

Women's 400m Hurdles Touchdown Times - by time

LAST UPDATE: 8-Oct-24

													Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
McLaughlin-Levrone, Sydney (USA)																			
FINAL - 2024 Olympic Games (Paris, FRA)																			
Paris 2024 Olympic Games - Results Book (2024)																			
date	08-Aug-24	time	5.91	9.79	13.81	17.86	22.02		26.29	30.72	35.24	39.89	44.71		50.37	5 / 1			
reaction time	0.139	interval		3.88	4.02	4.05	4.16		4.27	4.43	4.52	4.65	4.82	5.66	WR		11.95	12.86	13.99
		velocity	7.61	9.02	8.71	8.64	8.41		8.20	7.90	7.74	7.53	7.26	7.07	7.94		8.79	8.16	7.51
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	15	19	170				
McLaughlin-Levrone, Sydney (USA)																			
FINAL - 2024 USA Olympic Trials (Eugene, OR)																			
USATF and Karmarush (2024) - USA Olympic trials results and race analysis																			
date	30-Jun-24	time	6.08	9.99	14.05	18.19	22.45	24.41	26.89	31.44	36.12	40.79	45.44		50.65	5 / 1			
reaction time		interval		3.91	4.06	4.14	4.26		4.44	4.55	4.68	4.67	4.65	5.21	WR		12.11	13.25	14.00
		velocity	7.40	8.95	8.62	8.45	8.22	8.19	7.88	7.69	7.48	7.49	7.53	7.68	7.90		8.67	7.92	7.50
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18	171				
McLaughlin, Sydney (USA) (1999)																			
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																			
Henson (2022) - Athlete First: 2022 year end hurdle report																			
date	22-Jul-22	time	6.10	10.10	14.10	18.27	22.50	24.25	26.84	31.23	35.80	40.40	45.17		50.68	5 / 1			
reaction time	0.158	interval		4.00	4.00	4.17	4.23		4.34	4.39	4.57	4.60	4.77	5.51	WR		12.17	12.96	13.94
		velocity	7.38	8.75	8.75	8.39	8.27	8.25	8.06	7.97	7.66	7.61	7.34	7.26	7.89		8.63	8.10	7.53
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	15	18.7	169.7				
Bol, Femke (NED) (2000)																			
A FINAL - 2024 Resisprint International (La Chaux-de-Fonds, SUI) (TV Analysis)																			
Henson (2024) - Athlete First: 2024 year end hurdle report																			
date	14-Jul-24	time	6.16	10.09	14.16	18.20	22.40		26.68	31.10	35.77	40.50	45.33		50.95	4 / 1			
reaction time		interval		3.93	4.07	4.04	4.20		4.28	4.42	4.67	4.73	4.83	5.62	AR		12.04	12.90	14.23
		velocity	7.31	8.91	8.60	8.66	8.33		8.18	7.92	7.49	7.40	7.25	7.12	7.85		8.72	8.14	7.38
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	19	170				
Bol, Femke (NED) (2000)																			
FINAL - 2024 London Athletics Meet (London, GBR)																			
Omega Timing (2024) - diamond league race analysis																			
date	20-Jul-24	time	6.22	10.14	14.10	18.13	22.32		26.71	31.21	35.88	40.70	45.55		51.30	6 / 1			
reaction time	0.175	interval		3.92	3.96	4.03	4.19		4.39	4.50	4.67	4.82	4.85	5.75			11.91	13.08	14.34
		velocity	7.23	8.93	8.84	8.68	8.35		7.97	7.78	7.49	7.26	7.22	6.96	7.80		8.82	8.03	7.32
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	19	170				
McLaughlin, Sydney (USA) (1999)																			
FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)																			
Henson (2022) - Athlete First: 2022 year end hurdle report																			
date	25-Jun-22	time	6.20	10.14	14.21	18.48	22.85	24.63	27.36	31.89	36.53	41.31	46.08		51.41	5 / 1			
reaction time		interval		3.94	4.07	4.27	4.37		4.51	4.53	4.64	4.78	4.77	5.33	WR		12.28	13.41	14.19
		velocity	7.26	8.88	8.60	8.20	8.01	8.12	7.76	7.73	7.54	7.32	7.34	7.50	7.78		8.55	7.83	7.40
H1 lead leg	R	strides	22	14	14	14	14		14	14	14	15	15	18.2	168.2				
Bol, Femke (NED) (2000)																			
FINAL - 2023 London Athletics Meet (London, GBR)																			
Omega Timing (2023) - diamond league race analysis																			
date	23-Jul-23	time	6.25	10.26	14.30	18.43	22.65		27.05	31.58	36.26	41.09	45.88		51.45	6 / 1			
reaction time	0.187	interval		4.01	4.04	4.13	4.22		4.40	4.53	4.68	4.83	4.79	5.57	AR PB		12.18	13.15	14.30
		velocity	7.20	8.73	8.66	8.47	8.29		7.95	7.73	7.48	7.25	7.31	7.18	7.77		8.62	7.98	7.34
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	19	170				
McLaughlin, Sydney (USA) (1999)																			
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
Henson (2021) - Athlete First: 2021 year end hurdle report																			
date	04-Aug-21	time	6.16	10.16	14.24	18.36	22.64		27.00	31.56	36.32	41.20	46.04		51.46	4 / 1			
reaction time	0.163	interval		4.00	4.08	4.12	4.28		4.36	4.56	4.76	4.88	4.84	5.42	WR		12.20	13.20	14.48
		velocity	7.31	8.75	8.58	8.50	8.18		8.03	7.68	7.35	7.17	7.23	7.38	7.77		8.61	7.95	7.25
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	16	15	18.5	170.5				
Muhammad, Dalilah (USA) (1990)																			
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
Henson (2021) - Athlete First: 2021 year end hurdle report																			
date	04-Aug-21	time	6.04	9.92	13.92	18.08	22.44		26.84	31.36	36.04	40.88	45.84		51.58	7 / 2			
reaction time	0.200	interval		3.88	4.00	4.16	4.36		4.40	4.52	4.68	4.84	4.96	5.74	PB		12.04	13.28	14.48
		velocity	7.45	9.02	8.75	8.41	8.03		7.95	7.74	7.48	7.23	7.06	6.97	7.75		8.72	7.91	7.25
H1 lead leg	R	strides	22	14	14	15	15		15	15	15	16	16	19	176				
McLaughlin, Sydney (USA) (1999)																			
FINAL - 2022 Music City Track Carnival (Nashville, TN) (TV Analysis) (H5 5m long)																			
Henson (2022) - Athlete First: 2022 year end hurdle report																			
date	05-Jun-22	time	5.84	10.37	14.46	18.65	23.42		27.27	31.87	36.50	41.33	46.33		51.61	5 / 1			
reaction time		interval		4.53	4.09	4.19	4.77		3.85	4.60	4.63	4.83	5.00	5.28			12.81	13.22	14.46
		velocity	7.71	7.73	8.56	8.35	8.39		9.09	7.61	7.56	7.25	7.00	7.58	7.75		8.20	7.94	7.26
H1 lead leg	R	strides		14	14	14	16		13	15	15		16	117					
McLaughlin, Sydney (USA) (1999)																			
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)																			
Henson (2022) - Athlete First: 2022 year end hurdle report																			
date	08-Aug-22	time	6.24	10.27	14.36	18.63	22.96		32.16	36.86	41.63	46.30		51.68	4 / 1				
reaction time	0.182	interval		4.03	4.09	4.27	4.33		9.20	4.70	4.77	4.67	5.38				12.39	13.53	14.14

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

H1 lead leg	R	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	
		strides	22	14	14	14	14		15	15	15	18	141						
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	24-Aug-23	time	6.37	10.44	14.41	18.41	22.66		27.03	31.53	36.24	41.07	46.01		51.70	6 / 1			
reaction time	0.202	interval		4.07	3.97	4.00	4.25		4.37	4.50	4.71	4.83	4.94	5.69			12.04	13.12	14.48
		velocity	7.06	8.60	8.82	8.75	8.24		8.01	7.78	7.43	7.25	7.09	7.03	7.74		8.72	8.00	7.25
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.5	169.5				
Cockrell, Anna (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympc Games - Results Book (2024)</i>				
date	08-Aug-24	time	6.10	9.98	13.94	18.09	22.40		26.72	31.28	35.96	40.84	45.84		51.87	7 / 2			
reaction time	0.158	interval		3.88	3.96	4.15	4.31		4.32	4.56	4.68	4.88	5.00	6.03			11.99	13.19	14.56
		velocity	7.38	9.02	8.84	8.43	8.12		8.10	7.68	7.48	7.17	7.00	6.63	7.71		8.76	7.96	7.21
H1 lead leg	R	strides	22	13	14	14	14		14	14	15	15	15	19	169				
McLaughlin, Sydney (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 USA Olympic Trials (Eugene, OR)															<i>Athlete Tracking (2021) - Women's 400mH - Unofficial Split Times</i>				
date	27-Jun-21	time	6.11	10.14	14.36	18.60	23.04	24.97	27.59	32.24	36.91	41.64	46.46		51.90	6 / 1			
reaction time	0.194	interval		4.03	4.22	4.24	4.44		4.55	4.65	4.67	4.73	4.82	5.44	WR		12.49	13.64	14.22
		velocity	7.36	8.68	8.29	8.25	7.88	8.01	7.69	7.53	7.49	7.40	7.26	7.35	7.71		8.41	7.70	7.38
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18.2	171.2				
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Prefontaine Classic (Eugene, OR)															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	17-Sep-23	time	6.25	10.32	14.46	18.63	22.96		27.45	32.03	36.74	41.54	46.44		51.98	6 / 1			
reaction time	0.158	interval		4.07	4.14	4.17	4.33		4.49	4.58	4.71	4.80	4.90	5.54			12.38	13.40	14.41
		velocity	7.20	8.60	8.45	8.39	8.08		7.80	7.64	7.43	7.29	7.14	7.22	7.70		8.48	7.84	7.29
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.2	169.2				
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	04-Aug-21	time	6.28	10.26	14.28	18.36	22.56		26.96	31.60	36.28	41.16	46.16		52.03	5 / 3			
reaction time	0.165	interval		3.98	4.02	4.08	4.20		4.40	4.64	4.68	4.88	5.00	5.87	AR		12.08	13.24	14.56
		velocity	7.17	8.79	8.71	8.58	8.33		7.95	7.54	7.48	7.17	7.00	6.81	7.69		8.69	7.93	7.21
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Memorial van Damme (Brussels, BEL)															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	08-Sep-23	time	6.27	10.23	14.33	18.52	22.83		27.32	32.00	36.77	41.61	46.55		52.11	5 / 1			
reaction time	0.203	interval		3.96	4.10	4.19	4.31		4.49	4.68	4.77	4.84	4.94	5.56			12.25	13.48	14.55
		velocity	7.18	8.84	8.54	8.35	8.12		7.80	7.48	7.34	7.23	7.09	7.19	7.68		8.57	7.79	7.22
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.2	169.2				
McLaughlin-Levrone, Sydney (USA)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympc Games - Results Book (2024)</i>				
date	06-Aug-24	time	6.03	10.05	14.28	18.62	22.97		27.38	31.90	36.62	41.54	46.49		52.13	7 / 1			
reaction time	0.154	interval		4.02	4.23	4.34	4.35		4.41	4.52	4.72	4.92	4.95	5.64			12.59	13.28	14.59
		velocity	7.46	8.71	8.27	8.06	8.05		7.94	7.74	7.42	7.11	7.07	7.09	7.67		8.34	7.91	7.20
H1 lead leg	R	strides	22	14	15	15	14		14	14	15	16	15	18	172				
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)															<i>Omega Timing (2024) - diamond league race analysis</i>				
date	25-Aug-24	time	6.28	10.30	14.38	18.63	23.00		27.47	32.14	36.93	41.81	46.67		52.13	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	15	18.2	169.2				
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympc Games - Results Book (2024)</i>				
date	08-Aug-24	time	6.13	10.00	13.93	17.99	22.16		26.48	31.00	35.74	40.70	45.90		52.15	6 / 3			
reaction time	0.165	interval		3.87	3.93	4.06	4.17		4.32	4.52	4.74	4.96	5.20	6.25			11.86	13.01	14.90
		velocity	7.34	9.04	8.91	8.62	8.39		8.10	7.74	7.38	7.06	6.73	6.40	7.67		8.85	8.07	7.05
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	16	19	171				
Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 IAAF World Championships (Doha, QAT)															<i>Sugimoto (2019) - world championship competition performance analysis- women's hurdles</i>				
date	04-Oct-19	time	6.19	10.11	14.23	18.49	22.86		27.24	31.72	36.39	41.21	46.23		52.16	6 / 1			
reaction time	0.200	interval		3.92	4.12	4.26	4.37		4.38	4.48	4.67	4.82	5.02	5.93	WR		12.30	13.23	14.51
		velocity	7.27	8.93	8.50	8.22	8.01		7.99	7.81	7.49	7.26	6.97	6.75	7.67		8.54	7.94	7.24
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	20	180				
McLaughlin, Sydney (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	20-Jul-22	time	6.12	10.10	14.30	18.42	22.73	24.61	27.27	31.90	36.60	41.43	46.43		52.17	6 / 1			
reaction time	0.174	interval		3.98	4.20	4.12	4.31		4.54	4.63	4.70	4.83	5.00	5.74			12.30	13.48	14.53

H1 lead leg	R	velocity	7.35	8.79	8.33	8.50	8.12	8.13	7.71	7.56	7.45	7.25	7.00	6.97	7.67	8.54	7.79	7.23	
		strides	22	14	14	14	14		15	15	15	15	16	18	172				
Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 USATF National Championships (Des Moines, IA)												<i>Vazel (2019) - statistical analysis and historical context of the new 400H world record</i>							
date	28-Jul-19	time	6.25	10.15	14.27	18.48	22.79		27.19	31.66	36.39	41.26	46.32		52.20	4 / 1			
reaction time	0.287	interval		3.90	4.12	4.21	4.31		4.40	4.47	4.73	4.87	5.06	5.88	WR		12.23	13.18	14.66
		velocity	7.20	8.97	8.50	8.31	8.12		7.95	7.83	7.40	7.19	6.92	6.80	7.66		8.59	7.97	7.16
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	20	181				
McLaughlin, Sydney (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)												<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>							
date	04-Oct-19	time	6.27	10.27	14.38	18.65	22.98		27.42	31.96	36.73	41.57	46.58		52.23	4 / 2			
reaction time	0.161	interval		4.00	4.11	4.27	4.33		4.44	4.54	4.77	4.84	5.01	5.65	PB		12.38	13.31	14.62
		velocity	7.18	8.75	8.52	8.20	8.08		7.88	7.71	7.34	7.23	6.99	7.08	7.66		8.48	7.89	7.18
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	19.2	180.2				
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Athletissima (Lausanne, SU)												<i>Omega Timing (2024) - diamond league race analysis</i>							
date	22-Aug-24	time	6.25	10.30	14.42	18.61	22.92		27.40	31.98	36.72	41.55	46.53		52.25	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				
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)												<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>							
date	30-Jun-22	time	6.36	10.38	14.46	18.64	22.94	24.75	27.42	32.02	36.70	41.48	46.40		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	15	19	176				
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)												<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>							
date	22-Jul-22	time	6.43	10.47	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	19	146				
Jones, Jasmine (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Olympic Games (Paris, FRA)												<i>Paris 2024 Olympic Games - Results Book (2024)</i>							
date	08-Aug-24	time	6.02	9.99	14.03	18.17	22.45		26.86	31.51	36.21	41.16	46.31		52.29	9 / 4			
reaction time	0.157	interval		3.97	4.04	4.14	4.28		4.41	4.65	4.70	4.95	5.15	5.98	PB		12.15	13.34	14.80
		velocity	7.48	8.82	8.66	8.45	8.18		7.94	7.53	7.45	7.07	6.80	6.69	7.65		8.64	7.87	7.09
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	16	18.7	156.7					
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Bislett Games (Oslo, NOR)												<i>Omega Timing (2023) - diamond league race analysis</i>							
date	15-Jun-23	time	6.29	10.36	14.52	18.74	23.05		27.48	32.11	36.92	41.78	46.69		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	7.13	7.65		8.43	7.85	7.20
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.5	169.5				
Pechonkina, Yuliya (RUS) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 Russian National Championships (Tula, RUS)												<i>Vazel (2019) - statistical analysis and historical context of the new 400H world record</i>							
date	08-Aug-03	time	6.3	10.3	14.3	18.5	22.9		27.4	31.9	36.5	41.2	46.3		52.34	4 / 1			
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				
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)												<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>							
date	04-Jul-21	time	6.24	10.24	14.26	18.45	22.78	24.8	27.31	31.96	36.72	41.58	46.60		52.37	5 / 1			
reaction time	0.195	interval		4.00	4.02	4.19	4.33		4.53	4.65	4.76	4.86	5.02	5.77	NR PB		12.21	13.51	14.64
		velocity	7.21	8.75	8.71	8.35	8.08	8.06	7.73	7.53	7.35	7.20	6.97	6.93	7.64		8.60	7.77	7.17
H1 lead leg	L	strides		15	15	15	15		15	15	15	15	15	19	154				
Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)												<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>							
date	04-Jul-21	time	6.18	10.28	14.42	18.78	23.28	25.2	27.72	32.26	36.92	41.72	46.72		52.39	6 / 2			
reaction time	0.200	interval		4.10	4.14	4.36	4.50		4.44	4.54	4.66	4.80	5.00	5.67	PB		12.60	13.48	14.46
		velocity	7.28	8.54	8.45	8.03	7.78	7.94	7.88	7.71	7.51	7.29	7.00	7.05	7.64		8.33	7.79	7.26
H1 lead leg	R	strides		15	15	15	15		15	15	15	16	16	19.7	156.7				
Walker, Melaine (JAM) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 IAAF World Championships (Berlin, GER)												<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>							
date	20-Aug-09	time	6.23	10.15	14.32	18.58	22.98		27.45	32.08	36.81	41.58	46.63		52.42	4 / 1			
reaction time	0.142	interval		3.92	4.17	4.26	4.40		4.47	4.63	4.73	4.77	5.05	5.79	CR / AR		12.35	13.50	14.55

	velocity	7.22	8.93	8.39	8.22	7.95		7.83	7.56	7.40	7.34	6.93	6.91	7.63		8.50	7.78	7.22
H1 lead leg	strides		15	15	15	15		15	16	16	16	17		140				
Muhammad, Dalilah (USA) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 USA Olympic Trials (Eugene, OR)																		
date	27-Jun-21	time	6.08	10.03	14.21	18.52	22.95	24.91	27.48	32.04	36.70	41.58	46.53		52.42	7 / 2		
reaction time	0.167	interval		3.95	4.18	4.31	4.43		4.53	4.56	4.66	4.88	4.95	5.89		12.44	13.52	14.49
		velocity	7.40	8.86	8.37	8.12	7.90	8.03	7.73	7.68	7.51	7.17	7.07	6.79	7.63	8.44	7.77	7.25
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178			
Bol, Femke (NED) (2000)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)																		
date	02-Jun-23	time	6.27	10.35	14.48	18.63	22.90		27.28	31.96	36.76	41.63	46.64		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			
Bol, Femke (NED) (2000)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Memorial van damme (Brussels, BEL)																		
date	14-Sep-24	time	6.27	10.30	14.42	18.63	22.95		27.41	32.01	36.83	41.78	46.72		52.45	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			
Demus, Lashinda (USA) (1983)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2011 IAAF World Championships (Daegu, KOR)																		
date	01-Sep-11	time	6.0	10.0	14.1	18.4	22.9		27.4	32.0	36.5	41.4	46.5		52.47	3 / 1		
reaction time	0.149	interval		4.0	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		7.78	7.61	7.78	7.14	6.86	6.70	7.62	8.47	7.72	7.24
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	20	180			
McLaughlin-Levrone, Sydney (USA)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)																		
date	29-Jun-24	time	6.16	10.13	14.20	18.40	22.70	24.62	27.10	31.75	36.52	41.53	46.55		52.48	6 / 1		
reaction time		interval		3.97	4.07	4.20	4.30		4.40	4.65	4.77	5.01	5.02	5.93		12.24	13.35	14.80
		velocity	7.31	8.82	8.60	8.33	8.14	8.12	7.95	7.53	7.34	6.99	6.97	6.75	7.62	8.58	7.87	7.09
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	18	172			
Bol, Femke (NED) (2000)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 European Athletics Championships (Roma, ITA)																		
date	11-Jun-24	time	6.40	10.38	14.48	18.66	22.98		27.43	32.08	36.92	41.91	46.91		52.49	6 / 1		
reaction time	0.180	interval		3.98	4.10	4.18	4.32		4.45	4.65	4.84	4.99	5.00	5.58	CR	12.26	13.42	14.83
		velocity	7.03	8.79	8.54	8.37	8.10		7.87	7.53	7.23	7.01	7.00	7.17	7.62	8.56	7.82	7.08
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	19	170			
Bol, Femke (NED) (2000)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)																		
date	06-Aug-24	time	6.24	10.18	14.24	18.35	22.61		27.03	31.64	36.50	41.55	46.62		52.57	6 / 1		
reaction time	0.194	interval		3.94	4.06	4.11	4.26		4.42	4.61	4.86	5.05	5.07	5.95		12.11	13.29	14.98
		velocity	7.21	8.88	8.62	8.52	8.22		7.92	7.59	7.20	6.93	6.90	6.72	7.61	8.67	7.90	7.01
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169			
Cockrell, Anna (USA) (1997)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)																		
date	30-Aug-24	time	6.12	10.02	14.04	18.21	22.62		27.11	31.71	36.54	41.48	46.54		52.59	4 / 1		
reaction time	0.161	interval		3.90	4.02	4.17	4.41		4.49	4.60	4.83	4.94	5.06	6.05		12.09	13.50	14.83
		velocity	7.35	8.97	8.71	8.39	7.94		7.80	7.61	7.25	7.09	6.92	6.61	7.61	8.68	7.78	7.08
H1 lead leg	L	strides	22	13		14			14	14	15	15	15	19	141			
Batten, Kim (USA) (1969)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1995 IAAF World Championships (Göteborg, SWE)																		
date	11-Aug-95	time				23.0										5 / 1		
reaction time		interval																
		velocity				8.04								7.60				
H1 lead leg	L	strides	23	15	15	15		15	16	16	17	17	21	185				
Bol, Femke (NED) (2000)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)																		
date	16-Jun-22	time	6.32	10.34	14.48	18.62	22.88		27.38	31.98	36.66	41.58	46.74		52.61	6 / 1		
reaction time	0.177	interval		4.02	4.14	4.14	4.26		4.50	4.60	4.68	4.92	5.16	5.87		12.30	13.36	14.76
		velocity	7.12	8.71	8.45	8.45	8.22		7.78	7.61	7.48	7.11	6.78	6.81	7.60	8.54	7.86	7.11
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	16	19.5	177.5			
Buford-Bailey, Tonja (USA) (1970)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1995 IAAF World Championships (Göteborg, SWE)																		
date	11-Aug-95	time	6.47	10.50	14.60	18.77	23.07		27.47	32.17	36.97	41.94	47.00		52.62	3 / 2		
reaction time		interval		4.03	4.10	4.17	4.30		4.40	4.70	4.80	4.97	5.06	5.62	PB	12.30	13.40	14.83

H1 lead leg	R	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
		strides		15	15	15	15		15	15	15	16	16	18.5	155.5				
Bol, Femke (NED) (2000)																			
FINAL - 2023 Athletissima (Lausanne, SUI)																			
date	30-Jun-23	time	6.14	10.09	14.11	18.16	22.38		26.76	31.43	36.35	41.36	46.61		<i>Omega Timing (2023) - diamond league race analysis</i>				
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	14	15	15	15	19.7	170.7				
Demus, Lashinda (USA) (1983)																			
FINAL - 2012 Olympic Games (London, GBR)																			
date	08-Aug-12	time	6.07	10.06	14.25	18.68	23.06	24.86	27.55	32.04	36.69	41.64	46.77		<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>				
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				
Muhammad, Dalilah (USA) (1990)																			
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)																			
date	21-Aug-21	time	6.12	10.06	14.12	18.28	22.64	24.6	27.12	31.84	36.66	41.64	46.76		<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
reaction time	0.164	interval		3.94	4.06	4.16	4.36		4.48	4.72	4.82	4.98	5.12	6.01			12.16	13.56	14.92
		velocity	7.35	8.88	8.62	8.41	8.03	8.13	7.81	7.42	7.26	7.03	6.84	6.66	7.58		8.63	7.74	7.04
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19.2	179.2				
Jones, Jasmine (USA) (2001)																			
FINAL - 2024 USA Olympic Trials (Eugene, OR)																			
date	30-Jun-24	time	6.20	10.20	14.40	18.75	23.25	25.20	27.79	32.44	37.26	42.12	46.96		<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
reaction time		interval		4.00	4.20	4.35	4.50		4.54	4.65	4.82	4.86	4.84	5.81	PB		12.55	13.69	14.52
		velocity	7.26	8.75	8.33	8.05	7.78	7.94	7.71	7.53	7.26	7.20	7.23	6.88	7.58		8.37	7.67	7.23
H1 lead leg	R	strides		14	15	14	15		15	15	15	15	15	18.2	151.2				
Little, Shamier (USA) (1995)																			
FINAL - 2024 London Athletics Meet (London, GBR)																			
date	20-Jul-24	time	6.25	10.31	14.45	18.71	23.11		27.67	32.28	37.01	41.91	46.98		<i>Omega Timing (2024) - diamond league race analysis</i>				
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	15	15	19	147				
Farmer-Patrick, Sandra (USA) (1962)																			
FINAL - 1993 IAAF World Championships (Stuttgart, GER)																			
date	19-Aug-93	time	6.52	10.57	14.72	18.93	23.31		27.90	32.79	37.38	42.20	47.04		<i>Graubner (2008) - http://www.fgs.uni-halle.de</i>				
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				
Bol, Femke (NED) (2000)																			
FINAL - 2023 Galà Dei Castelli (Bellinzona, ITA) (TV Analysis)																			
date	04-Sep-23	time	6.36	10.52	14.68	18.92	23.28		27.80	32.48	37.32	42.28	47.28		<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
reaction time		interval		4.16	4.16	4.24	4.36		4.52	4.68	4.84	4.96	5.00	5.51			12.56	13.56	14.80
		velocity	7.08	8.41	8.41	8.25	8.03		7.74	7.48	7.23	7.06	7.00	7.26	7.58		8.36	7.74	7.09
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.2	169.2				
Bol, Femke (NED) (2000)																			
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)																			
date	09-Sep-21	time	6.36	10.40		18.88	23.24	25.0	27.80	32.52	37.24	42.16	47.20		<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
reaction time	0.172	interval		4.04		8.48	4.36		4.56	4.72	4.72	4.92	5.04	5.60			12.52	13.64	14.68
		velocity	7.08	8.66		8.25	8.03	8.00	7.68	7.42	7.42	7.11	6.94	7.14	7.58		8.39	7.70	7.15
H1 lead leg	L	strides	22	15		15	15		15	15	15	15	15	18.7	145.7				
Little, Shamier (USA) (1995)																			
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
date	24-Aug-23	time	6.24	10.41	14.58	18.68	23.02		27.46	31.96	36.64	41.54	46.81		<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
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					
Bol, Femke (NED) (2000)																			
FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)																			
date	06-Jul-21	time	6.40	10.41	14.56	18.77	23.02		27.49	32.20	36.97	41.97	47.14		<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
reaction time	0.247	interval		4.01	4.15	4.21	4.25		4.47	4.71	4.77	5.00	5.17	5.67			12.37	13.43	14.94
		velocity	7.03	8.73	8.43	8.31	8.24		7.83	7.43	7.34	7.00	6.77	7.05	7.57		8.49	7.82	7.03
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19.2	161.2				
Little, Shamier (USA) (1995)																			
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
date	22-Aug-23	time	6.17	10.14	14.28	18.52	22.92		27.42	32.03	36.80	41.86	46.95		<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
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

H1 lead leg	R	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
		strides	23	15	15	15	15		15	15	15	16	16	19.2	179.2				
Clayton, Rushell (JAM) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	24-Aug-23	time	6.31	10.39	14.42	18.36	22.59		27.06	31.63	36.43	41.47	46.68		52.81	8 / 3			
reaction time	0.147	interval		4.08	4.03	3.94	4.23		4.47	4.57	4.80	5.04	5.21	6.13	PB		12.05	13.27	15.05
		velocity	7.13	8.58	8.68	8.88	8.27		7.83	7.66	7.29	6.94	6.72	6.53	7.57		8.71	7.91	6.98
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	16	16	20	175				
Hemmings, Deon (JAM) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 Olympic Games (Atlanta, GA)																<i>McFarlane (2000) - the science of hurdling and speed</i>			
date	31-Jul-96	time	6.32	10.27	14.35	18.62	22.92		27.46	32.12	36.94	41.92	46.99		52.82	5 / 1			
reaction time	0.348	interval		3.95	4.08	4.27	4.30		4.54	4.66	4.82	4.98	5.07	5.83	OR / AR		12.30	13.50	14.87
		velocity	7.12	8.86	8.58	8.20	8.14		7.71	7.51	7.26	7.03	6.90	6.86	7.57		8.54	7.78	7.06
H1 lead leg		strides	23	15	15	15	15		15	15	16	16	17		162				
Halkiá, Fani (GRE) (1979)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Olympic Games (Athens, GRE)																<i>Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04</i>			
date	25-Aug-04	time	6.37	10.52	14.61	18.79	23.19		27.65	32.12	36.86	41.89	46.98		52.82	4 / 1			
reaction time	0.295	interval		4.15	4.09	4.18	4.40		4.46	4.47	4.74	5.03	5.09	5.84			12.42	13.33	14.86
		velocity	7.06	8.43	8.56	8.37	7.95		7.85	7.83	7.38	6.96	6.88	6.85	7.57		8.45	7.88	7.07
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	20	180				
Hejnová, Zuzana (CZE) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)																<i>Henson (2021) - Athlete First: major championships report</i>			
date	15-Aug-13	time	6.34	10.42	14.57	18.73	23.04		27.42	31.96	36.73	41.69	46.73		52.83	3 / 1			
reaction time	0.149	interval		4.08	4.15	4.16	4.31		4.38	4.54	4.77	4.96	5.04	6.10			12.39	13.23	14.77
		velocity	7.10	8.58	8.43	8.41	8.12		7.99	7.71	7.34	7.06	6.94	6.56	7.57		8.47	7.94	7.11
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180				
McLaughlin, Sydney (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Music City Track Carnival (Nashville, TN) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	06-Jun-21	time	6.34	10.64	14.88	19.07	23.45		27.92	32.53	37.34	42.44	47.48		52.83	5 / 1			
reaction time		interval		4.30	4.24	4.19	4.38		4.47	4.61	4.81	5.10	5.04	5.35			12.73	13.46	14.95
		velocity	7.10	8.14	8.25	8.35	7.99		7.83	7.59	7.28	6.86	6.94	7.48	7.57		8.25	7.80	7.02
H1 lead leg	R	strides	22	15	14	14	14		14	15	16	16	16	18.5	158.5				
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	20-Jul-22	time	6.30	10.27	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				
McLaughlin, Sydney (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	29-Aug-19	time	6.32	10.44		19.02	23.56	25.4	28.16	32.76	37.40	42.32	47.24		52.85	3 / 1			
reaction time	0.147	interval		4.12		8.58	4.54		4.60	4.60	4.64	4.92	4.92	5.61			12.70	13.74	14.48
		velocity	7.12	8.50		8.16	7.71	7.87	7.61	7.61	7.54	7.11	7.11	7.13	7.57		8.27	7.64	7.25
H1 lead leg	R	strides	23	15		15	15		15	15	15	16	16	19	149				
Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	06-Jul-21	time	6.40	10.58	14.78	19.04	23.39		27.83	32.42	37.23	42.12	47.21		52.85	6 / 2			
reaction time	0.339	interval		4.18	4.20	4.26	4.35		4.44	4.59	4.81	4.89	5.09	5.64			12.64	13.38	14.79
		velocity	7.03	8.37	8.33	8.22	8.05		7.88	7.63	7.28	7.16	6.88	7.09	7.57		8.31	7.85	7.10
H1 lead leg	R	strides	22	15	15	15	15		15		16	16	16	19.5	164.5				
Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	10-Jul-16	time	6.17	10.18	14.35	18.68	23.15		27.56	32.13	36.80	41.74	46.88		52.88	6 / 1			
reaction time	0.275	interval		4.01	4.17	4.33	4.47		4.41	4.57	4.67	4.94	5.14	6.00	PB		12.51	13.45	14.75
		velocity	7.29	8.73	8.39	8.08	7.83		7.94	7.66	7.49	7.09	6.81	6.67	7.56		8.39	7.81	7.12
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	20	180				
McLaughlin, Sydney (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 USATF National Championships (Des Moines, IA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	28-Jul-19	time	6.37	10.54	14.71	18.98	23.32		28.12	32.72	37.52	42.55	47.52		52.88	6 / 2			
reaction time	0.198	interval		4.17	4.17	4.27	4.34		4.80	4.60	4.80	5.03	4.97	5.36			12.61		
		velocity	7.06	8.39	8.39	8.20	8.06		7.29		14.58	6.96	7.04	7.46	7.56		8.33		
H1 lead leg	R	strides	23	15	15	15	15		15		16	16	18.5	148.5					
Cockrell, Anna (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)																<i>Omega Timing (2024) - diamond league race analysis</i>			
date	25-Aug-24	time	6.20	10.13	14.20	18.48	22.94		27.51	32.29	37.14	42.04	46.94		52.88	5 / 2			
reaction time	0.167	interval		3.93	4.07	4.28	4.46		4.57	4.78	4.85	4.90	4.90	5.94			12.28	13.81	14.65

H1 lead leg	L	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
		strides	22	13	13	14	14		14	14	15	15	15	19	168				
Pernía, Daimi (CUB) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1999 IAAF World Championships (Sevilla, ESP)			<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>																
date	25-Aug-99	time	6.26	10.36	14.50	18.79	23.17		27.75	32.55	37.29	42.22	47.00		52.89	5 / 1			
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			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) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1999 IAAF World Championships (Sevilla, ESP)			<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>																
date	25-Aug-99	time	6.25	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				
Pechonkina, Yuliya (RUS) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 IAAF World Championships (Helsinki, FIN)			<i>Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins</i>																
date	13-Aug-05	time	6.3	10.5	14.8	18.8	23.1		27.5	31.9	36.6	41.6	46.6		52.90	4 / 1			
reaction time	0.144	interval		4.2	4.3	4.0	4.3		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	L	strides	22	15	15	15	15		15	15	17	17	17	20	183				
McLaughlin, Sydney (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	24-Jun-22	time	6.26	10.26	14.40	18.73	23.20	25.04	27.83	32.60	37.46	42.30	47.23		52.90	5 / 1			
reaction time		interval		4.00	4.14	4.33	4.47		4.63	4.77	4.86	4.84	4.93	5.67			12.47	13.87	14.63
		velocity	7.19	8.75	8.45	8.08	7.83	7.99	7.56	7.34	7.20	7.23	7.10	7.05	7.56		8.42	7.57	7.18
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	18.2	172.2				
Cockrell, Anna (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	06-Aug-24	time	6.14	10.10	14.25	18.59	23.06		27.52	32.13	36.91	41.87	46.91		52.90	7 / 2			
reaction time	0.178	interval		3.96	4.15	4.34	4.47		4.46	4.61	4.78	4.96	5.04	5.99			12.45	13.54	14.78
		velocity	7.33	8.84	8.43	8.06	7.83		7.85	7.59	7.32	7.06	6.94	6.68	7.56		8.43	7.75	7.10
H1 lead leg	R	strides	22	13	14	14	14		14	14	14	15	15	19	168				
Antyukh, Natalya (RUS) (1981)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 European Championships (Barcelona, ESP)			<i>Graubner (2010) - http://www.fgs.uni-halle.de</i>																
date	30-Jul-10	time	6.43	10.52	14.66	18.93	23.19		27.60	32.18	37.03	41.95	47.01		52.92	6 / 1			
reaction time	0.182	interval		4.09	4.14	4.27	4.26		4.41	4.58	4.85	4.92	5.06	5.91	CR		12.50	13.25	14.83
		velocity	7.00	8.56	8.45	8.20	8.22		7.94	7.64	7.22	7.11	6.92	6.77	7.56		8.40	7.92	7.08
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	19.5	179.5				
Stepanova, Marina (URS) (1950)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1986 IX USSR Spartakiade (Tashkent, URS)			<i>Stepanova (1997) - my experiences in the 400m hurdles</i>																
date	17-Sep-86	time	6.55	10.65	14.80	19.05	23.38		27.81	32.49	37.34	42.15	47.19		52.94	1 / 1			
reaction time		interval		4.10	4.15	4.25	4.33		4.43	4.68	4.85	4.81	5.04	5.75	WR		12.50	13.44	14.70
		velocity	6.87	8.54	8.43	8.24	8.08		7.90	7.48	7.22	7.28	6.94	6.96	7.56		8.40	7.81	7.14
H1 lead leg		strides	22	15	15	15	15		15	15	17	17	17	163					
Johnson, Sheena (USA) (1982)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 USA Olympic Trials (Sacramento, CA)			<i>Lyle - miscellaneous coaching notes</i>																
date	11-Jul-04	time	6.11	10.20	14.40	18.69	23.21		27.72	32.50	37.24	42.16	47.03		52.95	6 / 1			
reaction time		interval		4.09	4.20	4.29	4.52		4.51	4.78	4.74	4.92	4.87	5.92	PB		12.58	13.81	14.53
		velocity	7.36	8.56	8.33	8.16	7.74		7.76	7.32	7.38	7.11	7.19	6.76	7.55		8.35	7.60	7.23
H1 lead leg	L	strides	24	15	15	15	15		15	15	15	15	15	19	178				
Carter, Kori (USA) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)			<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>																
date	25-Jun-17	time	6.34	10.31	14.25	18.28	22.49		27.09	32.13	37.10	42.04	47.08		52.95	7 / 3			
reaction time	0.244	interval		3.97	3.94	4.03	4.21		4.60	5.04	4.97	4.94	5.04	5.87	PB		11.94	13.85	14.95
		velocity	7.10	8.82	8.88	8.68	8.31		7.61	6.94	7.04	7.09	6.94	6.81	7.55		8.79	7.58	7.02
H1 lead leg	L	strides	24	15	15	15	115		17	17	17	17	17	20	289				
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	26-Aug-22	time	6.27	10.36	14.55	18.97	23.40	25.25	28.00	32.67	37.34	42.30	47.33		52.95	5 / 1			
reaction time	0.155	interval		4.09	4.19	4.42	4.43		4.60	4.67	4.67	4.96	5.03	5.62			12.70	13.70	14.66
		velocity	7.18	8.56	8.35	7.92	7.90	7.92	7.61	7.49	7.49	7.06	6.96	7.12	7.55		8.27	7.66	7.16
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	22-Aug-23	time	6.31	10.44	14.45	18.45	22.75		27.20	31.79	36.57	41.60	46.71		52.95	8 / 1			
reaction time	0.199	interval		4.13	4.01	4.00	4.30		4.45	4.59	4.78	5.03	5.11	6.24			12.14	13.34	14.92

H1 lead leg	L	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
		strides	22	14	14	14	14		14	14	15	15	15	18.5	169.5				
Cockrell, Anna (USA) (1997)																			
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)										<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>									
date	29-Jun-24	time	6.22	10.06	14.14	18.48	22.83	24.83	27.33	31.99	36.89	41.91	47.02		52.95		5 / 1		
reaction time		interval		3.84	4.08	4.34	4.35		4.50	4.66	4.90	5.02	5.11	5.93	PB		12.26	13.51	15.03
		velocity	7.23	9.11	8.58	8.06	8.05	8.05	7.78	7.51	7.14	6.97	6.85	6.75	7.55		8.56	7.77	6.99
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	15	19	171				
Demus, Lashinda (USA) (1983)																			
FINAL - 2009 IAAF World Championships (Berlin, GER)										<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>									
date	20-Aug-09	time	6.16	10.11	14.23	18.59	23.05		27.51	32.02	36.65	41.70	46.99		52.96		5 / 2		
reaction time	0.159	interval		3.95	4.12	4.36	4.46		4.46	4.51	4.63	5.05	5.29	5.97			12.43	13.43	14.97
		velocity	7.31	8.86	8.50	8.03	7.85		7.85	7.76	7.56	6.93	6.62	6.70	7.55		8.45	7.82	7.01
H1 lead leg		strides		15	15	15	15		15	15	15	17	17		139				
Ryzhykova, Anna (UKR) (1989)																			
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)										<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>									
date	04-Jul-21	time	6.34	10.30	14.36		22.84	24.8	27.42	32.12	36.88	41.78	47.02		52.96		3 / 3		
reaction time	0.183	interval		3.96	4.06		8.48		4.58	4.70	4.76	4.90	5.24	5.94	NR PB				14.90
		velocity	7.10	8.84	8.62		8.25	8.06	7.64	7.45	7.35	7.14	6.68	6.73	7.55				7.05
H1 lead leg	R	strides	22	14	14				15	15	15	15	16	19.2	145.2				
Bidouane, Nezha (MAR) (1969)																			
FINAL - 1997 IAAF World Championships (Athens, GRE)										<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>									
date	08-Aug-97	time	6.50	10.76	15.08	19.50	23.92		28.44	32.98	37.74	42.62	47.46		52.97		3 / 1		
reaction time	0.138	interval		4.26	4.32	4.42	4.42		4.52	4.54	4.76	4.88	4.84	5.51	AR		13.00	13.48	14.48
		velocity	6.92	8.22	8.10	7.92	7.92		7.74	7.71	7.35	7.17	7.23	7.26	7.55		8.08	7.79	7.25
H1 lead leg		strides																	
Salmon, Shiann (JAM) (1999)																			
FINAL - 2024 Weltklasse (Züich, SU)										<i>Omega Timing (2024) - diamond league race analysis</i>									
date	05-Sep-24	time	6.23	10.31	14.54	18.81	23.13		27.62	32.29	37.03	41.98	47.04		52.97		6 / 1		
reaction time	0.176	interval		4.08	4.23	4.27	4.32		4.49	4.67	4.74	4.95	5.06	5.93	PB		12.58	13.48	14.75
		velocity	7.22	8.58	8.27	8.20	8.10		7.80	7.49	7.38	7.07	6.92	6.75	7.55		8.35	7.79	7.12
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	16	16	19.5	172.5				
Little, Shamier (USA) (1995)																			
FINAL - 2024 USA Olympic Trials (Eugene, OR)										<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>									
date	30-Jun-24	time	6.32	10.41	14.63	18.94	23.37	25.30	27.79	32.39	37.20	42.28	47.21		52.98		7 / 4		
reaction time		interval		4.09	4.22	4.31	4.43		4.42	4.60	4.81	5.08	4.93	5.77			12.62	13.45	14.82
		velocity	7.12	8.56	8.29	8.12	7.90	7.91	7.92	7.61	7.28	6.89	7.10	6.93	7.55		8.32	7.81	7.09
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19.2	179.2				
Clayton, Rushell (JAM) (1992)																			
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)										<i>Paris 2024 Olympic Games - Results Book (2024)</i>									
date	06-Aug-24	time	6.13	10.02	14.02	18.11	22.33		26.78	31.48	36.37	41.51	46.79		53.00		5 / 1		
reaction time	0.152	interval		3.89	4.00	4.09	4.22		4.45	4.70	4.89	5.14	5.28	6.21			11.98	13.37	15.31
		velocity	7.34	9.00	8.75	8.56	8.29		7.87	7.45	7.16	6.81	6.63	6.44	7.55		8.76	7.85	6.86
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	16	16	19	174				
Privalova, Irina (RUS) (1968)																			
FINAL - 2000 Olympic Games (Sydney, AUS)										<i>Behm (2000) - Sydney 2000: Compte-rendu du 400m haies</i>									
date	27-Sep-00	time	6.4	10.5	14.7	19.0	23.3		27.7	32.2	37.0	41.9	47.1		53.02		3 / 1		
reaction time	0.178	interval		4.1	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				
Bol, Femke (NED) (2000)																			
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)										<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>									
date	09-Jun-22	time	6.43	10.47	14.63	18.90	23.27	25.06	27.80	32.47	37.24	42.13	47.27		53.02		5 / 1		
reaction time	0.188	interval		4.04	4.16	4.27	4.37		4.53	4.67	4.77	4.89	5.14	5.75			12.47	13.57	14.80
		velocity	7.00	8.66	8.41	8.20	8.01	7.98	7.73	7.49	7.34	7.16	6.81	6.96	7.54		8.42	7.74	7.09
H1 lead leg	L	strides	22	15	15	15			15	15	15	15	15	19.5	161.5				
McLaughlin, Sydney (USA) (1999)																			
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)										<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>									
date	26-Jun-21	time	6.14	10.21	14.34	18.58	22.99		27.59	32.33	37.07	42.07	47.04		53.03		5 / 1		
reaction time	0.227	interval		4.07	4.13	4.24	4.41		4.60	4.74	4.74	5.00	4.97	5.99			12.44	13.75	14.71
		velocity	7.33	8.60	8.47	8.25	7.94		7.61	7.38	7.38	7.00	7.04	6.68	7.54		8.44	7.64	7.14
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	15	18.2	172.2				
McLaughlin, Sydney (USA) (1999)																			
Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)										<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>									
date	02-Aug-21	time	6.20	10.20	14.32	18.52	22.88		27.52	32.24	37.04	42.04	47.20		53.03		5 / 1		
reaction time	0.204	interval		4.00	4.12	4.20	4.36		4.64	4.72	4.80	5.00	5.16	5.83			12.32	13.72	14.96

H1 lead leg	R	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
		strides	22	14	14	14	14		15	15	15	16	16	18.5	173.5				
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	08-Sep-22	time	6.37	10.41	14.55	18.72	23.06	24.86	27.56	32.14	36.83	41.71	46.98		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	15	16	19	177				
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	26-Aug-21	time	6.32	10.36	14.48	18.72	23.24	24.86	27.84	32.60	37.40	42.32	47.32		53.05	4 / 1			
reaction time	0.186	interval		4.04	4.12	4.17	8.76		4.60	4.76	4.80	4.92	5.00	5.73					14.72
		velocity	7.12	8.66	8.50	8.39	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	15	15	18.7	145.7				
Carter, Kori (USA) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	10-Aug-17	time	6.20	10.28	14.28	18.48	22.92	24.86	27.32	32.00	36.92	41.92	47.04		53.07	9 / 1			
reaction time	0.151	interval		4.08	4.00	4.20	4.44		4.40	4.68	4.92	5.00	5.12	6.03			12.28	13.52	15.04
		velocity	7.26	8.58	8.75	8.33	7.88		7.95	7.48	7.11	7.00	6.84	6.63	7.54		8.55	7.77	6.98
H1 lead leg	L	strides	24	15	15	15	16		16	16	17	17	17	20	188				
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Bauhaus Galan (Stockholm, SWE)			<i>Omega Timing (2024) - diamond league race analysis</i>																
date	02-Jun-24	time	6.42	10.49	14.62	18.80	23.09	24.86	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				
McLaughlin-Levrone, Sydney (USA)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	6.08	10.13	14.26	18.54	22.91	24.84	27.35	32.02	36.94	41.87	46.93		53.07	6 / 1			
reaction time		interval		4.05	4.13	4.28	4.37		4.44	4.67	4.92	4.93	5.06	6.14			12.46	13.48	14.91
		velocity	7.40	8.64	8.47	8.18	8.01	8.05	7.88	7.49	7.11	7.10	6.92	6.51	7.54		8.43	7.79	7.04
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	18	172				
Batten, Kim (USA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 Olympic Games (Atlanta, GA)			<i>McFarlane (2000) - the science of hurdling and speed</i>																
date	31-Jul-96	time	6.38	10.50	14.70	19.00	23.40	24.86	27.80	32.40	37.20	42.00	47.10		53.08	6 / 2			
reaction time	0.283	interval		4.12	4.20	4.30	4.40		4.40	4.60	4.80	4.80	5.10	5.98			12.62	13.40	14.70
		velocity	7.05	8.50	8.33	8.14	7.95		7.95	7.61	7.29	7.29	6.86	6.69	7.54		8.32	7.84	7.14
H1 lead leg		strides	23	15	15	15	15		15	15	16	17	17	163					
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	04-Aug-21	time	6.40	10.52	14.68	18.88	23.20	24.86	27.68	32.32	37.08	42.00	47.12		53.08	6 / 4			
reaction time	0.136	interval		4.12	4.16	4.20	4.32		4.48	4.64	4.76	4.92	5.12	5.96	PB		12.48	13.44	14.80
		velocity	7.03	8.50	8.41	8.33	8.10		7.81	7.54	7.35	7.11	6.84	6.71	7.54		8.41	7.81	7.09
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	17	19.7	181.7				
Wilson, Britton (USA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	25-Jun-22	time	6.57	10.57	14.75	19.01	23.42	25.14	27.96	32.53	37.20	42.14	47.38		53.08	6 / 2			
reaction time		interval		4.00	4.18	4.26	4.41		4.54	4.57	4.67	4.94	5.24	5.70	PB		12.44	13.52	14.85
		velocity	6.85	8.75	8.37	8.22	7.94	7.96	7.71	7.66	7.49	7.09	6.68	7.02	7.54		8.44	7.77	7.07
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	160					
Hemmings, Deon (JAM) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 IAAF World Championships (Athens, GRE)			<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>																
date	08-Aug-97	time	6.46	10.58	14.72	19.00	23.36	24.86	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																	
Adekoya, Kemi (BRN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	24-Aug-23	time	6.34	10.41	14.48	18.55	22.82	24.86	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				
Ledovskaya, Tatyana (URS) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1991 IAAF World Championships (Tokyo, JPN)			<i>Behm (1995) - la tactique du 400 haies</i>																
date	29-Aug-91	time	6.3	10.5	14.7	18.9	23.2	24.86	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

H1 lead leg	R	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
		strides	22	15	15	15	15		15	15	15	16	17	20.7	180.7				
Spencer, Ashley (USA) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 USATF National Championships (Des Moines, IA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	28-Jul-19	time	6.57	10.74	14.98	19.32	23.76		33.13	37.60	42.44	47.34		53.11	3 / 3				
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				
Clayton, Rushell (JAM) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)																<i>Omega Timing (2024) - diamond league race analysis</i>			
date	25-Aug-24	time	6.21	10.11	14.11	18.28	22.61		27.15	31.97	37.00	42.00	47.02		53.11	7 / 3			
reaction time	0.131	interval		3.90	4.00	4.17	4.33		4.54	4.82	5.03	5.00	5.02	6.09			12.07	13.69	15.05
		velocity	7.25	8.97	8.75	8.39	8.08		7.71	7.26	6.96	7.00	6.97	6.57	7.53		8.70	7.67	6.98
H1 lead leg	L	strides	22	14	14	14	14		15	15	16	16	16	19	175				
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 IFAM Oordegem (Oordegem, BEL) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	27-May-23	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	14	15		16	19	156				
Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)																<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	18-Aug-16	time	6.00	10.00	14.16	18.44	22.84		27.24	31.88	36.68	41.80	47.08		53.13	3 / 1			
reaction time	0.143	interval		4.00	4.16	4.28	4.40		4.40	4.64	4.80	5.12	5.28	6.05			12.44	13.44	15.20
		velocity	7.50	8.75	8.41	8.18	7.95		7.95	7.54	7.29	6.84	6.63	6.61	7.53		8.44	7.81	6.91
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	20	180				
Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	22-Jul-22	time	6.17	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					
Salmon, Shiann (JAM) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	06-Aug-24	time	6.13	10.16	14.26	18.45	22.80		27.35	32.04	36.82	41.81	46.95		53.13	5 / 3			
reaction time	0.182	interval		4.03	4.10	4.19	4.35		4.55	4.69	4.78	4.99	5.14	6.18	PB		12.32	13.59	14.91
		velocity	7.34	8.68	8.54	8.35	8.05		7.69	7.46	7.32	7.01	6.81	6.47	7.53		8.52	7.73	7.04
H1 lead leg	L	strides	22	14	14	14	14		15	15	16	16	16	20	176				
Moline, Georganne (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)																<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	25-Jun-17	time	6.34	10.44	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				
Jones, Jasmine (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)																<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>			
date	08-Jun-24	time	6.42	10.55	14.80	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				
Salmon, Shiann (JAM) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)																<i>Omega Timing (2024) - diamond league race analysis</i>			
date	25-Aug-24	time	6.31	10.38	14.53	18.87	23.28		27.84	32.51	37.29	42.21	47.25		53.15	8 / 4			
reaction time	0.229	interval		4.07	4.15	4.34	4.41		4.56	4.67	4.78	4.92	5.04	5.90			12.56	13.64	14.74
		velocity	7.13	8.60	8.43	8.06	7.94		7.68	7.49	7.32	7.11	6.94	6.78	7.53		8.36	7.70	7.12
H1 lead leg	L	strides	22	14	14	14	14		15	15	16	16	16	19	175				
Gunnell, Sally (GBR) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1991 IAAF World Championships (Tokyo, JPN)																<i>Behm (1995) - la tactique du 400 haies</i>			
date	29-Aug-91	time	6.4	10.7	15.0	19.1	23.5		28.0	32.6	37.3	42.1	47.2		53.16	5 / 2			
reaction time		interval		4.3	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				
Hemmings, Deon (JAM) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1999 IAAF World Championships (Sevilla, ESP)																<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>			
date	25-Aug-99	time	6.14	10.18	14.36	18.61	22.98		27.48	32.30	37.06	42.10	47.05		53.16	3 / 3			
reaction time	0.188	interval		4.04	4.18	4.25	4.37		4.50	4.82	4.76	5.04	4.95	6.11			12.47	13.69	14.75

H1 lead leg	L	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
		strides	23	15	15	15	15		15	16	16	17	16	20	183				
Flintoff-King, Debbie (AUS) (1960)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1988 Olympic Games (Seoul, KOR)			<i>Arnold (1992) - Hurdling</i>																
date	28-Sep-88	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			
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	20	181				
Cockrell, Anna (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Weltklasse (Zürich, SUI)			<i>Omega Timing (2024) - diamond league race analysis</i>																
date	05-Sep-24	time	6.07	9.99	14.10	18.23	22.53		27.09	31.83	36.77	41.75	46.96		53.17	4 / 2			
reaction time	0.152	interval		3.92	4.11	4.13	4.30		4.56	4.74	4.94	4.98	5.21	6.21			12.16	13.60	15.13
		velocity	7.41	8.93	8.52	8.47	8.14		7.68	7.38	7.09	7.03	6.72	6.44	7.52		8.63	7.72	6.94
H1 lead leg	L	strides	21	13	13	13	14		14	14	15	15	15	20	167				
Ledovskaya, Tatyana (URS) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1988 Olympic Games (Seoul, KOR)			<i>Arnold (1992) - Hurdling</i>																
date	28-Sep-88	time	6.36	10.41	14.49	18.69	23.06	24.96	27.61	32.41	37.27	42.29	47.44		53.18	3 / 2			
reaction time	0.245	interval		4.05	4.08	4.20	4.37		4.55	4.80	4.86	5.02	5.15	5.74	PB		12.33	13.72	15.03
		velocity	7.08	8.64	8.58	8.33	8.01	8.01	7.69	7.29	7.20	6.97	6.80	6.97	7.52		8.52	7.65	6.99
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	16	17	20	184				
Lucas, Josanne (TTO) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 IAAF World Championships (Berlin, GER)			<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	20-Aug-09	time	6.26	10.20	14.30	18.50	22.90		27.47	32.17	36.97	42.01	47.21		53.20	3 / 3			
reaction time	0.186	interval		3.94	4.10	4.20	4.40		4.57	4.70	4.80	5.04	5.20	5.99	NR		12.24	13.67	15.04
		velocity	7.19	8.88	8.54	8.33	7.95		7.66	7.45	7.29	6.94	6.73	6.68	7.52		8.58	7.68	6.98
H1 lead leg		strides		14	14	14	14		15	15	15	16	16		133				
Salmon, Shiann (JAM) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)			<i>Omega Timing (2024) - diamond league race analysis</i>																
date	30-Aug-24	time	6.23	10.23	14.28	18.44	22.80		27.36	32.05	36.92	41.92	47.06		53.20	5 / 2			
reaction time	0.200	interval		4.00	4.05	4.16	4.36		4.56	4.69	4.87	5.00	5.14	6.14			12.21	13.61	15.01
		velocity	7.22	8.75	8.64	8.41	8.03		7.68	7.46	7.19	7.00	6.81	6.51	7.52		8.60	7.71	7.00
H1 lead leg	L	strides	22	14		14			15	15	16	16	16	19.5	147.5				
Pérec, Marie-José (FRA) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1995 Weltklasse (Zurich, SUI)			<i>Behm (1999) - Les 4 travaux de Marie-Jo</i>																
date	19-Aug-95	time	6.3	10.3	14.4	18.7	23.2		27.7	32.1	36.8	42.1	47.1		53.21	6 / 2			
reaction time		interval		4.0	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
		velocity	7.14	8.75	8.54	8.14	7.78		7.78	7.95	7.45	6.60	7.00	6.55	7.52		8.47	7.84	7.00
H1 lead leg	L	strides	21	14	14	15	14		14	14	14	16	15	18.5	169.5				
Buford-Bailey, Tonja (USA) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 Olympic Games (Atlanta, GA)			<i>McFarlane (2000) - the science of hurdling and speed</i>																
date	31-Jul-96	time	6.38	10.34	14.39	18.58	22.90		27.43	32.07	36.96	41.96	47.10		53.22	4 / 3			
reaction time	0.274	interval		3.96	4.05	4.19	4.32		4.53	4.64	4.89	5.00	5.14	6.12			12.20	13.49	15.03
		velocity	7.05	8.84	8.64	8.35	8.10		7.73	7.54	7.16	7.00	6.81	6.54	7.52		8.61	7.78	6.99
H1 lead leg		strides	23	15	15	15	15		15	16	16	16	16		162				
Pittman, Jana (AUS) (1982)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 IAAF World Championships (Paris, FRA)			<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>																
date	28-Aug-03	time	6.3	10.3	14.6	19.0	23.4		28.0	32.6	37.4	42.3	47.4		53.22	4 / 1			
reaction time	0.179	interval		4.0	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				
Gunnell, Sally (GBR) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1992 Olympic Games (Barcelona, ESP)			<i>Knight (1992) - 1992 Olympic report: the hurdling events</i>																
date	05-Aug-92	time	6.5	10.7	14.0	19.3	23.7		28.2	32.9	37.6	42.5	47.4		53.23	3 / 1			
reaction time		interval		4.20	3.30	5.30	4.40		4.50	4.70	4.70	4.90	4.90	5.83			12.80	13.60	14.50
		velocity	6.92	8.33	10.61	6.60	7.95		7.78	7.45	7.45	7.14	7.14	6.86	7.51		8.20	7.72	7.24
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	16	20.2	181.2				
Busch, Sabine (GDR) (1962)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1987 East German National Championships (Potsdam, GDR)			<i>König (1989) - on present state of development, and questions of future development, in 400m hurdles for women</i>																
date	21-Aug-87	time	6.57	10.66	14.94	19.28	23.75		28.33	32.94	37.68	42.65	47.67		53.24	1 / 1			
reaction time		interval		4.09	4.28	4.34	4.47		4.58	4.61	4.74	4.97	5.02	5.57	NR		12.71	13.66	14.73
		velocity	6.85	8.56	8.18	8.06	7.83		7.64	7.59	7.38	7.04	6.97	7.18	7.51		8.26	7.69	7.13
H1 lead leg		strides																	
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	13-Jul-21	time	6.38	10.42	14.60	18.90	23.30	25.2	27.78	32.42	37.28	42.28	47.38		53.24	5 / 1			
reaction time	0.214	interval		4.04	4.18	4.30	4.40		4.48	4.64	4.86	5.00	5.10	5.86			12.52	13.52	14.96

H1 lead leg	L	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	
		strides	22	15	15	15	15	15	15	15	15	15	15	19	176				
Clayton, Rushell (JAM) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 London Athletics Meet (London, GBR)														<i>Omega Timing (2024) - diamond league race analysis</i>					
date	20-Jul-24	time	6.25	10.18	14.20	18.30	22.55	27.07	31.78	36.64	41.70	46.93		53.24	4 / 3				
reaction time	0.132	interval		3.93	4.02	4.10	4.25	4.52	4.71	4.86	5.06	5.23	6.31			12.05	13.48	15.15	
		velocity	7.20	8.91	8.71	8.54	8.24	7.74	7.43	7.20	6.92	6.69	6.34	7.51		8.71	7.79	6.93	
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	19	142					
Walker, Melaine (JAM) (1983)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)														<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>					
date	18-Aug-09	time	6.35	10.43	14.60	18.89	23.30	27.94	32.66	37.42	42.25	47.42		53.26	6 / 1				
reaction time	0.183	interval		4.08	4.17	4.29	4.41	4.64	4.72	4.76	4.83	5.17	5.84			12.54	13.77	14.76	
		velocity	7.09	8.58	8.39	8.16	7.94	7.54	7.42	7.35	7.25	6.77	6.85	7.51		8.37	7.63	7.11	
H1 lead leg		strides																	
Sutherland, Savannah (CAN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)														<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>					
date	08-Jun-24	time	6.46	10.51	14.64	18.85	23.19	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	16	16	16	20	181					
Demus, Lashinda (USA) (1983)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2005 IAAF World Championships (Helsinki, FIN)														<i>Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins</i>					
date	13-Aug-05	time	6.2	10.4	14.6	18.8	23.1	27.7	32.2	36.8	41.8	46.9		53.27	8 / 2				
reaction time	0.176	interval		4.2	4.2	4.3	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	R	strides	23	15	15	15	15	15	15	15	16	16	20	180					
Muhammad, Dalilah (USA) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	20-Jul-22	time	6.06	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					
Salmon, Shiann (JAM) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympic Games - Results Book (2024)</i>					
date	08-Aug-24	time	6.23	10.34	14.51	18.70	23.02	27.54	32.20	37.01	42.11	47.22		53.29	2 / 6				
reaction time	0.207	interval		4.11	4.17	4.19	4.32	4.52	4.66	4.81	5.10	5.11	6.07			12.47	13.50	15.02	
		velocity	7.22	8.52	8.39	8.35	8.10	7.74	7.51	7.28	6.86	6.85	6.59	7.51		8.42	7.78	6.99	
H1 lead leg	L	strides	22	14	14	14	14	15	15	16	16	16	19	175					
Muhammad, Dalilah (USA) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	02-Aug-21	time	6.04	10.00	14.08	18.36	22.88	27.40	32.12	37.00	42.04	47.24		53.30	7 / 1				
reaction time	0.186	interval		3.96	4.08	4.28	4.52	4.52	4.72	4.88	5.04	5.20	6.06			12.32	13.76	15.12	
		velocity	7.45	8.84	8.58	8.18	7.74	7.74	7.42	7.17	6.94	6.73	6.60	7.50		8.52	7.63	6.94	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19	178					
Clayton, Rushell (JAM) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	22-Aug-23	time	6.34	10.44	14.51	18.48	22.72	27.23	31.90	36.73	41.86	47.19		53.30	5 / 1				
reaction time	0.190	interval		4.10	4.07	3.97	4.24	4.51	4.67	4.83	5.13	5.33	6.11	PB		12.14	13.42	15.29	
		velocity	7.10	8.54	8.60	8.82	8.25	7.76	7.49	7.25	6.82	6.57	6.55	7.50		8.65	7.82	6.87	
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	16	16	19	174					
Rawlinson, Jana (AUS) (1982)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2007 IAAF World Championships (Osaka, JPN)														<i>Ae (2008) - IAAF biomechanics team - a booklet of biomechanics data</i>					
date	30-Aug-07	time	6.47	10.48	14.55	18.68	22.93	27.38	31.92	36.65	41.71	47.05		53.31	5 / 1				
reaction time	0.153	interval		4.01	4.07	4.13	4.25	4.45	4.54	4.73	5.06	5.34	6.26			12.21	13.24	15.13	
		velocity	6.96	8.73	8.60	8.47	8.24	7.87	7.71	7.40	6.92	6.55	6.39	7.50		8.60	7.93	6.94	
H1 lead leg	R	strides	23	15	14	14	14	15	15	15	16	17	20	178					
Stepanova, Marina (URS) (1950)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1986 European Championships (Stuttgart, FRG)														<i>Breizer (1990) - the preparation of women for the 400m hurdles</i>					
date	30-Aug-86	time	6.64	10.78	15.01	19.38	23.84	28.39	33.06	37.88	42.75	47.73		53.32	1 / 1				
reaction time		interval		4.14	4.23	4.37	4.46	4.55	4.67	4.82	4.87	4.98	5.59	WR		12.74	13.68	14.67	
		velocity	6.78	8.45	8.27	8.01	7.85	7.69	7.49	7.26	7.19	7.03	7.16	7.50		8.24	7.68	7.16	
H1 lead leg		strides	23	15	15	15	15	15	15	17	17	17	21	185					
Glover, Sandra (USA) (1968)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2005 IAAF World Championships (Helsinki, FIN)														<i>Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins</i>					
date	13-Aug-05	time	6.3	10.5	14.8	19.2	23.5	28.0	32.5	37.2	42.1	47.1		53.32	3 / 3				
reaction time	0.200	interval		4.2	4.3	4.4	4.3	4.5	4.5	4.7	4.9	5.0	6.22	PB		12.90	13.30	14.60	

H1 lead leg	L	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
		strides	23	16	16	16	16		16	16	17	17	17	21	191				
McLaughlin, Sydney (USA) (1999)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2019 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)																			
date	12-Jul-19	time	6.26	10.44	14.74	19.08	23.54	25.4	28.06	32.68	37.60	42.58	47.68		53.32	4 / 1			
reaction time	0.151	interval		4.18	4.30	4.34	4.46		4.52	4.62	4.92	4.98	5.10	5.64		12.82	13.60	15.00	
		velocity	7.19	8.37	8.14	8.06	7.85	7.87	7.74	7.58	7.11	7.03	6.86	7.09	7.50	8.19	7.72	7.00	
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	18.5	179.5				
Clayton, Rushell (JAM) (1992)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2024 Athletissima (Lausanne, SUI)																			
date	22-Aug-24	time	6.15	10.03	14.05	18.15	22.45		27.04	31.72	36.55	41.63	46.89		53.32	4 / 2			
reaction time	0.159	interval		3.88	4.02	4.10	4.30		4.59	4.68	4.83	5.08	5.26	6.43		12.00	13.57	15.17	
		velocity	7.32	9.02	8.71	8.54	8.14		7.63	7.48	7.25	6.89	6.65	6.22	7.50	8.75	7.74	6.92	
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	16	16	19	174				
Gunnell, Sally (GBR) (1966)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 1994 European Championships (Helsinki, FIN)																			
date	10-Aug-94	time	6.5	10.7	14.8	19.2	23.6		28.1	32.7	37.5	42.5	47.5		53.33	/ 1			
reaction time		interval		4.2	4.1	4.4	4.4		4.5	4.6	4.8	5.0	5.0	5.83		12.70	13.50	14.80	
		velocity	6.92	8.33	8.54	7.95	7.95		7.78	7.61	7.29	7.00	7.00	6.86	7.50	8.27	7.78	7.09	
H1 lead leg		strides	22	15	15	15	15		15	16	16	17	17	163					
Bol, Femke (NED) (2000)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)																			
date	01-Jul-21	time	6.32	10.44	14.56	18.80	23.20		27.64	32.32	37.16	42.12	47.32		53.33	4 / 1			
reaction time	0.199	interval		4.12	4.12	4.24	4.40		4.44	4.68	4.84	4.96	5.20	6.01	NR PB		12.48	13.52	15.00
		velocity	7.12	8.50	8.50	8.25	7.95		7.88	7.48	7.23	7.06	6.73	6.66	7.50	8.41	7.77	7.00	
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19.2	176.2				
Clayton, Rushell (JAM) (1992)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)																			
date	10-Aug-22	time	6.30	10.33	14.53	18.77	23.07	24.92	27.50	32.10	36.93	42.07	47.30		53.33	6 / 1			
reaction time	0.179	interval		4.03	4.20	4.24	4.30		4.43	4.60	4.83	5.14	5.23	6.03	PB		12.47	13.33	15.20
		velocity	7.14	8.68	8.33	8.25	8.14	8.03	7.90	7.61	7.25	6.81	6.69	6.63	7.50	8.42	7.88	6.91	
H1 lead leg	L	strides	21	15	15	15	15		15	15	16	16	17	19.7	179.7				
Bidouane, Nezha (MAR) (1969)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2001 IAAF World Championships (Edmonton, CAN)																			
date	08-Aug-01	time	6.3	10.7	15.0	19.3	23.7		28.3	32.9	37.7	42.4	47.4		53.34	4 / 1			
reaction time	0.153	interval		4.4	4.3	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	17	20.5	193.5				
Little, Shamier (USA) (1995)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)																			
date	09-Jul-23	time	6.27	10.24	14.38	18.68	23.09		27.59	32.36	37.24	42.24	47.48		53.34	5 / 1			
reaction time		interval		3.97	4.14	4.30	4.41		4.50	4.77	4.88	5.00	5.24	5.86		12.41	13.68	15.12	
		velocity	7.18	8.82	8.45	8.14	7.94		7.78	7.34	7.17	7.00	6.68	6.83	7.50	8.46	7.68	6.94	
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	20.2	182.2				
Cockrell, Anna (USA) (1997)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
date	24-Aug-23	time	6.17	10.12	14.11	18.05	22.39		26.92	31.49		41.47	46.88		53.34	9 / 5			
reaction time	0.189	interval		3.95	3.99	3.94	4.34		4.53	4.57		9.98	5.41	6.46	PB		11.88	13.44	15.39
		velocity	7.29	8.86	8.77	8.88	8.06		7.73	7.66		7.01	6.47	6.19	7.50	8.84	7.81	6.82	
H1 lead leg	R	strides	22	14	14	14	14		15	15		16	20	144					
Little, Shamier (USA) (1995)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)																			
date	09-Sep-21	time	6.20	10.28		18.84	23.28	25.1	27.80	32.48	37.24	42.24	47.36		53.35	3 / 2			
reaction time	0.165	interval		4.08		8.56	4.44		4.52	4.68	4.76	5.00	5.12	5.99		12.64	13.64	14.88	
		velocity	7.26	8.58		8.18	7.88	7.97	7.74	7.48	7.35	7.00	6.84	6.68	7.50	8.31	7.70	7.06	
H1 lead leg	R	strides	22	15		15	15		15	15	16	16	16	20	150				
Blackett, Andrea (BAR) (1976)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 1999 IAAF World Championships (Sevilla, ESP)																			
date	25-Aug-99	time	6.20	10.31	14.59	18.98	23.49		28.20	33.00	37.81	42.70	47.71		53.36	6 / 4			
reaction time	0.178	interval		4.11	4.28	4.39	4.51		4.71	4.80	4.81	4.89	5.01	5.65	NR / PB		12.78	14.02	14.71
		velocity	7.26	8.52	8.18	7.97	7.76		7.43	7.29	7.28	7.16	6.99	7.08	7.50	8.22	7.49	7.14	
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	16	16	18.5	181.5				
Carter, Kori (USA) (1992)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2017 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)																			
date	21-Jul-17	time	6.20	10.32	14.48	18.68	23.04		27.52	32.36	37.12	42.12	47.24		53.36	6 / 1			
reaction time	0.142	interval		4.1															

H1 lead leg	L	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	
		strides	24	15	15	15	15		15	16	16	16	16	19.2	182.2					
Tirlea, Ionela (ROU) (1976)																				
FINAL - 1998 European Championships (Budapest, HUN)										<i>Sanchez (1998) - Budapest '98: análisis de la carreras con villas</i>										
date	23-Aug-98	time	6.30	10.40	14.42	18.62	23.05		27.61	32.16	36.92	42.01	47.30		53.37		6 / 1			
reaction time		interval		4.10	4.02	4.20	4.43		4.56	4.55	4.76	5.09	5.29	6.07	NR			12.32	13.54	15.14
		velocity	7.14	8.54	8.71	8.33	7.90		7.68	7.69	7.35	6.88	6.62	6.59	7.49			8.52	7.75	6.94
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	17	17	21	184					
Tirlea, Ionela (ROU) (1976)																				
FINAL - 2004 Olympic Games (Athens, GRE)										<i>Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04</i>										
date	25-Aug-04	time	6.40	10.56	14.61	18.88	23.09		27.62	32.30	37.17	42.21	47.30		53.38		3 / 2			
reaction time	0.292	interval		4.2	4.1	4.3	4.2		4.5	4.7	4.9	5.0	5.1	6.08				12.48	13.42	15.00
		velocity	7.03	8.41	8.64	8.20	8.31		7.73	7.48	7.19	6.94	6.88	6.58	7.49			8.41	7.82	7.00
H1 lead leg	L	strides	22	15	15	15	15		16	16	17	17	17	21	186					
Hejnová, Zuzana (CZE) (1986)																				
FINAL - 2012 Olympic Games (London, GBR)										<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>										
date	08-Aug-12	time	6.63	10.82	15.07	19.42	23.78	25.58	28.16	32.70	37.42	42.30	47.45		53.38		4 / 3			
reaction time	0.163	interval		4.19	4.25	4.35	4.36		4.38	4.54	4.72	4.88	5.15	5.93				12.79	13.28	14.75
		velocity	6.79	8.35	8.24	8.05	8.03	7.82	7.99	7.71	7.42	7.17	6.80	6.75	7.49			8.21	7.91	7.12
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	20	180					
Spencer, Ashley (USA) (1993)																				
FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)										<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>										
date	27-May-17	time	6.50	10.76	15.13	19.67	24.23		28.76	33.36	38.03	42.83	47.83		53.38		6 / 1			
reaction time	0.240	interval		4.26	4.37	4.54	4.56		4.53	4.60	4.67	4.80	5.00	5.55	PB			13.17	13.69	14.47
		velocity	6.92	8.22	8.01	7.71	7.68		7.73	7.61	7.49	7.29	7.00	7.21	7.49			7.97	7.67	7.26
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18.2	175.2					
Little, Shamier (USA) (1995)																				
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)										<i>Omega Timing (2023) - diamond league race analysis</i>										
date	02-Jun-23	time	6.18	10.35	14.66	19.04	23.50		27.98	32.62	37.36	42.21	47.30		53.38		4 / 2			
reaction time	0.153	interval		4.17	4.31	4.38	4.46		4.48	4.64	4.74	4.85	5.09	6.08				12.86	13.58	14.68
		velocity	7.28	8.39	8.12	7.99	7.85		7.81	7.54	7.38	7.22	6.88	6.58	7.49			8.16	7.73	7.15
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	15	16	19.2	178.2					
Bol, Femke (NED) (2000)																				
Heat 3 - 2024 Olympic Games (Paris, FRA)										<i>Paris 2024 Olympic Games - Results Book (2024)</i>										
date	04-Aug-24	time	6.34	10.40	14.52	18.65	22.92		27.41	32.14	37.06	42.14	47.30		53.38		4 / 1			
reaction time	0.196	interval		4.06	4.12	4.13	4.27		4.49	4.73	4.92	5.08	5.16	6.08				12.31	13.49	15.16
		velocity	7.10	8.62	8.50	8.47	8.20		7.80	7.40	7.11	6.89	6.78	6.58	7.49			8.53	7.78	6.93
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18	170					
Knight, Andrenette (JAM) (1996)																				
FINAL - 2022 Music City Track Carnival (Nashville, TN) (TV Analysis) (H5 5m long)										<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>										
date	05-Jun-22	time		10.14	14.23	18.35	23.28		27.27	32.10	37.04	42.11	47.35		53.39		4 / 2			
reaction time		interval			4.09	4.12	4.93		3.99	4.83	4.94	5.07	5.24	6.04	PB			18.35	13.75	15.25
		velocity		7.89	8.56	8.50	8.11		8.77	7.25	7.09	6.90	6.68	6.62	7.49			5.72	7.64	6.89
H1 lead leg		strides			15	15	17		13	16	16	16	16	108						
Bol, Femke (NED) (2000)																				
Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)										<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>										
date	21-Aug-23	time	6.27	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		4.16	4.07	3.93	4.27		4.53	4.67	4.86	5.04	5.20	6.39				12.16	13.47	15.10
		velocity	7.18	8.41	8.60	8.91	8.20		7.73	7.49	7.20	6.94	6.73	6.26	7.49			8.63	7.80	6.95
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	18.5	171.5					
Adekoya, Kemi (BRN) (1993)																				
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)										<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>										
date	22-Aug-23	time	6.34	10.37	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						
Little, Shamier (USA) (1995)																				
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)										<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>										
date	05-Jul-18	time	6.16	10.36	14.68	19.04	23.48		28.04	32.72	37.52	42.44	47.48		53.41		4 / 1			
reaction time	0.188	interval		4.20	4.32	4.36	4.44		4.56	4.68	4.80	4.92	5.04	5.93				12.88	13.68	14.76
		velocity	7.31	8.33	8.10	8.03	7.88		7.68	7.48	7.29	7.11	6.94	6.75	7.49			8.15	7.68	7.11
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	20	181					
Adekoya, Kemi (BRN) (1993)																				
A FINAL - 2024 Resisprint International (La Chaux-de-Fonds, SUI) (TV Analysis)										<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>										
date	14-Jul-24	time	6.38	10.45	14.54	18.76	23.17		27.66	32.19	36.95	42.12		53.41		5 / 2				
reaction time		interval		4.07	4.09	4.22	4.41		4.49	4.53	4.76	5.17						12.38	13.43	

H1 lead leg	R	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		
		strides	23	15	15	15	15		15	15	15	16		144					
Demus, Lashinda (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 USA Olympic Trials (Sacramento, CA)			<i>Lyle - miscellaneous coaching notes</i>																
date	11-Jul-04	time	6.00	9.99	14.13	18.39	22.76		27.16	31.66	36.35	41.24	46.80		53.43	4 / 3			
reaction time		interval		3.99	4.14	4.26	4.37		4.40	4.50	4.69	4.89	5.56	6.63	PB		12.39	13.27	15.14
		velocity	7.50	8.77	8.45	8.22	8.01		7.95	7.78	7.46	7.16	6.29	6.03	7.49		8.47	7.91	6.94
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	18	20	182				
Tereshchuk-Antipova, Tetyana (UKR)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Olympic Games (Athens, GRE)			<i>Behm (2005) - Athènes 2004: Les Haies Basses</i>																
date	25-Aug-04	time	6.3	10.3	14.4	18.7	23.1		27.6	32.1	37.1	42.1	47.3		53.44	1 / 3			
reaction time	0.312	interval		4.0	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		15	16	16	16	16	20	181				
Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	27-May-17	time	6.40	10.46	14.66	19.03	23.50		27.93	32.66	37.50	42.53	47.60		53.44	1 / 2			
reaction time	0.236	interval		4.06	4.20	4.37	4.47		4.43	4.73	4.84	5.03	5.07	5.84	PB		12.63	13.63	14.94
		velocity	7.03	8.62	8.33	8.01	7.83		7.90	7.40	7.23	6.96	6.90	6.85	7.49		8.31	7.70	7.03
H1 lead leg	R	strides	24	15	15	15	15		15	15	16	16	16	19.5	181.5				
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	10-Jun-21	time	6.32	10.44	14.60	18.80	23.08	24.9	27.62	32.28	37.12	42.16	47.40		53.44	4 / 1			
reaction time	0.209	interval		4.12	4.16	4.20	4.28		4.54	4.66	4.84	5.04	5.24	6.04	NR PB		12.48	13.48	15.12
		velocity	7.12	8.50	8.41	8.33	8.18	8.03	7.71	7.51	7.23	6.94	6.68	6.62	7.49		8.41	7.79	6.94
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	16	19.5	162.5				
Hemmings, Deon (JAM) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2000 Olympic Games (Sydney, AUS)			<i>Behm (2000) - Sydney 2000: Compte-rendu du 400m haies</i>																
date	27-Sep-00	time	6.3	10.4	14.5	18.8	23.2		27.7	32.3	37.3	42.4	47.5		53.45	6 / 2			
reaction time	0.446	interval		4.1	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				
Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Prefontaine Classic (Eugene, OR)			<i>Omega Timing (2023) - diamond league race analysis</i>																
date	17-Sep-23	time	6.09	10.12	14.23	18.41	22.76		27.27	31.89	36.64	41.61	46.92		53.45	5 / 2			
reaction time	0.169	interval		4.03	4.11	4.18	4.35		4.51	4.62	4.75	4.97	5.31	6.53			12.32	13.48	15.03
		velocity	7.39	8.68	8.52	8.37	8.05		7.76	7.58	7.37	7.04	6.59	6.13	7.48		8.52	7.79	6.99
H1 lead leg	R	strides	23	15	15	14	14		15	15	15	16	16	20	178				
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	05-Jul-18	time	6.32	10.52	14.84	19.20	23.68		28.16	32.80	37.48	42.44	47.48		53.46	5 / 2			
reaction time	0.147	interval		4.20	4.32	4.36	4.48		4.48	4.64	4.68	4.96	5.04	5.98	PB		12.88	13.60	14.68
		velocity	7.12	8.33	8.10	8.03	7.81		7.81	7.54	7.48	7.06	6.94	6.69	7.48		8.15	7.72	7.15
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19.5	178.5				
Glenn, Rachel (USA) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	30-Jun-24	time	6.33	10.29	14.52	18.82	23.25	25.28	27.85	32.54	37.42	42.41	47.39		53.46	4 / 5			
reaction time		interval		3.96	4.23	4.30	4.43		4.60	4.69	4.88	4.99	4.98	6.07	PB		12.49	13.72	14.85
		velocity	7.11	8.84	8.27	8.14	7.90	7.91	7.61	7.46	7.17	7.01	7.03	6.59	7.48		8.41	7.65	7.07
H1 lead leg	R	strides	21	14	14	14	14		14	14	15	15	15	18.7	168.7				
Vickers, Janeene (USA) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1991 IAAF World Championships (Tokyo, JPN)			<i>Behm (1995) - la tactique du 400 haies</i>																
date	29-Aug-91	time	6.4	10.7	14.9	19.0	23.6		28.2	32.9	37.6	42.6	47.7		53.47	7 / 3			
reaction time		interval		4.3	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				
Ponomaryova, Margareta (RUS) (196)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1993 IAAF World Championships (Stuttgart, GER)			<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>																
date	19-Aug-93	time	6.52	10.59	14.85	19.24	23.65		28.12	32.72	37.43	42.40	47.52		53.48	5 / 3			
reaction time		interval		4.07	4.26	4.39	4.41		4.47	4.60	4.71	4.97	5.12	5.96	PB		12.72	13.48	14.80
		velocity	6.90	8.60	8.22	7.97	7.94		7.83	7.61	7.43	7.04	6.84	6.71	7.48		8.25	7.79	7.09
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178				
Hemmings, Deon (JAM) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1995 IAAF World Championships (Göteborg, SWE)			<i>Behm (1999) - Les chiffres: Les podiums de tous le championnats</i>																
date	11-Aug-95	time					23.2								53.48	4 / 3			
reaction time		interval													NR				

H1 lead leg	L	velocity	22	15	15	15	15	15	15	16	16	17	19.7	7.48	180.7					
Ryzykhova, Anna (UKR) (1989)																				
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	04-Aug-21	time	6.40	10.48	14.60	18.80	23.08	27.68	32.44	37.28	42.32	47.52		53.48	2 / 5					
reaction time	0.177	interval	4.08	4.12	4.20	4.28	4.60	4.76	4.84	5.04	5.20	5.96				12.40	13.64	15.08		
H1 lead leg	R	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						
Little, Shamier (USA) (1995)																				
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>					
date	29-Jun-24	time	6.34	10.42	14.63	19.00	23.45	25.42	27.87	32.51	37.41	42.72	47.77		53.49	7 / 1				
reaction time		interval	4.08	4.21	4.37	4.45	4.42	4.64	4.90	5.31	5.05	5.72				12.66	13.51	15.26		
H1 lead leg	R	velocity	7.10	8.58	8.31	8.01	7.87	7.87	7.92	7.54	7.14	6.59	6.93	6.99	7.48		8.29	7.77	6.88	
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19	179						
Pechonkina, Yuliya (RUS) (1978)																				
FINAL - 2007 IAAF World Championships (Osaka, JPN)															<i>Ae (2008) - IAAF biomechanics team - a booklet of biomechanics data</i>					
date	30-Aug-07	time	6.40	10.47	14.60	18.83	23.20	27.60	32.12	36.93	42.00	47.22		53.50	6 / 2					
reaction time	0.148	interval	4.07	4.13	4.23	4.37	4.40	4.52	4.81	5.07	5.22	6.28				12.43	13.29	15.10		
H1 lead leg	L	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						
Hejnová, Zuzana (CZE) (1986)																				
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)															<i>Henson (2021) - Athlete First: major championships report</i>					
date	26-Aug-15	time	6.40	10.52	14.72	19.00	23.36	27.88	32.48	37.24	42.28	47.40		53.50	5 / 1					
reaction time	0.153	interval	4.12	4.20	4.28	4.36	4.52	4.60	4.76	5.04	5.12	6.10				12.60	13.48	14.92		
H1 lead leg	R	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	19.7	142.7						
Muhammad, Dalilah (USA) (1990)																				
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>					
date	10-Aug-17	time	5.88	9.84	14.04	18.32	22.68	27.16	31.84	36.88	41.88	47.16		53.50	4 / 2					
reaction time	0.152	interval	3.96	4.20	4.28	4.36	4.48	4.68	5.04	5.00	5.28	6.34				12.44	13.52	15.32		
H1 lead leg	R	velocity	7.65	8.84	8.33	8.18	8.03	7.81	7.48	6.94	7.00	6.63	6.31	7.48		8.44	7.77	6.85		
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	20	181						
Batten, Kim (USA) (1969)																				
FINAL - 1997 IAAF World Championships (Athens, GRE)															<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>					
date	08-Aug-97	time	6.57	10.66	14.86	19.10	23.46	27.88	32.46	37.34	42.36	47.46		53.52	5 / 3					
reaction time	0.170	interval	4.09	4.20	4.24	4.36	4.42	4.58	4.88	5.02	5.10	6.06				12.53	13.36	15.00		
H1 lead leg		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	7.00		
H1 lead leg		strides																		
Russell, Janieve (JAM) (1993)																				
FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	10-Aug-22	time	6.33	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				
H1 lead leg	R	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	15		16	17	20	151						
Muhammad, Dalilah (USA) (1990)																				
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	09-Jul-23	time	6.24	10.21	14.41	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		
H1 lead leg	R	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						
Petersen, Sara Slott (DEN) (1987)																				
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)															<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>					
date	18-Aug-16	time	6.32	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		
H1 lead leg	R	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, Kaliase (JAM) (1987)																				
FINAL - 2009 IAAF World Championships (Berlin, GER)															<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>					
date	20-Aug-09	time	6.43	10.48	14.66	18.93	23.31	27.95	32.69	37.51	42.45	47.55		53.56	6 / 4					
reaction time	0.149	interval	4.05	4.18	4.27	4.38	4.64	4.74	4.82	4.94	5.10	6.01	PB			12.50	13.76	14.86		
H1 lead leg		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						
Adekoya, Kemi (BRN) (1993)																				
Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	21-Aug-23	time	6.40	10.30	14.36	18.37	22.73	27.30	31.90	36.73	42.00	47.38		53.56	8 / 1					
reaction time	0.191	interval	3.90	4.06	4.01	4.36	4.57	4.60	4.83	5.27	5.38	6.18	AR			11.97	13.53	15.48		

H1 lead leg	R	velocity	7.03	8.97	8.62	8.73	8.03		7.66	7.61	7.25	6.64	6.51	6.47	7.47		8.77	7.76	6.78
		strides	23	15	15	15	15		15	15	16	17	17	19.5	182.5				
Clayton, Rushell (JAM) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)														<i>Omega Timing (2023) - diamond league race analysis</i>					
date	02-Sep-23	time	6.30	10.30	14.40	18.60	22.90	27.50	32.20	37.10	42.20	47.40		53.56	5 / 1				
reaction time	0.138	interval		4.00	4.10	4.20	4.30	4.60	4.70	4.90	5.10	5.20	6.16			12.30	13.60	15.20	
		velocity	7.14	8.75	8.54	8.33	8.14	7.61	7.45	7.14	6.86	6.73	6.49	7.47		8.54	7.72	6.91	
H1 lead leg	R	strides	23	14	15	15	15	15	15	16	16	16	19.2	179.2					
Clayton, Rushell (JAM) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Prefontaine Classic (Eugene, OR)														<i>Omega Timing (2023) - diamond league race analysis</i>					
date	17-Sep-23	time	6.25	10.22	14.25	18.43	22.88	27.51	32.30	37.29	42.36	47.53		53.56	7 / 3				
reaction time	0.138	interval		3.97	4.03	4.18	4.45	4.63	4.79	4.99	5.07	5.17	6.03			12.18	13.87	15.23	
		velocity	7.20	8.82	8.68	8.37	7.87	7.56	7.31	7.01	6.90	6.77	6.63	7.47		8.62	7.57	6.89	
H1 lead leg	L	strides	22	14	14	14	14	15	16	16	16	16	19	176					
Bidouane, Nezha (MAR) (1969)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2000 Olympic Games (Sydney, AUS)														<i>Behm (2000) - Sydney 2000: Compte-rendu du 400m haies</i>					
date	27-Sep-00	time	6.4	10.7	15.0	19.3	23.6	28.1	32.7	37.5	42.4	47.5		53.57	4 / 3				
reaction time	0.169	interval		4.3	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					
Russell, Janieve (JAM) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)														<i>Omega Timing (2024) - diamond league race analysis</i>					
date	25-Aug-24	time	6.33	10.37	14.49	18.78	23.22	27.76	32.40	37.23	42.20	47.38		53.59	4 / 5				
reaction time	0.160	interval		4.04	4.12	4.29	4.44	4.54	4.64	4.83	4.97	5.18	6.21			12.45	13.62	14.98	
		velocity	7.11	8.66	8.50	8.16	7.88	7.71	7.54	7.25	7.04	6.76	6.44	7.46		8.43	7.71	7.01	
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	17	17	19.7	184.7					
Busch, Sabine (GDR) (1962)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1986 European Championships (Stuttgart, FRG)														<i>Breiser (1990) - tendencies in the development of women for 400m races with hurdles</i>					
date	30-Aug-86	time	6.56	10.72	15.06	19.42	23.90	28.47	33.11	37.93	42.76	47.76		53.60	1 / 2				
reaction time		interval		4.16	4.34	4.36	4.48	4.57	4.64	4.82	4.83	5.00	5.84			12.86	13.69	14.65	
		velocity	6.86	8.41	8.06	8.03	7.81	7.66	7.54	7.26	7.25	7.00	6.85	7.46		8.16	7.67	7.17	
H1 lead leg		strides	22	15	15	15	15	15	15	15	15	15	19	176					
McLaughlin, Sydney (USA) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
A FINAL - 2018 National Relay Championships (Fayetteville, AR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	27-Apr-18	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	15	16	16	18.5	147.5					
Russell, Janieve (JAM) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Prefontaine Classic (Eugene, OR)														<i>Omega Timing (2023) - diamond league race analysis</i>					
date	17-Sep-23	time	6.30	10.42	14.57	18.74	23.10	27.69	32.48	37.37	42.27	47.41		53.60	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	15	16	16	16	16	20	152					
Jones, Jasmine (USA) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 2 - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympic Games - Results Book (2024)</i>					
date	04-Aug-24	time	6.14	10.25	14.44	18.66	23.07	27.64	32.40	37.26	42.27	47.43		53.60	5 / 1				
reaction time	0.173	interval		4.11	4.19	4.22	4.41	4.57	4.76	4.86	5.01	5.16	6.17			12.52	13.74	15.03	
		velocity	7.33	8.52	8.35	8.29	7.94	7.66	7.35	7.20	6.99	6.78	6.48	7.46		8.39	7.64	6.99	
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	18.5	171.5					
McLaughlin-Levrone, Sydney (USA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 5 - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympic Games - Results Book (2024)</i>					
date	04-Aug-24	time	6.13	10.18	14.39	18.64	23.03	27.53	32.31	37.23	42.26	47.40		53.60	3 / 1				
reaction time	0.163	interval		4.05	4.21	4.25	4.39	4.50	4.78	4.92	5.03	5.14	6.20			12.51	13.67	15.09	
		velocity	7.34	8.64	8.31	8.24	7.97	7.78	7.32	7.11	6.96	6.81	6.45	7.46		8.39	7.68	6.96	
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	16	19	173					
Muhammad, Dalilah (USA) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	03-May-19	time	6.24	10.31	14.68	19.11	23.59	25.5	28.02	32.56	37.23	42.28	47.48		53.61	5 / 1			
reaction time	0.179	interval		4.07	4.37	4.43	4.48	4.43	4.54	4.67	5.05	5.20	6.13			12.87	13.45	14.92	
		velocity	7.21	8.60	8.01	7.90	7.81	7.84	7.90	7.71	7.49	6.93	6.73	6.53	7.46		8.16	7.81	7.04
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	20	180					
Little, Shamier (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 USATF National Championships (Des Moines, IA) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	24-Jun-18	time	6.30	10.51	14.78	19.15	23.55	28.09	32.66	37.40	42.31	47.54		53.61	5 / 1				
reaction time		interval		4.21	4.27	4.37	4.40	4.54	4.57	4.74	4.91	5.23	6.07			12.85	13.51	14.88	

H1 lead leg	R	velocity	7.14	8.31	8.20	8.01	7.95		7.71	7.66	7.38	7.13	6.69	6.59	7.46		8.17	7.77	7.06
		strides	23	15	15	15	15		15	15	15	16	16	20	180				
Little, Shamier (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																			
date	20-Jul-22	time	6.17	10.26	14.53	18.80	23.33	25.43	27.93	32.73	37.60	42.63	47.77		53.61	6 / 2			
reaction time	0.178	interval		4.09	4.27	4.27	4.53		4.60	4.80	4.87	5.03	5.14	5.84			12.63	13.93	15.04
		velocity	7.29	8.56	8.20	8.20	7.73	7.86	7.61	7.29	7.19	6.96	6.81	6.85	7.46		8.31	7.54	6.98
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19.2	179.2				
Busch, Sabine (GDR) (1962)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1987 IAAF World Championships (Rome, ITA)																			
date	03-Sep-87	time	6.60	10.81	15.19	19.65	24.13		28.81	33.59	38.46	43.38	48.31		53.62	3 / 1			
reaction time		interval		4.21	4.38	4.46	4.48		4.68	4.78	4.87	4.92	4.93	5.31			13.05	13.94	14.72
		velocity	6.82	8.31	7.99	7.85	7.81		7.48	7.32	7.19	7.11	7.10	7.53	7.46		8.05	7.53	7.13
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	18	178				
Ledovskaya, Tatyana (URS) (1966)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1990 European Championships (Split, YUG)																			
date	31-Aug-90	time	6.2	10.4	14.5	18.7	23.0		27.5	32.1	37.1	42.1	47.5		53.62	/ 1			
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					
Russell, Janieve (JAM) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)																			
date	09-Sep-18	time	6.36	10.60	14.94	19.32	23.76		28.28	32.92	37.62	42.64	47.64		53.62	1 / 1			
reaction time	0.156	interval		4.24	4.34	4.38	4.44		4.52	4.64	4.70	5.02	5.00	5.98			12.96	13.60	14.72
		velocity	7.08	8.25	8.06	7.99	7.88		7.74	7.54	7.45	6.97	7.00	6.69	7.46		8.10	7.72	7.13
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19.2	178.2				
Fiedler, Ellen (GDR) (1958)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1988 Olympic Games (Seoul, KOR)																			
date	28-Sep-88	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			
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			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	16	16	20	180				
Clayton, Rushell (JAM) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																			
date	20-Jul-22	time	6.20	10.27	14.40	18.60	23.04	25.07	27.57	32.30	37.10	42.27	47.40		53.63	8 / 3			
reaction time	0.169	interval		4.07	4.13	4.20	4.44		4.53	4.73	4.80	5.17	5.13	6.23			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				
Cockrell, Anna (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
date	22-Aug-23	time	6.27	10.31	14.38	18.48	22.96		27.76	32.53	37.37	42.45	47.65		53.63	7 / 2			
reaction time	0.199	interval		4.04	4.07	4.10	4.48		4.80	4.77	4.84	5.08	5.20	5.98			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				
Little, Shamier (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Galà Dei Castelli (Bellinzona, ITA) (TV Analysis)																			
date	04-Sep-23	time	6.44	10.64	14.92		23.48		27.96	32.56	37.28	42.32	47.52		53.64	5 / 2			
reaction time		interval		4.20	4.28		8.56		4.48	4.60	4.72	5.04	5.20	6.12				14.96	
		velocity	6.99	8.33	8.18		8.18		7.81	7.61	7.42	6.94	6.73	6.54	7.46				7.02
H1 lead leg	R	strides	23	15	15				15	15	15	16	16	20	150				
Glover, Sandra (USA) (1968)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1999 IAAF World Championships (Sevilla, ESP)																			
date	25-Aug-99	time	6.6	10.7	15.1	19.4	23.9		28.3	33.1	37.8	42.7	47.7		53.65	1 / 5			
reaction time	0.150	interval		4.1	4.4	4.3	4.5		4.4	4.8	4.7	4.9	5.0	5.95			12.80	13.70	14.60
		velocity	6.82	8.54	7.95	8.14	7.78		7.95	7.29	7.45	7.14	7.00	6.72	7.46		8.20	7.66	7.19
H1 lead leg	L	strides	24	16	16	16	16		16	16	16	16	17	20	189				
Glover, Sandra (USA) (1968)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2003 IAAF World Championships (Paris, FRA)																			
date	28-Aug-03	time	6.44	10.64	14.97	19.30	23.83		28.37	32.99	37.64	42.55	47.60		53.65	6 / 2			
reaction time	2.060	interval		4.20	4.33	4.33	4.53		4.54	4.62	4.65	4.91	5.05	6.05			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				
Muhammad, Dalilah (USA) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)																			

H1 lead leg	R	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	
		strides	23	15	15	15	15	15	15	15	16	16	16	19.7	180.7				
Spencer, Kaliese (JAM) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2012 Olympic Games (London, GBR)																<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>			
date	08-Aug-12	time	6.36	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	15	16	19	178				
Jones, Jasmine (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	29-Jun-24	time	6.26	10.31	14.41	18.76	23.04	25.00	27.50	32.16	37.03	41.95	47.07		53.66	6 / 2			
reaction time		interval		4.05	4.10	4.35	4.28		4.46	4.66	4.87	4.92	5.12	6.59			12.50	13.40	14.91
		velocity	7.19	8.64	8.54	8.05	8.18	8.00	7.85	7.51	7.19	7.11	6.84	6.07	7.45		8.40	7.84	7.04
H1 lead leg	R	strides		14	14	14	14		15	15	15	15	16	19	151				
Stepanova, Marina (URS) (1950)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1984 Women's Friendship Games (Prague, TCH)																<i>Stepanova (1997) - my experiences in the 400m hurdles</i>			
date	17-Aug-84	time	6.65	10.81	15.09	19.45	23.93		28.49	33.13		42.97	48.01		53.67	1 / 1			
reaction time		interval		4.16	4.28	4.36	4.48		4.56	4.64		9.84	5.04	5.66	PB		12.80	13.68	14.88
		velocity	6.77	8.41	8.18	8.03	7.81		7.68	7.54		7.11	6.94	7.07	7.45		8.20	7.68	7.06
H1 lead leg		strides	22	15	15	15	15		15	15		17	17	163					
Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	06-Jun-19	time	6.24	10.26	14.58	19.10	23.76		28.40	33.00	37.68	42.58	47.70		53.67	5 / 1			
reaction time	0.147	interval		4.02	4.32	4.52	4.66		4.64	4.60	4.68	4.90	5.12	5.97			12.86	13.90	14.70
		velocity	7.21	8.71	8.10	7.74	7.51		7.54	7.61	7.48	7.14	6.84	6.70	7.45		8.16	7.55	7.14
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	15	16	19.5	178.5				
Pernia, Daimi (CUB) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2000 Olympic Games (Sydney, AUS)																<i>Behm (2000) - Sydney 2000: Compte-rendu du 400m haies</i>			
date	27-Sep-00	time	6.4	10.5	14.7	19.0	23.3		27.9	32.5	37.5	42.6	47.6		53.68	5 / 4			
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				
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	06-Jul-21	time	6.27	10.46	14.60	18.92	23.27		27.79	32.52	37.47	42.49	47.64		53.68	4 / 3			
reaction time	0.168	interval		4.19	4.14	4.32	4.35		4.52	4.73	4.95	5.02	5.15	6.04			12.65	13.60	15.12
		velocity	7.18	8.35	8.45	8.10	8.05		7.74	7.40	7.07	6.97	6.80	6.62	7.45		8.30	7.72	6.94
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	17	20	167				
Glenn, Rachel (USA) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	29-Jun-24	time	6.33	10.42	14.54	18.90	23.31	25.33	27.83	32.54	37.56	42.66	47.77		53.68	5 / 2			
reaction time		interval		4.09	4.12	4.36	4.41		4.52	4.71	5.02	5.10	5.11	5.91	PB		12.57	13.64	15.23
		velocity	7.11	8.56	8.50	8.03	7.94	7.90	7.74	7.43	6.97	6.86	6.85	6.77	7.45		8.35	7.70	6.89
H1 lead leg	L	strides	21	14	14	13	14		14	15	15	15	15	18.2	168.2				
Knight, Andrenette (JAM) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)																<i>Omega Timing (2024) - diamond league race analysis</i>			
date	25-Aug-24	time	6.18	10.18	14.33	18.57	22.94		27.43	32.19	37.13	42.18	47.39		53.68	3 / 6			
reaction time	0.166	interval		4.00	4.15	4.24	4.37		4.49	4.76	4.94	5.05	5.21	6.29			12.39	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				
Farmer-Patrick, Sandra (USA) (1962)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1992 Olympic Games (Barcelona, ESP)																<i>Knight (1992) - 1992 Olympic report: the hurdling events</i>			
date	05-Aug-92	time	6.5	10.5	13.7	19.1	23.5		28.2	33.0	37.8	42.8	47.6		53.69	4 / 2			
reaction time		interval		4.00	3.20	5.40	4.40		4.70	4.80	4.80	5.00	4.80	6.09			12.60	13.90	14.60
		velocity	6.92	8.75	10.94	6.48	7.95		7.45	7.29	7.29	7.00	7.29	6.57	7.45		8.33	7.55	7.19
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	19.2	183.2				
Woodruff, Gianna (PAN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	20-Jul-22	time	6.30	10.47	14.70	19.10	23.62	25.60	28.23	32.93	37.86	42.73	47.83		53.69	7 / 2			
reaction time	0.211	interval		4.17	4.23	4.40	4.52		4.61	4.70	4.93	4.87	5.10	5.86	AR PB		12.80	13.83	14.90
		velocity	7.14	8.39	8.27	7.95	7.74	7.81	7.59	7.45	7.10	7.19	6.86	6.83	7.45		8.20	7.59	7.05
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	17	19.2	181.2				
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	22-Aug-23	time	6.37	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

H1 lead leg	R	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
		strides	23	15	15	15	15			16	17	17	20	153				
Knight, Andrenette (JAM) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 London Athletics Meet (London, GBR)														<i>Omega Timing (2024) - diamond league race analysis</i>				
date	20-Jul-24	time	6.29	10.36	14.57	18.96	23.41	27.99	32.69	37.51	42.59	47.64		53.69	8 / 4			
reaction time	0.170	interval		4.07	4.21	4.39	4.45	4.58	4.70	4.82	5.08	5.05	6.05			12.67	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				113					
Tosta, Sheena (USA) (1982)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Olympic Games (Beijing, CHN)														<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>				
date	20-Aug-08	time	6.2	10.2	14.2	18.4	22.9	27.4	32.0	36.8	41.8	47.1		53.70	5 / 2			
reaction time	0.191	interval		4.0	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	15	16	16	16	20	181				
Cockrell, Anna (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 USA Olympic Trials (Eugene, OR)														<i>Athlete Tracking (2021) - Women's 400mH - Unofficial Split Times</i>				
date	27-Jun-21	time	6.32	10.46	14.69	19.10	23.56	25.53	28.14	32.81	37.60	42.51	47.61		53.70	9 / 3		
reaction time	0.201	interval		4.14	4.23	4.41	4.46	4.58	4.67	4.79	4.91	5.10	6.09	PB		12.78	13.71	14.80
		velocity	7.12	8.45	8.27	7.94	7.85	7.83	7.64	7.49	7.31	7.13	6.86	6.57	7.45	8.22	7.66	7.09
H1 lead leg	L	strides		15	15	15	15	15	15	15	16	16	137					
Ryzhykova, Anna (UKR) (1989)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	09-Sep-21	time	6.40	10.40	14.56	18.88	23.28	25.1	27.92	32.68	37.48	42.52	47.76		53.70	5 / 3		
reaction time	0.160	interval		4.00	4.16	4.32	4.40	4.64	4.76	4.80	5.04	5.24	5.94			12.48	13.80	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	6.73	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				
Ponomaryova, Margareta (RUS) (196)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1993 IAAF World Championships (Stuttgart, GER)														<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>				
date	17-Aug-93	time	6.54	10.65	14.94	19.14	23.56	28.08	32.69	37.48	42.56	47.83		53.71	5 / 1			
reaction time		interval		4.11	4.29	4.20	4.42	4.52	4.61	4.79	5.08	5.27	5.88			12.60	13.55	15.14
		velocity	6.88	8.52	8.16	8.33	7.92	7.74	7.59	7.31	6.89	6.64	6.80	7.45		8.33	7.75	6.94
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19	178				
Pechonkina, Yuliya (RUS) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 IAAF World Championships (Paris, FRA)														<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>				
date	28-Aug-03	time	6.3	10.3	14.3	18.4	22.7	27.1	31.6	36.6	41.7	47.1		53.71	5 / 3			
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				
Little, Shamier (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	26-Jun-21	time	6.37	10.54	14.86	19.25	23.75	28.43	33.23	38.10	43.01	48.01		53.71	5 / 1			
reaction time	0.222	interval		4.17	4.32	4.39	4.50	4.68	4.80	4.87	4.91	5.00	5.70			12.88	13.98	14.78
		velocity	7.06	8.39	8.10	7.97	7.78	7.48	7.29	7.19	7.13	7.00	7.02	7.45		8.15	7.51	7.10
H1 lead leg	R	strides		15	15	15	15	16	16	16	16	16	19	159				
Cockrell, Anna (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Memorial van damme (Brussels, BEL)														<i>Omega Timing (2024) - diamond league race analysis</i>				
date	14-Sep-24	time	6.21	10.17	14.30	18.58	22.96	27.49	32.18	37.06	42.08	47.37		53.71	4 / 2			
reaction time	0.168	interval		3.96	4.13	4.28	4.38	4.53	4.69	4.88	5.02	5.29	6.34			12.37	13.60	15.19
		velocity	7.25	8.84	8.47	8.18	7.99	7.73	7.46	7.17	6.97	6.62	6.31	7.45		8.49	7.72	6.91
H1 lead leg	L	strides	22	14	14	14	14	14	15	15	16	16	19.7	173.7				
Spencer, Ashley (USA) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	18-Aug-16	time	6.52	10.84	15.24	19.60	24.12	28.72	33.40	38.16	42.96	47.92		53.72	5 / 3			
reaction time	0.172	interval		4.32	4.40	4.36	4.52	4.60	4.68	4.76	4.80	4.96	5.80	PB		13.08	13.80	14.52
		velocity	6.90	8.10	7.95	8.03	7.74	7.61	7.48	7.35	7.29	7.06	6.90	7.45		8.03	7.61	7.23
H1 lead leg	L	strides	22	15	15	14	15	15	15	15	15	15	18.5	174.5				
Wilson, Britton (USA) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	20-Jul-22	time	6.47	10.70	15.07	19.40	24.00	26.19	28.67	33.33	38.10	42.93	47.97		53.72	5 / 4		
reaction time	0.159	interval		4.23	4.37	4.33	4.60	4.67	4.66	4.77	4.83	5.04	5.75			12.93	13.93	14.64
		velocity	6.96	8.27	8.01	8.08	7.61	7.64	7.49	7.51	7.34	7.25	6.94	6.96	7.45	8.12	7.54	7.17
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	15	16	18.2	177.2				
Woodruff, Gianna (PAN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	08-Sep-22	time	6.31	10.28		23.26	25.12	27.76	32.46		42.27	47.57		53.72	3 / 2			
reaction time	0.203	interval		3.97		12.98		4.50	4.70		9.81	5.30	6.15					15.11

H1 lead leg	L	velocity	7.13	8.82		8.09	7.96	7.78	7.45		7.14	6.60	6.50	7.45		6.95		
		strides	23	15				15	15			16	19.2	103.2				
Knight, Andrenette (JAM) (1996)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		
date	22-Aug-23	time	6.27	10.41	14.51	18.61	22.99		27.49	32.23	37.20	42.30	47.58		53.72	7 / 2		
reaction time	0.163	interval		4.14	4.10	4.10	4.38		4.50	4.74	4.97	5.10	5.28	6.14		12.34	13.62	15.35
		velocity	7.18	8.45	8.54	8.54	7.99		7.78	7.38	7.04	6.86	6.63	6.51	7.45	8.51	7.71	6.84
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	17	20	182			
Little, Shamier (USA) (1995)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)																		
date	05-Jul-19	time	6.12	10.24	14.50	18.88	23.32	25.3	27.90	32.74	37.72	42.80	48.00		53.73	5 / 1		
reaction time	0.223	interval		4.12	4.26	4.38	4.44		4.58	4.84	4.98	5.08	5.20	5.73		12.76	13.86	15.26
		velocity	7.35	8.50	8.22	7.99	7.88	7.91	7.64	7.23	7.03	6.89	6.73	6.98	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	182.7			
Pechonkina, Yuliya (RUS) (1978)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2002 IAAF World Cup (Madrid, ESP)																		
date	20-Sep-02	time	6.49	10.55	14.77	18.94	23.29		27.77	32.37	37.26	42.31	47.48		53.74	3 / 1		
reaction time	0.184	interval		4.06	4.22	4.17	4.35		4.48	4.60	4.89	5.05	5.17	6.26		12.45	13.43	15.11
		velocity	6.93	8.62	8.29	8.39	8.05		7.81	7.61	7.16	6.93	6.77	6.39	7.44	8.43	7.82	6.95
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	20	181			
Tracey, Ristananna (JAM) (1992)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)																		
date	10-Aug-17	time	6.24	10.36	14.40	18.68	23.00		27.56	32.28	37.28	42.40	47.60		53.74	7 / 3		
reaction time	0.178	interval		4.12	4.04	4.28	4.32		4.56	4.72	5.00	5.12	5.20	6.14	PB	12.44	13.60	15.32
		velocity	7.21	8.50	8.66	8.18	8.10		7.68	7.42	7.00	6.84	6.73	6.51	7.44	8.44	7.72	6.85
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	20.2	186.2			
Clayton, Rushell (JAM) (1992)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																		
date	04-Oct-19	time	6.42	10.61	14.87	19.24	23.79		28.38	33.16	38.00	42.91	47.91		53.74	5 / 3		
reaction time	0.137	interval		4.19	4.26	4.37	4.55		4.59	4.78	4.84	4.91	5.00	5.83	PB	12.82	13.92	14.75
		velocity	7.01	8.35	8.22	8.01	7.69		7.63	7.32	7.23	7.13	7.00	6.86	7.44	8.19	7.54	7.12
H1 lead leg	L	strides	23	15	15	15	15		15	16	15	16	16	19	180			
Russell, Janieve (JAM) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 London Athletics Meet (London, GBR)																		
date	23-Jul-23	time	6.33	10.46	14.62	18.91	23.27		27.85	32.60	37.40	42.33	47.49		53.75	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			
Tkachuk, Viktoriya (UKR) (1994)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)																		
date	09-Sep-21	time	6.36	10.52		19.16	23.52	25.3	27.96	32.64		42.40	47.60		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	15	15		16	16	20	135			
Little, Shamier (USA) (1995)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																		
date	22-Jul-22	time	6.33	10.53	14.73	19.17	23.68	25.52		32.96	37.67	42.60	47.77		53.76	3 / 4		
reaction time	0.147	interval		4.20	4.20	4.44	4.51		9.28	4.71	4.93	5.17	5.99		12.84	13.79	14.81	
		velocity	7.11	8.33	8.33	7.88	7.76	7.84		7.54	7.43	7.10	6.77	6.68	7.44	8.18	7.61	7.09
H1 lead leg	R	strides	22	15	15	15	15			15	15	16		128				
Little, Shamier (USA) (1995)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 London Athletics Meet (London, GBR)																		
date	23-Jul-23	time	6.20	10.29	14.44	18.70	23.07		27.69	32.46	37.30	42.52	47.80		53.76	4 / 3		
reaction time	0.174	interval		4.09	4.15	4.26	4.37		4.62	4.77	4.84	5.22	5.28	5.96		12.50	13.76	15.34
		velocity	7.26	8.56	8.43	8.22	8.01		7.58	7.34	7.23	6.70	6.63	6.71	7.44	8.40	7.63	6.84
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	20	180			
Muhammad, Dalilah (USA) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)																		
date	12-May-18	time	6.12	10.16	14.48	18.88	23.52		28.08	32.76	37.56	42.72	47.84		53.77	4 / 1		
reaction time	0.186	interval		4.04	4.32	4.40	4.64		4.56	4.68	4.80	5.16	5.12	5.93		12.76	13.88	15.08
		velocity	7.35	8.66	8.10	7.95	7.54		7.68	7.48	7.29	6.78	6.84	6.75	7.44	8.23	7.56	6.96
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19.5	179.5			
Russell, Janieve (JAM) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)																		
date	08-Sep-22	time	6.41	10.58		19.22	23.56	25.35	28.03	32.63	37.37	42.31	47.51		53.77	4 / 3		
reaction time	0.155	interval		4.17		8.64	4.34		4.47	4.60	4.74	4.94						

