

Women's 400m Hurdles Touchdown Times - by athletics meeting

LAST UPDATE: 4-Oct-24

2024 Memorial van damme (Brussels, BEL)

FINAL

date 14-Sep-24

Omega Timing (2024) - diamond league race analysis

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Boi, Femke (NED) (2000) | time | | 6.27 | 10.30 | 14.42 | 18.63 | 22.95 | | 27.41 | 32.01 | 36.83 | 41.78 | 46.72 | | 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 | 14 | 15 | 15 | 15 | 19 | 169 | | | | |
| Cockrell, Anna (USA) (1997) | 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 | | | | |
| Salmon, Shiann (JAM) (1999) | 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 | 117 | | | | |
| Little, Shamier (USA) (1995) | 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 | | | | |
| Folorunso, Ayomide (ITA) (1999) | 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 | | | | |
| Couckuyt, Paulien (BEL) (1999) | 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 | | 16 | 16 | 17 | 17 | 18 | 21.2 | 143.2 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | 16 | 16 | 17 | 17 | 20 | 139 | | | | |
| Knight, Andrenette (JAM) (1999) | 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 | 14.33 | 16.51 |
| | | | 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 | 7.33 | 6.36 |
| | H1 lead leg | R | strides | 23 | | | 15 | | 16 | 16 | 16 | 17 | 17 | 20.7 | 140.7 | | | | |

2024 Weltklasse (Züich, SUI)

FINAL

date 05-Sep-24

Omega Timing (2024) - diamond league race analysis

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Salmon, Shiann (JAM) (1999) | 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 | | | | |
| Cockrell, Anna (USA) (1997) | 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 | | | | |
| Little, Shamier (USA) (1995) | 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 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | | | | |
| Folorunso, Ayomide (ITA) (1999) | 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 | | | | | |
| Knight, Andrenette (JAM) (1999) | 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 | 13.78 | 16.09 |
| | | | 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 | 7.62 | 6.53 |
| | H1 lead leg | R | strides | 22 | 15 | 15 | | | 15 | 15 | 16 | 16 | 17 | 20 | 151 | | | | |

| | | | | | | | | | | | | | | | | | | |
|-------------------------------------|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|------|
| Maraval, Louise (FRA) (2001) | 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 | | 17 | 20 | 152 | | | | |
| Giger, Yasmin (SUI) (1999) | 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 | | | | |

2024 Golden Gala • Pietro Mennea (Roma, ITA)

FINAL

date 30-Aug-24

Omega Timing (2024) - diamond league race analysis

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Cockrell, Anna (USA) (1997) | 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 | 7.61 | 7.61 | 8.68 | 7.78 | 7.08 |
| | H1 lead leg | L | strides | 22 | 13 | | 14 | 14 | 14 | 15 | 15 | 15 | 19 | 141 | | | | |
| Salmon, Shiann (JAM) (1999) | 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 | 7.52 | 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 | | | | |
| Little, Shamier (USA) (1995) | 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 | 7.39 | 7.39 | 8.18 | 7.61 | 6.95 |
| | H1 lead leg | R | strides | 23 | 15 | 14 | 15 | 15 | 15 | 15 | 16 | 16 | 19 | 162 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | 7.34 | 7.34 | 8.45 | 7.71 | 6.68 |
| | H1 lead leg | R | strides | 23 | 15 | | 15 | 15 | 16 | 17 | 16 | 17 | 19.7 | 153.7 | | | | |
| Knight, Andrenette (JAM) (1991) | 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 | 13.95 | 15.62 |
| | | | 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 | 7.53 | 6.72 |
| | H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | 15 | 16 | | 17 | 17 | 147 | | | | |
| Folorunso, Ayomide (ITA) (1991) | 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 | | | | | |
| Maraval, Louise (FRA) (2001) | 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 | | | | | |
| Nielsen, Lina (GBR) (1996) | 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 | | | | | |
| Ryzhykova, Anna (UKR) (1991) | 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 | | | 123 | | | | | |

2024 Kamila Skolimowska Memorial (Silesia, POL)

FINAL

date 25-Aug-24

Omega Timing (2024) - diamond league race analysis

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Bo, Femke (NED) (2000) | time | 6.28 | 10.30 | 14.38 | 18.63 | 23.00 | | 27.47 | 32.14 | 36.93 | 41.81 | 46.67 | | 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 | 14 | 15 | 15 | 18.2 | 169.2 | | | | |
| Cockrell, Anna (USA) (1997) | 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 | 19 | 168 | | | | |
| Clayton, Rushell (JAM) (1991) | 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 | 19 | 175 | | | | |
| Salmon, Shiann (JAM) (1999) | 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 |

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|--|----------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|-------|--|-------|-------|-------|
| | 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 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | | | | |
| Knight, Andrenette (JAM) (1993) | 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 | 13.62 | 15.20 |
| | 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 | 7.71 | 6.91 |
| H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 16 | 16 | 20 | 181 | | | | |
| Jichová, Nikoleta (CZE) (2000) | time | 6.42 | 10.61 | 14.91 | 19.33 | 23.86 | | 28.51 | 33.44 | 38.54 | 43.75 | 48.97 | | 54.92 | | 1 / 7 | | |
| reaction time | 0.169 | interval | | 4.19 | 4.30 | 4.42 | 4.53 | 4.65 | 4.93 | 5.10 | 5.21 | 5.22 | 5.95 | | | 12.91 | 14.11 | 15.53 |
| | velocity | 7.01 | 8.35 | 8.14 | 7.92 | 7.73 | | 7.53 | 7.10 | 6.86 | 6.72 | 6.70 | 6.72 | 7.28 | | 8.13 | 7.44 | 6.76 |
| H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | | | | | | | 98 | | | | |
| Ryzhykova, Anna (UKR) (1993) | 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 | | | | | | | | 79 | | | | |
| Muhammad, Dalilah (USA) (1993) | 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 | | | | |

2024 Athletissima (Lausanne, SUI)

FINAL

date 22-Aug-24

Omega Timing (2024) - diamond league race analysis

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|----------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Bol, Femke (NED) (2000) | time | 6.25 | 10.30 | 14.42 | 18.61 | 22.92 | | 27.40 | 31.98 | 36.72 | 41.55 | 46.53 | | 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 | 14 | 15 | 15 | 15 | 18.7 | 169.7 | | | | |
| Clayton, Rushell (JAM) (1993) | 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 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | | | | | | | 152 | | | | |
| Knight, Andrenette (JAM) (1993) | 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 | 14.05 | 15.66 |
| | 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 | 7.47 | 6.70 |
| H1 lead leg | L | strides | 22 | 14 | 14 | 14 | 15 | 15 | 15 | 16 | 16 | 16 | 19.5 | 176.5 | | | | |
| Folorunso, Ayomide (ITA) (1993) | 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 | | | | |
| Couckuyt, Paulien (BEL) (1993) | 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 | | | | | | | 154.5 | | | | |
| Peeters, Cathelijn (NED) (1993) | 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 | | | | | | | 134 | | | | |
| Little, Shamier (USA) (1995) | 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 | | | | | | | 136 | | | | |

2024 Olympic Games (Paris, FRA)

FINAL

date 08-Aug-24

Paris 2024 Olympic Games - Results Book (2024)

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

| | | | | | | | | | | | | | | | | | |
|--------------------------------------|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|-------|-------|-------|
| Cockrell, Anna (USA) (1997) | 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 | | 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 | 15 | 15 | 19 | 169 | | | | |
| Boi, Femke (NED) (2000) | 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 | 15 | 15 | 16 | 19 | 171 | | | |
| Jones, Jasmine (USA) (2001) | 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 | | 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 | 15 | 15 | 16 | 18.7 | 156.7 | | | | |
| Clayton, Rushell (JAM) (1999) | 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 | 15 | 15 | 15 | 16 | 19 | 158 | | | | |
| Salmon, Shiann (JAM) (1999) | 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 | 15 | 15 | 16 | 16 | 19 | 175 | | | | |
| Sutherland, Savannah (CAN) | time | 6.32 | 10.38 | 14.52 | 18.70 | 23.01 | 27.45 | 32.13 | 37.04 | 42.24 | 47.53 | 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 | 16 | 16 | 16 | 161 | | | | |
| Maraval, Louise (FRA) (2001) | 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 | 16 | 16 | 16 | 17 | 17 | 165 | | | | |

Semi-Final 3

date 06-Aug-24

Paris 2024 Olympic Games - Results Book (2024)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Boi, Femke (NED) (2000) | 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 | 15 | 15 | 18 | 169 | | | | | |
| Cockrell, Anna (USA) (1997) | 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 | 15 | 15 | 19 | 168 | | | | |
| Salmon, Shiann (JAM) (1999) | 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 | | 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 | 15 | 15 | 16 | 16 | 20 | 176 | | | | | |
| Sutherland, Savannah (CAN) | time | 6.26 | 10.35 | 14.50 | 18.76 | 23.10 | 27.57 | 32.21 | 37.01 | 42.13 | 47.56 | 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 | 20 | 180 | | | | | |
| Couckuyt, Paulien (BEL) (19) | 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 | 16 | | | | 99 | | | | | | |
| Knight, Jessie (GBR) (1994) | 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 | 16 | | 128 | | | | | | |
| Yukich, Alanah (AUS) (1998) | 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 | 16 | 16 | 144 | | | | | | |
| Ennadi, Noura (MAR) (1999) | 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 | 16 | | 17 | | 116 | | | | | | |
| Mo Jiadie (CHN) (2000) | 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 | | | | | |

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

| | | | | | | | | | | | | | | | | | | |
|---------------|-------|----------|------|------|------|------|------|--|------|------|------|------|------|------|------|-------|-------|-------|
| 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 | | 18 | | 152 | | | |

Semi-Final 2

date 06-Aug-24

Paris 2024 Olympic Games - Results Book (2024)

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|---|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-----------|-------|--------|-------|
| McLaughlin-Levrone, Sydney 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 | | | |
| Maraval, Louise (FRA) (2001) 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 | | | |
| Joseph, Rogail (RSA) (2000) 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 | | | |
| Russell, Janieve (JAM) (1993) 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 | 17 | 17 | 20 | 184 | | | |
| Folorunso, Ayomide (ITA) (1991) 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 | | | |
| Diallo, Fatoumata (POR) (2001) 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 | | | |
| Ryzhykova, Anna (UKR) (1991) 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 | | | |
| Claes, Hanne (BEL) (1991) 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 | | | | |

Semi-Final 1

date 06-Aug-24

Paris 2024 Olympic Games - Results Book (2024)

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|--|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-----------|-------|--------|-------|
| Clayton, Rushell (JAM) (1991) 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 | | | |
| Jones, Jasmine (USA) (2001) 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 | | | |
| Geldenhuis, Zeney (RSA) (2001) 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 | | | |
| Grebo, Shana (FRA) (2000) 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 | | | |
| luel, Amalie (NOR) (1994) 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 | 16 | 16 | 19 | 179 | | | |
| van den Broeck, Naomi (BEL) (1991) 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 | 6.91 |
| H1 lead leg | L | strides | 25 | | | 17 | 17 | | | | | 19 | 19 | 22 | 119 | | | |

| | | | | | | | | | | | | | | | | | |
|---------------------------------------|---------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|
| Peeters, Cathelij (NED) (1996) | 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 | | 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 | 16 | 16 | 18 | 132 | | | | | |
| Nielsen, Lina (GBR) (1996) | 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 | 16 | 16 | 16 | 16 | 17 | 163 | | | | |

Repechage 3

date 05-Aug-24

Paris 2024 Olympic Games - Results Book (2024)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|---------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Grebo, Shana (FRA) (2000) | 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 | 17 | 18 | 18 | 18 | 21 | 194 | | | | |
| Ryzhykova, Anna (UKR) (1996) | 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 | 15 | 15 | 15 | 15 | 19.5 | 170.5 | | | | |
| Angounou, Linda (CMR) (1996) | 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 | 15 | 16 | 16 | 19.5 | 149.5 | | | | |
| Carli, Smith (AUS) (1994) | 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 | 16 | 16 | 17 | 17 | 17 | 21 | 187 | | | | |
| Giger, Yasmin (SUI) (1999) | 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 | 16 | 16 | 17 | 17 | 20.2 | 184.2 | | | | |
| Muraro, Alice (ITA) (2000) | 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 | 16 | 16 | 16 | 16 | 17 | 17 | 21 | 187 | | | | |
| Hoffman, Lauren (PHI) (1999) | 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 | 16 | 16 | 17 | 17 | 18 | 18 | 152 | | | | | |

Repechage 2

date 05-Aug-24

Paris 2024 Olympic Games - Results Book (2024)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|---------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Mo Jiadie (CHN) (2000) | 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 | 16 | 16 | 17 | 17 | 17 | 17 | 21 | 189 | | | | |
| Knight, Jessie (GBR) (1994) | 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 | 16 | 16 | 19 | 178 | | | | |
| Woodruff, Gianna (PAN) (1996) | time | 6.47 | 10.58 | 14.88 | 19.25 | 23.81 | 28.53 | 33.46 | 38.57 | 43.76 | 48.96 | 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 | 15 | 15 | 16 | 16 | 16 | 19 | 175 | | | | |
| Jichová, Nikoleta (CZE) (2000) | time | 6.36 | 10.56 | 14.93 | 19.40 | 24.01 | 28.79 | 33.79 | 38.90 | 44.12 | 49.29 | 55.31 | 6 / 4 | | | | | |
| | 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 | | | 13.04 | 14.39 | 15.50 |
| | | velocity | 7.08 | 8.33 | 8.01 | 7.83 | 7.59 | 7.32 | 7.00 | 6.85 | 6.70 | 6.77 | 6.64 | 7.23 | | 8.05 | 7.30 | 6.77 |
| | H1 lead leg | R | strides | 20 | 15 | 15 | 15 | 16 | 16 | 16 | 16 | 17 | 20.7 | 181.7 | | | | |
| Sartori, Rebecca (ITA) (1997) | 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 | 16 | 16 | 16 | 16 | 16 | 19.2 | 181.2 | | | | |
| Krafzik, Carolina (GER) (1999) | time | 6.27 | 10.33 | 14.54 | 18.90 | 23.48 | 28.41 | 33.47 | 38.60 | 43.92 | 49.40 | 56.02 | 4 / 6 | | | | | |
| | reaction time | 0.173 | interval | 4.06 | 4.21 | 4.36 | 4.58 | 4.93 | 5.06 | 5.13 | 5.32 | 5.48 | 6.62 | | | 12.63 | 14.57 | 15.93 |
| | | velocity | 7.18 | 8.62 | 8.31 | 8.03 | 7.64 | 7.10 | 6.92 | 6.82 | 6.58 | 6.39 | 6.04 | 7.14 | | 8.31 | 7.21 | 6.59 |
| | H1 lead leg | L | strides | 23 | 15 | 15 | 15 | 17 | 17 | 17 | 17 | 17 | 21.7 | 189.7 | | | | |

| | | | | | | | | | | | | | | | | | | |
|---|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--|
| da Silva, Chayenne (BRA) (2 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 | 21 | 189 | | | | | |

Repechage 1

date 05-Aug-24

Paris 2024 Olympic Games - Results Book (2024)

| | 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) (1 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 | 16 | 16 | 16 | 17 | 17 | 22 | 187 | | | | |
| van den Broeck, Naomi (BEL) 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 | 19 | 19 | 19 | 19 | 19 | 22.2 | 212.2 | | | | |
| Yukich, Alanah (AUS) (1998) 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 | 16 | 16 | 16 | 19.5 | 179.5 | | | | |
| Claxton, Grace (PUR) (1993) 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 | 17 | 17 | 18 | 18 | 22 | 196 | | | | |
| Kloster, Line (NOR) (1990) 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 | 17 | 17 | 17 | 22 | 185 | | | | |
| Lehikoinen, Viivi (FIN) (1999) 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 | 18 | 18 | 18 | 17 | 172 | | | | |
| Tkachuk, Viktoriya (UKR) (1991) 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 | 16 | 16 | 16 | 16 | 16 | 113 | | | | |

Heat 5

date 04-Aug-24

Paris 2024 Olympic Games - Results Book (2024)

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| McLaughlin-Levrone, Sydney 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 | 15 | 15 | 15 | 15 | 16 | 19 | 173 | | | | |
| Ennadi, Noura (MAR) (1999) 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 | 16 | 16 | 17 | 17 | 19.7 | 183.7 | | | | |
| Maraval, Louise (FRA) (2001) 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 | 16 | 16 | 17 | 18 | 17 | 20.2 | 187.2 | | | | |
| Giger, Yasmin (SUI) (1999) 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 | 16 | 16 | 17 | 17 | 17 | 0.7 | 166.7 | | | | |
| Muraro, Alice (ITA) (2000) 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 | 16 | 16 | 17 | 17 | 17 | 21 | 187 | | | | |
| Carli, Smith (AUS) (1994) 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 | 16 | 17 | 17 | 17 | 21 | 186 | | | | |
| Kloster, Line (NOR) (1990) 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 | 15 | 16 | 17 | 145 | | | | | |
| Tkachuk, Viktoriya (UKR) (1st 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 | | | | | |

Heat 4

date 04-Aug-24

Paris 2024 Olympic Games - Results Book (2024)

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Cockrell, Anna (USA) (1997) | 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 | | | | |
| Nielsen, Lina (GBR) (1996) | 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 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | 17 | 17 | 20 | 184 | | | | |
| Claes, Hanne (BEL) (1991) | 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 | | | | |
| Jichová, Nikoleta (CZE) (2001) | time | | 6.34 | 10.48 | 14.72 | 19.18 | 23.73 | | 28.43 | 33.42 | 38.66 | 44.03 | 49.38 | | 55.45 | 5 / 5 | | | |
| 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 | | | | 12.84 | 14.24 | 15.96 |
| | | 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 |
| H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | | 15 | 16 | 16 | 17 | 17 | 21 | 184 | | | | |
| Claxton, Grace (PUR) (1993) | 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 | | | | | |
| Lehikoinen, Viivi (FIN) (1999) | 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 | | | | | |
| Hoffman, Lauren (PHI) (1999) | 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 | | | | | |

Heat 3

date 04-Aug-24

Paris 2024 Olympic Games - Results Book (2024)

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Bo, Femke (NED) (2000) | 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 | | | | |
| Salmon, Shiann (JAM) (1999) | 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 | | | | |
| Geldenhuis, Zoney (RSA) (2000) | 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 | | | | |
| Ryzhykova, Anna (UKR) (1st time | 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 | | | | |
| Knight, Jessie (GBR) (1994) | 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 | | | | |
| Mo Jiadie (CHN) (2000) | 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 | | | | |
| Yukich, Alanah (AUS) (1998) | 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 | | | | |
| Angounou, Linda (CMR) (1987) | 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 | | | | |

Heat 2

| | | date | Paris 2024 Olympic Games - Results Book (2024) | | | | | | | | | | | | | | | | |
|--|----------------|-----------|--|-------|-------|-------|----|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| | | 04-Aug-24 | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
| Jones, Jasmine (USA) (2001) | 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 | 18.5 | 171.5 | | | | | |
| Joseph, Rogail (RSA) (2000) | 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 | | | | | |
| Sutherland, Savannah (CAN) (1999) | time | 6.42 | 10.59 | 14.74 | 18.97 | 23.46 | | 28.00 | 32.88 | 38.07 | 43.24 | 48.69 | | 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 | | | | | |
| Couckuyt, Paulien (BEL) (1991) | 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 | | | | | |
| Woodruff, Gianna (PAN) (1997) | time | 6.53 | 10.62 | 14.86 | 19.23 | 23.83 | | 28.54 | 33.44 | 38.39 | 43.59 | 48.90 | | 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 | | | | | |
| Folorunso, Ayomide (ITA) (1990) | 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 | | | | | |
| Grebo, Shana (FRA) (2000) | 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 | | | | | | |
| Krafzik, Carolina (GER) (1999) | time | 6.27 | 10.27 | 14.36 | 18.59 | 23.10 | | 27.91 | 33.81 | 39.38 | 45.16 | 51.25 | | 58.49 | 4 / 8 | | | | |
| reaction time | 0.181 interval | | 4.00 | 4.09 | 4.23 | 4.51 | | 4.81 | 5.90 | 5.57 | 5.78 | 6.09 | 7.24 | | | 12.32 | 15.22 | 17.44 | |
| | velocity | 7.18 | 8.75 | 8.56 | 8.27 | 7.76 | | 7.28 | 5.93 | 6.28 | 6.06 | 5.75 | 5.52 | 6.84 | | 8.52 | 6.90 | 6.02 | |
| H1 lead leg | L strides | 23 | 15 | 15 | 15 | 15 | | 16 | 20 | 19 | 19 | | 157 | | | | | | |

Heat 1

| | | date | Paris 2024 Olympic Games - Results Book (2024) | | | | | | | | | | | | | | | | |
|---|----------------|-----------|--|-------|-------|-------|----|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| | | 04-Aug-24 | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
| Clayton, Rushell (JAM) (1999) | 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 | | | | | |
| Diallo, Fatoumata (POR) (2000) | 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 | | | | | |
| luel, Amalie (NOR) (1994) | 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 | 16 | 16 | 19.5 | 179.5 | | | | | |
| Peeters, Cathelijn (NED) (1999) | 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 | | | | | |
| van den Broeck, Naomi (BEL) (1999) | 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 | 6.88 |
| H1 lead leg | L | strides | 25 | 16 | 16 | 17 | 17 | | 18 | 18 | | | 19 | 22 | 168 | | | |
| Sartori, Rebecca (ITA) (1997) | 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 | | | |
| da Silva, Chayenne (BRA) (2 | 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 | | | |

2024 Japanese National High School Championships (Fukuoka, JPN)

FINAL

date 30-Jul-24

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Hatakeyama, Konomi (JPN) | 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 | | | | |
| Tanaka, Miu (JPN) (2006) | 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 | | | | |
| Yajima, Aki (JPN) (2007) | 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 | | | | |
| Hata, Yuki (JPN) (2006) | 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 |
| | | 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 |
| H1 lead leg | | strides | 23 | 17 | 17 | 17 | 17 | | 17 | 17 | 17 | 17 | 17 | 22 | 198 | | | | |
| Katou, Misato (JPN) (2007) | 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 | | | |
| 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 | | 17 | 18 | 18 | 19 | 19 | 24 | 206 | | | | |
| Matsuki, Ai (JPN) (2006) | 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) | 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 | | | | |
| Yamaga, Nagi (JPN) (2006) | 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 | | | | |

2024 London Athletics Meet (London, GBR)

FINAL

date 20-Jul-24

Omega Timing (2024) - diamond league race analysis

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Bol, Femke (NED) (2000) | 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 | | | | |
| Little, Shamier (USA) (1995) | 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 | | | | |
| Clayton, Rushell (JAM) (199 | 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 | | | | |
| Knight, Andrenette (JAM) (1 | 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 | 13.73 | 14.95 |
| | | 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 | 7.65 | 7.02 |

| | | | | | | | | | | | | | | | | | | | |
|--|---------------|---------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|
| H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 113 | | | | |
| Knight, Jessie (GBR) (1994) | 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 | | | | |
| Peeters, Cathelijm (NED) (1996) | 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 | | | | |
| Salmon, Shiann (JAM) (1999) | 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 | | 16 | 16 | | | 16 | | 130 | | | | |
| Nielsen, Lina (GBR) (1996) | 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 | 16 | | | | | 113 | | | | |

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

A FINAL date 14-Jul-24 Henson (2024) - Athlete First: 2024 year end hurdle report

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|-----------------------------------|---------------|------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|-------|
| Boi, Femke (NED) (2000) | 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 | 15 | 15 | 19 | | 170 | | | | |
| Adekoya, Kemi (BRN) (1993) | 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 | 16 | | 144 | | | | | |

2024 USA Olympic Trials (Eugene, OR)

FINAL date 30-Jun-24 USATF and Karmarush (2024) - USA Olympic trials results and race analysis

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | | |
|---------------------------------------|---------------|------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|-------|------|
| McLaughlin-Levrone, Sydne | 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 | 4.65 | 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 | | 8.67 | 7.92 | 7.50 | |
| | H1 lead leg | R | strides | 22 | 14 | 14 | 14 | | 15 | 15 | 15 | 15 | 18 | | 171 | | | | | |
| Cockrell, Anna (USA) (1997) | 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 | 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 | | 15 | 15 | 15 | 15 | 19 | | 172 | | | | | |
| Jones, Jasmine (USA) (2001) | 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 | 18.2 | 151.2 | | | | | |
| Little, Shamier (USA) (1995) | 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 | 16 | 16 | 19.2 | 179.2 | | | | | |
| Glenn, Rachel (USA) (2002) | 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 | 15 | 15 | 15 | 18.7 | 168.7 | | | | | |
| Muhammad, Dalilah (USA) (1996) | 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 | 7.37 | | 8.31 | 7.62 | 6.72 | |
| | H1 lead leg | R | strides | | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 16 | 16 | 19.2 | 156.2 | | | | |
| Garrett, Akala (USA) (2005) | 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 | | | | | |
| Tate, Cassandra (USA) (1990) | 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 | 16 | 16 | 16 | 17 | 180 | | | | | |

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

| | | | | | | | | | | | | | | | | | | | |
|-------------------------------------|---------------|------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|
| Townsend, Sydni (USA) (2011) | 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 3

date 29-Jun-24

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|--------------------------------------|---------------|------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|-------|
| Cockrell, Anna (USA) (1997) | 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 | 19 | 171 | | | | |
| Jones, Jasmine (USA) (2001) | 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 | | | |
| Garrett, Akala (USA) (2005) | 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 | 15 | | 16 | 16 | 17 | 17 | 17 | 20 | 163 | | | |
| Wise, Deshae (USA) (1999) | 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 | 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 | 17 | 17 | 19.7 | 165.7 | | | |
| Wright, Jessica (USA) (2000) | 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 | | | 12.70 | 14.18 | 16.07 |
| | | | 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 | | | |
| Bellamy, Shani'a (USA) (2002) | 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 | | | |
| Spencer, Ashley (USA) (1993) | 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 | | | | |
| Young, Milan (USA) (1999) | 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 | | | | |
| Watkins, Simone (USA) (2000) | 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 | | | | |

Semi-Final 2

date 29-Jun-24

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|---------------------------------------|---------------|------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|-------|
| Little, Shamier (USA) (1995) | 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 | 7.92 | 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 | 16 | 16 | 19 | 179 | | | | |
| Glenn, Rachel (USA) (2002) | 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 | 18.2 | 168.2 | | | | |
| Townsend, Sydni (USA) (2011) | 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 | | | |
| Bookman, Deonca (USA) (1993) | 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 | | | |
| Mustin, Dominique (USA) (2002) | 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 | 16 | 16 | 16 | 19.2 | 179.2 | | | |

| | | | | | | | | | | | | | | | | | | |
|------------------------------------|---------------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----------|-------|-------|-------|------|
| Glynn, Abbey (USA) (2001) | 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 | 6.50 |
| | H1 lead leg L | strides | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 16 | 18 | 139 | | | | | |
| Melvin, Chelby (USA) (2003) | 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 | | | | |
| Pulse, Jacy (USA) (2001) | 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 | | | | |
| Fair, Chloe (USA) (2001) | 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 | | | | | |

Semi-Final 1

date 29-Jun-24

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-in | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| McLaughlin-Levrone, Sydne | 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 | | | | |
| Muhammad, Dalilah (USA) | 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 | 6.77 |
| | H1 lead leg R | strides | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 20 | 179 | | | |
| Tate, Cassandra (USA) (1990) | 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 | | | | |
| Stubler, Bianca (USA) (1999) | 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 | | | | |
| Antkoviak, Hannah (USA) (2004) | 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 | 167 | | | | | |
| Robinson-Hubbard, Kyla (USA) (2004) | 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 | 17 | 17 | 17 | 20 | 190 | | | | |
| Garozzo, Aliya Rae (USA) (2004) | 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 | | | | |
| McBride, Allyria (USA) (2004) | 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 | 15 | 16 | 16 | 17 | 17 | 17 | 128 | | | | | |
| Robinson, Chanler (USA) (2004) | 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 5

date 27-Jun-24

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-in | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|---------------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Little, Shamier (USA) (1995) | 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 | | | | | | | | | | | | | | | | |
| Tate, Cassandra (USA) (1990) | 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 | | | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | | | |
|------------------------------------|----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|
| H1 lead leg | 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 |
| | strides | | | | | | | | | | | | | | | | |
| Watkins, Simone (USA) (200) | 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 | | | | | | | | | | | | | | | | |
| Barber, Kaila (USA) (1993) | 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 | 8 / 6 | | |
| reaction time | interval | | 4.18 | 4.32 | 4.64 | 4.82 | | 4.86 | 5.07 | 5.30 | 5.57 | 5.70 | 6.70 | | 13.14 | 14.75 | 16.57 |
| | 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 | 6.94 | 7.99 | 7.12 | 6.34 |
| H1 lead leg | strides | | | | | | | | | | | | | | | | |
| Rodriguez, Chloe (USA) (20) | 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 | | | | | | | | | | | | | | | | |

Heat 2

| date | | USATF and Karmarush (2024) - USA Olympic trials results and race analysis | | | | | | | | | | | | | | | | |
|------------------------------------|----------|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| 27-Jun-24 | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
| Jones, Jasmine (USA) (2001) | 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 | | | | | | | | | | | | | | | | | |
| Townsend, Sydni (USA) (20) | 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 | | | | | | | | | | | | | | | | | |
| Robinson-Hubbard, Kyla (U) | 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 | | | | | | | | | | | | | | | | | |
| Wise, Deshae (USA) (1999) | 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 | 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 | | | | | | | | | | | | | | | | | |
| Melvin, Chelby (USA) (2003) | 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 | | | | | | | | | | | | | | | | | |
| Fair, Chloe (USA) (2001) | 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 | | | | | | | | | | | | | | | | | |
| Dowd, Erin (USA) (1998) | 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 | 3 / 7 | | | |
| 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 | 5.72 | 5.74 | 6.85 | | 8.05 | 7.34 | 6.04 |
| H1 lead leg | strides | | | | | | | | | | | | | | | | | |

Heat 1

| date | | USATF and Karmarush (2024) - USA Olympic trials results and race analysis | | | | | | | | | | | | | | | | |
|--------------------------------------|-----------|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| 27-Jun-24 | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
| McLaughlin-Levrone, Sydne | 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 | | | | |
| Bookman, Deonca (USA) (1) | 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 | | | | |
| Glynn, Abbey (USA) (2001) | 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 | 6.34 |
| H1 lead leg | L strides | 21 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 16 | 16 | | 158 | | | | |
| McBride, Allyria (USA) (2004) | 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 | | | | |
| Robinson, Chanler (USA) (2) | 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 | 17 | 17 | 17 | 17 | 171 | | | |
| Sorensen, Kate (USA) (1999) | 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 | 17 | 18 | 168 | | | |
| Watson, Vanessa (USA) (200 | 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 | | | | |

2024 European Athletics Championships (Roma, ITA)

FINAL

date 11-Jun-24

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Bo, Femke (NED) (2000) | 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 | | | | |
| Maraval, Louise (FRA) (2001) | 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 | | | 16 | 16 | | | 17 | 20 | 122 | | | | | |
| Peeters, Cathelijn (NED) (19 | 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 | | | | |
| Jichová, Nikoleta (CZE) (200 | 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 | | | | |
| Folorunso, Ayomide (ITA) (1 | 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 | | | | |
| Kloster, Line (NOR) (1990) | 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 | 16 | | | 17 | 20 | 135 | | | | |
| Nielsen, Lina (GBR) (1996) | 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 | | | | |
| Diallo, Fatoumata Binta (POL | 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 | | | | |

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| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kloster, Line (NOR) (1990) | 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 | | | | |
| Peeters, Cathelijn (NED) (19 | 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 | | | | |
| Muraro, Alice (ITA) (2000) | 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 | 20.7 | 169.7 | | | | |
| Couckuyt, Paulien (BEL) (19 | 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 | 21 | 170 | | | | |

| | | | | | | | | | | | | | | | | | |
|------------------------------------|---------------|--------------------------|----------|-------|-------|-------|-------|-------|-------|-------|-------|------|-----------|-------|-------|-------|-------|
| Demes, Eileen (GER) (1997) | 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 | 4.65 | 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 | 16 | 16 | 16 | 17 | 20.7 | 182.7 | | | | |
| Granat, Moa (SWE) (2004) | 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 | 4.72 | 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 | 16 | 16 | 16 | 17 | 21 | 184 | | | | |
| Knight, Jessie (GBR) (1994) | 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 | 4.80 | 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 | 16 | 19 | 162 | | | | |
| Fra, Daniela (ESP) (2000) | 0.207 | no information available | | | | | | | | | | | 56.27 | 3 / 8 | | | |

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| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|------|-----------|---------------|--------------|-------|-------|--------|
| Boi, Femke (NED) (2000) | 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 | 4.60 | 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 | 15 | 16 | 16 | 18.5 | 171.5 | | | | |
| Jichová, Nikoleta (CZE) (2000) | 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 | 4.72 | 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 | 16 | 16 | | | 16 | 20 | 150 | | | | | |
| luel, Amalie (NOR) (1994) | 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 | 4.70 | 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 | 16 | 16 | 19.2 | 149.2 | | | | | |
| Lehikoinen, Viivi (FIN) (1999) | 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 | 4.76 | 4.78 | 4.95 | 5.22 | 5.31 | 6.22 | | | 12.75 | 14.06 | 15.48 | |
| | 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 | |
| | H1 lead leg | R | strides | 23 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 21 | 187 | | | | | |
| Ryzhykova, Anna (UKR) (1991) | 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 | 4.75 | 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 | 15 | 15 | | | 16 | 19.5 | 128.5 | | | | | |
| Olivieri, Linda (ITA) (1998) | 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 | 4.86 | 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 | 16 | | | 17 | 21 | 137 | | | | | |
| Mátó, Sára (HUN) (2000) | 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 | 4.68 | 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 | 16 | 16 | 16 | 16 | 17 | 21 | 170 | | | | | |
| Smolińska, Izabela (POL) (1991) | 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 | 4.81 | 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 | 17 | 17 | | | 19 | 21.7 | 145.7 | | | | | |

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| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|------|-----------|---------------|--------------|-------|-------|--------|
| Maraval, Louise (FRA) (2001) | 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 | 4.68 | 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 | 16 | 16 | 17 | 17 | 17 | 21 | 187 | | | | | |
| Nielsen, Lina (GBR) (1996) | 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 | 4.71 | 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 | 16 | 16 | 16 | 16 | 16 | 20 | 182 | | | | | |
| Folorunso, Ayomide (ITA) (1991) | 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 | 4.63 | 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 | 16 | 16 | 16 | 17 | 17 | 21 | 186 | | | | | |
| Diallo, Fatoumata Bint | 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 | | | |
| Giger, Yasmin (SUI) (1999) | 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 | | | | |
| Claes, Hanne (BEL) (1991) | 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 | | | |
| Halonen, Kristiina (FIN) (199) | 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 | | | |
| Ledecká, Daniela (SVK) (199) | 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 | | 17 | 21 | 173 | | | |

Heat 3

date 09-Jun-24

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| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-in | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|-------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|------------|---------------|--------------|-------|-------|--------|
| Jichová, Nikoleta (CZE) (200) | 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 | | | | | | | | | | | | | | | | | |
| Giger, Yasmin (SUI) (1999) | 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 | | | | | | | | | | | | | | | | | |
| Halonen, Kristiina (FIN) (199) | 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 | | | | | | | | | | | | | | | | | |
| Diallo, Fatoumata Binta (POL) | 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 | | | | | | | | | | | | | | | | | |
| Olivieri, Linda (ITA) (1998) | 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 | | | | | | | | | | | | | | | | | |
| Granat, Moa (SWE) (2004) | 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 | | | | | | | | | | | | | | | | | |
| McGrory, Kelly (IRL) (1996) | 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 | | | | | | | | | | | | | | | | | |
| Slettum, Elisabeth (NOR) (19) | 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 | | | | | | | | | | | | | | | | | |

Heat 2

date 09-Jun-24

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-in | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-----------------------------------|-------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|-----------|--------|---------------|--------------|-------|-------|--------|
| Demes, Eileen (GER) (1997) | 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 | | | | | | | | | | | | | | | | | |
| Fra, Daniela (ESP) (2000) | 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 | | | | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | |
|--|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----------|-------|-------|
| Couckuyt, Paulien (BEL) (19 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 | | | | | | | | | | | | | |
| Ledecká, Daniela (SVK) (199 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 | | | | | | | | | | | | | |
| Smolińska, Izabela (POL) (19 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 | | | | | | | | | | | | | |
| Fahr, Annina (SUI) (1993) 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 | | | | | | | | | | | | | |
| Gnafáki, Dímitra (GRA) (199 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 | 6.53 |
| H1 lead leg strides | | | | | | | | | | | | | |

Heat 1

date 09-Jun-24

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------------|--------|---------------|--------------|-------|-------|--------|
| Mátó, Sára (HUN) (2000) 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 | | | | | | | | | | | | | | | | | | |
| luel, Amalie (NOR) (1994) 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 | | | | | | | | | | | | | | | | | | |
| Uusimäki, Hilla (FIN) (1996) 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 | 6.51 | | |
| H1 lead leg strides | | | | | | | | | | | | | | | | | | |
| Barbosa, Vera (POR) (1989) 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 | | | 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 | 7.04 | | 7.96 | 7.32 | 6.55 | | |
| H1 lead leg strides | | | | | | | | | | | | | | | | | | |
| Gryc, Anna (POL) (1999) 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 | | | | | | | | | | | | | | | | | | |
| Zupin, Agata (SLO) (1998) 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 | | | | | | | | | | | | | | | | | | |
| Buryak, Mariya (UKR) (2001) 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 | | | | | | | | | | | | | | | | | | |
| Uță, Alexandra Ștefania (RO time | 6.93 | | | | | | | | | | | | dnf | 5 / -- | | | | |
| reaction time 0.183 interval | | 6.49 | | | | | | | | | | | | | | | | |
| velocity | | | | | | | | | | | | | | | | | | |
| H1 lead leg strides | | | | | | | | | | | | | | | | | | |

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

FINAL

date 08-Jun-24

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------------|--------|---------------|--------------|-------|-------|--------|
| Jones, Jasmine (USA) (2001) 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 | | | | | | |
| Sutherland, Savannah (CAN time | 6.46 | 10.51 | 14.64 | 18.85 | 23.19 | 27.69 | 32.32 | 37.28 | 42.33 | 47.55 | 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 | 15 | 16 | 16 | 16 | 20 | 181 | | | | |
| Glenn, Rachel (USA) (2002) | 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 | | | | |
| Garrett, Akala (USA) (2005) | 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 | | 15 | 16 | 16 | 16 | 17 | | 140 | | | | |
| Townsend, Sydni (USA) (2002) | 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 | | | | |
| Grebo, Shana (FRA) (2000) | 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 | 18 | 173 | | | | |
| Matthews, Gabrielle (JAM) (2002) | 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 | | | | 111 | | | | |
| Glynn, Abbey (USA) (2001) | 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 | 6.61 |
| H1 lead leg | L | strides | 23 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 16 | 16 | | 160 | | | | |
| Bellamy, Shani'a (USA) (2002) | 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 | | 15 | 16 | 16 | 17 | 17 | | 164 | | | | |

2024 Bauhaus Galan (Stockholm, SWE)

FINAL

date 02-Jun-24

Omega Timing (2024) - diamond league race analysis

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|----------------|---------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Bo, Femke (NED) (2000) | 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 | | | | |
| Clayton, Rushell (JAM) (1993) | 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 | | | | |
| Knight, Andrenette (JAM) (1993) | 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 | 13.69 | 15.86 |
| | 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 | 7.67 | 6.62 |
| H1 lead leg | R | strides | 23 | 15 | | 15 | 15 | | 15 | 16 | 16 | 17 | 17 | 20.7 | 169.7 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | | | | |
| Ryzhykova, Anna (UKR) (1993) | 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 | | | | |
| Folorunso, Ayomide (ITA) (1993) | 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 | | | | |
| Peeters, Cathelijn (NED) (1993) | 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 | | 152 | | | | |
| Granat, Moa (SWE) (2004) | 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 | 15 | 17 | 17 | 17 | 164 |
|-------------|---|---------|----|----|----|----|----|----|----|----|----|----|----|-----|

2024 The Edwin Moses Legends Meet (Atlanta, GA) (TV Analysis)**FINAL**

date 31-May-24

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|---------------|----------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| McLaughlin-Levrone, Sydne | 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 | 16 | 16 | 18 | 177 | | | | |
| Smith, Michelle (ISV) (2006) | 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 | 16 | 16 | | | 17 | | 132 | | | | |

2024 Bislett Games (Oslo, NOR) (TV Analysis)**FINAL**

date 30-May-24

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|---------------|----------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Clayton, Rushell (JAM) (199) | 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 | 15 | 15 | 16 | 16 | 16 | 19.2 | 175.2 | | | | |
| Knight, Andrenette (JAM) (1) | 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 | 13.92 | 15.84 |
| | | 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 | 7.54 | 6.63 |
| | H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 16 | 16 | 16 | 17 | 17 | 20 | 185 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | 16 | 16 | 17 | 17 | 17 | 20 | 186 | | | | |
| luel, Amalie (NOR) (1996) | 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 | 16 | 16 | 19 | 179 | | | | |
| Knight, Jessie (GBR) (1994) | 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 | 16 | 16 | 19.2 | 163.2 | | | | |
| Ryzhykova, Anna (UKR) (19) | 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 | 15 | 15 | 15 | 15 | 15 | 20 | 172 | | | | |
| Folorunso, Ayomide (ITA) (1) | 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 | 16 | 16 | 16 | 16 | 17 | 17 | 21 | 187 | | | | |
| Lehikoinen, Viivi (FIN) (1999) | 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 | | 17 | | 17 | 18 | 21 | 158 | | | | |

2024 Shimane High School Championships (Izumo, JPN)**FINAL**

date 25-May-24

Shimizu (2024) - shimane high school championships 2024 - biomechanics data analysis

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------|---------------|----------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| 別所みゆ | time | 7.47 | 12.40 | 17.43 | 22.60 | 27.73 | | 33.08 | 38.52 | 44.13 | 50.27 | 56.28 | | 62.59 | 5 / 1 | | | |
| | reaction time | | interval | 4.93 | 5.03 | 5.17 | 5.13 | 5.35 | 5.44 | 5.61 | 6.14 | 6.01 | 6.31 | | | 15.13 | 15.92 | 17.76 |
| | | velocity | 6.02 | 7.10 | 6.96 | 6.77 | 6.82 | 6.54 | 6.43 | 6.24 | 5.70 | 5.82 | 6.34 | 6.39 | | 6.94 | 6.60 | 5.91 |
| | H1 lead leg | | strides | 24 | 15 | 17 | 17 | 17 | 17 | 17 | 19 | 18 | 21 | 199 | | | | |
| 大國千夏 | time | 7.47 | 12.27 | 17.17 | 22.30 | 27.52 | | 33.12 | 38.93 | 44.90 | 51.30 | 57.63 | | 64.28 | 6 / 2 | | | |
| | reaction time | | interval | 4.80 | 4.90 | 5.13 | 5.22 | 5.60 | 5.81 | 5.97 | 6.40 | 6.33 | 6.65 | | | 14.83 | 16.63 | 18.70 |
| | | velocity | 6.02 | 7.29 | 7.14 | 6.82 | 6.70 | 6.25 | 6.02 | 5.86 | 5.47 | 5.53 | 6.02 | 6.22 | | 7.08 | 6.31 | 5.61 |
| | H1 lead leg | | strides | 25 | 17 | 17 | 17 | 19 | 19 | 19 | 21 | 21 | 23 | 215 | | | | |
| 松井陽向 | time | 7.33 | 12.33 | 17.52 | 22.80 | 28.47 | | 34.17 | 40.08 | 46.18 | 52.47 | 58.85 | | 65.95 | 8 / 3 | | | |
| | reaction time | | interval | 5.00 | 5.19 | 5.28 | 5.67 | 5.70 | 5.91 | 6.10 | 6.29 | 6.38 | 7.10 | | | 15.47 | 17.28 | 18.77 |
| | | velocity | 6.14 | 7.00 | 6.74 | 6.63 | 6.17 | 6.14 | 5.92 | 5.74 | 5.56 | 5.49 | 5.63 | 6.07 | | 6.79 | 6.08 | 5.59 |
| | H1 lead leg | | strides | 25 | 18 | 18 | 19 | 19 | 20 | 20 | 21 | 21 | 25 | 225 | | | | |
| 日高心羽 | time | 7.42 | 12.48 | 17.72 | 23.05 | 28.67 | | 34.33 | 40.28 | 46.47 | 53.25 | 60.35 | | 68.45 | 7 / 4 | | | |
| | reaction time | | interval | 5.06 | 5.24 | 5.33 | 5.62 | 5.66 | 5.95 | 6.19 | 6.78 | 7.10 | 8.10 | | | 15.63 | 17.23 | 20.07 |

| | | | | | | | | | | | | | | | | | | |
|-------------|----------|------|------|------|------|------|--|------|------|------|------|------|------|-------|--|------|------|------|
| | velocity | 6.06 | 6.92 | 6.68 | 6.57 | 6.23 | | 6.18 | 5.88 | 5.65 | 5.16 | 4.93 | 4.94 | 5.84 | | 6.72 | 6.09 | 5.23 |
| H1 lead leg | strides | 26 | 18 | 18 | 18 | 18 | | 19 | 19 | 19 | 21 | 21 | 24.5 | 221.5 | | | | |

2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)

FINAL

date 19-May-24

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Clayton, Rushell (JAM) (199) | 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 | 27.36 | 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 | | 1.28 | 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 | 15 | 15 | 15 | 16 | 16 | 16 | 19.2 | 176.2 | | | | |
| Salmon, Shiann (JAM) (1999) | 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 | 28.56 | 4.68 | 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 | | 1.23 | 7.48 | 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 | 16 | 16 | 19.7 | 163.7 | | | | |
| Ryzhykova, Anna (UKR) (19) | 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 | 15 | 15 | 16 | 16 | 19 | 158 | | | | | |
| Geldenhuys, Zenéy (RSA) (2) | 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 | 28.91 | 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 | | 1.21 | 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 | 16 | 16 | 16 | 19 | 165 | | | | | |
| Russell, Janieve (JAM) (1993) | 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 | 16 | 17 | 17 | 17 | 20 | 170 | | | | | |
| Lehikoinen, Viivi (FIN) (1999) | 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 | 16 | 16 | 16 | 17 | 18 | 18 | 21 | 190 | | | | |
| Ennadi, Noura (MAR) (1999) | 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 | 17 | 17 | 17 | 20.2 | 169.2 | | | | | |
| Knight, Jessie (GBR) (1994) | 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 | 16 | 16 | 16 | 16 | 19.5 | 164.5 | | | | |

2023 Prefontaine Classic (Eugene, OR)

FINAL

date 17-Sep-23

Omega Timing (2023) - diamond league race analysis

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Boi, Femke (NED) (2000) | 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 | 15 | 15 | 15 | 18.2 | 169.2 | | | | |
| Little, Shamier (USA) (1995) | 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 | 16 | 16 | 20 | 178 | | | | |
| Clayton, Rushell (JAM) (199) | 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 | 15 | 16 | 16 | 16 | 16 | 19 | 176 | | | | |
| Russell, Janieve (JAM) (1993) | time | 6.30 | 10.42 | 14.57 | 18.74 | 23.10 | | 27.69 | 32.48 | 37.37 | 42.27 | 47.41 | | 53.60 | 3 / 4 | | | |
| | 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 | | | 12.44 | 13.74 | 14.93 |
| | 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 | | 8.44 | 7.64 | 7.03 |
| | H1 lead leg | R | strides | 23 | 15 | | 15 | 15 | 16 | 16 | 16 | 16 | 20 | 152 | | | | |
| Cockrell, Anna (USA) (1997) | 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 | | | | | |
| Folorunso, Ayomide (ITA) (1) | 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 | 16 | 16 | 16 | 16 | | | 132 | | | | | |

| | | | | | | | | | | | | | | | | | |
|------------------------------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|
| Woodruff, Gianna (PAN) (19 | time | 6.39 | 10.53 | 14.84 | 19.27 | 23.82 | 28.51 | 33.42 | 38.45 | 43.52 | 48.79 | | 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 | | | | |
| Ryzhykova, Anna (UKR) (19 | 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 | | 95 | | | | |
| Tkachuk, Viktoriya (UKR) (1 | 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 | 16 | 16 | | | | 129 | | | | |

2023 Memorial van Damme (Brussels, BEL)**FINAL**

date 08-Sep-23

Omega Timing (2023) - diamond league race analysis

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Bo, Femke (NED) (2000) | 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 | | | | |
| Russell, Janieve (JAM) (1993) | time | 6.33 | 10.42 | 14.55 | 18.78 | 23.14 | 27.72 | 32.46 | 37.21 | 42.24 | 47.56 | | 53.80 | 7 / 2 | | | | |
| 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 | | | 12.45 | 13.68 | 15.10 | |
| | 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 | | 8.43 | 7.68 | 6.95 | |
| H1 lead leg | R | strides | 23 | 15 | 15 | | 16 | 16 | 16 | 16 | 17 | 20 | 154 | | | | | |
| Clayton, Rushell (JAM) (199 | 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 | 19.5 | 175.5 | | | | | |
| Cockrell, Anna (USA) (1997) | 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 | | | | | |
| Folorunso, Ayomide (ITA) (1 | 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 | | | | | |
| Knight, Andrenette (JAM) (1 | 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 | 13.69 | 15.98 | |
| | 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 | 7.67 | 6.57 | |
| H1 lead leg | R | strides | 24 | 15 | 15 | | 16 | 16 | 16 | 17 | 17 | 20.2 | 156.2 | | | | | |
| Claes, Hanne (BEL) (1991) | 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 | 16 | 16 | 17 | 17 | 21 | 185 | | | | | |
| Tkachuk, Viktoriya (UKR) (1 | 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 | | | | | |

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

date 04-Sep-23

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Bo, Femke (NED) (2000) | 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 | 18.2 | 169.2 | | | | | |
| Little, Shamier (USA) (1995) | 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 | | | | | |

2023 Xiamen Diamond League (Xiamen, CHN)**FINAL**

date 02-Sep-23

Omega Timing (2023) - diamond league race analysis

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Clayton, Rushell (JAM) (199 | 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 | 15 | 16 | 16 | 16 | 19.2 | 179.2 | | | | |
| Knight, Andrenette (JAM) | (1 | 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 | 13.78 | 15.43 |
| | | 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 |
| H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 15 | | 16 | 16 | 17 | 17 | 17 | 20 | 186 | | | | |
| Russell, Janieve (JAM) | (1993 | time | 6.31 | 10.37 | 14.49 | 18.71 | 23.06 | | 27.63 | 32.41 | 37.36 | 42.41 | 47.61 | | 54.01 | 6 / 3 | | | |
| 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 | | | 12.40 | 13.70 | 15.20 |
| | | 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 | | 8.47 | 7.66 | 6.91 |
| H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 15 | | 16 | 16 | 16 | 16 | 17 | 20 | 184 | | | | |
| Folorunso, Ayomide (ITA) | (1 | 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 | | | | |
| Ryzhykova, Anna (UKR) | (19 | 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 | | | | |
| Cockrell, Anna (USA) | (1997) | 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 | | | | |
| Tkachuk, Viktoriya (UKR) | (19 | 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 | | | | | |
| Lehikoinen, Viivi (FIN) | (1999) | 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 | | | | | |
| Woodruff, Gianna (PAN) | (19 | time | 6.40 | 10.40 | 14.62 | 18.99 | 23.53 | | 28.20 | 33.04 | 38.11 | 43.49 | 48.85 | | 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 | | | | | |

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

FINAL

date 24-Aug-23

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-in | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------|--------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Bo, Femke (NED) | (2000) | 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 | | | | |
| Little, Shamier (USA) | (1995) | 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 | | | | |
| Clayton, Rushell (JAM) | (199 | 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 | | | | |
| Adekoya, Kemi (BRN) | (1993) | 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 | | | | |
| Cockrell, Anna (USA) | (1997) | 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 | | | | |
| Folorunso, Ayomide (ITA) | (1 | 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 | | | | |
| Russell, Janieve (JAM) | (1993) | time | 6.34 | 10.44 | 14.54 | 18.55 | 22.79 | | 27.29 | 32.00 | | 42.21 | 47.78 | | 54.28 | 3 / 7 | | | |
| reaction time | 0.152 | interval | | 4.10 | 4.10 | 4.01 | 4.24 | | 4.50 | 4.71 | | 10.21 | 5.57 | 6.50 | | | 12.21 | 13.45 | 15.78 |
| | | velocity | 7.10 | 8.54 | 8.54 | 8.73 | 8.25 | | 7.78 | 7.43 | | 6.86 | 6.28 | 6.15 | 7.37 | | 8.60 | 7.81 | 6.65 |

| | | | | | | | | | | | | |
|-------------|---|---------|----|----|----|----|----|----|--|----|------|-------|
| H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 15 | 16 | | 17 | 20.5 | 136.5 |
|-------------|---|---------|----|----|----|----|----|----|--|----|------|-------|

| | | | | | | | | | | | | | | | | | | | |
|---------------------------------|-------|----------|------|-------|-------|-------|-------|----|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|
| Knight, Andrenette (JAM) | (1 | 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 3

date 22-Aug-23

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Little, Shamier (USA) (1995) | 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 | 15 | 16 | 16 | 19.2 | 179.2 | | | | |
| Adekoya, Kemi (BRN) (1993) | 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 | | | | | |
| Russell, Janieve (JAM) (1993) | time | | 6.37 | 10.48 | 14.58 | 18.86 | 23.22 | | 32.43 | 37.27 | 42.32 | 47.59 | | | 53.69 | 7 / 3 | | | |
| reaction time | 0.180 | interval | | 4.11 | 4.10 | 4.28 | 4.36 | | 9.21 | 4.84 | 5.05 | 5.27 | 6.10 | | | | 12.49 | 13.57 | 15.16 |
| | | velocity | 7.06 | 8.52 | 8.54 | 8.18 | 8.03 | | 7.60 | 7.23 | 6.93 | 6.64 | 6.56 | 7.45 | | | 8.41 | 7.74 | 6.93 |
| H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 15 | | | 16 | 17 | 17 | 20 | 153 | | | | | |
| Folorunso, Ayomide (ITA) (1991) | 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 | | | | | |
| Peeters, Cathelijn (NED) (1991) | 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 | | 9.64 | 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 | | | | | |
| Sutherland, Savannah (CAN) (1991) | time | | 6.57 | 10.77 | 15.08 | 19.42 | 23.86 | | | 38.20 | 43.41 | 48.88 | | | 54.99 | 2 / 6 | | | |
| reaction time | 0.214 | interval | | 4.20 | 4.31 | 4.34 | 4.44 | | | 14.34 | 5.21 | 5.47 | 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 | | | 8.17 | | |
| H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 15 | | | 16 | 17 | 20 | 136 | | | | | | |
| Claes, Hanne (BEL) (1991) | time | | 6.34 | 10.34 | 14.48 | 18.72 | 23.15 | | 27.91 | 32.84 | | 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 | | 10.67 | 5.74 | 6.81 | | | 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 | | | | |
| Demes, Eileen (GER) (1997) | 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 | | | | | |

Semi-Final 2

date 22-Aug-23

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Bol, Femke (NED) (2000) | 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 | | | | |
| Knight, Andrenette (JAM) (1991) | 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 | | | | |
| Muhammad, Dalilah (USA) (1991) | 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 | 6.65 |
| H1 lead leg | R | strides | 22 | 14 | 14 | 15 | 15 | | 15 | 15 | 15 | 16 | 16 | 19.7 | 176.7 | | | | |
| Ryzhykova, Anna (UKR) (1991) | 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 | | | | |
| Krafzik, Carolina (GER) (1991) | time | | 6.33 | 10.44 | 14.48 | 18.58 | 22.95 | | 27.66 | 32.56 | 37.67 | 42.93 | 48.35 | | 54.58 | 5 / 5 | | | |
| reaction time | 0.192 | interval | | 4.11 | 4.04 | 4.10 | 4.37 | | 4.71 | 4.90 | 5.11 | 5.26 | 5.42 | 6.23 | | | 12.25 | 13.98 | 15.79 |
| | | velocity | 7.11 | 8.52 | 8.66 | 8.54 | 8.01 | | 7.43 | 7.14 | 6.85 | 6.65 | 6.46 | 6.42 | 7.33 | | 8.57 | 7.51 | 6.65 |
| H1 lead leg | L | strides | 23 | 15 | 15 | 15 | 15 | | 17 | 17 | 17 | 17 | 17 | 21.7 | 189.7 | | | | |
| Jichová, Nikoleta (CZE) (2000) | 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 | | | | |
| Kloster, Line (NOR) (1990) | 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 | | | | |
| van der Walt, Zenéy (RSA) (2019) | 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 | 6.74 |
| H1 lead leg | L | strides | 23 | 15 | 15 | 15 | 15 | | 16 | | 16 | 19.5 | 134.5 | | | | |

Semi-Final 1

date 22-Aug-23

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-in | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|----------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Clayton, Rushell (JAM) (1999) | 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 | | | 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 | | | |
| Cockrell, Anna (USA) (1997) | 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 | | 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 | | | |
| Lehikoinen, Viivi (FIN) (1999) | 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 | | | |
| Knight, Jessie (GBR) (1994) | 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 | | | | |
| Woodruff, Gianna (PAN) (1999) | time | 6.44 | 10.57 | 14.68 | 18.86 | 23.29 | | 27.92 | 32.70 | 37.73 | | 48.41 | | 54.71 | 9 / 5 | | | |
| reaction time | 0.208 | interval | | 4.13 | 4.11 | 4.18 | 4.43 | | 4.63 | 4.78 | 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 | | | | | |
| Ennadi, Noura (MAR) (1999) | 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 | | | | | |
| Tkachuk, Viktoriya (UKR) (1999) | 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 | | | | |
| Sartori, Rebecca (ITA) (1997) | 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 5

date 21-Aug-23

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

| | | | | | | | | | | | | | | | | | | |
|---------------------------------------|----------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Knight, Jessie (GBR) (1994) | 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 | | | |
| Little, Shamier (USA) (1995) | 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 | | | |
| Ryzhykova, Anna (UKR) (1999) | 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 | | | |
| Jichová, Nikoleta (CZE) (2001) | 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 | | | | |
| Ennadi, Noura (MAR) (1999) | 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 | | | | |

Heat 4

date 21-Aug-23

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|----------|------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Boi, Femke (NED) (2000) | time | | 6.27 | 10.43 | 14.50 | 18.43 | 22.70 | | 27.23 | 31.90 | 36.76 | 41.80 | 47.00 | | 53.39 | 4 / 1 | | | |
| | reaction time | 0.206 | | interval | | | | | 4.53 | 4.67 | 4.86 | 5.04 | 5.20 | 6.39 | | | 12.16 | 13.47 | 15.10 |
| | | velocity | | | | | | | 7.73 | 7.49 | 7.20 | 6.94 | 6.73 | 6.26 | 7.49 | | 8.63 | 7.80 | 6.95 |
| | H1 lead leg | L | 22 | 14 | 14 | 14 | 14 | | 15 | 15 | 15 | 15 | 15 | 18.5 | 171.5 | | | | |
| Tkachuk, Viktoriya (UKR) (1991) | 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 | | | | | 28.40 | 4.86 | 5.10 | 5.20 | 5.47 | 6.02 | | | 12.86 | 14.03 | 15.77 |
| | | velocity | | | | | | | 1.23 | 7.20 | 6.86 | 6.73 | 6.40 | 6.64 | 7.27 | | 8.16 | 7.48 | 6.66 |
| | H1 lead leg | L | 22 | 15 | 15 | 15 | 15 | | 15 | 16 | 16 | 16 | 17 | 20 | 182 | | | | |
| Claes, Hanne (BEL) (1991) | time | | 6.43 | 10.76 | 15.16 | 19.43 | 23.96 | | | | 38.64 | 43.86 | 49.16 | | 55.13 | 1 / 3 | | | |
| | reaction time | 0.193 | | interval | | | | | | | 14.68 | 5.22 | 5.30 | 5.97 | | | 13.00 | | |
| | | velocity | | | | | | | | | 7.15 | 6.70 | 6.60 | 6.70 | 7.26 | | 8.08 | | |
| | H1 lead leg | R | 23 | 15 | 15 | 15 | | 15 | | | | 17 | 17 | 20.5 | 137.5 | | | | |
| Kloster, Line (NOR) (1990) | 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 | | | | | 4.70 | 4.80 | 5.07 | 5.43 | 5.50 | 6.27 | | | 12.67 | 14.03 | 16.00 |
| | | velocity | | | | | | | 7.45 | 7.29 | 6.90 | 6.45 | 6.36 | 6.38 | 7.24 | | 8.29 | 7.48 | 6.56 |
| | H1 lead leg | R | 22 | 14 | 14 | 15 | 15 | | 15 | 15 | 15 | 16 | 16 | 19.5 | 176.5 | | | | |
| Demes, Eileen (GER) (1997) | 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 | | | | | 4.64 | 4.80 | 5.06 | 5.24 | 5.64 | 6.35 | PB | | 12.56 | 13.94 | 15.94 |
| | | velocity | | | | | | | 7.54 | 7.29 | 6.92 | 6.68 | 6.21 | 6.30 | 7.23 | | 8.36 | 7.53 | 6.59 |
| | H1 lead leg | R | 22 | 14 | 14 | 14 | 15 | | 15 | 15 | 16 | 16 | 17 | 20 | 178 | | | | |

Heat 3

date 21-Aug-23

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|---------------|----------|------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Adekoya, Kemi (BRN) (1993) | 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 | | | | | 4.57 | 4.60 | 4.83 | 5.27 | 5.38 | 6.18 | AR | | 11.97 | 13.53 | 15.48 |
| | | velocity | | | | | | | 7.66 | 7.61 | 7.25 | 6.64 | 6.51 | 6.47 | 7.47 | | 8.77 | 7.76 | 6.78 |
| | H1 lead leg | R | 23 | 15 | 15 | 15 | 15 | | 15 | 15 | 16 | 17 | 17 | 19.5 | 182.5 | | | | |
| Knight, Andrenette (JAM) (1987) | 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 | | | | | 4.66 | 4.82 | 4.98 | 5.27 | 5.37 | 6.61 | | | 11.93 | 13.85 | 15.62 |
| | | velocity | | | | | | | 7.51 | 7.26 | 7.03 | 6.64 | 6.52 | 6.05 | 7.38 | | 8.80 | 7.58 | 6.72 |
| | H1 lead leg | R | 23 | 15 | 15 | 15 | 15 | | 16 | 16 | 16 | 17 | 16 | 20 | 184 | | | | |
| Folorunso, Ayomide (ITA) (1991) | 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 | | | | | 4.67 | 4.77 | 4.83 | 5.10 | 5.24 | 6.33 | | | 12.47 | 13.90 | 15.17 |
| | | velocity | | | | | | | 7.49 | 7.34 | 7.25 | 6.86 | 6.68 | 6.32 | 7.37 | | 8.42 | 7.55 | 6.92 |
| | H1 lead leg | L | 23 | 15 | 15 | 15 | 16 | | 16 | 16 | 16 | 16 | 17 | 20.2 | 185.2 | | | | |
| Peeters, Cathelijn (NED) (1991) | 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 | | | | | 4.60 | | 10.17 | 5.40 | 5.43 | 6.12 | | | 12.20 | | |
| | | velocity | | | | | | | 7.61 | | 6.88 | 6.48 | 6.45 | 6.54 | 7.28 | | 8.61 | | |
| | H1 lead leg | R | 22 | 15 | 15 | | 15 | | 155 | | 16 | 17 | 17 | 19.7 | 291.7 | | | | |
| van der Walt, Zenéy (RSA) (2000) | 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 | | | | | 4.67 | 4.77 | 4.96 | 5.31 | 5.29 | 6.25 | | | 12.79 | 14.03 | 15.56 |
| | | velocity | | | | | | | 7.49 | 7.34 | 7.06 | 6.59 | 6.62 | 6.40 | 7.25 | | 8.21 | 7.48 | 6.75 |
| | H1 lead leg | L | 23 | 15 | 15 | 15 | 15 | | 15 | 15 | 16 | 16 | 16 | 19.2 | 180.2 | | | | |

Heat 2

date 21-Aug-23

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|----------|------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Russell, Janieve (JAM) (1993) | time | | 6.47 | 10.73 | 14.93 | 19.03 | 23.43 | | 28.13 | 32.93 | 37.83 | 42.86 | 48.20 | | 54.53 | 4 / 1 | | | |
| | reaction time | 0.164 | | interval | | | | | 4.70 | 4.80 | 4.90 | 5.03 | 5.34 | 6.33 | | | 12.56 | 13.90 | 15.27 |
| | | velocity | | | | | | | 7.45 | 7.29 | 7.14 | 6.96 | 6.55 | 6.32 | 7.34 | | 8.36 | 7.55 | 6.88 |
| | H1 lead leg | R | 23 | 15 | 15 | 15 | 15 | | 16 | 16 | 16 | 16 | 17 | 20 | 184 | | | | |
| Cockrell, Anna (USA) (1997) | 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 | | | | | 4.67 | 4.83 | 5.00 | 5.23 | 5.40 | 6.22 | | | 12.42 | 14.08 | 15.63 |
| | | velocity | | | | | | | 7.49 | 7.25 | 7.00 | 6.69 | 6.48 | 6.43 | 7.32 | | 8.45 | 7.46 | 6.72 |
| | H1 lead leg | R | 22 | 14 | 14 | 15 | 15 | | 15 | 15 | 15 | 16 | 16 | 19.2 | 176.2 | | | | |
| Woodruff, Gianna (PAN) (1991) | time | | 6.46 | 10.80 | 15.00 | 19.23 | 23.80 | | 28.50 | 33.40 | 38.37 | 43.60 | 49.03 | | 55.31 | 2 / 3 | | | |
| | reaction time | 0.171 | | interval | | | | | 4.70 | 4.90 | 4.97 | 5.23 | 5.43 | 6.28 | | | 12.77 | 14.17 | 15.63 |
| | | velocity | | | | | | | 7.45 | 7.14 | 7.04 | 6.69 | 6.45 | 6.37 | 7.23 | | 8.22 | 7.41 | 6.72 |
| | H1 lead leg | L | 22 | 15 | 15 | 15 | 15 | | 15 | 16 | 16 | 17 | 17 | 19.7 | 182.7 | | | | |
| Sutherland, Savannah (CAN) (1997) | time | | 6.80 | 11.26 | 15.63 | 19.93 | 24.43 | | 29.23 | 34.20 | 39.23 | 44.57 | 50.00 | | 55.85 | 5 / 4 | | | |
| | reaction time | 0.227 | | interval | | | | | 4.80 | 4.97 | 5.03 | 5.34 | 5.43 | 5.85 | | | 13.13 | 14.27 | 15.80 |
| | | velocity | | | | | | | 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

