese National Championships (Osaka, JPN)																				
date	26-Jun-21	time	6.86	11.34	15.83	20.39	25.06	30.00	35.14	40.32	45.60	51.00	57.04	6 / 1						
reaction time	0.232	interval	4.48	4.49	4.56	4.67	4.94	5.14	5.18	5.28	5.40	6.04	PB		13.53	14.75	15.86			
		velocity	6.56	7.81	7.80	7.68	7.49	7.09	6.81	6.76	6.63	6.48	6.62	7.01		7.76	7.12	6.62		
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	20.7	193.7						
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)																				
date	01-Jun-21	time	6.84	11.34	15.89	20.59	25.43	30.45	35.64	40.89	46.45	52.12	58.48	2 / 3						
reaction time	0.257	interval	4.50	4.55	4.70	4.84	5.02	5.19	5.25	5.56	5.67	6.36			13.75	15.05	16.48			
		velocity	6.58	7.78	7.69	7.45	7.23	6.97	6.74	6.67	6.29	6.17	6.29	6.84		7.64	6.98	6.37		
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.5	196.5						
FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)																				
date	25-Oct-20	time	6.69	11.11	15.72	20.34	25.06	30.05	35.25	40.44	45.83	51.32	57.51	3 / 1						
reaction time	0.208	interval	4.42	4.61	4.62	4.72	4.99	5.20	5.19	5.39	5.49	6.19			13.65	14.91	16.07			
		velocity	6.73	7.92	7.59	7.58	7.42	7.01	6.73	6.74	6.49	6.38	6.46	6.96		7.69	7.04	6.53		
H1 lead leg		strides		16	16	16	16	17	17	17	18	18	151							
FINAL - 2020 Japanese National Championships (Niigata, JPN)																				
date	03-Oct-20	time	6.57	11.01	15.53	20.14	24.91	29.90	34.97	40.21	45.63	51.12	57.43	5 / 4						
reaction time	0.156	interval	4.44	4.52	4.61	4.77	4.99	5.07	5.24	5.42	5.49	6.31	PB		13.57	14.83	16.15			
		velocity	6.85	7.88	7.74	7.59	7.34	7.01	6.90	6.68	6.46	6.38	6.34	6.97		7.74	7.08	6.50		
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	22	197						
Youth FINAL - 2019 National Sports Festival (Hitachinaka, JPN)																				
date	05-Oct-19	time	6.71	11.19	15.82	20.54	25.38	30.35	35.44	40.61	46.03	51.53	57.77	4 / 1						
reaction time	0.211	interval	4.48	4.63	4.72	4.84	4.97	5.09	5.17	5.42	5.50	6.24	PB		13.83	14.90	16.09			
		velocity	6.71	7.81	7.56	7.42	7.23	7.04	6.88	6.77	6.46	6.36	6.41	6.92		7.59	7.05	6.53		
H1 lead leg		strides		17	17	17	17	17	17	17	18	18	155							
Yang Qi (CHN) (2000)																				
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)																				
date	26-Jun-21	time	6.81	11.45	16.19	21.05	26.01	31.33	36.68	42.00	47.76	53.53	59.85	6 / 3						
reaction time	0.194	interval	4.64	4.74	4.86	4.96	5.32	5.35	5.32	5.76	5.77	6.32			14.24	15.63	16.85			
		velocity	6.61	7.54	7.38	7.20	7.06	6.58	6.54	6.58	6.08	6.07	6.33	6.68		7.37	6.72	6.23		
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21	196						
FINAL - 2020 Chinese Olympic Trials (Shaoying, CHN)																				
date	13-Jun-21	time	6.67	11.43	16.10	20.85	25.73	31.06	36.45	42.11	48.40	54.60	61.08	6 / 5						
reaction time	0.261	interval	4.76	4.67	4.75	4.88	5.33	5.39	5.66	6.29	6.20	6.48			14.18	15.60	18.15			
		velocity	6.75	7.35	7.49	7.37	7.17	6.57	6.49	6.18	5.56	5.65	6.17	6.55		7.40	6.73	5.79		
H1 lead leg	L	strides	24	16	16	16	16	16	17	18	19	19	21.5	198.5						
Yang Xinyue (CHN) (2001)																				
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)																				
date	17-Aug-19	time	7.10	11.96	16.90	21.82	26.96	32.32	38.12	44.34	50.68	57.28	65.56	8 / 6						
reaction time	0.174	interval	4.86	4.94	4.92	5.14	5.36	5.80	6.22	6.34	6.60	8.28			14.72	16.30	19.16			
		velocity	6.34	7.20	7.09	7.11	6.81	6.53	6.03	5.63	5.52	5.30	4.83	6.10		7.13	6.44	5.48		
H1 lead leg	L	strides	24	17	17	17	17	17	19	19	19	19	185							
Ye Xiulan (CHN) (1998)																				
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)																				
date	20-May-21	time	7.11	11.76	16.68	21.62	26.71	32.10	37.57	43.46	49.31	55.85	62.68	7 / 6						
reaction time	0.338	interval	4.65	4.92	4.94	5.09	5.39	5.47	5.89	5.85					14.51	15.95				
		velocity	6.33	7.53	7.11	7.09	6.88	6.49	6.40	5.94	5.98			6.38		7.24	6.58			
H1 lead leg	R	strides	24	16	17	17	17	18	18	18	18			163						