H1 lead leg	R	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
		strides	23	15		15			15	15		16	17	20	136				
Gunnell, Sally (GBR) (1966)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Finals 1 - 1992 Olympic Games (Barcelona, ESP)																			
date	03-Aug-92	time	5.92	10.08	14.26	18.39	22.94		27.69	32.37	37.32	42.49	47.63	53.78	4 / 1				
reaction time		interval		4.16	4.18	4.13	4.55		4.75	4.68	4.95	5.17	5.14	6.15		12.47	13.98	15.26	
		velocity	7.60	8.41	8.37	8.47	7.69		7.37	7.48	7.07	6.77	6.81	6.50	7.44	8.42	7.51	6.88	
H1 lead leg		strides																	
Muhammad, Dalilah (USA) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Athletissima (Laussane, SUI) (TV Analysis)																			
date	25-Aug-16	time	6.12	10.20	14.56	18.96	23.48		28.04	32.68	37.52	42.52	47.76	53.78	5 / 1				
reaction time	0.118	interval		4.08	4.36	4.40	4.52		4.56	4.64	4.84	5.00	5.24	6.02		12.84	13.72	15.08	
		velocity	7.35	8.58	8.03	7.95	7.74		7.68	7.54	7.23	7.00	6.68	6.64	7.44	8.18	7.65	6.96	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	19.7	180.7					
Russell, Janieve (JAM) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)																			
date	12-May-18	time	6.40	10.48	14.76	19.12	23.56		28.16	32.96	37.92	42.88	47.96	53.78	3 / 2				
reaction time	0.170	interval		4.08	4.28	4.36	4.44		4.60	4.80	4.96	4.96	5.08	5.82	PB	12.72	13.84	15.00	
		velocity	7.03	8.58	8.18	8.03	7.88		7.61	7.29	7.06	7.06	6.89	6.87	7.44	8.25	7.59	7.00	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.5	179.5					
Little, Shamier (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)																			
date	26-Aug-21	time	6.20	10.24	14.40			27.76	32.52	37.32	42.28	47.48		53.78	3 / 2				
reaction time	0.202	interval		4.04	4.16			13.36	4.76	4.80	4.96	5.20	6.30					14.96	
		velocity	7.26	8.66	8.41			7.86	7.35	7.29	7.06	6.73	6.35	7.44				7.02	
H1 lead leg	R	strides	23	15	15					16	16	16	17	20	138				
Clayton, Rushell (JAM) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Bauhaus Galan (Stockholm, SWE)																			
date	02-Jun-24	time	6.26	10.19	14.21	18.30	22.55		27.08	31.93	37.09	42.30	47.56	53.78	6 / 2				
reaction time	0.142	interval		3.93	4.02	4.09	4.25		4.53	4.85	5.16	5.21	5.26	6.22		12.04	13.63	15.63	
		velocity	7.19	8.91	8.71	8.56	8.24		7.73	7.22	6.78	6.72	6.65	6.43	7.44	8.72	7.70	6.72	
H1 lead leg	L	strides	22	14	14	14	14	15	16	16	16	16	19	176					
Tkachuk, Viktoriya (UKR) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
date	04-Aug-21	time	6.40	10.56	14.80	19.06	23.40		27.88	32.56	37.48	42.60	47.80	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	PB	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	16	19.7	179.7				
Little, Shamier (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)																			
date	21-Aug-21	time	6.28	10.40	14.60	18.88	23.46	25.4	28.20	33.10	37.96	42.88	47.88	53.79	6 / 2				
reaction time	0.190	interval		4.12	4.20	4.28	4.58		4.74	4.90	4.86	4.92	5.00	5.91		12.60	14.22	14.78	
		velocity	7.17	8.50	8.33	8.18	7.64	7.87	7.38	7.14	7.20	7.11	7.00	6.77	7.44	8.33	7.38	7.10	
H1 lead leg	R	strides	23	15	15	15	16	16	16	16	17	16	19	184					
Russell, Janieve (JAM) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Memorial van Damme (Brussels, BEL)																			
date	08-Sep-23	time	6.33	10.42	14.55	18.78	23.14		27.72	32.46	37.21	42.24	47.56	53.80	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	15	15	16	16	16	16	17	20	154					
Sutherland, Savannah (CAN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)																			
date	06-Aug-24	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	15	15	16	16	20	180				
Batten, Kim (USA) (1969)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1996 USA Olympic Trials (Atlanta, GA)																			
date	16-Jun-96	time	6.43	10.50	14.88	19.25	23.71	25.62	28.28	32.95	37.85	42.78	47.81	53.81	4 / 1				
reaction time		interval		4.07	4.38	4.37	4.46		4.57	4.67	4.90	4.93	5.03	6.00		12.82	13.70	14.86	
		velocity	7.00	8.60	7.99	8.01	7.85	7.81	7.66	7.49	7.14	7.10	6.96	6.67	7.43	8.19	7.66	7.07	
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	17	17	21	185				
Tereshchuk, Tetyana (UKR) (1969)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1997 IAAF World Championships (Athens, GRE)																			
date	08-Aug-97	time	6.44	10.58	14.80	19.14	23.56		28.08	32.72	37.54	42.60	47.78	53.81	6 / 4				
reaction time	0.156	interval		4.14	4.22	4.34	4.42		4.52	4.64	4.82	5.06	5.18	6.03	NR	12.70	13.58	15.06	

H1 lead leg	velocity	6.99	8.45	8.29	8.06	7.92		7.74	7.54	7.26	6.92	6.76	6.63	7.43		8.27	7.73	6.97
	strides																	
McLaughlin, Sydney (USA) (1999)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																		
date	02-Oct-19	time	6.30	10.41	14.71	19.00	23.48		27.99	32.69	37.60	42.57	47.74		53.81	5 / 1		
reaction time	0.170	interval		4.11	4.30	4.29	4.48		4.51	4.70	4.91	4.97	5.17	6.07		12.70	13.69	15.05
		velocity	7.14	8.52	8.14	8.16	7.81		7.76	7.45	7.13	7.04	6.77	6.59	7.43	8.27	7.67	6.98
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	18.5	178.5			
Stambolova, Vania (BUL) (1983)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2010 European Championships (Barcelona, ESP)																		
date	30-Jul-10	time	6.8	11.1	15.4	19.8	24.2		28.7	33.3	38.1	43.0	48.0		53.82	5 / 2		
reaction time	0.283	interval		4.3	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
		velocity	6.62	8.14	8.14	7.95	7.95		7.78	7.61	7.29	7.14	7.00	6.87		8.08	7.78	7.14
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	161				
McLaughlin, Sydney (USA) (1999)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)																		
date	25-Jun-17	time	6.27	10.51	14.71	18.89	23.12		27.69	32.46	37.37	42.57	47.81		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			
Johnson, Sheena (USA) (1982)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2004 Olympic Games (Athens, GRE)																		
date	25-Aug-04	time	6.4	10.5	14.7	19.1	23.6		28.2	32.9	37.7	42.6	47.7		53.83	8 / 4		
reaction time	0.408	interval		4.1	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	15	16	16	160				
Williams, Tiffany (USA) (1983)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2009 IAAF World Championships (Berlin, GER)																		
date	20-Aug-09	time	6.31	10.34	14.45	18.68	22.96		27.45	32.27	37.09	42.21	47.53		53.83	2 / 5		
reaction time	0.161	interval		4.03	4.11	4.23	4.28		4.49	4.82	4.82	5.12	5.32	6.30		12.37	13.59	15.26
		velocity	7.13	8.68	8.52	8.27	8.18		7.80	7.26	7.26	6.84	6.58	6.35	7.43	8.49	7.73	6.88
H1 lead leg		strides		15	15	15	15		15	16	16	17	17	141				
Muhammad, Dalilah (USA) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)																		
date	08-Sep-22	time	6.04	10.01	14.18	18.42	22.82	24.64	27.29	31.87	36.70	41.87	47.31		53.83	5 / 4		
reaction time	0.150	interval		3.97	4.17	4.24	4.40		4.47	4.58	4.83	5.17	5.44	6.52		12.38	13.45	15.44
		velocity	7.45	8.82	8.39	8.25	7.95	8.12	7.83	7.64	7.25	6.77	6.43	6.13	7.43	8.48	7.81	6.80
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	20	179			
Jones, Jasmine (USA) (2001)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)																		
date	06-Aug-24	time	6.11	10.21	14.36	18.55	22.90		27.35	32.05	37.03	42.23	47.58		53.83	7 / 2		
reaction time	0.166	interval		4.10	4.15	4.19	4.35		4.45	4.70	4.98	5.20	5.35	6.25		12.44	13.50	15.53
		velocity	7.36	8.54	8.43	8.35	8.05		7.87	7.45	7.03	6.73	6.54	6.40	7.43	8.44	7.78	6.76
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	16	16	19	173			
Maraval, Louise (FRA) (2001)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)																		
date	06-Aug-24	time	6.30	10.42	14.76	19.12	23.52		28.15	32.87	37.76	42.88	47.89		53.83	4 / 2		
reaction time	0.160	interval		4.12	4.34	4.36	4.40		4.63	4.72	4.89	5.12	5.01	5.94		12.82	13.75	15.02
		velocity	7.14	8.50	8.06	8.03	7.95		7.56	7.42	7.16	6.84	6.99	6.73	7.43	8.19	7.64	6.99
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	20	186			
Batten, Kim (USA) (1969)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1993 IAAF World Championships (Stuttgart, GER)																		
date	19-Aug-93	time	6.40	10.56	14.89	19.19	23.76		28.12	32.99	37.86	42.87	47.93		53.84	7 / 4		
reaction time		interval		4.16	4.33	4.30	4.57		4.36	4.87	4.87	5.01	5.06	5.91	PB	12.79	13.80	14.94
		velocity	7.03	8.41	8.08	8.14	7.66		8.03	7.19	7.19	6.99	6.92	6.77	7.43	8.21	7.61	7.03
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	17	17	155				
Nosova, Yuliya (RUS) (1978)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2001 European Cup (Bremen, GER)																		
date	23-Jun-01	time	6.62	10.74	14.90	19.12	23.51		27.99	32.76	37.66	42.70	47.83		53.84	1 / 1		
reaction time		interval		4.12	4.16	4.22	4.39		4.48	4.77	4.90	5.04	5.13	6.01	PB	12.50	13.64	15.07
		velocity	6.80	8.50	8.41	8.29	7.97		7.81	7.34	7.14	6.94	6.82	6.66	7.43	8.40	7.70	6.97
H1 lead leg		strides																
Danvers-Smith, Tasha (GBR) (1977)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2008 Olympic Games (Beijing, CHN)																		
date	20-Aug-08	time	6.4	10.6	14.8	19.1	23.6		28.1	32.6	37.4	42.3	47.6		53.84	7 / 3		
reaction time	0.189	interval		4.2	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

H1 lead leg	R	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
		strides	22	15	15	15	15		15	15	16	17	17	21	183				
Clayton, Rushell (JAM) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Bislett Games (Oslo, NOR)														<i>Omega Timing (2023) - diamond league race analysis</i>					
date	15-Jun-23	time	6.34	10.36	14.47	18.72	23.10	27.70	32.46	37.42	42.53	47.76		53.84	6 / 2				
reaction time	0.141	interval		4.02	4.11	4.25	4.38	4.60	4.76	4.96	5.11	5.23	6.08			12.38	13.74	15.30	
		velocity	7.10	8.71	8.52	8.24	7.99	7.61	7.35	7.06	6.85	6.69	6.58	7.43		8.48	7.64	6.86	
H1 lead leg	L	strides	22	15	14	14	15	15	15	16	16	16	20	178					
Antyukh, Natalya (RUS) (1981)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2011 IAAF World Championships (Daegu, KOR)														<i>Behm (2011) - Le quatrache: Démus enfin!</i>					
date	01-Sep-11	time	6.2	10.4	14.5	18.8	23.2	27.7	32.4	37.2	42.3	47.6		53.85	5 / 3				
reaction time	0.151	interval		4.2	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					
Little, Shamier (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 USA Olympic Trials (Eugene, OR)														<i>Athlete Tracking (2021) - Women's 400mH - Unofficial Split Times</i>					
date	27-Jun-21	time	6.20	10.22	14.38	18.59	22.96	24.93	27.52	32.27	36.99	42.50	47.69		53.85	5 / 4			
reaction time	0.213	interval		4.02	4.16	4.21	4.37	4.56	4.75	4.72	5.51	5.19	6.16			12.39	13.68	15.42	
		velocity	7.26	8.71	8.41	8.31	8.01	8.02	7.68	7.37	7.42	6.35	6.74	6.49	7.43	8.47	7.68	6.81	
H1 lead leg	R	strides		15	15	15	15	16	16	15	18	17	142						
Little, Shamier (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)														<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>					
date	09-Sep-18	time	6.28	10.52	14.88	19.32	23.84	28.36	33.00	37.84	42.80	47.88		53.86	5 / 2				
reaction time	0.223	interval		4.24	4.36	4.44	4.52	4.52	4.64	4.84	4.96	5.08	5.98			13.04	13.68	14.88	
		velocity	7.17	8.25	8.03	7.88	7.74	7.74	7.54	7.23	7.06	6.89	6.69	7.43		8.05	7.68	7.06	
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	15	16	19.2	178.2					
Little, Shamier (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	29-Aug-19	time	6.18	10.40		18.96	23.38	25.3	27.92	32.68		42.56	47.74		53.86	2 / 2			
reaction time	0.202	interval		4.22		8.56	4.42		4.54	4.76		9.88	5.18	6.12		12.78	13.72	15.06	
		velocity	7.28	8.29		8.18	7.92	7.91	7.71	7.35		7.09	6.76	6.54	7.43	8.22	7.65	6.97	
H1 lead leg	L	strides	22	15		15	15	15	15	15		16	20	118					
Muhammad, Dalilah (USA) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	26-Jun-21	time	6.07	10.11	14.43	18.95	23.59	28.33	33.10	37.94	42.95	48.01		53.86	6 / 2				
reaction time	0.174	interval		4.04	4.32	4.52	4.64	4.74	4.77	4.84	5.01	5.06	5.85			12.88	14.15	14.91	
		velocity	7.41	8.66	8.10	7.74	7.54	7.38	7.34	7.23	6.99	6.92	6.84	7.43		8.15	7.42	7.04	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	18.7	177.7					
Knight, Andrette (JAM) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)														<i>Omega Timing (2023) - diamond league race analysis</i>					
date	02-Sep-23	time	6.18	10.13	14.20	18.43	22.83	27.44	32.21	37.24	42.44	47.64		53.87	7 / 2				
reaction time	0.162	interval		3.95	4.07	4.23	4.40	4.61	4.77	5.03	5.20	5.20	6.23			12.25	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					
Farmer-Patrick, Sandra (USA) (1962)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 3 - 1993 IAAF World Championships (Stuttgart, GER)														<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>					
date	17-Aug-93	time	6.38	10.52	14.68	18.98	23.42	27.91	32.56	37.44	42.47	47.12		53.88	3 / 1				
reaction time		interval		4.14	4.16	4.30	4.44	4.49	4.65	4.88	5.03	4.65	6.76			12.60	13.58	14.56	
		velocity	7.05	8.45	8.41	8.14	7.88	7.80	7.53	7.17	6.96	7.53	5.92	7.42		8.33	7.73	7.21	
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	16	16	19.2	181.2					
Muhammad, Dalilah (USA) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	30-Aug-18	time	6.24	10.36	14.68	19.16	23.68	25.7	28.16	32.76	37.56	42.60	47.76		53.88	5 / 1			
reaction time	0.184	interval		4.12	4.32	4.48	4.52	4.48	4.60	4.80	5.04	5.16	6.12			12.92	13.60	15.00	
		velocity	7.21	8.50	8.10	7.81	7.74	7.81	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					
Muhammad, Dalilah (USA) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)														<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>					
date	19-May-19	time	6.21	10.23	14.51	18.94	23.47	28.16	32.75	37.49	42.46	47.80		53.88	5 / 1				
reaction time	0.181	interval		4.02	4.28	4.43	4.53	4.69	4.59	4.74	4.97	5.34	6.08			12.73	13.81	15.05	
		velocity	7.25	8.71	8.18	7.90	7.73	7.46	7.63	7.38	7.04	6.55	6.58	7.42		8.25	7.60	6.98	
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	20	180					
Sutherland, Savannah (CAN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympic Games - Results Book (2024)</i>					
date	08-Aug-24	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	

H1 lead leg	R	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	
		strides	23	15	15	15	15		15	15	16	16	16		161					
Busch, Sabine (GDR) (1962)																				
H1		H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 1988 Olympic Games (Seoul, KOR)																				
date 28-Sep-88 time 6.61 10.68 14.86 19.18 23.62 28.19 32.79 37.56 42.57 47.76 53.89 7 / 4																				
reaction time	0.283	interval	4.07	4.18	4.32	4.44	4.57	4.60	4.77	5.01	5.19	6.13			12.57	13.61	14.97			
		velocity	6.81	8.60	8.37	8.10	7.88	7.66	7.61	7.34	6.99	6.74	6.53	7.42		8.35	7.71	7.01		
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	20	180						
Muhammad, Dalilah (USA) (1990)																				
H1		H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)																				
date 01-Sep-17 time 6.00 10.04 14.36 18.76 23.16 25.3 27.68 32.44 37.44 42.52 47.76 53.89 6 / 1																				
reaction time	0.154	interval	4.04	4.32	4.40	4.40	4.52	4.76	5.00	5.08	5.24	6.13			12.76	13.68	15.32			
		velocity	7.50	8.66	8.10	7.95	7.95	7.91	7.74	7.35	7.00	6.89	6.68	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						
Folorunso, Ayomide (ITA) (1996)																				
H1		H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																				
date 22-Aug-23 time 6.27 10.38 14.61 18.92 23.32 32.60 37.47 42.50 47.76 53.89 5 / 4																				
reaction time	0.190	interval	4.11	4.23	4.31	4.40	9.28	4.87	5.03	5.26	6.13	NR			12.65	13.68	15.16			
		velocity	7.18	8.52	8.27	8.12	7.95	7.54	7.19	6.96	6.65	6.53	7.42		8.30	7.68	6.93			
H1 lead leg	L	strides	23	15	15	16			16	16	17	20.5	153.5							
Muhammad, Dalilah (USA) (1990)																				
H1		H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)																				
date 22-Jul-16 time 6.10 10.23 14.53 18.90 23.53 28.00 32.70 37.50 42.53 47.83 53.90 6 / 1																				
reaction time	0.138	interval	4.13	4.30	4.37	4.63	4.47	4.70	4.80	5.03	5.30	6.07			12.80	13.80	15.13			
		velocity	7.38	8.47	8.14	8.01	7.56	7.83	7.45	7.29	6.96	6.60	6.59	7.42		8.20	7.61	6.94		
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19.5	179.5						
Spencer, Ashley (USA) (1993)																				
H1		H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)																				
date 06-Jul-17 time 6.48 10.76 15.20 19.68 24.32 28.96 33.60 38.28 43.08 48.28 53.90 6 / 1																				
reaction time	0.154	interval	4.28	4.44	4.48	4.64	4.64	4.64	4.68	4.80	5.20	5.62			13.20	13.92	14.68			
		velocity	6.94	8.18	7.88	7.81	7.54	7.54	7.48	7.29	6.73	7.12	7.42		7.95	7.54	7.15			
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	18.2	176.2							
Moline, Georganne (USA) (1990)																				
H1		H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)																				
date 05-Jul-18 time 6.32 10.56 19.32 23.72 28.24 32.80 37.56 42.52 47.68 53.90 7 / 3																				
reaction time	0.204	interval	4.24	8.76	4.40	4.52	4.56	4.76	4.96	5.16	6.22				13.00	13.48	14.88			
		velocity	7.12	8.25	7.99	7.95	7.74	7.68	7.35	7.06	6.78	6.43	7.42		8.08	7.79	7.06			
H1 lead leg	R	strides	22	15	15		15	15	15	16	16	20	149							
Bol, Femke (NED) (2000)																				
H1		H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																				
date 17-Sep-20 time 6.40 10.52 14.68 19.00 23.48 25.4 28.08 32.80 37.72 42.84 48.04 53.90 5 / 1																				
reaction time	0.178	interval	4.12	4.16	4.32	4.48	4.60	4.72	4.92	5.12	5.20	5.86			12.60	13.80	15.24			
		velocity	7.03	8.50	8.41	8.10	7.81	7.87	7.61	7.42	7.11	6.84	6.73	6.83	7.42	8.33	7.61	6.89		
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	16	16	18.5	176.5						
Clayton, Rushell (JAM) (1992)																				
H1		H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																				
date 30-Jun-22 time 6.46 10.68 14.84 19.08 23.44 25.32 27.96 32.66 37.58 42.58 47.80 53.90 7 / 2																				
reaction time	0.143	interval	4.22	4.16	4.24	4.36	4.52	4.70	4.92	5.00	5.22	6.10			12.62	13.58	15.14			
		velocity	6.97	8.29	8.41	8.25	8.03	7.90	7.74	7.45	7.11	7.00	6.70	6.56	7.42	8.32	7.73	6.94		
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	16	19.7	181.7						
Bol, Femke (NED) (2000)																				
H1		H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
Heat 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																				
date 19-Jul-22 time 6.26 10.36 14.50 18.66 22.93 24.95 27.46 32.10 36.93 42.17 47.47 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	15	16	16	18.7	177.7						
Goldenhuis, Zenéy (RSA) (2000)																				
H1		H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)																				
date 06-Aug-24 time 6.34 10.54 14.67 18.99 23.39 27.93 32.71 37.73 42.84 48.00 53.90 8 / 3																				
reaction time	0.175	interval	4.20	4.13	4.32	4.40	4.54	4.78	5.02	5.11	5.16	5.90			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						
Little, Shamier (USA) (1995)																				
H1		H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2019 USATF National Championships (Des Moines, IA) (TV Analysis)																				
date 28-Jul-19 time 6.15 10.11 14.28 18.45 22.78 27.36 32.13 37.07 42.10 47.34 53.91 5 / 4																				
reaction time	0.198	interval	3.96	4.17	4.17	4.33	4.58	4.77	4.94	5.03	5.24	6.57			12.30	13.68	15.21			

H1 lead leg	L	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
		strides	23	14	14	14	14		15	16	16	16	17	21	180				
Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																			
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																			
date	02-Oct-19	time	6.14	10.07	14.25	18.55	23.08		27.63	32.36	37.30	42.37	47.64		53.91	5 / 1			
reaction time	0.167	interval		3.93	4.18	4.30	4.53		4.55	4.73	4.94	5.07	5.27	6.27			12.41	13.81	15.28
		velocity	7.33	8.91	8.37	8.14	7.73		7.69	7.40	7.09	6.90	6.64	6.38	7.42		8.46	7.60	6.87
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	19.2	180.2				
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	02-Aug-21	time	6.48	10.60	14.76	19.04	23.40		27.92	32.56	37.32	42.24	47.32		53.91	5 / 1			
reaction time	0.215	interval		4.12	4.16	4.28	4.36		4.52	4.64	4.76	4.92	5.08	6.59			12.56	13.52	14.76
		velocity	6.94	8.50	8.41	8.18	8.03		7.74	7.54	7.35	7.11	6.89	6.07	7.42		8.36	7.77	7.11
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				
Cockrell, Anna (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	04-Aug-24	time	6.29	10.39	14.71	19.08	23.54		28.03	32.73	37.56	42.68	47.76		53.91	8 / 1			
reaction time	0.209	interval		4.10	4.32	4.37	4.46		4.49	4.70	4.83	5.12	5.08	6.15			12.79	13.65	15.03
		velocity	7.15	8.54	8.10	8.01	7.85		7.80	7.45	7.25	6.84	6.89	6.50	7.42		8.21	7.69	6.99
H1 lead leg	R	strides	22	13	13	14	14		14	14	14	15	15	19	167				
Pérec, Marie-José (FRA) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1995 Bislett Games (Oslo, NOR)																			
<i>Behm (1999) - Les 4 travaux de Marie-Jo</i>																			
date	21-Jul-95	time	6.6	10.9	15.2	19.5	23.9		28.5	33.4	38.1	43.2	48.3		53.92	/ 1			
reaction time		interval		4.3	4.3	4.3	4.4		4.6	4.9	4.7	5.1	5.1	5.62	PB		12.90	13.90	14.90
		velocity	6.82	8.14	8.14	8.14	7.95		7.61	7.14	7.45	6.86	6.86	7.12	7.42		8.14	7.55	7.05
H1 lead leg		strides		14	14	14	14		14	14	14	14	15	127					
Buford-Bailey, Tonja (USA) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USA Olympic Trials (Atlanta, GA)																			
<i>USATF Women's Sprint Development (1996)</i>																			
date	16-Jun-96	time	6.47	10.67	14.85	19.17	23.57	25.45	28.08	32.95	37.85	42.87	47.78		53.92	3 / 2			
reaction time		interval		4.20	4.18	4.32	4.40		4.51	4.87	4.90	5.02	4.91	6.14			12.70	13.78	14.83
		velocity	6.96	8.33	8.37	8.10	7.95	7.86	7.76	7.19	7.14	6.97	7.13	6.51	7.42		8.27	7.62	7.08
H1 lead leg	L	strides	23	15	15	15	15		15	16	17	17	17	19	184				
Pittman, Jana (AUS) (1982)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Olympic Games (Athens, GRE)																			
<i>Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04</i>																			
date	25-Aug-04	time	6.40	10.50	14.57	18.80	23.10		27.57	32.21	37.02	42.19	47.47		53.92	5 / 5			
reaction time	0.248	interval		4.10	4.07	4.23	4.30		4.47	4.64	4.81	5.17	5.28	6.45			12.40	13.41	15.26
		velocity	7.03	8.54	8.60	8.27	8.14		7.83	7.54	7.28	6.77	6.63	6.20	7.42		8.47	7.83	6.88
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	16	16	18.5	172.5				
Jesień, Anna (POL) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 IAAF World Championships (Osaka, JPN)																			
<i>Ae (2008) - IAAF biomechanics team - a booklet of biomechanics data</i>																			
date	30-Aug-07	time	6.48	10.63	14.95	19.29	23.70		28.23	32.90	37.80	42.75	47.98		53.92	7 / 3			
reaction time	0.176	interval		4.15	4.32	4.34	4.41		4.53	4.67	4.90	4.95	5.23	5.94			12.81	13.61	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		strides	22	15	15	15	15		15	15	16	16	16	20.5	180.5				
Moline, Georganne (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2012 Olympic Games (London, GBR)																			
<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>																			
date	08-Aug-12	time	6.57	10.72	15.08	19.47	23.92	25.72	28.44	33.00	37.73	42.75	48.04		53.92	8 / 5			
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				
Hejnová, Zuzana (CZE) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																			
date	18-Aug-16	time	6.48	10.64	14.88	19.20	23.56		28.12	32.76	37.60	42.60	47.76		53.92	6 / 4			
reaction time	0.157	interval		4.16	4.24	4.32	4.36		4.56	4.64	4.84	5.00	5.16	6.16			12.72	13.56	15.00
		velocity	6.94	8.41	8.25	8.10	8.03		7.68	7.54	7.23	7.00	6.78	6.49	7.42		8.25	7.74	7.00
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180				
Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 USATF National Championships (Eugene, OR)																			
<i>USATF (2022) - Results powered by Karmarush</i>																			
date	25-Jun-22	time	6.31	10.37	14.55	18.94	23.44	25.44	28.03	32.56	37.27	42.29	47.61	53.94	53.92	8 / 3			
reaction time		interval		4.06	4.18	4.39	4.50		4.59	4.53	4.71	5.02	5.32	6.31			12.63	13.62	15.05
		velocity	7.13	8.62	8.37	7.97	7.78	7.86	7.63	7.73	7.43	6.97	6.58	6.34	7.42		8.31	7.71	6.98
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16		144					
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)																			
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	26-Aug-22	time	6.40	10.53		19.17	23.56	25.35	28.13	32.93	37.67	42.70	47.87		53.92	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

H1 lead leg	R	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
		strides	23	15		15			16	16	16	17	17	20	155				
Isakova, Yevgeniya (RUS) (1978)																			
FINAL - 2006 European Championships (Göteborg, SWE)																<i>Behm (2006) - Göteborg 2006: Le quatrache</i>			
date	09-Aug-06	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	strides	21	15	15	15	15		16	16	17	17	17	20	184				
Hejnová, Zuzana (CZE) (1986)																			
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	01-Sep-17	time	6.40	10.64	14.88	19.20	23.64	25.7	28.16	32.84	37.72	42.76	47.88		53.93		7 / 2		
reaction time	0.156	interval		4.24	4.24	4.32	4.44		4.52	4.68	4.88	5.04	5.12	6.05		12.80	13.64	15.04	
		velocity	7.03	8.25	8.25	8.10	7.88	7.78	7.74	7.48	7.17	6.94	6.84	6.61	7.42		8.20	7.70	6.98
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180				
Little, Shamier (USA) (1995)																			
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)																<i>Henson (2021) - Athlete First: major championships report</i>			
date	26-Aug-15	time	6.40	10.56	14.76	19.12	23.56			32.72	37.64	42.68	47.96		53.94		2 / 2		
reaction time	0.227	interval		4.16	4.20	4.36	4.44			9.16	4.92	5.04	5.28	5.98		12.72	13.60	15.24	
		velocity	7.03	8.41	8.33	8.03	7.88			7.64	7.11	6.94	6.63	6.69	7.42		8.25	7.72	6.89
H1 lead leg	R	strides		15		15	15				16	16	17	20	114				
Little, Shamier (USA) (1995)																			
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	07-Jun-18	time	6.20	10.28	14.52	18.88	23.36	25.3	27.88	32.56	37.48	42.48	47.68		53.94		4 / 2		
reaction time	0.200	interval		4.08	4.24	4.36	4.48		4.52	4.68	4.92	5.00	5.20	6.26		12.68	13.68	15.12	
		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	strides	23	15	15	15	15		15	15	16	16	16	20	181				
Gunnell, Sally (GBR) (1966)																			
Semi-Final 1 - 1993 IAAF World Championships (Stuttgart, GER)																<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>			
date	17-Aug-93	time	6.79	10.85	14.97	19.21	23.55		28.06	33.14	37.87	43.07	48.27		53.95		6 / 1		
reaction time		interval		4.06	4.12	4.24	4.34		4.51	5.08	4.73	5.20	5.20	5.68		12.42	13.93	15.13	
		velocity	6.63	8.62	8.50	8.25	8.06		7.76	6.89	7.40	6.73	6.73	7.04	7.41		8.45	7.54	6.94
H1 lead leg	L	strides	23	15	15	15	15		15	16	17	17	17	19.5	184.5				
Bidouane, Nezha (MAR) (1969)																			
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)																<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>			
date	23-Aug-99	time	6.18	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				
Little, Shamier (USA) (1995)																			
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	21-Jul-18	time	6.32	10.60	14.92	19.32	23.92		28.52	33.36	38.24	43.24	48.24		53.95		5 / 1		
reaction time	0.143	interval		4.28	4.32	4.40	4.60		4.60	4.84	4.88	5.00	5.00	5.71		13.00	14.04	14.88	
		velocity	7.12	8.18	8.10	7.95	7.61		7.61	7.23	7.17	7.00	7.00	7.01	7.41		8.08	7.48	7.06
H1 lead leg	L	strides	23	15	14	15	15		15	16	16	16	16	19.5	180.5				
McLaughlin, Sydney (USA) (1999)																			
Heat 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	19-Jul-22	time	6.40	10.43	14.83	19.12	23.60	25.48	28.36		38.03	43.20	48.30		53.95		8 / 1		
reaction time	0.168	interval		4.03	4.40	4.29	4.48		4.76		9.67	5.17	5.10	5.65		12.72			
		velocity	7.03	8.68	7.95	8.16	7.81	7.85	7.35		7.24	6.77	6.86	7.08	7.41		8.25		
H1 lead leg	R	strides	22	14	14	14	14		15			16	16	18	143				
Little, Shamier (USA) (1995)																			
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	28-May-23	time	6.18	10.20	14.39	18.71	23.17		27.77	32.73	37.51	42.57	47.93		53.95		4 / 1		
reaction time	0.183	interval		4.02	4.19	4.32	4.46		4.60	4.96	4.78	5.06	5.36	6.02		12.53	14.02	15.20	
		velocity	7.28	8.71	8.35	8.10	7.85		7.61	7.06	7.32	6.92	6.53	6.64	7.41		8.38	7.49	6.91
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	15	16	19.5	178.5				
Salmon, Shiann (JAM) (1999)																			
Heat 3 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	04-Aug-24	time	6.15	10.21	14.38	18.72	23.21		27.81	32.55	37.44	42.54	47.70		53.95		8 / 2		
reaction time	0.186	interval		4.06	4.17	4.34	4.49		4.60	4.74	4.89	5.10	5.16	6.25		12.57	13.83	15.15	
		velocity	7.32	8.62	8.39	8.06	7.80		7.61	7.38	7.16	6.86	6.78	6.40	7.41		8.35	7.59	6.93
H1 lead leg	L	strides	22	15	14	14	14		15	15	16	16	16	20	177				
Han Qing (CHN) (1970)																			
FINAL - 1993 Chinese National Games (Beijing, CHN)																<i>Wang (2016) - hurdle rhythm characteristic analysis and athletic training considerations</i>			
date	09-Sep-93	time	6.24	10.41	14.69	18.95	23.38		28.18	32.99	37.78	42.77	47.78		53.96		/ 1		
reaction time		interval		4.17	4.28	4.26	4.43		4.80	4.81	4.79	4.99	5.01	6.18	AR		12.71	14.04	14.79

	velocity	7.21	8.39	8.18	8.22	7.90		7.29	7.28	7.31	7.01	6.99	6.47	7.41		8.26	7.48	7.10	
H1 lead leg	strides	23	15	15	15	15		15	16	16	17	17		164					
Pernía, Daimi (CUB) (1976)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)																			
date	23-Aug-99	time	6.05	10.21	14.45	18.76	23.19		27.90	32.74	37.67	42.77	47.84		53.96	3 / 2			
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				
Song Yinglan (CHN) (1975)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2001 Chinese National Games (Guangzhou, CHN)																			
date	22-Nov-01	time	6.37	10.57	14.81	19.05	23.41		27.97	32.73	37.65	42.73	47.85		53.96	/ 1			
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																	
Rabchenyuk, Anastasiya (UKR) (198)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2008 Olympic Games (Beijing, CHN)																			
date	20-Aug-08	time	6.3	10.5	14.6	19.0	23.6		28.1	33.0	37.9	43.0	48.2		53.96	4 / 4			
reaction time	0.248	interval		4.2	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	15		16	16	16	17	17	20	185				
Russell, Janieve (JAM) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)																			
date	02-Jun-16	time	6.52	10.68	14.92	19.28	23.72		28.16	32.72	37.48	42.56	47.80		53.96	7 / 1			
reaction time	0.180	interval		4.16	4.24	4.36	4.44		4.44	4.56	4.76	5.08	5.24	6.16	PB		12.76	13.44	15.08
		velocity	6.90	8.41	8.25	8.03	7.88		7.88	7.68	7.35	6.89	6.68	6.49	7.41		8.23	7.81	6.96
H1 lead leg	R	strides	22	14	14	15	15							19.5	145.5				
McLaughlin, Sydney (USA) (1999)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2018 NCAA Championships (Eugene, OR) (TV Analysis)																			
date	09-Jun-18	time	6.43	10.53	14.63	18.90	23.20		27.73	32.43	37.33	42.60	47.93		53.96	4 / 1			
reaction time		interval		4.10	4.10	4.27	4.30		4.53	4.70	4.90	5.27	5.33	6.03		12.47	13.53	15.50	
		velocity	7.00	8.54	8.54	8.20	8.14		7.73	7.45	7.14	6.64	6.57	6.63	7.41		8.42	7.76	6.77
H1 lead leg	R	strides		14	14	14	14		15	15	15	16	16	19.2	152.2				
Russell, Janieve (JAM) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)																			
date	21-Jul-18	time	6.44	10.68	15.08	19.60	24.08		28.68	33.44	38.28	43.16	48.20		53.96	6 / 2			
reaction time	0.206	interval		4.24	4.40	4.52	4.48		4.60	4.76	4.84	4.88	5.04	5.76		13.16	13.84	14.76	
		velocity	6.99	8.25	7.95	7.74	7.81		7.61	7.35	7.23	7.17	6.94	6.94	7.41		7.98	7.59	7.11
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.5	179.5				
Clayton, Rushell (JAM) (1992)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)																			
date	19-May-24	time	6.34	10.16	14.23	18.36	22.78		27.36	32.18	37.27	42.55	47.93		53.98	6 / 1			
reaction time	0.158	interval		3.82	4.07	4.13	4.42		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	14	15		15	15	16	16	16	19.2	176.2				
Parris, Debbie-Ann (JAM) (1973)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 1996 Olympic Games (Atlanta, GA)																			
date	31-Jul-96	time	6.6	10.7	15.0	19.3	23.7		28.3	33.1	37.9	42.8	48.1		53.97	2 / 4			
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					
Wilson, Nickiesha (JAM) (1986)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 3 - 2007 IAAF World Championships (Osaka, JPN)																			
date	28-Aug-07	time	6.40	10.47	14.74	19.11	23.52		28.12	32.96	37.84	42.81	48.04		53.97	7 / 2			
reaction time	0.284	interval		4.07	4.27	4.37	4.41		4.60	4.84	4.88	4.97	5.23	5.93	PB		12.71	13.85	15.08
		velocity	7.03	8.60	8.20	8.01	7.94		7.61	7.23	7.17	7.04	6.69	6.75	7.41		8.26	7.58	6.96
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	20.2	184.2				
Little, Shamier (USA) (1995)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)																			
date	01-Sep-16	time	6.32	10.44	14.68	19.00	23.36		27.88	32.48	37.36	42.44	47.80		53.97	3 / 1			
reaction time	0.215	interval		4.12	4.24	4.32	4.36		4.52	4.60	4.88	5.08	5.36	6.17		12.68	13.48	15.32	
		velocity	7.12	8.50	8.25	8.10	8.03		7.74	7.61	7.17	6.89	6.53	6.48	7.41		8.28	7.79	6.85
H1 lead leg	R	strides	23	15	15		15		15	15	16	16	17	20	167				
Moline, Georganne (USA) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																			
date	31-May-18	time	6.32	10.44	14.72	19.12	23.56		28.08	32.72	37.64	42.80	48.08		53.97	7 / 1			
reaction time	0.213	interval		4.12	4.28	4.40	4.44		4.52	4.64	4.92	5.16	5.28	5.89		12.80	13.60	15.36	

H1 lead leg	R	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
		strides	22	15	15	15	15		15	15	16	17	17	20	182				
Muhammad, Dalilah (USA) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 5 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
date	31-Jul-21	time	6.10	10.01	14.25	18.58	23.15		27.93	32.63	37.47	42.64	47.85		53.97	3 / 1			
reaction time	0.189	interval		3.91	4.24	4.33	4.57		4.78	4.70	4.84	5.17	5.21	6.12		12.48	14.05	15.22	
		velocity	7.38	8.95	8.25	8.08	7.66		7.32	7.45	7.23	6.77	6.72	6.54	7.41	8.41	7.47	6.90	
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178				
Clayton, Rushell (JAM) (1992)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2023 London Athletics Meet (London, GBR)																			
date	23-Jul-23	time	6.28	10.27	14.42	18.69	23.12		27.72	32.46	37.36	42.43	47.75		53.97	3 / 4			
reaction time	0.131	interval		3.99	4.15	4.27	4.43		4.60	4.74	4.90	5.07	5.32	6.22		12.41	13.77	15.29	
		velocity	7.17	8.77	8.43	8.20	7.90		7.61	7.38	7.14	6.90	6.58	6.43	7.41	8.46	7.63	6.87	
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19	178				
Clayton, Rushell (JAM) (1992)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
date	21-Aug-23	time	6.28	10.27	14.42	18.69	23.12		27.72	32.46	37.36	42.43	47.75		53.97	3 / 4			
reaction time	0.156	interval		3.99	4.15	4.27	4.43		4.60	4.74	4.90	5.07	5.32	6.22		12.41	13.77	15.29	
		velocity	7.17	8.77	8.43	8.20	7.90		7.61	7.38	7.14	6.90	6.58	6.43	7.41	8.46	7.63	6.87	
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19	178				
Tereshchuk-Antipova, Tetyana (UKR)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2000 Olympic Games (Sydney, AUS)																			
date	27-Sep-00	time	6.6	10.7	14.9	19.1	23.5		27.9	32.6	37.5	42.5	47.5		53.98	8 / 5			
reaction time	0.326	interval		4.1	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				
Lucas, Josanne (TTO) (1984)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)																			
date	18-Aug-09	time	6.29	10.32	14.42	18.67	23.04		27.60	32.34	37.26	42.35	47.80		53.98	3 / 2			
reaction time	0.190	interval		4.03	4.10	4.25	4.37		4.56	4.74	4.92	5.09	5.45	6.18	NR		12.38	13.67	15.46
		velocity	7.15	8.68	8.54	8.24	8.01		7.68	7.38	7.11	6.88	6.42	6.47	7.41	8.48	7.68	6.79	
H1 lead leg		strides																	
Cockrell, Anna (USA) (1997)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2022 USATF National Championships (Eugene, OR)																			
date	25-Jun-22	time	6.17	10.08	14.21	18.52	23.05	25.07	27.67	32.27	37.31	42.44	47.73	54.03		53.98	7 / 4		
reaction time		interval		3.91	4.13	4.31	4.53		4.62	4.60	5.04	5.13	5.29	6.25			12.35	13.75	15.46
		velocity	7.29	8.95	8.47	8.12	7.73	7.98	7.58	7.61	6.94	6.82	6.62	6.40	7.41	8.50	7.64	6.79	
H1 lead leg	L	strides	22	14	14	15	15		15	16	15	16		142					
Salmon, Shiann (JAM) (1999)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2024 Memorial van damme (Brussels, BEL)																			
date	14-Sep-24	time	6.19	10.28	14.44	18.73	23.12		27.66	32.33	37.21	42.23	47.42		53.99	7 / 3			
reaction time	0.197	interval		4.09	4.16	4.29	4.39		4.54	4.67	4.88	5.02	5.19	6.57		12.54	13.60	15.09	
		velocity	7.27	8.56	8.41	8.16	7.97		7.71	7.49	7.17	6.97	6.74	6.09	7.41	8.37	7.72	6.96	
H1 lead leg	L	strides	22				14		15	15	15	16		20	117				
Flintoff-King, Debbie (AUS) (1960)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)																			
date	26-Sep-88	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				
Hemmings, Deon (JAM) (1968)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)																			
date	23-Aug-99	time	5.99	10.09	14.25	18.57	23.03		27.55	32.41	37.36	42.41	47.78		54.00	3 / 1			
reaction time	0.189	interval		4.10	4.16	4.32	4.46		4.52	4.86	4.95	5.05	5.37	6.22		12.58	13.84	15.37	
		velocity	7.51	8.54	8.41	8.10	7.85		7.74	7.20	7.07	6.93	6.52	6.43	7.41	8.35</			

H1 lead leg	L	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
		strides	21	14	14	14	14		15	15	15	16	16	20	174				
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)			<i>Omega Timing (2023) - diamond league race analysis</i>																
date	02-Sep-23	time	6.31	10.37	14.49	18.71	23.06		27.63	32.41	37.36	42.41	47.61		54.01	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				
Halkiá, Fani (GRE) (1979)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 European Championships (Göteborg, SWE)			<i>Behm (2006) - Göteborg 2006: Le quatrache</i>																
date	09-Aug-06	time	6.4	10.6	14.7	19.1	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	strides	22	15	15	15	15		15	16	16	16	17	20	182				
Tate, Cassandra (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)			<i>Henson (2021) - Athlete First: major championships report</i>																
date	26-Aug-15	time	6.16	10.28	14.52	18.88	23.36		27.96	32.72	37.60	42.68	48.00		54.02	6 / 3			
reaction time	0.189	interval		4.12	4.24	4.36	4.48		4.60	4.76	4.88	5.08	5.32	6.02			12.72	13.84	15.28
		velocity	7.31	8.50	8.25	8.03	7.81		7.61	7.35	7.17	6.89	6.58	6.64	7.40		8.25	7.59	6.87
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19.7	178.7				
Spencer, Ashley (USA) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	10-Jul-16	time	6.50	10.81	15.05	19.58	24.02		28.63	33.27	38.00	42.88	48.15		54.02	8 / 2			
reaction time	0.228	interval		4.31	4.24	4.53	4.44		4.61	4.64	4.73	4.88	5.27	5.87			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				
Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	21-Jul-17	time	6.32	10.40		19.00	23.44			32.60	37.52	42.60	47.84		54.02	4 / 2			
reaction time	0.214	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					
Tkachuk, Viktoriya (UKR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	06-Jul-21	time	6.34	10.56	14.80	19.14	23.56		28.15	32.86	37.70	42.87	48.03		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			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				
Wilson, Britton (USA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	22-Jul-22	time	6.46	10.70	15.00	19.47	23.87	25.60		33.07	37.90	42.97	48.13		54.02	1 / 5			
reaction time	0.141	interval		4.24	4.30	4.47	4.40			9.20	4.83	5.07	5.16	5.89			13.01	13.60	15.06
		velocity	6.97	8.25	8.14	7.83	7.95	7.81		7.61	7.25	6.90	6.78	6.79	7.40		8.07	7.72	6.97
H1 lead leg	R	strides	23	15	15	15	15			15	16	16	16	130					
Clayton, Rushell (JAM) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)			<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																
date	30-May-24	time	6.29	10.32	14.35	18.52	22.82		27.46	32.23	37.31	42.42	47.77		54.02	5 / 2			
reaction time	0.147	interval		4.03	4.03	4.17	4.30		4.64	4.77	5.08	5.11	5.35	6.25			12.23	13.71	15.54
		velocity	7.15	8.68	8.68	8.39	8.14		7.54	7.34	6.89	6.85	6.54	6.40	7.40		8.59	7.66	6.76
H1 lead leg	L	strides	22	14	14	14	14		15	15	16	16	16	19.2	175.2				
Gunnell, Sally (GBR) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1988 Olympic Games (Seoul, KOR)			<i>Arnold (1992) - Hurdling</i>																
date	28-Sep-88	time	6.64	10.81	15.09	19.45	23.94	25.94	28.39	33.11	38.07	43.20	48.28		54.03	2 / 5			
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			12.81	13.66	15.17
		velocity	6.78	8.39	8.18	8.03	7.80	7.71	7.87	7.42	7.06	6.82	6.89	6.96	7.40		8.20	7.69	6.92
H1 lead leg	L	strides	23	15	15	15	15		15	15	17	17	17	20	184				
Meißner, Heike (GER) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 Olympic Games (Atlanta, GA)			<i>Behm (1996) - 400m haies</i>																
date	31-Jul-96	time	6.6	10.6	14.8	19.0	23.4		28.1	32.9	37.8	42.8	48.1		54.03	1 / 5			
reaction time	0.272	interval		4.0	4.2	4.2	4.4		4.7	4.8	4.9	5.0	5.3	5.93			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					
Williams, Tiffany (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 USA Olympic Trials (Eugene, OR)			<i>USATF Hurdle Development (2008)</i>																
date	29-Jun-08	time	6.52	10.68	14.96	19.14	23.42		28.04	32.72	37.68	42.71	47.96		54.03	5 / 1			
reaction time		interval		4.16	4.28	4.18	4.28		4.62	4.68	4.96	5.03	5.25	6.07			12.62	13.58	15.24

H1 lead leg	L	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
		strides	24	15	15	15	15		16	16	17	17	17		167				
Abt, Gudrun (FRG) (1962)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1988 Olympic Games (Seoul, KOR)			<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																
date	28-Sep-88	time	6.53	10.69	14.98	19.30	23.82		28.43	33.11	37.95	43.04	48.28		54.04	8 / 6			
reaction time	0.316	interval		4.16	4.29	4.32	4.52		4.61	4.68	4.84	5.09	5.24	5.76	PB		12.77	13.81	15.17
		velocity	6.89	8.41	8.16	8.10	7.74		7.59	7.48	7.23	6.88	6.68	6.94	7.40		8.22	7.60	6.92
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	19.3	179.3				
Pechonkina, Yuliya (RUS) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 European Cup (Munich, GER)			<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																
date	23-Jun-07	time	6.63	10.79	15.04	19.31	23.67		28.13	32.75	37.61	42.63	47.81		54.04	/ 1			
reaction time	0.134	interval		4.16	4.25	4.27	4.36		4.46	4.62	4.86	5.02	5.18	6.23			12.68	13.44	15.06
		velocity	6.79	8.41	8.24	8.20	8.03		7.85	7.58	7.20	6.97	6.76	6.42	7.40		8.28	7.81	6.97
H1 lead leg		strides																	
Walker, Melaine (JAM) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)			<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																
date	14-Sep-08	time	6.61	10.67	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																	
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	26-May-18	time	6.72	10.96	15.24	19.68	24.16			33.40	38.28	43.24	48.28		54.06	5 / 1			
reaction time	0.200	interval		4.24	4.28	4.44	4.48			9.24	4.88	4.96	5.04	5.78			12.96	13.72	14.88
		velocity	6.70	8.25	8.18	7.88	7.81			7.58	7.17	7.06	6.94	6.92	7.40		8.10	7.65	7.06
H1 lead leg	L	strides	23	14	15	15	15				16	16	16	20	150				
Sprunger, Léa (SUI) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	04-Oct-19	time	6.28	10.47	14.71	19.00	23.49		28.11	32.93	37.93	42.94	48.08		54.06	9 / 4			
reaction time	0.199	interval		4.19	4.24	4.29	4.49		4.62	4.82	5.00	5.01	5.14	5.98	NR PB		12.72	13.93	15.15
		velocity	7.17	8.35	8.25	8.16	7.80		7.58	7.26	7.00	6.99	6.81	6.69	7.40		8.25	7.54	6.93
H1 lead leg	R	strides	23	14	14	14	14		15	15	15	15	15	18.5	172.5				
Farmer-Patrick, Sandra (USA) (1962)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USA Olympic Trials (Atlanta, GA)			<i>USATF Women's Sprint Development (1996)</i>																
date	16-Jun-96	time	6.49	10.75	15.08	19.41	23.93	25.86	28.63	33.47	38.17	43.07	48.10		54.07	5 / 3			
reaction time		interval		4.26	4.33	4.33	4.52		4.70	4.84	4.70	4.90	5.03	5.97			12.92	14.06	14.63
		velocity	6.93	8.22	8.08	8.08	7.74	7.73	7.45	7.23	7.45	7.14	6.96	6.70	7.40		8.13	7.47	7.18
H1 lead leg	R	strides	24	15	15	15	15		15	16	16	16	16	19	182				
Tereshchuk-Antipova, Tetyana (UKR)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 European Championships (Budapest, HUN)			<i>Sanchez (1998) - Budapest '98: análisis de la carreras con villas</i>																
date	23-Aug-98	time	6.41				23.10						47.49		54.07	5 / 2			
reaction time		interval					16.69						24.39	6.58					
		velocity	7.02				8.39						7.18	6.08	7.40				
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	21	180				
McLaughlin, Sydney (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	25-Jun-21	time	6.33	10.46	14.67	19.10	23.77		28.50	33.26	38.07	42.93	48.00		54.07	5 / 1			
reaction time	0.255	interval		4.13	4.21	4.43	4.67		4.73	4.76	4.81	4.86	5.07	6.07			12.77	14.16	14.74
		velocity	7.11	8.47	8.31	7.90	7.49		7.40	7.35	7.28	7.20	6.90	6.59	7.40		8.22	7.42	7.12
H1 lead leg	R	strides	22	14	14	15	15		15	15	15	15	16	18.2	174.2				
Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Weltklasse (Züich, SUI)			<i>Omega Timing (2024) - diamond league race analysis</i>																
date	05-Sep-24	time	6.12	10.15	14.28	18.43	22.67		27.04	31.64	36.51	41.66	47.09		54.07	5 / 3			
reaction time	0.174	interval		4.03	4.13	4.15	4.24		4.37	4.60	4.87	5.15	5.43	6.98			12.31	13.21	15.45
		velocity	7.35	8.68	8.47	8.43	8.25		8.01	7.61	7.19	6.80	6.45	5.73	7.40		8.53	7.95	6.80
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	17	20.2	182.2				
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	31-May-18	time	6.44	10.64	14.96	19.48	24.16		28.88	33.72	38.52	43.48	48.40		54.08	5 / 2			
reaction time	0.165	interval		4.20	4.32	4.52	4.68		4.72	4.84	4.80	4.96	4.92	5.68			13.04	14.24	14.68
		velocity	6.99	8.33	8.10	7.74	7.48		7.42	7.23	7.29	7.06	7.11	7.04	7.40		8.05	7.37	7.15
H1 lead leg	R	strides	22	15	15	15	15		15	16	16	16	16	19.2	180.2				
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	04-Jul-21	time	6.25	10.40	14.58		23.34	25.3	27.86	32.62	37.54	42.48	47.72		54.08	4 / 4			
reaction time	0.151	interval		4.15	4.18		8.76		4.52	4.76	4.92	4.94	5.24	6.36					15.10

H1 lead leg	R	velocity	7.20	8.43	8.37		7.99	7.91	7.74	7.35	7.11	7.09	6.68	6.29	7.40				6.95	
		strides		15	15				15	16	16	16	16	20	129					
Folorunso, Ayomide (ITA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)			<i>Omega Timing (2023) - diamond league race analysis</i>																	
date	02-Sep-23	time	6.31	10.45	14.72	19.11	23.61		28.31	33.10	38.05	43.08	48.16		54.08	3 / 4				
reaction time	0.185	interval		4.14	4.27	4.39	4.50		4.70	4.79	4.95	5.03	5.08	5.92			12.80	13.99	15.06	
		velocity	7.13	8.45	8.20	7.97	7.78		7.45	7.31	7.07	6.96	6.89	6.76	7.40		8.20	7.51	6.97	
H1 lead leg	L	strides	23	15	15	15	16		16	16	16	16	17	20	185					
Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)			<i>Henson (2021) - Athlete First: major championships report</i>																	
date	15-Aug-13	time	6.11	10.23	14.28	18.69	23.04		27.54	32.19	37.11	42.23	47.65		54.09	6 / 2				
reaction time	0.165	interval		4.12	4.05	4.41	4.35		4.50	4.65	4.92	5.12	5.42	6.44			12.58	13.50	15.46	
		velocity	7.36	8.50	8.64	7.94	8.05		7.78	7.53	7.11	6.84	6.46	6.21	7.40		8.35	7.78	6.79	
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	20.2	181.2					
Doyle, Eilidh (GBR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)			<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																	
date	15-Jul-16	time	6.40	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					
Moline, Georganne (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																	
date	27-May-17	time	6.53	10.73	15.13	19.60	24.13		28.76	33.63	38.60	43.60	48.60		54.09	3 / 3				
reaction time	0.285	interval		4.20	4.40	4.47	4.53		4.63	4.87	4.97	5.00	5.00	5.49			13.07	14.03	14.97	
		velocity	6.89	8.33	7.95	7.83	7.73		7.56	7.19	7.04	7.00	7.00	7.29	7.40		8.03	7.48	7.01	
H1 lead leg	R	strides	22	15	15	15	15		15	16	16	16	16	19	180					
Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																	
date	26-May-18	time	6.28	10.32	14.56	18.92	23.40			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	15			16	16	17	20.2	152.2						
Knight, Jessie (GBR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 London Athletics Meet (London, GBR)			<i>Omega Timing (2023) - diamond league race analysis</i>																	
date	23-Jul-23	time	6.40	10.62	14.86	19.17	23.61		28.30	33.08	38.08	43.13	48.24		54.09	7 / 5				
reaction time	0.182	interval		4.22	4.24	4.31	4.44		4.69	4.78	5.00	5.05	5.11	5.85	=PB		12.77	13.91	15.16	
		velocity	7.03	8.29	8.25	8.12	7.88		7.46	7.32	7.00	6.93	6.85	6.84	7.40		8.22	7.55	6.93	
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19	157					
Wilson, Nickiesha (JAM) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2007 IAAF World Championships (Osaka, JPN)			<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>																	
date	30-Aug-07	time	6.36	10.43	14.67	18.97	23.41		27.96	32.73	37.65	42.72	48.04		54.10	4 / 4				
reaction time	0.193	interval		4.07	4.24	4.30	4.44		4.55	4.77	4.92	5.07	5.32	6.06			12.61	13.76	15.31	
		velocity	7.08	8.60	8.25	8.14	7.88		7.69	7.34	7.11	6.90	6.58	6.60	7.39		8.33	7.63	6.86	
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	17	20	182					
Clayton, Rushell (JAM) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Memorial van Damme (Brussels, BEL)			<i>Omega Timing (2023) - diamond league race analysis</i>																	
date	08-Sep-23	time	6.19	10.12	14.19	18.38	22.77		27.44	32.25	37.17	42.32	47.77		54.10	6 / 3				
reaction time	0.141	interval		3.93	4.07	4.19	4.39		4.67	4.81	4.92	5.15	5.45	6.33			12.19	13.87	15.52	
		velocity	7.27	8.91	8.60	8.35	7.97		7.49	7.28	7.11	6.80	6.42	6.32	7.39		8.61	7.57	6.77	
H1 lead leg	L	strides	22	14	14	14	15		15	15	15	16	16	19.5	175.5					
Antyukh, Natalya (RUS) (1981)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2009 IAAF World Championships (Berlin, GER)			<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																	
date	20-Aug-09	time	6.61	10.63	14.67	18.86	23.14		27.61	32.22	37.07	42.27	47.68		54.11	7 / 6				
reaction time	0.205	interval		4.02	4.04	4.19	4.28		4.47	4.61	4.85	5.20	5.41	6.43	PB		12.25	13.36	15.46	
		velocity	6.81	8.71	8.66	8.35	8.18		7.83	7.59	7.22	6.73	6.47	6.22	7.39		8.57	7.86	6.79	
H1 lead leg		strides		15	15	15	15		15	16	16	17	17	141						
Hejnová, Zuzana (CZE) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	05-Jul-19	time	6.54	10.88	15.22		24.14	26.1	28.74	33.36	38.16	43.10	48.16		54.11	4 / 2				
reaction time	0.149	interval		4.34	4.34		8.92	4.60	4.62	4.80	4.94	5.06	5.95						14.80	
		velocity	6.88	8.06	8.06		7.85	7.66	7.61	7.58	7.29	7.09	6.92	6.72	7.39					7.09
H1 lead leg	R	strides	22	15	15			15	15	16	16	16	16	19.7	149.7					
Spencer, Ashley (USA) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	05-Jul-19	time	6.44	10.62	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

H1 lead leg	L	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
		strides	22	14	14				15	15	15	15	16	19	145				
McLaughlin, Sydney (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	23-Jun-22	time	6.37	10.41	14.61	18.98	23.42	25.30	28.09	32.90	37.87	43.01	48.21		54.11	5 / 1			
reaction time		interval		4.04	4.20	4.37	4.44		4.67	4.81	4.97	5.14	5.20	5.90			12.61	13.92	15.31
		velocity	7.06	8.66	8.33	8.01	7.88	7.91	7.49	7.28	7.04	6.81	6.73	6.78	7.39		8.33	7.54	6.86
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	18.5		173.5			
Glenn, Rachel (USA) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)																<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>			
date	08-Jun-24	time	6.30	10.42	14.64	18.97	23.36		27.86	32.74	37.70	42.75	47.96		54.11	6 / 3			
reaction time		interval		4.12	4.22	4.33	4.39		4.50	4.88	4.96	5.05	5.21	6.15			12.67	13.77	15.22
		velocity	7.14	8.50	8.29	8.08	7.97		7.78	7.17	7.06	6.93	6.72	6.50	7.39		8.29	7.63	6.90
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	18.7		169.7			
Hemmings, Deon (JAM) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 1993 IAAF World Championships (Stuttgart, GER)																<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>			
date	17-Aug-93	time	6.36	10.52	14.71	19.09	23.54		28.03	32.75	37.84	42.93	48.13		54.12	6 / 2			
reaction time		interval		4.16	4.19	4.38	4.45		4.49	4.72	5.09	5.09	5.20	5.99	NR		12.73	13.66	15.38
		velocity	7.08	8.41	8.35	7.99	7.87		7.80	7.42	6.88	6.88	6.73	6.68	7.39		8.25	7.69	6.83
H1 lead leg	L	strides	22	15	15	15	15		15	15	17	17	17	19.7		182.7			
Moline, Georganne (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 USATF National Championships (Des Moines, IA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	24-Jun-18	time	6.40	10.51	14.71	19.05	23.49		27.99	32.56	37.27	42.24	47.58		54.12	4 / 2			
reaction time		interval		4.11	4.20	4.34	4.44		4.50	4.57	4.71	4.97	5.34	6.54			12.65	13.51	15.02
		velocity	7.03	8.52	8.33	8.06	7.88		7.78	7.66	7.43	7.04	6.55	6.12	7.39		8.30	7.77	6.99
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	17	20.5		180.5			
Joseph, Rogail (RSA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	06-Aug-24	time	6.29	10.56	14.87	19.12	23.46		27.96	32.57	37.46	42.61	47.86		54.12	5 / 3			
reaction time	0.177	interval		4.27	4.31	4.25	4.34		4.50	4.61	4.89	5.15	5.25	6.26	PB		12.83	13.45	15.29
		velocity	7.15	8.20	8.12	8.24	8.06		7.78	7.59	7.16	6.80	6.67	6.39	7.39		8.18	7.81	6.87
H1 lead leg	L	strides	23	15	15	14	15		15	15	16	16	17	20	181				
Feuerbach, Cornelia (GDR) (1963)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1986 European Championships (Stuttgart, FRG)																<i>Behm (1995) - la tactique du 400 haies</i>			
date	30-Aug-86	time	6.4	10.4	14.6	18.8	23.3		28.0	32.7	37.7	42.8	48.0		54.13	1 / 3			
reaction time		interval		4.0	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					
Hejnová, Zuzana (CZE) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	24-Aug-17	time	6.56	10.84	15.16	19.56	24.04		28.64	33.32	38.20	43.16	48.20		54.13	5 / 1			
reaction time	0.158	interval		4.28	4.32	4.40	4.48		4.60	4.68	4.88	4.96	5.04	5.93			13.00	13.76	14.88
		velocity	6.86	8.18	8.10	7.95	7.81		7.61	7.48	7.17	7.06	6.94	6.75	7.39		8.08	7.63	7.06
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.7		179.7			
Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	29-Aug-19	time	6.24	10.20	14.48	19.06	23.64	25.6	28.22	32.78	37.54	42.46	47.48		54.13	4 / 3			
reaction time	0.193	interval		3.96	4.28	4.58	4.58		4.58	4.56	4.76	4.92	5.02	6.65			12.82	13.72	14.70
		velocity	7.21	8.84	8.18	7.64	7.64	7.81	7.64	7.68	7.35	7.11	6.97	6.02	7.39		8.19	7.65	7.14
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	19.5		180.5			
Woodruff, Gianna (PAN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	10-Aug-22	time	6.30	10.33	14.53	18.83	23.33	25.28	27.86	32.53	37.40	42.47	47.73		54.13	4 / 3			
reaction time	0.203	interval		4.03	4.20	4.30	4.50		4.53	4.67	4.87	5.07	5.26	6.40			12.53	13.70	15.20
		velocity	7.14	8.68	8.33	8.14	7.78	7.91	7.73	7.49	7.19	6.90	6.65	6.25	7.39		8.38	7.66	6.91
H1 lead leg	L	strides	23	15	15	15	15		15		16	16	17	19.5		166.5			
Fesenko-Grun, Yekaterina (URS) (19)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1983 IAAF World Championships (Rome, ITA)																<i>McFarlane (1988) - The Science of Hurdling</i>			
date	10-Aug-83	time	6.74	11.30	15.48	19.90	24.32		28.99	33.68	38.31	43.21	48.32		54.14	5 / 1			
reaction time		interval		4.56	4.18	4.42	4.42		4.67	4.69	4.63	4.90	5.11	5.82	CR / PB		13.16	13.78	14.64
		velocity	6.68	7.68	8.37	7.92	7.92		7.49	7.46	7.56	7.14	6.85	6.87	7.39		7.98	7.62	7.17
H1 lead leg	L	strides	23	17	17	17	17		17	17	17	17	17	21.5		197.5			
Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	08-Jul-16	time	6.10	10.08	14.35	18.72	23.22		27.79	32.56	37.50	42.67	47.91		54.14	6 / 1			
reaction time		interval		3.98	4.27	4.37	4.50		4.57	4.77	4.94	5.17	5.24	6.23			12.62	13.84	15.35

H1 lead leg	R	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
		strides	22	15		15	15		15	15					97				
Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)																<i>Omega Timing (2024) - diamond league race analysis</i>			
date	30-Aug-24	time	6.28	10.45	14.68	19.12	23.65		28.25	32.91	37.71	42.76	48.01		54.15	8 / 3			
reaction time	0.234	interval		4.17	4.23	4.44	4.53		4.60	4.66	4.80	5.05	5.25	6.14			12.84	13.79	15.10
		velocity	7.17	8.39	8.27	7.88	7.73		7.61	7.51	7.29	6.93	6.67	6.51	7.39		8.18	7.61	6.95
H1 lead leg	R	strides	23	15	14	14	15		15	15		16	16	19	162				
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	22-May-16	time	6.44	10.60	14.84	19.12	23.52		28.00	32.64	37.60	42.60	47.88		54.16	4 / 1			
reaction time	0.139	interval		4.16	4.24	4.28	4.40		4.48	4.64	4.96	5.00	5.28	6.28			12.68	13.52	15.24
		velocity	6.99	8.41	8.25	8.18	7.95		7.81	7.54	7.06	7.00	6.63	6.37	7.39		8.28	7.77	6.89
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	17	20	181				
McLaughlin, Sydney (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	13-Jun-19	time	6.36	10.64	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				
Clayton, Rushell (JAM) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	21-Jul-19	time	6.52	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			12.88	14.08	14.88
		velocity	6.90	8.37	8.14	7.95	7.74		7.42	7.23	7.11	7.06	7.00	6.90	7.39		8.15	7.46	7.06
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5				
Salmon, Shiann (JAM) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	20-Jul-22	time	6.20	10.27	14.60	18.93	23.43	25.33	28.03			37.63	42.70	47.83		54.16	3 / 3		
reaction time	0.187	interval		4.07	4.33	4.33	4.50		4.60			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			16	16	20	149				
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)																<i>European Athletics (2024) - 2024 european athletics championships - results book</i>			
date	10-Jun-24	time	6.24	10.29	14.51	18.76	23.14		27.74	32.39	37.36	42.62	48.04		54.16	5 / 1			
reaction time	0.209	interval		4.05	4.22	4.25	4.38		4.60	4.65	4.97	5.26	5.42	6.12			12.52	13.63	15.65
		velocity	7.21	8.64	8.29	8.24	7.99		7.61	7.53	7.04	6.65	6.46	6.54	7.39		8.39	7.70	6.71
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	16	16	18.5	171.5				
Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	29-Jun-24	time	6.35	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	16	16	20	179				
Glover, Sandra (USA) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)																<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>			
date	23-Aug-99	time	6.19	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				
Jesień, Anna (POL) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 IAAF World Championships (Helsinki, FIN)																<i>Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins</i>			
date	13-Aug-05	time	6.3	10.6	14.8	19.2	23.6		28.2	32.9	37.9	42.8	48.0		54.17	5 / 4			
reaction time	0.184	interval		4.3	4.2	4.4	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	L	strides	23	15	15	15	15		15	15	16	16	16	161					
Jesień, Anna (POL) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)																<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>			
date	23-Sep-07	time	6.74	11.00	15.36	19.82	24.31		28.87	33.56	38.47	43.41	48.50		54.17	6 / 1			
reaction time	0.290	interval		4.26	4.36	4.46	4.49		4.56	4.69	4.91	4.94	5.09	5.67			13.08	13.74	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																	
Clayton, Rushell (JAM) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	02-Oct-19	time	6.44	10.64	14.88	19.28	23.84		28.52	33.36	38.32	43.36	48.36		54.17	7 / 1			
reaction time	0.148	interval		4.20	4.24	4.40	4.56		4.68	4.84	4.96	5.04	5.00	5.81			12.84	14.08	15.00

H1 lead leg	L	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	
		strides	23	15	15	15	15		15	16	16	16	16	19	181					
Blackett, Andrea (BAR) (1976)																				
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)																				
															<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>					
date	23-Aug-99	time	5.99	10.11	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			8.17	7.31	7.04
H1 lead leg	L	strides	23	15	15	15	16		16	16	16	16	16		19					
Bikert, Yekaterina (RUS) (1980)																				
FINAL - 2004 Olympic Games (Athens, GRE)																				
															<i>Behm (2005) - Athènes 2004: Les Haies Basses</i>					
date	25-Aug-04	time	6.6	10.7	14.9	19.4	23.9		28.6	33.3	38.3	43.3	48.5		54.18		7 / 6			
reaction time	0.322	interval		4.1	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			8.20	7.55	6.91
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15		152					
Huang Xiaoxiao (CHN) (1983)																				
FINAL - 2005 Chinese National Games (Nanjing, CHN)																				
															<i>Wang (2016) - hurdle rhythm characteristic analysis and athletic training considerations</i>					
date	21-Oct-05	time	6.30	10.65	14.90	19.33	23.81		28.47	33.25	38.20	43.16	48.23		54.18		/ 1			
reaction time		interval		4.35	4.25	4.43	4.48		4.66	4.78	4.95	4.96	5.07		5.95			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			8.06	7.54	7.01
H1 lead leg		strides	23	15	15	15	15		15	17	17	17	17		166					
Shakes-Drayton, Perri (GBR) (1988)																				
FINAL - 2010 European Championships (Barcelona, ESP)																				
															<i>Arnold (2010) - 400mH planning and peaking</i>					
date	30-Jul-10	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	interval		4.18	4.24	4.38	4.28		4.54	4.80	4.98	5.04	5.24		6.04			12.80	13.62	15.26
		velocity	6.97	8.37	8.25	7.99	8.18		7.71	7.29	7.03	6.94	6.68		6.62			8.20	7.71	6.88
H1 lead leg	L	strides	24	16	16	16	15		15	17	17	17	17		170					
Rabchenyuk, Anastasiya (UKR) (198)																				
FINAL - 2011 IAAF World Championships (Daegu, KOR)																				
															<i>Behm (2011) - Le quatrache: Démus enfin!</i>					
date	01-Sep-11	time	6.2	10.3	14.4	18.6	23.1		27.7	32.6	37.7	42.9	48.1		54.18		1 / 5			
reaction time	0.174	interval		4.1	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			8.47	7.50	6.77
H1 lead leg	R	strides	22	15	15	15	15		16	16	17	17	17		165					
Hejnová, Zuzana (CZE) (1986)																				
FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																				
															<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>					
date	20-Aug-17	time	6.52	10.68	14.96	19.28	23.80		28.40	33.12	38.08	43.16	48.28		54.18		5 / 1			
reaction time	0.155	interval		4.16	4.28	4.32	4.52		4.60	4.72	4.96	5.08	5.12		5.90			12.76	13.84	15.16
		velocity	6.90	8.41	8.18	8.10	7.74		7.61	7.42	7.06	6.89	6.84		6.78			8.23	7.59	6.93
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16		20					
Russell, Janieve (JAM) (1993)																				
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																				
															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	09-Jun-22	time	6.47	10.67	15.03	19.47	23.93	25.78	28.50	33.23	37.93	42.93	48.23		54.18		6 / 2			
reaction time	0.140	interval		4.20	4.36	4.44	4.46		4.57	4.73	4.70	5.00	5.30		5.95			13.00	13.76	15.00
		velocity	6.96	8.33	8.03	7.88	7.85	7.76	7.66	7.40	7.45	7.00	6.60		6.72			8.08	7.63	7.00
H1 lead leg	R	strides	23	15	15	15			15	16	16	17	17		20					
Flintoff-King, Debbie (AUS) (1960)																				
FINAL - 1987 IAAF World Championships (Rome, ITA)																				
															<i>Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>					
date	03-Sep-87	time	6.61	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					
Parris, Debbie-Ann (JAM) (1973)																				
FINAL - 1997 IAAF World Championships (Athens, GRE)																				
															<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>					
date	08-Aug-97	time	6.44	10.83	14.78	19.38	23.52		28.46	33.20	38.00	43.04	48.24		54.19		8 / 5			
reaction time	0.206	interval		4.39	3.95	4.60	4.14		4.94	4.74	4.80	5.04	5.20		5.95			12.94	13.82	15.04
		velocity	6.99	7.97	8.86	7.61	8.45		7.09	7.38	7.29	6.94	6.73		6.72			8.11	7.60	6.98
H1 lead leg		strides																		
Rawlinson, Jana (AUS) (1982)																				
FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)																				
															<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>					
date	23-Sep-07	time	6.69	10.79	14.93	19.15	23.54		28.08	32.85	37.70	42.84	48.22		54.19		4 / 2			
reaction time	0.271	interval		4.10	4.14	4.22	4.39		4.54	4.77	4.85	5.14	5.38		5.97			12.46	13.70	15.37
		velocity	6.73	8.54	8.45	8.29	7.97		7.71	7.34	7.22	6.81	6.51		6.70			8.43	7.66	6.83
H1 lead leg		strides																		
Ryzhykova, Anna (UKR) (1989)																				
FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)																				
															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	10-Jun-21	time	6.44	10.56	14.62	18.80	23.20	25.1	27.88	32.64	37.56	42.64	48.04		54.19		5 / 2			
reaction time	0.182	interval		4.12	4.06	4.18	4.40		4.68	4.76	4.92	5.08	5.40		6.15			12.36	13.84	15.40

H1 lead leg	R	velocity	6.99	8.50	8.62	8.37	7.95	7.97	7.48	7.35	7.11	6.89	6.48	6.50	7.38	8.50	7.59	6.82
		strides	22	14	14	14	14		15	15	15	15	16	19.7	173.7			
Muhammad, Dalilah (USA) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		
date	22-Aug-23	time	6.24	10.38	14.48	18.55	22.89		27.42	32.16	37.20	42.49	47.94		54.19	6 / 3		
reaction time	0.169	interval		4.14	4.10	4.07	4.34		4.53	4.74	5.04	5.29	5.45	6.25		12.31	13.61	15.78
		velocity	7.21	8.45	8.54	8.60	8.06		7.73	7.38	6.94	6.62	6.42	6.40	7.38	8.53	7.71	6.65
H1 lead leg	R	strides	22	14	14	15	15		15	15	15	16	16	19.7	176.7			
Folorunso, Ayomide (ITA) (1996)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		
date	24-Aug-23	time	6.41	10.74	15.01	19.27	23.72		33.13	38.06	43.14	48.34		54.19	2 / 6			
reaction time	0.192	interval		4.33	4.27	4.26	4.45		9.41	4.93	5.08	5.20	5.85		12.86	13.86	15.21	
		velocity	7.02	8.08	8.20	8.22	7.87		7.44	7.10	6.89	6.73	6.84	7.38	8.16	7.58	6.90	
H1 lead leg	L	strides	23	15	15	15	16		16		16	17	20	153				
Fiedler, Ellen (GDR) (1958)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1983 European Cup (London, GBR)																		
date	20-Aug-83	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	15	16	16	20	181				
Batten, Kim (USA) (1969)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 1993 IAAF World Championships (Stuttgart, GER)																		
date	17-Aug-93	time	6.58	10.85	15.19	19.56	24.11		28.76	33.51	38.39	43.33	48.39		54.20	6 / 2		
reaction time		interval		4.27	4.34	4.37	4.55		4.65	4.75	4.88	4.94	5.06	5.81	12.98	13.95	14.88	
		velocity	6.84	8.20	8.06	8.01	7.69		7.53	7.37	7.17	7.09	6.92	6.88	7.38	8.09	7.53	7.06
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	17	20.2	192.2				
Petersen, Sara Slott (DEN) (1987)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)																		
date	26-Aug-15	time	6.48		14.96	19.32	23.76		28.24	32.92	37.72	42.88	48.16		54.20	4 / 4		
reaction time	0.155	interval			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	15	17	17	20	129			
Hejnová, Zuzana (CZE) (1986)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)																		
date	10-Aug-17	time	6.36	10.52	14.68	18.92	23.28		27.76	32.36	37.20	42.24	47.64		54.20	6 / 4		
reaction time	0.151	interval		4.16	4.16	4.24	4.36		4.48	4.60	4.84	5.04	5.40	6.56	12.56	13.44	15.28	
		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	15	16	16	17	20.5	181.5			
Muhammad, Dalilah (USA) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																		
date	20-Aug-17	time	6.16	10.20	14.48	18.92	23.48		28.12	32.88	37.84	42.96	48.20		54.20	4 / 2		
reaction time	0.159	interval		4.04	4.28	4.44	4.56		4.64	4.76	4.96	5.12	5.24	6.00	12.76	13.96	15.32	
		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	15	16	16	16	20	181			
Woodruff, Gianna (PAN) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)																		
date	21-Aug-21	time	6.40	10.44	14.64	18.96	23.38		28.00	32.84	37.68	42.72	47.88		54.20	8 / 3		
reaction time	0.249	interval		4.04	4.20	4.32	4.42		4.62	4.84	4.84	5.04	5.16	6.32	NR PB	12.56	13.88	15.04
		velocity	7.03	8.66	8.33	8.10	7.92	7.87	7.58	7.23	7.23	6.94	6.78	6.33	7.38	8.36	7.56	6.98
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	19.2	179.2			
Little, Shamier (USA) (1995)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)																		
date	30-Aug-18	time	6.24	10.44	14.75	19.20	23.64	25.6	28.24	32.96	37.84	42.88	48.08		54.21	3 / 2		
reaction time	0.213	interval		4.20	4.31	4.45	4.44		4.60	4.72	4.88	5.04	5.20	6.13	12.96	13.76	15.12	
		velocity	7.21	8.33	8.12	7.87	7.88	7.81	7.61	7.42	7.17	6.94	6.73	6.53	7.38	8.10	7.63	6.94
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	17	20	182			
Muhammad, Dalilah (USA) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		
date	21-Aug-23	time	6.03	10.03	14.37	18.67	23.03		27.60	32.36	37.27	42.46	47.80		54.21	5 / 2		
reaction time	0.156	interval		4.00	4.34	4.30	4.36		4.57	4.76	4.91	5.19	5.34	6.41	12.64	13.69	15.44	
		velocity	7.46	8.75	8.06	8.14	8.03		7.66	7.35	7.13	6.74	6.55	6.24	7.38	8.31	7.67	6.80
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178			
Knight, Andrenette (JAM) (1996)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		
date	21-Aug-23	time	6.20	10.00	14.03	18.13	22.50		27.16	31.98	36.96	42.23	47.60		54.21	5 / 2		
reaction time	0.165	interval		3.80	4.03	4.10	4.37		4.66	4.82	4.98							

H1 lead leg	R	velocity	7.26	9.21	8.68	8.54	8.01	7.51	7.26	7.03	6.64	6.52	6.05	7.38	8.80	7.58	6.72		
		strides	23	15	15	15	15	16	16	16	17	16	20	184					
Petersen, Sara Slott (DEN) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)															<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	01-Sep-16	time	6.44	10.64	14.92	19.28	23.72	28.28	33.04	37.96	42.96	48.16		54.22	6 / 2				
reaction time	0.160	interval		4.20	4.28	4.36	4.44	4.56	4.76	4.92	5.00	5.20	6.06				12.84	13.76	15.12
		velocity	6.99	8.33	8.18	8.03	7.88	7.68	7.35	7.11	7.00	6.73	6.60	7.38			8.18	7.63	6.94
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20	181					
Hejnová, Zuzana (CZE) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Meeting International Mohammed VI D'Athlétisme (Rabat, MAR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>				
date	16-Jul-17	time	6.44	10.68	14.96	19.32	23.80	28.44	33.12	38.00	43.04	48.20		54.22	6 / 1				
reaction time	0.155	interval		4.24	4.28	4.36	4.48	4.64	4.68	4.88	5.04	5.16	6.02				12.88	13.80	15.08
		velocity	6.99	8.25	8.18	8.03	7.81	7.54	7.48	7.17	6.94	6.78	6.64	7.38			8.15	7.61	6.96
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180					
Cockrell, Anna (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	04-Aug-21	time	6.28	10.44	14.64	19.00	23.52	28.12	32.80	37.76	42.80	47.96		54.22	8 / 2				
reaction time		interval		4.16	4.20	4.36	4.52	4.60	4.68	4.96	5.04	5.16	6.26	DQ			12.72	13.80	15.16
		velocity	7.17	8.41	8.33	8.03	7.74	7.61	7.48	7.06	6.94	6.78	6.39	7.38			8.25	7.61	6.93
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	16	16	160					
Johnson, Michelle (USA) (1974)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1999 IAAF World Championships (Sevilla, ESP)															<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>				
date	25-Aug-99	time	6.53	10.67	14.96	19.32	23.73	28.25	33.12	37.92	42.98	48.09		54.23	2 / 6				
reaction time	0.291	interval		4.14	4.29	4.36	4.41	4.52	4.87	4.80	5.06	5.11	6.14				12.79	13.80	14.97
		velocity	6.89	8.45	8.16	8.03	7.94	7.74	7.19	7.29	6.92	6.85	6.51	7.38			8.21	7.61	7.01
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	16	19.5	181.5					
Stambolova, Vania (BUL) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 IAAF World Championships (Daegu, KOR)															<i>Behm (2011) - Le quatrache: Démus enfin!</i>				
date	01-Sep-11	time	6.5	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	17	162					
Hejnová, Zuzana (CZE) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 IAAF World Championships (Daegu, KOR)															<i>Behm (2011) - Le quatrache: Démus enfin!</i>				
date	01-Sep-11	time	6.2	10.3	14.6	18.9	23.3	27.9	32.5	37.3	42.3	47.6		54.23	4 / 7				
reaction time	0.158	interval		4.1	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					
Hejnová, Zuzana (CZE) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	04-Oct-19	time	6.47	10.71	14.98	19.32	23.82	28.36	33.03	37.94	42.91	48.05		54.23	8 / 5				
reaction time	0.141	interval		4.24	4.27	4.34	4.50	4.54	4.67	4.91	4.97	5.14	6.18				12.85	13.71	15.02
		velocity	6.96	8.25	8.20	8.06	7.78	7.71	7.49	7.13	7.04	6.81	6.47	7.38			8.17	7.66	6.99
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	149					
Maraval, Louise (FRA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 European Athletics Championships (Roma, ITA)															<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	11-Jun-24	time	6.60	10.73	15.05	19.44	23.98	28.73	33.54	38.25	43.44	48.51		54.23	7 / 2				
reaction time	0.211	interval		4.13	4.32	4.39	4.54	4.75	4.81	4.71	5.19	5.07	5.72	PB			12.84	14.10	14.97
		velocity	6.82	8.47	8.10	7.97	7.71	7.37	7.28	7.43	6.74	6.90	6.99	7.38			8.18	7.45	7.01
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	17	20	122						
Hailey, Nnenna (USA) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	26-Jun-21	time	6.27	10.27	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	16	17	17	17	18	18	22.5	172.5					
Tkachuk, Viktoriya (UKR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	20-Jul-22	time	6.43	10.50	14.82	19.03	23.43	25.36	27.98	32.67	37.70	42.84	48.20		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					
Cockrell, Anna (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	09-Jul-23	time	6.24	10.21	14.51	18.95	23.52	28.16	32.83	37.70	42.87	48.08		54.24	6 / 3				
reaction time		interval		3.97	4.30	4.44	4.57	4.64	4.67	4.87	5.17	5.21	6.16				12.71	13.88	15.25

H1 lead leg	velocity	6.93				8.06						7.08	7.02	7.37					
	strides																		
Fiedler, Ellen (GDR) (1958)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)																			
date	26-Sep-88	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					
Russell, Janieve (JAM) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
date	24-Aug-23	time	6.34	10.44	14.54	18.55	22.79	27.29	32.00		42.21	47.78			54.28	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					
Jesień, Anna (POL) (1978)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2008 Olympic Games (Beijing, CHN)																			
date	20-Aug-08	time	6.3	10.5	14.9	19.3	23.8	28.4	33.1	37.9	43.1	48.5			54.29	9 / 5			
reaction time	0.206	interval		4.2	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	15	16	16	16	16	162						
Sprunger, Léa (SUI) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)																			
date	06-Jul-17	time	6.44	10.72	15.00	19.44	23.96	28.64	33.44	38.44	43.52	48.68			54.29	7 / 2			
reaction time	0.121	interval		4.28	4.28	4.44	4.52	4.68	4.80	5.00	5.08	5.16	5.61			13.00	14.00	15.24	
		velocity	6.99	8.18	8.18	7.88	7.74	7.48	7.29	7.00	6.89	6.78	7.13	7.37		8.08	7.50	6.89	
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	15	15	18	170					
Cockrell, Anna (USA) (1997)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2023 Memorial van Damme (Brussels, BEL)																			
date	08-Sep-23	time	6.12	9.98	14.06	18.26	22.65	27.38	32.21	37.15	42.34	47.82			54.29	2 / 4			
reaction time	0.218	interval		3.86	4.08	4.20	4.39	4.73	4.83	4.94	5.19	5.48	6.47			12.14	13.95	15.61	
		velocity	7.35	9.07	8.58	8.33	7.97	7.40	7.25	7.09	6.74	6.39	6.18	7.37		8.65	7.53	6.73	
H1 lead leg	R	strides	22	14	14			15	15	15	15	16	19.7	145.7					
Tkachuk, Viktoriya (UKR) (1994)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)																			
date	19-Aug-22	time	6.30	10.50		19.07	23.47	25.33	28.06	32.77	37.70	42.83	48.10			54.30	7 / 2		
reaction time	0.195	interval		4.20		8.57	4.40		4.59	4.71	4.93	5.13	5.27	6.20			12.77	13.70	15.33
		velocity	7.14	8.33		8.17	7.95	7.90	7.63	7.43	7.10	6.82	6.64	6.45	7.37		8.22	7.66	6.85
H1 lead leg	L	strides	22	15		15			15	15	15	16	16	20	149				
Folorunso, Ayomide (ITA) (1996)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
date	21-Aug-23	time	6.43	10.40	14.70	18.90	23.36	28.03	32.80	37.63	42.73	47.97			54.30	9 / 3			
reaction time	0.189	interval		3.97	4.30	4.20	4.46	4.67	4.77	4.83	5.10	5.24	6.33			12.47	13.90	15.17	
		velocity	7.00	8.82	8.14	8.33	7.85	7.49	7.34	7.25	6.86	6.68	6.32	7.37		8.42	7.55	6.92	
H1 lead leg	L	strides	23	15	15	15	16	16	16	16	16	17	20.2	185.2					
Ullrich, Cornelia (GDR) (1958)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 1987 IAAF World Championships (Rome, ITA)																			
date	03-Sep-87	time	6.60	10.77	15.13	19.62	24.17	28.94	33.82	38.75	43.67	48.67			54.31	4 / 3			
reaction time		interval		4.17	4.36	4.49	4.55	4.77	4.88	4.93	4.92	5.00	5.64			13.02	14.20	14.85	
		velocity	6.82	8.39	8.03	7.80	7.69	7.34	7.17	7.10	7.11	7.00	7.09	7.37		8.06	7.39	7.07	
H1 lead leg	R	strides	25	15	16	16	17	17	17	17	17	17	20.2	194.2					
Vickers, Janeene (USA) (1968)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 1992 Olympic Games (Barcelona, ESP)																			
date	05-Aug-92	time	6.4	10.5	13.8	19.2	23.6	28.1	32.8	37.6	42.6	48.0			54.31	1 / 3			
reaction time		interval		4.10	3.30	5.40	4.40	4.50	4.70	4.80	5.00	5.40	6.31			12.80	13.60	15.20	
		velocity	7.03	8.54	10.61	6.48	7.95	7.78	7.45	7.29	7.00	6.48	6.34	7.37		8.20	7.72	6.91	
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19.7	179.7					
Walker, Melaine (JAM) (1983)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)																			
date	23-Sep-07	time	6.75	10.96	15.25	19.64	24.14	28.68	33.36	38.28	43.25	48.50			54.31	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																	
Watson, Sage (CAN) (1994)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																			
date	02-Oct-19	time	6.34	10.51	14.71		23.59	28.16	33.03	37.97	43.13	48.35							

H1 lead leg	R	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
		strides	22	15	15			15	16	16	16	16	20	151				
Ryzhykova, Anna (UKR) (1989)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)																		
date	26-Aug-21	time	6.44	10.52	14.68		23.52	28.32	33.16	38.04	43.04	48.32		54.32	2 / 3			
reaction time	0.162	interval		4.08	4.16		8.84	4.80	4.84	4.88	5.00	5.28	6.00					15.16
		velocity	6.99	8.58	8.41		7.92	7.29	7.23	7.17	7.00	6.63	6.67	7.36				6.93
H1 lead leg	R	strides	22	14	14			15	15	15	15	16	19	145				
Clayton, Rushell (JAM) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 Olympic Games (Paris, FRA)																		
date	04-Aug-24	time	6.15	10.11	14.19	18.38	22.84	27.61	32.54	37.60	42.81	47.98		54.32	7 / 1			
reaction time	0.148	interval		3.96	4.08	4.19	4.46	4.77	4.93	5.06	5.21	5.17	6.34					12.23
		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
H1 lead leg	L	strides	22	14	14	14	15	15	15	15	15	16	19	174				6.80
Tereshchuk-Antipova, Tetyana (UKR)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1999 IAAF World Championships (Sevilla, ESP)																		
date	25-Aug-99	time	6.61	10.82	15.12	19.49	23.98	28.51	33.25	38.01	43.03	48.17		54.33	7 / 7			
reaction time	0.273	interval		4.21	4.30	4.37	4.49	4.53	4.74	4.76	5.02	5.14	6.16					12.88
		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
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	16	19.5	180.5				7.04
Petersen, Sara Slott (DEN) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)																		
date	22-Jul-16	time	6.43	10.73	15.06	19.46	23.96	28.56	33.30	38.16	43.26	48.40		54.33	7 / 2			
reaction time	0.157	interval		4.30	4.33	4.40	4.50	4.60	4.74	4.86	5.10	5.14	5.93					13.03
		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
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180				6.95
Moline, Georganne (USA) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)																		
date	26-May-18	time	6.72	11.00	15.16	19.36	23.68	28.08	32.64	37.52	42.60	48.04		54.33	1 / 3			
reaction time	0.219	interval		4.28	4.16	4.20	4.32	4.40	4.56	4.88	5.08	5.44	6.29					12.64
		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
H1 lead leg	L	strides	23	16	15	15	15	15	15	16	16	17	20	168				6.82
Hejnová, Zuzana (CZE) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)																		
date	21-Jul-19	time	6.60	10.88	15.24	19.68	24.20	28.80	33.48	38.28	43.24	48.28		54.33	5 / 2			
reaction time	0.150	interval		4.28	4.36	4.44	4.52	4.60	4.68	4.80	4.96	5.04	6.05					13.08
		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
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180				7.09
Bol, Femke (NED) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis)																		
date	15-Sep-20	time	6.60	10.76	15.00	19.32	23.72	28.32	33.08	38.04	43.28	48.56		54.33	3 / 1			
reaction time		interval		4.16	4.24	4.32	4.40	4.60	4.76	4.96	5.24	5.28	5.77					12.72
		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
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	19	178				6.78
Ryzhykova, Anna (UKR) (1989)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																		
date	30-Jun-22	time	6.44	10.56	14.72	19.08	23.54	25.44	28.20	32.98	37.86	42.88	48.26		54.33	4 / 3		
reaction time	0.165	interval		4.12	4.16	4.36	4.46	4.66	4.78	4.88	5.02	5.38	6.07					12.64
		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
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	16	19	173				6.87
Knight, Andriette (JAM) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)																		
date	26-Aug-22	time	6.16	10.14		18.56	23.02	24.86	27.57	32.30	37.16	42.30	47.76		54.33	1 / 3		
reaction time	0.148	interval		3.98		8.42	4.46		4.55	4.73	4.86	5.14	5.46	6.57				12.40
		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
H1 lead leg	R	strides	22	15		15	15	15	15	16	16	16	17	20	152			6.79
Folorunso, Ayomide (ITA) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																		
date	20-Jul-22	time	6.40	10.67	15.03	19.33	23.80	25.75	28.33	33.10	38.00	43.03	48.23		54.34	5 / 5		
reaction time	0.188	interval		4.27	4.36	4.30	4.47		2.58	4.77	4.90	5.03	5.20	6.11	NR PB			12.93
		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
H1 lead leg	L	strides	23	15	15	15	15		16		16	17	17	20.5	169.5			6.94
Tirlea, Ionela (ROU) (1976)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2000 Olympic Games (Sydney, AUS)																		
date	27-Sep-00	time	6.4	10.5	14.7	19.0	23.3	28.1	32.9	37.9	42.9	48.3		54.35				

H1 lead leg	L	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
		strides	22	15	15	15	15		16	16	16	17	17		164				
Petersen, Sara Slott (DEN) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	08-Jun-17	time	6.56	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			
Petersen, Sara Slott (DEN) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	24-Aug-17	time	6.36	10.52	14.80	19.16	23.60		28.16	32.88		42.92	48.20		54.35		7 / 2		
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			
Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	13-Jun-19	time	6.10	10.04	14.20	18.58	23.12	25.0	27.72	32.40	37.28	42.44	47.88		54.35		5 / 2		
reaction time	0.205	interval		3.94	4.16	4.38	4.54		4.60	4.68	4.88	5.16	5.44	6.47			12.48	13.82	15.48
		velocity	7.38	8.88	8.41	7.99	7.71	8.00	7.61	7.48	7.17	6.78	6.43	6.18	7.36		8.41	7.60	6.78
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	17	20.5		181.5			
Rzyhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	02-Sep-23	time	6.51	10.65	14.89	19.28	23.79		28.59	33.44	38.37	43.43	48.51		54.35		1 / 5		
reaction time	0.157	interval		4.14	4.24	4.39	4.51		4.80	4.85	4.93	5.06	5.08	5.84			12.77	14.16	15.07
		velocity	6.91	8.45	8.25	7.97	7.76		7.29	7.22	7.10	6.92	6.89	6.85	7.36		8.22	7.42	6.97
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19		172			
Khromova, Margareta (URS) (1963)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1984 Olympischen Tag (Potsdam, GDR)																<i>Heß (1985) - entwicklungsaspekte die leichtathletischen sprint-/hürdenisziplinen im olympiazklus 1981/84</i>			
date	21-Jul-84	time	6.74				24.13						48.56		54.36		/ 1		
reaction time		interval					17.39						24.43	5.80					
		velocity	6.68				8.05						7.16	6.90	7.36				
H1 lead leg		strides																	
Sheffield, LaTanya (USA) (1963)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)																<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>			
date	26-Sep-88	time	6.42	10.52	14.72	19.11	23.72		28.54	33.39	38.33	43.41	48.56		54.36		3 / 3		
reaction time	0.184	interval		4.10	4.20	4.39	4.61		4.82	4.85	4.94	5.08	5.15	5.80			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			
Protti, Anita (SUI) (1964)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1990 European Championships (Split, YUG)																<i>Behm (1995) - la tactique du 400 haies</i>			
date	31-Aug-90	time	6.8	11.1	15.3	19.7	24.1		28.6	33.3	38.1	43.1	48.4		54.36		/ 2		
reaction time		interval		4.3	4.2	4.4	4.4		4.5	4.7	4.8	5.0	5.3	5.96			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					
Doyle, Eilidh (GBR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)																<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	06-Jul-17	time	6.52	10.72	15.04	19.40	23.76		28.32	33.12	38.08	43.16	48.32		54.36		1 / 3		
reaction time	0.151	interval		4.20	4.32	4.36	4.36		4.56	4.80	4.96	5.08	5.16	6.04			12.88	13.72	15.20
		velocity	6.90	8.33	8.10	8.03	8.03		7.68	7.29	7.06	6.89	6.78	6.62	7.36		8.15	7.65	6.91
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21.5		187.5			
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	16-Jul-17	time	6.56	10.88	15.28	19.68	24.20		28.88	33.64	38.48	43.44	48.48		54.36		7 / 2		
reaction time	0.152	interval		4.32	4.40	4.40	4.52		4.68	4.76	4.84	4.96	5.04	5.88			13.12	13.96	14.84
		velocity	6.86	8.10	7.95	7.95	7.74		7.48	7.35	7.23	7.06	6.94	6.80	7.36		8.00	7.52	7.08
H1 lead leg	L	strides	23	16	15	15	15		15	16	16	16	16	19.5		182.5			
Clayton, Rushell (JAM) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	22-Jul-22	time	6.40	10.57	14.73	19.00	23.43	25.19			32.67	37.67	42.83	48.07		54.36		2 / 6	
reaction time	0.145	interval		4.17	4.16	4.27	4.43			9.24	5.00	5.16	5.24	6.29			12.60	13.67	15.40
		velocity	7.03	8.39	8.41	8.20	7.90	7.94		7.58	7.00	6.78	6.68	6.36	7.36		8.33	7.68	6.82
H1 lead leg	L	strides	22	15	15	15	15				16	16	16	130					
Maraval, Louise (FRA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)																<i>European Athletics (2024) - 2024 european athletics championships - results book</i>			
date	10-Jun-24	time	6.41	10.60	14.94	19.32	23.67		28.35	33.09	37.96	43.04	48.28		54.36		6 / 1		
reaction time	0.168	interval		4.19	4.34	4.38	4.35		4.68	4.74	4.87	5.08	5.24	6.08			12.91	13.77	15.19
		velocity																	
		strides																	

H1 lead leg	R	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
		strides	23	15	15	15	15		16	16	17	17	17	21	187				
Spencer, Kaliese (JAM) (1987)																			
Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)										<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>									
date	18-Aug-09	time	6.45	10.47	14.65	18.88	23.29		28.03	32.85	37.73	42.81	48.27		54.37		3 / 1		
reaction time	0.180	interval		4.02	4.18	4.23	4.41		4.74	4.82	4.88	5.08	5.46	6.10			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																	
Peeters, Cathelijn (NED) (1996)																			
FINAL - 2024 European Athletics Championships (Roma, ITA)										<i>European Athletics (2024) - 2024 european athletics championships - results book</i>									
date	11-Jun-24	time	6.75	10.95	15.20	19.59	24.12		28.69	33.49	38.42	43.50	48.71		54.37		9 / 3		
reaction time	0.266	interval		4.20	4.25	4.39	4.53		4.57	4.80	4.93	5.08	5.21	5.66			12.84	13.90	15.22
		velocity	6.67	8.33	8.24	7.97	7.73		7.66	7.29	7.10	6.89	6.72	7.07	7.36		8.18	7.55	6.90
H1 lead leg	R	strides	23	15	15	15	15		15	16			17	20	151				
Buford-Bailey, Tonja (USA) (1970)																			
Semi-Final 1 - 1993 IAAF World Championships (Stuttgart, GER)										<i>Winckler (1994) - principles for development of the 400m hurdle program</i>									
date	17-Aug-93	time	6.83	11.06	15.39	19.79	24.32		29.03	33.75	38.66	43.60	48.81		54.38		5 / 2		
reaction time		interval		4.23	4.33	4.40	4.53		4.71	4.72	4.91	4.94	5.21	5.57	PB		12.96	13.96	15.06
		velocity	6.59	8.27	8.08	7.95	7.73		7.43	7.42	7.13	7.09	6.72	7.18	7.36		8.10	7.52	6.97
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	16	17	19.7	183.7				
Russell, Janieve (JAM) (1993)																			
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)										<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>									
date	21-Jul-17	time	6.28	10.40		19.04	23.52		32.92	37.84	42.88	48.12		54.38		3 / 3			
reaction time	0.186	interval		4.12		8.64	4.48		9.40	4.92	5.04	5.24	6.26			12.76	13.88	15.20	
		velocity	7.17	8.50		8.10	7.81		7.45	7.12	6.94	6.68	6.39	7.36		8.23	7.56	6.91	
H1 lead leg	R	strides	22	15		15					16	16	16	19.7	119.7				
Russell, Janieve (JAM) (1993)																			
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)										<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>									
date	30-Aug-18	time	6.52	10.80	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				
Kurochkina, Tatyana (URS) (1967)																			
FINAL - 1988 Olympic Games (Seoul, KOR)										<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>									
date	28-Sep-88	time	6.52	10.57	14.73	19.05	23.46		27.98	32.67	37.59	42.79	48.18		54.39		1 / 7		
reaction time	0.231	interval		4.05	4.16	4.32	4.41		4.52	4.69	4.92	5.20	5.39	6.21	PB		12.53	13.62	15.51
		velocity	6.90	8.64	8.41	8.10	7.94		7.74	7.46	7.11	6.73	6.49	6.44	7.35		8.38	7.71	6.77
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	17	20.1	182.1				
Edeh, Rosey (CAN) (1966)																			
FINAL - 1996 Olympic Games (Atlanta, GA)										<i>Behm (1996) - 400m haies</i>									
date	31-Jul-96	time	6.6	10.7	15.0	19.4	23.9		28.4	33.2	38.1	43.1	48.5		54.39		7 / 6		
reaction time	0.324	interval		4.1	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					
Tkachuk, Viktoriya (UKR) (1994)																			
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)										<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>									
date	04-Jul-21	time	6.34	10.46	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	7.69	7.75	7.42	7.20	7.17	7.00	6.78	6.59	7.35		8.20	7.43	6.98
H1 lead leg	L	strides		15	15	15	15		15	16	16	16	16	19.2	158.2				
Tirlea, Ionela (ROU) (1976)																			
FINAL - 1996 Olympic Games (Atlanta, GA)										<i>Behm (1996) - 400m haies</i>									
date	31-Jul-96	time	6.6	10.6	14.9	19.3	23.8		28.4	33.2	38.1	43.2	48.6		54.40		8 / 7		
reaction time	0.343	interval		4.0	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					
Wang Xing (CHN) (1986)																			
FINAL - 2005 Chinese National Games (Nanjing, CHN)										<i>Wang (2016) - hurdle rhythm characteristic analysis and athletic training considerations</i>									
date	21-Oct-05	time	6.39	10.53	14.73	19.06	23.47		28.03	32.75	37.65	42.75	48.00		54.40		1 / 2		
reaction time		interval		4.14	4.20	4.33	4.41		4.56	4.72	4.90	5.10	5.25	6.40	WJR / WYB18		12.67	13.69	15.25
		velocity	7.04	8.45	8.33	8.08	7.94		7.68	7.42	7.14	6.86	6.67	6.25	7.35		8.29	7.67	6.89
H1 lead leg		strides	23	15	15	15	15		16	16	16	17	17	165					
Little, Shamier (USA) (1995)																			
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)										<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>									
date	06-Jun-19	time	6.28	10.44	14.72	19.12	23.64		28.32	33.08	38.04	43.12	48.30		54.40		4 / 2		
reaction time	0.215	interval		4.16	4.28	4.40	4.52		4.68	4.76	4.96	5.08	5.18	6.10			12.84	13.96	15.22

H1 lead leg	R	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
		strides	24	15	15	15	15		16	16	16	16	16	20	184				
Ryzhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	21-Aug-21	time	6.52	10.64	14.84	19.12	23.52	25.5		33.12	38.00	43.00	48.22		54.40	3 / 4			
reaction time	0.162	interval		4.12	4.20	4.28	4.40			9.60	4.88	5.00	5.22	6.18			12.60	14.00	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				
Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	21-Aug-23	time	6.17	10.33	14.50	18.70	23.13		27.73	32.46	37.37	42.63	48.13		54.40	4 / 2			
reaction time	0.215	interval		4.16	4.17	4.20	4.43			4.60	4.73	4.91	5.26	5.50	6.27		12.53	13.76	15.67
		velocity	7.29	8.41	8.39	8.33	7.90		7.61	7.40	7.13	6.65	6.36	6.38	7.35		8.38	7.63	6.70
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	17	19.2	180.2				
Busch, Sabine (GDR) (1962)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1987 IAAF World Championships (Rome, ITA)			<i>Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>																
date	01-Sep-87	time	6.80	11.04	15.37	19.80	24.29		28.93	33.70	38.66	43.67	48.75		54.41	6 / 1			
reaction time		interval		4.24	4.33	4.43	4.49			4.64	4.77	4.96	5.01	5.08	5.66		13.00	13.90	15.05
		velocity	6.62	8.25	8.08	7.90	7.80		7.54	7.34	7.06	6.99	6.89	7.07	7.35		8.08	7.55	6.98
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	18.5	178.5				
Tirlea, Ionela (ROU) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 IAAF World Championships (Paris, FRA)			<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>																
date	28-Aug-03	time	6.2	10.2	14.4	18.8	23.2		27.9	32.8	37.9	43.2	48.4		54.41	3 / 4			
reaction time	0.170	interval		4.0	4.2	4.4	4.4			4.7	4.9	5.1	5.3	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				
Hejnová, Zuzana (CZE) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	02-Oct-19	time	6.64	10.92	15.24	19.64	24.12		28.72	33.40	38.28	43.24	48.36		54.41	5 / 2			
reaction time	0.162	interval		4.28	4.32	4.40	4.48			4.60	4.68	4.88	4.96	5.12	6.05		13.00	13.76	14.96
		velocity	6.78	8.18	8.10	7.95	7.81		7.61	7.48	7.17	7.06	6.84	6.61	7.35		8.08	7.63	7.02
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.7	179.7				
Ponomaryova, Margareta (URS) (196)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1991 European Cup (Frankfurt, GER)			<i>Federle (2003) - http://www.fgs.uni-halle.de</i>																
date	29-Jun-91	time	6.71	10.78	14.99	19.35	23.77		28.25	32.86	37.63	42.81	48.40		54.42	1 / 1			
reaction time		interval		4.07	4.21	4.36	4.42			4.48	4.61	4.77	5.18	5.59	6.02		12.64	13.51	15.54
		velocity	6.71	8.60	8.31	8.03	7.92		7.81	7.59	7.34	6.76	6.26	6.64	7.35		8.31	7.77	6.76
H1 lead leg		strides																	
Spencer, Ashley (USA) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	02-Oct-19	time	6.24	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				
Hailey, Nnenna (USA) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	06-Jul-21	time	6.40	10.51	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					
Salmon, Shiann (JAM) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)			<i>Omega Timing (2023) - diamond league race analysis</i>																
date	28-May-23	time	6.21	10.35	14.78	19.27	23.88		28.56	33.36	38.25	43.16	48.18		54.42	3 / 3			
reaction time	0.178	interval		4.14	4.43	4.49	4.61			4.68	4.80	4.89	4.91	5.02	6.24		13.06	14.09	14.82
		velocity	7.25	8.45	7.90	7.80	7.59		7.48	7.29	7.16	7.13	6.97	6.41	7.35		8.04	7.45	7.09
H1 lead leg	R	strides	21	15	15	14	15		15	16	16	16	16	19.7	178.7				
Hall, Anna (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)			<i>Omega Timing (2023) - diamond league race analysis</i>																
date	02-Jun-23	time	6.38	10.57	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		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				
Ryzhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	22-Aug-23	time	6.55	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

H1 lead leg	R	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
		strides	22	14	14	14	14		15	15	15		15	19.2	157.2				
Folorunso, Ayomide (ITA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Memorial van Damme (Brussels, BEL)			<i>Omega Timing (2023) - diamond league race analysis</i>																
date	08-Sep-23	time	6.29	10.42	14.73	19.09	23.61		28.28	33.09	38.06	43.17	48.42		54.42	8 / 5			
reaction time	0.213	interval		4.13	4.31	4.36	4.52		4.67	4.81	4.97	5.11	5.25	6.00			12.80	14.00	15.33
		velocity	7.15	8.47	8.12	8.03	7.74		7.49	7.28	7.04	6.85	6.67	6.67	7.35		8.20	7.50	6.85
H1 lead leg	L	strides	24	15	15				16	16	16	16	17	20	155				
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	31-Jun-21	time	6.40	10.47	14.61	18.88	23.32		27.83	32.46	37.27	42.47	47.78		54.43	8 / 1			
reaction time	0.194	interval		4.07	4.14	4.27	4.44		4.51	4.63	4.81	5.20	5.31	6.65			12.48	13.58	15.32
		velocity	7.03	8.60	8.45	8.20	7.88		7.76	7.56	7.28	6.73	6.59	6.02	7.35		8.41	7.73	6.85
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19	178				
Nielsen, Lina (GBR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	10-Jun-24	time	6.29	10.47	14.84	19.26	23.75		28.46	33.27	38.27	43.38	48.56		54.43	8 / 2			
reaction time	0.188	interval		4.18	4.37	4.42	4.49		4.71	4.81	5.00	5.11	5.18	5.87	PB		12.97	14.01	15.29
		velocity	7.15	8.37	8.01	7.92	7.80		7.43	7.28	7.00	6.85	6.76	6.81	7.35		8.10	7.49	6.87
H1 lead leg	L	strides	22	15	15	15	15		16	16	16	16	16	20	182				
Woodruff, Gianna (PAN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	28-Aug-21	time	6.33	10.52	14.92		23.92		28.53	33.28	38.07	43.12	48.35		54.44	7 / 1			
reaction time	0.206	interval		4.19	4.40		9.00		4.61	4.75	4.79	5.05	5.23	6.09					15.07
		velocity	7.11	8.35	7.95		7.78		7.59	7.37	7.31	6.93	6.69	6.57	7.35				6.97
H1 lead leg	L	strides	23	15	15	15			15	15	15	16	16	19.5	164.5				
Rieger, Silvia (GER) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 European Championships (Budapest, HUN)			<i>Sanchez (1998) - Budapest '98: análisis de la carreras con villas</i>																
date	23-Aug-98	time	6.49				23.35						48.17		54.45	3 / 3			
reaction time		interval					16.86						24.82	6.28					
		velocity	6.93				8.30						7.05	6.37	7.35				
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20.5	184.5				
Nugent, Leah (JAM) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)			<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																
date	18-Aug-16	time	6.36	10.44	14.76	19.16	23.68		28.36	33.16	38.04	43.00	48.12		54.45	2 / 6			
reaction time	0.226	interval		4.08	4.32	4.40	4.52		4.68	4.80	4.88	4.96	5.12	6.33	PB		12.80	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				
Doyle, Eilidh (GBR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis)			<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	25-Aug-16	time	6.36	10.56	14.80	19.12	23.56		28.28	33.08	38.04	43.20	48.40		54.45	3 / 2			
reaction time	0.157	interval		4.20	4.24	4.32	4.44		4.72	4.80	4.96	5.16	5.20	6.05			12.76	13.96	15.32
		velocity	7.08	8.33	8.25	8.10	7.88		7.42	7.29	7.06	6.78	6.73	6.61	7.35		8.23	7.52	6.85
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187				
McLaughlin, Sydney (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)			<i>Henson (2021) - Athlete First: 2019 year end hurdle report</i>																
date	01-Oct-19	time	6.48	10.64	14.92	19.40	23.92			33.40	38.52	43.44	48.52		54.45	8 / 1			
reaction time	0.176	interval		4.16	4.28	4.48	4.52			9.48	5.12	4.92	5.08	5.93			12.92	14.00	15.12
		velocity	6.94	8.41	8.18	7.81	7.74			7.38	6.84	7.11	6.89	6.75	7.35		8.13	7.50	6.94
H1 lead leg	R	strides	23	15	15	15	15				16	16	16	18.2	149.2				
Ryzykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	02-Oct-19	time	6.54	10.67	14.85	19.22	23.75		28.46	33.30	38.24	43.21	48.35		54.45	6 / 3			
reaction time	0.171	interval		4.13	4.18	4.37	4.53		4.71	4.84	4.94	4.97	5.14	6.10			12.68	14.08	15.05
		velocity	6.88	8.47	8.37	8.01	7.73		7.43	7.23	7.09	7.04	6.81	6.56	7.35		8.28	7.46	6.98
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19.2	172.2				
Spencer, Ashley (USA) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	04-Oct-19	time	6.44	10.71	14.98	19.35	23.82			33.03	37.87	42.97	48.08		54.45	2 / 6			
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		16	19	117				
Ryzykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	04-Oct-19	time	6.40	10.48	14.65	18.98	23.45		28.13	33.00	38.00	43.04	48.35		54.45	3 / 7			
reaction time	0.173	interval		4.08	4.17	4.33	4.47		4.68	4.87	5.00	5.04	5.31	6.10			12.58	14.02	15.35