Heat 1

date 21-Aug-23

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Clayton, Rushell (JAM) (199) | time | 6.20 | 10.20 | 14.40 | 18.50 | 22.63 | | 27.16 | 31.86 | 36.87 | 42.10 | 47.63 | | 53.97 | 3 / 1 | | | |
| | reaction time | 0.156 | interval | 4.00 | 4.20 | 4.10 | | 4.53 | 4.70 | 5.01 | 5.23 | 5.53 | 6.34 | | | 12.30 | 13.36 | 15.77 |
| | velocity | 7.26 | 8.75 | 8.33 | 8.54 | 8.47 | | 7.73 | 7.45 | 6.99 | 6.69 | 6.33 | 6.31 | 7.41 | | 8.54 | 7.86 | 6.66 |
| | H1 lead leg | L | strides | 22 | 14 | 14 | 14 | 15 | 15 | 16 | 16 | 17 | 19.7 | 176.7 | | | | |
| Muhammad, Dalilah (USA) (199) | 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 | | 4.57 | 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 | 6.80 |
| | H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 19 | 178 | | | | |
| Krafzik, Carolina (GER) (199) | time | 6.10 | 10.00 | 14.17 | 18.30 | 22.57 | | 27.36 | 32.36 | 37.36 | 42.60 | 48.00 | | 54.53 | 8 / 3 | | | |
| | reaction time | 0.190 | interval | 3.90 | 4.17 | 4.13 | | 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 | 17 | 17 | 17 | 17 | 17 | 21.7 | 172.7 | | | | |
| Lehikoinen, Viivi (FIN) (1999) | 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 | | | 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 | 16 | 17 | 17 | 20 | 154 | | | | |
| Sartori, Rebecca (ITA) (1997) | 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 | | 4.76 | 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 | 16 | 16 | 16 | 16 | 17 | 19.7 | 182.7 | | | | |

2023 Japanese National High School Championships (Sapporo, JPN)

FINAL

date 04-Aug-23

Takashima (2023) - national high school sports festival - biomechanics data

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Takino, Mirai (JPN) | 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 | | 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 | 21 | 190 | | | | |
| Chiba, Shiori (JPN) | 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 | | 4.95 | 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 | 17 | 17 | 17 | 22 | 192 | | | | |
| 志水 芹菜 | time | 6.86 | 11.34 | 16.03 | 20.82 | 25.69 | | 30.73 | 35.99 | 41.32 | 46.96 | 53.04 | | 59.74 | 6 / 3 | | | |
| | reaction time | 0.334 | interval | 4.48 | 4.69 | 4.79 | | 5.04 | 5.26 | 5.33 | 5.64 | 6.08 | 6.70 | | | 13.96 | 15.17 | 17.05 |
| | velocity | 6.56 | 7.81 | 7.46 | 7.31 | 7.19 | | 6.94 | 6.65 | 6.57 | 6.21 | 5.76 | 5.97 | 6.70 | | 7.52 | 6.92 | 6.16 |
| | H1 lead leg | | strides | 23 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 19 | 22 | 200 | | | | |
| Tsukuda, Huayue (JPN) | 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 | | 5.24 | 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 | 22 | 198 | | | | |
| Harada, Emily (JPN) | 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 | | 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 | 18 | 18 | 19 | 19 | 24 | 206 | | | | |
| Fuho, Saeki (JPN) | 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 | | 5.17 | 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 | 19 | 19 | 19 | 23 | 178 | | | | |
| Ishihara, Ryoka (JPN) | time | 6.87 | 11.39 | 16.08 | 20.90 | 25.91 | | 31.13 | 36.79 | 42.53 | 48.47 | 54.52 | | 60.99 | 3 / 7 | | | |
| | reaction time | 0.255 | interval | 4.52 | 4.69 | 4.82 | | 5.22 | 5.66 | 5.74 | 5.94 | 6.05 | 6.47 | | | 14.03 | 15.89 | 17.73 |
| | velocity | 6.55 | 7.74 | 7.46 | 7.26 | 6.99 | | 6.70 | 6.18 | 6.10 | 5.89 | 5.79 | 6.18 | 6.56 | | 7.48 | 6.61 | 5.92 |
| | H1 lead leg | | strides | 24 | 17 | 17 | 17 | 17 | 19 | 19 | 19 | 19 | 23 | 208 | | | | |
| Suezaki, Nanami (JPN) | time | 6.81 | 11.29 | 15.95 | 20.72 | 25.66 | | 30.80 | 36.34 | 42.18 | 48.18 | 54.42 | | 61.38 | 2 / 8 | | | |
| | reaction time | 0.209 | interval | 4.48 | 4.66 | 4.77 | | 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 | 5.75 | 6.52 | | 7.55 | 6.72 | 5.81 |
| | H1 lead leg | | strides | 22 | 16 | 16 | 16 | 16 | 17 | 18 | 18 | 18 | 22 | 195 | | | | |

2023 London Athletics Meet (London, GBR)

FINAL

date 23-Jul-23

Omega Timing (2023) - diamond league race analysis

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Boi, Femke (NED) (2000) | time | 6.25 | 10.26 | 14.30 | 18.43 | 22.65 | | 27.05 | 31.58 | 36.26 | 41.09 | 45.88 | | 51.45 | 6 / 1 | | | |
| | reaction time | 0.187 | interval | 4.01 | 4.04 | 4.13 | | 4.40 | 4.53 | 4.68 | 4.83 | 4.79 | 5.57 | AR PB | | 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 | 14 | 15 | 15 | 15 | 19 | 170 | | | | |
| Russell, Janieve (JAM) (1993) | time | | 6.33 | 10.46 | 14.62 | 18.91 | 23.27 | | 27.85 | 32.60 | 37.40 | 42.33 | 47.49 | | 53.75 | 5 / 2 | | | |
| 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 | | | 12.58 | 13.69 | 14.89 |
| | | 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 | | 8.35 | 7.67 | 7.05 |
| H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 15 | | 16 | 16 | 16 | 16 | 17 | 20 | 184 | | | | |
| Little, Shamier (USA) (1995) | 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 | | | | |
| Clayton, Rushell (JAM) (199) | 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 | | | | |
| Knight, Jessie (GBR) (1994) | 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 | | | | | |
| Tkachuk, Viktoriya (UKR) (19 | 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 | | | | |
| Ryzhykova, Anna (UKR) (199 | 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 | | | | |
| Woodruff, Gianna (PAN) (199 | 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 | | | | | |

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

FINAL

date 09-Jul-23

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Little, Shamier (USA) (1995) | 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 | 16 | 20.2 | 182.2 | | | | |
| Muhammad, Dalilah (USA) (200 | 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 | 6.96 |
| H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 16 | 16 | 19.5 | 178.5 | | | | |
| Cockrell, Anna (USA) (1997) | 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 | | | | |
| Bellamy, Shani'a (USA) (200 | 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 | | | 15 | | 16 | | 114 | | | | | |
| Tate, Cassandra (USA) (1990) | 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 | 15 | | | 125 | | | | | |
| Hoffman, Lauren (USA) (199 | time | | 6.54 | 10.64 | 14.95 | 19.42 | 23.99 | | 28.73 | 33.66 | 38.77 | | | | 56.13 | 8 / 6 | | | |
| reaction time | | interval | | 4.10 | 4.31 | 4.47 | 4.57 | | 4.74 | 4.93 | 5.11 | | | 17.36 | | | 12.88 | 14.24 | |
| | | velocity | 6.88 | 8.54 | 8.12 | 7.83 | 7.66 | | 7.38 | 7.10 | 6.85 | | | 6.05 | 7.13 | | 8.15 | 7.37 | |
| H1 lead leg | L | strides | 23 | 15 | 15 | 16 | 16 | | 16 | 18 | 18 | | | 137 | | | | | |
| Langley-Walker, Madison (U | 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 | | | | | |
| Barber, Kaila (USA) (1993) | time | | 6.44 | 10.64 | 15.05 | 19.65 | 24.32 | | 29.26 | | 39.57 | | | | 57.51 | 1 / 8 | | | |
| reaction time | | interval | | 4.20 | 4.41 | 4.60 | 4.67 | | 4.94 | | 10.31 | | | 17.94 | | | 13.21 | | |
| | | velocity | 6.99 | 8.33 | 7.94 | 7.61 | 7.49 | | 7.09 | | 6.79 | | | 5.85 | 6.96 | | 7.95 | | |

H1 lead leg R strides 23 15 15 15 15 17 100

2023 Bauhaus Galan (Stockholm, SWE)

National FINAL

date 02-Jul-23

Omega Timing (2023) - diamond league race analysis

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Krafzik, Carolina (GER) (199) | 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 | | | | | | | | | | | | | | | |
| Granat, Moa (SWE) (2004) | 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 | | | | | | | | | | | | | | | |
| Zupin, Agata (SLO) (1998) | 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 | | | | | | | | | | | | | | | |
| Korzuch, Julia (POL) (1995) | 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 | | | | | | | | | | | | | | | |
| Karlsson, Hanna (SWE) (200) | 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 | | | | | | | | | | | | | | | |
| Svantesson, Ebba (SWE) (19) | time | 6.70 | 11.32 | 16.01 | 20.76 | 25.75 | | 31.01 | 36.48 | 42.17 | 48.06 | 54.20 | | 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 | | | | | | | | | | | | | | | |
| Landin, Tyra (SWE) (2002) | 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 | 0.174 | 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 | 5.92 |
| | H1 lead leg | | strides | | | | | | | | | | | | | | | |
| Sund, Maja (SWE) (2001) | time | 7.12 | 11.99 | 17.00 | 22.12 | 27.33 | | 32.79 | 38.49 | 44.26 | 50.42 | 56.44 | | 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 | 5.84 | 6.32 | | 7.00 | 6.41 | 5.85 |
| | H1 lead leg | | strides | | | | | | | | | | | | | | | |

2023 Athletissima (Lausanne, SUI)

FINAL

date 30-Jun-23

Omega Timing (2023) - diamond league race analysis

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Bol, Femke (NED) (2000) | time | 6.14 | 10.09 | 14.11 | 18.16 | 22.38 | | 26.76 | 31.43 | 36.35 | 41.36 | 46.61 | | 52.76 | 5 / 1 | | | |
| | 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 | | | 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 | 15 | 15 | 15 | 19.7 | 170.7 | | | | |
| Lehikoinen, Viivi (FIN) (1999) | 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 | | | | |
| Folorunso, Ayomide (ITA) (19) | 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 | | | | |
| Knight, Jessie (GBR) (1994) | 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 | 16 | 19 | 131 | | | | |
| Ryzhykova, Anna (UKR) (19) | 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 | 16 | 19.5 | 130.5 | | | | |
| Tkachuk, Viktoriya (UKR) (19) | 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 | 16 | 18 | 17 | 21 | 169 | | | | |

| | | | | | | | | | | | | | | | | | | |
|--------------------------------------|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|
| Nielsen, Lina (GBR) (1996) | 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 | 15 | 16 | 16 | | 114 | | | | |
| Woodruff, Gianna (PAN) (1996) | 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 | | | | |

2023 Bislett Games (Oslo, NOR)**FINAL**

date 15-Jun-23

Omega Timing (2023) - diamond league race analysis

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Boi, Femke (NED) (2000) | time | 6.29 | 10.36 | 14.52 | 18.74 | 23.05 | | 27.48 | 32.11 | 36.92 | 41.78 | 46.69 | | 52.30 | 5 / 1 | | | |
| | 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 | | | 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 | 7.65 | | 8.43 | 7.85 | 7.20 |
| | H1 lead leg | L | strides | 22 | 14 | 14 | 14 | 14 | 14 | 14 | 15 | 15 | 18.5 | 169.5 | | | | |
| Clayton, Rushell (JAM) (1999) | 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 | 20 | 178 | | | | |
| Woodruff, Gianna (PAN) (1996) | 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 | 6.63 | 7.34 | | 8.21 | 7.52 | 6.85 |
| | H1 lead leg | L | strides | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 19 | 180 | | | | |
| Russell, Janieve (JAM) (1993) | time | 6.39 | 10.53 | 14.73 | 19.08 | 23.55 | | 28.27 | 33.05 | 38.08 | 43.27 | 48.56 | | 54.91 | 3 / 4 | | | |
| | 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 | | | 12.69 | 13.97 | 15.51 |
| | | | 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 | 8.27 | 7.52 | 6.77 |
| | H1 lead leg | L | strides | 23 | 15 | 15 | 15 | 15 | 16 | 16 | 16 | 17 | 20 | 185 | | | | |
| Hall, Anna (USA) (2001) | 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 | | | | |
| Tkachuk, Viktoriya (UKR) (1996) | 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 | | | | |
| Ryzhykova, Anna (UKR) (1996) | 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 | | | | |
| Kloster, Line (NOR) (1990) | 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 | | | | |

2023 NCAA Championships (Austin, TX) (TV Analysis)**FINAL**

date 10-Jun-23

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Sutherland, Savannah (CAN) (2000) | time | 6.54 | 10.77 | 15.11 | 19.48 | 23.95 | | 28.63 | 33.43 | 38.40 | 43.54 | 48.65 | | 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 | | | | |
| Russell, Masai (USA) (2000) | 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 | 21 | 192 | | | | |
| Pickett, Chastity (USA) (2000) | 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 | 18.2 | 171.2 | | | | |
| Overholt, Brooke (CAN) (2000) | time | 6.50 | 10.67 | 14.98 | 19.48 | 24.12 | | 28.96 | 33.90 | 39.00 | 44.21 | 49.52 | | 55.50 | 4 / 4 | | | |
| | reaction time | | interval | 4.17 | 4.31 | 4.50 | 4.64 | 4.84 | 4.94 | 5.10 | 5.21 | 5.31 | 5.98 | PB | | 12.98 | 14.42 | 15.62 |
| | | | velocity | 6.92 | 8.39 | 8.12 | 7.78 | 7.54 | 7.23 | 7.09 | 6.86 | 6.72 | 6.59 | 6.69 | 7.21 | 8.09 | 7.28 | 6.72 |
| | H1 lead leg | L | strides | 24 | 15 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 20 | 187 | | | | |
| Bellamy, Shani'a (USA) (2000) | 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 | 15 | 16 | 16 | 16 | 16 | 18.5 | 178.5 | | | | |
| Graham, Lashanna (JAM) (21 | 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 | | | | |
| Wilson, Britton (USA) (2000) | 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 | | 162 | | | | |
| Glynn, Abbey (USA) (2001) | 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 | 6.74 |
| H1 lead leg | L | strides | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 17 | 17 | | 161 | | | | |
| Townsend, Sydni (USA) (20 | 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 | | | | |

2023 Japanese National Championships (Osaka, JPN)

FINAL

date 04-Jun-23

Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|----------------|---------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Yamamoto, Ami (JPN) (2002) | 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 | | | | |
| Utsunomiya, Eri (JPN) (1993) | 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 | | | | |
| Umehara, Satsuki (JPN) (199 | 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 | | | | | |
| Aoki, Honoka (JPN) (2001) | 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 | | | | |
| Kudo, Mei (JPN) (2002) | 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 | | | | | |
| Matsuoka, Moe (JPN) (2003) | 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 | | | | | |
| Minamisawa, Akane (JPN) (1 | 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 |
| | 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 |
| H1 lead leg | L | strides | 23 | 15 | 15 | 16 | 16 | 16 | 17 | 17 | 17 | 18 | 169 | | | | | |
| Ibrahim, Ayesya (JPN) (1998) | 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 | 162 | | | | | |

2023 Japanese U20 National Championships (Osaka, JPN)

FINAL

date 04-Jun-23

Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|----------------|---------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Hiraki, Haru (JPN) (2005) | 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 | | | | |
| Simizu, Serina (JPN) (2005) | 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 | | | | |

| | | | | | | | | | | | | | | | | |
|---------------------------------------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-----------|-------|-------|-------|-------|
| Tsukamoto, Moeno (JPN) (2 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 | | | | |
| Ogasawara, Arisa (JPN) (200 | 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 | 15.50 | 16.85 |
| 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 | 6.77 | 6.23 |
| H1 lead leg L strides | 24 | 16 | 16 | 16 | 16 | 17 | 17 | 18 | 18 | 18 | 21.7 | 197.7 | | | | |
| Wasada, Mahiro (JPN) (2004 | 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 | | | | |
| Nakasima, Sayaku (JPN) (200 | 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 | | | | |
| Sauka, Satsuki (JPN) (2005) | 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 | | | | |
| Natsume, Saaya (JPN) (2004) | 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 | | | | |

2023 Golden Gala Pietro Mennea (Firenze, ITA)

FINAL

date 02-Jun-23

Omega Timing (2023) - diamond league race analysis

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----------|---------------|--------------|-------|-------|--------|
| Boi, Femke (NED) (2000) | time | 6.27 | 10.35 | 14.48 | 18.63 | 22.90 | 27.28 | 31.96 | 36.76 | 41.63 | 46.64 | | 52.43 | 6 / 1 | | | | |
| 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 | | | 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 | | | | | |
| Little, Shamier (USA) (1995) | 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 | 15 | 16 | 19.2 | 178.2 | | | | | |
| Hall, Anna (USA) (2001) | 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 | | | | | |
| Woodruff, Gianna (PAN) (19 | 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 | | | | | |
| Tkachuk, Viktoriya (UKR) (19 | 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 | 16 | 17 | 17 | 20.2 | 328.2 | | | | | |
| Clayton, Rushell (JAM) (199 | 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 | | | | | |
| Folorunso, Ayomide (ITA) (19 | 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 | | | | | |
| Ryzhykova, Anna (UKR) (19 | 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 | | | | | |

2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)

FINAL

date 28-May-23

Omega Timing (2023) - diamond league race analysis

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|--------|---------------|--------------|-------|-------|--------|
| Little, Shamier (USA) (1995) | 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 | | | | |
| Clayton, Rushell (JAM) (1999) | 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 | | | |
| Salmon, Shiaan (JAM) (1999) | 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 | | | |
| Russell, Janieve (JAM) (1993) | time | 6.41 | 10.62 | 14.90 | 19.33 | 23.88 | 28.56 | 33.51 | 38.63 | 43.85 | 49.12 | 55.41 | 7 / 4 | | | | |
| 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 | 12.92 | 14.18 | 15.61 | | |
| | | 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 | 8.13 | 7.40 | 6.73 |
| H1 lead leg | L | strides | 23 | 15 | 15 | 15 | 15 | 16 | 16 | | | 17 | 20 | 152 | | | |
| Muhammad, Dalilah (USA) (1999) | 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 | 6.68 |
| H1 lead leg | R | strides | 22 | 14 | 14 | 15 | 15 | 15 | 15 | | | 16 | 20 | 146 | | | |
| Woodruff, Gianna (PAN) (1999) | 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 | | | |
| Ennadi, Noura (MAR) (1999) | 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 | | | |
| Ryzhykova, Anna (UKR) (1999) | 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 | | |

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

FINAL

date 27-May-23

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------|----------|---------|-------|-------|-------|-------|-------|-------|-------|----|----|-------|--------|---------------|--------------|-------|-------|--------|
| Bol, Femke (NED) (2000) | time | 6.40 | 10.53 | 14.73 | 19.03 | 23.40 | 27.96 | 32.67 | 37.43 | | | 47.63 | | 53.12 | 6 / 1 | | | |
| reaction time | interval | 4.13 | 4.20 | 4.30 | 4.37 | | 4.56 | 4.71 | 4.76 | | | 10.20 | 5.49 | | | 12.63 | 13.64 | 14.96 |
| | velocity | 7.03 | 8.47 | 8.33 | 8.14 | 8.01 | 7.68 | 7.43 | 7.35 | | | 6.86 | 7.29 | 7.53 | | 8.31 | 7.70 | 7.02 |
| H1 lead leg | L | strides | 22 | 14 | 14 | 14 | 14 | 14 | 15 | | | 16 | 19 | 156 | | | | |

2023 Shimane High School Championships (Izumo, JPN)

FINAL

date 27-May-23

Shimizu (2023) - shimane high school championships 2023 - biomechanics data analysis

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------|----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| 大国 千夏 | time | 7.65 | 12.72 | 18.12 | 23.63 | 29.27 | 35.22 | 41.17 | 47.15 | 53.28 | 59.48 | | 66.09 | 4 / 1 | | | | |
| reaction time | interval | | 5.07 | 5.40 | 5.51 | 5.64 | 5.95 | 5.95 | 5.98 | 6.13 | 6.20 | 6.61 | | | | 15.98 | 17.54 | 18.31 |
| | velocity | 5.88 | 6.90 | 6.48 | 6.35 | 6.21 | 5.88 | 5.88 | 5.85 | 5.71 | 5.65 | 6.05 | 6.05 | 6.05 | | 6.57 | 5.99 | 5.73 |
| H1 lead leg | strides | 27 | 19 | 19 | 19 | 19 | 20 | 20 | 20 | 20 | 20 | 20 | 23.7 | 226.7 | | | | |
| 松井 陽向 | time | 7.50 | 12.75 | 18.15 | 23.68 | 29.47 | 35.55 | 41.62 | 47.90 | 54.67 | 61.37 | | 68.67 | 5 / 2 | | | | |
| reaction time | interval | | 5.25 | 5.40 | 5.53 | 5.79 | 6.08 | 6.07 | 6.28 | 6.77 | 6.70 | 7.30 | | | | 16.18 | 17.94 | 19.75 |
| | velocity | 6.00 | 6.67 | 6.48 | 6.33 | 6.04 | 5.76 | 5.77 | 5.57 | 5.17 | 5.22 | 5.48 | 5.82 | 5.82 | | 6.49 | 5.85 | 5.32 |
| H1 lead leg | strides | 26 | 19 | 19 | 19 | 21 | 21 | 21 | 23 | 23 | 23 | 25.4 | 240.4 | | | | | |
| 吾郷 愛莉 | time | 7.73 | 13.12 | 18.57 | 24.25 | 30.17 | 36.20 | 42.40 | 48.68 | 55.30 | 62.15 | | 69.85 | 3 / 3 | | | | |
| reaction time | interval | | 5.39 | 5.45 | 5.68 | 5.92 | 6.03 | 6.20 | 6.28 | 6.62 | 6.85 | 7.70 | | | | 16.52 | 18.15 | 19.75 |
| | velocity | 5.82 | 6.49 | 6.42 | 6.16 | 5.91 | 5.80 | 5.65 | 5.57 | 5.29 | 5.11 | 5.19 | 5.73 | 5.73 | | 6.36 | 5.79 | 5.32 |
| H1 lead leg | strides | 25 | 19 | 19 | 19 | 19 | 19 | 19 | 19 | 21 | 21 | 24.2 | 224.2 | | | | | |
| 森吉 日向 | time | 7.55 | 12.97 | 18.47 | 24.28 | 30.32 | 36.62 | 43.05 | 49.48 | 56.25 | 63.08 | | 70.46 | 7 / 4 | | | | |
| reaction time | interval | | 5.42 | 5.50 | 5.81 | 6.04 | 6.30 | 6.43 | 6.43 | 6.77 | 6.83 | 7.38 | | | | 16.73 | 18.77 | 20.03 |
| | velocity | 5.96 | 6.46 | 6.36 | 6.02 | 5.79 | 5.56 | 5.44 | 5.44 | 5.17 | 5.12 | 5.42 | 5.68 | 5.68 | | 6.28 | 5.59 | 5.24 |
| H1 lead leg | strides | 26 | 18 | 18 | 19 | 19 | 20 | 20 | 20 | 21 | 21 | 24.2 | 226.2 | | | | | |
| 川原 陽和 | time | 8.22 | 13.85 | 19.67 | 25.58 | 31.78 | 38.15 | 44.80 | 51.45 | 58.25 | 64.85 | | 72.13 | 8 / 5 | | | | |
| reaction time | interval | | 5.63 | 5.82 | 5.91 | 6.20 | 6.37 | 6.65 | 6.65 | 6.80 | 6.60 | 7.28 | | | | 17.36 | 19.22 | 20.05 |
| | velocity | 5.47 | 6.22 | 6.01 | 5.92 | 5.65 | 5.49 | 5.26 | 5.26 | 5.15 | 5.30 | 5.49 | 5.55 | 5.55 | | 6.05 | 5.46 | 5.24 |
| H1 lead leg | strides | 27 | 19 | 19 | 19 | 20 | 20 | 21 | 21 | 21 | 21 | 25.2 | 233.2 | | | | | |
| 幸田 由菜 | time | 7.97 | 13.45 | 19.13 | 25.13 | 31.45 | 37.88 | 44.28 | 50.82 | 57.63 | 64.87 | | 72.25 | 1 / 6 | | | | |
| reaction time | interval | | 5.48 | 5.68 | 6.00 | 6.32 | 6.43 | 6.40 | 6.54 | 6.81 | 7.24 | 7.38 | | | | 17.16 | 19.15 | 20.59 |
| | velocity | 5.65 | 6.39 | 6.16 | 5.83 | 5.54 | 5.44 | 5.47 | 5.35 | 5.14 | 4.83 | 5.42 | 5.54 | 5.54 | | 6.12 | 5.48 | 5.10 |

| | | | | | | | | | | | | | | |
|-------------|---------|----|----|----|----|----|----|----|----|----|----|----|------|-------|
| H1 lead leg | strides | 28 | 19 | 19 | 21 | 21 | 21 | 21 | 21 | 21 | 21 | 23 | 26.2 | 241.2 |
|-------------|---------|----|----|----|----|----|----|----|----|----|----|----|------|-------|

2023 Michitaka Kinami Memorial (Osaka, JPN)**A FINAL**

date 06-May-23

Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|---------------|---------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Yamamoto, Ami (JPN) (2002) | 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 | | 150 | | | | |
| Umehara, Satsuki (JPN) (199) | 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 | | | | |
| Utsunomiya, Eri (JPN) (1993) | 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 | | | | |
| Ibrahim, Ayesya (JPN) (1998) | 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 | | 138 | | | | |
| Ito, Akiko (JPN) (1995) | 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 | | | | |

B FINAL

date 06-May-23

Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|---------------|---------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Minamisawa, Akane (JPN) (1) | 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 | | | | |
| Oshiden, Moe (JPN) (1993) | 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 | | 149 | | | | |

C FINAL

date 06-May-23

Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|---------------|---------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Tabashi, Yukino (JPN) (2003) | 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 | | | | |

2023 Shizuoka International Meeting (Fukuroi, JPN)**A FINAL**

date 03-May-23

Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kawamura, Yuka (JPN) (2001) | 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 | | | |
| Takino, Miku (JPN) (2005) | 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 | | | |
| Yokota, Karen (JPN) (1999) | 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 | | | |

B FINAL

date 03-May-23

Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-----------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Aoki, Honoka (JPN) (2001) | 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 | | | |
| Yamamoto, Ami (JPN) (2002) | 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 | | | |

| | | | | | | | | | | | | | | | | | |
|-------------------------------------|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|-------|-------|-------|
| Utsunomiya, Eri (JPN) (1993) | 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 | 16 | 16 | 17 | 17 | 17 | 22 | 188 | | | |

C FINAL

date 03-May-23

Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Takano, Nanami (JPN) (2001) | 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 | 18 | 18 | 19 | 19 | 19 | 23 | 207 | | | | |
| Oshiden, Moe (JPN) (1993) | 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 | 17 | 17 | 17 | 17 | 17 | 21.5 | 193.5 | | | | |

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

date 08-Sep-22

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Boi, Femke (NED) (2000) | time | 6.37 | 10.41 | 14.55 | 18.72 | 23.06 | 24.86 | 27.56 | 32.14 | 36.83 | 41.71 | 46.98 | 53.03 | 6 / 1 | | | | |
| | 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 | | | 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 | 16 | 19 | 177 | | | | |
| Woodruff, Gianna (PAN) (19) | 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 | | | 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 | | | | | |
| Russell, Janieve (JAM) (1993) | time | 6.41 | 10.58 | | 19.22 | 23.56 | 25.35 | 28.03 | 32.63 | 37.37 | 42.31 | 47.51 | 53.77 | 4 / 3 | | | | |
| | reaction time | 0.155 | interval | | 4.17 | 8.64 | 4.34 | 4.47 | 4.60 | 4.74 | 4.94 | 5.20 | 6.26 | | | 12.81 | 13.41 | 14.88 |
| | 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 | | 8.20 | 7.83 | 7.06 |
| | H1 lead leg | R | strides | 23 | 15 | | 15 | 15 | 15 | | 16 | 17 | 20 | 136 | | | | |
| Muhammad, Dalilah (USA) (19) | 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 | 6.80 |
| | H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 20 | 179 | | | | |
| Clayton, Rushell (JAM) (199) | 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 | | | | |
| Tkachuk, Viktoriya (UKR) (19) | 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 | 7.98 | 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 | | | | |
| Ryzhykova, Anna (UKR) (19) | 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 | 7.87 | 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 | | | | | |
| Folorunso, Ayomide (ITA) (19) | 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 | 7.90 | 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 | | | | | |

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

date 26-Aug-22

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Boi, Femke (NED) (2000) | time | 6.27 | 10.36 | 14.55 | 18.97 | 23.40 | 25.25 | 28.00 | 32.67 | 37.34 | 42.30 | 47.33 | 52.95 | 5 / 1 | | | | |
| | reaction time | 0.155 | interval | | 4.09 | 4.19 | 4.42 | 4.43 | 4.60 | 4.67 | 4.96 | 5.03 | 5.62 | | | 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 | 19 | 176 | | | | |
| Russell, Janieve (JAM) (1993) | time | 6.40 | 10.53 | | 19.17 | 23.56 | 25.35 | 28.13 | 32.93 | 37.67 | 42.70 | 47.87 | 53.92 | 2 / 2 | | | | |
| | reaction time | 0.167 | interval | | 4.13 | 8.64 | 4.39 | 4.57 | 4.80 | 4.74 | 5.03 | 5.17 | 6.05 | | | 12.77 | 13.76 | 14.94 |
| | 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 | | 8.22 | 7.63 | 7.03 |
| | H1 lead leg | R | strides | 23 | 15 | | 15 | 16 | 16 | 16 | 17 | 17 | 20 | 155 | | | | |
| Knight, Andrenette (JAM) (19) | 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 | | | | |

| | | | | | | | | | | | | | | | | | |
|--|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|-------|-------|-------|
| Ryzhykova, Anna (UKR) (1999) | 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 | | | | |
| Woodruff, Gianna (PAN) (1999) | 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 | | | | |
| Tkachuk, Viktoriya (UKR) (1999) | 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 | | | | |
| Muhammad, Dalilah (USA) (1999) | 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 | 6.35 |
| | H1 lead leg | R | strides | 22 | 14 | 14 | 15 | 15 | 15 | 16 | 17 | 158 | | | | | |
| Clayton, Rushell (JAM) (1999) | 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 | 16 | | | 128 | | | | |

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

FINAL

date 19-Aug-22

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Bol, Femke (NED) (2000) | time | 6.43 | 10.46 | 14.70 | 18.93 | 23.27 | 25.04 | 27.73 | 32.37 | 37.10 | 41.97 | 46.93 | | 52.67 | 3 / 1 | | | |
| | 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 | CR | | 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 | 18.7 | 175.7 | | | | |
| Tkachuk, Viktoriya (UKR) (1999) | 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 | | | | | |
| Ryzhykova, Anna (UKR) (1999) | 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 | | | | | |
| Gallego, Sara (ESP) (2000) | 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 | 17 | 17 | 17 | 21.7 | 158.7 | | | | | |
| luel, Amalie (NOR) (1996) | 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 | 16 | 16 | 16 | 20 | 151 | | | | | |
| Lehikoinen, Viivi (FIN) (1999) | 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 | 6.52 | 6.27 | 7.20 | | 8.21 | 7.46 | 6.66 | |
| | H1 lead leg | R | strides | 25 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 20.5 | 193.5 | | | | | |
| Folorunso, Ayomide (ITA) (1999) | 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 | 17 | 17 | 21.5 | 156.5 | | | | | |
| Krafzik, Carolina (GER) (1999) | 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 | | | | | |

2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)

FINAL

date 10-Aug-22

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Clayton, Rushell (JAM) (1999) | 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 | 16 | 16 | 17 | 19.7 | 179.7 | | | | |
| Russell, Janieve (JAM) (1993) | time | 6.33 | 10.47 | 14.65 | 18.88 | 23.17 | 25.08 | 27.60 | | 37.07 | 42.07 | 47.30 | | 53.52 | 3 / 2 | | | |

| | | | | | | | | | | | | | | | | | | |
|--------------------------------------|-------|----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|
| reaction time | 0.180 | interval | | 4.14 | 4.18 | 4.23 | 4.29 | | 4.43 | 9.47 | 5.00 | 5.23 | 6.22 | | 12.55 | | | |
| | | 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 | 8.37 | | | |
| H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 15 | | 15 | | 16 | 17 | 20 | 151 | | | | |
| Woodruff, Gianna (PAN) (19) | 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 | | | |
| Tkachuk, Viktoriya (UKR) (19) | 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 | | 16 | 16 | 17 | 19.7 | 180.7 | | | |
| Ryzhykova, Anna (UKR) (19) | 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 |
| | | 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 |
| H1 lead leg | R | strides | 22 | 14 | 14 | 14 | 14 | | 15 | | 15 | 15 | 16 | 19.2 | 158.2 | | | |
| Kloster, Line (NOR) (1990) | 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 | 16 | 16 | 20 | 179 | | | |

2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)

FINAL

date 08-Aug-22

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| McLaughlin, Sydney (USA) (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 | 15 | 18 | 141 | | | | | |
| Russell, Janieve (JAM) (1993) | time | | 6.43 | 10.53 | 14.73 | 19.09 | 23.45 | | 28.07 | 32.76 | 37.63 | 42.67 | 47.93 | | 54.14 | 5 / 2 | | | |
| 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 | | | 12.66 | 13.67 | 15.17 |
| | | 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 | | 8.29 | 7.68 | 6.92 |
| H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 15 | | 16 | 16 | 16 | 17 | 17 | 132 | | | | | |
| Clayton, Rushell (JAM) (199) | 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 | 145 | | | | | |
| Woodruff, Gianna (PAN) (19) | 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 | 17 | 147 | | | | | |
| Molnár, Janka (HUN) (2001) | 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 | 17 | 121 | | | | | |
| Barbosa, Vera (POR) (1989) | time | | 6.73 | 11.07 | 15.56 | 20.23 | | 29.87 | | 40.26 | 45.73 | | | | 57.66 | 1 / 6 | | | |
| reaction time | 0.248 | interval | | 4.34 | 4.49 | 4.67 | | 29.87 | | 10.39 | 5.47 | | | | | | 13.50 | | |
| | | velocity | 6.69 | 8.06 | 7.80 | 7.49 | | 1.17 | | 6.74 | 6.40 | | | | 6.94 | | 7.78 | | |
| H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 16 | | | | 18 | | | 106 | | | | | |
| Ledecká, Daniela (SVK) (199) | 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 | | | | | |
| Zapletalová, Emma (SVK) (2) | 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 | | | | | |

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

FINAL

date 06-Aug-22

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Russell, Janieve (JAM) (1993) | 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 | | | | |
| Salmon, Shiann (JAM) (1999) | 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 | | | | |
| van der Walt, Zenéy (RSA) | 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 | 7.11 |
| H1 lead leg | L | strides | 22 | 15 | 15 | 15 | 15 | | 15 | 15 | 16 | 16 | 16 | 19 | 179 | | | | |
| Clayton, Rushell (JAM) (199) | 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 | 7.34 | 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 | | | | |
| Knight, Jessie (GBR) (1994) | 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 | | | | |
| Carli, Sarah (AUS) (1994) | 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 | | | | |
| Bing, Portia (NZL) (1993) | 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 | 16 | 17 | 20.5 | 161.5 | | | | |
| Haye-Smith, Yanique (TKS) | time | | 6.38 | 10.53 | 14.70 | 19.23 | 23.90 | 26.0 | 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 | | | | | |

2022 Japanese National High School Championships (Naruto, JPN)

FINAL

date 05-Aug-22

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-in | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Takino, Miku (JPN) (2005) | 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 | | | | |
| Kashiwagura, Umi (JPN) (200) | 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 | | | | |
| Naito, Kano (JPN) (2004) | 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 | | | | |
| Nakamura, Makoto (JPN) (200) | 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 | | | | |
| Natsume, Saaya (JPN) (2004) | 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 | | | | | |
| Ogasawara, Arisa (JPN) (200) | 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 | 15.83 | 16.37 |
| | | 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 | 6.63 | 6.41 |
| H1 lead leg | L | strides | 24 | 16 | 16 | 17 | 17 | | 17 | 17 | 17 | 17 | 17 | 175 | | | | | |
| Moriwaki, Kanami (JPN) (200) | 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 | | | | |
| Simizu, Serina (JPN) (2005) | 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 | | | | |
| Muramatsu, Luna (JPN) (200) | 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 |
|-------------|---|---------|----|----|----|----|----|----|----|----|----|----|----|-----|

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

FINAL

date 22-Jul-22

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| McLaughlin, Sydney (USA) (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 | | | | |
| Boi, Femke (NED) (2000) (time) | | 6.43 | 10.47 | 14.57 | 18.82 | 23.30 | 24.97 | | 32.22 | 36.90 | 41.70 | 46.63 | | 52.27 | 4 / 2 | | | |
| reaction time | 0.179 | interval | 4.04 | 4.10 | 4.25 | 4.48 | | | 8.92 | 4.68 | 4.80 | 4.93 | 5.64 | | | 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 | 19 | 146 | | | | |
| Muhammad, Dalilah (USA) (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 | 7.02 |
| H1 lead leg | R | strides | 22 | 14 | 14 | 15 | 15 | | 15 | 15 | 15 | 16 | 16 | 157 | | | | |
| Little, Shamier (USA) (1995) (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 | 15 | 16 | 128 | | | | | |
| Wilson, Britton (USA) (2000) (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 | | | | | |
| Clayton, Rushell (JAM) (199) (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 | 7.94 | | 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 | 16 | 130 | | | | | |
| Woodruff, Gianna (PAN) (19) (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 | 16 | 147 | | | | | |
| Ryzhykova, Anna (UKR) (19) (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 | 15 | 137 | | | | | |

Semi-Final 3

date 20-Jul-22

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| McLaughlin, Sydney (USA) (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 | 8.13 | 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 | | | | |
| Woodruff, Gianna (PAN) (19) (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 | | | | |
| Salmon, Shiann (JAM) (1999) (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 | | 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 | | | | | |
| Tkachuk, Viktoriya (UKR) (19) (time) | | 6.43 | 10.50 | 14.82 | 19.03 | 23.43 | 25.36 | 27.98 | 32.67 | 37.70 | 42.84 | 48.20 | | 54.24 | 8 / 4 | | | |
| 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 | | | 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 | | | | |
| Folorunso, Ayomide (ITA) (19) (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 | | | | | |
| luel, Amalie (NOR) (1996) (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 | 16 | 16 | 19 | 164 | | | | | |
| Gonzalez, Melissa (COL) (19) (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 | | | |

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

| | | | | | | | | | | | | | | | | | | |
|-----------------------------------|-------|----------|-------|-------|-------|-------|-------|------|-------|-------|-------|------|------|-------|-------|-------|-------|-------|
| 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 |
| | | 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 |
| H1 lead leg | L | strides | 23 | 15 | 15 | 15 | 15 | | 16 | | 16 | 17 | 17 | 20 | 169 | | | |
| Giger, Yasmin (SUI) (1999) | 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 | | | | | |

Semi-Final 2

date 20-Jul-22

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Bol, Femke (NED) (2000) | time | 6.30 | 10.27 | 14.50 | 18.73 | 23.17 | 25.15 | 27.77 | 32.47 | 37.20 | 42.13 | 47.17 | | 52.84 | 3 / 1 | | | | |
| 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 | | | 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 | | | | |
| Little, Shamier (USA) (1995) | 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 | | | | |
| Clayton, Rushell (JAM) (199) | 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 | | | | |
| Wilson, Britton (USA) (2000) | 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 | | | | |
| Gallego, Sara (ESP) (2000) | 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 | | | | | |
| Lehikoinen, Viivi (FIN) (1999) | 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 | 17 | 17 | 20.2 | 187.2 | | | | | |
| Knight, Jessie (GBR) (1994) | 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 | | 19 | 146 | | | | | |
| Olivieri, Linda (ITA) (1998) | 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 | | 10.57 | 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 | | | | | | |

Semi-Final 1

date 20-Jul-22

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Muhammad, Dalilah (USA) (| 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 | 7.10 |
| H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | 16 | 19 | 177 | | | | |
| Ryzhykova, Anna (UKR) (19) | 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 | 15.00 |
| | | 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 | 7.00 |
| H1 lead leg | R | strides | 22 | 14 | 14 | 14 | 14 | | 15 | 15 | 15 | 15 | 15 | 19 | 172 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | | | | |
| van der Walt, Zenéy (RSA) (| 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 |
| | | 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 |
| H1 lead leg | L | strides | 22 | 15 | 15 | 15 | 15 | | 15 | 16 | 16 | 16 | 16 | 19.7 | 180.7 | | | | |
| Couckuyt, Paulien (BEL) (19) | 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 | | | | |

| | | | | | | | | | | | | | | | | | | |
|--------------------------------------|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|
| Bing, Portia (NZL) (1993) | 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 | | 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 | | | |
| Carli, Sarah (AUS) (1994) | 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 | 19.7 | 186.7 | | | |
| Sartori, Rebecca (ITA) (1997) | 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 | 16 | | 16 | 17 | 17 | 17 | 19.5 | 168.5 | | | |

Heat 5

date 19-Jul-22

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Wilson, Britton (USA) (2000) | 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 | | 16 | 16 | 18 | 148 | | | | | |
| Folorunso, Ayomide (ITA) (1991) | 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 | | 16 | 17 | 17 | 20 | 168 | | | | |
| luel, Amalie (NOR) (1996) | 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 | 16 | 19 | 179 | | | | |
| Clayton, Rushell (JAM) (1999) | 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 | | | 17 | 17 | 19.5 | 150.5 | | | | |

Heat 4

date 19-Jul-22

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Muhammad, Dalilah (USA) (1991) | 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 | 6.82 |
| | H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | | 16 | 16 | 16 | 19 | 1679 | | | | |
| Salmon, Shiann (JAM) (1999) | 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 | 16 | 19.7 | 119.7 | | | | |
| Carli, Sarah (AUS) (1994) | 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 | | 9.77 | 5.03 | 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 | 16 | | | 16 | 17 | 17 | 19.2 | 153.2 | | | | |
| Gonzalez, Melissa (COL) (1991) | 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 | 16 | | 16 | 16 | 17 | 17 | 20 | 187 | | | | |

Heat 3

date 19-Jul-22

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Boi, Femke (NED) (2000) | time | 6.26 | 10.36 | 14.50 | 18.66 | 22.93 | 24.95 | 27.46 | 32.10 | 36.93 | 42.17 | 47.47 | | 53.90 | 8 / 1 | | | |
| | 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 | | | 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 | 16 | 16 | 18.7 | 177.7 | | | |
| van der Walt, Zenéy (RSA) (1991) | 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 | 16 | 16 | 19 | 179 | | | | |
| Woodruff, Gianna (PAN) (1991) | 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 | | 16 | 16 | 17 | 20 | 184 | | | | |
| Knight, Jessie (GBR) (1994) | 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 | | | |

Heat 2

date 19-Jul-22

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Russell, Janieve (JAM) (1993) | 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 | 16 | 16 | 16 | 16 | 19.5 | 181.5 | | | | |
| Little, Shamier (USA) (1995) | 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 | | 16 | 16 | 16 | 19 | 149 | | | | |
| Lehikoinen, Viivi (FIN) (1999) | 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 | 16 | 16 | | 17 | 17 | 20.2 | 154.2 | | | | | |
| Tkachuk, Viktoriya (UKR) (1991) | time | 6.40 | 10.63 | 14.96 | 19.37 | 23.90 | 25.96 | 28.65 | | 38.70 | 44.03 | 49.33 | | 55.27 | 2 / 4 | | | |
| | reaction time | 0.199 | interval | 4.23 | 4.33 | 4.41 | 4.53 | 4.75 | | 10.05 | 5.33 | 5.30 | 5.94 | | | 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 | | | | | |

Heat 1

date 19-Jul-22

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|--|---------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|------|
| McLaughlin, Sydney (USA) (2000) | 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 | 15 | | 16 | 16 | 18 | 143 | | | | | | |
| Ryzhykova, Anna (UKR) (1991) | 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 | 15 | | 15 | 15 | 19.2 | 142.2 | | | | | | |
| Gallego, Sara (ESP) (2000) | 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 | 20.2 | 189.2 | | | | | |
| Couckuyt, Paulien (BEL) (1991) | 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 | 16 | 16 | 17 | 17 | 21 | 187 | | | | | | |

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

FINAL

date 30-Jun-22

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Bo, Femke (NED) (2000) | time | 6.36 | 10.38 | 14.46 | 18.64 | 22.94 | 24.75 | 27.42 | 32.02 | 36.70 | 41.48 | 46.40 | | 52.27 | 6 / 1 | | | |
| | 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 | | | 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 | 19 | 176 | | | | |
| Clayton, Rushell (JAM) (1991) | 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 | 19.7 | 181.7 | | | | |
| Ryzhykova, Anna (UKR) (1991) | 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 | 15.28 |
| | | 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 | 6.87 |
| | H1 lead leg | R | strides | 22 | 14 | 14 | 14 | 14 | 15 | 15 | 15 | 16 | 19 | 173 | | | | |
| Folorunso, Ayomide (ITA) (1991) | 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 | 16 | 16 | 16 | 17 | 17 | 20.2 | 185.2 | | | | |
| Tkachuk, Viktoriya (UKR) (1991) | time | 6.46 | 10.64 | 14.88 | 19.22 | 23.64 | 25.56 | 28.20 | 32.90 | 37.84 | 43.06 | 48.50 | | 54.72 | 8 / 5 | | | |
| | 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 | | | 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 | 16 | 16 | 17 | 20 | 181 | | | | |
| Lehikoinen, Viivi (FIN) (1999) | 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 | | | | | |
| Knight, Jessie (GBR) (1994) | 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 | | | | | |
| Tate, Cassandra (USA) (1990) | 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 | | | | | |

2022 USATF National Championships (Eugene, OR)

USATF (2022) - Results powered by Karmarush

FINAL

date 25-Jun-22

Henson (2022) - Athlete First: 2022 year end hurdle report (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 | |
|-------------------------------------|---------------|---------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|---------------|------|
| McLaughlin, Sydney (USA) | 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 | | | Henson (2022) | |
| | 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 | | | | | |
| Wilson, Britton (USA) (2000) | 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 | | | Henson (2022) | |
| | 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 | | | | | | |
| Little, Shamier (USA) (1995) | 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 | | | USATF (2022) | |
| | 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 | | | | | | |
| Cockrell, Anna (USA) (1997) | 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 | | | USATF (2022) | |
| | 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 | | | | | | |
| Meisberger, Shannon (USA) | 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 | | | USATF (2022) | |
| | 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 | | | | | | |
| Russell, Masai (USA) (2000) | 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 | | | USATF (2022) | |
| | 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 | 6.76 |
| H1 lead leg | R | strides | 24 | 16 | 16 | 16 | 16 | | 17 | 17 | 17 | 17 | | 139 | | | | | | |
| Hoffman, Lauren (USA) (199) | 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 | 56.00 | 2 / 7 | | | USATF (2022) | |
| | 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 | | | | | | |
| Spencer, Ashley (USA) (1993) | time | | 6.67 | | | | | | | | | | | | dnf | 3 / -- | | | Henson (2022) | |
| | reaction time | | interval | | | | | | | | | | | | | | | | | |
| | | | velocity | 6.75 | | | | | | | | | | | | | | | | |
| H1 lead leg | R | strides | 23 | | | | | | | | | | | | 23 | | | | | |

USATF (2022) - Results powered by Karmarush

Semi-Final 2

date 24-Jun-22

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

| | | | | | | | | | | | | | | | | | | | | |
|-------------------------------------|---------------|---------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|---------------|------|
| Wilson, Britton (USA) (2000) | 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 | | | Henson (2022) | |
| | 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 | | | | | |
| Cockrell, Anna (USA) (1997) | 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 | | | Henson (2022) | |
| | 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 | 16 | 20 | 179 | | | | | |
| Little, Shamier (USA) (1995) | 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 | | | Henson (2022) | |
| | 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 | | | | | |
| Tate, Cassandra (USA) (1990) | 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 | | | Henson (2022) | |
| | 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 | | | | | |
| Stubler, Bianca (USA) (1999) | 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 | | | Henson (2022) | |

| | | | | | | | | | | | | | | | | | | |
|-------------------------------------|----------|---------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---------------|-------|
| 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 | | | | |
| Barber, Kaila (USA) (1993) | 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 | Henson (2022) | |
| reaction time | interval | | | 3.97 | 4.20 | 4.43 | 4.80 | | | 10.14 | 5.30 | 5.60 | 5.76 | 6.95 | | 12.60 | 14.94 | 16.66 |
| | velocity | 7.19 | 8.82 | 8.33 | 7.90 | 7.29 | 7.76 | | 6.90 | 6.60 | 6.25 | 6.08 | 5.76 | 6.97 | 8.33 | 7.03 | 6.30 | |
| H1 lead leg | L | strides | 23 | 15 | 15 | 15 | 16 | | | 17 | 17 | 17 | 21 | 156 | | | | |
| Watson, Vanessa (USA) (2000) | 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 | USATF (2022) | |
| 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 | | | | | |
| Wise, Deshae (USA) (1999) | 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 | USATF (2022) | |
| 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 | 17 | 17 | | | 138 | | | | | |

USATF (2022) - Results powered by Karmarush

Semi-Final 1

date 24-Jun-22

Henson (2022) - Athlete First: 2022 year end hurdle report (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 |
|--------------------------------------|----------|---------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------------|
| McLaughlin, Sydney (USA) | 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 | 15 | 16 | 18.2 | 172.2 | | | | |
| Russell, Masai (USA) (2000) | 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 | | | USATF (2022) |
| 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 | 6.96 | | |
| H1 lead leg | R | strides | 24 | 16 | 16 | 16 | 16 | | | 17 | 17 | 17 | | 139 | | | | | |
| Spencer, Ashley (USA) (1993) | 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 | | | USATF (2022) |
| 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 | | 127 | | | | | |
| Meisberger, Shannon (USA) | 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 | | | USATF (2022) |
| 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 | | | | | |
| Hoffman, Lauren (USA) (1995) | 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 | 56.19 | 9 / 5 | | | USATF (2022) |
| 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 | | | | | | |
| Bookman, Deonca (USA) (1993) | 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 | | | USATF (2022) |
| 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 | | 124 | | | | | | |
| Wright, Jessica (USA) (2000) | 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 | | | USATF (2022) |
| 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 | 18 | | 126 | | | | | | |
| Bellamy, Shani'a (USA) (2000) | 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 | 58.47 | 2 / 8 | | | USATF (2022) |
| 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 | | 115 | | | | | | |

USATF (2022) - Results powered by Karmarush

Heat 1

date 23-Jun-22

Henson (2022) - Athlete First: 2022 Sydney McLaughlin 400m hurdles world record season

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|----------|---------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|---------------|
| McLaughlin, Sydney (USA) | 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 | | | Henson (2022) |
| 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 | | | | | |
| Spencer, Ashley (USA) (1993) | 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 | | | USATF (2022) |
| 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 | 15 | 18.2 | 175.2 | | | | |
| Barber, Kaila (USA) (1993) | 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 | | | USATF (2022) |
| reaction time | interval | | | 4.14 | 4.30 | 4.48 | 4.53 | | 4.81 | 4.90 | 5.28 | 5.37 | 5.44 | 6.35 | | | 12.92 | 14.24 | 16.09 |
| | 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 | 7.14 | 8.13 | 7.37 | 6.53 | | |
| H1 lead leg | L | strides | 23 | 15 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 20 | 186 | | | | | |

| | | | | | | | | | | | | | | | | | | |
|------------------------------------|----------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------------|-------|
| Hoffman, Lauren (USA) (199) | 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 | | USATF (2022) | |
| 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 | | | | |
| Knebes, Riley (USA) (1996) | 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 | | USATF (2022) | |
| 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 | 14.99 | 16.57 |
| | 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 | 7.00 | 6.34 |
| H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 17 | 17 | 17 | 18 | | | 141 | | | | | |
| Jinks, Asia (USA) (1999) | 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 | | USATF (2022) | |
| 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 | | | | | |
| Wilson, Simone (USA) (1998) | 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 | | USATF (2022) | |
| 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 | | | | 123 | | | | | |

2022 Bislett Games (Oslo, NOR) (TV Analysis)

FINAL

date 16-Jun-22

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|----------------|---------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Bo, Femke (NED) (2000) | 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 | 16 | 19.5 | 177.5 | | | | |
| Ryzhykova, Anna (UKR) (1991) | 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 | 15.50 |
| | 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 | 6.77 |
| H1 lead leg | R | strides | 22 | 14 | 14 | 14 | | 15 | 15 | 15 | 15 | 16 | 19.2 | 173.2 | | | | |
| Knight, Jessie (GBR) (1994) | 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 | 16 | 16 | 16 | 19.2 | 179.2 | | | | |
| Nielsen, Lina (GBR) (1996) | 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 | 16 | 16 | 16 | 19.2 | 180.2 | | | | |
| luel, Amalie (NOR) (1994) | 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 | | 16 | 16 | 16 | 16 | 17 | 19.7 | 183.7 | | | | |
| Tkachuk, Viktoriya (UKR) (1991) | time | 6.30 | 10.44 | 14.70 | 19.06 | 23.50 | | 28.26 | 33.16 | 38.14 | 43.50 | 48.90 | | 55.18 | 5 / 6 | | | |
| 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 | | | 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 | 16 | 16 | 17 | 17 | 20 | 183 | | | | |
| Kloster, Line (NOR) (1990) | 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 | 16 | 16 | 17 | 17 | 20 | 182 | | | | |
| Krafzik, Carolina (GER) (1991) | 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 | | 18 | 20 | 157 | | | | | |

2022 Japanese National Championships (Osaka, JPN)

FINAL

date 12-Jun-22

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|----------------|---------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Yamamoto, Ami (JPN) (2002) | 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 | | 17 | 17 | 17 | 17 | 17 | 21 | 194 | | | | |
| Utsunomiya, Eri (JPN) (1993) | 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 | | 16 | 16 | 17 | 17 | 17 | 22 | 188 | | | | |
| Matsuoka, Moe (JPN) (2003) | 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 | 17 | 173 | | | | |
| Umehara, Satsuki (JPN) (1999) | 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 | | | | | |
| Ito, Akiko (JPN) (1995) | 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 | | | | | |
| Aoki, Honoka (JPN) (2001) | 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 | | | | | |
| Tsujii, Mio (JPN) (1999) | 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 | | | | | |
| Kudo, Mei (JPN) (2002) | 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 | L | strides | 24 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | 18 | 174 | | | | | |

2022 Japanese U20 National Championships (Osaka, JPN)

FINAL

date 12-Jun-22

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|----------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Naito, Kano (JPN) (2004) | 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 | | | | |
| Tsukamoto, Moeno (JPN) (2004) | 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 | | | | |
| Natsume, Saaya (JPN) (2004) | 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 | | | | |
| Kusaka, Ayana (JPN) (2003) | 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 | R | strides | 24 | 17 | 17 | 17 | 17 | 17 | 17 | 19 | 19 | 19 | 22.5 | 205.5 | | | | |
| Masuko, Meri (JPN) (2003) | 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 | 18 | 19 | 22 | 202 | | | | |
| Wasada, Mahiro (JPN) (2004) | 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 | | | | |
| Ogasawara, Arisa (JPN) (2004) | 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 | 15.98 | 17.77 |
| | 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 | 6.57 | 5.91 |
| H1 lead leg | L | strides | 24 | 16 | 16 | 17 | 17 | 17 | 18 | 18 | 18 | 19 | 180 | | | | | |
| Hattori, Rira (JPN) (2004) | 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 | | | | | |

2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

FINAL

date 09-Jun-22

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Bo, Femke (NED) (2000) | 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 | | | | |

| | | | | | | | | | | | | | | | | | |
|--|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----------|-------|-------|-------|
| Russell, Janieve (JAM) (1993) | 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 | 16 | 16 | 17 | 17 | 20 | 169 | | | |
| Ryzhykova, Anna (UKR) (1991) | 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 | 15.34 |
| | 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 | 6.84 |
| | H1 lead leg | R | strides | 22 | 14 | 14 | 14 | 15 | 15 | 15 | 15 | 16 | 19.5 | 159.5 | | | |
| Nielsen, Lina (GBR) (1996) | 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 | 16 | 16 | 16 | 16 | 16 | 19 | 182 | | | |
| Clayton, Rushell (JAM) (1991) | 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 | | | |
| Folorunso, Ayomide (ITA) (1991) | 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 | | | |
| Tkachuk, Viktoriya (UKR) (1991) | time | 6.43 | 10.60 | 14.93 | 19.30 | 23.83 | 25.73 | 28.50 | 33.30 | 38.33 | 43.60 | 49.03 | 55.37 | 8 / 7 | | | |
| | 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 | | 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 | | | |
| Olivieri, Linda (ITA) (1998) | time | 6.63 | 10.93 | 15.33 | 19.40 | 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 | 5.20 | 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 | 7.19 | 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 | 17 | 17 | 17 | 19 | 149 | | | |
| Giger, Yasmin (SUI) (1999) | time | 6.53 | 10.83 | 15.30 | 19.40 | 24.70 | 26.64 | 29.57 | 34.60 | 39.70 | 45.13 | 50.13 | 56.52 | 1 / 9 | | | |
| | reaction time | 0.155 | interval | 4.30 | 4.47 | 4.90 | 5.20 | 4.87 | 5.03 | 5.10 | 5.43 | 6.12 | 7.08 | | | | |
| | velocity | 6.89 | 8.14 | 7.83 | 7.45 | 7.51 | 7.19 | 7.19 | 6.96 | 6.86 | 6.45 | 6.45 | 7.08 | | | | |
| | H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 19 | 132 | | | |

2022 Music City Track Carnival (Nashville, TN) (TV Analysis)**FINAL**

date 05-Jun-22

(H5 5m long)

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-in | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|----------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-----------|--------|---------------|--------------|-------|-------|--------|
| McLaughlin, Sydney (USA) (2000) | 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 | 16 | 117 | | | | | |
| Knight, Andrenette (JAM) (1991) | time | 10.14 | 14.23 | 18.35 | 23.28 | 27.27 | 32.10 | 37.04 | 42.11 | 47.35 | 53.39 | 5 / 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 | | | | | | |
| Woodruff, Gianna (PAN) (1991) | time | 6.45 | 10.54 | 14.80 | 19.23 | 24.40 | 28.54 | 33.36 | 38.36 | 43.32 | 48.56 | 54.63 | 6 / 3 | | | | | |
| | reaction time | interval | 4.09 | 4.26 | 4.43 | 5.17 | 4.14 | 4.82 | 5.00 | 4.96 | 5.20 | 6.03 | | | | 12.78 | 14.13 | |
| | velocity | 6.98 | 8.56 | 8.22 | 7.90 | 7.74 | 8.45 | 7.26 | 7.00 | 7.06 | 6.86 | 6.72 | 7.32 | | | 8.22 | 7.43 | |
| | H1 lead leg | L | strides | 23 | 15 | 15 | 17 | 13 | 16 | 16 | 16 | 130 | | | | | | |
| Tate, Cassandra (USA) (1990) | 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 | 17 | 13 | 15 | 15 | 15 | 138 | | | | | | |

2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)**FINAL**

date 31-May-22

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-in | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------------|---------------|--------------|-------|-------|--------|
| Boi, Femke (NED) (2000) | time | 6.87 | 10.50 | 14.83 | 19.07 | 23.50 | 28.25 | 32.88 | 38.24 | 43.24 | 48.56 | 54.81 | 5 / 1 | | | | | |
| | reaction time | 0.215 | interval | 3.63 | 4.07 | 4.21 | 4.49 | 4.50 | 4.75 | 4.63 | 5.36 | 6.04 | WB PB | | | 11.70 | 13.20 | |
| | velocity | 7.28 | 9.64 | 8.67 | 8.31 | 7.80 | 7.78 | 7.80 | 7.78 | 7.46 | 7.46 | 7.85 | 8.14 | | | 8.97 | 7.95 | |
| | H1 lead leg | L | strides | 24 | 15 | 15 | 15 | 15 | 15 | 15 | 19 | 118 | 102.5 | | | | | |
| Tkachuk, Viktoriya (UKR) (1991) | time | 6.90 | 10.70 | 14.83 | 19.07 | 23.50 | 28.25 | 32.88 | 38.24 | 43.24 | 48.56 | 54.81 | 3 / 2 | | | | | |
| | reaction time | 0.246 | interval | 3.80 | 4.13 | 4.24 | 4.43 | 4.75 | 4.63 | 5.36 | 6.04 | 6.72 | NR PB | | | 12.17 | 13.81 | |
| | velocity | 7.25 | 9.21 | 8.47 | 8.25 | 7.90 | 7.37 | 7.56 | 7.46 | 7.46 | 7.85 | 8.14 | 8.14 | | | 8.63 | 7.60 | |
| | H1 lead leg | L | strides | 24 | 15 | 15 | 15 | 15 | 15 | 19 | 118 | 118 | 118 | | | | | |
| Ryzhykova, Anna (UKR) (1991) | time | 7.20 | 11.05 | 15.17 | 19.37 | 23.73 | 28.46 | 33.20 | 38.36 | 43.24 | 48.56 | 54.81 | 6 / 3 | | | | | |

| | | | | | | | | | | | | | |
|---------------------------------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|--------------|--------------|-------|-------|
| reaction time | 0.208 | interval | 3.85 | 4.12 | 4.20 | 4.36 | 4.73 | 4.74 | 5.16 | PB | 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 | 15 | 18 | 99 | | | |
| Lehikoinen, Viivi (FIN) (1999) | 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 | 16 | | 19.7 | 93.7 | | | |
| Knight, Jessie (GBR) (1994) | 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 | 15 | 18.2 | 117.2 | | |

2022 Shimane High School Championships (Izumo, JPN)

FINAL

date 27-May-22

Shimizu (2022) - shimane high school championships 2022 - biomechanics data analysis

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------|----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| 松本 春佳 | time | 7.22 | 12.28 | 17.65 | 23.33 | 28.97 | 34.67 | 40.48 | 46.45 | 52.52 | 58.97 | | 66.19 | | 4 / 1 | | | |
| reaction time | interval | | 5.06 | 5.37 | 5.68 | 5.64 | 5.70 | 5.81 | 5.97 | 6.07 | 6.45 | 7.22 | | | | 16.11 | 17.15 | 18.49 |
| | velocity | 6.23 | 6.92 | 6.52 | 6.16 | 6.21 | 6.14 | 6.02 | 5.86 | 5.77 | 5.43 | 5.54 | 6.04 | | | 6.52 | 6.12 | 5.68 |
| H1 lead leg | strides | 25 | 17 | 18 | 20 | 19 | 19 | 19 | 19 | 19 | 21 | 24.5 | 220.5 | | | | | |
| 金子 継 | time | 7.40 | 12.53 | 17.88 | 23.27 | 28.88 | 34.80 | 40.98 | 47.12 | 53.58 | 60.28 | | 68.48 | | 7 / 2 | | | |
| reaction time | interval | | 5.13 | 5.35 | 5.39 | 5.61 | 5.92 | 6.18 | 6.14 | 6.46 | 6.70 | 8.20 | | | | 15.87 | 17.71 | 19.30 |
| | velocity | 6.08 | 6.82 | 6.54 | 6.49 | 6.24 | 5.91 | 5.66 | 5.70 | 5.42 | 5.22 | 4.88 | 5.84 | | | 6.62 | 5.93 | 5.44 |
| H1 lead leg | strides | 26 | 19 | 19 | 19 | 19 | 20 | 20 | 20 | 21 | 22 | 27 | 232 | | | | | |
| 古谷 紗輝 | time | 7.78 | 13.13 | 18.73 | 24.38 | 30.22 | 36.18 | 42.27 | 48.63 | 54.93 | 61.33 | | 68.78 | | 6 / 3 | | | |
| reaction time | interval | | 5.35 | 5.60 | 5.65 | 5.84 | 5.96 | 6.09 | 6.36 | 6.30 | 6.40 | 7.45 | | | | 16.60 | 17.89 | 19.06 |
| | velocity | 5.78 | 6.54 | 6.25 | 6.19 | 5.99 | 5.87 | 5.75 | 5.50 | 5.56 | 5.47 | 5.37 | 5.82 | | | 6.33 | 5.87 | 5.51 |
| H1 lead leg | strides | 25 | 18 | 19 | 19 | 19 | 19 | 19 | 20 | 20 | 21 | 24.5 | 223.5 | | | | | |
| 足立 結乃 | time | 7.70 | 13.03 | 18.57 | 24.15 | 30.02 | 36.28 | 42.68 | 49.12 | 55.52 | 62.15 | | 69.86 | | 8 / 4 | | | |
| reaction time | interval | | 5.33 | 5.54 | 5.58 | 5.87 | 6.26 | 6.40 | 6.44 | 6.40 | 6.63 | 7.71 | | | | 16.45 | 18.53 | 19.47 |
| | velocity | 5.84 | 6.57 | 6.32 | 6.27 | 5.96 | 5.59 | 5.47 | 5.43 | 5.47 | 5.28 | 5.19 | 5.73 | | | 6.38 | 5.67 | 5.39 |
| H1 lead leg | strides | 27 | 19 | 19 | 20 | 20 | 21 | 21 | 21 | 21 | 22 | 26 | 237 | | | | | |
| 大國 千夏 | time | 8.07 | 13.33 | 18.62 | 24.43 | 30.43 | 36.57 | 43.05 | 49.65 | 56.30 | 63.10 | | 70.60 | | 5 / 5 | | | |
| reaction time | interval | | 5.26 | 5.29 | 5.81 | 6.00 | 6.14 | 6.48 | 6.60 | 6.65 | 6.80 | 7.50 | | | | 16.36 | 18.62 | 20.05 |
| | velocity | 5.58 | 6.65 | 6.62 | 6.02 | 5.83 | 5.70 | 5.40 | 5.30 | 5.26 | 5.15 | 5.33 | 5.67 | | | 6.42 | 5.64 | 5.24 |
| H1 lead leg | strides | 25 | 17 | 17 | 19 | 19 | 19 | 21 | 21 | 21 | 21 | 24.2 | 224.2 | | | | | |