Heat 4 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)

CAA Hurdle Development (2019)

date	07-Apr-19	time	6.99	11.60	16.50	21.39	26.53	31.78	37.37	43.12	48.93	54.89	61.91	3 / 4			
reaction time	0.252	interval		4.61	4.90	4.89	5.14	5.25	5.59	5.75	5.81	5.96	7.02		14.40	15.98	17.52
		velocity	6.44	7.59	7.14	7.16	6.81	6.67	6.26	6.09	6.02	5.87	5.70	6.46	7.29	6.57	5.99
H1 lead leg	R	strides	24	16	17	16	17	17	18	18	18	18	22.5	201.5			

Yokota, Karen (JPN) (1999)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)																			
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																			
date	03-May-23	time	6.75	11.24	15.85	20.59	25.38	30.33	35.40	40.61	46.09	51.99	58.73	5 / 3					
reaction time	0.188	interval		4.49	4.61	4.74	4.79	4.95	5.07	5.21	5.48	5.90	6.74				13.84	14.81	16.59
		velocity	6.67	7.80	7.59	7.38	7.31	7.07	6.90	6.72	6.39	5.93	5.93	6.81	7.59	7.09	6.33		
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	22	194					
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)																			
<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																			
date	03-May-22	time	6.74	11.26	15.92	20.72	25.59	30.61	35.70	40.91	46.28	51.90	58.37	8 / 5					
reaction time	0.183	interval		4.52	4.66	4.80	4.87	5.02	5.09	5.21	5.37	5.62	6.47				13.98	14.98	16.20
		velocity	6.68	7.74	7.51	7.29	7.19	6.97	6.88	6.72	6.52	6.23	6.18	6.85	7.51	7.01	6.48		
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	172						
A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)																			
<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																			
date	30-Apr-22	time	6.62	11.03	15.60	20.30	25.14	30.21	35.42	40.77	46.35	52.45	59.39	6 / 6					
reaction time	0.158	interval		4.41	4.57	4.70	4.84	5.07	5.21	5.35	5.58	6.10	6.94				13.68	15.12	17.03
		velocity	6.80	7.94	7.66	7.45	7.23	6.90	6.72	6.54	6.27	5.74	5.76	6.74	7.68	6.94	6.17		
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	18	173						
FINAL - 2021 Japanese National Championships (Osaka, JPN)																			
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																			
date	27-Jun-21	time	6.66	11.16	15.72	20.47	25.33	30.33	35.47	40.79	46.30	52.09	58.79	6 / 5					
reaction time	0.182	interval		4.56	4.75	4.86	5.00	5.14	5.32	5.51	5.79	6.70					13.81	15.00	16.62
		velocity	6.76	7.78	7.68	7.37	7.20	7.00	6.81	6.58	6.35	6.04	5.97	6.80	7.60	7.00	6.32		
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	21.7	193.7					
FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)																			
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																			
date	06-Jun-21	time	6.81	11.39	16.05	20.85	25.83	30.80	35.87	41.11	46.53	52.05	58.37	8 / 3					
reaction time		interval		4.58	4.66	4.80	4.98	4.97	5.07	5.24	5.42	5.52	6.32				14.04	15.02	16.18
		velocity	6.61	7.64	7.51	7.29	7.03	7.04	6.90	6.68	6.46	6.34	6.33	6.85	7.48	6.99	6.49		
H1 lead leg	R	strides	24	16	16	16	17	17	17	17	17	17	174						
B FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)																			
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																			
date	01-Jun-21	time	6.69	11.21	15.87	20.67	25.56	30.63	35.82	41.09	46.50	52.15	58.71	3 / 1					