H1 lead leg	R	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
		strides	22	14	14	14		15	15	15		16	19.2	144.2					
Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	19-Jul-22	time	6.26	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	1515	15	15	15		15	15	16	16	16	19	1679				
Clayton, Rushell (JAM) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	08-Aug-22	time	6.36	10.53	14.90	19.33	23.93		28.56	33.33	38.26	43.30	48.43		54.45	7 / 3			
reaction time	0.196	interval		4.17	4.37	4.43	4.60		4.63	4.77	4.93	5.04	5.13	6.02			12.97	14.00	15.10
		velocity	7.08	8.39	8.01	7.90	7.61		7.56	7.34	7.10	6.94	6.82	6.64	7.35		8.10	7.50	6.95
H1 lead leg	L	strides	22	15	15	15	15		15		16	16	16		145				
Sutherland, Savannah (CAN) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	10-Jun-23	time	6.54	10.77	15.11	19.48	23.95		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	16	20	182				
Kurochkina, Tatyana (URS) (1967)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)																<i>Brügemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>			
date	26-Sep-88	time	6.61	10.75	15.04	19.37	23.90		28.46	33.23	38.23	43.36	48.68		54.46	3 / 2			
reaction time	0.261	interval		4.14	4.29	4.33	4.53		4.56	4.77	5.00	5.13	5.32	5.78	PB		12.76	13.86	15.45
		velocity	6.81	8.45	8.16	8.08	7.73		7.68	7.34	7.00	6.82	6.58	6.92	7.34		8.23	7.58	6.80
H1 lead leg		strides	23	15	15	15	15		15	15	16	16	17	19.5	181.5				
Glover, Sandra (USA) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 IAAF World Cup (Madrid, ESP)																<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>			
date	20-Sep-02	time	6.27	10.54	14.95	19.38	24.08		28.69	33.42	38.23	43.23	48.29		54.46	6 / 2			
reaction time	0.198	interval		4.27	4.41	4.43	4.70		4.61	4.73	4.81	5.00	5.06	6.17			13.11	14.04	14.87
		velocity	7.18	8.20	7.94	7.90	7.45		7.59	7.40	7.28	7.00	6.92	6.48	7.34		8.01	7.48	7.06
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17	20	190				
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)																<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	18-Aug-16	time	6.40	10.52	14.68		23.32		27.84	32.64	37.52	42.64	48.00		54.46	8 / 7			
reaction time	0.140	interval		4.12	4.16		8.64		4.52	4.80	4.88	5.12	5.36	6.46					15.36
		velocity	7.03	8.50	8.41		8.10		7.74	7.29	7.17	6.84	6.53	6.19	7.34				6.84
H1 lead leg	R	strides	22	14	14	14		15	16	16	17	17	17	20.2	165.2				
Spencer, Ashley (USA) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	12-Jul-19	time	6.42	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			15	16	16	16	18.5	147.5				
Woodruff, Gianna (PAN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Bislett Games (Oslo, NOR)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	15-Jun-23	time	6.36	10.44	14.72	19.15	23.66		28.29	33.11	38.17	43.30	48.43		54.46	4 / 3			
reaction time	0.198	interval		4.08	4.28	4.43	4.51		4.63	4.82	5.06	5.13	5.13	6.03			12.79	13.96	15.32
		velocity	7.08	8.58	8.18	7.90	7.76		7.56	7.26	6.92	6.82	6.82	6.63	7.34		8.21	7.52	6.85
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	19	180				
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)																<i>Omega Timing (2024) - diamond league race analysis</i>			
date	30-Aug-24	time	6.33	10.38	14.56	18.76	23.11		27.67	32.37	37.36	42.72	48.09		54.46	3 / 4			
reaction time	0.182	interval		4.05	4.18	4.20	4.35		4.56	4.70	4.99	5.36	5.37	6.37			12.43	13.61	15.72
		velocity	7.11	8.64	8.37	8.33	8.05		7.68	7.45	7.01	6.53	6.52	6.28	7.34		8.45	7.71	6.68
H1 lead leg	R	strides	23	15		15		15	15	16	17	16	17	19.7	153.7				
Carter, Kori (USA) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	10-Jul-16	time	6.47	10.61	14.88	19.12	23.46		28.03	32.73	37.64	42.81	48.18		54.47	3 / 4			
reaction time	0.192	interval		4.14	4.27	4.24	4.34		4.57	4.70	4.91	5.17	5.37	6.29			12.65	13.61	15.45
		velocity	6.96	8.45	8.20	8.25	8.06		7.66	7.45	7.13	6.77	6.52	6.36	7.34		8.30	7.71	6.80
H1 lead leg	L	strides	24	15	15	15	15		16	16	16	17	17	21	187				
Nel, Wenda (RSA) (1988)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	22-Jul-16	time	6.33	10.56	14.83	19.23	23.83		28.40	33.13	37.96	43.03	48.26		54.47	8 / 3			
reaction time	0.182	interval		4.23	4.27	4.40	4.60		4.57	4.73	4.83	5.07	5.23	6.21			12.90	13.90	15.13

H1 lead leg	L	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
		strides	23	15	15	15	16		16	17	17	17	17	21.5	189.5				
Tate, Cassandra (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)			<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																
date	09-Sep-16	time	6.20	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				
Ryzhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)			<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>																
date	09-Sep-18	time	6.36	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				
Salmon, Shiann (JAM) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	06-Aug-22	time	6.36	10.55	14.70	19.23	23.73	25.8	28.53	33.22	37.90	42.90	48.08		54.47		4 / 2		
reaction time	0.195	interval		4.19	4.15	4.53	4.50		4.80	4.69	4.68	5.00	5.18	6.39			12.87	13.99	14.86
		velocity	7.08	8.35	8.43	7.73	7.78	7.75	7.29	7.46	7.48	7.00	6.76	6.26	7.34		8.16	7.51	7.07
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19.7	178.7				
van der Walt, Zenéy (RSA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	06-Aug-22	time	6.43	10.67	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				
Gunnell, Sally (GBR) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)			<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																
date	26-Sep-88	time	6.87	11.12	15.56	20.07	24.70		29.23	33.86	38.57	43.58	48.72		54.48		6 / 4		
reaction time	0.219	interval		4.25	4.44	4.51	4.63		4.53	4.63	4.71	5.01	5.14	5.76			13.20	13.79	14.86
		velocity	6.55	8.24	7.88	7.76	7.56		7.73	7.56	7.43	6.99	6.81	6.94	7.34		7.95	7.61	7.07
H1 lead leg		strides	23	15	15	15	15		16	15	15	15	17	20.8	181.8				
Pérec, Marie-José (FRA) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1995 Gaz de France (Paris, FRA)			<i>Behm (1999) - Les 4 travaux de Marie-Jo</i>																
date	03-Jul-95	time	6.3	10.6	14.8	19.3	23.8		28.4	33.2	38.2	43.3	48.7		54.48		1 / 1		
reaction time		interval		4.3	4.2	4.5	4.5		4.6	4.8	5.0	5.1	5.4	5.78	PB		13.00	13.90	15.50
		velocity	7.14	8.14	8.33	7.78	7.78		7.61	7.29	7.00	6.86	6.48	6.92	7.34		8.08	7.55	6.77
H1 lead leg		strides	20	14	14	14	14		14	15	15	15	15	150					
Lehikoinen, Viivi (FIN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	22-Aug-23	time	6.42	10.61	14.81	18.88	23.29		27.89	32.66	37.63	42.72	48.04		54.48		4 / 3		
reaction time	0.200	interval		4.19	4.20	4.07	4.41		4.60	4.77	4.97	5.09	5.32	6.44			12.46	13.78	15.38
		velocity	7.01	8.35	8.33	8.60	7.94		7.61	7.34	7.04	6.88	6.58	6.21	7.34		8.43	7.62	6.83
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	17	17	21	187				
Cockrell, Anna (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Prefontaine Classic (Eugene, OR)			<i>Omega Timing (2023) - diamond league race analysis</i>																
date	17-Sep-23	time	6.07	10.07	14.20	18.41	22.87		27.58	32.45	37.43	42.63	48.04		54.48		4 / 5		
reaction time	0.139	interval		4.00	4.13	4.21	4.46		4.71	4.87	4.98	5.20	5.41	6.44			12.34	14.04	15.59
		velocity	7.41	8.75	8.47	8.31	7.85		7.43	7.19	7.03	6.73	6.47	6.21	7.34		8.51	7.48	6.74
H1 lead leg	R	strides	22	14		14			15	15	15	15	16	126					
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Athletissima (Lausanne, SU1)			<i>Omega Timing (2024) - diamond league race analysis</i>																
date	22-Aug-24	time	6.40	10.45	14.62	18.86	23.25		27.89	32.71	37.55	42.65	47.99		54.48		3 / 3		
reaction time	0.180	interval		4.05	4.17	4.24	4.39		4.64	4.82	4.84	5.10	5.34	6.49			12.46	13.85	15.28
		velocity	7.03	8.64	8.39	8.25	7.97		7.54	7.26	7.23	6.86	6.55	6.16	7.34		8.43	7.58	6.87
H1 lead leg	R	strides	23	15	15	15	15				16	16	17	20	152				
Rabchenyuk, Anastasiya (UKR) (198)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)			<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	18-Aug-09	time	6.51	10.69	14.97	19.39	23.89		28.66	33.59	38.57	43.57	48.73		54.49		6 / 2		
reaction time	0.188	interval		4.18	4.28	4.42	4.50		4.77	4.93	4.98	5.00	5.16	5.76			12.88	14.20	15.14
		velocity	6.91	8.37	8.18	7.92	7.78		7.34	7.10	7.03	7.00	6.78	6.94	7.34		8.15	7.39	6.94
H1 lead leg		strides																	
Petersen, Sara Slott (DEN) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Athletissima (Lausanne, SU1) (TV Analysis)			<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>																
date	06-Jul-17	time	6.56	10.76	15.04	19.36	23.76		28.32	33.00	38.00	43.16	48.40		54.49		3 / 4		
reaction time	0.133	interval		4.20	4.28	4.32	4.40		4.56	4.68	5.00	5.16	5.24	6.09			12.80	13.64	15.40

H1 lead leg	R	velocity	6.86	8.33	8.18	8.10	7.95		7.68	7.48	7.00	6.78	6.68	6.57	7.34		8.20	7.70	6.82
		strides	22	15	15	15	15		15	15	16	16	17	20.2	181.2				
Gallego, Sara (ESP) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	20-Jul-22	time	6.27	10.40	14.87	19.33	23.92	25.94	28.53	33.30	38.20	43.18	48.37		54.49	7 / 5			
reaction time	0.136	interval		4.13	4.47	4.46	4.59		4.61	4.77	4.90	4.98	5.19	6.12			13.06	13.97	15.07
		velocity	7.18	8.47	7.83	7.85	7.63	7.71	7.59	7.34	7.14	7.03	6.74	6.54	7.34		8.04	7.52	6.97
H1 lead leg	L	strides	24	15	16	16	16		16	16	17	17	21	174					
Isakova, Yevgeniya (RUS) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 IAAF World Championships (Osaka, JPN)																<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>			
date	30-Aug-07	time	6.46	10.56	14.73	19.03	23.42		28.09	32.91	38.02	43.28	48.57		54.50	3 / 6			
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				
Hejnová, Zuzana (CZE) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	27-May-17	time	6.60	10.83	15.13	19.46	23.93		28.56	33.30	38.26	43.26	48.43		54.50	7 / 4			
reaction time	0.173	interval		4.23	4.30	4.33	4.47		4.63	4.74	4.96	5.00	5.17	6.07			12.86	13.84	15.13
		velocity	6.82	8.27	8.14	8.08	7.83		7.56	7.38	7.06	7.00	6.77	6.59	7.34		8.16	7.59	6.94
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180				
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	21-Aug-21	time	6.36	10.52	14.76	19.04	23.48	25.4		33.04	37.88	42.92	48.28		54.50	4 / 5			
reaction time	0.155	interval		4.16	4.24	4.28	4.44		9.56	4.84	5.04	5.36	6.22			12.68	14.00	15.24	
		velocity	7.08	8.41	8.25	8.18	7.88	7.87		7.32	7.23	6.94	6.53	6.43	7.34		8.28	7.50	6.89
H1 lead leg	R	strides	23	15	15	15	15				16	17	18	20.5	154.5				
Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	26-Aug-21	time	6.12	10.08	14.40	18.88	23.52		28.28	33.12	38.12	43.36	48.56		54.50	5 / 4			
reaction time	0.189	interval		3.96	4.32	4.48	4.64		4.76	4.84	5.00	5.24	5.20	5.94			12.76	14.24	15.44
		velocity	7.35	8.84	8.10	7.81	7.54		7.35	7.23	7.00	6.68	6.73	6.73	7.34		8.23	7.37	6.80
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178				
Woodruff, Gianna (PAN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	09-Sep-21	time	6.36	10.32		18.96	23.48	25.4	28.16	32.96	37.92	43.00	48.28		54.50	2 / 5			
reaction time	0.192	interval		3.96		8.64	4.52		4.68	4.80	4.96	5.08	5.28	6.22			12.60	14.00	15.32
		velocity	7.08	8.84		8.10	7.74	7.87	7.48	7.29	7.06	6.89	6.63	6.43	7.34		8.33	7.50	6.85
H1 lead leg	L	strides	23	15		15	15		15	15		16	16	19.2	134.2				
Ryzhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	09-Jun-22	time	6.53	10.67	14.80	19.07	23.60	25.52	28.33	33.13	38.07	43.10	48.47		54.50	4 / 3			
reaction time	0.187	interval		4.14	4.13	4.27	4.53		4.73	4.80	4.94	5.03	5.37	6.03			12.54	14.06	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				
Peeters, Cathelijn (NED) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 London Athletics Meet (London, GBR)																<i>Omega Timing (2024) - diamond league race analysis</i>			
date	20-Jul-24	time	6.56	10.73	14.97	19.28	23.68		28.23	33.07	38.08	43.36	48.68		54.50	2 / 6			
reaction time	0.196	interval		4.17	4.24	4.31	4.40		4.55	4.84	5.01	5.28	5.32	5.82			12.72	13.79	15.61
		velocity	6.86	8.39	8.25	8.12	7.95		7.69	7.23	6.99	6.63	6.58	6.87	7.34		8.25	7.61	6.73
H1 lead leg	L	strides	23	15		15	15		15	16			17	116					
Salmon, Shiann (JAM) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 London Athletics Meet (London, GBR)																<i>Omega Timing (2024) - diamond league race analysis</i>			
date	20-Jul-24	time	6.29	10.43	14.75	19.13	23.61		28.28	33.18	38.12	43.15	48.28		54.50	3 / 7			
reaction time	0.169	interval		4.14	4.32	4.38	4.48		4.67	4.90	4.94	5.03	5.13	6.22			12.84	14.05	15.10
		velocity	7.15	8.45	8.10	7.99	7.81		7.49	7.14	7.09	6.96	6.82	6.43	7.34		8.18	7.47	6.95
H1 lead leg	L	strides	22	15	15	15	15		16	16			16	130					
Pérec, Marie-José (FRA) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1995 European Cup (Villeneuve d'Ascq, FRA)																<i>Behm (1999) - Les 4 travaux de Marie-Jo</i>			
date	24-Jun-95	time	6.6	10.9	15.3	19.7	24.3		28.9	33.7	38.7	43.8	48.8		54.51	1 / 1			
reaction time		interval		4.3	4.4	4.4	4.6		4.6	4.8	5.0	5.1	5.0	5.71			13.10	14.00	15.10
		velocity	6.82	8.14	7.95	7.95	7.61		7.61	7.29	7.00	6.86	7.00	7.01	7.34		8.02	7.50	6.95
H1 lead leg		strides	21	14	14	14	14		14	15	15	15	15	151					
Pernía, Daimí (CUB) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 IAAF World Championships (Edmonton, CAN)																<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>			
date	08-Aug-01	time	6.3	10.4	14.5	18.9	23.2		27.8	32.0	37.7	42.7	48.2		54.51	3 / 3			
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

H1 lead leg	L	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
		strides	23	15	15	15	15		16	16	16	17	17	19.5	184.5				
Ryzhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	20-Jul-22	time	6.46	10.66	14.97	19.33	23.90	26.03	28.70	33.47	38.37	43.34	48.47		54.51	5 / 2			
reaction time	0.175	interval		4.20	4.31	4.36	4.57		4.80	4.77	4.90	4.97	5.13	6.04			12.87	14.14	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				
Knight, Jessie (GBR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	22-Aug-23	time	6.61	11.01	15.28	19.54	23.99		28.72	33.56	38.50	43.64	48.88		54.51	8 / 4			
reaction time	0.187	interval		4.40	4.27	4.26	4.45		4.73	4.84	4.94	5.14	5.24	5.63			12.93	14.02	15.32
		velocity	6.81	7.95	8.20	8.22	7.87		7.40	7.23	7.09	6.81	6.68	7.10	7.34		8.12	7.49	6.85
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	139					
Abt, Gudrun (FRG) (1962)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)																<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>			
date	26-Sep-88	time	6.51	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				
Sprunger, Léa (SUI) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	02-Oct-19	time	6.37	10.47	14.75		23.55		28.25	33.10	38.10	43.21	48.45		54.52	6 / 2			
reaction time	0.191	interval		4.10	4.28		8.80		4.70	4.85	5.00	5.11	5.24	6.07					15.35
		velocity	7.06	8.54	8.18		7.95		7.45	7.22	7.00	6.85	6.68	6.59	7.34				6.84
H1 lead leg	R	strides	23	14	14	14	15		15	15	15	15	15	18.5	173.5				
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	19-Jul-22	time	6.50	10.76	15.10	19.50	23.97	25.99	28.63	33.43	38.30	43.26	48.41		54.52	5 / 1			
reaction time	0.124	interval		4.26	4.34	4.40	4.47		4.66	4.80	4.87	4.96	5.15	6.11			13.00	13.93	14.98
		velocity	6.92	8.22	8.06	7.95	7.83	7.70	7.51	7.29	7.19	7.06	6.80	6.55	7.34		8.08	7.54	7.01
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5				
Folorunso, Ayomide (ITA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)																<i>European Athletics (2024) - 2024 european athletics championships - results book</i>			
date	10-Jun-24	time	6.37	10.57	14.91	19.23	23.73		28.36	33.11	37.85	42.97	48.24		54.52	7 / 3			
reaction time	0.190	interval		4.20	4.34	4.32	4.50		4.63	4.75	4.74	5.12	5.27	6.28			12.86	13.88	15.13
		velocity	7.06	8.33	8.06	8.10	7.78		7.56	7.37	7.38	6.84	6.64	6.37	7.34		8.16	7.56	6.94
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	21	186				
Torshina, Natalya (KAZ) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1993 IAAF World Championships (Stuttgart, GER)																<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>			
date	17-Aug-93	time	6.53	10.79	15.12	19.52	23.93		28.57	33.43	38.40	43.45	48.65		54.53	4 / 3			
reaction time		interval		4.26	4.33	4.40	4.41		4.64	4.86	4.97	5.05	5.20	5.88	PB		12.99	13.91	15.22
		velocity	6.89	8.22	8.08	7.95	7.94		7.54	7.20	7.04	6.93	6.73	6.80	7.34		8.08	7.55	6.90
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187				
Edeh, Rosey (CAN) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1993 IAAF World Championships (Stuttgart, GER)																<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>			
date	17-Aug-93	time	6.55	10.73	15.08	19.50	23.94		28.54	33.25	38.13	43.35	48.60		54.53	3 / 4			
reaction time		interval		4.18	4.35	4.42	4.44		4.60	4.71	4.88	5.22	5.25	5.93			12.95	13.75	15.35
		velocity	6.87	8.37	8.05	7.92	7.88		7.61	7.43	7.17	6.70	6.67	6.75	7.34		8.11	7.64	6.84
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	17	17	20.5	181.5				
Doyle, Eilidh (GBR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)																<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	06-May-16	time	6.40	10.56	14.84	19.12	23.56		28.24	33.00	37.96	43.04	48.32		54.53	3 / 1			
reaction time	0.191	interval		4.16	4.28	4.28	4.44		4.68	4.76	4.96	5.08	5.28	6.21			12.72	13.88	15.32
		velocity	7.03	8.41	8.18	8.18	7.88		7.48	7.35	7.06	6.89	6.63	6.44	7.34		8.25	7.56	6.85
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21.2	187.2				
Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	27-May-17	time	6.26	10.36	14.80	19.40	24.06		28.60	33.30	38.13	43.30	48.43		54.53	5 / 5			
reaction time	0.289	interval		4.10	4.44	4.60	4.66		4.54	4.70	4.83	5.17	5.13	6.10			13.14	13.90	15.13
		velocity	7.19	8.54	7.88	7.61	7.51		7.71	7.45	7.25	6.77	6.82	6.56	7.34		7.99	7.55	6.94
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19.5	179.5				
Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	13-Jul-21	time	6.40	10.56	14.82	19.16	23.58	25.5	28.12	32.92	37.90	43.10	48.38		54.53	4 / 2			
reaction time	0.214	interval		4.16	4.26	4.34	4.42		4.54	4.80	4.98	5.20	5.28	6.15			12.76	13.76	15.46

H1 lead leg	L	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
		strides	23	15	15	15	15	15	15	16	16	16	17	19	182			
Ryzhykova, Anna (UKR) (1989)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)																		
date	10-Aug-22	time	6.46	10.53	14.70	19.00	23.40	25.37	28.06	32.96	37.93	43.10	48.40		54.53	5 / 5		
reaction time	0.189	interval		4.07	4.17	4.30	4.40		4.66	4.90	4.97	5.17	5.30	6.13		12.54	13.96	15.44
		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				
Ryzhykova, Anna (UKR) (1989)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 London Athletics Meet (London, GBR)																		
date	23-Jul-23	time	6.37	10.42	14.61	18.84	23.18		27.83	32.67	37.61	42.76	48.12		54.53	1 / 7		
reaction time	0.166	interval		4.05	4.19	4.23	4.34		4.65	4.84	4.94	5.15	5.36	6.41		12.47	13.83	15.45
		velocity	7.06	8.64	8.35	8.27	8.06		7.53	7.23	7.09	6.80	6.53	6.24	7.34	8.42	7.59	6.80
H1 lead leg	R	strides	22	14	14	14	14		15	15	16	16	20	144				
Krafzik, Carolina (GER) (1995)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		
date	21-Aug-23	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	4.27		4.79	5.00	5.00	5.24	5.40	6.53		12.20	14.06	15.64
		velocity	7.38	8.97	8.39	8.47	8.20		7.31	7.00	7.00	6.68	6.48	6.13	7.34	8.61	7.47	6.71
H1 lead leg	L	strides	23	15	15	15	15		17	17	17	17	21.7	172.7				
Russell, Janieve (JAM) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		
date	21-Aug-23	time	6.47	10.73	14.93	19.03	23.43		28.13	32.93	37.83	42.86	48.20		54.53	4 / 1		
reaction time	0.164	interval		4.26	4.20	4.10	4.40		4.70	4.80	4.90	5.03	5.34	6.33		12.56	13.90	15.27
		velocity	6.96	8.22	8.33	8.54	7.95		7.45	7.29	7.14	6.96	6.55	6.32	7.34	8.36	7.55	6.88
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	16	17	20	184			
Maraval, Louise (FRA) (2001)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Olympic Games (Paris, FRA)																		
date	08-Aug-24	time	6.26	10.29	14.49	18.81	23.28		27.90	32.68	37.71	42.94	48.25		54.53	4 / 8		
reaction time	0.166	interval		4.03	4.20	4.32	4.47		4.62	4.78	5.03	5.23	5.31	6.28		12.55	13.87	15.57
		velocity	7.19	8.68	8.33	8.10	7.83		7.58	7.32	6.96	6.69	6.59	6.37	7.34	8.37	7.57	6.74
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17	17	165				
Belle, Tia Adana (BAR) (1996)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)																		
date	21-Jul-19	time	6.44	10.64	14.88	19.28	23.84		28.48	33.32	38.28	43.36	48.56		54.54	7 / 3		
reaction time	0.152	interval		4.20	4.24	4.40	4.56		4.64	4.84	4.96	5.08	5.20	5.98		12.84	14.04	15.24
		velocity	6.99	8.33	8.25	7.95	7.68		7.54	7.23	7.06	6.89	6.73	6.69	7.33	8.18	7.48	6.89
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19.7	181.7			
Ryzhykova, Anna (UKR) (1989)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																		
date	17-Sep-20	time	6.44	10.56	14.76	19.12	23.68	25.7	28.44	33.32	38.32	43.36	48.52		54.54	6 / 2		
reaction time	0.157	interval		4.12	4.20	4.36	4.56		4.76	4.88	5.00	5.04	5.16	6.02		12.68	14.20	15.20
		velocity	6.99	8.50	8.33	8.03	7.68	7.78	7.35	7.17	7.00	6.94	6.78	6.64	7.33	8.28	7.39	6.91
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19.7	172.7			
Muhammad, Dalilah (USA) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)																		
date	21-May-22	time	6.30	10.23	14.43	18.73	23.27	25.11	28.03	33.03	38.06	43.23	48.45		54.54	4 / 1		
reaction time	0.160	interval		3.93	4.20	4.30	4.54		4.76	5.00	5.03	5.17	5.22	6.09		12.43	14.30	15.42
		velocity	7.14	8.91	8.33	8.14	7.71	7.96	7.35	7.00	6.96	6.77	6.70	6.57	7.33	8.45	7.34	6.81
H1 lead leg	R	strides	22	14	15	15	15		15	16	16	16	16	20	180			
Wilson, Britton (USA) (2000)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																		
date	19-Jul-22	time	6.56	10.80	15.20	19.56	24.12	25.98	28.77		38.50	43.66	48.80		54.54	4 / 1		
reaction time	0.154	interval		4.24	4.40	4.36	4.56		4.65		9.73	5.16	5.14	5.74		13.00		
		velocity	6.86	8.25	7.95	8.03	7.68	7.70	7.53		7.19	6.78	6.81	6.97	7.33	8.08		
H1 lead leg	R	strides	23	15	15	15	15		15		16	16	18	148				
Fiedler, Ellen (GDR) (1958)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1983 IAAF World Championships (Rome, ITA)																		
date	10-Aug-83	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	17	21	185			
Buford-Bailey, Tonja (USA) (1970)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1993 IAAF World Championships (Stuttgart, GER)																		
date	19-Aug-93	time	6.64	10.67	14.89	19.24	23.71		28.44	33.24	38.31	43.42	48.66		54.55	2 / 5		
reaction time		interval		4.03	4.2													

H1 lead leg	L	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	
		strides	23	15	15	15	15		16	16	16	16	17		164					
Tereshchuk-Antipova, Tetyana (UKR)																				
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)															<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>					
date	23-Aug-99	time	6.24	10.43	14.66	19.11	23.54		28.13	33.00	37.97	43.00	48.14		54.55		4 / 3			
reaction time	0.182	interval		4.19	4.23	4.45	4.43		4.59	4.87	4.97	5.03	5.14	6.41				12.87	13.89	15.14
		velocity	7.21	8.35	8.27	7.87	7.90		7.63	7.19	7.04	6.96	6.81	6.24	7.33			8.16	7.56	6.94
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16	19.5	180.5					
Buford-Bailey, Tonja (USA) (1970)																				
FINAL - 2001 IAAF World Championships (Edmonton, CAN)															<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>					
date	08-Aug-01	time	6.3	10.6	14.9	19.3	23.7		28.4	33.2	38.3	43.4	48.7		54.55		6 / 4			
reaction time	0.146	interval		4.3	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	17	20	185					
Tereshchuk-Antipova, Tetyana (UKR)																				
FINAL - 2006 European Championships (Göteborg, SWE)															<i>Behm (2006) - Göteborg 2006: Le quatrache</i>					
date	09-Aug-06	time	6.4	10.6	15.0	19.5	24.1		28.7	33.5	38.4	43.3	48.5		54.55		3 / 3			
reaction time		interval		4.2	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	strides	22	15	15	15	15		15	16	16	16	16	20.5	181.5					
Doyle, Eilidh (GBR) (1987)																				
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)															<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>					
date	01-Sep-16	time	6.36	10.52	14.76	19.12	23.52		28.16	33.00	37.92	43.04	48.36		54.55		4 / 3			
reaction time	0.184	interval		4.16	4.24	4.36	4.40		4.64	4.84	4.92	5.12	5.32	6.19				12.76	13.88	15.36
		velocity	7.08	8.41	8.25	8.03	7.95		7.54	7.23	7.11	6.84	6.58	6.46	7.33			8.23	7.56	6.84
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	21	171					
Watson, Sage (CAN) (1994)																				
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	07-Jun-18	time	6.36	10.56	14.88		24.00	26.0	28.68	33.64	38.64	43.68	48.84		54.55		1 / 3			
reaction time	0.162	interval		4.20	4.32		9.12		4.68	4.96	5.00	5.04	5.16	5.71					15.20	
		velocity	7.08	8.33	8.10		7.68	7.69	7.48	7.06	7.00	6.94	6.78	7.01	7.33					6.91
H1 lead leg	R	strides	22	15	15				15	16	16	16	16	19	150					
Hejnová, Zuzana (CZE) (1986)																				
FINAL - 2019 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	12-Jul-19	time	6.58	10.86	15.14	19.50	23.98	25.9	28.58	33.34	38.28	43.34	48.46		54.55		6 / 3			
reaction time	0.162	interval		4.28	4.28	4.36	4.48		4.60	4.76	4.94	5.06	5.12	6.09				12.92	13.84	15.12
		velocity	6.84	8.18	8.18	8.03	7.81	7.72	7.61	7.35	7.09	6.92	6.84	6.57	7.33			8.13	7.59	6.94
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20.2	180.2					
Protti, Anita (SUI) (1964)																				
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)															<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>					
date	26-Sep-88	time	6.95	11.22	15.58	20.13	24.76		29.30	33.98	38.74	43.67	48.74		54.56		5 / 5			
reaction time		interval		4.27	4.36	4.55	4.63		4.54	4.68	4.76	4.93	5.07	5.82	PB			13.18	13.85	14.76
		velocity	6.47	8.20	8.03	7.69	7.56		7.71	7.48	7.35	7.10	6.90	6.87	7.33			7.97	7.58	7.11
H1 lead leg		strides	26	17	17	17	17		17	17	17	18	18	21.2	202.2					
Cockrell, Anna (USA) (1997)																				
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)															<i>Omega Timing (2023) - diamond league race analysis</i>					
date	02-Sep-23	time	6.06	9.92	14.02	18.31	22.80		27.58	32.39	37.49	42.71	48.04		54.56		4 / 6			
reaction time	0.182	interval		3.86	4.10	4.29	4.49		4.78	4.81	5.10	5.22	5.33	6.52				12.25	14.08	15.65
		velocity	7.43	9.07	8.54	8.16	7.80		7.32	7.28	6.86	6.70	6.57	6.13	7.33			8.57	7.46	6.71
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	19.7	174.7					
Kloster, Line (NOR) (1990)																				
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)															<i>European Athletics (2024) - 2024 european athletics championships - results book</i>					
date	10-Jun-24	time	6.23	10.31	14.67	18.99	23.51		28.12	32.79	37.77	43.22	48.48		54.56		7 / 1			
reaction time	0.171	interval		4.08	4.36	4.32	4.52		4.61	4.67	4.98	5.45	5.26	6.08				12.76	13.80	15.69
		velocity	7.22	8.58	8.03	8.10	7.74		7.59	7.49	7.03	6.42	6.65	6.58	7.33			8.23	7.61	6.69
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19.5	178.5					
Joseph, Rogail (RSA) (2000)																				
Heat 2 - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>					
date	04-Aug-24	time	6.51	10.94	15.24	19.51	23.92		28.51	33.30	38.27	43.30	48.51		54.56		9 / 2			
reaction time	0.221	interval		4.43	4.30	4.27	4.41		4.59	4.79	4.97	5.03	5.21	6.05	PB			13.00	13.79	15.21
		velocity	6.91	7.90	8.14	8.20	7.94		7.63	7.31	7.04	6.96	6.72	6.61	7.33			8.08	7.61	6.90
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	20	184					
Rieger, Silvia (GER) (1970)																				
FINAL - 1996 Olympic Games (Atlanta, GA)															<i>Behm (1996) - 400m haies</i>					
date	31-Jul-96	time	6.7	10.9	15.2	19.7	24.2		28.8	33.4	38.3	43.3	48.6		54.57		3 / 8			
reaction time	0.297	interval		4.2	4.3	4.5	4.5		4.6	4.6	4.9	5.0	5.3	5.97				13.00	13.70	15.20

H1 lead leg	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
	strides	23	15	15	15	15		15	16	16	17	17		164				
Gunnell, Sally (GBR) (1966)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1997 European Cup (Munich, GER)																		
date	21-Jun-97	time	6.69	10.96	15.26	19.64	24.08		28.58	33.48	38.39	43.54	48.67		54.57	/ 1		
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																
Huang Xiaoxiao (CHN) (1983)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2005 IAAF World Championships (Helsinki, FIN)																		
date	13-Aug-05	time	6.3	10.5	14.8	19.2	23.8		28.5	33.5	38.6	43.5	48.6		54.57	6 / 5		
reaction time	0.172	interval		4.2	4.3	4.4	4.6		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	L	strides	23	15	15	15	15		15	16	16	16	16	162				
Tate, Cassandra (USA) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)																		
date	05-Jun-16	time	6.33	10.47	14.73	19.10	23.60		28.33	33.10	38.03	43.23	48.60		54.57	4 / 1		
reaction time	0.207	interval		4.14	4.26	4.37	4.50		4.73	4.77	4.93	5.20	5.37	5.97		12.77	14.00	15.50
		velocity	7.11	8.45	8.22	8.01	7.78		7.40	7.34	7.09	6.74	6.52	6.70	7.33	8.22	7.50	6.77
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.7	179.7			
Doyle, Eilidh (GBR) (1987)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)																		
date	05-Jun-16	time	6.47	10.60	14.83	19.10	23.50		28.20	32.97	37.90	43.07	48.37		54.57	5 / 2		
reaction time	0.171	interval		4.13	4.23	4.27	4.40		4.70	4.77	4.93	5.17	5.30	6.20		12.63	13.87	15.40
		velocity	6.96	8.47	8.27	8.20	7.95		7.45	7.34	7.10	6.77	6.60	6.45	7.33	8.31	7.57	6.82
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21.7	187.7			
Skoglund, Ann-Louise (SWE) (1962)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1982 European Championships (Athens, GRE)																		
date	10-Sep-82	time	6.6	10.9	15.3	19.7	24.2		28.7	33.3	38.0	43.2	48.4		54.58	/ 1		
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	15	17	17	162				
Nel, Wenda (RSA) (1988)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																		
date	08-Jun-17	time	6.44	10.80	15.28	19.76	24.36		29.00	33.72	38.56	43.52	48.64		54.58	6 / 3		
reaction time	0.171	interval		4.36	4.48	4.48	4.60		4.64	4.72	4.84	4.96	5.12	5.94		13.32	13.96	14.92
		velocity	6.99	8.03	7.81	7.81	7.61		7.54	7.42	7.23	7.06	6.84	6.73	7.33	7.88	7.52	7.04
H1 lead leg	L	strides	23	16	16	16	16		16	16	16	17	17	20.5	189.5			
Krafzik, Carolina (GER) (1995)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		
date	22-Aug-23	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			
Arnardóttir, Guðrún (ISL) (1971)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1998 European Championships (Budapest, HUN)																		
date	23-Aug-98	time	6.54				23.81					48.80		54.59	2 / 4			
reaction time		interval					17.27					24.99	5.79	NR				
		velocity	6.88				8.11					7.00	6.91	7.33				
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	19.5	183.5			
Sprunger, Léa (SUI) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)																		
date	10-Aug-17	time	6.24	10.40	14.68	19.12	23.68		28.32	33.12	38.12	43.24	48.52		54.59	5 / 5		
reaction time	0.183	interval		4.16	4.28	4.44	4.56		4.64	4.80	5.00	5.12	5.28	6.07		12.88	14.00	15.40
		velocity	7.21	8.41	8.18	7.88	7.68		7.54	7.29	7.00	6.84	6.63	6.59	7.33	8.15	7.50	6.82
H1 lead leg	R	strides	21	14	14	15	15		15	15	15	15	15	18.7	172.7			
Rzyhykova, Anna (UKR) (1989)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)																		
date	28-Aug-21	time	6.33	10.52	14.82		23.75		28.52	33.37	38.30	43.33	48.60		54.59	6 / 2		
reaction time	0.175	interval		4.19	4.30		8.93		4.77	4.85	4.93	5.03	5.27	5.99			15.23	
		velocity	7.11	8.35	8.14		7.84		7.34	7.22	7.10	6.96	6.64	6.68	7.33		6.89	
H1 lead leg	R	strides	22	14	14	14			15	15	15	15	15	19	158			
Rzyhykova, Anna (UKR) (1989)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)																		
date	26-Aug-22	time	6.40	10.50		19.06	23.53	25.43	28.27	33.07	37.94	43.16	48.47		54.59	3 / 4		
reaction time	0.197	interval		4.10		8.56	4.47		4.74	4.80	4.87	5.22	5.31	6.12		12.66	14.01	15.40

H1 lead leg	R	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	
		strides	22	14			14		15	15	15	16	16	19.2	146.2					
Woodruff, Gianna (PAN) (1993)																				
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)																<i>Omega Timing (2023) - diamond league race analysis</i>				
date	02-Jun-23	time	6.32	10.39	14.66	19.04	23.51		28.04	32.82	37.81	42.96	48.30		54.59		3 / 4			
reaction time	0.184	interval		4.07	4.27	4.38	4.47		4.53	4.78	4.99	5.15	5.34	6.29				12.72	13.78	15.48
		velocity	7.12	8.60	8.20	7.99	7.83		7.73	7.32	7.01	6.80	6.55	6.36	7.33			8.25	7.62	6.78
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	19.5	180.5					
Jichová, Nikoleta (CZE) (2000)																				
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)																<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	10-Jun-24	time	6.45	10.64	15.11	19.51	24.04		28.76	33.62	38.55	43.66	48.73		54.59		7 / 2			
reaction time	0.243	interval		4.19	4.47	4.40	4.53		4.72	4.86	4.93	5.11	5.07	5.86				13.06	14.11	15.11
		velocity	6.98	8.35	7.83	7.95	7.73		7.42	7.20	7.10	6.85	6.90	6.83	7.33			8.04	7.44	6.95
H1 lead leg	R	strides	22	15	15	15	15		16	16			16	20	150					
Ledovskaya, Tatyana (BLR) (1966)																				
Semi-Final 3 - 1993 IAAF World Championships (Stuttgart, GER)																<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>				
date	17-Aug-93	time	6.30	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					
Harrison, Queen (USA) (1988)																				
FINAL - 2008 USA Olympic Trials (Eugene, OR)																<i>USATF Hurdle Development (2008)</i>				
date	29-Jun-08	time	6.57	10.88	15.21	19.45	23.83		28.43	33.28	38.42	43.51	48.68		54.60		8 / 2			
reaction time		interval		4.31	4.33	4.24	4.38		4.60	4.85	5.14	5.09	5.17	5.92				12.88	13.83	15.40
		velocity	6.85	8.12	8.08	8.25	7.99		7.61	7.22	6.81	6.88	6.77	6.76	7.33			8.15	7.59	6.82
H1 lead leg	L	strides	24	15	15	15	15		15	15	16	16	17		163					
Tate, Cassandra (USA) (1990)																				
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	10-Jul-16	time	6.37	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					
Petersen, Sara Slott (DEN) (1987)																				
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)																<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	09-Sep-16	time	6.44	10.68	15.08	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					
Lehikoinen, Viivi (FIN) (1999)																				
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	20-Jul-22	time	6.27	10.30	14.60	18.97	23.57	25.75	28.30	33.10	38.10	43.20	48.40		54.60		4 / 6			
reaction time	0.168	interval		4.03	4.30	4.37	4.60		4.73	4.80	5.00	5.10	5.20	6.20				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	17	20.2	187.2					
El Moutawakel, Nawal (MAR) (1962)																				
FINAL - 1984 Olympic Games (Los Angeles, CA)																<i>Behm (1995) - la tactique du 400 haies</i>				
date	08-Aug-84	time	6.4	10.6	14.8	19.1	23.7		28.3	33.2	38.2	43.4	48.6		54.61		3 / 1			
reaction time	0.176	interval		4.2	4.2	4.3	4.6		4.6	4.9	5.0	5.2	5.2	6.01				12.70	14.10	15.40
		velocity	7.03	8.33	8.33	8.14	7.61		7.61	7.14	7.00	6.73	6.73	6.66	7.32			8.27	7.45	6.82
H1 lead leg		strides		17	17	17	17		17	17	18	18	19	22.5	179.5					
Gunnell, Sally (GBR) (1966)																				
FINAL - 1991 European Cup (Frankfurt, GER)																<i>Federle (2003) - http://www.fgs.uni-halle.de</i>				
date	29-Jun-91	time	6.61	10.76	15.00	19.36	23.83		28.31	33.16	38.25	43.55	48.89		54.61		1 / 2			
reaction time		interval		4.15	4.24	4.36	4.47		4.48	4.85	5.09	5.30	5.34	5.72				12.75	13.80	15.73
		velocity	6.81	8.43	8.25	8.03	7.83		7.81	7.22	6.88	6.60	6.55	6.99	7.32			8.24	7.61	6.68
H1 lead leg		strides																		
Tereshchuk-Antipova, Tetyana (UKF)																				
FINAL - 2003 IAAF World Championships (Paris, FRA)																<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>				
date	28-Aug-03	time	6.4	10.6	14.8	19.2	23.6		28.3	33.0	38.0	43.2	48.5		54.61		2 / 5			
reaction time	0.230	interval		4.2	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					
Nel, Wenda (RSA) (1988)																				
FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	02-Jun-16	time	6.40	10.72		19.64	24.24		28.80	33.52	38.36	43.32	48.52		54.61		9 / 2			
reaction time	0.188	interval		4.32		8.92	4.60		4.56	4.72	4.84	4.96	5.20	6.09				13.24	13.88	15.00

H1 lead leg	L	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
		strides	23	16			16			17	17		17	21	127				
Doyle, Eilidh (GBR) (1987)																			
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)																			
																Henson (2021) - Athlete First: 2016 year end hurdle report			
date	18-Aug-16	time	6.44	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				
Muhammad, Dalilah (USA) (1990)																			
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)																			
																Henson (2020) - Athlete First: 2018 year end hurdle report			
date	05-Jul-18	time	6.16	10.20	14.48	18.80	23.20		27.88	32.80	37.84	42.96	48.28		54.61		3 / 4		
reaction time	0.182	interval		4.04	4.28	4.32	4.40		4.68	4.92	5.04	5.12	5.32	6.33			12.64	14.00	15.48
		velocity	7.31	8.66	8.18	8.10	7.95		7.48	7.11	6.94	6.84	6.58	6.32	7.32		8.31	7.50	6.78
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5				
Goossens, Ester (NED) (1972)																			
FINAL - 1998 European Championships (Budapest, HUN)																			
																Sanchez (1998) - Budapest '98: análisis de la carreras con villas			
date	23-Aug-98	time	6.52				24.10						48.50		54.62		8 / 5		
reaction time		interval					17.58						24.40	6.12	NR				
		velocity	6.90				7.96						7.17	6.54	7.32				
H1 lead leg	L	strides	23	14	14	15	15		15	15	16	16	17	20.5	180.5				
Nosova, Yuliya (RUS) (1978)																			
FINAL - 2001 ISTAF (Berlin, GER)																			
																Graubner (2009) - http://www.fgs.uni-halle.de			
date	31-Aug-01	time	6.62	10.78	15.03	19.36	23.78		28.30	33.11	38.09	43.21	48.62		54.62		1 / 1		
reaction time	0.233	interval		4.16	4.25	4.33	4.42		4.52	4.81	4.98	5.12	5.41	6.00			12.74	13.75	15.51
		velocity	6.80	8.41	8.24	8.08	7.92		7.74	7.28	7.03	6.84	6.47	6.67	7.32		8.24	7.64	6.77
H1 lead leg		strides																	
McIntosh, Raasin (USA) (1982)																			
FINAL - 2003 USATF National Championships (Palo Alto, CA)																			
																USATF Women's Sprint Development (2003)			
date	21-Jun-03	time	6.47	10.76	15.10	19.52	23.89		28.53	33.28	38.16	43.21	48.58		54.62		6 / 1		
reaction time		interval		4.29	4.34	4.42	4.37		4.64	4.75	4.88	5.05	5.37	6.04			13.05	13.76	15.30
		velocity	6.96	8.16	8.06	7.92	8.01		7.54	7.37	7.17	6.93	6.52	6.62	7.32		8.05	7.63	6.86
H1 lead leg		strides																	
Tosta, Sheena (USA) (1982)																			
FINAL - 2008 USA Olympic Trials (Eugene, OR)																			
																USATF Hurdle Development (2008)			
date	29-Jun-08	time	6.31	10.46	14.83	19.25	23.84		28.55	33.32	38.41	43.58	48.82		54.62		4 / 3		
reaction time		interval		4.15	4.37	4.42	4.59		4.71	4.77	5.09	5.17	5.24	5.80			12.94	14.07	15.50
		velocity	7.13	8.43	8.01	7.92	7.63		7.43	7.34	6.88	6.77	6.68	6.90	7.32		8.11	7.46	6.77
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	16	161					
Tkachuk, Viktoriya (UKR) (1994)																			
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)																			
																Henson (2021) - Athlete First: 2021 year end hurdle report			
date	01-Jul-21	time	6.36	10.60	14.88		23.72		28.32	33.08	38.04	43.20	48.46		54.62		2 / 3		
reaction time	0.250	interval		4.24	4.28		8.84		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				
Kloster, Line (NOR) (1990)																			
FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)																			
																Henson (2022) - Athlete First: 2022 year end hurdle report			
date	10-Aug-22	time	6.20	10.28	14.53	18.90	23.32	25.26	27.90	32.63	37.56	42.90	48.30		54.62		7 / 6		
reaction time	0.156	interval		4.08	4.25	4.37	4.42		4.58	4.73	4.93	5.34	5.40	6.32			12.70	13.73	15.67
		velocity	7.26	8.58	8.24	8.01	7.92	7.92	7.64	7.40	7.10	6.55	6.48	6.33	7.32		8.27	7.65	6.70
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	20	179				
Knight, Andrenette (JAM) (1996)																			
FINAL - 2024 Bauhaus Galan (Stockholm, SWE)																			
																Omega Timing (2024) - diamond league race analysis			
date	02-Jun-24	time	6.18	10.15	14.22	18.40	22.76		27.29	32.09	37.17	42.46	47.95		54.62		4 / 3		
reaction time	0.168	interval		3.97	4.07	4.18	4.36		4.53	4.80	5.08	5.29	5.49	6.67			12.22	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				
Arnardóttir, Guðrún (ISL) (1971)																			
FINAL - 2000 Olympic Games (Sydney, AUS)																			
																Behm (2000) - Sydney 2000: Compte-rendu du 400m haies			
date	27-Sep-00	time	6.6	10.9	15.2	19.5	24.0		28.6	33.5	38.5	43.5	48.7		54.63		2 / 7		
reaction time	0.238	interval		4.3	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				
Williams, Tiffany (USA) (1983)																			
FINAL - 2007 IAAF World Championships (Osaka, JPN)																			
																Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers			
date	30-Aug-07	time	6.32	10.31	14.38	18.52	23.06		27.55	32.32	37.22	42.33	47.90		54.63		9 / 7		
reaction time	0.171	interval		3.99	4.07	4.14	4.54		4.49	4.77	4.90	5.11	5.57	6.73			12.20	13.80	15.58

H1 lead leg	L	velocity	7.12	8.77	8.60	8.45	7.71		7.80	7.34	7.14	6.85	6.28	5.94	7.32		8.61	7.61	6.74
		strides	24	15	15	15	16		16	17	17	17	17	21.5	190.5				
Moline, Georganne (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	05-Jun-16	time	6.47	10.60	14.90	19.40	23.90		28.57	33.27	38.27	43.40	48.63		54.63	7 / 3			
reaction time	0.214	interval		4.13	4.30	4.50	4.50		4.67	4.70	5.00	5.13	5.23	6.00			12.93	13.87	15.36
		velocity	6.96	8.47	8.14	7.78	7.78		7.49	7.45	7.00	6.82	6.69	6.67	7.32		8.12	7.57	6.84
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180				
Tate, Cassandra (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)																<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	15-Jul-16	time	6.20	10.50		19.17	23.70		28.30		38.07	43.30	48.63		54.63	7 / 2			
reaction time	0.234	interval		4.30		8.67	4.53		4.60		9.77	5.23	5.33	6.00			12.97		
		velocity	7.26	8.14		8.07	7.73		7.61		7.16	6.69	6.57	6.67	7.32		8.10		
H1 lead leg	R	strides	22	15		15	15		15		16	17	19.5	119.5					
Woodruff, Gianna (PAN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Music City Track Carnival (Nashville, TN) (TV Analysis) (H5 5m long)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	05-Jun-22	time	6.45	10.54	14.80	19.23	24.40		28.54	33.36	38.36	43.32		54.63	6 / 3				
reaction time		interval		4.09	4.26	4.43	5.17		4.14	4.82	5.00	4.96					12.78	14.13	
		velocity	6.98	8.56	8.22	7.90	7.74		8.45	7.26	7.00	7.06		7.32			8.22	7.43	
H1 lead leg	L	strides	23	15	15	15	17		13		16	16		130					
Peeters, Cathelijn (NED) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	22-Aug-23	time	6.50	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				
Knight, Andrenette (JAM) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)																<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>			
date	30-May-24	time	6.18	10.18	14.25	18.45	22.82		27.56	32.37	37.41	42.66	48.21		54.63	4 / 2			
reaction time	0.172	interval		4.00	4.07	4.20	4.37		4.74	4.81	5.04	5.25	5.55	6.42			12.27	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	15		16	16	16	17	17	20	185				
Meißner, Heike (GER) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1993 IAAF World Championships (Stuttgart, GER)																<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>			
date	17-Aug-93	time	6.53	10.67	14.89	19.27	23.62		28.11	32.99	38.06	43.26	48.56		54.64	2 / 3			
reaction time		interval		4.14	4.22	4.38	4.35		4.49	4.88	5.07	5.20	5.30	6.08			12.74	13.72	15.57
		velocity	6.89	8.45	8.29	7.99	8.05		7.80	7.17	6.90	6.73	6.60	6.58	7.32		8.24	7.65	6.74
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	21	185				
Bidouane, Nezha (MAR) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 1999 IAAF World Championships (Sevilla, ESP)																<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>			
date	21-Aug-99	time	6.29	10.53	14.82	19.19	23.67		28.44	33.29	38.18	43.25	48.41		54.64	5 / 1			
reaction time	0.188	interval		4.24	4.29	4.37	4.48		4.77	4.85	4.89	5.07	5.16	6.23			12.90	14.10	15.12
		velocity	7.15	8.25	8.16	8.01	7.81		7.34	7.22	7.16	6.90	6.78	6.42	7.32		8.14	7.45	6.94
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	17	18	21	195				
Tereshchuk-Antipova, Tetyana (UKR)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 ISTAF (Berlin, GER)																<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>			
date	31-Aug-01	time	6.69	11.00	15.32	19.73	24.23		28.84	33.63	38.50	43.61	48.80		54.64	/ 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																	
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)																<i>Henson (2021) - Athlete First: major championships report</i>			
date	26-Aug-15	time	6.44	10.56	14.80	19.08	23.52		28.12	32.92	37.84	43.00		54.64	9 / 5				
reaction time	0.165	interval		4.12	4.24	4.28	4.44		4.60	4.80	4.92	5.16					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					
Ryzhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	21-Jul-19	time	6.60	10.80	15.04	19.40	23.92		28.60	33.40	38.32	43.40	48.56		54.64	2 / 4			
reaction time	0.158	interval		4.20	4.24	4.36	4.52		4.68	4.80	4.92	5.08	5.16	6.08			12.80	14.00	15.16
		velocity	6.82	8.33	8.25	8.03	7.74		7.48	7.29	7.11	6.89	6.78	6.58	7.32		8.20	7.50	6.93
H1 lead leg	R	strides	22	14	14	14	15		15	15	15	16	16	19.5	174.5				
Couckuyt, Paulien (BEL) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	06-Aug-24	time	6.29	10.37	14.56	18.84	23.24		27.84	32.67	37.71	43.00	48.37		54.64	9 / 5			
reaction time	0.175	interval		4.08	4.19	4.28	4.40		4.60	4.83	5.04	5.29	5.37	6.27			12.55	13.83	15.70

H1 lead leg	L	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
		strides	23	15	15	15	15		16						99				

Franklin, Autumnne (USA) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																		
date	10-Jul-16	time	6.54	10.78	14.98	19.32	23.66	28.23	33.03	37.97	43.14	48.48		54.65	4 / 6			
reaction time	0.172	interval		4.24	4.20	4.34	4.34	4.57	4.80	4.94	5.17	5.34	6.17	PB		12.78	13.71	15.45
		velocity	6.88	8.25	8.33	8.06	8.06	7.66	7.29	7.09	6.77	6.55	6.48	7.32		8.22	7.66	6.80
H1 lead leg	R	strides	24	16	16	16	16	16	17	17	18	18	21.5	195.5				
Muhammad, Dalilah (USA) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																		
date	31-May-18	time	6.20	10.32	14.68	19.20	23.92	28.64	33.40	38.32	43.36	48.52		54.65	4 / 3			
reaction time	0.172	interval		4.12	4.36	4.52	4.72	4.72	4.76	4.92	5.04	5.16	6.13			13.00	14.20	15.12
		velocity	7.26	8.50	8.03	7.74	7.42	7.42	7.35	7.11	6.94	6.78	6.53	7.32		8.08	7.39	6.94
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.2	179.2				
McLaughlin, Sydney (USA) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																		
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																		
date	31-Jul-21	time	6.36	10.52	14.80	19.26	23.80	28.56	33.48	38.44	43.58	48.74		54.65	5 / 1			
reaction time	0.176	interval		4.16	4.28	4.46	4.54	4.76	4.92	4.96	5.14	5.16	5.91			12.90	14.22	15.26
		velocity	7.08	8.41	8.18	7.85	7.71	7.35	7.11	7.06	6.81	6.78	6.77	7.32		8.14	7.38	6.88
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	16	16	18.5	173.5				
Lehikoinen, Viivi (FIN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	21-Aug-23	time	6.23	10.30	14.70	19.26	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	4.76	4.76	4.74	4.83	4.97	5.20	5.30	6.15					15.47
		velocity	7.22	8.60	7.95	7.99	7.99	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	15	16	16	17	17	20	154					
Diallo, Fatoumata Bint (POR) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)																		
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																		
date	10-Jun-24	time	6.38	10.60	14.98	19.37	23.83	28.52	33.40	38.29	43.33	48.64		54.65	4 / 4			
reaction time	0.183	interval		4.22	4.38	4.39	4.46	4.69	4.88	4.89	5.04	5.31	6.01	NR PB		12.99	14.03	15.24
		velocity	7.05	8.29	7.99	7.97	7.85	7.46	7.17	7.16	6.94	6.59	6.66	7.32		8.08	7.48	6.89
H1 lead leg	R	strides	24	16	16	16	16	16	16	17	17	18	21.5	193.5				
Nielsen, Lina (GBR) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 London Athletics Meet (London, GBR)																		
<i>Omega Timing (2024) - diamond league race analysis</i>																		
date	20-Jul-24	time	6.28	10.42	14.65	19.08	23.68	28.40	33.27	38.31	43.46	48.62		54.65	7 / 8			
reaction time	0.147	interval		4.14	4.23	4.43	4.60	4.72	4.87	5.04	5.15	5.16	6.03			12.80	14.19	15.35
		velocity	7.17	8.45	8.27	7.90	7.61	7.42	7.19	6.94	6.80	6.78	6.63	7.32		8.20	7.40	6.84
H1 lead leg	L	strides	22	15	15	15	15	15	16				113					
Russell, Janieve (JAM) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)																		
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																		
date	06-Aug-24	time	6.37	10.51	14.84	19.21	23.65	28.27	32.98	37.88	42.99	48.28		54.65	6 / 4			
reaction time	0.166	interval		4.14	4.33	4.37	4.44	4.62	4.71	4.90	5.11	5.29	6.37			12.84	13.77	15.30
		velocity	7.06	8.45	8.08	8.01	7.88	7.58	7.43	7.14	6.85	6.62	6.28	7.32		8.18	7.63	6.86
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	17	17	20	184				
Nielsen, Lina (GBR) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2024 Olympic Games (Paris, FRA)																		
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																		
date	04-Aug-24	time	6.39	10.57	14.93	19.29	23.72	28.41	33.30	38.28	43.44	48.59		54.65	7 / 2			
reaction time	0.163	interval		4.18	4.36	4.36	4.43	4.69	4.89	4.98	5.16	5.15	6.06			12.90	14.01	15.29
		velocity	7.04	8.37	8.03	8.03	7.90	7.46	7.16	7.03	6.78	6.80	6.60	7.32		8.14	7.49	6.87
H1 lead leg	L	strides	23	16	16	15	15	16	16	16	16	16	19	184				
Demus, Lashinda (USA) (1983)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2009 IAAF World Championships (Berlin, GER)																		
<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																		
date	17-Aug-09	time	6.27	10.25	14.48	18.91	23.48	28.10	32.88	37.92	43.14	48.63		54.66	5 / 1			
reaction time	0.152	interval		3.98	4.23	4.43	4.57	4.62	4.78	5.04	5.22	5.49	6.03			12.64	13.97	15.75
		velocity	7.18	8.79	8.27	7.90	7.66	7.58	7.32	6.94	6.70	6.38	6.63	7.32		8.31	7.52	6.67
H1 lead leg		strides																
Sprunger, Léa (SUI) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																		
date	24-Aug-17	time	6.36	10.56	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				
Fontavie, Petra (SUI) (1988)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																		
date	24-Aug-17	time	6.32	10.60	15.04	19.56	24.24	28.96	33.84	38.88	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	5.04	5.08	5.70				13.24	14.28	15.12

H1 lead leg	L	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	
		strides	23	16	16		16		17	17		17	21	143					
Russell, Janieve (JAM) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	13-Jul-21	time	6.30	10.48	14.76	19.08	23.54	25.5	28.14	32.94	37.94	43.10	48.40	54.66	6 / 3				
reaction time	0.106	interval		4.18	4.28	4.32	4.46		4.60	4.80	5.00	5.16	5.30	6.26		12.78	13.86	15.46	
		velocity	7.14	8.37	8.18	8.10	7.85	7.84	7.61	7.29	7.00	6.78	6.60	6.39	7.32	8.22	7.58	6.79	
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20.5		184.5			
Folorunso, Ayomide (ITA) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	30-Jun-22	time	6.62	10.96	15.38	19.86	24.32	26.24	28.94	33.66	38.50	43.52	48.66	54.66	3 / 4				
reaction time	0.192	interval		4.34	4.42	4.48	4.46		4.62	4.72	4.84	5.02	5.14	6.00		13.24	13.80	15.00	
		velocity	6.80	8.06	7.92	7.81	7.85	7.62	7.58	7.42	7.23	6.97	6.81	6.67	7.32	7.93	7.61	7.00	
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	20.2		185.2			
Russell, Janieve (JAM) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	20-Jul-22	time	6.33	10.53	14.93	19.30	23.87	25.99	28.60	33.38	38.30	43.30	48.50	54.66	6 / 3				
reaction time	0.130	interval		4.20	4.40	4.37	4.57		4.73	4.78	4.92	5.00	5.20	6.16		12.97	14.08	15.12	
		velocity	7.11	8.33	7.95	8.01	7.66	7.70	7.40	7.32	7.11	7.00	6.73	6.49	7.32	8.10	7.46	6.94	
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	16	17	20		184			
Russell, Masai (USA) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	10-Jun-23	time	6.30	10.67	15.15	19.75	24.52		29.39	34.27	39.21	44.18	49.08	54.66	5 / 2				
reaction time		interval		4.37	4.48	4.60	4.77		4.87	4.88	4.94	4.97	4.90	5.58		PB	13.45	14.52	14.81
		velocity	7.14	8.01	7.81	7.61	7.34		7.19	7.17	7.09	7.04	7.14	7.17	7.32		7.81	7.23	7.09
H1 lead leg	R	strides	24	16	16	16	16		16	16	17	17	17	21		192			
Peeters, Cathelijn (NED) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>					
date	10-Jun-24	time	6.55	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			
Tate, Cassandra (USA) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>					
date	29-Jun-24	time	6.37	10.52	14.79	19.25	23.76	25.72	28.33	32.98	37.87	43.08	48.47	54.66	8 / 3				
reaction time		interval		4.15	4.27	4.46	4.51		4.57	4.65	4.89	5.21	5.39	6.19		12.88	13.73	15.49	
		velocity	7.06	8.43	8.20	7.85	7.76	7.78	7.66	7.53	7.16	6.72	6.49	6.46	7.32	8.15	7.65	6.78	
H1 lead leg	R	strides		15	15	15	15		15	15	15	16	16	19.2		156.2			
Vickers, Janeene (USA) (1968)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Finals 1 - 1992 Olympic Games (Barcelona, ESP)														<i>Lyle (1992) - miscellaneous coaching notes</i>					
date	03-Aug-92	time	6.62	10.80	15.08	19.41	23.96		28.61	33.39	38.34	43.51	48.65	54.67	6 / 3				
reaction time		interval		4.18	4.28	4.33	4.55		4.65	4.78	4.95	5.17	5.14	6.02		12.79	13.98	15.26	
		velocity	6.80	8.37	8.18	8.08	7.69		7.53	7.32	7.07	6.77	6.81	6.64	7.32	8.21	7.51	6.88	
H1 lead leg		strides																	
Johnson, Michelle (USA) (1974)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)														<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>					
date	23-Aug-99	time	6.15	10.30	14.47	18.79	23.25		27.85	32.85	37.75	42.78	47.99	54.67	5 / 4				
reaction time	0.188	interval		4.15	4.17	4.32	4.46		4.60	5.00	4.90	5.03	5.21	6.68		12.64	14.06	15.14	
		velocity	7.32	8.43	8.39	8.10	7.85		7.61	7.00	7.14	6.96	6.72	5.99	7.32	8.31	7.47	6.94	
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	19.5		181.5			
Russell, Janieve (JAM) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>					
date	20-Aug-17	time	6.36	10.56	14.80	19.16	23.64		28.32	33.16	38.08	43.12	48.32	54.67	6 / 3				
reaction time	0.134	interval		4.20	4.24	4.36	4.48		4.68	4.84	4.92	5.04	5.20	6.35		12.80	14.00	15.16	
		velocity	7.08	8.33	8.25	8.03	7.81		7.48	7.23	7.11	6.94	6.73	6.30	7.32	8.20	7.50	6.93	
H1 lead leg	R	strides	22	15	15	15	15		15	16	16	16	16	20		181			
Bol, Femke (NED) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)														<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>					
date	19-Aug-20	time	6.52	10.72	15.08	19.56	24.12		28.80	33.64	38.60	43.76	48.92	54.67	4 / 1				
reaction time	0.205	interval		4.20	4.36	4.48	4.56		4.68	4.84	4.96	5.16	5.16	5.75		13.04	14.08	15.28	
		velocity	6.90	8.33	8.03	7.81	7.68		7.48	7.23	7.06	6.78	6.78	6.96	7.32	8.05	7.46	6.87	
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19		178			
Clayton, Rushell (JAM) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	06-Aug-22	time	6.36	10.46	14.40	18.63	23.00	25.0	27.77	32.43	37.20	42.40	47.83	54.67	5 / 4				
reaction time	0.147	interval		4.10	3.94	4.23	4.37		4.77	4.66	4.77	5.20	5.43	6.84		12.27	13.80	15.40	

H1 lead leg	L	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	
		strides	22	15	15	15	15	15	15	15	16	16	17	20	181				
Lehikoinen, Viivi (FIN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Athletissima (Lausanne, SUI)															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	30-Jun-23	time	6.29	10.29	14.42	18.59	22.96		27.55	32.31	37.38	42.67	48.08		54.67	4 / 2			
reaction time	0.208	interval		4.00	4.13	4.17	4.37		4.59	4.76	5.07	5.29	5.41	6.59			12.30	13.72	15.77
		velocity	7.15	8.75	8.47	8.39	8.01		7.63	7.35	6.90	6.62	6.47	6.07	7.32		8.54	7.65	6.66
H1 lead leg	R	strides	23	15					16	16	16	17	17	21	141				
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	04-Aug-24	time	6.49	10.60	14.78	19.10	23.52		28.09	32.83	37.84	43.06	48.57		54.67	4 / 3			
reaction time	0.196	interval		4.11	4.18	4.32	4.42		4.57	4.74	5.01	5.22	5.51	6.10			12.61	13.73	15.74
		velocity	6.93	8.52	8.37	8.10	7.92		7.66	7.38	6.99	6.70	6.35	6.56	7.32		8.33	7.65	6.67
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20	184				
Uibel, Birgit (GDR) (1961)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1984 (Dresden, GDR)															<i>Heß (1985) - entwicklungsaspekte die leichtathletischen sprint-/hürdenisziplinen im olympiazklus 1981/84</i>				
date	19-May-84	time	6.53				23.54						48.64		54.68	/ 1			
reaction time		interval					17.01						25.10	6.04	PB				
		velocity	6.89				8.23						6.97	6.62	7.32				
H1 lead leg		strides																	
Rieger, Silvia (GER) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1994 European Championships (Helsinki, FIN)															<i>Behm (1995) - la tactique du 400 haies</i>				
date	10-Aug-94	time	6.6	10.7	14.9	19.3	23.7		28.2	32.8	38.4	43.5	48.7		54.68	/ 2			
reaction time		interval		4.1	4.2	4.4	4.4		4.5	4.6	5.6	5.1	5.2	5.98			12.70	13.50	15.90
		velocity	6.82	8.54	8.33	7.95	7.95		7.78	7.61	6.25	6.86	6.73	6.69	7.32		8.27	7.78	6.60
H1 lead leg		strides		15	15	15	15		15	16	17	17	17	142					
Knoroz, Anna (RUS) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1994 European Championships (Helsinki, FIN)															<i>Behm (1995) - la tactique du 400 haies</i>				
date	10-Aug-94	time	6.6	10.8	15.0	19.4	23.7		28.1	32.5	38.0	43.1	48.5		54.68	/ 3			
reaction time		interval		4.2	4.2	4.4	4.3		4.4	4.4	5.5	5.1	5.4	6.18			12.80	13.10	16.00
		velocity	6.82	8.33	8.33	7.95	8.14		7.95	7.95	6.36	6.86	6.48	6.47	7.32		8.20	8.02	6.56
H1 lead leg		strides		16	16	16	16		16	16	17	17	18	148					
Parris-Thymes, Debbie (JAM) (1973)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 IAAF World Championships (Edmonton, CAN)															<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>				
date	08-Aug-01	time	6.3	10.5	14.8	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	17	21.5	193.5				
Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)															<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>				
date	23-Aug-20	time	6.57		15.20	19.57	24.10	26.0	28.77	33.57	38.53	43.77	48.90		54.68	4 / 1			
reaction time	0.226	interval			8.63	4.37	4.53		4.67	4.80	4.96	5.24	5.13	5.78			13.00	14.00	15.33
		velocity	6.85		8.11	8.01	7.73	7.69	7.49	7.29	7.06	6.68	6.82	6.92	7.32		8.08	7.50	6.85
H1 lead leg	L	strides	21	15		15	15		15	15	15	16	16	18.5	161.5				
Cockrell, Anna (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	12-Jun-21	time	6.27	10.53	14.87	19.40	24.13		28.93	33.80	38.67	43.67	48.67		54.68	6 / 1			
reaction time	0.166	interval		4.26	4.34	4.53	4.73		4.80	4.87	4.87	5.00	5.00	6.01			13.13	14.40	14.87
		velocity	7.18	8.22	8.06	7.73	7.40		7.29	7.19	7.19	7.00	7.00	6.66	7.32		8.00	7.29	7.06
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19.7	178.7				
Cockrell, Anna (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	21-Aug-23	time	6.33	10.36	14.43	18.75	23.33		28.00	32.83	37.83	43.06	48.46		54.68	9 / 2			
reaction time	0.211	interval		4.03	4.07	4.32	4.58		4.67	4.83	5.00	5.23	5.40	6.22			12.42	14.08	15.63
		velocity	7.11	8.68	8.60	8.10	7.64		7.49	7.25	7.00	6.69	6.48	6.43	7.32		8.45	7.46	6.72
H1 lead leg	R	strides	22	14	14	15	15		15	15	15	16	16	19.2	176.2				
Folorunso, Ayomide (ITA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Prefontaine Classic (Eugene, OR)															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	17-Sep-23	time	6.28	10.51	14.83	19.23	23.78		28.48	33.29	38.25	43.37	48.63		54.68	8 / 6			
reaction time	0.182	interval		4.23	4.32	4.40	4.55		4.70	4.81	4.96	5.12	5.26	6.05			12.95	14.06	15.34
		velocity	7.17	8.27	8.10	7.95	7.69		7.45	7.28	7.06	6.84	6.65	6.61	7.32		8.11	7.47	6.84
H1 lead leg	L	strides	23	15	15	15	16		16	16	16	16	16	132					
Tate, Cassandra (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	22-May-16	time	6.20	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

H1 lead leg	R	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
		strides	22	15	15	15	15		15	15	16	16	17	20	181				
Hejnová, Zuzana (CZE) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)																<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	06-Jul-17	time	6.60	10.84	15.20	19.64	24.12		28.72	33.44	38.36	43.44	48.68		54.69	2 / 5			
reaction time	0.133	interval		4.24	4.36	4.44	4.48		4.60	4.72	4.92	5.08	5.24	6.01			13.04	13.80	15.24
		velocity	6.82	8.25	8.03	7.88	7.81		7.61	7.42	7.11	6.89	6.68	6.66	7.31		8.05	7.61	6.89
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.7	179.7				
Knight, Jessie (GBR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	13-Jul-21	time	6.34	10.56	14.90	19.30	23.80	25.7	28.46	33.32	38.36	43.60	48.78		54.69	3 / 4			
reaction time	0.147	interval		4.22	4.34	4.40	4.50		4.66	4.86	5.04	5.24	5.18	5.91			12.96	14.02	15.46
		velocity	7.10	8.29	8.06	7.95	7.78	7.78	7.51	7.20	6.94	6.68	6.76	6.77	7.31		8.10	7.49	6.79
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19	179				
Folorunso, Ayomide (ITA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	19-Jul-22	time	6.53	10.87	15.33	19.80	24.33	26.22	29.00	33.76	38.67	43.67	48.83		54.69	5 / 2			
reaction time	0.176	interval		4.34	4.46	4.47	4.53		4.67	4.76	4.91	5.00	5.16	5.86			13.27	13.96	15.07
		velocity	6.89	8.06	7.85	7.83	7.73	7.63	7.49	7.35	7.13	7.00	6.78	6.83	7.31		7.91	7.52	6.97
H1 lead leg	L	strides	23	15	15	15	15		15		16	17	17	20	168				
Morosanu, Angela (ROU) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2009 IAAF World Championships (Berlin, GER)																<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>			
date	17-Aug-09	time	6.21	10.32	14.62	18.87	23.25		27.96	32.83	37.75	42.80	48.35		54.70	3 / 1			
reaction time	0.187	interval		4.11	4.30	4.25	4.38		4.71	4.87	4.92	5.05	5.55	6.35			12.66	13.96	15.52
		velocity	7.25	8.52	8.14	8.24	7.99		7.43	7.19	7.11	6.93	6.31	6.30	7.31		8.29	7.52	6.77
H1 lead leg		strides																	
Doyle, Eilidh (GBR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	22-Jul-16	time	6.36	10.60	14.80	19.00	23.40		27.96	32.73	37.67	42.73	48.10		54.70	4 / 4			
reaction time	0.162	interval		4.24	4.20	4.20	4.40		4.56	4.77	4.94	5.06	5.37	6.60			12.64	13.73	15.37
		velocity	7.08	8.25	8.33	8.33	7.95		7.68	7.34	7.09	6.92	6.52	6.06	7.31		8.31	7.65	6.83
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	18	22	189				
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	12-Jul-19	time	6.40	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		4.94	4.90	5.04	5.16	6.06				13.20	13.94	15.10
		velocity	7.03	8.18	7.95	7.74	7.61	7.63		7.49	7.14	6.94	6.78	6.60	7.31		7.95	7.53	6.95
H1 lead leg	R	strides	22	15	15	15	15				16	16	16	20	150				
luel, Amalie (NOR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	19-Jul-22	time	6.50	10.67	14.93	19.30	23.80	25.73	28.53	33.33	38.30	43.46	48.73		54.70	7 / 3			
reaction time	0.140	interval		4.17	4.26	4.37	4.50		4.73	4.80	4.97	5.16	5.27	5.97	PB		12.80	14.03	15.40
		velocity	6.92	8.39	8.22	8.01	7.78	7.77	7.40	7.29	7.04	6.78	6.64	6.70	7.31		8.20	7.48	6.82
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	19	179				
Ryzhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	21-Aug-23	time	6.53	10.83	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				
Busch, Sabine (GDR) (1962)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)																<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>			
date	26-Sep-88	time	6.63	10.53	15.15	19.54	24.11		28.77	33.57	38.48	43.60	48.83		54.71	7 / 4			
reaction time	0.230	interval		3.90	4.62	4.39	4.57		4.66	4.80	4.91	5.12	5.23	5.88			12.91	14.03	15.26
		velocity	6.79	8.97	7.58	7.97	7.66		7.51	7.29	7.13	6.84	6.69	6.80	7.31		8.13	7.48	6.88
H1 lead leg		strides	23	15	15	15	15		15	15	15	16	16	19	179				
Tkachuk, Viktoriya (UKR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	02-Jun-23	time	6.24	10.36	14.57	18.83	23.25		27.75	32.60	37.67	42.88	48.33		54.71	7 / 5			
reaction time	0.167	interval		4.12	4.21	4.26	4.42		4.50	4.85	5.07	5.21	5.45	6.38			12.59	13.77	15.73
		velocity	7.21	8.50	8.31	8.22	7.92		7.78	7.22	6.90	6.72	6.42	6.27	7.31		8.34	7.63	6.68
H1 lead leg	L	strides	22	15	15	15	15		15	16	161	17	17	20.2	328.2				
Clayton, Rushell (JAM) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	02-Jun-23	time	6.38	10.55	14.82	19.13	23.62		28.21	33.05	38.04	43.26	48.53		54.71	5 / 6			
reaction time	0.133	interval		4.17	4.27	4.31	4.49		4.59	4.84	4.99	5.22	5.27	6.18			12.75	13.92	15.48

H1 lead leg	L	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
		strides	23	15	14	14	15		15	15	16	16	16	19	178				
Woodruff, Gianna (PAN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	22-Aug-23	time	6.44	10.57	14.68	18.86	23.29		27.92	32.70	37.73		48.41		54.71	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				
Cockrell, Anna (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 USA Olympic Trials (Eugene, OR)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	27-Jun-24	time	6.26	10.09	14.25	18.47	22.84	24.92	27.57	32.53	37.71	43.13	48.53		54.71	3 / 1			
reaction time		interval		3.83	4.16	4.22	4.37		4.73	4.96	5.18	5.42	5.40	6.18			12.21	14.06	16.00
		velocity	7.19	9.14	8.41	8.29	8.01	8.03	7.40	7.06	6.76	6.46	6.48	6.47	7.31		8.60	7.47	6.56
H1 lead leg		strides																	
Ullrich, Cornelia (GDR) (1958)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1987 IAAF World Championships (Rome, ITA)																<i>Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>			
date	01-Sep-87	time	6.67	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				
Titimets, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)																<i>Henson (2021) - Athlete First: major championships report</i>			
date	15-Aug-13	time	6.46	10.77	15.04	19.38	23.93		28.61		38.35	43.46	48.77		54.72	7 / 4			
reaction time	0.215	interval		4.31	4.27	4.34	4.55		4.68		9.74	5.11	5.31	5.95	DQ		12.92		
		velocity	6.97	8.12	8.20	8.06	7.69		7.48		7.19	6.85	6.59	6.72	7.31		8.13		
H1 lead leg	L	strides	22	15	15	15	15		15	15		16	16	19.2	163.2				
Spencer, Ashley (USA) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	03-May-19	time	6.47	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	15	19	176				
luel, Amalie (NOR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																<i>Henson (2021) - Athlete First: 2019 year end hurdle report</i>			
date	01-Oct-19	time	6.32	10.48	14.76	19.08	23.72		28.40	33.18	38.16	43.20	48.56		54.72	5 / 1			
reaction time	0.157	interval		4.16	4.28	4.32	4.64		4.68	4.78	4.98	5.04	5.36	6.16	NR PB		12.76	14.10	15.38
		velocity	7.12	8.41	8.18	8.10	7.54		7.48	7.32	7.03	6.94	6.53	6.49	7.31		8.23	7.45	6.83
H1 lead leg	L	strides	23	15	15	15		15	15	15	16	16	19	164					
Tkachuk, Viktoriya (UKR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	30-Jun-22	time	6.46	10.64	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	15	16	16	17	20	181				
Shakes-Drayton, Perri (GBR) (1988)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2010 European Championships (Barcelona, ESP)																<i>Arnold (2010) - 400mH planning and peaking</i>			
date	28-Jul-10	time	6.50	10.74	15.16	19.54	24.04		28.70	33.54	38.50	43.52	48.82		54.73	3 / 3			
reaction time	0.258	interval		4.24	4.42	4.38	4.50		4.66	4.84	4.96	5.02	5.30	5.91	PB		13.04	14.00	15.28
		velocity	6.92	8.25	7.92	7.99	7.78		7.51	7.23	7.06	6.97	6.60	6.77	7.31		8.05	7.50	6.87
H1 lead leg	R	strides		15	16	16	15		16	16	17	17	17						
Nielsen, Lina (GBR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	09-Jun-22	time	6.40	10.53	14.83	19.23	23.80	25.64	28.50	33.40	38.40	43.50	48.70		54.73	9 / 4			
reaction time	0.148	interval		4.13	4.30	4.40	4.57		4.70	4.90	5.00	5.10	5.20	6.03	PB		12.83	14.17	15.30
		velocity	7.03	8.47	8.14	7.95	7.66	7.80	7.45	7.14	7.00	6.86	6.73	6.63	7.31		8.18	7.41	6.86
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	16	16	19	182				
Muraro, Alice (ITA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)																<i>European Athletics (2024) - 2024 european athletics championships - results book</i>			
date	10-Jun-24	time	6.48	10.69	15.10	19.59	24.28		29.01	33.77	38.68	43.77	48.91		54.73	8 / 3			
reaction time	0.234	interval		4.21	4.41	4.49	4.69		4.73	4.76	4.91	5.09	5.14	5.82	PB		13.11	14.18	15.14
		velocity	6.94	8.31	7.94	7.80	7.46		7.40	7.35	7.13	6.88	6.81	6.87	7.31		8.01	7.40	6.94
H1 lead leg	R	strides	23	15	15	15	16		16	16	16		17	20.7	169.7				
Goldenhuis, Zenéy (RSA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	04-Aug-24	time	6.40	10.65	15.10	19.51	24.10		28.80	33.61	38.59	43.74	48.82		54.73	3 / 3			
reaction time	0.170	interval		4.25	4.45	4.41	4.59		4.70	4.81	4.98	5.15	5.08	5.91			13.11	14.10	15.21

H1 lead leg	L	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
		strides	22	15	15	15	15		15	15	16	16	16	19	179				
Ambraziene, Anna (URS) (1955)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 1983 European Cup (London, GBR)																			<i>Ewen (1985) - hurdles</i>
date	20-Aug-83	time		15.6	19.9	24.4		28.8	33.7	38.7	43.9	48.7		54.74	2 / 2				
reaction time		interval			4.30	4.50		4.40	4.90	5.00	5.20	4.80	6.04				13.80	15.00	
		velocity		7.37	8.14	7.78		7.95	7.14	7.00	6.73	7.29	6.62	7.31			7.61	7.00	
H1 lead leg	R	strides	24	15	15	16		16	17	17	17	17	169						
Spencer, Ashley (USA) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)																			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>
date	05-Jul-18	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	127						
Westén, Monica (SWE) (1966)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 1990 European Championships (Split, YUG)																			<i>Behm (1995) - la tactique du 400 haies</i>
date	31-Aug-90	time	6.7	10.9	15.3		24.2		33.6	38.5	43.5	48.6		54.75	1 / 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	15	16	16	137						
Muhammad, Dalilah (USA) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)																			<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>
date	05-Jun-16	time	6.27	10.40	14.70	19.20	23.83		28.43	33.17	38.10	43.23	48.53		54.75	3 / 4			
reaction time	0.131	interval		4.13	4.30	4.50	4.63		4.60	4.74	4.93	5.13	5.30	6.22			12.93	13.97	15.36
		velocity	7.18	8.47	8.14	7.78	7.56		7.61	7.38	7.10	6.82	6.60	6.43	7.31		8.12	7.52	6.84
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	16	20	182				
Doyle, Eilidh (GBR) (1987)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>
date	21-Jul-17	time	6.32	10.44	14.68	18.92	23.24		27.88	32.60	37.52	42.68	48.20		54.75	7 / 4			
reaction time	0.196	interval		4.12	4.24	4.24	4.32		4.64	4.72	4.92	5.16	5.52	6.55			12.60	13.68	15.60
		velocity	7.12	8.50	8.25	8.25	8.10		7.54	7.42	7.11	6.78	6.34	6.11	7.31		8.33	7.68	6.73
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	18	22	189					
Hejnová, Zuzana (CZE) (1986)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)																			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>
date	29-Aug-19	time	6.64	10.96	15.32	19.76	24.24	26.2	28.88	33.56	38.44	43.48	48.64		54.75	6 / 4			
reaction time	0.144	interval		4.32	4.36	4.44	4.48		4.64	4.68	4.88	5.04	5.16	6.11			13.12	13.80	15.08
		velocity	6.78	8.10	8.03	7.88	7.81	7.63	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	15	16	16	16	20	180				
Sprunger, Léa (SUI) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)																			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>
date	26-Aug-21	time	6.36	10.56	14.88	19.24	23.88		28.64	33.52	38.52	43.60	48.88		54.75	7 / 5			
reaction time	0.176	interval		4.20	4.32	4.36	4.64		4.76	4.88	5.00	5.08	5.28	5.87			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)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)																			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>
date	28-Aug-21	time	6.28	10.48	14.85	19.35	23.88		28.53	33.37	38.07	43.18	48.43		54.75	4 / 3			
reaction time	0.162	interval		4.20	4.37	4.50	4.53		4.65	4.84	4.70	5.11	5.25	6.32			13.07	14.02	15.06
		velocity	7.17	8.33	8.01	7.78	7.73		7.53	7.23	7.45	6.85	6.67	6.33	7.31		8.03	7.49	6.97
H1 lead leg	R	strides	22	15	15	15	15	16	16	16	17	17	20	184					
Woodruff, Gianna (PAN) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>
date	22-Jul-22	time	6.43	10.63	14.83	19.30	23.88	25.81	28.46	33.30	38.07	43.20		54.75	7 / 7				
reaction time	0.177	interval		4.20	4.20	4.47	4.58		4.58	4.84	4.77	5.13					12.87	14.00	
		velocity	7.00	8.33	8.33	7.83	7.64	7.75	7.64	7.23	7.34	6.82		7.31			8.16	7.50	
H1 lead leg	R	strides	23	16	15	15	15	15	15	16	16	16	147						
Knight, Andrenette (JAM) (1996)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2023 Memorial van Damme (Brussels, BEL)																			<i>Omega Timing (2023) - diamond league race analysis</i>
date	08-Sep-23	time	6.09	9.97	13.98	18.10	22.43		27.03	31.79	36.78	42.09	47.77		54.75	3 / 6			
reaction time	0.153	interval		3.88	4.01	4.12	4.33		4.60	4.76	4.99	5.31	5.68	6.98			12.01	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	15	15	16	16	16	17	17	20.2	156.2					
Diallo, Fatoumata Binta (POR) (2000)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 1 - 2024 Olympic Games (Paris, FRA)																			<i>Paris 2024 Olympic Games - Results Book (2024)</i>
date	04-Aug-24	time	6.28	10.47	14.73	18.98	23.38		27.98	32.89	37.94	43.24	48.52		54.75	3 / 2			
reaction time	0.192	interval		4.19	4.26	4.25	4.40		4.60	4.91	5.05	5.30	5.28	6.23			12.70	13.91	15.63

H1 lead leg	R	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
		strides	24	16	16	16	16		16	17	17	18	18	22	196				
Mo Jiadie (CHN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 2 - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	05-Aug-24	time	6.37	10.53	14.84	19.31	23.94		28.73	33.67	38.66	43.72	48.83		54.75	5 / 1			
reaction time	0.231	interval		4.16	4.31	4.47	4.63		4.79	4.94	4.99	5.06	5.11	5.92	PB		12.94	14.36	15.16
		velocity	7.06	8.41	8.12	7.83	7.56		7.31	7.09	7.01	6.92	6.85	6.76	7.31		8.11	7.31	6.93
H1 lead leg	L	strides	23	15	15	15	16		16	17	17	17	17	21	189				
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Weltklasse (Züch, SUI)																			
<i>Omega Timing (2024) - diamond league race analysis</i>																			
date	05-Sep-24	time	6.26	10.29	14.47	18.68	23.05		27.58	32.28	37.23	42.45	48.05		54.75	7 / 4			
reaction time	0.185	interval		4.03	4.18	4.21	4.37		4.53	4.70	4.95	5.22	5.60	6.70			12.42	13.60	15.77
		velocity	7.19	8.68	8.37	8.31	8.01		7.73	7.45	7.07	6.70	6.25	5.97	7.31		8.45	7.72	6.66
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20	184				
Hayes, Joanna (USA) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Championships (Palo Alto, CA)																			
<i>USATF Women's Sprint Development (2003)</i>																			
date	21-Jun-03	time	6.36	10.46	14.67	18.92	23.42		28.11	33.05	37.99	43.06	48.47		54.76	8 / 2			
reaction time		interval		4.10	4.21	4.25	4.50		4.69	4.94	4.94	5.07	5.41	6.29			12.56	14.13	15.42
		velocity	7.08	8.54	8.31	8.24	7.78		7.46	7.09	7.09	6.90	6.47	6.36	7.30		8.36	7.43	6.81
H1 lead leg		strides																	
Demus, Lashinda (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 USA Olympic Trials (Eugene, OR)																			
<i>USATF Hurdle Development (2008)</i>																			
date	29-Jun-08	time	6.34	10.40	14.65	18.92	23.34		27.89	32.62	37.45	42.84	48.32		54.76	6 / 4			
reaction time		interval		4.06	4.25	4.27	4.42		4.55	4.73	4.83	5.39	5.48	6.44			12.58	13.70	15.70
		velocity	7.10	8.62	8.24	8.20	7.92		7.69	7.40	7.25	6.49	6.39	6.21	7.30		8.35	7.66	6.69
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	17	162					
Buford-Bailey, Tonja (USA) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 IAAF World Championships (Athens, GRE)																			
<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>																			
date	08-Aug-97	time	6.60	10.72	14.92	19.21	23.60		28.22	32.92	37.92	43.14	48.54		54.77	2 / 6			
reaction time	0.238	interval		4.12	4.20	4.29	4.39		4.62	4.70	5.00	5.22	5.40	6.23			12.61	13.71	15.62
		velocity	6.82	8.50	8.33	8.16	7.97		7.58	7.45	7.00	6.70	6.48	6.42	7.30		8.33	7.66	6.72
H1 lead leg		strides																	
Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																			
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	19-Jul-22	time	6.33	10.43	14.63	18.97	23.50	25.53	28.17		38.03	43.27	48.63		54.77	8 / 2			
reaction time	0.165	interval		4.10	4.20	4.34	4.53		4.67		9.86	5.24	5.36	6.14			12.64		
		velocity	7.11	8.54	8.33	8.06	7.73	7.83	7.49		7.10	6.68	6.53	6.51	7.30		8.31		
H1 lead leg	R	strides	23	15	15	15	15	15	15			16	16	19	149				
Stepanova, Marina (URS) (1950)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1979 VII USSR Spartakiade (Moscow, URS)																			
<i>Stepanova (1996) - my school</i>																			
date	27-Jul-79	time	6.92	11.33	15.91	20.51	25.18		29.91	34.69	39.55	44.46	49.38		54.78	4 / 1			
reaction time		interval		4.41	4.58	4.60	4.67		4.73	4.78	4.86	4.91	4.92	5.40	WR		13.59	14.18	14.69
		velocity	6.50	7.94	7.64	7.61	7.49		7.40	7.32	7.20	7.13	7.11	7.41	7.30		7.73	7.40	7.15
H1 lead leg	L	strides	23	17	17	17	17		17	17	17	17	17	21	197				
Rabchenyuk, Anastasiya (UKR) (198)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 IAAF World Championships (Berlin, GER)																			
<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																			
date	20-Aug-09	time	6.51	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					
Child, Eilidh (GBR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)																			
<i>Henson (2021) - Athlete First: major championships report</i>																			
date	26-Aug-15	time	6.40	10.52	14.80	19.08	23.44		32.96	38.04	43.24	48.60		54.78	3 / 6				
reaction time	0.161	interval		4.12	4.28	4.28	4.36		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					
Hailey, Nnenna (USA) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	28-Aug-21	time	6.12	10.20	14.52	19.02	23.55		28.18		37.70	42.85	48.22		54.78	1 / 4			
reaction time	0.187	interval		4.08	4.32	4.50	4.53		4.63		9.52	5.15	5.37	6.56			12.90		
		velocity	7.35	8.58	8.10	7.78	7.73		7.56		7.35	6.80	6.52	6.10	7.30		8.14		
H1 lead leg	L	strides	23	16	16	17		17	17	18	18	19	24	185					
Blackett, Andrea (BAR) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 IAAF World Championships (Paris, FRA)																			
<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>																			
date	28-Aug-03	time	6.2	10.2	14.5	19.0	23.6		28.2	33.0	38.3	43.5	48.8		54.79	7 / 6			
reaction time	0.149	interval		4.0	4.3	4.5	4.6		4.6	4.8	5.3	5.2	5.3	5.99			12.80	14.00	15.80

H1 lead leg	L	velocity	7.12	8.41	8.33	8.18	7.88		7.42	7.17	7.00	6.89	6.48	6.32	7.30		8.31	7.48	6.78
		strides	23	15	15	15	16				17		18	20.7	139.7				
Petersen, Sara Slott (DEN) (1987)																			
FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)															Henson (2020) - Athlete First: 2016 year end hurdle report				
date	15-Jul-16	time	6.37	10.63		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			8.08	
H1 lead leg	R	strides	22	15		15	15		15		17	18	20.2	122.2					
Watson, Sage (CAN) (1994)																			
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)															Henson (2020) - Athlete First: 2018 year end hurdle report				
date	26-May-18	time	6.56	10.72	14.96	19.36	23.92				33.52	38.52	43.68	49.00		54.81		7 / 4	
reaction time	0.199	interval		4.16	4.24	4.40	4.56				9.60	5.00	5.16	5.32		5.81		12.80	14.16
		velocity	6.86	8.41	8.25	7.95	7.68				7.29	7.00	6.78	6.58		6.88		8.20	7.42
H1 lead leg	R	strides	22	15	15	15	15				16	16	17	19.2	150.2				
Tate, Cassandra (USA) (1990)																			
FINAL - 2022 Music City Track Carnival (Nashville, TN) (TV Analysis) (H5 5m long)															Henson (2022) - Athlete First: 2022 year end hurdle report				
date	05-Jun-22	time	6.38	10.58	14.83	19.29	24.60		28.66	33.39	38.22	43.26	48.56		54.81		7 / 4		
reaction time		interval		4.20	4.25	4.46	5.31		4.06	4.73	4.83	5.04	5.30		6.25			12.91	14.10
		velocity	7.05	8.33	8.24	7.85	7.53		8.62	7.40	7.25	6.94	6.60		6.40			8.13	7.45
H1 lead leg	L	strides	21	14	14	14	17		13	15	15	15	15		138				6.92
Ryzhykova, Anna (UKR) (1989)																			
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)															Henson (2022) - Athlete First: 2022 year end hurdle report				
date	16-Jun-22	time	6.46	10.58	14.78	19.10	23.62		28.50	33.36	38.30	43.44	48.86		54.81		7 / 2		
reaction time	0.175	interval		4.12	4.20	4.32	4.52		4.88	4.86	4.94	5.14	5.42		5.95			12.64	14.26
		velocity	6.97	8.50	8.33	8.10	7.74		7.17	7.20	7.09	6.81	6.46		6.72			8.31	7.36
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16		19.2				6.77
luel, Amalie (NOR) (1994)																			
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															Henson (2022) - Athlete First: 2022 year end hurdle report				
date	20-Jul-22	time	6.33	10.40	14.67	18.93	23.43	25.37	28.10		38.00	43.23	48.60		54.81		4 / 6		
reaction time	0.123	interval		4.07	4.27	4.26	4.50		4.67		9.90	5.23	5.37		6.21			12.60	
		velocity	7.11	8.60	8.20	8.22	7.78	7.88	7.49		7.07	6.69	6.52		6.44			8.33	
H1 lead leg	L	strides	23	15	15	15	15		15		15	16	16		19				164
van der Walt, Zenéy (RSA) (2000)																			
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															Henson (2022) - Athlete First: 2022 year end hurdle report				
date	20-Jul-22	time	6.33	10.60	14.97	19.30	23.76	25.80	28.47	33.40	38.37	43.47	48.73		54.81		3 / 4		
reaction time	0.162	interval		4.27	4.37	4.33	4.46		4.71	4.93	4.97	5.10	5.26		6.08			12.97	14.10
		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			8.10	7.45
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16		19.7				180.7
Jesień, Anna (POL) (1978)																			
Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)															Graubner (2009) - biomechanical analyses at the 12th IAAF world championships				
date	18-Aug-09	time	6.57	10.79	15.06	19.45	23.97		28.54	33.39	38.29	43.41	48.65		54.82		4 / 4		
reaction time	0.183	interval		4.22	4.27	4.39	4.52		4.57	4.85	4.90	5.12	5.24		6.17			12.88	13.94
		velocity	6.85	8.29	8.20	7.97	7.74		7.66	7.22	7.14	6.84	6.68		6.48			8.15	7.53
H1 lead leg		strides																	6.88
Ryzhykova, Anna (UKR) (1989)																			
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)															Henson (2020) - Athlete First: 2019 year end hurdle report				
date	03-May-19	time	6.58	10.70	14.91	19.35	23.99	25.9	28.73	33.60	38.60	43.64	48.84		54.82		4 / 3		
reaction time	0.149	interval		4.12	4.21	4.44	4.64		4.74	4.87	5.00	5.04	5.20		5.98			12.77	14.25
		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			8.22	7.37
H1 lead leg	R	strides	22	14	14	14	15		15	15	15	15	16		19.2				174.2
Hejnová, Zuzana (CZE) (1986)																			
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															Henson (2020) - Athlete First: 2019 year end hurdle report				
date	06-Jun-19	time	6.66	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
		velocity	6.76	8.14	7.99	7.85	7.61		7.54	7.45	7.23	6.94	6.78		6.62			7.99	7.53
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16		20				180
Clayton, Rushell (JAM) (1992)																			
FINAL - 2019 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)															Henson (2020) - Athlete First: 2019 year end hurdle report				
date	12-Jul-19	time	6.48	10.56	14.80	19.20		25.6		33.24	38.32	43.56	48.84		54.82		1 / 5		
reaction time	0.183	interval		4.08	4.24	4.40				14.04	5.08	5.24	5.28		5.98			12.72	14.04
		velocity	6.94	8.58	8.25	7.95		7.81		7.48	6.89	6.68	6.63		6.69			8.25	7.48
H1 lead leg	L	strides	22	15	15	15				16	17	17	17		19.5				136.5
Watson, Sage (CAN) (1994)																			
FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)															Henson (2020) - Athlete First: 2019 year end hurdle report				
date	04-Oct-19	time	6.27	10.48	14.75	19.12	23.66		28.26	33.06	38.07	43.24	48.61		54.82		7 / 8		
reaction time	0.186	interval		4.21	4.27	4.37	4.54		4.60	4.80	5.01	5.17	5.37		6.21			12.85	13.94

H1 lead leg	R	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
		strides	22	15	15	15	15		15	15	16	17	20	165					
Sartori, Rebecca (ITA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	21-Aug-23	time	6.26	10.36	14.80	19.15	23.50		28.26	33.20	38.23	43.40	48.77		54.82	4 / 5			
reaction time	0.203	interval		4.10	4.44	4.35	4.35		4.76	4.94	5.03	5.17	5.37	6.05	PB		12.89	14.05	15.57
		velocity	7.19	8.54	7.88	8.05	8.05		7.35	7.09	6.96	6.77	6.52	6.61	7.30		8.15	7.47	6.74
H1 lead leg	L	strides	22	15	15	15	15		16	16	16	16	17	19.7	182.7				
luel, Amalie (NOR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	04-Aug-24	time	6.44	10.54	14.68	18.92	23.39		28.06	32.90	37.92	43.17	48.48		54.82	5 / 3			
reaction time	0.165	interval		4.10	4.14	4.24	4.47		4.67	4.84	5.02	5.25	5.31	6.34			12.48	13.98	15.58
		velocity	6.99	8.54	8.45	8.25	7.83		7.49	7.23	6.97	6.67	6.59	6.31	7.30		8.41	7.51	6.74
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	19.5	179.5				
Folorunso, Ayomide (ITA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	09-Jun-22	time	6.60	10.87	15.13	19.53	23.93	25.88	28.60	33.33	38.33	43.47	48.70		54.84	3 / 6			
reaction time	0.192	interval		4.27	4.26	4.40	4.40		4.67	4.73	5.00	5.14	5.23	6.14			12.93	13.80	15.37
		velocity	6.82	8.20	8.22	7.95	7.95	7.73	7.49	7.40	7.00	6.81	6.69	6.51	7.29		8.12	7.61	6.83
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	20.5	170.5				
Knight, Jessie (GBR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	16-Jun-22	time	6.44	10.66	14.94	19.28	23.82		28.58	33.46	38.58	43.72	48.98		54.84	4 / 3			
reaction time	0.160	interval		4.22	4.28	4.34	4.54		4.76	4.88	5.12	5.14	5.26	5.86			12.84	14.18	15.52
		velocity	6.99	8.29	8.18	8.06	7.71		7.35	7.17	6.84	6.81	6.65	6.83	7.29		8.18	7.40	6.77
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.2	179.2				
Garrett, Akala (USA) (2005)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)																<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>			
date	08-Jun-24	time	6.50	10.63	14.89	19.23	23.73		28.40	33.24	38.24	43.21	48.59		54.84	8 / 4			
reaction time		interval		4.13	4.26	4.34	4.50		4.67	4.84	5.00	4.97	5.38	6.25			12.73	14.01	15.35
		velocity	6.92	8.47	8.22	8.06	7.78		7.49	7.23	7.00	7.04	6.51	6.40	7.29		8.25	7.49	6.84
H1 lead leg	R	strides		15	15	15	15		15	16	16	16	17	140					
Peeters, Cathelijn (NED) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	04-Aug-24	time	6.56	10.75	15.00	19.41	23.89		28.55	33.56	38.58	43.75	49.01		54.84	8 / 4			
reaction time	0.212	interval		4.19	4.25	4.41	4.48		4.66	5.01	5.02	5.17	5.26	5.83			12.85	14.15	15.45
		velocity	6.86	8.35	8.24	7.94	7.81		7.51	6.99	6.97	6.77	6.65	6.86	7.29		8.17	7.42	6.80
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	18	20	184				
Grebo, Shana (FRA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	06-Aug-24	time	6.26	10.32	14.59	18.89	23.28		27.92	32.85	37.93	43.18	48.64		54.84	3 / 4			
reaction time	0.195	interval		4.06	4.27	4.30	4.39		4.64	4.93	5.08	5.25	5.46	6.20			12.63	13.96	15.79
		velocity	7.19	8.62	8.20	8.14	7.97		7.54	7.10	6.89	6.67	6.41	6.45	7.29		8.31	7.52	6.65
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	18	18	20.5	193.5				
Petersen, Sara Slott (DEN) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	27-May-17	time	6.53	10.76	15.06	19.46	23.93		28.56	33.53	38.56	43.66	48.90		54.85	4 / 6			
reaction time	0.409	interval		4.23	4.30	4.40	4.47		4.63	4.97	5.03	5.10	5.24	5.95			12.93	14.07	15.37
		velocity	6.89	8.27	8.14	7.95	7.83		7.56	7.04	6.96	6.86	6.68	6.72	7.29		8.12	7.46	6.83
H1 lead leg	R	strides	22	15	15	15	15		15	16	16	17	17	20.2	183.2				
Szekeres, Judit (HUN) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)																<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>			
date	23-Aug-99	time	6.25	10.57	15.01	19.56	24.23		28.87	33.70	38.64	43.75	48.87		54.86	7 / 5			
reaction time	0.182	interval		4.32	4.44	4.55	4.67		4.64	4.83	4.94	5.11	5.12	5.99			13.31	14.14	15.17
		velocity	7.20	8.10	7.88	7.69	7.49		7.54	7.25	7.09	6.85	6.84	6.68	7.29		7.89	7.43	6.92
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17	20.5	190.5				
Glover, Sandra (USA) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Seiko Super Grand Prix (Yokohama, JPN)																<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>			
date	23-Sep-04	time	6.61	10.91	15.26	19.73	24.22		28.82	33.47	38.34	43.48	48.74		54.86	1 / 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	147					
Antyukh, Natalya (RUS) (1981)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2009 IAAF World Championships (Berlin, GER)																<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>			
date	18-Aug-09	time	6.80	11.05	15.35	19.74	24.20		27.78	33.53	38.42	43.34	48.91		54.86	5 / 2			
reaction time	0.176	interval		4.25	4.30	4.39	4.46		3.58	5.75	4.89	4.92	5.57	5.95			12.94	13.79	15.38

H1 lead leg	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
	strides																	
Child, Eilidh (GBR) (1987)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)																		
date	15-Aug-13	time	6.31	10.38	14.65	19.08	23.58		28.19	33.08	38.08	43.23	48.61					
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	18	21.2	161.2				
Muhammad, Dalilah (USA) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)																		
date	21-Jul-18	time	6.12	10.32	14.68	19.20	23.84		28.56	33.32	38.32	43.44	48.56					
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	16	16	16	19.7	180.7				
Sprunger, Léa (SUI) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																		
date	18-Aug-18	time	6.44	10.77	15.25	19.78	24.35		29.13	34.06	39.00	44.04	49.18					
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		15	15	15	15	15	18.2	170.2				
Ryzhykova, Anna (UKR) (1989)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)																		
date	19-Aug-22	time	6.50	10.60		19.20	23.70	25.61	28.43	33.27	38.23	43.30	48.67					
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				
Pickett, Chastity (USA) (2001)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)																		
date	10-Jun-23	time	6.50	10.74	15.01	19.52	24.09		28.76	33.56	38.50	43.54	48.75					
reaction time		interval		4.24	4.27	4.51	4.57		4.67	4.80	4.94	5.04	5.21	6.11		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		15	15	15	15	15	18.2	171.2				
Williams, Trevaia (USA) (1968)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1996 USA Olympic Trials (Atlanta, GA)																		
date	16-Jun-96	time	6.47	10.51	14.85	19.28	23.78	25.21	28.48	33.31	38.28	43.37	48.55					
reaction time		interval		4.04	4.34	4.43	4.50		4.70	4.83	4.97	5.09	5.18	6.32		12.81	14.03	15.24
		velocity	6.96	8.66	8.06	7.90	7.78	7.93	7.45	7.25	7.04	6.88	6.76	6.33	7.29	8.20	7.48	6.89
H1 lead leg	L	strides	23	15	15	15		15	16	16	16	16	19.5	181.5				
Adekoya, Kemi (BRN) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)																		
date	06-May-16	time	6.52	10.84	15.16	19.56	24.12		28.76	33.56	38.64	43.88	49.16					
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	17	17	17	19.5	184.5				
Muhammad, Dalilah (USA) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																		
date	01-Oct-19	time	6.24	10.28	14.60	18.96	23.56		28.40	33.24	38.20	43.44	48.68					
reaction time	0.194	interval		4.04	4.32	4.36	4.60		4.84	4.84	4.96	5.24	5.24	6.19		12.72	14.28	15.44
		velocity	7.21	8.66	8.10	8.03	7.61		7.23	7.23	7.06	6.68	6.68	6.46	7.29	8.25	7.35	6.80
H1 lead leg	R	strides	23	15	15	15		15	15	15	16	16	19.2	179.2				
Pernía, Daimí (CUB) (1976)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 1999 IAAF World Championships (Sevilla, ESP)																		
date	21-Aug-99	time	6.21	10.49	14.79	19.19	23.83		28.56	33.61	38.71	43.75	48.85					
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				
Jesień, Anna (POL) (1978)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2007 European Cup (Munich, GER)																		
date	23-Jun-07	time	6.55	10.86	15.18	19.70	24.17		28.75	33.59	38.52	43.59	48.90					
reaction time	0.207	interval		4.31	4.32	4.52	4.47		4.58	4.84	4.93	5.07	5.31	5.98		13.15	13.89	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																
Nel, Wenda (RSA) (1988)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Meeting International Mohammed VI D'athlétisme (Rabat, MAR) (TV Analysis)																		
date	22-May-16	time	6.32	10.64	14.88	19.24	23.76		28.28	33.00	37.88	43.08	48.48					
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

H1 lead leg	L	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
		strides	23	16	16	16	16		16	17	17	18	18	21.5	194.5				
Jichová, Nikolaeta (CZE) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 European Athletics Championships (Roma, ITA)			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	09-Jun-24	time	6.30	10.46	14.84	19.31	23.90		28.58	33.51	38.55	43.81	49.04		54.88	4 / 1			
reaction time	0.197	interval		4.16	4.38	4.47	4.59		4.68	4.93	5.04	5.26	5.23	5.84		=PB	13.01	14.20	15.53
		velocity	7.14	8.41	7.99	7.83	7.63		7.48	7.10	6.94	6.65	6.69	6.85		7.29	8.07	7.39	6.76
H1 lead leg		strides													0				
luel, Amalie (NOR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	06-Aug-24	time	6.39	10.49	14.69	18.98	23.41		28.04	32.92	37.99	43.24	48.64		54.88	4 / 5			
reaction time	0.149	interval		4.10	4.20	4.29	4.43		4.63	4.88	5.07	5.25	5.40	6.24			12.59	13.94	15.72
		velocity	7.04	8.54	8.33	8.16	7.90		7.56	7.17	6.90	6.67	6.48	6.41	7.29		8.34	7.53	6.68
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	19	179				
Zelentsova, Tatyana (URS) (1948)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1978 European Championships (Prague, TCH)			<i>Breiser (1990) - tendencies in the development of women for 400m races with hurdles</i>																
date	02-Sep-78	time	6.8	11.3	15.7	20.3	24.9	26.9	29.4	34.1	38.9	43.8	48.9		54.89	4 / 1			
reaction time		interval		4.50	4.40	4.60	4.60		4.50	4.70	4.80	4.90	5.10	5.99		WR	13.50	13.80	14.80
		velocity	6.62	7.78	7.95	7.61	7.61	7.43	7.78	7.45	7.29	7.14	6.86	6.68	7.29		7.78	7.61	7.09
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	17	21	198				
Wilson, Nickiesha (JAM) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2009 IAAF World Championships (Berlin, GER)			<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	18-Aug-09	time	6.37	10.40	14.54	18.92	23.53		28.25	33.07	38.04	43.28	48.78		54.89	3 / 3			
reaction time	0.247	interval		4.03	4.14	4.38	4.61		4.72	4.82	4.97	5.24	5.50	6.11			12.55	14.15	15.71
		velocity	7.06	8.68	8.45	7.99	7.59		7.42	7.26	7.04	6.68	6.36	6.55	7.29		8.37	7.42	6.68
H1 lead leg		strides																	
Doyle, Eilidh (GBR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)			<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>																
date	20-Aug-17	time	6.36	10.56	14.80	19.04	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	15		16	17	17	18	18	22	191				
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	26-Aug-21	time	6.24	10.24	14.44	18.72	23.28		28.08	32.84	37.84	42.96	48.36		54.89	6 / 6			
reaction time	0.136	interval		4.00	4.20	4.28	4.56		4.80	4.76	5.00	5.12	5.40	6.53			12.48	14.12	15.52
		velocity	7.21	8.75	8.33	8.18	7.68		7.29	7.35	7.00	6.84	6.48	6.13	7.29		8.41	7.44	6.77
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	16	17	20	185				
Knight, Jessie (GBR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	30-Jun-22	time	6.44	10.68	14.98	19.36	23.88	25.76	28.58	33.56	38.62	43.80	49.04		54.89	5 / 7			
reaction time	0.157	interval		4.24	4.30	4.38	4.52		4.70	4.98	5.06	5.18	5.24	5.85			12.92	14.20	15.48
		velocity	6.99	8.25	8.14	7.99	7.74	7.76	7.45	7.03	6.92	6.76	6.68	6.84	7.29		8.13	7.39	6.78
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178				
luel, Amalie (NOR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	10-Jun-24	time	6.45	10.54	14.75	19.05	23.46		28.16	32.99	38.00	43.28	48.60		54.89	4 / 3			
reaction time	0.167	interval		4.09	4.21	4.30	4.41		4.70	4.83	5.01	5.28	5.32	6.29			12.60	13.94	15.61
		velocity	6.98	8.56	8.31	8.14	7.94		7.45	7.25	6.99	6.63	6.58	6.36	7.29		8.33	7.53	6.73
H1 lead leg	L	strides	23	15	15				15	15	15	16	16	19.2	149.2				
Pfaff, Petra (GDR) (1960)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1982 European Championships (Athens, GRE)			<i>(1982) - XIII championnats d'Europe d'Atletisma, Athens 1982</i>																
date	10-Sep-82	time	6.8	10.9	15.3	19.5	24.0		28.7	33.6	38.6	43.9	49.2		54.90	1 / 2			
reaction time		interval		4.1	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	15	16	16	160					
Couckuyt, Paulien (BEL) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	04-Aug-24	time	6.45	10.57	14.83	19.16	23.68		28.48	33.50	38.56	43.68	48.84		54.90	2 / 4			
reaction time	0.228	interval		4.12	4.26	4.33	4.52		4.80	5.02	5.06	5.12	5.16	6.06			12.71	14.34	15.34
		velocity	6.98	8.50	8.22	8.08	7.74		7.29	6.97	6.92	6.84	6.78	6.60	7.29		8.26	7.32	6.84
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	20	186				
Knight, Jessie (GBR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	06-Aug-24	time	6.35	10.52	14.77	19.08	23.55		28.22	33.11	38.29	43.57	48.89		54.90	3 / 6			
reaction time	0.156	interval		4.17	4.25	4.31	4.47		4.67	4.89	5.18	5.28	5.32	6.01			12.73	14.03	15.78

H1 lead leg	R	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
		strides	22	15	15	15	15		15	15	16				128				
Knight, Andrenette (JAM) (1996)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)													<i>Omega Timing (2024) - diamond league race analysis</i>						
date	30-Aug-24	time	6.16	10.19	14.31	18.59	23.12		27.75	32.54	37.54	42.72	48.16		54.90	7 / 5			
reaction time	0.176	interval		4.03	4.12	4.28	4.53		4.63	4.79	5.00	5.18	5.44	6.74		12.43	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					
Russell, Janieve (JAM) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	18-Aug-18	time	6.60	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				
Nielsen, Lina (GBR) (1996)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	16-Jun-22	time	6.36	10.44	14.58	18.86	23.34		28.14	33.02	38.08	43.36	48.68		54.91	8 / 4			
reaction time	0.147	interval		4.08	4.14	4.28	4.48		4.80	4.88	5.06	5.28	5.32	6.23		12.50	14.16	15.66	
		velocity	7.08	8.58	8.45	8.18	7.81		7.29	7.17	6.92	6.63	6.58	6.42	7.28	8.40	7.42	6.70	
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	16	19.2	180.2				
Salmon, Shiann (JAM) (1999)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	19-Jul-22	time	6.30	14.83	19.33	24.03	26.00		33.76	38.67	43.70	48.80		54.91	2 / 2				
reaction time	0.176	interval		8.53	4.50	4.70		9.73	4.91	5.03	5.10	6.11		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					
Russell, Janieve (JAM) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2023 Bislett Games (Oslo, NOR)													<i>Omega Timing (2023) - diamond league race analysis</i>						
date	15-Jun-23	time	6.39	10.53	14.73	19.08	23.55		28.27	33.05	38.08	43.27	48.56		54.91	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	17	20	185				
Jichová, Nikoleta (CZE) (2000)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2024 European Athletics Championships (Roma, ITA)													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>						
date	11-Jun-24	time	6.50	10.68	15.03	19.49	24.00		28.68	33.51	38.59	43.83	49.04		54.91	4 / 4			
reaction time	0.254	interval		4.18	4.35	4.46	4.51		4.68	4.83	5.08	5.24	5.21	5.87		12.99	14.02	15.53	
		velocity	6.92	8.37	8.05	7.85	7.76		7.48	7.25	6.89	6.68	6.72	6.81	7.28	8.08	7.49	6.76	
H1 lead leg	R	strides	22	15	15			15				16	20.5	103.5					
Grebo, Shana (FRA) (2000)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Repechage 3 - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>						
date	05-Aug-24	time	6.27	10.37	14.44	18.76	23.26		28.02	32.98	38.12	43.48	48.84		54.91	7 / 1			
reaction time	0.196	interval		4.10	4.07	4.32	4.50		4.76	4.96	5.14	5.36	5.36	6.07		12.49	14.22	15.86	
		velocity	7.18	8.54	8.60	8.10	7.78		7.35	7.06	6.81	6.53	6.53	6.59	7.28	8.41	7.38	6.62	
H1 lead leg	L	strides	23	15	16	16	16		16	17	18	18	18	21	194				
Rabchenyuk, Anastasiya (UKR) (198)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)													<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>						
date	14-Sep-08	time	6.62	10.87	15.26	19.74	24.41		29.27	34.15	39.09	44.12	49.33		54.92	7 / 2			
reaction time	0.219	interval		4.25	4.39	4.48	4.67		4.86	4.88	4.94	5.03	5.21	5.59		13.12	14.41	15.18	
		velocity	6.80	8.24	7.97	7.81	7.49		7.20	7.17	7.09	6.96	6.72	7.16	7.28	8.00	7.29	6.92	
H1 lead leg		strides																	
Doyle, Eilidh (GBR) (1987)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>						
date	16-Jul-17	time	6.48	10.68	15.00	19.40	23.92		28.64	33.48	38.52	43.64	48.80		54.92	8 / 3			
reaction time	0.157	interval		4.20	4.32	4.40	4.52		4.72	4.84	5.04	5.12	5.16	6.12		12.92	14.08	15.32	
		velocity	6.94	8.33	8.10	7.95	7.74		7.42	7.23	6.94	6.84	6.78	6.54	7.28	8.13	7.46	6.85	
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21.2	187.2				
Watson, Sage (CAN) (1994)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>						
date	10-Aug-17	time	6.20	10.32	14.48	18.76	23.16		27.72	32.40	37.52	42.80	48.44		54.92	8 / 6			
reaction time	0.172	interval		4.12	4.16	4.28	4.40		4.56	4.68	5.12	5.28	5.64	6.48		12.56	13.64	16.04	
		velocity	7.26	8.50	8.41	8.18	7.95		7.68	7.48	6.84	6.63	6.21	6.17	7.28	8.36	7.70	6.55	
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	17	20	181				
Spencer, Ashley (USA) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)													<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>						
date	01-Sep-17	time	6.32	10.60	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	