2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)

FINAL

date 21-May-22

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|--|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|------|
| Muhammad, Dalilah (USA) | 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 | 6.81 |
| H1 lead leg | R | strides | 22 | 14 | 15 | 15 | 15 | 15 | 16 | 16 | 16 | 16 | 20 | 180 | | | | | |
| Tkachuk, Viktoriya (UKR) (1994) | time | 6.50 | | 14.96 | 19.30 | 23.80 | 25.60 | 28.43 | 33.33 | 38.40 | 43.57 | 49.00 | | 55.25 | | 3 / 2 | | | |
| reaction time | 0.188 | interval | | 8.46 | 4.34 | 4.50 | 4.63 | 4.90 | 5.07 | 5.17 | 5.43 | 6.25 | | | | 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 | 15 | 16 | 16 | 17 | 17 | 20.7 | 153.7 | | | | | |
| Ryzhykova, Anna (UKR) (1994) | 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 | 15.80 | |
| | | 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 | 6.65 |
| H1 lead leg | R | strides | 22 | 14 | 14 | 14 | 14 | 15 | 15 | 16 | 16 | 16 | 19.2 | 175.2 | | | | | |
| Nielsen, Lina (GBR) (1996) | 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 | | | | | | |
| Woodruff, Gianna (PAN) (1994) | 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 | 15 | 16 | 17 | 20 | 182 | | | | | |
| Knight, Jessie (GBR) (1994) | 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 | 15 | 16 | 16 | 16 | 19.2 | 149.2 | | | | | |
| Russell, Janieve (JAM) (1993) | 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 | | | | | |
| Turner, Jessica (GBR) (1995) | 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 | | | | | |

2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)

FINAL

date 03-May-22

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Barber, Kalia (USA) (1993) | 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 | | | |
| 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 | | | 12.93 | 14.63 | 16.14 |
| | | velocity | 7.12 | 8.50 | 8.12 | 7.78 | 7.38 | | 7.20 | 6.96 | 6.78 | 6.55 | 6.21 | 6.13 | 7.07 | | 8.12 | 7.18 | 6.51 |
| H1 lead leg | L | strides | 23 | 15 | 15 | 15 | 16 | | 16 | 17 | 17 | 17 | 18 | 21 | 190 | | | | |
| Utsunomiya, Eri (JPN) (1993) | 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 | | | | |
| Umehara, Satsuki (JPN) (199) | 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 | | | | |
| Yamamoto, Ami (JPN) (2002) | 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 | | | | |
| Yokota, Karen (JPN) (1999) | 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 | 17 | 172 | | | | |
| Aoki, Honoka (JPN) (2001) | time | | 6.76 | 11.18 | 15.67 | 20.29 | 25.06 | | 29.98 | 35.24 | 40.52 | 46.15 | 51.97 | | 58.56 | 2 / 6 | | | |
| reaction time | 0.215 | interval | | 4.42 | 4.49 | 4.62 | 4.77 | | 4.92 | 5.26 | 5.28 | 5.63 | 5.82 | 6.59 | | | 13.53 | 14.95 | 16.73 |
| | | velocity | 6.66 | 7.92 | 7.80 | 7.58 | 7.34 | | 7.11 | 6.65 | 6.63 | 6.22 | 6.01 | 6.07 | 6.83 | | 7.76 | 7.02 | 6.28 |
| H1 lead leg | L | strides | 23 | 16 | 16 | 16 | 16 | | 17 | 17 | 17 | 18 | 18 | 174 | | | | | |
| Ito, Akiko (JPN) (1995) | 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 | 17 | 168 | | | | |
| Kudo, Mei (JPN) (2002) | 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 | | | | | |

2022 Michitaka Kinami Memorial (Osaka, JPN)

A Race

date 30-Apr-22

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Barber, Kalia (USA) (1993) | 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 | | | |
| 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 | | | 12.83 | 15.16 | 16.62 |
| | | velocity | 7.13 | 8.60 | 8.14 | 7.85 | 7.14 | | 6.99 | 6.67 | 6.59 | 6.36 | 6.02 | 6.13 | 6.96 | | 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 | | | | |
| Utsunomiya, Eri (JPN) (1993) | 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 | | | | |
| Yamamoto, Ami (JPN) (2002) | 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 | | | | |
| Umehara, Satsuki (JPN) (199) | 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 | | | | | |
| Ito, Akiko (JPN) (1995) | 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 | | | | | |

| | | | | | | | | | | | | | | | | | | |
|-----------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|
| Yokota, Karen (JPN) (1999) | 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 | | | | |

B Race

date 30-Apr-22

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|----------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Aoki, Honoka (JPN) (2001) | time | 6.66 | 11.13 | 15.67 | 20.35 | 25.19 | | 30.31 | 35.57 | 40.96 | 46.58 | 52.32 | | 58.85 | 7 / 1 | | | |
| | reaction time | 0.181 | interval | 4.47 | 4.54 | 4.68 | 4.84 | 5.12 | 5.26 | 5.39 | 5.62 | 5.74 | 6.53 | | | 13.69 | 15.22 | 16.75 |
| | | | velocity | 6.76 | 7.83 | 7.71 | 7.48 | 7.23 | 6.84 | 6.65 | 6.49 | 6.23 | 6.10 | 6.13 | 6.80 | 7.67 | 6.90 | 6.27 |
| | H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 18 | 18 | 22 | 197 | | | |

C Race

date 30-Apr-22

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Tsuji, Mio (JPN) (1999) | 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 | | | |

2021 Weltklasse (Zürich, SUI) (TV Analysis)**FINAL**

date 09-Sep-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Boi, Femke (NED) (2000) | 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 | 8.00 | 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 | 18.7 | 145.7 | | | | |
| Little, Shamier (USA) (1995) | 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 | 7.97 | 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 | | | | |
| Ryzhykova, Anna (UKR) (1991) | 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 | 15.08 |
| | | | velocity | 7.03 | 8.75 | 8.41 | 8.10 | 7.95 | 7.97 | 7.54 | 7.35 | 7.29 | 6.94 | 6.68 | 7.45 | 8.41 | 7.61 | 6.96 |
| | H1 lead leg | R | strides | 22 | 14 | 14 | 14 | 14 | 15 | 15 | 15 | 15 | 16 | 19.2 | 173.2 | | | |
| Tkachuk, Viktoriya (UKR) (1987) | time | 6.36 | 10.52 | | 19.16 | 23.52 | 25.3 | 27.96 | 32.64 | | 42.40 | 47.60 | | 53.76 | 7 / 4 | | | |
| | reaction time | 0.192 | interval | 4.16 | 8.64 | 4.36 | | 4.44 | 4.68 | | 9.76 | 5.20 | 6.16 | PB | | 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 | | | | |
| Woodruff, Gianna (PAN) (1991) | 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 | 7.34 | | 8.33 | 7.50 | 6.85 |
| | H1 lead leg | L | strides | 23 | 15 | | 15 | 15 | 15 | | 16 | 16 | 19.2 | 134.2 | | | | |
| Hailey, Nnanya (USA) (1994) | time | 6.36 | 10.48 | | 23.68 | 25.5 | 28.28 | 32.96 | 37.68 | 42.84 | 48.28 | | | 55.06 | 1 / 6 | | | |
| | 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 | | 8.00 | 7.37 | 6.85 |
| | H1 lead leg | L | strides | 23 | 16 | | 17 | 17 | | 18 | 18 | 23 | 132 | | | | | |
| Russell, Janieve (JAM) (1993) | 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 | | | | | |
| Sprunger, Leá (SUI) (1990) | 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 | | 98 | | | | | |

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

date 28-Aug-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Woodruff, Gianna (PAN) (1991) | 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 | | 8.10 | 7.46 | 6.97 |
| | H1 lead leg | L | strides | 23 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 19.5 | 164.5 | | | | |
| Ryzhykova, Anna (UKR) (1991) | 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 | | 8.03 | 7.49 | 6.97 |
| | H1 lead leg | R | strides | 22 | 14 | 14 | 14 | 15 | 15 | 15 | 15 | 15 | 19 | 158 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | | | | | |
| Hailey, Nnanya (USA) (1994) | time | | 6.12 | 10.20 | 14.52 | 19.02 | 23.55 | 28.18 | 37.70 | 42.85 | 48.22 | | | 54.78 | 1 / 4 | | | | |
| reaction time | 0.187 | interval | 4.08 | 4.32 | 4.50 | 4.53 | 4.63 | 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 | | | | | |
| Tkachuk, Viktoriya (UKR) (1994) | time | | 6.32 | 10.53 | 14.95 | 19.02 | 23.95 | 28.53 | 38.08 | 43.20 | 48.65 | | | 54.93 | 3 / 5 | | | | |
| reaction time | 0.228 | interval | 4.21 | 4.42 | 4.53 | 4.57 | 4.58 | 4.58 | 9.55 | 5.12 | 5.45 | 6.28 | | | | | | | |
| | | velocity | 7.12 | 8.31 | 7.92 | 7.78 | 7.64 | 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 | | | | | |
| Zapletalová, Emma (SVK) (2000) | time | | 6.42 | 10.70 | 15.12 | 19.75 | 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 | 4.53 | 4.57 | 4.55 | 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 | 7.69 | 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 | | | | | | |
| Couckuyt, Paulien (BEL) (1994) | time | | 6.37 | 10.48 | 14.82 | 19.75 | 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 | 4.48 | 4.53 | 4.80 | 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 | 7.29 | 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 | | | | | |
| Little, Shamier (USA) (1995) | 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 | 4.66 | 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 | | | | | |

2021 Athletissima (Lausanne, SUI) (TV Analysis)

FINAL

date 26-Aug-21

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-------|----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Boi, Femke (NED) (2000) | time | | 6.32 | 10.36 | 14.48 | 18.88 | 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 | 4.12 | 4.12 | 4.76 | 4.60 | 4.76 | 4.80 | 4.92 | 5.00 | 5.73 | | | | | 14.72 | |
| | | velocity | 7.12 | 8.66 | 8.50 | 7.99 | 7.99 | 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 | | | | | |
| Little, Shamier (USA) (1995) | time | | 6.20 | 10.24 | 14.40 | 18.88 | 23.52 | 27.76 | 32.52 | 37.32 | 42.28 | 47.48 | | 53.78 | 3 / 2 | | | | |
| reaction time | 0.202 | interval | 4.04 | 4.16 | 4.16 | 4.16 | 4.76 | 4.36 | 4.76 | 4.80 | 4.96 | 5.20 | 6.30 | | | | | 14.96 | |
| | | velocity | 7.26 | 8.66 | 8.41 | 7.99 | 7.99 | 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 | | | | | | |
| Ryzhykova, Anna (UKR) (1994) | time | | 6.44 | 10.52 | 14.68 | 19.02 | 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 | 4.16 | 4.16 | 4.84 | 4.80 | 4.84 | 4.88 | 5.00 | 5.28 | 6.00 | | | | | 15.16 | |
| | | velocity | 6.99 | 8.58 | 8.41 | 7.92 | 7.92 | 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 | | | | | |
| Muhammad, Dalilah (USA) (1994) | 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 | 4.76 | 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 | | | | | |
| Sprunger, Leá (SUI) (1990) | 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 | 4.76 | 4.88 | 5.00 | 5.08 | 5.28 | 5.87 | | | | 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 | | | | | |
| Russell, Janieve (JAM) (1993) | 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 | 4.80 | 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 | | | | | |
| Nugent, Leah (JAM) (1992) | time | | 6.24 | 10.44 | 14.84 | 19.24 | 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 | 4.40 | 4.94 | 4.72 | 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 | 7.42 | 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 | | | | | |
| Tkachuk, Viktoriya (UKR) (1994) | time | | 6.36 | 10.56 | 14.92 | 19.36 | 24.04 | 28.92 | 34.04 | 39.16 | 44.72 | | | 56.53 | 8 / 8 | | | | |
| reaction time | 0.190 | interval | 4.20 | 4.36 | 4.44 | 4.68 | 4.88 | 4.88 | 5.12 | 5.12 | 10.68 | | | | | | 13.00 | 14.68 | |
| | | velocity | 7.08 | 8.33 | 8.03 | 7.88 | 7.48 | 7.17 | 6.84 | 6.55 | 6.55 | | | 7.08 | | | 8.08 | 7.15 | |
| H1 lead leg | L | strides | 22 | 15 | 15 | 15 | 15 | 16 | 16 | 16 | | | 130 | | | | | | |

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

FINAL

date 21-Aug-21

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Muhammad, Dalilah (USA) (1994) | 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 | 4.48 | 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 | 15 | 16 | 16 | 19.2 | 179.2 | | | | |

| | | | | | | | | | | | | | | | | | | | |
|--------------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|
| Little, Shamier (USA) (1995) | 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 | | | |
| Woodruff, Gianna (PAN) (1993) | 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 | | 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 | | | |
| Ryzhykova, Anna (UKR) (1993) | 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 | 15.10 | |
| | | | 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 | 6.95 | |
| | H1 lead leg | R | strides | 22 | 14 | 14 | 14 | 14 | | 15 | 15 | 15 | 20 | 143 | | | | | |
| Russell, Janieve (JAM) (1993) | 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 | | | | | |
| Hailey, Nnanya (USA) (1994) | time | 6.12 | 10.24 | 14.52 | 18.88 | 23.24 | 25.2 | | | 37.60 | 42.72 | 48.48 | | 55.16 | 1 / 6 | | | | |
| | 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 | | | | | |
| Whyte, Ronda (JAM) (1990) | 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 | | | | | |
| Nugent, Leah (JAM) (1992) | 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 | 14.28 | | |
| | | | 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 | 7.35 | | |
| | H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | | 15 | 15 | 16 | | 143 | | | | | |
| Watson, Sage (CAN) (1994) | 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 | | | 15.40 | 5.32 | | | | | 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 | | | | | |

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

FINAL

date 04-Aug-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| McLaughlin, Sydney (USA) | (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 | | 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 | | | |
| Muhammad, Dalilah (USA) | (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 | | 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 | | | |
| Boi, Femke (NED) (2000) | 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 | | 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 | 19 | 176 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | | 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 | | | |
| Ryzhykova, Anna (UKR) (1993) | 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 | | | |
| Tkachuk, Viktoriya (UKR) (1993) | time | 6.40 | 10.56 | 14.80 | 19.06 | 23.40 | | 27.88 | 32.56 | 37.48 | 42.60 | 47.80 | | 53.79 | 3 / 6 | | | |
| | 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 | | 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 | | | |
| Cockrell, Anna (USA) (1997) | 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 | | | |
| | reaction time | | interval | 4.16 | 4.20 | 4.36 | 4.52 | | 4.60 | 4.68 | 4.96 | 5.04 | 5.16 | 6.26 | | 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 | | | | |

| | | | | | | | | | | | | | | | | | | | |
|------------------------------------|---------------|-------|----------|-------|-------|-------|-------|-------|-------|------|------|--|-------|-------|--|--|-------|-------|--|
| Woodruff, Gianna (PAN) (19) | time | 6.44 | 10.54 | 14.84 | 19.32 | 23.88 | 28.52 | 33.40 | 38.44 | | | | 55.84 | 9 / 7 | | | | | |
| | reaction time | 0.235 | interval | 4.10 | 4.30 | 4.48 | 4.56 | 4.64 | 4.88 | 5.04 | | | | | | | 12.88 | 14.08 | |
| | | | velocity | 6.99 | 8.54 | 8.14 | 7.81 | 7.68 | 7.54 | 7.17 | 6.94 | | | | | | 8.15 | 7.46 | |
| | H1 lead leg | L | strides | 23 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | | | | | | | | |

Semi-Final 3

date 02-Aug-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Boi, Femke (NED) (2000) | 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 | 19 | 176 | | | | |

Semi-Final 2

date 02-Aug-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| McLaughlin, Sydney (USA) (time) | 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 | 15 | 15 | 15 | 16 | 16 | 18.5 | 173.5 | | | | |

Semi-Final 1

date 02-Aug-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Muhammad, Dalilah (USA) (time) | 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 | 4.72 | 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 | 16 | 16 | 19 | 178 | | | | |

Heat 5

date 31-Jul-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Muhammad, Dalilah (USA) (time) | 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 | 16 | 16 | 19 | 178 | | | | |

Heat 4

date 31-Jul-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Boi, Femke (NED) (2000) | 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 | 16 | 16 | 19 | 178 | | | | |

Heat 3

date 31-Jul-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| McLaughlin, Sydney (USA) (time) | 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 | 7.35 | 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 | 15 | 15 | 15 | 16 | 16 | 18.5 | 173.5 | | | | |

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

date 30-Jul-21

Shibayama (2021) - national high school and U20 national championships

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Taneru, Asuruhan Marino (J) | 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 | 6.73 | 6.90 | | 7.47 | 6.84 | 6.58 |
| | H1 lead leg | | strides | 16 | 16 | 16 | 16 | 17 | 17 | 18 | 18 | 18 | | 152 | | | | |
| Kawachi, Sena (JPN) (2003) | 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 | | | | |
| Okawa, Sumika (JPN) (2003) | 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 | | 145 | | | | |
| Kusaka, Ayana (JPN) (2003) | 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 | | strides | 15 | 15 | 16 | 16 | 16 | 16 | 16 | 17 | 17 | | 146 | | | | |
| Naito, Kano (JPN) (2004) | 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 | 6.42 | 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 | | | | |
| Hamachiyo, Rinka (JPN) (200) | 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 | | | | |
| Otsu, Yui (JPN) (2004) | 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 | | | | |
| Kudo, Mitsuki (JPN) (2004) | 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 | | 169 | | | | |

2021 Chinese Student Games (Qingdao, CHN)

FINAL

date 14-Jul-21

CAA Hurdle Development (2021)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------|-----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Mo Jiadie (CHN) (2000) | 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 | | 17 | 17 | 18 | 18 | 18 | 21.2 | 197.2 | | | | |

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

FINAL

date 13-Jul-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|----------------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Bo, Femke (NED) (2000) | 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 | 19 | 176 | | | | |
| Little, Shamier (USA) (1995) | 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 | 16 | 16 | 16 | 17 | 19 | 182 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | 16 | 16 | 17 | 17 | 20.5 | 184.5 | | | | |
| Knight, Jessie (GBR) (1994) | 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 | 16 | 16 | 19 | 179 | | | | |
| Hailey, Nnanya (USA) (1994) | 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 | | | |
| 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 | 17 | 18 | 17 | 18 | 21.7 | 195.7 | | | | |
| Sprunger, Leá (SUI) (1990) | 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 | | | 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 | | 15 | 15 | 15 | 16 | 16 | 19 | 173 | | | | |
| Beesley, Meghan (GBR) (1996) | 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 | | 17 | 18 | 18 | 19 | 19 | 23 | 202 | | | | |

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

FINAL

date 06-Jul-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|----------------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Bo, Femke (NED) (2000) | 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 | 19.2 | 161.2 | | | | |
| Little, Shamier (USA) (1995) | 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 | | 16 | 16 | 16 | 19.5 | 164.5 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | | 16 | 16 | 17 | 20 | 167 | | | | |
| Tkachuk, Viktoriya (UKR) (1987) | time | 6.34 | 10.56 | 14.80 | 19.14 | 23.56 | | 28.15 | 32.86 | 37.70 | 42.87 | 48.03 | | 54.02 | 8 / 4 | | | |

| | | | | | | | | | | | | | | | | | |
|-------------------------------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|------|------|-----------|-------|-------|-------|------|
| 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 | PB | 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 | 15 | 16 | 16 | 19.2 | 141.2 | | | | |
| Hailey, Nnanya (USA) (1994) | time | 6.40 | 10.51 | 14.61 | 18.97 | 23.49 | 28.19 | 38.05 | 43.14 | 48.34 | | | 54.42 | 2 / 5 | | | |
| 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 | | | | | |
| Sprunger, Leá (SUI) (1990) | 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 | | | | 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 | | | | |
| Watson, Sage (CAN) (1994) | 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 | | | | | |
| Spencer, Ashley (USA) (1993) | 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 | 15 | 16 | 16 | | 105 | | | | | |

2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)**FINAL**

date 04-Jul-21

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|--------------|---------------|--------------|-------|-------|--------|
| Boi, Femke (NED) (2000) | 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 | 15 | 15 | 19 | 154 | | | | |
| Little, Shamier (USA) (1995) | 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 | 15 | 15 | 16 | 16 | 19.7 | 156.7 | | | | |
| Ryzhykova, Anna (UKR) (1991) | 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 | 16 | 19.2 | 145.2 | | | | | |
| Russell, Janieve (JAM) (1993) | 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 |
| | | 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 |
| H1 lead leg | R | strides | 15 | 15 | | | 15 | 16 | 16 | 16 | 16 | 16 | 20 | 129 | | | | | |
| Tkachuk, Viktoriya (UKR) (1991) | time | 6.34 | 10.46 | 14.68 | 19.15 | 23.70 | 25.8 | 28.42 | 33.28 | 38.16 | 43.16 | 48.32 | | | 54.39 | 7 / 5 | | | |
| 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 | PB | | | 12.81 | 14.13 | 15.04 |
| | | velocity | 7.10 | 8.50 | 8.29 | 7.83 | 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 | 15 | 16 | 16 | 16 | 16 | 19.2 | 158.2 | | | | | |
| Nugent, Leah (JAM) (1992) | 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 | | | | | | |
| Krafzik, Carolina (GER) (1991) | 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 | | | | | |
| Sprunger, Leá (SUI) (1990) | 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 | | | | | | 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 | | 16 | | 90 | | | | | |

2021 Bislett Games (Oslo, NOR) (TV Analysis)**FINAL**

date 01-Jul-21

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|-------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|--------------|---------------|--------------|-------|-------|--------|
| Boi, Femke (NED) (2000) | 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 | | | | | |
| Ryzhykova, Anna (UKR) (1991) | 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 | | | | |
| Tkachuk, Viktoriya (UKR) (1991) | 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 | 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 | 20 | 165 | | | | | |
| luel, Amalie (NOR) (1994) | 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 | 16 | 16 | 16 | 19.2 | 165.2 | | | | | |
| Nugent, Leah (JAM) (1992) | 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 | 14.20 | 15.36 |
| | | 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 | 7.39 | 6.84 |
| H1 lead leg | R | strides | 22 | 14 | 14 | 14 | 15 | 14 | 15 | 15 | 15 | 18.7 | 156.7 | | | | | |
| Sprunger, Leá (SUI) (1990) | 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 | | | 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 | | | | |
| Watson, Sage (CAN) (1994) | 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 | | | | | |

2021 Japanese National Championships (Osaka, JPN)

FINAL

date 27-Jun-21

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|-------|----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Yamamoto, Ami (JPN) (2002) | 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 | | | | | |
| Utsunomiya, Eri (JPN) (1993) | 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 | | | | | |
| Ibrahim, Ayesha (JPN) (1998) | 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 | 16 | 17 | 180 | | | | | |
| Ito, Akiko (JPN) (1995) | 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 | | | | | |
| Yokota, Karen (JPN) (1999) | 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 | | 4.50 | 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 | | | | | |
| Aoki, Honoka (JPN) (2001) | time | | 6.76 | 11.21 | 15.75 | 20.44 | 25.24 | 30.23 | 35.49 | 40.87 | 46.51 | 52.34 | | 58.82 | 2 / 6 | | | | |
| reaction time | 0.236 | interval | | 4.45 | 4.54 | 4.69 | 4.80 | 4.99 | 5.26 | 5.38 | 5.64 | 5.83 | 6.48 | | | | 13.68 | 15.05 | 16.85 |
| | | velocity | 6.66 | 7.87 | 7.71 | 7.46 | 7.29 | 7.01 | 6.65 | 6.51 | 6.21 | 6.00 | 6.17 | 6.80 | | | 7.68 | 6.98 | 6.23 |
| H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 18 | 18 | 21.7 | 196.7 | | | | | |
| Tsuha, Aiki (JPN) (2000) | 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 | | | | | | |
| Murakami, Natsumi (JPN) (1991) | 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 | | | | | | |

Heat 1

date 26-Jun-21

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-----------------------------------|-------|----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-----------|---------------|--------------|-------|-------|--------|
| Yamamoto, Ami (JPN) (2002) | 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 | | | | | |

2021 Japanese U20 National Championships (Osaka, JPN)

FINAL

date 27-Jun-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kudo, Mei (JPN) (2002) | 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 | 6.85 | 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 | 18 | 18 | 21.2 | 200.2 | | | | |
| Taneru, Asuruhan Marino (J) | 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 | 6.78 | 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 | 19 | 22 | 202 | | | | |
| Okawa, Sumika (JPN) (2003) | 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 | 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 | 22.2 | 191.2 | | | | |
| Naito, Kano (JPN) (2004) | 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 | 6.81 | 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 | 19 | 19 | 19 | 19 | 22 | 208 | | | | |
| Hamachiyo, Rinka (JPN) (2004) | 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 | 6.80 | 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 | 18 | 18 | 19 | 19 | 184 | | | | | |
| Kudo, Mitsuki (JPN) (2004) | 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 | 6.55 | 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 | 21 | 193 | | | | | |
| Kusaka, Ayana (JPN) (2003) | 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 | 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 | 19 | 19 | 19 | 19 | 185 | | | | | |
| Higuchi, Ayane (JPN) (2004) | 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 | 6.59 | 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 | 17 | 17 | 18 | 19 | 19 | 177 | | | | | |

2021 Chinese National Championships (Chongqing, CHN)

FINAL

date 26-Jun-21

CAA Hurdle Development (2021)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Mo Jiadie (CHN) (2000) | 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 | 7.26 | 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 | 17 | 17 | 17 | 17 | 18 | 21.2 | 195.2 | | | | |
| Zou Yifan (CHN) (2000) | 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 | 7.03 | 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 | 18 | 21 | 199 | | | | |
| Huang Yan (CHN) (1996) | 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 | 7.13 | 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 | 19 | 19 | 22 | 203 | | | | |
| Ou Ying (CHN) (2001) | 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 | 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 | 18 | 19 | 19 | 22 | 204 | | | | |
| Ding Yirui (CHN) (2002) | 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 | 6.45 | 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 | 17 | 17 | 19.5 | 184.5 | | | | |
| Chen Liying (CHN) (1994) | 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 | 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 | 17 | 17 | 17 | 18 | 19 | 21.7 | 197.7 | | | | |
| Lu Zhangwei (CHN) (2001) | 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 | 6.67 | | | | | | 5.40 | | 7.73 | | |

| | | | | | | | | | |
|-------------|---|---------|----|----|----|----|----|----|-----|
| H1 lead leg | R | strides | 24 | 16 | 16 | 16 | 16 | 17 | 105 |
|-------------|---|---------|----|----|----|----|----|----|-----|

Heat 4

date 26-Jun-21

CAA Hurdle Development (2021)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Lu Zhangwei (CHN) (2001) | 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 | 18 | 18 | 21 | 198 | | | | |
| Chen Liying (CHN) (1994) | 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 | 17 | 17 | 17 | 18 | 19 | 21.7 | 197.7 | | | | |
| Ou Ying (CHN) (2001) | 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 | 18 | 18 | 18 | 22 | 202 | | | | |
| Ding Yirui (CHN) (2002) | 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 | 19.5 | 186.5 | | | | |
| Lan Tianlu (CHN) (1999) | 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 | 17 | 17 | 17 | 17 | 18 | 21.5 | 193.5 | | | | |
| Fei Jiayu (CHN) (2000) | 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 | 17 | 17 | 17 | 17 | 17 | 20.5 | 193.5 | | | | |
| Liu Xin (CHN) (1992) | 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 | 18 | 19 | 19 | 20 | 20 | 23.5 | 212.5 | | | | |

Heat 3

date 26-Jun-21

CAA Hurdle Development (2021)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|----------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Wu Xueting (CHN) (1995) | 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 | 6.71 | | 7.52 | 6.77 | 6.30 |
| | H1 lead leg | L | strides | 22 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 17 | 20.5 | 187.5 | | | | |
| Tao Xue (CHN) (1999) | 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 | 16 | 18 | 18 | 18 | 18 | 20.2 | 191.2 | | | | |
| Qiu Zhangyan (CHN) (1998) | 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 | 18 | 18 | 21.7 | 201.7 | | | | |
| Wang Hongyan (CHN) (1998) | 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 | 18 | 18 | 18 | 19 | 19 | 22.7 | 206.7 | | | | |
| Fu Yijia (CHN) (2001) | 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 | 18 | 19 | 21.5 | 199.5 | | | | |
| Ling Jiayu (CHN) (1997) | 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 | 19 | 19 | 19 | 19 | 21 | 206 | | | | |
| Liu Hongjuan (CHN) (1996) | 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 | 17 | 18 | 18 | 19 | 19 | 22.2 | 200.2 | | | | |

Heat 2

date 26-Jun-21

CAA Hurdle Development (2021)

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

| | | | | | | | | | | | | | | | | | |
|------------------------------------|----------------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|
| Mo Jiadie (CHN) (2000) | 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 | | | | |
| Jiang Liyunzhe (CHN) (2002) | 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 | 16.85 |
| | 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 | 6.23 |
| H1 lead leg | L strides | 24 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 18 | 18 | 22 | 197 | | | | |
| Wang Jiaqi (CHN) (2000) | 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 | | | | |
| Zhou Lin (CHN) (1998) | 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 | | | | |
| Xiao Xia (CHN) (1991) | 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 | | | | |
| Hu Lihong (CHN) (1999) | 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 | | | | |
| Chen Zhuo (CHN) (2001) | 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

date 26-Jun-21

CAA Hurdle Development (2021)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-----------------------------------|----------------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Zou Yifan (CHN) (2000) | 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 | 17 | 18 | 18 | 21 | 200 | | | | |
| Huang Yan (CHN) (1996) | 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 | 6.75 | | 7.49 | 7.02 | 6.24 | |
| H1 lead leg | L strides | 24 | 17 | 17 | 17 | 17 | 17 | 17 | 18 | 19 | 19 | 22 | 204 | | | | | |
| Yang Qi (CHN) (2000) | 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 | | | | | |
| Kong Yingying (CHN) (2003) | 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 | | | | | |
| Wu Fangfang (CHN) (1997) | 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 | | | | | |
| Liu Wei (CHN) (2001) | 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 | | | | | |
| Zhuang Yilan (CHN) (2000) | 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 | | | | | |
| Ma Jie (CHN) (1998) | 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 | | | | | |

2020 USA Olympic Trials (Eugene, OR)

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

FINAL

date 27-Jun-21

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

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|--|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------------------------|-------|--------|-------|
| McLaughlin, Sydney (USA) (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 | Athlete Tracking (2021) | | | |
| 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 | 7.38 | |
| H1 lead leg | R | strides | 22 | 14 | 14 | 14 | 15 | 15 | 15 | 15 | 15 | 15 | 18.2 | 171.2 | | | | |
| Muhammad, Dalilah (USA) (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 | Athlete Tracking (2021) | | | |
| 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 | 16 | 16 | 19 | 178 | | | | | |
| Cockrell, Anna (USA) (1997) (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 | Athlete Tracking (2021) | | | |
| 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 | | | | | | |
| Little, Shamier (USA) (1995) (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 | Athlete Tracking (2021) | | | |
| 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 | | | | | | |
| Hailey, Nnenya (USA) (1994) (time) | 6.24 | 10.24 | 14.44 | 18.82 | 23.29 | | 27.89 | 32.63 | 37.50 | 42.61 | | | 54.79 | 8 / 5 | Henson (2021) | | | |
| 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 | | | | | |
| Tate, Cassandra (USA) (1990) (time) | 6.30 | 10.38 | 14.63 | 19.05 | 23.69 | | 28.39 | 33.40 | | 44.11 | | | 56.51 | 4 / 5 | Henson (2021) | | | |
| reaction time | 0.194 | interval | 4.08 | 4.25 | 4.42 | 4.64 | | 4.70 | 5.01 | | 10.71 | | | | 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 | | | | | |
| Bookman, Deonca (USA) (1991) (time) | 6.54 | 10.64 | 14.84 | 19.18 | 23.79 | | 28.49 | 33.46 | | 44.17 | | | 56.90 | 2 / 6 | Henson (2021) | | | |
| reaction time | 0.349 | interval | 4.10 | 4.20 | 4.34 | 4.61 | | 4.70 | 4.97 | | 10.71 | | | | 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 | | | | | |
| Spencer, Ashley (USA) (1993) (time) | 6.37 | 10.61 | 14.88 | 19.38 | 24.25 | | 28.99 | 33.93 | | 44.71 | | | 60.19 | 3 / 7 | Henson (2021) | | | |
| 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 | | | | | |

Semi-Final 2 (TV A) date 26-Jun-21

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

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|---------------|-------|--------|
| Little, Shamier (USA) (1995) (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 | Henson (2021) | | |
| 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 | | | | |
| Muhammad, Dalilah (USA) (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 | Henson (2021) | | |
| 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 | 16 | 16 | 18.7 | 177.7 | | | | |
| Cockrell, Anna (USA) (1997) (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 | Henson (2021) | | |
| 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 |
| 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 |
| H1 lead leg | L | strides | 15 | 15 | 15 | 15 | 16 | 15 | 16 | 16 | 16 | 139 | | | | | |
| Spencer, Ashley (USA) (1993) (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 | Henson (2021) | | |
| 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 | 142 | | | | | |
| Meisberger, Shannon (USA) (time) | 6.44 | 10.67 | 15.08 | 19.68 | 24.46 | | 29.36 | 34.50 | | 45.21 | | | 57.22 | 9 / 5 | Henson (2021) | | |
| 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 | | | | |
| Russell, Masai (USA) (2000) (time) | 6.44 | 10.77 | 15.15 | 19.89 | 24.89 | | 30.03 | | 40.44 | 45.81 | | | 58.00 | 3 / 6 | Henson (2021) | | |
| 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 | | | | |
| Humphrey, Brittley (USA) (1991) (time) | 6.44 | 10.67 | 15.15 | 19.89 | 24.79 | | 29.93 | | 40.67 | 46.38 | | | 58.95 | 2 / 7 | Henson (2021) | | |
| 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 | | | | |

| | | | | | | | | | | | | | | | |
|-----------------------------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|
| Barber, Kaila (USA) (1993) | time | 6.30 | 10.54 | 15.01 | 19.58 | 24.45 | 29.63 | 34.93 | 40.54 | 46.35 | 60.14 | 4 / 8 | | | |
| reaction time | 0.174 | interval | 4.24 | 4.47 | 4.57 | 4.87 | 5.18 | 5.30 | 5.61 | 5.81 | | | 13.28 | 15.35 | |
| | velocity | 7.14 | 8.25 | 7.83 | 7.66 | 7.19 | 6.76 | 6.60 | 6.24 | 6.02 | 6.65 | | 7.91 | 6.84 | |
| H1 lead leg | R | strides | 16 | 16 | 16 | 16 | | 17 | | 18 | 99 | | | | |

Semi-Final 1 (TV A) date 26-Jun-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-----------|---------------|--------------|-------|-------|--------|
| McLaughlin, Sydney (USA) | (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 | 15 | 15 | 15 | 16 | 15 | 18.2 | 172.2 | | | | | |
| Hailey, Nnanya (USA) (1994) | 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 | | | |
| 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 | | | | | |
| Tate, Cassandra (USA) (1990) | 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 | 15 | 15 | 16 | 15 | 16 | 16 | 157 | | | | | | |
| Bookman, Deonca (USA) (1987) | 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 | 18 | 18 | 155 | | | | | | |
| Seymour, Kiah (USA) (1994) | time | 6.50 | 10.67 | 14.98 | 19.35 | 23.92 | 28.72 | 33.63 | 38.57 | 43.81 | | | | 55.84 | 7 / 5 | | | |
| reaction time | 0.204 | interval | 4.17 | 4.31 | 4.37 | 4.57 | 4.80 | 4.91 | 4.94 | 5.24 | | | | | | 12.85 | 14.28 | |
| | velocity | 6.92 | 8.39 | 8.12 | 8.01 | 7.66 | 7.29 | 7.13 | 7.09 | 6.68 | | | 7.16 | | | 8.17 | 7.35 | |
| H1 lead leg | R | strides | 24 | 16 | 16 | 16 | | 17 | 17 | 17 | 18 | 157 | | | | | | |
| Hoffman, Lauren (USA) (1995) | 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 | | | | | | | |
| Lindley, Ashton (USA) (2002) | time | 6.54 | 11.04 | 15.65 | 20.32 | 25.15 | 30.26 | | 40.83 | 46.21 | | | | 58.04 | 2 / 7 | | | |
| 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 | | | | | | |
| Young, Milan (USA) (1999) | 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 | | 16 | 16 | 17 | 131 | | | | | | | |

Heat 4 (TV Analysis) date 25-Jun-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Muhammad, Dalilah (USA) (1993) | 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 | 16 | 16 | 19 | 178 | | | | | |

Heat 3 (TV Analysis) date 25-Jun-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Tate, Cassandra (USA) (1990) | 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 | | | | | |
| Cockrell, Anna (USA) (1997) | 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 | 16 | 15 | 16 | 16 | 20 | 180 | | | | | |

Heat 2 (TV Analysis) date 25-Jun-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Little, Shamier (USA) (1995) | 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 | 16 | 16 | 16 | 16 | 16 | 16 | 19 | 183 | | | | | |
| Spencer, Ashley (USA) (1993) | 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 | 18 | 175 | | | | | |

Heat 1 (TV Analysis) date 25-Jun-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| McLaughlin, Sydney (USA) | 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 | 16 | 18.2 | 174.2 | | | | |
| Hailey, Nnanya (USA) (1994) | 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 | | | |
| | 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 | | | | |

2020 Chinese Olympic Trials (Shaoxing, CHN)

FINAL

date 13-Jun-21

CAA Hurdle Development (2021)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-----------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Zou Yifan (CHN) (2000) | 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 |
| | 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 |
| | H1 lead leg | L | strides | 24 | 17 | 17 | 17 | 17 | 17 | 17 | 18 | 18 | 20.7 | 199.7 | | | | |
| Mo Jiadie (CHN) (2000) | 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 | 6.41 |
| | H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 17 | 17 | 17 | 18 | 18 | 21 | 196 | | | | |
| Tao Xue (CHN) (1999) | 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 | 16 | 16 | 17 | 17 | 17 | 20.5 | 186.5 | | | | |
| Kong Yingying (CHN) (2003) | 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 | 17 | 17 | 17 | 18 | 18 | 21 | 196 | | | | |
| Yang Qi (CHN) (2000) | 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 | 17 | 18 | 19 | 19 | 21.5 | 198.5 | | | | |
| Ding Yirui (CHN) (2002) | 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 |
| | 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 |
| | H1 lead leg | L | strides | 22 | 15 | 15 | 16 | 16 | 16 | 17 | 17 | 17 | 19.2 | 186.2 | | | | |
| Chen Liying (CHN) (1994) | 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 | 17 | 17 | 17 | 18 | 19 | 19 | 22 | 199 | | | | |
| Fu Yijia (CHN) (2001) | 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 | 18 | 18 | 21.7 | 197.7 | | | | |

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

FINAL

date 12-Jun-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Cockrell, Anna (USA) (1997) | 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 | 16 | 16 | 19.7 | 178.7 | | | | |
| Meisberger, Shannon (USA) | time | 6.60 | 10.97 | 15.17 | 19.60 | 24.17 | | | 33.87 | 38.83 | 44.03 | 49.40 | | 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 | 16 | | | | 17 | 17 | 20.5 | 138.5 | | | | |
| Knight, Andrenette (JAM) (1) | 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 | | | | |
| Russell, Masai (USA) (2000) | 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 | | | | |

| | | | | | | | | | | | | | | | | | | | | | | | |
|--|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|----|----|--|-------|-------|-------|------|--|-----------|-------|-------|-------|------|
| Young, Milan (USA) (1999) | 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 | | | | |
| Ross, Faith (USA) (1998) | 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 | | | | |
| Lindley, Ashton (USA) (2002) | time | 6.57 | 15.40 | 19.97 | 24.73 | | | | | | | | | 39.97 | 45.13 | 50.50 | | | 56.74 | 2 / 7 | | | |
| | 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 | | | 89 | | | | |
| Cho, Stephanie (CAN) (1997) | 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 | | | | |
| Humphrey, Brittley (USA) (1997) | 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 | | | |

2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)

FINAL

date 10-Jun-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Bol, Femke (NED) (2000) | 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 | | | | | | | NR PB | | 12.48 | 13.48 | 15.12 |
| | | | 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 | | 6.94 |
| | H1 lead leg | L | strides | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 19.5 | 162.5 | | | | |
| Ryzhykova, Anna (UKR) (1991) | 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 | | | | | | | 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 | | 6.82 |
| | H1 lead leg | R | strides | 22 | 14 | 14 | 14 | 14 | 15 | 15 | 15 | 16 | 19.7 | 173.7 | | | | |
| Turner, Jessica (GBR) (1995) | 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 | | | | | | | | | 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 | | 6.75 |
| | H1 lead leg | L | strides | 24 | 15 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 20.2 | 187.2 | | | | |
| Nel, Wenda (RSA) (1988) | 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 | | | | | | | | | 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 | | 6.85 |
| | H1 lead leg | L | strides | 23 | 16 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 21.5 | 192.5 | | | | |
| Petersen, Sara Slott (DEN) (1991) | 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 | | | |
| | reaction time | 0.144 | interval | 4.24 | 4.28 | 4.36 | 4.38 | | | | | | | | | 12.88 | 13.76 | 15.88 |
| | | | 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 | | 6.61 | |
| | H1 lead leg | R | strides | 22 | 15 | 15 | 15 | | | 16 | 17 | 17 | 20.7 | 137.7 | | | | |
| Olivieri, Linda (ITA) (1998) | 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 | | | | | | | | | 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 | | 6.85 |
| | H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 15 | 16 | 16 | 16 | 16 | 17 | 20.2 | 184.2 | | | |
| Folorunso, Ayomide (ITA) (1991) | 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 | | | | | | | | | 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 | | 6.33 | |
| | H1 lead leg | L | strides | 23 | 15 | 15 | 15 | | | | 17 | 17 | 18 | 120 | | | | |
| Belle, Tia-Adana (BAR) (1991) | 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 | | 91 | | | | |

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

FINAL

date 06-Jun-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| McLaughlin, Sydney (USA) (1991) | 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 | | | | | | | | | 12.73 | 13.46 | 14.95 |
| | | | velocity | 7.10 | 8.14 | 8.25 | 8.35 | 7.99 | | | | | | 7.57 | | 8.25 | 7.80 | 7.02 |
| | H1 lead leg | R | strides | 22 | 15 | 14 | 14 | 14 | 14 | 15 | 16 | 16 | 18.5 | 158.5 | | | | |

2021 Denka Athletics Challenge Cup (Niigata, JPN)

FINAL

date 06-Jun-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|------------------------------|---------------|----------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|------|
| Utsunomiya, Eri (JPN) (1993) | 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 | | | | |
| Ito, Akiko (JPN) (1995) | 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 | | | | |
| Yokota, Karen (JPN) (1999) | 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

date 06-Jun-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|----------------------------|---------------|----------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|------|
| Higa, Kazuki (JPN) (1998) | 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 | | | | |
| Saito, Mayu (JPN) (1995) | 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 | | | | |
| Kuki, Yurie (JPN) (1993) | 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 | | | | |
| Minamisawa, Akane (JPN) (1 | 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 | | | | |

C FINAL

date 06-Jun-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|---------------------------|---------------|----------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|------|
| Oshiden, Moe (JPN) (1993) | 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 | 17 | 17 | 17 | 17 | 21.7 | 192.7 | | | | |

2021 Michitaka Kinami Memorial (Osaka, JPN)

FINAL

date 01-Jun-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|------------------------------|---------------|----------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|------|
| Utsunomiya, Eri (JPN) (1993) | 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 | | | | |
| Ibrahim, Aisya (JPN) (1998) | time | 6.82 | 11.11 | 15.48 | 20.05 | 24.84 | | 29.76 | 34.82 | 40.01 | 45.52 | 51.29 | | 58.01 | 7 / 2 | | | | |
| | reaction time | 0.251 | interval | 4.29 | 4.37 | 4.57 | 4.79 | 4.92 | 5.06 | 5.19 | 5.51 | 5.77 | 6.72 | | | 13.23 | 14.77 | 16.47 | |
| | | velocity | 6.60 | 8.16 | 8.01 | 7.66 | 7.31 | | 7.11 | 6.92 | 6.74 | 6.35 | 6.07 | 5.95 | 6.90 | | 7.94 | 7.11 | 6.38 |
| | H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 20.2 | 179.2 | | | | |
| Yamamoto, Ami (JPN) (2002) | 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 | | | | |
| Ito, Akiko (JPN) (1995) | 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 | | | | |
| Tsuha, Aiki (JPN) (2000) | 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

date 01-Jun-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|----------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Yokota, Karen (JPN) (1999) | 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 | | | | |
| Aoki, Honoka (JPN) (2001) | time | 6.76 | 11.19 | 15.75 | 20.42 | 25.31 | | 30.38 | 35.69 | 41.22 | 46.78 | 52.47 | | 58.77 | 7 / 2 | | | |
| reaction time | 0.189 | interval | 4.43 | 4.56 | 4.67 | 4.89 | | 5.07 | 5.31 | 5.53 | 5.56 | 5.69 | 6.30 | | | 13.66 | 15.27 | 16.78 |
| | velocity | 6.66 | 7.90 | 7.68 | 7.49 | 7.16 | | 6.90 | 6.59 | 6.33 | 6.29 | 6.15 | 6.35 | 6.81 | | 7.69 | 6.88 | 6.26 |
| H1 lead leg | L | strides | 24 | 16 | 16 | 17 | 17 | 17 | 18 | 18 | 18 | 18 | 21.5 | 200.5 | | | | |
| Murakami, Natsumi (JPN) (1991) | 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 | | | | |

2021 Shimane High School Championships (Izumo, JPN)

FINAL

date 29-May-21

Shimizu (2021) - shimane high school championships 2021 - biomechanics data analysis

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------|----------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| 松本 春佳 | time | 7.48 | 12.85 | 18.37 | 23.97 | 29.65 | | 35.42 | 41.38 | 47.50 | 53.97 | 60.42 | | 67.20 | 6 / 1 | | | |
| reaction time | | interval | 5.37 | 5.52 | 5.60 | 5.68 | | 5.77 | 5.96 | 6.12 | 6.47 | 6.45 | 6.78 | | | 16.49 | 17.41 | 19.04 |
| | velocity | 6.02 | 6.52 | 6.34 | 6.25 | 6.16 | | 6.07 | 5.87 | 5.72 | 5.41 | 5.43 | 5.90 | 5.95 | | 6.37 | 6.03 | 5.51 |
| H1 lead leg | L | strides | 26 | 19 | 19 | 19 | | 19 | 19 | 21 | 21 | 21 | 23 | 226 | | | | |
| 中村 寧々 | time | 7.50 | 12.78 | 18.23 | 23.80 | 29.57 | | 35.68 | 42.12 | 48.43 | 54.98 | 61.62 | | 69.27 | 5 / 2 | | | |
| reaction time | | interval | 5.28 | 5.45 | 5.57 | 5.77 | | 6.11 | 6.44 | 6.31 | 6.55 | 6.64 | 7.65 | | | 16.30 | 18.32 | 19.50 |
| | velocity | 6.00 | 6.63 | 6.42 | 6.28 | 6.07 | | 5.73 | 5.43 | 5.55 | 5.34 | 5.27 | 5.23 | 5.77 | | 6.44 | 5.73 | 5.38 |
| H1 lead leg | L | strides | 26 | 19 | 19 | 19 | | 21 | 21 | 21 | 21 | 21 | 25.3 | 232.3 | | | | |
| 増原 帆花 | time | 7.62 | 12.98 | 18.73 | 24.45 | 30.38 | | 36.52 | 42.82 | 49.15 | 55.60 | 62.23 | | 69.69 | 3 / 3 | | | |
| reaction time | | interval | 5.36 | 5.75 | 5.72 | 5.93 | | 6.14 | 6.30 | 6.33 | 6.45 | 6.63 | 7.46 | | | 16.83 | 18.37 | 19.41 |
| | velocity | 5.91 | 6.53 | 6.09 | 6.12 | 5.90 | | 5.70 | 5.56 | 5.53 | 5.43 | 5.28 | 5.36 | 5.74 | | 6.24 | 5.72 | 5.41 |
| H1 lead leg | L | strides | 26 | 19 | 19 | 19 | | 20 | 20 | 20 | 20 | 20 | 23.3 | 225.3 | | | | |

2021 Philippe Cup Athletics Invitational (Wuhan, CHN)

FINAL

date 20-May-21

CAA Hurdle Development (2021)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|----------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Zou Yifan (CHN) (2000) | 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 | 21 | 198 | | | | |
| Jiang Liyunzhe (CHN) (2002) | time | 6.71 | 11.16 | 15.70 | 20.42 | 25.17 | | 30.11 | 35.23 | 40.37 | 46.11 | 52.05 | | 58.83 | 6 / 2 | | | |
| 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 | PB | | 13.71 | 14.81 | 16.82 |
| | velocity | 6.71 | 7.87 | 7.71 | 7.42 | 7.37 | | 7.09 | 6.84 | 6.81 | 6.10 | 5.89 | 5.90 | 6.80 | | 7.66 | 7.09 | 6.24 |
| H1 lead leg | L | strides | 24 | 16 | 16 | 16 | | 17 | 17 | 17 | 18 | 18 | 22 | 197 | | | | |
| Kong Yingying (CHN) (2003) | 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 | 18 | 18 | 18 | 19 | 21.5 | 201.5 | | | | |
| Fei Jiayu (CHN) (2000) | 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 | | 17 | 17 | 17 | | 18 | 21.5 | 178.5 | | | | |
| Wang Jiaqi (CHN) (2000) | time | 7.06 | 11.51 | 16.20 | 20.99 | 25.93 | | 31.00 | 36.37 | 42.06 | 48.00 | 54.17 | | 61.24 | 2 / 5 | | | |
| 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 | | | 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 | 18 | 18 | 18 | 19 | | 182 | | | | |
| Ye Xiulan (CHN) (1998) | time | 7.11 | 11.76 | 16.68 | 21.62 | 26.71 | | 32.10 | 37.57 | 43.46 | 49.31 | | | 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 | | 18 | 18 | 18 | 18 | | | 163 | | | | |
| Chen Lin (CHN) (2004) | 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 | | 18 | 18 | 18 | 19 | | | 166 | | | | |

2021 Ready Steady Tokyo (Tokyo, JPN)

FINAL

date 09-May-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|----------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Utsunomiya, Eri (JPN) (1993) | 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 | | 16 | 16 | 17 | 17 | 17 | 21 | 187 | | | | |
| Ito, Akiko (JPN) (1995) | 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 | | | |
| Yokota, Karen (JPN) (1999) | 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 | | | |
| Ono, Mizuna (JPN) (2002) | 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 | 17 | 17 | 17 | 21 | 190 | | | |
| Kuki, Yurie (JPN) (1993) | 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 | | | |
| Nakano, Nano (JPN) (2001) | 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 | | | |
| Mizuguchi, Moe (JPN) (2002) | 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 | | | |

2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)**Final**

date 03-May-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|-------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Seikmoto, Moeka (JPN) (2001) | 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 | | | | |
| Utsunomiya, Eri (JPN) (1993) | 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 | | | | |
| Ito, Akiko (JPN) (1995) | 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 | | | | |
| Kawamura, Yuka (JPN) (2001) | 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 | | | | |
| Ono, Mizuna (JPN) (2002) | 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 | 17 | 17 | 17 | 17 | | 171 | | | | |
| Tsugawa, Rui (JPN) (2001) | 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 | | | | |

B FINAL

date 03-May-21

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-----------------------------------|-------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Tsuha, Aiki (JPN) (2000) | 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 | | | | |
| Yokota, Karen (JPN) (1999) | 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 | | | | |

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

date 25-Apr-21

CAA Hurdle Development (2021)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------|------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Mo Jiadie (CHN) (2000) | 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 | 6.50 |
| H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 18 | 18 | 21 | 196 | | | |
| Zou Yifan (CHN) (2000) | 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 | | | |
| Wu Xueting (CHN) (1995) | 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 | 6.75 | 7.51 | 6.73 | 6.34 |
| H1 lead leg | L | strides | 22 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 17 | 20 | 187 | | | |
| Huang Yan (CHN) (1996) | 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 | 6.69 | 7.56 | 6.79 | 6.12 |
| H1 lead leg | L | strides | 24 | 16 | 16 | 17 | 17 | 17 | 18 | 19 | 18 | 18 | 21 | 201 | | | |
| Liu Hongjuan (CHN) (1996) | 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 | | | |
| Ou Ying (CHN) (2001) | 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 | | | |
| Chen Liying (CHN) (1994) | 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 3

date 25-Apr-21

CAA Hurdle Development (2021)

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------|-------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Huang Yan (CHN) (1996) | 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 | 6.66 | 7.50 | 6.85 | 6.17 | |
| H1 lead leg | L | strides | 24 | 16 | 16 | 17 | 17 | | 17 | 17 | 18 | 18 | 19 | 22 | 201 | | | | |
| Ou Ying (CHN) (2001) | 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 | | | | |
| Chen Leyi (CHN) (2003) | 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 | | | | |
| Tang Ziyang (CHN) (1999) | 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 | | | | |
| Tang Chan (CHN) (2003) | 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 | 21 | 185 | | | | | |
| Lin Zixin (CHN) (2004) | time | 7.54 | 12.70 | 18.08 | 23.61 | | | | | | | | | 72.25 | 5 / 6 | | | | |
| 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 | | | | | |

Heat 2

date 25-Apr-21

CAA Hurdle Development (2021)

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------|-------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Mo Jiadie (CHN) (2000) | 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 | 6.05 | |
| H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 16 | | 17 | 17 | 17 | 18 | 18 | 21 | 196 | | | | |
| Wu Xueting (CHN) (1995) | 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 | 6.56 | 7.49 | 6.69 | 6.06 | |
| H1 lead leg | L | strides | 22 | 15 | 15 | 15 | 16 | | 16 | 17 | 17 | 17 | 18 | 21 | 189 | | | | |

| | | | | | | | | | | | | | | | | | | | |
|------------------------------------|-------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|
| Jiang Liyunzhe (CHN) (2002) | time | 6.84 | 11.48 | 16.24 | 21.18 | 26.24 | | 31.38 | 36.72 | 42.26 | 48.36 | 54.40 | | 61.03 | 8 / 3 | | | | |
| 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 | | | 14.34 | 15.54 | 17.68 | |
| | | velocity | 6.58 | 7.54 | 7.35 | 7.09 | 6.92 | | 6.81 | 6.55 | 6.32 | 5.74 | 5.79 | 6.03 | | 7.32 | 6.76 | 5.94 | |
| H1 lead leg | L | strides | 24 | 16 | 16 | 17 | 17 | | 17 | 17 | 17 | 19 | 19 | 21 | | | | | |
| Fei Jiayu (CHN) (2000) | 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 | 18 | 18 | 21.5 | | 198.5 | | | |
| Tao Xue (CHN) (1999) | 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 | | | | |
| Feng Meiya (CHN) (2001) | time | 7.02 | 11.70 | 16.50 | 21.45 | 26.74 | | 32.35 | 38.25 | 44.50 | | | | 64.33 | 4 / 6 | | | | |
| reaction time | 0.231 | interval | 4.68 | 4.80 | 4.95 | 5.29 | | 5.61 | 5.90 | 6.25 | | | | | | 14.43 | 16.80 | | |
| | | velocity | 6.41 | 7.48 | 7.29 | 7.07 | 6.62 | | 6.24 | 5.93 | 5.60 | | | 6.22 | | 7.28 | 6.25 | | |
| H1 lead leg | L | strides | 24 | 17 | 17 | 17 | 17 | | 18 | 19 | 20 | | | 149 | | | | | |

Heat 1

date 25-Apr-21

CAA Hurdle Development (2021)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-----------------------------------|-------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Zou Yifan (CHN) (2000) | 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 | | | |
| Liu Hongjuan (CHN) (1996) | 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 | | | |
| Chen Liying (CHN) (1994) | 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 | | | |
| Chen Zhuo (CHN) (2001) | 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 | | | |
| Zhang Dongmei (CHN) (2001) | 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 | | | |
| Song Zhixin (CHN) (2005) | 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 | | | | |

2021 National Grand Prix (Chengdu, CHN)

FINAL

date 02-Apr-21

CAA Hurdle Development (2021)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------|-------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Chen Lin (CHN) (2004) | 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 | | | |
| Liu Wei (CHN) (2001) | 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 | | | |
| Hu Lihong (CHN) (1999) | 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 | | | |
| Teng Xinyao (CHN) (2000) | 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 | 17 | | 19 | 19 | 19 | 19 | | 168 | | | | |
| Huang Jie (CHN) (2005) | 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

2020 Japanese U20 National Championships (Hiroshima, JPN)

FINAL

date 25-Oct-20

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|---------------|---------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Nakano, Nano (JPN) (2001) | 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 | | | | |
| Aoki, Honoka (JPN) (2001) | time | 6.94 | 11.53 | 16.20 | 21.02 | 26.06 | | 31.16 | 36.42 | 41.89 | 47.45 | 52.92 | | 59.02 | 5 / 2 | | | |
| | reaction time | 0.202 | interval | 4.59 | 4.67 | 4.82 | 5.04 | 5.10 | 5.26 | 5.47 | 5.56 | 5.47 | 6.10 | | | 14.08 | 15.40 | 16.50 |
| | velocity | 6.48 | 7.63 | 7.49 | 7.26 | 6.94 | | 6.86 | 6.65 | 6.40 | 6.29 | 6.40 | 6.56 | 6.78 | | 7.46 | 6.82 | 6.36 |
| | H1 lead leg | strides | 16 | 16 | 17 | 17 | | 17 | 17 | 18 | 18 | 18 | | 154 | | | | |
| Kagawa, Yumeka (JPN) (2001) | 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 | | | | |
| Okubayashi, Rin (JPN) (2000) | 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 | | | | |
| Aruga, Chiharu (JPN) (2001) | 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 | | 18 | 19 | 20 | 19 | 19 | | 163 | | | | |
| Manabe, Ayana (JPN) (2001) | 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 | 17 | 17 | 17 | 17 | | 148 | | | | |
| Okawa, Nazuna (JPN) (2001) | 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 | | | | |
| Ban, Nozomi (JPN) (2001) | time | 6.87 | 11.53 | 16.35 | 21.32 | 26.49 | | 31.72 | 37.14 | 42.66 | 48.55 | 54.70 | | 61.65 | 1 / 8 | | | |
| | 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 | | | 14.45 | 15.82 | 17.56 |
| | velocity | 6.55 | 7.51 | 7.26 | 7.04 | 6.77 | | 6.69 | 6.46 | 6.34 | 5.94 | 5.69 | 5.76 | 6.49 | | 7.27 | 6.64 | 5.98 |
| | H1 lead leg | strides | 16 | 16 | 17 | 17 | | 17 | 17 | 17 | 19 | 19 | | 155 | | | | |

2020 Japanese High School National Championships (Hiroshima, JPN)

FINAL

date 25-Oct-20

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|---------------|---------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Yamamoto, Ami (JPN) (2002) | 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 | | | | |
| Ono, Mizuna (JPN) (2002) | 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 | 17 | 17 | 17 | 17 | | 148 | | | | |
| 塚本 萌乃 | time | 6.72 | 11.24 | 15.83 | 20.54 | 25.43 | | 30.58 | 35.89 | 41.24 | 46.90 | 52.49 | | 58.84 | 5 / 3 | | | |
| | reaction time | 0.181 | interval | 4.52 | 4.59 | 4.71 | 4.89 | 5.15 | 5.31 | 5.35 | 5.66 | 5.59 | 6.35 | | | 13.82 | 15.35 | 16.60 |
| | velocity | 6.70 | 7.74 | 7.63 | 7.43 | 7.16 | | 6.80 | 6.59 | 6.54 | 6.18 | 6.26 | 6.30 | 6.80 | | 7.60 | 6.84 | 6.33 |
| | H1 lead leg | strides | 17 | 17 | 17 | 17 | | 18 | 18 | 19 | 19 | 19 | | 161 | | | | |
| Mitzuguchi, Moe (JPN) (2002) | 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 | | | | |
| 大川 寿美香 | time | 6.84 | 11.46 | 16.12 | 20.89 | 25.84 | | 31.00 | 36.29 | 41.61 | 47.20 | 52.90 | | 59.22 | 4 / 5 | | | |
| | reaction time | 0.168 | interval | 4.62 | 4.66 | 4.77 | 4.95 | 5.16 | 5.29 | 5.32 | 5.59 | 5.70 | 6.32 | | | 14.05 | 15.40 | 16.61 |
| | velocity | 6.58 | 7.58 | 7.51 | 7.34 | 7.07 | | 6.78 | 6.62 | 6.58 | 6.26 | 6.14 | 6.33 | 6.75 | | 7.47 | 6.82 | 6.32 |
| | H1 lead leg | strides | 17 | 17 | 17 | 17 | | 17 | 17 | 17 | 19 | 19 | | 157 | | | | |
| 日下 あやな | time | 6.86 | 11.39 | 16.03 | 20.80 | 25.68 | | 30.90 | 36.64 | 42.38 | 48.31 | 54.27 | | 60.60 | 2 / 6 | | | |
| | reaction time | 0.188 | interval | 4.53 | 4.64 | 4.77 | 4.88 | 5.22 | 5.74 | 5.74 | 5.93 | 5.96 | 6.33 | | | 13.94 | 15.84 | 17.63 |
| | velocity | 6.56 | 7.73 | 7.54 | 7.34 | 7.17 | | 6.70 | 6.10 | 6.10 | 5.90 | 5.87 | 6.32 | 6.60 | | 7.53 | 6.63 | 5.96 |
| | H1 lead leg | strides | 17 | 17 | 17 | 17 | | 17 | 19 | 19 | 19 | 19 | | 161 | | | | |

| | | | | | | | | | | | | | | | | |
|-------------------------------|----------------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Kudo, Mei (JPN) (2002) | 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 |
| H1 lead leg | 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 |
| | strides | | 17 | 18 | 17 | 17 | 17 | 17 | 17 | 19 | 19 | 158 | | | | |

| | | | | | | | | | | | | | | | | |
|---------------|----------------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 樋口 綾音 | time | 6.92 | 11.58 | 16.27 | 21.15 | 26.31 | 31.58 | 37.32 | 43.06 | 48.73 | 54.37 | 60.84 | 1 / 8 | | | |
| reaction time | 0.158 interval | | 4.66 | 4.69 | 4.88 | 5.16 | 5.27 | 5.74 | 5.74 | 5.67 | 5.64 | 6.47 | | 14.23 | 16.17 | 17.05 |
| H1 lead leg | velocity | 6.50 | 7.51 | 7.46 | 7.17 | 6.78 | 6.64 | 6.10 | 6.10 | 6.17 | 6.21 | 6.18 | 6.57 | 7.38 | 6.49 | 6.16 |
| | strides | | 16 | 16 | 17 | 17 | 17 | 19 | 19 | 19 | 19 | 159 | | | | |

2020 Michitaka Kinami Memorial (Osaka, JPN)

FINAL

date 24-Oct-20

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Sekimoto, Moeka (JPN) (2001) | 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 |
| H1 lead leg | 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 |
| | strides | | 15 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 17 | 143 | | | | | |
| Koyama, Kana (JPN) (1998) | 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 |
| H1 lead leg | 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 |
| | strides | | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 17 | 17 | 145 | | | | | |
| Utsunomiya, Eri (JPN) (1993) | 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 |
| H1 lead leg | 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 |
| | strides | | 15 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 17 | 143 | | | | | |

B FINAL

date 24-Oct-20

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Kawabata, Szuka (JPN) (1993) | 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 |
| H1 lead leg | 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 |
| | strides | | 15 | 16 | 16 | 17 | 17 | 17 | 17 | 19 | 19 | 153 | | | | | | |
| Saito, Mayu (JPN) (1995) | 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 |
| H1 lead leg | 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 |
| | strides | | 16 | 16 | 17 | 17 | 17 | 18 | 18 | 19 | 19 | 157 | | | | | | |
| Yokota, Karen (JPN) (1999) | 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 |
| H1 lead leg | 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 |
| | strides | | 16 | 16 | 17 | 17 | 17 | 17 | 17 | 17 | 19 | 153 | | | | | | |

C FINAL

date 24-Oct-20

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------|----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Tsuha, Aiki (JPN) (2000) | 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 |
| H1 lead leg | 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 |
| | strides | | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 19 | 19 | 157 | | | | | | |
| Kuki, Yurie (JPN) (1993) | 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 |
| H1 lead leg | 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 |
| | strides | | 15 | 15 | 16 | 17 | 18 | 17 | 17 | 17 | 17 | 149 | | | | | | |