reaction time	0.189	interval		4.52	4.66	4.80	4.89	5.07	5.19	5.27	5.41	5.65	6.56				13.98	15.15	16.33
		velocity	6.73	7.74	7.51	7.29	7.16	6.90	6.74	6.64	6.47	6.19	6.10	6.81	7.51	6.93	6.43		
H1 lead leg	L	strides	23	16	16	16	17	17	17	17	17	17	21.7	194.7					
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)																			
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																			
date	09-May-21	time	6.74	11.26	15.88	20.66	25.56	30.48	35.54	40.71	45.98	51.50	58.00	3 / 3					
reaction time	0.178	interval		4.52	4.62	4.78	4.90	4.92	5.06	5.17	5.27	5.52	6.50	PB			13.92	14.88	15.96
		velocity	6.68	7.74	7.58	7.32	7.14	7.11	6.92	6.77	6.64	6.34	6.15	6.90	7.54	7.06	6.58		
H1 lead leg	L	strides	23	16	16	17	17	17	17	17	17	17	21.7	195.7					
B FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)																			
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																			
date	03-May-21	time	6.84	11.51	16.27	21.17	26.18	31.18	36.34	41.59	47.20	53.09	59.83	7 / 2					
reaction time	0.185	interval		4.67	4.76	4.90	5.01	5.00	5.16	5.25	5.61	5.89	6.74				14.33	15.17	16.75
		velocity	6.58	7.49	7.35	7.14	6.99	7.00	6.78	6.67	6.24	5.94	5.93	6.69	7.33	6.92	6.27		
H1 lead leg	L	strides	23	16	16	17	17	17	17	17	17	17	22.2	196.2					
B FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)																			
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																			
date	24-Oct-20	time	6.79	11.36	16.05	20.94	25.96	31.20	36.49	41.89	47.65	53.69	60.50	3 / 6					
reaction time		interval		4.57	4.69	4.89	5.02	5.24	5.29	5.40	5.76	6.04	6.81				14.15	15.55	17.20
		velocity	6.63	7.66	7.46	7.16	6.97	6.68	6.62	6.48	6.08	5.79	5.87	6.61	7.42	6.75	6.10		
H1 lead leg		strides		16	16	17	17	17	17	17	17	19	153						
Yoneda, Tomomi (JPN) (1990)																			
<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>																			
date	10-Jun-12	time	6.91	11.31	15.80	20.30	24.92	29.64	34.54	39.60	44.84	50.25	56.62	6 / 2					
reaction time		interval		4.40	4.49	4.50	4.62	4.72	4.90	5.06	5.24	5.41	6.37				13.39	14.24	15.71
		velocity	6.51	7.95	7.80	7.78	7.58	7.42	7.14	6.92	6.68	6.47	6.28	7.06	7.84	7.37	6.68		
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	16	17	21	185					
A FINAL - 2012 Shizuoka International Athletics Meeting (Fukuroi, JPN)																			
<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>																			
date	03-May-12	time	6.92	11.39	15.98	20.58	25.22	30.02	34.99	40.10	45.36	50.68	56.80	/ 4					
reaction time		interval		4.47	4.59	4.60	4.64	4.80	4.97	5.11	5.26	5.32	6.12	PB			13.66	14.41	15.69
		velocity	6.50	7.83	7.63	7.61	7.54	7.29	7.04	6.85	6.65	6.58	6.54	7.04	7.69	7.29	6.69		
H1 lead leg		strides		15	15	15	15	16	16	16	16	17	141						
FINAL - 2008 Japanese National High School Championships (Kumagaya, JPN)																			
<i>Abe (2008) - 61st high school championships: JAF scientific committee- biomechanics data</i>																			
date	31-Jul-08	time	7.06	11.75	16.58	21.45	26.48	31.58	36.94	42.39	47.95	53.59	59.95	/ 3					
reaction time		interval		4.69	4.83	4.87	5.03	5.10	5.36	5.45	5.56	5.64	6.36				14.39	15.49	16.65