H1 lead leg	L	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	
		strides	22	15	15	15	15		15	15	15	15	16	18.7	176.7				
Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	13-Jun-19	time	6.32	10.42	14.62	18.88	23.38	25.3	28.06	32.90	37.86	43.10	48.50		54.92	6 / 3			
reaction time	0.273	interval		4.10	4.20	4.26	4.50		4.68	4.84	4.96	5.24	5.40	6.42			12.56	14.02	15.60
		velocity	7.12	8.54	8.33	8.22	7.78	7.91	7.48	7.23	7.06	6.68	6.48	6.23	7.28		8.36	7.49	6.73
H1 lead leg	R	strides	24	15	15	15	15		16	16	16	17	17	20	186				
Lehikoinen, Viivi (FIN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)																<i>European Athletics (2024) - 2024 european athletics championships - results book</i>			
date	10-Jun-24	time	6.41	10.52	14.81	19.16	23.68		28.44	33.22	38.17	43.39	48.70		54.92	6 / 4			
reaction time	0.178	interval		4.11	4.29	4.35	4.52		4.76	4.78	4.95	5.22	5.31	6.22			12.75	14.06	15.48
		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	15	15		16	16	17	17	17	21	187				
Folorunso, Ayomide (ITA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	06-Aug-24	time	6.30	10.42	14.74	19.07	23.43		27.98	32.73	37.71	42.99	48.42		54.92	3 / 5			
reaction time	0.166	interval		4.12	4.32	4.33	4.36		4.55	4.75	4.98	5.28	5.43	6.50			12.77	13.66	15.69
		velocity	7.14	8.50	8.10	8.08	8.03		7.69	7.37	7.03	6.63	6.45	6.15	7.28		8.22	7.69	6.69
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17	17	20.7	185.7				
Jichová, Nikoleta (CZE) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)																<i>Omega Timing (2024) - diamond league race analysis</i>			
date	25-Aug-24	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						16	98					
Nel, Wenda (RSA) (1988)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)																<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	15-Jul-16	time	6.37	10.50		19.33	23.97		28.57	33.37	38.33	43.40	48.67		54.93	2 / 4			
reaction time	0.206	interval		4.13		8.83	4.64		4.60	4.80	4.96	5.07	5.27	6.26			12.96	14.04	15.30
		velocity	7.06	8.47		7.93	7.54		7.61	7.29	7.06	6.90	6.64	6.39	7.28		8.10	7.48	6.86
H1 lead leg	L	strides	23	15		16			16	17	17	17	17	21.5	159.5				
Tkachuk, Viktoriya (UKR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>			
date	17-Sep-20	time	6.52	10.76	15.16	19.60	24.16	26.2	28.76	33.64	38.68	43.80	49.04		54.93	9 / 3			
reaction time	0.270	interval		4.24	4.40	4.44	4.56		4.60	4.88	5.04	5.12	5.24	5.89	PB		13.08	14.04	15.40
		velocity	6.90	8.25	7.95	7.88	7.68	7.63	7.61	7.17	6.94	6.84	6.68	6.79	7.28		8.03	7.48	6.82
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16	19.7	180.7				
Tkachuk, Viktoriya (UKR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	28-Aug-21	time	6.32	10.53	14.95		23.95		28.53		38.08	43.20	48.65		54.93	3 / 5			
reaction time	0.228	interval		4.21	4.42		9.00		4.58		9.55	5.12	5.45	6.28					
		velocity	7.12	8.31	7.92		7.78		7.64		7.33	6.84	6.42	6.37	7.28				
H1 lead leg	L	strides	22	15	15	15			15	15	16	16	17	20	166				
Rzyhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	22-Jul-22	time	6.60	10.77	14.97	19.40	23.96	25.85	28.67	33.50	38.43	43.50		54.93	8 / 8				
reaction time	0.167	interval		4.17	4.20	4.43	4.56		4.71	4.83	4.93	5.07					12.80	14.10	
		velocity	6.82	8.39	8.33	7.90	7.68	7.74	7.43	7.25	7.10	6.90		7.28			8.20	7.45	
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15		137					
Rzyhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	19-Jul-22	time	6.63	10.83	15.13	19.40	23.90	25.73	28.63		38.56	43.60	48.93		54.93	2 / 2			
reaction time	0.139	interval		4.20	4.30	4.27	4.50		4.73		9.93	5.04	5.33	6.00			12.77		
		velocity	6.79	8.33	8.14	8.20	7.78	7.77	7.40		7.05	6.94	6.57	6.67	7.28		8.22		
H1 lead leg	R	strides	22	14	14	14	14		15			15	15	19.2	142.2				
Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	27-Jun-24	time	6.31	10.44	14.77	19.36	23.95	25.99	28.58	33.40	38.49	43.69	48.76		54.93	5 / 1			
reaction time		interval		4.13	4.33	4.59	4.59		4.63	4.82	5.09	5.20	5.07	6.17			13.05	14.04	15.36
		velocity	7.13	8.47	8.08	7.63	7.63	7.70	7.56	7.26	6.88	6.73	6.90	6.48	7.28		8.05	7.48	6.84
H1 lead leg		strides																	
Diallo, Fatoumata Bintia (POR) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	06-Aug-24	time	6.34	10.62	15.10	19.58	24.14		28.74	33.44	38.31	43.37	48.56		54.93	8 / 6			
reaction time	0.168	interval		4.28	4.48	4.48	4.56		4.60	4.70	4.87	5.06	5.19	6.37			13.24	13.86	15.12

H1 lead leg	R	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
		strides	24	16	16	16	16		16	17	17	17	18	21.2	194.2				
Knight, Andrenette (JAM) (1996)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2024 Athletissima (Lausanne, SUI)													<i>Omega Timing (2024) - diamond league race analysis</i>						
date	22-Aug-24	time	6.29	10.35	14.50	18.79	23.32		28.01	32.84	37.90	43.11	48.50		54.93	7 / 4			
reaction time	0.182	interval		4.06	4.15	4.29	4.53		4.69	4.83	5.06	5.21	5.39	6.43			12.50	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				
Regá, Chantal (FRA) (1955)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 1982 European Championships (Athens, GRE)													<i>(1982) - XIII championnats d'Europe d'Atletisme, Athens 1982</i>						
date	10-Sep-82	time	6.47	10.56	14.72	18.97	23.36		27.96	32.97	38.07	43.37	48.80		54.94	/ 3			
reaction time		interval		4.09	4.16	4.25	4.39		4.60	5.01	5.10	5.30	5.43	6.14	PB		12.50	14.00	15.83
		velocity	6.96	8.56	8.41	8.24	7.97		7.61	6.99	6.86	6.60	6.45	6.51	7.28		8.40	7.50	6.63
H1 lead leg		strides	23	15	15	15	15		15	16	16	17	17	20.7	184.7				
Danvers-Smith, Tasha (GBR) (1977)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2007 IAAF World Championships (Osaka, JPN)													<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>						
date	30-Aug-07	time	6.35	10.37	14.62	18.91	23.31		27.85	32.55	37.62	42.81	48.33		54.94	2 / 8			
reaction time	0.155	interval		4.02	4.25	4.29	4.40		4.54	4.70	5.07	5.19	5.52	6.61			12.56	13.64	15.78
		velocity	7.09	8.71	8.24	8.16	7.95		7.71	7.45	6.90	6.74	6.34	6.05	7.28		8.36	7.70	6.65
H1 lead leg	R	strides	22	15	15	15	15		15	15	17	17	17	21	184				
Nel, Wenda (RSA) (1988)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)													<i>Henson (2021) - Athlete First: major championships report</i>						
date	26-Aug-15	time	6.28	10.48	14.68	19.00	23.52		28.28	33.12	38.08	43.20		54.94	8 / 7				
reaction time	0.211	interval		4.20	4.20	4.32	4.52		4.76	4.84	4.96	5.12				12.72	14.12		
		velocity	7.17	8.33	8.33	8.10	7.74		7.35	7.23	7.06	6.84		7.28		8.25	7.44		
H1 lead leg	L	strides		16	15	15	16		16	17	17	17		129					
Woodruff, Gianna (PAN) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 2 - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>						
date	04-Aug-24	time	6.53	10.62	14.86	19.23	23.83		28.54	33.44	38.39	43.59	48.90		54.94	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				
van den Broeck, Naomi (BEL) (1996)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>						
date	06-Aug-24	time	6.49	10.73	15.17	19.71	24.30		29.04	34.01	39.03	44.15	49.21		54.94	2 / 6			
reaction time	0.113	interval		4.24	4.44	4.54	4.59		4.74	4.97	5.02	5.12	5.06	5.73			13.22	14.30	15.20
		velocity	6.93	8.25	7.88	7.71	7.63		7.38	7.04	6.97	6.84	6.92	6.98	7.28		7.94	7.34	6.91
H1 lead leg	L	strides	25			17	17					19	19	22	119				
Tirlea, Ionela (ROU) (1976)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2002 European Championships (Munich, GER)													<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>						
date	08-Aug-02	time	6.46	10.64	14.86	19.19	23.66		28.37	33.27	38.40	43.68	49.01		54.95	/ 1			
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						
Stepter, Jaide (USA) (1994)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>						
date	10-Jul-16	time	6.64	10.88	15.21	19.55	23.99		28.66	33.43	38.40	43.54	48.81		54.95	2 / 7			
reaction time	0.340	interval		4.24	4.33	4.34	4.44		4.67	4.77	4.97	5.14	5.27	6.14	PB		12.91	13.88	15.38
		velocity	6.78	8.25	8.08	8.06	7.88		7.49	7.34	7.04	6.81	6.64	6.51	7.28		8.13	7.56	6.83
H1 lead leg	L	strides	22	15	15	15	15		16	16	17	17	17	19.7	184.7				
Lehikoinen, Viivi (FIN) (1999)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	19-Jul-22	time	6.33	10.50	14.72	19.07	23.56	25.58	28.30		38.30	43.46	48.73		54.95	3 / 3			
reaction time	0.165	interval		4.17	4.22	4.35	4.49		4.74		10.00	5.16	5.27	6.22			12.74		
		velocity	7.11	8.39	8.29	8.05	7.80	7.82	7.38		7.00	6.78	6.64	6.43	7.28		8.24		
H1 lead leg	R	strides	23	15	15	15	16		16			17	17	20.2	154.2				
Peeters, Cathelijn (NED) (1996)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>						
date	21-Aug-23	time	6.60	10.53	14.66	18.80	23.23		27.83		38.00	43.40	48.83		54.95	2 / 4			
reaction time	0.247	interval		3.93	4.13	4.14	4.43		4.60		10.17	5.40	5.43	6.12			12.20		
		velocity	6.82	8.91	8.47	8.45	7.90		7.61		6.88	6.48	6.45	6.54	7.28		8.61		
H1 lead leg	R	strides	22	15	15	15	15		155		16	17	17	19.7	291.7				
Claes, Hanne (BEL) (1991)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2023 Memorial van Damme (Brussels, BEL)													<i>Omega Timing (2023) - diamond league race analysis</i>						
date	08-Sep-23	time	6.37	10.45	14.70	19.07	23.57		28.22	33.11	38.19	43.37	48.70		54.95	4 / 7			
reaction time	0.205	interval		4.08	4.25	4.37	4.50		4.65	4.89	5.08	5.18	5.33	6.25			12.70	14.04	15.59

H1 lead leg	R	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
		strides	23	15	15	15	15		15	16	16	17	17	21	185				
Woodruff, Gianna (PAN) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2023 Prefontaine Classic (Eugene, OR)													<i>Omega Timing (2023) - diamond league race analysis</i>						
date	17-Sep-23	time	6.39	10.53	14.84	19.27	23.82		28.51	33.42	38.45	43.52	48.79		54.95	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) (1989)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>						
date	10-Jun-24	time	6.56	10.75	15.12	19.49	24.05		28.80	33.64	38.52	43.57	48.90		54.95	8 / 5			
reaction time	0.253	interval		4.19	4.37	4.37	4.56		4.75	4.84	4.88	5.05	5.33	6.05			12.93	14.15	15.26
		velocity	6.86	8.35	8.01	8.01	7.68		7.37	7.23	7.17	6.93	6.57	6.61	7.28		8.12	7.42	6.88
H1 lead leg	R	strides	21	14	14	14			15	15		16	19.5	128.5					
Ryzhykova, Anna (UKR) (1989)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Repechage 3 - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>						
date	05-Aug-24	time	6.49	10.76	15.03	19.45	24.03		28.77	33.58	38.56	43.67	48.88		54.95	8 / 2			
reaction time	0.174	interval		4.27	4.27	4.42	4.58		4.74	4.81	4.98	5.11	5.21	6.07			12.96	14.13	15.30
		velocity	6.93	8.20	8.20	7.92	7.64		7.38	7.28	7.03	6.85	6.72	6.59	7.28		8.10	7.43	6.86
H1 lead leg	R	strides	21	14	14	14			14	15	15	15	19.5	170.5					
Bikert, Yekaterina (RUS) (1980)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2008 Olympic Games (Beijing, CHN)													<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>						
date	20-Aug-08	time	6.4	10.7	15.0	19.3	23.8		28.4	33.2	38.2	43.5	48.9		54.96	2 / 6			
reaction time	0.193	interval		4.3	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					
Stepter, Jaide (USA) (1994)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>						
date	22-Jul-16	time	6.26	10.43	14.63	18.93	23.43		28.16	33.03	38.03	43.30	48.70		54.96	3 / 5			
reaction time	0.146	interval		4.17	4.20	4.30	4.50		4.73	4.87	5.00	5.27	5.40	6.26			12.67	14.10	15.67
		velocity	7.19	8.39	8.33	8.14	7.78		7.40	7.19	7.00	6.64	6.48	6.39	7.28		8.29	7.45	6.70
H1 lead leg	L	strides	22	15	15	15			16	16	17	17	17	19.7	184.7				
Taylor, Brenda (USA) (1979)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2004 Olympic Games (Athens, GRE)													<i>Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04</i>						
date	25-Aug-04	time	6.07	10.21	14.47	18.69	23.10		27.70	32.51	37.56	42.87	48.30		54.97	2 / 7			
reaction time	0.184	interval		4.14	4.26	4.22	4.41		4.60	4.81	5.05	5.31	5.43	6.67			12.62	13.82	15.79
		velocity	7.41	8.45	8.22	8.29	7.94		7.61	7.28	6.93	6.59	6.45	6.00	7.28		8.32	7.60	6.65
H1 lead leg	L	strides	23	15	15	15			16	16	17	17	17	21	187				
Hejnová, Zuzana (CZE) (1986)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2008 Olympic Games (Beijing, CHN)													<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>						
date	20-Aug-08	time	6.4	10.4	14.5	19.3	23.8		28.3	33.2	38.3	43.5	48.8		54.97	3 / 7			
reaction time	0.195	interval		4.0	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					
Gallego, Sara (ESP) (2000)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	19-Aug-22	time	6.33	10.53	19.37	23.93	25.82		28.60	33.37	38.37	43.46	48.77		54.97	6 / 4			
reaction time	0.143	interval		4.20	8.84	4.56		4.67	4.77	5.00	5.09	5.31	6.20				13.04	14.00	15.40
		velocity	7.11	8.33	7.92	7.68	7.75		7.49	7.34	7.00	6.88	6.59	6.45	7.28		8.05	7.50	6.82
H1 lead leg	L	strides	23	15		16			16	16	17	17	17	21.7	158.7				
Woodruff, Gianna (PAN) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	26-Aug-22	time	6.33	10.26	18.90	23.36	25.26		27.97	32.86	37.90	43.13	48.56		54.97	8 / 5			
reaction time	0.193	interval		3.93	8.64	4.46		4.61	4.89	5.04	5.23	5.43	6.41				12.57	13.96	15.70
		velocity	7.11	8.91	8.10	7.85	7.92		7.59	7.16	6.94	6.69	6.45	6.24	7.28		8.35	7.52	6.69
H1 lead leg	L	strides	23	15		15			15	15	16	16	17	19.5	151.5				
Pernía, Daimí (CUB) (1976)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2001 ISTAF (Berlin, GER)													<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>						
date	31-Aug-01	time	6.70	10.99	15.36	19.79	24.38		29.16	34.19	39.15	44.21	49.30		54.98	/ 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																	
Petersen, Sara Slott (DEN) (1987)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2016 Athletissima (Laussane, SUI) (TV Analysis)													<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>						
date	25-Aug-16	time	6.40	10.60	14.88	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

H1 lead leg	R	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
		strides	22	15	15	15	15		15	15	16	17	17	20.2	182.2				
Carter, Kori (USA) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	27-May-17	time	6.43	10.66	14.96	19.36	24.06		28.83	33.56	38.36	43.46	48.66		54.98	8 / 7			
reaction time	0.280	interval		4.23	4.30	4.40	4.70		4.77	4.73	4.80	5.10	5.20	6.32			12.93	14.20	15.10
		velocity	7.00	8.27	8.14	7.95	7.45		7.34	7.40	7.29	6.86	6.73	6.33	7.28		8.12	7.39	6.95
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	16	16	19.7	183.7				
Sprunger, Léa (SUI) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																<i>Henson (2021) - Athlete First: 2019 year end hurdle report</i>			
date	01-Oct-19	time	6.36	10.52	14.76	19.16	23.64		28.36	33.24	38.28	43.40	48.68		54.98	4 / 2			
reaction time	0.182	interval		4.16	4.24	4.40	4.48		4.72	4.88	5.04	5.12	5.28	6.30			12.80	14.08	15.44
		velocity	7.08	8.41	8.25	7.95	7.81		7.42	7.17	6.94	6.84	6.63	6.35	7.28		8.20	7.46	6.80
H1 lead leg	R	strides	21	14	14		14		15	15	15	15	15	19	157				
Sprunger, Léa (SUI) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis)																<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>			
date	15-Sep-20	time	6.48	10.80	15.16	19.56	24.08		28.80	33.60	38.68	43.72	49.00		54.98	5 / 2			
reaction time		interval		4.32	4.36	4.40	4.52		4.72	4.80	5.08	5.04	5.28	5.98			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) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Memorial van Damme (Brussels, BEL)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	08-Sep-23	time	6.38	10.49	14.76	19.12	23.59		28.20	33.03	38.04	43.23	48.63		54.98	1 / 8			
reaction time	0.217	interval		4.11	4.27	4.36	4.47		4.61	4.83	5.01	5.19	5.40	6.35			12.74	13.91	15.60
		velocity	7.05	8.52	8.20	8.03	7.83		7.59	7.25	6.99	6.74	6.48	6.30	7.28		8.24	7.55	6.73
H1 lead leg	L	strides	22	15	15				15	16	16	16	17	20.5	152.5				
Ryzhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Prefontaine Classic (Eugene, OR)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	17-Sep-23	time	6.47	10.66	14.96	19.32	23.83		28.67	33.68	38.71	43.79	48.98		54.98	1 / 8			
reaction time	0.166	interval		4.19	4.30	4.36	4.51		4.84	5.01	5.03	5.08	5.19	6.00			12.85	14.36	15.30
		velocity	6.96	8.35	8.14	8.03	7.76		7.23	6.99	6.96	6.89	6.74	6.67	7.28		8.17	7.31	6.86
H1 lead leg	R	strides	22	14		14			15	15			15	95					
Marx, Claudia (GER) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 European Championships (Göteborg, SWE)																<i>Behm (2006) - Göteborg 2006: Le quatrache</i>			
date	09-Aug-06	time	6.4	10.6	14.7	19.2	23.6		28.3	33.2	38.3	43.5	48.8		54.99	5 / 4			
reaction time		interval		4.2	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	strides	22	15	15	15	15		16	16	17	17	17	21	186				
Isakova, Yevgeniya (RUS) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)																<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>			
date	23-Sep-07	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																	
Hejnová, Zuzana (CZE) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2009 IAAF World Championships (Berlin, GER)																<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>			
date	18-Aug-09	time	6.60	10.90	15.24	19.66	24.21		28.89	33.70	38.72	43.84	49.08		54.99	4 / 4			
reaction time	0.149	interval		4.30	4.34	4.42	4.55		4.68	4.81	5.02	5.12	5.24	5.91			13.06	14.04	15.38
		velocity	6.82	8.14	8.06	7.92	7.69		7.48	7.28	6.97	6.84	6.68	6.77	7.27		8.04	7.48	6.83
H1 lead leg		strides																	
Clayton, Rushell (JAM) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	19-Jul-22	time	6.40	10.53	14.77	19.07	23.50	25.27	28.06		37.96	43.30	48.74		54.99	2 / 4			
reaction time	0.157	interval		4.13	4.24	4.30	4.43		4.56		9.90	5.34	5.44	6.25			12.67		
		velocity	7.03	8.47	8.25	8.14	7.90	7.91	7.68		7.07	6.55	6.43	6.40	7.27		8.29		
H1 lead leg	L	strides	22	15	15	15	15		15			17	17	19.5	150.5				
Sutherland, Savannah (CAN) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	22-Aug-23	time	6.57	10.77	15.08	19.42	23.86				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				
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Bauhaus Galan (Stockholm, SWE)																<i>Omega Timing (2024) - diamond league race analysis</i>			
date	02-Jun-24	time	6.46	10.47	14.57	18.76	23.09		27.75	32.71	37.90	43.25	48.61		54.99	7 / 4			
reaction time	0.159	interval		4.01	4.10	4.19	4.33		4.66	4.96	5.19	5.35	5.36	6.38			12.30	13.95	15.90

H1 lead leg	R	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
		strides	23	15	15	15	15		16	16	17	17	17	20.2	186.2				
Olivieri, Linda (ITA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)																<i>European Athletics (2024) - 2024 european athletics championships - results book</i>			
date	10-Jun-24	time	6.37	10.56	14.89	19.15	23.77		28.39	33.25	38.13	43.30	48.68		54.99	9 / 6			
reaction time	0.235	interval		4.19	4.33	4.26	4.62		4.62	4.86	4.88	5.17	5.38	6.31	PB		12.78	14.10	15.43
		velocity	7.06	8.35	8.08	8.22	7.58		7.58	7.20	7.17	6.77	6.51	6.34	7.27		8.22	7.45	6.80
H1 lead leg	R	strides	23	15	15	15	15		15	16			17	21	137				
Danvers, Tasha (GBR) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2000 Olympic Games (Sydney, AUS)																<i>Behm (2000) - Sydney 2000: Compte-rendu du 400m haies</i>			
date	27-Sep-00	time	6.2	10.4	14.7	19.2	23.7		28.2	33.1	38.0	43.1	48.7		55.00	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				
Tate, Cassandra (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 USATF National Championships (Des Moines, IA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	24-Jun-18	time	6.24	10.34	14.54	18.88	23.32		27.86	32.63	37.70	43.01	48.58		55.00	3 / 3			
reaction time		interval		4.10	4.20	4.34	4.44		4.54	4.77	5.07	5.31	5.57	6.42			12.64	13.75	15.95
		velocity	7.21	8.54	8.33	8.06	7.88		7.71	7.34	6.90	6.59	6.28	6.23	7.27		8.31	7.64	6.58
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	17	20	180				
Moline, Georganne (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Weltklasse (Zürich, SU) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	30-Aug-18	time	6.52	10.72	15.04		23.92	25.9	28.48	33.16		43.24	48.76		55.00	2 / 4			
reaction time	0.261	interval		4.20	4.32		8.88		4.56	4.68		10.08	5.52	6.24					15.60
		velocity	6.90	8.33	8.10		7.88	7.72	7.68	7.48		6.94	6.34	6.41	7.27				6.73
H1 lead leg	L	strides	23	16	15				15	15			17	20.2	121.2				
Folorunso, Ayomide (ITA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)																<i>Omega Timing (2024) - diamond league race analysis</i>			
date	30-Aug-24	time	6.29	10.45	14.73	19.03	23.41		28.03	32.82	37.83	43.07	48.54		55.00	2 / 6			
reaction time	0.168	interval		4.16	4.28	4.30	4.38		4.62	4.79	5.01	5.24	5.47	6.46			12.74	13.79	15.72
		velocity	7.15	8.41	8.18	8.14	7.99		7.58	7.31	6.99	6.68	6.40	6.19	7.27		8.24	7.61	6.68
H1 lead leg	R	strides	23	15		15			16	16	16	16	17	134					
Fesenko-Grun, Yekaterina (URS) (19)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1983 VIII USSR Spartakiade (Moscow, URS)																<i>Breizer (1985) - on the track with ekaterina fesenko, p 77</i>			
date	10-Jun-83	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	17	20.5	197.5				
Williams, Tiffany (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)																<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>			
date	23-Sep-07	time	6.57	10.82	15.10	19.44	23.92		28.52	33.44	38.34	43.51	48.84		55.01	5 / 5			
reaction time	0.273	interval		4.25	4.28	4.34	4.48		4.60	4.92	4.90	5.17	5.33	6.17			12.87	14.00	15.40
		velocity	6.85	8.24	8.18	8.06	7.81		7.61	7.11	7.14	6.77	6.57	6.48	7.27		8.16	7.50	6.82
H1 lead leg		strides																	
Ryzykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)																<i>Henson (2021) - Athlete First: major championships report</i>			
date	15-Aug-13	time	6.34	10.58	14.88	19.19	23.84		28.65		38.61	43.77	49.00		55.01	1 / 5			
reaction time	0.169	interval		4.24	4.30	4.31	4.65		4.81		9.96	5.16	5.23	6.01			12.85		
		velocity	7.10	8.25	8.14	8.12	7.53		7.28		7.03	6.78	6.69	6.66	7.27		8.17		
H1 lead leg	L	strides	21	14	14	14	14		15			15	15	19.2	141.2				
Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	22-Jul-16	time	6.33	10.50	14.66	18.90	23.36		27.93	32.73	37.56	42.53	48.16		55.01	5 / 6			
reaction time	0.263	interval		4.17	4.16	4.24	4.46		4.57	4.80	4.83	4.97	5.63	6.85			12.57	13.83	15.43
		velocity	7.11	8.39	8.41	8.25	7.85		7.66	7.29	7.25	7.04	6.22	5.84	7.27		8.35	7.59	6.80
H1 lead leg	R	strides	23	16	16	16	16		16	16	17	17	17	20.5	190.5				
Nugent, Leah (JAM) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	04-Jul-21	time	6.24	10.32	14.60		23.54	25.7	28.30		38.14	43.20	48.64		55.01	1 / 6			
reaction time	0.193	interval		4.08	4.28		8.94		4.76		9.84	5.06	5.44	6.37					
		velocity	7.21	8.58	8.18		7.83	7.78	7.35		7.11	6.92	6.43	6.28	7.27				
H1 lead leg	R	strides		14	14				15			15	16	19	93				
Jichová, Nikoleta (CZE) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	22-Aug-23	time	6.57	10.88	15.18	19.48	23.99			33.63	38.74	43.97	49.24		55.01	4 / 6			
reaction time	0.229	interval		4.31	4.30	4.30	4.51			9.64	5.11	5.23	5.27	5.77			12.91	14.15	15.61

H1 lead leg	R	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	
		strides	22	15	15	15	15			16	16	16	20.7	150.7					
Townsend, Sydni (USA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)																<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>			
date	08-Jun-24	time	6.42	10.55	14.76	19.14	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				
Garrett, Akala (USA) (2005)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 USA Olympic Trials (Eugene, OR)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	30-Jun-24	time	6.53	10.69	15.02	19.41	23.96	25.96	28.70	33.55	38.74	43.90	48.95		55.01	1 / 7			
reaction time		interval		4.16	4.33	4.39	4.55		4.74	4.85	5.19	5.16	5.05	6.06			12.88	14.14	15.40
		velocity	6.89	8.41	8.08	7.97	7.69	7.70	7.38	7.22	6.74	6.78	6.93	6.60	7.27		8.15	7.43	6.82
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	19.5	183.5				
Spencer, Kaliese (JAM) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)																<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	06-May-16	time	6.44	10.72	15.16	19.64	24.24		28.96	33.72	38.56	43.72	48.96		55.02	4 / 3			
reaction time	0.144	interval		4.28	4.44	4.48	4.60		4.72	4.76	4.84	5.16	5.24	6.06			13.20	14.08	15.24
		velocity	6.99	8.18	7.88	7.81	7.61		7.42	7.35	7.23	6.78	6.68	6.60	7.27		7.95	7.46	6.89
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	18.7	177.7				
Russell, Masai (USA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)																<i>USATF (2022) - Results powered by Karmarush</i>			
date	24-Jun-22	time	6.33	10.51	14.87	19.50	24.20	26.32	29.05	33.94	38.89	43.97	49.02	55.02		55.02	6 / 2		
reaction time		interval		4.18	4.36	4.63	4.70		4.85	4.89	4.95	5.08	5.05	6.00		PB	13.17	14.44	15.08
		velocity	7.11	8.37	8.03	7.56	7.45	7.60	7.22	7.16	7.07	6.89	6.93	6.67	7.27		7.97	7.27	6.96
H1 lead leg	R	strides	24	16	16	16	16			17	17	17		139					
Ledovskaya, Tatyana (EUN) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 1992 Olympic Games (Barcelona, ESP)																<i>Lyle (1992) - miscellaneous coaching notes</i>			
date	02-Aug-92	time	6.30	10.64	14.89	19.17	23.63		28.18	32.98	37.95	43.24	48.82		55.03	4 / 1			
reaction time		interval		4.34	4.25	4.28	4.46		4.55	4.80	4.97	5.29	5.58	6.21			12.87	13.81	15.84
		velocity	7.14	8.06	8.24	8.18	7.85		7.69	7.29	7.04	6.62	6.27	6.44	7.27		8.16	7.60	6.63
H1 lead leg		strides																	
Hechavarria, Zurian (CUB) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	02-Oct-19	time	6.44	10.54	14.75		23.62		28.36	33.20	38.24	43.48	48.85		55.03	7 / 4			
reaction time	0.216	interval		4.10	4.21		8.87		4.74	4.84	5.04	5.24	5.37	6.18					15.65
		velocity	6.99	8.54	8.31		7.89		7.38	7.23	6.94	6.68	6.52	6.47	7.27				6.71
H1 lead leg	L	strides	23	15	15				16	16	16	17	17	21.2	156.2				
luel, Amalie (NOR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	02-Oct-19	time	6.32	10.52	14.76	19.16	23.68		28.36	33.20	38.28	43.48	48.84		55.03	4 / 4			
reaction time	0.151	interval		4.20	4.24	4.40	4.52		4.68	4.84	5.08	5.20	5.36	6.19			12.84	14.04	15.64
		velocity	7.12	8.33	8.25	7.95	7.74		7.48	7.23	6.89	6.73	6.53	6.46	7.27		8.18	7.48	6.71
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	19	164					
Glenn, Rachel (USA) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2024 USA Olympic Trials (Eugene, OR)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	27-Jun-24	time	6.51	10.69	14.93	19.26	23.62	25.65	28.31	33.10	38.18	43.53	48.87		55.03	4 / 1			
reaction time		interval		4.18	4.24	4.33	4.36		4.69	4.79	5.08	5.35	5.34	6.16			12.75	13.84	15.77
		velocity	6.91	8.37	8.25	8.08	8.03	7.80	7.46	7.31	6.89	6.54	6.55	6.49	7.27		8.24	7.59	6.66
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	16	16	19	173				
Folorunso, Ayomide (ITA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	04-Aug-24	time	6.36	10.53	14.80	19.19	23.77		28.46	33.34	38.29	43.43	48.74		55.03	7 / 6			
reaction time	0.195	interval		4.17	4.27	4.39	4.58		4.69	4.88	4.95	5.14	5.31	6.29			12.83	14.15	15.40
		velocity	7.08	8.39	8.20	7.97	7.64		7.46	7.17	7.07	6.81	6.59	6.36	7.27		8.18	7.42	6.82
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	16	17	21	185				
Glover, Sandra (USA) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2001 IAAF World Championships (Edmonton, CAN)																<i>Behm (2001) - profil des finales d'Edmonton</i>			
date	08-Aug-01	time	6.4	10.7	15.1	19.5	24.0		28.5	33.3	38.2	43.2	48.6		55.04	2 / 4			
reaction time	0.174	interval		4.3	4.4	4.4	4.5		4.5	4.8	4.9	5.0	5.4	6.44			13.10	13.80	15.30
		velocity	7.03	8.14	7.95	7.95	7.78		7.78	7.29	7.14	7.00	6.48	6.21			8.02	7.61	6.86
H1 lead leg		strides	24	16	16	16	16		17	18	18	18	18		177				
Ivanova, Natalya (RUS) (1981)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 European Championships (Göteborg, SWE)																<i>Behm (2006) - Göteborg 2006: Le quatrache</i>			
date	09-Aug-06	time	6.5	11.0	15.5	20.0	24.6		29.4	34.2	39.1	44.2	49.2		55.04	2 / 5			
reaction time		interval		4.5	4.5	4.5	4.6		4.8	4.8	4.9	5.1	5.0	5.84			13.50	14.20	15.00

H1 lead leg	L	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
		strides	23	15	15	15	15		15	15	15	15	15	18	176				
Morosanu, Angela (ROU) (1986)																			
FINAL - 2009 IAAF World Championships (Berlin, GER)																			
										<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>									
date	20-Aug-09	time	6.17	10.14	14.24	18.56	22.97		27.70	32.63	37.70	43.08	48.71		55.04		1 / 8		
reaction time	0.183	interval		3.97	4.10	4.32	4.41		4.73	4.93	5.07	5.38	5.63	6.33			12.39	14.07	16.08
		velocity	7.29	8.82	8.54	8.10	7.94		7.40	7.10	6.90	6.51	6.22	6.32	7.27		8.47	7.46	6.53
H1 lead leg		strides		14	14	15	14		15	15	15	16	17		135				
Doyle, Eilidh (GBR) (1987)																			
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)																			
										<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>									
date	01-Sep-17	time	6.32	10.52	14.84	19.28	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				
luel, Amalie (NOR) (1994)																			
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)																			
										<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>									
date	01-Jul-21	time	6.44	10.58	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				
Spencer, Kaliase (JAM) (1987)																			
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)																			
										<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>									
date	09-Sep-16	time	6.44	10.68	15.04	19.56	24.20		28.88	33.68	38.64	43.76	49.04		55.05		6 / 3		
reaction time	0.182	interval		4.24	4.36	4.52	4.64		4.68	4.80	4.96	5.12	5.28	6.01			13.12	14.12	15.36
		velocity	6.99	8.25	8.03	7.74	7.54		7.48	7.29	7.06	6.84	6.63	6.66	7.27		8.00	7.44	6.84
H1 lead leg	L	strides	22	14	14	15	15		15	15	15	16	16	18.7	175.7				
Doyle, Eilidh (GBR) (1987)																			
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)																			
										<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>									
date	30-Aug-18	time	6.52	10.76	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				
Hailey, Nnenna (USA) (1994)																			
Heat 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																			
										<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>									
date	25-Jun-21	time	6.33	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				
van der Walt, Zenéy (RSA) (2000)																			
Heat 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																			
										<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>									
date	19-Jul-22	time	6.20	10.56	14.97	19.36	23.97	26.11	28.73	33.63	38.67	43.97	49.20		55.05		7 / 2		
reaction time	0.160	interval		4.36	4.41	4.39	4.61		4.76	4.90	5.04	5.30	5.23	5.85			13.16	14.27	15.57
		velocity	7.26	8.03	7.94	7.97	7.59	7.66	7.35	7.14	6.94	6.60	6.69	6.84	7.27		7.98	7.36	6.74
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	19	179				
Tkachuk, Viktoriya (UKR) (1994)																			
Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
										<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>									
date	21-Aug-23	time	6.37	10.66	15.00	19.23	23.76		28.40	33.26	38.36	43.56	49.03		55.05		6 / 2		
reaction time	0.201	interval		4.29	4.34	4.23	4.53		4.28	4.86	5.10	5.20	5.47	6.02			12.86	14.03	15.77
		velocity	7.06	8.16	8.06	8.27	7.73		7.13	7.20	6.86	6.73	6.40	6.64	7.27		8.16	7.48	6.66
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	17	20	182				
Giger, Yasmin (SUI) (1999)																			
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)																			
										<i>European Athletics (2024) - 2024 european athletics championships - results book</i>									
date	10-Jun-24	time	6.66	11.01	15.46	19.95	24.57		29.33	34.22	39.10	44.11	49.27		55.05		9 / 5		
reaction time	0.225	interval		4.35	4.45	4.49	4.62		4.76	4.89	4.88	5.01	5.16	5.78	PB		13.29	14.27	15.05
		velocity	6.76	8.05	7.87	7.80	7.58		7.35	7.16	7.17	6.99	6.78	6.92	7.27		7.90	7.36	6.98
H1 lead leg	R	strides	23	15	15	15	15		16	16			16	19.5	150.5				
Blackett, Andrea (BAR) (1976)																			
FINAL - 2005 IAAF World Championships (Helsinki, FIN)																			
										<i>Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins</i>									
date	13-Aug-05	time	6.3	10.5	14.7	19.1	23.7		28.3	33.1	38.2	43.4	48.8		55.06		2 / 6		
reaction time	0.146	interval		4.2	4.2	4.4	4.6		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	L	strides	23	15	15	15	15		16	16	16	16	17	164					
Hailey, Nnenna (USA) (1994)																			
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)																			
										<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>									
date	09-Sep-21	time	6.36	10.48			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

H1 lead leg	L	velocity	7.08	8.50		7.95	7.84	7.61	7.48	7.42	6.78	6.43	5.90	7.26		6.85			
		strides	23	16				17	17		18	18	23	132					
luel, Amalie (NOR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	16-Jun-22	time	6.36	10.54	14.92	19.32	23.90		28.64	33.58	38.52	43.64	48.92		55.06	2 / 5			
reaction time	0.148	interval		4.18	4.38	4.40	4.58		4.74	4.94	4.94	5.12	5.28	6.14			12.96	14.26	15.34
		velocity	7.08	8.37	7.99	7.95	7.64		7.38	7.09	7.09	6.84	6.63	6.51	7.26		8.10	7.36	6.84
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	16	17	19.7	183.7				
Ryzhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	08-Sep-22	time	6.34	10.38			23.49	25.42	28.26	33.10		43.31	48.68		55.06	2 / 7			
reaction time	0.167	interval		4.04			13.11		4.77	4.84		10.21	5.37	6.38					15.58
		velocity	7.10	8.66			8.01	7.87	7.34	7.23		6.86	6.52	6.27	7.26				6.74
H1 lead leg	R	strides	22	14					15	15			16	19.7	101.7				
Brown, T'erea (USA) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2012 Olympic Games (London, GBR)																<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>			
date	08-Aug-12	time	6.39	10.44	14.68	19.06	23.50		28.07	33.05	38.10	43.34	48.67		55.07	2 / 6			
reaction time	0.201	interval		4.05	4.24	4.38	4.44		4.57	4.98	5.05	5.24	5.33	6.40			12.67	13.99	15.62
		velocity	7.04	8.64	8.25	7.99	7.88		7.66	7.03	6.93	6.68	6.57	6.25	7.26		8.29	7.51	6.72
H1 lead leg	R	strides	23	15	15	15	15		15	16	17	17	18	166					
Sprunger, Léa (SUI) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	07-Jun-18	time	6.36	10.64	15.00		24.16		28.88	33.76	38.80	43.96	49.24		55.07	3 / 4			
reaction time	0.138	interval		4.28	4.36		9.16		4.72	4.88	5.04	5.16	5.28	5.83					15.48
		velocity	7.08	8.18	8.03		7.64		7.42	7.17	6.94	6.78	6.63	6.86	7.26				6.78
H1 lead leg	R	strides	21	14	14				15	15	15	16	16	18.5	144.5				
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)																<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>			
date	30-May-24	time	6.45	10.56	14.73	19.03	23.39		28.17	33.11	38.25	43.46	48.88		55.07	6 / 3			
reaction time	0.139	interval		4.11	4.17	4.30	4.36		4.78	4.94	5.14	5.21	5.42	6.19			12.58	14.08	15.77
		velocity	6.98	8.52	8.39	8.14	8.03		7.32	7.09	6.81	6.72	6.46	6.46	7.26		8.35	7.46	6.66
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	20	186				
Folorunso, Ayomide (ITA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 1 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	05-Aug-24	time	6.37	10.46	14.65	18.91	23.33		27.91	32.71	37.72	42.96	48.50		55.07	4 / 1			
reaction time	0.193	interval		4.09	4.19	4.26	4.42		4.58	4.80	5.01	5.24	5.54	6.57			12.54	13.80	15.79
		velocity	7.06	8.56	8.35	8.22	7.92		7.64	7.29	6.99	6.68	6.32	6.09	7.26		8.37	7.61	6.65
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17	17	22	187				
Flintoff-King, Debbie (AUS) (1960)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1987 IAAF World Championships (Rome, ITA)																<i>SuSanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>			
date	01-Sep-87	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				
Tirlea, Ionela (ROU) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 European Cup (Bremen, GER)																<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>			
date	23-Jun-01	time	6.43	10.56	14.77	19.05	23.54		28.12	33.07	38.27	43.71	49.21		55.08	1 / 2			
reaction time		interval		4.13	4.21	4.28	4.49		4.58	4.95	5.20	5.44	5.50	5.87			12.62	14.02	16.14
		velocity	7.00	8.47	8.31	8.18	7.80		7.64	7.07	6.73	6.43	6.36	6.81	7.26		8.32	7.49	6.51
H1 lead leg		strides																	
Folorunso, Ayomide (ITA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Athletissima (Lausanne, SUI)																<i>Omega Timing (2024) - diamond league race analysis</i>			
date	22-Aug-24	time	6.30	10.43	14.58	18.88	23.35		28.00	32.81	37.80	43.02	48.51		55.08	8 / 5			
reaction time	0.203	interval		4.13	4.15	4.30	4.47		4.65	4.81	4.99	5.22	5.49	6.57			12.58	13.93	15.70
		velocity	7.14	8.47	8.43	8.14	7.83		7.53	7.28	7.01	6.70	6.38	6.09	7.26		8.35	7.54	6.69
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	16	17	21	185				
Tereshchuk-Antipova, Tetyana (UKF)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 IAAF World Championships (Helsinki, FIN)																<i>Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins</i>			
date	13-Aug-05	time	6.4	10.7	15.2	19.7	24.2		28.8	33.6	38.5	43.6	48.9		55.09	7 / 7			
reaction time	0.209	interval		4.3	4.5	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	L	strides	22	15	15	15	15		15	16	16	16	16	161					
Doyle, Eilidh (GBR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	24-Aug-17	time	6.36	10.52	14.80	19.16	23.68		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

H1 lead leg	L	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
		strides	23	15	15		15		16	16			18	21.7	139.7				
Carter, Kori (USA) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	06-Jun-19	time	6.32	10.36	14.60	18.92	23.44		28.12	33.00	38.08	43.20	48.56		55.09	2 / 4			
reaction time	0.153	interval		4.04	4.24	4.32	4.52		4.68	4.88	5.08	5.12	5.36	6.53			12.60	14.08	15.56
		velocity	7.12	8.66	8.25	8.10	7.74		7.48	7.17	6.89	6.84	6.53	6.13	7.26		8.33	7.46	6.75
H1 lead leg	L	strides	23	15	16	16	16		16	16	17	17	18	21	191				
Gallego, Sara (ESP) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	19-Jul-22	time	6.50	10.70	15.03	19.53	24.20	26.08	28.90	33.70	38.70	43.76	48.96		55.09	7 / 3			
reaction time	0.125	interval		4.20	4.33	4.50	4.67		4.70	4.80	5.00	5.06	5.20	6.13			13.03	14.17	15.26
		velocity	6.92	8.33	8.08	7.78	7.49	7.67	7.45	7.29	7.00	6.92	6.73	6.53	7.26		8.06	7.41	6.88
H1 lead leg	L	strides	23	15	16	16	16		16	16	17	17	17	20.2	189.2				
Ryzhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)																<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>			
date	19-May-24	time	6.63	10.66	14.84	19.11	23.58		28.32	33.24	38.27	43.60	48.99		55.09	4 / 3			
reaction time	0.202	interval		4.03	4.18	4.27	4.47		28.32	4.92	5.03	5.33	5.39	6.10			12.48	14.13	15.75
		velocity	6.79	8.68	8.37	8.20	7.83		1.24	7.11	6.96	6.57	6.49	6.56	7.26		8.41	7.43	6.67
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	16	16	19	158				
Angounou, Linda (CMR) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 3 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	05-Aug-24	time	6.59	10.91	15.28	19.66	24.17		28.79	33.54	38.46	43.63	48.98		55.09	2 / 3			
reaction time	0.186	interval		4.32	4.37	4.38	4.51		4.62	4.75	4.92	5.17	5.35	6.11	NR PB		13.07	13.88	15.44
		velocity	6.83	8.10	8.01	7.99	7.76		7.58	7.37	7.11	6.77	6.54	6.55	7.26		8.03	7.56	6.80
H1 lead leg	R	strides	23			15	15		15	15	15	16	16	19.5	149.5				
Titimets, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Meeting International Mohammed VI D'Athlétisme (Rabat, MAR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	22-May-16	time	6.48	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				
Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)																<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	06-Jul-17	time	6.48	10.80	15.24	19.64	24.12		28.72	33.36	38.16	43.28	48.64		55.10	4 / 6			
reaction time	0.230	interval		4.32	4.44	4.40	4.48		4.60	4.64	4.80	5.12	5.36	6.46			13.16	13.72	15.28
		velocity	6.94	8.10	7.88	7.95	7.81		7.61	7.54	7.29	6.84	6.53	6.19	7.26		7.98	7.65	6.87
H1 lead leg	R	strides	24	15	15	15	15		15	15	15	16	16	20	181				
Cockrell, Anna (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	26-Jun-21	time	6.30	10.51	14.91	19.45	24.15		29.06	33.96	38.97	43.94	49.01		55.10	8 / 3			
reaction time	0.177	interval		4.21	4.40	4.54	4.70		4.91	4.90	5.01	4.97	5.07	6.09			13.15	14.51	15.05
		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					
Jichová, Nikoleta (CZE) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	21-Aug-23	time	6.43	10.83	15.13	19.50	24.16			33.93	39.03	44.16	49.36		55.10	3 / 4			
reaction time	0.206	interval		4.40	4.30	4.37	4.66			9.77	5.10	5.13	5.20	5.74			13.07	14.43	15.43
		velocity	7.00	7.95	8.14	8.01	7.51			7.16	6.86	6.82	6.73	6.97	7.26		8.03	7.28	6.80
H1 lead leg	R	strides	22	15	15	15	15			16	17	17	21	153					
Knight, Jessie (GBR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 2 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	05-Aug-24	time	6.41	10.65	14.97	19.37	23.97		28.77	33.73	38.80	43.99	49.23		55.10	3 / 2			
reaction time	0.175	interval		4.24	4.32	4.40	4.60		4.80	4.96	5.07	5.19	5.24	5.87			12.96	14.36	15.50
		velocity	7.02	8.25	8.10	7.95	7.61		7.29	7.06	6.90	6.74	6.68	6.81	7.26		8.10	7.31	6.77
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178				
Woodruff, Gianna (PAN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 2 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	05-Aug-24	time	6.47	10.58	14.88	19.25	23.81		28.53	33.46	38.57	43.76	48.96		55.10	2 / 3			
reaction time	0.197	interval		4.11	4.30	4.37	4.56		4.72	4.93	5.11	5.19	5.20	6.14			12.78	14.21	15.50
		velocity	6.96	8.52	8.14	8.01	7.68		7.42	7.10	6.85	6.74	6.73	6.51	7.26		8.22	7.39	6.77
H1 lead leg	L	strides	22	14	14	14	14		15	15	16	16	16	19	175				
Knight, Jessie (GBR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	06-Aug-22	time	6.40	10.50	14.53	18.90	23.47	25.5	28.33	33.23	38.20	43.37	48.73		55.11	8 / 5			
reaction time	0.160	interval		4.10	4.03	4.37	4.57		4.86	4.90	4.97	5.17	5.36	6.38			12.50	14.33	15.50

H1 lead leg	R	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
		strides	22	15	15	15	15	15	15	15	16	16	16	19.2	179.2			
van den Broeck, Naomi (BEL) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 1 - 2024 Olympic Games (Paris, FRA)		<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	05-Aug-24	time	6.48	10.71	15.05	19.52	24.12	28.88	33.86	38.94	44.06	49.20		55.11	7 / 2			
reaction time	0.125	interval	4.23	4.34	4.47	4.60	4.76	4.98	5.08	5.12	5.14	5.91		PB		13.04	14.34	15.34
		velocity	6.94	8.27	8.06	7.83	7.61	7.35	7.03	6.89	6.84	6.81	6.77	7.26		8.05	7.32	6.84
H1 lead leg	R	strides	26	17	18	17	17	19	19	19	19	19	22.2	212.2				
Yukich, Alanah (AUS) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 1 - 2024 Olympic Games (Paris, FRA)		<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	05-Aug-24	time	6.31	10.44	14.82	19.32	23.90	28.59	33.41	38.49	43.72	49.03		55.11	3 / 2			
reaction time	0.147	interval	4.13	4.38	4.50	4.58	4.69	4.82	5.08	5.23	5.31	6.08				13.01	14.09	15.62
		velocity	7.13	8.47	7.99	7.78	7.64	7.46	7.26	6.89	6.69	6.59	6.58	7.26		8.07	7.45	6.72
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.5	179.5				
Chen Juying (CHN) (1963)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1990 Asian Games Test (Beijing, CHN)		<i>Guo (2007) - study on relationship between the rhythm and performance of 400m hurdles</i>																
date	24-Jun-90	time	6.56	10.82	15.19	19.71	24.30	29.02	33.87	38.89	44.05	49.28		55.12	/ 1			
reaction time		interval	4.26	4.37	4.52	4.59	4.72	4.85	5.02	5.16	5.23	5.84				13.15	14.16	15.41
		velocity	6.86	8.22	8.01	7.74	7.63	7.42	7.22	6.97	6.78	6.69	6.85	7.26		7.98	7.42	6.81
H1 lead leg		strides	23	15	15	15	15	15	15	15	17	17	162					
Farmer-Patrick, Sandra (USA) (1962)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 1992 Olympic Games (Barcelona, ESP)		<i>Lyle (1992) - miscellaneous coaching notes</i>																
date	02-Aug-92	time	6.90	11.11	15.46	19.91	24.51	29.21	33.95	39.07	44.13	49.33		55.12	6 / 1			
reaction time		interval	4.21	4.35	4.45	4.60	4.70	4.74	5.12	5.06	5.20	5.79				13.01	14.04	15.38
		velocity	6.52	8.31	8.05	7.87	7.61	7.45	7.38	6.84	6.92	6.73	6.91	7.26		8.07	7.48	6.83
H1 lead leg		strides																
Glover, Sandra (USA) (1968)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Championships (Palo Alto, CA)		<i>USATF Women's Sprint Development (2003)</i>																
date	21-Jun-03	time	6.36	10.58	14.82	19.22	23.62	28.32	32.85	37.57	42.68	48.20		55.12	3 / 3			
reaction time		interval	4.22	4.24	4.40	4.40	4.70	4.53	4.72	5.11	5.52	6.92				12.86	13.63	15.35
		velocity	7.08	8.29	8.25	7.95	7.95	7.45	7.73	7.42	6.85	6.34	5.78	7.26		8.16	7.70	6.84
H1 lead leg		strides																
Spencer, Kaliase (JAM) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2009 IAAF World Championships (Berlin, GER)		<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	17-Aug-09	time	6.45	10.59	14.87	19.17	23.67	28.11	33.03	38.01	43.32	48.87		55.12	3 / 1			
reaction time	0.188	interval	4.14	4.28	4.30	4.50	4.44	4.92	4.98	5.31	5.55	6.25				12.72	13.86	15.84
		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
H1 lead leg		strides																
Hejnová, Zuzana (CZE) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)		<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																
date	09-Sep-16	time	6.56	10.80	15.08	19.48	23.92	28.48	33.24	38.24	43.40	48.76		55.12	3 / 4			
reaction time	0.159	interval	4.24	4.28	4.40	4.44	4.56	4.76	5.00	5.16	5.36	6.36				12.92	13.76	15.52
		velocity	6.86	8.25	8.18	7.95	7.88	7.68	7.35	7.00	6.78	6.53	6.29	7.26		8.13	7.63	6.77
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	17	20.5	181.5				
Folorunso, Ayomide (ITA) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Athletissima (Lausanne, SU1)		<i>Omega Timing (2023) - diamond league race analysis</i>																
date	30-Jun-23	time	6.26	10.41	14.66	19.04	23.53	28.17	33.01	38.07	43.23	48.66		55.12	8 / 3			
reaction time	0.222	interval	4.15	4.25	4.38	4.49	4.64	4.84	5.06	5.16	5.43	6.46				12.78	13.97	15.65
		velocity	7.19	8.43	8.24	7.99	7.80	7.54	7.23	6.92	6.78	6.45	6.19	7.26		8.22	7.52	6.71
H1 lead leg	L	strides	23	15		15	15	15	16	16	17	17	21	155				
Carli, Sarah (AUS) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 3 - 2024 Olympic Games (Paris, FRA)		<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	05-Aug-24	time	6.32	10.54	14.81	19.20	23.74	28.47	33.30	38.32	43.55	48.92		55.12	4 / 4			
reaction time	0.187	interval	4.22	4.27	4.39	4.54	4.73	4.83	5.02	5.23	5.37	6.20				12.88	14.10	15.62
		velocity	7.12	8.29	8.20	7.97	7.71	7.40	7.25	6.97	6.69	6.52	6.45	7.26		8.15	7.45	6.72
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21	187				
Tirlea, Ionela (ROU) (1976)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 ISTAF (Berlin, GER)		<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																
date	31-Aug-01	time	6.47	10.68	14.99	19.34	23.92	28.76	33.71	38.86	44.08	49.30		55.13	/ 4			
reaction time	0.202	interval	4.21	4.31	4.35	4.58	4.84	4.95	5.15	5.22	5.22	5.83				12.87	14.37	15.59
		velocity	6.96	8.31	8.12	8.05	7.64	7.23	7.07	6.80	6.70	6.70	6.86	7.26		8.16	7.31	6.74
H1 lead leg		strides																
Russell, Janieve (JAM) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Athletissima (Lausanne, SU1) (TV Analysis)		<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	05-Jul-19	time	6.56	10.80	15.20	24.20	26.1	28.88	33.60	38.44	43.64	49.04		55.13	2 / 4			
reaction time	0.150	interval	4.24	4.40		9.00	4.68	4.72	4.84	5.20	5.40	6.09						15.44

H1 lead leg	R	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		
		strides	22	15	15				15	15	15	17	17	19.5	150.5				
Gonzalez, Melissa (COL) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)		<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																	
date	20-Jul-22	time	6.40	10.53	14.93	19.23	23.67	25.60	28.35	33.27	38.30	43.63	49.00		55.13	1 / 7			
reaction time	0.143	interval		4.13	4.40	4.30	4.44		4.68	4.92	5.03	5.33	5.37	6.13			12.83	14.04	15.73
		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				
Knight, Jessie (GBR) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Athletissima (Lausanne, SUI)		<i>Omega Timing (2023) - diamond league race analysis</i>																	
date	30-Jun-23	time	6.42	10.66	15.02	19.36	23.85		28.48	33.36	38.52	43.79	49.13		55.13	3 / 4			
reaction time	0.178	interval		4.24	4.36	4.34	4.49		4.63	4.88	5.16	5.27	5.34	6.00			12.94	14.00	15.77
		velocity	7.01	8.25	8.03	8.06	7.80		7.56	7.17	6.78	6.64	6.55	6.67	7.26		8.11	7.50	6.66
H1 lead leg	R	strides	22	14		14			15	15		16	16	19	131				
Claes, Hanne (BEL) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)		<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																	
date	21-Aug-23	time	6.43	10.76	15.16	19.43	23.96				38.64	43.86	49.16		55.13	1 / 3			
reaction time	0.193	interval		4.33	4.40	4.27	4.53				14.68	5.22	5.30	5.97			13.00		
		velocity	7.00	8.08	7.95	8.20	7.73				7.15	6.70	6.60	6.70	7.26		8.08		
H1 lead leg	R	strides	23	15	15	15		15				17	17	20.5	137.5				
Rzyhykova, Anna (UKR) (1989)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2024 Olympic Games (Paris, FRA)		<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	
date	04-Aug-24	time	6.47	10.65	14.94	19.27	23.76		28.44	33.29	38.31	43.48	48.85		55.13	6 / 4			
reaction time	0.187	interval		4.18	4.29	4.33	4.49		4.68	4.85	5.02	5.17	5.37	6.28			12.80	14.02	15.56
		velocity	6.96	8.37	8.16	8.08	7.80		7.48	7.22	6.97	6.77	6.52	6.37	7.26		8.20	7.49	6.75
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	16	19.5	172.5				
Hollmann, Silvia (FRG) (1955)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1978 European Championships (Prague, TCH)		<i>Behm (1995) - la tactique du 400 haies</i>																	
date	02-Sep-78	time	6.5	10.8	15.2	19.6	24.2	26.2	28.7	33.2	38.1	43.1	48.5		55.14	6 / 2			
reaction time		interval		4.3	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	20	182				
Tate, Cassandra (USA) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Athletissima (Lausanne, SUI) (TV Analysis)		<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																	
date	25-Aug-16	time	6.32	10.52	14.96	19.52	24.32		29.04	33.96	38.88	44.08	49.32		55.14	8 / 4			
reaction time	0.235	interval		4.20	4.44	4.56	4.80		4.72	4.92	4.92	5.20	5.24	5.82			13.20	14.44	15.36
		velocity	7.12	8.33	7.88	7.68	7.29		7.42	7.11	7.11	6.73	6.68	6.87	7.25		7.95	7.27	6.84
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178				
Russell, Janieve (JAM) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)		<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	21-Jul-19	time	6.52	10.72	15.12	19.64	24.16		28.84	33.52	38.44	43.48	48.76		55.14	6 / 5			
reaction time	0.162	interval		4.20	4.40	4.52	4.52		4.68	4.68	4.92	5.04	5.28	6.38			13.12	13.88	15.24
		velocity	6.90	8.33	7.95	7.74	7.74		7.48	7.48	7.11	6.94	6.63	6.27	7.25		8.00	7.56	6.89
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	17	20.2	181.2				
Sprunger, Léa (SUI) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)		<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	29-Aug-19	time	6.32	10.48		19.04	23.48	25.4	28.16	33.00	38.00	43.12	48.60		55.14	7 / 5			
reaction time	0.140	interval		4.16		8.56	4.44		4.68	4.84	5.00	5.12	5.48	6.54			12.72	13.96	15.60
		velocity	7.12	8.41		8.18	7.88	7.87	7.48	7.23	7.00	6.84	6.39	6.12	7.25		8.25	7.52	6.73
H1 lead leg	R	strides	21	14		14			15	15		15	16	20	130				
Huang Xiaoxiao (CHN) (1983)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2001 Chinese National Games (Guangzhou, CHN)		<i>Lu (2002) - technical analysis of women's 400m hurdles champion and runner-up at the 9th national games</i>																	
date	22-Nov-01	time	6.31	10.55	14.79	19.11	23.51		28.10	33.02	38.02	43.26	48.66		55.15	1 / 2			
reaction time		interval		4.24	4.24	4.32	4.40		4.59	4.92	5.00	5.24	5.40	6.49	PB		12.80	13.91	15.64
		velocity	7.13	8.25	8.25	8.10	7.95		7.63	7.11	7.00	6.68	6.48	6.16	7.25		8.20	7.55	6.71
H1 lead leg		strides																	
Pittman, Jana (AUS) (1982)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2002 IAAF World Cup (Madrid, ESP)		<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>																	
date	20-Sep-02	time	6.45	10.70	15.11	19.60	24.24		28.82	33.60	38.60	43.73	48.89		55.15	9 / 3			
reaction time	0.189	interval		4.25	4.41	4.49	4.64		4.58	4.78	5.00	5.13	5.16	6.26			13.15	14.00	15.29
		velocity	6.98	8.24	7.94	7.80	7.54		7.64	7.32	7.00	6.82	6.78	6.39	7.25		7.98	7.50	6.87
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	18.5	178.5				
Nel, Wenda (RSA) (1988)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)		<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																	
date	01-Sep-16	time	6.40	10.68	15.04	19.52	24.04		28.60	33.28	38.24	43.40	48.84		55.15	5 / 4			
reaction time	0.193	interval		4.28	4.36	4.48	4.52		4.56	4.68	4.96	5.16	5.44	6.31			13.12	13.76	15.56

H1 lead leg	L	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
		strides	23	15	15		16		16	16	17	17	17	21.5	173.5				
Tkachuk, Viktoriya (UKR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis)																<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>			
date	15-Sep-20	time	6.44	10.76	15.32	19.80	24.32		29.08	33.88	38.96	44.08	49.28		55.15	4 / 3			
reaction time		interval		4.32	4.56	4.48	4.52		4.76	4.80	5.08	5.12	5.20	5.87			13.36	14.08	15.40
		velocity	6.99	8.10	7.68	7.81	7.74		7.35	7.29	6.89	6.84	6.73	6.81	7.25		7.86	7.46	6.82
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	19.5	179.5				
Ennadi, Noura (MAR) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	22-Aug-23	time	6.61	11.07	15.41	19.68	24.25			34.06	39.07	44.21	49.34		55.15	2 / 6			
reaction time	0.184	interval		4.46	4.34	4.27	4.57			9.81	5.01	5.14	5.13	5.81			13.07	14.38	15.28
		velocity	6.81	7.85	8.06	8.20	7.66			7.14	6.99	6.81	6.82	6.88	7.25		8.03	7.30	6.87
H1 lead leg	L	strides	24		15		15				17	17	17		105				
Jesień, Anna (POL) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 European Championships (Göteborg, SWE)																<i>Behm (2006) - Göteborg 2006: Le quatrache</i>			
date	09-Aug-06	time	6.4	10.7	14.9	19.4	24.1		28.8	33.5	38.5	43.6	49.0		55.16	7 / 6			
reaction time		interval		4.3	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	strides	23	15	15	15	15		15	16	16	16	17	20.5	183.5				
Williams, Tiffany (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)																<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>			
date	14-Sep-08	time	6.57	10.84	15.23	19.71	24.25		29.13	33.95	38.94	44.09	49.33		55.16	3 / 3			
reaction time	0.151	interval		4.27	4.39	4.48	4.54		4.88	4.82	4.99	5.15	5.24	5.83			13.14	14.24	15.38
		velocity	6.85	8.20	7.97	7.81	7.71		7.17	7.26	7.01	6.80	6.68	6.86	7.25		7.99	7.37	6.83
H1 lead leg		strides																	
Folorunso, Ayomide (ITA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	31-May-18	time	6.48	10.76	15.12	19.56	24.08		28.76	33.68	38.64	43.80	49.08		55.16	2 / 4			
reaction time	0.182	interval		4.28	4.36	4.44	4.52		4.68	4.92	4.96	5.16	5.28	6.08	PB		13.08	14.12	15.40
		velocity	6.94	8.18	8.03	7.88	7.74		7.48	7.11	7.06	6.78	6.63	6.58	7.25		8.03	7.44	6.82
H1 lead leg	R	strides	23	16	16	16	16		16	16	17	17	17	20.7	190.7				
Hejnová, Zuzana (CZE) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	07-Jun-18	time	6.56	10.80	15.16	19.64	24.20	26.2	28.76	33.52	38.44	43.50	48.80		55.16	7 / 5			
reaction time	0.145	interval		4.24	4.36	4.48	4.56		4.56	4.76	4.92	5.06	5.30	6.36			13.08	13.88	15.28
		velocity	6.86	8.25	8.03	7.81	7.68	7.63	7.68	7.35	7.11	6.92	6.60	6.29	7.25		8.03	7.56	6.87
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20.2	180.2				
Watson, Sage (CAN) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Pan American Games (Lima, PER) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	08-Aug-19	time	6.34	10.52	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	L	strides	22	15	15	15			15	16	16	17	20	151					
Salmon, Shiann (JAM) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	02-Oct-19	time	6.34	10.57	14.95	19.14	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	4.38	9.14		4.73	4.91	4.95	5.13	5.17	6.18					15.25
		velocity	7.10	8.27	7.99	7.66		7.40	7.13	7.07	6.82	6.77	6.47	7.25					6.89
H1 lead leg	R	strides	22	15	15				15	16	16		17	20.5	136.5				
Hailey, Nnenna (USA) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	13-Jul-21	time	6.30	10.44	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		16	17	18	17	18	21.7	195.7				
Hailey, Nnenna (USA) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	21-Aug-21	time	6.12	10.24	14.52	18.88	23.24	25.2			37.60	42.72	48.48		55.16	1 / 6			
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				
Maraval, Louise (FRA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)																<i>Omega Timing (2024) - diamond league race analysis</i>			
date	30-Aug-24	time	6.28	10.40	14.58	18.92	23.45		28.22	33.17	38.35	43.65	48.93		55.16	6 / 7			
reaction time	0.150	interval		4.12	4.18	4.34	4.53		4.77	4.95	5.18	5.30	5.28	6.23			12.64	14.25	15.76

H1 lead leg	R	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
		strides	23	15		15			16	16	17	17		119					
Diouf, Tacko (SEN) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)			<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>																
date	23-Aug-99	time	6.15	10.46	14.85	19.29	23.93		28.86	33.75	38.63	43.48	48.63		55.17	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	16		17	17	17	17	18	22	194				
Walker, Melaine (JAM) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2009 IAAF World Championships (Berlin, GER)			<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	17-Aug-09	time	6.33	10.39	14.65	19.06	23.70		28.52	33.41	38.59	43.91	49.16		55.17	6 / 1			
reaction time	0.155	interval		4.06	4.26	4.41	4.64		4.82	4.89	5.18	5.32	5.25	6.01			12.73	14.35	15.75
		velocity	7.11	8.62	8.22	7.94	7.54		7.26	7.16	6.76	6.58	6.67	6.66	7.25		8.25	7.32	6.67
H1 lead leg		strides																	
Nel, Wenda (RSA) (1988)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)			<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																
date	06-May-16	time	6.24	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				
Tkachuk, Viktoriya (UKR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	16-Jun-22	time	6.30	10.44	14.70	19.06	23.50		28.26	33.16	38.14	43.50	48.90		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		15	16	16	17	17	20	183				
Giger, Yasmin (SUI) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 3 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	05-Aug-24	time	6.40	10.69	15.04	19.48	24.04		28.71	33.57	38.55	43.77	49.06		55.18	3 / 5			
reaction time	0.157	interval		4.29	4.35	4.44	4.56		4.67	4.86	4.98	5.22	5.29	6.12			13.08	14.09	15.49
		velocity	7.03	8.16	8.05	7.88	7.68		7.49	7.20	7.03	6.70	6.62	6.54	7.25		8.03	7.45	6.78
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20.2	184.2				
Rzyhkyova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)			<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																
date	23-Aug-20	time	6.50	10.67	15.00	19.37	24.00	26.0	28.87	33.77	38.63	43.80	49.10		55.19	2 / 2			
reaction time	0.156	interval		4.17	4.33	4.37	4.63		4.87	4.90	4.86	5.17	5.30	6.09			12.87	14.40	15.33
		velocity	6.92	8.39	8.08	8.01	7.56	7.69	7.19	7.14	7.20	6.77	6.60	6.57	7.25		8.16	7.29	6.85
H1 lead leg	R	strides	21	14		14	15		15	15	16	15	16	19.5	160.5				
Spencer, Ashley (USA) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)			<i>USATF (2022) - Results powered by Karmarush</i>																
date	24-Jun-22	time	6.28	10.46	14.81	19.44	24.15	26.23	28.92	33.77	38.78	43.87	49.03	55.19	55.19	4 / 3			
reaction time		interval		4.18	4.35	4.63	4.71		4.77	4.85	5.01	5.09	5.16	6.16			13.16	14.33	15.26
		velocity	7.17	8.37	8.05	7.56	7.43	7.62	7.34	7.22	6.99	6.88	6.78	6.49	7.25		7.98	7.33	6.88
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	127					
Brown-King, Judi (USA) (1961)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1984 Olympic Games (Los Angeles, CA)			<i>Behm (1995) - la tactique du 400 haies</i>																
date	08-Aug-84	time	6.7	11.2	15.7	20.4	25.0		29.6	34.5	39.5	44.6	49.7		55.20	8 / 2			
reaction time	0.188	interval		4.5	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	14	15	15	15	18	168				
Smith-Walsh, Susan (IRL) (1971)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)			<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>																
date	23-Aug-99	time	6.12	10.38	14.86	19.35	23.89		28.50	33.24	38.21	43.29	48.51		55.20	1 / 6			
reaction time	0.176	interval		4.26	4.48	4.49	4.54		4.61	4.74	4.97	5.08	5.22	6.69			13.23	13.89	15.27
		velocity	7.35	8.22	7.81	7.80	7.71		7.59	7.38	7.04	6.89	6.70	5.98	7.25		7.94	7.56	6.88
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	21	185				
Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Athletissima (Laussane, SUI) (TV Analysis)			<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	25-Aug-16	time	6.40	10.60	14.92	19.32	23.80		28.48	33.36	38.28	43.52	49.04		55.20	4 / 5			
reaction time	0.249	interval		4.20	4.32	4.40	4.48		4.68	4.88	4.92	5.24	5.52	6.16			12.92	14.04	15.68
		velocity	7.03	8.33	8.10	7.95	7.81		7.48	7.17	7.11	6.68	6.34	6.49	7.25		8.13	7.48	6.70
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17	17	20	185				
Beesley, Meghan (GBR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	21-Jul-19	time	6.44	10.64	15.00	19.40	23.92		28.60	33.44	38.48	43.80	49.12		55.20	8 / 6			
reaction time	0.152	interval		4.20	4.36	4.40	4.52		4.68	4.84	5.04	5.32	5.32	6.08			12.96	14.04	15.68

H1 lead leg	R	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	
		strides	24	16	16	16	16			17	17	18	18	22.5	180.5				
Petersen, Sara Slott (DEN) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>			
date	17-Sep-20	time	6.36	10.52	14.72	19.08		25.6	28.24	33.12	38.24	43.56	48.96		55.20	3 / 4			
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				
Nel, Wenda (RSA) (1988)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	10-Jun-21	time	6.36	10.76	15.20	19.68	24.20	26.2	28.96	33.76	38.72	43.80	49.08		55.20	8 / 4			
reaction time	0.182	interval		4.40	4.44	4.48	4.52		4.76	4.80	4.96	5.08	5.28	6.12			13.32	14.08	15.32
		velocity	7.08	7.95	7.88	7.81	7.74	7.63	7.35	7.29	7.06	6.89	6.63	6.54	7.25		7.88	7.46	6.85
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	17	21.5	192.5				
Krafzik, Carolina (GER) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	04-Jul-21	time	6.22	10.18	14.30		23.18	25.3	27.96	32.98	38.14	43.32	48.78		55.20	2 / 7			
reaction time	0.187	interval		3.96	4.12		8.88		4.78	5.02	5.16	5.18	5.46	6.42					15.80
		velocity	7.23	8.84	8.50		7.88	7.91	7.32	6.97	6.78	6.76	6.41	6.23	7.25				6.65
H1 lead leg	L	strides	22	15	15				16	17	17	17	19	21.7	159.7				
Knight, Andrenette (JAM) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	24-Aug-23	time	6.24	10.37	14.44	18.52	22.92		27.49	32.29	37.30	42.67	48.31		55.20	4 / 8			
reaction time	0.158	interval		4.13	4.07	4.08	4.40		4.57	4.80	5.01	5.37	5.64	6.89			12.28	13.77	16.02
		velocity	7.21	8.47	8.60	8.58	7.95		7.66	7.29	6.99	6.52	6.21	5.81	7.25		8.55	7.63	6.55
H1 lead leg	R	strides	23	15	15	15	15		16			17	17	20.7	153.7				
Folorunso, Ayomide (ITA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 European Athletics Championships (Roma, ITA)																<i>European Athletics (2024) - 2024 european athletics championships - results book</i>			
date	11-Jun-24	time	6.60	10.82	15.21	19.69	24.27		28.87	33.61	38.53	43.79	49.04		55.20	2 / 5			
reaction time	0.173	interval		4.22	4.39	4.48	4.58		4.60	4.74	4.92	5.26	5.25	6.16			13.09	13.92	15.43
		velocity	6.82	8.29	7.97	7.81	7.64		7.61	7.38	7.11	6.65	6.67	6.49	7.25		8.02	7.54	6.80
H1 lead leg	L	strides	23	15	15		15		16				17	21	122				
Peeters, Cathelijn (NED) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	06-Aug-24	time	6.63	10.84	15.08	19.42	23.81		28.43	33.38	38.46	43.75	49.25		55.20	9 / 7			
reaction time	0.219	interval		4.21	4.24	4.34	4.39		4.62	4.95	5.08	5.29	5.50	5.95			12.79	13.96	15.87
		velocity	6.79	8.31	8.25	8.06	7.97		7.58	7.07	6.89	6.62	6.36	6.72	7.25		8.21	7.52	6.62
H1 lead leg	R	strides	23	15	15	15	15		15	16			18	132					
Petersen, Sara Slott (DEN) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	10-Jun-21	time	6.44	10.68	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			9.38	5.08	5.32	5.48	6.25			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		8.15	7.63	6.61
H1 lead leg	R	strides	22	15	15		15			16	17	17	20.7	137.7					
Woodruff, Gianna (PAN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	19-Jul-22	time	6.33	10.46	14.73	19.07	23.53	25.56	28.10	32.96	37.97	43.27	48.70		55.21	6 / 3			
reaction time	0.185	interval		4.13	4.27	4.34	4.46		4.57	4.86	5.01	5.30	5.43	6.51			12.74	13.89	15.74
		velocity	7.11	8.47	8.20	8.06	7.85	7.82	7.66	7.20	6.99	6.60	6.45	6.14	7.25		8.24	7.56	6.67
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	20	184				
van der Walt, Zenéy (RSA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	21-Aug-23	time	6.58	10.70	15.03	19.37	23.96		28.63	33.40	38.36	43.67	48.96		55.21	7 / 5			
reaction time	0.203	interval		4.12	4.33	4.34	4.59		4.67	4.77	4.96	5.31	5.29	6.25			12.79	14.03	15.56
		velocity	6.84	8.50	8.08	8.06	7.63		7.49	7.34	7.06	6.59	6.62	6.40	7.25		8.21	7.48	6.75
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	16	19.2	180.2				
Ennadi, Noura (MAR) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	21-Aug-23	time	6.67	11.16	15.50	19.77	24.36			34.03	39.03	44.10	49.26		55.21	2 / 5			
reaction time	0.178	interval		4.49	4.34	4.27	4.59			9.67	5.00	5.07	5.16	5.95			13.10	14.26	15.23
		velocity	6.75	7.80	8.06	8.20	7.63			7.24	7.00	6.90	6.78	6.72	7.25		8.02	7.36	6.89
H1 lead leg	L	strides	24		15	15	15				17	17	17	20	140				
Sprunger, Léa (SUI) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Meeting International Mohammed VI D'Athlétisme (Rabat, MAR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	16-Jul-17	time	6.44	10.72	15.20	19.68	24.40		29.28	34.20	39.24	44.40	49.56		55.22	4 / 4			
reaction time	0.130	interval		4.28	4.48	4.48	4.72		4.88	4.92	5.04	5.16	5.16	5.66			13.24	14.52	15.36

H1 lead leg	R	velocity	6.99	8.18	7.81	7.81	7.42		7.17	7.11	6.94	6.78	6.78	7.07	7.24		7.93	7.23	6.84
		strides	21	14	14	14	14		15	15	15	15	15	18.2	170.2				
Little, Shamier (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																			
date	25-Jun-21	time	6.53	10.80	15.16	19.66	24.30	29.06	33.93	38.76	43.86	49.10		55.22	7 / 1				
reaction time	0.301	interval		4.27	4.36	4.50	4.64	4.76	4.87	4.83	5.10	5.24	6.12			13.13	14.27	15.17	
		velocity	6.89	8.20	8.03	7.78	7.54	7.35	7.19	7.25	6.86	6.68	6.54	7.24		8.00	7.36	6.92	
H1 lead leg	R	strides	23	15	15	15	16	16	16	16	16	16	19	183					
Pérez, Cristina (ESP) (1965)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)																			
date	26-Sep-88	time	6.51	10.72	15.07	19.52	24.12	28.89	33.81	38.80	43.97	49.28		55.23	6 / 5				
reaction time	0.258	interval		4.21	4.35	4.45	4.60	4.77	4.92	4.99	5.17	5.31	5.95	NR		13.01	14.29	15.47	
		velocity	6.91	8.31	8.05	7.87	7.61	7.34	7.11	7.01	6.77	6.59	6.72	7.24		8.07	7.35	6.79	
H1 lead leg		strides	23	16	16	16	16	16	17	17	17	17	20.3	191.3					
Rieger, Silvia (GER) (1970)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1997 European Cup (Munich, GER)																			
date	21-Jun-97	time	6.80	11.05	15.33	19.71	24.19	28.88	33.83	39.02	44.21	49.34		55.23	/ 2				
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																	
Isakova, Yevgeniya (RUS) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)																			
date	14-Sep-08	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																	
Watson, Sage (CAN) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)																			
date	12-May-18	time	6.44	10.68	15.00	19.44	23.96	28.64	33.44	38.44	43.72	49.12		55.23	7 / 3				
reaction time	0.180	interval		4.24	4.32	4.44	4.52	4.68	4.80	5.00	5.28	5.40	6.11			13.00	14.00	15.68	
		velocity	6.99	8.25	8.10	7.88	7.74	7.48	7.29	7.00	6.63	6.48	6.55	7.24		8.08	7.50	6.70	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	17	17	162						
Little, Shamier (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)																			
date	26-May-18	time	6.44	10.52	14.64	18.88	23.28	27.88	32.68	37.72	43.12	48.72		55.23	2 / 5				
reaction time	0.249	interval		4.08	4.12	4.24	4.40	4.60	4.80	5.04	5.40	5.60	6.51			12.44	13.80	16.04	
		velocity	6.99	8.58	8.50	8.25	7.95	7.61	7.29	6.94	6.48	6.25	6.14	7.24		8.44	7.61	6.55	
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	17	17	20	184					
Clayton, Rushell (JAM) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 5 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																			
date	01-Oct-19	time	6.60	10.76	15.04	19.36	23.88		33.60	38.68	43.88	49.16		55.23	7 / 1				
reaction time	0.176	interval		4.16	4.28	4.32	4.52		9.72	5.08	5.20	5.28	6.07			12.76	14.24	15.56	
		velocity	6.82	8.41	8.18	8.10	7.74		7.20	6.89	6.73	6.63	6.59	7.24		8.23	7.37	6.75	
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	16	19	135					
Kloster, Line (NOR) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
date	21-Aug-23	time	6.26	10.53	14.70	18.93	23.46	28.16	32.96	38.03	43.46	48.96		55.23	9 / 4				
reaction time	0.170	interval		4.27	4.17	4.23	4.53	4.70	4.80	5.07	5.43	5.50	6.27			12.67	14.03	16.00	
		velocity	7.19	8.20	8.39	8.27	7.73	7.45	7.29	6.90	6.45	6.36	6.38	7.24		8.29	7.48	6.56	
H1 lead leg	R	strides	22	14	14	15	15	15	15	15	16	16	19.5	176.5					
Vickers, Janeene (USA) (1968)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 1992 Olympic Games (Barcelona, ESP)																			
date	02-Aug-92	time	6.63	10.91	15.32	19.75	24.25	28.97	33.86	38.82	43.99	49.40		55.24	4 / 1				
reaction time		interval		4.28	4.41	4.43	4.50	4.72	4.89	4.96	5.17	5.41	5.84			13.12	14.11	15.54	
		velocity	6.79	8.18	7.94	7.90	7.78	7.42	7.16	7.06	6.77	6.47	6.85	7.24		8.00	7.44	6.76	
H1 lead leg		strides																	
Williams, Tiffany (USA) (1983)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 4 - 2009 IAAF World Championships (Berlin, GER)																			
date	17-Aug-09	time	6.38	10.51	14.69	18.95	23.61	28.29	33.27	38.23	43.47	48.94		55.24	7 / 2				
reaction time	0.163	interval		4.13	4.18	4.26	4.66	4.68	4.98	4.96	5.24	5.47	6.30			12.57	14.32	15.67	
		velocity	7.05	8.47	8.37	8.22	7.51	7.48	7.03	7.06	6.68	6.40	6.35	7.24		8.35	7.33	6.70	
H1 lead leg		strides																	
Sprunger, Léa (SUI) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)																			
date	05-Jul-19	time	6.44	10.64	14.96	19.44	24.00	26.0	28.80	33.68	38.68	43							

H1 lead leg	R	velocity	6.99	8.33	8.10	7.81	7.68	7.69	7.29	7.17	7.00	6.63	6.53	6.76	7.24	8.08	7.37	6.71	
		strides	21	14	14	14	14		15	15	15	16	16		154				
Tate, Cassandra (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	26-Jun-21	time	6.27	10.37	14.58	18.92	23.49		28.22	33.21	38.24	43.47	48.91		55.24	6 / 3			
reaction time	0.211	interval		4.10	4.21	4.34	4.57		4.73	4.99	5.03	5.23	5.44	6.33			12.65	14.29	15.70
		velocity	7.18	8.54	8.31	8.06	7.66		7.40	7.01	6.96	6.69	6.43	6.32	7.24		8.30	7.35	6.69
H1 lead leg	R	strides	22	14	14	14	15		15	16	15	16	16		157				
Couckuyt, Paulien (BEL) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)															<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	10-Jun-24	time	6.40	10.62	14.92	19.20	23.74		28.41	33.33	38.33	43.71	49.08		55.24	9 / 4			
reaction time	0.212	interval		4.22	4.30	4.28	4.54		4.67	4.92	5.00	5.38	5.37	6.16			12.80	14.13	15.75
		velocity	7.03	8.29	8.14	8.18	7.71		7.49	7.11	7.00	6.51	6.52	6.49	7.24		8.20	7.43	6.67
H1 lead leg	L	strides	23	15	15	15	15		16	16	17		17	21	170				
Smith, Susan (IRL) (1971)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 IAAF World Championships (Athens, GRE)															<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>				
date	08-Aug-97	time	6.43	10.58	14.78	19.06	23.88		28.06	32.84	37.92	43.18	48.74		55.25	7 / 7			
reaction time	0.135	interval		4.15	4.20	4.28	4.82		4.18	4.78	5.08	5.26	5.56	6.51			12.63	13.78	15.90
		velocity	7.00	8.43	8.33	8.18	7.26		8.37	7.32	6.89	6.65	6.29	6.14	7.24		8.31	7.62	6.60
H1 lead leg		strides																	
Claes, Hanne (BEL) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	02-Oct-19	time	6.34	10.47	14.71		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				
Spencer, Ashley (USA) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	26-Jun-21	time	6.40	10.67	15.11	19.72	24.42		29.18	34.03	38.87	43.84	49.01		55.25	7 / 4			
reaction time	0.208	interval		4.27	4.44	4.61	4.70		4.76	4.85	4.84	4.97	5.17	6.24			13.32	14.31	14.98
		velocity	7.03	8.20	7.88	7.59	7.45		7.35	7.22	7.23	7.04	6.77	6.41	7.24		7.88	7.34	7.01
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	142					
Tkachuk, Viktoriya (UKR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	21-May-22	time	6.50		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	16	16	17	17	20.7	153.7				
Tkachuk, Viktoriya (UKR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	02-Sep-23	time	6.31	10.47	14.77	19.14	23.60		28.21	33.04	38.16	43.48	48.90		55.25	8 / 7			
reaction time	0.201	interval		4.16	4.30	4.37	4.46		4.61	4.83	5.12	5.32	5.42	6.35			12.83	13.90	15.86
		velocity	7.13	8.41	8.14	8.01	7.85		7.59	7.25	6.84	6.58	6.46	6.30	7.24		8.18	7.55	6.62
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	17	17	146					
Demes, Eileen (GER) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 European Athletics Championships (Roma, ITA)															<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	09-Jun-24	time		10.67	14.85	19.09	23.65		28.34	33.15	38.24	43.45	48.96		55.25	8 / 1			
reaction time	0.233	interval		4.18	4.24	4.56		4.69	4.81	5.09	5.21	5.51	6.29	PB			14.06	15.81	
		velocity		7.50	8.37	8.25	7.68		7.46	7.28	6.88	6.72	6.35	6.36	7.24			7.47	6.64
H1 lead leg		strides																	
Torshina, Natalya (KAZ) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)															<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>				
date	23-Aug-99	time	6.16	10.49	14.76	19.15	23.69		28.34	33.25	38.24	43.48	48.74		55.26	8 / 7			
reaction time	0.256	interval		4.33	4.27	4.39	4.54		4.65	4.91	4.99	5.24	5.26	6.52			12.99	14.10	15.49
		velocity	7.31	8.08	8.20	7.97	7.71		7.53	7.13	7.01	6.68	6.65	6.13	7.24		8.08	7.45	6.78
H1 lead leg	R	strides	22	15	15	15	15		15	16	17	17	17	20.5	184.5				
Doyle, Eilidh (GBR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)															<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	09-Sep-16	time	6.36	10.48	14.68	18.96	23.40		28.04	32.92	38.00	43.28	48.72		55.26	4 / 5			
reaction time	0.204	interval		4.12	4.20	4.28	4.44		4.64	4.88	5.08	5.28	5.44	6.54			12.60	13.96	15.80
		velocity	7.08	8.50	8.33	8.18	7.88		7.54	7.17	6.89	6.63	6.43	6.12	7.24		8.33	7.52	6.65
H1 lead leg	L	strides	23	15	15	15	15		16	17	17	18	18	21.5	190.5				
luel, Amalie (NOR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	07-Jun-18	time	6.44	10.60	15.04		24.20	26.3	28.92	33.88	38.96	44.04	49.20		55.26	8 / 6			
reaction time	0.140	interval		4.16	4.44		9.16		4.72	4.96	5.08	5.08	5.16	6.06	NR PB				15.32

H1 lead leg	L	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
		strides	23	15	15				15	15	16	16	16		131				
Townsend, Sydni (USA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	29-Jun-24	time	6.45	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				
Ennadi, Noura (MAR) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	04-Aug-24	time	6.72	11.07	15.51	19.99	24.61		29.36	34.23	39.28	44.23	49.36		55.26	4 / 2			
reaction time	0.198	interval		4.35	4.44	4.48	4.62		4.75	4.87	5.05	4.95	5.13	5.90			13.27	14.24	15.13
		velocity	6.70	8.05	7.88	7.81	7.58		7.37	7.19	6.93	7.07	6.82	6.78	7.24		7.91	7.37	6.94
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	19.7	183.7				
Folorunso, Ayomide (ITA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Weltklasse (Zürich, SUI)																<i>Omega Timing (2024) - diamond league race analysis</i>			
date	05-Sep-24	time	6.35	10.51	14.74	18.96	23.25		27.77	32.54	37.59	42.96	48.57		55.26	2 / 5			
reaction time	0.205	interval		4.16	4.23	4.22	4.29		4.52	4.77	5.05	5.37	5.61	6.69			12.61	13.58	16.03
		velocity	7.09	8.41	8.27	8.29	8.16		7.74	7.34	6.93	6.52	6.24	5.98	7.24		8.33	7.73	6.55
H1 lead leg	R	strides	23	15		15		16	16		18	18	21	124					
Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Memorial van damme (Brussels, BEL)																<i>Omega Timing (2024) - diamond league race analysis</i>			
date	14-Sep-24	time	6.17	10.22	14.34	18.54	22.86		27.38	32.07	37.05	42.36	48.14		55.26	6 / 4			
reaction time	0.199	interval		4.05	4.12	4.20	4.32		4.52	4.69	4.98	5.31	5.78	7.12			12.37	13.53	16.07
		velocity	7.29	8.64	8.50	8.33	8.10		7.74	7.46	7.03	6.59	6.06	5.62	7.24		8.49	7.76	6.53
H1 lead leg	R	strides	23			15		15	15	16	16	17	20.7	137.7					
Child, Eilidh (GBR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2010 European Championships (Barcelona, ESP)																<i>Arnold (2010) - 400mH planning and peaking</i>			
date	28-Jul-10	time	6.48	10.78	15.10	19.50	23.96		28.64	33.48	38.38	43.64	49.20		55.27	4 / 4			
reaction time	0.169	interval		4.30	4.32	4.40	4.46		4.68	4.84	4.90	5.26	5.56	6.07			13.02	13.98	15.72
		velocity	6.94	8.14	8.10	7.95	7.85		7.48	7.23	7.14	6.65	6.29	6.59	7.24		8.06	7.51	6.68
H1 lead leg	L	strides																	
Rosolová, Denisa (CZE) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2012 Olympic Games (London, GBR)																<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>			
date	08-Aug-12	time	6.67	11.00	15.37	19.78	24.23	26.03	28.73	33.43	38.27	43.40	48.97		55.27	3 / 7			
reaction time	0.244	interval		4.33	4.37	4.41	4.45		4.50	4.70	4.84	5.13	5.57	6.30			13.11	13.65	15.54
		velocity	6.75	8.08	8.01	7.94	7.87	7.68	7.78	7.45	7.23	6.82	6.28	6.35	7.24		8.01	7.69	6.76
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	17	162					
Hejnová, Zuzana (CZE) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	08-Jun-17	time	6.52	10.68	15.00	19.40	23.84		28.52	33.24	38.12	43.36	48.84		55.27	5 / 4			
reaction time	0.152	interval		4.16	4.32	4.40	4.44		4.68	4.72	4.88	5.24	5.48	6.43			12.88	13.84	15.60
		velocity	6.90	8.41	8.10	7.95	7.88		7.48	7.42	7.17	6.68	6.39	6.22	7.24		8.15	7.59	6.73
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	17	17	20.2	182.2				
luel, Amalie (NOR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>			
date	17-Sep-20	time	6.40	10.64	14.96	19.36	23.88	25.9	28.52	33.28	38.44	43.72	49.16		55.27	8 / 5			
reaction time	0.143	interval		4.24	4.32	4.40	4.52		4.64	4.76	5.16	5.28	5.44	6.11			12.96	13.92	15.88
		velocity	7.03	8.25	8.10	7.95	7.74	7.72	7.54	7.35	6.78	6.63	6.43	6.55	7.24		8.10	7.54	6.61
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	16	19	180				
Sprunger, Léa (SUI) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	04-Jul-21	time	6.20	10.30	14.56		23.56	25.6	28.26	33.04		43.28	48.90		55.27	8 / 8			
reaction time	0.186	interval		4.10	4.26		9.00		4.70	4.78		10.24	5.62	6.37					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		16	16	90					
Tkachuk, Viktoriya (UKR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	19-Jul-22	time	6.40	10.63	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				
Adekoya, Kemi (BRN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	05-Jun-16	time	6.43	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

H1 lead leg	R	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
		strides	24	15	16	16	16		16	16	17	17	17	20	190				
Petersen, Sara Slott (DEN) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)			<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>																
date	20-Aug-17	time	6.64	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		15	16	16	17	17	20.5	183.5				
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	03-May-19	time	6.60	10.78	15.08	19.52	23.99	26.0	28.63	33.46	38.47	43.64	48.92		55.28	6 / 4			
reaction time	0.131	interval		4.18	4.30	4.44	4.47		4.64	4.83	5.01	5.17	5.28	6.36			12.92	13.94	15.46
		velocity	6.82	8.37	8.14	7.88	7.83	7.69	7.54	7.25	6.99	6.77	6.63	6.29	7.24		8.13	7.53	6.79
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	20	185				
Ryzhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	29-Aug-19	time	6.48	10.64		19.24	23.88	25.9	28.72	33.68	38.72	43.88	49.20		55.28	1 / 6			
reaction time	0.149	interval		4.16		8.60	4.64		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	15	15	16	19.7	131.7				
Hall, Anna (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Bislett Games (Oslo, NOR)			<i>Omega Timing (2023) - diamond league race analysis</i>																
date	15-Jun-23	time	6.28	10.39	14.61	18.91	23.42		28.12	33.02	38.01	43.32	49.09		55.28	8 / 5			
reaction time	0.212	interval		4.11	4.22	4.30	4.51		4.70	4.90	4.99	5.31	5.77	6.19			12.63	14.11	16.07
		velocity	7.17	8.52	8.29	8.14	7.76		7.45	7.14	7.01	6.59	6.07	6.46	7.24		8.31	7.44	6.53
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	17		139					
Goldenhuis, Zenéy (RSA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)			<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																
date	19-May-24	time	6.53	10.76	15.14	19.61	24.14		28.91	33.79	39.03	44.30	49.54		55.28	1 / 4			
reaction time	0.163	interval		4.23	4.38	4.47	4.53		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		15	16	16	16	16	19	165				
Tkachuk, Viktoriya (UKR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	26-Aug-22	time	6.27	10.33		18.80	23.20	25.05	27.73	32.53	37.46	42.80	48.60		55.29	7 / 6			
reaction time	0.211	interval		4.06		8.47	4.40		4.53	4.80	4.93	5.34	5.80	6.69			12.53	13.73	16.07
		velocity	7.18	8.62		8.26	7.95	7.98	7.73	7.29	7.10	6.55	6.03	5.98	7.23		8.38	7.65	6.53
H1 lead leg	L	strides	22	15		15	15	15	15	15	16	17	18	20.7	153.7				
Demes, Eileen (GER) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	21-Aug-23	time	6.50	10.73	14.90	19.06	23.56		28.20	33.00	38.06	43.30	48.94		55.29	5 / 5			
reaction time	0.169	interval		4.23	4.17	4.16	4.50		4.64	4.80	5.06	5.24	5.64	6.35	PB		12.56	13.94	15.94
		velocity	6.92	8.27	8.39	8.41	7.78		7.54	7.29	6.92	6.68	6.21	6.30	7.23		8.36	7.53	6.59
H1 lead leg	R	strides	22	14	14	14	15		15	15	16	16	17	20	178				
Kloster, Line (NOR) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 European Athletics Championships (Roma, ITA)			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	11-Jun-24	time	6.32	10.40	14.68	19.06	23.55		28.20	32.95	38.08	43.51	49.00		55.29	5 / 6			
reaction time	0.168	interval		4.08	4.28	4.38	4.49		4.65	4.75	5.13	5.43	5.49	6.29			12.74	13.89	16.05
		velocity	7.12	8.58	8.18	7.99	7.80		7.53	7.37	6.82	6.45	6.38	6.36	7.23		8.24	7.56	6.54
H1 lead leg	R	strides	22	15	15				15	15	16		17	20	135				
Grebo, Shana (FRA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)			<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																
date	08-Jun-24	time	6.42	10.47	14.73	19.31	23.94		28.74	33.58	38.54	43.71	49.13		55.30	4 / 6			
reaction time		interval		4.05	4.26	4.58	4.63		4.80	4.84	4.96	5.17	5.42	6.17	PB		12.89	14.27	15.55
		velocity	7.01	8.64	8.22	7.64	7.56		7.29	7.23	7.06	6.77	6.46	6.48	7.23		8.15	7.36	6.75
H1 lead leg	L	strides	23	15	15	17	17		17	17	17	17	18		173				
Churakova, Yelena (RUS) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 IAAF World Championships (Daegu, KOR)			<i>Behm (2011) - Le quatrache: Démus enfin!</i>																
date	01-Sep-11	time	6.4	10.7	15.2	19.6	24.1		28.8	33.6	38.6				55.31	7 / 8			
reaction time	0.173	interval		4.3	4.5	4.4	4.5		4.7	4.8	5.0						13.20	14.00	
		velocity	7.03	8.14	7.78	7.95	7.78		7.45	7.29	7.00				7.23		7.95	7.50	
H1 lead leg	R	strides	22	15	15	16	15		15	15	15			128					
Odumosu, Ajoke (NGR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2012 Olympic Games (London, GBR)			<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>																
date	08-Aug-12	time	6.77	10.88	15.13	19.48	24.00	25.80	28.87	33.83	38.67	44.05	49.50		55.31	6 / 8			
reaction time	0.270	interval		4.11	4.25	4.35	4.52		4.87	4.96	4.84	5.38	5.45	5.81			12.71	14.35	15.67

H1 lead leg	L	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	
		strides	23	15	15	16	15		17	17	17	17	17		169				
Nel, Wenda (RSA) (1988)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	16-Jul-17	time	6.40	10.80	15.28	19.80	24.52		29.20	34.04	38.96	44.00	49.20		55.31	2 / 5			
reaction time	0.189	interval		4.40	4.48	4.52	4.72		4.68	4.84	4.92	5.04	5.20	6.11			13.40	14.24	15.16
		velocity	7.03	7.95	7.81	7.74	7.42		7.48	7.23	7.11	6.94	6.73	6.55	7.23		7.84	7.37	6.93
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	17	21	192				
Woodruff, Gianna (PAN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	21-Aug-23	time	6.46	10.80	15.00	19.23	23.80		28.50	33.40	38.37	43.60	49.03		55.31	2 / 3			
reaction time	0.171	interval		4.34	4.20	4.23	4.57		4.70	4.90	4.97	5.23	5.43	6.28			12.77	14.17	15.63
		velocity	6.97	8.06	8.33	8.27	7.66		7.45	7.14	7.04	6.69	6.45	6.37	7.23		8.22	7.41	6.72
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	17	17	19.7	182.7				
Jichová, Nikoleta (CZE) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 2 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	05-Aug-24	time	6.36	10.56	14.93	19.40	24.01		28.79	33.79	38.90	44.12	49.29		55.31	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	15		16	16	16	16	17	20.7	181.7				
Sheffield, LaTanya (USA) (1963)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1988 Olympic Games (Seoul, KOR)																<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>			
date	28-Sep-88	time	6.44	10.53	14.73	19.09	23.74		28.55	33.37	38.31	43.44	48.88		55.32	4 / 8			
reaction time	0.202	interval		4.09	4.20	4.36	4.65		4.81	4.82	4.94	5.13	5.44	6.44			12.65	14.28	15.51
		velocity	6.99	8.56	8.33	8.03	7.53		7.28	7.26	7.09	6.82	6.43	6.21	7.23		8.30	7.35	6.77
H1 lead leg	R	strides	23	15	15	15	17		17	17	17	17	17	21.2	191.2				
Watson, Sage (CAN) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	21-Jul-19	time	6.40	10.56	14.80	19.12	23.52		28.20	33.08	38.20	43.60	49.12		55.32	9 / 7			
reaction time	0.180	interval		4.16	4.24	4.32	4.40		4.68	4.88	5.12	5.40	5.52	6.20			12.72	13.96	16.04
		velocity	7.03	8.41	8.25	8.10	7.95		7.48	7.17	6.84	6.48	6.34	6.45	7.23		8.25	7.52	6.55
H1 lead leg	R	strides	22	15	15	15	15		16	16	16	17	17	20	168				
Ryzhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	10-Sep-19	time	6.54	10.67	14.88	19.18	23.65		28.42	33.40	38.47	43.71	49.01		55.32	6 / 1			
reaction time		interval		4.13	4.21	4.30	4.47		4.77	4.98	5.07	5.24	5.30	6.31			12.64	14.22	15.61
		velocity	6.88	8.47	8.31	8.14	7.83		7.34	7.03	6.90	6.68	6.60	6.34	7.23		8.31	7.38	6.73
H1 lead leg	R	strides		14	14	14	14		15	15	15	16	16	19.7	152.7				
Wilson, Britton (USA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	24-Jun-22	time	6.70	10.96	15.40	19.93	24.70	26.66	29.50	34.36	39.40	44.43	49.56		55.32	6 / 1			
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				
luel, Amalie (NOR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	19-Aug-22	time	6.40	10.50		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				
Maraval, Louise (FRA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	04-Aug-24	time	6.30	10.44	14.70	19.02	23.52		28.19	33.11	38.32	43.81	49.24		55.32	5 / 3			
reaction time	0.159	interval		4.14	4.26	4.32	4.50		4.67	4.92	5.21	5.49	5.43	6.08			12.72	14.09	16.13
		velocity	7.14	8.45	8.22	8.10	7.78		7.49	7.11	6.72	6.38	6.45	6.58	7.23		8.25	7.45	6.51
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	18	17	20.2	187.2				
Meißner, Heike (GER) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 European Cup (Bremen, GER)																<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>			
date	23-Jun-01	time	6.73	10.93	15.27	19.71	24.20		28.85	33.71	38.83	44.07	49.37		55.33	/ 3			
reaction time		interval		4.20	4.34	4.44	4.49		4.65	4.86	5.12	5.24	5.30	5.96			12.98	14.00	15.66
		velocity	6.69	8.33	8.06	7.88	7.80		7.53	7.20	6.84	6.68	6.60	6.71	7.23		8.09	7.50	6.70
H1 lead leg		strides																	
Tosta, Sheena (USA) (1982)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)																<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>			
date	14-Sep-08	time	6.40	10.55	14.83	19.27	23.93		28.73	33.57	38.51	43.79	49.20		55.33	5 / 5			
reaction time	0.153	interval		4.15	4.28	4.44	4.66		4.80	4.84	4.94	5.28	5.41	6.13			12.87	14.30	15.63

H1 lead leg	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
	strides																	
Adekoya, Kemi (BRN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	22-May-16	time	6.40	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				
Matthews, Gabrielle (JAM) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)															<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>			
date	08-Jun-24	time	6.42	10.55	14.76	19.18	23.86	28.69	33.82	39.12				55.33	9 / 7			
reaction time		interval		4.13	4.21	4.42	4.68	4.83	5.13	5.30						12.76	14.64	
		velocity	7.01	8.47	8.31	7.92	7.48	7.25	6.82	6.60				7.23		8.23	7.17	
H1 lead leg	L	strides		15	15	15	16	16	17	17				111				
Van Der Walt, Zeney (RSA) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 IAAF World Junior Championships (Tampere, FIN) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	13-Jul-18	time	6.50	10.66	15.03	19.40	23.96	28.66	33.53	38.66	43.80	49.16		55.34	5 / 1			
reaction time	0.206	interval		4.16	4.37	4.37	4.56	4.70	4.87	5.13	5.14	5.36	6.18			12.90	14.13	15.63
		velocity	6.92	8.41	8.01	8.01	7.68	7.45	7.19	6.82	6.81	6.53	6.47	7.23		8.14	7.43	6.72
H1 lead leg	L	strides	23	15	15	15	15	15	16	17	17	17	20.5	185.5				
Folorunso, Ayomide (ITA) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)															<i>Omega Timing (2023) - diamond league race analysis</i>			
date	02-Jun-23	time	6.25	10.33	14.61	18.87	23.23	27.69	32.49	37.55	42.91	48.64		55.34	2 / 7			
reaction time	0.190	interval		4.08	4.28	4.26	4.36	4.46	4.80	5.06	5.36	5.73	6.70			12.62	13.62	16.15
		velocity	7.20	8.58	8.18	8.22	8.03	7.85	7.29	6.92	6.53	6.11	5.97	7.23		8.32	7.71	6.50
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	17	21.2	184.2				
Garrett, Akala (USA) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	29-Jun-24	time	6.49	10.50	14.58	18.87	23.29	25.28	27.87	32.78	37.92	43.08	48.57		55.34	8 / 3		
reaction time		interval		4.01	4.08	4.29	4.42	4.58	4.91	5.14	5.16	5.49	6.77			12.38	13.91	15.79
		velocity	6.93	8.73	8.58	8.16	7.92	7.91	7.64	7.13	6.81	6.78	6.38	5.91	7.23	8.48	7.55	6.65
H1 lead leg	R	strides		15	15	15	15	16	16	17	17	17	20	163				
Shakes-Drayton, Perri (GBR) (1988)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2010 European Championships (Barcelona, ESP)															<i>Arnold (2010) - 400mH planning and peaking</i>			
date	27-Jul-10	time	6.54	10.74	15.04	19.42	23.92	28.54	33.54	38.62	44.00	49.36		55.35	4 / 2			
reaction time	0.189	interval		4.20	4.30	4.38	4.50	4.62	5.00	5.08	5.38	5.36	5.99			12.88	14.12	15.82
		velocity	6.88	8.33	8.14	7.99	7.78	7.58	7.00	6.89	6.51	6.53	6.68	7.23		8.15	7.44	6.64
H1 lead leg	R	strides		15	16	16	15	16	16	17	17	17	20	103				
Tate, Cassandra (USA) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	02-Jun-16	time	6.20	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	16	16	20	103				
Mátó, Sára (HUN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)															<i>European Athletics (2024) - 2024 european athletics championships - results book</i>			
date	10-Jun-24	time	6.46	10.66	15.02	19.43	23.92	28.60	33.50	38.54	43.93	49.17		55.35	2 / 7			
reaction time	0.264	interval		4.20	4.36	4.41	4.49	4.68	4.90	5.04	5.39	5.24	6.18			12.97	14.07	15.67
		velocity	6.97	8.33	8.03	7.94	7.80	7.48	7.14	6.94	6.49	6.68	6.47	7.23		8.10	7.46	6.70
H1 lead leg	L	strides	23	15	15		15	16	16	16	16	17	21	170				
Roßley, Karin (GDR) (1957)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1978 European Championships (Prague, TCH)															<i>Behm (1995) - la tactique du 400 haies</i>			
date	02-Sep-78	time	6.5	10.5	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			12.70	14.70	15.60
		velocity	6.92	8.75	8.14	7.95	7.45	7.78	7.14	6.86	6.86	6.73	6.60	6.83	7.23	8.27	7.14	6.73
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21	187				
Tirlea, Ionela (ROU) (1976)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 IAAF World Championships (Edmonton, CAN)															<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>			
date	08-Aug-01	time	6.2	10.3	14.6	18.8	23.2	27.8	32.7	38.0	43.4	48.8		55.36	7 / 6			
reaction time	0.164	interval		4.1	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	17	20.5	192.5				
Hejnová, Zuzana (CZE) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	26-May-18	time	6.80	11.08	15.40	19.80	24.32		33.76	38.68	43.80	49.08		55.36	6 / 6			
reaction time	0.190	interval		4.28	4.32	4.40	4.52		9.44	4.92	5.12	5.28	6.28			13.00	13.96	15.32

H1 lead leg	R	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	
		strides	22	15	15	15	15			16	16	16	20	150					
Sprunger, Léa (SUI) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	30-Aug-18	time	6.52	10.84	15.20	19.72	24.20	26.2	28.96	33.84	38.84	44.00	49.44		55.36	4 / 6			
reaction time	0.174	interval		4.32	4.36	4.52	4.48		4.76	4.88	5.00	5.16	5.44	5.92			13.20	14.12	15.60
		velocity	6.90	8.10	8.03	7.74	7.81	7.63	7.35	7.17	7.00	6.78	6.43	6.76	7.23		7.95	7.44	6.73
H1 lead leg	R	strides	21	14	14	14	14		15	15	15		17	18.5	157.5				
Folorunso, Ayomide (ITA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	02-Oct-19	time	6.52	10.68	14.92	19.24	23.68		28.40	33.28	38.40	43.52	48.92		55.36	6 / 5			
reaction time	0.198	interval		4.16	4.24	4.32	4.44		4.72	4.88	5.12	5.12	5.40	6.44			12.72	14.04	15.64
		velocity	6.90	8.41	8.25	8.10	7.88		7.42	7.17	6.84	6.84	6.48	6.21	7.23		8.25	7.48	6.71
H1 lead leg	R	strides	22	15	15	15	15		16	17	17	17	17	21	187				
Tkachuk, Viktoriya (UKR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Bislett Games (Oslo, NOR)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	15-Jun-23	time	6.29	10.55	14.75	19.07	23.57		28.28	33.22	38.40	43.70	49.10		55.36	7 / 6			
reaction time	0.171	interval		4.26	4.20	4.32	4.50		4.71	4.94	5.18	5.30	5.40	6.26			12.78	14.15	15.88
		velocity	7.15	8.22	8.33	8.10	7.78		7.43	7.09	6.76	6.60	6.48	6.39	7.23		8.22	7.42	6.61
H1 lead leg	L	strides	24	15	15	15	15		15	16	16	17		148					
Claes, Hanne (BEL) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)																<i>European Athletics (2024) - 2024 european athletics championships - results book</i>			
date	10-Jun-24	time	6.44	10.65	14.95	19.31	23.84		28.46	33.24	38.33	43.55	49.02		55.36	5 / 6			
reaction time	0.222	interval		4.21	4.30	4.36	4.53		4.62	4.78	5.09	5.22	5.47	6.34			12.87	13.93	15.78
		velocity	6.99	8.31	8.14	8.03	7.73		7.58	7.32	6.88	6.70	6.40	6.31	7.23		8.16	7.54	6.65
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17	17	21	186				
Wilson, Nickiesha (JAM) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2009 IAAF World Championships (Berlin, GER)																<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>			
date	17-Aug-09	time	6.31	10.29	14.43	18.75	23.28		28.07	32.92	37.92	43.30	48.93		55.37	2 / 1			
reaction time	0.173	interval		3.98	4.14	4.32	4.53		4.79	4.85	5.00	5.38	5.63	6.44			12.44	14.17	16.01
		velocity	7.13	8.79	8.45	8.10	7.73		7.31	7.22	7.00	6.51	6.22	6.21	7.22		8.44	7.41	6.56
H1 lead leg		strides																	
Nugent, Leah (JAM) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	01-Jul-21	time	6.44	10.68	15.00	19.72	24.44		29.16	33.92	38.88	44.12	49.28		55.37	3 / 5			
reaction time	0.233	interval		4.24	4.32	4.72	4.72		4.72	4.76	4.96	5.24	5.16	6.09			13.28	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	14		15	14	15	15	15	18.7	156.7				
Ryzhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	21-May-22	time	6.53	10.66	14.83	19.17	23.70	25.61	28.67	33.63	38.80	44.07	49.43		55.37	5 / 3			
reaction time	0.173	interval		4.13	4.17	4.34	4.53		4.97	4.96	5.17	5.27	5.36	5.94			12.64	14.46	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				
Tkachuk, Viktoriya (UKR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	09-Jun-22	time	6.43	10.60	14.93	19.30	23.83	25.73	28.50	33.30	38.33	43.60	49.03		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	15	16	16	17	20	166				
Tate, Cassandra (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 USA Olympic Trials (Eugene, OR)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	30-Jun-24	time	6.29	10.30	14.58	18.93	23.40	25.41	28.05	32.82	38.10	43.53	49.02		55.37	2 / 8			
reaction time		interval		4.01	4.28	4.35	4.47		4.65	4.77	5.28	5.43	5.49	6.35			12.64	13.89	16.20
		velocity	7.15	8.73	8.18	8.05	7.83	7.87	7.53	7.34	6.63	6.45	6.38	6.30	7.22		8.31	7.56	6.48
H1 lead leg	R	strides	22	14	14	15	15		15	16	16	16	17	20	180				
Folorunso, Ayomide (ITA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Memorial van damme (Brussels, BEL)																<i>Omega Timing (2024) - diamond league race analysis</i>			
date	14-Sep-24	time	6.51	10.80	15.15	19.55	24.04		28.71	33.55	38.53	43.63	48.99		55.37	8 / 5			
reaction time	0.204	interval		4.29	4.35	4.40	4.49		4.67	4.84	4.98	5.10	5.36	6.38			13.04	14.00	15.44
		velocity	6.91	8.16	8.05	7.95	7.80		7.49	7.23	7.03	6.86	6.53	6.27	7.22		8.05	7.50	6.80
H1 lead leg	R	strides	23				15		16	16	16	16		20.5	122.5				
Urbansky, Ulrike (GER) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 European Championships (Budapest, HUN)																<i>Sanchez (1998) - Budapest '98: análisis de la carreras con villas</i>			
date	23-Aug-98	time	6.67				23.85						49.90		55.38	7 / 6			
reaction time		interval					17.18						26.05	5.48					

		velocity	6.75				8.15						6.72	7.30	7.22			
H1 lead leg	R	strides	24	15	15	15	15	15	16	16	17	17	17	20.5	185.5			
Linkiewicz, Joanna (POL) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	02-Oct-19	time	6.48	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				
Sprunger, Léa (SUI) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)																		
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																		
date	13-Jul-21	time	6.30	10.52	14.82	19.20	23.78	25.7	28.46	33.34	38.50	43.72	49.18		55.39	8 / 6		
reaction time	0.123	interval		4.22	4.30	4.38	4.58	4.68	4.88	5.16	5.22	5.46	6.21			12.90	14.14	15.84
		velocity	7.14	8.29	8.14	7.99	7.64	7.78	7.48	7.17	6.78	6.70	6.41	6.44	7.22	8.14	7.43	6.63
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	16	16	19	173				
Meisberger, Shannon (USA) (1999)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 USATF National Championships (Eugene, OR)																		
<i>USATF (2022) - Results powered by Karmarush</i>																		
date	25-Jun-22	time	6.42	10.46	14.57	18.86	23.27	25.34	28.03	32.89	38.21	43.67	49.67	55.42	55.39	9 / 5		
reaction time		interval		4.04	4.11	4.29	4.41	4.76	4.86	5.32	5.46	6.00	5.72	PB		12.44	14.03	16.78
		velocity	7.01	8.67	8.52	8.16	7.94	7.89	7.35	7.20	6.58	6.41	5.83	6.99	7.22	8.44	7.48	6.26
H1 lead leg	L	strides	22	15	15	15	15	16	16	16	16	16	130					
Knight, Andrenette (JAM) (1996)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																		
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																		
date	20-Jul-22	time	6.37	10.60	15.07	19.50	24.10	26.19	28.90	33.73	38.80	49.40		55.39	2 / 7			
reaction time	0.148	interval		4.23	4.47	4.43	4.60	4.80	4.83	5.07	5.07	10.60	5.99			13.13	14.23	15.67
		velocity	7.06	8.27	7.83	7.90	7.61	7.64	7.29	7.25	6.90	6.60	6.68	7.22		8.00	7.38	6.70
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	19	146					
Knight, Jessie (GBR) (1994)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2024 Olympic Games (Paris, FRA)																		
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																		
date	04-Aug-24	time	6.43	10.69	15.04	19.41	23.97	28.71	33.69	38.82	44.04	49.35		55.39	5 / 5			
reaction time	0.171	interval		4.26	4.35	4.37	4.56	4.74	4.98	5.13	5.22	5.31	6.04			12.98	14.28	15.66
		velocity	7.00	8.22	8.05	8.01	7.68	7.38	7.03	6.82	6.70	6.59	6.62	7.22		8.09	7.35	6.70
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	15	19	176				
Antyukh, Natalya (RUS) (1981)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2009 IAAF World Championships (Berlin, GER)																		
<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																		
date	17-Aug-09	time	6.84	11.19	15.53	19.93	24.43	29.03	33.88	38.92	44.03	49.27		55.40	3 / 2			
reaction time	0.215	interval		4.35	4.34	4.40	4.50	4.60	4.85	5.04	5.11	5.24	6.13			13.09	13.95	15.39
		velocity	6.58	8.05	8.06	7.95	7.78	7.61	7.22	6.94	6.85	6.68	6.53	7.22		8.02	7.53	6.82
H1 lead leg		strides																
Pedroso, Yadisleidis (ITA) (1987)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	02-Oct-19	time	6.54	10.84	15.18	24.26	28.93	33.76	38.74	43.84	49.15		55.40	8 / 4				
reaction time	0.208	interval		4.30	4.34	9.08	4.67	4.83	4.98	5.10	5.31	6.25					15.39	
		velocity	6.88	8.14	8.06	7.71	7.49	7.25	7.03	6.86	6.59	6.40	7.22					6.82
H1 lead leg	R	strides	24	16	16		16	16	17	17	17	21	143					
Nielsen, Lina (GBR) (1996)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)																		
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																		
date	21-May-22	time	6.43	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	5.10	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	16	19.2	150.2					
Cojocaru, Christina (ROU) (1962)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1984 Olympic Games (Los Angeles, CA)																		
<i>Behm (1995) - la tactique du 400 haies</i>																		
date	08-Aug-84	time	6.3	10.6	15.0	19.4	24.1	28.8	33.5	38.7	44.0	49.3		55.41	2 / 3			
reaction time	0.237	interval		4.3	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	7.45	6.73	6.60	6.60	6.55	7.22		8.02	7.45	6.65
H1 lead leg		strides	22	15	15	15	15	15	15	16	16	17	21	182				
Lucas, Josanne (TTO) (1984)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 2009 IAAF World Championships (Berlin, GER)																		
<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																		
date	17-Aug-09	time	6.40	10.46	14.62	18.89	23.35	28.04	32.98	38.27	43.63	49.23		55.41	8 / 2			
reaction time	0.173	interval		4.06	4.16	4.27	4.46	4.69	4.94	5.29	5.36	5.60	6.18			12.49	14.09	16.25
		velocity	7.03	8.62	8.41	8.20	7.85	7.46	7.09	6.62	6.53	6.25	6.47	7.22		8.41	7.45	6.46
H1 lead leg		strides																
Linkiewicz, Joanna (POL) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																		
date	05-Jun-16	time	6.67	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