2020 Japanese National Championships (Niigata, JPN)

FINAL

date 03-Oct-20

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|----------------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-----------|---------------|--------------|-------|-------|--------|
| Ibrahim, Ayesya (JPN) (1998) | 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 |
| H1 lead leg | 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 |
| | strides | | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 20 | 179 | | | | |
| Utsunomiya, Eri (JPN) (1993) | 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 |
| H1 lead leg | 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 |
| | strides | | 23 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 21 | 187 | | | | | |
| Ito, Akiko (JPN) (1995) | 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 |
| H1 lead leg | 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 |
| | strides | | 23 | 15 | 15 | 16 | 16 | 16 | 17 | 17 | 17 | 21.2 | 189.2 | | | | | |
| Yamamoto, Ami (JPN) (2002) | 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 |
| H1 lead leg | 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 | | | | |
| Koyama, Kana (JPN) (1998) | 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 | | | | |
| Sekimoto, Moeka (JPN) (2001) | time | | 6.76 | 11.24 | 15.83 | 20.55 | 25.41 | 30.45 | 35.49 | 40.69 | 45.95 | 51.38 | | 57.89 | 3 / 6 | | | |
| reaction time | 0.200 | interval | 4.48 | 4.59 | 4.72 | 4.86 | | 5.04 | 5.04 | 5.20 | 5.26 | 5.43 | 6.51 | | | 13.79 | 14.94 | 15.89 |
| | | velocity | 6.66 | 7.81 | 7.63 | 7.42 | 7.20 | 6.94 | 6.94 | 6.73 | 6.65 | 6.45 | 6.14 | 6.91 | | 7.61 | 7.03 | 6.61 |
| H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 21.2 | 186.2 | | | | |
| Tsugawa, Rui (JPN) (2001) | 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 | | | | |
| Kawamura, Yuka (JPN) (2001) | 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 | | | | |

2020 All Japan Corporate Championships (Kumagaya, JPN)

FINAL

date 20-Sep-20

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|-------|----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Utsunomiya, Eri (JPN) (1993) | 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 | 17 | 145 | | | | | |
| Ito, Akiko (JPN) (1995) | 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 | 17 | 145 | | | | | |
| Aoki, Sayaka (JPN) (1986) | 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 | 17 | 151 | | | | | |
| Kuki, Yurie (JPN) (1993) | 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 | | | | | |
| Kawabata, Szuka (JPN) (1993) | 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 | 19 | 153 | | | | | |
| Minamisawa, Akane (JPN) (1991) | 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 | 17 | 18 | 149 | | | | | |
| Saito, Mayu (JPN) (1995) | 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 | 19 | 157 | | | | | |

2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

FINAL

date 17-Sep-20

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|-----------|---------------|--------------|-------|-------|--------|
| Bo, Femke (NED) (2000) | 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 | | | | |
| Ryzykova, Anna (UKR) (1991) | 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 | 14 | 15 | 15 | 15 | 15 | 15 | 19.7 | 172.7 | | | | |
| Tkachuk, Viktoriya (UKR) (1991) | 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 | 15 | 16 | 16 | 16 | 16 | 19.7 | 180.7 | | | | |

| | | | | | | | | | | | | | | | | | | | |
|---|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|------|
| Petersen, Sara Slott (DEN) (1 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 | | | | | |
| reaction time | 0.114 | interval | 4.16 | 4.20 | 4.36 | | 9.16 | 4.88 | 5.12 | 5.32 | 5.40 | 6.24 | | | 12.72 | 14.04 | 15.84 | | |
| | | 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 | | | | | |
| luel, Amalie (NOR) (1994) 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 | 19 | 180 | | | | | |
| Knight, Jessie (GBR) (1994) 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 | | | | | |
| Zapletalová, Emma (SVK) (2) 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 | | | | | |
| Folorunso, Ayomide (ITA) (1) 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 | | | | | | |

2020 Chinese National Championships (Shaoxing, CHN)

FINAL

date 17-Sep-20

CAA Hurdle Development (2020)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----------|---------------|--------------|-------|-------|--------|
| Mo Jiadie (CHN) (2000) 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 | 6.45 |
| H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 16 | 17 | 17 | 18 | 18 | 18 | 21.5 | 197.5 | | | | |
| Lu Zhangwei (CHN) (2001) 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 | 6.38 |
| H1 lead leg | R | strides | 24 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 18 | 18 | 22 | 197 | | | | |
| Huang Yan (CHN) (1996) 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 | 6.82 | | 7.78 | 7.02 | 6.24 |
| H1 lead leg | R | strides | 24 | 16 | 17 | 17 | 17 | 17 | 18 | 18 | 19 | 19 | 23 | 171 | | | | |
| Ou Ying (CHN) (2001) 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 | | | | |
| Wang Hongyan (CHN) (1998) 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 | | | | | |
| Chen Liying (CHN) (1994) 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 | | | | | | |
| Lan Tianlu (CHN) (1999) 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 | 6.48 | | 7.02 | 5.61 | | |
| H1 lead leg | | strides | | 16 | | | 17 | 17 | 18 | 19 | 20 | 24 | 131 | | | | | |
| Hu Lihong (CHN) (1999) 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 | 18 | 21 | 97 | | | | | | |

2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis)

FINAL

date 15-Sep-20

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

| | | | | | | | | | | | | | | | | | | |
|--|------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|
| Bol, Femke (NED) (2000) 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 | | | | |
| Sprunger, Leá (SUI) (1990) 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 | | | 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 | | | | |
| Tkachuk, Viktoriya (UKR) (1998) | 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 | | | | |
| Giger, Yasmin (SUI) (1999) | 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 | | | | |
| Kloster, Line (NOR) (1990) | 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 | | | | |
| Cavalleri, Valentina (ITA) (1998) | 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 | | | | |

2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)

FINAL

date 23-Aug-20

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|----------------|---------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Boi, Femke (NED) (2000) | 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 | | | | |
| Ryzhykova, Anna (UKR) (1998) | 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 | 15 | 15 | 15 | 15 | 16 | 15 | 16 | 19.5 | 160.5 | | | | |
| luel, Amalie (NOR) (1994) | 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 | 15 | 16 | 16 | 16 | 19 | 164 | | | | |
| Petersen, Sara Slott (DEN) (1998) | 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 | | | |
| reaction time | 0.209 interval | | | 8.67 | 4.40 | 4.50 | | 4.80 | 4.93 | 5.07 | 5.40 | 5.56 | 6.47 | | | 13.07 | 14.23 | 16.03 |
| | 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 | 16 | 17 | 18 | 18 | 21.5 | 172.5 | | | | |
| Watson, Sage (CAN) (1994) | 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 | 16 | 16 | 16 | 16 | 17 | 17 | 20 | 168 | | | | |
| Sprunger, Leá (SUI) (1990) | 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 | | | 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 | 7.09 | | 7.91 | 7.28 | 6.55 |
| H1 lead leg | R | strides | 20 | 14 | 14 | 14 | 14 | 15 | 15 | 15 | 16 | 16 | 19 | 172 | | | | |
| Hejnová, Zuzana (CZE) (1988) | time | 6.70 | 11.03 | 15.40 | 19.87 | 24.50 | 26.5 | 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 | 5.50 | 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 | | | | |
| Palmqvist, Hanna (SWE) (1998) | time | 6.23 | 10.47 | 14.80 | 19.37 | 24.23 | 26.4 | 29.30 | | 39.77 | 45.47 | 51.47 | | 58.56 | 1 / 8 | | | |
| reaction time | 0.168 interval | | 4.24 | 4.33 | 4.57 | 4.86 | | 5.07 | | 10.47 | 5.70 | 6.00 | 7.09 | | | 13.14 | | |
| | velocity | 7.22 | 8.25 | 8.08 | 7.66 | 7.20 | 7.58 | 6.90 | | 6.69 | 6.14 | 5.83 | 5.64 | 6.83 | | 7.99 | | |
| H1 lead leg | L | strides | 21 | 15 | 15 | 16 | 16 | 16 | | | 18 | 18 | 22.2 | 141.2 | | | | |

2020 Seiko Golden Grand Prix (Tokyo, JPN)

FINAL

date 23-Aug-20

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|----------------|---------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Sekimoto, Moeka (JPN) (2001) | time | 6.62 | 11.01 | 15.50 | 20.14 | 24.89 | | 29.68 | 34.65 | 39.81 | 45.20 | 50.80 | | 57.51 | 7 / 1 | | | |
| reaction time | 0.174 interval | | 4.39 | 4.49 | 4.64 | 4.75 | | 4.79 | 4.97 | 5.16 | 5.39 | 5.60 | 6.71 | | | 13.52 | 14.51 | 16.15 |
| | velocity | 6.80 | 7.97 | 7.80 | 7.54 | 7.37 | | 7.31 | 7.04 | 6.78 | 6.49 | 6.25 | 5.96 | 6.96 | | 7.77 | 7.24 | 6.50 |
| H1 lead leg | | strides | 15 | 15 | 15 | 15 | | 15 | 16 | 16 | 17 | 17 | 141 | | | | | |
| Ibrahim, Ayesyia (JPN) (1998) | time | 6.66 | 10.94 | 15.30 | 19.87 | 24.67 | | 29.65 | 34.75 | 40.14 | 45.68 | 51.47 | | 58.11 | 4 / 2 | | | |
| reaction time | 0.192 interval | | 4.28 | 4.36 | 4.57 | 4.80 | | 4.98 | 5.10 | 5.39 | 5.54 | 5.79 | 6.64 | | | 13.21 | 14.88 | 16.72 |
| | velocity | 6.76 | 8.18 | 8.03 | 7.66 | 7.29 | | 7.03 | 6.86 | 6.49 | 6.32 | 6.04 | 6.02 | 6.88 | | 7.95 | 7.06 | 6.28 |
| H1 lead leg | | strides | 15 | 15 | 15 | 15 | | 15 | 15 | 16 | 16 | 17 | 139 | | | | | |

| | | | | | | | | | | | | | | | | |
|-------------------------------------|---------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Koyama, Kana (JPN) (1998) | time | 6.74 | 11.24 | 15.85 | 20.60 | 25.49 | 30.60 | 35.75 | 41.07 | 46.48 | 52.00 | 58.14 | 8 / 3 | | | |
| reaction time | 0.146 | interval | 4.50 | 4.61 | 4.75 | 4.89 | 5.11 | 5.15 | 5.32 | 5.41 | 5.52 | 6.14 | | 13.86 | 15.15 | 16.25 |
| velocity | 6.68 | 7.78 | 7.59 | 7.37 | 7.16 | 6.85 | 6.80 | 6.58 | 6.47 | 6.34 | 6.51 | 6.88 | | 7.58 | 6.93 | 6.46 |
| H1 lead leg | strides | 15 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 17 | 143 | | | | |
| Ito, Akiko (JPN) (1995) | 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 | 17 | 145 | | | | |
| Utsunomiya, Eri (JPN) (1993) | 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 | 16 | 17 | 20 | 19 | 149 | | | | |
| Shibata, Haruka (JPN) (1991) | 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 | 19 | 153 | | | | |
| Mizuguchi, Moe (JPN) (2002) | 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 | 17 | 18 | 18 | 18 | 154 | | | | |
| Beppu, Riho (JPN) (2003) | 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 | | 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 | 19 | 157 | | | | |
| Oshiden, Moe (JPN) (1993) | 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 | 20 | 153 | | | | |

2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)

FINAL

date 19-Aug-20

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Boi, Femke (NED) (2000) | 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 | | | | |
| Ryzhykova, Anna (UKR) (1991) | 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 | | | | |
| Watson, Sage (CAN) (1994) | 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 | 16 | 16 | 16 | 17 | 17 | 20 | 184 | | | | | |
| Sprunger, Leá (SUI) (1990) | 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 | | | 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 | 15 | 15 | 15 | 16 | 16 | 154 | | | | | | |
| Zapletalová, Emma (SVK) (2001) | 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 | | | 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 | 15 | 16 | 17 | 16 | 20 | 137 | | | | | |
| Molnár, Janka (HUN) (2001) | 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 | | | | | | |
| Linkiewicz, Joanna (POL) (1988) | time | 6.64 | 11.08 | 15.64 | 20.28 | 25.08 | 30.08 | 35.24 | 40.32 | 45.56 | 51.11 | 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 | 17 | 17 | 17 | 17 | | 156 | | | | | | |
| Mátó, Sára (HUN) (2000) | time | 6.64 | 11.04 | 15.60 | 20.20 | 24.96 | 29.88 | 35.04 | 40.12 | 45.48 | 51.11 | 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 | 17 | | 148 | | | | | | |

2020 Shimane High School Championships (Izumo, JPN)

FINAL

date 12-Jul-20

Shimizu (2020) - shimane high school championships 2020 - biomechanics data analysis

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|--------|---------------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|------|
| 松本 春佳 | time | 7.38 | 12.72 | 18.30 | 24.00 | 29.92 | | 35.85 | 41.92 | 48.47 | 55.13 | 61.62 | | 68.37 | 8 / 1 | | | | |
| | reaction time | interval | 5.34 | 5.58 | 5.70 | 5.92 | | 5.93 | 6.07 | 6.55 | 6.66 | 6.49 | 6.75 | | | 16.62 | 17.92 | 19.70 | |
| | | velocity | 6.10 | 6.55 | 6.27 | 6.14 | 5.91 | | 5.90 | 5.77 | 5.34 | 5.26 | 5.39 | 5.93 | 5.85 | | 6.32 | 5.86 | 5.33 |
| | H1 lead leg | strides | 26 | 19 | 19 | 19 | 19 | | 19 | 19 | 21 | 21 | 21 | 23 | 226 | | | | |
| 錦織 玲菜 | time | 7.53 | 12.80 | 18.33 | 24.02 | 29.95 | | 35.82 | 41.88 | 48.50 | 55.52 | 62.45 | | 69.77 | 9 / 2 | | | | |
| | reaction time | interval | 5.27 | 5.53 | 5.69 | 5.93 | | 5.87 | 6.06 | 6.62 | 7.02 | 6.93 | 7.32 | | | 16.49 | 17.86 | 20.57 | |
| | | velocity | 5.98 | 6.64 | 6.33 | 6.15 | 5.90 | | 5.96 | 5.78 | 5.29 | 4.99 | 5.05 | 5.46 | 5.73 | | 6.37 | 5.88 | 5.10 |
| | H1 lead leg | strides | 26 | 19 | 19 | 19 | 19 | | 19 | 19 | 21 | 21 | 21 | 24 | 227 | | | | |
| 神田 早紀 | time | 8.15 | 13.90 | 19.62 | 25.45 | 31.42 | | 37.40 | 43.48 | 49.83 | 56.47 | 63.02 | | 69.90 | 7 / 3 | | | | |
| | reaction time | interval | 5.75 | 5.72 | 5.83 | 5.97 | | 5.98 | 6.08 | 6.35 | 6.64 | 6.55 | 6.88 | | | 17.30 | 18.03 | 19.54 | |
| | | velocity | 5.52 | 6.09 | 6.12 | 6.00 | 5.86 | | 5.85 | 5.76 | 5.51 | 5.27 | 5.34 | 5.81 | 5.72 | | 6.07 | 5.82 | 5.37 |
| | H1 lead leg | strides | 28 | 20 | 20 | 20 | 21 | | 21 | 20 | 21 | 22 | 22 | 26.5 | 241.5 | | | | |
| 上木 杏香音 | time | 7.38 | 12.58 | 17.93 | 23.50 | 29.37 | | 35.42 | 41.77 | 48.43 | 55.13 | 61.82 | | 69.97 | 5 / 4 | | | | |
| | reaction time | interval | 5.20 | 5.35 | 5.57 | 5.87 | | 6.05 | 6.35 | 6.66 | 6.70 | 6.69 | 8.15 | | | 16.12 | 18.27 | 20.05 | |
| | | velocity | 6.10 | 6.73 | 6.54 | 6.28 | 5.96 | | 5.79 | 5.51 | 5.26 | 5.22 | 5.23 | 4.91 | 5.72 | | 6.51 | 5.75 | 5.24 |
| | H1 lead leg | strides | 26 | 19 | 19 | 19 | 19 | | 19 | 21 | 21 | 21 | 21 | 25.5 | 230.5 | | | | |

2020 Inspiration Games (Zürich, SUI) (TV Analysis) (300m Hurdles)

FINAL

date 09-Jul-20

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|----------------------------|---------------|-----------|-------|-------|-------|-------|------|-------|-------|------|----|-----|--------|-----------------|--------------|-------|-------|--------|
| Moline, Georganne (USA) (1 | 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 | | | | |
| Sprunger, Leá (SUI) (1990) | 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 | (Zürich, SUI) | | 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 | | | | |
| Hejnová, Zuzana (CZE) (198 | 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 | | | 20 | 138 | | | | |

2020 Impossible Games (Oslo, NOR) (TV Analysis) (300m Hurdles)

FINAL

date 11-Jun-20

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------|---------------------|-----------|-------|-------|-------|-------|------|-------|-------|------|----|-----|--------|---------------|--------------|-------|-------|--------|
| Petersen, Sara Slott (DEN) (1 | time | 7.04 | 11.14 | 15.38 | 19.72 | 24.22 | | 28.96 | 34.00 | | | | | 39.42 | 4 / 1 | | | |
| | reaction time 0.125 | interval | 4.10 | 4.24 | 4.34 | 4.50 | | 4.74 | 5.04 | | | | 5.42 | | | 13.08 | 14.28 | |
| | | velocity | 7.10 | 8.54 | 8.25 | 8.06 | 7.78 | | 7.38 | 6.94 | | | 7.38 | 7.61 | | 8.03 | 7.35 | |
| | H1 lead leg | R strides | 25 | 15 | 15 | 15 | 15 | | 15 | 17 | | | 20 | 137 | | | | |
| luel, Amalie (NOR) (1994) | 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 | 14.01 | |
| | | velocity | 7.14 | 8.58 | 8.01 | 7.88 | 7.73 | | 7.49 | 7.28 | | | 7.22 | 7.61 | | 7.87 | 7.49 | |
| | H1 lead leg | L strides | 25 | 15 | 15 | 15 | 15 | | 15 | 15 | | | 18.7 | 133.7 | | | | |
| Sprunger, Leá (SUI) (1990) | 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 | 14.42 | |
| | | velocity | 7.20 | 8.54 | 8.25 | 7.66 | 7.54 | | 7.28 | 7.04 | | | 7.16 | 7.53 | | 7.81 | 7.28 | |
| | H1 lead leg | R strides | 23 | 13 | 13 | 14 | 14 | | 15 | 15 | | | 18.2 | 125.2 | | | | |

2019 National Sports Festival (Hitachinaka, JPN)

FINAL

date 05-Oct-19

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|----------------------------|---------------------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|------|
| Sekimoto, Moeka (JPN) (200 | time | 6.67 | 10.94 | 15.40 | 19.97 | 24.64 | | 29.53 | 34.57 | 39.82 | 45.15 | 50.92 | | 57.83 | 5 / 1 | | | | |
| | reaction time 0.204 | interval | 4.27 | 4.46 | 4.57 | 4.67 | | 4.89 | 5.04 | 5.25 | 5.33 | 5.77 | 6.91 | | | 13.30 | 14.60 | 16.35 | |
| | | velocity | 6.75 | 8.20 | 7.85 | 7.66 | 7.49 | | 7.16 | 6.94 | 6.67 | 6.57 | 6.07 | 5.79 | 6.92 | | 7.89 | 7.19 | 6.42 |
| | H1 lead leg | strides | | 15 | 15 | 15 | 15 | | 16 | 16 | 17 | 17 | 17 | 143 | | | | | |

Youth FINAL

date 05-Oct-19

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|----------------------------|---------------------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|------|
| Yamamoto, Ami (JPN) (2002) | 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 | | | | | |

2019 IAAF World Championships (Doha, QAT)

FINAL

date 04-Oct-19

Sugimoto (2019) - world championship competition performance analysis- women's hurdles

Henson (2020) - Athlete First: 2019 year end hurdle report (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 |
|---|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|---|
| Muhammad, Dalilah (USA) (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 | | | <i>Sugimoto (2019)</i> |
| 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 | | | | |
| McLaughlin, Sydney (USA) (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 | | | <i>Henson (2020)</i> |
| 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 | | | | |
| Clayton, Rushell (JAM) (1999) 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 | | | <i>Henson (2020)</i> |
| 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 | | | | |
| Sprunger, Leá (SUI) (1990) 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 | | | <i>Henson (2020)</i> |
| 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 | | | | |
| Hejnová, Zuzana (CZE) (1988) 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 | | | <i>Henson (2020)</i> |
| 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 | 16 | 20 | 149 | | | | |
| Spencer, Ashley (USA) (1993) time | 6.44 | 10.71 | 14.98 | 19.35 | 23.82 | | 33.03 | 37.87 | 42.97 | 48.08 | | | 54.45 | 2 / 6 | | | <i>Henson (2020)</i> |
| reaction time 0.163 interval | | 4.27 | 4.27 | 4.37 | 4.47 | | 9.21 | 4.84 | 5.10 | 5.11 | 6.37 | | | | 12.91 | 13.68 | 15.05 |
| velocity | 6.99 | 8.20 | 8.20 | 8.01 | 7.83 | | 7.60 | 7.23 | 6.86 | 6.85 | 6.28 | 7.35 | | | 8.13 | 7.68 | 6.98 |
| H1 lead leg L strides | 22 | 15 | 15 | 15 | 15 | | | 15 | 16 | 16 | 19 | 117 | | | | | |
| Ryzhykova, Anna (UKR) (1991) 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 | | | <i>Henson (2020)</i> |
| 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 | 14 | | 15 | 15 | 15 | 16 | 16 | 19.2 | 144.2 | | | | |
| Watson, Sage (CAN) (1994) 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 | | | <i>Henson (2020)</i> |
| 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 | 17 | 17 | 20 | 165 | | | | |
| Semi-Final 3 (TV A) date 02-Oct-19 | | | | | | | | | | | | | | | | | <i>Henson (2020) - Athlete First: 2019 year end hurdle report</i> |
| McLaughlin, Sydney (USA) (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 | | | | |
| Sprunger, Leá (SUI) (1990) 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 | | | | 6.84 |
| H1 lead leg R strides | 23 | 14 | 14 | 14 | 15 | | 15 | 15 | 15 | 15 | 15 | 18.5 | 173.5 | | | | |
| Salmon, Shiann (JAM) (1999) 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 | 16 | 17 | 20.5 | 136.5 | | | | |
| Pedroso, Yadisleidis (ITA) (1 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 | 17 | 21 | 143 | | | | |
| Jamal, Aminat (BRN) (1997) 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 | 17 | 19.7 | 104.7 | | | | | |
| Woodruff, Gianna (PAN) (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 | | | | | |
| Turner, Jessica (GBR) (1995) 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 | | | | | |
| Boden, Lauren (AUS) (1988) time | 6.47 | 10.71 | 15.01 | | 23.86 | | 33.33 | 38.47 | 43.78 | 49.31 | | | 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 | | | | | 15.98 |
| | | velocity | 6.96 | 8.25 | 8.14 | | 7.91 | | 7.39 | 6.81 | 6.59 | 6.33 | 6.03 | 7.15 | | | | 6.57 |
| H1 lead leg | L | strides | 22 | 15 | 15 | | | | 16 | 16 | 17 | 20.5 | 121.5 | | | | | |

Semi-Final 2 (TV A) date 02-Oct-19

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

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|---|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|------|
| Clayton, Rushell (JAM) (1999) 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 | | 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 | | | |
| Hejnová, Zuzana (CZE) (1988) 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 | | | |
| Spencer, Ashley (USA) (1993) time | 6.24 | 10.40 | 14.52 | 18.88 | 23.32 | | 27.92 | 32.64 | 37.76 | 42.96 | 48.28 | | 54.42 | 8 / 3 | | | | |
| reaction time | 0.171 | interval | | 4.16 | 4.12 | 4.36 | 4.44 | | 4.60 | 4.72 | 5.12 | 5.20 | 5.32 | 6.14 | 12.64 | 13.76 | 15.64 | |
| | | velocity | 7.21 | 8.41 | 8.50 | 8.03 | 7.88 | | 7.61 | 7.42 | 6.84 | 6.73 | 6.58 | 6.51 | 7.35 | 8.31 | 7.63 | 6.71 |
| H1 lead leg | L | strides | 22 | 15 | 15 | 15 | 15 | | 15 | 15 | 16 | 16 | 16 | 19.2 | 179.2 | | | |
| luel, Amalie (NOR) (1994) 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 | 16 | 19 | 164 | | | |
| Folorunso, Ayomide (ITA) (1991) 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 | | | |
| Linkiewicz, Joanna (POL) (1988) 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 | 17 | 20.5 | 176.5 | | | |
| Carli, Sarah (AUS) (1994) time | 6.36 | 10.52 | 14.80 | 19.24 | 23.88 | | 28.76 | 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 | 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 | 16 | 17 | 20 | 168 | | | |
| Krafzik, Carolina (GER) (1999) 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 | 18 | 151 | | | | |

Semi-Final 1 (TV A) date 02-Oct-19

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

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|--|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|------|
| Muhammad, Dalilah (USA) (1991) 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 | | | |
| Watson, Sage (CAN) (1994) 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 | 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 | 16 | 16 | 16 | 16 | 20 | 151 | | | |
| Ryzhykova, Anna (UKR) (1991) 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 | | | |
| Hechavarria, Zurian (CUB) (1991) 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 | | | |
| Claes, Hanne (BEL) (1991) time | 6.34 | 10.47 | 14.71 | | 23.56 | | | 33.10 | 38.10 | 43.34 | 48.81 | | 55.25 | 3 / 5 | | | | |
| reaction time | 0.159 | interval | | 4.13 | 4.24 | | 8.85 | | 9.54 | 5.00 | 5.24 | 5.47 | 6.44 | | | | 15.71 | |
| | | velocity | 7.10 | 8.47 | 8.25 | | 7.91 | | 7.34 | 7.00 | 6.68 | 6.40 | 6.21 | 7.24 | | | 6.68 | |
| H1 lead leg | R | strides | 23 | 15 | 15 | | | | | | 17 | 17 | 21 | 108 | | | | |
| Rudakova, Vera (ANA) (1992) 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 | 144 | | | | |

| | | | | | | | | | | | | | | | | | | |
|---------------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|
| H1 lead leg | L | strides | 22 | 15 | | 15 | 15 | 15 | 15 | 16 | 20 | 118 | | | | | | |
| Muhammad, Dalilah (USA) (1996) | 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 | | | | |
| Hejnová, Zuzana (CZE) (1996) | 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 | 7.63 | 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 | | | | |
| Sprunger, Leá (SUI) (1990) | 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 | 15 | 16 | 20 | 130 | | | | | |
| Ryzhykova, Anna (UKR) (1991) | 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 | | 4.84 | 4.96 | 5.04 | 5.16 | 5.32 | 6.08 | 12.76 | 14.44 | 15.52 | |
| | | velocity | 6.94 | 8.41 | | 8.14 | 7.54 | 7.72 | 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 | 16 | 19.7 | 131.7 | | | | | |
| Russell, Janieve (JAM) (1993) | 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 | 16 | | | 101 | | | | | |
| Spencer, Ashley (USA) (1993) | time | | 6.44 | 10.68 | 15.00 | 19.52 | 24.16 | 26.2 | 28.96 | 33.92 | 39.04 | 44.48 | | 56.90 | 5 / 8 | | | |
| reaction time | 0.132 | interval | | 4.24 | 4.32 | 4.52 | 4.64 | | 4.80 | 4.96 | 5.12 | 5.44 | | | 13.08 | 14.40 | | |
| | | velocity | 6.99 | 8.25 | 8.10 | 7.74 | 7.54 | 7.63 | 7.29 | 7.06 | 6.84 | 6.43 | | 7.03 | 8.03 | 7.29 | | |
| H1 lead leg | L | strides | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | | 144 | | | | |

2019 Chinese National Grand Prix Final (Daqing, CHN)

FINAL

date 23-Aug-19

CAA Hurdle Development (2019)

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Huang Yan (CHN) (1996) | 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 | 6.84 | | 7.60 | 7.03 | 6.40 |
| H1 lead leg | L | strides | 24 | 17 | 17 | 17 | 17 | | 17 | 18 | 18 | 18 | 19 | 23 | 205 | | | | |
| Lu Zhangwei (CHN) (2001) | 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 | 6.21 |
| H1 lead leg | R | strides | 24 | 17 | 17 | 17 | 17 | | 17 | 17 | 17 | 18 | 18 | 23 | 202 | | | | |
| Lan Tianlu (CHN) (1999) | 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 | 0.228 | 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 | 6.66 | | 7.49 | 6.85 | 6.19 |
| H1 lead leg | L | strides | 23 | 16 | 16 | 17 | 17 | | 17 | 17 | 17 | 18 | 19 | 22.5 | 199.5 | | | | |
| Hu Lihong (CHN) (1999) | 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 | | | | |
| Tao Xue (CHN) (1999) | 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 | | | | |
| Jiang Liyunzhe (CHN) (2002) | time | | 6.72 | 11.26 | 15.83 | 20.65 | 25.68 | | 30.95 | 36.27 | 41.86 | 48.03 | 54.77 | | 63.02 | 2 / 6 | | | |
| 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 | | | 13.93 | 15.62 | 18.50 |
| | | velocity | 6.70 | 7.71 | 7.66 | 7.26 | 6.96 | | 6.64 | 6.58 | 6.26 | 5.67 | 5.19 | 4.85 | 6.35 | | 7.54 | 6.72 | 5.68 |
| H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 16 | | 17 | 17 | 17 | 18 | 20 | 23.5 | 200.5 | | | | |
| Ou Ying (CHN) (2001) | 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 | | | | | |
| Zhou Yu (CHN) (1999) | 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

date 22-Aug-19

CAA Hurdle Development (2019)

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-----------------------------|------|--|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Zhou Yu (CHN) (1999) | 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 | | | |
| Ou Ying (CHN) (2001) | 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 | | | |
| Hu Lihong (CHN) (1999) | 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 | | | |
| Tao Xue (CHN) (1999) | 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 | | | |
| Liu Hongjuan (CHN) (1996) | 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 | | | |
| Chen Zhuo (CHN) (2001) | 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 | | | |

Heat 1

date 22-Aug-19

CAA Hurdle Development (2019)

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|-------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Lu Zhangwei (CHN) (2001) | 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 | 6.22 | |
| H1 lead leg | R | strides | 24 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 18 | 18 | 19 | 22.5 | 203.5 | | | | |
| Huang Yan (CHN) (1996) | 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 | 6.73 | | 7.61 | 7.02 | 6.09 | |
| H1 lead leg | L | strides | 24 | 17 | 17 | 17 | 17 | 17 | 17 | 18 | 19 | 19 | 19 | 22.5 | 206.5 | | | | |
| Lan Tianlu (CHN) (1999) | 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 | 0.306 | 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 | 6.61 | | 7.36 | 6.81 | 6.23 | |
| H1 lead leg | L | strides | 23 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | 17 | 18 | 22 | 195 | | | | |
| Jiang Liyunzhe (CHN) (2002) | time | 6.76 | 11.44 | 16.30 | 21.32 | 26.40 | | 31.65 | 37.02 | 42.53 | 48.20 | 54.29 | | 61.32 | 8 / 4 | | | | |
| 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 | | | 14.56 | 15.70 | 17.27 | |
| | | velocity | 6.66 | 7.48 | 7.20 | 6.97 | 6.89 | 6.67 | 6.52 | 6.35 | 6.17 | 5.75 | 5.69 | 6.52 | | 7.21 | 6.69 | 6.08 | |
| H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | 18 | 21.5 | 195.5 | | | | | |
| Chen Liying (CHN) (1994) | 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 | | | | | |
| Di Chengqian (CHN) (1999) | 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 | | | | | |

2019 Chinese National Youth Games (Taiyuan, CHN)

U20 FINAL

date 17-Aug-19

CAA Hurdle Development (2019)

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------|-------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|-----------|---------------|--------------|-------|-------|--------|
| Mo Jiadie (CHN) (2000) | 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 | 6.50 | |
| H1 lead leg | L | strides | 23 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 18 | 18 | 20.8 | 194.8 | | | | | |
| Lu Zhangwei (CHN) (2001) | 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 | 16.40 | |
| | | 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 | 6.40 | |
| H1 lead leg | R | strides | 24 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 18 | 18 | 21.5 | 200.5 | | | | | |
| Zou Yifan (CHN) (2000) | 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 | | | | | |

| | | | | | | | | | | | | | | | | | |
|--------------------------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-----------|-------|-------|-------|-------|
| Wang Jiaqi (CHN) (2000) | time | 6.88 | 11.40 | 16.08 | 20.92 | 25.90 | 31.02 | 36.42 | 41.98 | 47.62 | 53.38 | | 59.89 | 8 / 4 | | | |
| 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 | PB | | 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 | | | |
| Liang Yina (CHN) (2001) | time | 6.94 | 11.52 | 16.20 | 21.04 | 26.14 | 31.54 | 37.10 | 42.74 | 48.54 | 54.48 | | 61.35 | 7 / 5 | | | |
| 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 | | | |
| Fu Yijia (CHN) (2001) | 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 | | | |
| Chen Zhuo (CHN) (2001) | 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 | 6.12 | 5.78 | 5.59 | 5.50 | 5.40 | 5.71 | 6.13 | 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 | | | |
| Dou Lingyu (CHN) (2000) | time | 6.94 | 11.52 | 16.34 | 21.36 | 26.72 | 32.44 | 38.56 | 45.16 | 51.80 | 58.52 | | 66.01 | 3 / 8 | | | |
| 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 | 6.12 | 5.72 | 5.30 | 5.27 | 5.21 | 5.34 | 6.06 | 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 | | | |

U18 FINAL CAA Hurdle Development (2019)

date 17-Aug-19

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|----------------------------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------------|-------|------|-------|--------|---------------|--------------|-------|-------|--------|
| Zhou Xiaohan (CHN) (2002) | 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 | 6.74 | 6.90 | 6.32 | | |
| H1 lead leg | R | strides | 24 | 16 | 16 | 17 | 17 | 17 | 18 | 18 | 18 | 18 | 19 | 23 | 203 | | | | |
| Xiong Yiqi (CHN) (2002) | 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 | 6.41 | 6.43 | 5.99 | | |
| H1 lead leg | L | strides | 25 | 17 | 17 | 17 | 17 | 19 | 19 | 19 | 19 | 19 | 23.2 | 211.2 | | | | | |
| Chen Leyi (CHN) (2003) | 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 | 6.41 | 6.59 | 5.93 | | |
| H1 lead leg | R | strides | 26 | 17 | 17 | 17 | 17 | 18 | 18 | 19 | 19 | 19 | 23 | 210 | | | | | |
| Li Yirong (CHN) (2002) | time | 7.08 | 11.86 | 16.78 | 21.82 | 26.92 | 32.24 | 37.66 | 43.40 | 49.50 | 55.94 | | 63.46 | 6 / 4 | | | | | |
| 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 | 6.30 | 6.63 | 5.74 | | |
| H1 lead leg | L | strides | 25 | 17 | 17 | 17 | 17 | 18 | 18 | 19 | 20 | 21 | 24.5 | 213.5 | | | | | |
| Pan Jianan (CHN) (2002) | time | 6.92 | 11.32 | 16.20 | 21.16 | 26.34 | 31.70 | 37.22 | 43.32 | 49.60 | 55.98 | | 63.98 | 9 / 5 | | | | | |
| reaction time | 0.249 | interval | 4.40 | 4.88 | 4.96 | 5.18 | 5.36 | 5.52 | 6.10 | 6.28 | 6.38 | 8.00 | | | | 14.24 | 16.06 | 18.76 | |
| | | velocity | 6.50 | 7.95 | 7.17 | 7.06 | 6.76 | 6.53 | 6.34 | 5.74 | 5.57 | 5.49 | 5.00 | 6.25 | 6.25 | 6.54 | 5.60 | | |
| H1 lead leg | L | strides | 23 | 15 | 17 | 17 | 17 | 17 | 17 | 19 | 19 | 19 | 24.2 | 204.2 | | | | | |
| Chen Qian (CHN) (2002) | 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 | 6.15 | 6.46 | 5.53 | | |
| H1 lead leg | L | strides | 24 | 17 | 17 | 17 | 17 | 17 | 18 | 19 | 20 | 20 | 24 | 210 | | | | | |
| Wang Shuzhen (CHN) (2002) | 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 | 5.96 | 6.22 | 5.32 | | |
| H1 lead leg | L | strides | 24 | 17 | 17 | 17 | 17 | 17 | 18 | 19 | 19 | 19 | 23 | 207 | | | | | |
| He Xueying (CHN) (2002) | 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 | | | | | | |

U20 Heat 2 CAA Hurdle Development (2019)

date 17-Aug-19

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|--------|---------------|--------------|-------|-------|--------|
| Zou Yifan (CHN) (2000) | 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 | 6.54 | 6.79 | 5.97 | | |
| H1 lead leg | L | strides | 24 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 19 | 19 | 21.2 | 202.2 | | | | |
| Lu Zhangwei (CHN) (2001) | 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 | 6.48 | 6.79 | 6.01 | | |

| | | | | | | | | | | | | | | | | | | | |
|-----------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|-------|--------|-------|-------|-------|
| H1 lead leg | R | strides | 23 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 18 | 20 | 23 | 203 | | | | |
| Wang Jiaqi (CHN) (2000) | time | | 7.18 | 11.70 | 16.34 | 21.10 | 26.10 | | 31.40 | 37.02 | 42.96 | 49.18 | 55.78 | | 62.86 | 3 / 3 | | | |
| 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 | | | | 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 | | | | |
| Wang Yuanyuan (CHN) (2000) | 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 | | | | |
| Ou Ying (CHN) (2001) | 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 | | | | |
| Xie Hanmeng (CHN) (2001) | 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 | | | | | |
| Luo Ouxuan (CHN) (2000) | 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 | | | | |

U20 Heat 1

date 17-Aug-19

CAA Hurdle Development (2019)

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Mo Jiadie (CHN) (2000) | 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 | 6.13 |
| H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 16 | | 17 | 17 | 17 | 18 | 18 | 21 | 196 | | | | |
| Liang Yina (CHN) (2001) | time | | 6.98 | 11.70 | 16.58 | 21.56 | 26.80 | | 32.32 | 38.08 | 43.84 | 49.84 | 55.92 | | 62.37 | 7 / 2 | | | |
| 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 | | | | |
| Fu Yijia (CHN) (2001) | 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 | | | | |
| Chen Zhuo (CHN) (2001) | 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 | | | | |
| Dou Lingyu (CHN) (2000) | time | | 6.82 | 11.40 | 16.14 | 20.98 | 26.16 | | 31.62 | 37.38 | 43.34 | 49.56 | 55.90 | | 63.46 | 2 / 5 | | | |
| 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 | | | | |
| Yang Xinyue (CHN) (2001) | 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 | | | | |

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

FINAL

date 08-Aug-19

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|-------|----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Watson, Sage (CAN) (1994) | 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 | | | 9.10 | 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 | R | strides | 22 | 15 | 15 | 15 | | | 15 | 16 | 16 | 17 | 20 | 151 | | | | | |
| Cockrell, Anna (USA) (1997) | time | | 6.34 | 10.38 | 14.83 | 19.38 | 24.03 | | 28.79 | 33.72 | 38.76 | 43.89 | | 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 | | | | | | 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 | | 143 | | | | | |
| Clayton, Rushell (JAM) (1999) | 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 | | | | | |

2019 Japanese National High School Championships (Okinawa, JPN)

FINAL

date 06-Aug-19

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|---------------|------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Tsugawa, Rui (JPN) (2001) | 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 | | | | |
| | 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 | | 13.97 | 14.78 | 16.13 |
| | H1 lead leg | | strides | 17 | 17 | 17 | 17 | | 17 | 17 | 17 | 19 | 19 | | 157 | | 7.52 | 7.10 |
| Tawa, Rina (JPN) (2002) | 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 | | | | |
| | 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 | | 13.91 | 15.41 | 16.23 |
| | H1 lead leg | | strides | 16 | 16 | 16 | 17 | | 17 | 18 | 18 | 18 | 18 | | 154 | | 7.55 | 6.81 |
| Nakano, Nano (JPN) (2001) | 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 | | | | |
| | 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 | | 14.14 | 15.31 | 16.30 |
| | H1 lead leg | | strides | 17 | 17 | 17 | 17 | | 19 | 19 | 19 | 19 | 19 | | 163 | | 7.43 | 6.86 |
| Aoki, Honoka (JPN) (2001) | time | 6.83 | 11.39 | 16.05 | 20.80 | 25.78 | | 30.91 | 36.07 | 41.42 | 46.97 | 52.71 | | 58.94 | 8 / 4 | | | |
| | reaction time | | interval | 4.56 | 4.66 | 4.75 | 4.98 | | 5.13 | 5.16 | 5.35 | 5.55 | 5.74 | 6.23 | | | | |
| | velocity | 6.59 | 7.68 | 7.51 | 7.37 | 7.03 | | 6.82 | 6.78 | 6.54 | 6.31 | 6.10 | 6.42 | 6.79 | | 13.97 | 15.27 | 16.64 |
| | H1 lead leg | | strides | 17 | 17 | 17 | 17 | | 17 | 17 | 18 | 18 | 18 | | 156 | | 7.52 | 6.88 |
| Shimizu, Hana (JPN) (2001) | 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 | | | | |
| | 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 | | 13.99 | 15.35 | 16.41 |
| | H1 lead leg | | strides | 17 | 17 | 17 | 17 | | 17 | 17 | 17 | 19 | 19 | | 157 | | 7.51 | 6.84 |
| Saka, Nozomi (JPN) (2001) | 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 | | | | |
| | 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 | | 13.80 | 15.25 | 16.91 |
| | H1 lead leg | | strides | 16 | 16 | 16 | 16 | | 17 | 17 | 17 | 17 | 19 | | 151 | | 7.61 | 6.89 |
| Kawamura, Yuka (JPN) (2001) | 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 | | | | |
| | 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 | | 14.14 | 15.40 | 16.63 |
| | H1 lead leg | | strides | 17 | 17 | 17 | 17 | | 17 | 17 | 18 | 18 | 19 | | 157 | | 7.43 | 6.82 |
| Shiomi, Mikoto (JPN) (2001) | 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 | | | | |
| | 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 | | 14.69 | 15.88 | 16.54 |
| | H1 lead leg | | strides | 17 | 17 | 17 | 17 | | 18 | 18 | 18 | 18 | 18 | | 158 | | 7.15 | 6.61 |

2019 Chinese World Championship Trials (Shenyang, CHN)

FINAL

date 03-Aug-19

CAA Hurdle Development (2019)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Huang Yan (CHN) (1996) | 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 | | | | |
| | velocity | 6.47 | 7.69 | 7.42 | 7.34 | 7.16 | | 6.92 | 6.74 | 6.63 | 6.45 | 6.43 | 6.56 | 6.85 | | 14.04 | 15.14 | 16.15 |
| | H1 lead leg | L | strides | 24 | 17 | 17 | 17 | | 17 | 18 | 18 | 18 | 18 | 22 | 203 | | 7.48 | 6.94 |
| Lan Tianlu (CHN) (1999) | 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 | 0.256 | interval | 4.68 | 4.70 | 4.82 | 4.96 | | 5.18 | 5.20 | 5.28 | 5.28 | 5.38 | 6.12 | | | | |
| | 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 | | 14.20 | 15.34 | 15.94 |
| | H1 lead leg | L | strides | 23 | 16 | 16 | 16 | | 17 | 17 | 17 | 17 | 17 | 21 | 193 | | 7.39 | 6.84 |
| Lu Zhangwei (CHN) (2001) | 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 | | | | |
| | 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 | | 13.84 | 15.22 | 16.60 |
| | H1 lead leg | R | strides | 24 | 17 | 17 | 17 | | 17 | 17 | 17 | 18 | 18 | 22.2 | 201.2 | | 7.59 | 6.90 |
| Ding Yirui (CHN) (2002) | time | 6.84 | 11.33 | 15.98 | 20.69 | 25.64 | | 30.86 | 36.24 | 41.77 | 47.50 | 53.12 | | 59.63 | 2 / 4 | | | |
| | 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 | | | | |
| | 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 | | 13.85 | 15.55 | 16.88 |
| | H1 lead leg | L | strides | 23 | 15 | 15 | 15 | | 16 | 17 | 17 | 17 | 17 | 21 | 189 | | 7.58 | 6.75 |
| Wu Fangfang (CHN) (1997) | 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 | | | | |
| | 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 | | 14.16 | 15.53 | 16.87 |
| | H1 lead leg | L | strides | 24 | 16 | 16 | 16 | | 17 | 17 | 17 | 17 | 17 | 21.5 | 194.5 | | 7.42 | 6.76 |
| Chen Liying (CHN) (1994) | 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 | | | | |
| | 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 | | 13.98 | 15.25 | 17.27 |
| | H1 lead leg | R | strides | 24 | 16 | 16 | 16 | | 17 | 17 | 17 | 18 | 19 | 22.2 | 198.2 | | 7.51 | 6.89 |
| Hu Lihong (CHN) (1999) | 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 | | | | |
| | 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 | | 14.06 | 15.14 | 16.88 |

| | | | | | | | | | | | | | | | | | | | | |
|----------------------------------|-------|----------|------|-------|-------|-------|-------|----|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--|
| H1 lead leg | L | strides | 23 | 16 | 16 | 16 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 21 | 191 | | | | | |
| Liu Hongjuan (CHN) (1996) | 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 2

date 03-Aug-19

CAA Hurdle Development (2019)

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|------------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|--|
| Lu Zhangwei (CHN) (2001) | 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 | 6.33 | |
| H1 lead leg | R | strides | 24 | 17 | 17 | 17 | 17 | | 17 | 17 | 17 | 18 | 18 | 21.5 | 200.5 | | | | | |
| Chen Liying (CHN) (1994) | 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 | | | | | |
| Hu Lihong (CHN) (1999) | 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 | | | | | |
| Huang Yan (CHN) (1996) | 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 | 6.61 | | 7.32 | 6.76 | 6.16 | |
| H1 lead leg | L | strides | 25 | 17 | 17 | 17 | 17 | | 18 | 18 | 18 | 19 | 19 | 21.7 | 206.7 | | | | | |
| Ding Yirui (CHN) (2002) | time | | 6.84 | 11.46 | 16.33 | 21.29 | 26.44 | | 31.95 | 37.29 | 42.71 | 48.26 | 54.09 | | 60.85 | 4 / 5 | | | | |
| 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 | | | | | |
| Jiang Liyunzhe (CHN) (2002) | time | | 7.02 | 11.97 | 17.02 | 22.26 | 27.58 | | 33.10 | 38.52 | 44.02 | 49.66 | 55.60 | | 62.33 | 7 / 6 | | | | |
| 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 | | | 15.24 | 16.26 | 17.08 | |
| | | velocity | 6.41 | 7.07 | 6.93 | 6.68 | 6.58 | | 6.34 | 6.46 | 6.36 | 6.21 | 5.89 | 5.94 | 6.42 | | 6.89 | 6.46 | 6.15 | |
| H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 16 | | 17 | 17 | 17 | 17 | 17 | 20.5 | 193.5 | | | | | |
| Zhou Yu (CHN) (1999) | 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 | | | | | |

Heat 1

date 03-Aug-19

CAA Hurdle Development (2019)

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|----------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|--|
| Liu Hongjuan (CHN) (1996) | 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 | | | | | |
| Wu Fangfang (CHN) (1997) | 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 | | | | | |
| Lan Tianlu (CHN) (1999) | 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 | 0.269 | 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 | 5.54 | |
| H1 lead leg | L | strides | 23 | 16 | 16 | 16 | 16 | | 17 | 18 | 18 | 18 | 18 | 22 | 198 | | | | | |

2019 USATF National Championships (Des Moines, IA)

FINAL

date 28-Jul-19

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

Vazel (2019) - statistical analysis and historical context of the new 400H world record

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|-------------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|------------|---------------|--------------|-------|-------|--------|---------------|
| Muhammad, Dalilah (USA) | 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 | | | | Vazel (2019) |
| 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 | 16 | 16 | 16 | 20 | 181 | | | | | |
| McLaughlin, Sydney (USA) | 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 | | | | Henson (2020) |
| 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 | 13.74 | 14.80 | |
| | | 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 | 7.64 | 7.09 | |
| H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 16 | 16 | 18.5 | 178.5 | | | | | |
| Spencer, Ashley (USA) (1993) | time | | 6.57 | 10.74 | 14.98 | 19.32 | 23.76 | | 33.13 | 37.60 | 42.44 | 47.34 | | 53.11 | 3 / 3 | | | | | Henson (2020) |
| reaction time | 0.202 | interval | | 4.17 | 4.24 | 4.34 | 4.44 | | 9.37 | 4.47 | 4.84 | 4.90 | 5.77 | =PB | | | 12.75 | 13.81 | 14.21 | |
| | | velocity | 6.85 | 8.39 | 8.25 | 8.06 | 7.88 | | 7.47 | 7.83 | 7.23 | 7.14 | 6.93 | 7.53 | | | 8.24 | 7.60 | 7.39 | |
| H1 lead leg | L | strides | 22 | 15 | 15 | 15 | 15 | | | | 15 | 15 | 15 | 18.2 | 145.2 | | | | | |

| | | | | | | | | | | | | | | | | |
|-------------------------------------|----------|--------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|----------------------|-------|------|
| Little, Shamier (USA) (1995) | 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 | <i>Henson (2020)</i> | | |
| 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 | 15 | 16 | 16 | 16 | 17 | 21 | 180 | | | |
| Tate, Cassandra (USA) (1990) | 0.224 | no information available | | | | | | | | | | 54.91 | 7 / 5 | | | |
| Cockrell, Anna (USA) (1997) | 0.204 | no information available | | | | | | | | | | 56.14 | 2 / 6 | | | |
| Seymour, Kiah (USA) (1994) | 0.207 | no information available | | | | | | | | | | 56.24 | 8 / 7 | | | |
| Bookman, Deonca (USA) (1994) | 0.270 | no information available | | | | | | | | | | 57.37 | 1 / 8 | | | |

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

FINAL

date 21-Jul-19

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|----------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Clayton, Rushell (JAM) (1991) | 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 | 16 | 16 | 16 | 16 | 19.5 | 181.5 | | | | |
| Hejnová, Zuzana (CZE) (1986) | 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 | 16 | 16 | 16 | 20 | 180 | | | | |
| Belle, Tia Adana (BAR) (1996) | 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 | 16 | 16 | 16 | 16 | 19.7 | 181.7 | | | | |
| Ryzhykova, Anna (UKR) (1991) | 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 | 15 | | 15 | 15 | 15 | 15 | 16 | 19.5 | 174.5 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | 16 | 16 | 17 | 20.2 | 181.2 | | | | |
| Beesley, Meghan (GBR) (1988) | 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 | | | 17 | 17 | 18 | 18 | 22.5 | 180.5 | | | | |
| Watson, Sage (CAN) (1994) | 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 | | | 16 | 16 | 17 | 17 | 20 | 168 | | | | |
| Nel, Wenda (RSA) (1988) | time | 6.60 | 10.96 | 15.44 | 20.04 | 24.68 | | 29.36 | 34.28 | 39.28 | 44.48 | 50.04 | | 56.39 | 1 / 8 | | | |
| reaction time | 0.175 | interval | 4.36 | 4.48 | 4.60 | 4.64 | | 4.68 | 4.92 | 5.00 | 5.20 | 5.56 | 6.35 | | | 13.44 | 14.24 | 15.76 |
| | velocity | 6.82 | 8.03 | 7.81 | 7.61 | 7.54 | | 7.48 | 7.11 | 7.00 | 6.73 | 6.29 | 6.30 | 7.09 | | 7.81 | 7.37 | 6.66 |
| H1 lead leg | L | strides | 23 | 16 | 16 | 16 | | 16 | 17 | 17 | 17 | 18 | 156 | | | | | |

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

FINAL

date 12-Jul-19

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|----------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| McLaughlin, Sydney (USA) (2000) | 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 | 7.00 |
| H1 lead leg | R | strides | 23 | 15 | 15 | 15 | | 15 | 15 | 16 | 16 | 16 | 18.5 | 179.5 | | | | |
| Spencer, Ashley (USA) (1993) | time | 6.42 | 10.68 | 15.06 | 19.52 | 24.06 | 26.1 | | 33.32 | 38.16 | 43.34 | 48.50 | | 54.46 | 3 / 2 | | | |
| reaction time | 0.152 | interval | 4.26 | 4.38 | 4.46 | 4.54 | | | 9.26 | 4.84 | 5.18 | 5.16 | 5.96 | | | 13.10 | 13.80 | 15.18 |
| | velocity | 7.01 | 8.22 | 7.99 | 7.85 | 7.71 | 7.66 | | 7.56 | 7.23 | 6.76 | 6.78 | 6.71 | 7.34 | | 8.02 | 7.61 | 6.92 |
| H1 lead leg | L | strides | 22 | 15 | 15 | 15 | | | | 15 | 16 | 16 | 18.5 | 147.5 | | | | |
| Hejnová, Zuzana (CZE) (1986) | 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 | 16 | 16 | 16 | 20.2 | 180.2 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | | | | 16 | 16 | 16 | 20 | 150 | | | | |
| Clayton, Rushell (JAM) (1991) | 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 | | | | |
| Sprunger, Leá (SUI) (1990) | 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 | | | | |
| Carter, Kori (USA) (1992) | 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 | | | 9.72 | 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 | | | | |
| Ryzhykova, Anna (UKR) (1991) | 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 | 16 | | 125 | | | | |

2019 Chinese National Championships (Shenyang, CHN)

FINAL

date 10-Jul-19

CAA Hurdle Development (2019)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------|-------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Mo Jiadie (CHN) (2000) | 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 | 6.51 |
| H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 18 | 18 | 21.5 | 196.5 | | | | |
| Zhou Yu (CHN) (1999) | 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 | | | | |
| Huang Yan (CHN) (1996) | 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 | 6.88 | | 7.68 | 7.19 | 6.37 |
| H1 lead leg | L | strides | 24 | 17 | 17 | 17 | 17 | 17 | 17 | 18 | 19 | 19 | 23.2 | 205.2 | | | | |
| Lan Tianlu (CHN) (1999) | 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 | 0.203 | 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 | 6.34 |
| H1 lead leg | L | strides | 23 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | 18 | 21.7 | 194.7 | | | | |
| Wu Fangfang (CHN) (1997) | 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 | 6.80 | | 7.51 | 6.96 | 6.38 |
| H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | 17 | 22 | 195 | | | | |
| Lu Zhangwei (CHN) (2001) | 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 | 16.81 |
| | | 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 | 6.25 |
| H1 lead leg | R | strides | 24 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 18 | 18 | 22.5 | 201.5 | | | | |
| Ou Ying (CHN) (2001) | 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 | | | | |
| Liu Xin (CHN) (1992) | 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 3

date 09-Jul-19

CAA Hurdle Development (2019)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------|-------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Mo Jiadie (CHN) (2000) | 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 | 6.23 |
| H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 18 | 18 | 21.2 | 196.2 | | | | |
| Ou Ying (CHN) (2001) | 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 | 24 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 18 | 21.2 | 199.2 | | | | |
| Wu Fangfang (CHN) (1997) | 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 | 6.71 | | 7.35 | 6.84 | 6.36 |
| H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | 17 | 21.5 | 194.5 | | | | |

| | | | | | | | | | | | | | | | | | |
|---------------------------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|
| Lu Zhangwei (CHN) (2001) | 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 | | 7.58 | 6.82 | 6.18 | |
| H1 lead leg | R | strides | 24 | 17 | 17 | 17 | 17 | 17 | 17 | 18 | 19 | 23 | | 203 | | | |
| Wang Jiahui (CHN) (2000) | 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 | | 7.26 | 6.63 | 6.09 | |
| H1 lead leg | R | strides | 23 | 17 | 17 | 17 | 17 | 18 | 18 | 19 | 19 | 22.2 | | 204.2 | | | |
| Huo Xinghua (CHN) (1996) | 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 | | 7.48 | 6.50 | 5.51 | |
| H1 lead leg | L | strides | 23 | 15 | 16 | 16 | 17 | 17 | 18 | 19 | 19 | 24 | | 200 | | | |

Heat 2

date 09-Jul-19

CAA Hurdle Development (2019)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---------|---------------|--------------|-------|-------|--------|
| Huang Yan (CHN) (1996) | 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 | | 6.74 | 6.99 | 6.28 | | |
| H1 lead leg | L | strides | 24 | 17 | 17 | 17 | 17 | 18 | 18 | 19 | 19 | 23 | | 206 | | | | |
| Lan Tianlu (CHN) (1999) | 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 | 0.228 | interval | 4.62 | 4.64 | 4.83 | 4.87 | 5.04 | 5.13 | 5.31 | 5.54 | 5.80 | 6.72 | | 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 | 6.98 | 6.31 | | |
| H1 lead leg | L | strides | 23 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | 18 | 21.5 | | 194.5 | | | | |
| Jiang Liyunzhe (CHN) (2002) | time | 6.79 | 11.47 | 16.20 | 21.20 | 26.16 | 31.24 | 36.42 | 41.67 | 47.23 | 53.08 | 59.69 | 6 / 3 | | | | | |
| 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 | | 14.41 | 15.22 | 16.66 | | |
| | velocity | 6.63 | 7.48 | 7.40 | 7.00 | 7.06 | 6.89 | 6.76 | 6.67 | 6.29 | 5.98 | 6.05 | | 6.70 | 6.90 | 6.30 | | |
| H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | 18 | 20.5 | | 194.5 | | | | |
| Hu Lihong (CHN) (1999) | 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 | 6.87 | 6.17 | | |
| H1 lead leg | L | strides | 23 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | 17 | 21 | | 193 | | | | |
| Tao Xue (CHN) (1999) | time | 7.09 | 11.73 | 16.43 | 21.18 | 26.07 | 31.21 | 36.53 | 42.03 | 47.84 | 53.95 | 61.55 | 3 / 5-4 | | | | | |
| 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 | 6.84 | 6.03 | | |
| H1 lead leg | L | strides | 23 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | 18 | 22 | | 195 | | | | |

Heat 1

date 09-Jul-19

CAA Hurdle Development (2019)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|----------------------------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Zhou Yu (CHN) (1999) | 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 | | | | |
| Liu Xin (CHN) (1992) | 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 | 18 | 18 | 19 | 19 | 19 | 24 | | 210 | | | | |
| Chen Liying (CHN) (1994) | 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 | | 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 | 5.84 | 5.81 | | 6.64 | 7.54 | 6.95 | 6.02 | |
| H1 lead leg | R | strides | 24 | 16 | 16 | 16 | 17 | 17 | 17 | 18 | 20 | 22.5 | | 199.5 | | | | |
| Liu Hongjuan (CHN) (1996) | 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 | 17 | 17 | 17 | 18 | 18 | 22.5 | | 196.5 | | | | |
| Zhuang Dongmei (CHN) (20) | 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 | 18 | 18 | 19 | 20 | 20 | 25.7 | | 212.7 | | | | |

2019 Athletissima (Lausanne, SUI) (TV Analysis)

FINAL

date 05-Jul-19

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|----------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Little, Shamier (USA) (1995) | 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 | | 7.44 | 8.23 | 7.58 | 6.88 | |
| H1 lead leg | L | strides | 23 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 16 | 17 | | 19.7 | | | | |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|-------|
| Hejnová, Zuzana (CZE) (1988) | 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 | 16 | 16 | 16 | 19.7 | 149.7 | | | |
| Spencer, Ashley (USA) (1993) | time | 6.44 | 10.62 | 14.90 | 23.94 | 25.9 | 28.60 | 33.22 | 38.00 | 42.96 | 48.24 | 54.11 | 3 / 3 | | | |
| | reaction time | 0.146 | interval | 4.18 | 4.28 | 9.04 | 4.66 | 4.62 | 4.78 | 4.96 | 5.28 | 5.87 | | | | 15.02 |
| | velocity | 6.99 | 8.37 | 8.18 | 7.74 | 7.72 | 7.51 | 7.58 | 7.32 | 7.06 | 6.63 | 6.81 | 7.39 | | | 6.99 |
| | H1 lead leg | L | strides | 22 | 14 | 14 | 15 | 15 | 15 | 15 | 16 | 19 | 145 | | | |
| Russell, Janieve (JAM) (1993) | 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 | | | |
| Sprunger, Leá (SUI) (1990) | 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 |
| | 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 | | 15.64 |
| | H1 lead leg | R | strides | 21 | 14 | 14 | 14 | 15 | 15 | 15 | 16 | 16 | 154 | | | 8.08 |
| | | | | | | | | | | | | | | | | 7.37 |
| | | | | | | | | | | | | | | | | 6.71 |
| Iuel, Amalie (NOR) (1994) | 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 |
| | 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 | | 15.64 |
| | H1 lead leg | L | strides | 23 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 160 | | | 8.10 |
| | | | | | | | | | | | | | | | | 7.33 |
| | | | | | | | | | | | | | | | | 6.71 |
| Carter, Kori (USA) (1992) | 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 |
| | 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 | | 15.76 |
| | H1 lead leg | L | strides | 23 | 15 | 15 | 15 | 16 | 16 | 16 | 17 | 17 | 165 | | | 8.18 |
| | | | | | | | | | | | | | | | | 7.33 |
| | | | | | | | | | | | | | | | | 6.66 |
| Tate, Cassandra (USA) (1990) | 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 | | | | |

2019 Japanese National Championships (Fukuoka, JPN)

FINAL

date 30-Jun-19

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Ito, Akiko (JPN) (1995) | 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 | 16 | 16 | 16 | 17 | 17 | 17 | 21.2 | 188.2 | | | | |
| Koyama, Kana (JPN) (1998) | time | 6.77 | 11.16 | 15.65 | 20.32 | 25.18 | | 30.03 | 35.14 | 40.44 | 45.85 | 51.40 | | 57.61 | 6 / 2 | | | |
| | reaction time | 0.172 | interval | 4.39 | 4.49 | 4.67 | 4.86 | 4.85 | 5.11 | 5.30 | 5.41 | 5.55 | 6.21 | | | 13.55 | 14.82 | 16.26 |
| | velocity | 6.65 | 7.97 | 7.80 | 7.49 | 7.20 | | 7.22 | 6.85 | 6.60 | 6.47 | 6.31 | 6.44 | 6.94 | | 7.75 | 7.09 | 6.46 |
| | H1 lead leg | L | strides | 22 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 17 | 20.7 | 187.7 | | | | |
| Sekimoto, Moeka (JPN) (2000) | time | 6.75 | 11.11 | 15.55 | 20.15 | 24.84 | | 29.70 | 34.65 | 39.81 | 45.18 | 50.88 | | 57.73 | 5 / 3 | | | |
| | reaction time | 0.182 | interval | 4.36 | 4.44 | 4.60 | 4.69 | 4.86 | 4.95 | 5.16 | 5.37 | 5.70 | 6.85 | PB | | 13.40 | 14.50 | 16.23 |
| | velocity | 6.67 | 8.03 | 7.88 | 7.61 | 7.46 | | 7.20 | 7.07 | 6.78 | 6.52 | 6.14 | 5.84 | 6.93 | | 7.84 | 7.24 | 6.47 |
| | H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 22 | 187 | | | | |
| Shibata, Haruka (JPN) (1991) | 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 | 17 | 17 | 17 | 17 | 21.2 | 193.2 | | | | |
| Oshiden, Moe (JPN) (1993) | 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 | 17 | 17 | 17 | 17 | 17 | 21.7 | 193.7 | | | | |
| Takeishi, Konomi (JPN) (1999) | 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 | | | | |
| Ibrahimu, Aisya (JPN) (1998) | time | 6.76 | 11.19 | 15.80 | 20.49 | 25.31 | | 30.35 | 35.57 | 41.09 | 46.98 | 52.90 | | 59.43 | 9 / 7 | | | |
| | reaction time | 0.231 | interval | 4.43 | 4.61 | 4.69 | 4.82 | 5.04 | 5.22 | 5.52 | 5.89 | 5.92 | 6.53 | | | 13.73 | 15.08 | 17.33 |
| | velocity | 6.66 | 7.90 | 7.59 | 7.46 | 7.26 | | 6.94 | 6.70 | 6.34 | 5.94 | 5.91 | 6.13 | 6.73 | | 7.65 | 6.96 | 6.06 |
| | H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | 15 | 16 | 17 | 16 | 161 | | | | | |

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

FINAL

date 13-Jun-19

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|-------|------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| McLaughlin, Sydney (USA) (time) | 6.36 | 10.64 | 14.96 | 23.76 | 25.6 | 28.30 | 33.00 | 38.02 | 43.14 | 48.38 | 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 | | | | | |
| Muhammad, Dalilah (USA) (1992) | 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 | | | | | |
| Little, Shamier (USA) (1995) | 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 | | | | | |
| Carter, Kori (USA) (1992) | 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 | | | | | 6.43 |
| H1 lead leg | L | strides | 23 | 15 | 15 | | | 16 | 17 | 17 | 18 | 18 | 20.7 | 159.7 | | | | | |
| luel, Amalie (NOR) (1994) | 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 | | | | | |
| Ryzhykova, Anna (UKR) (1991) | 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 | | | | | |
| Sprunger, Leá (SUI) (1990) | 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 | | | | | |
| Beesley, Meghan (GBR) (1996) | 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 | 18 | 19 | 23.5 | 166.5 | | | | | |

2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

FINAL

date 06-Jun-19

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|----------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Muhammad, Dalilah (USA) (1992) | 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 | 16 | 19.5 | 178.5 | | | | |
| Little, Shamier (USA) (1995) | 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 | | 16 | 16 | 16 | 16 | 16 | 20 | 184 | | | | |
| Hejnová, Zuzana (CZE) (1986) | 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 | 16 | 16 | 16 | 20 | 180 | | | | |
| Carter, Kori (USA) (1992) | 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 | 17 | 17 | 18 | 21 | 191 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | | 16 | 16 | 16 | 17 | 17 | 20 | 185 | | | | |
| Ryzhykova, Anna (UKR) (1991) | 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 | 16 | 19.5 | 174.5 | | | | |
| Watson, Sage (CAN) (1994) | 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 | 17 | 19.7 | 181.7 | | | | |
| Folorunso, Ayomide (IRA) (1991) | 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 | | | | |
| Sprunger, Leá (SUI) (1990) | 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 | | | | |