H1 lead leg	velocity	6.37	7.46	7.25	7.19	6.96		6.86	6.53	6.42	6.29	6.21	6.29	6.67		7.30	6.78	6.31	
	strides		17	17	17	17		17	17	17	18	18		155					
Yoshida, Kasumi (JPN) (1999)																			
A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)																			
<i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>																			
date	03-May-19	time	6.77	11.28	15.82	20.54	25.44		30.50	35.74	41.21	47.03	53.07		59.90		/ 4		
reaction time		interval		4.51	4.54	4.72	4.90		5.06	5.24	5.47	5.82	6.04	6.83			13.77	15.20	17.33
		velocity	6.65	7.76	7.71	7.42	7.14		6.92	6.68	6.40	6.01	5.79	5.86	6.68		7.63	6.91	6.06
H1 lead leg		strides		16	16	16	16		17	17	17	19	19		153				
Yoshida, Makiko (JPN) (1976)																			
FINAL - 2005 Osaka Grand Prix (Osaka, JPN)																			
<i>Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers</i>																			
date	07-May-05	time	6.76	11.18	15.77	20.51	25.43		30.44	35.46	40.53	45.74	51.18		57.29		/ 3		
reaction time		interval		4.42	4.59	4.74	4.92		5.01	5.02	5.07	5.21	5.44	6.11			13.75	14.95	15.72
		velocity	6.66	7.92	7.63	7.38	7.11		6.99	6.97	6.90	6.72	6.43	6.55	6.98		7.64	7.02	6.68
H1 lead leg		strides		16	16	16	16		17	17	17	17	18		150				
FINAL - 2004 Seiko Super Grand Prix (Yokohama, JPN)																			
<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>																			
date	23-Sep-04	time	6.76	11.13	15.72	20.39	25.18		30.12	35.13	40.32	45.58	51.05		57.32		/ 5		
reaction time		interval		4.37	4.59	4.67	4.79		4.94	5.01	5.19	5.26	5.47	6.27			13.63	14.74	15.92
		velocity	6.66	8.01	7.63	7.49	7.31		7.09	6.99	6.74	6.65	6.40	6.38	6.98		7.70	7.12	6.60
H1 lead leg		strides		16	16	16	16		17	17	17	17	18		150				
Young, Milan (USA) (1999)																			
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)																			
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																			
date	29-Jun-24	time	6.39	10.51	14.85	19.28	23.90	26.07	28.79	33.89	39.35	45.33	51.72		59.43		3 / 8		
reaction time		interval		4.12	4.34	4.43	4.62		4.89	5.10	5.46	5.98	6.39	7.71			12.89	14.61	17.83
		velocity	7.04	8.50	8.06	7.90	7.58	7.67	7.16	6.86	6.41	5.85	5.48	5.19	6.73		8.15	7.19	5.89
H1 lead leg	R	strides	23	15	15	15	15		15	15	16		18	21	168				
Heat 4 - 2024 USA Olympic Trials (Eugene, OR)																			
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																			
date	27-Jun-24	time	6.73	11.02	15.48	20.12	24.82	26.89	29.61	34.52	39.73	45.18	50.70		57.29		6 / 4		
reaction time		interval		4.29	4.46	4.64	4.70		4.79	4.91	5.21	5.45	5.52	6.59			13.39	14.40	16.18
		velocity	6.69	8.16	7.85	7.54	7.45	7.44	7.31	7.13	6.72	6.42	6.34	6.07	6.98		7.84	7.29	6.49
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	17	20	181				
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	26-Jun-21	time	6.40	10.57	14.95	19.45	24.19		29.06	34.26	39.60	45.38		59.39		4 / 8			
reaction time	0.187	interval		4.17	4.38	4.50	4.74		4.87	5.20	5.34	5.78					13.05	14.81	
		velocity	7.03	8.39	7.99	7.78	7.38		7.19	6.73	6.55	6.06		6.74			8.05	7.09	
H1 lead leg	R	strides	22	15	15	15	15			16	16	17		131					
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	12-Jun-21	time	6.47		15.13	19.73	24.50				38.90	43.83	49.13		56.23		9 / 5		
reaction time	0.218	interval			8.66	4.60	4.77				14.40	4.93	5.30	7.10	PB		13.26		
		velocity	6.96		8.08	7.61	7.34				7.29	7.10	6.60	5.63	7.11		7.92		
H1 lead leg	R	strides	23			15	15					15	16	21.5	105.5				
Young, Natalie (USA)																			
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)																			
<i>USATF Women's Sprint Development (2003)</i>																			
date	22-Jun-03	time	6.76	11.19	15.88	20.45	25.23		30.36	35.94	41.89	47.85		60.99		2 / 5			
reaction time		interval		4.43	4.69	4.57	4.78		5.13	5.58	5.95	5.96					13.69	15.49	
		velocity	6.66	7.90	7.46	7.66	7.32		6.82	6.27	5.88	5.87		6.56			7.67	6.78	
H1 lead leg		strides																	
Yukich, Alanah (AUS) (1998)																			
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	06-Aug-24	time	6.37	10.51	14.90	19.36	23.91		28.59	33.47	38.68	44.04	49.38		55.49		1 / 7		
reaction time	0.161	interval		4.14	4.39	4.46	4.55		4.68	4.88	5.21	5.36	5.34	6.11			12.99	14.11	15.91
		velocity	7.06	8.45	7.97	7.85	7.69		7.48	7.17	6.72	6.53	6.55	6.55	7.21		8.08	7.44	6.60
H1 lead leg	R	strides	22	15	15	15	15		15	15	16		16		144				
Repechage 1 - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	05-Aug-24	time	6.31	10.44	14.82	19.32	23.90		28.59	33.41	38.49	43.72	49.03		55.11		3 / 2		
reaction time	0.147	interval		4.13	4.38	4.50	4.58		4.69	4.82	5.08	5.23	5.31	6.08			13.01	14.09	15.62
		velocity	7.13	8.47	7.99	7.78	7.64		7.46	7.26	6.89	6.69	6.59	6.58	7.26		8.07	7.45	6.72
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.5	179.5				
Heat 3 - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	04-Aug-24	time	6.28	10.37	14.59	18.99	23.51		28.16	33.13	38.27	43.54	48.92		55.46		9 / 7		
reaction time	0.148	interval		4.09	4.22	4.40	4.52		4.65	4.97	5.14	5.27	5.38	6.54			12.71	14.14	15.79
		velocity	7.17	8.56	8.29	7.95	7.74		7.53	7.04	6.81	6.64	6.51	6.12	7.21		8.26	7.43	6.65
H1 lead leg	R	strides	22	15	15	15	15		15	16	16	16	17	20	182				
Yusuf Jamal, Aminat (BRN) (1997)																			
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>																			
date	09-Sep-18	time	6.20	10.32	14.52	18.72	23.04		27.64	32.64	37.80	43.16	48.84		55.65		3 / 5		