H1 lead leg	L	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
		strides	24	16	16	16	16		17	17	17	17	17	17	173				
Nel, Wenda (RSA) (1988)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)																<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	09-Sep-16	time	6.44	10.64	14.96	19.40	24.04		28.64	33.48	38.44	43.56	48.96		55.41	2 / 6			
reaction time	0.186	interval		4.20	4.32	4.44	4.64		4.60	4.84	4.96	5.12	5.40	6.45			12.96	14.08	15.48
		velocity	6.99	8.33	8.10	7.88	7.54		7.61	7.23	7.06	6.84	6.48	6.20	7.22		8.10	7.46	6.78
H1 lead leg	L	strides	23	15	15	16	16		16	17	17	17	17	22	191				
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	28-May-23	time	6.41	10.62	14.90	19.33	23.88		28.56	33.51	38.63	43.85	49.12		55.41	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				
Ryzhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Athletissima (Lausanne, SUI)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	30-Jun-23	time	6.46	10.60	14.87	19.22	23.71		28.44	33.37	38.48	43.73	49.21		55.41	2 / 5			
reaction time	0.175	interval		4.14	4.27	4.35	4.49		4.73	4.93	5.11	5.25	5.48	6.20			12.76	14.15	15.84
		velocity	6.97	8.45	8.20	8.05	7.80		7.40	7.10	6.85	6.67	6.39	6.45	7.22		8.23	7.42	6.63
H1 lead leg	R	strides	22	14		14	15		15	15		15	16	19.5	130.5				
Sprunger, Léa (SUI) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)																<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	15-Jul-16	time	6.47	10.83		19.57	24.13		28.87		38.77	43.97	49.43		55.42	8 / 5			
reaction time	0.133	interval		4.36		8.74	4.56		4.74		9.90	5.20	5.46	5.99			13.10		
		velocity	6.96	8.03		8.01	7.68		7.38		7.07	6.73	6.41	6.68	7.22		8.02		
H1 lead leg	R	strides	21	15		15	15		15			15	17	18.5	116.5				
Belle, Tia Adana (BAR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)																<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>			
date	19-May-19	time	6.51	10.64	14.85	19.24	23.77		28.56	33.60	38.66	43.88	49.23		55.42	6 / 2			
reaction time	0.177	interval		4.13	4.21	4.39	4.53		4.79	5.04	5.06	5.22	5.35	6.19			12.73	14.36	15.63
		velocity	6.91	8.47	8.31	7.97	7.73		7.31	6.94	6.92	6.70	6.54	6.46	7.22		8.25	7.31	6.72
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	20	182				
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	06-Jun-19	time	6.64	10.88	15.20	19.56	24.08		28.84	33.68	38.68	43.88	49.20		55.42	3 / 5			
reaction time	0.173	interval		4.24	4.32	4.36	4.52		4.76	4.84	5.00	5.20	5.32	6.22			12.92	14.12	15.52
		velocity	6.78	8.25	8.10	8.03	7.74		7.35	7.23	7.00	6.73	6.58	6.43	7.22		8.13	7.44	6.77
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	20	185				
Couckuyt, Paulien (BEL) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	19-Jul-22	time	6.40	10.53	14.80	19.03	23.50	25.35	28.30	33.17	38.37	43.70	49.13		55.42	5 / 4			
reaction time	0.168	interval		4.13	4.27	4.23	4.47		4.80	4.87	5.20	5.33	5.43	6.29			12.63	14.14	15.96
		velocity	7.03	8.47	8.20	8.27	7.83	7.89	7.29	7.19	6.73	6.57	6.45	6.36	7.22		8.31	7.43	6.58
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187				
Couckuyt, Paulien (BEL) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	20-Jul-22	time	6.30	10.33	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				
Knight, Andriette (JAM) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Weltklasse (Züch, SUI)																<i>Omega Timing (2024) - diamond league race analysis</i>			
date	05-Sep-24	time	6.20	10.19	14.35	18.60	23.03		27.59	32.38	37.51	42.82	48.47		55.42	3 / 6			
reaction time	0.176	interval		3.99	4.16	4.25	4.43		4.56	4.79	5.13	5.31	5.65	6.95			12.40	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				
Tate, Cassandra (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	10-Aug-17	time	6.24	10.36	14.68	19.00	23.48		28.08	32.88	37.88	43.32	48.88		55.43	3 / 7			
reaction time	0.216	interval		4.12	4.32	4.32	4.48		4.60	4.80	5.00	5.44	5.56	6.55			12.76	13.88	16.00
		velocity	7.21	8.50	8.10	8.10	7.81		7.61	7.29	7.00	6.43	6.29	6.11	7.22		8.23	7.56	6.56
H1 lead leg	R	strides	22		15	15	15		15	15	15	17	17	20	166				
Pedroso, Yadisleidis (ITA) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	31-May-18	time	6.48	10.80	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

H1 lead leg	L	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
		strides	23	16	16	16	16		16	17	17	17	17	20.7	191.7				
Carli, Sarah (AUS) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	02-Oct-19	time	6.36	10.52	14.80	19.24	23.88		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	PB		12.88	14.44	15.68
		velocity	7.08	8.41	8.18	7.88	7.54		7.17	7.11	6.94	6.63	6.53	6.59	7.22		8.15	7.27	6.70
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	20	168				
Woodruff, Gianna (PAN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	21-May-22	time	6.50	10.50	14.80	19.17	23.80	25.62	28.57	33.50	38.70	43.87	49.25		55.43	7 / 5			
reaction time	0.218	interval		4.00	4.30	4.37	4.63		4.77	4.93	5.20	5.17	5.38	6.18			12.67	14.33	15.75
		velocity	6.92	8.75	8.14	8.01	7.56	7.81	7.34	7.10	6.73	6.77	6.51	6.47	7.22		8.29	7.33	6.67
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	17	20	182				
Tkachuk, Viktoriya (UKR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	22-Aug-23	time	6.40	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					
Kloster, Line (NOR) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	22-Aug-23	time	6.30	10.57	14.78	19.08	23.52				38.23	43.51	49.08		55.43	2 / 7			
reaction time	0.152	interval		4.27	4.21	4.30	4.44				14.71	5.28	5.57	6.35			12.78		
		velocity	7.14	8.20	8.31	8.14	7.88				7.14	6.63	6.28	6.30	7.22		8.22		
H1 lead leg	R	strides	22	14	14	15	15				16	16	17	20	149				
Mo Jiadie (CHN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	04-Aug-24	time	6.32	10.49	14.84	19.21	23.79		28.52	33.45	38.55	43.76	49.01		55.43	2 / 6			
reaction time	0.190	interval		4.17	4.35	4.37	4.58		4.73	4.93	5.10	5.21	5.25	6.42			12.89	14.24	15.56
		velocity	7.12	8.39	8.05	8.01	7.64		7.40	7.10	6.86	6.72	6.67	6.23	7.22		8.15	7.37	6.75
H1 lead leg	L	strides	23	15	15	15	16		16	17	17	17	17	22	190				
Jesień, Anna (POL) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)																<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>			
date	14-Sep-08	time	6.61	10.75	15.04	19.38	23.87		28.65	33.52	38.61	43.87	49.32		55.44	1 / 6			
reaction time	0.151	interval		4.14	4.29	4.34	4.49		4.78	4.87	5.09	5.26	5.45	6.12			12.77	14.14	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																	
Lehikoinen, Viivi (FIN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	02-Sep-23	time	6.31	10.42	14.67	19.13	23.74		28.55	33.39	38.48	43.71	49.08		55.44	2 / 8			
reaction time	0.215	interval		4.11	4.25	4.46	4.61		4.81	4.84	5.09	5.23	5.37	6.36			12.82	14.26	15.69
		velocity	7.13	8.52	8.24	7.85	7.59		7.28	7.23	6.88	6.69	6.52	6.29	7.22		8.19	7.36	6.69
H1 lead leg	R	strides	23	15	15	16	16		16	16	16	17	17	167					
Giger, Yasmin (SUI) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	04-Aug-24	time	6.39	10.59	14.85	19.27	23.82		28.54	33.47	38.60	43.90	49.29		55.44	6 / 4			
reaction time	0.138	interval		4.20	4.26	4.42	4.55		4.72	4.93	5.13	5.30	5.39	6.15			12.88	14.20	15.82
		velocity	7.04	8.33	8.22	7.92	7.69		7.42	7.10	6.82	6.60	6.49	6.50	7.22		8.15	7.39	6.64
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	0.7	166.7				
Sartori, Rebecca (ITA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 2 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	05-Aug-24	time	6.34	10.52	14.87	19.29	23.85		28.56	33.79	38.91	44.10	49.38		55.44	7 / 5			
reaction time	0.208	interval		4.18	4.35	4.42	4.56		4.71	5.23	5.12	5.19	5.28	6.06			12.95	14.50	15.59
		velocity	7.10	8.37	8.05	7.92	7.68		7.43	6.69	6.84	6.74	6.63	6.60	7.22		8.11	7.24	6.74
H1 lead leg	L	strides	22	15	15	15	15		16	16	16	16	16	19.2	181.2				
Ryzhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)																<i>Omega Timing (2024) - diamond league race analysis</i>			
date	25-Aug-24	time	6.59	10.80	15.12	19.52	24.07		28.84	33.67	38.69	44.00	49.29		55.44	2 / 8			
reaction time	0.188	interval		4.21	4.32	4.40	4.55		4.77	4.83	5.02	5.31	5.29	6.15			12.93	14.15	15.62
		velocity	6.83	8.31	8.10	7.95	7.69		7.34	7.25	6.97	6.59	6.62	6.50	7.22		8.12	7.42	6.72
H1 lead leg	R	strides	21	14	14	14								79					
Tate, Cassandra (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	05-Jul-18	time	6.28	10.40		19.16	23.64		28.32	33.28	38.40	43.56	49.00		55.45	2 / 7			
reaction time	0.208	interval		4.12		8.76	4.48		4.68	4.96	5.12	5.16	5.44	6.45			12.88	14.12	15.72

H1 lead leg	R	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
		strides	22	15			15		15	16	16	16	16	20	151				
Tate, Cassandra (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)																<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>			
date	19-May-19	time	6.34	10.38	14.58	19.17	23.89		28.65	33.52	38.44	43.66	49.18		55.45	8 / 3			
reaction time	0.233	interval		4.04	4.20	4.59	4.72		4.76	4.87	4.92	5.22	5.52	6.27			12.83	14.35	15.66
		velocity	7.10	8.66	8.33	7.63	7.42		7.35	7.19	7.11	6.70	6.34	6.38	7.21		8.18	7.32	6.70
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19.7	178.7				
Woodruff, Gianna (PAN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	02-Sep-23	time	6.40	10.40	14.62	18.99	23.53		28.20	33.04	38.11	43.49	48.85		55.45	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					
Jichová, Nikoleta (CZE) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	04-Aug-24	time	6.34	10.48	14.72	19.18	23.73		28.43	33.42	38.66	44.03	49.38		55.45	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				
Townsend, Sydni (USA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 USA Olympic Trials (Eugene, OR)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	30-Jun-24	time	6.40	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				
Sprunger, Léa (SUI) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	10-Sep-19	time	6.47	10.71		19.41	23.92		28.69		38.77	44.07	49.45		55.46	4 / 2			
reaction time		interval		4.24		8.70	4.51		4.77		10.08	5.30	5.38	6.01			12.94		
		velocity	6.96	8.25		8.05	7.76		7.34		6.94	6.60	6.51	6.66	7.21		8.11		
H1 lead leg	R	strides		14	14		14		15			16	16	18.5	107.5				
Sprunger, Léa (SUI) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	01-Jul-21	time	6.40	10.64	14.90	19.32	23.84		28.52	33.40	38.48	43.72	49.26		55.46	6 / 6			
reaction time	0.152	interval		4.24	4.26	4.42	4.52		4.68	4.88	5.08	5.24	5.54	6.20			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				
Yukich, Alanah (AUS) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	04-Aug-24	time	6.28	10.37	14.59	18.99	23.51		28.16	33.13	38.27	43.54	48.92		55.46	9 / 7			
reaction time	0.148	interval		4.09	4.22	4.40	4.52		4.65	4.97	5.14	5.27	5.38	6.54			12.71	14.14	15.79
		velocity	7.17	8.56	8.29	7.95	7.74		7.53	7.04	6.81	6.64	6.51	6.12	7.21		8.26	7.43	6.65
H1 lead leg	R	strides	22	15	15	15	15		15	16	16	16	17	20	182				
Knoroz, Anna (RUS) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 European Championships (Budapest, HUN)																<i>Sanchez (1998) - Budapest '98: análisis de la carreras con villas</i>			
date	23-Aug-98	time	6.60				23.90						49.32		55.47	1 / 7			
reaction time		interval					17.30						25.42	6.15					
		velocity	6.82				8.09						6.88	6.50	7.21				
H1 lead leg	L	strides	24	16	16	16	16		16	16	17	17	18	22	194				
Spencer, Kaliese (JAM) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)																<i>Henson (2021) - Athlete First: major championships report</i>			
date	26-Aug-15	time	6.44	10.68	15.12	19.48	24.00		28.60	33.36	38.24	43.48		55.47	7 / 8				
reaction time	0.196	interval		4.24	4.44	4.36	4.52		4.60	4.76	4.88	5.24					13.04	13.88	
		velocity	6.99	8.25	7.88	8.03	7.74		7.61	7.35	7.17	6.68		7.21			8.05	7.56	
H1 lead leg	L	strides		15	15	15	15		15	15	15	16		121					
Pedroso, Yadisleidis (ITA) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	07-Jun-18	time	6.40	10.64	15.00	19.56	24.24	26.3	28.96	33.96	38.92	44.04	49.24		55.47	6 / 7			
reaction time	0.226	interval		4.24	4.36	4.56	4.68		4.72	5.00	4.96	5.12	5.20	6.23			13.16	14.40	15.28
		velocity	7.03	8.25	8.03	7.68	7.48	7.60	7.42	7.00	7.06	6.84	6.73	6.42	7.21		7.98	7.29	6.87
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	17		171				
Moline, Georganne (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	21-Jul-18	time	6.44	10.80	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

H1 lead leg	L	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
		strides	23	16	15	15	15		15	15	16	17	17	20	184				
Adekoya, Kemi (BRN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	02-Jun-16	time	6.28	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					
luel, Amalie (NOR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	05-Jul-19	time	6.44	10.64	14.92	19.40	24.04	26.1	28.84	33.72	38.72	44.08	49.36		55.48	8 / 6			
reaction time	0.156	interval		4.20	4.28	4.48	4.64		4.80	4.88	5.00	5.36	5.28	6.12			12.96	14.32	15.64
		velocity	6.99	8.33	8.18	7.81	7.54	7.66	7.29	7.17	7.00	6.53	6.63	6.54	7.21		8.10	7.33	6.71
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	160					
Knight, Andriette (JAM) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	19-Jul-22	time	6.33		15.00	19.40	23.93	25.89	28.70	33.70	38.90	44.20	49.57		55.48	2 / 4			
reaction time	0.144	interval			8.67	4.40	4.53		4.77	5.00	5.20	5.30	5.37	5.91			13.07	14.30	15.87
		velocity	7.11		8.07	7.95	7.73	7.72	7.34	7.00	6.73	6.60	6.52	6.77	7.21		8.03	7.34	6.62
H1 lead leg	R	strides			15	15		15	15	15	15	16	16	19	126				
Tkachuk, Viktoriya (UKR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Prefontaine Classic (Eugene, OR)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	17-Sep-23	time	6.46	10.72	15.06	19.42	23.91		28.57	33.49	38.52	43.73	49.12		55.48	9 / 9			
reaction time	0.218	interval		4.26	4.34	4.36	4.49		4.66	4.92	5.03	5.21	5.39	6.36			12.96	14.07	15.63
		velocity	6.97	8.22	8.06	8.03	7.80		7.51	7.11	6.96	6.72	6.49	6.29	7.21		8.10	7.46	6.72
H1 lead leg	L	strides	22	15	15	15	15		15	16	16			129					
Muraro, Alice (ITA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 3 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	05-Aug-24	time	6.52	10.81	15.15	19.59	24.25		29.08	34.05	39.15	44.30	49.45		55.48	6 / 6			
reaction time	0.141	interval		4.29	4.34	4.44	4.66		4.83	4.97	5.10	5.15	5.15	6.03			13.07	14.46	15.40
		velocity	6.90	8.16	8.06	7.88	7.51		7.25	7.04	6.86	6.80	6.80	6.63	7.21		8.03	7.26	6.82
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	17	17	21	187				
Beesley, Meghan (GBR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	10-Sep-19	time	6.34	10.54		19.18	23.72		28.46		38.53	43.84	49.25		55.49	2 / 3			
reaction time		interval		4.20		8.64	4.54		4.74		10.07	5.31	5.41	6.24			12.84		
		velocity	7.10	8.33		8.10	7.71		7.38		6.95	6.59	6.47	6.41	7.21		8.18		
H1 lead leg	L	strides		16	16		16		17			18	18	22.2	123.2				
van der Walt, Zenéy (RSA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	22-Aug-23	time	6.70	11.11	15.48	19.82	24.42			33.93		44.21	49.51		55.49	3 / 8			
reaction time	0.212	interval		4.41	4.37	4.34	4.60			9.51		10.28	5.30	5.98			13.12	14.11	15.58
		velocity	6.72	7.94	8.01	8.06	7.61			7.36		6.81	6.60	6.69	7.21		8.00	7.44	6.74
H1 lead leg	L	strides	23	15	15	15	15				16		16	19.5	134.5				
Yukich, Alanah (AUS) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	06-Aug-24	time	6.37	10.51	14.90	19.36	23.91		28.59	33.47	38.68	44.04	49.38		55.49	1 / 7			
reaction time	0.161	interval		4.14	4.39	4.46	4.55		4.68	4.88	5.21	5.36	5.34	6.11			12.99	14.11	15.91
		velocity	7.06	8.45	7.97	7.85	7.69		7.48	7.17	6.72	6.53	6.55	6.55	7.21		8.08	7.44	6.60
H1 lead leg	R	strides	22	15	15	15	15		15	15	16		16	144					
Cazier, Marie-Christine (FRA) (1963)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1990 Résisprint International (La Chaux-de-Ford, FRA)																<i>Veney - split times from PJ</i>			
date	19-Aug-90	time	6.55	10.70	15.10	19.50	24.10		28.80	33.75	38.90	44.15	49.55		55.50	1 / 1			
reaction time		interval		4.15	4.40	4.40	4.60		4.70	4.95	5.15	5.25	5.40	5.95	PB		12.95	14.25	15.80
		velocity	6.87	8.43	7.95	7.95	7.61		7.45	7.07	6.80	6.67	6.48	6.72	7.21		8.11	7.37	6.65
H1 lead leg		strides		15	15	15	15		15	16	16	17	17	141					
Morandais, Sylvanie (FRA) (1979)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 European Cup (Bremen, GER)																<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>			
date	23-Jun-01	time	6.56	10.86	15.25	19.68	24.23			34.09	39.08	44.31	49.59		55.50	1 / 4			
reaction time		interval		4.30	4.39	4.43	4.55			9.86	4.99	5.23	5.28	5.91	PB		13.12	14.41	15.50
		velocity	6.86	8.14	7.97	7.90	7.69			7.10	7.01	6.69	6.63	6.77	7.21		8.00	7.29	6.77
H1 lead leg		strides																	
Cockrell, Anna (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Pan American Games (Lima, PER) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	08-Aug-19	time	6.34	10.38	14.83	19.38	24.03		28.79	33.72	38.76	43.89		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	

H1 lead leg	L	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		
		strides	22	14	15	15	15		15	15	16	16		143					
Knight, Jessie (GBR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	21-May-22	time	6.43		15.03	19.47	24.03	25.82	28.83	33.73	39.00	44.23	49.63		55.50	2 / 6			
reaction time	0.147	interval			8.60	4.44	4.56		4.80	4.90	5.27	5.23	5.40	5.87			13.04	14.26	15.90
		velocity	7.00		8.14	7.88	7.68	7.75	7.29	7.14	6.64	6.69	6.48	6.81	7.21		8.05	7.36	6.60
H1 lead leg	R	strides	22		15	15		15	15	16	16	16	16	19.2	149.2				
Overholt, Brooke (CAN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	10-Jun-23	time	6.50	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	17	20	187				
luel, Amalie (NOR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)															<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	30-May-24	time	6.49	10.73	15.00	19.39	24.00		28.81	33.75	38.83	44.07	49.42		55.50	7 / 4			
reaction time	0.129	interval		4.24	4.27	4.39	4.61		4.81	4.94	5.08	5.24	5.35	6.08			12.90	14.36	15.67
		velocity	6.93	8.25	8.20	7.97	7.59		7.28	7.09	6.89	6.68	6.54	6.58	7.21		8.14	7.31	6.70
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	19	179				
Ennadi, Noura (MAR) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	06-Aug-24	time	6.47	10.63	14.83	19.14	23.61		28.27	33.15	38.22	43.52	48.88		55.50	8 / 8			
reaction time	0.175	interval		4.16	4.20	4.31	4.47		4.66	4.88	5.07	5.30	5.36	6.62			12.67	14.01	15.73
		velocity	6.96	8.41	8.33	8.12	7.83		7.51	7.17	6.90	6.60	6.53	6.04	7.21		8.29	7.49	6.68
H1 lead leg	R	strides	23	15	15	15	15		16		17			116					
Busch, Sabine (GDR) (1962)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 1987 IAAF World Championships (Rome, ITA)															<i>Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>				
date	31-Aug-87	time	6.84	11.04	15.39	19.85	24.45		29.14	34.05	39.07	44.26	49.46		55.51	1 / 1			
reaction time		interval		4.20	4.35	4.46	4.60		4.69	4.91	5.02	5.19	5.20	6.05			13.01	14.20	15.41
		velocity	6.58	8.33	8.05	7.85	7.61		7.46	7.13	6.97	6.74	6.73	6.61	7.21		8.07	7.39	6.81
H1 lead leg		strides	23	15	15	15	15		15	15	15	16	16	18.8	178.8				
Child, Eilidh (GBR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 European Championships (Barcelona, ESP)															<i>Arnold (2010) - 400mH planning and peaking</i>				
date	30-Jul-10	time	10.64	15.04	19.42	24.02		28.76	33.62	38.76	44.08	49.50		55.51	2 / 8				
reaction time	0.199	interval		4.40	4.38	4.60		4.74	4.86	5.14	5.32	5.42	6.01				14.20	15.88	
		velocity		7.52	7.95	7.99	7.61		7.38	7.20	6.81	6.58	6.46	6.66	7.21		7.39	6.61	
H1 lead leg	L	strides	24	16	16	16	17		17	17	17	18	18	176					
Spencer, Kaliese (JAM) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	02-Jun-16	time	6.40	10.60		19.48	24.00			33.48	38.56	43.80	49.20		55.51	3 / 6			
reaction time	0.158	interval		4.20		8.88	4.52			9.48	5.08	5.24	5.40	6.31			13.08	14.00	15.72
		velocity	7.03	8.33		7.88	7.74			7.38	6.89	6.68	6.48	6.34	7.21		8.03	7.50	6.68
H1 lead leg	L	strides	22	14		15				16		16	16	19	102				
Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	25-Jun-21	time	6.03	10.06	14.40	18.80	23.40		28.13	33.10	38.30	43.60	49.03		55.51	3 / 1			
reaction time	0.184	interval		4.03	4.34	4.40	4.60		4.73	4.97	5.20	5.30	5.43	6.48			12.77	14.30	15.93
		velocity	7.46	8.68	8.06	7.95	7.61		7.40	7.04	6.73	6.60	6.45	6.17	7.21		8.22	7.34	6.59
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178				
Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	27-Jun-24	time	6.50	10.66	14.96	19.41	24.03	26.09	28.71	33.61	38.81	43.99	49.32		55.51	5 / 2			
reaction time		interval		4.16	4.30	4.45	4.62		4.68	4.90	5.20	5.18	5.33	6.19			12.91	14.20	15.71
		velocity	6.92	8.41	8.14	7.87	7.58	7.67	7.48	7.14	6.73	6.76	6.57	6.46	7.21		8.13	7.39	6.68
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19	179				
van den Broeck, Naomi (BEL) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	04-Aug-24	time	6.49	10.84	15.22	19.72	24.45		29.42	34.50	39.48	44.66	49.77		55.51	9 / 5			
reaction time	0.137	interval		4.35	4.38	4.50	4.73		4.97	5.08	4.98	5.18	5.11	5.74			13.23	14.78	15.27
		velocity	6.93	8.05	7.99	7.78	7.40		7.04	6.89	7.03	6.76	6.85	6.97	7.21		7.94	7.10	6.88
H1 lead leg	L	strides	25	16	16	17	17		18	18			19	22	168				
Huang Xiaoxiao (CHN) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2009 IAAF World Championships (Berlin, GER)															<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>				
date	17-Aug-09	time	6.54	10.85	15.28	19.81	24.40		29.11	34.11	39.13	44.33	49.61		55.52	5 / 3			
reaction time	0.169	interval		4.31	4.43	4.53	4.59		4.71	5.00	5.02	5.20	5.28	5.91			13.27	14.30	15.50

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																	
Woodruff, Gianna (PAN) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 London Athletics Meet (London, GBR)																		
date	23-Jul-23	time	6.37	10.35	14.44	18.73	23.19		27.90	32.71	37.67	42.92	48.38		55.52	8 / 8		
reaction time	0.201	interval		3.98	4.09	4.29	4.46		4.71	4.81	4.96	5.25	5.46	7.14		12.36	13.98	15.67
		velocity	7.06	8.79	8.56	8.16	7.85		7.43	7.28	7.06	6.67	6.41	5.60	7.20	8.50	7.51	6.70
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	17	21	167				
Knight, Jessie (GBR) (1994)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)																		
date	30-May-24	time	6.55	10.79	15.12	19.53		28.87	33.79		44.27	49.65		55.52	2 / 5			
reaction time	0.154	interval		4.24	4.33	4.41		9.34	4.92		10.48	5.38	5.87		12.98	14.26	15.86	
		velocity	6.87	8.25	8.08	7.94		7.49	7.11		6.68	6.51	6.81	7.20	8.09	7.36	6.62	
H1 lead leg	R	strides	22	15	15	15		15	15	16	16	19.2	163.2					
Clayton, Rushell (JAM) (1992)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Pan American Games (Lima, PER) (TV Analysis)																		
date	08-Aug-19	time	6.38	10.44	14.65	18.96		28.24	33.14	38.27	43.58	49.00		55.53	4 / 3			
reaction time	0.188	interval		4.06	4.21	4.31		9.28	4.90	5.13	5.31	5.42	6.53		12.58	14.18	15.86	
		velocity	7.05	8.62	8.31	8.12		7.54	7.14	6.82	6.59	6.46	6.13	7.20	8.35	7.40	6.62	
H1 lead leg	L	strides	23	15	15	15		16	16	17	17	21.2	155.2					
Bing, Portia (NZL) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																		
date	20-Jul-22	time	6.57	10.83	15.30	19.66	24.16	26.21	28.90		38.76	43.94	49.32		55.53	1 / 6		
reaction time	0.191	interval		4.26	4.47	4.36	4.50		4.74		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					
Ryzhykova, Anna (UKR) (1989)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Bislett Games (Oslo, NOR)																		
date	15-Jun-23	time	6.52	10.68	14.96	19.34	23.87		28.65	33.54	38.57	43.80	49.25		55.53	1 / 7		
reaction time	0.202	interval		4.16	4.28	4.38	4.53		4.78	4.89	5.03	5.23	5.45	6.28		12.82	14.20	15.71
		velocity	6.90	8.41	8.18	7.99	7.73		7.32	7.16	6.96	6.69	6.42	6.37	7.20	8.19	7.39	6.68
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	154				
Couckuyt, Paulien (BEL) (1997)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Athletissima (Lausanne, SU)																		
date	22-Aug-24	time	6.32	10.35	14.53	18.83	23.28		28.05	32.99	38.16	43.48	49.06		55.53	1 / 6		
reaction time	0.193	interval		4.03	4.18	4.30	4.45		4.77	4.94	5.17	5.32	5.58	6.47		12.51	14.16	16.07
		velocity	7.12	8.68	8.37	8.14	7.87		7.34	7.09	6.77	6.58	6.27	6.18	7.20	8.39	7.42	6.53
H1 lead leg	L	strides	23	15	15	15	15		16	17	17	21.5	154.5					
Usha, P.T. (IND) (1964)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 1984 Olympic Games (Los Angeles, CA)																		
date	06-Aug-84	time	6.6	11.5	15.9	20.5	25.1	27.1	29.8	34.5	39.4	44.4	49.6		55.54	2 / 1		
reaction time		interval		4.9	4.4	4.6	4.6		4.7	4.7	4.9	5.0	5.2	5.94		13.90	14.00	15.10
		velocity	6.82	7.14	7.95	7.61	7.61	7.38	7.45	7.45	7.14	7.00	6.73	6.73	7.20	7.55	7.50	6.95
H1 lead leg	L	strides		17	17	17					17	17	17	20.7	122.7			
Petersen, Sara Slott (DEN) (1987)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)																		
date	01-Sep-17	time	6.36	10.52	14.84	19.20	23.64	25.8	28.20	32.96	38.08	43.40	49.04		55.54	3 / 5		
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			
Payne, Kymber (USA) (1996)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 USATF National Championships (Des Moines, IA) (TV Analysis)																		
date	24-Jun-18	time	6.47	10.67	14.91	19.32	23.75		28.46	33.30	38.27	43.44	48.91		55.54	6 / 4		
reaction time		interval		4.20	4.24	4.41	4.43		4.71	4.84	4.97	5.17	5.47	6.63		12.85	13.98	15.61
		velocity	6.96	8.33	8.25	7.94	7.90		7.43	7.23	7.04	6.77	6.40	6.03	7.20	8.17	7.51	6.73
H1 lead leg	L	strides	24	15	15	15	15		16	16	17	17	20	187				
Jamal, Aminat (BRN) (1997)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																		
date	02-Oct-19	time	6.37	10.54	14.85		23.76		33.43	38.54	43.88	49.28		55.54	4 / 5			
reaction time	0.210	interval		4.17	4.31		8.91		9.67	5.11	5.34	5.40	6.26				15.85	
		velocity	7.06	8.39	8.12		7.86		7.24	6.85	6.55	6.48	6.39	7.20			6.62	
H1 lead leg	R	strides	22	15	15				16		17	19.7	104.7					
Cockrell, Anna (USA) (1997)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)																		
date	24-Jun-22	time	6.23	10.23	14.50	19.06	23.83	25.85	28.76	33.80	38.83	44.00	49.26		55.54	5 / 2		
reaction time		interval		4.00	4.27	4.56	4.77		4.93	5.04	5.03	5.17	5.26	6.28		12.83	14.74	15.46

H1 lead leg	L	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	
		strides	22	14	14	15	15		15	16	16	16	16	20	179				
Jones, Jasmine (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	27-Jun-24	time	6.39	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																	
Maraval, Louise (FRA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Weltklasse (Züich, SUI)																<i>Omega Timing (2024) - diamond league race analysis</i>			
date	05-Sep-24	time	6.30	10.47	14.76	19.13	23.71		28.48	33.52	38.71	43.98	49.36		55.54	8 / 7			
reaction time	0.145	interval		4.17	4.29	4.37	4.58		4.77	5.04	5.19	5.27	5.38	6.18			12.83	14.39	15.84
		velocity	7.14	8.39	8.16	8.01	7.64		7.34	6.94	6.74	6.64	6.51	6.47	7.20		8.18	7.30	6.63
H1 lead leg	R	strides	23	15	15	15	15		16	16			17	20	152				
Huart, Hélène (FRA) (1965)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1987 French National Championships (Annecy, FRA)																<i>Veney - split times from PJ</i>			
date	09-Aug-87	time	6.54	10.86	15.28	19.85	24.45		29.16	34.04	39.09	44.25	49.52		55.55	/ 1			
reaction time		interval		4.32	4.42	4.57	4.60		4.71	4.88	5.05	5.16	5.27	6.03	PB		13.31	14.19	15.48
		velocity	6.88	8.10	7.92	7.66	7.61		7.43	7.17	6.93	6.78	6.64	6.63	7.20		7.89	7.40	6.78
H1 lead leg		strides	22	15	15	15	15		15	15	16	16	17	17	161				
Carter, Kori (USA) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	05-Jul-19	time	6.36	10.56	14.84	19.20	23.72	25.8	28.60	33.52	38.68	43.96	49.28		55.55	6 / 7			
reaction time	0.129	interval		4.20	4.28	4.36	4.52		4.88	4.92	5.16	5.28	5.32	6.27			12.84	14.32	15.76
		velocity	7.08	8.33	8.18	8.03	7.74	7.75	7.17	7.11	6.78	6.63	6.58	6.38	7.20		8.18	7.33	6.66
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	165					
Tate, Cassandra (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	27-Jun-24	time	6.26	10.40	14.67	19.15	23.71	25.68	28.26	33.01	38.15	43.55	48.89		55.55	8 / 2			
reaction time		interval		4.14	4.27	4.48	4.56		4.55	4.75	5.14	5.40	5.34	6.66			12.89	13.86	15.88
		velocity	7.19	8.45	8.20	7.81	7.68	7.79	7.69	7.37	6.81	6.48	6.55	6.01	7.20		8.15	7.58	6.61
H1 lead leg		strides																	
Losch, Susanne (GDR) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)																<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>			
date	26-Sep-88	time	6.53	10.55	14.83	19.36	24.05		28.85	33.78	38.74	43.94	49.41		55.56	8 / 6			
reaction time	0.213	interval		4.02	4.28	4.53	4.69		4.80	4.93	4.96	5.20	5.47	6.15			12.83	14.42	15.63
		velocity	6.89	8.71	8.18	7.73	7.46		7.29	7.10	7.06	6.73	6.40	6.50	7.20		8.18	7.28	6.72
H1 lead leg		strides	23	15	15	15	15		15	16	16	17	17	20	184				
Danvers, Tasha (GBR) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 European Championships (Göteborg, SWE)																<i>Behm (2006) - Göteborg 2006: Le quatrache</i>			
date	09-Aug-06	time	6.4	10.5	14.7	19.3	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	strides	22	14	14	15	15		15	15	15	16	17	20	178				
Petersen, Sara Slott (DEN) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	16-Jul-17	time	6.48	10.68	15.04	19.48	24.04		28.72	33.60	38.68	43.92	49.32		55.56	5 / 6			
reaction time	0.155	interval		4.20	4.36	4.44	4.56		4.68	4.88	5.08	5.24	5.40	6.24			13.00	14.12	15.72
		velocity	6.94	8.33	8.03	7.88	7.68		7.48	7.17	6.89	6.68	6.48	6.41	7.20		8.08	7.44	6.68
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	17	17	20.5	182.5				
Niederstätter, Monika (ITA) (1974)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)																<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>			
date	23-Aug-99	time	6.24	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				
Tirlea, Ionela (ROU) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2002 European Championships (Munich, GER)																<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>			
date	07-Aug-02	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																	
Jesień, Anna (POL) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2009 IAAF World Championships (Berlin, GER)																<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>			
date	17-Aug-09	time	6.67	11.07	15.61	20.13	24.75		29.51	34.46	39.48	44.57	49.75		55.57	8 / 3			
reaction time	0.170	interval		4.40	4.54	4.52	4.62		4.76	4.95	5.02	5.09	5.18	5.82			13.46	14.33	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																		
Tate, Cassandra (USA) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)															<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	06-May-16	time	6.32	10.56	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					
Watson, Sage (CAN) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	30-Aug-18	time	6.52	10.80	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	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						
Rudakova, Vera (ANA) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	02-Oct-19	time	6.50	10.74	15.05	19.55	24.22	28.99	33.90	38.94	44.14	49.38		55.57	8 / 6				
reaction time	0.246	interval		4.24	4.31	4.50	4.67	4.77	4.91	5.04	5.20	5.24	6.19			13.05	14.35	15.48	
		velocity	6.92	8.25	8.12	7.78	7.49	7.34	7.13	6.94	6.73	6.68	6.46	7.20		8.05	7.32	6.78	
H1 lead leg	L	strides	21	15	15	15	15	15	15	16	16	16	144						
Whyte, Rhonda (JAM) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	21-Aug-21	time	6.44	10.72	15.08	19.60	24.36	26.4	29.32	34.36	39.36	44.52		55.57	7 / 7				
reaction time	0.153	interval		4.28	4.36	4.52	4.76	4.96	5.04	5.00	5.16					13.16	14.76		
		velocity	6.99	8.18	8.03	7.74	7.35	7.58	7.06	6.94	7.00	6.78		7.20		7.98	7.11		
H1 lead leg	L	strides	23	15	15	15	16		16	16	17		133						
Carli, Sarah (AUS) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	20-Jul-22	time	6.40	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					
Pskit, Malgorzata (POL) (1976)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2005 IAAF World Championships (Helsinki, FIN)															<i>Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins</i>				
date	13-Aug-05	time	6.3	10.7	15.2	19.7	24.2	28.8	33.4	38.5	43.6	48.9		55.58	1 / 8				
reaction time	0.181	interval		4.4	4.5	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	L	strides	22	15	15	15	15	15	15	16	16	16	160						
Spencer, Ashley (USA) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	26-May-18	time	6.56	10.84	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					
Beesley, Meghan (GBR) (1989)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)															<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>				
date	09-Sep-18	time	6.24	10.44	14.84	19.20	23.72	28.40	33.32	38.52	43.96	49.40		55.58	4 / 4				
reaction time	0.170	interval		4.20	4.40	4.36	4.52	4.68	4.92	5.20	5.44	5.44	6.18			12.96	14.12	16.08	
		velocity	7.21	8.33	7.95	8.03	7.74	7.48	7.11	6.73	6.43	6.43	6.47	7.20		8.10	7.44	6.53	
H1 lead leg	L	strides	24	16	16	16	16	16	17	17	18	18	22	196					
Knight, Jessie (GBR) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>				
date	17-Sep-20	time	6.40	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					
Lehikoinen, Viivi (FIN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	19-Aug-22	time	6.57	10.76	15.07	19.36	23.83	25.69	28.57	33.43	38.63	43.83	49.20		55.58	4 / 6			
reaction time	0.291	interval		4.19	4.31	4.29	4.47	4.74	4.86	5.20	5.20	5.37	6.38			12.79	14.07	15.77	
		velocity	6.85	8.35	8.12	8.16	7.83	7.79	7.38	7.20	6.73	6.73	6.52	6.27	7.20		8.21	7.46	6.66
H1 lead leg	R	strides	25	16	16	16	16		16	17	17	17	20.5	193.5					
Bellamy, Shani'a (USA) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	10-Jun-23	time	6.44	10.51	14.85	19.35	24.06	28.86	33.96	39.14	44.42	49.71		55.58	1 / 5				
reaction time		interval		4.07	4.34	4.50	4.71	4.80	5.10	5.18	5.28	5.29	5.87	PB		12.91	14.61	15.75	

H1 lead leg	L	velocity	7.10	8.68	8.25		7.80		7.06	6.90	6.72	6.45	6.25	7.19				6.68		
		strides	23	15	15					16	17	17	20	123						
Zapletalová, Emma (SVK) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	28-Aug-21	time	6.42	10.70	15.12		23.95		28.50	33.23	38.20	43.46	49.00		55.61	8 / 6				
reaction time	0.138	interval		4.28	4.42		8.83		4.55	4.73	4.97	5.26	5.54	6.61						15.77
		velocity	7.01	8.18	7.92		7.93		7.69	7.40	7.04	6.65	6.32	6.05	7.19					6.66
H1 lead leg	R	strides	23	15	15	15			15	15		16	16	20.2	150.2					
Meisberger, Shannon (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)			<i>USATF (2022) - Results powered by Karmarush</i>																	
date	24-Jun-22	time	6.37	10.30	14.39	18.79	23.29	25.34	28.02	32.90	38.12	43.43	49.03	55.61	55.61	8 / 4				
reaction time		interval		3.93	4.09	4.40	4.50		4.73	4.88	5.22	5.31	5.60	6.58						12.42
		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
H1 lead leg	L	strides	22	15	15	15	15		16	16	16	17		147						6.51
Bookman, Deonca (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																	
date	29-Jun-24	time	6.57	10.67	14.81	19.06	23.40	25.49	28.01	32.82	37.99	43.32	48.75		55.61	6 / 4				
reaction time		interval		4.10	4.14	4.25	4.34		4.61	4.81	5.17	5.33	5.43	6.86						12.49
		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
H1 lead leg	R	strides	24	16	16	16	16		17	18	18	19	23.2	201.2						6.59
Child, Eilidh (GBR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2010 Commonwealth Games (Dehli, IND)			<i>Arnold (2010) - 400mH planning and peaking</i>																	
date	10-Oct-10	time	6.5	10.8	15.2	19.7	24.2	26.2	28.8	33.7	38.7	44.1	49.5		55.62	5 / 2				
reaction time	0.238	interval		4.3	4.4	4.5	4.5		4.6	4.9	5.0	5.4	5.4	6.12						13.20
		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
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	18	18	21.5	195.5					6.65
Stepter, Jaide (USA) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																	
date	08-Jun-17	time	6.40	10.52	14.72	19.04	23.48		28.04	32.92	38.28	43.72	49.24		55.62	9 / 5				
reaction time	0.134	interval		4.12	4.20	4.32	4.44		4.56	4.88	5.36	5.44	5.52	6.38						12.64
		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
H1 lead leg	L	strides	23	15	15	15	15		15	15	17	17	17	20.2	184.2					6.43
Halonen, Kristiina (FIN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2024 European Athletics Championships (Roma, ITA)			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																	
date	09-Jun-24	time	6.55	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						13.06
		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
H1 lead leg		strides																		6.79
Muraro, Alice (ITA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 5 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	
date	04-Aug-24	time	6.45	10.74	15.21	19.68	24.25		29.04	34.03	39.12	44.29	49.53		55.62	2 / 5				
reaction time	0.149	interval		4.29	4.47	4.47	4.57		4.79	4.99	5.09	5.17	5.24	6.09						13.23
		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
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	21	187					6.77
Roßley, Karin (GDR) (1957)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1977 European Cup (Helsinki, FIN)			<i>McFarlane (1979) - 1e 400m haies feminin</i>																	
date	13-Aug-77	time	6.5	10.9	15.4	19.8	24.5	26.5	29.4	34.2	39.3	44.5	49.7		55.63	1 / 1				
reaction time		interval		4.40	4.50	4.40	4.70		4.90	4.80	5.10	5.20	5.20	5.93	WR					13.30
		velocity	6.92	7.95	7.78	7.95	7.45	7.55	7.14	7.29	6.86	6.73	6.73	6.75	7.19					7.89
H1 lead leg		strides																		6.77
Adekoya, Kemi (BRN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																	
date	08-Jun-17	time	6.36	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
		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
H1 lead leg	R	strides	23	15	16	16	16		17	17	17	17	17	19.7	190.7					6.66
Nel, Wenda (RSA) (1988)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																	
date	12-May-18	time	6.44	10.84	15.44	20.08	24.88		29.64	34.52	39.44				55.63	8 / 4				
reaction time	0.184	interval		4.40	4.60	4.64	4.80		4.76	4.88	4.92									13.64
		velocity	6.99	7.95	7.61	7.54	7.29		7.35	7.17	7.11				7.19					7.70
H1 lead leg	L	strides	23	16	16	16	16		16	17	17			137						7.27
Carter, Kori (USA) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	12-Jul-19	time	6.28	10.48	14.80	19.16	23.72	25.7		33.44	38.56	43.80	49.20		55.63	7 / 7				
reaction time	0.140	interval		4.20	4.32	4.36	4.56		9.72	5.12	5.24	5.40	6.43							12.88

H1 lead leg	L	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		
		strides	23	15	15	15	15			17	17	17	20.2	154.2					
Olivieri, Linda (ITA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	10-Jun-21	time	6.48	10.88	15.30	19.80	24.44	26.5	29.32	34.20	39.20	44.28	49.52		55.63	7 / 6			
reaction time	0.134	interval		4.40	4.42	4.50	4.64		4.88	4.88	5.00	5.08	5.24	6.11	PB		13.32	14.40	15.32
		velocity	6.94	7.95	7.92	7.78	7.54	7.55	7.17	7.17	7.00	6.89	6.68	6.55	7.19		7.88	7.29	6.85
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	16	17	20.2	184.2				
Wise, Deshae (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	29-Jun-24	time	6.54	10.92	15.15	19.69	24.28	26.31	28.93	33.83	38.93	44.22	49.61		55.63	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				
Mo Jiadie (CHN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	06-Aug-24	time	6.37	10.54	14.92	19.39	24.03		28.75	33.73	38.84	44.07	49.40		55.63	2 / 9			
reaction time	0.163	interval		4.17	4.38	4.47	4.64		4.72	4.98	5.11	5.23	5.33	6.23			13.02	14.34	15.67
		velocity	7.06	8.39	7.99	7.83	7.54		7.42	7.03	6.85	6.69	6.57	6.42	7.19		8.06	7.32	6.70
H1 lead leg	L	strides	23	15	15	15	16		16	17	17	18	18	152					
Meißner, Heike (GER) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1991 European Cup (Frankfurt, GER)															<i>Federle (2003) - http://www.fgs.uni-halle.de</i>				
date	29-Jun-91	time	6.57	10.76	15.12	19.54	24.01		28.60	33.42	38.59	44.03	49.53		55.64	/ 3			
reaction time		interval		4.19	4.36	4.42	4.47		4.59	4.82	5.17	5.44	5.50	6.11			12.97	13.88	16.11
		velocity	6.85	8.35	8.03	7.92	7.83		7.63	7.26	6.77	6.43	6.36	6.55	7.19		8.10	7.56	6.52
H1 lead leg		strides																	
Ryzhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	06-Jun-19	time	6.44	10.64	14.92	19.40	24.08		28.96	33.84	38.80	44.00	49.40		55.64	8 / 6			
reaction time	0.157	interval		4.20	4.28	4.48	4.68		4.88	4.88	4.96	5.20	5.40	6.24			12.96	14.44	15.56
		velocity	6.99	8.33	8.18	7.81	7.48		7.17	7.17	7.06	6.73	6.48	6.41	7.19		8.10	7.27	6.75
H1 lead leg	R	strides	22	14	14	14	15		15	15	15	15	16	19.5	174.5				
Bellamy, Shani'a (USA) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	09-Jul-23	time	6.24	10.71	15.08	19.55	24.12		28.86	33.70	38.87	44.04			55.64	3 / 4			
reaction time		interval		4.47	4.37	4.47	4.57		4.74	4.84	5.17	5.17		11.60			13.31	14.15	
		velocity	7.21	7.83	8.01	7.83	7.66		7.38	7.23	6.77	6.77		6.47	7.19		7.89	7.42	
H1 lead leg	L	strides	23	15	15	15	15			15		16		114					
Ryzhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Bauhaus Galan (Stockholm, SWE)															<i>Omega Timing (2024) - diamond league race analysis</i>				
date	02-Jun-24	time	6.54	10.70	14.89	19.16	23.56		28.26	33.11	38.19	43.51	49.09		55.64	1 / 5			
reaction time	0.194	interval		4.16	4.19	4.27	4.40		4.70	4.85	5.08	5.32	5.58	6.55			12.62	13.95	15.98
		velocity	6.88	8.41	8.35	8.20	7.95		7.45	7.22	6.89	6.58	6.27	6.11	7.19		8.32	7.53	6.57
H1 lead leg	R	strides	21	14					15	15	15	15	16	20	131				
Demes, Eileen (GER) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)															<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	10-Jun-24	time	6.37	10.47	14.63	18.94	23.54		28.19	33.00	38.07	43.47	49.18		55.64	4 / 5			
reaction time	0.150	interval		4.10	4.16	4.31	4.60		4.65	4.81	5.07	5.40	5.71	6.46			12.57	14.06	16.18
		velocity	7.06	8.54	8.41	8.12	7.61		7.53	7.28	6.90	6.48	6.13	6.19	7.19		8.35	7.47	6.49
H1 lead leg	R	strides	22	15	15	15	15		15	16	16	16	17	20.7	182.7				
Taylor, Brenda (USA) (1979)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 SDSU (San Diego, CA)															<i>Henson (2004) USATF OTC sport science</i>				
date	20-Mar-04	time	6.35	10.67	15.18	19.73	24.35		29.14	33.95	39.00	44.19	49.53		55.65	/ 1			
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																	
Yusuf Jamal, Aminat (BRN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)															<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>				
date	09-Sep-18	time	6.20	10.32	14.52	18.72	23.04		27.64	32.64	37.80	43.16	48.84		55.65	3 / 5			
reaction time	0.194	interval		4.12	4.20	4.20	4.32		4.60	5.00	5.16	5.36	5.68	6.81			12.52	13.92	16.20
		velocity	7.26	8.50	8.33	8.33	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				
Ryzhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	12-Jul-19	time	6.56	10.80	15.10	19.52		26.3	29.04	34.08	39.16	44.36	49.64		55.65	8 / 8			
reaction time	0.170	interval		4.24	4.30	4.42			9.52	5.04	5.08	5.20	5.28	6.01			12.96	14.56	15.56

H1 lead leg	R	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
		strides	22	14	14	14				15	15	15	16		125				
Nielsen, Lina (GBR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 European Athletics Championships (Roma, ITA)			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	11-Jun-24	time	6.55	10.76	15.14	19.57	24.18		29.02	34.00	39.08	44.22	49.52		55.65		8 / 7		
reaction time	0.209	interval		4.21	4.38	4.43	4.61		4.84	4.98	5.08	5.14	5.30	6.13			13.02	14.43	15.52
		velocity	6.87	8.31	7.99	7.90	7.59		7.23	7.03	6.89	6.81	6.60	6.53	7.19		8.06	7.28	6.77
H1 lead leg	L	strides	22	15	15	15	16		16	16			17	19	151				
Diallo, Fatoumata Bintu (POR) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 European Athletics Championships (Roma, ITA)			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	11-Jun-24	time	6.42	10.63	14.96	19.38	23.88		28.57	33.58	38.62	43.96	49.44		55.65		3 / 8		
reaction time	0.166	interval		4.21	4.33	4.42	4.50		4.69	5.01	5.04	5.34	5.48	6.21			12.96	14.20	15.86
		velocity	7.01	8.31	8.08	7.92	7.78		7.46	6.99	6.94	6.55	6.39	6.44	7.19		8.10	7.39	6.62
H1 lead leg	R	strides	24	16	16				17				18	21.5	112.5				
Ryzhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	06-Aug-24	time	6.49	10.66	14.99	19.41	23.87		28.60	33.42	38.43	43.72	49.26		55.65		2 / 7		
reaction time	0.169	interval		4.17	4.33	4.42	4.46		4.73	4.82	5.01	5.29	5.54	6.39			12.92	14.01	15.84
		velocity	6.93	8.39	8.08	7.92	7.85		7.40	7.26	6.99	6.62	6.32	6.26	7.19		8.13	7.49	6.63
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	16	20	173				
Bakhvalova, Yekaterina (RUS) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 European Cup (Munich, GER)			<i>Jung (2003) - http://www.fgs.uni-halle.de</i>																
date	21-Jun-97	time	6.78	11.14	15.52	20.03	24.72		29.50	34.45	39.57	44.83	50.01		55.66		/ 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																	
Bookman, Deonca (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	26-Jun-21	time	6.54	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				
Russell, Masai (USA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 USATF National Championships (Eugene, OR)			<i>USATF (2022) - Results powered by Karmarush</i>																
date	25-Jun-22	time	6.40	10.59	14.92	19.41	24.08	26.17	28.89	33.79	38.84	44.00	49.32	55.66		55.66		4 / 6	
reaction time		interval		4.19	4.33	4.49	4.67		4.81	4.90	5.05	5.16	5.32	6.34			13.01	14.38	15.53
		velocity	7.03	8.35	8.08	7.80	7.49	7.64	7.28	7.14	6.93	6.78	6.58	6.31	7.19		8.07	7.30	6.76
H1 lead leg	R	strides	24	16	16	16	16			17	17	17		139					
Couckuyt, Paulien (BEL) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Memorial van damme (Brussels, BEL)			<i>Omega Timing (2024) - diamond league race analysis</i>																
date	14-Sep-24	time	6.40	10.46	14.66	19.05	23.57		28.31	33.35	38.49	43.76	49.18		55.66		1 / 6		
reaction time	0.172	interval		4.06	4.20	4.39	4.52		4.74	5.04	5.14	5.27	5.42	6.48			12.65	14.30	15.83
		velocity	7.03	8.62	8.33	7.97	7.74		7.38	6.94	6.81	6.64	6.46	6.17	7.19		8.30	7.34	6.63
H1 lead leg	L	strides	23				15		16	16	17	17	18	21.2	143.2				
Meißner, Heike (GER) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2002 European Championships (Munich, GER)			<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																
date	07-Aug-02	time	6.75	11.04	15.35	19.75	24.23		29.09	33.97	39.97	44.13	49.47		55.67		/ 2		
reaction time	0.160	interval		4.29	4.31	4.40	4.48		4.86	4.88	6.00	4.16	5.34	6.20			13.00	14.22	15.50
		velocity	6.67	8.16	8.12	7.95	7.81		7.20	7.17	5.83	8.41	6.55	6.45	7.19		8.08	7.38	6.77
H1 lead leg		strides																	
Nel, Wenda (RSA) (1988)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	21-Jul-18	time	6.40	10.72	15.16	19.68	24.32		29.04	33.92	38.96	44.04	49.32		55.67		1 / 5		
reaction time	0.179	interval		4.32	4.44	4.52	4.64		4.72	4.88	5.04	5.08	5.28	6.35			13.28	14.24	15.40
		velocity	7.03	8.10	7.88	7.74	7.54		7.42	7.17	6.94	6.89	6.63	6.30	7.19		7.91	7.37	6.82
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	17	21.7	192.7				
Carter, Kori (USA) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	13-Jun-19	time	6.24	10.28	14.40		23.08	25.0	27.76	32.80	38.00	43.44	49.12		55.67		3 / 4		
reaction time	0.137	interval		4.04	4.12		8.68		4.68	5.04	5.20	5.44	5.68	6.55					16.32
		velocity	7.21	8.66	8.50		8.06	8.00	7.48	6.94	6.73	6.43	6.16	6.11	7.19				6.43
H1 lead leg	L	strides	23	15	15				16	17	17	18	18	20.7	159.7				
Garrett, Akala (USA) (2005)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	6.48	10.60	14.86	19.37	23.99	26.04	28.69	33.58	38.80	44.07	49.48		55.67		5 / 2		
reaction time		interval		4.12	4.26	4.51	4.62		4.70	4.89	5.22	5.27	5.41	6.19			12.89	14.21	15.90

H1 lead leg	velocity	6.94	8.50	8.22	7.76	7.58	7.68	7.45	7.16	6.70	6.64	6.47	6.46	7.19	8.15	7.39	6.60
	strides																
Chen Dongmei (CHN) (1963)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1990 Asian Games Test (Beijing, CHN)																	
date	24-Jun-90	time	6.40	10.86	15.07	19.46	23.92	28.82	33.50	38.58	43.84	49.19	55.68	/ 2			
reaction time	interval		4.46	4.21	4.39	4.46	4.90	4.68	5.08	5.26	5.35	6.49			13.06	14.04	15.69
	velocity		7.03	7.85	8.31	7.97	7.85	7.14	7.48	6.89	6.65	6.54	7.18		8.04	7.48	6.69
H1 lead leg	strides		23	16	16	16	17	17	17	17	18	22	195				
Buchanan, Rebecca (USA) (1970)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USA Olympic Trials (Atlanta, GA)																	
date	16-Jun-96	time	6.43	10.70	15.05	19.60	24.27	26.26	29.07	34.05	39.17	44.37	49.51	55.69	6 / 5		
reaction time	interval		4.27	4.35	4.55	4.67	4.80	4.98	5.12	5.20	5.14	6.18			13.17	14.45	15.46
	velocity		7.00	8.20	8.05	7.69	7.49	7.62	7.29	7.03	6.84	6.73	7.18		7.97	7.27	6.79
H1 lead leg	strides	R	23	15	15	16	16	16	16	16	17	17	20	187			
Dudgeon, Sinead (GBR) (1976)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)																	
date	23-Aug-99	time	6.06	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	7.18		8.13	7.24	6.60
H1 lead leg	strides	R	23	15	15	15	16	16	16	17	17	17	20	186			
Folorunso, Ayomide (ITA) (1996)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Weltklasse (Zürich, SU) (TV Analysis)																	
date	01-Sep-16	time	6.56	10.96	15.40	20.04	24.68	29.44	34.32	39.48	44.60	49.84	55.69	1 / 5			
reaction time	0.203	interval		4.40	4.44	4.64	4.64	4.76	4.88	5.16	5.12	5.24	5.85		13.48	14.28	15.52
	velocity		6.86	7.95	7.88	7.54	7.54	7.35	7.17	6.78	6.84	6.68	7.18		7.79	7.35	6.77
H1 lead leg	strides	R	23	16	16	16	16	16	17	17	17	17	20	175			
Tkachuk, Viktoriya (UKR) (1994)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																	
date	31-May-18	time	6.52	10.76	15.12	19.64	24.24	29.00	33.96	39.08	44.32	49.64	55.69	9 / 6			
reaction time	0.251	interval		4.24	4.36	4.52	4.60	4.76	4.96	5.12	5.24	5.32	6.05		13.12	14.32	15.68
	velocity		6.90	8.25	8.03	7.74	7.61	7.35	7.06	6.84	6.68	6.58	7.18		8.00	7.33	6.70
H1 lead leg	strides	L	22	15	15	15	15	15	16	16	17	17	20	183			
Tkachuk, Viktoriya (UKR) (1994)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Athletissima (Lausanne, SU)																	
date	30-Jun-23	time	6.24	10.36	14.59	18.93	23.40	28.01	32.85	38.00	43.44	49.07	55.69	7 / 6			
reaction time	0.196	interval		4.12	4.23	4.34	4.47	4.61	4.84	5.15	5.44	5.63	6.62		12.69	13.92	16.22
	velocity		7.21	8.50	8.27	8.06	7.83	7.59	7.23	6.80	6.43	6.22	7.18		8.27	7.54	6.47
H1 lead leg	strides	L	22	15	15	15	15	15	15	16	18	17	21	169			
Angounou, Linda (CMR) (1992)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 Olympic Games (Paris, FRA)																	
date	04-Aug-24	time	6.45	10.74	15.10	19.54	24.14	28.83	33.71	38.80	44.12	49.42	55.69	7 / 8			
reaction time	0.153	interval		4.29	4.36	4.44	4.60	4.69	4.88	5.09	5.32	5.30	6.27		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	7.18		8.02	7.41	6.68
H1 lead leg	strides	R	23	15	15	15	15	15	15	16	16	16	20.5	181.5			
Pedroso, Yadisleidis (ITA) (1987)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																	
date	08-Jun-17	time	6.52	10.80	15.24	19.76	24.40	29.32	34.16	39.12	44.28	49.56	55.70	7 / 7			
reaction time	0.200	interval		4.28	4.44	4.52	4.64	4.92	4.84	4.96	5.16	5.28	6.14		13.24	14.40	15.40
	velocity		6.90	8.18	7.88	7.74	7.54	7.11	7.23	7.06	6.78	6.63	7.18		7.93	7.29	6.82
H1 lead leg	strides	R	24	16	16	16	16	16	16	17	18	18	21	194			
Tate, Cassandra (USA) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)																	
date	16-Jul-17	time	6.44	10.64	14.96	19.36	23.96	28.68	33.64	38.76	44.00	49.40	55.70	1 / 7			
reaction time	0.213	interval		4.20	4.32	4.40	4.60	4.72	4.96	5.12	5.24	5.40	6.30		12.92	14.28	15.76
	velocity		6.99	8.33	8.10	7.95	7.61	7.42	7.06	6.84	6.68	6.48	7.18		8.13	7.35	6.66
H1 lead leg	strides	R	22	15	15	15	15	15	15	16	16	16	19.7	179.7			
Meisberger, Shannon (USA) (1999)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)																	
date	12-Jun-21	time	6.60	10.97	15.17	19.60	24.17		33.87	38.83	44.03	49.40	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		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	7.18		8.08	7.36	6.76
H1 lead leg	strides	R	23	15	15	15	16						20.5	138.5			
Sprunger, Léa (SUI) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Weltklasse (Zürich, SU) (TV Analysis)																	
date	01-Sep-16	time	6.60	10.96	15.40	19.88	24.56	29.32	34.24	39.32	44.64		55.71	7 / 6			
reaction time	0.127	interval		4.36	4.44	4.48	4.68	4.76	4.92	5.08	5.32				13.28	14.36	

H1 lead leg	R	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		
		strides	22	15	15	15	15		15	15	15	16		143					
Doyle, Eilidh (GBR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	10-Aug-17	time	6.32		14.80	19.16	23.68		28.32	33.24	38.40	43.68	49.16		55.71		2 / 8		
reaction time	0.157	interval			8.48	4.36	4.52		4.64	4.92	5.16	5.28	5.48	6.55			12.84	14.08	15.92
		velocity	7.12		8.25	8.03	7.74		7.54	7.11	6.78	6.63	6.39	6.11	7.18		8.18	7.46	6.60
H1 lead leg	L	strides	23		15	15		16	17	17	18	18	21.5	160.5					
Cockrell, Anna (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 NCAA Championships (Eugene, OR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	09-Jun-18	time	6.43	10.43		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	strides		14		15		16	16	16	16	16	20.5	113.5					
Watson, Sage (CAN) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	06-Jun-19	time	6.52	10.80	15.20	19.72	24.32		29.00	33.92	38.96	44.20	49.60		55.71		1 / 7		
reaction time	0.171	interval		4.28	4.40	4.52	4.60		4.68	4.92	5.04	5.24	5.40	6.11			13.20	14.20	15.68
		velocity	6.90	8.18	7.95	7.74	7.61		7.48	7.11	6.94	6.68	6.48	6.55	7.18		7.95	7.39	6.70
H1 lead leg	R	strides	22	15	15	15	15		15	16	16	16	17	19.7	181.7				
Krafzik, Carolina (GER) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	02-Jul-23	time	6.24	10.31	14.49	18.83	23.37		28.15	33.09	38.17	43.50	49.09		55.71		5 / 1		
reaction time	0.178	interval		4.07	4.18	4.34	4.54		4.78	4.94	5.08	5.33	5.59	6.62			12.59	14.26	16.00
		velocity	7.21	8.60	8.37	8.06	7.71		7.32	7.09	6.89	6.57	6.26	6.04	7.18		8.34	7.36	6.56
H1 lead leg		strides																	
Fra, Daniela (ESP) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 European Athletics Championships (Roma, ITA)															<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	09-Jun-24	time		10.57	14.87	19.31	23.87		28.54	33.46	38.45	43.76	49.19		55.71		6 / 2		
reaction time	0.197	interval			4.30	4.44	4.56		4.67	4.92	4.99	5.31	5.43	6.52	PB			14.15	15.73
		velocity		7.57	8.14	7.88	7.68		7.49	7.11	7.01	6.59	6.45	6.13	7.18			7.42	6.68
H1 lead leg		strides																	
Zheng Liyuan (CHN) (1974)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1993 Chinese National Games (Beijing, CHN)															<i>Xu (1993) - training about Zhen Liyuan in 400m hurdles</i>				
date	09-Sep-93	time	6.56	10.90	15.39	19.80	24.51		29.29	34.25	39.19	44.26	49.69		55.72		/ 5		
reaction time		interval		4.34	4.49	4.41	4.71		4.78	4.96	4.94	5.07	5.43	6.03			13.24	14.45	15.44
		velocity	6.86	8.06	7.80	7.94	7.43		7.32	7.06	7.09	6.90	6.45	6.63	7.18		7.93	7.27	6.80
H1 lead leg		strides	23	15	15	15	15		16	16	17	17	17	166					
Beesley, Meghan (GBR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)															<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	06-May-16	time	6.32	10.52	14.84	19.28	23.88		28.72	33.64	38.68	43.96	49.40		55.72		7 / 6		
reaction time	0.166	interval		4.20	4.32	4.44	4.60		4.84	4.92	5.04	5.28	5.44	6.32			12.96	14.36	15.76
		velocity	7.12	8.33	8.10	7.88	7.61		7.23	7.11	6.94	6.63	6.43	6.33	7.18		8.10	7.31	6.66
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	22	197				
Titimets, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)															<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	01-Sep-16	time	6.52	10.76	15.20	19.68	24.32		29.00	33.84	38.80	44.08	49.52		55.72		2 / 7		
reaction time	0.180	interval		4.24	4.44	4.48	4.64		4.68	4.84	4.96	5.28	5.44	6.20			13.16	14.16	15.68
		velocity	6.90	8.25	7.88	7.81	7.54		7.48	7.23	7.06	6.63	6.43	6.45	7.18		7.98	7.42	6.70
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	20	164				
Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	28-May-23	time	6.18	10.28	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				
Townsend, Sydni (USA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	27-Jun-24	time	6.52	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																	
Regá, Chantal (FRA) (1955)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1982 European Championships (Athens, GRE)															<i>(1982) - XIII championnats d'Europe d'Atletisma, Athens 1982</i>				
date	09-Sep-82	time	6.5		14.7		23.4			32.6		43.7		55.73		/ 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																
Little, Shamier (USA) (1995)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)													<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	15-Jul-16	time	6.33	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	16	16	16	17	17	20	186				
Woodruff, Gianna (PAN) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	08-Aug-22	time	6.50	10.53	14.93	19.47	24.10	28.83	33.73	38.90	44.10	49.46	55.73	6 / 4			
reaction time	0.234	interval	4.03	4.40	4.54	4.63	4.73	4.90	5.17	5.20	5.36	6.27			12.97	14.26	15.73
		velocity	6.92	8.68	7.95	7.71	7.56	7.40	7.14	6.77	6.73	6.53	6.38	7.18	8.10	7.36	6.68
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	17	17	147				
Couckuyt, Paulien (BEL) (1997)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 European Athletics Championships (Roma, ITA)													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	09-Jun-24	time	10.53	14.82	19.27	23.84	28.69	33.66	38.76	44.16	49.55	55.73	3 / 3				
reaction time	0.205	interval	4.29	4.45	4.57	4.85	4.97	5.10	5.40	5.39	6.18				14.39	15.89	
		velocity	7.60	8.16	7.87	7.66	7.22	7.04	6.86	6.48	6.49	6.47	7.18		7.30	6.61	
H1 lead leg		strides															
Rabchenyuk, Anastasiya (UKR) (198)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 European Championships (Göteborg, SWE)													<i>Behm (2006) - Göteborg 2006: Le quatrache</i>				
date	09-Aug-06	time	6.4	10.5	14.7	19.3	24.0	28.9	33.8	38.9	44.2	49.7	55.74	8 / 8			
reaction time		interval	4.1	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	strides	22	15	15	15	16	16	16	17	17	17	166				
Urbansky, Ulrike (GER) (1977)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 European Cup (Munich, GER)													<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>				
date	23-Jun-07	time	6.63	10.94	15.33	19.93	24.46	29.21	34.07	39.07	44.13	49.54	55.74	/ 3			
reaction time	0.142	interval	4.31	4.39	4.60	4.53	4.75	4.86	5.00	5.06	5.41	6.20			13.30	14.14	15.47
		velocity	6.79	8.12	7.97	7.61	7.73	7.37	7.20	7.00	6.92	6.47	6.45	7.18	7.89	7.43	6.79
H1 lead leg		strides															
Spence, Christine (USA) (1981)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 USA Olympic Trials (Eugene, OR)													<i>USATF Hurdle Development (2008)</i>				
date	29-Jun-08	time	6.51	10.71	15.08	19.45	23.92	28.51	33.42	38.42	43.82	49.27	55.74	3 / 5			
reaction time		interval	4.20	4.37	4.37	4.47	4.59	4.91	5.00	5.40	5.45	6.47			12.94	13.97	15.85
		velocity	6.91	8.33	8.01	8.01	7.83	7.63	7.13	7.00	6.48	6.42	6.18	7.18	8.11	7.52	6.62
H1 lead leg	L	strides	23	15	15	15	16	16	16	17	17	17	165				
Russell, Janieve (JAM) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	09-Sep-21	time	6.44	10.68	15.00	19.40	23.84	25.7	28.56	33.48	38.48	43.84	55.74	6 / 7			
reaction time	0.145	interval	4.24	4.32	4.40	4.44	4.72	4.92	5.00	5.36					12.96	14.08	
		velocity	6.99	8.25	8.10	7.95	7.88	7.78	7.42	7.11	7.00	6.53	7.18		8.10	7.46	
H1 lead leg	R	strides	23	15	15	15	16	16	16	16	17	17	148				
Woodruff, Gianna (PAN) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)													<i>Omega Timing (2023) - diamond league race analysis</i>				
date	28-May-23	time	6.34	10.32	14.55	19.04	23.67	28.45	33.58	38.86	44.14	49.53	55.74	2 / 6			
reaction time	0.201	interval	3.98	4.23	4.49	4.63	4.78	5.13	5.28	5.28	5.39	6.21			12.70	14.54	15.95
		velocity	7.10	8.79	8.27	7.80	7.56	7.32	6.82	6.63	6.63	6.49	6.44	7.18	8.27	7.22	6.58
H1 lead leg	R	strides	22	14	15	15	15	15	16	16	16	19	132				
Russell, Janieve (JAM) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)													<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	19-May-24	time	6.53	10.56	14.73	19.06	23.53	28.26	33.29	38.47	43.96	49.54	55.74	5 / 5			
reaction time	0.141	interval	4.03	4.17	4.33	4.47	4.82	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	7.42	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	16	17	17	17	20	170				
Glynn, Abbey (USA) (2001)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)													<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	08-Jun-24	time	6.67	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				
Bakhvalova, Yekaterina (RUS) (1972)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)													<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>				
date	23-Aug-99	time	6.23	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

H1 lead leg	L	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
		strides	22	15	15	15	15		15	15	15	15	16	18	176				
Danvers-Smith, Tasha (GBR) (1977)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)																			
date	23-Sep-07	time	6.45	10.59	14.87	19.29	23.79		28.49	33.33	38.41	43.80	49.35		55.76	3 / 7			
reaction time	0.158	interval		4.14	4.28	4.42	4.50		4.70	4.84	5.08	5.39	5.55	6.41		12.84	14.04	16.02	
		velocity	6.98	8.45	8.18	7.92	7.78		7.45	7.23	6.89	6.49	6.31	6.24	7.17	8.18	7.48	6.55	
H1 lead leg		strides																	
Bellamy, Shani'a (USA) (2002)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)																			
date	08-Jun-24	time	6.50	10.63	14.89	19.18	23.65		28.23	33.16	38.24	43.54	49.09		55.78	1 / 9			
reaction time		interval		4.13	4.26	4.29	4.47		4.58	4.93	5.08	5.30	5.55	6.69		12.68	13.98	15.93	
		velocity	6.92	8.47	8.22	8.16	7.83		7.64	7.10	6.89	6.60	6.31	5.98		8.28	7.51	6.59	
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	164					
Pechonkina, Yuliya (RUS) (1978)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2004 Olympic Games (Athens, GRE)																			
date	25-Aug-04	time	6.4	10.5	14.7	18.9	23.3		27.9	32.5	37.7	42.9	48.5		55.79	6 / 8			
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	15	17	17	17	163					
Spencer, Ashley (USA) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 1 - 2022 USATF National Championships (Eugene, OR)																			
date	23-Jun-22	time	6.57	10.87	15.21	19.75	24.39	26.30	29.13	33.96	39.04	44.21	49.51		55.79	4 / 2			
reaction time		interval		4.30	4.34	4.54	4.64		4.74	4.83	5.08	5.17	5.30	6.28		13.18	14.21	15.55	
		velocity	6.85	8.14	8.06	7.71	7.54	7.60	7.38	7.25	6.89	6.77	6.60	6.37	7.17	7.97	7.39	6.75	
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18.2	175.2				
luel, Amalie (NOR) (1994)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)																			
date	13-Jun-19	time	6.36	10.52	14.84	19.24	23.88	25.9	28.68	33.72	38.72	44.04	49.48		55.80	8 / 5			
reaction time	0.169	interval		4.16	4.32	4.40	4.64		4.80	5.04	5.00	5.32	5.44	6.32		12.88	14.48	15.76	
		velocity	7.08	8.41	8.10	7.95	7.54	7.72	7.29	6.94	7.00	6.58	6.43	6.33	7.17	8.15	7.25	6.66	
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19.2	181.2				
Urbansky, Ulrike (GER) (1977)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)																			
date	23-Aug-99	time	6.28	10.51	14.79	19.13	23.56		28.22	33.45	38.71	43.89	49.26		55.81	1 / 8			
reaction time	0.239	interval		4.23	4.28	4.34	4.43		4.66	5.23	5.26	5.18	5.37	6.55		12.85	14.32	15.81	
		velocity	7.17	8.27	8.18	8.06	7.90		7.51	6.69	6.65	6.76	6.52	6.11	7.17	8.17	7.33	6.64	
H1 lead leg	R	strides	23	15	15	15	15		15	17	17	17	17	20	186				
Rabchenyuk, Anastasiya (UKR) (198)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2006 Seiko Super Grand Prix (Yokohama, JPN)																			
date	24-Sep-06	time	6.52	10.74	15.09	19.53	24.28		29.12	34.23	39.42	44.66	49.90		55.81	1 / 1			
reaction time		interval		4.22	4.35	4.44	4.75		4.84	5.11	5.19	5.24	5.24	5.91		13.01	14.70	15.67	
		velocity	6.90	8.29	8.05	7.88	7.37		7.23	6.85	6.74	6.68	6.68	6.77	7.17	8.07	7.14	6.70	
H1 lead leg		strides		15	15	15	16		16	17	17	17	17	145					
Kubokura, Satomi (JPN) (1982)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2011 Japanese National Championships (Kumagaya, JPN)																			
date	12-Jun-11	time	6.51	10.91	15.36	19.95	24.55		29.37	34.22	39.19	44.30	49.61		55.81	1 / 1			
reaction time		interval		4.40	4.45	4.59	4.60		4.82	4.85	4.97	5.11	5.31	6.20		13.44	14.27	15.39	
		velocity	6.91	7.95	7.87	7.63	7.61		7.26	7.22	7.04	6.85	6.59	6.45	7.17	7.81	7.36	6.82	
H1 lead leg		strides		16	16	16	16		17	17	17	17	17	149					
Knight, Andrenette (JAM) (1996)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)																			
date	12-Jun-21	time	6.40		14.83	19.23	23.97		33.73	38.70	43.97	49.47		55.81	4 / 3				
reaction time	0.178	interval			8.43	4.40	4.74		9.76	4.97	5.27	5.50	6.34		12.83	14.50	15.74		
		velocity	7.03		8.30	7.95	7.38		7.17	7.04	6.64	6.36	6.31	7.17	8.18	7.24	6.67		
H1 lead leg	R	strides	23			15	16				17	17	20.2	108.2					
Lehikoinen, Viivi (FIN) (1999)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)																			
date	19-May-24	time	6.38	10.41	14.56	18.81	23.34		28.06	33.04	38.17	43.60	49.27		55.81	8 / 6			
reaction time	0.192	interval		4.03	4.15	4.25	4.53		28.06	4.98	5.13	5.43	5.67	6.54		12.43	14.23	16.23	
		velocity	7.05	8.68	8.43	8.24	7.73		1.25	7.03	6.82	6.45	6.17	6.12	7.17	8.45	7.38	6.47	
H1 lead leg	R	strides	23	15	15	15	16		16	16	17	18	18	21	190				
Diallo, Fatoumata Binta (POR) (2000)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 3 - 2024 European Athletics Championships (Roma, ITA)																			
date	09-Jun-24	time	6.44	10.80	15.32	19.98	24.72		29.60	34.42	39.40	44.55	49.70		55.81	7 / 4			
reaction time	0.17																		

H1 lead leg	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	
	strides																		
Sartori, Rebecca (ITA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	04-Aug-24	time	6.20	10.21	14.37	18.70	23.25	28.06	33.14	38.41	43.87	49.35		55.81	6 / 6				
reaction time	0.210	interval		4.01	4.16	4.33	4.55	4.81	5.08	5.27	5.46	5.48	6.46			12.50	14.44	16.21	
		velocity	7.26	8.73	8.41	8.08	7.69	7.28	6.89	6.64	6.41	6.39	6.19	7.17		8.40	7.27	6.48	
H1 lead leg	L	strides	22	15	15	15	15	16	16	17	17	17	20	185					
Glover, Sandra (USA) (1968)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)															<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>				
date	23-Sep-07	time	6.88	11.34	15.84	20.50	25.14	29.88	34.68	39.65	44.70	49.85		55.82	7 / 8				
reaction time	0.332	interval		4.46	4.50	4.66	4.64	4.74	4.80	4.97	5.05	5.15	5.97			13.62	14.18	15.17	
		velocity	6.54	7.85	7.78	7.51	7.54	7.38	7.29	7.04	6.93	6.80	6.70	7.17		7.71	7.40	6.92	
H1 lead leg		strides																	
Child, Eilidh (GBR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2010 European Championships (Barcelona, ESP)															<i>Arnold (2010) - 400mH planning and peaking</i>				
date	27-Jul-10	time	6.56	10.82	15.20	19.56	24.04	28.70	33.52	38.54	44.06	49.70		55.82	8 / 2				
reaction time	0.331	interval		4.26	4.38	4.36	4.48	4.66	4.82	5.02	5.52	5.64	6.12			13.00	13.96	16.18	
		velocity	6.86	8.22	7.99	8.03	7.81	7.51	7.26	6.97	6.34	6.21	6.54	7.17		8.08	7.52	6.49	
H1 lead leg	L	strides																	
Carli, Sarah (AUS) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	06-Aug-22	time	6.47	10.50	14.60	19.07	23.63	25.6	28.57	33.53	38.50	43.80	49.23		55.82	2 / 6			
reaction time	0.263	interval		4.03	4.10	4.47	4.56	4.94	4.96	4.97	5.30	5.43	6.59			12.60	14.46	15.70	
		velocity	6.96	8.68	8.54	7.83	7.68	7.81	7.09	7.06	7.04	6.60	6.45	6.07	7.17		8.33	7.26	6.69
H1 lead leg	L	strides	23	15	15	15	16	16	16	17	17	17	21	188					
Hemmings, Deon (JAM) (1968)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2001 IAAF World Championships (Edmonton, CAN)															<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>				
date	08-Aug-01	time	6.3	10.6	15.0	19.3	23.8	28.6	33.7	38.9	44.0	49.3		55.83	8 / 7				
reaction time	0.179	interval		4.3	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						
Kubokura, Satomi (JPN) (1982)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2010 Japanese National Championships (Marugume, JPN)															<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>				
date	06-Jun-10	time	6.47	10.76	15.25	19.82	24.44	29.23	34.22	39.36	44.52	49.73		55.83	1 / 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						
Caravelli, Marzia (ITA) (1981)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	08-Jun-17	time	6.60	10.88	15.36	20.00	24.68	29.56	34.32	39.16	44.40	49.68		55.83	1 / 8				
reaction time	0.170	interval		4.28	4.48	4.64	4.68	4.88	4.76	4.84	5.24	5.28	6.15			13.40	14.32	15.36	
		velocity	6.82	8.18	7.81	7.54	7.48	7.17	7.35	7.23	6.68	6.63	6.50	7.16		7.84	7.33	6.84	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19.5	178.5					
Beesley, Meghan (GBR) (1989)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	18-Aug-18	time	6.37	10.64	15.11	19.65	24.22	29.13	34.06	39.17	44.41	49.68		55.83	7 / 3				
reaction time	0.168	interval		4.27	4.47	4.54	4.57	4.91	4.93	5.11	5.24	5.27	6.15			13.28	14.41	15.62	
		velocity	7.06	8.20	7.83	7.71	7.66	7.13	7.10	6.85	6.68	6.64	6.50	7.16		7.91	7.29	6.72	
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	18	22	197					
Ennadi, Noura (MAR) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	28-May-23	time	6.44	10.66	15.02	19.55	24.31	29.31	34.37	39.41	44.52	49.71		55.83	1 / 7				
reaction time	0.183	interval		4.22	4.36	4.53	4.76	5.00	5.06	5.04	5.11	5.19	6.12	PB		13.11	14.82	15.34	
		velocity	6.99	8.29	8.03	7.73	7.35	7.00	6.92	6.94	6.85	6.74	6.54	7.16		8.01	7.09	6.84	
H1 lead leg	R	strides	23	15		15		17			17	17	20	139					
Halonen, Kristiina (FIN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)															<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	10-Jun-24	time	6.64	11.02	15.48	20.00	24.57	29.30	34.08	39.10	44.28	49.59		55.83	3 / 7				
reaction time	0.173	interval		4.38	4.46	4.52	4.57	4.73	4.78	5.02	5.18	5.31	6.24			13.36	14.08	15.51	
		velocity	6.78	7.99	7.85	7.74	7.66	7.40	7.32	6.97	6.76	6.59	6.41	7.16		7.86	7.46	6.77	
H1 lead leg	L	strides	23	15	15	15	16	16	16	16		17	20.5	169.5					
Ledecká, Daniela (SVK) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)															<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	10-Jun-24	time	6.57	11.02	15.63	20.20	24.83	29.50	34.28	39.14	44.30	49.68		55.83	2 / 8				
reaction time	0.155	interval		4.45	4.61	4.57	4.63	4.67	4.78	4.86	5.16	5.38	6.15	PB		13.63	14.08	15.40	

H1 lead leg	R	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		
		strides	23	16	16	16	16	16	16	16	17	21	173						
Linkiewicz, Joanna (POL) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	12-May-18	time	6.60	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						
Seymour, Kiah (USA) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	26-Jun-21	time	6.50	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	16	17	17	17	17	18	157						
Woodruff, Gianna (PAN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	04-Aug-21	time	6.44	10.54	14.84	19.32	23.88	28.52	33.40	38.44				55.84	9 / 8-7				
reaction time	0.235	interval		4.10	4.30	4.48	4.56	4.64	4.88	5.04							12.88	14.08	
		velocity	6.99	8.54	8.14	7.81	7.68	7.54	7.17	6.94				7.16			8.15	7.46	
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	15	15	128						
Wallace, Latosha (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 USA Olympic Trials (Eugene, OR)			<i>USATF Men's Hurdle Development (2008)</i>																
date	29-Jun-08	time	6.46	10.71	15.13	19.67	24.17	28.99	34.02	39.22	44.46	49.77		55.85	2 / 6				
reaction time		interval		4.25	4.42	4.54	4.50	4.82	5.03	5.20	5.24	5.31	6.08	PB			13.21	14.35	15.75
		velocity	6.97	8.24	7.92	7.71	7.78	7.26	6.96	6.73	6.68	6.59	6.58	7.16			7.95	7.32	6.67
H1 lead leg	R	strides	24	15	16	16	15	16	16	17	17	17	169						
Sutherland, Savannah (CAN) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	21-Aug-23	time	6.80	11.26	15.63	19.93	24.43	29.23	34.20	39.23	44.57	50.00		55.85	5 / 4				
reaction time	0.227	interval		4.46	4.37	4.30	4.50	4.80	4.97	5.03	5.34	5.43	5.85				13.13	14.27	15.80
		velocity	6.62	7.85	8.01	8.14	7.78	7.29	7.04	6.96	6.55	6.45	6.84	7.16			8.00	7.36	6.65
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	17	17	20	185					
Spencer, Ashley (USA) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Athletissima (Lausanne, SU1) (TV Analysis)			<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	25-Aug-16	time	6.56	10.84	15.24	19.76	24.40	29.04	33.88	38.88	44.28	49.80		55.86	2 / 6				
reaction time	0.159	interval		4.28	4.40	4.52	4.64	4.64	4.84	5.00	5.40	5.52	6.06				13.20	14.12	15.92
		velocity	6.86	8.18	7.95	7.74	7.54	7.54	7.23	7.00	6.48	6.34	6.60	7.16			7.95	7.44	6.60
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	16	16	18.2	177.2				
Doyle, Eilidh (GBR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	08-Jun-17	time	6.48	10.64	14.88	19.20	23.56	28.28	33.08	38.08	43.48	49.28		55.86	3 / 9				
reaction time	0.165	interval		4.16	4.24	4.32	4.36	4.72	4.80	5.00	5.40	5.80	6.58				12.72	13.88	16.20
		velocity	6.94	8.41	8.25	8.10	8.03	7.42	7.29	7.00	6.48	6.03	6.08	7.16			8.25	7.56	6.48
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	19	19	22	192					
Nel, Wenda (RSA) (1988)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Weltklasse (Zürich, SU1) (TV Analysis)			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	24-Aug-17	time	6.48	10.80	15.28	19.84	24.52	29.20	34.12		44.24	49.60		55.86	2 / 6				
reaction time	0.198	interval		4.32	4.48	4.56	4.68	4.68	4.92		10.12	5.36	6.26				13.36	14.28	15.48
		velocity	6.94	8.10	7.81	7.68	7.48	7.48	7.11		6.92	6.53	6.39	7.16			7.86	7.35	6.78
H1 lead leg	L	strides	23	16	16		16	16	17		17	21.2	142.2						
Ryzhykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)			<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																
date	19-Aug-20	time	6.44	10.56	14.88	19.32	24.00	28.92	33.92	39.08	44.40	49.88		55.86	3 / 2				
reaction time	0.162	interval		4.12	4.32	4.44	4.68	4.92	5.00	5.16	5.32	5.48	5.98				12.88	14.60	15.96
		velocity	6.99	8.50	8.10	7.88	7.48	7.11	7.00	6.78	6.58	6.39	6.69	7.16			8.15	7.19	6.58
H1 lead leg	R	strides	22	14	14	14	15	15	15	15	16	16	19.5	175.5					
Nugent, Leah (JAM) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	21-Aug-21	time	6.32	10.52	14.72	19.08	23.64	25.7	28.44	33.36	38.48	43.84		55.86	9 / 8				
reaction time	0.228	interval		4.20	4.20	4.36	4.56	4.80	4.92	5.12	5.36						12.76	14.28	
		velocity	7.12	8.33	8.33	8.03	7.68	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	15	16			143					
Folorunso, Ayomide (ITA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Weltklasse (Zürich, SU1) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	08-Sep-22	time	6.34	10.44			23.46	25.33	28.03	32.86		43.21	48.88		55.86	1 / 8			
reaction time	0.179	interval		4.10			13.02		4.57	4.83		10.35	5.67	6.98					16.02

H1 lead leg	L	velocity	7.10	8.54		8.06	7.90	7.66	7.25		6.76	6.17	5.73	7.16		6.55			
		strides	23	15		15		16	16			17	22	124					
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	29-Aug-19	time	6.60	10.92		19.92	24.60	26.5	29.40	34.36	39.36				55.87	8 / 7			
reaction time	0.144	interval		4.32		9.00	4.68		4.80	4.96	5.00						13.32	14.44	
		velocity	6.82	8.10		7.78	7.48	7.55	7.29	7.06	7.00				7.16		7.88	7.27	
H1 lead leg	R	strides	23	15		15		16	16	16				101					
Turner, Jessica (GBR) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	02-Oct-19	time	6.60	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				13.12	14.24	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			8.00	7.37	6.80
H1 lead leg	L	strides	24	16	16			16	16	17			17	20.7	142.7				
Sprunger, Léa (SUI) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	09-Sep-21	time	6.64	10.92		19.76	24.36	26.2	29.08	34.00	38.96				55.87	8 / 8			
reaction time	0.155	interval		4.28		8.84	4.60		4.72	4.92	4.96						13.12	14.24	
		velocity	6.78	8.18		7.92	7.61	7.63	7.42	7.11	7.06				7.16		8.00	7.37	
H1 lead leg	R	strides	23	15		15		15	15	15			15	98					
Stepter, Jaide (USA) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)																<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	09-Sep-16	time	6.48	10.72	14.96	19.32	23.84		28.52	33.52	38.56	43.84	49.44			55.88	9 / 7		
reaction time	0.235	interval		4.24	4.24	4.36	4.52		4.68	5.00	5.04	5.28	5.60	6.44			12.84	14.20	15.92
		velocity	6.94	8.25	8.25	8.03	7.74		7.48	7.00	6.94	6.63	6.25	6.21	7.16		8.18	7.39	6.60
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	17	20	182				
Wright, Jessica (USA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	29-Jun-24	time	6.62	10.60	14.86	19.32	23.89	25.95	28.54	33.50	38.67	44.11	49.57			55.88	4 / 5		
reaction time		interval		3.98	4.26	4.46	4.57		4.65	4.96	5.17	5.44	5.46	6.31			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				
Meißner, Heike (GER) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 European Championships (Munich, GER)																<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>			
date	08-Aug-02	time	6.74	10.91	15.16	19.51	24.07		28.84	33.73	38.83	44.15	49.59			55.89	1 / 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						
Carli, Sarah (AUS) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	19-Jul-22	time	6.53	10.90	15.43	19.93	24.73	26.74		34.50	39.53	44.70	49.90			55.89	4 / 3		
reaction time	0.279	interval		4.37	4.53	4.50	4.80		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	15	16			16	17	17	19.2	153.2					
Granat, Moa (SWE) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)																<i>European Athletics (2024) - 2024 european athletics championships - results book</i>			
date	10-Jun-24	time	6.51	10.72	15.06	19.54	24.16		28.88	33.77	38.86	44.19	49.62			55.89	2 / 6		
reaction time	0.204	interval		4.21	4.34	4.48	4.62		4.72	4.89	5.09	5.33	5.43	6.27	PB		13.03	14.23	15.85
		velocity	6.91	8.31	8.06	7.81	7.58		7.42	7.16	6.88	6.57	6.45	6.38	7.16		8.06	7.38	6.62
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	17	21	184				
Febbraio, Surita (RSA) (1973)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 IAAF World Championships (Paris, FRA)																<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>			
date	28-Aug-03	time	6.4	10.5	14.7	19.2	23.7		28.4	33.2	38.1	43.4	49.0			55.90	8 / 8		
reaction time	0.168	interval		4.1	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				
Taylor, Brenda (USA) (1979)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Seiko Super Grand Prix (Yokohama, JPN)																<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>			
date	23-Sep-04	time	6.38	10.60	15.04	19.53	24.10		28.79	33.63	38.69	44.10	49.56			55.90	1 / 2		
reaction time		interval		4.22	4.44	4.49	4.57		4.69	4.84	5.06	5.41	5.46	6.34			13.15	14.10	15.93
		velocity	7.05	8.29	7.88	7.80	7.66		7.46	7.23	6.92	6.47	6.41	6.31	7.16		7.98	7.45	6.59
H1 lead leg		strides		15	15	15	15		15	16	16	17	17		141				
Nel, Wenda (RSA) (1988)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	21-Jul-17	time	6.44	10.68		19.60	24.12		33.68	38.76	43.96	49.52			55.90	2 / 5			
reaction time	0.213	interval		4.24		8.92	4.52		9.56	5.08	5.20	5.56	6.38				13.16	14.08	15.84

H1 lead leg	L	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	
		strides	23	16			16			17	17	18		107					
Sartori, Rebecca (ITA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	20-Jul-22	time	6.38	10.60	15.06	19.40	24.00	26.10	28.92	33.93	39.20	44.53	49.86		55.90	2 / 8			
reaction time	0.199	interval		4.22	4.46	4.34	4.60		4.92	5.01	5.27	5.33	5.33	6.04			13.02	14.53	15.93
		velocity	7.05	8.29	7.85	8.06	7.61	7.66	7.11	6.99	6.64	6.57	6.57	6.62	7.16		8.06	7.23	6.59
H1 lead leg	L	strides	22	15	15	15	15		16		17	17	17	19.5	168.5				
McLaughlin, Elaine (GBR) (1963)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)															<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>				
date	26-Sep-88	time	6.77	11.13	15.59	20.14	24.78		29.66	34.65	39.69	44.82	50.01		55.91	2 / 6			
reaction time	0.168	interval		4.36	4.46	4.55	4.64		4.88	4.99	5.04	5.13	5.19	5.90			13.37	14.51	15.36
		velocity	6.65	8.03	7.85	7.69	7.54		7.17	7.01	6.94	6.82	6.74	6.78	7.15		7.85	7.24	6.84
H1 lead leg		strides	25	16	16	16	16		16	16	17	17	17	19.5	191.5				
Folorunso, Ayomide (ITA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	19-Aug-22	time	6.40	10.70		19.50	24.00	25.91	28.67	33.47	38.50	43.66	49.10		55.91	2 / 7			
reaction time	0.197	interval		4.30		8.80	4.50		4.67	4.80	5.03	5.16	5.44	6.81			13.10	13.97	15.63
		velocity	7.03	8.14		7.95	7.78	7.72	7.49	7.29	6.96	6.78	6.43	5.87	7.15		8.02	7.52	6.72
H1 lead leg	L	strides	23	15		15	16	16	16	16	16	17	17	21.5	156.5				
Bellamy, Shani'a (USA) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	27-Jun-24	time	6.51	10.63	14.89	19.38	23.92	25.99	28.63	33.50	38.62	43.99	49.58		55.91	4 / 3			
reaction time		interval		4.12	4.26	4.49	4.54		4.71	4.87	5.12	5.37	5.59	6.33			12.87	14.12	16.08
		velocity	6.91	8.50	8.22	7.80	7.71	7.70	7.43	7.19	6.84	6.52	6.26	6.32	7.15		8.16	7.44	6.53
H1 lead leg		strides																	
Titimets, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)															<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	09-Sep-16	time	6.52	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				
Spencer, Ashley (USA) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	21-Jul-17	time	6.36	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					
luel, Amalie (NOR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)															<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>				
date	23-Aug-20	time	6.47	10.67	15.03	19.53	24.17	26.2	28.97	33.93	39.07	44.33	49.63		55.92	8 / 3			
reaction time	0.162	interval		4.20	4.36	4.50	4.64		4.80	4.96	5.14	5.26	5.30	6.29			13.06	14.40	15.70
		velocity	6.96	8.33	8.03	7.78	7.54	7.63	7.29	7.06	6.81	6.65	6.60	6.36	7.15		8.04	7.29	6.69
H1 lead leg	L	strides	22	15		15	15		15	15	16	16	16	19	164				
Spencer, Ashley (USA) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	25-Jun-21	time	6.36	10.70	15.16	19.63	24.26		29.03	33.93	38.93	44.16	49.60		55.92	8 / 2			
reaction time	0.182	interval		4.34	4.46	4.47	4.63		4.77	4.90	5.00	5.23	5.44	6.32			13.27	14.30	15.67
		velocity	7.08	8.06	7.85	7.83	7.56		7.34	7.14	7.00	6.69	6.43	6.33	7.15		7.91	7.34	6.70
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18	175				
Wilson, Britton (USA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	10-Jun-23	time	6.87	11.14	15.58	20.09	24.69		29.33	34.27	39.34	44.51	49.75		55.92	6 / 7			
reaction time		interval		4.27	4.44	4.51	4.60		4.64	4.94	5.07	5.17	5.24	6.17			13.22	14.18	15.48
		velocity	6.55	8.20	7.88	7.76	7.61		7.54	7.09	6.90	6.77	6.68	6.48	7.15		7.94	7.40	6.78
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	162					
Carli, Sarah (AUS) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	04-Aug-24	time	6.41	10.57	14.79	19.13	23.71		28.44	33.45	38.63	43.92	49.37		55.92	7 / 6			
reaction time	0.306	interval		4.16	4.22	4.34	4.58		4.73	5.01	5.18	5.29	5.45	6.55			12.72	14.32	15.92
		velocity	7.02	8.41	8.29	8.06	7.64		7.40	6.99	6.76	6.62	6.42	6.11	7.15		8.25	7.33	6.60
H1 lead leg	L	strides	23	15	15	15	15		15	16	17	17	17	21	186				
Nielsen, Lina (GBR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)															<i>Omega Timing (2024) - diamond league race analysis</i>				
date	30-Aug-24	time	6.29	10.49	14.81	19.19	23.70		28.49	33.54	38.77	44.18	49.62		55.93	1 / 8			
reaction time	0.140	interval		4.20	4.32	4.38	4.51		4.79	5.05	5.23	5.41	5.44	6.31			12.90	14.35	16.08

H1 lead leg	L	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
		strides	22	15		15				16	16	16	17		117				
Williams, Tonya (USA) (1974)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USA Olympic Trials (Atlanta, GA)			<i>USATF Women's Sprint Development (1996)</i>																
date	16-Jun-96	time	6.20	10.38	14.71	19.25	23.83	25.79	28.60	33.58	38.68	44.07			55.94	1 / 6			
reaction time		interval		4.18	4.33	4.54	4.58		4.77	4.98	5.10	5.39					13.05	14.33	
		velocity	7.26	8.37	8.08	7.71	7.64	7.75	7.34	7.03	6.86	6.49			7.15		8.05	7.33	
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	19.5	183.5				
Boden, Lauren (AUS) (1988)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	02-Oct-19	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				
Mustin, Dominique (USA) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	29-Jun-24	time	6.40	10.60	15.02	19.62	24.18	26.28	28.87	33.69	38.81	44.23	49.55		55.94	4 / 5			
reaction time		interval		4.20	4.42	4.60	4.56		4.69	4.82	5.12	5.42	5.32	6.39			13.22	14.07	15.86
		velocity	7.03	8.33	7.92	7.61	7.68	7.61	7.46	7.26	6.84	6.46	6.58	6.26	7.15		7.94	7.46	6.62
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.2	179.2				
Claxton, Grace (PUR) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 1 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	05-Aug-24	time	6.39	10.60	14.88	19.28	23.86		28.49	33.39	38.56	43.92	49.48		55.94	6 / 4			
reaction time	0.209	interval		4.21	4.28	4.40	4.58		4.63	4.90	5.17	5.36	5.56	6.46			12.89	14.11	16.09
		velocity	7.04	8.31	8.18	7.95	7.64		7.56	7.14	6.77	6.53	6.29	6.19	7.15		8.15	7.44	6.53
H1 lead leg	R	strides	24	16	16	16	16		16	17	17	18	18	22	196				
Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Memorial van damme (Brussels, BEL)			<i>Omega Timing (2024) - diamond league race analysis</i>																
date	14-Sep-24	time	6.34	10.40	14.62	18.92	23.37		27.98	32.84	37.96	43.38	49.10		55.94	3 / 7			
reaction time	0.174	interval		4.06	4.22	4.30	4.45		4.61	4.86	5.12	5.42	5.72	6.84			12.58	13.92	16.26
		velocity	7.10	8.62	8.29	8.14	7.87		7.59	7.20	6.84	6.46	6.12	5.85	7.15		8.35	7.54	6.46
H1 lead leg	R	strides	23				15		15	16	16	17	17	20	139				
Mátó, Sára (HUN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 European Athletics Championships (Roma, ITA)			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	09-Jun-24	time	6.42	10.61	14.98	19.41	23.94		28.78	33.75	38.95	44.42	49.73		55.95	2 / 1			
reaction time	0.214	interval		4.19	4.37	4.43	4.53		4.84	4.97	5.20	5.47	5.31	6.22			12.99	14.34	15.98
		velocity	7.01	8.35	8.01	7.90	7.73		7.23	7.04	6.73	6.40	6.59	6.43	7.15		8.08	7.32	6.57
H1 lead leg		strides																	
Olivieri, Linda (ITA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 European Athletics Championships (Roma, ITA)			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	09-Jun-24	time	6.39	10.63	15.13	19.67	24.34		29.15	34.10	39.09	44.40	49.79		55.95	5 / 5			
reaction time	0.215	interval		4.24	4.50	4.54	4.67		4.81	4.95	4.99	5.31	5.39	6.16			13.28	14.43	15.69
		velocity	7.04	8.25	7.78	7.71	7.49		7.28	7.07	7.01	6.59	6.49	6.49	7.15		7.91	7.28	6.69
H1 lead leg		strides																	
Granat, Moa (SWE) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 European Athletics Championships (Roma, ITA)			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	09-Jun-24	time	6.49	10.77	15.30	19.86	24.50		29.31	34.13	39.11	44.42	49.70		55.95	8 / 6			
reaction time	0.185	interval		4.28	4.53	4.56	4.64		4.81	4.82	4.98	5.31	5.28	6.25			13.37	14.27	15.57
		velocity	6.93	8.18	7.73	7.68	7.54		7.28	7.26	7.03	6.59	6.63	6.40	7.15		7.85	7.36	6.74
H1 lead leg		strides																	
Spencer, Kaliese (JAM) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	05-Jun-16	time	6.57	10.83	15.37	19.90	24.60		29.43	34.23	39.40	44.63	50.00		55.96	2 / 7			
reaction time	0.157	interval		4.26	4.54	4.53	4.70		4.83	4.80	5.17	5.23	5.37	5.96			13.33	14.33	15.77
		velocity	6.85	8.22	7.71	7.73	7.45		7.25	7.29	6.77	6.69	6.52	6.71	7.15		7.88	7.33	6.66
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	160					
Smith, Michelle (ISV) (2006)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 The Edwin Moses Legends Meet (Atlanta, GA) (TV Analysis)			<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																
date	31-May-24	time	6.63	10.98	15.43	19.82	24.41		29.31	34.21		44.43	49.65		55.96	7 / 2			
reaction time		interval		4.35	4.45	4.39	4.59		4.90	4.90		10.22	5.22	6.31	NR PB		13.19	14.39	15.44
		velocity	6.79	8.05	7.87	7.97	7.63		7.14	7.14		6.85	6.70	6.34	7.15		7.96	7.30	6.80
H1 lead leg	R	strides	23	15	15	15	15		16	16			17	132					
Claes, Hanne (BEL) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	06-Aug-24	time	6.33	10.44	14.69	18.97	23.39		27.96	32.80	37.83	43.23	49.12		55.96	9 / 8			
reaction time	0.188	interval		4.11	4.25	4.28	4.42		4.57	4.84	5.03	5.40	5.89	6.84			12.64	13.83	16.32

H1 lead leg	R	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
		strides	23	15	15	15	15		16	16	16	18	19		168				
Tate, Cassandra (USA) (1990)																			
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)																			
															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	26-May-18	time	6.52	10.76	15.08	19.64	24.16		33.88	39.00	44.28				55.97		8 / 8		
reaction time	0.256	interval		4.24	4.32	4.56	4.52		9.72	5.12	5.28						13.12	14.24	
		velocity	6.90	8.25	8.10	7.68	7.74		7.20	6.84	6.63				7.15		8.00	7.37	
H1 lead leg	R	strides	22	15	15	15	15				16	16		114					
Brown, Edna (USA) (1960)																			
FINAL - 1987 TAC Championships (San Jose, CA)																			
															<i>Mann (1987) - the elite athlete program biomechanical analysis of the long hurdles: tac championship meet</i>				
date	26-Jun-87	time	6.70	10.80	15.36	20.00	24.74		29.40	34.34	39.46	44.86	50.74		55.98				
reaction time		interval		4.10	4.56	4.64	4.74		4.66	4.94	5.12	5.40	5.88	5.24			13.30	14.34	16.40
		velocity	6.72	8.54	7.68	7.54	7.38		7.51	7.09	6.84	6.48	5.95	7.63	7.15		7.89	7.32	6.40
H1 lead leg		strides																	
Kubokura, Satomi (JPN) (1982)																			
FINAL - 2012 Japanese National Championships (Osaka, JPN)																			
															<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>				
date	10-Jun-12	time	6.59	10.93	15.40	19.97	24.67		29.47	34.51	39.62	44.69	49.85		55.98		7 / 1		
reaction time		interval		4.34	4.47	4.57	4.70		4.80	5.04	5.11	5.07	5.16	6.13			13.38	14.54	15.34
		velocity	6.83	8.06	7.83	7.66	7.45		7.29	6.94	6.85	6.90	6.78	6.53	7.15		7.85	7.22	6.84
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	17	21	192				
Sprunger, Léa (SUI) (1990)																			
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)																			
															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	01-Sep-17	time	6.40	10.76	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					
Sartori, Rebecca (ITA) (1997)																			
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	22-Aug-23	time	6.40	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					
Fesenko-Grun, Yekaterina (URS) (19)																			
Semi-Final 1 - 1983 IAAF World Championships (Rome, ITA)																			
															<i>Lyle - miscellaneous coaching notes</i>				
date	09-Aug-83	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		
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	17	21	198				
Tago, Miyabi (JPN) (1988)																			
FINAL - 2010 Osaka Grand Prix (Osaka, JPN)																			
															<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>				
date	08-May-10	time	6.76	11.08	15.50	19.97	24.56		29.38	34.32	39.38	44.55	49.86		55.99		/ 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					
Titimets, Anna (UKR) (1989)																			
FINAL - 2016 Athletissima (Laussane, SUI) (TV Analysis)																			
															<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	25-Aug-16	time	6.60	10.92	15.32	19.88	24.52		29.32	34.20	39.24	44.48	49.88		55.99		1 / 7		
reaction time	0.188	interval		4.32	4.40	4.56	4.64		4.80	4.88	5.04	5.24	5.40	6.11			13.28	14.32	15.68
		velocity	6.82	8.10	7.95	7.68	7.54		7.29	7.17	6.94	6.68	6.48	6.55	7.14		7.91	7.33	6.70
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19.5	178.5				
Folorunso, Ayomide (ITA) (1996)																			
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																			
															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	06-Jun-19	time	6.56	10.84	15.20	19.68	24.28		29.04	33.88	38.88	44.04	49.60		55.99		9 / 8		
reaction time	0.194	interval		4.28	4.36	4.48	4.60		4.76	4.84	5.00	5.16	5.56	6.39			13.12	14.20	15.72
		velocity	6.86	8.18	8.03	7.81	7.61		7.35	7.23	7.00	6.78	6.29	6.26	7.14		8.00	7.39	6.68
H1 lead leg	R	strides	23	16	16	16	16		16	16	17	17	17	21	191				
Rzyhykova, Anna (UKR) (1989)																			
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)																			
															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	02-Jun-23	time	6.43	10.55	14.83	19.21	23.74		28.48	33.45	38.49	43.79	49.38		55.99		1 / 8		
reaction time	0.155	interval		4.12	4.28	4.38	4.53		4.74	4.97	5.04	5.30	5.59	6.61			12.78	14.24	15.93
		velocity	7.00	8.50	8.18	7.99	7.73		7.38	7.04	6.94	6.60	6.26	6.05	7.14		8.22	7.37	6.59
H1 lead leg	R	strides	22	14	14	14	14					16	16	20	130				
Folorunso, Ayomide (ITA) (1996)																			
FINAL - 2024 Bauhaus Galan (Stockholm, SWE)																			
															<i>Omega Timing (2024) - diamond league race analysis</i>				
date	02-Jun-24	time	6.41	10.74	15.04	19.39	23.84		28.49	33.29	38.37	43.69	49.28		55.99		2 / 6		
reaction time	0.174	interval		4.33	4.30	4.35	4.45		4.65	4.80	5.08	5.32	5.59	6.71			12.98	13.90	15.99

H1 lead leg	L	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
		strides	23	15					16	16	16	16	18	21	141				
Muhammad, Dalilah (USA) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)																			
date	25-Aug-24	time	6.30	10.38	14.61	19.05	23.57		28.33	33.39	38.78	44.15	49.50		55.99	9 / 9			
reaction time	0.163	interval		4.08	4.23	4.44	4.52		4.76	5.06	5.39	5.37	5.35	6.49			12.75	14.34	16.11
		velocity	7.14	8.58	8.27	7.88	7.74		7.35	6.92	6.49	6.52	6.54	6.16	7.14		8.24	7.32	6.52
H1 lead leg	R	strides	22	14	14	15	15		15	15	16	16		142					
Tosta, Sheena (USA) (1982)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 2 - 2009 IAAF World Championships (Berlin, GER)																			
date	17-Aug-09	time	6.19	10.21	14.33	18.67	23.18		27.91	32.81	38.01	43.41	49.21		56.00	5 / 4			
reaction time	0.154	interval		4.02	4.12	4.34	4.51		4.73	4.90	5.20	5.40	5.80	6.79			12.48	14.14	16.40
		velocity	7.27	8.71	8.50	8.06	7.76		7.40	7.14	6.73	6.48	6.03	5.89	7.14		8.41	7.43	6.40
H1 lead leg		strides																	
Whyte, Rhonda (JAM) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)																			
date	16-Jul-17	time	6.52	10.80	15.24	19.68	24.36		29.28	34.40	39.64	44.84	50.08		56.00	3 / 8			
reaction time	0.146	interval		4.28	4.44	4.44	4.68		4.92	5.12	5.24	5.20	5.24	5.92			13.16	14.72	15.68
		velocity	6.90	8.18	7.88	7.88	7.48		7.11	6.84	6.68	6.73	6.68	6.76	7.14		7.98	7.13	6.70
H1 lead leg	L	strides	23	15	15	15	15		16	17	17	16	17	19.7	185.7				
Hoffman, Lauren (USA) (1999)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2022 USATF National Championships (Eugene, OR)																			
date	25-Jun-22	time	6.44	10.45	14.58	18.81	23.37	25.47	28.13	33.03	38.27	43.78	49.36	56.00		56.00	2 / 7		
reaction time		interval		4.01	4.13	4.23	4.56		4.76	4.90	5.24	5.51	5.58	6.64			12.37	14.22	16.33
		velocity	6.99	8.73	8.47	8.27	7.68	7.85	7.35	7.14	6.68	6.35	6.27	6.02	7.14		8.49	7.38	6.43
H1 lead leg	L	strides	23	15	15	15	16			16	17	18		135					
Barber, Kaila (USA) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 1 - 2022 USATF National Championships (Eugene, OR)																			
date	24-Jun-22	time	6.40	10.54	14.84	19.32	23.85	25.71	28.66	33.56	38.84	44.21	49.65		56.00	6 / 3			
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				
Beesley, Meghan (GBR) (1989)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)																			
date	03-May-19	time	6.34	10.51	14.88	19.18	23.79	25.7	28.53	33.50	38.84	44.28	49.75		56.01	3 / 6			
reaction time	0.157	interval		4.17	4.37	4.30	4.61		4.74	4.97	5.34	5.44	5.47	6.26			12.84	14.32	16.25
		velocity	7.10	8.39	8.01	8.14	7.59	7.78	7.38	7.04	6.55	6.43	6.40	6.39	7.14		8.18	7.33	6.46
H1 lead leg	L	strides	24	16	16	16	16		17	17	18	18	18	22.7	198.7				
Glynn, Abbey (USA) (2001)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)																			
date	10-Jun-23	time	6.74	11.04	15.55	20.18	24.89		29.66	34.60	39.57	44.85	50.18		56.01	3 / 8			
reaction time		interval		4.30	4.51	4.63	4.71		4.77	4.94	4.97	5.28	5.33	5.83			13.44	14.42	15.58
		velocity	6.68	8.14	7.76	7.56	7.43		7.34	7.09	7.04	6.63	6.57	6.86	7.14		7.81	7.28	6.74
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	17	17	161					
Knight, Jessie (GBR) (1994)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)																			
date	10-Jun-24	time	6.40	10.61	15.06	19.54	24.20		29.00	33.94	39.11	44.52	49.90		56.01	6 / 7			
reaction time	0.156	interval		4.21	4.45	4.48	4.66		4.80	4.94	5.17	5.41	5.38	6.11			13.14	14.40	15.96
		velocity	7.03	8.31	7.87	7.81	7.51		7.29	7.09	6.77	6.47	6.51	6.55	7.14		7.99	7.29	6.58
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	19	162					
Zapletalová, Emma (SVK) (2000)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																			
date	17-Sep-20	time	6.48	10.72	15.00	19.40	23.96	26.0	28.60	33.52	38.68	44.16	49.72		56.02	7 / 7			
reaction time	0.135	interval		4.24	4.28	4.40	4.56		4.64	4.92	5.16	5.48	5.56	6.30			12.92	14.12	16.20
		velocity	6.94	8.25	8.18	7.95	7.68	7.69	7.54	7.11	6.78	6.39	6.29	6.35	7.14		8.13	7.44	6.48
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	19.7	183.7				
Krafzik, Carolina (GER) (1995)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)																			
date	19-Aug-22	time	6.26	10.30	14.61	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				
Krafzik, Carolina (GER) (1995)	H1	H2	H3	H4	H5	200m	<												