2019 Chinese National Grand Prix 4 (Luoyang, CHN)

FINAL

date 29-May-19

CAA Hurdle Development (2019)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|----------|---------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Zhou Yu (CHN) (1999) | 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 | | | | |
| Ou Ying (CHN) (2001) | time | 7.07 | 11.73 | 16.48 | 21.27 | 26.32 | | 31.56 | 36.88 | 42.31 | 47.88 | 53.55 | | 59.71 | 4 / 2 | | | |
| reaction time | interval | | 4.66 | 4.75 | 4.79 | 5.05 | | 5.24 | 5.32 | 5.43 | 5.57 | 5.67 | 6.16 | | | 14.20 | 15.61 | 16.67 |
| | velocity | 6.36 | 7.51 | 7.37 | 7.31 | 6.93 | | 6.68 | 6.58 | 6.45 | 6.28 | 6.17 | 6.49 | 6.70 | | 7.39 | 6.73 | 6.30 |
| H1 lead leg | L | strides | 24 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 18 | 18 | 21 | 200 | | | | |
| Hu Lihong (CHN) (1999) | 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 | | | | |
| Chen Liying (CHN) (1994) | 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 | R | strides | 24 | 16 | 16 | 16 | 16 | 17 | 17 | 19 | 18 | 19 | 22 | 200 | | | | |
| Wu Fangfang (CHN) (1997) | 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 | 6.48 | | 7.35 | 6.65 | 5.90 |
| H1 lead leg | L | strides | 24 | 16 | 16 | 17 | 16 | 17 | 17 | 17 | 17 | 19 | 21.2 | 197.2 | | | | |
| Zhuang Dongmei (CHN) (2019) | 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 | | | | |
| Tao Xue (CHN) (1999) | 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 | | | | |

2019 Shimane High School Championships (Izumo, JPN)

FINAL

date 25-May-19

Shimizu (2019) - shimane high school championships 2019 - biomechanics data analysis

| | | | | | | | | | | | | | | | | | | |
|---------------|----------|---------|-------|-------|-------|-------|----|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|
| 村上 芽生 | time | 7.72 | 12.79 | 18.24 | 23.98 | 29.78 | | 35.70 | 41.70 | 47.86 | 53.88 | 59.95 | | 66.71 | 4 / 1 | | | |
| reaction time | interval | | 5.07 | 5.45 | 5.74 | 5.80 | | 5.92 | 6.00 | 6.16 | 6.02 | 6.07 | 6.76 | | | 16.26 | 17.72 | 18.25 |
| | velocity | 5.83 | 6.90 | 6.42 | 6.10 | 6.03 | | 5.91 | 5.83 | 5.68 | 5.81 | 5.77 | 5.92 | 6.00 | | 6.46 | 5.93 | 5.75 |
| H1 lead leg | | strides | 25 | 17 | 17 | 19 | 19 | 19 | 19 | 19 | 19 | 19 | 24 | 216 | | | | |
| 矢倉 侑芽 | time | 7.72 | 12.89 | 18.71 | 24.78 | 30.68 | | 36.58 | 42.49 | 48.51 | 54.53 | 60.68 | | 67.74 | 3 / 2 | | | |
| reaction time | interval | | 5.17 | 5.82 | 6.07 | 5.90 | | 5.90 | 5.91 | 6.02 | 6.02 | 6.15 | 7.06 | | | 17.06 | 17.71 | 18.19 |
| | velocity | 5.83 | 6.77 | 6.01 | 5.77 | 5.93 | | 5.93 | 5.92 | 5.81 | 5.81 | 5.69 | 5.67 | 5.90 | | 6.15 | 5.93 | 5.77 |
| H1 lead leg | | strides | 25 | 17 | 19 | 19 | 19 | 19 | 19 | 19 | 19 | 19 | 23 | 217 | | | | |
| 藤井 佑衣 | time | 7.69 | 13.04 | 18.73 | 24.53 | 30.32 | | 36.30 | 42.49 | 48.96 | 55.56 | 62.25 | | 69.45 | 6 / 3 | | | |
| reaction time | interval | | 5.35 | 5.69 | 5.80 | 5.79 | | 5.98 | 6.19 | 6.47 | 6.60 | 6.69 | 7.20 | | | 16.84 | 17.96 | 19.76 |
| | velocity | 5.85 | 6.54 | 6.15 | 6.03 | 6.04 | | 5.85 | 5.65 | 5.41 | 5.30 | 5.23 | 5.56 | 5.76 | | 6.24 | 5.85 | 5.31 |
| H1 lead leg | | strides | 26 | 19 | 19 | 19 | 19 | 19 | 19 | 20 | 21 | 21 | 25 | 227 | | | | |
| 神田 早紀 | time | 7.89 | 13.77 | 19.84 | 25.81 | 31.80 | | 37.85 | 43.92 | 50.19 | 56.48 | 62.96 | | 70.37 | 8 / 4 | | | |
| reaction time | interval | | 5.88 | 6.07 | 5.97 | 5.99 | | 6.05 | 6.07 | 6.27 | 6.29 | 6.48 | 7.41 | | | 17.92 | 18.11 | 19.04 |
| | velocity | 5.70 | 5.95 | 5.77 | 5.86 | 5.84 | | 5.79 | 5.77 | 5.58 | 5.56 | 5.40 | 5.40 | 5.68 | | 5.86 | 5.80 | 5.51 |
| H1 lead leg | | strides | 29 | 21 | 21 | 21 | 21 | 21 | 21 | 22 | 22 | 22 | 27 | 248 | | | | |
| 松井 菜摘 | time | 7.82 | 13.27 | 19.19 | 25.15 | 31.12 | | 37.27 | 43.46 | 49.92 | 56.41 | 63.05 | | 70.51 | 2 / 5 | | | |
| reaction time | interval | | 5.45 | 5.92 | 5.96 | 5.97 | | 6.15 | 6.19 | 6.46 | 6.49 | 6.64 | 7.46 | | | 17.33 | 18.31 | 19.59 |
| | velocity | 5.75 | 6.42 | 5.91 | 5.87 | 5.86 | | 5.69 | 5.65 | 5.42 | 5.39 | 5.27 | 5.36 | 5.67 | | 6.06 | 5.73 | 5.36 |
| H1 lead leg | | strides | 25 | 18 | 19 | 19 | 19 | 19 | 19 | 20 | 20 | 21 | 25 | 224 | | | | |
| 大國 那月 | time | 7.77 | 13.29 | 19.23 | 25.23 | 31.22 | | 37.52 | 44.02 | 50.61 | 57.08 | 63.60 | | 70.60 | 7 / 6 | | | |
| reaction time | interval | | 5.52 | 5.94 | 6.00 | 5.99 | | 6.30 | 6.50 | 6.59 | 6.47 | 6.52 | 7.00 | | | 17.46 | 18.79 | 19.58 |
| | velocity | 5.79 | 6.34 | 5.89 | 5.83 | 5.84 | | 5.56 | 5.38 | 5.31 | 5.41 | 5.37 | 5.71 | 5.67 | | 6.01 | 5.59 | 5.36 |
| H1 lead leg | | strides | 25 | 17 | 19 | 19 | 19 | 21 | 21 | 21 | 21 | 21 | 25 | 229 | | | | |

| | | | | | | | | | | | | | | | | | |
|--------------|---------------|------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|-------|-------|-------|
| 藤岡 志帆 | time | 7.77 | 13.62 | 19.56 | 25.46 | 31.42 | 37.75 | 44.32 | 50.71 | 57.25 | 63.77 | 70.60 | 9 / 7 | | | | |
| | reaction time | | interval | 5.85 | 5.94 | 5.90 | 5.96 | 6.33 | 6.57 | 6.39 | 6.54 | 6.52 | 6.83 | | 17.69 | 18.86 | 19.45 |
| | velocity | 5.79 | 5.98 | 5.89 | 5.93 | 5.87 | 5.53 | 5.33 | 5.48 | 5.35 | 5.37 | 5.86 | 5.67 | | 5.94 | 5.57 | 5.40 |
| H1 lead leg | strides | 26 | 19 | 19 | 19 | 19 | 21 | 21 | 21 | 21 | 21 | 23 | 230 | | | | |
| 元上 一葉 | time | 7.92 | 13.36 | 19.34 | 25.40 | 31.48 | 37.75 | 44.22 | 50.83 | 57.41 | 64.12 | 72.10 | 5 / 8 | | | | |
| | reaction time | | interval | 5.44 | 5.98 | 6.06 | 6.08 | 6.27 | 6.47 | 6.61 | 6.58 | 6.71 | 7.98 | | 17.48 | 18.82 | 19.90 |
| | velocity | 5.68 | 6.43 | 5.85 | 5.78 | 5.76 | 5.58 | 5.41 | 5.30 | 5.32 | 5.22 | 5.01 | 5.55 | | 6.01 | 5.58 | 5.28 |
| H1 lead leg | strides | 27 | 20 | 20 | 20 | 21 | 21 | 21 | 21 | 21 | 21 | 27 | 240 | | | | |

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

date 19-May-19

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|---------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Muhammad, Dalilah (USA) (1996) | 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 | 16 | 16 | 20 | 180 | | | | |
| Belle, Tia Adana (BAR) (1996) | 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 | | | | |
| Tate, Cassandra (USA) (1990) | 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 | | | | |
| Linkiewicz, Joanna (POL) (1987) | 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 | | | | |
| Utsunomiya, Eri (JPN) (1993) | 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 | | | | |
| Koyama, Kana (JPN) (1998) | time | 6.67 | 10.99 | 15.53 | 20.29 | 25.21 | | 30.18 | 35.25 | 40.42 | 45.85 | 51.32 | | 57.45 | 3 / 6 | | | |
| | reaction time | 0.173 | interval | 4.32 | 4.54 | 4.76 | 4.92 | 4.97 | 5.07 | 5.17 | 5.43 | 5.47 | 6.13 | PB | | 13.62 | 14.96 | 16.07 |
| | velocity | 6.75 | 8.10 | 7.71 | 7.35 | 7.11 | | 7.04 | 6.90 | 6.77 | 6.45 | 6.40 | 6.53 | 6.96 | | 7.71 | 7.02 | 6.53 |
| H1 lead leg | L | strides | 22 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 17 | 22 | 189 | | | | |
| Ito, Akiko (JPN) (1995) | 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 | | | | |
| Seymour, Katrina (BAH) (1991) | time | 6.72 | 11.23 | 15.80 | 20.59 | 25.51 | | 30.56 | 35.52 | 40.56 | 45.85 | 51.42 | | 58.04 | 4 / 8 | | | |
| | reaction time | 0.163 | interval | 4.51 | 4.57 | 4.79 | 4.92 | 5.05 | 4.96 | 5.04 | 5.29 | 5.57 | 6.62 | | | 13.87 | 14.93 | 15.90 |
| | velocity | 6.70 | 7.76 | 7.66 | 7.31 | 7.11 | | 6.93 | 7.06 | 6.94 | 6.62 | 6.28 | 6.04 | 6.89 | | 7.57 | 7.03 | 6.60 |
| H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | 16 | 16 | 16 | 16 | 17 | 20.2 | 183.2 | | | | |
| Aoki, Honoka (JPN) (2001) | time | 6.74 | 11.09 | 15.65 | 20.35 | 25.28 | | 30.43 | 35.62 | 40.97 | 46.55 | 52.17 | | 58.45 | 1 / 9 | | | |
| | reaction time | 0.167 | interval | 4.35 | 4.56 | 4.70 | 4.93 | 5.15 | 5.19 | 5.35 | 5.58 | 5.62 | 6.28 | PB | | 13.61 | 15.27 | 16.55 |
| | velocity | 6.68 | 8.05 | 7.68 | 7.45 | 7.10 | | 6.80 | 6.74 | 6.54 | 6.27 | 6.23 | 6.37 | 6.84 | | 7.71 | 6.88 | 6.34 |
| H1 lead leg | R | strides | 23 | 16 | 17 | 17 | 17 | 17 | 17 | 18 | 18 | 19 | 21 | 200 | | | | |

2019 Kinami Memorial (Osaka, JPN)**A FINAL**

date 06-May-19

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|---------------|---------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Utsunomiya, Eri (JPN) (1993) | 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 | 6.57 |
| H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 21 | 187 | | | | |
| Koyama, Kana (JPN) (1998) | time | 6.76 | 11.11 | 15.57 | 20.24 | 25.14 | | 30.11 | 35.09 | 40.22 | 45.62 | 51.20 | | 57.77 | 3 / 2 | | | |
| | reaction time | | interval | 4.35 | 4.46 | 4.67 | 4.90 | 4.97 | 4.98 | 5.13 | 5.40 | 5.58 | 6.57 | PB | | 13.48 | 14.85 | 16.11 |
| | velocity | 6.66 | 8.05 | 7.85 | 7.49 | 7.14 | | 7.04 | 7.03 | 6.82 | 6.48 | 6.27 | 6.09 | 6.92 | | 7.79 | 7.07 | 6.52 |
| H1 lead leg | | strides | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 17 | 17 | 21.5 | 166.5 | | | | |
| Sekimoto, Moeka (JPN) (2001) | time | 6.72 | 11.21 | 15.72 | 20.32 | 25.11 | | 30.04 | 35.04 | 40.26 | 45.74 | 51.53 | | 58.40 | 6 / 3 | | | |
| | reaction time | | interval | 4.49 | 4.51 | 4.60 | 4.79 | 4.93 | 5.00 | 5.22 | 5.48 | 5.79 | 6.87 | PB | | 13.60 | 14.72 | 16.49 |
| | velocity | 6.70 | 7.80 | 7.76 | 7.61 | 7.31 | | 7.10 | 7.00 | 6.70 | 6.39 | 6.04 | 5.82 | 6.85 | | 7.72 | 7.13 | 6.37 |
| H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 22 | 187 | | | | |
| Oshiden, Moe (JPN) (1993) | 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 | | | | |
| Higa, Kazuki (JPN) (1998) | 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 | | 17 | 17 | 17 | 17 | 17 | 21.7 | 194.7 | | | | |

B FINAL

date 06-May-19

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|-----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Ibrahimu, Aisya (JPN) (1998) | time | 6.71 | 11.13 | 15.72 | 20.35 | 25.19 | | 30.18 | 35.35 | 40.57 | 46.08 | 51.69 | | 58.09 | 9 / 1 | | | |
| reaction time | interval | | 4.42 | 4.59 | 4.63 | 4.84 | | 4.99 | 5.17 | 5.22 | 5.51 | 5.61 | 6.40 | PB | | 13.64 | 15.00 | 16.34 |
| | velocity | 6.71 | 7.92 | 7.63 | 7.56 | 7.23 | | 7.01 | 6.77 | 6.70 | 6.35 | 6.24 | 6.25 | 6.89 | | 7.70 | 7.00 | 6.43 |
| H1 lead leg | R strides | | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 16 | 16 | 19.7 | 156.7 | | | | |
| Shibata, Haruka (JPN) (1991) | 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 | 18 | 18 | 21.2 | 198.2 | | | | |
| Carothers, Keina (JPN) (1997) | 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 | | | | |

2019 Doha Diamond League (Doha, QAT) (TV Analysis)**FINAL**

date 03-May-19

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|----------------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Muhammad, Dalilah (USA) (1993) | 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 | 16 | 16 | 20 | 180 | | | | |
| Spencer, Ashley (USA) (1993) | time | 6.47 | 10.70 | 15.06 | 19.55 | 24.20 | 26.1 | 28.81 | 33.56 | 38.40 | 43.42 | 48.64 | | 54.72 | 2 / 2 | | | |
| reaction time | 0.156 interval | | 4.23 | 4.36 | 4.49 | 4.65 | | 4.61 | 4.75 | 4.84 | 5.02 | 5.22 | 6.08 | | | 13.08 | 14.01 | 15.08 |
| | velocity | 6.96 | 8.27 | 8.03 | 7.80 | 7.53 | 7.66 | 7.59 | 7.37 | 7.23 | 6.97 | 6.70 | 6.58 | 7.31 | | 8.03 | 7.49 | 6.96 |
| H1 lead leg | L strides | | 22 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | 15 | 19 | 176 | | | | |
| Ryzhykova, Anna (UKR) (1991) | 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 | 16 | 19.2 | 174.2 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | | 16 | 16 | 16 | 17 | 17 | 20 | 185 | | | | |
| Boden, Lauren (AUS) (1988) | 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 | | | | |
| Beesley, Meghan (GBR) (1996) | 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 | | 17 | 17 | 18 | 18 | 18 | 22.7 | 198.7 | | | | |
| Nel, Wenda (RSA) (1988) | 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 | 17 | 17 | 17 | 18 | 22 | 194 | | | | |
| van der Walt, Zenéy (RSA) (1987) | 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 | 20.5 | 108.5 | | | | |
| Pedroso, Yadisleidis (ITA) (1987) | 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 | 17 | 17 | 18 | 22 | 194 | | | | |

2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)**A FINAL**

date 03-May-19

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|----------------------------------|------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Koyama, Kana (JPN) (1998) | time | 6.77 | 11.13 | 15.55 | 20.14 | 25.03 | | 29.86 | 34.95 | 40.24 | 45.78 | 51.45 | | 57.80 | 1 / 1 | | | |

| | | | | | | | | | | | | | | | | |
|-------------------------------------|----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|
| reaction time | interval | 4.36 | 4.42 | 4.59 | 4.89 | 4.83 | 5.09 | 5.29 | 5.54 | 5.67 | 6.35 | =PB | 13.37 | 14.81 | 16.50 | |
| H1 lead leg | velocity | 6.65 | 8.03 | 7.92 | 7.63 | 7.16 | 7.25 | 6.88 | 6.62 | 6.32 | 6.17 | 6.30 | 6.92 | 7.85 | 7.09 | 6.36 |
| | strides | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 17 | 17 | 145 | | | | |
| Ito, Akiko (JPN) (1995) | 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 | | |
| H1 lead leg | 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 |
| | strides | 15 | 15 | 16 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 145 | | | | |
| Utsunomiya, Eri (JPN) (1993) | time | 6.52 | 10.81 | 15.28 | 19.85 | 24.69 | 29.71 | 34.87 | 40.26 | 45.81 | 51.72 | 58.68 | / 3 | | | |
| 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 | | |
| H1 lead leg | 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 | 6.23 |
| | strides | 15 | 15 | 15 | 15 | 16 | 16 | 16 | 17 | 17 | 18 | 144 | | | | |
| Yoshida, Kasumi (JPN) (1995) | 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 | | |
| H1 lead leg | 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 |
| | strides | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 19 | 19 | 19 | 153 | | | | |

B FINAL

date 03-May-19

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Oshiden, Moe (JPN) (1993) | time | 6.87 | 11.41 | 16.15 | 20.97 | 25.94 | 31.11 | 36.37 | 41.73 | 47.31 | 53.17 | 59.54 | / 1 | | | | | |
| reaction time | interval | 4.54 | 4.74 | 4.82 | 4.97 | 5.17 | 5.26 | 5.36 | 5.58 | 5.86 | 6.37 | 6.37 | 6.37 | 6.37 | 14.10 | 15.40 | 16.80 | |
| H1 lead leg | 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 | 6.72 | 7.45 | 6.82 | 6.25 | |
| | strides | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | 17 | 17 | 149 | | | | | | |
| Sekimoto, Moeka (JPN) (2001) | time | 6.89 | 11.31 | 15.82 | 20.42 | 25.13 | 30.00 | 35.22 | 40.64 | 46.41 | 52.64 | 59.55 | / 2 | | | | | |
| reaction time | interval | 4.42 | 4.51 | 4.60 | 4.71 | 4.87 | 5.22 | 5.42 | 5.77 | 6.23 | 6.91 | 6.91 | 6.91 | 13.53 | 14.80 | 17.42 | | |
| H1 lead leg | velocity | 6.53 | 7.92 | 7.76 | 7.61 | 7.43 | 7.19 | 6.70 | 6.46 | 6.07 | 5.62 | 5.79 | 6.72 | 6.72 | 7.76 | 7.09 | 6.03 | |
| | strides | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 17 | 18 | 142 | | | | | | |
| Kawabata, Szuka (JPN) (1995) | time | 6.76 | 11.21 | 15.87 | 20.64 | 25.58 | 30.66 | 36.05 | 41.68 | 47.36 | 53.32 | 59.87 | / 3 | | | | | |
| reaction time | interval | 4.45 | 4.66 | 4.77 | 4.94 | 5.08 | 5.39 | 5.63 | 5.68 | 5.96 | 6.55 | 6.55 | 6.55 | 13.88 | 15.41 | 17.27 | | |
| H1 lead leg | 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 | 6.68 | 7.56 | 6.81 | 6.08 | |
| | strides | 15 | 16 | 16 | 16 | 16 | 16 | 17 | 18 | 18 | 19 | 151 | | | | | | |

C FINAL

date 03-May-19

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|----------------------------------|----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Aoki, Honoka (JPN) (2001) | time | 7.01 | 11.49 | 16.10 | 20.80 | 25.66 | 30.78 | 36.14 | 41.71 | 47.38 | 53.07 | 59.25 | / 1 | | | | | |
| reaction time | interval | 4.48 | 4.61 | 4.70 | 4.86 | 5.12 | 5.36 | 5.57 | 5.67 | 5.69 | 6.18 | 6.18 | 6.18 | 13.79 | 15.34 | 16.93 | | |
| H1 lead leg | velocity | 6.42 | 7.81 | 7.59 | 7.45 | 7.20 | 6.84 | 6.53 | 6.28 | 6.17 | 6.15 | 6.47 | 6.75 | 6.75 | 7.61 | 6.84 | 6.20 | |
| | strides | 17 | 17 | 17 | 17 | 17 | 17 | 18 | 18 | 18 | 18 | 157 | | | | | | |

2019 Asian Athletics Championships (Doha, QAT)**FINAL**

date 22-Apr-19

CAA Hurdle Development (2019)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------|----------------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Huang Yan (CHN) (1996) | 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 | 6.23 | 6.23 | 13.93 | 15.27 | 16.06 | | |
| H1 lead leg | L velocity | 6.62 | 7.73 | 7.48 | 7.42 | 7.17 | 6.85 | 6.63 | 6.64 | 6.52 | 6.46 | 6.42 | 6.86 | 6.86 | 7.54 | 6.88 | 6.54 | |
| | strides | 24 | 17 | 17 | 17 | 17 | 18 | 18 | 18 | 18 | 18 | 22 | 204 | | | | | |
| Mo Jiadie (CHN) (2000) | 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 | 6.64 | 6.64 | 13.83 | 14.96 | 16.88 | | |
| H1 lead leg | L 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 | 6.76 | 7.59 | 7.02 | 6.22 | |
| | strides | 24 | 16 | 16 | 16 | 16 | 17 | 17 | 18 | 18 | 18 | 21.5 | 197.5 | | | | | |

Heat 2

date 21-Apr-19

CAA Hurdle Development (2019)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------|----------------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Huang Yan (CHN) (1996) | 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 | 6.59 | 6.59 | 13.83 | 14.98 | 16.49 | | |
| H1 lead leg | L velocity | 6.85 | 7.80 | 7.54 | 7.45 | 7.26 | 7.13 | 6.67 | 6.57 | 6.40 | 6.15 | 6.07 | 6.84 | 6.84 | 7.59 | 7.01 | 6.37 | |
| | strides | 24 | 17 | 17 | 17 | 17 | 17 | 18 | 18 | 18 | 19 | 22.5 | 204.5 | | | | | |

Heat 1

date 21-Apr-19

CAA Hurdle Development (2019)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------|----------------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Mo Jiadie (CHN) (2000) | 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 | 6.36 | 6.36 | 13.59 | 15.19 | 16.50 | | |
| H1 lead leg | L 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 | 6.86 | 7.73 | 6.91 | 6.36 | |
| | strides | 24 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 18 | 18 | 21.2 | 196.2 | | | | | |

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

date 12-Apr-19

CAA Hurdle Development (2019)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-----------------------------|----------------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Tao Xue (CHN) (1999) | 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 | 6.53 | 6.53 | 14.02 | 15.33 | 16.57 | | |
| H1 lead leg | L 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 | 6.71 | 7.49 | 6.85 | 6.34 | |
| | strides | 23 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | 18 | 21.2 | 194.2 | | | | | |

| | | | | | | | | | | | | | | | | | |
|------------------------------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Wu Xueting (CHN) (1995) | 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 | 17 | 18 | 18 | 18 | 21 | | 195 | | | |
| Liu Xin (CHN) (1992) | 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 | | 7.32 | 6.75 | 6.15 | |
| H1 lead leg | L | strides | 25 | 17 | 17 | 17 | 18 | 18 | 19 | 19 | 19 | 23.5 | | 209.5 | | | |
| Jiang Liyunzhe (CHN) (2002) | time | 7.02 | 11.76 | 16.63 | 21.67 | 26.81 | 32.01 | 37.30 | 42.74 | 48.42 | 54.38 | 61.11 | 8 / 4 | | | | |
| 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 | | 14.65 | 15.63 | 17.08 | |
| | velocity | 6.41 | 7.38 | 7.19 | 6.94 | 6.81 | 6.73 | 6.62 | 6.43 | 6.16 | 5.87 | 5.94 | | 7.17 | 6.72 | 6.15 | |
| H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | 18 | 21.2 | | 195.2 | | | |
| Zhou Yu (CHN) (1999) | 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 | | 7.32 | 6.86 | 6.25 | |
| H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 17 | 17 | 17 | 18 | 19 | 23 | | 199 | | | |
| Liu Hongjuan (CHN) (1996) | 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 | | 7.33 | 6.61 | 6.02 | |
| H1 lead leg | L | strides | 23 | 16 | 16 | 16 | 17 | 18 | 18 | 19 | 19 | 22.2 | | 200.2 | | | |
| Wang Jiaqi (CHN) (2000) | time | 7.20 | 11.74 | 16.42 | 21.24 | 26.46 | 31.88 | 37.50 | 43.34 | 49.20 | 55.24 | 61.96 | 3 / 7 | | | | |
| 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 | | 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 | | 7.48 | 6.46 | 5.92 | |
| H1 lead leg | R | strides | 24 | 17 | 17 | 17 | 18 | 19 | 19 | 19 | 19 | 22.2 | | 209.2 | | | |
| Lu Zhangwei (CHN) (2001) | 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 5

date 12-Apr-19

CAA Hurdle Development (2019)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Wang Jiaqi (CHN) (2000) | time | 7.10 | 11.64 | 16.34 | 21.26 | 26.42 | 31.94 | 37.62 | 43.30 | 49.18 | 55.05 | | 61.69 | 3 / 1 | | | | |
| 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 | | | 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 | | | | | |
| Liu Xin (CHN) (1992) | 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 | | | | |
| Ma Jie (CHN) (1998) | 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 4

date 12-Apr-19

CAA Hurdle Development (2019)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Tao Xue (CHN) (1999) | 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 | 17 | 17 | 17 | 17 | 21.2 | 193.2 | | | | | |
| Jiang Liyunzhe (CHN) (2002) | time | 7.04 | 11.71 | 16.58 | 21.57 | 26.63 | 31.67 | 36.90 | 42.32 | 48.16 | 54.23 | | 61.37 | 7 / 2 | | | | |
| 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 | | | 14.53 | 15.33 | 17.33 | |
| | velocity | 6.39 | 7.49 | 7.19 | 7.01 | 6.92 | 6.94 | 6.69 | 6.46 | 5.99 | 5.77 | 5.60 | 6.52 | | 7.23 | 6.85 | 6.06 | |
| H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 17 | 17 | 18 | 18 | 18 | 22 | 198 | | | | | |

Heat 3

date 12-Apr-19

CAA Hurdle Development (2019)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|----------------------------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-----------|---------------|--------------|-------|-------|--------|
| Zhou Yu (CHN) (1999) | 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 | 17 | 17 | 17 | 17 | 18 | 19 | 22.2 | 198.2 | | | | |
| Liu Hongjuan (CHN) (1996) | 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 | 17 | 17 | 18 | 19 | 19 | 22.5 | 199.5 | | | | | |
| Wang Chen (CHN) (1999) | 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 2

date 12-Apr-19

CAA Hurdle Development (2019)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------|---------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Wu Xueting (CHN) (1995) | 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 | 6.53 | | 7.31 | 6.68 | 6.03 |
| | H1 lead leg | L | strides | 23 | 16 | 16 | 16 | 16 | 17 | 17 | 18 | 18 | 21.2 | 194.2 | | | | |
| Lu Zhangwei (CHN) (2001) | 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 | 5.95 |
| | H1 lead leg | R | strides | 17 | 17 | 17 | 17 | 17 | 18 | 18 | 19 | 19 | 22.5 | 181.5 | | | | |

Heat 1

date 12-Apr-19

CAA Hurdle Development (2019)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------|---------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Xiao Xia (CHN) (1991) | 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 | 17 | 17 | 17 | 17 | 17 | 21.2 | 193.2 | | | | |
| Hu Lihong (CHN) (1999) | 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 | 17 | 17 | 17 | 17 | 18 | 22 | 195 | | | | |

2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)

FINAL

date 08-Apr-19

CAA Hurdle Development (2019)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|---------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Mo Jiadie (CHN) (2000) | 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 | 6.35 |
| | H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 17 | 17 | 17 | 18 | 18 | 21.5 | 196.5 | | | | |
| Lu Zhangwei (CHN) (2001) | 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 | 16.80 |
| | | 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 | 6.25 |
| | H1 lead leg | R | strides | 24 | 17 | 17 | 17 | 17 | 17 | 17 | 18 | 18 | 22 | 201 | | | | |
| Liu Hongjuan (CHN) (1996) | 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 | 17 | 17 | 18 | 18 | 19 | 22.5 | 198.5 | | | | |
| Jiang Liyunzhe (CHN) (2002) | time | 6.72 | 11.30 | 16.00 | 20.83 | 25.86 | 30.94 | 36.26 | 41.76 | 47.71 | 53.88 | | | 60.80 | 3 / 4 | | | |
| | 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 | PB | | 14.11 | 15.43 | 17.62 |
| | | velocity | 6.70 | 7.64 | 7.45 | 7.25 | 6.96 | 6.89 | 6.58 | 6.36 | 5.88 | 5.67 | 5.78 | 6.58 | | 7.44 | 6.80 | 5.96 |
| | H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 17 | 17 | 17 | 18 | 18 | 21.5 | 196.5 | | | | |
| Lan Tianlu (CHN) (1999) | 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 | 0.303 | 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 | 5.86 |
| | H1 lead leg | L | strides | 23 | 16 | 16 | 16 | 17 | 17 | 18 | 19 | 19 | 23 | 200 | | | | |
| Liu Xin (CHN) (1992) | 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 | 18 | 18 | 19 | 19 | 19 | 20 | 24 | 213 | | | | |
| Hu Lihong (CHN) (1999) | 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 | 17 | 17 | 17 | 17 | 17 | 22 | 194 | | | | |
| Di Chengqian (CHN) (1999) | 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 | | | | | 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 | 17 | 17 | 17 | 19 | | | 157 | | | | |

Heat 5

date 07-Apr-19

CAA Hurdle Development (2019)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|----------------------------------|---------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Liu Hongjuan (CHN) (1996) | 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 | 17 | 18 | 18 | 19 | 19 | 22.5 | 200.5 | | | | |

| | | | | | | | | | | | | | | | | | | |
|---------------------------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|
| Liu Xin (CHN) (1992) | 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 | | | | |
| Chen Liying (CHN) (1994) | 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 | | | | |
| Ma Jie (CHN) (1998) | 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 | | | | | |

Heat 4

date 07-Apr-19

CAA Hurdle Development (2019)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Lu Zhangwei (CHN) (2001) | 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 | 6.07 |
| H1 lead leg | R | strides | 24 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 19 | 19 | 23 | 204 | | | | |
| Lan Tianlu (CHN) (1999) | 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 | 0.256 | 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 | 6.05 |
| H1 lead leg | L | strides | 23 | 16 | 16 | 16 | 16 | 17 | 17 | 18 | 18 | 18 | 22 | 197 | | | | |
| Ou Ying (CHN) (2001) | time | 6.97 | 11.63 | 16.43 | 21.25 | 26.31 | 31.55 | 36.95 | 42.52 | 48.23 | 54.29 | | 61.52 | 4 / 3 | | | | |
| reaction time | 0.280 | interval | 4.66 | 4.80 | 4.82 | 5.06 | 5.24 | 5.40 | 5.57 | 5.71 | 6.06 | 7.23 | | | 14.28 | 15.70 | 17.34 | |
| | | velocity | 6.46 | 7.51 | 7.29 | 7.26 | 6.92 | 6.68 | 6.48 | 6.28 | 6.13 | 5.78 | 5.53 | 6.50 | | 7.35 | 6.69 | 6.06 |
| H1 lead leg | L | strides | 24 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 18 | 19 | 22.5 | 202.5 | | | | |
| Ye Xiulan (CHN) (1998) | 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 | | | | |

Heat 3

date 07-Apr-19

CAA Hurdle Development (2019)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Wu Fangfang (CHN) (1997) | 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 | 6.55 | | 7.22 | 6.64 | 6.08 |
| H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | 19 | 22 | 197 | | | | |
| Liang Yina (CHN) (2001) | time | 7.06 | 11.73 | 16.55 | 21.45 | 26.54 | 31.83 | 37.52 | 43.29 | 49.22 | 55.39 | | 62.02 | 8 / 2 | | | | |
| 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 | | | | |
| Wang Chen (CHN) (1999) | 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 | | | | |
| Wu Xueting (CHN) (1995) | 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 | 6.42 | | 7.24 | 6.57 | 5.87 |
| H1 lead leg | L | strides | 22 | 16 | 16 | 16 | 16 | 16 | 17 | 18 | 18 | 18 | 21.5 | 194.5 | | | | |
| Xiao Xia (CHN) (1991) | 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 | | | | |

Heat 2

date 07-Apr-19

CAA Hurdle Development (2019)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|----------------------------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Di Chengqian (CHN) (1999) | 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 | | | | |
| 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 | | | | |
| Tao Xue (CHN) (1999) | 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 | | | | |
| Huang Yan (CHN) (1996) | 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 | 217 | | | | |

Heat 1

date 07-Apr-19

CAA Hurdle Development (2019)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Mo Jiadie (CHN) (2000) | 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 | 6.10 |
| H1 lead leg | L strides | 24 | 16 | 16 | 16 | 16 | | 17 | 17 | 18 | 18 | 18 | 21 | 197 | | | | |
| Hu Lihong (CHN) (1999) | 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 | | | | |
| Jiang Liyunzhe (CHN) (2002) | time | 6.84 | 11.62 | 16.37 | 21.30 | 26.36 | | 31.68 | 37.07 | 42.59 | 48.52 | 54.45 | | 60.97 | 1 / 3 | | | |
| | 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 | PB | | 14.46 | 15.77 | 17.38 |
| | velocity | 6.58 | 7.32 | 7.37 | 7.10 | 6.92 | | 6.58 | 6.49 | 6.34 | 5.90 | 5.90 | 6.13 | 6.56 | | 7.26 | 6.66 | 6.04 |
| H1 lead leg | L strides | 24 | 16 | 16 | 16 | 16 | | 17 | 17 | 17 | 18 | 18 | 21 | 196 | | | | |
| Ding Xiaoxue (CHN) (1998) | 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 | | | | |

2018 National Sports Festival (Fukui, JPN)

FINAL

date 06-Oct-18

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Utsunomiya, Eri (JPN) (1993) | 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 | 6.47 |
| H1 lead leg | L strides | 15 | 15 | 15 | 15 | 16 | | 16 | 17 | 17 | 17 | 17 | 17 | 145 | | | | |

2018 Chinese National Championships (Taiyuan, CHN)

FINAL

date 16-Sep-18

Henson (2018) - coaching observations

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------|---------------|------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Huang Yan (CHN) (1996) | 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 | | | | |
| Mo Jiadie (CHN) (2000) | 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 | 6.36 |
| H1 lead leg | L strides | 24 | 16 | 16 | 16 | 16 | | 17 | 17 | 18 | 18 | 18 | 21.5 | 197.5 | | | | |
| Wu Xueting (CHN) (1995) | 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 | 6.82 | | 7.77 | 6.95 | 6.35 |
| H1 lead leg | L strides | 22 | 15 | 15 | 15 | 16 | | 16 | 17 | 17 | 17 | 18 | 21.5 | 189.5 | | | | |
| Hu Lihong (CHN) (1999) | 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 | | | | |
| Liu Xin (CHN) (1992) | 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 | | | | |
| Ou Ying (CHN) (2001) | time | 7.00 | 11.65 | 16.42 | 21.28 | 26.26 | | 31.46 | 36.78 | 42.16 | 47.78 | 53.67 | | 60.42 | 6 / 6 | | | |
| | reaction time | | interval | 4.65 | 4.77 | 4.86 | 4.98 | 5.20 | 5.32 | 5.38 | 5.62 | 5.89 | 6.75 | | | 14.28 | 15.50 | 16.89 |
| | velocity | 6.43 | 7.53 | 7.34 | 7.20 | 7.03 | | 6.73 | 6.58 | 6.51 | 6.23 | 5.94 | 5.93 | 6.62 | | 7.35 | 6.77 | 6.22 |
| H1 lead leg | L strides | 24 | 17 | 17 | 17 | 17 | | 17 | 17 | 17 | 17 | 18 | 22 | 200 | | | | |
| Wu Fangfang (CHN) (1997) | time | 7.06 | 11.70 | 16.36 | 21.14 | 26.07 | | 31.23 | 36.64 | 42.21 | 47.81 | 53.36 | | 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 | 6.62 | | 7.46 | 6.77 | 4.83 |
| H1 lead leg | L strides | 23 | 16 | 16 | 16 | 16 | | 17 | 17 | 17 | 17 | 19 | 23 | 197 | | | | |
| Tao Xue (CHN) (1999) | 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

date 15-Sep-18

Henson (2018) - coaching observations

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

| | | | | | | | | | | | | | | | | | |
|----------------------------------|-----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|
| Mo Jiadie (CHN) (2000) | 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 | | | | |
| Tao Xue (CHN) (1999) | 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 | | | | |
| Qiu Zhangyan (CHN) (1998) | 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 | | | | |
| Chen Liying (CHN) (1994) | 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 | | | | |
| Zhuang Yilan (CHN) (2000) | 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 | | | | |
| Liu Hongjuan (CHN) (1996) | 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 | | | | |

Heat 2

date 15-Sep-18

Henson (2018) - coaching observations

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|----------------------------------|-----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-----------|---------------|--------------|-------|-------|--------|
| Wu Xueting (CHN) (1995) | time | 6.86 | 11.26 | 15.83 | 20.51 | 25.41 | 30.53 | 35.87 | 41.32 | 46.85 | 52.47 | | 58.81 | 5 / 1 | | | | |
| 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 | | | | | |
| Hu Lihong (CHN) (1999) | 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 | | | | | |
| Wu Fangfang (CHN) (1997) | 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 | 6.68 | | | 7.47 | 6.69 | 6.26 |
| H1 lead leg | L strides | 24 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | 17 | 21.5 | 194.5 | | | | | |
| Wang Hongyan (CHN) (1998) | 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 | | | | | |
| Ding Xiaoxue (CHN) (1998) | 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 | | | | | |
| Di Chengqian (CHN) (1999) | 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 | | | | | |

Heat 1

date 15-Sep-18

Henson (2018) - coaching observations

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------|-----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-----------|---------------|--------------|-------|-------|--------|
| Huang Yan (CHN) (1996) | 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 | | | | | |
| Ou Ying (CHN) (2001) | time | 7.02 | 11.61 | 16.37 | 21.10 | 26.00 | 31.10 | 36.28 | 41.57 | 47.01 | 52.69 | | 59.16 | 6 / 2 | | | | |
| reaction time | interval | | 4.59 | 4.76 | 4.73 | 4.90 | 5.10 | 5.18 | 5.29 | 5.44 | 5.68 | 6.47 | PB | | | 14.08 | 15.18 | 16.41 |
| | velocity | 6.41 | 7.63 | 7.35 | 7.40 | 7.14 | 6.86 | 6.76 | 6.62 | 6.43 | 6.16 | 6.18 | 6.76 | | | 7.46 | 6.92 | 6.40 |
| H1 lead leg | L strides | 24 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 18 | 21.7 | 199.7 | | | | | |
| Liu Xin (CHN) (1992) | 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 | | | | | |

| | | | | | | | | | | | | | | | | | |
|--------------------------------|----------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|
| Liang Yina (CHN) (2001) | time | 7.02 | 11.56 | 16.23 | 20.99 | 25.92 | 31.03 | 36.43 | 41.93 | 47.66 | 53.69 | 60.38 | 5 / 4 | | | | |
| 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 | 18 | 18 | 18 | 18 | 164 | | | | | |
| Zou Yifan (CHN) (2000) | 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 | 18 | 20 | 164 | | | | | | |
| Wang Chen (CHN) (1999) | 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 | 18 | 19 | | 145 | | | | | | |

2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)**FINAL**

date 09-Sep-18

Henson (2021) - Athlete First: 2018 year end hurdle report

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|----------------|---------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Russell, Janieve (JAM) (1993) | 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 | | | | |
| Little, Shamier (USA) (1995) | 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 | 16 | 16 | 19.2 | 178.2 | | | | |
| Ryzhykova, Anna (UKR) (1991) | 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 | | | | |
| Beesley, Meghan (GBR) (1996) | 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 | | | | |
| Yusuf Jamal, Aminat (BRN) (1993) | 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 | 8.33 | 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 | | 15 | 16 | 17 | 17 | 18 | 21.5 | 187.5 | | | | |
| Nel, Wenda (RSA) (1988) | 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 | | | | |
| Lhabze, Lamiae (MAR) (1984) | time | | 6.44 | 10.76 | 15.20 | 19.72 | 24.40 | | 29.28 | 34.36 | | 45.04 | 50.68 | | 57.35 | 6 / 7 | | | |
| 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 | | | | | |
| Utsunomiya, Eri (JPN) (1993) | 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 | | | | | |

2018 Weltklasse (Zürich, SUI) (TV Analysis)**FINAL**

date 30-Aug-18

Henson (2020) - Athlete First: 2018 year end hurdle report

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|----------------|---------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Muhammad, Dalilah (USA) (1993) | 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 | | | | |
| Little, Shamier (USA) (1995) | 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 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | | | | |
| Moline, Georganne (USA) (1991) | 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 | | | |
| Doyle, Eilidh (GBR) (1987) | time | | 6.52 | 10.76 | 15.08 | | 23.96 | 26.0 | 28.68 | 33.48 | | 43.64 | 48.92 | | | 55.05 | | 7 / 5 | |
| reaction time | 0.176 | interval | | 4.24 | 4.32 | | 8.88 | | 4.72 | 4.80 | | 10.16 | 5.28 | 6.13 | | | | | 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 | | | 17 | 21 | | 123 | | | |
| Sprunger, Leá (SUI) (1990) | 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 |
| | | 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 |
| H1 lead leg | R | strides | 21 | 14 | 14 | 14 | 14 | | 15 | 15 | 15 | 15 | 17 | 18.5 | | 157.5 | | | 7.44 |
| Watson, Sage (CAN) (1994) | 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 | | | |

2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)

FINAL

date 18-Aug-18

Henson (2020) - Athlete First: 2018 year end hurdle report

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Sprunger, Leá (SUI) (1990) | 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 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | | | | |
| Beesley, Meghan (GBR) (1987) | 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 | | | | |
| Doyle, Eilidh (GBR) (1987) | time | | 6.47 | 10.74 | 15.21 | 19.85 | 24.69 | | 29.59 | 34.63 | 39.74 | 45.01 | 50.38 | | 56.61 | 3 / 4 | | | |
| 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 | | | | |
| Watson, Sage (CAN) (1994) | 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 | | | | | |
| Nel, Wenda (RSA) (1988) | 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 | | | | |

2018 Japanese National High School Championships (Nagoya, JPN)

FINAL

date 04-Aug-18

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-----------------------------------|------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Oike, Saori (JPN) | 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 | | | | |
| Aoki, Honoka (JPN) (2001) | time | | 7.01 | 11.64 | 16.43 | 21.32 | 26.33 | | 31.48 | 36.70 | 41.99 | 47.40 | 52.95 | | 59.08 | 6 / 2 | | | |
| reaction time | | interval | | 4.63 | 4.79 | 4.89 | 5.01 | | 5.15 | 5.22 | 5.29 | 5.41 | 5.55 | 6.13 | PB | | 14.31 | 15.38 | 16.25 |
| | | velocity | 6.42 | 7.56 | 7.31 | 7.16 | 6.99 | | 6.80 | 6.70 | 6.62 | 6.47 | 6.31 | 6.53 | 6.77 | | 7.34 | 6.83 | 6.46 |
| H1 lead leg | | strides | | 17 | 17 | 17 | 17 | | 17 | 17 | 18 | 18 | 18 | | 156 | | | | |
| Shimizu, Hana (JPN) (2001) | 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 | | | | |
| Ban, Nozomi (JPN) (2001) | time | | 6.97 | 11.64 | 16.38 | 21.34 | 26.43 | | 31.61 | 36.90 | 42.31 | 47.83 | 53.50 | | 59.96 | 8 / 4 | | | |
| reaction time | | interval | | 4.67 | 4.74 | 4.96 | 5.09 | | 5.18 | 5.29 | 5.41 | 5.52 | 5.67 | 6.46 | | | 14.37 | 15.56 | 16.60 |
| | | velocity | 6.46 | 7.49 | 7.38 | 7.06 | 6.88 | | 6.76 | 6.62 | 6.47 | 6.34 | 6.17 | 6.19 | 6.67 | | 7.31 | 6.75 | 6.33 |
| H1 lead leg | | strides | | 16 | 16 | 17 | 17 | | 17 | 17 | 17 | 17 | 17 | | 151 | | | | |
| Okawa, Nazuna (JPN) (2001) | 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 | 17 | 19 | 155 | | | | | | |
| Saihara, Mai (JPN) | 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 | | | | | | |
| Tsugawa, Rui (JPN) (2001) | 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 | | | | | | |
| Kawamura, Yuka (JPN) (2001) | 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 | | | | | | |

2018 Müller Anniversary Games (London, GBR) (TV Analysis)

FINAL

date 21-Jul-18

Henson (2020) - Athlete First: 2018 year end hurdle report

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-in | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|----------------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Little, Shamier (USA) (1995) | 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 | | | | | |
| Russell, Janieve (JAM) (1993) | 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 | | | | | |
| Muhammad, Dalilah (USA) (1988) | 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 | 16 | 16 | 16 | 19.7 | 180.7 | | | | | |
| Moline, Georganne (USA) (1988) | 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 | | | | | |
| Nel, Wenda (RSA) (1988) | 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 | | | | | |
| Tracey, Ristananna (JAM) (1988) | 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 | | | | | |
| Doyle, Eilidh (GBR) (1987) | time | 6.40 | 10.68 | 15.16 | 19.52 | 24.00 | 28.72 | 33.64 | 38.76 | 44.32 | 49.68 | | | 56.18 | 8 / 7 | | | |
| 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 | | | | | |
| Watson, Sage (CAN) (1994) | 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 | | | | | |
| Spencer, Ashley (USA) (1993) | time | 6.60 | 10.88 | 15.24 | 19.76 | 24.40 | 29.20 | 34.04 | 39.20 | 44.64 | 50.24 | | | 57.00 | 3 / 9 | | | |
| reaction time | 0.164 interval | | 4.28 | 4.36 | 4.52 | 4.64 | 4.80 | 4.84 | 5.16 | 5.44 | 5.60 | 6.76 | | | | 13.16 | 14.28 | 16.20 |
| | velocity | 6.82 | 8.18 | 8.03 | 7.74 | 7.54 | 7.29 | 7.23 | 6.78 | 6.43 | 6.25 | 5.92 | 7.02 | | | 7.98 | 7.35 | 6.48 |
| H1 lead leg | L strides | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 16 | 19.5 | 179.5 | | | | | |

2018 IAAF World Junior Championships (Tampere, FIN) (TV Analysis)

FINAL

date 13-Jul-18

Henson (2020) - Athlete First: 2018 year end hurdle report

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-in | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|----------------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Van Der Walt, Zeney (RSA) (1994) | 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 | | | | | |
| Salmon, Shiann (JAM) (1999) | 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 | | | | | |

| | | | | | | | | | | | | | | | | | | |
|-----------------------------------|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|
| Giger, Yasmin (SUI) (1999) | 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 | | | | | |
| Gallego, Sara (ESP) (2000) | 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 | | 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 | | | | | |

2018 Athletissima (Lausanne, SUI) (TV Analysis)**FINAL**

date 05-Jul-18

Henson (2020) - Athlete First: 2018 year end hurdle report

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Little, Shamier (USA) (1995) | 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 | 7.49 | 8.15 | 7.68 | 7.11 | |
| | H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 20 | 181 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | 7.48 | 8.15 | 7.72 | 7.15 | |
| | H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 19.5 | 178.5 | | | | |
| Moline, Georganne (USA) (1990) | 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 | 15 | 16 | 16 | 20 | 149 | | | | |
| Muhammad, Dalilah (USA) (1990) | 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 | 7.32 | 8.31 | 7.50 | 6.78 | |
| | H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 16 | 19.5 | 181.5 | | | | |
| Spencer, Ashley (USA) (1993) | time | 6.40 | 10.72 | 19.64 | 24.16 | | 28.80 | 33.64 | 38.52 | 43.56 | 48.76 | | 54.74 | 8 / 5 | | | | |
| | reaction time | 0.153 | interval | 4.32 | 8.92 | 4.52 | 4.64 | 4.84 | 4.88 | 5.04 | 5.20 | 5.98 | | 13.24 | 14.00 | 15.12 | | |
| | | | velocity | 7.03 | 8.10 | 7.85 | 7.74 | 7.54 | 7.23 | 7.17 | 6.94 | 6.73 | 6.69 | 7.31 | 7.93 | 7.50 | 6.94 | |
| | H1 lead leg | L | strides | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 127 | | | | | |
| Sprunger, Leá (SUI) (1990) | 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 | 14 | 15 | 15 | 15 | 15 | 15 | 18.5 | 142.5 | | | | |
| Tate, Cassandra (USA) (1990) | 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 | 15 | 16 | 16 | 16 | 16 | 20 | 151 | | | | |

2018 USATF National Championships (Des Moines, IA) (TV Analysis)**FINAL**

date 24-Jun-18

Henson (2020) - Athlete First: 2018 year end hurdle report

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|---------------|------|----------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Little, Shamier (USA) (1995) | 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 | 7.46 | 8.17 | 7.77 | 7.06 | |
| | H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 20 | 180 | | | | |
| Moline, Georganne (USA) (1990) | 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 | 7.39 | 8.30 | 7.77 | 6.99 | |
| | H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 17 | 20.5 | 180.5 | | | | |
| Tate, Cassandra (USA) (1990) | 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 | 7.27 | 8.31 | 7.64 | 6.58 | |
| | H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 17 | 20 | 180 | | | | |
| Payne, Kymber (USA) (1996) | 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 | 7.20 | 8.17 | 7.51 | 6.73 | |
| | H1 lead leg | L | strides | 24 | 15 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 20 | 187 | | | | |
| Cockrell, Anna (USA) (1997) | time | 6.17 | 10.17 | 14.34 | 18.68 | 23.29 | | 33.06 | 38.30 | 43.74 | 49.45 | | 56.14 | 8 / 5 | | | | |
| | reaction time | | interval | 4.00 | 4.17 | 4.34 | 4.61 | 9.77 | 5.24 | 5.44 | 5.71 | 6.69 | | 12.51 | 14.38 | 16.39 | | |
| | | | velocity | 7.29 | 8.75 | 8.39 | 8.06 | 7.59 | 7.16 | 6.68 | 6.43 | 6.13 | 5.98 | 7.13 | 8.39 | 7.30 | 6.41 | |
| | H1 lead leg | L | strides | 22 | 14 | 15 | 15 | 15 | 16 | 17 | 17 | 17 | 131 | | | | | |

2018 Japanese National Championships (Yamaguchi, JPN)**FINAL**

date 24-Jun-18

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

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Utsunomiya, Eri (JPN) (1993) 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 | 6.60 |
| H1 lead leg | R | 23 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 17 | 21 | 189 | | | | |
| Aoki, Sayaka (JPN) (1986) time | 6.54 | 10.99 | 15.61 | 20.26 | 25.11 | | 30.08 | 35.12 | 40.26 | 45.55 | 51.09 | | 57.64 | 5 / 2 | | | |
| reaction time | 0.175 | interval | 4.45 | 4.62 | 4.65 | 4.85 | 4.97 | 5.04 | 5.14 | 5.29 | 5.54 | 6.55 | | | 13.72 | 14.86 | 15.97 |
| velocity | 6.88 | 7.87 | 7.58 | 7.53 | 7.22 | | 7.04 | 6.94 | 6.81 | 6.62 | 6.32 | 6.11 | 6.94 | | 7.65 | 7.07 | 6.57 |
| H1 lead leg | L | 24 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | 17 | 21.5 | 194.5 | | | | |
| Koyama, Kana (JPN) (1991) time | 6.62 | 10.97 | 15.52 | 20.41 | 25.35 | | 30.37 | 35.49 | 40.75 | 46.14 | 51.63 | | 57.94 | 4 / 3 | | | |
| reaction time | 0.164 | interval | 4.35 | 4.55 | 4.89 | 4.94 | 5.02 | 5.12 | 5.26 | 5.39 | 5.49 | 6.31 | | | 13.79 | 15.08 | 16.14 |
| velocity | 6.80 | 8.05 | 7.69 | 7.16 | 7.09 | | 6.97 | 6.84 | 6.65 | 6.49 | 6.38 | 6.34 | 6.90 | | 7.61 | 6.96 | 6.51 |
| H1 lead leg | L | 22 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 17 | 17 | 21 | 190 | | | | |

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

FINAL

date 09-Jun-18

Henson (2020) - Athlete First: 2018 year end hurdle report

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| McLaughlin, Sydney (USA) time | 6.43 | 10.53 | 14.63 | 18.90 | 23.20 | | 27.73 | 32.43 | 37.33 | 42.60 | 47.93 | | 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 | 14 | 14 | 14 | 14 | | 15 | 15 | 15 | 16 | 16 | 19.2 | 152.2 | | | | |
| Cockrell, Anna (USA) (1997) time | 6.43 | 10.43 | | 19.16 | 23.73 | | 28.56 | 33.63 | 38.80 | 44.06 | 49.40 | | 55.71 | 5 / 2 | | | |
| reaction time | interval | 4.00 | | 8.73 | 4.57 | | 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 | 14 | | 15 | 15 | | 16 | 16 | 16 | 16 | 16 | 20.5 | 113.5 | | | | |
| Payne, Kymber (USA) (1996) time | 6.73 | 10.93 | 15.20 | 19.53 | 23.96 | | 28.73 | 33.70 | | 44.33 | 50.03 | | 56.88 | 6 / 3 | | | |
| 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 | 24 | 15 | 15 | 15 | | 16 | 16 | 17 | | 18 | | 136 | | | | |

2018 Bislett Games (Oslo, NOR) (TV Analysis)

FINAL

date 07-Jun-18

Henson (2020) - Athlete First: 2018 year end hurdle report

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Muhammad, Dalilah (USA) 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 | 23 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 16 | 19.7 | 180.7 | | | | |
| Little, Shamier (USA) (1995) 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 |
| 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 |
| H1 lead leg | R | 23 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 16 | 20 | 181 | | | | |
| Watson, Sage (CAN) (1994) 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 | | 8.91 | | |
| H1 lead leg | R | 22 | 15 | 15 | | | 15 | 16 | 16 | 16 | 16 | 19 | 150 | | | | |
| Sprunger, Leá (SUI) (1990) 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 | 21 | 14 | 14 | | | 15 | 15 | 15 | 16 | 16 | 18.5 | 144.5 | | | | |
| Hejnová, Zuzana (CZE) (1986) 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 | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 16 | 20.2 | 180.2 | | | | |
| luel, Amalie (NOR) (1994) 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 | 23 | 15 | 15 | | | 15 | 15 | 16 | 16 | 16 | | 131 | | | | |
| Pedroso, Yadisleidis (ITA) (1991) 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 | 23 | 16 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | | 171 | | | | |
| Kloster, Line (NOR) (1990) 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 | 23 | 15 | 15 | | | 16 | 16 | 16 | 17 | 17 | | 119 | | | | |

2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

FINAL

date 31-May-18

Henson (2020) - Athlete First: 2018 year end hurdle report

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Moline, Georganne (USA) (1 time) | 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 | 16 | 17 | 17 | 20 | 182 | | | | |
| Russell, Janieve (JAM) (1993 time) | 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 | 16 | 16 | 16 | 16 | 19.2 | 180.2 | | | | |
| Muhammad, Dalilah (USA) (1 time) | 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 | 16 | 16 | 16 | 19.2 | 179.2 | | | | |
| Folorunso, Ayomide (ITA) (1 time) | 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 | 17 | 17 | 17 | 20.7 | 190.7 | | | | |
| Pedroso, Yadsisleidis (ITA) (1 time) | 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 | 17 | 17 | 17 | 17 | 20.7 | 191.7 | | | | |
| Tkachuk, Viktoriya (UKR) (1 time) | 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 | 16 | 16 | 17 | 17 | 20 | 183 | | | | |
| Tate, Cassandra (USA) (1990 time) | 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 | 16 | 16 | 16 | 20 | 180 | | | | |
| Sprunger, Leá (SUI) (1990 time) | 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 | 15 | 15 | 17 | 17 | 17 | 19 | 177 | | | | |
| Adekoya, Kemi (BRN) (1993 time) | 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 | 16 | 17 | 17 | 17 | 17 | 17 | 169 | | | | | |

2018 Prefontaine Classic (Eugene, OR) (TV Analysis)

FINAL

date 26-May-18

Henson (2020) - Athlete First: 2018 year end hurdle report

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Russell, Janieve (JAM) (1993 time) | 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 | | | 16 | 16 | 16 | 20 | 150 | | | | |
| Muhammad, Dalilah (USA) (1 time) | time | 6.28 | 10.32 | 14.56 | 18.92 | 23.40 | | | 32.64 | 37.60 | 42.64 | 47.96 | | 54.09 | 4 / 2 | | | |
| | reaction time | 0.222 | interval | 4.04 | 4.24 | 4.36 | 4.48 | | 9.24 | 4.96 | 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 | | | 16 | 16 | 17 | 20.2 | 152.2 | | | | |
| Moline, Georganne (USA) (1 time) | 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 | | | | |
| Watson, Sage (CAN) (1994 time) | 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 | | | 16 | 16 | 17 | 19.2 | 150.2 | | | | |
| Little, Shamier (USA) (1995 time) | 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 | 16 | 16 | 17 | 17 | 20 | 184 | | | | |
| Hejnová, Zuzana (CZE) (1988 time) | 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 | 20 | 150 | | | | | | |
| Spencer, Ashley (USA) (1993) | time | | 6.56 | 10.84 | 15.12 | 19.56 | 24.16 | | 28.80 | 33.56 | 38.56 | 43.96 | 49.36 | | 55.58 | 3 / 7 | | | |
| reaction time | 0.183 | interval | | 4.28 | 4.28 | 4.44 | 4.60 | | 4.64 | 4.76 | 5.00 | 5.40 | 5.40 | 6.22 | | | 13.00 | 14.00 | 15.80 |
| | | velocity | 6.86 | 8.18 | 8.18 | 7.88 | 7.61 | | 7.54 | 7.35 | 7.00 | 6.48 | 6.48 | 6.43 | 7.20 | | 8.08 | 7.50 | 6.65 |
| H1 lead leg | L | strides | 22 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 16 | 16 | 19 | 178 | | | | |
| Tate, Cassandra (USA) (1990) | 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 | | | | |

2018 Shimane High School Championships (Izumo, JPN)

FINAL

date 26-May-18

Shimizu (2018) - shimane high school championships 2018 - biomechanics data analysis

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------|------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| 村上 日和 | time | | 7.45 | 12.52 | 17.83 | 23.27 | 28.92 | | 34.75 | 40.52 | 46.85 | 52.87 | 58.95 | | 65.96 | 5 / 1 | | | |
| reaction time | | interval | | 5.07 | 5.31 | 5.44 | 5.65 | | 5.83 | 5.77 | 6.33 | 6.02 | 6.08 | 7.01 | | | 15.82 | 17.25 | 18.43 |
| | | velocity | 6.04 | 6.90 | 6.59 | 6.43 | 6.19 | | 6.00 | 6.07 | 5.53 | 5.81 | 5.76 | 5.71 | 6.06 | | 6.64 | 6.09 | 5.70 |
| H1 lead leg | | strides | 24 | 17 | 18 | 18 | 19 | | 20 | 20 | 21 | 21 | 21 | 25 | 224 | | | | |
| 高原 七恵 | time | | 7.55 | 12.73 | 18.15 | 23.63 | 29.17 | | 34.90 | 40.58 | 46.77 | 53.05 | 59.52 | | 66.62 | 4 / 2 | | | |
| reaction time | | interval | | 5.18 | 5.42 | 5.48 | 5.54 | | 5.73 | 5.68 | 6.19 | 6.28 | 6.47 | 7.10 | | | 16.08 | 16.95 | 18.94 |
| | | velocity | 5.96 | 6.76 | 6.46 | 6.39 | 6.32 | | 6.11 | 6.16 | 5.65 | 5.57 | 5.41 | 5.63 | 6.00 | | 6.53 | 6.19 | 5.54 |
| H1 lead leg | | strides | 25 | 17 | 19 | 19 | 19 | | 19 | 19 | 21 | 21 | 21 | 24 | 224 | | | | |
| 村上 芽生 | time | | 7.63 | 13.07 | 18.68 | 24.45 | 30.40 | | 36.53 | 42.67 | 48.80 | 54.78 | 60.63 | | 67.05 | 6 / 3 | | | |
| reaction time | | interval | | 5.44 | 5.61 | 5.77 | 5.95 | | 6.13 | 6.14 | 6.13 | 5.98 | 5.85 | 6.42 | | | 16.82 | 18.22 | 17.96 |
| | | velocity | 5.90 | 6.43 | 6.24 | 6.07 | 5.88 | | 5.71 | 5.70 | 5.71 | 5.85 | 5.98 | 6.23 | 5.97 | | 6.24 | 5.76 | 5.85 |
| H1 lead leg | | strides | 26 | 19 | 19 | 19 | 19 | | 19 | 19 | 19 | 19 | 19 | 23 | 220 | | | | |
| 大園 那月 | time | | 7.53 | 12.70 | 18.12 | 23.67 | 29.33 | | 35.33 | 41.43 | 47.55 | 54.27 | 60.57 | | 67.06 | 3 / 4 | | | |
| reaction time | | interval | | 5.17 | 5.42 | 5.55 | 5.66 | | 6.00 | 6.10 | 6.12 | 6.72 | 6.30 | 6.49 | | | 16.14 | 17.76 | 19.14 |
| | | velocity | 5.98 | 6.77 | 6.46 | 6.31 | 6.18 | | 5.83 | 5.74 | 5.72 | 5.21 | 5.56 | 6.16 | 5.96 | | 6.51 | 5.91 | 5.49 |
| H1 lead leg | | strides | 25 | 17 | 18 | 18 | 18 | | 19 | 19 | 19 | 21 | 20 | 24 | 218 | | | | |

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

FINAL

date 13-May-18

Henson (2020) - Athlete First: 2018 year end hurdle report

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------|------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| McLaughlin, Sydney (USA) | time | | 6.23 | 10.40 | 14.66 | 18.93 | 23.33 | | 27.83 | 32.43 | 37.13 | 42.16 | 47.20 | | 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 | | | | |

2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)

FINAL

date 12-May-18

Henson (2020) - Athlete First: 2018 year end hurdle report

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Muhammad, Dalilah (USA) | 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 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | | | | |
| Watson, Sage (CAN) (1994) | 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 | | | | |
| Nel, Wenda (RSA) (1988) | 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 | | | | |
| Linkiewicz, Joanna (POL) (1988) | 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 | | | | |

2018 National Relay Championships (Fayetteville, AR) (TV Analysis)

A FINAL

date 27-Apr-18

Henson (2020) - Athlete First: 2018 year end hurdle report

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------|------|----------|------|-------|----|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| McLaughlin, Sydney (USA) | time | | 6.31 | 10.30 | | 19.08 | 23.53 | | 28.06 | 32.80 | 37.66 | 42.81 | 47.95 | | 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 |
|-------------|---|---------|----|----|----|----|----|----|----|----|------|-------|

2017 Memorial van Damme (Brussels, BEL) (TV Analysis)**FINAL**

date 01-Sep-17

Henson (2020) - Athlete First: 2017 year end hurdle report

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Muhammad, Dalilah (USA) (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 | 16 | 16 | 16 | 20 | 181 | | | | |
| Hejnová, Zuzana (CZE) (1988) (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 | | | | |
| Spencer, Ashley (USA) (1993) (time) | | | 6.32 | 10.60 | 14.92 | 19.40 | 23.96 | 26.2 | 28.60 | 33.32 | 38.24 | 43.28 | 48.68 | | 54.92 | 5 / 3 | | | |
| reaction time | 0.167 | interval | | 4.28 | 4.32 | 4.48 | 4.56 | | 4.64 | 4.72 | 4.92 | 5.04 | 5.40 | 6.24 | | | 13.08 | 13.92 | 15.36 |
| | | velocity | 7.12 | 8.18 | 8.10 | 7.81 | 7.68 | 7.63 | 7.54 | 7.42 | 7.11 | 6.94 | 6.48 | 6.41 | 7.28 | | 8.03 | 7.54 | 6.84 |
| H1 lead leg | L | strides | 22 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | 16 | 18.7 | 176.7 | | | | |
| Doyle, Eilidh (GBR) (1987) (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 | 4 / 4 | | | |
| reaction time | 0.196 | interval | | 4.20 | 4.32 | 4.44 | 4.48 | | 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 | | | | |
| Petersen, Sara Slott (DEN) (1993) (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 | | | |
| 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 | | | 12.84 | 13.76 | 16.08 |
| | | 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 | | | | |
| Russell, Janieve (JAM) (1993) (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 | | | | |
| Sprunger, Leá (SUI) (1990) (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 | 15 | 15 | 17 | 152 | | | | | |
| Nel, Wenda (RSA) (1988) (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 | | | | |