reaction time	0.194	interval	4.12	4.20	4.20	4.32	4.60	5.00	5.16	5.36	5.68	6.81			12.52	13.92	16.20
		velocity	7.26	8.50	8.33	8.10	7.61	7.00	6.78	6.53	6.16	5.87	7.19		8.39	7.54	6.48
H1 lead leg	R	strides	23	15	15	15	15	16	17	17	18	21.5	187.5				

Zapletalová, Emma (SVK) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	08-Aug-22	time	6.57	11.03	15.57	20.27	29.93	40.50	46.17				59.00	2 / 8			
reaction time	0.160	interval		4.46	4.54	4.70	29.93	10.57	5.67						13.70		
		velocity	6.85	7.85	7.71	7.45	1.17	6.62	6.17				6.78		7.66		
H1 lead leg	R	strides	23	16	16	16	16			17			104				

FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	28-Aug-21	time	6.42	10.70	15.12	23.95	28.50	33.23	38.20	43.46	49.00		55.61	8 / 6			
reaction time	0.138	interval		4.28	4.42	8.83	4.55	4.73	4.97	5.26	5.54	6.61					15.77
		velocity	7.01	8.18	7.92	7.93	7.69	7.40	7.04	6.65	6.32	6.05	7.19				6.66
H1 lead leg	R	strides	23	15	15	15	15	15		16	16	20.2	150.2				

FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																		
date	17-Sep-20	time	6.48	10.72	15.00	19.40	23.96	26.0	28.60	33.52	38.68	44.16	49.72	56.02	7 / 7			
reaction time	0.135	interval		4.24	4.28	4.40	4.56	4.64	4.92	5.16	5.48	5.56	6.30		12.92	14.12	16.20	
		velocity	6.94	8.25	8.18	7.95	7.68	7.69	7.54	7.11	6.78	6.39	6.29	6.35	7.14	8.13	7.44	6.48
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	19.7	183.7					

FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																	
date	19-Aug-20	time	6.60		19.76	24.32	29.04	33.92	39.36	44.96	50.44		56.68	1 / 5			
reaction time	0.129	interval			13.16	4.56	4.72	4.88	5.44	5.60	5.48	6.24	NR NUR		13.16	14.16	16.52
		velocity	6.82		7.98	7.68	7.42	7.17	6.43	6.25	6.39	6.41	7.06		7.98	7.42	6.36
H1 lead leg	R	strides	23		15		15	15	16	17	16	20	137				

Zelentsova, Tatyana (URS) (1948)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1978 European Championships (Prague, TCH)														<i>Breiser (1990) - tendencies in the development of women for 400m races with hurdles</i>				
date	02-Sep-78	time	6.8	11.3	15.7	20.3	24.9	26.9	29.4	34.1	38.9	43.8	48.9	54.89	4 / 1			
reaction time		interval		4.50	4.40	4.60	4.60	4.50	4.70	4.80	4.90	5.10	5.99	WR	13.50	13.80	14.80	
		velocity	6.62	7.78	7.95	7.61	7.61	7.43	7.78	7.45	7.29	7.14	6.86	6.68	7.29	7.78	7.61	7.09
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	17	17	21	198				

Zheng Liyuan (CHN) (1974)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1993 Chinese National Games (Beijing, CHN)														<i>Xu (1993) - training about Zhen Liyuan in 400m hurdles</i>			
date	09-Sep-93	time	6.56	10.90	15.39	19.80	24.51	29.29	34.25	39.19	44.26	49.69	55.72	1 / 5			
reaction time		interval		4.34	4.49	4.41	4.71	4.78	4.96	4.94	5.07	5.43	6.03		13.24	14.45	15.44
		velocity	6.86	8.06	7.80	7.94	7.43	7.32	7.06	7.09	6.90	6.45	6.63	7.18	7.93	7.27	6.80
H1 lead leg		strides	23	15	15	15	15	16	16	17	17	17	166				

Zhou Lin (CHN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)														<i>CAA Hurdle Development (2021)</i>			
date	26-Jun-21	time	6.89	11.48	16.17	20.94	25.85	30.91	36.34	41.74	47.32	53.14	60.26	8 / 4			
reaction time	0.224	interval		4.59	4.69	4.77	4.91	5.06	5.43	5.40	5.58	5.82	7.12		14.05	15.40	16.80
		velocity	6.53	7.63	7.46	7.34	7.13	6.92	6.45	6.48	6.27	6.01	5.62	6.64	7.47	6.82	6.25
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	17	18	22	194			