H1 lead leg	L	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
		strides	23	15	15	15	15		17	17	17	17	17	21.7	189.7				

Kubokura, Satomi (JPN) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
A FINAL - 2012 Shizuoka International Athletics Meeting (Fukuroi, JPN) <i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>																			
date	03-May-12	time	6.49	10.68	15.18	19.78	24.42		29.12	34.06	39.22	44.48	49.80		56.03	/ 2			
reaction time		interval		4.19	4.50	4.60	4.64		4.70	4.94	5.16	5.26	5.32	6.23		13.29	14.28	15.74	
		velocity	6.93	8.35	7.78	7.61	7.54		7.45	7.09	6.78	6.65	6.58	6.42	7.14		7.90	7.35	6.67
H1 lead leg		strides		15	16	16	16		16	17	17	17	17	147					

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis) <i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	26-Aug-22	time	6.13	10.10	14.24	18.67	23.13		25.02	27.73	32.57	37.57	43.16	49.10		56.03	4 / 7		
reaction time	0.184	interval		3.97	4.14	4.43	4.46		4.60	4.84	5.00	5.59	5.94	6.93		12.54	13.90	16.53	
		velocity	7.34	8.82	8.45	7.90	7.85	7.99	7.61	7.23	7.00	6.26	5.89	5.77	7.14		8.37	7.55	6.35
H1 lead leg	R	strides	22	14	14	15	15		15	15	15	16	17	158					

Peeters, Cathelijn (NED) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2024 Bauhaus Galan (Stockholm, SWE) <i>Omega Timing (2024) - diamond league race analysis</i>																			
date	02-Jun-24	time	6.77	10.95	15.20	19.58	24.14		28.88	33.93	39.21	44.57	50.08		56.03	3 / 7			
reaction time	0.279	interval		4.18	4.25	4.38	4.56		4.74	5.05	5.28	5.36	5.51	5.95		12.81	14.35	16.15	
		velocity	6.65	8.37	8.24	7.99	7.68		7.38	6.93	6.63	6.53	6.35	6.72	7.14		8.20	7.32	6.50
H1 lead leg	R	strides	23	15		15	15		16	17	17	17	17	152					

Olivieri, Linda (ITA) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) <i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	20-Jul-22	time	6.40	10.70	15.10	19.57	24.20	26.32	29.03	33.97	39.00		49.57		56.04	1 / 8			
reaction time	0.135	interval		4.30	4.40	4.47	4.63		4.83	4.94	5.03		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						

Molnár, Janka (HUN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis) <i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	08-Aug-22	time	6.53	10.70	15.07	19.57	24.26		28.96		39.10	44.36	49.73		56.04	3 / 5			
reaction time	0.232	interval		4.17	4.37	4.50	4.69		4.70		10.14	5.26	5.37	6.31		13.04			
		velocity	6.89	8.39	8.01	7.78	7.46		7.45		6.90	6.65	6.52	6.34	7.14		8.05		
H1 lead leg	L	strides	23	16	16	16	16					17	17	121					

Sprunger, Léa (SUI) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2016 Athletissima (Lausanne, SUI) (TV Analysis) <i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																			
date	25-Aug-16	time	6.56	10.92	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				

Warden, Christine (GBR) (1950)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 1979 AAA Women's National Championships (London, GBR) <i>Warden (1989) - sprinting and hurdling</i>																			
date	28-Jul-79	time	6.7	11.1	15.5	20.1	24.5	26.7	29.3	34.1	39.3	44.5	49.8		56.06	/ 1			
reaction time		interval		4.4	4.4	4.6	4.4		4.8	4.8	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		16	17	17	17	17	22	193				

Claes, Hanne (BEL) (1991)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) <i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																			
date	22-Aug-23	time	6.34	10.34	14.48	18.72	23.15		27.91	32.84		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				

Yamamoto, Ami (JPN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2023 Japanese National Championships (Osaka, JPN) <i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																				
date	04-Jun-23	time	6.64	11.08	15.52	20.09	24.76		29.53	34.43	39.42	44.54	49.83		56.06	5 / 1				
reaction time	0.196	interval		4.44	4.44	4.57	4.67		4.77	4.90	4.99	5.12	5.29	6.23		PB		13.45	14.34	15.40
		velocity	6.78	7.88	7.88	7.66	7.49		7.34	7.14	7.01	6.84	6.62	6.42	7.14		7.81	7.32	6.82	
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	21	194					

Folorunso, Ayomide (ITA) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis) <i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																			
date	30-May-24	time	6.32	10.35	14.55	18.86	23.26		28.03	32.92	38.12	43.67	49.38		56.06	3 / 7			
reaction time	0.168	interval		4.03	4.20	4.31	4.40		4.77	4.89	5.20	5.55	5.71	6.68		12.54	14.06	16.46	
		velocity	7.12	8.68	8.33	8.12	7.95		7.34	7.16	6.73	6.31	6.13	5.99	7.14		8.37	7.47	6.38
H1 lead leg	L	strides	23	15	15	15	16		16	16	16	17	17	21	187				

Pedroso, Yadisleidis (ITA) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2014 European Championships (Zurich, SUI) <i>Incalza (2014) - FIDAL - https://www.youtube.com/watch?v=EnX12yLcGsg&list=UU7691fXeyNFIMROfkJ-WWUg</i>																		
date	14-Aug-14	time	6.69	11.01	15.53	20.00	24.53	26.42	29.17	34.03	39.08	44.25	49.70		56.07	8 / 3		
reaction time	0.188	interval		4.32	4.52	4.47	4.53		4.64	4.86	5.05	5.17	5.45	6.37		13.31	14.03	15.67

H1 lead leg	R	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	
		strides	25	16	16	16	16	16	16	16	17	17	18	21.5	194.5				
Tracey, Ristananna (JAM) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	21-Jul-18	time	6.44	10.68	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				
Kloster, Line (NOR) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	16-Jun-22	time	6.28	10.40	14.78	19.18	23.72		28.54	33.54	38.64	44.08	49.66		56.07	3 / 7			
reaction time	0.135	interval		4.12	4.38	4.40	4.54		4.82	5.00	5.10	5.44	5.58	6.41			12.90	14.36	16.12
		velocity	7.17	8.50	7.99	7.95	7.71		7.26	7.00	6.86	6.43	6.27	6.24	7.13		8.14	7.31	6.51
H1 lead leg	R	strides	22	14	15	15	15		15	16	16	17	17	20	182				
Hoffman, Lauren (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2022 USATF National Championships (Eugene, OR)															<i>USATF (2022) - Results powered by Karmarush</i>				
date	23-Jun-22	time	6.54	10.64	14.91	19.32	23.92	25.84	28.69	33.66	38.94	44.41	49.88		56.08	3 / 4			
reaction time		interval		4.10	4.27	4.41	4.60		4.77	4.97	5.28	5.47	5.47	6.20			12.78	14.34	16.22
		velocity	6.88	8.54	8.20	7.94	7.61	7.74	7.34	7.04	6.63	6.40	6.40	6.45	7.13		8.22	7.32	6.47
H1 lead leg	L	strides	23	15	15	15	16		16	17	18	18	18	22	193				
Glynn, Abbey (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	29-Jun-24	time	6.51	10.83	14.99	19.43	23.96	26.02	28.54	33.35	38.40	43.74	49.50		56.08	9 / 6			
reaction time		interval		4.32	4.16	4.44	4.53		4.58	4.81	5.05	5.34	5.76	6.58			12.92	13.92	16.15
		velocity	6.91	8.10	8.41	7.88	7.73	7.69	7.64	7.28	6.93	6.55	6.08	6.08	7.13		8.13	7.54	6.50
H1 lead leg	L	strides		15	15	15	15		15	15	15	16	18	139					
Kubokura, Satomi (JPN) (1982)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 Japanese National Championships (Osaka, JPN)															<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>				
date	01-Jul-07	time	6.56	10.99	15.43	20.00	24.64		29.40	34.28	39.31	44.48	49.93		56.09	1 / 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					
Tate, Cassandra (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	31-May-18	time	6.24	10.44	14.76	19.28	24.00		28.80	33.80	38.92	44.28	49.76		56.09	3 / 7			
reaction time	0.228	interval		4.20	4.32	4.52	4.72		4.80	5.00	5.12	5.36	5.48	6.33			13.04	14.52	15.96
		velocity	7.21	8.33	8.10	7.74	7.42		7.29	7.00	6.84	6.53	6.39	6.32	7.13		8.05	7.23	6.58
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180				
Tate, Cassandra (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	09-Jul-23	time	6.44	10.51	14.78	19.28	23.82		28.46	33.23	38.40				56.09	7 / 5			
reaction time		interval		4.07	4.27	4.50	4.54		4.64	4.77	5.17		17.69				12.84	13.95	
		velocity	6.99	8.60	8.20	7.78	7.71		7.54	7.34	6.77		5.94	7.13			8.18	7.53	
H1 lead leg	R	strides	22	14	14	15	15		15	15	15		125						
Salmon, Shiann (JAM) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 IAAF World Junior Championships (Tampere, FIN) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	13-Jul-18	time	6.13	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				
Tate, Cassandra (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	25-Jun-21	time	6.36	10.43	14.80	19.36	24.00		28.70	33.60	38.90	44.26	49.75		56.11	2 / 1			
reaction time	0.230	interval		4.07	4.37	4.56	4.64		4.70	4.90	5.30	5.36	5.49	6.36			13.00	14.24	16.15
		velocity	7.08	8.60	8.01	7.68	7.54		7.45	7.14	6.60	6.53	6.38	6.29	7.13		8.08	7.37	6.50
H1 lead leg	R	strides		14	14	15	15		15	15	16	16	16	19.2	155.2				
Addy, Megan (USA) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 UCLA (Los Angeles, CA)															<i>Henson (2004) USATF OTC sport science</i>				
date	10-Apr-04	time	7.10	11.22	15.51	19.86	24.35		28.97	33.66	38.67	43.96	49.41		56.13	1 / 2			
reaction time		interval		4.12	4.29	4.35	4.49		4.62	4.69	5.01	5.29	5.45	6.72	PB		12.76	13.80	15.75
		velocity	6.34	8.50	8.16	8.05	7.80		7.58	7.46	6.99	6.62	6.42	5.95	7.13		8.23	7.61	6.67
H1 lead leg		strides																	
Hoffman, Lauren (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	09-Jul-23	time	6.54	10.64	14.95	19.42	23.99		28.73	33.66	38.77				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	

H1 lead leg	L	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		
		strides	23	15	15	16	16		16	18	18			137					
Kubokura, Satomi (JPN) (1982)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Seiko Golden Grand Prix (Kawasaki, JPN)															<i>Morioka (2016) - race pattern of top 400m hurdlers in japan</i>				
date	08-May-16	time	6.63	10.93	15.38	19.93	24.65		29.50	34.51	39.62	44.83	50.07		56.14	4 / 2			
reaction time	0.176	interval		4.30	4.45	4.55	4.72		4.85	5.01	5.11	5.21	5.24	6.07			13.30	14.58	15.56
		velocity	6.79	8.14	7.87	7.69	7.42		7.22	6.99	6.85	6.72	6.68	6.59	7.13		7.89	7.20	6.75
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	17	21	192				
Cockrell, Anna (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 USATF National Championships (Des Moines, IA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	24-Jun-18	time	6.17	10.17	14.34	18.68	23.29			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		131				
Blackett, Andrea (BAR) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 Osaka Grand Prix (Osaka, JPN)															<i>Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers</i>				
date	07-May-05	time	6.42	10.59	15.06	19.63	24.35		29.17	34.16	39.47	44.96	50.23		56.15	1 / 1			
reaction time		interval		4.17	4.47	4.57	4.72		4.82	4.99	5.31	5.49	5.27	5.92			13.21	14.53	16.07
		velocity	7.01	8.39	7.83	7.66	7.42		7.26	7.01	6.59	6.38	6.64	6.76	7.12		7.95	7.23	6.53
H1 lead leg		strides		15	15	15	15		16	16	16	17	18	143					
Ennadi, Noura (MAR) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)															<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	19-May-24	time	6.73	11.06	15.49	19.91	24.59			34.35	39.38	44.61	49.94		56.15	3 / 7			
reaction time	0.177	interval		4.33	4.43	4.42	4.68			34.35	5.03	5.23	5.33	6.21			13.18	14.44	15.59
		velocity	6.69	8.08	7.90	7.92	7.48			2.04	6.96	6.69	6.57	6.44	7.12		7.97	7.27	6.74
H1 lead leg	R	strides	23	15	15	15	15		15		17	17	17	20.2	169.2				
Child, Eilidh (GBR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2010 Commonwealth Games (Dehli, IND)															<i>Arnold (2010) - 400mH planning and peaking</i>				
date	09-Oct-10	time	6.3	10.7	15.1	19.5	24.0	26.0	28.8	33.8	39.1	44.5	49.9		56.16	7 / 2			
reaction time	0.202	interval		4.4	4.4	4.4	4.5		4.8	5.0	5.3	5.4	5.4	6.26			13.20	14.30	16.10
		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
H1 lead leg		strides																	
Nel, Wenda (RSA) (1988)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	03-May-19	time	6.54	10.88	15.35	19.95	24.62	26.5	29.23	34.10	39.10	44.21	49.75		56.16	7 / 7			
reaction time	0.206	interval		4.34	4.47	4.60	4.67		4.61	4.87	5.00	5.11	5.54	6.41			13.41	14.15	15.65
		velocity	6.88	8.06	7.83	7.61	7.49	7.55	7.59	7.19	7.00	6.85	6.32	6.24	7.12		7.83	7.42	6.71
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	18	22	194				
Kurochkina, Tatyana (BLR) (1967)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 European Cup (Bremen, GER)															<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>				
date	23-Jun-01	time	6.70	11.01	15.27	19.69	24.77		29.13	34.17	39.33	44.67	50.11		56.17	1 / 5			
reaction time		interval		4.31	4.26	4.42	5.08		4.36	5.04	5.16	5.34	5.44	6.06			12.99	14.48	15.94
		velocity	6.72	8.12	8.22	7.92	6.89		8.03	6.94	6.78	6.55	6.43	6.60	7.12		8.08	7.25	6.59
H1 lead leg		strides																	
Tirlea, Ionela (ROU) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 IAAF World Cup (Madrid, ESP)															<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>				
date	20-Sep-02	time	6.29	10.59	14.96	19.37	24.11		29.03	34.18	39.44	44.80	50.15		56.17	4 / 4			
reaction time	0.161	interval		4.30	4.37	4.41	4.74		4.92	5.15	5.26	5.36	5.35	6.02			13.08	14.81	15.97
		velocity	7.15	8.14	8.01	7.94	7.38		7.11	6.80	6.65	6.53	6.54	6.64	7.12		8.03	7.09	6.57
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	18	18	20	194				
Heat 2 - 2024 European Athletics Championships (Roma, ITA)															<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	09-Jun-24	time		11.01	15.56	20.10	24.79		29.49	34.25	39.21	44.46	49.89		56.17	2 / 4			
reaction time	0.170	interval			4.55	4.54	4.69		4.70	4.76	4.96	5.25	5.43	6.28				14.15	15.64
		velocity		7.27	7.69	7.71	7.46		7.45	7.35	7.06	6.67	6.45	6.37	7.12			7.42	6.71
H1 lead leg		strides																	
Olichwierzczuk, Anna (POL) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 European Championships (Munich, GER)															<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>				
date	08-Aug-02	time	6.61	10.79	15.01	19.31	23.79		28.53	33.37	38.51	43.91	49.57		56.18	1 / 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						
Doyle, Eilidh (GBR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	21-Jul-18	time	6.40	10.68	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	15	15	15	16	16	16	17	17	17	20	187						
Smolińska, Izabela (POL) (1999)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
Heat 2 - 2024 European Athletics Championships (Roma, ITA)																				
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																				
date	09-Jun-24	time	10.82	15.23	19.74	24.39	29.21	34.17	39.29	44.65	50.11		56.24	9 / 5						
reaction time	0.292	interval	4.41	4.51	4.65	4.82	4.96	5.12	5.36	5.46	6.13		PB		14.43	15.94				
		velocity	7.39	7.94	7.76	7.53	7.26	7.06	6.84	6.53	6.41	6.53	7.11		7.28	6.59				
H1 lead leg		strides																		
Bellamy, Shan'ra (USA) (2002)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)																				
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																				
date	29-Jun-24	time	6.41	10.47	14.61	18.90	23.25	25.18	27.76	32.48	37.64	43.15	49.02	56.24	7 / 6					
reaction time		interval	4.06	4.14	4.29	4.35	4.51	4.72	5.16	5.51	5.87	7.22			12.49	13.58	16.54			
		velocity	7.02	8.62	8.45	8.16	8.05	7.94	7.76	7.42	6.78	6.35	5.96	5.54	7.11	8.41	7.73	6.35		
H1 lead leg	L	strides	15	15	15	15	15	16	16	16	16	17	20.2	160.2						
Shakes-Drayton, Perri (GBR) (1988)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)																				
<i>Henson (2021) - Athlete First: major championships report</i>																				
date	15-Aug-13	time	6.15	10.19	14.34	18.61	23.04	27.69	32.54	37.65	43.00	48.65		56.25	5 / 6					
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							
Olivieri, Linda (ITA) (1998)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																				
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																				
date	09-Jun-22	time	6.63	10.93	15.33	24.53	26.50	29.40	34.40	39.60	44.83	50.13		56.25	2 / 8					
reaction time	0.150	interval	4.30	4.40	9.20	4.87	5.00	5.20	5.23	5.30	6.12						15.73			
		velocity	6.79	8.14	7.95	7.61	7.55	7.19	7.00	6.73	6.69	6.60	6.54	7.11			6.68			
H1 lead leg	R	strides	23	15	15	15	15	15	15	17	17	17	149							
Bookman, Deonca (USA) (1995)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
Heat 1 - 2024 USA Olympic Trials (Eugene, OR)																				
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																				
date	27-Jun-24	time	6.49	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							
Ryzhykova, Anna (UKR) (1989)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)																				
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																				
date	13-Jun-19	time	6.52	10.72	14.96	24.20	26.2	29.04	34.04	39.04	44.28	49.80		56.26	2 / 6					
reaction time	0.178	interval	4.20	4.24	9.24	4.84	5.00	5.00	5.24	5.52	6.46						15.76			
		velocity	6.90	8.33	8.25	7.58	7.63	7.23	7.00	6.68	6.34	6.19	7.11				6.66			
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	16	21	147						
Tate, Cassandra (USA) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)																				
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																				
date	24-Jun-22	time	6.40	10.40	14.60	19.10	23.70	25.56	28.40	33.20	38.33	43.70	49.43	56.26	4 / 4					
reaction time		interval	4.00	4.20	4.50	4.60	4.70	4.80	5.13	5.37	5.73	6.83			12.70	14.10	16.23			
		velocity	7.03	8.75	8.33	7.78	7.61	7.82	7.45	7.29	6.82	6.52	6.11	5.86	7.11	8.27	7.45	6.47		
H1 lead leg	R	strides	22	14	14	15	15	15	15	15	16	17	21	179						
Jémaa, Dora (FRA) (1985)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2007 European Cup (Munich, GER)																				
<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																				
date	23-Jun-07	time	6.92	11.32	15.91	20.64	25.23	29.91	34.79	39.87	45.03	50.33		56.27	1 / 4					
reaction time	0.308	interval	4.40	4.59	4.73	4.59	4.68	4.88	5.08	5.16	5.30	5.94		PB	13.72	14.15	15.54			
		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																		
Mo Jiadie (CHN) (2000)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																				
<i>CAA Hurdle Development (2021)</i>																				
date	26-Jun-21	time	6.66	10.96	15.42	19.98	24.62	29.44	34.50	39.62	44.88	50.26		56.27	5 / 1					
reaction time	0.296	interval	4.30	4.46	4.56	4.64	4.82	5.06	5.12	5.26	5.38	6.01		PB	13.32	14.52	15.76			
		velocity	6.76	8.14	7.85	7.68	7.54	7.26	6.92	6.84	6.65	6.51	6.66	7.11	7.88	7.23	6.66			
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	18	21.2	195.2						
Townsend, Sydney (USA) (2000)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)																				
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																				
date	10-Jun-23	time	6.50	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							
Peeters, Cathelijm (NED) (1996)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2024 Athletissima (Lausanne, SUI)																				
<i>Omega Timing (2024) - diamond league race analysis</i>																				
date	22-Aug-24	time	6.62	10.77	15.04	19.41	23.94	28.74	33.87	39.26	44.65	50.13		56.28	2 / 7					
reaction time	0.244	interval	4.15	4.27	4.37	4.53	4.80	5.13	5.39	5.39	5.48	6.15			12.79	14.46	16.26			
		velocity	6.80	8.43	8.20	8.01	7.73	7.29	6.82	6.49	6.49	6.39	6.50	7.11	8.21	7.26	6.46			

H1 lead leg	R	strides	22	15	15	15	15	16	16	17	17	17	20.2	185.2						
Watson, Sage (CAN) (1994)																				
FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	06-Jul-21	time	6.34					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		
Tolbert, Ryan (USA) (1976)																				
FINAL - 2003 USATF National Championships (Palo Alto, CA)															<i>USATF Women's Sprint Development (2003)</i>					
date	21-Jun-03	time	6.57	10.76	15.14	19.75	24.29						29.01	33.83	38.79	43.96	49.48		56.33	7 / 6
reaction time		interval		4.19	4.38	4.61	4.54					4.72	4.82	4.96	5.17	5.52	6.85			13.18 14.08 15.65
		velocity	6.85	8.35	7.99	7.59	7.71					7.42	7.26	7.06	6.77	6.34	5.84	7.10		7.97 7.46 6.71
H1 lead leg		strides																		
Niederstätter, Monika (ITA) (1974)																				
FINAL - 2002 European Championships (Munich, GER)															<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>					
date	08-Aug-02	time	6.89	11.25	15.71	20.21	24.82						29.59	34.55	39.65	44.85	50.21		56.34	1 / 4
reaction time	0.206	interval		4.36	4.46	4.50	4.61					4.77	4.96	5.10	5.20	5.36	6.13			13.32 14.34 15.66
		velocity	6.53	8.03	7.85	7.78	7.59					7.34	7.06	6.86	6.73	6.53	6.53	7.10		7.88 7.32 6.70
H1 lead leg		strides																		
Buford-Bailey, Tonja (USA) (1970)																				
Heat 4 - 1992 Olympic Games (Barcelona, ESP)															<i>Lyle (1992) - miscellaneous coaching notes</i>					
date	02-Aug-92	time	6.54	10.71	14.94	19.30	23.89						28.78	33.77	38.89	44.23	49.89		56.35	2 / 3
reaction time		interval		4.17	4.23	4.36	4.59					4.89	4.99	5.12	5.34	5.66	6.46			12.76 14.47 16.12
		velocity	6.88	8.39	8.27	8.03	7.63					7.16	7.01	6.84	6.55	6.18	6.19	7.10		8.23 7.26 6.51
H1 lead leg		strides																		
Aoki, Sayaka (JPN) (1986)																				
FINAL - 2017 Japanese National Championships (Osaka, JPN)															<i>Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018</i>					
date	24-Jun-17	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		149		
Linkiewicz, Joanna (POL) (1990)																				
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)															<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>					
date	19-May-19	time	6.56	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		
Sprunger, Léa (SUI) (1990)																				
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	31-May-18	time	6.40	10.68	15.00	19.44	24.08						28.80	33.72	39.04	44.48	50.08		56.36	6 / 8
reaction time	0.147	interval		4.28	4.32	4.44	4.64					4.72	4.92	5.32	5.44	5.60	6.28			13.04 14.28 16.36
		velocity	7.03	8.18	8.10	7.88	7.54					7.42	7.11	6.58	6.43	6.25	6.37	7.10		8.05 7.35 6.42
H1 lead leg	R	strides	21	14	14	14	14					15	15	17	17	17	19	177		
Sprunger, Léa (SUI) (1990)																				
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	06-Jun-19	time	6.48	10.80	15.20	19.76	24.44						29.32	34.32	39.34	44.72	50.24		56.36	6 / 9
reaction time	0.143	interval		4.32	4.40	4.56	4.68					4.88	5.00	5.02	5.38	5.52	6.12			13.28 14.56 15.92
		velocity	6.94	8.10	7.95	7.68	7.48					7.17	7.00	6.97	6.51	6.34	6.54	7.10		7.91 7.21 6.60
H1 lead leg	R	strides	21	14	14	14	14					15	15	15	16	16	19	173		
Couckuyt, Paulien (BEL) (1997)																				
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	28-Aug-21	time	6.37	10.48	14.82		23.95						28.75	33.71	38.95	44.30	49.95		56.36	2 / 7
reaction time	0.169	interval		4.11	4.34		9.13					4.80	4.96	5.24	5.35	5.65	6.41			16.24
		velocity	7.06	8.52	8.06		7.67					7.29	7.06	6.68	6.54	6.19	6.24	7.10		6.47
H1 lead leg	L	strides	23	15	15	16						16	16	16	17	18	21	173		
Bing, Portia (NZL) (1993)																				
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	06-Aug-22	time	6.53	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	5.56	7.10			8.44 7.37 6.58
H1 lead leg	R	strides	22	14	14	14	14					15	15	16		17	20.5	161.5		
Bol, Femke (NED) (2000)																				
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	02-Oct-19	time	6.64	10.88	15.18	19.65	24.26						33.97	39.00	44.48	49.98			56.37	2 / 7
reaction time	0.219	interval		4.24	4.30	4.47	4.61					9.71	5.03	5.48	5.50	6.39				13.01 14.32 16.01
		velocity	6.78	8.25	8.14	7.83	7.59					7.21	6.96	6.39	6.36	6.26	7.10			8.07 7.33 6.56

H1 lead leg	R	strides	22	15	15			15	15	15	15	16	19	147						
Giger, Yasmin (SUI) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis)			<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																	
date	15-Sep-20	time	6.60	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					
Stubler, Bianca (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																	
date	29-Jun-24	time	6.56	10.72	15.01	19.48	24.16	26.27	28.94	33.86	38.98	44.52	50.02		56.42	2 / 4				
reaction time		interval		4.16	4.29	4.47	4.68		4.78	4.92	5.12	5.54	5.50	6.40			12.92	14.38	16.16	
		velocity	6.86	8.41	8.16	7.83	7.48	7.61	7.32	7.11	6.84	6.32	6.36	6.25	7.09		8.13	7.30	6.50	
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	17	17	21.5	187.5					
Hantzi-Neag, Hristina (GRE) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2007 European Cup (Munich, GER)			<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																	
date	23-Jun-07	time	6.63	10.90	15.25	19.89	24.59		29.41	34.41	39.57	44.88	50.21		56.44	1 / 5				
reaction time	0.184	interval		4.27	4.35	4.64	4.70		4.82	5.00	5.16	5.31	5.33	6.23			13.26	14.52	15.80	
		velocity	6.79	8.20	8.05	7.54	7.45		7.26	7.00	6.78	6.59	6.57	6.42	7.09		7.92	7.23	6.65	
H1 lead leg		strides																		
Kloster, Line (NOR) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Bislett Games (Oslo, NOR)			<i>Omega Timing (2023) - diamond league race analysis</i>																	
date	15-Jun-23	time	6.27	10.42	14.75	19.10	23.57		28.22	33.14	38.50	43.91	49.63		56.44	2 / 8				
reaction time	0.150	interval		4.15	4.33	4.35	4.47		4.65	4.92	5.36	5.41	5.72	6.81			12.83	14.04	16.49	
		velocity	7.18	8.43	8.08	8.05	7.83		7.53	7.11	6.53	6.47	6.12	5.87	7.09		8.18	7.48	6.37	
H1 lead leg	R	strides	22	15	15	15	15		15	16	16	17	17		163					
van der Walt, Zeney (RSA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	03-May-19	time	6.54	10.88			24.52	26.5	29.36			39.54	44.91	50.35		56.45	1 / 8			
reaction time	0.167	interval		4.34			13.64		4.84			10.18	5.37	5.44	6.10					
		velocity	6.88	8.06			7.70	7.55	7.23			6.88	6.52	6.43	6.56	7.09				
H1 lead leg	L	strides	23	15					16				17	17	20.5	108.5				
Antkoviak, Hannah (USA) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																	
date	29-Jun-24	time	6.72	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					
Spencer, Ashley (USA) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Herculis Meeting International d'Atlétisme (Monaco, MON) (TV Analysis)			<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																	
date	15-Jul-16	time	6.47	10.77	15.07	19.73	24.43		29.10	33.93	38.90	44.07	49.93		56.46	4 / 8				
reaction time	0.167	interval		4.30	4.30	4.66	4.70		4.67	4.83	4.97	5.17	5.86	6.53			13.26	14.20	16.00	
		velocity	6.96	8.14	8.14	7.51	7.45		7.49	7.25	7.04	6.77	5.97	6.13	7.08		7.92	7.39	6.56	
H1 lead leg	L	strides	22	15	14	15	15		15	15	15	15	17	18.7	176.7					
Sprunger, Léa (SUI) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	13-Jun-19	time	6.40	10.64	15.04	19.44	24.08	26.1	28.92	33.96	39.08	44.48	50.16		56.46	7 / 7				
reaction time	0.179	interval		4.24	4.40	4.40	4.64		4.84	5.04	5.12	5.40	5.68	6.30			13.04	14.52	16.20	
		velocity	7.03	8.25	7.95	7.95	7.54	7.66	7.23	6.94	6.84	6.48	6.16	6.35	7.08		8.05	7.23	6.48	
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	16	16	19.2	173.2					
Flintoff-King, Debbie (AUS) (1960)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 4 - 1983 IAAF World Championships (Helsinki, FIN)			<i>Knoke (1984) - the hurdles</i>																	
date	08-Aug-83	time	6.81	11.22	15.80	20.54	25.42		30.09	35.02	40.04	45.23	50.59		56.47	1 / 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																		
Lenskaya, Irina (UKR) (1971)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1997 European Cup (Munich, GER)			<i>Jung (2003) - http://www.fgs.uni-halle.de</i>																	
date	21-Jun-97	time	6.70	10.96	15.22	19.63	24.12		28.93	33.99	39.24	44.67	50.09		56.47	1 / 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																		
Kloster, Line (NOR) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																	
date	07-Jun-18	time	6.56	10.84	15.28		24.84	26.9	29.68	34.64	39.76	44.96	50.24		56.48	2 / 8				
reaction time	0.190	interval		4.28	4.44		9.56		4.84	4.96	5.12	5.20	5.28	6.24					15.60	
		velocity	6.86	8.18	7.88		7.32	7.43	7.23	7.06	6.84	6.73	6.63	6.41	7.08				6.73	

H1 lead leg	R	strides	23	15	15		16	16	17	17		119							
Robinson-Hubbard, Kyla (USA) (200)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)																			
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																			
date	29-Jun-24	time	6.60	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	17	17	17	20	190					
Ross, Faith (USA) (1998)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	12-Jun-21	time	6.37		14.90	19.23	23.97			39.23	44.57	49.97		56.49	3 / 6				
reaction time	0.227	interval		8.53	4.33	4.74			15.26	5.34	5.40	6.52		PB			12.86		
		velocity	7.06	8.21	8.08	7.38			6.88	6.55	6.48	6.13	7.08				8.16		
H1 lead leg	L	strides	24		15	15					17	17	21.2	109.2					
Petkova, Zhivka (BUL) (1967)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 1985 European Junior Championships (Cottbus, GDR)																			
<i>Warburton (1985) - 1985 european junior championships - hurdles</i>																			
date	25-Aug-85	time	10.73	15.24	19.85	24.72		29.60	34.49	39.51	44.62	49.93		56.50	/ 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																	
Kubokura, Satomi (JPN) (1982)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Race A - 2010 Shizuoka International Athletics Meeting (Fukuroi, JPN)																			
<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																			
date	03-May-10	time	6.46	10.73	15.23	19.78	24.47		29.15	34.07	39.13	44.39	49.98		56.50	/ 2			
reaction time		interval	4.27	4.50	4.55	4.69		4.68	4.92	5.06	5.26	5.59	6.52				13.32	14.29	15.91
		velocity	6.97	8.20	7.78	7.69	7.46		7.48	7.11	6.92	6.65	6.26	6.13	7.08		7.88	7.35	6.60
H1 lead leg		strides	16	16	16	16		16	17	17	17	17		148					
Rosolová, Denisa (CZE) (1986)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)																			
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																			
date	05-Jun-16	time	10.83	15.20	19.57	24.07		28.80	33.77	38.87	44.20	49.83		56.50	1 / 8				
reaction time	0.152	interval		4.37	4.37	4.50		4.73	4.97	5.10	5.33	5.63	6.67				14.20	16.06	
		velocity	7.39	8.01	8.01	7.78		7.40	7.04	6.86	6.57	6.22	6.00	7.08			7.39	6.54	
H1 lead leg		strides		15	15	15		15	16	16	17	17		126					
Ibrahim, Ayesya (JPN) (1998)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2020 Japanese National Championships (Niigata, JPN)																			
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																			
date	03-Oct-20	time	6.59	10.79	15.12	19.60	24.24		29.11	34.05	39.24	44.66	50.13		56.50	6 / 1			
reaction time	0.220	interval	4.20	4.33	4.48	4.64		4.87	4.94	5.19	5.42	5.47	6.37		PB		13.01	14.45	16.08
		velocity	6.83	8.33	8.08	7.81	7.54		7.19	7.09	6.74	6.46	6.40	6.28	7.08		8.07	7.27	6.53
H1 lead leg	R	strides	22	15	15	15		15	15	15	16	16	20	179					
Utsunomiya, Eri (JPN) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)																			
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																			
date	09-May-21	time	6.52	10.78	15.13	19.60	24.17		29.11	34.20	39.42	44.69	50.12		56.50	6 / 1			
reaction time	0.178	interval	4.26	4.35	4.47	4.57		4.94	5.09	5.22	5.27	5.43	6.38		PB		13.08	14.60	15.92
		velocity	6.90	8.22	8.05	7.83	7.66		7.09	6.88	6.70	6.64	6.45	6.27	7.08		8.03	7.19	6.60
H1 lead leg	R	strides	23	15	15	15		16	16	17	17	17	21	187					
Tate, Cassandra (USA) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	27-Jun-21	time	6.30	10.38	14.63	19.05	23.69		28.39	33.40		44.11		56.51	4 / 5				
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						
Kubokura, Satomi (JPN) (1982)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2011 Asian Championships (Kobe, JPN)																			
<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																			
date	10-Jul-11	time	6.47	10.82	15.39	20.04	24.88		29.62	34.63	39.75	44.92	50.34		56.52	/ 1			
reaction time	0.198	interval	4.35	4.57	4.65	4.84		4.74	5.01	5.12	5.17	5.42	6.18				13.57	14.59	15.71
		velocity	6.96	8.05	7.66	7.53	7.23		7.38	6.99	6.84	6.77	6.46	6.47	7.08		7.74	7.20	6.68
H1 lead leg		strides	16	16	16	16		16	17	17	17	18		149					
Watson, Sage (CAN) (1994)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	01-Jul-21	time	6.44	10.60	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				
Watson, Sage (CAN) (1994)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	21-Aug-21	time	6.48	10.80	15.16	19.64	24.24	26.3		39.64	44.96			56.52	2 / 9				
reaction time	0.163	interval	4.32	4.36	4.48	4.60			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			
Giger, Yasmin (SUI) (1999)																										
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)												<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>														
date	09-Jun-22	time	6.53	10.83	15.30		24.70	26.64	29.57	34.60	39.70	45.13											56.52	1 / 9		
reaction time	0.155	interval	4.30	4.47		9.40		4.87	5.03	5.10	5.43															
		velocity	6.89	8.14	7.83		7.45	7.51	7.19	6.96	6.86	6.45											7.08			
H1 lead leg	R	strides	23	15	15	15			15	16	16	17												132		
da Silva, Chayenne (BRA) (2000)																										
Heat 1 - 2024 Olympic Games (Paris, FRA)												<i>Paris 2024 Olympic Games - Results Book (2024)</i>														
date	04-Aug-24	time	6.36	10.54	14.82	19.17	23.65		28.44	33.48	38.63	44.01	49.54										56.52	4 / 7		
reaction time	0.156	interval	4.18	4.28	4.35	4.48		4.79	5.04	5.15	5.38	5.53	6.98											12.81	14.31	16.06
		velocity	7.08	8.37	8.18	8.05	7.81		7.31	6.94	6.80	6.51	6.33	5.73	7.08									8.20	7.34	6.54
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187											
Alimzhanova, Natalya (KAZ) (1968)																										
FINAL - 2004 Seiko Super Grand Prix (Yokohama, JPN)												<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>														
date	23-Sep-04	time	6.62	10.82	15.17	19.64	24.26		29.13	34.12	39.39	44.80	50.26										56.53	1 / 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	140												
Tkachuk, Viktoriya (UKR) (1994)																										
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)												<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>														
date	26-Aug-21	time	6.36	10.56	14.92	19.36	24.04		28.92	34.04		44.72											56.53	8 / 8		
reaction time	0.190	interval	4.20	4.36	4.44	4.68		4.88	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			7.08									8.08	7.15	
H1 lead leg	L	strides	22	15	15	15	15		16	16	16			130												
Debois, Nadine (FRA) (1961)																										
FINAL - 1987 Meeting International de Dijon (Dijon, FRA)												<i>Veney - split times from PJ</i>														
date	13-Jun-87	time	7.2	11.7	16.3	21.0	25.8		30.7	35.6	40.5	45.4	50.7										56.54	1 / 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		strides																								
Nel, Wenda (RSA) (1988)																										
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)												<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>														
date	09-Sep-18	time	6.32	10.56	15.04	19.52	24.12		28.80	33.68	38.76	44.12	49.80										56.54	2 / 6		
reaction time	0.192	interval	4.24	4.48	4.48	4.60		4.68	4.88	5.08	5.36	5.68	6.74											13.20	14.16	16.12
		velocity	7.12	8.25	7.81	7.81	7.61		7.48	7.17	6.89	6.53	6.16	5.93	7.07									7.95	7.42	6.51
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	18	19	22.5	196.5											
Robinson-Hubbard, Kyla (USA) (200)																										
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)												<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>														
date	27-Jun-24	time	6.73	10.95	15.32	19.91	24.51	26.60	29.19	34.21	39.47	44.89	50.31										56.54	7 / 3		
reaction time		interval	4.22	4.37	4.59	4.60		4.68	5.02	5.26	5.42	5.42	6.23											13.18	14.30	16.10
		velocity	6.69	8.29	8.01	7.63	7.61	7.52	7.48	6.97	6.65	6.46	6.46	6.42	7.07									7.97	7.34	6.52
H1 lead leg		strides																								
Barber, Kaila (USA) (1993)																										
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)												<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>														
date	03-May-22	time	6.32	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											
da Silva, Chayenne (BRA) (2000)																										
Repechage 2 - 2024 Olympic Games (Paris, FRA)												<i>Paris 2024 Olympic Games - Results Book (2024)</i>														
date	05-Aug-24	time	6.51	10.88	15.27	19.73	24.35		29.09	34.01	39.16	44.37	49.81										56.56	8 / 7		
reaction time	0.186	interval	4.37	4.39	4.46	4.62		4.74	4.92	5.15	5.21	5.44	6.75											13.22	14.28	15.80
		velocity	6.91	8.01	7.97	7.85	7.58		7.38	7.11	6.80	6.72	6.43	5.93	7.07									7.94	7.35	6.65
H1 lead leg	L	strides	23	15	15	15	16		16	17	17	17	17	21	189											
Tago, Miyabi (JPN) (1988)																										
A FINAL - 2012 Shizuoka International Athletics Meeting (Fukuroi, JPN)												<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>														
date	03-May-12	time	6.77	11.21	15.71	20.26	24.91		29.71	34.82	39.96	45.18	50.49										56.57	1 / 3		
reaction time		interval	4.44	4.50	4.55	4.65		4.80	5.11	5.14	5.22	5.31	6.08											13.49	14.56	15.67
		velocity	6.65	7.88	7.78	7.69	7.53		7.29	6.85	6.81	6.70	6.59	6.58	7.07									7.78	7.21	6.70
H1 lead leg		strides		15	15	15	15		15	16	16	16	16	139												
Williams, Tiffany (USA) (1983)																										
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)												<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>														
date	06-May-16	time	6.52	10.68	15.00	19.44	24.08		28.80	33.68	38.72	44.00	49.68										56.57	8 / 7		
reaction time	0.225	interval	4.16	4.32	4.44	4.64		4.72	4.88	5.04	5.28	5.68	6.89											12.92	14.24	16.00
		velocity	6.90	8.41	8.10	7.88	7.54		7.42	7.17	6.94	6.63	6.16	5.81	7.07									8.13	7.37	6.56

H1 lead leg	L	strides	24	15	15	15	16	16	17	17	17	18	22	192						
Tilgner, Jonna (GER) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2009 German National Championships (Ulm, GER)																				
<i>Killing (2009) - der rhythmus is entscheidend</i>																				
date	04-Jul-09	time	6.48	10.61	14.90	19.40	24.05		28.86	34.00	39.36	44.81	50.30		56.58	1				
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							
Folorunso, Ayomide (ITA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																				
<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																				
date	17-Sep-20	time	6.60	10.96	15.36	19.84		26.5	29.08	33.84	38.72	43.92	50.08		56.58	4 / 8				
reaction time	0.187	interval	4.36	4.40	4.48		7.55	7.58	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		7.35	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					
Lee, Tonya (USA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1996 USA Olympic Trials (Atlanta, GA)																				
<i>USATF Women's Sprint Development (1996)</i>																				
date	16-Jun-96	time	6.58	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		
		velocity	6.84	8.24	8.24	7.97	7.76	7.72	7.25	6.81	6.70				7.07		8.15	7.25		
H1 lead leg	L	strides	24	16	16	16			17	17	17	18	18	21	196					
Addy, Megan (USA) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2004 Modesto Relays (Modesto, CA)																				
<i>Henson (2004) USATF OTC sport science</i>																				
date	08-May-04	time	6.06	10.92	15.38	19.91	24.65		29.47	34.48	39.53	44.87	50.33		56.59	1 / 1				
reaction time		interval	4.86	4.46	4.53	4.74		4.82	5.01	5.05	5.34	5.46	6.26				13.85	14.57	15.85	
		velocity	7.43	7.20	7.85	7.73	7.38		7.26	6.99	6.93	6.55	6.41	6.39	7.07		7.58	7.21	6.62	
H1 lead leg		strides																		
Fahr, Annina (SUI) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 2 - 2024 European Athletics Championships (Roma, ITA)																				
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																				
date	09-Jun-24	time		10.84	15.19	19.71	24.41		29.19	34.05	39.36	44.74	50.03		56.59	5 / 6				
reaction time	0.208	interval		4.35	4.52	4.70		4.78	4.86	5.31	5.38	5.29	6.56					14.34	15.98	
		velocity		7.38	8.05	7.74	7.45		7.32	7.20	6.59	6.51	6.62	6.10	7.07			7.32	6.57	
H1 lead leg		strides																		
Pulse, Jacy (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)																				
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																				
date	29-Jun-24	time	6.49	10.72	15.05	19.41	23.86	26.01	28.61	33.53	38.86	44.34	49.88		56.59	3 / 8				
reaction time		interval	4.23	4.33	4.36	4.45		4.75	4.92	5.33	5.48	5.54	6.71				12.92	14.12	16.35	
		velocity	6.93	8.27	8.08	8.03	7.87	7.69	7.37	7.11	6.57	6.39	6.32	5.96	7.07		8.13	7.44	6.42	
H1 lead leg	R	strides	23	15	15	15	15		17	17	17	17	17	21	189					
Nelson, Carole (FRA) (1971)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1992 U23 European Cup (Villeneuve d'Ascq, FRA)																				
<i>Veney - split times from PJ</i>																				
date	18-Jul-92	time	6.75	11.10	15.59	20.17	24.93		29.70	34.45	39.37	44.67	49.99		56.61	1 / 1				
reaction time		interval	4.35	4.49	4.58	4.76		4.77	4.75	4.92	5.30	5.32	6.62				13.42	14.28	15.54	
		velocity	6.67	8.05	7.80	7.64	7.35		7.34	7.37	7.11	6.60	6.58	6.04	7.07		7.82	7.35	6.76	
H1 lead leg		strides	23	16	16	16	16		17	17	17	18	18	22	196					
Doyle, Eilidh (GBR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																				
<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																				
date	18-Aug-18	time	6.47	10.74	15.21	19.85	24.69		29.59	34.63	39.74	45.01	50.38		56.61	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					
Yoneda, Tomomi (JPN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2012 Japanese National Championships (Osaka, JPN)																				
<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>																				
date	10-Jun-12	time	6.91	11.31	15.80	20.30	24.92		29.64	34.54	39.60	44.84	50.25		56.62	6 / 2				
reaction time		interval	4.40	4.49	4.50	4.62		4.72	4.90	5.06	5.24	5.41	6.37				13.39	14.24	15.71	
		velocity	6.51	7.95	7.80	7.78	7.58		7.42	7.14	6.92	6.68	6.47	6.28	7.06		7.84	7.37	6.68	
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	16	17	21	185					
Kubokura, Satomi (JPN) (1982)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Japanese National Championships (Nagoya, JPN)																				
<i>Morioka (2016) - race pattern of top 400m hurdlers in japan</i>																				
date	26-Jun-16	time	6.67	11.02	15.56	20.23	25.10		30.04	35.16	40.33	45.51	50.72		56.62	5 / 2				
reaction time	0.176	interval	4.35	4.54	4.67	4.87		4.94	5.12	5.17	5.18	5.21	5.90				13.56	14.93	15.56	
		velocity	6.75	8.05	7.71	7.49	7.19		7.09	6.84	6.77	6.76	6.72	6.78	7.06		7.74	7.03	6.75	
H1 lead leg		strides		16	16	16	16		16	17	17	17	17		148					
Nielsen, Lina (GBR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Athletissima (Lausanne, SUI)																				
<i>Omega Timing (2023) - diamond league race analysis</i>																				
date	30-Jun-23	time	6.31	10.46	14.87	19.35	23.94		28.71	33.77	39.21	44.74	50.29		56.62	1 / 7				
reaction time	0.141	interval	4.15	4.41	4.48	4.59		4.77	5.06	5.44	5.53	5.55	6.33				13.04	14.42	16.52	
		velocity	7.13	8.43	7.94	7.81	7.63		7.34	6.92	6.43	6.33	6.31	6.32	7.06		8.05	7.28	6.36	

H1 lead leg	L	strides	22	15		15	15	15	16	16		114								
Gnafáki, Dimitra (GRA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 2 - 2024 European Athletics Championships (Roma, ITA)													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>							
date	09-Jun-24	time	10.76	15.15	19.67	24.40		29.22	34.24	39.50	44.91	50.31		56.62	4 / 7					
reaction time	0.172	interval		4.39	4.52	4.73		4.82	5.02	5.26	5.41	5.40	6.31					14.57	16.07	
		velocity	7.43	7.97	7.74	7.40		7.26	6.97	6.65	6.47	6.48	6.34	7.06				7.21	6.53	
H1 lead leg		strides																		
Flintoff-King, Debbie (AUS) (1960)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 1983 IAAF World Championships (Helsinki, FIN)													<i>Knoke (1984) - the hurdles</i>							
date	09-Aug-83	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					
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						
Chen Dongmei (CHN) (1963)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1989 ??? (???)													<i>Fan (1992) - implementing Chen Dongmei's four-year training plan: regularities of 400m hurdles</i>							
date	???	time	6.63	11.17	15.75	20.48	25.14	30.16	35.01	40.09	45.32	50.48		56.63	???					
reaction time		interval		4.54	4.58	4.73	4.66	5.02	4.85	5.08	5.23	5.16	6.15	NR				13.85	14.53	15.47
		velocity	6.79	7.71	7.64	7.40	7.51	6.97	7.22	6.89	6.69	6.78	6.50	7.06				7.58	7.23	6.79
H1 lead leg		strides	24	17	17	17		17	17	17	18	17	22	200						
Sprunger, Léa (SUI) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)													<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>							
date	19-Aug-20	time	6.56	10.96	15.44	19.96	24.64	29.52	34.60	39.84	45.24	50.72		56.65	6 / 4					
reaction time	0.207	interval		4.40	4.48	4.52	4.68	4.88	5.08	5.24	5.40	5.48	5.93					13.40	14.64	16.12
		velocity	6.86	7.95	7.81	7.74	7.48	7.17	6.89	6.68	6.48	6.39	6.75	7.06				7.84	7.17	6.51
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	16	16		154						
Utsunomiya, Eri (JPN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Japanese National Championships (Osaka, JPN)													<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>							
date	04-Jun-23	time	6.66	11.04	15.57	20.12	24.76	29.60	34.52	39.61	44.81	50.25		56.65	6 / 2					
reaction time	0.207	interval		4.38	4.53	4.55	4.64	4.84	4.92	5.09	5.20	5.44	6.40					13.46	14.40	15.73
		velocity	6.76	7.99	7.73	7.69	7.54	7.23	7.11	6.88	6.73	6.43	6.25	7.06				7.80	7.29	6.68
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	21	187						
Granat, Moa (SWE) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Bauhaus Galan (Stockholm, SWE)													<i>Omega Timing (2024) - diamond league race analysis</i>							
date	02-Jun-24	time	6.52	10.73	15.08	19.61	24.25	28.91	33.86	39.14	44.58	50.07		56.65	8 / 8					
reaction time	0.154	interval		4.21	4.35	4.53	4.64	4.66	4.95	5.28	5.44	5.49	6.58					13.09	14.25	16.21
		velocity	6.90	8.31	8.05	7.73	7.54	7.51	7.07	6.63	6.43	6.38	6.08	7.06				8.02	7.37	6.48
H1 lead leg	R	strides	23	15	15	15	15	15	15	17	17	17		164						
Morley, Sue (GBR) (1957)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 1984 Olympic Games (Los Angeles, CA)													<i>Arnold (1984) - 1984 olympic games - hurdles</i>							
date	06-Aug-84	time	6.5	10.6	15.4	19.5	24.0	26.0	28.8	33.8	39.1	44.5	50.3		56.67	8 / 7				
reaction time		interval		4.1	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	7.06			8.08	7.34	6.36
H1 lead leg	L	strides		15	15	15	15		16	16	17		109							
Lehikoinen, Viivi (FIN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 4 - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>							
date	04-Aug-24	time	6.49	10.81	15.20	19.68	24.23	28.96	33.89	39.00	44.33	49.89		56.67	2 / 7					
reaction time	0.189	interval		4.32	4.39	4.48	4.55	4.73	4.93	5.11	5.33	5.56	6.78					13.19	14.21	16.00
		velocity	6.93	8.10	7.97	7.81	7.69	7.40	7.10	6.85	6.57	6.29	5.90	7.06				7.96	7.39	6.56
H1 lead leg	L	strides	24			16	16	16	17	17	17	18		141						
Zapletalová, Emma (SVK) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)													<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>							
date	19-Aug-20	time	6.60			19.76	24.32	29.04	33.92	39.36	44.96	50.44		56.68	1 / 5					
reaction time	0.129	interval				13.16	4.56	4.72	4.88	5.44	5.60	5.48	6.24	NR NUR				13.16	14.16	16.52
		velocity	6.82			7.98	7.68	7.42	7.17	6.43	6.25	6.39	6.41	7.06				7.98	7.42	6.36
H1 lead leg	R	strides	23			15		15	15	16	17	16	20	137						
Tate, Cassandra (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>							
date	30-Jun-22	time	6.34	10.46	14.68	19.10	23.68	25.63	28.52	33.42	38.58	44.00	49.76		56.68	1 / 8				
reaction time	0.214	interval		4.12	4.22	4.42	4.58	4.84	4.90	5.16	5.42	5.76	6.92					12.76	14.32	16.34
		velocity	7.10	8.50	8.29	7.92	7.64	7.80	7.23	7.14	6.78	6.46	6.08	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						
Woodruff, Gianna (PAN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Athletissima (Lausanne, SUI)													<i>Omega Timing (2023) - diamond league race analysis</i>							
date	30-Jun-23	time	6.42	10.48	14.75	19.13	23.61	28.11	32.91	38.70	44.01	49.67		56.68	6 / 8					
reaction time	0.227	interval		4.06	4.27	4.38	4.48	4.50	4.80	5.79	5.31	5.66	7.01					12.71	13.78	16.76
		velocity	7.01	8.62	8.20	7.99	7.81	7.78	7.29	6.04	6.59	6.18	5.71	7.06				8.26	7.62	6.26

H1 lead leg	L	strides	22	15	15		15	15	17	17	17		133							
Kubokura, Satomi (JPN) (1982)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2009 Japanese National Championships (Hiroshima, JPN)	<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																			
date	27-Jun-09	time	6.54	10.88	15.50	20.19	25.09	29.94	34.96	40.12	45.36	50.62	56.70	4 / 1						
reaction time		interval	4.34	4.62	4.69	4.90	4.85	5.02	5.16	5.24	5.26	6.08			13.65	14.77	15.66			
		velocity	6.88	8.06	7.58	7.46	7.14	7.22	6.97	6.78	6.68	6.65	6.58	7.05		7.69	7.11	6.70		
H1 lead leg		strides	16	16	16	16	16	16	17	17	17	17	148							
Mo Jiadie (CHN) (2000)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2019 Chinese National Championships (Shenyang, CHN)	<i>CAA Hurdle Development (2019)</i>																			
date	10-Jul-19	time	6.61	10.89	15.28	19.87	24.55	29.46	34.47	39.59	44.93	50.61	56.70	3 / 1						
reaction time	0.293	interval	4.28	4.39	4.59	4.68	4.91	5.01	5.12	5.34	5.68	6.09	PB		13.26	14.60	16.14			
		velocity	6.81	8.18	7.97	7.63	7.48	7.13	6.99	6.84	6.55	6.16	6.57	7.05		7.92	7.19	6.51		
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.5	196.5						
Mustin, Dominique (USA) (2002)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
Heat 3 - 2024 USA Olympic Trials (Eugene, OR)	<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																			
date	27-Jun-24	time	6.56	10.82	15.37	19.98	24.58	26.65	29.24	34.05	39.42	44.90	50.39	56.70	4 / 4					
reaction time		interval	4.26	4.55	4.61	4.60	4.66	4.81	5.37	5.48	5.49	6.31			13.42	14.07	16.34			
		velocity	6.86	8.22	7.69	7.59	7.61	7.50	7.51	7.28	6.52	6.39	6.38	6.34	7.05		7.82	7.46	6.43	
H1 lead leg		strides																		
Grebo, Shana (FRA) (2000)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
Heat 2 - 2024 Olympic Games (Paris, FRA)	<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	04-Aug-24	time	6.41	10.60	14.88	19.28	23.91	28.77	33.95	39.25	44.76	50.37	56.70	6 / 7						
reaction time	0.205	interval	4.19	4.28	4.40	4.63	4.86	5.18	5.30	5.51	5.61	6.33			12.87	14.67	16.42			
		velocity	7.02	8.35	8.18	7.95	7.56	7.20	6.76	6.60	6.35	6.24	6.32	7.05		8.16	7.16	6.39		
H1 lead leg	R	strides	25	16	15	16	16	17	17	17	18		157							
Knight, Andrenette (JAM) (1996)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2024 Memorial van damme (Brussels, BEL)	<i>Omega Timing (2024) - diamond league race analysis</i>																			
date	14-Sep-24	time	6.24	10.24	14.41	18.74	23.29	28.07	33.07	38.26	43.79	49.58	56.70	2 / 8						
reaction time	0.165	interval	4.00	4.17	4.33	4.55	4.78	5.00	5.19	5.53	5.79	7.12			12.50	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							
Williams, Schowonda (USA) (1966)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)	<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																			
date	26-Sep-88	time	6.44	10.64	14.95	19.40	24.09	28.90	33.74	38.80	44.14	49.90	56.71	8 / 7						
reaction time	0.157	interval	4.20	4.31	4.45	4.69	4.81	4.84	5.06	5.34	5.76	6.81			12.96	14.34	16.16			
		velocity	6.99	8.33	8.12	7.87	7.46	7.28	7.23	6.92	6.55	6.08	5.87	7.05		8.10	7.32	6.50		
H1 lead leg		strides	24	16	16	16	17	17	17	18	18	18	22.9	199.9						
Kloster, Line (NOR) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis)	<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																			
date	15-Sep-20	time	6.36	10.60	15.04	19.52	24.20	29.00	34.04		44.80	50.32	56.71	6 / 5						
reaction time		interval	4.24	4.44	4.48	4.68	4.80	5.04		10.76	5.52	6.39			13.16	14.52	16.28			
		velocity	7.08	8.25	7.88	7.81	7.48	7.29	6.94		6.51	6.34	6.26	7.05		7.98	7.23	6.45		
H1 lead leg	R	strides	22	15	15	15	15	16	16		17	20	151							
Demes, Eileen (GER) (1997)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)	<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																			
date	22-Aug-23	time	6.44	10.51	14.71	19.04	23.52		32.96	38.14	43.84	49.88	56.71	3 / 8						
reaction time	0.166	interval	4.07	4.20	4.33	4.48		9.44	5.18	5.70	6.04	6.83			12.60	13.92	16.92			
		velocity	6.99	8.60	8.33	8.08	7.81		7.42	6.76	6.14	5.79	5.86	7.05		8.33	7.54	6.21		
H1 lead leg	R	strides	22	14	14	14	14			16	17	17	20	148						
Knight, Jessie (GBR) (1994)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)	<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																			
date	19-May-24	time	6.58	10.86	15.49	19.71	24.19	28.92	34.04	39.28	44.76	50.44	56.71	2 / 8						
reaction time	0.163	interval	4.28	4.63	4.22	4.48	28.92	5.12	5.24	5.48	5.68	6.27			13.13	14.33	16.40			
		velocity	6.84	8.18	7.56	8.29	7.81	1.21	6.84	6.68	6.39	6.16	6.38	7.05		8.00	7.33	6.40		
H1 lead leg	R	strides	22	14	16	15	15	15	16	16	16	19.5	164.5							
Taylor, Gladys (GBR) (1953)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
Semi-Final 2 - 1984 Olympic Games (Los Angeles, CA)	<i>Arnold (1984) - 1984 olympic games - hurdles</i>																			
date	06-Aug-84	time	6.5	11.1	15.1	19.2	23.6	25.6	28.4	33.2	38.5	44.2	50.2	56.72	1 / 5					
reaction time		interval	4.6	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	7.05	8.27	7.50	6.18		
H1 lead leg	L	strides	15	15	15	15				17	19	19	21.5	136.5						
Kubokura, Satomi (JPN) (1982)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
A FINAL - 2014 Shizuoka International Athletics Meeting (Fukuroi, JPN)	<i>Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions</i>																			
date	03-May-14	time	6.56	10.83	15.33	19.90	24.65	29.45	34.54	39.65	44.91	50.28	56.72	1 / 1						
reaction time		interval	4.27	4.50	4.57	4.75	4.80	5.09	5.11	5.26	5.37	6.44			13.34	14.64	15.74			
		velocity	6.86	8.20	7.78	7.66	7.37	7.29	6.88	6.85	6.65	6.52	6.21	7.05		7.87	7.17	6.67		

H1 lead leg	strides	16	16	16	16	16	17	17	17	17	17	148							
Kubokura, Satomi (JPN) (1982)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2009 Osaka Grand Prix (Osaka, JPN)																			
<i>Yasuho (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																			
date	09-May-09	time	6.52	10.81	15.33	19.88	24.57	29.34	34.29	39.46	44.73	50.22	56.73	/ 4					
reaction time	interval	4.29	4.52	4.55	4.69	4.77	4.95	5.17	5.27	5.49	6.51				13.36	14.41	15.93		
	velocity	6.90	8.16	7.74	7.69	7.46	7.34	7.07	6.77	6.64	6.38	6.14	7.05		7.86	7.29	6.59		
H1 lead leg	strides	16	16	16	16	16	17	17	17	17	18	149							
Tilgner, Jonna (GER) (1984)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 5 - 2009 IAAF World Championships (Berlin, GER)																			
<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																			
date	17-Aug-09	time	6.45	10.50	14.77	19.20	23.88	28.76	33.97	39.32	44.98	50.62	56.73	4 / 5					
reaction time	0.211	interval	4.05	4.27	4.43	4.68	4.88	5.21	5.35	5.66	5.64	6.11			12.75	14.77	16.65		
	velocity	6.98	8.64	8.20	7.90	7.48	7.17	6.72	6.54	6.18	6.21	6.55	7.05		8.24	7.11	6.31		
H1 lead leg	strides																		
Mo Jiadie (CHN) (2000)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																			
<i>CAA Hurdle Development (2021)</i>																			
date	25-Apr-21	time	6.56	10.89	15.35	19.94	24.66	29.60	34.68	39.89	45.28	50.83	56.73	5 / 1					
reaction time	0.258	interval	4.33	4.46	4.59	4.72	4.94	5.08	5.21	5.39	5.55	5.90			13.38	14.74	16.15		
	velocity	6.86	8.08	7.85	7.63	7.42	7.09	6.89	6.72	6.49	6.31	6.78	7.05		7.85	7.12	6.50		
H1 lead leg	L	strides	24	16	16	16	17	17	17	18	18	21	196						
Kloster, Line (NOR) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Repechage 1 - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	05-Aug-24	time	6.27	10.38	14.64	18.99	23.48	28.06	32.90	38.13	43.69	49.33	56.73	5 / 5					
reaction time	0.137	interval	4.11	4.26	4.35	4.49	4.58	4.84	5.23	5.56	5.64	7.40			12.72	13.91	16.43		
	velocity	7.18	8.52	8.22	8.05	7.80	7.64	7.23	6.69	6.29	6.21	5.41	7.05		8.25	7.55	6.39		
H1 lead leg	R	strides	22	15	15	15	15	15	15	17	17	17	22	185					
Lindley, Ashton (USA) (2002)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	12-Jun-21	time	6.57	10.74	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						
Ullrich, Cornelia (GDR) (1958)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 5 - 1987 IAAF World Championships (Rome, ITA)																			
<i>Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>																			
date	31-Aug-87	time	6.75	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	strides	23	15	15	15	15	17	17	17	17	17	21	189						
Ishizuka, Haruko (JPN) (1997)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2016 Seiko Golden Grand Prix (Kawasaki, JPN)																			
<i>Morioka (2016) - race pattern of top 400m hurdlers in japan</i>																			
date	08-May-16	time	6.55	10.74	15.04	19.41	24.18	29.20	34.31	39.50	45.01	50.62	56.75	/ 3					
reaction time	0.158	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					
Hejnová, Zuzana (CZE) (1986)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																			
<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																			
date	23-Aug-20	time	6.70	11.03	15.40	19.87	24.50	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					
Bartl, Claudia (GDR) (1968)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 1986 IAAF World Junor Championships (Athens, GRE)																			
<i>Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races</i>																			
date	18-Jul-86	time	6.49	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						
Blaszak, Genowefa (POL) (1957)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)																			
<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																			
date	26-Sep-88	time	6.67	10.86	15.16	19.56	24.37	29.25	34.24	39.34	44.60	50.13	56.76	7 / 7					
reaction time	interval	4.19	4.30	4.40	4.81	4.88	4.99	5.10	5.26	5.53	6.63				12.89	14.68	15.89		
	velocity	6.75	8.35	8.14	7.95	7.28	7.17	7.01	6.86	6.65	6.33	6.03	7.05		8.15	7.15	6.61		
H1 lead leg	strides	23	16	15	15	16	16	17	16	17	17	21.1	189.1						
Pskit, Malgorzata (POL) (1976)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2002 European Championships (Munich, GER)																			
<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																			
date	08-Aug-02	time	6.72	10.91	15.13	19.51	24.03	28.75	33.73	38.87	44.35	50.11	56.76	/ 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																															
																	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)																											CAA Hurdle Development (2020)						
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)																																	
date	17-Sep-20	time	6.46	10.79	15.17	19.67	24.25		29.04	34.08	39.37	44.92	50.37		56.77	4 / 1																	
reaction time		interval		4.33	4.38	4.50	4.58		4.79	5.04	5.29	5.55	5.45	6.40			13.21	14.41	16.29														
		velocity	6.97	8.08	7.99	7.78	7.64		7.31	6.94	6.62	6.31	6.42	6.25	7.05		7.95	7.29	6.45														
H1 lead leg	L	strides	24	16	16	16	16		17	17	18	18	18	21.5	197.5																		
Chen Juying (CHN) (1963)																											Cui (2008) - research on the rhythm characteristics of outstanding female 400m hurdlers in China						
FINAL - 1987 ??? (???)																																	
date	???	time	6.80	11.25	15.61	20.12	24.72		29.50	34.53	39.80	45.15	50.48		56.78	???																	
reaction time		interval		4.45	4.36	4.51	4.60		4.78	5.03	5.27	5.35	5.33	6.30			13.32	14.41	15.95														
		velocity	6.62	7.87	8.03	7.76	7.61		7.32	6.96	6.64	6.54	6.57	6.35	7.04		7.88	7.29	6.58														
H1 lead leg		strides	23	15	15	15	15		15	17	17	17	17	22	188																		
Smolińska, Izabela (POL) (1999)																											European Athletics (2024) - 2024 european athletics championships - results book						
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)																																	
date	10-Jun-24	time	6.46	10.65	15.02	19.50	24.06		28.87	33.87	39.09	44.62	50.25		56.78	3 / 8																	
reaction time	0.299	interval		4.19	4.37	4.48	4.56		4.81	5.00	5.22	5.53	5.63	6.53			13.04	14.37	16.38														
		velocity	6.97	8.35	8.01	7.81	7.68		7.28	7.00	6.70	6.33	6.22	6.13	7.04		8.05	7.31	6.41														
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	19	21.7	145.7																			
Umehara, Satsuki (JPN) (1994)																											(2016.09.04) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en						
FINAL - 2016 Japanese University Championships (Kumagaya, JPN)																																	
date	03-Sep-16	time	6.71	11.08	15.49	20.02	24.69		29.58	34.58	39.69	45.07	50.50		56.79	6 / 1																	
reaction time	0.170	interval		4.37	4.41	4.53	4.67		4.89	5.00	5.11	5.38	5.43	6.29	PB		13.31	14.56	15.92														
		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																		
Roberts, Kellie (USA) (1969)																											Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races						
FINAL - 1986 IAAF World Junor Championships (Athens, GRE)																																	
date	18-Jul-86	time	6.73	11.11	15.51	20.08	24.87		29.87	34.98	40.19	45.39	50.75		56.80	1 / 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																		
Yoneda, Tomomi (JPN) (1990)																											Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions						
A FINAL - 2012 Shizuoka International Athletics Meeting (Fukuroi, JPN)																																	
date	03-May-12	time	6.92	11.39	15.98	20.58	25.22		30.02	34.99	40.10	45.36	50.68		56.80	1 / 4																	
reaction time		interval		4.47	4.59	4.60	4.64		4.80	4.97	5.11	5.26	5.32	6.12	PB		13.66	14.41	15.69														
		velocity	6.50	7.83	7.63	7.61	7.54		7.29	7.04	6.85	6.65	6.58	6.54	7.04		7.69	7.29	6.69														
H1 lead leg		strides		15	15	15	15		16	16	16	16	17	141																			
Ishizuka, Haruko (JPN) (1997)																											(2016.09.04) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en						
FINAL - 2016 Japanese University Championships (Kumagaya, JPN)																																	
date	03-Sep-16	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																		
Barbosa, Vera (POR) (1989)																											European Athletics (2024) - 2024 european athletics championships - results book						
Heat 1 - 2024 European Athletics Championships (Roma, ITA)																																	
date	09-Jun-24	time	6.55	10.77	15.28	19.74	24.33		29.17	34.09	39.25	44.63	50.13		56.81	6 / 4																	
reaction time	0.215	interval		4.22	4.51	4.46	4.59		4.84	4.92	5.16	5.38	5.50	6.68			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																															
Renaud, Anne (FRA) (1970)																											Veney - split times from PJ						
FINAL - 1996 Tarare, FRA																																	
date	06-Jul-96	time	7.1	11.5	15.8	20.2	24.9		29.8	34.8	39.8	45.0	50.6		56.82	1 / 1																	
reaction time		interval		4.4	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																			
Kubokura, Satomi (JPN) (1982)																											Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers						
Race 2 - 2008 Shizuoka International Athletics Meeting (Fukuroi, JPN)																																	
date	03-May-08	time	6.61	10.96	15.40	19.92	24.61		29.43	34.40	39.52	44.93	50.50		56.83	1 / 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																			
Adekoya, Kemi (BRN) (1993)																											Henson (2020) - Athlete First: 2018 year end hurdle report						
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																																	
date	31-May-18	time	6.40	10.56	14.80	19.12	23.72		28.84	34.16	39.60	45.12	50.68		56.83	1 / 9																	
reaction time	0.186	interval		4.16	4.24	4.32	4.60		5.12	5.32	5.44	5.52	5.56	6.15			12.72	15.04	16.52														
		velocity	7.03	8.41	8.25	8.10	7.61		6.84	6.58	6.43	6.34	6.29	6.50	7.04		8.25	6.98	6.36														

H1 lead leg	R	strides	23	15	15	15	16		17	17	17	17	17		169				
Cockrell, Anna (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	25-Jun-21	time	6.40	10.70	15.20	19.73	24.50		29.46	34.70	39.73	44.90	50.26		56.83	7 / 2			
reaction time	0.196	interval	4.30	4.50	4.53	4.77		4.96	5.24	5.03	5.17	5.36	6.57				13.33	14.97	15.56
		velocity	7.03	8.14	7.78	7.73	7.34		7.06	6.68	6.96	6.77	6.53	6.09	7.04		7.88	7.01	6.75
H1 lead leg	L	strides	22	15	15	15	15		15	16	15	16	16	20	180				
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	6.68	11.01	15.44	19.98	24.51	26.57	29.19	34.26	39.64	45.04	50.57		56.84	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																	
Niederstätter, Monika (ITA) (1974)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 European Cup (Bremen, GER)			<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																
date	23-Jun-01	time	6.85	11.22	15.67	20.15	24.77		29.51	34.53	39.63	44.86	50.47		56.85	/ 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																	
Payne, Kymber (USA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 NCAA Championships (Eugene, OR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	09-Jun-18	time	6.73	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	strides	24	15		15	15		16	16		17	18	136					
Beesley, Meghan (GBR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	02-Oct-19	time	6.34	10.54	14.81		23.82		28.59	33.46	38.70	44.28	50.05		56.89	9 / 8			
reaction time	0.173	interval	4.20	4.27	4.33	4.43		4.77	4.87	5.24	5.58	5.77	6.84						16.59
		velocity	7.10	8.33	8.20	7.77		7.34	7.19	6.68	6.27	6.07	5.85	7.03					6.33
H1 lead leg	L	strides	24	16	16	16			17		19	19		127					
Aoki, Sayaka (JPN) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Japanese National Championships (Marugume, JPN)			<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																
date	06-Jun-10	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						
Tago, Miyabi (JPN) (1988)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Japanese National Championships (Kumagaya, JPN)			<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																
date	12-Jun-11	time	6.79	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		strides		15	15	15	15		15	16	16	16	18	141					
Tate, Cassandra (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	05-Jul-19	time	6.36	10.40	14.76		23.72	25.7	28.60	33.56	38.76	44.24	50.00		56.90	1 / 8			
reaction time	0.201	interval	4.04	4.36		8.96		4.88	4.96	5.20	5.48	5.76	6.90						16.44
		velocity	7.08	8.66	8.03		7.81	7.78	7.17	7.06	6.73	6.39	6.08	5.80	7.03				6.39
H1 lead leg	R	strides	22	14	15				16	15	16	17	17	132					
Spencer, Ashley (USA) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	29-Aug-19	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	16	16		144					
Bookman, Deonca (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	27-Jun-21	time	6.54	10.64	14.84	19.18	23.79		28.49	33.46		44.17		56.90	2 / 7-6				
reaction time	0.349	interval	4.10	4.20	4.34	4.61		4.70	4.97		10.71						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						
Utsunomiya, Eri (JPN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National Championships (Osaka, JPN)			<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																
date	12-Jun-22	time	6.62	10.93	15.41	19.99	24.64		29.53	34.52	39.74	44.99	50.45		56.90	4 / 2			
reaction time	0.206	interval	4.31	4.48	4.58	4.65		4.89	4.99	5.22	5.25	5.46	6.45				13.37	14.53	15.93
		velocity	6.80	8.12	7.81	7.64	7.53		7.16	7.01	6.70	6.67	6.41	6.20	7.03		7.85	7.23	6.59
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	22	188				

Wright, Jessica (USA) (2000)															H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	6.85	11.04	15.47	20.09	24.74	26.82	29.54	34.43	39.71	45.05	50.55		56.90	8 / 3															
reaction time		interval	4.19	4.43	4.62	4.65		4.80	4.89	5.28	5.34	5.50	6.35					13.24	14.34	16.12											
		velocity	6.57	8.35	7.90	7.58	7.53	7.46	7.29	7.16	6.63	6.55	6.36	6.30	7.03			7.93	7.32	6.51											
H1 lead leg	L	strides	24	16	16	16	17		17	17	18	18	18	22	199																
Spencer, Ashley (USA) (1993)															H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	06-Jul-21	time	6.44	10.61	14.90	19.20	23.76		28.63		39.07	44.64	50.30		56.91	3 / 8															
reaction time	0.204	interval	4.17	4.29	4.30	4.56		4.87		10.44	5.57	5.66	6.61					12.76													
		velocity	6.99	8.39	8.16	8.14	7.68		7.19		6.70	6.28	6.18	6.05	7.03			8.23													
H1 lead leg	L	strides	15	15	14	14		15		16	16	16	105																		
Gryc, Anna (POL) (1999)															H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 European Athletics Championships (Roma, ITA)															<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	09-Jun-24	time	6.60	10.96	15.49	20.07	24.86		29.84	34.83	39.94	45.30	50.72		56.91	7 / 5															
reaction time	0.219	interval	4.36	4.53	4.58	4.79		4.98	4.99	5.11	5.36	5.42	6.19		=PB			13.47	14.76	15.89											
		velocity	6.82	8.03	7.73	7.64	7.31		7.03	7.01	6.85	6.53	6.46	6.46	7.03			7.80	7.11	6.61											
H1 lead leg		strides																													
Miki, Shiori (JPN) (1991)															H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Japanese National Championships (Kumagaya, JPN)															<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																
date	12-Jun-11	time	6.61	11.08	15.67	20.34	25.19		30.18	35.24	40.38	45.64	50.93		56.92	1 / 3															
reaction time		interval	4.47	4.59	4.67	4.85		4.99	5.06	5.14	5.26	5.29	5.99		PB			13.73	14.90	15.69											
		velocity	6.81	7.83	7.63	7.49	7.22		7.01	6.92	6.81	6.65	6.62	6.68	7.03			7.65	7.05	6.69											
H1 lead leg		strides	16	16	16	16		17	17	17	17	17	149																		
Folorunso, Ayomide (ITA) (1996)															H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	10-Jun-21	time	6.36	10.60	14.92	19.32	23.88	25.9		33.64	38.96	44.44	50.24		56.92	3 / 7															
reaction time	0.193	interval	4.24	4.32	4.40	4.56		4.96	5.32	5.48	5.80	6.68						12.96	14.32	16.60											
		velocity	7.08	8.25	8.10	7.95	7.68	7.72		7.17	6.58	6.39	6.03	5.99	7.03			8.10	7.33	6.33											
H1 lead leg	L	strides	23	15	15	15				17	17	18	120																		
Danvers, Tasha (GBR) (1977)															H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 European Championships (Munich, GER)															<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																
date	08-Aug-02	time	6.65	10.83	15.11	19.59	24.17		28.91	33.89	39.19	44.69	50.35		56.93	1 / 7															
reaction time	0.244	interval	4.18	4.28	4.48	4.58		4.74	4.98	5.30	5.50	5.66	6.58					12.94	14.30	16.46											
		velocity	6.77	8.37	8.18	7.81	7.64		7.38	7.03	6.60	6.36	6.18	6.08	7.03			8.11	7.34	6.38											
H1 lead leg		strides																													
Aoki, Sayaka (JPN) (1986)															H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Japanese National Championships (Kawasaki, JPN)															<i>Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers</i>																
date	27-Jun-08	time	6.47	10.79	15.29	19.83	24.42		29.29	34.30	39.37	44.64	50.18		56.93	1 / 2															
reaction time		interval	4.32	4.50	4.54	4.59		4.87	5.01	5.07	5.27	5.54	6.75					13.36	14.47	15.88											
		velocity	6.96	8.10	7.78	7.71	7.63		7.19	6.99	6.90	6.64	6.32	5.93	7.03			7.86	7.26	6.61											
H1 lead leg		strides	16	16	16	16		17	17	17	17	17	149																		
Beaugant, Chantal (FRA) (1961)															H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)															<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																
date	26-Sep-88	time	6.68	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																
Langley-Walker, Madison (USA) (199)															H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	09-Jul-23	time	6.54	10.88	15.48	20.02	24.75		29.83		40.24				56.94	2 / 7															
reaction time		interval	4.34	4.60	4.54	4.73		5.08		10.41			16.70					13.48													
		velocity	6.88	8.06	7.61	7.71	7.40		6.89		6.72		6.29	7.02				7.79													
H1 lead leg	R	strides	24	16	17	16	16							89																	
Glynn, Abbey (USA) (2001)															H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	6.43	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)															H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	6.60	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																	

Ryzhykova, Anna (UKR) (1989)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)													Omega Timing (2024) - diamond league race analysis						
date	30-Aug-24	time	6.57	10.85	15.20	19.67	24.38	29.29	34.32	39.52	44.89	50.52	56.96	9 / 9					
reaction time	0.221	interval	4.28	4.35	4.47	4.71	4.91	5.03	5.20	5.37	5.63	6.44			13.10	14.65	16.20		
		velocity	6.85	8.18	8.05	7.83	7.43	7.13	6.96	6.73	6.52	6.22	6.21	7.02		8.02	7.17	6.48	
H1 lead leg	R	strides	21	14	14	14	15	15	15	15	15	15	123						
Ryzhykova, Anna (UKR) (1989)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)													Omega Timing (2023) - diamond league race analysis						
date	28-May-23	time	6.61	10.93	15.33	19.84	24.51	29.40	34.51	39.74	45.11	50.64	56.97	8 / 8					
reaction time	0.268	interval	4.32	4.40	4.51	4.67	4.89	5.11	5.23	5.37	5.53	6.33			13.23	14.67	16.13		
		velocity	6.81	8.10	7.95	7.76	7.49	7.16	6.85	6.69	6.52	6.33	6.32	7.02		7.94	7.16	6.51	
H1 lead leg	R	strides	22	14	14	14	15	15	15	16	16	19	159						
Melvin, Chelby (USA) (2003)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)													USATF and Karmarush (2024) - USA Olympic trials results and race analysis						
date	27-Jun-24	time	6.62	10.90	15.22	19.71	24.22	26.36	28.93	33.84	39.27	44.75	50.40	56.97	9 / 5				
reaction time		interval	4.28	4.32	4.49	4.51	4.71	4.91	5.43	5.48	5.65	6.57			13.09	14.13	16.56		
		velocity	6.80	8.18	8.10	7.80	7.76	7.59	7.43	7.13	6.45	6.39	6.19	6.09	7.02		8.02	7.43	6.34
H1 lead leg		strides																	
Giger, Yasmin (SUI) (1999)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2018 IAAF World Junior Championships (Tampere, FIN) (TV Analysis)													Henson (2020) - Athlete First: 2018 year end hurdle report						
date	13-Jul-18	time	6.40	10.70	15.06	19.66	24.36	29.20	34.16	39.30	44.66	50.40	56.98	8 / 3					
reaction time	0.179	interval	4.30	4.36	4.60	4.70	4.84	4.96	5.14	5.36	5.74	6.58			13.26	14.50	16.24		
		velocity	7.03	8.14	8.03	7.61	7.45	7.23	7.06	6.81	6.53	6.10	6.08	7.02		7.92	7.24	6.47	
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	17	17	147						
Stubler, Bianca (USA) (1999)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)													USATF and Karmarush (2024) - USA Olympic trials results and race analysis						
date	27-Jun-24	time	6.37	10.54	14.68	19.04	23.63	25.81	28.54	33.51	38.89	44.43	50.12	56.99	9 / 4				
reaction time		interval	4.17	4.14	4.36	4.59	4.91	4.97	5.38	5.54	5.69	6.87			12.67	14.47	16.61		
		velocity	7.06	8.39	8.45	8.03	7.63	7.75	7.13	7.04	6.51	6.32	6.15	5.82	7.02		8.29	7.26	6.32
H1 lead leg		strides																	
Pulse, Jacy (USA) (2001)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)													USATF and Karmarush (2024) - USA Olympic trials results and race analysis						
date	27-Jun-24	time	6.45	10.62	15.01	19.45	24.06	26.33	29.13	34.24	39.65	45.18	50.67	56.99	3 / 5				
reaction time		interval	4.17	4.39	4.44	4.61	5.07	5.11	5.41	5.53	5.49	6.32			13.00	14.79	16.43		
		velocity	6.98	8.39	7.97	7.88	7.59	7.60	6.90	6.85	6.47	6.33	6.38	6.33	7.02		8.08	7.10	6.39
H1 lead leg		strides																	
Spencer, Ashley (USA) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)													Henson (2020) - Athlete First: 2018 year end hurdle report						
date	21-Jul-18	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	4.47	4.53	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	19.5	179.5						
Kubokura, Satomi (JPN) (1982)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 1 - 2007 IAAF World Championships (Osaka, JPN)													Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers						
date	27-Aug-07	time	6.57	10.90	15.44	20.06	24.83	29.77	34.86	40.00	45.26	50.77	57.01	2 / 6					
reaction time	0.202	interval	4.33	4.54	4.62	4.77	4.94	5.09	5.14	5.26	5.51	6.24			13.49	14.80	15.91		
		velocity	6.85	8.08	7.71	7.58	7.34	7.09	6.88	6.81	6.65	6.35	6.41	7.02		7.78	7.09	6.60	
H1 lead leg		strides	16	16	16	16	16	16	18	17	17	18	150						
Umehara, Satsuki (JPN) (1994)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2023 Japanese National Championships (Osaka, JPN)													Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season						
date	04-Jun-23	time	6.72	11.19	15.72	20.29	25.04	29.93	34.93	40.11	45.43	50.85	57.02	9 / 3					
reaction time	0.175	interval	4.47	4.53	4.57	4.75	4.89	5.00	5.18	5.32	5.42	6.17			13.57	14.64	15.92		
		velocity	6.70	7.83	7.73	7.66	7.37	7.16	7.00	6.76	6.58	6.46	6.48	7.02		7.74	7.17	6.60	
H1 lead leg	R	strides	23	16	16	16	16	17	17	17	18	18	174						
Utsunomiya, Eri (JPN) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)													Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season						
date	06-Jun-21	time	6.51	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					
Yamamoto, Ami (JPN) (2002)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 1 - 2021 Japanese National Championships (Osaka, JPN)													Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season						
date	26-Jun-21	time	6.86	11.34	15.83	20.39	25.06	30.00	35.14	40.32	45.60	51.00	57.04	6 / 1					
reaction time	0.232	interval	4.48	4.49	4.56	4.67	4.94	5.14	5.18	5.28	5.40	6.04	PB		13.53	14.75	15.86		
		velocity	6.56	7.81	7.80	7.68	7.49	7.09	6.81	6.76	6.63	6.48	6.62	7.01		7.76	7.12	6.62	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	20.7	193.7						

Beesley, Meghan (GBR) (1989)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	13-Jul-21	time	6.38	10.64	15.02	19.42	24.00	26.0	28.76	33.80	39.06	44.72	50.40	57.04	1 / 7			
reaction time	0.145	interval	4.26	4.38	4.40	4.58		4.76	5.04	5.26	5.66	5.68	6.64			13.04	14.38	16.60
		velocity	7.05	8.22	7.99	7.95	7.64	7.69	7.35	6.94	6.65	6.18	6.16	6.02	7.01	8.05	7.30	6.33
H1 lead leg	L	strides	24	16	16	16		17	18	18	19	19	23	202				
Spencer, Ashley (USA) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	27-Jun-24	time	6.54	10.80	15.09	19.77	24.47	26.57	29.22	34.40	39.73	45.28	50.61	57.04	7 / 6			
reaction time		interval	4.26	4.29	4.68	4.70		4.75	5.18	5.33	5.55	5.33	6.43			13.23	14.63	16.21
		velocity	6.88	8.22	8.16	7.48	7.45	7.53	7.37	6.76	6.57	6.31	6.57	6.22	7.01	7.94	7.18	6.48
H1 lead leg		strides																
Forcadell, Laia (ESP) (1982)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 European Cup (Munich, GER)															<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>			
date	23-Jun-07	time	6.93	11.29	15.74	20.42	25.22		30.22	35.42	40.61	45.87	51.21	57.05	/ 6			
reaction time	0.258	interval	4.36	4.45	4.68	4.80		5.00	5.20	5.19	5.26	5.34	5.84	PB		13.49	15.00	15.79
		velocity	6.49	8.03	7.87	7.48	7.29	7.00	6.73	6.74	6.65	6.55	6.85	7.01		7.78	7.00	6.65
H1 lead leg		strides																
Utsunomiya, Eri (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2019 Kinami Memorial (Osaka, JPN)															<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>			
date	06-May-19	time	6.52	10.83	15.30	19.90	24.69		29.75	34.82	40.05	45.40	50.79	57.05	7 / 1			
reaction time		interval	4.31	4.47	4.60	4.79		5.06	5.07	5.23	5.35	5.39	6.26			13.38	14.92	15.97
		velocity	6.90	8.12	7.83	7.61	7.31	6.92	6.90	6.69	6.54	6.49	6.39	7.01		7.85	7.04	6.57
H1 lead leg	R	strides	23	15	15	15		16	16	17	17	17	21	187				
Watkins, Simone (USA) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	27-Jun-24	time	6.61	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																
Dherbecourt, Isabelle (FRA) (1973)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 Tarare, FRA															<i>Veney - split times from PJ</i>			
date	06-Jul-96	time	7.1	11.6	16.0	20.5	25.2		30.0	35.0	40.2	45.4	51.1	57.06	/ 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	17	17	18	18	174					
Ishizuka, Haruko (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)															<i>Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data</i>			
date	31-Jul-15	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		16	16	17	17	17		143				
Ito, Akiko (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)															<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>			
date	30-Jun-19	time	6.47	10.73	15.17	19.74	24.44		29.28	34.28	39.51	44.91	50.52	57.09	4 / 1			
reaction time	0.151	interval	4.26	4.44	4.57	4.70		4.84	5.00	5.23	5.40	5.61	6.57	PB		13.27	14.54	16.24
		velocity	6.96	8.22	7.88	7.66	7.45	7.23	7.00	6.69	6.48	6.24	6.09	7.01		7.91	7.22	6.47
H1 lead leg	L	strides	23	15	15	15		16	16	17	17	17	21.2	188.2				
Utsunomiya, Eri (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese National Championships (Niigata, JPN)															<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>			
date	03-Oct-20	time	6.61	10.98	15.52	20.15	24.91		29.90	34.93	40.17	45.53	50.90	57.09	9 / 2			
reaction time	0.169	interval	4.37	4.54	4.63	4.76		4.99	5.03	5.24	5.36	5.37	6.19			13.54	14.78	15.97
		velocity	6.81	8.01	7.71	7.56	7.35	7.01	6.96	6.68	6.53	6.52	6.46	7.01		7.75	7.10	6.57
H1 lead leg	R	strides	23	15	15	15		16	16	17	17	17	21	187				
Wright, Jessica (USA) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)															<i>USATF (2022) - Results powered by Karmarush</i>			
date	24-Jun-22	time	6.74	11.03	15.57	20.41	25.25	27.34	30.13	35.01	40.17	45.53	50.85	57.09	57.09	3 / 7		
reaction time		interval	4.29	4.54	4.84	4.84		4.88	4.88	5.16	5.36	5.32	6.24			13.67	14.60	15.84
		velocity	6.68	8.16	7.71	7.23	7.23	7.32	7.17	7.17	6.78	6.53	6.58	6.41	7.01	7.68	7.19	6.63
H1 lead leg	R	strides	24	16	17	17		17	18					126				
Kubokura, Satomi (JPN) (1982)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 Osaka Grand Prix (Osaka, JPN)															<i>Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers</i>			
date	07-May-05	time	6.67	11.16	15.75	20.44	25.34		30.19	35.14	40.13	45.42	50.89	57.10	/ 2			
reaction time		interval	4.49	4.59	4.69	4.90		4.85	4.95	4.99	5.29	5.47	6.21			13.77	14.70	15.75
		velocity	6.75	7.80	7.63	7.46	7.14	7.22	7.07	7.01	6.62	6.40	6.44	7.01		7.63	7.14	6.67
H1 lead leg		strides		16	16	15	17		17	17	17	18		150				

Molnár, Janka (HUN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																		
date	19-Aug-20	time	6.80		20.24	24.92		29.76	34.76	39.96	45.28	50.76		57.10	2 / 6			
reaction time	0.218	interval			13.44	4.68		4.84	5.00	5.20	5.32	5.48	6.34			13.44	14.52	16.00
		velocity	6.62		7.81	7.48		7.23	7.00	6.73	6.58	6.39	6.31	7.01		7.81	7.23	6.56
H1 lead leg	R	strides	24			16		16	17	17	17	17		124				
McGrory, Kelly (IRL) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 European Athletics Championships (Roma, ITA)																		
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																		
date	09-Jun-24	time	6.48	10.80	15.33	19.87	24.65	29.62	34.63	39.79	45.13	50.62		57.10	9 / 7			
reaction time	0.168	interval		4.32	4.53	4.54	4.78	4.97	5.01	5.16	5.34	5.49	6.48	PB		13.39	14.76	15.99
		velocity	6.94	8.10	7.73	7.71	7.32	7.04	6.99	6.78	6.55	6.38	6.17	7.01		7.84	7.11	6.57
H1 lead leg		strides																
Tilgner, Jonna (GER) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2009 IAAF World Championships (Berlin, GER)																		
<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																		
date	18-Aug-09	time	6.45	10.48	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																
Gallego, Sara (ESP) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 IAAF World Junior Championships (Tampere, FIN) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																		
date	13-Jul-18	time	6.76	11.20	15.66	20.26	25.00	29.86	34.86	39.93	45.26	50.73		57.11	6 / 4			
reaction time	0.190	interval		4.44	4.46	4.60	4.74	4.86	5.00	5.07	5.33	5.47	6.38	NJR PB		13.50	14.60	15.87
		velocity	6.66	7.88	7.85	7.61	7.38	7.20	7.00	6.90	6.57	6.40	6.27	7.00		7.78	7.19	6.62
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	17	18		161				
Watson, Sage (CAN) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																		
date	18-Aug-18	time	6.50	10.84	15.41	19.99	24.79	29.76	34.83	40.07	45.44			57.11	8 / 5			
reaction time	0.174	interval		4.34	4.57	4.58	4.80	4.97	5.07	5.24	5.37					13.49	14.84	
		velocity	6.92	8.06	7.66	7.64	7.29	7.04	6.90	6.68	6.52			7.00		7.78	7.08	
H1 lead leg	R	strides	21	15	16	16		16	16	17	17			134				
Linkiewicz, Joanna (POL) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																		
date	19-Aug-20	time	6.64	11.08	15.64	20.28	25.08	30.08	35.24	40.32	45.56			57.11	8 / 7			
reaction time	0.175	interval		4.44	4.56	4.64	4.80	5.00	5.16	5.08	5.24					13.64	14.96	
		velocity	6.78	7.88	7.68	7.54	7.29	7.00	6.78	6.89	6.68			7.00		7.70	7.02	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17			156				
Beesley, Meghan (GBR) (1989)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	13-Jun-19	time	6.40	10.64	15.00		24.16	26.1	28.80	33.96	39.12	44.64	50.36		57.13	1 / 8		
reaction time	0.166	interval		4.24	4.36		9.16	4.64	5.16	5.16	5.52	5.72	6.77					16.40
		velocity	7.03	8.25	8.03		7.64	7.66	7.54	6.78	6.78	6.34	6.12	5.91	7.00			6.40
H1 lead leg	R	strides	24	16	16			16	17	17	18	19	23.5	166.5				
Stubler, Bianca (USA) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)																		
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																		
date	24-Jun-22	time	6.93	11.20	15.63	20.23	25.00	26.96	29.93	34.96	40.23	45.60	51.03		57.15	2 / 5		
reaction time		interval		4.27	4.43	4.60	4.77	4.93	5.03	5.27	5.37	5.43	6.12			13.30	14.73	16.07
		velocity	6.49	8.20	7.90	7.61	7.34	7.42	7.10	6.96	6.64	6.52	6.45	6.54	7.00	7.89	7.13	6.53
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	20	176				
Slettum, Elisabeth (NOR) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 European Athletics Championships (Roma, ITA)																		
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																		
date	09-Jun-24	time	6.52	10.78	15.22	19.77	24.59	29.55	34.59	39.89	45.40	50.96		57.16	6 / 8			
reaction time	0.236	interval		4.26	4.44	4.55	4.82	4.96	5.04	5.30	5.51	5.56	6.20			13.25	14.82	16.37
		velocity	6.90	8.22	7.88	7.69	7.26	7.06	6.94	6.60	6.35	6.29	6.45	7.00		7.92	7.09	6.41
H1 lead leg		strides																
Kron, Tina (GER) (1981)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2009 German National Championships (Ulm, GER)																		
<i>Killing (2009) - der rhythmus is entscheidend</i>																		
date	04-Jul-09	time	6.54	10.71	14.98	19.30	23.80	28.54	33.73	39.17	44.77	50.52		57.18	1 / 1			
reaction time	0.187	interval		4.17	4.27	4.32	4.50	4.74	5.19	5.44	5.60	5.75	6.66			12.76	14.43	16.79
		velocity	6.88	8.39	8.20	8.10	7.78	7.38	6.74	6.43	6.25	6.09	6.01	7.00		8.23	7.28	6.25
H1 lead leg		strides		15	15	15	15	16	16	18	18	18						
Little, Shamier (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)																		
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																		
date	28-Aug-21	time	6.27	10.63	15.22	19.75	24.32	28.98	33.85	38.90	44.37	50.10		57.18	5 / 8			
reaction time	0.222	interval		4.36	4.59	4.53	4.57	4.66	4.87	5.05	5.47	5.73	7.08			13.48	14.10	16.25
		velocity	7.18	8.03	7.63	7.73	7.66	7.51	7.19	6.93	6.40	6.11	5.65	7.00		7.79	7.45	6.46
H1 lead leg	R	strides	23	16	16	15	15	16	16	16	17	17	20.2	187.2				

Pedroso, Yadisleidis (ITA) (1987)																	
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)																	
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	03-May-19	time	6.71	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	4.60	4.74	4.91	5.07	5.20	5.74	6.82				13.41 14.25 16.01
		velocity	6.71	8.01	7.90	7.59	7.61	7.46	7.38	7.13	6.90	6.73	6.10	5.87	6.99		7.83 7.37 6.56
H1 lead leg	R	strides	24	16	16	16	16	16	16	16	17	17	18	22	194		
Meisberger, Shannon (USA) (1999)																	
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																	
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	26-Jun-21	time	6.44	10.67	15.08	19.68	24.46		29.36	34.50		45.21			57.22	9 / 5	
reaction time	0.260	interval	4.23	4.41	4.60	4.78		4.84	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				
Ankiewicz, Emilia (POL) (1990)																	
FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)																	
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																	
date	22-May-16	time	6.64	11.12	15.72	20.36	25.12		29.96	35.00	40.32	45.64	51.08		57.25	2 / 6	
reaction time	0.148	interval	4.48	4.60	4.64	4.76		4.84	5.04	5.32	5.32	5.44	6.17				13.72 14.64 16.08
		velocity	6.78	7.81	7.61	7.54	7.35		7.23	6.94	6.58	6.58	6.43	6.48	6.99		7.65 7.17 6.53
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	20.5	190.5			
Fair, Chloe (USA) (2001)																	
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)																	
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																	
date	27-Jun-24	time	6.75	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															
Kubokura, Satomi (JPN) (1982)																	
FINAL - 2004 Seiko Super Grand Prix (Yokohama, JPN)																	
<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>																	
date	23-Sep-04	time	6.69	11.28	15.97	20.72	25.66		30.63	35.67	40.81	46.08	51.40		57.27	1 / 4	
reaction time		interval	4.59	4.69	4.75	4.94		4.97	5.04	5.14	5.27	5.32	5.87				14.03 14.95 15.73
		velocity	6.73	7.63	7.46	7.37	7.09		7.04	6.94	6.81	6.64	6.58	6.81	6.98		7.48 7.02 6.68
H1 lead leg		strides		16	16	17	17		17	17	17	17	17	151			
Kira, Manami (JPN) (1991)																	
FINAL - 2014 Japanese National Championships (Fukushima, JPN)																	
<i>Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions</i>																	
date	08-Jun-14	time	6.72	11.06	15.45	19.92	24.52		29.41	34.38	39.52	44.96	50.60		57.27	6 / 2	
reaction time		interval	4.34	4.39	4.47	4.60		4.89	4.97	5.14	5.44	5.64	6.67				13.20 14.46 16.22
		velocity	6.70	8.06	7.97	7.83	7.61		7.16	7.04	6.81	6.43	6.21	6.00	6.98		7.95 7.26 6.47
H1 lead leg	L	strides	23	15	15	15	15		16	17	17	17	18	22.2	190		
Yoshida, Makiko (JPN) (1976)																	
FINAL - 2005 Osaka Grand Prix (Osaka, JPN)																	
<i>Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers</i>																	
date	07-May-05	time	6.76	11.18	15.77	20.51	25.43		30.44	35.46	40.53	45.74	51.18		57.29	1 / 3	
reaction time		interval	4.47	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			
Young, Milan (USA) (1999)																	
Heat 4 - 2024 USA Olympic Trials (Eugene, OR)																	
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																	
date	27-Jun-24	time	6.73	11.02	15.48	20.12	24.82	26.89	29.61	34.52	39.73	45.18	50.70		57.29	6 / 4	
reaction time		interval	4.29	4.46	4.64	4.70		4.79	4.91	5.21	5.45	5.52	6.59				13.39 14.40 16.18
		velocity	6.69	8.16	7.85	7.54	7.45	7.44	7.31	7.13	6.72	6.42	6.34	6.07	6.98		7.84 7.29 6.49
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	17	20	181		
Yamamoto, Ami (JPN) (2002)																	
FINAL - 2021 Japanese National Championships (Osaka, JPN)																	
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																	
date	27-Jun-21	time	6.82	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)																	
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)																	
<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>																	
date	19-May-19	time	6.52	10.82	15.33	19.87	24.56		29.60	34.70	39.96	45.33	50.83		57.31	9 / 5	
reaction time	0.167	interval	4.30	4.51	4.54	4.69		5.04	5.10	5.26	5.37	5.50	6.48				13.35 14.83 16.13
		velocity	6.90	8.14	7.76	7.71	7.46		6.94	6.86	6.65	6.52	6.36	6.17	6.98		7.87 7.08 6.51
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	21.2	187.2		
Yoshida, Makiko (JPN) (1976)																	
FINAL - 2004 Seiko Super Grand Prix (Yokohama, JPN)																	
<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>																	
date	23-Sep-04	time	6.76	11.13	15.72	20.39	25.18		30.12	35.13	40.32	45.58	51.05		57.32	1 / 5	
reaction time		interval	4.37	4.59	4.67	4.79		4.94	5.01	5.19	5.26	5.47	6.27				13.63 14.74 15.92
		velocity	6.66	8.01	7.63	7.49	7.31		7.09	6.99	6.74	6.65	6.40	6.38	6.98		7.70 7.12 6.60
H1 lead leg		strides		16	16	16	16		17	17	17	17	18	150			

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Chaboudez, Aurelie (FRA) (1993)																		
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	21-Jul-17	time	6.40	10.64	19.68	24.44			34.24	39.44	44.84	50.64		57.32	1 / 7			
reaction time	0.202	interval		4.24	9.04	4.76			9.80	5.20	5.40	5.80	6.68			13.28	14.56	16.40
		velocity	7.03	8.25	7.74	7.35			7.14	6.73	6.48	6.03	5.99	6.98		7.91	7.21	6.40
H1 lead leg	L	strides	24	16		16				17	17	18		108				
Moelo, Annie (FRA) (1962)																		
FINAL - 1987 French National Championships (Annecy, FRA)														<i>Veney - split times from PJ</i>				
date	09-Aug-87	time	6.85	11.15	15.65	20.40	25.10	30.00	35.05	40.05	45.20	50.60		57.33	1 / 2			
reaction time		interval		4.30	4.50	4.75	4.70	4.90	5.05	5.00	5.15	5.40	6.73			13.55	14.65	15.55
		velocity	6.57	8.14	7.78	7.37	7.45	7.14	6.93	7.00	6.80	6.48	5.94	6.98		7.75	7.17	6.75
H1 lead leg		strides																
Aoki, Sayaka (JPN) (1986)																		
Race 2 - 2008 Shizuoka International Athletics Meeting (Fukuroi, JPN)														<i>Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers</i>				
date	03-May-08	time	6.63	11.10	15.62	20.16	24.91	29.86	34.90	40.14	45.46	50.93		57.33	1 / 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				
Sekimoto, Moeka (JPN) (2000)																		
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)														<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>				
date	03-May-21	time	6.71	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				
Wilson, Nickiesha (JAM) (1986)																		
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)														<i>Henson (2021) - Athlete First: major championships report</i>				
date	15-Aug-13	time	6.34	10.54	14.77	19.19	23.88	28.69		38.84	44.31	50.11		57.34	2 / 8-7			
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				
Ito, Akiko (JPN) (1995)																		
FINAL - 2020 Japanese National Championships (Niigata, JPN)														<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>				
date	03-Oct-20	time	6.52	10.86	15.37	20.00	24.77	29.75	34.72	40.02	45.46	50.92		57.34	7 / 3			
reaction time	0.147	interval		4.34	4.51	4.63	4.77	4.98	4.97	5.30	5.44	5.46	6.42			13.48	14.72	16.20
		velocity	6.90	8.06	7.76	7.56	7.34	7.03	7.04	6.60	6.43	6.41	6.23	6.98		7.79	7.13	6.48
H1 lead leg	L	strides	23	15	15	16	16	16	16	17	17	17	21.2	189.2				
Granat, Moa (SWE) (2004)																		
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)														<i>Omega Timing (2023) - diamond league race analysis</i>				
date	02-Jul-23	time	6.41	10.61	14.97	19.44	24.01	28.75	33.74	38.97	44.47	50.29		57.34	4 / 2			
reaction time	0.144	interval		4.20	4.36	4.47	4.57	4.74	4.99	5.23	5.50	5.82	7.05			13.03	14.30	16.55
		velocity	7.02	8.33	8.03	7.83	7.66	7.38	7.01	6.69	6.36	6.01	5.67	6.98		8.06	7.34	6.34
H1 lead leg		strides																
Lhabze, Lamiae (MAR) (1984)																		
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)														<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>				
date	09-Sep-18	time	6.44	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				
Garozzo, Aliya Rae (USA) (2001)																		
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	29-Jun-24	time	6.57	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				
Parris-Thymes, Debbie (JAM) (1973)																		
FINAL - 2002 IAAF World Cup (Madrid, ESP)														<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>				
date	20-Sep-02	time	6.49	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	interval		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	strides	25	17	17	17	17	17	17	17	18	19	21.5	202.5				
Utsunomiya, Eri (JPN) (1993)																		
FINAL - 2018 Japanese National Championships (Yamaguchi, JPN)														<i>Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018</i>				
date	24-Jun-18	time	6.50	10.85	15.37	20.09	25.10	30.21	35.38	40.62	45.94	51.28		57.37	6 / 1			
reaction time	0.178	interval		4.35	4.52	4.72	5.01	5.11	5.17	5.24	5.32	5.34	6.09			13.59	15.29	15.90
		velocity	6.92	8.05	7.74	7.42	6.99	6.85	6.77	6.68	6.58	6.55	6.57	6.97		7.73	6.87	6.60
H1 lead leg	R	strides	23	15	15	15	16	16	17	17	17	17	21	189				

														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)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)																														
date	29-Jun-24	time	6.53	10.69	14.91	19.36	24.10	26.17	28.88	33.91	39.21	44.73	50.48		57.37	1 / 7														
reaction time		interval		4.16	4.22	4.45	4.74		4.78	5.03	5.30	5.52	5.75	6.89				12.83	14.55	16.57										
		velocity	6.89	8.41	8.29	7.87	7.38	7.64	7.32	6.96	6.60	6.34	6.09	5.81	6.97			8.18	7.22	6.34										
H1 lead leg	L	strides	23	15	15	15	15		15	16	16		17	20	167															
McBride, Allyria (USA) (2004)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)																														
date	29-Jun-24	time	6.82	11.28	15.78	20.38	25.02	27.02	29.70	34.79	39.97	45.60	51.08		57.37	9 / 8														
reaction time		interval		4.46	4.50	4.60	4.64		4.68	5.09	5.18	5.63	5.48	6.29				13.56	14.41	16.29										
		velocity	6.60	7.85	7.78	7.61	7.54	7.40	7.48	6.88	6.76	6.22	6.39	6.36	6.97			7.74	7.29	6.45										
H1 lead leg	L	strides		16	16	15	15		16	16	17	17	17	128																
Meißner, Heike (GER) (1970)														<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>																
FINAL - 2002 IAAF World Cup (Madrid, ESP)																														
date	20-Sep-02	time	6.72	11.45	16.08	20.50	25.21		30.01	35.10	40.23	45.65	51.06		57.40	5 / 7														
reaction time	0.177	interval		4.73	4.63	4.42	4.71		4.80	5.09	5.13	5.42	5.41	6.34				13.78	14.60	15.96										
		velocity	6.70	7.40	7.56	7.92	7.43		7.29	6.88	6.82	6.46	6.47	6.31	6.97			7.62	7.19	6.58										
H1 lead leg	R	strides	23	16	16	15	15		15	16	17	17	17	20.5	187.5															
Barber, Kaila (USA) (1993)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)																														
date	24-Jun-22	time	6.26	10.23	14.43	18.86	23.66	25.76		33.80	39.10	44.70	50.46		57.41	3 / 6														
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																
Little, Shamier (USA) (1995)														<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>																
FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																														
date	20-Aug-17	time	6.48	10.64	14.88	19.20	23.76		28.56	33.56	38.80	44.32	50.24		57.42	3 / 6														
reaction time	0.220	interval		4.16	4.24	4.32	4.56		4.80	5.00	5.24	5.52	5.92	7.18				12.72	14.36	16.68										
		velocity	6.94	8.41	8.25	8.10	7.68		7.29	7.00	6.68	6.34	5.91	5.57	6.97			8.25	7.31	6.29										
H1 lead leg	R	strides	24	15	15	15	15		16	16	16	17	18	167																
Yamamoto, Ami (JPN) (2002)														<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																
FINAL - 2020 Japanese National Championships (Niigata, JPN)																														
date	03-Oct-20	time	6.57	11.01	15.53	20.14	24.91		29.90	34.97	40.21	45.63	51.12		57.43	5 / 4														
reaction time	0.156	interval		4.44	4.52	4.61	4.77		4.99	5.07	5.24	5.42	5.49	6.31	PB			13.57	14.83	16.15										
		velocity	6.85	7.88	7.74	7.59	7.34		7.01	6.90	6.68	6.46	6.38	6.34	6.97			7.74	7.08	6.50										
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	22	197															
Utsunomiya, Eri (JPN) (1993)														<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)																														
date	03-May-22	time	6.67	10.96	15.47	20.07	24.82		29.86	34.92	40.14	45.53	51.08		57.43	9 / 2														
reaction time	0.217	interval		4.29	4.51	4.60	4.75		5.04	5.06	5.22	5.39	5.55	6.35				13.40	14.85	16.16										
		velocity	6.75	8.16	7.76	7.61	7.37		6.94	6.92	6.70	6.49	6.31	6.30	6.97			7.84	7.07	6.50										
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	21	187															
Turner, Jessica (GBR) (1995)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)																														
date	21-May-22	time	6.67	10.70	14.83	19.03	23.62	25.49	28.40	33.40		44.33	50.40		57.43	9 / 8														
reaction time	0.240	interval		4.03	4.13	4.20	4.59		4.78	5.00		10.93	6.07	7.03				12.36	14.37	17.00										
		velocity	6.75	8.68	8.47	8.33	7.63	7.85	7.32	7.00		6.40	5.77	5.69	6.97			8.50	7.31	6.18										
H1 lead leg	L	strides	25	15	15	15	16		16	17		19		138																
Brown, Tonya (USA) (1960)														<i>Mann (1987) - the elite athlete program biomechanical analysis of the long hurdles: tac championship meet</i>																
FINAL - 1987 TAC Championships (San Jose, CA)																														
date	26-Jun-87	time	6.36	11.12	15.66	19.96	24.78		29.54	34.70	39.98	45.44	51.14		57.44	??														
reaction time		interval		4.76	4.54	4.30	4.82		4.76	5.16	5.28	5.46	5.70	6.30				13.60	14.74	16.44										
		velocity	7.08	7.35	7.71	8.14	7.26		7.35	6.78	6.63	6.41	6.14	6.35	6.96			7.72	7.12	6.39										
H1 lead leg		strides																												
Koyama, Kana (JPN) (1998)														<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																
FINAL - 2020 Japanese National Championships (Niigata, JPN)																														
date	03-Oct-20	time	6.74	11.16	15.72	20.42	25.28		30.18	35.32	40.56	45.91	51.32		57.44	4 / 5														
reaction time	0.158	interval		4.42	4.56	4.70	4.86		4.90	5.14	5.24	5.35	5.41	6.12	PB			13.68	14.90	16.00										
		velocity	6.68	7.92	7.68	7.45	7.20		7.14	6.81	6.68	6.54	6.47	6.54	6.96			7.68	7.05	6.56										
H1 lead leg	L	strides	22	15	15	15	16		16	17	17	17	17	21	188															
Robinson, Chanler (USA) (2001)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)																														
date	29-Jun-24	time	6.77	11.07	15.53	20.05	24.73	26.88	29.65	34.71	39.99	45.54	51.16		57.44	3 / 9														
reaction time		interval		4.30	4.46	4.52	4.68		4.92	5.06	5.28	5.55	5.62	6.28				13.28	14.66	16.45										
		velocity	6.65	8.14	7.85	7.74	7.48	7.44	7.11	6.92	6.63	6.31	6.23	6.37	6.96			7.91	7.16	6.38										
H1 lead leg	L	strides	25	16	16	15	16		16	16	16	17	17	20	190															