2017 Weltklasse (Zürich, SUI) (TV Analysis)**FINAL**

date 24-Aug-17

Henson (2020) - Athlete First: 2017 year end hurdle report

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Hejnová, Zuzana (CZE) (1988) (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 | | | | |
| Petersen, Sara Slott (DEN) (1993) (time) | | | 6.36 | 10.52 | 14.80 | 19.16 | 23.60 | | 28.16 | 32.88 | | 42.92 | 48.20 | | 54.35 | 7 / 2 | | | |
| reaction time | 0.146 | interval | | 4.16 | 4.28 | 4.36 | 4.44 | | 4.56 | 4.72 | | 10.04 | 5.28 | 6.15 | | | 12.80 | 13.72 | 15.32 |
| | | 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 | | | 17 | 20.5 | 133.5 | | | | |
| Sprunger, Leá (SUI) (1990) (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 | | | | |
| Fontanive, Petra (SUI) (1988) (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 | | 17 | 17 | | | 17 | 21 | 143 | | | | |
| Doyle, Eilidh (GBR) (1987) (time) | | | 6.36 | 10.52 | 14.80 | 19.16 | 23.68 | | 28.40 | 33.28 | | 43.40 | 48.80 | | 55.09 | 3 / 5 | | | |
| reaction time | 0.163 | interval | | 4.16 | 4.28 | 4.36 | 4.52 | | 4.72 | 4.88 | | 10.12 | 5.40 | 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 | | 16 | 16 | | | 18 | 21.7 | 139.7 | | | | |
| Nel, Wenda (RSA) (1988) (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 | | | | |

2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)

FINAL

date 20-Aug-17

Henson (2021) - Athlete First: 2017 year end hurdle report

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Hejnová, Zuzana (CZE) (1986) | 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 | 16 | 16 | 16 | 20 | 180 | | | | |
| Muhammad, Dalilah (USA) (1990) | 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 |
| | 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 |
| | H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 16 | 20 | 181 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | 16 | 16 | 16 | 16 | 20 | 181 | | | | |
| Doyle, Eilidh (GBR) (1987) | time | 6.36 | 10.56 | 14.80 | 19.04 | 23.40 | | 27.96 | 32.88 | 38.08 | 43.36 | 48.72 | | 54.89 | 2 / 4 | | | |
| | 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 | 8.25 | 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 | 16 | 17 | 17 | 18 | 18 | 22 | 191 | | | | |
| Petersen, Sara Slott (DEN) (1987) | 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 | 6.77 |
| | H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 20.5 | 183.5 | | | | |
| Little, Shamier (USA) (1995) | 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 | 16 | 16 | 16 | 17 | 18 | | 167 | | | | |

2017 IAAF World Championships (London, GBR) (TV Analysis)

FINAL

date 10-Aug-17

Henson (2020) - Athlete First: 2017 year end hurdle report

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Carter, Kori (USA) (1992) | 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 | 16 | 16 | 16 | 17 | 17 | 17 | 20 | 188 | | | | |
| Muhammad, Dalilah (USA) (1990) | 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 | 16 | 16 | 16 | 20 | 181 | | | | |
| Tracey, Ristananna (JAM) (1987) | 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 | 16 | 16 | 17 | 17 | 17 | 20.2 | 186.2 | | | | |
| Hejnová, Zuzana (CZE) (1986) | 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 |
| | 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 |
| | H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 17 | 20.5 | 181.5 | | | | |
| Sprunger, Leá (SUI) (1990) | 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 | 18.7 | 172.7 | | | | |
| Watson, Sage (CAN) (1994) | 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 | 16 | 16 | 17 | 20 | 181 | | | | |
| Tate, Cassandra (USA) (1990) | 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 | 17 | 17 | 20 | 166 | | | | |
| Doyle, Eilidh (GBR) (1987) | 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 | | | | |

2017 Japanese National High School Championships (Yamagata, JPN)

FINAL

date 31-Jul-17

Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data collection

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|---------------|---------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Takagi, Rina (JPN) (1999) | 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 | | | | |
| Nishimura, Neneka (JPN) (1999) | 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 | | | |
| | 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 | | 160 | | | | |
| Oshiro, Funa (JPN) (1999) | 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 | | | | |
| Kozaki, Haruka (JPN) (1999) | time | 6.86 | 11.38 | 16.08 | 20.97 | 25.98 | | 31.16 | 36.65 | 42.18 | 47.68 | 53.29 | | 59.67 | 8 / 4 | | | |
| | reaction time | 0.185 | interval | 4.52 | 4.70 | 4.89 | 5.01 | 5.18 | 5.49 | 5.53 | 5.50 | 5.61 | 6.38 | | | 14.11 | 15.68 | 16.64 |
| | velocity | 6.56 | 7.74 | 7.45 | 7.16 | 6.99 | | 6.76 | 6.38 | 6.33 | 6.36 | 6.24 | 6.27 | 6.70 | | 7.44 | 6.70 | 6.31 |
| | H1 lead leg | strides | 17 | 17 | 17 | 17 | | 17 | 17 | 17 | 17 | 17 | | 153 | | | | |
| Fukushima, Eriko (JPN) (1999) | 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 | | 161 | | | | |
| Sekimoto, Moeka (JPN) (2000) | time | 6.86 | 11.29 | 15.97 | 20.89 | 26.08 | | 31.26 | 36.74 | 42.16 | 47.75 | 53.32 | | 59.83 | 2 / 6 | | | |
| | reaction time | 0.187 | interval | 4.43 | 4.68 | 4.92 | 5.19 | 5.18 | 5.48 | 5.42 | 5.59 | 5.57 | 6.51 | | | 14.03 | 15.85 | 16.58 |
| | velocity | 6.56 | 7.90 | 7.48 | 7.11 | 6.74 | | 6.76 | 6.39 | 6.46 | 6.26 | 6.28 | 6.14 | 6.69 | | 7.48 | 6.62 | 6.33 |
| | H1 lead leg | strides | 15 | 15 | 15 | 16 | | 16 | 16 | 16 | 17 | 17 | | 143 | | | | |
| Kawano, Shiho (JPN) (1999) | 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 | 0.167 | 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 | | | | |
| Arita, Asaki (JPN) (2000) | 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 | 19 | 19 | 19 | 19 | | 161 | | | | |

2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)**FINAL**

date 21-Jul-17

Henson (2020) - Athlete First: 2017 year end hurdle report

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Carter, Kori (USA) (1992) | 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 | | | |
| Little, Shamier (USA) (1995) | time | 6.32 | 10.40 | | 19.00 | 23.44 | | 32.60 | 37.52 | 42.60 | 47.84 | | | 54.02 | 4 / 2 | | | |
| | reaction time | 0.214 | 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 | | | | | |
| Russell, Janieve (JAM) (1993) | 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 | 19.7 | 119.7 | | | | | |
| Doyle, Eilidh (GBR) (1987) | 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 | 4.32 | | 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 | 16 | 16 | 17 | 17 | 18 | 22 | 189 | | | | |
| Nel, Wenda (RSA) (1988) | 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 | | | | | |
| Spencer, Ashley (USA) (1993) | time | 6.36 | 10.56 | | 19.36 | 23.88 | | 33.20 | 38.20 | 43.60 | 49.44 | | | 55.92 | 5 / 6 | | | |
| | reaction time | 0.180 | interval | 4.20 | 8.80 | 4.52 | | 9.32 | 5.00 | 5.40 | 5.84 | 6.48 | | | | 13.00 | 13.84 | 16.24 |
| | velocity | 7.08 | 8.33 | | 7.95 | 7.74 | | 7.51 | 7.00 | 6.48 | 5.99 | 6.17 | 7.15 | | | 8.08 | 7.59 | 6.47 |
| | H1 lead leg | L | strides | 22 | 15 | | 15 | | 15 | 16 | 17 | | 100 | | | | | |
| Chaboudez, Aurelie (FRA) (1993) | 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 | | 108 | | | | | |

| | | | | | | | | | | | | | | | | | |
|------------------------------------|-------|----------|------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|--------|-------|------|------|
| 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 | 16 | 16 | 20 | 181 | | | | |
| Tracey, Ristananna (JAM) (1 | 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 | | | | |
| Muhammad, Dalilah (USA) (| time | | 6.56 | | | | | | | | | | dnf | 5 / -- | | | |
| reaction time | 0.280 | interval | | | | | | | | | | | | | | | |
| | | velocity | 6.86 | | | | | | | | | | | | | | |
| H1 lead leg | R | strides | 23 | | | | | | | | | | 23 | | | | |

2017 Shimane High School Championships (Izumo, JPN)**FINAL**

date 27-May-17

Shimizu (2018) - shimane high school championships 2018 - biomechanics data analysis

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------|------|----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| 大賀 結莉 | time | | 7.00 | 11.83 | 16.83 | 21.93 | 27.30 | 33.00 | 38.73 | 44.70 | 51.20 | 57.77 | | 64.78 | 5 / 1 | | | | |
| reaction time | | interval | | 4.83 | 5.00 | 5.10 | 5.37 | 5.70 | 5.73 | 5.97 | 6.50 | 6.57 | 7.01 | | | | 14.93 | 16.80 | 19.04 |
| | | velocity | 6.43 | 7.25 | 7.00 | 6.86 | 6.52 | 6.14 | 6.11 | 5.86 | 5.38 | 5.33 | 5.71 | 6.17 | | | 7.03 | 6.25 | 5.51 |
| H1 lead leg | | strides | 24 | 17 | 17 | 17 | 17 | 18 | 18 | 18 | 19 | 19 | 22.5 | 206.5 | | | | | |

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

date 25-Jun-17

Henson (2021) - Athlete First: 2017 year end hurdle report

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|-------|----------|--------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|---------------|---------------|--------------|-------|-------|--------|
| Muhammad, Dalilah (USA) (| 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 | 15 | 16 | 16 | 16 | 20 | 181 | | | | |
| Little, Shamier (USA) (1995) | time | | 6.34 | | 14.51 | | | 27.36 | 31.96 | 36.77 | 41.84 | 46.94 | | 52.75 | 4 / 2 | | | | 14.98 |
| reaction time | 0.217 | interval | | | 8.17 | | | 12.85 | 4.60 | 4.81 | 5.07 | 5.10 | 5.81 | PB | | | | | 7.01 |
| | | velocity | 7.10 | | 8.57 | | | 8.17 | 7.61 | 7.28 | 6.90 | 6.86 | 6.88 | 7.58 | | | | | |
| H1 lead leg | R | strides | 24 | | | | | | 15 | 16 | 16 | 16 | 19.5 | 106.5 | | | | | |
| Carter, Kori (USA) (1992) | 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 | | | | | |
| Spencer, Ashley (USA) (1993) | 0.188 | | no information available | | | | | | | | | | | PB | 53.11 | 3 / 4 | | | |
| Moline, Georganne (USA) (1 | 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 | | | | | |
| McLaughlin, Sydney (USA) (| time | | 6.27 | 10.51 | 14.71 | 18.89 | 23.12 | 27.69 | 32.46 | 37.37 | 42.57 | 47.81 | | 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 | | | | | |
| Stepter, Jaide (USA) (1994) | 0.247 | | no information available | | | | | | | | | | | 55.06 | 2 / 7 | | | | |
| Cockrell, Anna (USA) (1997) | 0.209 | | no information available | | | | | | | | | | | PB | 55.14 | 1 / 8 | | | |

2017 Japanese National Championships (Osaka, JPN)**FINAL**

date 24-Jun-17

Morioka (2018) - Analysis of the race patterns of the top 400m hurdles in Japan

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|----------------------------------|-------|----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Aoki, Sayaka (JPN) (1986) | time | | 6.52 | 10.91 | 15.31 | 19.85 | 24.52 | 29.39 | 34.36 | 39.37 | 44.56 | 49.95 | | 56.35 | 1 / 1 | | | | |
| reaction time | 0.186 | interval | | 4.39 | 4.40 | 4.54 | 4.67 | 4.87 | 4.97 | 5.01 | 5.19 | 5.39 | 6.40 | | | | 13.33 | 14.51 | 15.59 |
| | | velocity | 6.90 | 7.97 | 7.95 | 7.71 | 7.49 | 7.19 | 7.04 | 6.99 | 6.74 | 6.49 | 6.25 | 7.10 | | | 7.88 | 7.24 | 6.74 |
| H1 lead leg | | strides | | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | 17 | 17 | 149 | | | | | |

2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)**FINAL**

date 08-Jun-17

Henson (2020) - Athlete First: 2017 year end hurdle report

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|-------|----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Russell, Janieve (JAM) (1993) | 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 | | | | | |
| Petersen, Sara Slott (DEN) (| 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 | 6.84 |
| H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 17 | 20.5 | 181.5 | | | | | |
| Nel, Wenda (RSA) (1988) | 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 | | | |
| Hejnová, Zuzana (CZE) (1986) | 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 | | | |
| Stepter, Jaide (USA) (1994) | 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 | | | |
| Adekoya, Kemi (BRN) (1993) | 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 | 19.7 | 190.7 | | | | |
| Pedroso, Yadisleidis (ITA) (1981) | 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 | 17 | 18 | 18 | 21 | 194 | | | |
| Caravelli, Marzia (ITA) (1981) | 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 | | | |
| Doyle, Eilidh (GBR) (1987) | 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 | | | |

2017 Prefontaine Classic (Eugene, OR) (TV Analysis)

FINAL

date 27-May-17

Henson (2020) - Athlete First: 2017 year end hurdle report

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|--------|---------------|--------------|-------|-------|--------|
| Spencer, Ashley (USA) (1993) | 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 | | | | | |
| Little, Shamier (USA) (1995) | 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 | | | | | |
| Moline, Georganne (USA) (1981) | 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 | | | | | |
| Hejnová, Zuzana (CZE) (1986) | 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 | | | | | |
| Muhammad, Dalilah (USA) (1981) | 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 | | | | | |
| Petersen, Sara Slott (DEN) (1981) | 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 | 6.83 | | |
| H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 20.2 | 183.2 | | | | | |
| Carter, Kori (USA) (1992) | 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 | 16 | 16 | 16 | 16 | 16 | 16 | 16 | 19.7 | 183.7 | | | | | |
| Russell, Janieve (JAM) (1993) | 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 | | | | | | |

2016 Memorial van Damme (Brussels, BEL) (TV Analysis)

FINAL

date 09-Sep-16

Henson (2021) - Athlete First: 2016 year end hurdle report

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Tate, Cassandra (USA) (1990) | 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 | | | | |
| Petersen, Sara Slott (DEN) (1987) | 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 | 6.85 |
| | H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 17 | 20 | 181 | | | | |
| Spencer, Kaliese (JAM) (1987) | 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 | 16 | 16 | 18.7 | 175.7 | | | | |
| Hejnová, Zuzana (CZE) (1986) | 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 | | | | |
| Doyle, Eilidh (GBR) (1987) | 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 | | | | |
| Nel, Wenda (RSA) (1988) | 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 | 17 | 22 | 191 | | | | |
| Stepter, Jaide (USA) (1994) | 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 | | | | |
| Titimets, Hanna (UKR) (1989) | 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 | | | | |
| Dauwens, Axelle (BEL) (1990) | 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 | | | | | |

2016 Japanese University Championships (Kumagaya, JPN)

FINAL

date 03-Sep-16

(2016.09.04) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|-------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Umehara, Satsuki (JPN) (1999) | 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 |
| | | | 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 |
| | H1 lead leg | R | strides | 24 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 18 | 18 | 22 | 197 | | | | |
| Ishizuka, Haruko (JPN) (1997) | time | | 6.64 | 10.81 | 15.15 | 19.57 | 24.33 | | 29.23 | 34.25 | 39.47 | 44.81 | 50.47 | | 56.81 | 7 / 2 | | | |
| | reaction time | 0.197 | interval | 4.17 | 4.34 | 4.42 | 4.76 | | 4.90 | 5.02 | 5.22 | 5.34 | 5.66 | 6.34 | | | 12.93 | 14.68 | 16.22 |
| | | | velocity | 6.78 | 8.39 | 8.06 | 7.92 | 7.35 | 7.14 | 6.97 | 6.70 | 6.55 | 6.18 | 6.31 | 7.04 | | 8.12 | 7.15 | 6.47 |
| | H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 18 | 22 | 191 | | | | |

2016 Weltklasse (Zürich, SUI) (TV Analysis)

FINAL

date 01-Sep-16

Henson (2021) - Athlete First: 2016 year end hurdle report

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Little, Shamier (USA) (1995) | 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 | 15 | 16 | 16 | 17 | 20 | 167 | | | | |
| Petersen, Sara Slott (DEN) (1987) | 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 | 6.94 |
| | H1 lead leg | R | strides | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 17 | 20 | 181 | | | | |
| Doyle, Eilidh (GBR) (1987) | 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 | | | | |

| | | | | | | | | | | | | | | | | | |
|--|----------------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|
| Nel, Wenda (RSA) (1988) | 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 | 17 | 17 | 17 | 21.5 | 173.5 | | | | |
| Folorunso, Ayomide (ITA) (1989) | 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 | 7.11 | 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 | 17 | 17 | 17 | 17 | 20 | 175 | | | | |
| Sprunger, Leá (SUI) (1990) | 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 | | | | |
| Titimets, Anna (UKR) (1989) | 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 | 16 | 16 | 20 | 164 | | | | |
| Linkiewicz, Joanna (POL) (1989) | 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 | | 17 | 17 | 17 | 17 | | | 140 | | | | |

2016 Athletissime (Laussane, SUI) (TV Analysis)**FINAL**

date 25-Aug-16

Henson (2020) - Athlete First: 2016 year end hurdle report

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|----------------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Muhammad, Dalilah (USA) (1993) | 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 | | | | | |
| Doyle, Eilidh (GBR) (1987) | 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 | | | | | |
| Petersen, Sara Slott (DEN) (1993) | 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 | 6.73 | |
| H1 lead leg | R strides | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 17 | 17 | 20.2 | 182.2 | | | | | |
| Tate, Cassandra (USA) (1990) | 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 | | | | | |
| Little, Shamier (USA) (1995) | 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 | | | | | |
| Spencer, Ashley (USA) (1993) | 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 | | | | | |
| Titimets, Anna (UKR) (1989) | 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 | | | | | |
| Sprunger, Leá (SUI) (1990) | 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 | | | | | |

2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)**FINAL**

date 18-Aug-16

Henson (2021) - Athlete First: 2016 year end hurdle report

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|----------------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------------|---------------|--------------|-------|-------|--------|
| Muhammad, Dalilah (USA) (1993) | 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 | | | | | |
| Petersen, Sara Slott (DEN) (1993) | 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 | 4.64 | 4.92 | 4.96 | 5.28 | 5.91 | NR PB | | 12.68 | 13.48 | 15.16 | |

| | | | | | | | | | | | | | | | | | | |
|--------------------------------------|----------------|------|-------|-------|-------|-------|--|-------|-------|-------|-------|-------|------|-----------|-------|-------|-------|-------|
| | velocity | 7.12 | 8.50 | 8.18 | 8.18 | 8.03 | | 7.81 | 7.54 | 7.11 | 7.06 | 6.63 | 6.77 | 7.47 | | 8.28 | 7.79 | 6.93 |
| H1 lead leg | R strides | 22 | 15 | 15 | 15 | 15 | | 15 | 15 | 16 | 16 | 17 | 20 | 181 | | | | |
| Spencer, Ashley (USA) (1993) | 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 | | | | |
| Hejnová, Zuzana (CZE) (1986) | 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 | | | | |
| Tracey, Ristanna (JAM) (1993) | 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 | | | | |
| Nugent, Leah (JAM) (1992) | 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 | 14.00 | 14.96 |
| | 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 | 7.50 | 7.02 |
| H1 lead leg | R strides | 23 | 13 | 14 | 14 | 14 | | 14 | 15 | 15 | 15 | 15 | 19 | 171 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | | | | |
| Doyle, Eilidh (GBR) (1987) | 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 | | | | |

2016 Japanese National High School Championships (Okayama, JPN)

FINAL

date 31-Jul-16

Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|----------------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Sekimoto, Moeka (JPN) (2001) | time | 6.61 | 10.93 | 15.49 | 20.32 | 25.39 | | 30.43 | 35.62 | 40.94 | 46.58 | 52.35 | | 59.14 | 4 / 1 | | | |
| reaction time | 0.158 interval | | 4.32 | 4.56 | 4.83 | 5.07 | | 5.04 | 5.19 | 5.32 | 5.64 | 5.77 | 6.79 | | | 13.71 | 15.30 | 16.73 |
| | velocity | 6.81 | 8.10 | 7.68 | 7.25 | 6.90 | | 6.94 | 6.74 | 6.58 | 6.21 | 6.07 | 5.89 | 6.76 | | 7.66 | 6.86 | 6.28 |
| H1 lead leg | strides | | 15 | 15 | 15 | 16 | | 16 | 16 | 16 | 17 | 17 | 143 | | | | | |
| Koyama, Kana (JPN) (1998) | time | 6.79 | 11.29 | 16.02 | 21.00 | 26.06 | | 31.06 | 36.15 | 41.39 | 46.78 | 52.55 | | 59.18 | 5 / 2 | | | |
| reaction time | interval | | 4.50 | 4.73 | 4.98 | 5.06 | | 5.00 | 5.09 | 5.24 | 5.39 | 5.77 | 6.63 | | | 14.21 | 15.15 | 16.40 |
| | velocity | 6.63 | 7.78 | 7.40 | 7.03 | 6.92 | | 7.00 | 6.88 | 6.68 | 6.49 | 6.07 | 6.03 | 6.76 | | 7.39 | 6.93 | 6.40 |
| H1 lead leg | strides | | 15 | 15 | 16 | 16 | | 17 | 17 | 17 | 17 | 17 | 147 | | | | | |
| Murakami, Natsumi (JPN) (1991) | 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 | | | | | |
| Higa, Kazuki (JPN) (1998) | 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 | 19 | 19 | 19 | 159 | | | | | |
| Hirahara, Kyoka (JPN) (1998) | 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 | 18 | 153 | | | | | |
| Nakahara, Minami (JPN) (1995) | 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 | | | | | |
| Kuritani, Mizuki (JPN) (1998) | 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 | | | | | |
| Tokuhara, Kyoka (JPN) (1996) | 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 | 167 | | | | | |

2016 London Anniversary Games (London, GBR) (TV Analysis)

FINAL

date 22-Jul-16

Henson (2021) - Athlete First: 2016 year end hurdle report

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Muhammad, Dalilah (USA) (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 | | | | |
| Petersen, Sara Slott (DEN) (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 | 6.95 |
| H1 lead leg R strides | 22 | 15 | 15 | 15 | 15 | | 15 | 15 | 16 | 16 | 16 | 20 | 180 | | | | |
| Nel, Wenda (RSA) (1988) 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 | | | | |
| Doyle, Eilidh (GBR) (1987) 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 | | | | |
| Stepter, Jaide (USA) (1994) 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 | | | | |
| Little, Shamier (USA) (1995) 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 | 17 | 20.5 | 190.5 | | | | |

2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)

FINAL

date 15-Jul-16

Henson (2020) - Athlete First: 2016 year end hurdle report

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Doyle, Eilidh (GBR) (1987) 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 | PB | | 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 | | | | |
| Tate, Cassandra (USA) (1990) 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 | 17 | 19.5 | 119.5 | | | | |
| Petersen, Sara Slott (DEN) (time | 6.37 | 10.63 | | 19.37 | 23.83 | | 28.40 | | 38.13 | 43.30 | 48.67 | | 54.81 | 6 / 3 | | | |
| reaction time 0.154 interval | | 4.26 | | 8.74 | 4.46 | | 4.57 | | 9.73 | 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 | | 17 | 18 | 18 | 20.2 | 122.2 | | | | |
| Nel, Wenda (RSA) (1988) 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 | | | | |
| Sprunger, Leá (SUI) (1990) 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 | 17 | 18.5 | 116.5 | | | | |
| Little, Shamier (USA) (1995) 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 0.243 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 | | | | |
| Anacharis, Phara (FRA) (19) 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 | | 15 | | 17 | 17 | 17 | 20 | 99 | | | | |
| Spencer, Ashley (USA) (1993) 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 | | | | |

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

FINAL

date 10-Jul-16

Henson (2020) - Athlete First: 2016 year end hurdle report

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Muhammad, Dalilah (USA) (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 | 16 | 16 | 20 | 180 | | | | |
| Spencer, Ashley (USA) (1993) | 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 | | | |
| McLaughlin, Sydney (USA) (1993) | time | 6.47 | 10.64 | 14.95 | 19.28 | 23.76 | 28.36 | 33.03 | 37.84 | 42.91 | 48.08 | | 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 | 16 | 16 | 19.7 | 176.7 | | | | |
| Carter, Kori (USA) (1992) | 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 | | | |
| Tate, Cassandra (USA) (1990) | 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 | | | |
| Franklin, Autumnne (USA) (1991) | 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 | R | strides | 24 | 16 | 16 | 16 | 16 | 16 | 17 | 17 | 18 | 18 | 21.5 | 195.5 | | | |
| Stepter, Jaide (USA) (1994) | 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 | | | |
| Brown, T'erea (USA) (1989) | 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 | | | | |

Semi-Final 2

date 08-Jul-16

Henson (2020) - Athlete First: 2016 year end hurdle report

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-in | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|----------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Muhammad, Dalilah (USA) (1991) | 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 | 16 | 16 | 19.7 | 179.7 | | | | |

2016 Japanese National Championships (Nagoya, JPN)**FINAL**

date 26-Jun-16

Morioka (2016) - race pattern of top 400m hurdlers in japan

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-in | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kubokura, Satomi (JPN) (1991) | 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 | R | strides | 16 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | 17 | 148 | | | | |

2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)**FINAL**

date 05-Jun-16

Henson (2020) - Athlete First: 2016 year end hurdle report

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-in | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Tate, Cassandra (USA) (1990) | 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 | 16 | 16 | 16 | 19.7 | 179.7 | | | | |
| Doyle, Eilidh (GBR) (1987) | 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 | 16 | 16 | 17 | 17 | 17 | 21.7 | 187.7 | | | | |
| Moline, Georganne (USA) (1991) | 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 | 16 | 16 | 16 | 20 | 180 | | | | |
| Muhammad, Dalilah (USA) (1991) | 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 | 16 | 16 | 16 | 16 | 20 | 182 | | | | |
| Adekoya, Kemi (BRN) (1993) | 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 | | | | |
| Linkiewicz, Joanna (POL) (1987) | | 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 | | | | | |
| Spencer, Kaliese (JAM) (1987) | | 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 | 16 | 16 | 16 | 160 | | | | | |
| Rosolová, Denisa (CZE) (1987) | | 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 | | | | | |

2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)

FINAL

date 02-Jun-16

Henson (2020) - Athlete First: 2016 year end hurdle report

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Russell, Jeneive (JAM) (1993) | | 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 | | | | |
| Nel, Wenda (RSA) (1988) | | 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 | | | 17 | 17 | | 17 | 21 | 127 | | | | |
| Doyle, Eilidh (GBR) (1987) | | 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 |
| | | 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 |
| H1 lead leg | L | strides | 23 | 15 | 15 | 15 | 16 | | | | 17 | | 18 | 20.7 | 139.7 | | | | |
| Tate, Cassandra (USA) (1990) | | 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 | | 16 | 20 | 103 | | | | |
| Adekoya, Kemi (BRN) (1993) | | 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 | | | | |
| Spencer, Kaliese (JAM) (1987) | | 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 | | | | 16 | | 16 | 19 | 102 | | | | |

2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)

FINAL

date 22-May-16

Henson (2020) - Athlete First: 2016 year end hurdle report

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Russell, Jeneive (JAM) (1993) | | 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 | | | | |
| Tate, Cassandra (USA) (1990) | | 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 | | | | |
| Nel, Wenda (RSA) (1988) | | 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 | | | | |
| Titimets, Anna (UKR) (1989) | | 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 | | | | |
| Adekoya, Kemi (BRN) (1993) | | 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 | | | | | | |
| Ankiewicz, Emilia (POL) (199 | 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 | | | | | |

2016 Seiko Golden Grand Prix (Kawasaki, JPN)**FINAL**

date 08-May-16

Morioka (2016) - race pattern of top 400m hurdlers in japan

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|-----------------|--------------|-------|-------|--------|
| Kubokura, Satomi (JPN) (19 | 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 | | | | |
| Ishizuka, Haruko (JPN) (1997 | time | | 6.55 | 10.74 | 15.04 | 19.41 | 24.18 | | 29.20 | 34.31 | 39.50 | 45.01 | 50.62 | | 56.75 | 7 / 3 | | | |
| reaction time | 0.210 | interval | | 4.19 | 4.30 | 4.37 | 4.77 | | 5.02 | 5.11 | 5.19 | 5.51 | 5.61 | 6.13 | NJR / PB | | 12.86 | 14.90 | 16.31 |
| | | velocity | 6.87 | 8.35 | 8.14 | 8.01 | 7.34 | | 6.97 | 6.85 | 6.74 | 6.35 | 6.24 | 6.53 | 7.05 | | 8.16 | 7.05 | 6.44 |
| H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 16 | | 16 | 17 | 17 | 18 | 18 | 21 | 191 | | | | |

2016 Hürden-und Sprintmeeting (Basel, SUI) (300m Hurdles)**FINAL**

date 07-May-16

Swiss Athletics (2016) - sprint and hurdle analysis

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | | | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 |
|--------------------------------------|------|----------|------|-------|-------|-------|-------|------|-------|-------|--|--|--------|---------------|--------------|-------|-------|
| Sprunger, Léa (SUI) (1990) | time | | 6.66 | 10.96 | 15.40 | 20.00 | 24.76 | | 29.52 | 34.32 | | | | 40.23 | / 1 | | |
| reaction time | | interval | | 4.30 | 4.44 | 4.60 | 4.76 | | 4.76 | 4.80 | | | 5.91 | | | 13.34 | 14.32 |
| | | velocity | 6.76 | 8.14 | 7.88 | 7.61 | 7.35 | | 7.35 | 7.29 | | | 7.61 | 7.46 | | 7.87 | 7.33 |
| H1 lead leg | | strides | | | | | | | | | | | | | | | |
| Schürmann, Robine (SUI) (1 | time | | 6.74 | 11.16 | 15.70 | 20.42 | 25.28 | | 30.22 | 35.14 | | | | 41.31 | / 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 | | | | | | | | | | | | | | | |
| Fontanive, Petra (SUI) (1988) | time | | 6.70 | 11.08 | 15.56 | 20.20 | 25.16 | | 30.24 | 35.14 | | | | 41.38 | / 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 | | | | | | | | | | | | | | | |

2016 Doha Diamond League (Doha, QAT) (TV Analysis)**FINAL**

date 06-May-16

Henson (2021) - Athlete First: 2016 year end hurdle report

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Doyle, Eilidh (GBR) (1987) | 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 | | | | |
| Adekoya, Kemi (BRN) (1993) | 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 | | | | |
| Spencer, Kaliese (JAM) (198 | 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 | | | | |
| Nel, Wenda (RSA) (1988) | 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 | | | | |
| Tate, Cassandra (USA) (1990) | 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 | | | | |
| Beesley, Meghan (GBR) (198 | 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 | | | | |
| Williams, Tiffany (USA) (198 | 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 | | | | |
| Hayes, Jernail (USA) (1988) | 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 | | | |

2016 Shizuoka International Athletics Meeting (Fukuroi, JPN)**FINAL**

date 03-May-16

Morioka (2016) - race pattern of top 400m hurdlers in japan

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------|---------------|----------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kubokura, Satomi (JPN) (1991) | time | 6.56 | 10.88 | 15.42 | 20.06 | 24.83 | | 29.63 | 34.84 | 40.18 | 45.62 | 51.39 | | 57.91 | / 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 | R strides | | 16 | 16 | 16 | 16 | | 16 | 17 | 17 | 17 | 18 | | 149 | | | | |

2015 Japanese National Junior Championships (Nagoya, JPN)**FINAL**

date 18-Oct-15

Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-----------------------------|---------------|----------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kodama, Saki (JPN) (1997) | time | 6.82 | 11.42 | 16.06 | 20.85 | 25.87 | | 31.01 | 36.22 | 41.46 | 47.13 | 52.70 | | 58.91 | / 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 | R strides | | 16 | 16 | 16 | 17 | | 17 | 17 | 17 | 18 | 18 | | 152 | | | | |
| Arashima, Yuri (JPN) (1997) | 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 | R strides | | 15 | 15 | 15 | 15 | | 17 | 17 | 17 | 17 | 17 | | 145 | | | | |

2015 Japanese National Youth Championships (Nagoya, JPN)**FINAL**

date 18-Oct-15

Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------|---------------|----------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Murakami, Mizuki (JPN) (1999) | time | 6.88 | 11.38 | 16.05 | 20.99 | 25.96 | | 31.13 | 36.39 | 41.68 | 47.12 | 52.63 | | 58.87 | / 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 | R strides | | 15 | 15 | 16 | 16 | | 16 | 17 | 17 | 17 | 17 | | 146 | | | | |

2015 IAAF World Championships (Beijing, CHN) (TV Analysis)**FINAL**

date 26-Aug-15

Henson (2021) - Athlete First: major championships report

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-----------------------------------|---------------|----------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Hejnová, Zuzana (CZE) (1986) | 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 | | 15 | 15 | 15 | 15 | | 15 | 16 | 16 | 16 | 16 | 19.7 | 142.7 | | | | |
| Little, Shamier (USA) (1986) | 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 | | | | | |
| Tate, Cassandra (USA) (1990) | 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 | 16 | 16 | 19.7 | 178.7 | | | | |
| Petersen, Sara Slott (DEN) (1981) | 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 | 8.48 | 4.36 | 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 | 17 | 17 | 20 | | 129 | | | | |
| Russell, Janieve (JAM) (1993) | 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 | | | | | 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 | | | | | |
| Child, Eilidh (GBR) (1987) | 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 | 9.52 | 5.08 | 5.20 | 5.36 | 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 | | 15 | | 15 | 15 | | | 17 | 18 | 18 | | 98 | | | | | |
| Nel, Wenda (RSA) (1988) | 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 | 17 | 17 | 17 | | 129 | | | | | |
| Spencer, Kaliese (JAM) (1987) | 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 | | | | | |

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

date 31-Jul-15

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

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|----------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|-----------------|--------------|-------|-------|--------|
| Ishizuka, Haruko (JPN) (1997) time | 6.67 | 11.01 | 15.52 | 20.07 | 24.79 | | 29.81 | 34.92 | 40.16 | 45.50 | 50.97 | | 57.09 | 4 / 1 | | | |
| reaction time | 0.158 | interval | 4.34 | 4.51 | 4.55 | 4.72 | 5.02 | 5.11 | 5.24 | 5.34 | 5.47 | 6.12 | NJR / PB | | 13.40 | 14.85 | 16.05 |
| velocity | 6.75 | 8.06 | 7.76 | 7.69 | 7.42 | | 6.97 | 6.85 | 6.68 | 6.55 | 6.40 | 6.54 | 7.01 | | 7.84 | 7.07 | 6.54 |
| H1 lead leg | strides | 15 | 15 | 15 | 15 | | 16 | 16 | 17 | 17 | 17 | | 143 | | | | |
| Murakami, Mizuki (JPN) (199) 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 | | 145 | | | | |
| Arashima, Yuri (JPN) (1997) 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 | | | | |
| Nakagama, Sawako (JPN) (199) 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 | | | | |
| Kamada, Saki (JPN) (1997) 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 | | | | |
| Koyama, Kana (JPN) (1998) time | 7.01 | 11.66 | 16.47 | 21.35 | 26.38 | | 31.48 | 36.75 | 42.16 | 47.88 | 53.70 | | 60.15 | 5 / 6 | | | |
| reaction time | interval | 4.65 | 4.81 | 4.88 | 5.03 | | 5.10 | 5.27 | 5.41 | 5.72 | 5.82 | 6.45 | | | 14.34 | 15.40 | 16.95 |
| velocity | 6.42 | 7.53 | 7.28 | 7.17 | 6.96 | | 6.86 | 6.64 | 6.47 | 6.12 | 6.01 | 6.20 | 6.65 | | 7.32 | 6.82 | 6.19 |
| H1 lead leg | strides | 17 | 17 | 17 | 17 | | 17 | 17 | 17 | 18 | 18 | | 155 | | | | |
| Iwata, Honoka (JPN) (1997) 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 | | | | |
| Nakahara, Minami (JPN) (199) 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 | | | | |

2015 Japanese National Championships (Niigata, JPN)**FINAL**

date 28-Jun-15

Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kira, Manami (JPN) (1991) 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 | 16 | 16 | 17 | 17 | 18 | 22.7 | 189.7 | | | | |

2015 Seiko Golden Grand Prix (Kawasaki, JPN)**FINAL**

date 10-May-15

Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kira, Manami (JPN) (1991) 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 | 7.61 | | 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 | | | | |

2014 European Championships (Zurich, SUI)**Semi-Final 1**

date 14-Aug-14

Incalza (2014) - FIDAL - <https://www.youtube.com/watch?v=EnXl2yLcGsg&list=UU7691fXeyNFIMROfkJ-WWUg>

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Pedroso, Yadisleidis (ITA) (1) 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 | 17 | 17 | 18 | 21.5 | 194.5 | | | | |

2014 Japanese National High School Championships (Kofu, JPN)**FINAL**

date 01-Aug-14

Yanagiya (2014) - research on athlete performance and technique- 2014 data book

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Arashima, Yuri (JPN) (1997) time | 6.77 | 11.19 | 15.66 | 20.18 | 24.92 | | 30.03 | 35.35 | 40.79 | 46.41 | 52.17 | | 58.76 | 1 / 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 | | | | |

2014 Japanese National Championships (Fukushima, JPN)**FINAL**

date 08-Jun-14

Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kubokura, Satomi (JPN) (19) 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 | 17 | 17 | 17 | 17 | 21.5 | 192.5 | | | | |
| Kira, Manami (JPN) (1991) | 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 | 190.2 | | | |

2014 Shizuoka International Athletics Meeting (Fukuroi, JPN)

A FINAL

date 03-May-14

Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|----------|---------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kubokura, Satomi (JPN) (1991) | 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 | | | | |
| Kira, Manami (JPN) (1991) | time | 6.81 | 11.25 | 15.79 | 20.42 | 25.07 | | 29.94 | 35.00 | 40.14 | 45.50 | 51.12 | | 57.69 | 1 / 2 | | | |
| reaction time | interval | 4.27 | 4.50 | 4.57 | 4.75 | | 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 | | 16 | 16 | 16 | 16 | 17 | | 141 | | | | |

2013 IAAF World Championships (Moscow, RUS) (TV Analysis)

FINAL

date 15-Aug-13

Henson (2011) - Athlete First: major championships report

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|----------------|---------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|-----------|---------------|--------------|-------|-------|--------|
| Hejnová, Zuzana (CZE) (1988) | 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 | 16 | 16 | 16 | 20 | 180 | | | | |
| Muhammad, Dalilah (USA) (1987) | 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 | 16 | 16 | 16 | 20.2 | 181.2 | | | | |
| Demus, Lashinda (USA) (1987) | 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 | 17 | 17 | 21 | 183 | | | | |
| Titimets, Anna (UKR) (1989) | 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 | | 16 | 16 | 19.2 | 163.2 | | | | |
| Child, Eilidh (GBR) (1987) | 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 | | | |
| 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 | | | | 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 | 18 | 21.2 | 161.2 | | | | |
| Ryzhykova, Anna (UKR) (1987) | time | 6.34 | 10.58 | 14.88 | 19.19 | 23.84 | | 28.65 | | 38.61 | 43.77 | 49.00 | | 55.01 | 1 / 6 | | | |
| 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 | | | | |
| Shakes-Drayton, Perri (GBR) (1987) | time | 6.15 | 10.19 | 14.34 | 18.61 | 23.04 | | 27.69 | 32.54 | 37.65 | 43.00 | 48.65 | | 56.25 | 5 / 7 | | | |
| reaction time | 0.188 interval | 4.04 | 4.15 | 4.27 | 4.43 | | 4.65 | 4.85 | 5.11 | 5.35 | 5.65 | 7.60 | | | | 12.46 | 13.93 | 16.11 |
| | velocity | 7.32 | 8.66 | 8.43 | 8.20 | 7.90 | | 7.53 | 7.22 | 6.85 | 6.54 | 6.19 | 5.26 | 7.11 | | 8.43 | 7.54 | 6.52 |
| H1 lead leg | L | strides | 24 | 16 | 16 | 16 | 16 | | 17 | 17 | | 18 | 18 | 23 | 181 | | | |
| Wilson, Nickiesha (JAM) (1987) | time | 6.34 | 10.54 | 14.77 | 19.19 | 23.88 | | 28.69 | | 38.84 | 44.31 | 50.11 | | 57.34 | 2 / 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 | | | | |

2012 Olympic Games (London, GBR)

FINAL

date 08-Aug-12

Hillier (2012) - uka 2012 olympic games report: 400m hurdles

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|----------------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----------|---------------|--------------|-------|-------|--------|
| Antyukh, Natalya (RUS) (1987) | 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 | | | |
| Demus, Lashinda (USA) (1987) | 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 | | | |

| | | | | | | | | | | | | | | | | | | | |
|---------------------------------------|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-----------|-------|-------|-------|-------|------|
| Hejnová, Zuzana (CZE) (1986) | 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 | | | | |
| Spencer, Kallese (JAM) (1987) | 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 | | | | |
| Moline, Georganne (USA) (1987) | 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 | | | | |
| | 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 | 15 | 16 | 16 | 19.2 | 179.2 | | | | |
| Brown, T'erea (USA) (1989) | 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 | 16 | 17 | 17 | 18 | | 166 | | | | | |
| Rosolová, Denisa (CZE) (1987) | 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 | | | | | |
| Odumosu, Ajoke (NGR) (1988) | 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 | 14.35 | 15.67 | |
| | | | 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 | 7.32 | 6.70 |
| | H1 lead leg | L | strides | 23 | 15 | 15 | 16 | 15 | 17 | 17 | 17 | 17 | 17 | 169 | | | | | |

2012 Japanese National High School Championships (Niigata, JPN)

FINAL

date 31-Jul-12

Yanagiya (2014) - research on athlete performance and technique- 2014 data book

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-in | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|---------------|------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Arashima, Yuri (JPN) (1997) | 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 | 19 | 161 | | | | |

2012 Japanese National Championships (Osaka, JPN)

FINAL

date 10-Jun-12

Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-in | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kubokura, Satomi (JPN) (1991) | 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 | 7.29 | 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 | 17 | 17 | 17 | 17 | 21 | 192 | | | | |
| Yoneda, Tomomi (JPN) (1991) | 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 | 7.42 | 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 | 16 | 16 | 16 | 16 | 17 | 21 | 185 | | | | |

2012 Shizuoka International Athletics Meeting (Fukuroi, JPN)

A FINAL

date 03-May-12

Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-in | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kubokura, Satomi (JPN) (1991) | 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 | 7.45 | 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 | 147 | | | | | |
| Tago, Miyabi (JPN) (1988) | time | 6.77 | 11.21 | 15.71 | 20.26 | 24.91 | | 29.71 | 34.82 | 39.96 | 45.18 | 50.49 | | 56.57 | / 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 | 7.29 | 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 | | | | | |
| Yoneda, Tomomi (JPN) (1991) | 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 | 7.29 | 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 | | | | | |

2011 IAAF World Championships (Daegu, KOR)

FINAL

date 01-Sep-11

Behm (2011) - Le quatrache: Démus enfin!

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-in | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|---------------|-------|----------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Demus, Lashinda (USA) (1981) | 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 | 4.0 | 4.1 | 4.3 | 4.5 | 4.5 | 4.6 | 4.5 | 4.9 | 5.1 | 6.0 | AR | | 12.40 | 13.60 | 14.50 |
| | | | velocity | 7.50 | 8.75 | 8.54 | 8.14 | 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 | 16 | 16 | 20 | 180 | | | | |

| | | | | | | | | | | | | | | | | |
|---|----------------|------|------|------|------|------|------|------|------|------|------|-------|-------|-------|-------|-------|
| Walker, Melanie (JAM) (1983) | 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 | | 4.0 | 4.1 | 4.3 | 4.4 | 4.4 | 4.6 | 4.7 | 4.8 | 5.1 | 6.1 | | 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 | | | |
| Antyukh, Natalya (RUS) (1986) | 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 | | 4.2 | 4.1 | 4.3 | 4.4 | 4.5 | 4.7 | 4.8 | 5.1 | 5.3 | 6.3 | | 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 | | | |
| Spencer, Kallese (JAM) (1987) | 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 | | 4.0 | 4.0 | 4.3 | 4.5 | 4.3 | 4.8 | 4.7 | 5.2 | 5.4 | 6.7 | | 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 | | | |
| Rabcheniuk, Anastasia (UKF) (1987) | 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 | | 4.1 | 4.1 | 4.2 | 4.5 | 4.6 | 4.9 | 5.1 | 5.2 | 5.2 | 6.1 | | 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 | 17 | 165 | | | |
| Stambolova, Vania (BUL) (1987) | 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 | | 4.2 | 4.3 | 4.3 | 4.3 | 4.6 | 4.8 | 4.7 | 5.1 | 5.2 | 6.2 | | 12.80 | 13.70 | 15.00 |
| | 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 |
| H1 lead leg | R strides | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 17 | 17 | 162 | | | | |
| Hejnová, Zuzana (CZE) (1988) | 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 | | 4.1 | 4.3 | 4.3 | 4.4 | 4.6 | 4.6 | 4.8 | 5.0 | 5.3 | 6.6 | | 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 | | | |
| Churakova, Yelena (RUS) (1988) | 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 | | 4.3 | 4.5 | 4.4 | 4.5 | 4.7 | 4.8 | 5.0 | | | 7.23 | | 13.20 | 14.00 | |
| | velocity | 7.03 | 8.14 | 7.78 | 7.95 | 7.78 | 7.45 | 7.29 | 7.00 | | | 128 | | 7.95 | 7.50 | |
| H1 lead leg | R strides | 22 | 15 | 15 | 16 | 15 | 15 | 15 | 15 | | | | | | | |

2011 Japanese National High School Championships (Kitakami, JPN)

FINAL

date 05-Aug-11

Abe (2011) - 64th high school championships: JAF scientific committee - biomechanics data collection

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Takisawa, Aya (JPN) (1994) | 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 | | | | | | | | | | | | | | | | | |
| Nishida, Ayaka (JPN) (1993) | 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 | | | | | | | | | | | | | | | | | |
| Benjabala, Mina (JPN) (1994) | 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 | | | | | | | | | | | | | | | | | |

2011 Asian Championships (Kobe, JPN)

FINAL

date 10-Jul-11

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|----------------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kubokura, Satomi (JPN) (1991) | 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 | | | | | |

2011 Poks Memorial (Hässleholm, SWE)

FINAL

date 12-Jun-11

Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|-----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Granqvist, Emilia (SWE) (1996) | time | 6.90 | 11.44 | 16.24 | 21.14 | 26.20 | | 31.56 | 37.06 | 42.88 | 48.82 | 54.92 | | 61.70 | / 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 | | 18 | 18 | 19 | 19 | 19 | 160 | | | | | |

B-Race

date 12-Jun-11

Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Marcinkiewicz, Eva (SWE) (1981) | time | 7.12 | 11.84 | 16.66 | 21.66 | 26.74 | | 31.98 | 37.46 | 43.10 | 48.78 | 54.52 | | 60.75 | / 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 | | | | |
| Ndiwebene, Nuulu (SWE) (1981) | 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 | | | | |
| Hindrikes, Evelin (SWE) (199 | time | 7.20 | 11.89 | 16.60 | 21.42 | 26.38 | | 31.64 | 37.32 | 43.08 | 48.90 | 54.74 | | 61.20 | / 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 | 18 | 18 | 18 | 18 | 22 | 179 | | | | |
| Hurkmans, Jennie (SWE) (19 | time | 7.10 | 11.74 | 16.60 | 21.70 | 26.84 | | 37.84 | 43.06 | 48.94 | 55.06 | | 61.79 | / 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 | 18 | 19 | 21 | 158 | | | | | | |

2011 Japanese National Championships (Kumagaya, JPN)

FINAL

date 12-Jun-11

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-----------------------------------|-----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kubokura, Satomi (JPN) (19 | 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 | L strides | | 16 | 16 | 16 | 16 | | 17 | 17 | 17 | 17 | 17 | 149 | | | | | |
| Tago, Miyabi (JPN) (1988) | time | 6.79 | 11.16 | 15.55 | 20.00 | 24.55 | | 29.22 | 34.14 | 39.15 | 44.42 | 50.26 | | 56.90 | / 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 | L strides | | 15 | 15 | 15 | 15 | | 15 | 16 | 16 | 16 | 18 | 141 | | | | | |
| Miki, Shiori (JPN) (1991) | 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 | L strides | | 16 | 16 | 16 | 16 | | 17 | 17 | 17 | 17 | 17 | 149 | | | | | |

2011 Friidrott (Stockholm, SWE)

FINAL

date 07-Jun-11

Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|-----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Granqvist, Emilia (SWE) (199 | time | 6.94 | 11.48 | 16.12 | 21.04 | 26.10 | | 31.24 | 36.50 | 41.90 | 47.68 | 53.44 | | 60.25 | / 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 | 18 | 18 | 22 | 175 | | | | |
| Ndiwebene, Nuulu (SWE) (1 | 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 | | | | |
| Bley, Sara (SWE) (1991) | time | 7.16 | 11.82 | 16.56 | 21.56 | 26.80 | | 32.04 | 37.38 | 42.94 | 48.80 | 54.64 | | 61.35 | / 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 | | | | |
| Hurkmans, Jennie (SWE) (19 | time | 6.94 | 11.80 | 16.64 | 21.68 | 26.88 | | 32.38 | 37.90 | 43.58 | 49.40 | 55.46 | | 62.04 | / 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 | | | | |
| Jernbeck, Therese (SWE) (19 | 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 | L strides | | | 16 | 16 | 16 | | 16 | 16 | 17 | 16 | 16 | 19 | 148 | | | | |

2010 Commonwealth Games (Dehli, IND)

FINAL

date 10-Oct-10

Arnold (2010) - 400mH planning and peaking

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|----------------|--------------------------|------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Odumosu, Joke (NGR) (1987 | 0.246 | no information available | | | | | | | | | | | | 55.28 | 4 / 1 | | | |
| Child, Eilidh (GBR) (1987) | 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 | | 4.3 | 4.4 | 4.5 | 4.5 | | 4.6 | 4.9 | 5.0 | 5.4 | 5.4 | 6.12 | | | 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 | 7.19 | | 7.95 | 7.50 | 6.65 |
| H1 lead leg | L strides | | 24 | 16 | 16 | 16 | 16 | 16 | 17 | 17 | 18 | 18 | 21.5 | 195.5 | | | | |
| Wilson, Nickiesha (JAM) (19 | 0.306 | no information available | | | | | | | | | | | | 56.06 | 6 / 3 | | | |
| Boden, Lauren (AUS) (1988) | 0.210 | no information available | | | | | | | | | | | | 56.31 | 7 / 4 | | | |
| Mebam, Caroline Kaboud (C | 0.354 | no information available | | | | | | | | | | | | 57.61 | 9 / 5 | | | |
| Wasike, Florence (KEN) (197 | 0.254 | no information available | | | | | | | | | | | | 57.75 | 2 / 6 | | | |
| Beesley, Meghan (GBR) (198 | 0.258 | no information available | | | | | | | | | | | | 58.36 | 8 / 7 | | | |

Heat 2

date 09-Oct-10

Arnold (2010) - 400mH planning and peaking

| | | | | | | | | | | | | | | | | | | |
|-----------------------------------|------|-----|------|------|------|------|------|------|------|------|------|------|--|-------|-------|--|--|--|
| Child, Eilidh (GBR) (1987) | 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 | 4.4 | 4.4 | 4.4 | 4.5 | | 4.8 | 5.0 | 5.3 | 5.4 | 5.4 | 6.26 | | 13.20 | 14.30 | 16.10 | |
| H1 lead leg | | 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 | 7.12 | 7.95 | 7.34 | 6.52 |
| | | strides | | | | | | | | | | | | | | | | |

2010 Japanese National High School Championships (Okinawa, JPN)

FINAL

date 31-Jul-10

Matsuo (2010) - 63rd high school championships: JAF scientific committee - biomechanics data collection

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Umemoto, Rina (JPN) (1992) | 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 | | 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 |
| | interval | | | | | | | | | | | | | | | | | |
| | 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 | | 17 | 17 | 17 | 17 | | 17 | 18 | 18 | 19 | 20 | | 160 | | | | |
| Omori, Nanase (JPN) (1992) | 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 | | 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 |
| | interval | | | | | | | | | | | | | | | | | |
| | 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 | | 17 | 17 | 17 | 17 | | 17 | 17 | 17 | 18 | 19 | | 156 | | | | |
| Sugiyama, Manaho (JPN) (1992) | time | 6.91 | 11.63 | 16.48 | 21.35 | 26.37 | | 31.41 | 36.58 | 41.89 | 47.63 | 53.94 | | 61.21 | / 3 | | | |
| | reaction time | | 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 |
| | interval | | | | | | | | | | | | | | | | | |
| | velocity | 6.51 | 7.42 | 7.22 | 7.19 | 6.97 | | 6.94 | 6.77 | 6.59 | 6.10 | 5.55 | 5.50 | 6.53 | | 7.27 | 6.89 | 6.05 |
| | H1 lead leg | | 17 | 17 | 17 | 17 | | 17 | 17 | 17 | 18 | 20 | | 157 | | | | |

Behm (2010) - les haies bases

Graubner (2010) - <http://www.fgs.uni-halle.de>

Arnold (2010) - 400mH planning and peaking

2010 European Championships (Barcelona, ESP)

FINAL

date 30-Jul-10

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|---------------|--------------------------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Antyukh, Natalya (RUS) (1988) | 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 | 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 |
| | interval | | | | | | | | | | | | | | | | | |
| | 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 | 23 | 15 | 15 | 15 | | 15 | 15 | 15 | 16 | 16 | 19.5 | 179.5 | | | | |
| Stambolova, Vania (BUL) (1988) | 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 | 4.3 | 4.3 | 4.4 | 4.4 | | 4.5 | 4.6 | 4.8 | 4.9 | 5.0 | 5.8 | NR | | 13.00 | 13.50 | 14.70 |
| | interval | | | | | | | | | | | | | | | | | |
| | 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 | 23 | 15 | 15 | 15 | | 15 | 15 | 16 | 16 | 16 | | 161 | | | | |
| Shakes-Drayton, Perri (GBR) (1987) | time | 6.46 | 10.64 | 14.88 | 19.26 | 23.54 | | 28.08 | 32.88 | 37.86 | 42.90 | 48.14 | | 54.18 | 7 / 3 | | | |
| | reaction time | 0.270 | 4.18 | 4.24 | 4.38 | 4.28 | | 4.54 | 4.80 | 4.98 | 5.04 | 5.24 | 6.04 | PB | | 12.80 | 13.62 | 15.26 |
| | interval | | | | | | | | | | | | | | | | | |
| | velocity | 6.97 | 8.37 | 8.25 | 7.99 | 8.18 | | 7.71 | 7.29 | 7.03 | 6.94 | 6.68 | 6.62 | 7.38 | | 8.20 | 7.71 | 6.88 |
| | H1 lead leg | L | 24 | 16 | 16 | 16 | | 15 | 17 | 17 | 17 | 17 | | 170 | | | | |
| Hejnová, Zuzana (CZE) (1988) | 0.183 | no information available | | | | | | | | | | | | 54.30 | 3 / 4 | | | |
| Morosanu, Angela (ROU) (1988) | 0.230 | no information available | | | | | | | | | | | | 54.58 | 4 / 5 | | | |
| Isakova, Yevgeniya (RUS) (1988) | 0.208 | no information available | | | | | | | | | | | | 54.59 | 8 / 6 | | | |
| Ivanova, Natalya (RUS) (1981) | 0.268 | no information available | | | | | | | | | | | | 55.51 | 1 / 7 | | | |
| Child, Eilidh (GBR) (1987) | 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 | | 4.40 | 4.38 | 4.60 | | 4.74 | 4.86 | 5.14 | 5.32 | 5.42 | 6.01 | | | | | |
| | interval | | | | | | | | | | | | | | | | | |
| | 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 | 24 | 16 | 16 | 16 | | 17 | 17 | 17 | 18 | 18 | | 176 | | | | |

Semi-Final 2

date 28-Jul-10

Arnold (2010) - 400mH planning and peaking

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|---------------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Shakes-Drayton, Perri (GBR) (1987) | 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 | 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 |
| | interval | | | | | | | | | | | | | | | | | |
| | 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 | 15 | 16 | 16 | 15 | | 16 | 16 | 17 | 17 | 17 | | | | | | |

Semi-Final 1

date 28-Jul-10

Arnold (2010) - 400mH planning and peaking

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-----------------------------------|---------------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Child, Eilidh (GBR) (1987) | 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 | 4.30 | 4.32 | 4.40 | 4.46 | | 4.68 | 4.84 | 4.90 | 5.26 | 5.56 | 6.07 | | | 13.02 | 13.98 | 15.72 |
| | interval | | | | | | | | | | | | | | | | | |
| | 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 | | | | | | | | | | | | | | | | |

Heat 3

date 27-Jul-10

Arnold (2010) - 400mH planning and peaking

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-----------------------------------|---------------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Child, Eilidh (GBR) (1987) | 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 | 4.26 | 4.38 | 4.36 | 4.48 | | 4.66 | 4.82 | 5.02 | 5.52 | 5.64 | 6.12 | | | 13.00 | 13.96 | 16.18 |
| | interval | | | | | | | | | | | | | | | | | |
| | 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 | | | | | | | | | | | | | | | | |

Heat 1

date 27-Jul-10

Arnold (2010) - 400mH planning and peaking

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|---------------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Shakes-Drayton, Perri (GBR) (1987) | 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 | 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 |
| | interval | | | | | | | | | | | | | | | | | |
| | 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 | 15 | 16 | 16 | 15 | | 16 | 16 | 17 | 17 | 17 | | | | | | |

2010 Japanese National Championships (Marugume, JPN)**FINAL**

date 06-Jun-10

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|----------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kubokura, Satomi (JPN) (1991) | 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 | | | | |
| Tago, Miyabi (JPN) (1988) | time | 6.84 | 11.19 | 15.68 | 20.20 | 24.79 | | 29.66 | 34.63 | 39.74 | 44.86 | 50.17 | | 56.31 | / 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 | | | | |
| Aoki, Sayaka (JPN) (1986) | time | 6.55 | 10.99 | 15.44 | 20.01 | 24.65 | | 29.49 | 34.55 | 39.66 | 44.87 | 50.29 | | 56.90 | / 3 | | | |
| | reaction time | interval | 4.44 | 4.45 | 4.57 | 4.64 | 4.84 | 5.06 | 5.11 | 5.21 | 5.42 | 6.61 | | | | 13.46 | 14.54 | 15.74 |
| | velocity | 6.87 | 7.88 | 7.87 | 7.66 | 7.54 | | 7.23 | 6.92 | 6.85 | 6.72 | 6.46 | 6.05 | 7.03 | | 7.80 | 7.22 | 6.67 |
| | H1 lead leg | strides | 16 | 16 | 16 | 16 | | 17 | 17 | 17 | 17 | 17 | | 149 | | | | |

2010 Osaka Grand Prix (Osaka, JPN)**FINAL**

date 08-May-10

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Tago, Miyabi (JPN) (1988) | time | 6.76 | 11.08 | 15.50 | 19.97 | 24.56 | | 29.38 | 34.32 | 39.38 | 44.55 | 49.86 | | 55.99 | / 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 | | | | |
| Kubokura, Satomi (JPN) (1991) | 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 | | | | |

2010 Shizuoka International Athletics Meeting (Fukuroi, JPN)**Race A**

date 03-May-10

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kubokura, Satomi (JPN) (1991) | 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 | | | | |

2009 IAAF World Championships (Berlin, GER)**FINAL**

date 20-Aug-09

Graubner (2009) - biomechanical analyses at the 12th IAAF world championships

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|---------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|----------------|--------------|-------|-------|--------|
| Walker, Melaine (JAM) (1983) | 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 | 16 | 16 | 16 | 17 | | 140 | | | | |
| Demus, Lashinda (USA) (1981) | 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 | | | | |
| Lucas, Josanne (TTO) (1984) | 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 | | 8.58 | 7.68 | 6.98 |
| | H1 lead leg | strides | 14 | 14 | 14 | 14 | | 15 | 15 | 15 | 16 | 16 | | 133 | | | | |
| Spencer, Kaliese (JAM) (1981) | 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 | | 131 | | | | |
| Williams, Tiffany (USA) (1981) | 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 | | | | |
| Antyukh, Natalya (RUS) (1981) | 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 | | 141 | | | | |
| Rabchenyuk, Anastasiya (UKR) (1981) | 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 | | | | |

| | | | | | | | | | | | | | | | | | | |
|--------------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|
| Morosanu, Angela (ROU) (1981) | 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 3

date 18-Aug-09

Graubner (2009) - biomechanical analyses at the 12th IAAF world championships

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Demus, Lashinda (USA) (1981) | 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 | | | | | | | | | | | | | | | |
| Antyukh, Natalya (RUS) (1981) | 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 | | | | | | | | | | | | | | | |
| Wilson, Nickiesha (JAM) (1981) | 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 | | | | | | | | | | | | | | | |
| Hejnová, Zuzana (CZE) (1981) | 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 | | | | | | | | | | | | | | | |
| Tilgner, Jonna (GER) (1984) | 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 | | | | | | | | | | | | | | | |

Semi-Final 2

date 18-Aug-09

Graubner (2009) - biomechanical analyses at the 12th IAAF world championships

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Spencer, Kaliessa (JAM) (1981) | 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 | | | 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 | | | | | | | | | | | | | | | |
| Rabchenyuk, Anastasiya (UKR) (1981) | 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 | | | | | | | | | | | | | | | |
| Williams, Tiffany (USA) (1981) | 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 | | | | | | | | | | | | | | | |
| Jesień, Anna (POL) (1978) | 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 | 15.26 |
| | 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 | 6.88 |
| | H1 lead leg | | strides | | | | | | | | | | | | | | | |

Semi-Final 1

date 18-Aug-09

Graubner (2009) - biomechanical analyses at the 12th IAAF world championships

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Walker, Melaine (JAM) (1983) | 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 | | | | | | | | | | | | | | | |
| Lucas, Josanne (TTO) (1984) | 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 | | | | | | | | | | | | | | | |
| Morosanu, Angela (ROU) (1981) | 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 5

date 17-Aug-09

Graubner (2009) - biomechanical analyses at the 12th IAAF world championships

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Demus, Lashinda (USA) (1981) | 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 | | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | | | |
|------------------------------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|
| Tilgner, Jonna (GER) (1984) | 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 | |
| H1 lead leg | | 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 |
| | | strides | | | | | | | | | | | | | | | |

Heat 4

date 17-Aug-09

Graubner (2009) - biomechanical analyses at the 12th IAAF world championships

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Morosanu, Angela (ROU) (1984) | 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 |
| H1 lead leg | | 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 |
| | | strides | | | | | | | | | | | | | | | | |
| Williams, Tiffany (USA) (1988) | 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 |
| H1 lead leg | | 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 |
| | | strides | | | | | | | | | | | | | | | | |

Heat 3

date 17-Aug-09

Graubner (2009) - biomechanical analyses at the 12th IAAF world championships

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Walker, Melaine (JAM) (1983) | 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 |
| H1 lead leg | | 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 |
| | | strides | | | | | | | | | | | | | | | | |
| Antyukh, Natalya (RUS) (1986) | 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 |
| H1 lead leg | | 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 |
| | | strides | | | | | | | | | | | | | | | | |

Heat 2

date 17-Aug-09

Graubner (2009) - biomechanical analyses at the 12th IAAF world championships

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Wilson, Nickiesha (JAM) (1984) | 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 |
| H1 lead leg | | 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 |
| | | strides | | | | | | | | | | | | | | | | |
| Jesień, Anna (POL) (1978) | 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 | 15.29 |
| H1 lead leg | | 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 | 6.87 |
| | | strides | | | | | | | | | | | | | | | | |
| Tosta, Sheena (USA) (1982) | 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 |
| H1 lead leg | | 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 |
| | | strides | | | | | | | | | | | | | | | | |

Heat 1

date 17-Aug-09

Graubner (2009) - biomechanical analyses at the 12th IAAF world championships

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Spencer, Kaliessa (JAM) (1984) | 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 | | | | 12.72 | 13.86 | 15.84 |
| H1 lead leg | | velocity | 6.98 | 8.45 | 8.18 | 8.14 | 7.78 | 7.88 | 7.11 | 7.03 | 6.59 | 6.31 | 6.40 | 7.26 | | 8.25 | 7.58 | 6.63 |
| | | strides | | | | | | | | | | | | | | | | |
| Lucas, Josanne (TTO) (1984) | 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 |
| H1 lead leg | | 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 |
| | | strides | | | | | | | | | | | | | | | | |
| Huang Xiaoxiao (CHN) (1983) | 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 |
| H1 lead leg | | 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 |
| | | strides | | | | | | | | | | | | | | | | |