Zhou Xiaohan (CHN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	17-Aug-19	time	6.82	11.36	16.16	20.98	25.92	31.00	36.20	41.72	47.22	52.82	59.37	5 / 1			
reaction time	0.236	interval		4.54	4.80	4.82	4.94	5.08	5.20	5.52	5.50	5.60	6.55		14.16	15.22	16.62
		velocity	6.60	7.71	7.29	7.26	7.09	6.89	6.73	6.34	6.36	6.25	6.11	6.74	7.42	6.90	6.32
H1 lead leg	R	strides	24	16	16	17	17	17	18	18	18	19	23	203			

Zhou Yu (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	23-Aug-19	time	6.91	11.41	fell								dnf	6 / --			
reaction time	0.238	interval		4.50													
		velocity	6.51	7.78													
H1 lead leg	L	strides	24	16									40				

Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>CAA Hurdle Development (2019)</i>																	
date	22-Aug-19	time	7.00	11.53	16.28	21.09	26.01	31.08	36.44	41.89	47.56	53.29	59.70	4 / 1			
reaction time	0.233	interval		4.53	4.75	4.81	4.92	5.07	5.36	5.45	5.67	5.73	6.41		14.09	15.35	16.85
		velocity	6.43	7.73	7.37	7.28	7.11	6.90	6.53	6.42	6.17	6.11	6.24	6.70	7.45	6.84	6.23
H1 lead leg	L	strides	24	16	16	16	16	16	17	17	18	18	21.8	195.8			

Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>CAA Hurdle Development (2019)</i>																	
date	03-Aug-19	time	7.09	11.86	16.75	21.71	26.78	32.23	37.76	43.57	49.56	55.67	62.55	5 / 7			
reaction time	0.236	interval		4.77	4.89	4.96	5.07	5.45	5.53	5.81	5.99	6.11	6.88		14.62	16.05	17.91
		velocity	6.35	7.34	7.16	7.06	6.90	6.42	6.33	6.02	5.84	5.73	5.81	6.39	7.18	6.54	5.86
H1 lead leg	R	strides	25	16	16	16	16	17	17	18	19	19	22	201			

FINAL - 2019 Chinese National Championships (Shenyang, CHN)*CAA Hurdle Development (2019)*

date	10-Jul-19	time	6.72	11.14	15.80	20.53	25.39	30.30	35.35	40.52	46.00	51.60	58.04	5 / 2			
reaction time	0.210	interval		4.42	4.66	4.73	4.86	4.91	5.05	5.17	5.48	5.60	6.44	PB	13.81	14.82	16.25
		velocity	6.70	7.92	7.51	7.40	7.20	7.13	6.93	6.77	6.39	6.25	6.21	6.89	7.60	7.09	6.46
H1 lead leg	L	strides	24	16	16	16	16	16	17	17	18	18	22.2	196.2			

Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)

CAA Hurdle Development (2019)

date	09-Jul-19	time	6.82	11.32	15.98	20.72	25.57	30.53	35.68	41.00	46.56	52.17	58.71	8 / 1			
reaction time	0.239	interval		4.50	4.66	4.74	4.85	4.96	5.15	5.32	5.56	5.61	6.54		13.90	14.96	16.49
		velocity	6.60	7.78	7.51	7.38	7.22	7.06	6.80	6.58	6.29	6.24	6.12	6.81	7.55	7.02	6.37
H1 lead leg	L	strides	24	16	16	16	16	16	17	17	18	18	21.5	195.5			

FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)

CAA Hurdle Development (2019)

date	29-May-19	time	6.95	11.52	16.14	20.77	25.57	30.54	35.83	41.17	46.74	52.33	58.48	6 / 1			
reaction time		interval		4.57	4.62	4.63	4.80	4.97	5.29	5.34	5.57	5.59	6.15	PB	13.82	15.06	16.50
		velocity	6.47	7.66	7.58	7.56	7.29	7.04	6.62	6.55	6.28	6.26	6.50	6.84	7.60	6.97	6.36
H1 lead leg	L	strides	24	16	16	16	16	16	17	17	18	18	21.2	195.2			

FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)

CAA Hurdle Development (2019)

date	12-Apr-19	time	6.95	11.63	16.40	21.29	26.24	31.38	36.60	41.97	47.53	53.40	61.11	7 / 5			
reaction time	0.205	interval		4.68	4.77	4.89	4.95	5.14	5.22	5.37	5.56	5.87	7.71		14.34	15.31	16.80
		velocity	6.47	7.48	7.34	7.16	7.07	6.81	6.70	6.52	6.29	5.96	5.19	6.55	7.32	6.86	6.25
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	19	23	199			

Heat 3 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)

CAA Hurdle Development (2019)

date	12-Apr-19	time	6.97	11.66	16.50	21.39	26.39	31.63	36.91	42.17	47.71	53.54	59.98	9 / 1			
reaction time	0.252	interval		4.69	4.84	4.89	5.00	5.24	5.28	5.26	5.54	5.83	6.44	PB	14.42	15.52	16.63
		velocity	6.46	7.46	7.23	7.16	7.00	6.68	6.63	6.65	6.32	6.00	6.21	6.67	7.28	6.77	6.31
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	19	22.2	198.2			