Boden, Lauren (AUS) (1988)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 Telstra A Series (Canberra, AUS)															<i>Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler</i>			
date	26-Jan-06	time	6.78	11.18	15.66	20.26	24.96	29.80	34.76	40.01	45.36	50.96		57.45	3 / 3			
reaction time		interval	4.40	4.48	4.60	4.70		4.84	4.96	5.25	5.35	5.60	6.49	PB		13.48	14.50	16.20
		velocity	6.64	7.95	7.81	7.61	7.45	7.23	7.06	6.67	6.54	6.25	6.16	6.96		7.79	7.24	6.48
H1 lead leg		strides																
Koyama, Kana (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)															<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>			
date	19-May-19	time	6.67	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				
Barber, Kaila (USA) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)															<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>			
date	30-Apr-22	time	6.31	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				
Takino, Mirai (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)															<i>Takahima (2023) - national high school sports festival - biomechanics data</i>			
date	04-Aug-23	time	6.77	11.13	15.67	20.42	25.21	30.28	35.55	40.81	46.15	51.62		57.45	4 / 1			
reaction time	0.236	interval	4.36	4.54	4.75	4.79		5.07	5.27	5.26	5.34	5.47	5.83			13.65	15.13	16.07
		velocity	6.65	8.03	7.71	7.37	7.31	6.90	6.64	6.65	6.55	6.40	6.86	6.96		7.69	6.94	6.53
H1 lead leg		strides	22	15	15	16	16	17	17	17	17	17	21	190				
Cho, Stephanie (CAN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	12-Jun-21	time	6.67	15.63	20.30	25.17				40.73	46.07			57.48	1 / 8			
reaction time	0.298	interval		8.96	4.67	4.87			15.56	5.34			PB		13.63			
		velocity	6.75	7.81	7.49	7.19			6.75	6.55			6.96		7.70			
H1 lead leg	R	strides	22		15	15					16		68					
Aoki, Honoka (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National Championships (Osaka, JPN)															<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>			
date	04-Jun-23	time	6.66	10.94	15.32	19.75	24.32	29.12	34.13	39.36	44.94	50.72		57.48	4 / 4			
reaction time	0.237	interval	4.28	4.38	4.43	4.57		4.80	5.01	5.23	5.58	5.78	6.76	PB		13.09	14.38	16.59
		velocity	6.76	8.18	7.99	7.90	7.66	7.29	6.99	6.69	6.27	6.06	5.92	6.96		8.02	7.30	6.33
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	22.2	197.2				
Mo Jiadie (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Chinese Student Games (Qingdao, CHN)															<i>CAA Hurdle Development (2021)</i>			
date	14-Jul-21	time	6.74	11.17	15.61	20.28	25.05	29.99	35.09	40.43	45.80	51.23		57.50	5 / 1			
reaction time		interval	4.43	4.44	4.67	4.77		4.94	5.10	5.34	5.37	5.43	6.27			13.54	14.81	16.14
		velocity	6.68	7.90	7.88	7.49	7.34	7.09	6.86	6.55	6.52	6.45	6.38	6.96		7.75	7.09	6.51
H1 lead leg	L	strides	24	16	16	16	16	17	17	18	18	18	21.2	197.2				
Nel, Wenda (RSA) (1988)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	18-Aug-18	time	6.40	10.71	15.18	19.82	24.62	29.43	34.43	39.57	45.08	50.85		57.51	2 / 6			
reaction time	0.183	interval	4.31	4.47	4.64	4.80		4.81	5.00	5.14	5.51	5.77	6.66			13.42	14.61	16.42
		velocity	7.03	8.12	7.83	7.54	7.29	7.28	7.00	6.81	6.35	6.07	6.01	6.96		7.82	7.19	6.39
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	17	18	22	195				
Sekimoto, Moeka (JPN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)															<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>			
date	23-Aug-20	time	6.62	11.01	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				
Yamamoto, Ami (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)															<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>			
date	25-Oct-20	time	6.69	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	16	17	17	17	18	18		151				
Humphrey, Brittley (USA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	12-Jun-21	time	6.47	10.60	14.87	19.43	24.20	29.23	34.33	39.63	45.07			57.51	7 / 9			
reaction time	0.177	interval	4.13	4.27	4.56	4.77		5.03	5.10	5.30	5.44					12.96	14.90	
		velocity	6.96	8.47	8.20	7.68	7.34	6.96	6.86	6.60	6.43			6.96		8.10	7.05	
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	16			147				

Barber, Kaila (USA) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	09-Jul-23	time	6.44	10.64	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				
Knebes, Riley (USA) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	27-Jun-24	time	6.46	10.81	15.37	20.00	24.78	26.86	29.55	34.65	40.01	45.36	50.73	57.52	6 / 7			
reaction time		interval		4.35	4.56	4.63	4.78		4.77	5.10	5.36	5.35	5.37	6.79		13.54	14.65	16.08
		velocity	6.97	8.05	7.68	7.56	7.32	7.45	7.34	6.86	6.53	6.54	6.52	5.89	6.95	7.75	7.17	6.53
H1 lead leg		strides																
Jolivet, Rosa (USA) (1974)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USA Olympic Trials (Atlanta, GA)															<i>USATF Women's Sprint Development (1996)</i>			
date	16-Jun-96	time	6.67	10.97	15.31	19.81	24.43	26.41	29.33	34.47	39.80			57.53	2 / 8			
reaction time		interval		4.30	4.34	4.50	4.62		4.90	5.14	5.33					13.14	14.66	
		velocity	6.75	8.14	8.06	7.78	7.58	7.57	7.14	6.81	6.57			6.95		7.99	7.16	
H1 lead leg	L	strides	24	15	15	15	15	16	16	17	17	17	20	187				
Utsunomiya, Eri (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 National Sports Festival (Fukui, JPN)															<i>Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018</i>			
date	06-Oct-18	time	6.50	10.84	15.28	19.88	24.83	29.80	34.87	40.06	45.43	51.10		57.54	7 / 1			
reaction time	0.159	interval		4.34	4.44	4.60	4.95		4.97	5.07	5.19	5.37	5.67	6.44		13.38	14.99	16.23
		velocity	6.92	8.06	7.88	7.61	7.07	7.04	6.90	6.74	6.52	6.17	6.21	6.95		7.85	7.00	6.47
H1 lead leg		strides		15	15	15	16	16	17	17	17	17	17	145				
Williams, Tiffany (USA) (1983)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Olympic Games (Beijing, CHN)															<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>			
date	20-Aug-08	time	6.3	10.4	14.7	19.0	23.7	28.3	33.1	38.3	43.7	49.3		57.55	8 / 8			
reaction time	0.236	interval		4.1	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	15	16	16	16	17	18		150					
Aoki, Sayaka (JPN) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 Japanese National Championships (Hiroshima, JPN)															<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>			
date	27-Jun-09	time	6.64	11.16	15.81	20.60	25.42	30.43	35.45	40.62	45.84	51.18		57.56	6 / 2			
reaction time		interval		4.52	4.65	4.79	4.82		5.01	5.02	5.17	5.22	5.34	6.38		13.96	14.85	15.73
		velocity	6.78	7.74	7.53	7.31	7.26	6.99	6.97	6.77	6.70	6.55	6.27	6.95		7.52	7.07	6.68
H1 lead leg		strides		16	16	16	16	17	17	17	17	17	17	149				
Utsunomiya, Eri (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)															<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>			
date	01-Jun-21	time	6.58	10.83	15.22	19.70	24.34	29.16	34.23	39.49	44.94	50.68		57.56	5 / 1			
reaction time	0.242	interval		4.25	4.39	4.48	4.64		4.82	5.07	5.26	5.45	5.74	6.88		13.12	14.53	16.45
		velocity	6.84	8.24	7.97	7.81	7.54	7.26	6.90	6.65	6.42	6.10	5.81	6.95		8.00	7.23	6.38
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	22	188				
Tromp, Gretha (NED) (1964)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)															<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>			
date	26-Sep-88	time	6.54	10.68	14.98	19.41	24.07	28.99	34.13	39.39	45.03	50.97		57.57	1 / 8			
reaction time	0.241	interval		4.14	4.30	4.43	4.66		4.92	5.14	5.26	5.64	5.94	6.60		12.87	14.72	16.84
		velocity	6.88	8.45	8.14	7.90	7.51	7.11	6.81	6.65	6.21	5.89	6.06	6.95		8.16	7.13	6.24
H1 lead leg		strides	23	15	16	15	16	16	15	17	18	18	21.3	190.3				
Utsunomiya, Eri (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)															<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>			
date	03-May-21	time	6.56	10.86	15.35	19.84	24.47	29.48	34.55	39.89	45.28	50.98		57.57	4 / 2			
reaction time	0.196	interval		4.30	4.49	4.49	4.63		5.01	5.07	5.34	5.39	5.70	6.59		13.28	14.71	16.43
		velocity	6.86	8.14	7.80	7.80	7.56	6.99	6.90	6.55	6.49	6.14	6.07	6.95		7.91	7.14	6.39
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	22	188				
Matsuoka, Moe (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National Championships (Osaka, JPN)															<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>			
date	12-Jun-22	time	6.82	11.46	16.20	21.02	25.91	30.98	36.05	41.26	46.51	51.75		57.57	9 / 3			
reaction time	0.215	interval		4.64	4.74	4.82	4.89		5.07	5.07	5.21	5.25	5.24	5.82		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				
Hoffman, Lauren (USA) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	26-Jun-21	time	6.47	10.57	14.98	19.38	23.99	28.89	34.00	39.33	44.84			57.59	3 / 6			
reaction time	0.224	interval		4.10	4.41	4.40	4.61		4.90	5.11	5.33	5.51				12.91	14.62	
		velocity	6.96	8.54	7.94	7.95	7.59	7.14	6.85	6.57	6.35		6.95		8.13	7.18		
H1 lead leg	L	strides		15	16	16	16			17	18	18		116				

														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)																														
Heat 3 - 1978 European Championships (Prague, TCH)														<i>McFarlane (1980) - understanding the 400m hurdles</i>																
date	01-Sep-78	time	6.9	11.5	16.1	20.9	25.7	27.7	30.5	35.5	40.6	45.7	51.6		57.60	/ 1														
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	16	17	17	17		142															
Rücklová, Alena (CZE) (1981)																														
FINAL - 2001 European Cup (Bremen, GER)														<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																
date	23-Jun-01	time	6.92	11.36	15.91	20.48	25.24		30.21	35.29	40.45		51.45		57.60	/ 7														
reaction time		interval		4.44	4.55	4.57	4.76		4.97	5.08	5.16		11.00	6.15	PB		13.56	14.81	16.16											
		velocity	6.50	7.88	7.69	7.66	7.35		7.04	6.89	6.78		6.36	6.50	6.94		7.74	7.09	6.50											
H1 lead leg		strides																												
Barber, Kaila (USA) (1993)																														
Heat 3 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	6.44	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																												
Huang Yan (CHN) (1996)																														
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)														<i>Henson (2018) - coaching observations</i>																
date	16-Sep-18	time	6.73	11.20	15.77	20.39	25.13		29.95	35.09	40.26	45.60	51.25		57.61	5 / 1														
reaction time		interval		4.47	4.57	4.62	4.74		4.82	5.14	5.17	5.34	5.65	6.36			13.66	14.70	16.16											
		velocity	6.69	7.83	7.66	7.58	7.38		7.26	6.81	6.77	6.55	6.19	6.29	6.94		7.69	7.14	6.50											
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	18	19	23	205															
Ito, Akiko (JPN) (1995)																														
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)														<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>																
date	19-May-19	time	6.49	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															
Koyama, Kana (JPN) (1998)																														
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)														<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>																
date	30-Jun-19	time	6.77	11.16	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	15	16		16	17	17	17	17	20.7	187.7															
Mátó, Sára (HUN) (2000)																														
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)														<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																
date	19-Aug-20	time	6.64	11.04	15.60	20.20	24.96		29.88	35.04	40.12	45.48		57.61	7 / 8															
reaction time	0.195	interval		4.40	4.56	4.60	4.76		4.92	5.16	5.08	5.36					13.56	14.84												
		velocity	6.78	7.95	7.68	7.61	7.35		7.11	6.78	6.89	6.53		6.94			7.74	7.08												
H1 lead leg	L	strides	22	15	15	15	16		16	16	16	17		148																
Umehara, Satsuki (JPN) (1994)																														
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)														<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																
date	03-May-22	time	6.86	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															
Umehara, Satsuki (JPN) (1994)																														
FINAL - 2022 Japanese National Championships (Osaka, JPN)														<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																
date	12-Jun-22	time	6.79	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															
Zou Yifan (CHN) (2000)																														
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)														<i>CAA Hurdle Development (2021)</i>																
date	20-May-21	time	6.81	11.21	15.76	20.37	25.17		30.06	35.15	40.39	45.73	51.32		57.62	3 / 1														
reaction time	0.242	interval		4.40	4.55	4.61	4.80		4.89	5.09	5.24	5.34	5.59	6.30	PB		13.56	14.78	16.17											
		velocity	6.61	7.95	7.69	7.59	7.29		7.16	6.88	6.68	6.55	6.26	6.35	6.94		7.74	7.10	6.49											
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	17	21	198															
Zou Yifan (CHN) (2000)																														
Heat 1 - 2021 East China District Meeting (Zhaojing, CHN)														<i>CAA Hurdle Development (2021)</i>																
date	25-Apr-21	time	6.76	11.21	15.72	20.32	25.09		30.01	35.08	40.26	45.81	51.43		57.63	4 / 1														
reaction time	0.247	interval		4.45	4.51	4.60	4.77		4.92	5.07	5.18	5.55	5.62	6.20	PB		13.56	14.76	16.35											
		velocity	6.66	7.87	7.76	7.61	7.34		7.11	6.90	6.76	6.31	6.23	6.45	6.94		7.74	7.11	6.42											
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	18	18	21	200															

Aoki, Sayaka (JPN) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National Championships (Yamaguchi, JPN)												<i>Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018</i>						
date	24-Jun-18	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	strides	24	16	16	16	16	17	17	17	17	17	21.5	194.5				
Utsunomiya, Eri (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)												<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>						
date	30-Apr-22	time	6.54	10.79	15.20	19.80	24.56	29.56	34.77	40.12	45.58	51.22		57.64	4 / 2			
reaction time	0.175	interval		4.25	4.41	4.60	4.76	5.00	5.21	5.35	5.46	5.64	6.42			13.26	14.97	16.45
		velocity	6.88	8.24	7.94	7.61	7.35	7.00	6.72	6.54	6.41	6.21	6.23	6.94		7.92	7.01	6.38
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	21.5	187.5				
Barbosa, Vera (POR) (1989)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)												<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	08-Aug-22	time	6.73	11.07	15.56	20.23		29.87		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				
Smith, Shauna (USA) (1983)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Championships (Palo Alto, CA)												<i>USATF Women's Sprint Development (2003)</i>						
date	21-Jun-03	time	6.82	11.18	15.62	20.24	24.95	29.83	35.04	40.39	45.85	51.40		57.69	2 / 7			
reaction time		interval		4.36	4.44	4.62	4.71	4.88	5.21	5.35	5.46	5.55	6.29			13.42	14.80	16.36
		velocity	6.60	8.03	7.88	7.58	7.43	7.17	6.72	6.54	6.41	6.31	6.36	6.93		7.82	7.09	6.42
H1 lead leg		strides																
Kira, Manami (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2014 Shizuoka International Athletics Meeting (Fukuroi, JPN)												<i>Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions</i>						
date	03-May-14	time	6.81	11.25	15.79	20.42	25.07	29.94	35.00	40.14	45.50	51.12		57.69	/ 2			
reaction time		interval		4.44	4.54	4.63	4.65	4.87	5.06	5.14	5.36	5.62	6.57			13.61	14.58	16.12
		velocity	6.61	7.88	7.71	7.56	7.53	7.19	6.92	6.81	6.53	6.23	6.09	6.93		7.71	7.20	6.51
H1 lead leg		strides		15	15	15	15	16	16	16	16	17		141				
Kloster, Line (NOR) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2024 Olympic Games (Paris, FRA)												<i>Paris 2024 Olympic Games - Results Book (2024)</i>						
date	04-Aug-24	time	6.32	10.54	14.85	19.34	23.88	28.58	33.58	38.85	44.57	50.46		57.69	8 / 7			
reaction time	0.158	interval		4.22	4.31	4.49	4.54	4.70	5.00	5.27	5.72	5.89	7.23			13.02	14.24	16.88
		velocity	7.12	8.29	8.12	7.80	7.71	7.45	7.00	6.64	6.12	5.94	5.53	6.93		8.06	7.37	6.22
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17		145				
Kira, Manami (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Seiko Golden Grand Prix (Kawasaki, JPN)												<i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>						
date	10-May-15	time	6.66	11.00	15.39	19.89	24.49	29.36	34.48	39.75	45.21	51.20		57.73	4 / 2			
reaction time		interval		4.34	4.39	4.50	4.60	4.87	5.12	5.27	5.46	5.99	6.53			13.23	14.59	16.72
		velocity	6.76	8.06	7.97	7.78	7.61	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				
Sekimoto, Moeka (JPN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)												<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>						
date	30-Jun-19	time	6.75	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		strides		15	15	15	15	16	16	17	17	17		143				
Mo Jiadie (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)												<i>CAA Hurdle Development (2019)</i>						
date	17-Aug-19	time	6.66	11.08	15.66	20.38	25.26	30.26	35.42	40.58	46.04	51.58		57.76	6 / 1			
reaction time	0.241	interval		4.42	4.58	4.72	4.88	5.00	5.16	5.16	5.46	5.54	6.18			13.72	15.04	16.16
		velocity	6.76	7.92	7.64	7.42	7.17	7.00	6.78	6.78	6.41	6.32	6.47	6.93		7.65	6.98	6.50
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	18	20.8	194.8				
Ito, Akiko (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)												<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>						
date	09-May-21	time	6.57	10.91	15.45	20.12	24.94	29.98	35.04	40.31	45.70	51.17		57.76	4 / 2			
reaction time	0.153	interval		4.34	4.54	4.67	4.82	5.04	5.06	5.27	5.39	5.47	6.59			13.55	14.92	16.13
		velocity	6.85	8.06	7.71	7.49	7.26	6.94	6.92	6.64	6.49	6.40	6.07	6.93		7.75	7.04	6.51
H1 lead leg	L	strides	23	15	15	15	16	18	17	17	17	18	21	192				
Delaune, Florence (FRA) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 European Cup (Munich, GER)												<i>Jung (2003) - http://www.fgs.uni-halle.de</i>						
date	21-Jun-97	time	7.21	11.94	16.70	21.45	26.27	31.21	36.09	41.25	46.71	52.04		57.77	/ 6			
reaction time		interval		4.73	4.76	4.75	4.82	4.94	4.88	5.16	5.46	5.33	5.73			14.24	14.64	15.95
		velocity	6.24	7.40	7.35	7.37	7.26	7.09	7.17	6.78	6.41	6.57	6.98	6.92		7.37	7.17	6.58
H1 lead leg		strides																

Boden, Lauren (AUS) (1988)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2006 Commonwealth Games (Melbourne, AUS)															<i>Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler</i>			
date	22-Mar-06	time	6.76	11.12	15.72	20.32	25.08	29.88	35.00	40.36	45.88	51.38		57.77	1 / 5			
reaction time		interval	4.36	4.60	4.60	4.76		4.80	5.12	5.36	5.52	5.50	6.39			13.56	14.68	16.38
		velocity	6.66	8.03	7.61	7.61	7.35	7.29	6.84	6.53	6.34	6.36	6.26	6.92		7.74	7.15	6.41
H1 lead leg		strides																
Koyama, Kana (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2019 Kinami Memorial (Osaka, JPN)															<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>			
date	06-May-19	time	6.76	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	4.48	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	16	17	17	17	17	21.5	166.5				
Yamamoto, Ami (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Youth FINAL - 2019 National Sports Festival (Hitachinaka, JPN)															<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>			
date	05-Oct-19	time	6.71	11.19	15.82	20.54	25.38	30.35	35.44	40.61	46.03	51.53		57.77	4 / 1			
reaction time	0.211	interval	4.48	4.63	4.72	4.84		4.97	5.09	5.17	5.42	5.50	6.24	PB		13.83	14.90	16.09
		velocity	6.71	7.81	7.56	7.42	7.23	7.04	6.88	6.77	6.46	6.36	6.41	6.92		7.59	7.05	6.53
H1 lead leg		strides	17	17	17	17	17	17	17	17	18	18		155				
Barbarino, Carla (ITA) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 European Cup (Munich, GER)															<i>Jung (2003) - http://www.fgs.uni-halle.de</i>			
date	21-Jun-97	time	6.94	11.29	15.67	20.15	24.82	29.83	34.95	40.32	45.77	51.35		57.78	1 / 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																
Zou Yifan (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 East China District Meeting (Zhaoping, CHN)															<i>CAA Hurdle Development (2021)</i>			
date	25-Apr-21	time	6.74	11.26	15.85	20.57	25.47	30.56	35.79	41.02	46.33	51.77		57.78	6 / 2			
reaction time	0.243	interval	4.52	4.59	4.72	4.90		5.09	5.23	5.23	5.31	5.44	6.01			13.83	15.22	15.98
		velocity	6.68	7.74	7.63	7.42	7.14	6.88	6.69	6.69	6.59	6.43	6.66	6.92		7.59	6.90	6.57
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	17	17	20	197				
Koyama, Kana (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)															<i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>			
date	03-May-19	time	6.77	11.13	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
		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
H1 lead leg		strides	15	15	15	16	16	16	17	17	17	17	145					
Cavalleri, Valentina (ITA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis)															<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>			
date	15-Sep-20	time	6.76	11.20	15.88			30.42	35.32		46.08	51.60		57.80	1 / 6			
reaction time		interval	4.44	4.68				14.54	4.90		10.76	5.52	6.20					16.28
		velocity	6.66	7.88	7.48			7.22	7.14		6.51	6.34	6.45	6.92				6.45
H1 lead leg	L	strides	23	16	16				16			17	20.5	108.5				
Ono, Mizuna (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)															<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>			
date	25-Oct-20	time	6.64	11.08	15.58	20.15	24.92	29.96	35.19	40.47	46.00	51.55		57.81	8 / 2			
reaction time	0.159	interval	4.44	4.50	4.57	4.77		5.04	5.23	5.28	5.53	5.55	6.26			13.51	15.04	16.36
		velocity	6.78	7.88	7.78	7.66	7.34	6.94	6.69	6.63	6.33	6.31	6.39	6.92		7.77	6.98	6.42
H1 lead leg		strides	16	16	16	16	16	16	17	17	17	17	148					
Sekimoto, Moeka (JPN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 National Sports Festival (Hitachinaka, JPN)															<i>Enomoto (2019) - research on athlete performance and technique- 2019 data book</i>			
date	05-Oct-19	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	R	strides	22	15	15	15	15	16	16	17	17	17	22	187				
Utsunomiya, Eri (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese National Championships (Osaka, JPN)															<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>			
date	27-Jun-21	time	6.57	10.84	15.23	19.77	24.37	29.28	34.38	39.66	45.20	50.97		57.83	4 / 2			
reaction time	0.194	interval	4.27	4.39	4.54	4.60		4.91	5.10	5.28	5.54	5.77	6.86			13.20	14.61	16.59
		velocity	6.85	8.20	7.97	7.71	7.61	7.13	6.86	6.63	6.32	6.07	5.83	6.92		7.95	7.19	6.33
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	22	188				
Zupin, Agata (SLO) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 European Athletics Championships (Roma, ITA)															<i>European Athletics (2024) - 2024 european athletics championships - results book</i>			
date	09-Jun-24	time	6.46	10.72	15.33	20.04	24.88	29.99	35.02	40.26	45.70	51.46		57.83	8 / 6			
reaction time	0.209	interval	4.26	4.61	4.71	4.84		5.11	5.03	5.24	5.44	5.76	6.37			13.58	14.98	16.44
		velocity	6.97	8.22	7.59	7.43	7.23	6.85	6.96	6.68	6.43	6.08	6.28	6.92		7.73	7.01	6.39
H1 lead leg		strides																

Kubokura, Satomi (JPN) (1982)																
FINAL - 2008 Osaka Grand Prix (Osaka, JPN)																
<i>Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers</i>																
date	10-May-08	time	6.77	11.23	15.70	20.43	25.18		30.08	35.20	40.41	45.82	51.49		57.84	8 / 4
reaction time		interval	4.46	4.47	4.73	4.75		4.90	5.12	5.21	5.41	5.67	6.35			13.66 14.77 16.29
		velocity	6.65	7.85	7.83	7.40	7.37		7.14	6.84	6.72	6.47	6.17	6.30	6.92	7.69 7.11 6.45
H1 lead leg		strides	16	16	16	16		17	17	17	18	18		151		
Kudo, Mei (JPN) (2002)																
FINAL - 2023 Japanese National Championships (Osaka, JPN)																
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																
date	04-Jun-23	time	6.91	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		
Hoffman, Lauren (PHI) (1999)																
Heat 4 - 2024 Olympic Games (Paris, FRA)																
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	04-Aug-24	time	6.46	10.66	14.96	19.35	23.86		28.63	33.72	39.07	44.69	50.60		57.84	6 / 8
reaction time	0.192	interval	4.20	4.30	4.39	4.51		4.77	5.09	5.35	5.62	5.91	7.24			12.89 14.37 16.88
		velocity	6.97	8.33	8.14	7.97	7.76		7.34	6.88	6.54	6.23	5.92	5.52	6.92	8.15 7.31 6.22
H1 lead leg	L	strides	23	15	15	15	15		16	17	18	19		153		
Chiba, Shiori (JPN)																
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)																
<i>Takahima (2023) - national high school sports festival - biomechanics data</i>																
date	04-Aug-23	time	6.92	11.46	16.12	20.92	25.76		30.71	35.80	40.97	46.30	51.67		57.85	5 / 2
reaction time	0.252	interval	4.54	4.66	4.80	4.84		4.95	5.09	5.17	5.33	5.37	6.18			14.00 14.88 15.87
		velocity	6.50	7.71	7.51	7.29	7.23		7.07	6.88	6.77	6.57	6.52	6.47	6.91	7.50 7.06 6.62
H1 lead leg		strides	23	16	16	16	16		16	16	17	17	17	22	192	
Mo Jiadie (CHN) (2000)																
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)																
<i>Henson (2018) - coaching observations</i>																
date	16-Sep-18	time	6.76	11.18	15.68	20.32	25.09		30.08	35.28	40.69	46.18	51.78		57.86	3 / 2
reaction time		interval	4.42	4.50	4.64	4.77		4.99	5.20	5.41	5.49	5.60	6.08		PB	13.56 14.96 16.50
		velocity	6.66	7.92	7.78	7.54	7.34		7.01	6.73	6.47	6.38	6.25	6.58	6.91	7.74 7.02 6.36
H1 lead leg	L	strides	24	16	16	16	16		17	17	18	18	18	21.5	197.5	
Lu Zhangwei (CHN) (2001)																
FINAL - 2020 Chinese National Championships (Shaoying, CHN)																
<i>CAA Hurdle Development (2020)</i>																
date	17-Sep-20	time	6.54	11.00	15.42	20.12	24.83		29.75	34.83	40.04	45.58	51.29		57.89	3 / 2
reaction time		interval	4.46	4.42	4.70	4.71		4.92	5.08	5.21	5.54	5.71	6.60			13.58 14.71 16.46
		velocity	6.88	7.85	7.92	7.45	7.43		7.11	6.89	6.72	6.32	6.13	6.06	6.91	7.73 7.14 6.38
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	18	22	197	
Sekimoto, Moeka (JPN) (2000)																
FINAL - 2020 Japanese National Championships (Niigata, JPN)																
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																
date	03-Oct-20	time	6.76	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	
Ledecká, Daniela (SVK) (1996)																
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)																
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	08-Aug-22	time	6.67	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		
Kubokura, Satomi (JPN) (1982)																
FINAL - 2016 Shizuoka International Athletics Meeting (Fukuroi, JPN)																
<i>Morioka (2016) - race pattern of top 400m hurdlers in japan</i>																
date	03-May-16	time	6.56	10.88	15.42	20.06	24.83		29.63	34.84	40.18	45.62	51.39		57.91	/ 2
reaction time		interval	4.32	4.54	4.64	4.77		4.80	5.21	5.34	5.44	5.77	6.52			13.50 14.78 16.55
		velocity	6.86	8.10	7.71	7.54	7.34		7.29	6.72	6.55	6.43	6.07	6.13	6.91	7.78 7.10 6.34
H1 lead leg		strides	16	16	16	16	16		16	17	17	17	18	149		
Lukashevich, Svetlana (URS) (1968)																
FINAL - 1986 IAAF World Junior Championships (Athens, GRE)																
<i>Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races</i>																
date	18-Jul-86	time	6.75	11.13	15.72	20.29	24.98		29.91	35.58	40.93	46.47	51.95		57.92	/ 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	
Kira, Manami (JPN) (1991)																
FINAL - 2015 Japanese National Championships (Niigata, JPN)																
<i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>																
date	28-Jun-15	time	6.71	11.13	15.54	20.04	24.66		29.46	34.41	39.63	45.00	50.77		57.92	7 / 1
reaction time	0.178	interval	4.42	4.41	4.50	4.62		4.80	4.95	5.22	5.37	5.77	7.15			13.33 14.37 16.36
		velocity	6.71	7.92	7.94	7.78	7.58		7.29	7.07	6.70	6.52	6.07	5.59	6.91	7.88 7.31 6.42
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	18	22.7	190	

Yamamoto, Ami (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)																		
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																		
date	06-May-23	time	6.66	11.15	15.77	20.50	25.36	30.43	35.54	40.74	46.05	51.55		57.92	6 / 1			
reaction time	0.154	interval	4.49	4.62	4.73	4.86		5.07	5.11	5.20	5.31	5.50	6.37			13.84	15.04	16.01
		velocity	6.76	7.80	7.58	7.40	7.20	6.90	6.85	6.73	6.59	6.36	6.28	6.91		7.59	6.98	6.56
H1 lead leg		strides	16	16	16	17		17	17	17	17	17		150				
Ito, Akiko (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)																		
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	06-Jun-21	time	6.64	10.99	15.48	20.09	24.82	29.78	34.83	40.17	45.61	51.22		57.93	4 / 2			
reaction time		interval	4.35	4.49	4.61	4.73		4.96	5.05	5.34	5.44	5.61	6.71			13.45	14.74	16.39
		velocity	6.78	8.05	7.80	7.59	7.40	7.06	6.93	6.55	6.43	6.24	5.96	6.90		7.81	7.12	6.41
H1 lead leg	L	strides	23	15	15	15		16	16	17	17	17	21.7	187.7				
Koyama, Kana (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National Championships (Yamaguchi, JPN)																		
<i>Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018</i>																		
date	24-Jun-18	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	strides	22	15	15	16		17	17	17	17	17	21	190				
Boden, Lauren (AUS) (1988)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2006 IAAF Junior World Championships (Beijing, CHN)																		
<i>Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler</i>																		
date	15-Aug-06	time	6.66	10.95	15.40	19.95	24.54	29.29	34.31	39.67	45.23	51.10		57.95	3 / 2			
reaction time	0.194	interval	4.29	4.45	4.55	4.59		4.75	5.02	5.36	5.56	5.87	6.85			13.29	14.36	16.79
		velocity	6.76	8.16	7.87	7.69	7.63	7.37	6.97	6.53	6.29	5.96	5.84	6.90		7.90	7.31	6.25
H1 lead leg		strides																
Zou Yifan (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	26-Jun-21	time	6.74	11.23	15.81	20.50	25.32	30.30	35.42	40.69	46.04	51.68		57.97	4 / 2			
reaction time	0.257	interval	4.49	4.58	4.69	4.82		4.98	5.12	5.27	5.35	5.64	6.29			13.76	14.92	16.26
		velocity	6.68	7.80	7.64	7.46	7.26	7.03	6.84	6.64	6.54	6.21	6.36	6.90		7.63	7.04	6.46
H1 lead leg	L	strides	24	17	17	17		17	17	17	17	18	21	199				
Taneru, Asuruhan Marino (JPN) (200)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)																		
<i>Shibayama (2021) - national high school and U20 national championships</i>																		
date	30-Jul-21	time	6.69	11.21	15.98	20.75	25.59	30.86	36.09	41.36	46.68	52.04		57.98	4 / 1			
reaction time	0.151	interval	4.52	4.77	4.77	4.84		5.27	5.23	5.27	5.32	5.36	5.94	PB		14.06	15.34	15.95
		velocity	6.73	7.74	7.34	7.34	7.23	6.64	6.69	6.64	6.58	6.53	6.73	6.90		7.47	6.84	6.58
H1 lead leg		strides	16	16	16	16		17	17	18	18	18	18	152				
Yamamoto, Ami (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)																		
<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																		
date	03-May-22	time	6.86	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		17	17	17	17	17	21	193				
Yokota, Karen (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)																		
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	09-May-21	time	6.74	11.26	15.88	20.66	25.56	30.48	35.54	40.71	45.98	51.50		58.00	3 / 3			
reaction time	0.178	interval	4.52	4.62	4.78	4.90		4.92	5.06	5.17	5.27	5.52	6.50	PB		13.92	14.88	15.96
		velocity	6.68	7.74	7.58	7.32	7.14	7.11	6.92	6.77	6.64	6.34	6.15	6.90		7.54	7.06	6.58
H1 lead leg	L	strides	23	16	16	17		17	17	17	17	17	21.7	195.7				
Russell, Masai (USA) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																		
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																		
date	26-Jun-21	time	6.44	10.77	15.15	19.89	24.89	30.03		40.44	45.81			58.00	3 / 6			
reaction time	0.332	interval	4.33	4.38	4.74	5.00		5.14		10.41	5.37					13.45		
		velocity	6.99	8.08	7.99	7.38	7.00	6.81		6.72	6.52			6.90		7.81		
H1 lead leg	R	strides	16	16	16	16								81				
Ibrahimu, Aisya (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)																		
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	01-Jun-21	time	6.82	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	16	16	20.2	179.2				
Urbansky, Ulrike (GER) (1977)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 1995 European Junior Championships (Nyiregyhaza, HUN)																		
<i>Hommel (2007) - Sprinttechnik beobachten und analysieren!</i>																		
date	28-Jul-95	time	6.95	11.27	15.67	20.24	24.95	29.86	35.18	40.62	46.04	51.66		58.02	3 / 1			
reaction time		interval	4.32	4.40	4.57	4.71		4.91	5.32	5.44	5.42	5.62	6.36			13.29	14.94	16.48
		velocity	6.47	8.10	7.95	7.66	7.43	7.13	6.58	6.43	6.46	6.23	6.29	6.89		7.90	7.03	6.37
H1 lead leg		strides																

Robinson, Chanler (USA) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 2024 USA Olympic Trials (Eugene, OR)													<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>						
date	27-Jun-24	time	6.61	11.07	15.35	19.64	24.53	26.71	29.41	34.61	40.01	45.74	51.38	58.02	9 / 5				
reaction time		interval	4.46	4.28	4.29	4.89		4.88	5.20	5.40	5.73	5.64	6.64			13.03	14.97	16.77	
		velocity	6.81	7.85	8.18	8.16	7.16	7.49	7.17	6.73	6.48	6.11	6.21	6.02	6.89	8.06	7.01	6.26	
H1 lead leg	R	strides	25	16	15	16	16		16	16	17	17		171					
Seymour, Katrina (BAH) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)													<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>						
date	19-May-19	time	6.72	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				
Zhou Yu (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Chinese National Championships (Shenyang, CHN)													<i>CAA Hurdle Development (2019)</i>						
date	10-Jul-19	time	6.72	11.14	15.80	20.53	25.39		30.30	35.35	40.52	46.00	51.60	58.04	5 / 2				
reaction time	0.210	interval	4.42	4.66	4.73	4.86		4.91	5.05	5.17	5.48	5.60	6.44	PB		13.81	14.82	16.25	
		velocity	6.70	7.92	7.51	7.40	7.20		7.13	6.93	6.77	6.39	6.25	6.21	6.89	7.60	7.09	6.46	
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	18	18	22.2	196.2				
Lindley, Ashton (USA) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	26-Jun-21	time	6.54	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	16				17		81						
Lehikoinen, Viivi (FIN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Repechage 1 - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>						
date	05-Aug-24	time	6.50	10.70	15.15	19.76	24.48		29.36	34.55	39.98	45.58	51.28	58.04	2 / 6				
reaction time	0.252	interval	4.20	4.45	4.61	4.72		4.88	5.19	5.43	5.60	5.70	6.76			13.26	14.79	16.73	
		velocity	6.92	8.33	7.87	7.59	7.42		7.17	6.74	6.45	6.25	6.14	5.92	6.89	7.92	7.10	6.28	
H1 lead leg	R	strides	23	16	15	16	16		16	16	18	18	18	172					
Boden, Lauren (AUS) (1988)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2006 IAAF Junior World Championships (Beijing, CHN)													<i>Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler</i>						
date	16-Aug-06	time	6.42	10.75	15.22	19.72	24.44		29.34	34.40	39.34	45.18	50.97	58.05	6 / 7				
reaction time	0.172	interval	4.33	4.47	4.50	4.72		4.90	5.06	4.94	5.84	5.79	7.08			13.30	14.68	16.57	
		velocity	7.01	8.08	7.83	7.78	7.42		7.14	6.92	7.09	5.99	6.04	5.65	6.89	7.89	7.15	6.34	
H1 lead leg		strides																	
Wehrsen, Claudia (GER) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 2 - 2009 German National Championships (Ulm, GER)													<i>Killing (2009) - der rhythmus is entscheidend</i>						
date	04-Jul-09	time	6.77	11.07	15.52	20.12	24.88		29.97	35.20	40.63	46.13	51.74	58.07	1 / 1				
reaction time	0.230	interval	4.30	4.45	4.60	4.76		5.09	5.23	5.43	5.50	5.61	6.33			13.35	15.08	16.54	
		velocity	6.65	8.14	7.87	7.61	7.35		6.88	6.69	6.45	6.36	6.24	6.32	6.89	7.87	6.96	6.35	
H1 lead leg		strides	15	15	15	15	15		16	16	17	17	17						
Nugent, Leah (JAM) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)													<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>						
date	21-Jul-17	time	6.48	10.72	15.20	19.80	24.56		34.16	39.20	44.68	50.68		58.07	8 / 8				
reaction time	0.241	interval	4.24	4.48	4.60	4.76		9.60	5.04	5.48	6.00	7.39				13.32	14.36	16.52	
		velocity	6.94	8.25	7.81	7.61	7.35		7.29	6.94	6.39	5.83	5.41	6.89		7.88	7.31	6.36	
H1 lead leg	R	strides	22	15	15	15	15			15	16	16		114					
Mo Jiadie (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)													<i>CAA Hurdle Development (2021)</i>						
date	26-Jun-21	time	6.83	11.22	15.77	20.45	25.20		30.16	35.35	40.64	46.14	51.77	58.07	5 / 1				
reaction time	0.321	interval	4.39	4.55	4.68	4.75		4.96	5.19	5.29	5.50	5.63	6.30			13.62	14.90	16.42	
		velocity	6.59	7.97	7.69	7.48	7.37		7.06	6.74	6.62	6.36	6.22	6.35	6.89	7.71	7.05	6.39	
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	21	196				
Ito, Akiko (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)													<i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>						
date	03-May-19	time	6.62	11.01	15.53	20.22	25.13		30.15	35.10	40.39	45.90	51.55	58.08	1 / 2				
reaction time		interval	4.39	4.52	4.69	4.91		5.02	4.95	5.29	5.51	5.65	6.53			13.60	14.88	16.45	
		velocity	6.80	7.97	7.74	7.46	7.13		6.97	7.07	6.62	6.35	6.19	6.13	6.89	7.72	7.06	6.38	
H1 lead leg		strides	15	15	16	16	16		16	16	17	17	17	145					
Ibrahimu, Aisya (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
B FINAL - 2019 Kinami Memorial (Osaka, JPN)													<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>						
date	06-May-19	time	6.71	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	15	16	16	19.7	156.7				

Sekimoto, Moeka (JPN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																	
date	24-Oct-20	time	6.64	11.03	15.48	19.99	24.62	29.60	34.73	39.92	45.38	51.08		58.09	3 / 1				
reaction time		interval	4.39	4.45	4.51	4.63		4.98	5.13	5.19	5.46	5.70	7.01			13.35	14.74	16.35	
		velocity	6.78	7.97	7.87	7.76	7.56	7.03	6.82	6.74	6.41	6.14	5.71	6.89		7.87	7.12	6.42	
H1 lead leg		strides	15	15	15	15		16	16	17	17	17		143					
Tkachuk, Viktoriya (UKR) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 5 - 2024 Olympic Games (Paris, FRA)		<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	
date	04-Aug-24	time	6.63	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	16		129						
Huang Yan (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Chinese National Championships (Shenyang, CHN)		<i>CAA Hurdle Development (2019)</i>																	
date	10-Jul-19	time	6.77	11.26	15.83	20.45	25.21	30.08	35.05	40.32	45.88	51.53		58.11	4 / 3				
reaction time	0.199	interval	4.49	4.57	4.62	4.76		4.87	4.97	5.27	5.56	5.65	6.58			13.68	14.60	16.48	
		velocity	6.65	7.80	7.66	7.58	7.35	7.19	7.04	6.64	6.29	6.19	6.08	6.88		7.68	7.19	6.37	
H1 lead leg	L	strides	24	17	17	17		17	17	18	19	19	23.2	205.2					
Ibrahim, Ayesya (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																	
date	23-Aug-20	time	6.66	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					
Yamamoto, Ami (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)		<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																	
date	30-Apr-22	time	6.79	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		17	17	17	17	17	21	194					
Utsunomiya, Eri (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																	
date	20-Sep-20	time	6.76	11.14	15.67	20.35	25.31	30.41	35.67	41.04	46.40	51.85		58.12	6 / 1				
reaction time	0.260	interval	4.38	4.53	4.68	4.96		5.10	5.26	5.37	5.36	5.45	6.27			13.59	15.32	16.18	
		velocity	6.66	7.99	7.73	7.48	7.06	6.86	6.65	6.52	6.53	6.42	6.38	6.88		7.73	6.85	6.49	
H1 lead leg		strides	15	15	15	16		16	17	17	17	17		145					
Kawamura, Yuka (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
A FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)		<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																	
date	03-May-23	time	6.88	11.35	15.96	20.70	25.55	30.57	35.68	40.90	46.26	51.74		58.12	6 / 1				
reaction time	0.288	interval	4.47	4.61	4.74	4.85		5.02	5.11	5.22	5.36	5.48	6.38			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		17	17	17	17	17	21.2	193.2					
Garozzo, Aliya Rae (USA) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 4 - 2024 USA Olympic Trials (Eugene, OR)		<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																	
date	27-Jun-24	time	6.67	11.03	15.62	20.53	25.54	27.80	30.69	35.97	41.38	46.87	52.21		58.12	7 / 5			
reaction time		interval	4.36	4.59	4.91	5.01		5.15	5.28	5.41	5.49	5.34	5.91			13.86	15.44	16.24	
		velocity	6.75	8.03	7.63	7.13	6.99	7.19	6.80	6.63	6.47	6.38	6.55	6.77	6.88		7.58	6.80	6.47
H1 lead leg	R	strides	24	15	16	16	16		16	16	16	16	16	167					
Matsuoka, Moe (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Japanese National Championships (Osaka, JPN)		<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																	
date	04-Jun-23	time	6.92	11.58	16.27	21.02	25.89	30.85	35.83	40.99	46.33	51.80		58.13	8 / 6				
reaction time	0.194	interval	4.66	4.69	4.75	4.87		4.96	4.98	5.16	5.34	5.47	6.33			14.10	14.81	15.97	
		velocity	6.50	7.51	7.46	7.37	7.19	7.06	7.03	6.78	6.55	6.40	6.32	6.88		7.45	7.09	6.57	
H1 lead leg	R	strides	24	16	16	17	17		17	17	17	17		175					
Tirlea, Ionela (ROU) (1976)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1997 European Cup (Munich, GER)		<i>Jung (2003) - http://www.fgs.uni-halle.de</i>																	
date	21-Jun-97	time	6.69	11.01	15.65	20.49	25.45	30.51	35.65	40.90	46.39	52.04		58.14	/ 8				
reaction time		interval	4.32	4.64	4.84	4.96		5.06	5.14	5.25	5.49	5.65	6.10			13.80	15.16	16.39	
		velocity	6.73	8.10	7.54	7.23	7.06	6.92	6.81	6.67	6.38	6.19	6.56	6.88		7.61	6.93	6.41	
H1 lead leg		strides																	
Tsugawa, Rui (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)		<i>Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection</i>																	
date	06-Aug-19	time	6.85	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			13.97	14.78	16.13	
		velocity	6.57	7.73	7.53	7.31	7.23	7.01	7.07	7.00	6.45	6.14	6.24	6.88		7.52	7.10	6.51	
H1 lead leg		strides	17	17	17	17		17	17	17	19	19		157					

Koyama, Kana (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)		Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																
date	23-Aug-20	time	6.74	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		143				
Leng Xueyan (CHN) (1972)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1991 ??? (???)		Cui (2008) - research on the rhythm characteristics of outstanding female 400m hurdlers in China																
date	???	time	6.55	11.13	15.67	20.46	25.33	30.37	35.82	41.09	46.35	51.71		58.15	???			
reaction time		interval	4.27	4.44	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				
Ibrahim, Ayesya (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese National Championships (Osaka, JPN)		Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																
date	27-Jun-21	time	6.71	10.98	15.42	19.97	24.71	29.65	34.72	40.02	45.58	51.43		58.16	9 / 3			
reaction time	0.270	interval	4.27	4.44	4.55	4.74		4.94	5.07	5.30	5.56	5.85	6.73			13.26	14.75	16.71
		velocity	6.71	8.20	7.88	7.69	7.38	7.09	6.90	6.60	6.29	5.98	5.94	6.88		7.92	7.12	6.28
H1 lead leg	R	strides	22	14	15	15	15	15	15	15	16	17	21	180				
Shibata, Haruka (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)		Yamanaka (2019) - research on athlete performance and technique- 2019 data book																
date	30-Jun-19	time	6.72	11.19	15.83	20.57	25.43	30.45	35.60	40.86	46.28	51.82		58.18	3 / 4			
reaction time	0.174	interval	4.47	4.64	4.74	4.86		5.02	5.15	5.26	5.42	5.54	6.36			13.85	15.03	16.22
		velocity	6.70	7.83	7.54	7.38	7.20	6.97	6.80	6.65	6.46	6.32	6.29	6.88		7.58	6.99	6.47
H1 lead leg	L	strides	24	16	16	16	16	16	17	17	17	17	21.2	193.2				
Zou Yifan (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)		CAA Hurdle Development (2021)																
date	13-Jun-21	time	6.76	11.34	16.00	20.72	25.56	30.48	35.57	40.86	46.43	52.08		58.18	5 / 1			
reaction time	0.208	interval	4.58	4.66	4.72	4.84		4.92	5.09	5.29	5.57	5.65	6.10			13.96	14.85	16.51
		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	17	18	18	20.7	199.7				
Ito, Akiko (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National Championships (Osaka, JPN)		Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																
date	12-Jun-22	time	6.62	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	17	170				
Zupin, Agata (SLO) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)		Omega Timing (2023) - diamond league race analysis																
date	02-Jul-23	time	6.31	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																
Boden, Lauren (AUS) (1988)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2005 IAAF Youth World Championships (Marrakech, MAR)		Beckerham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler																
date	14-Jul-05	time	6.68	11.19	15.70	20.39	25.23	30.21	35.42	40.86	46.27	51.81		58.19	3 / 1			
reaction time	0.170	interval	4.51	4.51	4.69	4.84		4.98	5.21	5.44	5.41	5.54	6.38	PB		13.71	15.03	16.39
		velocity	6.74	7.76	7.76	7.46	7.23	7.03	6.72	6.43	6.47	6.32	6.27	6.87		7.66	6.99	6.41
H1 lead leg		strides																
Tsugawa, Rui (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese National Championships (Niigata, JPN)		Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																
date	03-Oct-20	time	6.94	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				
Hatakeyama, Konomi (JPN) (2006)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)		Takashima (2024) - national high school sports festival - biomechanics data																
date	30-Jul-24	time	6.57	11.21	15.92	20.64	25.48	30.63	35.92	41.32	46.71	52.19		58.23	7 / 1			
reaction time	0.183	interval	4.64	4.71	4.72	4.84		5.15	5.29	5.40	5.39	5.48	6.04	PB		14.07	15.28	16.27
		velocity	6.85	7.54	7.43	7.42	7.23	6.80	6.62	6.48	6.49	6.39	6.62	6.87		7.46	6.87	6.45
H1 lead leg		strides	22	15	15	16	16	17	17	17	17	17	21	190				
Shibata, Haruka (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2019 Kinami Memorial (Osaka, JPN)		Matsubayashi (2019) - research on athlete performance and technique- 2019 data book																
date	06-May-19	time	6.67	11.09	15.56	20.27	25.21	30.18	35.32	40.54	46.10	51.85		58.24	8 / 2			
reaction time		interval	4.42	4.47	4.71	4.94		4.97	5.14	5.22	5.56	5.75	6.39			13.60	15.05	16.53
		velocity	6.75	7.92	7.83	7.43	7.09	7.04	6.81	6.70	6.29	6.09	6.26	6.87		7.72	6.98	6.35
H1 lead leg	L	strides	24	16	16	17	17	17	17	17	18	18	21.2	198.2				

Arashima, Yuri (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2012 Japanese National High School Championships (Niigata, JPN)													<i>Yanagiya (2014) - research on athlete performance and technique- 2014 data book</i>						
date	31-Jul-12	time	6.61	10.96	15.53	20.25	25.04	30.13	35.27	40.64	46.13	51.79		58.27	1 / 1				
reaction time		interval		4.35	4.57	4.72	4.79	5.09	5.14	5.37	5.49	5.66	6.48	PB		13.64	15.02	16.52	
		velocity	6.81	8.05	7.66	7.42	7.31	6.88	6.81	6.52	6.38	6.18	6.17	6.86		7.70	6.99	6.36	
H1 lead leg		strides		17	17	17	17	18	18	19	19	19		161					
Mo Jiadie (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 2019 Asian Athletics Championships (Doha, QAT)													<i>CAA Hurdle Development (2019)</i>						
date	21-Apr-19	time	6.64	11.02	15.58	20.23	25.12	30.23	35.42	40.70	46.31	51.92		58.28	6 / 3				
reaction time	0.224	interval		4.38	4.56	4.65	4.89	5.11	5.19	5.28	5.61	5.61	6.36			13.59	15.19	16.50	
		velocity	6.78	7.99	7.68	7.53	7.16	6.85	6.74	6.63	6.24	6.24	6.29	6.86		7.73	6.91	6.36	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.2	196.2					
Hoffman, Lauren (PHI) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Repechage 3 - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>						
date	05-Aug-24	time	6.41	10.65	14.99	19.43	24.06	28.91	33.96	39.25	44.90	50.89		58.28	5 / 7				
reaction time	0.180	interval		4.24	4.34	4.44	4.63	4.85	5.05	5.29	5.65	5.99	7.39			13.02	14.53	16.93	
		velocity	7.02	8.25	8.06	7.88	7.56	7.22	6.93	6.62	6.19	5.84	5.41	6.86		8.06	7.23	6.20	
H1 lead leg	L	strides	23	15	15	15	16	16	17	17	18	18		152					
Huang Yan (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Asian Athletics Championships (Doha, QAT)													<i>CAA Hurdle Development (2019)</i>						
date	22-Apr-19	time	6.80	11.33	16.01	20.73	25.61	30.72	36.00	41.27	46.64	52.06		58.29	8 / 7				
reaction time	0.194	interval		4.53	4.68	4.72	4.88	5.11	5.28	5.27	5.37	5.42	6.23			13.93	15.27	16.06	
		velocity	6.62	7.73	7.48	7.42	7.17	6.85	6.63	6.64	6.52	6.46	6.42	6.86		7.54	6.88	6.54	
H1 lead leg	L	strides	24	17	17	17	17	18	18	18	18	18	22	204					
Aoki, Honoka (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
B FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)													<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>						
date	03-May-23	time	6.68	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					
Takino, Miku (JPN) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
A FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)													<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>						
date	03-May-23	time	6.77	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					
Kawachi, Sena (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)													<i>Shibayama (2021) - national high school and U20 national championships</i>						
date	30-Jul-21	time	6.77	11.31	16.10	21.01	26.06	31.10	36.19	41.57	46.97	52.43		58.32	3 / 2				
reaction time	0.192	interval		4.54	4.79	4.91	5.05	5.04	5.09	5.38	5.40	5.46	5.89			14.24	15.18	16.24	
		velocity	6.65	7.71	7.31	7.13	6.93	6.94	6.88	6.51	6.48	6.41	6.79	6.86		7.37	6.92	6.47	
H1 lead leg		strides		16	16	16	17	17	17	17	18	18		152					
Dauwens, Axelle (BEL) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)													<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>						
date	09-Sep-16	time	6.48	10.72	15.08	19.52	24.08	28.92	34.04	39.40	44.92	50.88		58.34	8 / 9				
reaction time	0.172	interval		4.24	4.36	4.44	4.56	4.84	5.12	5.36	5.52	5.96	7.46			13.04	14.52	16.84	
		velocity	6.94	8.25	8.03	7.88	7.68	7.23	6.84	6.53	6.34	5.87	5.36	6.86		8.05	7.23	6.24	
H1 lead leg	L	strides	22	15	15	15	15	16	17	17	17	18		167					
Mo Jiadie (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)													<i>CAA Hurdle Development (2019)</i>						
date	08-Apr-19	time	6.84	11.31	15.88	20.62	25.44	30.44	35.58	40.87	46.48	52.12		58.34	7 / 1				
reaction time	0.283	interval		4.47	4.57	4.74	4.82	5.00	5.14	5.29	5.61	5.64	6.22			13.78	14.96	16.54	
		velocity	6.58	7.83	7.66	7.38	7.26	7.00	6.81	6.62	6.24	6.21	6.43	6.86		7.62	7.02	6.35	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.5	196.5					
Mo Jiadie (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)													<i>CAA Hurdle Development (2021)</i>						
date	13-Jun-21	time	6.69	11.14	15.82	20.42	25.21	30.13	35.25	40.42	45.88	51.62		58.34	4 / 2				
reaction time	0.254	interval		4.45	4.68	4.60	4.79	4.92	5.12	5.17	5.46	5.74	6.72			13.73	14.83	16.37	
		velocity	6.73	7.87	7.48	7.61	7.31	7.11	6.84	6.77	6.41	6.10	5.95	6.86		7.65	7.08	6.41	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21	196					
Huang Yan (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Chinese National Championships (Chongqing, CHN)													<i>CAA Hurdle Development (2021)</i>						
date	26-Jun-21	time	6.68	11.10	15.76	20.44	25.27	30.18	35.26	40.44	46.10	51.92		58.34	8 / 3				
reaction time	0.320	interval		4.42	4.66	4.68	4.83	4.91	5.08	5.18	5.66	5.82	6.42			13.76	14.82	16.66	
		velocity	6.74	7.92	7.51	7.48	7.25	7.13	6.89	6.76	6.18	6.01	6.23	6.86		7.63	7.09	6.30	
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	19	19	22	203					

Belle, Tia Adana (BAR) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)																		
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																		
date	10-Jun-21	time	6.72	11.20	20.68		27.6		35.56	40.92	46.48	52.08		58.36	1 / 8			
reaction time	0.172	interval		4.48	9.48				14.88	5.36	5.56	5.60	6.28			13.96	14.88	16.52
		velocity	6.70	7.81	7.38		7.25		7.06	6.53	6.29	6.25	6.37	6.85		7.52	7.06	6.36
H1 lead leg	R	strides	24	16						17	17	17		91				
Umehara, Satsuki (JPN) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)																		
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																		
date	06-May-23	time	6.71	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				
Yokota, Karen (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)																		
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	06-Jun-21	time	6.81	11.39	16.05	20.85	25.83		30.80	35.87	41.11	46.53	52.05	58.37	8 / 3			
reaction time		interval		4.58	4.66	4.80	4.98		4.97	5.07	5.24	5.42	5.52	6.32		14.04	15.02	16.18
		velocity	6.61	7.64	7.51	7.29	7.03		7.04	6.90	6.68	6.46	6.34	6.33	6.85	7.48	6.99	6.49
H1 lead leg	R	strides	24	16	16	16	17		17	17	17	17		174				
Yokota, Karen (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)																		
<i>Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																		
date	03-May-22	time	6.74	11.26	15.92	20.72	25.59		30.61	35.70	40.91	46.28	51.90	58.37	8 / 5			
reaction time	0.183	interval		4.52	4.66	4.80	4.87		5.02	5.09	5.21	5.37	5.62	6.47		13.98	14.98	16.20
		velocity	6.68	7.74	7.51	7.29	7.19		6.97	6.88	6.72	6.52	6.23	6.18	6.85	7.51	7.01	6.48
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17		172				
Watkins, Tawana (USA) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)																		
<i>USATF Women's Sprint Development (2003)</i>																		
date	22-Jun-03	time	6.59	11.08	15.80	20.42	25.31		30.44	35.62	40.97	46.23	51.90	58.38	6 / 1			
reaction time		interval		4.49	4.72	4.62	4.89		5.13	5.18	5.35	5.26	5.67	6.48		13.83	15.20	16.28
		velocity	6.83	7.80	7.42	7.58	7.16		6.82	6.76	6.54	6.65	6.17	6.17	6.85	7.59	6.91	6.45
H1 lead leg		strides																
Kawamura, Yuka (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese National Championships (Niigata, JPN)																		
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	03-Oct-20	time	6.96	11.51	16.18	20.99	25.84		30.85	36.00	41.29	46.68	52.17	58.38	2 / 8			
reaction time	0.212	interval		4.55	4.67	4.81	4.85		5.01	5.15	5.29	5.39	5.49	6.21	PB	14.03	15.01	16.17
		velocity	6.47	7.69	7.49	7.28	7.22		6.99	6.80	6.62	6.49	6.38	6.44	6.85	7.48	7.00	6.49
H1 lead leg	R	strides	23	16	16	16	16		17	17	17	17		193				
Aoki, Honoka (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National Championships (Osaka, JPN)																		
<i>Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																		
date	12-Jun-22	time	6.64	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				
Knebes, Riley (USA) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2022 USATF National Championships (Eugene, OR)																		
<i>USATF (2022) - Results powered by Karmarush</i>																		
date	24-Jun-22	time	6.59	10.92	15.44	20.03	24.84	27.02	29.86	35.02	40.42	45.94	51.59	58.38	58.38	9 / 5		
reaction time		interval		4.33	4.52	4.59	4.81		5.02	5.16	5.40	5.52	5.65	6.79		13.44	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					
Minamisawa, Akane (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)																		
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																		
date	06-May-23	time	6.84	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				
Hill, MacKenzie (USA) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)																		
<i>USATF Women's Sprint Development (2003)</i>																		
date	22-Jun-03	time	6.61	10.91	15.43	20.05	25.13		30.74	36.15	41.58	46.86	52.37	58.39	7 / 2			
reaction time		interval		4.30	4.52	4.62	5.08		5.61	5.41	5.43	5.28	5.51	6.02	PB	13.44	16.10	16.22
		velocity	6.81	8.14	7.74	7.58	6.89		6.24	6.47	6.45	6.63	6.35	6.64	6.85	7.81	6.52	6.47
H1 lead leg		strides																
Huang Yan (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	03-Aug-19	time	6.96	11.51	16.23	21.00	25.89		30.95	36.14	41.42	46.85	52.29	58.39	1 / 1			
reaction time	0.263	interval		4.55	4.72	4.77	4.89		5.06	5.19	5.28	5.43	5.44	6.10		14.04	15.14	16.15
		velocity	6.47	7.69	7.42	7.34	7.16		6.92	6.74	6.63	6.45	6.43	6.56	6.85	7.48	6.94	6.50
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	18	18	22	203			

Sekimoto, Moeka (JPN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2019 Kinami Memorial (Osaka, JPN)										<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>								
date	06-May-19	time	6.72	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		16	16	17	17	17	22	187				
Buryak, Mariya (UKR) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 European Athletics Championships (Roma, ITA)										<i>European Athletics (2024) - 2024 european athletics championships - results book</i>								
date	09-Jun-24	time	6.58	10.94	15.36	19.97	24.85	29.93	35.03	40.44	46.00	51.67		58.40	9 / 7			
reaction time	0.228	interval	4.36	4.42	4.61	4.88		5.08	5.10	5.41	5.56	5.67	6.73			13.39	15.06	16.64
		velocity	6.84	8.03	7.92	7.59	7.17	6.89	6.86	6.47	6.29	6.17	5.94	6.85		7.84	6.97	6.31
H1 lead leg		strides																
Umehara, Satsuki (JPN) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)										<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>								
date	30-Apr-22	time	6.72	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				
Dowd, Erin (USA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)										<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>								
date	27-Jun-24	time	6.72	10.92	15.29	19.76	24.27	26.37	29.00	34.07	39.60	45.32	51.44		58.41	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	5.74	6.85		8.05	7.34	6.04
H1 lead leg		strides																
Deniau, Lydie (FRA) (1971)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1992 French National Championships (Narbonne, FRA)										<i>Veney - split times from PJ</i>								
date	28-Jun-92	time	6.96	11.60	16.28	20.96	25.76	30.76	35.76	40.96	46.16	51.76		58.42	/ 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)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1992 French National Championships (Narbonne, FRA)										<i>Veney - split times from PJ</i>								
date	28-Jun-92	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				
Tao Xue (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)										<i>CAA Hurdle Development (2021)</i>								
date	13-Jun-21	time	6.71	11.13	15.55	20.05	24.69	29.63	34.83	40.26	45.88	51.65		58.42	3 / 3			
reaction time	0.278	interval	4.42	4.42	4.50	4.64		4.94	5.20	5.43	5.62	5.77	6.77	PB		13.34	14.78	16.82
		velocity	6.71	7.92	7.92	7.78	7.54	7.09	6.73	6.45	6.23	6.07	5.91	6.85		7.87	7.10	6.24
H1 lead leg	L	strides	23	15	15	15		16	16	17	17	17	20.5	186.5				
Ono, Mizuna (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)										<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>								
date	09-May-21	time	6.66	11.04	15.67	20.42	25.26	30.31	35.47	40.88	46.34	51.90		58.43	5 / 4			
reaction time	0.149	interval	4.38	4.63	4.75	4.84		5.05	5.16	5.41	5.46	5.56	6.53			13.76	15.05	16.43
		velocity	6.76	7.99	7.56	7.37	7.23	6.93	6.78	6.47	6.41	6.29	6.13	6.85		7.63	6.98	6.39
H1 lead leg	L	strides	23	15	16	16	16	16	16	17	17	17	21	190				
Ito, Akiko (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)										<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>								
date	30-Apr-22	time	6.64	11.14	15.78	20.59	25.46	30.45	35.52	40.77	46.18	51.79		58.43	9 / 5			
reaction time	0.131	interval	4.50	4.64	4.81	4.87		4.99	5.07	5.25	5.41	5.61	6.64			13.95	14.93	16.27
		velocity	6.78	7.78	7.54	7.28	7.19	7.01	6.90	6.67	6.47	6.24	6.02	6.85		7.53	7.03	6.45
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17		170				
Utsunomiya, Eri (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)										<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>								
date	06-May-23	time	6.62	10.96	15.47	20.09	24.92	30.05	35.35	40.69	46.06	51.69		58.43	5 / 3			
reaction time	0.176	interval	4.34	4.51	4.62	4.83		5.13	5.30	5.34	5.37	5.63	6.74			13.47	15.26	16.34
		velocity	6.80	8.06	7.76	7.58	7.25	6.82	6.60	6.55	6.52	6.22	5.93	6.85		7.80	6.88	6.43
H1 lead leg		strides	15	15	15	15		16	16	17	17	17		143				
Huang Yan (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)										<i>CAA Hurdle Development (2019)</i>								
date	23-Aug-19	time	6.80	11.28	15.94	20.62	25.44	30.40	35.56	40.86	46.28	51.97		58.44	7 / 1			
reaction time	0.238	interval	4.48	4.66	4.68	4.82		4.96	5.16	5.30	5.42	5.69	6.47			13.82	14.94	16.41
		velocity	6.62	7.81	7.51	7.48	7.26	7.06	6.78	6.60	6.46	6.15	6.18	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				

Aoki, Honoka (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)													<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>						
date	19-May-19	time	6.74	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	200					
Huang Yan (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 2 - 2019 Asian Athletics Championships (Doha, QAT)													<i>CAA Hurdle Development (2019)</i>						
date	21-Apr-19	time	6.57	11.06	15.70	20.40	25.22	30.13	35.38	40.71	46.18	51.87		58.46	6 / 3				
reaction time	0.180	interval	4.31	4.50	4.64	4.70	4.82		4.91	5.25	5.33	5.47	5.69	6.59		13.83	14.98	16.49	
		velocity	6.85	7.80	7.54	7.45	7.26		7.13	6.67	6.57	6.40	6.15	6.07	6.84	7.59	7.01	6.37	
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	19	22.5	204.5					
Bellamy, Shani'a (USA) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)													<i>USATF (2022) - Results powered by Karmarush</i>						
date	24-Jun-22	time	6.42	10.73	15.23	19.82	24.72	26.82	29.59	34.70	40.09	45.50	51.69	58.47	2 / 8				
reaction time		interval	4.31	4.50	4.59	4.90		4.87	5.11	5.39	5.41	6.19	6.78			13.40	14.88	16.99	
		velocity	7.01	8.12	7.78	7.63	7.14	7.46	7.19	6.85	6.49	6.47	5.65	5.90	6.84	7.84	7.06	6.18	
H1 lead leg	L	strides	23	15	15	15	15		16	16			115						
Zhou Yu (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)													<i>CAA Hurdle Development (2019)</i>						
date	29-May-19	time	6.95	11.52	16.14	20.77	25.57	30.54	35.83	41.17	46.74	52.33		58.48	6 / 1				
reaction time		interval	4.57	4.62	4.63	4.80		4.97	5.29	5.34	5.57	5.59	6.15	PB		13.82	15.06	16.50	
		velocity	6.47	7.66	7.58	7.56	7.29		7.04	6.62	6.55	6.28	6.26	6.50	6.84	7.60	6.97	6.36	
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	18	18	21.2	195.2				
Lan Tianlu (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)													<i>CAA Hurdle Development (2019)</i>						
date	03-Aug-19	time	6.88	11.56	16.26	21.08	26.04	31.22	36.42	41.70	46.98	52.36		58.48	7 / 2				
reaction time	0.256	interval	4.68	4.70	4.82	4.96		5.18	5.20	5.28	5.28	5.38	6.12	PB		14.20	15.34	15.94	
		velocity	6.54	7.48	7.45	7.26	7.06		6.76	6.73	6.63	6.63	6.51	6.54	6.84	7.39	6.84	6.59	
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	21	193					
Yamamoto, Ami (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>						
date	01-Jun-21	time	6.84	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				
Krafzik, Carolina (GER) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 2 - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>						
date	04-Aug-24	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	4.61	4.65	4.89	5.00		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					
Lu Zhangwei (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)													<i>CAA Hurdle Development (2019)</i>						
date	17-Aug-19	time	6.84	11.32	15.96	20.74	25.62	30.64	35.88	41.18	46.70	52.28		58.53	5 / 2				
reaction time	0.206	interval	4.48	4.64	4.78	4.88		5.02	5.24	5.30	5.52	5.58	6.25	PB		13.90	15.14	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	200.5					
Takino, Miku (JPN) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)													<i>Kishima (2022) - national high school championships biomechanics data collection</i>						
date	05-Aug-22	time	6.87	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	20.7	192.7					
Ito, Akiko (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>						
date	23-Aug-20	time	6.57	10.88	15.42	20.12	25.03	30.01	35.00	40.34	45.95	51.74		58.56	5 / 4				
reaction time	0.136	interval	4.31	4.54	4.70	4.91		4.98	4.99	5.34	5.61	5.79	6.82			13.55	14.88	16.74	
		velocity	6.85	8.12	7.71	7.45	7.13		7.03	7.01	6.55	6.24	6.04	5.87	6.83	7.75	7.06	6.27	
H1 lead leg		strides	15	15	16	16		16	16	17	17	17		145					
Palmqvist, Hanna (SWE) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)													<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>						
date	23-Aug-20	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		18	18	22.2	141.2					

Aoki, Honoka (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)												Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season						
date	03-May-22	time	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				
Little, Shamier (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Athletissima (Lausanne, SUI)												Omega Timing (2024) - diamond league race analysis						
date	22-Aug-24	time	6.22	10.36	14.60	19.00	23.57	28.34	33.28	38.86	44.81	51.08		58.57	6 / 8			
reaction time	0.203	interval	4.66	4.70	4.82	4.98		4.77	4.94	5.58	5.95	6.27	7.49			12.78	14.28	17.80
		velocity	7.23	8.45	8.25	7.95	7.66	7.34	7.09	6.27	5.88	5.58	5.34	6.83		8.22	7.35	5.90
H1 lead leg	R	strides	23	15	15	15	15	17	17	17	18	18		136				
Boden, Lauren (AUS) (1988)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 Australian National Championships (Sydney, AUS)												Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler						
date	06-Mar-05	time	7.32	11.98	16.68	21.50	26.48	31.58	36.82	42.04	47.34	52.68		58.59	1 / 1			
reaction time		interval	4.66	4.70	4.82	4.98		5.10	5.24	5.22	5.30	5.34	5.91			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																
Oshiden, Moe (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)												Yamanaka (2019) - research on athlete performance and technique- 2019 data book						
date	30-Jun-19	time	6.77	11.24	15.90	20.67	25.53	30.53	35.64	40.91	46.40	52.07		58.60	2 / 5			
reaction time	0.151	interval	4.47	4.66	4.77	4.86		5.00	5.11	5.27	5.49	5.67	6.53			13.90	14.97	16.43
		velocity	6.65	7.83	7.51	7.34	7.20	7.00	6.85	6.64	6.38	6.17	6.13	6.83		7.55	7.01	6.39
H1 lead leg	R	strides	23	16	16	16	16	17	17	17	17	17	21.7	193.7				
Tawa, Rina (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)												Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection						
date	06-Aug-19	time	6.88	11.48	16.07	20.79	25.88	30.93	36.20	41.54	46.92	52.43		58.60	4 / 2			
reaction time		interval	4.60	4.59	4.72	5.09		5.05	5.27	5.34	5.38	5.51	6.17			13.91	15.41	16.23
		velocity	6.54	7.61	7.63	7.42	6.88	6.93	6.64	6.55	6.51	6.35	6.48	6.83		7.55	6.81	6.47
H1 lead leg		strides		16	16	16	17	17	18	18	18	18		154				
Tsuji, Mio (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National Championships (Osaka, JPN)												Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season						
date	12-Jun-22	time	6.77	11.28	15.93	20.65	25.53	30.56	35.77	41.11	46.60	52.20		58.60	2 / 7			
reaction time	0.244	interval	4.51	4.65	4.72	4.88		5.03	5.21	5.34	5.49	5.60	6.40			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				
Cazier, Marie-Christine (FRA) (1963)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1990 Eight Nations (Milano, ITA)												Veney - split times from PJ						
date	05-Jun-90	time	6.0	10.1	14.3	18.7	23.2	28.2	33.6	39.6	45.0	51.1		58.63	1 / 7			
reaction time		interval	4.1	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																
Yamamoto, Ami (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)												Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season						
date	03-May-23	time	6.93	11.50	16.25	21.06	26.01	31.08	36.25	41.50	46.92	52.43		58.63	5 / 2			
reaction time	0.262	interval	4.57	4.75	4.81	4.95		5.07	5.17	5.25	5.42	5.51	6.20			14.13	15.19	16.18
		velocity	6.49	7.66	7.37	7.28	7.07	6.90	6.77	6.67	6.46	6.35	6.45	6.82		7.43	6.91	6.49
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	21	194				
Sykora, Maria (AUT) (1946)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1973 British International Games (Edinburgh, GBR)												Ewen (1976) - 400m haies feminin						
date	16-Jun-73	time	6.6	11.0	15.4	20.4	25.5	30.8	36.3	41.5	46.7	52.5	(58.53)	58.5	1 / 1			
reaction time		interval	4.4	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																
Wu Xueting (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)												Henson (2018) - coaching observations						
date	16-Sep-18	time	6.86	11.27	15.75	20.37	25.23	30.28	35.47	40.82	46.31	52.00		58.65	4 / 3			
reaction time		interval	4.41	4.48	4.62	4.86		5.05	5.19	5.35	5.49	5.69	6.65			13.51	15.10	16.53
		velocity	6.56	7.94	7.81	7.58	7.20	6.93	6.74	6.54	6.38	6.15	6.02	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				
Koyama, Kana (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)												Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season						
date	24-Oct-20	time	6.81	11.16	15.63	20.25	25.09	30.30	35.59	40.89	46.48	52.17		58.65	4 / 2			
reaction time		interval	4.35	4.47	4.62	4.84		5.21	5.29	5.30	5.59	5.69	6.48			13.44	15.34	16.58
		velocity	6.61	8.05	7.83	7.58	7.23	6.72	6.62	6.60	6.26	6.15	6.17	6.82		7.81	6.84	6.33
H1 lead leg		strides		15	15	15	16	16	17	17	17	17		145				

Ito, Akiko (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>						
date	03-May-21	time	6.62	10.99	15.62	20.39	25.23	30.26	35.32	40.64	46.20	51.92		58.65	7 / 3				
reaction time	0.166	interval	4.37	4.63	4.77	4.84		5.03	5.06	5.32	5.56	5.72	6.73			13.77	14.93	16.60	
		velocity	6.80	8.01	7.56	7.34	7.23		6.96	6.92	6.58	6.29	6.12	5.94	6.82		7.63	7.03	6.33
H1 lead leg	L	strides	23	15	15	16	16		16	16	17	17	17	168					
Weinstein, Erika (FRG) (1950)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)													<i>Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973</i>						
date	28-Jul-73	time	6.7	11.4	16.1	21.1	26.0	31.0	36.2	41.3	46.6	52.4		58.66	1 / 1				
reaction time		interval	4.47	4.61	4.69	4.98	4.84		5.09	5.12	5.12	5.35	6.22	NR		14.40	15.05	16.28	
		velocity	6.71	7.40	7.46	7.03	7.23		6.88	6.84	6.84	6.54	6.02	6.43	6.82		7.29	6.98	6.45
H1 lead leg		strides	23	17	17	17	17		17	17	17	9	19	170					
Huang Yan (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN)													<i>Henson (2018) - coaching observations</i>						
date	15-Sep-18	time	6.74	11.21	15.82	20.45	25.18	30.05	35.23	40.57	46.05	51.80		58.67	7 / 1				
reaction time		interval	4.47	4.61	4.63	4.73		4.87	5.18	5.34	5.48	5.75	6.87			13.71	14.78	16.57	
		velocity	6.68	7.83	7.59	7.56	7.40		7.19	6.76	6.55	6.39	6.09	5.82	6.82		7.66	7.10	6.34
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	19	23	205					
Watson, Vanessa (USA) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR)													<i>USATF (2022) - Results powered by Karmarush</i>						
date	24-Jun-22	time	6.57	10.90	15.40	20.20	25.20	27.46	30.27	35.40	40.84	46.22	51.75	58.67	58.67	9 / 7			
reaction time		interval	4.33	4.50	4.80	5.00		5.07	5.13	5.44	5.38	5.53	6.92			13.63	15.20	16.35	
		velocity	6.85	8.08	7.78	7.29	7.00	7.28	6.90	6.82	6.43	6.51	6.33	5.78	6.82		7.70	6.91	6.42
H1 lead leg	R	strides	24	16	16	16	17		17	17	17			140					
Lebreton, Catherine (FRA) (1960)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1987 French National Championships (Annecy, FRA)													<i>Veney - split times from PJ</i>						
date	09-Aug-87	time	7.10	12.00	16.70	21.55	26.60	31.70	36.85	42.00	47.30	52.60		58.68	1 / 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		strides																	
Utsunomiya, Eri (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)													<i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>						
date	03-May-19	time	6.52	10.81	15.28	19.85	24.69	29.71	34.87	40.26	45.81	51.72		58.68	1 / 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	
		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
H1 lead leg		strides	15	15	15	15	15		16	16	17	17	18	144					
Huang Yan (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)													<i>CAA Hurdle Development (2020)</i>						
date	17-Sep-20	time	6.62	11.00	15.42	20.12	24.92	29.87	35.08	40.46	46.08	51.92		58.68	6 / 3				
reaction time		interval	4.38	4.42	4.70	4.80		4.95	5.21	5.38	5.62	5.84	6.76			13.50	14.96	16.84	
		velocity	6.80	7.99	7.92	7.45	7.29		7.07	6.72	6.51	6.23	5.99	5.92	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				
Talbot, Melissa (USA) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)													<i>USATF Women's Sprint Development (2003)</i>						
date	22-Jun-03	time	6.67	11.09	15.67	20.27	25.14	30.30	35.87	41.27	46.76	52.42		58.69	5 / 3				
reaction time		interval	4.42	4.58	4.60	4.87		5.16	5.57	5.40	5.49	5.66	6.27	PB		13.60	15.60	16.55	
		velocity	6.75	7.92	7.64	7.61	7.19		6.78	6.28	6.48	6.38	6.18	6.38	6.82		7.72	6.73	6.34
H1 lead leg		strides																	
Zhou Yu (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)													<i>CAA Hurdle Development (2019)</i>						
date	09-Jul-19	time	6.82	11.32	15.98	20.72	25.57	30.53	35.68	41.00	46.56	52.17		58.71	8 / 1				
reaction time	0.239	interval	4.50	4.66	4.74	4.85		4.96	5.15	5.32	5.56	5.61	6.54			13.90	14.96	16.49	
		velocity	6.60	7.78	7.51	7.38	7.22		7.06	6.80	6.58	6.29	6.24	6.12	6.81		7.55	7.02	6.37
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	18	18	21.5	195.5				
Yokota, Karen (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
B FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>						
date	01-Jun-21	time	6.69	11.21	15.87	20.67	25.56	30.63	35.82	41.09	46.50	52.15		58.71	3 / 1				
reaction time	0.189	interval	4.52	4.66	4.80	4.89		5.07	5.19	5.27	5.41	5.65	6.56			13.98	15.15	16.33	
		velocity	6.73	7.74	7.51	7.29	7.16		6.90	6.74	6.64	6.47	6.19	6.10	6.81		7.51	6.93	6.43
H1 lead leg	L	strides	23	16	16	16	17		17	17	17	17	21.7	194.7					
Yokota, Karen (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
A FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)													<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>						
date	03-May-23	time	6.75	11.24	15.85	20.59	25.38	30.33	35.40	40.61	46.09	51.99		58.73	5 / 3				
reaction time	0.188	interval	4.49	4.61	4.74	4.79		4.95	5.07	5.21	5.48	5.90	6.74			13.84	14.81	16.59	
		velocity	6.67	7.80	7.59	7.38	7.31		7.07	6.90	6.72	6.39	5.93	5.93	6.81		7.59	7.09	6.33
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	22	194					

Zou Yifan (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)																		
CAA Hurdle Development (2021)																		
date	26-Jun-21	time	6.94	11.44	16.10	20.80	25.62	30.65	35.75	41.02	46.58	52.27		58.74	3 / 1			
reaction time	0.348	interval		4.50	4.66	4.70	4.82	5.03	5.10	5.27	5.56	5.69	6.47			13.86	14.95	16.52
		velocity	6.48	7.78	7.51	7.45	7.26	6.96	6.86	6.64	6.29	6.15	6.18	6.81		7.58	7.02	6.36
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	18	18	21	200				
Krafzik, Carolina (GER) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)																		
Henson (2022) - Athlete First: 2022 year end hurdle report																		
date	16-Jun-22	time	6.34	10.42	14.64	19.02	23.72	28.74	33.84	39.10	44.82	51.06		58.74	1 / 8			
reaction time	0.170	interval		4.08	4.22	4.38	4.70	5.02	5.10	5.26	5.72	6.24	7.68			12.68	14.82	17.22
		velocity	7.10	8.58	8.29	7.99	7.45	6.97	6.86	6.65	6.12	5.61	5.21	6.81		8.28	7.09	6.10
H1 lead leg	L	strides	23	15	15	15	17	17	17	18	18	20	157					
Mo Jiadie (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)																		
CAA Hurdle Development (2019)																		
date	09-Jul-19	time	6.70	11.18	15.71	20.42	25.21	30.23	35.42	40.81	46.51	52.27		58.75	4 / 1			
reaction time	0.295	interval		4.48	4.53	4.71	4.79	5.02	5.19	5.39	5.70	5.76	6.48			13.72	15.00	16.85
		velocity	6.72	7.81	7.73	7.43	7.31	6.97	6.74	6.49	6.14	6.08	6.17	6.81		7.65	7.00	6.23
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.2	196.2				
Tanaka, Miu (JPN) (2006)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)																		
Takashima (2024) - national high school sports festival - biomechanics data																		
date	30-Jul-24	time	6.71	11.18	15.93	20.65	25.51	30.61	36.04	41.41	46.78	52.35		58.75	5 / 2			
reaction time	0.185	interval		4.47	4.75	4.72	4.86	5.10	5.43	5.37	5.37	5.57	6.40	PB		13.94	15.39	16.31
		velocity	6.71	7.83	7.37	7.42	7.20	6.86	6.45	6.52	6.52	6.28	6.25	6.81		7.53	6.82	6.44
H1 lead leg		strides	23	16	16	16	16	16	16	17	17	17	22	192				
Arashima, Yuri (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2014 Japanese National High School Championships (Kofu, JPN)																		
Yanagiya (2014) - research on athlete performance and technique- 2014 data book																		
date	01-Aug-14	time	6.77	11.19	15.66	20.18	24.92	30.03	35.35	40.79	46.41	52.17		58.76	/ 1			
reaction time		interval		4.42	4.47	4.52	4.74	5.11	5.32	5.44	5.62	5.76	6.59	PB		13.41	15.17	16.82
		velocity	6.65	7.92	7.83	7.74	7.38	6.85	6.58	6.43	6.23	6.08	6.07	6.81		7.83	6.92	6.24
H1 lead leg		strides		15	15	15	15	17	17	17	17	17	17	145				
Takeishi, Konomi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)																		
Yamanaka (2019) - research on athlete performance and technique- 2019 data book																		
date	30-Jun-19	time	6.66	11.14	15.88	20.82	25.81	30.90	36.30	41.86	47.28	52.69		58.76	8 / 6			
reaction time	0.148	interval		4.48	4.74	4.94	4.99	5.09	5.40	5.56	5.42	5.41	6.07			14.16	15.48	16.39
		velocity	6.76	7.81	7.38	7.09	7.01	6.88	6.48	6.29	6.46	6.47	6.59	6.81		7.42	6.78	6.41
H1 lead leg	R	strides	23	15	15	16	16	16	17	18	17	17	17	170				
Ito, Akiko (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese National Championships (Osaka, JPN)																		
Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																		
date	27-Jun-21	time	6.59	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				
Aoki, Honoka (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)																		
Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																		
date	01-Jun-21	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				
Haye-Smith, Yanique (TKS) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)																		
Henson (2022) - Athlete First: 2022 year end hurdle report																		
date	06-Aug-22	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					
Miki, Shiori (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Japanese National High School Championships (Kumagaya, JPN)																		
Abe (2008) - 61st high school championships: JAF scientific committee - biomechanics data																		
date	31-Jul-08	time	7.01	11.73	16.62	21.47	26.46	31.68	36.95	42.24	47.55	52.79		58.79	/ 1			
reaction time		interval		4.72	4.89	4.85	4.99	5.22	5.27	5.29	5.31	5.24	6.00			14.46	15.48	15.84
		velocity	6.42	7.42	7.16	7.22	7.01	6.70	6.64	6.62	6.59	6.68	6.67	6.80		7.26	6.78	6.63
H1 lead leg		strides		16	16	16	16	17	17	17	17	17	17	149				
Lan Tianlu (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Championships (Shenyang, CHN)																		
CAA Hurdle Development (2019)																		
date	10-Jul-19	time	6.87	11.47	16.10	20.73	25.52	30.56	35.67	40.97	46.41	52.23		58.79	6 / 4			
reaction time	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				

Murakami, Natsumi (JPN) (1999)																
B FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)																
date	01-Jun-21	time	6.91	11.31	15.85	20.64	25.51		30.55	35.77	41.11	46.58	52.30		58.79	5 / 3
reaction time	0.231	interval	4.40	4.54	4.79	4.87		5.04	5.22	5.34	5.47	5.72	6.49			13.73 15.13 16.53
		velocity	6.51	7.95	7.71	7.31	7.19		6.94	6.70	6.55	6.40	6.12	6.16	6.80	7.65 6.94 6.35
H1 lead leg	R	strides	24	15	15	16	16		17	17	17	17	17	22.2	193.2	
Yokota, Karen (JPN) (1999)																
FINAL - 2021 Japanese National Championships (Osaka, JPN)																
date	27-Jun-21	time	6.66	11.16	15.72	20.47	25.33		30.33	35.47	40.79	46.30	52.09		58.79	6 / 5
reaction time	0.182	interval	4.50	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	
Ou Ying (CHN) (2001)																
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)																
date	17-Sep-20	time	6.87	11.46	16.04	20.71	25.46		30.54	35.79	41.17	46.71	52.38		58.80	5 / 4
reaction time		interval	4.59	4.58	4.67	4.75		5.08	5.25	5.38	5.54	5.67	6.42		PB	13.84 15.08 16.59
		velocity	6.55	7.63	7.64	7.49	7.37		6.89	6.67	6.51	6.32	6.17	6.23	6.80	7.59 6.96 6.33
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	18	19	21	201	
Utsunomiya, Eri (JPN) (1993)																
B FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)																
date	03-May-23	time	6.62	11.02	15.63	20.28	25.21		30.32	35.49	40.78	46.17	51.91		58.80	6 / 3
reaction time	0.211	interval	4.40	4.61	4.65	4.93		5.11	5.17	5.29	5.39	5.74	6.89			13.66 15.21 16.42
		velocity	6.80	7.95	7.59	7.53	7.10		6.85	6.77	6.62	6.49	6.10	5.81	6.80	7.69 6.90 6.39
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	22	188	
Wu Xueting (CHN) (1995)																
Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)																
date	15-Sep-18	time	6.86	11.26	15.83	20.51	25.41		30.53	35.87	41.32	46.85	52.47		58.81	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	
Aoki, Honoka (JPN) (2001)																
FINAL - 2021 Japanese National Championships (Osaka, JPN)																
date	27-Jun-21	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	
Shibata, Haruka (JPN) (1991)																
FINAL - 2008 Japanese National High School Championships (Kumagaya, JPN)																
date	31-Jul-08	time	7.09	11.83	16.68	21.60	26.63		31.72	36.97	42.24	47.53	52.89		58.83	/ 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	
Jiang Liyuzhe (CHN) (2002)																
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)																
date	20-May-21	time	6.71	11.16	15.70	20.42	25.17		30.11	35.23	40.37	46.11	52.05		58.83	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	16		17	17	17	18	18	22	197	
Higa, Kazuki (JPN) (1998)																
B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)																
date	06-Jun-21	time	6.86	11.35	15.97	20.67	25.56		30.65	35.85	41.16	46.55	52.14		58.83	6 / 1
reaction time		interval	4.49	4.62	4.70	4.89		5.09	5.20	5.31	5.39	5.59	6.69			13.81 15.18 16.29
		velocity	6.56	7.80	7.58	7.45	7.16		6.88	6.73	6.59	6.49	6.26	5.98	6.80	7.60 6.92 6.45
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	22	195	
Wu Fangfang (CHN) (1997)																
FINAL - 2019 Chinese National Championships (Shenyang, CHN)																
date	10-Jul-19	time	6.92	11.51	16.15	20.90	25.72		30.78	35.98	41.34	46.79	52.45		58.84	1 / 5
reaction time	0.225	interval	4.59	4.64	4.75	4.82		5.06	5.20	5.36	5.45	5.66	6.39		PB	13.98 15.08 16.47
		velocity	6.50	7.63	7.54	7.37	7.26		6.92	6.73	6.53	6.42	6.18	6.26	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	
Aoki, Honoka (JPN) (2001)																
B Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)																
date	30-Apr-22	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	

Ito, Akiko (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)															<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>			
date	01-Jun-21	time	6.64	10.94	15.33	19.85	24.51	29.51	34.63	39.99	45.68	51.72		58.86	8 / 4			
reaction time	0.180	interval	4.30	4.39	4.52	4.66		5.00	5.12	5.36	5.69	6.04	7.14			13.21	14.78	17.09
		velocity	6.78	8.14	7.97	7.74	7.51	7.00	6.84	6.53	6.15	5.79	5.60	6.80		7.95	7.10	6.14
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	18	18	22	190				
Murakami, Mizuki (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National Youth Championships (Nagoya, JPN)															<i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>			
date	18-Oct-15	time	6.88	11.38	16.05	20.99	25.96	31.13	36.39	41.68	47.12	52.63		58.87	/ 1			
reaction time		interval	4.50	4.67	4.94	4.97		5.17	5.26	5.29	5.44	5.51	6.24	PB		14.11	15.40	16.24
		velocity	6.54	7.78	7.49	7.09	7.04	6.77	6.65	6.62	6.43	6.35	6.41	6.79		7.44	6.82	6.47
H1 lead leg		strides	15	15	16	16	16	16	17	17	17	17	17	146				
Oshiden, Moe (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2019 Kinami Memorial (Osaka, JPN)															<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>			
date	06-May-19	time	6.87	11.44	16.20	20.95	25.96	31.08	36.32	41.57	46.96	52.45		58.88	2 / 4			
reaction time		interval	4.57	4.76	4.75	5.01		5.12	5.24	5.25	5.39	5.49	6.43			14.08	15.37	16.13
		velocity	6.55	7.66	7.35	7.37	6.99	6.84	6.68	6.67	6.49	6.38	6.22	6.79		7.46	6.83	6.51
H1 lead leg		strides	16	16	16	16	17	17	17	17	17	21	170					
Takano, Nanami (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
C FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)															<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>			
date	03-May-23	time	6.83	11.40	16.04	20.82	25.63	30.61	35.78	41.20	46.75	52.46		58.89	5 / 1			
reaction time	0.224	interval	4.57	4.64	4.78	4.81		4.98	5.17	5.42	5.55	5.71	6.43	PB		13.99	14.96	16.68
		velocity	6.59	7.66	7.54	7.32	7.28	7.03	6.77	6.46	6.31	6.13	6.22	6.79		7.51	7.02	6.29
H1 lead leg	R	strides	24	16	17	17	17	18	18	19	19	19	23	207				
Ibrahim, Ayesya (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)															<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>			
date	06-May-23	time	6.69	10.99	15.45	20.15	25.08	30.11	35.22	40.46	46.00	51.94		58.89	8 / 4			
reaction time	0.202	interval	4.30	4.46	4.70	4.93		5.03	5.11	5.24	5.54	5.94	6.95			13.46	15.07	16.72
		velocity	6.73	8.14	7.85	7.45	7.10	6.96	6.85	6.68	6.32	5.89	5.76	6.79		7.80	6.97	6.28
H1 lead leg		strides	15	15	15	15	15	15	15	15	16	17	138					
Carothers, Keina (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2019 Kinami Memorial (Osaka, JPN)															<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>			
date	06-May-19	time	6.81	11.34	16.00	20.77	25.59	30.63	35.77	41.14	46.61	52.32		58.90	3 / 3			
reaction time		interval	4.53	4.66	4.77	4.82		5.04	5.14	5.37	5.47	5.71	6.58	PB		13.96	15.00	16.55
		velocity	6.61	7.73	7.51	7.34	7.26	6.94	6.81	6.52	6.40	6.13	6.08	6.79		7.52	7.00	6.34
H1 lead leg	R	strides	16	16	16	16	17	17	17	17	17	17	21.7	170.7				
Lu Zhangwei (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)															<i>CAA Hurdle Development (2019)</i>			
date	03-Aug-19	time	6.88	11.38	15.98	20.72	25.62	30.72	35.94	41.30	46.92	52.54		58.90	6 / 3			
reaction time	0.275	interval	4.50	4.60	4.74	4.90		5.10	5.22	5.36	5.62	5.62	6.36	PB		13.84	15.22	16.60
		velocity	6.54	7.78	7.61	7.38	7.14	6.86	6.70	6.53	6.23	6.23	6.29	6.79		7.59	6.90	6.33
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	18	18	22.2	201.2				
Kodama, Saki (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National Junior Championships (Nagoya, JPN)															<i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>			
date	18-Oct-15	time	6.82	11.42	16.06	20.85	25.87	31.01	36.22	41.46	47.13	52.70		58.91	/ 1			
reaction time		interval	4.60	4.64	4.79	5.02		5.14	5.21	5.24	5.67	5.57	6.21	PB		14.03	15.37	16.48
		velocity	6.60	7.61	7.54	7.31	6.97	6.81	6.72	6.68	6.17	6.28	6.44	6.79		7.48	6.83	6.37
H1 lead leg		strides	16	16	16	17	17	17	17	17	18	18	152					
Utsunomiya, Eri (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)															<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>			
date	09-Sep-18	time	6.24	10.48	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				
Nakano, Nano (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)															<i>Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection</i>			
date	06-Aug-19	time	6.95	11.56	16.27	21.09	26.03	31.21	36.40	41.68	47.19	52.70		58.92	5 / 3			
reaction time		interval	4.61	4.71	4.82	4.94		5.18	5.19	5.28	5.51	5.51	6.22	PB		14.14	15.31	16.30
		velocity	6.47	7.59	7.43	7.26	7.09	6.76	6.74	6.63	6.35	6.35	6.43	6.79		7.43	6.86	6.44
H1 lead leg		strides	17	17	17	17	17	19	19	19	19	19	163					
Foster, Charlynna (USA) (1980)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USATF National Junior Championships (Delaware, OH)															<i>USATF Women's Sprint Development (1996)</i>			
date	29-Jun-08	time	6.74	11.22	15.91	20.73	25.53	30.58	35.84	41.08	46.71	52.56		58.93	5 / 1			
reaction time		interval	4.48	4.69	4.82	4.80		5.05	5.26	5.24	5.63	5.85	6.37	PB		13.99	15.11	16.72
		velocity	6.68	7.81	7.46	7.26	7.29	6.93	6.65	6.68	6.22	5.98	6.28	6.79		7.51	6.95	6.28
H1 lead leg		strides																

Tsuha, Aiki (JPN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)															<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>			
date	01-Jun-21	time	6.74	11.19	15.83	20.65	25.61	30.60	35.77	41.06	46.56	52.27		58.93	9 / 5			
reaction time	0.179	interval	4.45	4.64	4.82	4.96		4.99	5.17	5.29	5.50	5.71	6.66			13.91	15.12	16.50
		velocity	6.68	7.87	7.54	7.26	7.06	7.01	6.77	6.62	6.36	6.13	6.01	6.79		7.55	6.94	6.36
H1 lead leg	L	strides	25	17	17	17	17	17	18	18	19	19	23.2	207.2				
Aoki, Honoka (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)															<i>Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection</i>			
date	06-Aug-19	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			13.97	15.27	16.64
		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		7.52	6.88	6.31
H1 lead leg		strides	17	17	17	17	17	17	17	18	18	18	156					
Nakano, Nano (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)															<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>			
date	25-Oct-20	time	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	17	19	19	19	19	161					
Korzuch, Julia (POL) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)															<i>Omega Timing (2023) - diamond league race analysis</i>			
date	02-Jul-23	time	6.67	11.13	15.63	20.23	24.98	29.94	35.14	40.54	46.15	52.08		58.94	3 / 4			
reaction time	0.138	interval	4.46	4.50	4.60	4.75		4.96	5.20	5.40	5.61	5.93	6.86			13.56	14.91	16.94
		velocity	6.75	7.85	7.78	7.61	7.37	7.06	6.73	6.48	6.24	5.90	5.83	6.79		7.74	7.04	6.20
H1 lead leg		strides																
Murakami, Mizuki (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)															<i>Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data</i>			
date	31-Jul-15	time	6.84	11.33	16.00	20.80	25.83	30.88	36.25	41.61	46.95	52.50		58.95	2 / 2			
reaction time		interval	4.49	4.67	4.80	5.03		5.05	5.37	5.36	5.34	5.55	6.45			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	16	17	17	17	17	145					
Humphrey, Brittley (USA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	26-Jun-21	time	6.44	10.67	15.15	19.89	24.79	29.93		40.67	46.38			58.95	2 / 7			
reaction time	0.190	interval	4.23	4.48	4.74	4.90		5.14		10.74	5.71					13.45		
		velocity	6.99	8.27	7.81	7.38	7.14	6.81		6.52	6.13			6.79		7.81		
H1 lead leg	L	strides	15	15	15	15					17			77				
Miki, Shiori (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 Japanese National High School Championships (Nara, JPN)															<i>Matsuo (2009) - 62nd high school championships: JAF scientific committee - biomechanics data</i>			
date	31-Jul-09	time	6.87	11.64	16.43	21.40	26.51	31.82	37.19	42.56	47.83	53.09		58.96	1 / 1			
reaction time		interval	4.47	4.79	4.97	5.11		5.31	5.37	5.37	5.27	5.26	5.87			14.53	15.79	15.90
		velocity	6.55	7.34	7.31	7.04	6.85	6.59	6.52	6.52	6.64	6.65	6.81	6.78		7.23	6.65	6.60
H1 lead leg		strides	17	16	16	16	17	17	17	17	17	17	150					
Kawamura, Yuka (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)															<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>			
date	03-May-21	time	7.02	11.64	16.42	21.20	26.06	31.15	36.29	41.56	46.95	52.50		58.96	3 / 4			
reaction time	0.214	interval	4.62	4.78	4.78	4.86		5.09	5.14	5.27	5.39	5.55	6.46			14.18	15.09	16.21
		velocity	6.41	7.58	7.32	7.32	7.20	6.88	6.81	6.64	6.49	6.31	6.19	6.78		7.40	6.96	6.48
H1 lead leg	R	strides	23	16	16	16	16	17	17	17	17	17	172					
Arashima, Yuri (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National Junior Championships (Nagoya, JPN)															<i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>			
date	18-Oct-15	time	6.90	11.37	15.95	20.62	25.41	30.43	35.70	41.11	46.68	52.45		58.97	1 / 2			
reaction time		interval	4.47	4.58	4.67	4.79		5.02	5.27	5.41	5.57	5.77	6.52			13.72	15.08	16.75
		velocity	6.52	7.83	7.64	7.49	7.31	6.97	6.64	6.47	6.28	6.07	6.13	6.78		7.65	6.96	6.27
H1 lead leg		strides	15	15	15	15	17	17	17	17	17	17	145					
Kudo, Mei (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)															<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>			
date	27-Jun-21	time	6.99	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			14.40	15.25	16.41
		velocity	6.44	7.61	7.23	7.06	6.90	6.90	6.85	6.70	6.28	6.23	6.76	6.78		7.29	6.89	6.40
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	18	18	21.2	200.2				
Minamisawa, Akane (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National Championships (Osaka, JPN)															<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>			
date	04-Jun-23	time	6.74	11.14	15.57	20.11	24.92	29.87	35.09	40.44	46.00	51.89		58.97	7 / 7			
reaction time	0.171	interval	4.40	4.43	4.54	4.81		4.95	5.22	5.35	5.56	5.89	7.08			13.37	14.98	16.80
		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	15	16	16	17	17	17	18	169					

Vadzernikava, Krystsina (BLR) (1983)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2007 European Cup (Munich, GER)		Graubner (2007) - http://www.fgs.uni-halle.de																	
date	23-Jun-07	time	6.78	11.37	15.95	20.71	25.57	30.54	35.90	41.35		52.77		58.99	7 / 7				
reaction time	0.250	interval	4.59	4.58	4.76	4.86		4.97	5.36	5.45		11.42	6.22			13.93	15.19	16.87	
		velocity	6.64	7.63	7.64	7.35	7.20		7.04	6.53	6.42		6.13	6.43	6.78		7.54	6.91	6.22
H1 lead leg		strides																	
Arashima, Yuri (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)		Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data																	
date	31-Jul-15	time	6.71	11.08	15.53	20.12	24.86	29.95	35.24	40.66	46.35	52.24		58.99	6 / 3				
reaction time		interval	4.37	4.45	4.59	4.74		5.09	5.29	5.42	5.69	5.89	6.75			13.41	15.12	17.00	
		velocity	6.71	8.01	7.87	7.63	7.38		6.88	6.62	6.46	6.15	5.94	5.93	6.78		7.83	6.94	6.18
H1 lead leg		strides	15	15	15	15		17	17	17	17	17		145					
Saito, Mayu (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)		Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																	
date	06-Jun-21	time	6.40	10.66	15.02	19.69	24.57	29.65	35.00	40.49	46.20	52.20		58.99	7 / 2				
reaction time		interval	4.26	4.36	4.67	4.88		5.08	5.35	5.49	5.71	6.00	6.79			13.29	15.31	17.20	
		velocity	7.03	8.22	8.03	7.49	7.17		6.89	6.54	6.38	6.13	5.83	5.89	6.78		7.90	6.86	6.10
H1 lead leg	L	strides	24	16	16	17	17		17	18	18	19	19	23.2	204.2				
Paniagua, Eva (ESP) (1974)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)		Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas																	
date	02-Aug-98	time	6.74	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		15	16	16	17	17	20.5	184.5				
Oike, Saori (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)		Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection																	
date	04-Aug-18	time	7.04	11.71	16.45	21.32	26.31	31.38	36.45	41.63	46.95	52.65		59.00	5 / 1				
reaction time		interval	4.67	4.74	4.87	4.99		5.07	5.07	5.18	5.32	5.70	6.35	PB		14.28	15.13	16.20	
		velocity	6.39	7.49	7.38	7.19	7.01		6.90	6.90	6.76	6.58	6.14	6.30	6.78		7.35	6.94	6.48
H1 lead leg		strides		17	17	17	17		17	17	17	17	19	155					
Zapletalová, Emma (SVK) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)		Henson (2022) - Athlete First: 2022 year end hurdle report																	
date	08-Aug-22	time	6.57	11.03	15.57	20.27		29.93		40.50	46.17			59.00	2 / 8				
reaction time	0.160	interval	4.46	4.54	4.70		29.93		10.57	5.67						13.70			
		velocity	6.85	7.85	7.71	7.45		1.17		6.62	6.17			6.78		7.66			
H1 lead leg	R	strides	23	16	16	16					17			104					
Smith, Christina (USA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)		USATF Women's Sprint Development (2003)																	
date	22-Jun-03	time	6.42	10.76	15.24	19.90	24.93	30.28	35.84	41.22	46.73	52.27		59.01	9 / 4				
reaction time		interval	4.34	4.48	4.66	5.03		5.35	5.56	5.38	5.51	5.54	6.74	PB		13.48	15.94	16.43	
		velocity	7.01	8.06	7.81	7.51	6.96		6.54	6.29	6.51	6.35	6.32	5.93	6.78		7.79	6.59	6.39
H1 lead leg		strides																	
Aoki, Honoka (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)		Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																	
date	25-Oct-20	time	6.94	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					
Higa, Kazuki (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
A FINAL - 2019 Kinami Memorial (Osaka, JPN)		Matsubayashi (2019) - research on athlete performance and technique- 2019 data book																	
date	06-May-19	time	6.97	11.53	16.22	20.99	25.88	30.91	36.04	41.32	46.78	52.43		59.03	5 / 5				
reaction time		interval	4.56	4.69	4.77	4.89		5.03	5.13	5.28	5.46	5.65	6.60			14.02	15.05	16.39	
		velocity	6.46	7.68	7.46	7.34	7.16		6.96	6.82	6.63	6.41	6.19	6.06	6.78		7.49	6.98	6.41
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	21.7	194.7					
Lu Zhangwei (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)		CAA Hurdle Development (2021)																	
date	26-Jun-21	time	6.83	11.26	15.80	20.61	25.49	30.55	35.75	41.07	46.67	52.47		59.03	5 / 1				
reaction time	0.261	interval	4.43	4.54	4.81	4.88		5.06	5.20	5.32	5.60	5.80	6.56			13.78	15.14	16.72	
		velocity	6.59	7.90	7.71	7.28	7.17		6.92	6.73	6.58	6.25	6.03	6.10	6.78		7.62	6.94	6.28
H1 lead leg	L	strides	24	16	16	17	17		17	17	17	18	18	21	198				
Oshiden, Moe (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
B FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)		Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season																	
date	06-May-23	time	6.81	11.51	16.28	21.19	26.19	31.28	36.49	41.78	47.13	52.64		59.03	8 / 2				
reaction time	0.155	interval	4.70	4.77	4.91	5.00		5.09	5.21	5.29	5.35	5.51	6.39			14.38	15.30	16.15	
		velocity	6.61	7.45	7.34	7.13	7.00		6.88	6.72	6.62	6.54	6.35	6.26	6.78		7.30	6.86	6.50
H1 lead leg		strides		16	16	16	16		17	17	17	17	17	149					

Ito, Akiko (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)		Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																
date	20-Sep-20	time	6.74	11.13	15.75	20.59	25.53	30.61	35.74	41.17	46.65	52.29		59.04	5 / 2			
reaction time	0.205	interval	4.39	4.62	4.84	4.94		5.08	5.13	5.43	5.48	5.64	6.75			13.85	15.15	16.55
		velocity	6.68	7.97	7.58	7.23	7.09	6.89	6.82	6.45	6.39	6.21	5.93	6.78		7.58	6.93	6.34
H1 lead leg		strides	15	15	16	16		16	16	17	17	17		145				
Tsuji, Mio (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
C Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)		Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																
date	30-Apr-22	time	6.81	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				
Sorensen, Kate (USA) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 USA Olympic Trials (Eugene, OR)		USATF and Karmarush (2024) - USA Olympic trials results and race analysis																
date	27-Jun-24	time	6.69	11.01	15.49	20.16	25.02	27.26	30.05	35.26	40.61	46.18	51.96		59.04	5 / 6		
reaction time		interval	4.32	4.48	4.67	4.86		5.03	5.21	5.35	5.57	5.78	7.08			13.47	15.10	16.70
		velocity	6.73	8.10	7.81	7.49	7.20	7.34	6.96	6.72	6.54	6.28	6.06	6.78		7.80	6.95	6.29
H1 lead leg	R	strides	22	15	15	15	16		16	17	17	18		168				
Demus, Lashinda (USA) (1983)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Championships (Palo Alto, CA)		USATF Women's Sprint Development (2003)																
date	21-Jun-03	time	6.34	10.51	14.75	19.09	23.49	27.98	32.77	37.75	43.28	49.38		59.05	4 / 8			
reaction time		interval	4.17	4.24	4.34	4.40		4.49	4.79	4.98	5.53	6.10	9.67			12.75	13.68	16.61
		velocity	7.10	8.39	8.25	8.06	7.95	7.80	7.31	7.03	6.33	5.74	4.14	6.77		8.24	7.68	6.32
H1 lead leg		strides																
Lu Zhangwei (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Championships (Shenyang, CHN)		CAA Hurdle Development (2019)																
date	10-Jul-19	time	6.84	11.24	15.85	20.58	25.44	30.48	35.67	41.02	46.70	52.48		59.05	2 / 6			
reaction time	0.273	interval	4.40	4.61	4.73	4.86		5.04	5.19	5.35	5.68	5.78	6.57	PB		13.74	15.09	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				
Shimizu, Hana (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)		Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection																
date	06-Aug-19	time	6.80	11.33	15.97	20.79	25.85	31.01	36.14	41.31	46.85	52.55		59.07	6 / 5			
reaction time		interval	4.53	4.64	4.82	5.06		5.16	5.13	5.17	5.54	5.70	6.52	PB		13.99	15.35	16.41
		velocity	6.62	7.73	7.54	7.26	6.92	6.78	6.82	6.77	6.32	6.14	6.13	6.77		7.51	6.84	6.40
H1 lead leg		strides	17	17	17	17	17	17	17	17	19	19		157				
Taneru, Asuruhan Marino (JPN) (200)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)		Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																
date	27-Jun-21	time	6.71	11.21	15.87	20.77	25.79	30.95	36.32	41.79	47.31	52.94		59.07	7 / 2			
reaction time	0.152	interval	4.50	4.66	4.90	5.02		5.16	5.37	5.47	5.52	5.63	6.13	PB		14.06	15.55	16.62
		velocity	6.71	7.78	7.51	7.14	6.97	6.78	6.52	6.40	6.34	6.22	6.53	6.77		7.47	6.75	6.32
H1 lead leg	L	strides	24	16	16	17	17	17	18	18	18	19	22	202				
Aoki, Honoka (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)		Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection																
date	04-Aug-18	time	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	17	18	18	18		156				
Oshiden, Moe (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
C FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)		Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																
date	06-Jun-21	time	6.89	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				
Oshiden, Moe (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
C FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)		Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season																
date	03-May-23	time	6.91	11.65	16.48	21.34	26.25	31.28	36.44	41.71	47.11	52.68		59.10	8 / 2			
reaction time	0.196	interval	4.47	4.55	4.80	4.96		5.03	5.16	5.27	5.40	5.57	6.42			14.43	15.10	16.24
		velocity	6.51	7.38	7.25	7.20	7.13	6.96	6.78	6.64	6.48	6.28	6.23	6.77		7.28	6.95	6.47
H1 lead leg	R	strides	23	16	16	16	16	17	17	17	17	17	21.5	193.5				
Kashiwagura, Umi (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)		Kishima (2022) - national high school championships biomechanics data collection																
date	05-Aug-22	time	6.75	11.22	15.77	20.57	25.53	30.65	35.88	41.18	46.75	52.53		59.12	7 / 2			
reaction time		interval	4.47	4.55	4.80	4.96		5.12	5.23	5.30	5.57	5.78	6.59	PB		13.82	15.31	16.65
		velocity	6.67	7.83	7.69	7.29	7.06	6.84	6.69	6.60	6.28	6.06	6.07	6.77		7.60	6.86	6.31
H1 lead leg	R	strides	22	16	16	17	17	17	17	17	18	19	23	199				

Lachgar, Zahra (MAR) (1977)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2002 IAAF World Cup (Madrid, ESP)												<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>							
date	20-Sep-02	time	7.01	11.54	16.24	20.95	25.94	31.02	36.41	41.83	47.32	52.95		59.14	2 / 8				
reaction time	0.260	interval	4.53	4.70	4.71	4.99		5.08	5.39	5.42	5.49	5.63	6.19			13.94	15.46	16.54	
		velocity	6.42	7.73	7.45	7.43	7.01		6.89	6.49	6.46	6.38	6.22	6.46	6.76	7.53	6.79	6.35	
H1 lead leg	R	strides	24	16	16	16		17	17	18	19	19	21.5	199.5					
Sekimoto, Moeka (JPN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)												<i>Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection</i>							
date	31-Jul-16	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	4.65	4.82	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						
Kashima, Himari (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2009 Japanese National High School Championships (Nara, JPN)												<i>Matsuo (2009) - 62nd high school championships: JAF scientific committee - biomechanics data collection</i>							
date	31-Jul-09	time	6.74	11.39	16.21	21.06	26.00	30.99	36.10	41.42	46.96	52.68		59.14	/ 2				
reaction time		interval	4.65	4.82	4.85	4.94		4.99	5.11	5.32	5.54	5.72	6.46			14.32	15.04	16.58	
		velocity	6.68	7.53	7.26	7.22	7.09		7.01	6.85	6.58	6.32	6.12	6.19	6.76	7.33	6.98	6.33	
H1 lead leg		strides	17	17	17	17		17	17	18	19	19	158						
Ou Ying (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN)												<i>Henson (2018) - coaching observations</i>							
date	15-Sep-18	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				
Mitzuguchi, Moe (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)												<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>							
date	25-Oct-20	time	6.62	10.94	15.45	20.05	24.74	29.78	35.02	40.32	45.98	52.14		59.16	7 / 4				
reaction time	0.192	interval	4.32	4.51	4.60	4.69		5.04	5.24	5.30	5.66	6.16	7.02			13.43	14.97	17.12	
		velocity	6.80	8.10	7.76	7.61	7.46		6.94	6.68	6.60	6.18	5.68	5.70	6.76	7.82	7.01	6.13	
H1 lead leg		strides	16	16	17	17		17	17	17	18	19	154						
Kudo, Mei (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Japanese National Championships (Osaka, JPN)												<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>							
date	12-Jun-22	time	6.87	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					
Koyama, Kana (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)												<i>Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection</i>							
date	31-Jul-16	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	4.77	4.86	4.97		5.01	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						
Liu Xin (CHN) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN)												<i>Henson (2018) - coaching observations</i>							
date	15-Sep-18	time	7.04	11.58	16.16	20.90	25.76	30.83	36.07	41.41	46.98	52.67		59.18	3 / 3				
reaction time		interval	4.54	4.58	4.74	4.86		5.07	5.24	5.34	5.57	5.69	6.51			13.86	15.17	16.60	
		velocity	6.39	7.71	7.64	7.38	7.20		6.90	6.68	6.55	6.28	6.15	6.14	6.76	7.58	6.92	6.33	
H1 lead leg	L	strides	25	17	17	17	17		17	18	18	19	19	25.3	209.3				
Murakami, Natsumi (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)												<i>Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection</i>							
date	31-Jul-16	time	6.84	11.34	16.11	20.97	25.94	30.95	35.94	41.19	46.83	52.64		59.19	7 / 3				
reaction time		interval	4.50	4.77	4.86	4.97		5.01	4.99	5.25	5.64	5.81	6.55	PB		14.13	14.97	16.70	
		velocity	6.58	7.78	7.34	7.20	7.04		6.99	7.01	6.67	6.21	6.02	6.11	6.76	7.43	7.01	6.29	
H1 lead leg		strides	17	17	17	17		17	17	17	19	19	157						
Ibrahim, Ayesya (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Japanese National Championships (Osaka, JPN)												<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>							
date	04-Jun-23	time	6.74	11.08	15.58	20.22	25.04	30.03	35.22	40.66	46.45	52.42		59.19	2 / 8				
reaction time	0.224	interval	4.34	4.50	4.64	4.82		4.99	5.19	5.44	5.79	5.97	6.77			13.48	15.00	17.20	
		velocity	6.68	8.06	7.78	7.54	7.26		7.01	6.74	6.43	6.04	5.86	5.91	6.76	7.79	7.00	6.10	
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	17	17	162					
Takagi, Rina (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)												<i>Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data</i>							
date	31-Jul-17	time	6.82	11.18	15.73	20.55	25.49	30.71	36.09	41.46	46.98	52.70		59.20	6 / 1				
reaction time	0.213	interval	4.36	4.55	4.82	4.94		5.22	5.38	5.37	5.52	5.72	6.50			13.73	15.54	16.61	
		velocity	6.60	8.03	7.69	7.26	7.09		6.70	6.51	6.52	6.34	6.12	6.15	6.76	7.65	6.76	6.32	
H1 lead leg		strides	16	16	16	16		17	17	17	17	18	150						