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

date 31-Jul-09

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Miki, Shiori (JPN) (1991) | 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 |
| H1 lead leg | | 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 |
| | | strides | | 17 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | 17 | 150 | | | | | |
| Kashima, Himari (JPN) | time | 6.74 | 11.39 | 16.21 | 21.06 | 26.00 | 30.99 | 36.10 | 41.42 | 46.96 | 52.68 | 59.14 | / 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 |
| H1 lead leg | | 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 |
| | | strides | | 17 | 17 | 17 | 17 | 17 | 17 | 18 | 19 | 19 | 158 | | | | | |
| Hatanaka, Yuki (JPN) (1991) | time | 6.96 | 11.76 | 16.65 | 21.74 | 26.88 | 32.10 | 37.29 | 42.55 | 48.04 | 53.70 | 59.83 | / 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 | | | |

2009 German National Championships (Ulm, GER)**Heat 3**

date 04-Jul-09

Killing (2009) - der rhythmus is entscheidend

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Tilgner, Jonna (GER) (1984) | time | 6.48 | 10.61 | 14.90 | 19.40 | 24.05 | | 28.86 | 34.00 | 39.36 | 44.81 | 50.30 | | 56.58 | / 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 | | | | | | |

Heat 2

date 04-Jul-09

Killing (2009) - der rhythmus is entscheidend

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Wehrsen, Claudia (GER) (1981) | time | 6.77 | 11.07 | 15.52 | 20.12 | 24.88 | | 29.97 | 35.20 | 40.63 | 46.13 | 51.74 | | 58.07 | / 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 | | | | | | |

Heat 1

date 04-Jul-09

Killing (2009) - der rhythmus is entscheidend

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kron, Tina (GER) (1981) | time | 6.54 | 10.71 | 14.98 | 19.30 | 23.80 | | 28.54 | 33.73 | 39.17 | 44.77 | 50.52 | | 57.18 | / 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 | 7.00 | 8.23 | 7.28 | 6.25 | |
| H1 lead leg | strides | | 15 | 15 | 15 | 15 | | 16 | 16 | 18 | 18 | 18 | | | | | | |

2009 Japanese National Championships (Hiroshima, JPN)**FINAL**

date 27-Jun-09

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kubokura, Satomi (JPN) (1981) | 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 | | | | |
| Aoki, Sayaka (JPN) (1986) | 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 | | | | |

2009 Osaka Grand Prix (Osaka, JPN)**FINAL**

date 09-May-09

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kubokura, Satomi (JPN) (1981) | 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 | 7.34 | 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 | | | | |

2008 IAAF World Athletic Final (Stuttgart, GER)**FINAL**

date 14-Sep-08

Graubner (2009) - http://www.fgs.uni-halle.de

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Walker, Melaine (JAM) (1983) | time | 6.61 | 10.67 | 14.81 | 19.20 | 23.73 | | 28.39 | 33.07 | 38.03 | 43.00 | 48.19 | | 54.06 | 4 / 1 | | | |
| | 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 | | | | | | | | | | | | | | | | | |
| Rabchenyuk, Anastasiya (UKR) (1981) | 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 | | | | | | | | | | | | | | | | | |
| Williams, Tiffany (USA) (1981) | 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 | | | | | | | | | | | | | | | | | |
| Isakova, Yevgeniya (RUS) (1981) | time | 6.63 | 10.85 | 15.16 | 19.55 | 24.12 | | 28.87 | 33.80 | 38.85 | 44.03 | 49.29 | | 55.23 | 2 / 4 | | | |
| | reaction time | 0.186 | interval | 4.22 | 4.31 | 4.39 | 4.57 | 4.75 | 4.93 | 5.05 | 5.18 | 5.26 | 5.94 | | | 12.92 | 14.25 | 15.49 |
| | | | velocity | 6.79 | 8.29 | 8.12 | 7.97 | 7.66 | 7.37 | 7.10 | 6.93 | 6.76 | 6.65 | 6.73 | 7.24 | 8.13 | 7.37 | 6.78 |
| H1 lead leg | strides | | | | | | | | | | | | | | | | | |
| Tosta, Sheena (USA) (1982) | 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 | | | | | | | | | | | | | | | | | |
| Jesień, Anna (POL) (1978) | 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 | 15.80 |

| | | | | | | | | | | | | | | | | | | |
|---------------------------------------|----------|--------------------------|------|------|------|------|--|------|------|------|------|------|------|------|-------|-------|------|------|
| | 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 | 6.65 |
| H1 lead leg | strides | | | | | | | | | | | | | | | | | |
| Spence, Christine (USA) (1983) | 0.208 | no information available | | | | | | | | | | | | | 58.15 | 8 / 7 | | |
| Danvers, Tasha (GBR) (1977) | 0.174 | no information available | | | | | | | | | | | | | 58.40 | 6 / 8 | | |

2008 Olympic Games (Beijing, CHN)

FINAL

date 20-Aug-08

Behm (2008) - Pekin 2008: Le quatrache masculin - féminin

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|-------|----------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Walker, Melaine (JAM) (1983) | time | 6.4 | 10.4 | 14.5 | 18.8 | 23.3 | | 27.8 | 32.2 | 36.9 | 41.6 | 46.7 | | 52.64 | 6 / 1 | | | |
| | reaction time | 0.236 | interval | 4.0 | 4.1 | 4.3 | 4.5 | 4.5 | 4.4 | 4.7 | 4.7 | 5.1 | 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 | 16 | 16 | 16 | 17 | 17 | 20.7 | 185.7 | | | | |
| Tosta, Sheena (USA) (1982) | 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 | 4.0 | 4.0 | 4.2 | 4.5 | 4.5 | 4.6 | 4.8 | 5.0 | 5.3 | 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 | 16 | 16 | 16 | 20 | 181 | | | | |
| Danvers-Smith, Tasha (GBR) (1982) | 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 | 4.2 | 4.2 | 4.3 | 4.5 | 4.5 | 4.5 | 4.8 | 4.9 | 5.3 | 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 | 16 | 17 | 17 | 21 | 183 | | | | |
| Rabchenyuk, Anastasiya (UKR) (1982) | 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 | 4.2 | 4.1 | 4.4 | 4.6 | 4.5 | 4.9 | 4.9 | 5.1 | 5.2 | 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 | 16 | 16 | 16 | 17 | 17 | 20 | 185 | | | | |
| Jesien, Anna (POL) (1978) | 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 | 4.2 | 4.4 | 4.4 | 4.5 | 4.6 | 4.7 | 4.8 | 5.2 | 5.4 | 5.79 | | | 13.00 | 13.80 | 15.40 |
| | 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 | 6.82 |
| | H1 lead leg | L | strides | 23 | 15 | 15 | 15 | 15 | 16 | 16 | 16 | 16 | | 162 | | | | |
| Bikert, Yekaterina (RUS) (1982) | 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 | 4.3 | 4.3 | 4.3 | 4.5 | 4.6 | 4.8 | 5.0 | 5.3 | 5.4 | 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 | 15 | 15 | 15 | 15 | 15 | | 152 | | | | |
| Hejnorvá, Zuzana (CZE) (1982) | 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 | 4.0 | 4.1 | 4.8 | 4.5 | 4.5 | 4.9 | 5.1 | 5.2 | 5.3 | 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 | 16 | 16 | 16 | 17 | 17 | | 164 | | | | |
| Williams, Tiffany (USA) (1982) | 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 | 4.1 | 4.3 | 4.3 | 4.7 | 4.6 | 4.8 | 5.2 | 5.4 | 5.6 | 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 | 16 | 16 | 16 | 17 | 18 | | 150 | | | | | |

2008 Japanese National High School Championships (Kumagaya, JPN)

FINAL

date 31-Jul-08

Abe (2008) - 61st high school championships: JAF scientific committee - biomechanics data collection

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|---------------|------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Miki, Shiori (JPN) (1991) | 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 | | 149 | | | | |
| Shibata, Haruka (JPN) (1991) | time | 7.09 | 11.83 | 16.68 | 21.60 | 26.63 | | 31.72 | 36.97 | 42.24 | 47.53 | 52.89 | | 58.83 | / 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 | | | | |
| Yoneda, Tomomi (JPN) (1991) | 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 |
| | 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 |
| | H1 lead leg | | strides | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 18 | 18 | | 155 | | | | |

2008 USA Olympic Trials (Eugene, OR)

FINAL

date 29-Jun-08

USATF Hurdle Development (2008)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|---------------|------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Williams, Tiffany (USA) (1982) | 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 | 16 | 16 | 17 | 17 | 17 | | 167 | | | | |
| Harrison, Queen (USA) (1982) | 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 | 15 | 16 | 16 | 17 | 163 | | | | | |
| Tosta, Sheena (USA) (1982) | 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 | | | | | |
| Demus, Lashinda (USA) (1987) | 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 | | | | | |
| Spence, Christine (USA) (1982) | 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 | | | | | |
| Wallace, Latosha (USA) (1982) | 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 | 169 | | | | | |
| Perkins, Angel (USA) (1984) | 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 | | | | | |
| Barnes, Miriam (USA) (1983) | 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 | | DQ | | | 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 | | | | | |

2008 Japanese National Championships (Kawasaki, JPN)

FINAL

date 27-Jun-08

Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|----------|--|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kubokura, Satomi (JPN) (1987) | 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 | 17 | 148 | | | | | |
| Aoki, Sayaka (JPN) (1986) | 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 | 17 | 149 | | | | | |

2008 Osaka Grand Prix (Osaka, JPN)

FINAL

date 10-May-08

Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|----------|--|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kubokura, Satomi (JPN) (1987) | 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 | | | | | | |

2008 Shizuoka International Athletics Meeting (Fukuroi, JPN)

Race 2

date 03-May-08

Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|----------|--|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kubokura, Satomi (JPN) (1987) | 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 | | | | | | |
| Aoki, Sayaka (JPN) (1982) | 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 | | | | | | |

2007 IAAF World Athletic Final (Stuttgart, GER)

FINAL

date 23-Sep-07

Graubner (2007) - <http://www.fgs.uni-halle.de>

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|----------------|--|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Jesień, Anna (POL) (1978) | 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 | 14.94 |
| | 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 | 7.03 |
| H1 lead leg | strides | | | | | | | | | | | | | | | | | | |
| Rawlinson, Jana (AUS) (1982) | 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 | | | | | | | | | | | | | | | | |
|--|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|
| Walker, Melaine (JAM) (1983) | time | 6.75 | 10.96 | 15.25 | 19.64 | 24.14 | 28.68 | 33.36 | 38.28 | 43.25 | 48.50 | | 54.31 | 8 / 3 | | | | |
| 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 | | | | | | | | | | | | | | | | |
| Isakova, Yevgeniya (RUS) (1981) | time | 6.59 | 10.78 | 15.13 | 19.55 | 24.07 | 28.81 | 33.69 | 38.81 | 43.99 | 49.16 | | 54.99 | 2 / 4 | | | | |
| reaction time | 0.187 | interval | 4.19 | 4.35 | 4.42 | 4.52 | 4.74 | 4.88 | 5.12 | 5.18 | 5.17 | 5.83 | | | 12.96 | 14.14 | 15.47 | |
| | | velocity | 6.83 | 8.35 | 8.05 | 7.92 | 7.74 | 7.38 | 7.17 | 6.84 | 6.76 | 6.77 | 6.86 | 7.27 | | 8.10 | 7.43 | 6.79 |
| H1 lead leg | | strides | | | | | | | | | | | | | | | | |
| Williams, Tiffany (USA) (1988) | 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 | | | | | | | | | | | | | | | | |
| Ivanova, Natalya (RUS) (1981) | 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 | | | | | | | | | | | | | | | | |
| Danvers-Smith, Tasha (GBR) (1981) | 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 | | | | | | | | | | | | | | | | |
| Glover, Sandra (USA) (1968) | 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 | | | | | | | | | | | | | | | | |

2007 IAAF World Championships (Osaka, JPN)

FINAL

date 30-Aug-07

Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers

Ae (2008) - IAAF biomechanics team - a booklet of biomechanics data

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|-----------------|
| Rawlinson, Jana (AUS) (1982) | 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 | | | | |
| Pechenkina, Yuliya (RUS) (1981) | 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 | | | Ae (2008) |
| 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 | | | | |
| Jesień, Anna (POL) (1978) | 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 | | | Ae (2008) |
| 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 | 15.08 |
| | | 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 | 6.96 |
| H1 lead leg | L | strides | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 16 | 20.5 | 180.5 | | | | |
| Wilson, Nickiesha (JAM) (1981) | 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 | | | Yasunori (2008) |
| 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 | | | | |
| Huang Xiaoxiao (CHN) (1983) | 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 | | | Yasunori (2008) |
| 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 | 184.5 | | | | |
| Isakova, Yevgeniya (RUS) (1981) | time | 6.46 | 10.56 | 14.73 | 19.03 | 23.42 | | 28.09 | 32.91 | 38.02 | 43.28 | 48.57 | | 54.50 | 3 / 6 | | | Yasunori (2008) |
| reaction time | 0.164 | interval | 4.10 | 4.17 | 4.30 | 4.39 | | 4.67 | 4.82 | 5.11 | 5.26 | 5.29 | 5.93 | | | 12.57 | 13.88 | 15.66 |
| | | velocity | 6.97 | 8.54 | 8.39 | 8.14 | 7.97 | 7.49 | 7.26 | 6.85 | 6.65 | 6.62 | 6.75 | 7.34 | | 8.35 | 7.56 | 6.70 |
| H1 lead leg | L | strides | 23 | 15 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 20.5 | 186.5 | | | | |
| Williams, Tiffany (USA) (1988) | 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 | | | Yasunori (2008) |
| 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 |
| | | 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 |
| H1 lead leg | L | strides | 24 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 17 | 21.5 | 190.5 | | | | |
| Danvers-Smith, Tasha (GBR) (1981) | 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 | | | Yasunori (2008) |
| 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 | | | | |

Semi-Final 3

date 28-Aug-07

Shaver (2008) - hurdle training

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Wilson, Nickiesha (JAM) (1981) | 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 | | | | |

Heat 1

date 27-Aug-07

Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kubokura, Satomi (JPN) (1991) | 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 | 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 | | | | |

2007 Japanese National Championships (Osaka, JPN)**FINAL**

date 01-Jul-07

Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Kubokura, Satomi (JPN) (1991) | time | | 6.56 | 10.99 | 15.43 | 20.00 | 24.64 | | 29.40 | 34.28 | 39.31 | 44.48 | 49.93 | | 56.09 | 1 / 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 | | | | |

2007 European Cup (Munich, GER)**FINAL**

date 23-Jun-07

Graubner (2007) - <http://www.fgs.uni-halle.de>

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|---------------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Pechenkina, Yuliya (RUS) (1981) | 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 | | | |
| | reaction time | 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 | | | | | | | | | | | | | | | | | |
| Jesień, Anna (POL) (1978) | time | | 6.55 | 10.86 | 15.18 | 19.70 | 24.17 | | 28.75 | 33.59 | 38.52 | 43.59 | 48.90 | | 54.88 | 1 / 2 | | | |
| | reaction time | 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 | 15.31 |
| | | 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 | 6.86 |
| H1 lead leg | | strides | | | | | | | | | | | | | | | | | |
| Urbansky, Ulrike (GER) (1977) | time | | 6.63 | 10.94 | 15.33 | 19.93 | 24.46 | | 29.21 | 34.07 | 39.07 | 44.13 | 49.54 | | 55.74 | 1 / 3 | | | |
| | reaction time | 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 | | | | | | | | | | | | | | | | | |
| Jémaa, Dora (FRA) (1985) | 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 | 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 |
| | | 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 |
| H1 lead leg | | strides | | | | | | | | | | | | | | | | | |
| Hantzi-Neag, Hristina (GRE) | 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 | 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 | | | | | | | | | | | | | | | | | |
| Forcadell, Laia (ESP) (1982) | 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 | 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 | | | | | | | | | | | | | | | | | |
| Viadzernikava, Krystsina (BLR) | 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 | 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 | | | | | | | | | | | | | | | | | |
| Oprya, Maryna (UKR) (1982) | time | | 6.86 | 11.17 | 15.65 | 20.19 | 24.71 | | 29.54 | 34.65 | 39.95 | 45.25 | 50.62 | | | | | | |
| | reaction time | 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 | | | | | | | | | | | | | | | | | |

2006 Seiko Super Grand Prix (Yokohama, JPN)**FINAL**

date 24-Sep-06

Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Rabchenyuk, Anastasiya (UKR) | 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 | | | | |
| Kubokura, Satomi (JPN) (1991) | time | | 6.59 | 10.88 | 15.38 | 19.92 | 24.69 | | 29.48 | 34.47 | 39.53 | 44.72 | 50.03 | | 56.19 | 1 / 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 | | 148 | | | | |

2006 IAAF World Junior Championships (Beijing, CHN)**Semi-Final 1**

date 16-Aug-06

Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Boden, Lauren (AUS) (1988) time | 6.42 | 10.75 | 15.22 | 19.72 | 24.44 | | 29.34 | 34.40 | 39.34 | 45.18 | 50.97 | | 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 | | | | | | | | | | | | | | | | | |

Heat 1

date 15-Aug-06

Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Boden, Lauren (AUS) (1988) time | 6.66 | 10.95 | 15.40 | 19.95 | 24.54 | | 29.29 | 34.31 | 39.67 | 45.23 | 51.10 | | 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 | | | | | | | | | | | | | | | | | |

2006 European Championships (Göteborg, SWE)**FINAL**

date 09-Aug-06

Behm (2006) - Göteborg 2006: Le quatrache

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-----|----------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Isakova, Yevgeniya (RUS) (1981) time | 6.5 | 10.6 | 14.7 | 19.1 | 23.5 | | 28.0 | 33.0 | 38.0 | 43.0 | 48.2 | | 53.93 | 6 / 1 | | | |
| reaction time | | interval | 4.1 | 4.1 | 4.4 | 4.4 | 4.5 | 5.0 | 5.0 | 5.0 | 5.2 | 5.73 | PB | | 12.60 | 13.90 | 15.20 |
| velocity | | 6.92 | 8.54 | 8.54 | 7.95 | 7.95 | 7.78 | 7.00 | 7.00 | 7.00 | 6.73 | 6.98 | 7.42 | | 8.33 | 7.55 | 6.91 |
| H1 lead leg | L | | 21 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 20 | 184 | | | | |
| Halkiá, Faní (GRE) (1979) 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 | | | |
| reaction time | | interval | 4.2 | 4.1 | 4.4 | 4.4 | 4.6 | 4.7 | 5.1 | 4.9 | 5.2 | 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 | | 22 | 15 | 15 | 15 | 15 | 16 | 16 | 16 | 17 | 20 | 182 | | | | |
| Tereschuk-Antipova, Tetiana (UKR) (1981) 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 | 4.2 | 4.4 | 4.5 | 4.6 | 4.6 | 4.8 | 4.9 | 4.9 | 5.2 | 6.05 | | | 13.10 | 14.00 | 15.00 |
| velocity | | 7.03 | 8.33 | 7.95 | 7.78 | 7.61 | 7.61 | 7.29 | 7.14 | 7.14 | 6.73 | 6.61 | 7.33 | | 8.02 | 7.50 | 7.00 |
| H1 lead leg | L | | 22 | 15 | 15 | 15 | 15 | 16 | 16 | 16 | 16 | 20.5 | 181.5 | | | | |
| Marx, Claudia (GER) (1978) 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 | 4.2 | 4.1 | 4.5 | 4.4 | 4.7 | 4.9 | 5.1 | 5.2 | 5.3 | 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 | | 22 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 21 | 186 | | | | |
| Ivanova, Natalya (RUS) (1981) 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 | 4.5 | 4.5 | 4.5 | 4.6 | 4.8 | 4.8 | 4.9 | 5.1 | 5.0 | 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 | | 23 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 18 | 176 | | | | |
| Jesień, Anna (POL) (1978) 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 | 4.3 | 4.2 | 4.5 | 4.7 | 4.7 | 4.7 | 5.0 | 5.1 | 5.4 | 6.16 | | | 13.00 | 14.10 | 15.50 |
| 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 | 6.77 |
| H1 lead leg | L | | 23 | 15 | 15 | 15 | 15 | 16 | 16 | 16 | 17 | 20.5 | 183.5 | | | | |
| Danvers, Tasha (GBR) (1977) 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 | 4.1 | 4.2 | 4.6 | 4.6 | 4.8 | 4.9 | 5.0 | 5.2 | 5.5 | 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 | | 22 | 14 | 14 | 15 | 15 | 15 | 15 | 16 | 17 | 20 | 178 | | | | |
| Rabchenyuk, Anastasiya (UKR) (1981) 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 | 4.1 | 4.2 | 4.6 | 4.7 | 4.9 | 4.9 | 5.1 | 5.3 | 5.5 | 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 | | 22 | 15 | 15 | 16 | 16 | 16 | 17 | 17 | 17 | | 166 | | | | |

2006 Commonwealth Games (Melbourne, AUS)**Heat 5**

date 22-Mar-06

Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Boden, Lauren (AUS) (1988) time | 6.76 | 11.12 | 15.72 | 20.32 | 25.08 | | 29.88 | 35.00 | 40.36 | 45.88 | 51.38 | | 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 | | | | | | | | | | | | | | | | | |

2006 Telstra A Series (Canberra, AUS)**FINAL**

date 26-Jan-06

Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Boden, Lauren (AUS) (1988) time | 6.78 | 11.18 | 15.66 | 20.26 | 24.96 | | 29.80 | 34.76 | 40.01 | 45.36 | 50.96 | | 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 | | | | | | | | | | | | | | | | | |

2005 Chinese National Games (Nanjing, CHN)**FINAL**

date 12-Oct-05

Wang (2016) - hurdle rhythm characteristic analysis and athletic training considerations

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Huang Xiaoxiao (CHN) (1983) 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 | | | | |
| Wang Xing (CHN) (1986) | time | 6.39 | 10.53 | 14.73 | 19.06 | 23.47 | | 28.03 | 32.75 | 37.65 | 42.75 | 48.00 | | 54.40 | / 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 | | 165 | | | | |

2005 IAAF World Championships (Helsinki, FIN)**FINAL**

date 13-Aug-05

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|----------|-------|------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Pechenkina, Yuliya (RUS) (1981) | 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 | | | |
| reaction time | interval | 0.144 | | 4.2 | 4.3 | 4.0 | | 4.4 | 4.4 | 4.7 | 5.0 | 5.0 | 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 | strides | L | 22 | 15 | 15 | 15 | | 15 | 15 | 17 | 17 | 17 | 20 | 183 | | | | |
| Demus, Lashinda (USA) (1981) | 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 | interval | 0.176 | | 4.2 | 4.2 | 4.3 | | 4.6 | 4.5 | 4.6 | 5.0 | 5.1 | 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 | strides | R | 23 | 15 | 15 | 15 | | 15 | 15 | 15 | 16 | 16 | 20 | 180 | | | | |
| Glover, Sandra (USA) (1968) | 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 | interval | 0.200 | | 4.2 | 4.3 | 4.4 | | 4.5 | 4.5 | 4.7 | 4.9 | 5.0 | 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 | strides | L | 23 | 16 | 16 | 16 | | 16 | 16 | 17 | 17 | 17 | 21 | 191 | | | | |
| Jesien, Anna (POL) (1978) | 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 | interval | 0.184 | | 4.3 | 4.2 | 4.4 | | 4.6 | 4.7 | 5.0 | 4.9 | 5.2 | 6.17 | | | 12.90 | 13.70 | 15.10 |
| | 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 | 6.95 |
| H1 lead leg | strides | L | 23 | 15 | 15 | 15 | | 15 | 15 | 16 | 16 | 16 | | 161 | | | | |
| Huang Xiaoxiao (CHN) (1983) | 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 | interval | 0.172 | | 4.2 | 4.3 | 4.4 | | 4.7 | 5.0 | 5.1 | 4.9 | 5.1 | 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 | strides | L | 23 | 15 | 15 | 15 | | 15 | 16 | 16 | 16 | 16 | | 162 | | | | |
| Blackett, Andrea (BAR) (1971) | 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 | interval | 0.146 | | 4.2 | 4.2 | 4.4 | | 4.6 | 4.8 | 5.1 | 5.2 | 5.4 | 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 | strides | L | 23 | 15 | 15 | 15 | | 16 | 16 | 16 | 16 | 17 | | 164 | | | | |
| Tereschuk-Antipova, Tetiana (UKR) (1979) | 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 | interval | 0.209 | | 4.3 | 4.5 | 4.5 | | 4.6 | 4.8 | 4.9 | 5.1 | 5.3 | 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 | strides | L | 22 | 15 | 15 | 15 | | 15 | 16 | 16 | 16 | 16 | | 161 | | | | |
| Pskit, Malgorzata (POL) (1971) | 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 | interval | 0.181 | | 4.4 | 4.5 | 4.5 | | 4.6 | 4.6 | 5.1 | 5.1 | 5.3 | 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 | strides | L | 22 | 15 | 15 | 15 | | 15 | 15 | 16 | 16 | 16 | | 160 | | | | |

2005 IAAF World Youth Championships (Marrakech, MAR)**Semi-Final 1**

date 14-Jul-05

Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-----------------------------------|----------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Boden, Lauren (AUS) (1988) | time | 6.68 | 11.19 | 15.70 | 20.39 | 25.23 | | 30.21 | 35.42 | 40.86 | 46.27 | 51.81 | | 58.19 | 3 / 1 | | | |
| reaction time | interval | 0.170 | | 4.51 | 4.51 | 4.69 | | 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 | | | | | | | | | | | | | | | | | |

2005 Osaka Grand Prix (Osaka, JPN)**FINAL**

date 07-May-05

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Blackett, Andrea (BAR) (1971) | time | 6.42 | 10.59 | 15.06 | 19.63 | 24.35 | | 29.17 | 34.16 | 39.47 | 44.96 | 50.23 | | 56.15 | / 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 | 15 | 15 | 15 | | 16 | 16 | 16 | 17 | 18 | | 143 | | | | |
| Kubokura, Satomi (JPN) (1981) | 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 | | | | |
| Yoshida, Makiko (JPN) (1976) | 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 | | | | |

2005 Australian National Championships (Sydney, AUS)

FINAL

date 06-Mar-05

Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Boden, Lauren (AUS) (1988) time | 7.32 | 11.98 | 16.68 | 21.50 | 26.48 | | 31.58 | 36.82 | 42.04 | 47.34 | 52.68 | | 58.59 | / 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 | | | | | | | | | | | | | | | | |

2004 Seiko Super Grand Prix (Yokohama, JPN)

FINAL

date 23-Sep-04

Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Glover, Sandra (USA) (1968) 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 | 6.88 |
| H1 lead leg | strides | | 16 | 16 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | 147 | | | | |
| Taylor, Brenda (USA) (1979) time | 6.38 | 10.60 | 15.04 | 19.53 | 24.10 | | 28.79 | 33.63 | 38.69 | 44.10 | 49.56 | | 55.90 | / 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 | | | | |
| Alimzhanova, Natalya (KAZ) 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 | 16 | 16 | 16 | 16 | 16 | 16 | 140 | | | | |
| Kubokura, Satomi (JPN) (1991) 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 | 17 | 151 | | | | |
| Yoshida, Makiko (JPN) (1976) 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 | 18 | 150 | | | | |

2004 Olympic Games (Athina, GRE)

FINAL

date 25-Aug-04

Behm (2005) - Athènes 2004: Les Haies Basses

Ruiz (2004) - las carreras con vallas de juegos olímpicos de atenas '04

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|----------------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------------------|
| Halkiá, Fani (GRE) (1979) 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)</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 | 20 | 180 | | | | |
| Tirlea, Ionela (ROU) (1976) 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 | | | <i>Ruiz (2004)</i> |
| 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 | 16 | 16 | 17 | 17 | 17 | 21 | 186 | | | | |
| Tereschuk-Antipova, Tetiana (UKR) (1979) 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 | | | <i>Behm (2005)</i> |
| reaction time | 0.312 interval | 4.0 | 4.1 | 4.3 | 4.4 | | 4.5 | 4.5 | 5.0 | 5.0 | 5.2 | 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 | 16 | 16 | 16 | 16 | 20 | 181 | | | | |
| Johnson, Sheena (USA) (1981) 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 | | | <i>Behm (2005)</i> |
| reaction time | 0.408 interval | 4.1 | 4.2 | 4.4 | 4.5 | | 4.6 | 4.7 | 4.8 | 4.9 | 5.1 | 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 | 16 | 16 | 16 | 160 | | | | |
| Pittman, Jana (AUS) (1982) 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 | | | <i>Ruiz (2004)</i> |
| 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 | 15 | 15 | 16 | 16 | 18.5 | 172.5 | | | | |
| Bikert, Yekaterina (RUS) (1981) 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 | | | <i>Behm (2005)</i> |
| reaction time | 0.322 interval | 4.1 | 4.2 | 4.5 | 4.5 | | 4.7 | 4.7 | 5.0 | 5.0 | 5.2 | 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 | 15 | 15 | 15 | 15 | 15 | 15 | 152 | | | | |
| Taylor, Brenda (USA) (1979) 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 | | | <i>Ruiz (2004)</i> |
| 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 | 16 | 16 | 17 | 17 | 17 | 21 | 187 | | | | |
| Pechenkina, Yuliya (RUS) (1981) 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)</i> |
| reaction time | 0.244 interval | 4.1 | 4.2 | 4.2 | 4.4 | | 4.6 | 4.6 | 5.2 | 5.2 | 5.6 | 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 | 17 | 17 | 17 | 17 | 163 | | | | |

2004 USA Olympic Trials (Sacramento, CA)

FINAL

date 11-Jul-04

Lyle - miscellaneous coaching notes

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|--|--------------------------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|--------|-------|--------|--|
| Johnson, Sheena (USA) (1982) 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 | | | | | |
| Taylor, Brenda (USA) (1979) | no information available | | | | | | | | | | | | PB | 53.36 | 5 / 2 | | | |
| Demus, Lashinda (USA) (1982) 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 | | | | | |
| Glover, Sandra (USA) (1968) | no information available | | | | | | | | | | | | | 53.64 | 3 / 4 | | | |
| McIntosh, Raasin (USA) (1982) | no information available | | | | | | | | | | | | PB | 54.16 | 1 / 5 | | | |
| Smith, Shauna (USA) (1983) | no information available | | | | | | | | | | | | | 54.42 | 7 / 6 | | | |
| Allen, Patrina (USA) (1975) | no information available | | | | | | | | | | | | PB | 54.93 | 8 / 7 | | | |
| Addy, Megan (USA) (1978) | no information available | | | | | | | | | | | | DQ | | 2 / -- | | | |

2004 Modesto Relays (Modesto, CA)

FINAL

date 08-May-04

Henson (2004) USATF OTC sport science

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Addy, Megan (USA) (1978) 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 | | | | | | | | | | | | | | | | | |

2004 UCLA (Los Angeles, CA)

FINAL

date 10-Apr-04

Henson (2004) USATF OTC sport science

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Addy, Megan (USA) (1978) 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 | | | | | | | | | | | | | | | | | |

2004 SDSU (San Diego, CA)

FINAL

date 20-Mar-04

Henson (2004) USATF OTC sport science

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Taylor, Brenda (USA) (1978) 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 | | | | | | | | | | | | | | | | | |

2003 IAAF World Championships (Paris, FRA)

FINAL

date 28-Aug-03

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

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|------|------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Pittman, Jana (AUS) (1982) 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 | | 4.0 | 4.3 | 4.4 | 4.4 | | 4.6 | 4.6 | 4.8 | 4.9 | 5.1 | 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 | | | | |
| Glover, Sandra (USA) (1968) 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 | | 4.0 | 4.3 | 4.5 | 4.5 | | 4.5 | 4.7 | 4.7 | 5.0 | 5.0 | 6.15 | | | 12.80 | 13.70 | 14.70 |
| velocity | 7.14 | 8.75 | 8.14 | 7.78 | 7.78 | | 7.78 | 7.45 | 7.45 | 7.00 | 7.00 | 6.50 | 7.46 | | 8.20 | 7.66 | 7.14 |
| H1 lead leg L strides | 23 | 16 | 16 | 16 | 16 | | 16 | 16 | 17 | 17 | 17 | 20 | 190 | | | | |
| Pechonkina, Yuliya (RUS) (1982) 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 | | | |
| reaction time 0.128 interval | | 4.0 | 4.0 | 4.1 | 4.3 | | 4.4 | 4.5 | 5.0 | 5.1 | 5.4 | 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 | | | | |
| Tirlea, Ionela (ROU) (1976) 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 | | 4.0 | 4.2 | 4.4 | 4.4 | | 4.7 | 4.9 | 5.1 | 5.3 | 5.2 | 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 | | | | |
| Tereschuk-Antipova, Tetiana (UKR) (1978) 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 | | 4.2 | 4.2 | 4.4 | 4.4 | | 4.7 | 4.7 | 5.0 | 5.2 | 5.3 | 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 | | | | |
| Blackett, Andrea (BAR) (1977) 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 | | 4.0 | 4.3 | 4.5 | 4.6 | | 4.6 | 4.8 | 5.3 | 5.2 | 5.3 | 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 | | | | |

| | | | | | | | | | | | | | | | | | |
|--------------------------------------|----------|----------|------|------|------|------|------|------|------|------|------|-------|-------|-------|-------|-------|--|
| Meißner, Heike (GER) (1970) | time | 6.5 | 10.8 | 15.1 | 19.6 | 24.2 | 28.9 | 33.7 | 38.8 | 44.2 | 49.6 | 55.60 | 1 / 7 | | | | |
| reaction time | 0.233 | interval | 4.3 | 4.3 | 4.5 | 4.6 | 4.7 | 4.8 | 5.1 | 5.4 | 5.4 | 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 | 16 | 16 | 16 | 17 | 153 | | | | | |
| Febbraio, Surita (RSA) (1973) | 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 | 4.1 | 4.2 | 4.5 | 4.5 | 4.7 | 4.8 | 4.9 | 5.3 | 5.6 | 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 | | | |

2003 Russian National Championships (Tula, RUS)

FINAL

date 08-Aug-03

Vazel (2019) - statistical analysis and historical context of the new 400H world record

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|----------|---------|------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Pechonkina, Yuliya (RUS) (1981) | 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 | | | |
| 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 | | | | |

2003 USATF National Junior Championship (Palo Alto, CA)

FINAL

date 22-Jun-03

USATF Women's Sprint Development (2003)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|----------|---------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Watkins, Tawana (USA) (1981) | 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 | | | | | | | | | | | | | | | | |
| Hill, MacKenzie (USA) (1986) | 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 | | | | | | | | | | | | | | | | |
| Talbot, Melissa (USA) (1984) | 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 | | | | | | | | | | | | | | | | |
| Smith, Christina (USA) (1981) | 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 | | | | | | | | | | | | | | | | |
| Young, Natalie (USA) | 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 | | | | | | | | | | | | | | | | |
| Gooden, Dianna (USA) (1981) | 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 | | | | | | | | | | | | | | | | |
| Hill, Sierra (USA) (1986) | 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 | | | | | | | | | | | | | | | | |
| Hardiway, Korey (USA) (1981) | 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 | | | | | | | | | | | | | | | | |

2003 USATF National Championship (Palo Alto, CA)

FINAL

date 21-Jun-03

USATF Women's Sprint Development (2003)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|----------|---------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| McIntosh, Raasin (USA) (1981) | 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 | | | | | | | | | | | | | | | | |
| Hayes, Joanna (USA) (1976) | 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 | | | | | | | | | | | | | | | | |
| Glover, Sandra (USA) (1968) | 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 | 6.84 |

| H1 lead leg | | strides | | | | | | | | | | | | | | | | |
|--------------------------------------|---------------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|-------|--|-------|-------|-------|
| Taylor, Brenda (USA) (1979) | 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 | | 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 | | | | | | | | | | | | | | | | |
| Sallins, Melinda (USA) (1973) | 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 | | 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 | | | | | | | | | | | | | | | | |
| Tolbert, Ryan (USA) (1976) | 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 | | 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 | | | | | | | | | | | | | | | | |
| Smith, Shauna (USA) (1983) | 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 | | 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 | | | | | | | | | | | | | | | | |
| Demus, Lashinda (USA) (1981) | 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 | | 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 | | | | | | | | | | | | | | | | |

2002 IAAF World Cup (Madrid, ESP)

FINAL

date 20-Sep-02

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

| H1 | | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|---|---------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|-------|
| Pechonkina, Yuliya (RUS) (1971) | 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 | | | | |
| | reaction time | 0.184 | 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 | 22 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 17 | 20 | 181 | | | | | |
| Glover, Sandra (USA) (1968) | 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 | 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 | 7.06 |
| | H1 lead leg | L | 23 | 16 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 20 | 190 | | | | | |
| Pittman, Jana (AUS) (1982) | 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 | 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 | 22 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 16 | 18.5 | 178.5 | | | | | |
| Tirlea, Ionela (ROU) (1976) | 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 | 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 | 24 | 16 | 16 | 16 | 16 | 17 | 17 | 18 | 18 | 20 | 194 | | | | | |
| Torshina, Natalya (KAZ) (1976) | 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 | 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 | 22 | 15 | 15 | 16 | 16 | 16 | 17 | 18 | 17 | 20.5 | 187.5 | | | | | |
| Parris-Thymes, Debbie (JAM) (1964) | time | 6.49 | 10.86 | 15.38 | 19.90 | 24.72 | 29.51 | 34.70 | 39.87 | 45.32 | 50.96 | | 57.36 | 1 / 6 | | | | |
| | reaction time | 0.154 | 4.37 | 4.52 | 4.52 | 4.82 | 4.79 | 5.19 | 5.17 | 5.45 | 5.64 | 6.40 | | | | 13.41 | 14.80 | 16.26 |
| | velocity | 6.93 | 8.01 | 7.74 | 7.74 | 7.26 | 7.31 | 6.74 | 6.77 | 6.42 | 6.21 | 6.25 | 6.97 | | | 7.83 | 7.09 | 6.46 |
| | H1 lead leg | R | 25 | 17 | 17 | 17 | 17 | 17 | 17 | 18 | 19 | 21.5 | 202.5 | | | | | |
| Meißner, Heike (GER) (1970) | 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 | 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 | 23 | 16 | 16 | 15 | 15 | 15 | 16 | 17 | 17 | 20.5 | 187.5 | | | | | |
| Lachgar, Zahra (MAR) (1977) | 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 | 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 | 24 | 16 | 16 | 16 | 17 | 17 | 18 | 19 | 19 | 21.5 | 199.5 | | | | | |
| Montero, Beatriz (ESP) (1977) | 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 | 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 | 24 | 16 | 16 | 16 | 17 | 18 | 18 | 19 | 19 | 22.5 | 202.5 | | | | | |

2002 European Championships (Munich, GER)

FINAL

date 08-Aug-02

Graubner (2009) - <http://www.fgs.uni-halle.de>

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

| | | | | | | | | | | | | | | | | | |
|---|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|-------|-------|--|
| Tirlea, Ionela (ROU) (1976) | time | 6.46 | 10.64 | 14.86 | 19.19 | 23.66 | 28.37 | 33.27 | 38.40 | 43.68 | 49.01 | 54.95 | / 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 | | | | | | |
| Meißner, Heike (GER) (1970) | 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 | | | | | | |
| Olichwierzuk, Anna (POL) () | 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 | 16.20 | |
| | 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 | 6.48 | |
| H1 lead leg | strides | | 15 | 15 | 15 | 15 | 16 | 16 | 16 | 17 | 18 | | | | | | |
| Niederstatter, Monika (ITA) () | time | 6.89 | 11.25 | 15.71 | 20.21 | 24.82 | 29.59 | 34.55 | 39.65 | 44.85 | 50.21 | 56.34 | / 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 | | | | | | | | | | | | | | | | |
| Bakhvalova, Yekaterina (RUS) () | 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 | | | | | | | | | | | | | | | | |
| Pskit, Małgorzata (POL) (197) | time | 6.72 | 10.91 | 15.13 | 19.51 | 24.03 | 28.75 | 33.73 | 38.87 | 44.35 | 50.11 | 56.76 | / 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 | | | | | | | | | | | | | | | | |
| Danvers, Tasha (GBR) (1977) | time | 6.65 | 10.83 | 15.11 | 19.59 | 24.17 | 28.91 | 33.89 | 39.19 | 44.69 | 50.35 | 56.93 | / 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 | | | | | | | | | | | | | | | | |
| Dudgeon, Sinead (GBR) (19) | time | 6.61 | 11.16 | 15.65 | 20.22 | 24.99 | 29.99 | 35.23 | 40.76 | 46.56 | 52.41 | 59.39 | / 8 | | | | |
| reaction time | 0.184 | interval | 4.55 | 4.49 | 4.57 | 4.77 | 5.00 | 5.24 | 5.53 | 5.80 | 6.08 | 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 | | | | 7.71 | 7.00 | | |
| H1 lead leg | strides | | | | | | | | | | | | | | | | |

Heat 1

date 07-Aug-02

Graubner (2009) - <http://www.fgs.uni-halle.de>

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Tirlea, Ionela (ROU) (1976) | time | 6.48 | 10.67 | 14.95 | | | | 33.71 | 38.95 | 44.25 | 49.59 | | 55.57 | / 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 | | | | | | | | | | | | | | | | | |
| Meißner, Heike (GER) (1970) | 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 | | | | | | | | | | | | | | | | | |

2001 Chinese National Games (Guangzhou, CHN)

FINAL

date 22-Nov-01

Lu (2002) - technical analysis of women's 400m hurdles champion and runner-up at the 9th national games

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Song Yinglan (CHN) (1975) | time | 6.37 | 10.57 | 14.81 | 19.05 | 23.41 | 27.97 | 32.73 | 37.65 | 42.73 | 47.85 | | 53.96 | / 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 | | | | | | | | | | | | | | | | | |
| Huang Xiaoxiao (CHN) (1983) | time | 6.31 | 10.55 | 14.79 | 19.11 | 23.51 | 28.10 | 33.02 | 38.02 | 43.26 | 48.66 | | 55.15 | / 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 | | | | | | | | | | | | | | | | | |

2001 ISTAF (Berlin, GER)

FINAL

date 31-Aug-01

Graubner (2009) - <http://www.fgs.uni-halle.de>

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Nosova, Yuliya (RUS) (1978) | time | 6.62 | 10.78 | 15.03 | 19.36 | 23.78 | 28.30 | 33.11 | 38.09 | 43.21 | 48.62 | | 54.62 | / 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 | | | | | | | | | | | | | | | | | |
| Tereschuk-Antipova, Tetiana () | time | 6.69 | 11.00 | 15.32 | 19.73 | 24.23 | 28.84 | 33.63 | 38.50 | 43.61 | 48.80 | | 54.64 | / 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 | | | | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | | | | |
|------------------------------------|---------------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|------|-------|-------|-------|------|
| Pernía, Daimí (CUB) (1976) | time | 6.70 | 10.99 | 15.36 | 19.79 | 24.38 | 29.16 | 34.19 | 39.15 | 44.21 | 49.30 | | 54.98 | / 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 | | | | | | | | | | | | | | | |
| Tirlea, Ionela (ROU) (1976) | time | 6.47 | 10.68 | 14.99 | 19.34 | 23.92 | 28.76 | 33.71 | 38.86 | 44.08 | 49.30 | | 55.13 | / 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 | 6.86 | 7.26 | 8.16 | 7.31 | 6.74 | |
| | H1 lead leg | | strides | | | | | | | | | | | | | | | |

2001 IAAF World Championships (Edmonton, CAN)

FINAL

date 08-Aug-01

Behm (2001) - Edmonton: Le quatrache: les finales

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|---------------|-------|--------------------------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Bidouane, Nezha (MAR) (1978) | 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 | 4.4 | 4.3 | 4.4 | 4.6 | 4.6 | 4.8 | 4.7 | 5.0 | 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 | 20.5 | 193.5 | | | | |
| Nosova, Yuliya (RUS) (1978) | 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 | 4.2 | 4.2 | 4.3 | 4.4 | 4.5 | 4.8 | 5.0 | 5.0 | 5.2 | 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 | | | |
| Pernía, Daimí (CUB) (1976) | 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 | | | | |
| | reaction time | 0.160 | interval | 4.1 | 4.1 | 4.4 | 4.3 | 4.6 | 4.2 | 5.7 | 5.0 | 5.5 | 6.31 | | 12.60 | 13.10 | 16.20 | |
| | | | 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 | | | |
| Buford-Bailey, Tonja (USA) | 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 | 4.3 | 4.3 | 4.4 | 4.4 | 4.7 | 4.8 | 5.1 | 5.1 | 5.3 | 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 | 20 | 185 | | | | |
| Parris-Thymes, Debbie (JAM) | time | 6.3 | 10.5 | 14.8 | 19.1 | 23.4 | 27.9 | 32.8 | 37.9 | 42.9 | 48.3 | | 54.68 | 1 / 5 | | | | |
| | reaction time | 0.151 | interval | 4.2 | 4.3 | 4.3 | 4.3 | 4.5 | 4.9 | 5.1 | 5.0 | 5.4 | 6.38 | | 12.80 | 13.70 | 15.50 | |
| | | | velocity | 7.14 | 8.33 | 8.14 | 8.14 | 8.14 | 7.78 | 7.14 | 6.86 | 7.00 | 6.48 | 6.27 | 7.32 | 8.20 | 7.66 | 6.77 |
| | H1 lead leg | L | strides | 23 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | 21.5 | 193.5 | | | | |
| Tirlea, Ionela (ROU) (1976) | 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 | 4.1 | 4.3 | 4.2 | 4.4 | 4.6 | 4.9 | 5.3 | 5.4 | 5.4 | 6.56 | | 12.60 | 13.90 | 16.10 | |
| | | | 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 |
| | H1 lead leg | R | strides | 23 | 16 | 16 | 16 | 16 | 17 | 17 | 17 | 17 | 20.5 | 192.5 | | | | |
| Hemmings, Deon (JAM) (1978) | 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 | 4.3 | 4.4 | 4.3 | 4.5 | 4.8 | 5.1 | 5.2 | 5.1 | 5.3 | 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 | | | | |
| Glover, Sandra (USA) (1968) | 0.174 | | no information available | | | | | | | | | | 57.42 | 2 / 8 | | | | |

Semi-Final 1

date 08-Aug-01

Behm (2001) - profil des finales d'Edmonton

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|---------------|-------|----------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Glover, Sandra (USA) (1968) | 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 | | | | |

2001 European Junior Championships (Grosseto, ITA)

Heat 2

date 20-Jul-01

Leynier (2001) - Athl'haies - Championnats d'Europe Juniors

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|---------------|-----|----------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Derycke, Sylvaine (FRA) (1981) | time | 6.6 | 11.3 | 16.1 | 21.1 | 26.4 | 31.7 | 37.1 | 42.7 | 48.4 | 54.3 | | 61.52 | / 5 | | | | |
| | reaction time | | interval | 4.7 | 4.8 | 5.0 | 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 | 6.50 | 7.24 | 6.56 | 6.10 | |
| | H1 lead leg | | strides | | | | | | | | | | | | | | | |

2001 European Cup (Bremen, GER)

FINAL

date 23-Jun-01

Graubner (2007) - <http://www.fgs.uni-halle.de>

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|---------------|------|----------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Nosova, Yuliya (RUS) (1978) | time | 6.62 | 10.74 | 14.90 | 19.12 | 23.51 | 27.99 | 32.76 | 37.66 | 42.70 | 47.83 | | 53.84 | / 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 | | | | | | | | | | | | | | | |
| Tirlea, Ionela (ROU) (1976) | time | 6.43 | 10.56 | 14.77 | 19.05 | 23.54 | 28.12 | 33.07 | 38.27 | 43.71 | 49.21 | | 55.08 | / 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 | | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | | |
|---|----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|-------|-------|
| Meißner, Heike (GER) (1970) | 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 | | | | | | | | | | | | | | | |
| Morandais, Sylvanie (FRA) (1970) | time | 6.56 | 10.86 | 15.25 | 19.68 | 24.23 | | 34.09 | 39.08 | 44.31 | 49.59 | 55.50 | / 4 | | | |
| reaction time | interval | | 4.30 | 4.39 | 4.43 | 4.55 | | 9.86 | 4.99 | 5.23 | 5.28 | 5.91 | | 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 | | | | | | | | | | | | | | | |
| Kurochkina, Tatyana (BLR) (1970) | time | 6.70 | 11.01 | 15.27 | 19.69 | 24.77 | 29.13 | 34.17 | 39.33 | 44.67 | 50.11 | 56.17 | / 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 | | | | | | | | | | | | | | | |
| Niederstätter, Monika (ITA) (1970) | time | 6.85 | 11.22 | 15.67 | 20.15 | 24.77 | 29.51 | 34.53 | 39.63 | 44.86 | 50.47 | 56.85 | / 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 | | | | | | | | | | | | | | | |
| Rücklová, Alena (CZE) (1981) | time | 6.92 | 11.36 | 15.91 | 20.48 | 25.24 | 30.21 | 35.29 | 40.45 | | 51.45 | 57.60 | / 7 | | | |
| reaction time | interval | | 4.44 | 4.55 | 4.57 | 4.76 | 4.97 | 5.08 | 5.16 | | 11.00 | 6.15 | | 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 | | | | | | | | | | | | | | | |
| Danvers, Natasha (GBR) (1970) | 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 | | | | | | | | | | | | | | | |

2000 Olympic Games (Sydney, AUS)

FINAL

date 27-Sep-00

Behm (2000) - Sydney 2000: Compte-rendu du 400m haies

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-in | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|----------------|------|------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Privalova, Irina (RUS) (1968) | 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 | | 4.1 | 4.2 | 4.3 | 4.3 | 4.4 | 4.5 | 4.8 | 4.9 | 5.2 | 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 | | | | | |
| Hemmings, Deon (JAM) (1970) | 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 | | 4.1 | 4.1 | 4.3 | 4.4 | 4.5 | 4.6 | 5.0 | 5.1 | 5.1 | 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 | | | | | |
| Bidouane, Nezha (MAR) (1970) | 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 | | 4.3 | 4.3 | 4.3 | 4.3 | 4.5 | 4.6 | 4.8 | 4.9 | 5.1 | 6.07 | | | 12.90 | 13.40 | 14.80 | |
| | velocity | 7.03 | 8.14 | 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 | | | | | |
| Pernía, Daimi (CUB) (1976) | 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 | | | | |
| reaction time | 0.447 interval | | 4.1 | 4.2 | 4.3 | 4.3 | 4.6 | 4.6 | 5.0 | 5.1 | 5.0 | 6.08 | | | 12.60 | 13.50 | 15.10 | |
| | 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 | | | | | |
| Tereschuk-Antipova, Tetiana (UKR) (1970) | 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 | | 4.1 | 4.2 | 4.2 | 4.4 | 4.4 | 4.7 | 4.9 | 5.0 | 5.0 | 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 | | | | | |
| Tirlea, Ionela (ROU) (1976) | 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 | | 4.1 | 4.2 | 4.3 | 4.3 | 4.8 | 4.8 | 5.0 | 5.0 | 5.4 | 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 | | | | | |
| Arnardóttir, Guðrún (ISL) (1970) | 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 | | 4.3 | 4.3 | 4.3 | 4.5 | 4.6 | 4.9 | 5.0 | 5.0 | 5.2 | 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 | | | | | |
| Danvers, Tasha (GBR) (1977) | time | 6.2 | 10.4 | 14.7 | 19.2 | 23.7 | 28.2 | 33.1 | 38.0 | 43.1 | 48.7 | | 55.00 | 1 / 8 | | | | |
| reaction time | 0.174 interval | | 4.2 | 4.3 | 4.5 | 4.5 | 4.5 | 4.9 | 4.9 | 5.1 | 5.6 | 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 | | | | | |

1999 IAAF World Championships (Sevilla, ESP)

FINAL

date 25-Aug-99

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-in | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-----------------------------------|----------------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|---------------|--------------|-------|-------|--------|
| Pernía, Daimi (CUB) (1976) | 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 | | | | |
| 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 | NR | | 12.53 | 13.76 | 14.45 | |

| | | | | | | | | | | | | | | | | |
|---|----------------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|---------|-------|-------|-------|
| | 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 | 181.5 | | | |
| Bidouane, Nezha (MAR) (1991) | 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 | 192.5 | | | |
| Hemmings, Deon (JAM) (1991) | 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 | | | |
| Blackett, Andrea (BAR) (1977) | 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 | 181.5 | | | |
| Glover, Sandra (USA) (1968) | 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 | | | |
| Johnson, Michelle (USA) (1991) | 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 | | | |
| Tereschuk-Antipova, Tetiana (UKR) (1991) | 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 | 180.5 | | | |
| Parris-Thymes, Debbie (JAM) (1991) | time | 6.53 | 10.91 | 15.33 | 19.91 | 24.57 | 29.46 | 34.41 | 39.35 | 44.47 | 49.77 | | 56.24 | 8 / 8 | | |
| reaction time | 0.239 interval | | 4.38 | 4.42 | 4.58 | 4.66 | 4.89 | 4.95 | 4.94 | 5.12 | 5.30 | 6.47 | | 13.38 | 14.50 | 15.36 |
| | velocity | 6.89 | 7.99 | 7.92 | 7.64 | 7.51 | 7.16 | 7.07 | 7.09 | 6.84 | 6.60 | 6.18 | 7.11 | 7.85 | 7.24 | 6.84 |
| H1 lead leg | L strides | 24 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 20.5 | 197.5 | | | |

Semi-Final 2

date 23-Aug-99

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-in | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|----------------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Bidouane, Nezha (MAR) (1991) | 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 | | | | |
| Pernia, Daimi (CUB) (1976) | 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 | | | |
| 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 | | | 12.71 | 13.98 | 15.10 |
| | 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 | | | | |
| Glover, Sandra (USA) (1968) | 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 | 7.03 |
| H1 lead leg | L strides | 24 | 16 | 16 | 16 | 16 | | 16 | 16 | 17 | 17 | 17 | 19.5 | 190.5 | | | | |
| Parris-Thymes, Debbie (JAM) (1991) | time | 6.16 | 10.47 | 14.88 | 19.42 | 24.08 | | 28.87 | 33.51 | 38.32 | 43.28 | 48.34 | | 54.81 | 5 / 4 | | | |
| reaction time | 0.155 interval | | 4.31 | 4.41 | 4.54 | 4.66 | | 4.79 | 4.64 | 4.81 | 4.96 | 5.06 | 6.47 | | | 13.26 | 14.09 | 14.83 |
| | velocity | 7.31 | 8.12 | 7.94 | 7.71 | 7.51 | | 7.31 | 7.54 | 7.28 | 7.06 | 6.92 | 6.18 | 7.30 | | 7.92 | 7.45 | 7.08 |
| H1 lead leg | L strides | 23 | 16 | 16 | 17 | 17 | | 16 | 16 | 17 | 17 | 17 | 21 | 193 | | | | |
| Szekeres, Judit (HUN) (1966) | 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 | | | | |
| Smith-Walsh, Susan (IRL) (1991) | 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 | | | | |
| Torshina, Natayla (KAZ) (1991) | 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 | | | | |
| Niederstätter, Monika (ITA) (1991) | 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 | | | | |

Semi-Final 1

date 23-Aug-99

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

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Hemmings, Deon (JAM) (1997) 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 | 16 | 16 | 16 | 17 | 20 | 183 | | | | |
| Blackett, Andrea (BAR) (1977) 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 | 16 | 16 | 16 | 16 | 16 | 16 | 19 | 183 | | | | |
| Tereschuk-Antipova, Tetiana (UKR) (1976) 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 | 16 | 16 | 16 | 16 | 19.5 | 180.5 | | | | |
| Johnson, Michelle (USA) (1976) 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 | 16 | 16 | 16 | 16 | 19.5 | 181.5 | | | | |
| Diouf, Tacko (SEN) (1976) time | 6.15 | 10.46 | 14.85 | 19.29 | 23.93 | | 28.86 | 33.75 | 38.63 | 43.48 | 48.63 | | 55.17 | 7 / 5 | | | |
| 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 | | | 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 | 17 | 17 | 17 | 17 | 18 | 22 | 194 | | | | |
| Dudgeon, Sinead (GBR) (1976) 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 | | | 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 | 16 | 16 | 17 | 17 | 17 | 20 | 186 | | | | |
| Bakhvalova, Yekaterina (RUS) (1976) time | 6.23 | 10.56 | 14.97 | 19.12 | 24.19 | | 29.08 | 34.05 | 38.93 | 44.18 | 49.63 | | 55.76 | 8 / 7 | | | |
| 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 | | | 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 | 7.17 | | 8.15 | 7.03 | 6.74 |
| H1 lead leg | L | strides | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 18 | 176 | | | | |
| Urbansky, Ulrike (GER) (1977) 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 | 17 | 17 | 17 | 17 | 20 | 186 | | | | |

Heat 4

date 21-Aug-99

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

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Hemmings, Deon (JAM) (1997) 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 | 16 | 16 | 17 | 17 | 20 | 184 | | | | |

Heat 2

date 21-Aug-99

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

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Bidouane, Nezha (MAR) (1976) 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 | | | | |

Heat 1

date 21-Aug-99

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

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Pernía, Daimi (CUB) (1976) 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 | | | |
| 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 | | | 12.98 | 14.42 | 15.24 |
| 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 | 16 | 16 | 16 | 16 | 19 | 181 | | | | |

1998 European Championships (Budapest, HUN)

FINAL

date 23-Aug-98

Sanchez (1998) - Budapest '98: análisis de la carreras con villas

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|------|----------|-------|-------|----------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Tirlea, Ionela (ROU) (1976) 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 | 16 | 16 | 17 | 17 | 21 | 184 | | | | |
| Tereschuk-Antipova, Tetiana (UKR) (1976) time | 6.41 | | | | 23.10 | | | | | | 47.49 | | 54.07 | 5 / 2 | | | |
| reaction time | | | | | interval | | | | | | 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 | 16 | 16 | 21 | 180 | | | | |
| Rieger, Silvia (GER) (1970) 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 | 15 | 16 | 16 | 17 | 17 | 20.5 | 184.5 | |
| Arnardóttir, Guðrún (ISL) (1 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 | |
| Goossens, Ester (NED) (1977 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 | |
| Urbansky, Ulrike (GER) (1977 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 | |
| Knoroz, Anna (RUS) (1976 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 | |
| Smith, Susan (IRL) (1971 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 | |

1998 Spanish National Championships (San Sebastián, ESP)

FINAL

date 02-Aug-98

Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|----------|---------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Paniagua, Eva (ESP) (1974 time | | 6.74 | 11.30 | 15.86 | 20.52 | 25.40 | | 30.36 | 35.58 | 40.96 | 46.51 | 52.24 | | 59.00 | 5 / 1 | | | |
| reaction time | interval | | 4.56 | 4.56 | 4.66 | 4.88 | | 4.96 | 5.22 | 5.38 | 5.55 | 5.73 | 6.76 | | | 13.78 | 15.06 | 16.66 |
| | velocity | 6.68 | 7.68 | 7.68 | 7.51 | 7.17 | | 7.06 | 6.70 | 6.51 | 6.31 | 6.11 | 5.92 | 6.78 | | 7.62 | 6.97 | 6.30 |
| H1 lead leg | L | strides | 23 | 15 | 15 | 15 | | 15 | 16 | 16 | 17 | 17 | 20.5 | 184.5 | | | | |
| Urcelay, Maite (ESP) (1972 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 | | 17 | 17 | 17 | 18 | 18 | 21 | 195 | | | | |
| Alonso, Mariam (ESP) (1970 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 | 17 | 17 | 18 | 18 | 22 | 195 | | | | |
| Medina, Celia (ESP) (1977 time | | 6.75 | 11.61 | 16.49 | 21.56 | 26.70 | | 31.80 | 37.08 | 42.36 | 47.99 | 53.86 | | 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 | 18 | 18 | 21 | 196 | | | | |
| Pérez, Susana (ESP) (1974 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 | 18 | 19 | 18 | 20.5 | 198.5 | | | | |
| Masferrer, Cristina (ESP) (1977 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 | 18 | 18 | 18 | 19 | 23 | 205 | | | | |
| Montero, Beatriz (ESP) (1977 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 | 18 | 18 | 18 | 18 | 23.5 | 202.5 | | | | |

1997 IAAF World Championships (Athens, GRE)

FINAL

date 08-Aug-97

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|----------------|---------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Bidouane, Nezha (MAR) (1977 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 | | | | | | | | | | | | | | | | |
| Hemmings, Deon (JAM) (1977 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 | | | | | | | | | | | | | | | |
|--|---------------|--------------------------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Batten, Kim (USA) (1969) | 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 | 7.47 | | 8.38 | 7.86 |
| H1 lead leg | | strides | | | | | | | | | | | | | | | |
| Tereshchuk, Tetiana (UKR) (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 |
| H1 lead leg | | strides | | | | | | | | | | | | | | | |
| Paris, Debbie (JAM) (1973) | 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 |
| H1 lead leg | | strides | | | | | | | | | | | | | | | |
| Buford-Bailey, Tonja (USA) | 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 |
| H1 lead leg | | strides | | | | | | | | | | | | | | | |
| Smith, Susan (IRL) (1971) | 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 |
| H1 lead leg | | strides | | | | | | | | | | | | | | | |
| Blackett, Andrea (BAR) (197 | 0.120 | no information available | | | | | | | | | | 55.63 | 1 / 8 | | | | |

1997 European Cup (Munich, GER)

FINAL

date 21-Jun-97

Jung (2003) - <http://www.fgs.uni-halle.de>

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|---------------|----------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Gunnell, Sally (GBR) (1966) | time | 6.69 | 10.96 | 15.26 | 19.64 | 24.08 | | 28.58 | 33.48 | 38.39 | 43.54 | 48.67 | | 54.57 | / 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 | | | | | | | | | | | | | | | | |
| Rieger, Silvia (GER) (1970) | time | 6.80 | 11.05 | 15.33 | 19.71 | 24.19 | | 28.88 | 33.83 | 39.02 | 44.21 | 49.34 | | 55.23 | / 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 | | | | | | | | | | | | | | | | |
| Bakhvalova, Yekaterina (RUS) | time | 6.78 | 11.14 | 15.52 | 20.03 | 24.72 | | 29.50 | 34.45 | 39.57 | 44.83 | 50.01 | | 55.66 | / 3 | | | |
| | reaction time | | interval | 4.36 | 4.38 | 4.51 | 4.69 | 4.78 | 4.95 | 5.12 | 5.26 | 5.18 | 5.65 | | | 13.25 | 14.42 | 15.56 |
| | | velocity | 6.64 | 8.03 | 7.99 | 7.76 | 7.46 | 7.32 | 7.07 | 6.84 | 6.65 | 6.76 | 7.08 | 7.19 | | 7.92 | 7.28 | 6.75 |
| H1 lead leg | | strides | | | | | | | | | | | | | | | | |
| Kurochkina, Tatyana (BLR) | time | 6.85 | | 15.46 | 19.88 | 24.44 | | 29.16 | 34.09 | 39.15 | 44.37 | 49.82 | | 56.19 | / 4 | | | |
| | reaction time | | interval | 4.36 | 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 |
| H1 lead leg | | strides | | | | | | | | | | | | | | | | |
| Lenskaya, Irina (UKR) (1971) | time | 6.70 | 10.96 | 15.22 | 19.63 | 24.12 | | 28.93 | 33.99 | 39.24 | 44.67 | 50.09 | | 56.47 | / 5 | | | |
| | 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 | | | | | | | | | | | | | | | | |
| Delaune, Florence (FRA) (19 | 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 | | | | | | | | | | | | | | | | |
| Barbarino, Carla (ITA) (1967) | time | 6.94 | 11.29 | 15.67 | 20.15 | 24.82 | | 29.83 | 34.95 | 40.32 | 45.77 | 51.35 | | 57.78 | / 7 | | | |
| | reaction time | | interval | 4.35 | 4.38 | 4.48 | 4.67 | 5.01 | 5.12 | 5.37 | 5.45 | 5.58 | 6.43 | | | 13.21 | 14.80 | 16.40 |
| | | velocity | 6.48 | 8.05 | 7.99 | 7.81 | 7.49 | 6.99 | 6.84 | 6.52 | 6.42 | 6.27 | 6.22 | 6.92 | | 7.95 | 7.09 | 6.40 |
| H1 lead leg | | strides | | | | | | | | | | | | | | | | |
| Tirlea, Ionela (ROU) (1976) | 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 | | | | | | | | | | | | | | | | |

1996 Olympic Games (Atlanta, GA)

FINAL

date 31-Jul-96

Behm (1996) - 400m haies

McFarlane (2000) - the science of hurdling and speed

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|----------------------------------|---------------|----------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Hemmings, Deon (JAM) (196 | 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 | | | | |
| Batten, Kim (USA) (1969) | 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 | <i>McFarlane (2000)</i> | | |
| 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 | 7.84 | 7.14 |
| H1 lead leg | strides | | 15 | 15 | 15 | | 15 | 15 | 16 | 17 | 17 | 140 | | | | |
| Buford-Bailey, Tonja (USA) | 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 | <i>McFarlane (2000)</i> | | |
| 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 | | | | |
| Paris, Debbie-Ann (JAM) (1979) | 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)</i> | | |
| reaction time | 0.217 interval | 4.1 | 4.3 | 4.3 | 4.4 | | 4.6 | 4.8 | 4.8 | 4.9 | 5.3 | 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 | | | | |
| Meißner, Heike (GER) (1970) | 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 | <i>Behm (1996)</i> | | |
| reaction time | 0.272 interval | 4.0 | 4.2 | 4.2 | 4.4 | | 4.7 | 4.8 | 4.9 | 5.0 | 5.3 | 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 | | | | |
| Edeh, Rosey (CAN) (1966) | 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 | <i>Behm (1996)</i> | | |
| reaction time | 0.324 interval | 4.1 | 4.3 | 4.4 | 4.5 | | 4.5 | 4.8 | 4.9 | 5.0 | 5.4 | 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 | | | | |
| Tirlea, Ionela (ROU) (1976) | 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 | <i>Behm (1996)</i> | | |
| reaction time | 0.343 interval | 4.0 | 4.3 | 4.4 | 4.5 | | 4.6 | 4.8 | 4.9 | 5.1 | 5.4 | 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 | | | | |
| Rieger, Silvia (GER) (1970) | 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 | <i>Behm (1996)</i> | | |
| reaction time | 0.297 interval | 4.2 | 4.3 | 4.5 | 4.5 | | 4.6 | 4.6 | 4.9 | 5.0 | 5.3 | 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 | | | | |

1996 Tarare, FRA

FINAL

date 06-Jul-96

Veney - split times from PJ

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|----------|------|------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Renaud, Anne (FRA) (1970) | time | 7.1 | 11.5 | 15.8 | 20.2 | 24.9 | | 29.8 | 34.8 | 39.8 | 45.0 | 50.6 | | 56.82 | / 1 | | | |
| reaction time | interval | | 4.4 | 4.3 | 4.4 | 4.7 | | 4.9 | 5.0 | 5.0 | 5.2 | 5.6 | 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 | | | | | |
| Dherbecourt, Isabelle (FRA) | time | 7.1 | 11.6 | 16.0 | 20.5 | 25.2 | | 30.0 | 35.0 | 40.2 | 45.4 | 51.1 | | 57.06 | / 2 | | | |
| reaction time | interval | | 4.5 | 4.4 | 4.5 | 4.7 | | 4.8 | 5.0 | 5.2 | 5.2 | 5.7 | 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 | 18 | 18 | 174 | | | | | |

1996 USATF National Junior Championships (Delaware, OH)

FINAL

date 29-Jun-96

USATF Women's Sprint Development (1996)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Foster, Charlynna (USA) (1979) | 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 | | | | | | | | | | | | | | | | | |
| Powell, Shontel (USA) (1979) | 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 | | | | | | | | | | | | | | | | | |
| Dulin, Mandie (USA) (1977) | 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 | | | 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 | | | | | | | | | | | | | | | | | |
| Ortiz, Yamelis (USA) (1978) | 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 | | | | | | | | | | | | | | | | | |
| White, Yvette (USA) (1977) | 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 | | | | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | | | | |
|-------------------------------------|---------------|------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|
| Craft, Angela (USA) (1979) | 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 |
| | | 6.19 | velocity | 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 | | | | | | | | | | | | | | | |
| Helberg, Amanda (USA) (1979) | 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 |
| | | 6.19 | velocity | 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 | | | | | | | | | | | | | | | |
| Coleman, Ayana (USA) (1979) | 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 |
| | | 6.39 | velocity | 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 | | | | | | | | | | | | | | | |

1996 USA Olympic Trials (Atlanta, GA)

FINAL

date 16-Jun-96

USATF Women's Sprint Development (1996)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|---------------|------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Batten, Kim (USA) (1969) | 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 |
| | | 7.00 | velocity | 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 | 16 | 16 | 17 | 17 | 21 | 185 | | | | |
| Buford-Bailey, Tonja (USA) | 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 |
| | | 6.96 | velocity | 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 | 16 | 17 | 17 | 17 | 19 | 184 | | | | |
| Farmer-Patrick, Sandra (USA) | 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 |
| | | 6.93 | velocity | 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 | 16 | 16 | 16 | 16 | 19 | 182 | | | | |
| Williams, Trevaia (USA) (1969) | 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 |
| | | 6.96 | velocity | 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 | 16 | 16 | 16 | 16 | 19.5 | 181.5 | | | | |
| Buchanan, Rebecca (USA) (1969) | 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 |
| | | 7.00 | velocity | 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 | 16 | 16 | 16 | 16 | 16 | 17 | 17 | 20 | 187 | | | | |
| Williams, Tonya (USA) (1970) | 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 | |
| | | 7.26 | velocity | 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 | 16 | 16 | 17 | 17 | 19.5 | 183.5 | | | | |
| Lee, Tonya (USA) (1969) | time | 6.58 | 10.83 | 15.08 | 19.47 | 23.98 | 25.89 | 28.81 | 33.95 | 39.17 | | | | 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 | |
| | | 6.84 | velocity | 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 | 17 | 17 | 17 | 18 | 18 | 21 | 196 | | | | |
| Jolivet, Rosa (USA) (1974) | 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 | |
| | | 6.75 | velocity | 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 | 16 | 16 | 17 | 17 | 17 | 20 | 187 | | | | |

1995 Weltklasse (Zurich, SUI)

FINAL

date 19-Aug-95

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 |
|---------------------------------------|---------------|------|----------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Pérec, Marie-José (FRA) (1969) | 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 | 4.0 | 4.1 | 4.3 | 4.5 | 4.5 | 4.4 | 4.7 | 5.3 | 5.0 | 6.11 | NR / PB | | 12.40 | 13.40 | 15.00 |
| | | 7.14 | velocity | 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 | 14 | 14 | 14 | 14 | 16 | 15 | 18.5 | 169.5 | | | | |

1995 IAAF World Championships (Göteborg, SWE)

FINAL

date 11-Aug-95

Behm (1999) - Les chiffres: Les podiums de tous le championnats

Winckler/USATF (2001) - Level II: sprints, hurdles, and relays

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-----------------------------------|---------------|------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|-----------------|
| Batten, Kim (USA) (1969) | time | | | | | 23.0 | | | | | | | | 52.61 | 5 / 1 | | | |
| | reaction time | | | | | | | | | | | | | WR | | | | |
| | | | | | | 8.04 | | | | | | | | 7.60 | | | | |
| | H1 lead leg | L | strides | 23 | 15 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 21 | 185 | | | | |
| Buford-Bailey, Tonja (USA) | 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 | | | Winckler (2001) |
| | reaction time | | interval | 4.03 | 4.10 | 4.17 | 4.30 | 4.40 | 4.70 | 4.80 | 4.97 | 5.06 | 5.62 | PB | | 12.30 | 13.40 | 14.83 |
| | | 6.96 | velocity | 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 | 16 | 16 | 17 | 17 | 19.5 | 183.5 | | | | |

| | | | | | | | | | | | | | | | |
|---------------|----------|------|------|------|------|------|------|------|------|------|------|-------|-------|-------|------|
| reaction time | interval | 4.34 | 4.49 | 4.41 | 4.71 | 4.78 | 4.96 | 4.94 | 5.07 | 5.43 | 5.88 | 13.24 | 14.45 | 15.44 | |
| | velocity | 6.86 | 8.06 | 7.80 | 7.94 | 7.32 | 7.06 | 7.09 | 6.90 | 6.45 | 6.80 | 7.20 | 7.93 | 7.27 | 6.80 |
| H1 lead leg | strides | 23 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 17 | 166 | | | | |

Winckler (1994) - principles for the development of the 400m hurdles program

1993 IAAF World Championships (Stuttgart, GER)

Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)

FINAL

date 19-Aug-93

Graubner (2008) - http://www.fgs.uni-halle.de

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|---------------|----------|----------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Gunnell, Sally (GBR) (1966) | 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 | | | | |
| Farmer-Patrick, Sandra (USA) | 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 | 16 | 16 | 16 | 16 | 19.5 | 181.5 | | | | |
| Ponomaryova, Margareta (RUS) | 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 | | | | |
| Batten, Kim (USA) (1969) | 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 | | 155 | | | | | |
| Buford-Bailey, Tonja (USA) | 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 | | | | | |
| Hemming, Deon (JAM) (1968) | | | | | | | | | | | | | | 54.99 | 3 / 6 | | | |
| Edeh, Rosey (CAN) (1966) | | | | | | | | | | | | | | 55.16 | 1 / 7 | | | |
| Torshina, Natalys (KZK) (1968) | | | | | | | | | | | | | | 55.78 | 8 / 8 | | | |

Semi-Final 3

date 17-Aug-93

Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|---------------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Farmer-Patrick, Sandra (USA) | time | 6.38 | 10.52 | 14.68 | 18.98 | 23.42 | | 27.91 | 32.56 | 37.44 | 42.47 | 47.71 | | 53.88 | 3 / 1 | | | |
| | reaction time | interval | 4.14 | 4.16 | 4.30 | 4.44 | | 4.49 | 4.65 | 4.88 | 5.03 | 5.24 | 6.17 | | | 12.60 | 13.58 | 15.15 |
| | velocity | 7.05 | 8.45 | 8.41 | 8.14 | 7.88 | | 7.80 | 7.53 | 7.17 | 6.96 | 6.68 | 6.48 | 7.42 | | 8.33 | 7.73 | 6.93 |
| H1 lead leg | R strides | 23 | 15 | 15 | 15 | 15 | | 15 | 16 | 16 | 16 | 16 | 19.2 | 181.2 | | | | |
| Hemmings, Deon (JAM) (1968) | 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 | | | | |
| Ledovskaya, Tatyana (BLR) | 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 | | | | |

Semi-Final 2

date 17-Aug-93

Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|---------------|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Ponomaryova, Margareta (RUS) | 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 | | | | |
| Batten, Kim (USA) (1969) | 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 | | | | |
| Torshina, Natalya (KAZ) (1968) | 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 | | | | |
| Edeh, Rosey (CAN) (1966) | 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 | | | | |

Semi-Final 1

date 17-Aug-93

Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Gunnell, Sally (GBR) (1966) | 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 | | | | |
| Buford-Bailey, Tonja (USA) | 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 | 183.7 | | | | |
| Meißner, Heike (GER) (1970) | 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 | | | | |

1992 ??? (???)