Zhuang Dongmei (CHN) (2000)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

Heat 1 - 2021 East China District Meeting (Zhaoying, CHN)

CAA Hurdle Development (2021)

date	25-Apr-21	time	6.82	11.41	16.17	21.10	26.28	31.78	37.70	43.66	49.90	56.12	62.82	5 / 5			
reaction time	0.216	interval		4.59	4.76	4.93	5.18	5.50	5.92	5.96	6.24	6.22	6.70		14.28	16.60	18.42
		velocity	6.60	7.63	7.35	7.10	6.76	6.36	5.91	5.87	5.61	5.63	5.97	6.37	7.35	6.33	5.70
H1 lead leg	L	strides	24	17	17	17	17	19	19	19	19	19	21	208			

Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)

CAA Hurdle Development (2019)

date	09-Jul-19	time	6.70	11.19	15.78	20.49	25.44	30.76	36.40	42.39	49.03	56.07	64.93	5 / 5			
reaction time	0.250	interval		4.49	4.59	4.71	4.95	5.32	5.64	5.99	6.64	7.04	8.86		13.79	15.91	19.67
		velocity	6.72	7.80	7.63	7.43	7.07	6.58	6.21	5.84	5.27	4.97	4.51	6.16	7.61	6.60	5.34
H1 lead leg	L	strides	24	17	17	17	17	18	18	19	20	20	25.7	212.7			

FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)

CAA Hurdle Development (2019)

date	29-May-19	time	6.82	11.42	16.06	20.82	25.88	31.09	36.57	42.42	48.78	55.30	61.94	2 / 6			
reaction time		interval		4.60	4.64	4.76	5.06	5.21	5.48	5.85	6.36	6.52	6.64		14.00	15.75	18.73
		velocity	6.60	7.61	7.54	7.35	6.92	6.72	6.39	5.98	5.50	5.37	6.02	6.46	7.50	6.67	5.61
H1 lead leg	L	strides	24	17	17	17	17	17	17	19	20	20	22.2	207.2			

Zhuang Yilan (CHN) (2000)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)

CAA Hurdle Development (2021)

date	26-Jun-21	time	6.83	11.40	16.21	21.04	26.14	31.43	36.99	42.90	49.16	55.66	63.20	8 / 7			
reaction time	0.293	interval		4.57	4.81	4.83	5.10	5.29	5.56	5.91	6.26	6.50	7.54		14.21	15.95	18.67
		velocity	6.59	7.66	7.28	7.25	6.86	6.62	6.29	5.92	5.59	5.38	5.31	6.33	7.39	6.58	5.62
H1 lead leg	L	strides	24	17	17	17	17	17	17	19	19	19	23	206			

Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)

Henson (2018) - coaching observations

date	15-Sep-18	time	6.87	11.38	16.11	21.00	26.11	31.38	36.85	42.55	48.41	54.52	61.38	6 / 5			
reaction time		interval		4.51	4.73	4.89	5.11	5.27	5.47	5.70	5.86	6.11	6.86		14.13	15.85	17.67
		velocity	6.55	7.76	7.40	7.16	6.85	6.64	6.40	6.14	5.97	5.73	5.83	6.52	7.43	6.62	5.94
H1 lead leg	L	strides	25	15	17	17	17	17	17	17	19	19	21.5	201.5			

Zou Yifan (CHN) (2000)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10

FINAL - 2021 Chinese National Championships (Chongqing, CHN)

CAA Hurdle Development (2021)

date	26-Jun-21	time	6.74	11.23	15.81	20.50	25.32	30.30	35.42	40.69	46.04	51.68	57.97	4 / 2			
reaction time	0.257	interval		4.49	4.58	4.69	4.82	4.98	5.12	5.27	5.35	5.64	6.29		13.76	14.92	16.26
		velocity	6.68	7.80	7.64	7.46	7.26	7.03	6.84	6.64	6.54	6.21	6.36	6.90	7.63	7.04	6.46
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	17	18	21	199			

Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)

CAA Hurdle Development (2021)

date	26-Jun-21	time	6.94	11.44	16.10	20.80	25.62	30.65	35.75	41.02	46.58	52.27	58.74	3 / 1			
reaction time	0.348	interval		4.50	4.66	4.70	4.82	5.03	5.10	5.27	5.56	5.69	6.47		13.86	14.95	16.52
		velocity	6.48	7.78	7.51	7.45	7.26	6.96	6.86	6.64	6.29	6.15	6.18	6.81	7.58	7.02	6.36
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	18	18	21	200			

FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)

CAA Hurdle Development (2021)

date	13-Jun-21	time	6.76	11.34	16.00	20.72	25.56	30.48	35.57	40.86	46.43	52.08	58.18	5 / 1			
reaction time	0.208	interval		4.58	4.66	4.72	4.84	4.92	5.09	5.29	5.57	5.65	6.10		13.96	14.85	16.51