FINAL

date ???

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------|----------|---------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Leng Xueyan (CHN) (1972) | 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 | | | | |

1992 Olympic Games (Barcelona, ESP)

FINAL

date 05-Aug-92

Knight (1992) - 1992 Olympic report: the hurdling events

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|----------|---------|------|-------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Gunnell, Sally (GBR) (1966) | 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 | 181.2 | | | | |
| Farmer-Patrick, Sandra (USA) | 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 | 16 | 16 | 17 | 17 | 19.2 | 183.2 | | | | |
| Vickers, Janeene (USA) (1966) | 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 | 179.7 | | | | |
| Ledovskaya, Tatyana (EUN) (1966) | | | | | | | | | | | | | | 54.31 | 8 / 4 | | | |
| Ordina, Vera (EUN) (1968) | | | | | | | | | | | | | | 54.83 | 5 / 5 | | | |
| Ponomaryova, Margarita (EUN) (1963) | | | | | | | | | | | | | | 54.83 | 6 / 6 | | | |
| Hemings, Deon (JAM) (1968) | | | | | | | | | | | | | | 55.58 | 7 / 7 | | | |

Semi-Final 1

date 03-Aug-92

Lyle (1992) - miscellaneous coaching notes

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|----------|---------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Gunnell, Sally (GBR) (1966) | 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 | | | | | | | | | | | | | | | | |
| Vickers, Janeene (USA) (1966) | 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 4

date 02-Aug-92

Lyle (1992) - miscellaneous coaching notes

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-----------------------------------|----------|---------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Buford-Bailey, Tonja (USA) | 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 | | | | | | | | | | | | | | | | |

Heat 3

date 02-Aug-92

Lyle (1992) - miscellaneous coaching notes

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|----------|---------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Vickers, Janeene (USA) (1966) | 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 | | | | | | | | | | | | | | | | |

Heat 2

date 02-Aug-92

Lyle (1992) - miscellaneous coaching notes

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|----------------------------------|----------|---------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Ledovskaya, Tatyana (EUN) | 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 | | | | | | | | | | | | | | | | |

Heat 1

date 02-Aug-92

Lyle (1992) - miscellaneous coaching notes

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Farmer-Patrick, Sandra (USA) 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 | | | | | | | | | | | | | | | | | |

1992 U23 European Cup (Villeneuve d'Ascq, FRA)

FINAL

date 18-Jul-92

Veney - split times from PJ

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Nelson, Carole (FRA) (1971) time | 6.75 | 11.10 | 15.59 | 20.17 | 24.93 | | 29.70 | 34.45 | 39.37 | 44.67 | 49.99 | | 56.61 | / 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 | | | | |

1992 French National Championships (Narbonne, FRA)

FINAL

date 28-Jun-92

Veney - split times from PJ

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Deniau, Lydie (FRA) (1971) time | 6.96 | 11.60 | 16.28 | 20.96 | 25.76 | | 30.76 | 35.76 | 40.96 | 46.16 | 51.76 | | 58.42 | / 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 | | | | |
| Robin, Sandrine (FRA) time | 7.00 | 11.64 | 16.30 | 21.00 | 25.90 | | 31.00 | 36.20 | 41.44 | 46.88 | 52.32 | | 58.42 | / 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 | | | | |

1991 ??? (???)

FINAL

date ???

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

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Leng Xueyan (CHN) (1972) 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 | | | | |

1991 IAAF World Championships (Tokyo, JPN)

FINAL

date 29-Aug-91

Behm (1995) - la tactique du 400 haies

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|--------------------------|------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Ledovskaya, Tatyana (URS) 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 | | 4.2 | 4.2 | 4.2 | 4.3 | | 4.5 | 4.6 | 4.6 | 5.0 | 5.2 | 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 | | | | |
| Gunnell, Sally (GBR) (1966) 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 | | 4.3 | 4.3 | 4.1 | 4.4 | | 4.5 | 4.6 | 4.7 | 4.8 | 5.1 | 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 | | | | |
| Vickers, Janeene (USA) (1966) 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 | | 4.3 | 4.2 | 4.1 | 4.6 | | 4.6 | 4.7 | 4.7 | 5.0 | 5.1 | 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 | 16 | 16 | 16 | 16 | 18.7 | 157.7 | | | | |
| Farmer-Patrick, Sandra (USA) (1962) | no information available | | | | | | | | | | | | 53.95 | 4 / 4 | | | |
| Batten, Kim (USA) (1969) | no information available | | | | | | | | | | | | 53.98 | 8 / 5 | | | |
| Protti, Anita (SUI) (1964) | no information available | | | | | | | | | | | | 54.25 | 3 / 6 | | | |
| Meißner, Heike (GER) (1970) | no information available | | | | | | | | | | | | 55.26 | 1 / 7 | | | |
| Khromova-Ponomaryova, Margarita (UR) | no information available | | | | | | | | | | | | 55.27 | 2 / 8 | | | |

1991 European Cup (Frankfurt, FRG)

FINAL

date 29-Jun-91

Federle (2003) - <http://www.fgs.uni-halle.de>

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Ponomarjowa, Margareta (U) time | 6.71 | 10.78 | 14.99 | 19.35 | 23.77 | | 28.25 | 32.86 | 37.63 | 42.81 | 48.40 | | 54.42 | / 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 | | | | | | | | | | | | | | | | | |
| Gunnell, Sally (GBR) (1966) time | 6.61 | 10.76 | 15.00 | 19.36 | 23.83 | | 28.31 | 33.16 | 38.25 | 43.55 | 48.89 | | 54.61 | / 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 | | | | | | | | | | | | | | | | | |
| Meißner, Heike (GER) (1970) 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

1990 European Championships (Split, YUG)**FINAL**

date 31-Aug-90

Behm (1995) - la tactique du 400 haies

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|--------------------------|------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Ledovskaya, Tatyana (URS) (time) | 6.2 | 10.4 | 14.5 | 18.7 | 23.0 | | 27.5 | 32.1 | 37.1 | 42.1 | 47.5 | | 53.62 | / 1 | | | |
| reaction time | interval | 4.2 | 4.1 | 4.2 | 4.3 | | 4.5 | 4.6 | 5.0 | 5.0 | 5.4 | 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 | | | | |
| Protti, Anita (SUI) (1964) (time) | 6.8 | 11.1 | 15.3 | 19.7 | 24.1 | | 28.6 | 33.3 | 38.1 | 43.1 | 48.4 | | 54.36 | / 2 | | | |
| reaction time | interval | | 4.3 | 4.2 | 4.4 | 4.4 | 4.5 | 4.7 | 4.8 | 5.0 | 5.3 | 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 | 19 | 19 | | 157 | | | | |
| Westén, Monica (SWE) (1964) (time) | 6.7 | 10.9 | 15.3 | | 24.2 | | | 33.6 | 38.5 | 43.5 | 48.6 | | 54.75 | / 3 | | | |
| reaction time | interval | | 4.2 | 4.4 | | 8.9 | | 9.4 | 4.9 | 5.0 | 5.1 | 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 | | | | |
| Abt, Gudrun (FRG) (1962) | no information available | | | | | | | | | | | | 54.97 | / 4 | | | |
| Ponomaryov, Margareta (URS) (1963) | no information available | | | | | | | | | | | | 55.22 | / 5 | | | |
| Gunnell, Sally (GBR) (1966) | no information available | | | | | | | | | | | | 55.45 | / 6 | | | |

1990 Résisprint International (La Chaux-de-Fond, FRA)**FINAL**

date 19-Aug-90

Veney - split times from PJ

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Cazier, Marie-Christine (FRA) (time) | 6.55 | 10.70 | 15.10 | 19.50 | 24.10 | | 28.80 | 33.75 | 38.90 | 44.15 | 49.55 | | 55.50 | / 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 | 16 | 16 | 17 | 17 | | 141 | | | | |

1990 Asian Games Test (Beijing, CHN)**FINAL**

date 24-Jun-90

*Guo (2007) - study on relationship between the rhythm and performance of 400m hurdles**Fan (1992) - implementing Chen Dongmei's four-year training plan: regularities of 400m hurdles*

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|-------------------|
| Chen Juying (CHN) (1963) (time) | 6.56 | 10.82 | 15.19 | 19.71 | 24.30 | | 29.02 | 33.87 | 38.89 | 44.05 | 49.28 | | 55.12 | / 1 | | | <i>Guo (2007)</i> |
| 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 | 17 | 17 | 17 | 17 | | 166 | | | | |
| Chen Dongmei (CHN) (1963) (time) | 6.40 | 10.86 | 15.07 | 19.46 | 23.92 | | 28.82 | 33.50 | 38.58 | 43.84 | 49.19 | | 55.68 | / 2 | | | <i>Fan (1992)</i> |
| 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 | | | | |

1990 Eight Nations (Milano, ITA)**FINAL**

date 05-Jun-90

Veney - split times from PJ

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|----------|------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Cazier, Marie-Christine (FRA) (time) | 6.0 | 10.1 | 14.3 | 18.7 | 23.2 | | 28.2 | 33.6 | 39.6 | 45.0 | 51.1 | | 58.63 | / 7 | | | |
| reaction time | interval | 4.1 | 4.2 | 4.4 | 4.5 | | 5.0 | 5.4 | 6.0 | 5.4 | 6.2 | 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 | | | | | | | | | | | | | | | | |

1989 ??? (???)**FINAL**

date ???

Fan (1992) - implementing Chen Dongmei's four-year training plan: regularities of 400m hurdles

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|----------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Chen Dongmei (CHN) (1963) (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 | | | | |

1988 Olympic Games (Seoul, KOR)**FINAL**

date 28-Sep-88

*Gill (1990) - atletismo (I) carreras y marcha**Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|----------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|----------------|--------------|-------|-------|--------------------------|
| Flintoff-King, Debbie (AUS) (time) | 6.53 | 10.69 | 14.93 | 19.30 | 23.71 | 25.61 | 28.26 | 32.93 | 37.68 | 42.64 | 47.68 | | 53.17 | 5 / 1 | | | <i>Brüggemann (1990)</i> |
| reaction time | 0.251 interval | 4.16 | 4.24 | 4.37 | 4.41 | | 4.55 | 4.67 | 4.75 | 4.96 | 5.04 | 5.49 | OR / AR | | 12.77 | 13.63 | 14.75 |
| | velocity | 6.89 | 8.41 | 8.25 | 8.01 | 7.94 | 7.81 | 7.69 | 7.49 | 7.37 | 7.06 | 6.94 | 7.29 | 7.52 | 8.22 | 7.70 | 7.12 |
| H1 lead leg | L strides | 23 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 16 | 19.7 | 180.7 | | | | |
| Ledovskaya, Tatyana (URS) (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 | | | <i>Brüggemann (1990)</i> |
| 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 | 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 | 20.2 | 184.2 | | | | |
| Fiedler, Ellen (GDR) (1958) (time) | 6.33 | 10.37 | 14.49 | 18.76 | 23.22 | | 27.77 | 32.43 | 37.25 | 42.39 | 47.59 | | 53.63 | 6 / 3 | | | <i>Gill (1990)</i> |
| reaction time | 0.172 interval | 4.04 | 4.12 | 4.27 | 4.46 | | 4.55 | 4.66 | 4.82 | 5.14 | 5.20 | 6.04 | PB | | 12.43 | 13.67 | 15.16 |
| | velocity | 7.11 | 8.66 | 8.50 | 8.20 | 7.85 | 7.69 | 7.51 | 7.26 | 6.81 | 6.73 | 6.62 | 7.46 | | 8.45 | 7.68 | 6.93 |

| | | | | | | | | | | | | | | | | | | | |
|--|-------|----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----------|-------|-------|-------------------|-------|-------|
| H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 20 | 180 | | | | |
| Busch, Sabine (GDR) (1962) | 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 | Brüggemann (1990) | | |
| 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 | 19.4 | 179.4 | | | | |
| Gunnell, Sally (GBR) (1966) | 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 | Brüggemann (1990) | | |
| 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 | 20.4 | 184.4 | | | | |
| Abt, Gudrun (FRG) (1962) | 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 | Brüggemann (1990) | | |
| 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 | 19.3 | 179.3 | | | | |
| Kurochkina, Tatyana (URS) | 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 | Brüggemann (1990) | | |
| 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 | | | | |
| Sheffield, LaTanya (USA) (1962) | 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 | Brüggemann (1990) | | |
| reaction time | 0.201 | 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 2

date 26-Sep-88

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|-----------|---------------|--------------|-------|-------|--------|
| Fiedler, Ellen (GDR) (1958) | time | | 6.41 | 10.47 | 14.65 | 19.01 | 23.54 | | 28.18 | 32.99 | 38.07 | 43.12 | 48.36 | | 54.28 | 4 / 1 | | | |
| reaction time | 0.227 | interval | 4.06 | 4.18 | 4.36 | 4.53 | | 4.64 | 4.81 | 5.08 | 5.05 | 5.24 | 5.92 | | | | 12.60 | 13.98 | 15.37 |
| | | velocity | 7.02 | 8.62 | 8.37 | 8.03 | 7.73 | | 7.54 | 7.28 | 6.89 | 6.93 | 6.68 | 6.76 | 7.37 | | 8.33 | 7.51 | 6.83 |
| H1 lead leg | | strides | 23 | 15 | 15 | 15 | 15 | | 15 | 15 | 16 | 16 | 16 | 19.4 | 180.4 | | | | |
| Kurochkina, Tatyana (URS) | 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 | | | | |
| Abt, Gudrun (FRG) (1962) | 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 | 19.2 | 180.2 | | | | |
| Busch, Sabine (GDR) (1962) | 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 | | | | |
| Pérez, Cristina (ESP) (1965) | time | | 6.51 | 10.72 | 15.07 | 19.52 | 24.12 | | 28.89 | 33.81 | 38.80 | 43.97 | 49.29 | | 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 | 5.32 | 5.94 | NR | | | 13.01 | 14.29 | 15.48 |
| | | velocity | 6.91 | 8.31 | 8.05 | 7.87 | 7.61 | | 7.34 | 7.11 | 7.01 | 6.77 | 6.58 | 6.73 | 7.24 | | 8.07 | 7.35 | 6.78 |
| H1 lead leg | | strides | 23 | 16 | 16 | 16 | 16 | | 16 | 17 | 17 | 17 | 17 | 20.3 | 191.3 | | | | |
| McLaughlin, Elaine (GBR) (1962) | 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 | | | | |
| Williams, Schowonda (USA) | 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 | | | | |
| Beaugeant, Chantal (FRA) (1962) | 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 | | | | |

Semi-Final 1

date 26-Sep-88

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

| | | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|-------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|-----------|---------------|--------------|-------|-------|--------|
| Flintoff-King, Debbie (AUS) | time | | 6.58 | 10.76 | 15.05 | 19.39 | 23.90 | | 28.45 | 33.27 | 38.17 | 43.13 | 48.42 | | 54.00 | 4 / 1 | | | |
| reaction time | 0.268 | interval | 4.18 | 4.29 | 4.34 | 4.51 | | 4.55 | 4.82 | 4.90 | 4.96 | 5.29 | 5.58 | OR | | | 12.81 | 13.88 | 15.15 |
| | | velocity | 6.84 | 8.37 | 8.16 | 8.06 | 7.76 | | 7.69 | 7.26 | 7.14 | 7.06 | 6.62 | 7.17 | 7.41 | | 8.20 | 7.56 | 6.93 |
| H1 lead leg | | strides | 23 | 15 | 15 | 15 | 15 | | 15 | 16 | 16 | 16 | 16 | 19.7 | 181.7 | | | | |
| Ledovskaya, Tatyana (URS) | 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 | | | | |
| Sheffield, LaTanya (USA) (1966) | 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 | interval | 0.184 | | 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 | | | | |
| Gunnell, Sally (GBR) (1966) | 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 | | | |
| reaction time | interval | 0.219 | | 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 | | | | |
| Protti, Anita (SUI) (1964) | 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 | | | | |
| Losch, Susanne (GDR) (1966) | 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 | interval | 0.213 | | 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 | | | | |
| Blaszak, Genowefa (POL) (1966) | 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 | 16 | 15 | 15 | 16 | | 16 | 17 | 16 | 17 | 17 | 21.1 | 189.1 | | | | |
| Tromp, Gretha (NED) (1964) | 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 | interval | 0.241 | | 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 | | | | |

1987 ??? (???)

FINAL

date ???

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

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------|----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Chen Juying (CHN) (1963) | 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 | | | | |

1987 IAAF World Championships (Rome, ITA)

FINAL

date 03-Sep-87

Suřanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-----------|--------------------------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Busch, Sabine (GDR) (1962) | 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 | 18.1 | 178.1 | | | | |
| Flintoff-King, Debbie (AUS) | time | 6.61 | 10.77 | 15.09 | 19.45 | 23.94 | | 28.64 | 33.42 | 38.44 | 43.43 | 48.50 | | 54.19 | 8 / 2 | | | |
| reaction time | interval | | 4.16 | 4.32 | 4.36 | 4.49 | | 4.70 | 4.78 | 5.02 | 4.99 | 5.07 | 5.69 | | | 12.84 | 13.97 | 15.08 |
| | velocity | 6.81 | 8.41 | 8.10 | 8.03 | 7.80 | | 7.45 | 7.32 | 6.97 | 7.01 | 6.90 | 7.03 | | | 8.18 | 7.52 | 6.96 |
| H1 lead leg | L strides | 23 | 15 | 15 | 15 | 15 | | 16 | 16 | 16 | 16 | 16 | 19.9 | 182.9 | | | | |
| Ullrich, Cornelia (GDR) (1966) | 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 | | | 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 | | | | |
| Farmer-Patrick, Sandra (USA) (1962) | | no information available | | | | | | | | | | | | 54.38 | 6 / 4 | | | |
| Helander-Kuusisto, Tuija (FIN) (1961) | | no information available | | | | | | | | | | | | 54.62 | 5 / 5 | | | |
| Ambraziene, Anna (URS) (1955) | | no information available | | | | | | | | | | | | 55.68 | 1 / 6 | | | |
| Williams, Schowonda (USA) (1966) | | no information available | | | | | | | | | | | | 55.86 | 2 / 7 | | | |
| Brown-King, Judi (USA) (1961) | | no information available | | | | | | | | | | | | 56.10 | 7 / 8 | | | |

Semi-Final 2

date 01-Sep-87

Suřanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|-----------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Ullrich, Cornelia (GDR) (1966) | 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 | | | 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 | | | | |
| Flintoff-King, Debbie (AUS) | time | 6.60 | 10.76 | 14.97 | 19.24 | 23.69 | | 28.42 | 33.28 | 38.34 | 43.62 | 49.04 | | 55.08 | 8 / 2 | | | |
| reaction time | interval | | 4.16 | 4.21 | 4.27 | 4.45 | | 4.73 | 4.86 | 5.06 | 5.28 | 5.42 | 6.04 | | | 12.64 | 14.04 | 15.76 |
| | velocity | 6.82 | 8.41 | 8.31 | 8.20 | 7.87 | | 7.40 | 7.20 | 6.92 | 6.63 | 6.46 | 6.62 | | | 8.31 | 7.48 | 6.66 |
| H1 lead leg | L strides | 23 | 15 | 15 | 15 | 15 | | 16 | 16 | 16 | 17 | 17 | 19.4 | 184.4 | | | | |

Semi-Final 1

date 01-Sep-87

Suřanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Busch, Sabine (GDR) (1962) 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 | 23 | 15 | 15 | 15 | | 15 | 15 | 15 | 16 | 16 | 18.5 | 178.5 | | | | |

Heat 5

date 31-Aug-87

Suřanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Ullrich, Cornelia (GDR) (1962) time | 6.75 | 10.99 | 15.44 | 20.04 | 24.68 | | 29.54 | 34.57 | 39.76 | 45.12 | 50.46 | | 56.75 | / 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 | | | 7.90 | 7.23 | 6.61 |
| H1 lead leg | | 23 | 15 | 15 | 15 | | 17 | 17 | 17 | 17 | 17 | 21 | 189 | | | | |

Heat 2

date 31-Aug-87

Suřanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Flintoff-King, Debbie (AUS) time | 6.55 | 10.68 | 14.96 | 19.32 | 23.81 | | 28.74 | 33.83 | 39.10 | 44.46 | 49.92 | | 56.31 | / 2 | | | |
| reaction time interval | | 4.13 | 4.28 | 4.36 | 4.49 | | 4.93 | 5.09 | 5.27 | 5.36 | 5.46 | 6.39 | | | 12.77 | 14.51 | 16.09 |
| velocity | 6.87 | 8.47 | 8.18 | 8.03 | 7.80 | | 7.10 | 6.88 | 6.64 | 6.53 | 6.41 | 6.26 | | | 8.22 | 7.24 | 6.53 |
| H1 lead leg | | 23 | 15 | 15 | 15 | | 16 | 17 | 17 | 17 | 18 | 20 | 188 | | | | |

Heat 1

date 31-Aug-87

Suřanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Busch, Sabine (GDR) (1962) time | 6.84 | 11.04 | 15.39 | 19.85 | 24.45 | | 29.14 | 34.05 | 39.07 | 44.26 | 49.46 | | 55.51 | / 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 | | 23 | 15 | 15 | 15 | | 15 | 15 | 15 | 16 | 16 | 18.8 | 178.8 | | | | |

1987 East German National Championship (Potsdam, GDR)**FINAL**

date 21-Aug-87

König (1989) - on the present state of development, and questions of future development, in the 400m hurdles for women

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Busch, Sabine (GDR) (1962) time | 6.57 | 10.66 | 14.94 | 19.28 | 23.75 | | 28.33 | 32.94 | 37.68 | 42.65 | 47.67 | | 53.24 | / 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 | | | | | | | | | | | | | | | | | |

1987 French National Championship (Annecy, FRA)**FINAL**

date 09-Aug-87

Veney - split times from PJ

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Huart, Helene (FRA) (1965) time | 6.54 | 10.86 | 15.28 | 19.85 | 24.45 | | 29.16 | 34.04 | 39.09 | 44.25 | 49.52 | | 55.55 | / 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 | | 22 | 15 | 15 | 15 | | 15 | 15 | 16 | 16 | 17 | 161 | | | | | |
| Moelo, Annie (FRA) (1962) time | 6.85 | 11.15 | 15.65 | 20.40 | 25.10 | | 30.00 | 35.05 | 40.05 | 45.20 | 50.60 | | 57.33 | / 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 | | | | | | | | | | | | | | | | | |
| Lebreton, Catherine (FRA) (1962) 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 | 6.67 |
| H1 lead leg | | | | | | | | | | | | | | | | | |

1987 TAC National Championships (San Jose, CA)**FINAL**

date 26-Jun-87

Mann (1987) - the elite athlete program biomechanical analysis of the long hurdles: tac championship meet

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Brown, Edna (USA) (1960) 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 | | | | | | | | | | | | | | | | | |
| Brown, Tonya (USA) (1960) 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 | | | | | | | | | | | | | | | | | |

1987 Meeting International de Dijon (Dijon, FRA)**FINAL**

date 13-Jun-87

Veney - split times from PJ

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|------|------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Debois, Nadine (FRA) (1961) 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 | | 4.5 | 4.6 | 4.7 | 4.8 | | 4.9 | 4.9 | 4.9 | 4.9 | 5.3 | 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 | | | | | | | | | | | | | | | | | |

1986 IX USSR Spartakiade (Tashkent, URS)**FINAL**

date 17-Sep-86

Stepanova (1997) - my experiences in the 400m hurdles

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Stepanova, Marina (URS) (1986) time | 6.55 | 10.65 | 14.80 | 19.05 | 23.38 | | 27.81 | 32.49 | 37.34 | 42.15 | 47.19 | | 52.94 | / 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 | | | | |

1986 European Championships (Stuttgart, FRG)*Behm (1995) - la tactique du 400 haies***FINAL**

date 30-Aug-86

Breizer (1990) - the preparation of women for the 400m hurdles

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|--------------------------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|-----------------------|
| Stepanova, Marina (URS) (1986) time | 6.64 | 10.78 | 15.01 | 19.38 | 23.84 | | 28.39 | 33.06 | 37.88 | 42.75 | 47.73 | | 53.32 | / 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 | | | | |
| Busch, Sabine (GDR) (1962) time | 6.56 | 10.72 | 15.06 | 19.42 | 23.90 | | 28.47 | 33.11 | 37.93 | 42.76 | 47.76 | | 53.60 | / 2 | | | <i>Breizer (1990)</i> |
| 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 | 15 | 19 | 176 | | | | |
| Feuerbach, Cornelia (GDR) (1962) time | 6.4 | 10.4 | 14.6 | 18.8 | 23.3 | | 28.0 | 32.7 | 37.7 | 42.8 | 48.0 | | 54.13 | / 3 | | | <i>Behm (1995)</i> |
| reaction time interval | | 4.0 | 4.2 | 4.2 | 4.5 | | 4.7 | 4.7 | 5.0 | 5.1 | 5.2 | 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 | | | | |
| Skoglund, Ann-Louise (SWE) (1962) | no information available | | | | | | | | | | | | 54.15 | / 4 | | | |
| Blaszak, Genowefa (POL) (1957) | no information available | | | | | | | | | | | | 54.74 | / 5 | | | |
| Fieldler, Ellen (GDR) (1958) | no information available | | | | | | | | | | | | 54.90 | / 6 | | | |

1986 French National Championships (Aix les Bains, FRA)*Veney - split times from PJ***FINAL**

date 10-Aug-86

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|----------------------------------|------|------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Dille, Monique (FRA) 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 | | 4.4 | 4.8 | 4.8 | 5.0 | | 5.0 | 5.3 | 5.4 | 5.6 | 5.7 | 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 | | | | | | | | | | | | | | | | | |

1986 IAAF World Junior Championships (Athens, GRE)*Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races***FINAL**

date 18-Jul-86

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|--------------------------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Bartl, Claudia (GDR) (1968) time | 6.49 | 10.77 | 15.25 | 19.73 | 24.49 | | 29.51 | 34.57 | 40.05 | 45.30 | 50.69 | | 56.76 | / 1 | | | |
| reaction time interval | | 4.28 | 4.48 | 4.48 | 4.76 | | 5.02 | 5.06 | 5.48 | 5.25 | 5.39 | 6.07 | CR | | 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 | 7.05 | | 7.93 | 7.08 | 6.51 |
| H1 lead leg strides | 23 | 15 | 15 | 15 | 16 | | 17 | 17 | 17 | 17 | 17 | 20 | 189 | | | | |
| Roberts, Kellie (USA) (1969) time | 6.73 | 11.11 | 15.51 | 20.08 | 24.87 | | 29.87 | 34.98 | 40.19 | 45.39 | 50.75 | | 56.80 | / 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 | | | | |
| Lukashevich, Svetlana (URS) (1967) time | 6.75 | 11.13 | 15.72 | 20.29 | 24.98 | | 29.91 | 35.58 | 40.93 | 46.47 | 51.95 | | 57.92 | / 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 | 17 | 21 | 185 | | | | |
| McDermid, Jill (CAN) | no information available | | | | | | | | | | | | 58.00 | / 4 | | | |
| Draghia, Ana Maria (ROM) (1968) | no information available | | | | | | | | | | | | 58.74 | / 5 | | | |
| Moore, Shawn (USA) | no information available | | | | | | | | | | | | 58.80 | / 6 | | | |
| Georgieva, Zdravka (BUL) | no information available | | | | | | | | | | | | 60.32 | / 7 | | | |
| Matyakina, Marina (URS) | no information available | | | | | | | | | | | | 61.14 | / 8 | | | |

1985 European Junior Championships (Cottbus, GDR)*Warburton (1985) - 1985 european junior championships - hurdles***FINAL**

date 25-Aug-85

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Bartl, Claudia (GDR) (1968) time | 6.57 | | 14.88 | 19.39 | 24.30 | | 29.11 | 33.98 | 39.11 | 44.48 | 49.80 | | 56.22 | / 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 | | | | | | | | | | | | | | | | | |
| Petkova, Zhivka (BUL) (1967) time | | 10.73 | 15.24 | 19.85 | 24.72 | | 29.60 | 34.49 | 39.51 | 44.62 | 49.93 | | 56.50 | / 2 | | | |
| reaction time interval | | | 4.51 | 4.61 | 4.87 | | 4.88 | 4.89 | 5.02 | 5.11 | 5.31 | 6.57 | PB | | | 14.64 | 15.44 |
| velocity | | 7.46 | 7.76 | 7.59 | 7.19 | | 7.17 | 7.16 | 6.97 | 6.85 | 6.59 | 6.09 | 7.08 | | | 7.17 | 6.80 |
| H1 lead leg strides | | | | | | | | | | | | | | | | | |

1984 Women's Friendship Games (Prague, TCH)*Stepanova (1997) - my experiences in the 400m hurdles***FINAL**

date 17-Aug-84

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|------|-------|-------|-------|-------|------|-------|-------|----|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Stepanova, Marina (URS) (1986) 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 | |
| H1 lead leg | 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 |
| | strides | 22 | 15 | 15 | 15 | 15 | 15 | 15 | 17 | 17 | 17 | 163 | | | |

1984 Olympic Games (Los Angeles, CA)**FINAL**

date 08-Aug-84

Behm (1995) - la tactique du 400 haies

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|---------------|--------------------------|----------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| El Moutawakel, Nawal (MAR) | 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 | 4.2 | 4.2 | 4.3 | 4.6 | 4.6 | 4.9 | 5.0 | 5.2 | 5.2 | 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 | 6.66 | 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 | | | | |
| Brown-King, Judi (USA) (19) | 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 | 4.5 | 4.5 | 4.7 | 4.6 | 4.6 | 4.9 | 5.0 | 5.1 | 5.1 | 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 | 15 | 15 | 15 | 18 | 168 | | | | |
| Cojocar, Christina (ROU) (1) | 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 | 4.3 | 4.4 | 4.4 | 4.7 | 4.7 | 4.7 | 5.2 | 5.3 | 5.3 | 6.11 | | | 13.10 | 14.10 | 15.80 |
| | | | velocity | 7.14 | 8.14 | 7.95 | 7.95 | 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 | 16 | 16 | 17 | 21 | 182 | | | | |
| Usha, P.T. (IND) (1964) | 0.229 | no information available | | | | | | | | | | | 55.42 | 5 / 4 | | | | |
| Skoglund, Ann-Louise (SWE) | 0.227 | no information available | | | | | | | | | | | 55.43 | 1 / 5 | | | | |
| Flintoff-King, Debbie (AUS) | 0.262 | no information available | | | | | | | | | | | 56.21 | 6 / 6 | | | | |
| Helander, Tuija (FIN) (1961) | 0.183 | no information available | | | | | | | | | | | 56.55 | 7 / 7 | | | | |
| Farmer-Patrick, Sandra (JAM) | 0.361 | no information available | | | | | | | | | | | 57.15 | 4 / 8 | | | | |

Semi-Final 2

date 06-Aug-84

Arnold (1984) - 1984 olympic games - hurdles

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|---------------|-----|----------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Usha, P.T. (IND) (1964) | 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 | 4.9 | 4.4 | 4.6 | 4.6 | 4.7 | 4.7 | 4.9 | 5.0 | 5.2 | 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 | 7.20 | 7.55 | 7.50 | 6.95 |
| | H1 lead leg | L | strides | 17 | 17 | 17 | | | | 17 | 17 | 17 | 20.7 | 122.7 | | | | |
| Taylor, Gladys (GBR) (1953) | 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 | 4.6 | 4.0 | 4.1 | 4.4 | 4.8 | 4.8 | 5.3 | 5.7 | 6.0 | 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 | 8.27 | 7.50 | 6.18 |
| | H1 lead leg | L | strides | 15 | 15 | 15 | 15 | | | 17 | 19 | 19 | 21.5 | 136.5 | | | | |

Semi-Final 1

date 06-Aug-84

Arnold (1984) - 1984 olympic games - hurdles

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------|---------------|-----|----------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Morley, Sue (GBR) (1957) | 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 | 4.1 | 4.8 | 4.1 | 4.5 | 4.8 | 5.0 | 5.3 | 5.4 | 5.8 | 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 | 8.08 | 7.34 | 6.36 |
| | H1 lead leg | L | strides | 15 | 15 | 15 | 15 | 16 | 16 | 17 | | | | 109 | | | | |

1984 Olympischen Tag (Potsdam, GDR)**FINAL**

date 21-Jul-84

Heß (1985) - entwicklungsaspekte die leichtathletischen sprint-/hürdendisziplinen im olympiazklus 1981/84

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|----------------------------------|---------------|------|----|----|----|-------|------|----|----|----|----|-----|--------|---------------|--------------|-------|-------|--------|
| Khromova, Margareta (URS) | time | 6.74 | | | | 24.13 | | | | | | | | 54.36 | 1 / 1 | | | |
| | reaction time | | | | | 17.39 | | | | | | | 24.43 | 5.80 | | | | |
| | | | | | | 8.05 | | | | | | | 7.16 | 6.90 | 7.36 | | | |
| | H1 lead leg | | | | | | | | | | | | | | | | | |

1984 (Dresden, GDR)**FINAL**

date 19-May-84

Heß (1985) - entwicklungsaspekte die leichtathletischen sprint-/hürdendisziplinen im olympiazklus 1981/84

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-----------------------------------|---------------|------|----|----|----|-------|------|----|----|----|----|-----|--------|---------------|--------------|-------|-------|--------|
| Uibel, Birgit (GDR) (1961) | time | 6.53 | | | | 23.54 | | | | | | | | 54.68 | 1 / 1 | | | |
| | reaction time | | | | | 17.01 | | | | | | | 25.10 | 6.04 | PB | | | |
| | | | | | | 8.23 | | | | | | | 6.97 | 6.62 | 7.32 | | | |
| | H1 lead leg | | | | | | | | | | | | | | | | | |

1983 European Cup (London, GBR)**FINAL**

date 20-Aug-83

Ewen (1985) - hurdles

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|------------------------------------|---------------|-----|----------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Fiedler, Ellen (GDR) (1958) | time | 6.4 | 10.6 | 14.9 | 19.3 | 23.7 | | | 32.9 | 37.7 | 42.8 | 48.0 | | 54.20 | 4 / 1 | | | |
| | reaction time | | interval | 4.20 | 4.30 | 4.40 | 4.40 | | 9.20 | 4.80 | 5.10 | 5.20 | 6.20 | PB | | 12.90 | 13.60 | 15.10 |
| | | | velocity | 7.03 | 8.33 | 8.14 | 7.95 | 7.95 | 7.61 | 7.29 | 6.86 | 6.73 | 6.45 | 7.38 | | 8.14 | 7.72 | 6.95 |
| | H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 16 | 20 | 181 | | | | |
| Ambraziene, Anna (URS) (1) | time | | | 15.6 | 19.9 | 24.4 | | 28.8 | 33.7 | 38.7 | 43.9 | 48.7 | | 54.74 | 2 / 2 | | | |
| | reaction time | | | | | 4.30 | 4.50 | 4.40 | 4.90 | 5.00 | 5.20 | 4.80 | 6.04 | | | | 13.80 | 15.00 |
| | | | | | | 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 | 17 | 169 | | | | |

1983 IAAF World Championships (Helsinki, FIN)

FINAL

date 10-Aug-83

McFarlane (1988) - The Science of Hurdling

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|--------------------------|---------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|----------------|--------------|-------|-------|--------|
| Fesenko-Grun, Yekaterina (URS) (U 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 |
| H1 lead leg | L | strides | 23 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 21.5 | 197.5 | | | | |
| Ambraziene, Anna (URS) (1st 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 | 17 | 17 | 17 | 20 | 191 | | | | |
| Fiedler, Ellen (GDR) (1958) (time) | 6.44 | 10.52 | 14.65 | 18.87 | 23.34 | | 28.04 | 32.64 | 37.77 | 42.90 | 48.26 | | 54.55 | 1 / 3 | | | |
| reaction time | interval | 4.08 | 4.13 | 4.22 | 4.47 | | 4.70 | 4.60 | 5.13 | 5.13 | 5.36 | 6.29 | | | 12.43 | 13.77 | 15.62 |
| | velocity | 6.99 | 8.58 | 8.47 | 8.29 | 7.83 | 7.45 | 7.61 | 6.82 | 6.82 | 6.53 | 6.36 | 7.33 | | 8.45 | 7.63 | 6.72 |
| H1 lead leg | R | strides | 23 | 15 | 15 | 15 | 15 | 15 | 16 | 16 | 17 | 21 | 183 | | | | |
| Pfaff, Petra (GDR) (1960) | no information available | | | | | | | | | | | | 54.64 | 7 / 4 | | | |
| Krug, Petra (GDR) (1963) | no information available | | | | | | | | | | | | 54.76 | 8 / 5 | | | |
| Skoglund, Ann-Louise (SWE) (1962) | no information available | | | | | | | | | | | | 54.80 | 2 / 6 | | | |
| Morley, Susan (GBR) (1957) | no information available | | | | | | | | | | | | 56.04 | 6 / 7 | | | |
| Cojocaru-Matei, Cristieana (ROU) (1962) | no information available | | | | | | | | | | | | 56.26 | 4 / 8 | | | |

Knoke (1984) - the hurdles

Semi-Final 1

date 09-Aug-83

Lyle - miscellaneous coaching notes

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|----------|---------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------------|
| Fesenko-Grun, Yekaterina (URS) (U time) | 6.70 | 10.90 | 15.40 | 19.98 | 24.57 | | 29.36 | 34.21 | 39.17 | 44.38 | 49.48 | | 55.99 | 6 / 2 | | | Lyle |
| reaction time | interval | 4.20 | 4.50 | 4.58 | 4.59 | | 4.79 | 4.85 | 4.96 | 5.21 | 5.10 | 6.51 | | | 13.28 | 14.23 | 15.27 |
| | velocity | 6.72 | 8.33 | 7.78 | 7.64 | 7.63 | 7.31 | 7.22 | 7.06 | 6.72 | 6.86 | 6.14 | 7.14 | | 7.91 | 7.38 | 6.88 |
| H1 lead leg | L | strides | 24 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 21 | 198 | | | | |
| Flintoff-King, Debbie (AUS) (time) | 6.60 | 11.04 | 15.54 | 20.26 | 25.09 | | 29.55 | 35.02 | 40.04 | 45.24 | 50.53 | | 56.63 | 3 / 5 | | | Knoke (1984) |
| reaction time | interval | 4.44 | 4.50 | 4.72 | 4.83 | | 4.46 | 5.47 | 5.02 | 5.20 | 5.29 | 6.10 | | | 13.66 | 14.76 | 15.51 |
| | velocity | 6.82 | 7.88 | 7.78 | 7.42 | 7.25 | 7.85 | 6.40 | 6.97 | 6.73 | 6.62 | 6.56 | 7.06 | | 7.69 | 7.11 | 6.77 |
| H1 lead leg | L | strides | 23 | 15 | 15 | | 16 | 16 | 16 | 16 | 17 | 20 | 154 | | | | |

Heat 4

date 08-Aug-83

Knoke (1984) - the hurdles

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---|----------|---------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Flintoff-King, Debbie (AUS) (time) | 6.81 | 11.22 | 15.80 | 20.54 | 25.42 | | 30.09 | 35.02 | 40.04 | 45.23 | 50.59 | | 56.47 | 1 / 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 | | | | | | | | | | | | | | | |

1983 VIII USSR Spartakiade (Moscow, URS)

FINAL

date 21-Jun-83

Breizer (1985) - on the track with ekaterina fesenko

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|----------|---------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Fesenko-Grun, Yekaterina (URS) (U time) | 7.10 | 11.64 | 16.06 | 20.46 | 25.34 | | 30.12 | 34.84 | 39.70 | 44.74 | 49.62 | | 55.01 | 1 / 2 | | | |
| reaction time | interval | 4.54 | 4.42 | 4.40 | 4.88 | | 4.78 | 4.72 | 4.86 | 5.04 | 4.88 | 5.39 | | | 13.36 | 14.38 | 14.78 |
| | velocity | 6.34 | 7.71 | 7.92 | 7.95 | 7.17 | 7.32 | 7.42 | 7.20 | 6.94 | 7.17 | 7.42 | 7.27 | | 7.86 | 7.30 | 7.10 |
| H1 lead leg | | strides | 24 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 20.5 | 197.5 | | | | |

1982 European Championships (Athens, GRE)

FINAL

date 10-Sep-82

Behm (1995) - la tactique du 400 haies

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|--------------------------|---------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|----------------|--------------|-------|-------|--------|
| Skoglund, Ann-Louise (SWE) (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 | 4.3 | 4.4 | 4.4 | 4.5 | | 4.5 | 4.6 | 4.7 | 5.2 | 5.2 | 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 | 17 | 17 | | 162 | | | | |
| Pfaff, Petra (GDR) (1960) (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 | 4.1 | 4.4 | 4.2 | 4.5 | | 4.7 | 4.9 | 5.0 | 5.3 | 5.3 | 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 | 16 | 16 | | 160 | | | | |
| Réga, Chantal (FRA) (1955) (time) | 6.47 | 10.56 | 14.72 | 18.97 | 23.36 | | 27.96 | 32.97 | 38.07 | 43.37 | 48.80 | | 54.94 | 1 / 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 | 16 | 16 | 17 | 17 | 20.7 | 184.7 | | | | |
| Kastezkaja, Anna (URS) | no information available | | | | | | | | | | | | 55.09 | 1 / 4 | | | |
| Filipshina Yelena (URS) (1962) | no information available | | | | | | | | | | | | 55.09 | 1 / 5 | | | |
| Uibel, Birgit (GDR) (1961) | no information available | | | | | | | | | | | | 55.70 | 1 / 6 | | | |
| Fesenko, Ekaterina (URS) (1958) | no information available | | | | | | | | | | | | 55.86 | 1 / 7 | | | |
| Biaszak, Genowefa (POL) (1957) | no information available | | | | | | | | | | | | 56.89 | 1 / 8 | | | |

Semi-Final 1

date 09-Sep-82

(1982) - XIII championnats d'Europe d'Atletisma, Athens 1982

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--|-----|----|------|----|------|------|----|------|----|------|-----|--------|---------------|--------------|-------|-------|--------|
| Réga, Chantal (FRA) (1955) (time) | 6.5 | | 14.7 | | 23.4 | | | 32.6 | | 43.7 | | | 55.73 | 1 / 1 | | | |

| | | | | | | | |
|---------------|----------|------|------|------|------|------|------|
| reaction time | interval | 8.2 | 8.7 | 9.2 | 11.1 | | |
| H1 lead leg | velocity | 6.92 | 8.54 | 8.05 | 7.61 | 6.31 | 7.18 |
| | strides | | | | | | |

1980 IAAF World Championships (Sittard, NED)**A FINAL**

date 16-Aug-80

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|---------------------------------|--------------------------|----|----|----|----|------|----|----|----|----|-----|--------|---------------|--------------------|-------|-------|--------|
| Broschat, Bärbel (GDR) (1957) | no information available | | | | | | | | | | | PB | 54.55 | 7 / 1 | | | |
| Neumann, Ellen (GDR) (1958) | no information available | | | | | | | | | | | | 54.56 | 6 / 2 | | | |
| Pfaff, Petra (GDR) (1960) | no information available | | | | | | | | | | | | 55.84 | 8 / 3 | | | |
| Appleby, Mary (IRL) (1957) | no information available | | | | | | | | | | | | 56.51 | 5 / 4 | | | |
| Mahr, Esther (USA) (1961) | no information available | | | | | | | | | | | | 56.81 | 1 / 5 | | | |
| Frederiksen, Hilde (NOR) (1960) | no information available | | | | | | | | | | | | 56.85 | 4 / 6 | | | |
| Warden, Christine (GBR) (1950) | no information available | | | | | | | | | | | DQ | 56.99 | 2 / 7 | | | |
| Foreman, Lynette (AUS) (1957) | no information available | | | | | | | | | | | | 58.24 | 3 / 8-7 | | | |

1980 East German Spitzenklasse (Jena, GDR)**FINAL**

date 17-May-80

Heß (1985) - entwicklungsaspekte die leichtathletischen sprint-/hürdendisziplinen im olympiazklus 1981/84

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|----------------------------|---------------|----------|------|----|----|-------|----|----|----|----|-----|--------|---------------|--------------|-------|-------|--------|
| Roßley, Karin (GDR) (1957) | 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 | | | | | | | | | | | | | | | |

1979 AAA Women's National Championships (London, GBR)**FINAL**

date 28-Jul-79

Warden (1989) - sprinting and hurdling

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|--------------------------------|---------------|----------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|------|
| Warden, Christine (GBR) (1950) | 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 | 4.4 | 4.4 | 4.6 | 4.4 | 4.8 | 4.8 | 5.2 | 5.2 | 5.3 | 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 | 17 | 17 | 17 | 17 | 22 | 193 | | | | | |

1979 VII USSR Spartakiade (Moscow, URS)**FINAL**

date 27-Jul-79

Stepanova (1996) - my school

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|--------------------------------|---------------|-----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------------|--------------|-------|-------|--------|
| Stepanova, Marina (URS) (1954) | time | 6.92 | 11.33 | 15.91 | 20.51 | 25.18 | 29.91 | 34.69 | 39.55 | 44.46 | 49.38 | 54.78 | 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 | 21 | 197 | | | | |

1978 European Championships (Prague, TCH)**FINAL**

date 02-Sep-78

Breiser (1990) - tendencies in the development of women for 400m races with hurdles

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|-----------------------------------|--------------------------|-----------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|-----------------------|------|
| Zelentsova, Tatyana (URS) (1954) | 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 | | | <i>Breiser (1990)</i> | |
| | reaction time | interval | 4.5 | 4.4 | 4.6 | 4.6 | 4.5 | 4.7 | 4.8 | 4.9 | 5.1 | 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 | 21 | 198 | | | | | |
| Hollmann, Silvia (FRG) (1955) | 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 | | | <i>Behm (1995)</i> | |
| | reaction time | interval | 4.3 | 4.4 | 4.4 | 4.6 | 4.5 | 4.5 | 4.9 | 5.0 | 5.4 | 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 | 182 | | | | <i>Behm (1995)</i> | |
| Roßley, Karin (GDR) (1957) | 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 | 4.0 | 4.3 | 4.4 | 4.7 | 4.9 | 5.1 | 5.1 | 5.2 | 5.3 | 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 | 21 | 187 | | | | | |
| Köhn, Brigitte (GDR) (1954) | no information available | | | | | | | | | | | | 55.46 | 5 / 4 | | | | |
| Kacperczyk, Krystyna (POL) (1948) | no information available | | | | | | | | | | | | 55.55 | 3 / 5 | | | | |
| Weiß, Anita (GDR) (1955) | no information available | | | | | | | | | | | | 55.63 | 2 / 6 | | | | |

Heat 3

date 01-Sep-78

McFarlane (1980) - understanding the 400m hurdles

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|------------------------------|---------------|----------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|------|
| Sutherland, Liz (GBR) (1947) | 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 | 4.6 | 4.6 | 4.8 | 4.8 | 4.8 | 5.0 | 5.1 | 5.1 | 5.9 | 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 | | | | | |

1977 European Cup (Helsinki, FIN)**FINAL**

date 13-Aug-77

McFarlane (1979) - le 400 m haies feminin

| | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|----------------------------|---------------|----------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Roßley, Karin (GDR) (1957) | 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 |
| | | velocity | 6.92 | 7.95 | 7.78 | 7.95 | 7.45 | 7.55 | 7.14 | 7.29 | 6.86 | 6.73 | 6.75 | 7.19 | 7.89 | 7.29 | 6.77 |
| | H1 lead leg | strides | | | | | | | | | | | | | | | |

1973 DLV-Test (Frankfurt-am-Main, FRG)

FINAL

date 28-Jul-73

Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|--------------------------------------|---------------|--------------------------|------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|------|
| Weinstein, Erika (FRG) (1950) | time | 6.7 | 11.4 | 16.1 | 21.1 | 26.0 | 28.1 | 31.0 | 36.2 | 41.3 | 46.6 | 52.4 | | 58.66 | / 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 | 7.12 | 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 | | | | |
| Kovacev, Mirjana (FRG) | time | 6.7 | 11.4 | 16.3 | 21.2 | 26.2 | 28.2 | 31.3 | 37.0 | 43.2 | 49.5 | 55.9 | | 63.20 | / 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 | 7.09 | 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 | | | | |
| Gutewort, Marlies (FRG) | | no information available | | | | | 29.0 | | | | | | | | 62.50 | / 3 | | | |
| | H1 lead leg | strides | 23 | 17 | 17 | 17 | 17 | | 17 | 17 | 17 | 19 | 19 | | 180 | | | | |
| Petersen, Elke (FRG) (1948) | time | 7.0 | 11.9 | 16.9 | 21.8 | 26.9 | 29.1 | 32.2 | 38.1 | 43.8 | 49.9 | 55.9 | | 62.90 | / 4 | | | | |
| | reaction time | interval | 4.85 | 5.00 | 4.96 | 5.07 | | 5.28 | 5.86 | 5.73 | 6.10 | 5.98 | 7.04 | | | 14.81 | 16.21 | 17.81 | |
| | | velocity | 6.40 | 7.22 | 7.00 | 7.06 | 6.90 | 6.87 | 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 | | | | |
| Horlacher, Ester (FRG) | time | 7.3 | 12.3 | 17.3 | 22.7 | 28.2 | 30.7 | 34.2 | 40.1 | 46.2 | 52.2 | 58.1 | | 65.00 | / 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 | 6.51 | 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 | | | | |
| Ohms, Sabine (FRG) (1954) | time | 6.9 | 12.0 | 17.0 | 22.2 | 27.7 | 30.2 | 33.7 | 39.8 | 46.0 | 52.4 | 59.0 | | 66.85 | / 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 | 6.62 | 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 | | | | |
| Heitmann, Kersten (FRG) | time | 7.3 | 12.4 | 17.5 | 23.0 | 28.6 | 31.1 | 34.6 | 40.7 | 46.9 | 53.5 | | | 68.30 | / 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 | 6.43 | 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 | | | | |
| Linz, Christine (FRG) (1940) | time | 7.2 | 12.7 | 18.2 | 23.9 | 29.5 | 32.0 | 35.6 | 41.6 | 47.7 | 54.6 | 61.2 | | 68.31 | / 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 | 6.25 | 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 | | | | |

1973 British International Games (Edinburgh, GBR)

FINAL

date 16-Jun-73

Ewen (1976) - 400m haies feminin

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|-----------------------------------|---------------|----------|------|------|------|------|------|------|------|------|------|------|---------|---------------|--------------|-------|-------|--------|------|
| Sykora, Maria (AUT) (1946) | 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 | | | | |
| | reaction time | interval | 4.4 | 4.4 | 5.0 | 5.1 | | 5.3 | 5.5 | 5.2 | 5.2 | 5.8 | 6.0 | 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 | | | | | | | | | | | | | | | | | |

1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)

FINAL

date 15-May-71

Keydel (1971) - die 400m hürden machten das rennen

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 | |
|---|---------------|----------|------|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|------|
| Dyson, Sandra (GBR) (1977) | time | 6.8 | 11.4 | 16.2 | 21.2 | 26.7 | | 32.0 | 37.6 | 43.4 | 49.2 | 54.9 | | 61.1 | / 1 | | | | |
| | reaction time | interval | 4.6 | 4.8 | 5.0 | 5.5 | | 5.3 | 5.6 | 5.8 | 5.8 | 5.7 | 6.2 | | | 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 | | | | |
| Ellenberger, Gisela (FRG) (1941) | time | 7.4 | 12.6 | 17.7 | 22.8 | 28.0 | | 33.7 | 39.8 | 45.6 | 51.3 | 56.9 | | 62.0 | / 2 | | | | |
| | reaction time | interval | 5.2 | 5.1 | 5.1 | 5.2 | | 5.7 | 6.1 | 5.8 | 5.7 | 5.6 | 5.1 | | | 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 | | | | |
| Kovacev, Mirjana (FRG) | time | 7.2 | 12.0 | 17.2 | 22.4 | 27.8 | | 33.2 | 39.0 | 44.8 | 50.5 | 56.2 | | 62.0 | / 3 | | | | |
| | reaction time | interval | 4.8 | 5.2 | 5.2 | 5.4 | | 5.4 | 5.8 | 5.8 | 5.7 | 5.7 | 5.8 | | | 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 | | | | |
| Beermann, Elke (FRG) | time | 7.5 | 13.0 | 18.6 | 24.2 | 29.8 | | 35.3 | 40.8 | 46.3 | 51.6 | 56.9 | | 62.6 | / 4 | | | | |
| | reaction time | interval | 5.5 | 5.6 | 5.6 | 5.6 | | 5.5 | 5.5 | 5.5 | 5.3 | 5.3 | 5.7 | | | 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 | | | | |
| Gerhard, Heidi (FRG) (1941) | time | 7.4 | 12.6 | 17.7 | 22.9 | 28.2 | | 33.9 | 39.7 | 45.6 | 51.5 | 57.5 | | 65.0 | / 5 | | | | |
| | reaction time | interval | 5.2 | 5.1 | 5.2 | 5.3 | | 5.7 | 5.8 | 5.9 | 5.9 | 6.0 | 7.5 | | | 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 | | 186 | | | | |

| | | | | | | | | | | | | | | | | | |
|-----------------------------------|----------|------|------|------|------|------|------|------|------|------|------|------|------|-----|-------|-------|-------|
| Obeck, Waltraud (FRG) (194 | time | 7.5 | 12.5 | 17.5 | 22.6 | 27.9 | 33.4 | 38.8 | 45.0 | 51.6 | 58.0 | | 65.3 | / 6 | | | |
| reaction time | interval | | 5.0 | 5.0 | 5.1 | 5.3 | 5.5 | 5.4 | 6.2 | 6.6 | 6.4 | 7.3 | | | 15.10 | 16.20 | 19.20 |
| | 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 | 6.48 | 5.47 |
| H1 lead leg | strides | 24 | 17 | 17 | 17 | 17 | 19 | 19 | 19 | 21 | 21 | | 191 | | | | |

1971 West German Athletics - 300m Hurdles Test (Bonn, FRG)

FINAL

date 15-May-71

Keydel (1971) - 300 ou 400 haies pour les femmes?

| | | H1 | H2 | H3 | H4 | H5 | 200m | H6 | H7 | H8 | H9 | H10 | Run-In | Official Time | Lane / Place | H1-H4 | H4-H7 | H7-H10 |
|-------------------------------------|----------|-----|-----|------|------|------|------|------|------|------|------|------|--------|---------------|--------------|-------|-------|--------|
| Schallau, Karin (FRG) (1941) | time | 4.1 | 7.9 | 11.6 | 15.4 | 19.3 | | 23.6 | 27.6 | 31.7 | 36.1 | 41.4 | | 44.4 | / 1 | | | |
| reaction time | interval | | 3.8 | 3.7 | 3.8 | 3.9 | | 4.3 | 4.0 | 4.1 | 4.4 | 5.3 | 3.0 | | | 11.30 | 12.20 | 13.80 |
| | velocity | | | | | | | | | | | | | | | | | |
| H1 lead leg | strides | 13 | 13 | 13 | 13 | 13 | | 13 | 13 | 13 | 13 | 13 | | 130 | | | | |
| Leuschner, Uschi (FRG) | time | 4.0 | 7.8 | 11.5 | 15.4 | 19.5 | | 23.7 | 28.2 | 32.6 | 37.2 | 41.8 | | 44.5 | / 2 | | | |
| reaction time | interval | | 3.8 | 3.7 | 3.9 | 4.1 | | 4.2 | 4.5 | 4.4 | 4.6 | 4.6 | 2.7 | | | 11.40 | 12.80 | 13.60 |
| | velocity | | | | | | | | | | | | | | | | | |
| H1 lead leg | strides | 13 | 13 | 13 | 13 | 13 | | 13 | 15 | 15 | 15 | 15 | | 138 | | | | |
| Gloor, Rita (FRG) | time | 4.1 | 7.8 | 11.5 | 15.3 | 19.1 | | 23.2 | 27.5 | 31.9 | 36.8 | 41.6 | | 45.0 | / 3 | | | |
| 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 | | | | |
| Grenwald, Lydia (FRG) | time | 4.3 | 8.1 | 12.1 | 16.2 | 20.2 | | 24.3 | 28.6 | 33.3 | 38.1 | 42.8 | | 45.7 | / 4 | | | |
| reaction time | interval | | 3.8 | 4.0 | 4.1 | 4.0 | | 4.1 | 4.3 | 4.7 | 4.8 | 4.7 | 2.9 | | | 11.90 | 12.40 | 14.20 |
| | velocity | | | | | | | | | | | | | | | | | |
| H1 lead leg | strides | 13 | 13 | 13 | 13 | 13 | | 13 | 13 | 15 | 15 | 15 | | 136 | | | | |
| Schirme, Randi (FRG) | time | 4.1 | 7.9 | 11.8 | 15.6 | 19.6 | | 24.1 | 28.6 | 33.3 | 38.1 | 43.0 | | 46.4 | / 5 | | | |
| reaction time | interval | | 3.8 | 3.9 | 3.8 | 4.0 | | 4.5 | 4.5 | 4.7 | 4.8 | 4.9 | 3.4 | | | 11.50 | 13.00 | 14.40 |
| | velocity | | | | | | | | | | | | | | | | | |
| H1 lead leg | strides | 13 | 13 | 13 | 13 | 13 | | 15 | 15 | 15 | 15 | 15 | | 140 | | | | |