H1 lead leg	L	velocity	6.66	7.64	7.51	7.42	7.23		7.11	6.88	6.62	6.28	6.19	6.56	6.88		7.52	7.07	6.36	
		strides	24	17	17	17	17		17	17	17	18	18	20.7	199.7					
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)																				
<i>CAA Hurdle Development (2021)</i>																				
date	20-May-21	time	6.81	11.21	15.76	20.37	25.17		30.06	35.15	40.39	45.73	51.32		57.62		3 / 1			
reaction time	0.242	interval		4.40	4.55	4.61	4.80		4.89	5.09	5.24	5.34	5.59	6.30	PB			13.56	14.78	16.17
		velocity	6.61	7.95	7.69	7.59	7.29		7.16	6.88	6.68	6.55	6.26	6.35	6.94			7.74	7.10	6.49
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	17	21	198					
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																				
<i>CAA Hurdle Development (2021)</i>																				
date	25-Apr-21	time	6.74	11.26	15.85	20.57	25.47		30.56	35.79	41.02	46.33	51.77		57.78		6 / 2			
reaction time	0.243	interval		4.52	4.59	4.72	4.90		5.09	5.23	5.23	5.31	5.44	6.01				13.83	15.22	15.98
		velocity	6.68	7.74	7.63	7.42	7.14		6.88	6.69	6.69	6.59	6.43	6.66	6.92			7.59	6.90	6.57
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	17	20	197					
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)																				
<i>CAA Hurdle Development (2021)</i>																				
date	25-Apr-21	time	6.76	11.21	15.72	20.32	25.09		30.01	35.08	40.26	45.81	51.43		57.63		4 / 1			
reaction time	0.247	interval		4.45	4.51	4.60	4.77		4.92	5.07	5.18	5.55	5.62	6.20	PB			13.56	14.76	16.35
		velocity	6.66	7.87	7.76	7.61	7.34		7.11	6.90	6.76	6.31	6.23	6.45	6.94			7.74	7.11	6.42
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	18	18	21	200					
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																				
<i>CAA Hurdle Development (2019)</i>																				
date	17-Aug-19	time	7.14	11.66	16.18	20.82	25.66		30.74	36.08	41.68	47.38	53.22		59.56		4 / 3			
reaction time	0.314	interval		4.52	4.52	4.64	4.84		5.08	5.34	5.60	5.70	5.84	6.34	PB			13.68	15.26	17.14
		velocity	6.30	7.74	7.74	7.54	7.23		6.89	6.55	6.25	6.14	5.99	6.31	6.72			7.68	6.88	6.13
H1 lead leg	R	strides	24	16	17	17	17		17	18	18	18	18	21	201					
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)																				
<i>CAA Hurdle Development (2019)</i>																				
date	17-Aug-19	time	7.24	11.86	16.54	21.32	26.26		31.38	36.78	42.30	48.20	54.36		61.15		4 / 1			
reaction time	0.269	interval		4.62	4.68	4.78	4.94		5.12	5.40	5.52	5.90	6.16	6.79				14.08	15.46	17.58
		velocity	6.22	7.58	7.48	7.32	7.09		6.84	6.48	6.34	5.93	5.68	5.89	6.54			7.46	6.79	5.97
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	19	19	21.2	202.2					
Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN)																				
<i>Henson (2018) - coaching observations</i>																				
date	15-Sep-18	time	7.06	11.68	16.42	21.17	26.03		31.11	36.40	42.00	47.88	53.94		60.48		4 / 5			
reaction time		interval		4.62	4.74	4.75	4.86		5.08	5.29	5.60	5.88	6.06	6.54				14.11	15.23	17.54
		velocity	6.37	7.58	7.38	7.37	7.20		6.89	6.62	6.25	5.95	5.78	6.12	6.61			7.44	6.89	5.99
H1 lead leg	L	strides	24	17	17	17	17		17	17	18	20		164						
Zupin, Agata (SLO) (1998)																				
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																				
date	09-Jun-24	time	6.46	10.72	15.33	20.04	24.88		29.99	35.02	40.26	45.70	51.46		57.83		8 / 6			
reaction time	0.209	interval		4.26	4.61	4.71	4.84		5.11	5.03	5.24	5.44	5.76	6.37				13.58	14.98	16.44
		velocity	6.97	8.22	7.59	7.43	7.23		6.85	6.96	6.68	6.43	6.08	6.28	6.92			7.73	7.01	6.39
H1 lead leg		strides																		
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)																				
<i>Omega Timing (2023) - diamond league race analysis</i>																				
date	02-Jul-23	time	6.31	10.60	14.99	19.53	24.24		29.08	34.14	39.49	45.24	51.26		58.18		7 / 3			
reaction time	0.164	interval		4.29	4.39	4.54	4.71		4.84	5.06	5.35	5.75	6.02	6.92				13.22	14.61	17.12
		velocity	7.13	8.16	7.97	7.71	7.43		7.23	6.92	6.54	6.09	5.81	5.78	6.88			7.94	7.19	6.13
H1 lead leg		strides																		