Mo Jiadie (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Asian Athletics Championships (Doha, QAT)																			
CAA Hurdle Development (2019)																			
date	22-Apr-19	time	6.89	11.39	15.96	20.72	25.55	30.53	35.68	41.04	46.78	52.56		59.20	9 / 8				
reaction time	0.181	interval	4.50	4.57	4.76	4.83		4.98	5.15	5.36	5.74	5.78	6.64			13.83	14.96	16.88	
		velocity	6.53	7.78	7.66	7.35	7.25		7.03	6.80	6.53	6.10	6.06	6.02	6.76		7.59	7.02	6.22
H1 lead leg	L	strides	24	16	16	16	16		17	17	18	18	21.5	197.5					
Chen Liying (CHN) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)																			
CAA Hurdle Development (2021)																			
date	26-Jun-21	time	6.79	11.33	15.99	20.74	25.59	30.64	35.88	41.26	46.81	52.70		59.20	7 / 2				
reaction time	0.208	interval	4.54	4.66	4.75	4.85		5.05	5.24	5.38	5.55	5.89	6.50	PB		13.95	15.14	16.82	
		velocity	6.63	7.71	7.51	7.37	7.22		6.93	6.68	6.51	6.31	5.94	6.15	6.76		7.53	6.94	6.24
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	19	21.7	197.7				
Ono, Mizuna (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)																			
Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																			
date	03-May-21	time	6.79	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					
Lu Zhangwei (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			
CAA Hurdle Development (2019)																			
date	08-Apr-19	time	6.91	11.44	16.03	20.75	25.71	30.84	36.08	41.48	47.21	52.88		59.22	6 / 2				
reaction time	0.260	interval	4.53	4.59	4.72	4.96		5.13	5.24	5.40	5.73	5.67	6.34	PB		13.84	15.33	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	17	18	18	22	201				
Okawa, Sumika (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)																			
Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																			
date	27-Jun-21	time	6.86	11.31	15.93	20.74	25.63	30.68	35.95	41.31	46.81	52.64		59.22	2 / 3				
reaction time	0.190	interval	4.45	4.62	4.81	4.89		5.05	5.27	5.36	5.50	5.83	6.58			13.88	15.21	16.69	
		velocity	6.56	7.87	7.58	7.28	7.16		6.93	6.64	6.53	6.36	6.00	6.08	6.75		7.56	6.90	6.29
H1 lead leg	R	strides	23	15	15	16	16		16	16	17	17	18	22.2	191.2				
Ou Ying (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)																			
CAA Hurdle Development (2021)																			
date	26-Jun-21	time	6.98	11.46	16.07	20.71	25.50	30.57	35.84	41.32	46.89	52.56		59.24	6 / 3				
reaction time	0.240	interval	4.48	4.61	4.64	4.79		5.07	5.27	5.48	5.57	5.67	6.68			13.73	15.13	16.72	
		velocity	6.45	7.81	7.59	7.54	7.31		6.90	6.64	6.39	6.28	6.17	5.99	6.75		7.65	6.94	6.28
H1 lead leg	L	strides	24	17	17	17	17		17	17	18	18	18	22	202				
Aoki, Honoka (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
C FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)																			
Kobayashi (2019) - research on athlete performance and technique- 2019 data book																			
date	03-May-19	time	7.01	11.49	16.10	20.80	25.66	30.78	36.14	41.71	47.38	53.07		59.25	1 / 1				
reaction time		interval	4.48	4.61	4.70	4.86		5.12	5.36	5.57	5.67	5.69	6.18			13.79	15.34	16.93	
		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		7.61	6.84	6.20
H1 lead leg		strides	17	17	17	17	17		17	18	18	18	18	157					
Wu Xueting (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																			
CAA Hurdle Development (2021)																			
date	25-Apr-21	time	6.94	11.46	16.16	20.92	25.94	31.11	36.52	42.04	47.55	53.07		59.25	2 / 3				
reaction time	0.239	interval	4.52	4.70	4.76	5.02		5.17	5.41	5.52	5.51	5.52	6.18			13.98	15.60	16.55	
		velocity	6.48	7.74	7.45	7.35	6.97		6.77	6.47	6.34	6.35	6.34	6.47	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)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)																			
CAA Hurdle Development (2021)																			
date	26-Jun-21	time	6.81	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				
Ito, Akiko (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
A FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)																			
Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season																			
date	06-May-23	time	6.72	11.18	15.88	20.84	25.96	31.15	36.30	41.71	47.21	52.82		59.28	7 / 5				
reaction time	0.145	interval	4.46	4.70	4.96	5.12		5.19	5.15	5.41	5.50	5.61	6.46			14.12	15.46	16.52	
		velocity	6.70	7.85	7.45	7.06	6.84		6.74	6.80	6.47	6.36	6.24	6.19	6.75		7.44	6.79	6.36
H1 lead leg		strides	15	15	16	16	16		16	16	17	17	17	145					
Ou Ying (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Chinese National Championships (Shenyang, CHN)																			
CAA Hurdle Development (2019)																			
date	10-Jul-19	time	6.94	11.52	16.18	20.94	25.89	31.06	36.37	41.77	47.26	52.93		59.30	7 / 7				
reaction time	0.245	interval	4.58	4.66	4.76	4.95		5.17	5.31	5.40	5.49	5.67	6.37			14.00	15.43	16.56	
		velocity	6.48	7.64	7.51	7.35	7.07		6.77	6.59	6.48	6.38	6.17	6.28	6.75		7.50	6.80	6.34
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	18	21.2	199.2					

Lu Zhangwei (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																		
CAA Hurdle Development (2019)																		
date	23-Aug-19	time	6.87	11.23	15.85	20.64	25.48	30.60	35.65	41.01	46.65	52.57		59.30	5 / 2			
reaction time	0.247	interval	4.36	4.62	4.79	4.84		5.12	5.05	5.36	5.64	5.92	6.73			13.77	15.01	16.92
		velocity	6.55	8.03	7.58	7.31	7.23		6.84	6.93	6.53	6.21	5.91	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			
Utsunomiya, Eri (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)																		
Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																		
date	24-Oct-20	time	6.61	11.01	15.48	20.09	24.92	30.15	35.52	41.01	46.66	52.39		59.32	5 / 3			
reaction time		interval	4.40	4.47	4.61	4.83		5.23	5.37	5.49	5.65	5.73	6.93			13.48	15.43	16.87
		velocity	6.81	7.95	7.83	7.59	7.25		6.69	6.52	6.38	6.19	6.11	5.77	6.74	7.79	6.80	6.22
H1 lead leg		strides	15	15	15	15	15		16	16	17	17	17	143				
Ito, Akiko (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)																		
Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																		
date	03-May-22	time	6.71	11.14	15.73	20.62	25.54	30.43	35.55	40.87	46.43	52.34		59.32	3 / 7			
reaction time	0.170	interval	4.43	4.59	4.89	4.92		4.89	5.12	5.32	5.56	5.91	6.98			13.91	14.93	16.79
		velocity	6.71	7.90	7.63	7.16	7.11		7.16	6.84	6.58	6.29	5.92	5.73	6.74	7.55	7.03	6.25
H1 lead leg	L	strides	23	15	15	16	16		16	16	17	17	17	168				
Nishimura, Neneka (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)																		
Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data																		
date	31-Jul-17	time	6.81	11.26	15.83	20.59	25.43	30.48	35.74	41.22	46.93	52.67		59.33	4 / 2			
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		17	18	19	19	19	160				
Huang Yan (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)																		
CAA Hurdle Development (2019)																		
date	09-Jul-19	time	6.85	11.41	16.13	20.89	25.71	30.64	35.92	41.24	46.88	52.65		59.33	4 / 1			
reaction time	0.225	interval	4.56	4.72	4.76	4.82		4.93	5.28	5.32	5.64	5.77	6.68			14.04	15.03	16.73
		velocity	6.57	7.68	7.42	7.35	7.26		7.10	6.63	6.58	6.21	6.07	5.99	6.74	7.48	6.99	6.28
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	19	19	23	206			
Zhou Xiaohan (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																		
CAA Hurdle Development (2019)																		
date	17-Aug-19	time	6.82	11.36	16.16	20.98	25.92	31.00	36.20	41.72	47.22	52.82		59.37	5 / 1			
reaction time	0.236	interval	4.54	4.80	4.82	4.94		5.08	5.20	5.52	5.50	5.60	6.55			14.16	15.22	16.62
		velocity	6.60	7.71	7.29	7.26	7.09		6.89	6.73	6.34	6.36	6.25	6.11	6.74	7.42	6.90	6.32
H1 lead leg	R	strides	24	16	16	17	17		17	18	18	18	19	23	203			
Dudgeon, Sinead (GBR) (1976)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 European Championships (Munich, GER)																		
Graubner (2009) - http://www.fgs.uni-halle.de																		
date	08-Aug-02	time	6.61	11.16	15.65	20.22	24.99	29.99	35.23	40.76	46.56			59.39	8			
reaction time	0.184	interval	4.55	4.49	4.57	4.77		5.00	5.24	5.53	5.80					13.61	15.01	
		velocity	6.81	7.69	7.80	7.66	7.34		7.00	6.68	6.33	6.03		6.74		7.71	7.00	
H1 lead leg		strides																
Higa, Kazuki (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)																		
Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection																		
date	31-Jul-16	time	6.84	11.33	16.07	20.87	25.89	30.86	35.94	41.51	47.23	53.03		59.39	6 / 4			
reaction time		interval	4.49	4.74	4.80	5.02		4.97	5.08	5.57	5.72	5.80	6.36			14.03	15.07	17.09
		velocity	6.58	7.80	7.38	7.29	6.97		7.04	6.89	6.28	6.12	6.03	6.29	6.74	7.48	6.97	6.14
H1 lead leg		strides	17	17	17	17	17		17	17	19	19	19	159				
Lu Zhangwei (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																		
CAA Hurdle Development (2019)																		
date	22-Aug-19	time	6.84	11.33	15.97	20.75	25.68	30.74	35.97	41.46	47.08	52.85		59.39	6 / 1			
reaction time	0.256	interval	4.49	4.64	4.78	4.93		5.06	5.23	5.49	5.62	5.77	6.54			13.91	15.22	16.88
		velocity	6.58	7.80	7.54	7.32	7.10		6.92	6.69	6.38	6.23	6.07	6.12	6.74	7.55	6.90	6.22
H1 lead leg	R	strides	24	17	17	17	17		17	17	18	18	19	22.5	203.5			
Young, Milan (USA) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																		
Henson (2021) - Athlete First: 2021 year end hurdle report																		
date	26-Jun-21	time	6.40	10.57	14.95	19.45	24.19	29.06	34.26	39.60	45.38			59.39	4 / 8			
reaction time	0.187	interval	4.17	4.38	4.50	4.74		4.87	5.20	5.34	5.78					13.05	14.81	
		velocity	7.03	8.39	7.99	7.78	7.38		7.19	6.73	6.55	6.06		6.74		8.05	7.09	
H1 lead leg	R	strides	22	15	15	15	15		16	16	17		131					
Yokota, Karen (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)																		
Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																		
date	30-Apr-22	time	6.62	11.03	15.60	20.30	25.14	30.21	35.42	40.77	46.35	52.45		59.39	6 / 6			
reaction time	0.158	interval	4.41	4.57	4.70	4.84		5.07	5.21	5.35	5.58	6.10	6.94			13.68	15.12	17.03
		velocity	6.80	7.94	7.66	7.45	7.23		6.90	6.72	6.54	6.27	5.74	5.76	6.74	7.68	6.94	6.17
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	18	173				

Lan Tianlu (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)																		
CAA Hurdle Development (2019)																		
date	09-Jul-19	time	6.90	11.52	16.16	20.99	25.86	30.90	36.03	41.34	46.88	52.68		59.40	7 / 2			
reaction time	0.228	interval	4.62	4.64	4.83	4.87		5.04	5.13	5.31	5.54	5.80	6.72	PB		14.09	15.04	16.65
		velocity	6.52	7.58	7.54	7.25	7.19		6.94	6.82	6.59	6.32	6.03	5.95	6.73	7.45	6.98	6.31
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	18	21.5	194.5			
Naito, Kano (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)																		
Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																		
date	12-Jun-22	time	6.86	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			
Tkachuk, Viktoriya (UKR) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 1 - 2024 Olympic Games (Paris, FRA)																		
Paris 2024 Olympic Games - Results Book (2024)																		
date	05-Aug-24	time	6.56	10.89	15.33	19.86	24.59	29.51	34.81	40.38	46.16	52.32		59.40	8 / 7			
reaction time	0.225	interval	4.33	4.44	4.53	4.73		4.92	5.30	5.57	5.78	6.16	7.08			13.30	14.95	17.51
		velocity	6.86	8.08	7.88	7.73	7.40		7.11	6.60	6.28	6.06	5.68	5.65	6.73	7.89	7.02	6.00
H1 lead leg	L	strides	22	15	15	15	15		15	16				113				
Tsuha, Aiki (JPN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese National Championships (Osaka, JPN)																		
Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																		
date	27-Jun-21	time	6.86	11.38	16.00	20.72	25.64	30.63	35.74	41.32	46.96	52.72		59.41	3 / 7			
reaction time	0.324	interval	4.52	4.62	4.72	4.92		4.99	5.11	5.58	5.64	5.76	6.69			13.86	15.02	16.98
		velocity	6.56	7.74	7.58	7.42	7.11		7.01	6.85	6.27	6.21	6.08	5.98	6.73	7.58	6.99	6.18
H1 lead leg	L	strides	25	17	17	17	17		17	17	19	19	19	184				
Kuki, Yurie (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)																		
Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																		
date	06-Jun-21	time	6.86	11.26	15.82	20.47	25.44	30.48	35.84	41.34	47.01	52.92		59.42	4 / 3			
reaction time		interval	4.40	4.56	4.65	4.97		5.04	5.36	5.50	5.67	5.91	6.50			13.61	15.37	17.08
		velocity	6.56	7.95	7.68	7.53	7.04		6.94	6.53	6.36	6.17	5.92	6.15	6.73	7.71	6.83	6.15
H1 lead leg	R	strides	23	15	15	15	16		16	17	17	17	18	22.2	191.2			
Wise, Deshae (USA) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR)																		
USATF (2022) - Results powered by Karmarush																		
date	24-Jun-22	time	6.49	10.79	15.21	19.88	24.83	26.91	29.86	35.02	40.60	46.34	52.22	59.42	59.42	8 / 8		
reaction time		interval	4.30	4.42	4.67	4.95		5.03	5.16	5.58	5.74	5.88	7.20			13.39	15.14	17.20
		velocity	6.93	8.14	7.92	7.49	7.07	7.43	6.96	6.78	6.27	6.10	5.95	5.56	6.73	7.84	6.94	6.10
H1 lead leg	R	strides	24	16	16	16	16		16	17	17			138				
Ibrahimu, Aisya (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)																		
Yamanaka (2019) - research on athlete performance and technique- 2019 data book																		
date	30-Jun-19	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		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	15	16	17	16	161				
Huang Yan (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																		
CAA Hurdle Development (2019)																		
date	22-Aug-19	time	6.80	11.30	15.92	20.59	25.41	30.31	35.55	41.14	46.95	52.80		59.43	4 / 2			
reaction time	0.255	interval	4.50	4.62	4.67	4.82		4.90	5.24	5.59	5.81	5.85	6.63			13.79	14.96	17.25
		velocity	6.62	7.78	7.58	7.49	7.26		7.14	6.68	6.26	6.02	5.98	6.03	6.73	7.61	7.02	6.09
H1 lead leg	L	strides	24	17	17	17	17		17	18	19	19	19	22.5	206.5			
Young, Milan (USA) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)																		
USATF and Karmarush (2024) - USA Olympic trials results and race analysis																		
date	29-Jun-24	time	6.39	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			
Kawabata, Szuka (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)																		
Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																		
date	24-Oct-20	time	6.64	10.99	15.58	20.30	25.26	30.53	35.82	41.11	46.93	52.97		59.45	7 / 1			
reaction time		interval	4.35	4.59	4.72	4.96		5.27	5.29	5.29	5.82	6.04	6.48			13.66	15.52	17.15
		velocity	6.78	8.05	7.63	7.42	7.06		6.64	6.62	6.62	6.01	5.79	6.17	6.73	7.69	6.77	6.12
H1 lead leg		strides	15	16	16	17		17	17	17	19	19		153				
Minamisawa, Akane (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)																		
Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																		
date	06-Jun-21	time	6.97	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			

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Powell, Shontel (USA) (1979)																		
FINAL - 1996 USATF National Junior Championships (Delaware, OH)		USATF Women's Sprint Development (1996)																
date	29-Jun-96	time	6.89	11.51	16.04	20.61	25.25	30.18	35.68	41.38	46.94	52.70		59.46	4 / 2			
reaction time		interval	4.62	4.53	4.57	4.64		4.93	5.50	5.70	5.56	5.76	6.76			13.72	15.07	17.02
		velocity	6.53	7.58	7.73	7.66	7.54	7.10	6.36	6.14	6.29	6.08	5.92	6.73		7.65	6.97	6.17
H1 lead leg		strides																
Hu Lihong (CHN) (1999)																		
Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)		Henson (2018) - coaching observations																
date	15-Sep-18	time	6.94	11.48	16.25	21.04	25.93	31.00	36.20	41.51	47.00	52.69		59.46	2 / 2			
reaction time		interval	4.49	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				
Saka, Nozomi (JPN) (2001)																		
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)		Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection																
date	06-Aug-19	time	6.67	11.16	15.75	20.47	25.38	30.53	35.72	41.02	46.60	52.63		59.48	2 / 6			
reaction time		interval	4.49	4.59	4.72	4.91	4.91	5.15	5.19	5.30	5.58	6.03	6.85	PB		13.80	15.25	16.91
		velocity	6.75	7.80	7.63	7.42	7.13	6.80	6.74	6.60	6.27	5.80	5.84	6.72		7.61	6.89	6.21
H1 lead leg		strides	16	16	16	16	16	17	17	17	17	19	151					
Kudo, Mei (JPN) (2002)																		
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)		Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																
date	03-May-22	time	7.01	11.68	16.38	21.34	26.46	31.70	36.97	42.29	47.71	53.37		59.49	7 / 8			
reaction time	0.205	interval	4.67	4.70	4.96	5.12	5.24	5.27	5.32	5.42	5.66	6.12				14.33	15.63	16.40
		velocity	6.42	7.49	7.45	7.06	6.84	6.68	6.64	6.58	6.46	6.18	6.54	6.72		7.33	6.72	6.40
H1 lead leg	L	strides	24	16	16	17	17	17	17	17	17	18	176					
Yajima, Aki (JPN) (2007)																		
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)		Takashima (2024) - national high school sports festival - biomechanics data																
date	30-Jul-24	time	6.87	11.56	16.43	21.27	26.16	31.23	36.50	41.86	47.50	53.20		59.49	2 / 3			
reaction time	0.196	interval	4.69	4.87	4.84	4.89	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				
Dille, Monique (FRA)																		
FINAL - 1986 French National Championships (Aix les Bains, FRA)		Veney - split times from PJ																
date	10-Aug-86	time	6.9	11.3	16.1	20.9	25.9	30.9	36.2	41.6	47.2	52.9		59.50	/ 6			
reaction time		interval	4.4	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																
Oshiden, Moe (JPN) (1993)																		
B FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)		Kobayashi (2019) - research on athlete performance and technique- 2019 data book																
date	03-May-19	time	6.87	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	4.97	5.17	5.26	5.36	5.58	5.86	6.37			14.10	15.40	16.80
		velocity	6.55	7.71	7.38	7.26	7.04	6.77	6.65	6.53	6.27	5.97	6.28	6.72		7.45	6.82	6.25
H1 lead leg		strides	16	16	16	16	16	17	17	17	17	17	149					
Sekimoto, Moeka (JPN) (2000)																		
B FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)		Kobayashi (2019) - research on athlete performance and technique- 2019 data book																
date	03-May-19	time	6.89	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	4.71	4.87	5.22	5.42	5.77	6.23	6.91			13.53	14.80	17.42
		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		7.76	7.09	6.03
H1 lead leg		strides	15	15	15	15	15	15	16	16	17	18	142					
Zou Yifan (CHN) (2000)																		
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)		CAA Hurdle Development (2019)																
date	17-Aug-19	time	7.14	11.66	16.18	20.82	25.66	30.74	36.08	41.68	47.38	53.22		59.56	4 / 3			
reaction time	0.314	interval	4.52	4.52	4.64	4.84	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				
Tao Xue (CHN) (1999)																		
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)		CAA Hurdle Development (2019)																
date	12-Apr-19	time	7.12	11.66	16.35	21.14	26.04	31.36	36.47	41.89	47.36	53.04		59.57	6 / 1			
reaction time	0.287	interval	4.54	4.69	4.79	4.90	4.90	5.32	5.11	5.42	5.47	5.68	6.53			14.02	15.33	16.57
		velocity	6.32	7.71	7.46	7.31	7.14	6.58	6.85	6.46	6.40	6.16	6.13	6.71		7.49	6.85	6.34
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	18	21.2	194.2				
Mo Jiadie (CHN) (2000)																		
Heat 2 - 2021 East China District Meeting (Zhaoling, CHN)		CAA Hurdle Development (2021)																
date	25-Apr-21	time	6.84	11.28	15.83	20.44	25.22	30.28	35.65	41.19	47.01	53.00		59.57	3 / 1			
reaction time	0.312	interval	4.44	4.55	4.61	4.78	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				

Mo Jiadie (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)																		
<i>Henson (2018) - coaching observations</i>																		
date	15-Sep-18	time	6.74	11.08	15.58	20.13	24.99	30.12	35.55	41.26	47.15	53.17		59.60	5 / 1			
reaction time		interval	4.34	4.50	4.55	4.86		5.13	5.43	5.71	5.89	6.02	6.43			13.39	15.42	17.62
		velocity	6.68	8.06	7.78	7.69	7.20	6.82	6.45	6.13	5.94	5.81	6.22	6.71		7.84	6.81	5.96
H1 lead leg	L	strides	24	16	16	16	16	17	18	18	19	19	21.5	200.5				
Shimizu, Hana (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)																		
<i>Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection</i>																		
date	04-Aug-18	time	6.77	11.38	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	17	19	19	157					
Ou Ying (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	09-Jul-19	time	7.19	11.86	16.65	21.52	26.57	31.80	37.03	42.34	47.81	53.40		59.61	8 / 2			
reaction time	0.299	interval	4.67	4.79	4.87	5.05		5.23	5.23	5.31	5.47	5.59	6.21			14.33	15.51	16.37
		velocity	6.26	7.49	7.31	7.19	6.93	6.69	6.69	6.59	6.40	6.26	6.44	6.71		7.33	6.77	6.41
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	17	18	21.2	199.2				
Hu Lihong (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)																		
<i>Henson (2018) - coaching observations</i>																		
date	16-Sep-18	time	6.96	11.51	16.25	20.97	25.93	31.03	36.27	41.65	47.18	52.92		59.62	7 / 4			
reaction time		interval	4.55	4.74	4.72	4.96		5.10	5.24	5.38	5.53	5.74	6.70			14.01	15.30	16.65
		velocity	6.47	7.69	7.38	7.42	7.06	6.86	6.68	6.51	6.33	6.10	5.97	6.71		7.49	6.86	6.31
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	20.5	192.5				
Tsuha, Aiki (JPN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)																		
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	03-May-21	time	6.76	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				
Hata, Yuki (JPN) (2006)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)																		
<i>Takashima (2024) - national high school sports festival - biomechanics data</i>																		
date	30-Jul-24	time	6.89	11.46	16.12	20.80	25.69	30.83	36.19	41.64	47.20	52.94		59.62	8 / 4			
reaction time	0.194	interval	4.57	4.66	4.68	4.89		5.14	5.36	5.45	5.56	5.74	6.68	PB		13.91	15.39	16.75
		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				
Oshiro, Funa (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)																		
<i>Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data</i>																		
date	31-Jul-17	time	7.16	11.90	16.73	21.69	26.68	32.07	37.27	42.58	47.93	53.47		59.63	7 / 3			
reaction time	0.285	interval	4.74	4.83	4.96	4.99		5.39	5.20	5.31	5.35	5.54	6.16			14.53	15.58	16.20
		velocity	6.28	7.38	7.25	7.06	7.01	6.49	6.73	6.59	6.54	6.32	6.49	6.71		7.23	6.74	6.48
H1 lead leg		strides	17	17	17	17	17	18	18	18	18	18	18	158				
Ding Yirui (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	03-Aug-19	time	6.84	11.33	15.98	20.69	25.64	30.86	36.24	41.77	47.50	53.12		59.63	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	PB		13.85	15.55	16.88
		velocity	6.58	7.80	7.53	7.43	7.07	6.70	6.51	6.33	6.11	6.23	6.14	6.71		7.58	6.75	6.22
H1 lead leg	L	strides	23	15	15	15	16	16	17	17	17	17	21	189				
Wu Xueting (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	26-Jun-21	time	7.10	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	15	16	16	17	17	17	17	20.5	187.5				
Wu Fangfang (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	09-Jul-19	time	6.99	11.71	16.41	21.28	26.24	31.40	36.62	41.94	47.64	53.13		59.64	5 / 3			
reaction time	0.226	interval	4.72	4.70	4.87	4.96		5.16	5.22	5.32	5.70	5.49	6.51			14.29	15.34	16.51
		velocity	6.44	7.42	7.45	7.19	7.06	6.78	6.70	6.58	6.14	6.38	6.14	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				
Liu Hongjuan (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	08-Apr-19	time	6.88	11.40	15.96	20.76	25.64	30.82	36.06	41.54	47.12	52.92		59.65	4 / 3			
reaction time	0.250	interval	4.52	4.56	4.80	4.88		5.18	5.24	5.48	5.58	5.80	6.73			13.88	15.30	16.86
		velocity	6.54	7.74	7.68	7.29	7.17	6.76	6.68	6.39	6.27	6.03	5.94	6.71		7.56	6.86	6.23
H1 lead leg	L	strides	23	16	16	16	16	17	17	18	18	19	22.5	198.5				

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Kozaki, Haruka (JPN)																			
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)			<i>Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data</i>																
date	31-Jul-17	time	6.86	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				
Hiraki, Haru (JPN) (2005)																			
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)			<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																
date	04-Jun-23	time	6.71	11.29	15.95	20.74	25.64		30.88	36.17	41.54	47.18	53.02		59.67	7 / 1			
reaction time	0.177	interval		4.58	4.66	4.79	4.90		5.24	5.29	5.37	5.64	5.84	6.65	PB		14.03	15.43	16.85
		velocity	6.71	7.64	7.51	7.31	7.14		6.68	6.62	6.52	6.21	5.99	6.02	6.70		7.48	6.80	6.23
H1 lead leg	R	strides	25	16	16	16	16		17	17	17	18	18	23	199				
Jiang Liyunzhe (CHN) (2002)																			
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)			<i>CAA Hurdle Development (2019)</i>																
date	09-Jul-19	time	6.79	11.47	16.20	21.20	26.16		31.24	36.42	41.67	47.23	53.08		59.69	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	DQ		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		7.29	6.90	6.30
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	18	20.5	194.5				
Urcelay, Maite (ESP) (1972)																			
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)			<i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>																
date	02-Aug-98	time	6.98	11.70	16.52	21.40	26.42		31.60	36.70	41.95	47.48	53.16		59.70	3 / 2			
reaction time		interval		4.72	4.82	4.88	5.02		5.18	5.10	5.25	5.53	5.68	6.54			14.42	15.30	16.46
		velocity	6.45	7.42	7.26	7.17	6.97		6.76	6.86	6.67	6.33	6.16	6.12	6.70		7.28	6.86	6.38
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18	21	195				
Zhou Yu (CHN) (1999)																			
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)			<i>CAA Hurdle Development (2019)</i>																
date	22-Aug-19	time	7.00	11.53	16.28	21.09	26.01		31.08	36.44	41.89	47.56	53.29		59.70	4 / 1			
reaction time	0.233	interval		4.53	4.75	4.81	4.92		5.07	5.36	5.45	5.67	5.73	6.41			14.09	15.35	16.85
		velocity	6.43	7.73	7.37	7.28	7.11		6.90	6.53	6.42	6.17	6.11	6.24	6.70		7.45	6.84	6.23
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	18	18	21.8	195.8				
Nakagama, Sawako (JPN) (1997)																			
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)			<i>Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data</i>																
date	31-Jul-15	time	6.87	11.41	16.07	20.80	25.69		30.93	36.40	41.83	47.43	53.27		59.71	7 / 4			
reaction time		interval		4.54	4.66	4.73	4.89		5.24	5.47	5.43	5.60	5.84	6.44	PB		13.93	15.60	16.87
		velocity	6.55	7.71	7.51	7.40	7.16		6.68	6.40	6.45	6.25	5.99	6.21	6.70		7.54	6.73	6.22
H1 lead leg		strides		16	16	16	16		18	17	17	17	18	18	151				
Ou Ying (CHN) (2001)																			
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)			<i>CAA Hurdle Development (2019)</i>																
date	29-May-19	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				
Fukushima, Eriko (JPN)																			
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)			<i>Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data</i>																
date	31-Jul-17	time	6.94	11.49	16.22	21.05	26.04		31.38	36.77	42.29	47.91	53.54		59.75	9 / 5			
reaction time	0.218	interval		4.55	4.73	4.83	4.99		5.34	5.39	5.52	5.62	5.63	6.21			14.11	15.72	16.77
		velocity	6.48	7.69	7.40	7.25	7.01		6.55	6.49	6.34	6.23	6.22	6.44	6.69		7.44	6.68	6.26
H1 lead leg		strides		17	17	17	17		18	18	19	19	19	19	161				
Kong Yingying (CHN) (2003)																			
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)			<i>CAA Hurdle Development (2021)</i>																
date	13-Jun-21	time	6.87	11.51	16.35	21.17	26.19		31.38	36.67	42.04	47.66	53.39		59.75	7 / 4			
reaction time	0.360	interval		4.64	4.84	4.82	5.02		5.19	5.29	5.37	5.62	5.73	6.36	PB		14.30	15.50	16.72
		velocity	6.55	7.54	7.23	7.26	6.97		6.74	6.62	6.52	6.23	6.11	6.29	6.69		7.34	6.77	6.28
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	21	196				
Katou, Misato (JPN) (2007)																			
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)			<i>Takashima (2024) - national high school sports festival - biomechanics data</i>																
date	30-Jul-24	time	6.84	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				
Ding Yirui (CHN) (2002)																			
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)			<i>CAA Hurdle Development (2021)</i>																
date	26-Jun-21	time	6.95	11.50	16.26	21.10	26.22		31.40	36.81	42.34	47.98	53.61		59.78	8 / 4			
reaction time	0.331	interval		4.55	4.76	4.84	5.12		5.18	5.41	5.53	5.64	5.63	6.17			14.15	15.71	16.80
		velocity	6.47	7.69	7.35	7.23	6.84		6.76	6.47	6.33	6.21	6.22	6.48	6.69		7.42	6.68	6.25
H1 lead leg	L	strides	22	15	15	15	16		16	17	17	17	17	19.5	186.5				

														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Montero, Beatriz (ESP) (1977)																															
FINAL - 2002 IAAF World Cup (Madrid, ESP)														<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>																	
date	20-Sep-02	time	6.69	11.18	15.76	20.50	25.42		30.56	35.88	41.34	47.11	52.87		59.79	8 / 9															
reaction time	0.181	interval	4.49	4.58	4.74	4.92		5.14	5.32	5.46	5.77	5.76	6.92				13.81	15.38	16.99												
		velocity	6.73	7.80	7.64	7.38	7.11		6.81	6.58	6.41	6.07	6.08	5.78	6.69		7.60	6.83	6.18												
H1 lead leg	R	strides	24	16	16	16	17		17	18	18	19	19	22.5	202.5																
Liu Xin (CHN) (1992)																															
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)														<i>Henson (2018) - coaching observations</i>																	
date	16-Sep-18	time	7.11	11.72	16.48	21.30	26.21		31.18	36.42	41.94	47.54	53.34		59.80	1 / 5															
reaction time		interval	4.61	4.76	4.82	4.91		4.97	5.24	5.52	5.60	5.80	6.46				14.19	15.12	16.92												
		velocity	6.33	7.59	7.35	7.26	7.13		7.04	6.68	6.34	6.25	6.03	6.19	6.69		7.40	6.94	6.21												
H1 lead leg	L	strides	25	17	17	17	17		17	18	19	19	20	23.5	209.5																
Huang Yan (CHN) (1996)																															
FINAL - 2021 East China District Meeting (Zhaoying, CHN)														<i>CAA Hurdle Development (2021)</i>																	
date	25-Apr-21	time	6.77	11.23	15.80	20.65	25.69		30.76	36.12	41.99	47.63	53.29		59.80	4 / 4															
reaction time	0.236	interval	4.46	4.57	4.85	5.04		5.07	5.36	5.87	5.64	5.66	6.51				13.88	15.47	17.17												
		velocity	6.65	7.85	7.66	7.22	6.94		6.90	6.53	5.96	6.21	6.18	6.14	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																
Kuki, Yurie (JPN) (1993)																															
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)														<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																	
date	09-May-21	time	6.87	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																	
Naito, Kano (JPN) (2004)																															
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)														<i>Kishima (2022) - national high school championships biomechanics data collection</i>																	
date	05-Aug-22	time	6.75	11.18	15.87	20.68	25.72		30.82	36.07	41.45	46.98	52.78		59.80	5 / 3															
reaction time	0.156	interval	4.43	4.69	4.81	5.04		5.10	5.25	5.38	5.53	5.80	7.02				13.93	15.39	16.71												
		velocity	6.67	7.90	7.46	7.28	6.94		6.86	6.67	6.51	6.33	6.03	5.70	6.69		7.54	6.82	6.28												
H1 lead leg	R	strides	23	16	16	16	16		17	17	17	18	18	22.2	196.2																
Jinks, Asia (USA) (1999)																															
Heat 1 - 2022 USATF National Championships (Eugene, OR)														<i>USATF (2022) - Results powered by Karmarush</i>																	
date	24-Jun-22	time	6.69	10.93	15.53	20.27	25.23	27.52	30.38	35.80	41.49	47.20	52.97	59.80	59.80	7 / 6															
reaction time		interval	4.24	4.60	4.74	4.96		5.15	5.42	5.69	5.71	5.77	6.83				13.58	15.53	17.17												
		velocity	6.73	8.25	7.61	7.38	7.06	7.27	6.80	6.46	6.15	6.13	6.07	5.86	6.69		7.73	6.76	6.12												
H1 lead leg	R	strides	24	16	16	16	17		17	18	18		142																		
Lu Zhangwei (CHN) (2001)																															
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)														<i>CAA Hurdle Development (2019)</i>																	
date	03-Aug-19	time	6.90	11.48	16.26	21.12	26.16		31.46	36.78	42.16	47.74	53.38		59.81	6 / 1															
reaction time	0.229	interval	4.58	4.78	4.86	5.04		5.30	5.32	5.38	5.58	5.64	6.43				14.22	15.66	16.60												
		velocity	6.52	7.64	7.32	7.20	6.94		6.60	6.58	6.51	6.27	6.21	6.22	6.69		7.38	6.70	6.33												
H1 lead leg	R	strides	24	17	17	17	17		17	17	17	18	18	21.5	200.5																
Ou Ying (CHN) (2001)																															
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)														<i>CAA Hurdle Development (2019)</i>																	
date	22-Aug-19	time	7.04	11.60	16.25	20.97	25.89		31.13	36.47	41.99	47.65	53.49		59.81	6 / 2															
reaction time	0.249	interval	4.56	4.65	4.72	4.92		5.24	5.34	5.52	5.66	5.84	6.32				13.93	15.50	17.02												
		velocity	6.39	7.68	7.53	7.42	7.11		6.68	6.55	6.34	6.18	5.99	6.33	6.69		7.54	6.77	6.17												
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	18	18	21	200																
Aoki, Sayaka (JPN) (1986)																															
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)														<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																	
date	20-Sep-20	time	6.97	11.70	16.52	21.49	26.53		31.68	36.92	42.29	47.75	53.40		59.81	3 / 3															
reaction time	0.252	interval	4.73	4.82	4.97	5.04		5.15	5.24	5.37	5.46	5.65	6.41				14.52	15.43	16.48												
		velocity	6.46	7.40	7.26	7.04	6.94		6.80	6.68	6.52	6.41	6.19	6.24	6.69		7.23	6.80	6.37												
H1 lead leg		strides	16	16	17	17		17	17	17	17	17		151																	
Ou Ying (CHN) (2001)																															
FINAL - 2021 Chinese National Championships (Chongqing, CHN)														<i>CAA Hurdle Development (2021)</i>																	
date	26-Jun-21	time	6.98	11.58	16.28	21.00	25.90		31.06	36.26	41.68	47.46	53.42		59.81	7 / 4															
reaction time	0.192	interval	4.60	4.70	4.72	4.90		5.16	5.20	5.42	5.78	5.96	6.39				14.02	15.26	17.16												
		velocity	6.45	7.61	7.45	7.42	7.14		6.78	6.73	6.46	6.06	5.87	6.26	6.69		7.49	6.88	6.12												
H1 lead leg	L	strides	24	17	17	17	17		17	17	18	19	19	22	204																
Tao Xue (CHN) (1999)																															
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)														<i>CAA Hurdle Development (2021)</i>																	
date	26-Jun-21	time	6.94	11.26	15.75	20.35	25.11		30.23	35.70	41.49	47.23	53.18		59.81	3 / 2															
reaction time	0.252	interval	4.32	4.49	4.60	4.76		5.12	5.47	5.79	5.74	5.95	6.63				13.41	15.35	17.48												
		velocity	6.48	8.10	7.80	7.61	7.35		6.84	6.40	6.04	6.10	5.88	6.03	6.69		7.83	6.84	6.01												
H1 lead leg	L	strides	23	15	15	15	15		16	18	18	18	18	20.2	191.2																

Lan Tianlu (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN) <i>CAA Hurdle Development (2021)</i>																		
date	26-Jun-21	time	6.91	11.46	16.20	21.09	25.99	31.13	36.43	41.86	47.36	53.17		59.82	3 / 5			
reaction time	0.223	interval		4.55	4.74	4.89	4.90	5.14	5.30	5.43	5.50	5.81	6.65			14.18	15.34	16.74
		velocity	6.51	7.69	7.38	7.16	7.14	6.81	6.60	6.45	6.36	6.02	6.02	6.69		7.40	6.84	6.27
H1 lead leg	L	strides	22	16	16	16	16	17	17	17	17	18	21.5	193.5				
Hatanaka, Yuki (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 Japanese National High School Championships (Nara, JPN) <i>Matsuo (2009) - 62nd high school championships: JAF scientific committee - biomechanics data</i>																		
date	31-Jul-09	time	6.96	11.76	16.65	21.74	26.88	32.10	37.29	42.55	48.04	53.70		59.83	/ 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	17	18	18	155					
Sekimoto, Moeka (JPN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN) <i>Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data</i>																		
date	31-Jul-17	time	6.86	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	16	17	17	143					
Yokota, Karen (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN) <i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	03-May-21	time	6.84	11.51	16.27	21.17	26.18	31.18	36.34	41.59	47.20	53.09		59.83	7 / 2			
reaction time	0.185	interval		4.67	4.76	4.90	5.01	5.00	5.16	5.25	5.61	5.89	6.74			14.33	15.17	16.75
		velocity	6.58	7.49	7.35	7.14	6.99	7.00	6.78	6.67	6.24	5.94	5.93	6.69		7.33	6.92	6.27
H1 lead leg	L	strides	23	16	16	17	17	17	17	17	17	17	22.2	196.2				
Simizu, Serina (JPN) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN) <i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																		
date	04-Jun-23	time	6.91	11.56	16.30	21.22	26.26	31.43	36.75	42.14	47.71	53.57		59.84	4 / 2			
reaction time	0.176	interval		4.65	4.74	4.92	5.04	5.17	5.32	5.39	5.57	5.86	6.27	PB		14.31	15.53	16.82
		velocity	6.51	7.53	7.38	7.11	6.94	6.77	6.58	6.49	6.28	5.97	6.38	6.68		7.34	6.76	6.24
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	17	19	22	201				
Yang Qi (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN) <i>CAA Hurdle Development (2021)</i>																		
date	26-Jun-21	time	6.81	11.45	16.19	21.05	26.01	31.33	36.68	42.00	47.76	53.53		59.85	6 / 3			
reaction time	0.194	interval		4.64	4.74	4.86	4.96	5.32	5.35	5.32	5.76	5.77	6.32			14.24	15.63	16.85
		velocity	6.61	7.54	7.38	7.20	7.06	6.58	6.54	6.58	6.08	6.07	6.33	6.68		7.37	6.72	6.23
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21	196				
Tsukamoto, Moeno (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN) <i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																		
date	04-Jun-23	time	6.84	11.31	15.93	20.67	25.64	30.80	36.09	41.52	47.18	53.14		59.85	9 / 3			
reaction time	0.157	interval		4.47	4.62	4.74	4.97	5.16	5.29	5.43	5.66	5.96	6.71			13.83	15.42	17.05
		velocity	6.58	7.83	7.58	7.38	7.04	6.78	6.62	6.45	6.18	5.87	5.96	6.68		7.59	6.81	6.16
H1 lead leg	R	strides	24	16	16	17	17	17	18	18	19	20	23.2	205.2				
Liu Xin (CHN) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Championships (Shenyang, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	09-Jul-19	time	7.19	11.78	16.40	21.12	25.92	30.93	36.07	41.39	46.96	52.75		59.86	7 / 2			
reaction time	0.281	interval		4.59	4.62	4.72	4.80	5.01	5.14	5.32	5.57	5.79	7.11			13.93	14.95	16.68
		velocity	6.26	7.63	7.58	7.42	7.29	6.99	6.81	6.58	6.28	6.04	5.63	6.68		7.54	7.02	6.29
H1 lead leg	L	strides	25	17	17	17	17	18	18	19	19	19	24	210				
Utsunomiya, Eri (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN) <i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	23-Aug-20	time	6.62	11.03	15.60	20.30	25.29	30.31	35.45	40.97	47.01	53.12		59.86	6 / 5			
reaction time	0.190	interval		4.41	4.57	4.70	4.99	5.02	5.14	5.52	6.04	6.11	6.74			13.68	15.15	17.67
		velocity	6.80	7.94	7.66	7.45	7.01	6.97	6.81	6.34	5.79	5.73	5.93	6.68		7.68	6.93	5.94
H1 lead leg		strides	15	15	15	16	16	16	16	17	20	19	149					
Kawabata, Szuka (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN) <i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>																		
date	03-May-19	time	6.76	11.21	15.87	20.64	25.58	30.66	36.05	41.68	47.36	53.32		59.87	/ 3			
reaction time		interval		4.45	4.66	4.77	4.94	5.08	5.39	5.63	5.68	5.96	6.55			13.88	15.41	17.27
		velocity	6.66	7.87	7.51	7.34	7.09	6.89	6.49	6.22	6.16	5.87	6.11	6.68		7.56	6.81	6.08
H1 lead leg		strides	15	16	16	16	16	16	17	18	18	19	151					
Kong Yingying (CHN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN) <i>CAA Hurdle Development (2021)</i>																		
date	20-May-21	time	6.99	11.46	16.06	20.85	25.77	30.88	36.32	41.81	47.51	53.44		59.87	5 / 3			
reaction time	0.305	interval		4.47	4.60	4.79	4.92	5.11	5.44	5.49	5.70	5.93	6.43	PB		13.86	15.47	17.12
		velocity	6.44	7.83	7.61	7.31	7.11	6.85	6.43	6.38	6.14	5.90	6.22	6.68		7.58	6.79	6.13
H1 lead leg	L	strides	24	16	16	17	17	17	18	18	18	19	21.5	201.5				

Wu Fangfang (CHN) (1997)																	
Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)																	
<i>Henson (2018) - coaching observations</i>																	
date	15-Sep-18	time	7.00	11.60	16.27	21.05	26.00		31.28	36.74	42.21	47.81	53.52		59.88		3 / 3
reaction time		interval		4.60	4.67	4.78	4.95		5.28	5.46	5.47	5.60	5.71	6.36			14.05 15.69 16.78
		velocity	6.43	7.61	7.49	7.32	7.07		6.63	6.41	6.40	6.25	6.13	6.29	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		
Ding Yirui (CHN) (2002)																	
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																	
<i>CAA Hurdle Development (2021)</i>																	
date	26-Jun-21	time	6.86	11.36	16.11	20.95	26.07		31.50	36.97	42.42	48.05	53.77		59.88		2 / 5
reaction time	0.238	interval		4.50	4.75	4.84	5.12		5.43	5.47	5.45	5.63	5.72	6.11			14.09 16.02 16.80
		velocity	6.56	7.78	7.37	7.23	6.84		6.45	6.40	6.42	6.22	6.12	6.55	6.68		7.45 6.55 6.25
H1 lead leg	L	strides	22	15	15	15	16		16	16	16	17	17	19.5	184.5		
Ogasawara, Arisa (JPN) (2004)																	
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)																	
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																	
date	04-Jun-23	time	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		
Lu Zhangwei (CHN) (2001)																	
Heat 4 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																	
<i>CAA Hurdle Development (2019)</i>																	
date	07-Apr-19	time	6.85	11.38	15.96	20.62	25.47		30.51	35.71	41.12	46.90	53.02		59.89		6 / 1
reaction time	0.220	interval		4.53	4.58	4.66	4.85		5.04	5.20	5.41	5.78	6.12	6.87			13.77 15.09 17.31
		velocity	6.57	7.73	7.64	7.51	7.22		6.94	6.73	6.47	6.06	5.72	5.82	6.68		7.63 6.96 6.07
H1 lead leg	R	strides	24	17	17	17	17		17	17	17	19	19	23	204		
Wang Jiaqi (CHN) (2000)																	
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																	
<i>CAA Hurdle Development (2019)</i>																	
date	17-Aug-19	time	6.88	11.40	16.08	20.92	25.90		31.02	36.42	41.98	47.62	53.38		59.89		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		
Yoshida, Kasumi (JPN) (1999)																	
A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)																	
<i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>																	
date	03-May-19	time	6.77	11.28	15.82	20.54	25.44		30.50	35.74	41.21	47.03	53.07		59.90		1 / 4
reaction time		interval		4.51	4.54	4.72	4.90		5.06	5.24	5.47	5.82	6.04	6.83			13.77 15.20 17.33
		velocity	6.65	7.76	7.71	7.42	7.14		6.92	6.68	6.40	6.01	5.79	5.86	6.68		7.63 6.91 6.06
H1 lead leg		strides		16	16	16	16		17	17	17	19	19	153			
Kawamura, Yuka (JPN) (2001)																	
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)																	
<i>Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection</i>																	
date	06-Aug-19	time	6.83	11.46	16.18	20.97	25.95		31.16	36.37	41.61	47.20	53.00		59.91		7 / 7
reaction time		interval		4.63	4.72	4.79	4.98		5.21	5.21	5.24	5.59	5.80	6.91			14.14 15.40 16.63
		velocity	6.59	7.56	7.42	7.31	7.03		6.72	6.72	6.68	6.26	6.03	5.79	6.68		7.43 6.82 6.31
H1 lead leg		strides		17	17	17	17		17	17	18	18	19	157			
Kuki, Yurie (JPN) (1993)																	
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)																	
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																	
date	20-Sep-20	time	6.97	11.54	16.30	21.17	26.29		31.43	36.79	42.28	47.80	53.40		59.94		7 / 4
reaction time	0.192	interval		4.57	4.76	4.87	5.12		5.14	5.36	5.49	5.52	5.60	6.54			14.20 15.62 16.61
		velocity	6.46	7.66	7.35	7.19	6.84		6.81	6.53	6.38	6.34	6.25	6.12	6.67		7.39 6.72 6.32
H1 lead leg		strides		15	15	15	16		16	17	17	17	17	145			
Tsuha, Aiki (JPN) (2000)																	
C FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)																	
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																	
date	24-Oct-20	time	6.72	11.28	15.97	21.14	26.38		31.51	36.67	42.03	47.73	53.40		59.94		6 / 1
reaction time		interval		4.56	4.69	5.17	5.24		5.13	5.16	5.36	5.70	5.67	6.54			14.42 15.53 16.73
		velocity	6.70	7.68	7.46	6.77	6.68		6.82	6.78	6.53	6.14	6.17	6.12	6.67		7.28 6.76 6.28
H1 lead leg		strides		17	17	17	17		17	17	17	19	19	157			
Chen Liying (CHN) (1994)																	
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																	
<i>CAA Hurdle Development (2021)</i>																	
date	26-Jun-21	time	6.86	11.40	16.06	20.84	25.74		30.88	36.24	41.66	47.36	53.36		59.94		6 / 6
reaction time	0.202	interval		4.54	4.66	4.78	4.90		5.14	5.36	5.42	5.70	6.00	6.58			13.98 15.40 17.12
		velocity	6.56	7.71	7.51	7.32	7.14		6.81	6.53	6.46	6.14	5.83	6.08	6.67		7.51 6.82 6.13
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	19	21.7	197.7		
Yoneda, Tomomi (JPN) (1990)																	
FINAL - 2008 Japanese National High School Championships (Kumagaya, JPN)																	
<i>Abe (2008) - 61st high school championships: JAF scientific committee - biomechanics data</i>																	
date	31-Jul-08	time	7.06	11.75	16.58	21.45	26.48		31.58	36.94	42.39	47.95	53.59		59.95		1 / 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			

Jiang Liyunzhe (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)																		
CAA Hurdle Development (2021)																		
date	26-Jun-21	time	6.77	11.36	16.08	20.99	26.01	31.11	36.22	41.57	47.23	53.07		59.95	4 / 2			
reaction time	0.286	interval		4.59	4.72	4.91	5.02	5.10	5.11	5.35	5.66	5.84	6.88			14.22	15.23	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				
Umemoto, Rina (JPN) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Japanese National High School Championships (Okinawa, JPN)																		
Matsuo (2010) - 63rd high school championships: JAF scientific committee - biomechanics data																		
date	31-Jul-10	time	7.11	11.73	16.47	21.26	26.20	31.07	36.33	41.70	47.44	53.31		59.96	/ 1			
reaction time		interval		4.62	4.74	4.79	4.94	4.87	5.26	5.37	5.74	5.87	6.65	PB		14.15	15.07	16.98
		velocity	6.33	7.58	7.38	7.31	7.09	7.19	6.65	6.52	6.10	5.96	6.02	6.67		7.42	6.97	6.18
H1 lead leg		strides	17	17	17	17	17	17	18	18	19	20	160					
Kawano, Shiho (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)																		
Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data																		
date	31-Jul-17	time	6.84	11.43	16.13	21.17	26.29	31.58	36.92	42.29	47.88	53.55		59.96	5 / 7			
reaction time	0.240	interval		4.59	4.70	5.04	5.12	5.29	5.34	5.37	5.59	5.67	6.41			14.33	15.75	16.63
		velocity	6.58	7.63	7.45	6.94	6.84	6.62	6.55	6.52	6.26	6.17	6.24	6.67		7.33	6.67	6.31
H1 lead leg		strides	16	16	17	17	17	17	17	17	18	18	153					
Ban, Nozomi (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)																		
Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection																		
date	04-Aug-18	time	6.97	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	17	151					
Shiomi, Mikoto (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)																		
Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection																		
date	06-Aug-19	time	6.93	11.75	16.60	21.62	26.77	32.08	37.50	42.88	48.38	54.04		59.96	1 / 8			
reaction time		interval		4.82	4.85	5.02	5.15	5.31	5.42	5.38	5.50	5.66	5.92			14.69	15.88	16.54
		velocity	6.49	7.26	7.22	6.97	6.80	6.59	6.46	6.51	6.36	6.18	6.76	6.67		7.15	6.61	6.35
H1 lead leg		strides	17	17	17	17	17	18	18	18	18	18	158					
Tsukamoto, Moeno (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)																		
Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																		
date	12-Jun-22	time	6.89	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				
Saito, Mayu (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)																		
Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																		
date	24-Oct-20	time	6.62	11.03	15.57	20.39	25.41	30.81	36.47	41.86	47.61	53.45		59.97	4 / 2			
reaction time		interval		4.41	4.54	4.82	5.02	5.40	5.66	5.39	5.75	5.84	6.52			13.77	16.08	16.98
		velocity	6.80	7.94	7.71	7.26	6.97	6.48	6.18	6.49	6.09	5.99	6.13	6.67		7.63	6.53	6.18
H1 lead leg		strides	16	16	17	17	17	17	18	18	19	19	157					
Zhou Yu (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																		
CAA Hurdle Development (2019)																		
date	12-Apr-19	time	6.97	11.66	16.50	21.39	26.39	31.63	36.91	42.17	47.71	53.54		59.98	9 / 1			
reaction time	0.252	interval		4.69	4.84	4.89	5.00	5.24	5.28	5.26	5.54	5.83	6.44	PB		14.42	15.52	16.63
		velocity	6.46	7.46	7.23	7.16	7.00	6.68	6.63	6.65	6.32	6.00	6.21	6.67		7.28	6.77	6.31
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	19	22.2	198.2				
Kawabata, Szuka (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)																		
Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																		
date	20-Sep-20	time	6.76	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	17	18	18	19	153					
Qiu Zhangyan (CHN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)																		
CAA Hurdle Development (2021)																		
date	26-Jun-21	time	7.14	11.84	16.73	21.65	26.65	31.70	36.90	42.19	47.78	53.53		59.99	8 / 3			
reaction time	0.364	interval		4.70	4.89	4.92	5.00	5.05	5.20	5.29	5.59	5.75	6.46	PB		14.51	15.25	16.63
		velocity	6.30	7.45	7.16	7.11	7.00	6.93	6.73	6.62	6.26	6.09	6.19	6.67		7.24	6.89	6.31
H1 lead leg	L	strides	24	17	18	17	17	17	17	17	18	18	21.7	201.7				
Takisawa, Aya (JPN) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Japanese National High School Championships (Kitakami, JPN)																		
Abe (2011) - 64th high school championships: JAF scientific committee - biomechanics data																		
date	05-Aug-11	time	6.82	11.32	15.99	20.75	25.66	30.64	35.91	41.54	47.56	53.59		60.01	3 / 1			
reaction time		interval		4.50	4.67	4.76	4.91	4.98	5.27	5.63	6.02	6.03	6.42			13.93	15.16	17.68
		velocity	6.60	7.78	7.49	7.35	7.13	7.03	6.64	6.22	5.81	5.80	6.23	6.67		7.54	6.93	5.94
H1 lead leg		strides																

Wu Fangfang (CHN) (1997)																			
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)																			
CAA Hurdle Development (2019)																			
date	03-Aug-19	time	6.96	11.65	16.32	21.12	26.11		31.35	36.65	42.16	47.73	53.52		60.01		5 / 5		
reaction time	0.244	interval	4.69	4.67	4.80	4.99		5.24	5.30	5.51	5.57	5.79	6.49				14.16	15.53	16.87
		velocity	6.47	7.46	7.49	7.29	7.01		6.68	6.60	6.35	6.28	6.04	6.16	6.67		7.42	6.76	6.22
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	21.5	194.5				
Kamada, Saki (JPN) (1997)																			
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)																			
Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data																			
date	31-Jul-15	time	6.81	11.44	16.22	20.95	25.89		31.21	36.50	42.09	47.65	53.52		60.04		8 / 5		
reaction time		interval	4.63	4.78	4.73	4.94		5.32	5.29	5.59	5.56	5.87	6.52				14.14	15.55	17.02
		velocity	6.61	7.56	7.32	7.40	7.09		6.58	6.62	6.26	6.29	5.96	6.13	6.66		7.43	6.75	6.17
H1 lead leg		strides	17	17	17	17		18	18	18	18	19		159					
Lan Tianlu (CHN) (1999)																			
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																			
CAA Hurdle Development (2019)																			
date	23-Aug-19	time	6.80	11.28	15.92	20.82	25.80		30.94	36.14	41.41	47.06	53.10		60.04		8 / 3		
reaction time	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				
Huang Yan (CHN) (1996)																			
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)																			
CAA Hurdle Development (2021)																			
date	25-Apr-21	time	6.82	11.38	15.98	20.82	25.83		30.91	36.14	41.69	47.30	53.15		60.05		4 / 1		
reaction time	0.232	interval	4.56	4.60	4.84	5.01		5.08	5.23	5.55	5.61	5.85	6.90				14.00	15.32	17.01
		velocity	6.60	7.68	7.61	7.23	6.99		6.89	6.69	6.31	6.24	5.98	5.80	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				
Tsukuda, Huayue (JPN)																			
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)																			
Takashima (2023) - national high school sports festival - biomechanics data																			
date	04-Aug-23	time	7.29	12.06	16.98	21.96	27.01		32.25	37.54	42.88	48.42	53.92		60.05		7 / 4		
reaction time	0.262	interval	4.77	4.92	4.98	5.05		5.24	5.29	5.34	5.54	5.50	6.13				14.67	15.58	16.38
		velocity	6.17	7.34	7.11	7.03	6.93		6.68	6.62	6.55	6.32	6.36	6.53	6.66		7.16	6.74	6.41
H1 lead leg		strides	23	17	17	17	17		17	17	17	17	17	22	198				
Rodriguez, Chloe (USA) (2003)																			
Heat 3 - 2024 USA Olympic Trials (Eugene, OR)																			
USATF and Karmarush (2024) - USA Olympic trials results and race analysis																			
date	27-Jun-24	time	6.99	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																	
Matsuki, Ai (JPN) (2006)																			
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)																			
Takashima (2024) - national high school sports festival - biomechanics data																			
date	30-Jul-24	time	6.91	11.54	16.37	21.24	26.21		31.33	36.64	42.08	47.75	53.54		60.06		3 / 6		
reaction time	0.185	interval	4.60	4.59	4.78	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				
Wang Jiaqi (CHN) (2000)																			
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)																			
CAA Hurdle Development (2021)																			
date	26-Jun-21	time	7.02	11.47	16.11	20.81	25.77		30.97	36.31	41.83	47.64	53.51		60.07		7 / 3		
reaction time	0.238	interval	4.45	4.64	4.70	4.96		5.20	5.34	5.52	5.81	5.87	6.56				13.79	15.50	17.20
		velocity	6.41	7.87	7.54	7.45	7.06		6.73	6.55	6.34	6.02	5.96	6.10	6.66		7.61	6.77	6.10
H1 lead leg	L	strides	24	17	17	17	17		17	17	18	18	18	22	202				
Alonso, Mariam (ESP) (1970)																			
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)																			
Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas																			
date	02-Aug-98	time	6.63	11.23	15.82	20.60	25.60		30.67	35.92	41.38	47.09	52.94		60.10		6 / 3		
reaction time		interval	4.60	4.59	4.78	5.00		5.07	5.25	5.46	5.71	5.85	7.16				13.97	15.32	17.02
		velocity	6.79	7.61	7.63	7.32	7.00		6.90	6.67	6.41	6.13	5.98	5.59	6.66		7.52	6.85	6.17
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	18	18	22	195				
Kong Yingying (CHN) (2003)																			
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)																			
CAA Hurdle Development (2021)																			
date	26-Jun-21	time	6.93	11.55	16.26	21.08	26.12		31.30	36.55	42.04	47.75	53.48		60.10		7 / 4		
reaction time	0.272	interval	4.62	4.71	4.82	5.04		5.18	5.25	5.49	5.71	5.73	6.62				14.15	15.47	16.93
		velocity	6.49	7.58	7.43	7.26	6.94		6.76	6.67	6.38	6.13	6.11	6.04	6.66		7.42	6.79	6.20
H1 lead leg	R	strides	23	16	16	16	17		17	17	18	18	18	22	198				
Lu Zhangwei (CHN) (2001)																			
Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)																			
CAA Hurdle Development (2019)																			
date	09-Jul-19	time	6.90	11.39	15.96	20.75	25.67		30.81	36.15	41.50	47.17	53.13		60.11		6 / 4		
reaction time	0.244	interval	4.49	4.57	4.79	4.92		5.14	5.34	5.35	5.67	5.96	6.98				13.85	15.40	16.98
		velocity	6.52	7.80	7.66	7.31	7.11		6.81	6.55	6.54	6.17	5.87	5.73	6.65		7.58	6.82	6.18
H1 lead leg	R	strides	24	17	17	17	17		17	17	17	18	19	23	203				

Kagawa, Yumeka (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)												Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season							
date	25-Oct-20	time	7.02	11.70	16.55	21.45	26.51	31.78	37.17	42.74	48.31	53.89		60.11	3 / 3				
reaction time	0.230	interval		4.68	4.85	4.90	5.06	5.27	5.39	5.57	5.57	5.58	6.22			14.43	15.72	16.72	
		velocity	6.41	7.48	7.22	7.14	6.92	6.64	6.49	6.28	6.28	6.27	6.43	6.65		7.28	6.68	6.28	
H1 lead leg		strides		16	16	16	16	17	17	17	17	17		149					
Okawa, Sumika (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)												Shibayama (2021) - national high school and U20 national championships							
date	30-Jul-21	time	6.72	11.11	15.73	20.65	25.66	30.73	36.02	41.62	47.32	53.35		60.11	6 / 3				
reaction time	0.168	interval		4.39	4.62	4.92	5.01	5.07	5.29	5.60	5.70	6.03	6.76			13.93	15.37	17.33	
		velocity	6.70	7.97	7.58	7.11	6.99	6.90	6.62	6.25	6.14	5.80	5.92	6.65		7.54	6.83	6.06	
H1 lead leg		strides		15	15	16	16	16	16	17	17	17		145					
Tao Xue (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 4 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)												CAA Hurdle Development (2019)							
date	12-Apr-19	time	7.17	11.77	16.55	21.30	26.26	31.34	36.70	42.24	47.81	53.50		60.12	8 / 1				
reaction time	0.349	interval		4.60	4.78	4.75	4.96	5.08	5.36	5.54	5.57	5.69	6.62			14.13	15.40	16.80	
		velocity	6.28	7.61	7.32	7.37	7.06	6.89	6.53	6.32	6.28	6.15	6.04	6.65		7.43	6.82	6.25	
H1 lead leg	R	strides		24	16	16	16	16	17	17	17	17	21.2	193.2					
Okawa, Nazuna (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)												Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection							
date	04-Aug-18	time	7.26	12.08	17.00	21.94	26.94	32.10	37.27	42.51	47.95	53.79		60.12	2 / 5				
reaction time		interval		4.82	4.92	4.94	5.00	5.16	5.17	5.24	5.44	5.84	6.33			14.68	15.33	16.52	
		velocity	6.20	7.26	7.11	7.09	7.00	6.78	6.77	6.68	6.43	5.99	6.32	6.65		7.15	6.85	6.36	
H1 lead leg		strides		17	17	17	17	17	17	17	17	19		155					
Nishida, Ayaka (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2011 Japanese National High School Championships (Kitakami, JPN)												Abe (2011) - 64th high school championships: JAF scientific committee - biomechanics data							
date	05-Aug-11	time	7.04	11.88	16.73	21.69	26.73	31.95	37.20	42.69	48.43	54.17		60.13	6 / 2				
reaction time		interval		4.84	4.85	4.96	5.04	5.22	5.25	5.49	5.74	5.74	5.96			14.65	15.51	16.97	
		velocity	6.39	7.23	7.22	7.06	6.94	6.70	6.67	6.38	6.10	6.10	6.71	6.65		7.17	6.77	6.19	
H1 lead leg		strides																	
Chen Liying (CHN) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)												CAA Hurdle Development (2019)							
date	03-Aug-19	time	6.84	11.45	16.07	20.82	25.68	30.76	36.07	41.54	47.29	53.34		60.13	4 / 6				
reaction time	0.185	interval		4.61	4.62	4.75	4.86	5.08	5.31	5.47	5.75	6.05	6.79	PB		13.98	15.25	17.27	
		velocity	6.58	7.59	7.58	7.37	7.20	6.89	6.59	6.40	6.09	5.79	5.89	6.65		7.51	6.89	6.08	
H1 lead leg	R	strides		24	16	16	16	17	17	17	18	19	22.2	198.2					
Wasada, Mahiro (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)												Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season							
date	04-Jun-23	time	7.06	11.75	16.42	21.22	26.14	31.40	36.84	42.26	47.90	53.64		60.13	6 / 5				
reaction time	0.197	interval		4.69	4.67	4.80	4.92	5.26	5.44	5.42	5.64	5.74	6.49			14.16	15.62	16.80	
		velocity	6.37	7.46	7.49	7.29	7.11	6.65	6.43	6.46	6.21	6.10	6.16	6.65		7.42	6.72	6.25	
H1 lead leg	L	strides		24	16	16	16	17	18	18	19	19	23.2	202.2					
Barber, Kaila (USA) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)												Henson (2021) - Athlete First: 2021 year end hurdle report							
date	26-Jun-21	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						
Koyama, Kana (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)												Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data							
date	31-Jul-15	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					
Shibata, Haruka (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)												Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season							
date	23-Aug-20	time	6.91	11.54	16.30	21.37	26.59	31.82	37.04	42.43	47.96	53.72		60.15	9 / 6				
reaction time	0.161	interval		4.63	4.76	5.07	5.22	5.23	5.22	5.39	5.53	5.76	6.43			14.46	15.67	16.68	
		velocity	6.51	7.56	7.35	6.90	6.70	6.69	6.70	6.49	6.33	6.08	6.22	6.65		7.26	6.70	6.29	
H1 lead leg		strides		16	16	17	17	17	17	17	17	19		153					
Wang Hongyan (CHN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)												CAA Hurdle Development (2021)							
date	26-Jun-21	time	6.97	11.64	16.39	21.21	26.26	31.55	36.97	42.49	48.20	53.89		60.16	6 / 4				
reaction time	0.204	interval		4.67	4.75	4.82	5.05	5.29	5.42	5.52	5.71	5.69	6.27			14.24	15.76	16.92	
		velocity	6.46	7.49	7.37	7.26	6.93	6.62	6.46	6.34	6.13	6.15	6.38	6.65		7.37	6.66	6.21	
H1 lead leg	L	strides		25	16	17	17	18	18	18	19	19	22.7	206.7					

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Matsuo, Kazuki (JPN) (2006)																			
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)		<i>Takashima (2024) - national high school sports festival - biomechanics data</i>																	
date	30-Jul-24	time	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					
Wang Hongyan (CHN) (1998)																			
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)		<i>CAA Hurdle Development (2020)</i>																	
date	17-Sep-20	time		11.42	16.08	20.83	25.71	30.79	36.04	41.54	47.42	53.29		60.17	8 / 5				
reaction time		interval		4.66	4.75	4.88	5.08	5.25	5.50	5.88	5.87	6.88					15.21	17.25	
		velocity		7.01	7.51	7.37	7.17	6.89	6.67	6.36	5.95	5.96	5.81	6.65		6.90	6.09		
H1 lead leg		strides		17			17	18	18	19	19	23	112						
Nakano, Nano (JPN) (2001)																			
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)		<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																	
date	09-May-21	time	6.86	11.54	16.33	21.22	26.28	31.48	36.92	42.41	48.00	53.67		60.17	9 / 6				
reaction time	0.154	interval	4.68	4.79	4.89	5.06	5.20	5.44	5.49	5.59	5.67	6.50				14.36	15.70	16.75	
		velocity	6.56	7.48	7.31	7.16	6.92	6.73	6.43	6.38	6.26	6.17	6.15	6.65		7.31	6.69	6.27	
H1 lead leg	L	strides	24	17	17	17	17	17	19	19	19	19	185						
Barnes, Miriam (USA) (1983)																			
FINAL - 2008 USA Olympic Trials (Eugene, OR)		<i>USATF Hurdle Development (2008)</i>																	
date	29-Jun-08	time	6.80	10.94	15.23	19.47	23.83	28.30	33.30	38.21	43.28	fell on H9		60.18	7 / 3				
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						
Hu Lihong (CHN) (1999)																			
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)		<i>CAA Hurdle Development (2019)</i>																	
date	22-Aug-19	time	7.06	11.72	16.54	21.38	26.38	31.38	36.52	41.98	47.56	53.37		60.18	9 / 3				
reaction time	0.216	interval	4.66	4.82	4.84	5.00	5.00	5.14	5.46	5.58	5.81	6.81				14.32	15.14	16.85	
		velocity	6.37	7.51	7.26	7.23	7.00	7.00	6.81	6.41	6.27	6.02	5.87	6.65		7.33	6.94	6.23	
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17	20.8	190.8					
Dulin, Mandie (USA) (1977)																			
FINAL - 1996 USATF National Junior Championships (Delaware, OH)		<i>USATF Women's Sprint Development (1996)</i>																	
date	29-Jun-96	time	7.11	11.77	16.35	21.12	25.94	31.10	36.49	42.21	47.94	53.70		60.19	6 / 3				
reaction time		interval	4.66	4.58	4.77	4.82	5.16	5.39	5.72	5.73	5.76	6.49				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																	
Mo Jiadie (CHN) (2000)																			
Heat 1 - 2019 Chinese National Grand Prix 1 (Zhaqing, CHN)		<i>CAA Hurdle Development (2019)</i>																	
date	07-Apr-19	time	7.00	11.53	16.20	21.04	26.02	31.18	36.47	42.19	47.90	53.69		60.19	8 / 1				
reaction time	0.319	interval	4.53	4.67	4.84	4.98	5.16	5.29	5.72	5.71	5.79	6.50				14.04	15.43	17.22	
		velocity	6.43	7.73	7.49	7.23	7.03	6.78	6.62	6.12	6.13	6.04	6.15	6.65		7.48	6.80	6.10	
H1 lead leg	L	strides	24	16	16	16	16	17	17	18	18	18	21	197					
Liu Hongjuan (CHN) (1996)																			
Heat 3 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)		<i>CAA Hurdle Development (2019)</i>																	
date	12-Apr-19	time	6.86	11.43	16.19	21.10	26.06	31.30	36.57	42.04	47.69	53.48		60.19	7 / 2				
reaction time	0.227	interval	4.57	4.76	4.91	4.96	5.24	5.27	5.47	5.65	5.79	6.71				14.24	15.47	16.91	
		velocity	6.56	7.66	7.35	7.13	7.06	6.68	6.64	6.40	6.19	6.04	5.96	6.65		7.37	6.79	6.21	
H1 lead leg	L	strides	23	16	16	16	16	17	17	18	19	19	22.5	199.5					
Spencer, Ashley (USA) (1993)																			
FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)		<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	27-Jun-21	time	6.37	10.61	14.88	19.38	24.25	28.99	33.93		44.71			60.19	3 / 3-7				
reaction time	0.222	interval	4.24	4.27	4.50	4.87	4.74	4.94		10.78						13.64	9.68		
		velocity	7.06	8.25	8.20	7.78	7.19	7.38	7.09		6.49			6.65		7.70	10.85		
H1 lead leg	L	strides		15	15	15	15		15				75						
Wilson, Simone (USA) (1998)																			
Heat 1 - 2022 USATF National Championships (Eugene, OR)		<i>USATF (2022) - Results powered by Karmarush</i>																	
date	24-Jun-22	time	7.11	11.53	16.09	20.88	25.80	28.06	31.03	36.59	42.22	48.07	53.77	60.20	60.20	60.20	8 / 7		
reaction time		interval	4.42	4.56	4.79	4.92	5.23	5.56	5.63	5.85	5.70	6.43					13.77	15.71	17.18
		velocity	6.33	7.92	7.68	7.31	7.11	7.13	6.69	6.29	6.22	5.98	6.14	6.22	6.64		7.63	6.68	6.11
H1 lead leg	R	strides	25	16	16	16	16	17	17				123						
Watson, Vanessa (USA) (2001)																			
Heat 1 - 2024 USA Olympic Trials (Eugene, OR)		<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																	
date	27-Jun-24	time	6.47	10.70	15.19	19.81	24.62	26.80	29.59	34.80	40.36	46.15	52.42		60.22	7 / 7			
reaction time		interval	4.23	4.49	4.62	4.81	4.97	5.21	5.56	5.79	6.27	7.80				13.34	14.99	17.62	
		velocity	6.96	8.27	7.80	7.58	7.28	7.46	7.04	6.72	6.29	6.04	5.58	5.13	6.64		7.87	7.00	5.96
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	19	19	176					

														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) (1990)																															
FINAL - 2011 Fridrott (Stockholm, SWE)														<i>Blomkvist (2011) - www.elitlandslag.se/SprintHack/LangSprintHack.aspx</i>																	
date	07-Jun-11	time	6.94	11.48	16.12	21.04	26.10		31.24	36.50	41.90	47.68	53.44		60.25	1 / 1															
reaction time		interval		4.54	4.64	4.92	5.06		5.14	5.26	5.40	5.78	5.76	6.81				14.10	15.46	16.94											
		velocity	6.48	7.71	7.54	7.11	6.92		6.81	6.65	6.48	6.06	6.08	5.87	6.64			7.45	6.79	6.20											
H1 lead leg	L	strides		16	16	17	17		17	17	17	18	18	22	175																
Fei Jiayu (CHN) (2000)																															
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)														<i>CAA Hurdle Development (2021)</i>																	
date	20-May-21	time	7.02	11.58	16.15	21.00	25.86		30.96	36.27	41.72		53.49		60.25	4 / 4															
reaction time	0.213	interval		4.56	4.57	4.85	4.86		5.10	5.31	5.45		11.77	6.76				13.98	15.27	17.22											
		velocity	6.41	7.68	7.66	7.22	7.20		6.86	6.59	6.42		5.95	5.92	6.64			7.51	6.88	6.10											
H1 lead leg	R	strides	24	16	16	16	16		17	17	17		18	21.5	178.5																
Chen Liying (CHN) (1994)																															
Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)														<i>CAA Hurdle Development (2019)</i>																	
date	09-Jul-19	time	6.90	11.48	16.13	20.83	25.66		30.69	35.94	41.41	47.16	53.37		60.26	6 / 3															
reaction time	0.194	interval		4.58	4.65	4.70	4.83		5.03	5.25	5.47	5.75	6.21	6.89				13.93	15.11	17.43											
		velocity	6.52	7.64	7.53	7.45	7.25		6.96	6.67	6.40	6.09	5.64	5.81	6.64			7.54	6.95	6.02											
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	20	22.5	199.5																
Zhou Lin (CHN) (1998)																															
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)														<i>CAA Hurdle Development (2021)</i>																	
date	26-Jun-21	time	6.89	11.48	16.17	20.94	25.85		30.91	36.34	41.74	47.32	53.14		60.26	8 / 4															
reaction time	0.224	interval		4.59	4.69	4.77	4.91		5.06	5.43	5.40	5.58	5.82	7.12				14.05	15.40	16.80											
		velocity	6.53	7.63	7.46	7.34	7.13		6.92	6.45	6.48	6.27	6.01	5.62	6.64			7.47	6.82	6.25											
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	18	22	194																
Ortiz, Yamelis (USA) (1978)																															
FINAL - 1996 USATF National Junior Championships (Delaware, OH)														<i>USATF Women's Sprint Development (1996)</i>																	
date	29-Jun-96	time	7.01	11.61	16.11	20.85	25.60		30.63	36.09	41.81	47.76	53.58		60.28	2 / 4															
reaction time		interval		4.60	4.50	4.74	4.75		5.03	5.46	5.72	5.95	5.82	6.70				13.84	15.24	17.49											
		velocity	6.42	7.61	7.78	7.38	7.37		6.96	6.41	6.12	5.88	6.01	5.97	6.64			7.59	6.89	6.00											
H1 lead leg		strides																													
Natsume, Saaya (JPN) (2004)																															
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)														<i>Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																	
date	12-Jun-22	time	6.87	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																
Wu Fangfang (CHN) (1997)																															
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)														<i>CAA Hurdle Development (2021)</i>																	
date	26-Jun-21	time	7.06	11.79	16.62	21.56	26.63		31.96	37.42	42.91	48.48	54.15		60.29	4 / 5															
reaction time	0.308	interval		4.73	4.83	4.94	5.07		5.33	5.46	5.49	5.57	5.67	6.14				14.50	15.86	16.73											
		velocity	6.37	7.40	7.25	7.09	6.90		6.57	6.41	6.38	6.28	6.17	6.51	6.63			7.24	6.62	6.28											
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	21	194																
Naito, Kano (JPN) (2004)																															
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)														<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																	
date	27-Jun-21	time	6.77	11.29	16.02	20.89	25.94		31.08	36.60	42.21	47.88	53.65		60.30	5 / 4															
reaction time	0.231	interval		4.52	4.73	4.87	5.05		5.14	5.52	5.61	5.67	5.77	6.65				14.12	15.71	17.05											
		velocity	6.65	7.74	7.40	7.19	6.93		6.81	6.34	6.24	6.17	6.07	6.02	6.63			7.44	6.68	6.16											
H1 lead leg	R	strides	25	17	17	17	17		17	19	19	19	19	22	208																
Liu Hongjuan (CHN) (1996)																															
FINAL - 2021 East China District Meeting (Zhaqing, CHN)														<i>CAA Hurdle Development (2021)</i>																	
date	25-Apr-21	time	6.66	11.18	15.82	20.68	25.68		30.94	36.40	41.90	47.74	53.58		60.33	7 / 5															
reaction time	0.240	interval		4.52	4.64	4.86	5.00		5.26	5.46	5.50	5.84	5.84	6.75				14.02	15.72	17.18											
		velocity	6.76	7.74	7.54	7.20	7.00		6.65	6.41	6.36	5.99	5.99	5.93	6.63			7.49	6.68	6.11											
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18	22	196																
Wilson, Tyra (USA) (2002)																															
Heat 4 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																	
date	27-Jun-24	time	6.62	10.91	15.30	19.69	24.20	26.32	29.08	34.45	39.96	45.81	52.11		60.33	3 / 6															
reaction time		interval		4.29	4.39	4.39	4.51		4.88	5.37	5.51	5.85	6.30	8.22				13.07	14.76	17.66											
		velocity	6.80	8.16	7.97	7.97	7.76	7.60	7.17	6.52	6.35	5.98	5.56	4.87	6.63			8.03	7.11	5.95											
H1 lead leg	L	strides	24	16	15	15	15		17	17	17	17	19	172																	
Chen Liying (CHN) (1994)																															
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)														<i>CAA Hurdle Development (2019)</i>																	
date	03-Aug-19	time	6.92	11.63	16.31	21.08	25.93		31.08	36.52	42.07	47.70	53.55		60.34	1 / 2															
reaction time	0.193	interval		4.71	4.68	4.77	4.85		5.15	5.44	5.55	5.63	5.85	6.79				14.16	15.44	17.03											
		velocity	6.50	7.43	7.48	7.34	7.22		6.80	6.43	6.31	6.22	5.98	5.89	6.63			7.42	6.80	6.17											
H1 lead leg	R	strides	24	16	16	16	16		17	18	18	18	18	22	199																

Hu Lihong (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)																		
CAA Hurdle Development (2019)																		
date	03-Aug-19	time	7.02	11.66	16.36	21.08	26.00	31.02	36.22	41.60	47.22	53.10		60.34	8 / 7			
reaction time	0.231	interval	4.64	4.70	4.72	4.92		5.02	5.20	5.38	5.62	5.88	7.24			14.06	15.14	16.88
		velocity	6.41	7.54	7.45	7.42	7.11		6.97	6.73	6.51	6.23	5.95	5.52	6.63	7.47	6.94	6.22
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17	21	191			
Mo Jiadie (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)																		
CAA Hurdle Development (2019)																		
date	17-Aug-19	time	6.78	11.34	16.10	20.94	25.94	31.14	36.54	41.94	47.78	53.66		60.37	6 / 1			
reaction time	0.222	interval	4.56	4.76	4.84	5.00		5.20	5.40	5.40	5.84	5.88	6.71			14.16	15.60	17.12
		velocity	6.64	7.68	7.35	7.23	7.00		6.73	6.48	6.48	5.99	5.95	5.96	6.63	7.42	6.73	6.13
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	21	196			
Karlsson, Hanna (SWE) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)																		
Omega Timing (2023) - diamond league race analysis																		
date	02-Jul-23	time	6.77	11.27	15.84	20.56	25.50	30.64	35.92	41.48	47.32	53.34		60.37	6 / 5			
reaction time	0.163	interval	4.50	4.57	4.72	4.94		5.14	5.28	5.56	5.84	6.02	7.03			13.79	15.36	17.42
		velocity	6.65	7.78	7.66	7.42	7.09		6.81	6.63	6.29	5.99	5.81	5.69	6.63	7.61	6.84	6.03
H1 lead leg		strides																
Liang Yina (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN)																		
Henson (2018) - coaching observations																		
date	15-Sep-18	time	7.02	11.56	16.23	20.99	25.92	31.03	36.43	41.93	47.66	53.69		60.38	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		17	18	18	18		164				
White, Yvette (USA) (1977)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USATF National Junior Championships (Delaware, OH)																		
USATF Women's Sprint Development (1996)																		
date	29-Jun-96	time	7.11	11.81	16.61	21.42	26.24	31.36	36.60	42.14	47.76	53.59		60.39	7 / 5			
reaction time		interval	4.70	4.80	4.81	4.82		5.12	5.24	5.54	5.62	5.83	6.80			14.31	15.18	16.99
		velocity	6.33	7.45	7.29	7.28	7.26		6.84	6.68	6.32	6.23	6.00	5.88	6.62	7.34	6.92	6.18
H1 lead leg		strides																
Hu Lihong (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)																		
CAA Hurdle Development (2019)																		
date	09-Jul-19	time	6.94	11.51	16.26	21.05	25.96	31.13	36.33	41.66	47.29	53.35		60.39	5 / 4-3			
reaction time	0.211	interval	4.57	4.75	4.79	4.91		5.17	5.20	5.33	5.63	6.06	7.04			14.11	15.28	17.02
		velocity	6.48	7.66	7.37	7.31	7.13		6.77	6.73	6.57	6.22	5.78	5.68	6.62	7.44	6.87	6.17
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	21	193			
Iwata, Honoka (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)																		
Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data																		
date	31-Jul-15	time	6.92	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				
Ou Ying (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)																		
Henson (2018) - coaching observations																		
date	16-Sep-18	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			
Xiao Xia (CHN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)																		
CAA Hurdle Development (2021)																		
date	26-Jun-21	time	6.76	11.38	16.25	21.30	26.41	31.76	37.17	42.71	48.35	53.97		60.42	3 / 5			
reaction time	0.296	interval	4.62	4.87	5.05	5.11		5.35	5.41	5.54	5.64	5.62	6.45			14.54	15.87	16.80
		velocity	6.66	7.58	7.19	6.93	6.85		6.54	6.47	6.32	6.21	6.23	6.20	6.62	7.22	6.62	6.25
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	20.5	192.5			
Murakami, Natsumi (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese National Championships (Osaka, JPN)																		
Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																		
date	27-Jun-21	time	6.84	11.24	15.83	20.64	25.49	30.58	35.84	41.34	47.24	53.37		60.42	8 / 8			
reaction time	0.219	interval	4.40	4.59	4.81	4.85		5.09	5.26	5.50	5.90	6.13	7.05			13.80	15.20	17.53
		velocity	6.58	7.95	7.63	7.28	7.22		6.88	6.65	6.36	5.93	5.71	5.67	6.62	7.61	6.91	5.99
H1 lead leg	R	strides	23	15	15	16	16		17	17	17	18	18	172				
Nakasima, Sayaku (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)																		
Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season																		
date	04-Jun-23	time	6.87	11.58	16.30	21.12	26.13	31.38	36.79	42.24	47.98	54.00		60.43	8 / 6			
reaction time	0.180	interval	4.71	4.72	4.82	5.01		5.25	5.41	5.45	5.74	6.02	6.43			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			

Wu Fangfang (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)																		
<i>Henson (2018) - coaching observations</i>																		
date	16-Sep-18	time	7.06	11.70	16.36	21.14	26.07	31.23	36.64	42.21	47.81	58.36		60.44	2 / 7			
reaction time		interval	4.64	4.66	4.78	4.93		5.16	5.41	5.57	5.60	10.55	2.08			14.08	15.50	21.72
		velocity	6.37	7.54	7.51	7.32	7.10		6.78	6.47	6.28	6.25	3.32	19.23	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			
Hu Lihong (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	03-Aug-19	time	7.08	11.80	16.68	21.54	26.54	31.72	36.88	42.26	47.84	53.62		60.44	8 / 3			
reaction time	0.229	interval	4.72	4.88	4.86	5.00		5.18	5.16	5.38	5.58	5.78	6.82			14.46	15.34	16.74
		velocity	6.36	7.42	7.17	7.20	7.00		6.76	6.78	6.51	6.27	6.06	5.87	6.62	7.26	6.84	6.27
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17	20.7	190.7			
Kusaka, Ayana (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)																		
<i>Shibayama (2021) - national high school and U20 national championships</i>																		
date	30-Jul-21	time	6.73	11.36	16.07	20.95	25.96	31.03	36.40	42.28	48.14	54.14		60.46	7 / 4			
reaction time	0.173	interval	4.63	4.71	4.88	5.01		5.07	5.37	5.88	5.86	6.00	6.32			14.22	15.45	17.74
		velocity	6.69	7.56	7.43	7.17	6.99		6.90	6.52	5.95	5.97	5.83	6.33	6.62	7.38	6.80	5.92
H1 lead leg	R	strides	24	17	17	17	17		17	17	19	19	19	22.5	205.5			
Hayes, Jernail (USA) (1988)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)																		
<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																		
date	06-May-16	time	6.44	10.88	15.40	20.12	24.96	30.00	35.32	40.84	46.72			60.48	1 / 8			
reaction time	0.146	interval	4.44	4.52	4.72	4.84		5.04	5.32	5.52	5.88					13.68	15.20	
		velocity	6.99	7.88	7.74	7.42	7.23		6.94	6.58	6.34	5.95		6.61	156	7.68	6.91	
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18						
Zou Yifan (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN)																		
<i>Henson (2018) - coaching observations</i>																		
date	15-Sep-18	time	7.06	11.68	16.42	21.17	26.03	31.11	36.40	42.00	47.88	53.94		60.48	4 / 5			
reaction time		interval	4.62	4.74	4.75	4.86		5.08	5.29	5.60	5.88	6.06	6.54			14.11	15.23	17.54
		velocity	6.37	7.58	7.38	7.37	7.20		6.89	6.62	6.25	5.95	5.78	6.12	6.61	7.44	6.89	5.99
H1 lead leg	L	strides	24	17	17	17	17		17	17	18	20		164				
Tao Xue (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)																		
<i>Henson (2018) - coaching observations</i>																		
date	15-Sep-18	time	6.95	11.51	16.17	20.85	25.79	31.03	36.40	42.09	47.92	53.82		60.48	7 / 2			
reaction time		interval	4.56	4.66	4.68	4.94		5.24	5.37	5.69	5.83	5.90	6.66			13.90	15.55	17.42
		velocity	6.47	7.68	7.51	7.48	7.09		6.68	6.52	6.15	6.00	5.93	6.01	6.61	7.55	6.75	6.03
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18	21	195			
Lan Tianlu (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	22-Aug-19	time	7.02	11.63	16.38	21.29	26.24	31.45	36.70	42.06	47.56	53.55		60.49	7 / 3			
reaction time	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	18	22	195			
Mitzuguchi, Moe (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)																		
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	23-Aug-20	time	6.86	11.53	16.37	21.10	25.99	31.15	36.45	42.09	47.98	53.90		60.50	2 / 7			
reaction time	0.156	interval	4.67	4.84	4.73	4.89		5.16	5.30	5.64	5.89	5.92	6.60			14.24	15.35	17.45
		velocity	6.56	7.49	7.23	7.40	7.16		6.78	6.60	6.21	5.94	5.91	6.06	6.61	7.37	6.84	6.02
H1 lead leg		strides	16	17	16	17	17		17	17	18	18	18	154				
Yokota, Karen (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)																		
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	24-Oct-20	time	6.79	11.36	16.05	20.94	25.96	31.20	36.49	41.89	47.65	53.69		60.50	3 / 6			
reaction time		interval	4.47	4.69	4.89	5.02		5.24	5.29	5.40	5.76	6.04	6.81			14.15	15.55	17.20
		velocity	6.63	7.66	7.46	7.16	6.97		6.68	6.62	6.48	6.08	5.79	5.87	6.61	7.42	6.75	6.10
H1 lead leg		strides	16	16	17	17	17		17	17	17	17	19	153				
Kusaka, Ayana (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)																		
<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																		
date	12-Jun-22	time	7.01	11.54	16.27	21.25	26.29	31.48	36.87	42.53	48.37	54.24		60.50	8 / 4			
reaction time	0.196	interval	4.53	4.73	4.98	5.04		5.19	5.39	5.66	5.84	5.87	6.26			14.24	15.62	17.37
		velocity	6.42	7.73	7.40	7.03	6.94		6.74	6.49	6.18	5.99	5.96	6.39	6.61	7.37	6.72	6.04
H1 lead leg		strides	17	17	17	17	17		17	17	19	19	19	159				
Omori, Nanase (JPN) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Japanese National High School Championships (Okinawa, JPN)																		
<i>Matsuo (2010) - 63rd high school championships: JAF scientific committee - biomechanics data</i>																		
date	31-Jul-10	time	6.76	11.23	15.95	20.75	25.69	30.71	35.90	41.31	47.13	53.25		60.51	1 / 2			
reaction time		interval	4.47	4.72	4.80	4.94		5.02	5.19	5.41	5.82	6.12	7.26			13.99	15.15	17.35
		velocity	6.66	7.83	7.42	7.29	7.09		6.97	6.74	6.47	6.01	5.72	5.51	6.61	7.51	6.93	6.05
H1 lead leg		strides	17	17	17	17	17		17	17	17	18	19	156				

Qiu Zhangyan (CHN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)																		
<i>Henson (2018) - coaching observations</i>																		
date	15-Sep-18	time	7.04	11.70	16.53	21.42	26.46	31.56	36.80	42.24	47.93	53.79		60.51	2 / 3			
reaction time		interval	4.66	4.83	4.89	5.04		5.10	5.24	5.44	5.69	5.86	6.72			14.38	15.38	16.99
		velocity	6.39	7.51	7.25	7.16	6.94		6.86	6.68	6.43	6.15	5.97	6.61		7.30	6.83	6.18
H1 lead leg	L	strides	24	17	17	17	17		17	17	18	18	19	204				
Huang Yan (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	03-Aug-19	time	6.96	11.79	16.55	21.31	26.26	31.50	36.85	42.24	47.98	53.89		60.51	3 / 4			
reaction time	0.212	interval	4.83	4.76	4.76	4.95		5.24	5.35	5.39	5.74	5.91	6.62			14.35	15.54	17.04
		velocity	6.47	7.25	7.35	7.35	7.07		6.68	6.54	6.49	6.10	5.92	6.04	6.61	7.32	6.76	6.16
H1 lead leg	L	strides	25	17	17	17	17		18	18	18	19	19	217	206.7			
Nakahara, Minami (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)																		
<i>Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data</i>																		
date	31-Jul-15	time	7.02	11.66	16.35	21.17	26.11	31.31	36.60	42.04	47.83	53.77		60.52	9 / 8			
reaction time		interval	4.64	4.69	4.82	4.94		5.20	5.29	5.44	5.79	5.94	6.75			14.15	15.43	17.17
		velocity	6.41	7.54	7.46	7.26	7.09		6.73	6.62	6.43	6.04	5.89	5.93	6.61	7.42	6.80	6.12
H1 lead leg		strides		17	17	17	17		17	17	17	17	19	155				
Okubayashi, Rin (JPN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)																		
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	25-Oct-20	time	6.87	11.59	16.47	21.49	26.61	31.90	37.32	42.83	48.33	53.94		60.52	7 / 4			
reaction time	0.203	interval	4.72	4.88	5.02	5.12		5.29	5.42	5.51	5.50	5.61	6.58			14.62	15.83	16.62
		velocity	6.55	7.42	7.17	6.97	6.84		6.62	6.46	6.35	6.36	6.24	6.08	6.61	7.18	6.63	6.32
H1 lead leg		strides		16	16	16	16		17	17	17	17	17	149				
Tsugawa, Rui (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)																		
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	03-May-21	time	7.07	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				
Di Chengqian (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	07-Apr-19	time	6.74	11.33	16.03	20.80	25.78	31.03	36.48	42.06	47.92	53.75		60.53	6 / 1			
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	193				
Fu Yijia (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	26-Jun-21	time	7.06	11.71	16.48	21.39	26.49	31.69	36.95	42.20	47.85	54.01		60.54	7 / 5			
reaction time	0.243	interval	4.48	4.77	4.91	5.10		5.20	5.26	5.25	5.65	6.16	6.53			14.33	15.56	17.06
		velocity	6.37	7.53	7.34	7.13	6.86		6.73	6.65	6.67	6.19	5.68	6.13	6.61	7.33	6.75	6.15
H1 lead leg	R	strides	24	16	16	17	17		17	17	17	18	19	215	199.5			
Liu Hongjuan (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	25-Apr-21	time	6.82	11.36	16.00	20.82	25.78	31.05	36.44	42.04	47.78	53.75		60.54	7 / 2			
reaction time	0.249	interval	4.54	4.64	4.82	4.96		5.27	5.39	5.60	5.74	5.97	6.79			14.00	15.62	17.31
		velocity	6.60	7.71	7.54	7.26	7.06		6.64	6.49	6.25	6.10	5.86	5.89	6.61	7.50	6.72	6.07
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	19	22	197			
Naito, Kano (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)																		
<i>Shibayama (2021) - national high school and U20 national championships</i>																		
date	30-Jul-21	time	6.68	11.16	15.93	20.94	26.18	31.63	37.02	42.90	48.74	54.54		60.54	5 / 5			
reaction time	0.196	interval	4.48	4.77	5.01	5.24		5.45	5.39	5.88	5.84	5.80	6.00			14.26	16.08	17.52
		velocity	6.74	7.81	7.34	6.99	6.68		6.42	6.49	5.95	5.99	6.03	6.67	6.61	7.36	6.53	5.99
H1 lead leg		strides		17	17	17	17		19	17	19	19	19	161				
Liu Hongjuan (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	07-Apr-19	time	6.99	11.63	16.35	21.25	26.13	31.35	36.78	42.37	48.15	53.99		60.55	7 / 1			
reaction time	0.278	interval	4.64	4.72	4.90	4.88		5.22	5.43	5.59	5.78	5.84	6.56			14.26	15.53	17.21
		velocity	6.44	7.54	7.42	7.14	7.17		6.70	6.45	6.26	6.06	5.99	6.10	6.61	7.36	6.76	6.10
H1 lead leg	L	strides	23	16	16	16	16		17	18	18	19	19	22.5	200.5			
Chen Liying (CHN) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	25-Apr-21	time	6.87	11.41	16.10	20.84	25.74	30.85	36.10	41.61	47.63	53.75		60.55	3 / 3			
reaction time	0.214	interval	4.54	4.69	4.74	4.90		5.11	5.25	5.51	6.02	6.12	6.80			13.97	15.26	17.65
		velocity	6.55	7.71	7.46	7.38	7.14		6.85	6.67	6.35	5.81	5.72	5.88	6.61	7.52	6.88	5.95
H1 lead leg	R	strides	24	16	16	16	16		17	17	18	19	19	22	200			

Harada, Emily (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)		<i>Takashima (2023) - national high school sports festival - biomechanics data</i>																	
date	04-Aug-23	time	6.96	11.56	16.27	21.04	25.93	31.08	36.52	42.11	47.93	53.84		60.56	8 / 5				
reaction time	0.241	interval	4.60	4.71	4.77	4.89		5.15	5.44	5.59	5.82	5.91	6.72			14.08	15.48	17.32	
		velocity	6.47	7.61	7.43	7.34	7.16		6.80	6.43	6.26	6.01	5.92	5.95	6.61		7.46	6.78	6.06
H1 lead leg		strides	23	17	17	17	17		17	18	18	19	19	24	206				
Liu Hongjuan (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)		<i>CAA Hurdle Development (2019)</i>																	
date	09-Jul-19	time	6.94	11.58	16.25	21.10	26.04	31.21	36.48	41.89	47.71	53.58		60.57	3 / 4				
reaction time	0.291	interval	4.64	4.67	4.85	4.94		5.17	5.27	5.41	5.82	5.87	6.99			14.16	15.38	17.10	
		velocity	6.48	7.54	7.49	7.22	7.09		6.77	6.64	6.47	6.01	5.96	5.72	6.60		7.42	6.83	6.14
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18	22.5	196.5				
Benjabala, Mina (JPN) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2011 Japanese National High School Championships (Kitakami, JPN)		<i>Abe (2011) - 64th high school championships: JAF scientific committee - biomechanics data</i>																	
date	05-Aug-11	time	7.17	12.08	16.93	21.94	27.01	32.08	37.15	42.66	48.45	54.27		60.58	7 / 3				
reaction time		interval	4.91	4.85	5.01	5.07		5.07	5.07	5.51	5.79	5.82	6.31			14.77	15.21	17.12	
		velocity	6.28	7.13	7.22	6.99	6.90		6.90	6.90	6.35	6.04	6.01	6.34	6.60		7.11	6.90	6.13
H1 lead leg		strides																	
Liu Wei (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)		<i>CAA Hurdle Development (2021)</i>																	
date	26-Jun-21	time	7.21	12.00	16.93	21.97	27.08	32.35	37.59	43.06	48.53	54.15		60.62	2 / 6				
reaction time	0.343	interval	4.79	4.93	5.04	5.11		5.27	5.24	5.47	5.47	5.62	6.47			14.76	15.62	16.56	
		velocity	6.24	7.31	7.10	6.94	6.85		6.64	6.68	6.40	6.40	6.23	6.18	6.60		7.11	6.72	6.34
H1 lead leg	L	strides	23	17	17	17	17		17	17	17	18	18	21.2	199.2				
Hirahara, Kyoka (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)		<i>Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection</i>																	
date	31-Jul-16	time	7.07	11.76	16.68	21.91	27.14	32.40	37.67	43.13	48.63	54.32		60.61	8 / 5				
reaction time		interval	4.69	4.92	5.23	5.23		5.26	5.27	5.46	5.50	5.69	6.29			14.84	15.76	16.65	
		velocity	6.36	7.46	7.11	6.69	6.69		6.65	6.64	6.41	6.36	6.15	6.36	6.60		7.08	6.66	6.31
H1 lead leg		strides	16	16	18	17	17		17	17	17	18	18	153					
Ou Ying (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2021 East China District Meeting (Zhaoping, CHN)		<i>CAA Hurdle Development (2021)</i>																	
date	25-Apr-21	time	7.16	11.79	16.57	21.37	26.31	31.41	36.84	42.48	48.30	54.10		60.65	3 / 2				
reaction time	0.255	interval	4.63	4.78	4.80	4.94		5.10	5.43	5.64	5.82	5.80	6.55			14.21	15.47	17.26	
		velocity	6.28	7.56	7.32	7.29	7.09		6.86	6.45	6.21	6.01	6.03	6.11	6.60		7.39	6.79	6.08
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	19	19	22	205				
Nakahara, Minami (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)		<i>Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection</i>																	
date	31-Jul-16	time	6.82	11.31	16.05	21.07	26.23	31.38	36.69	42.23	48.00	54.10		60.69	9 / 6				
reaction time		interval	4.49	4.74	5.02	5.16		5.15	5.31	5.54	5.77	6.10	6.59			14.25	15.62	17.41	
		velocity	6.60	7.80	7.38	6.97	6.78		6.80	6.59	6.32	6.07	5.74	6.07	6.59		7.37	6.72	6.03
H1 lead leg		strides	15	15	17	16	16		16	17	17	17	19	149					
Minamisawa, Akane (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																	
date	20-Sep-20	time	7.16	12.00	16.87	21.82	26.83	32.03	37.52	43.03	48.58	54.29		60.69	4 / 6				
reaction time	0.243	interval	4.84	4.87	4.95	5.01		5.20	5.49	5.51	5.55	5.71	6.40			14.66	15.70	16.77	
		velocity	6.28	7.23	7.19	7.07	6.99		6.73	6.38	6.35	6.31	6.13	6.25	6.59		7.16	6.69	6.26
H1 lead leg		strides	16	16	16	16	16		16	17	17	17	18	149					
Chen Lin (CHN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 National Grand Prix (Chengdu, CHN)		<i>CAA Hurdle Development (2021)</i>																	
date	02-Apr-21	time	6.95	11.63	16.46	21.46	26.56	31.77	37.29	42.87	48.52	54.17		60.69	3 / 1				
reaction time	0.207	interval	4.68	4.83	5.00	5.10		5.21	5.52	5.58	5.65	5.65	6.52			14.51	15.83	16.88	
		velocity	6.47	7.48	7.25	7.00	6.86		6.72	6.34	6.27	6.19	6.19	6.13	6.59		7.24	6.63	6.22
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	18	18	22	203				
Aruga, Chiharu (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																	
date	25-Oct-20	time	6.99	11.64	16.42	21.34	26.54	32.00	37.64	43.46	49.12	54.60		60.72	4 / 5				
reaction time	0.174	interval	4.65	4.78	4.92	5.20		5.46	5.64	5.82	5.66	5.48	6.12			14.35	16.30	16.96	
		velocity	6.44	7.53	7.32	7.11	6.73		6.41	6.21	6.01	6.18	6.39	6.54	6.59		7.32	6.44	6.19
H1 lead leg		strides	17	17	17	17	17		18	19	20	19	19	163					
Marcinkiewicz, Eva (SWE) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
B-Race - 2011 Poks Memorial (Hässleholm, SWE)		<i>Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx</i>																	
date	12-Jun-11	time	7.12	11.84	16.66	21.66	26.74	31.98	37.46	43.10	48.78	54.52		60.75	1 / 1				
reaction time		interval	4.72	4.82	5.00	5.08		5.24	5.48	5.64	5.68	5.74	6.23			14.54	15.80	17.06	
		velocity	6.32	7.42	7.26	7.00	6.89		6.68	6.39	6.21	6.16	6.10	6.42	6.58		7.22	6.65	6.15
H1 lead leg	R	strides	17	17	17	17	17		17	17	18	18	18	22	178				

Hu Lihong (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)																			
<i>CAA Hurdle Development (2019)</i>																			
date	29-May-19	time	7.02	11.64	16.35	21.17	26.17	31.33	36.70	42.12	47.86	53.87		60.75	5 / 3				
reaction time		interval		4.62	4.71	4.82	5.00	5.16	5.37	5.42	5.74	6.01	6.88			14.15	15.53	17.17	
		velocity	6.41	7.58	7.43	7.26	7.00	6.78	6.52	6.46	6.10	5.82	5.81	6.58		7.42	6.76	6.12	
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	20.7	192.7					
Kuki, Yurie (JPN) (1993)																			
C FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)																			
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																			
date	24-Oct-20	time	6.82	11.33	15.90	20.87	26.29	31.65	36.99	42.38	48.03	53.80		60.75	3 / 2				
reaction time		interval		4.51	4.57	4.97	5.42	5.36	5.34	5.39	5.65	5.77	6.95			14.05	16.12	16.81	
		velocity	6.60	7.76	7.66	7.04	6.46	6.53	6.55	6.49	6.19	6.07	5.76	6.58		7.47	6.51	6.25	
H1 lead leg		strides		15	15	16	17	18	17	17	17	17	17	149					
Kudo, Mei (JPN) (2002)																			
FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)																			
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																			
date	25-Oct-20	time	6.92	11.58	16.45	21.40	26.51	31.77	37.24	42.93	48.87	54.79		60.75	6 / 7				
reaction time	0.210	interval		4.66	4.87	4.95	5.11	5.26	5.47	5.69	5.94	5.92	5.96			14.48	15.84	17.55	
		velocity	6.50	7.51	7.19	7.07	6.85	6.65	6.40	6.15	5.89	5.91	6.71	6.58		7.25	6.63	5.98	
H1 lead leg		strides		17	18	17	17	17	17	17	19	19	19	158					
Hamachiyo, Rinka (JPN) (2003)																			
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)																			
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																			
date	27-Jun-21	time	7.06	11.78	16.52	21.40	26.46	31.61	37.09	42.69	48.62	54.60		60.75	4 / 5				
reaction time	0.191	interval		4.72	4.74	4.88	5.06	5.15	5.48	5.60	5.93	5.98	6.15	PB		14.34	15.69	17.51	
		velocity	6.37	7.42	7.38	7.17	6.92	6.80	6.39	6.25	5.90	5.85	6.50	6.58		7.32	6.69	6.00	
H1 lead leg	L	strides	25	17	17	17	17	17	18	18	19	19	19	184					
Fuho, Saeki (JPN)																			
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)																			
<i>Takashima (2023) - national high school sports festival - biomechanics data</i>																			
date	04-Aug-23	time	6.86	11.31	16.00	20.94	25.96	31.13	36.47	42.18	47.98	53.99		60.75	9 / 6				
reaction time	0.260	interval		4.45	4.69	4.94	5.02	5.17	5.34	5.71	5.80	6.01	6.76			14.08	15.53	17.52	
		velocity	6.56	7.87	7.46	7.09	6.97	6.77	6.55	6.13	6.03	5.82	5.92	6.58		7.46	6.76	5.99	
H1 lead leg		strides		15	15	17	17	17	17	19	19	19	23	178					
Lan Tianlu (CHN) (1999)																			
Heat 4 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			
<i>CAA Hurdle Development (2019)</i>																			
date	07-Apr-19	time	6.97	11.62	16.48	21.25	26.10	31.18	36.67	42.39	48.23	54.03		60.76	5 / 2				
reaction time	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					
Medina, Celia (ESP) (1977)																			
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)																			
<i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>																			
date	02-Aug-98	time	6.75	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	17	18	18	21	196					
Liu Xin (CHN) (1992)																			
Heat 5 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			
<i>CAA Hurdle Development (2019)</i>																			
date	07-Apr-19	time	7.14	11.86	16.75	21.62	26.63	31.75	37.00	42.49	48.13	54.00		60.80	6 / 2				
reaction time	0.247	interval		4.72	4.89	4.87	5.01	5.12	5.25	5.49	5.64	5.87	6.80			14.48	15.38	17.00	
		velocity	6.30	7.42	7.16	7.19	6.99	6.84	6.67	6.38	6.21	5.96	5.88	6.58		7.25	6.83	6.18	
H1 lead leg	L	strides	24	17	17	17	17	18	18	19	19	20	24	210					
Jiang Liyunzhe (CHN) (2002)																			
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			
<i>CAA Hurdle Development (2019)</i>																			
date	08-Apr-19	time	6.72	11.30	16.00	20.83	25.86	30.94	36.26	41.76	47.71	53.88		60.80	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	16	17	17	17	18	18	21.5	196.5					
Nakamura, Makoto (JPN) (2005)																			
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)																			
<i>Kishima (2022) - national high school championships biomechanics data collection</i>																			
date	05-Aug-22	time	6.82	11.37	16.08	21.02	26.12	31.32	36.57	42.10	47.92	53.85		60.80	3 / 4				
reaction time	0.171	interval		4.55	4.71	4.94	5.10	5.20	5.25	5.53	5.82	5.93	6.95			14.20	15.55	17.28	
		velocity	6.60	7.69	7.43	7.09	6.86	6.73	6.67	6.33	6.01	5.90	5.76	6.58		7.39	6.75	6.08	
H1 lead leg	R	strides	23	16	17	17	17	17	17	18	19	19	23	203					
Masuko, Meri (JPN) (2003)																			
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)																			
<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																			
date	12-Jun-22	time	6.99	11.56	16.35	21.20	26.18	31.35	36.64	42.18	48.15	54.29		60.81	9 / 5				
reaction time	0.162	interval		4.57	4.79	4.85	4.98	5.17	5.29	5.54	5.97	6.14	6.52			14.21	15.44	17.65	
		velocity	6.44	7.66	7.31	7.22	7.03	6.77	6.62	6.32	5.86	5.70	6.13	6.58		7.39	6.80	5.95	
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	18	19	22	202					

Natsume, Saaya (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)												<i>Kishima (2022) - national high school championships biomechanics data collection</i>							
date	05-Aug-22	time	6.97	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					
Chen Liying (CHN) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)												<i>CAA Hurdle Development (2019)</i>							
date	29-May-19	time	7.05	11.61	16.28	20.95	25.79	30.88	36.28	42.01	47.86	53.95		60.83	7 / 4				
reaction time		interval	4.56	4.67	4.67	4.84	5.09	5.40	5.73	5.85	6.09	6.88				13.90	15.33	17.67	
		velocity	6.38	7.68	7.49	7.49	7.23	6.88	6.48	6.11	5.98	5.75	5.81	6.58		7.55	6.85	5.94	
H1 lead leg	L	strides	24	16	16	16	16	17	17	19	18	19	22	200					
Ogasawara, Arisa (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)												<i>Kishima (2022) - national high school championships biomechanics data collection</i>							
date	05-Aug-22	time	7.20	12.00	16.87	22.07	27.33	32.60	37.90	43.27	48.73	54.27		60.83	8 / 6				
reaction time	0.220	interval	4.80	4.87	5.20	5.26	5.27	5.30	5.37	5.46	5.54	6.56		PB		14.87	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					
Ding Yirui (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)												<i>CAA Hurdle Development (2019)</i>							
date	03-Aug-19	time	6.84	11.46	16.33	21.29	26.44	31.95	37.29	42.71	48.26	54.09		60.85	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					
Saijara, Mai (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)												<i>Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection</i>							
date	04-Aug-18	time	6.86	11.49	16.25	21.26	26.43	31.82	37.47	43.14	48.98	54.67		60.86	9 / 6				
reaction time		interval	4.63	4.76	5.01	5.17	5.39	5.65	5.67	5.84	5.69	6.19				14.40	16.21	17.20	
		velocity	6.56	7.56	7.35	6.99	6.77	6.49	6.19	6.17	5.99	6.15	6.46	6.57		7.29	6.48	6.10	
H1 lead leg		strides		17	17	17	17	17	18	18	19	19		159					
Tsugawa, Rui (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)												<i>Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection</i>							
date	04-Aug-18	time	6.97	11.63	16.53	21.57	26.74	32.05	37.35	42.99	48.87	54.77		60.89	7 / 7				
reaction time		interval	4.66	4.90	5.04	5.17	5.31	5.30	5.64	5.88	5.90	6.12				14.60	15.78	17.42	
		velocity	6.46	7.51	7.14	6.94	6.77	6.59	6.60	6.21	5.95	5.93	6.54	6.57		7.19	6.65	6.03	
H1 lead leg		strides		17	17	17	17	17	17	19	19	19		159					
Hu Lihong (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)												<i>CAA Hurdle Development (2019)</i>							
date	23-Aug-19	time	7.00	11.60	16.42	21.30	26.30	31.38	36.66	42.14	47.81	53.79		60.89	9 / 4				
reaction time	0.217	interval	4.60	4.82	4.88	5.00	5.08	5.28	5.48	5.67	5.98	7.10				14.30	15.36	17.13	
		velocity	6.43	7.61	7.26	7.17	7.00	6.89	6.63	6.39	6.17	5.85	5.63	6.57		7.34	6.84	6.13	
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17	21	191					
Moriwaki, Kanami (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)												<i>Kishima (2022) - national high school championships biomechanics data collection</i>							
date	05-Aug-22	time	6.85	11.40	16.27	21.32	26.58	32.03	37.50	42.93	48.50	54.27		60.89	1 / 7				
reaction time	0.166	interval	4.55	4.87	5.05	5.26	5.45	5.47	5.43	5.57	5.77	6.62		PB		14.47	16.18	16.77	
		velocity	6.57	7.69	7.19	6.93	6.65	6.42	6.40	6.45	6.28	6.07	6.04	6.57		7.26	6.49	6.26	
H1 lead leg	L	strides	24	16	17	17	17	17	17	17	17	17	22	198					
Wu Xueting (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)												<i>CAA Hurdle Development (2019)</i>							
date	12-Apr-19	time	7.00	11.52	16.34	21.24	26.30	31.44	36.88	42.70	48.50	54.42		60.92	4 / 2				
reaction time	0.224	interval	4.52	4.82	4.90	5.06	5.14	5.44	5.82	5.80	5.92	6.50				14.24	15.64	17.54	
		velocity	6.43	7.74	7.26	7.14	6.92	6.81	6.43	6.01	6.03	5.91	6.15	6.57		7.37	6.71	5.99	
H1 lead leg	L	strides	23	16	16	16	16	16	17	18	18	18	21	195					
Simizu, Serina (JPN) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)												<i>Kishima (2022) - national high school championships biomechanics data collection</i>							
date	05-Aug-22	time	6.80	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					
Ndiwabene, Nuulu (SWE) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2011 Fridrott (Stockholm, SWE)												<i>Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx</i>							
date	07-Jun-11	time	6.80	11.44	16.16	21.12	26.10	31.28	36.70	42.30	48.04	53.96		60.94	1 / 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					

															H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Hu Lihong (CHN) (1999)																															
Heat 1 - 2019 Chinese National Grand Prix 1 (Zhaqing, CHN)																															
<i>CAA Hurdle Development (2019)</i>																															
date	07-Apr-19	time	7.04	11.63	16.40	21.27	26.29		31.50	36.87	42.42	48.11	54.04		60.94	7 / 2															
reaction time	0.186	interval		4.59	4.77	4.87	5.02		5.21	5.37	5.55	5.69	5.93	6.90			14.23	15.60	17.17												
		velocity	6.39	7.63	7.34	7.19	6.97		6.72	6.52	6.31	6.15	5.90	5.80	6.56		7.38	6.73	6.12												
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	21	194																
Wang Hongyan (CHN) (1998)																															
Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)																															
<i>Henson (2018) - coaching observations</i>																															
date	15-Sep-18	time	7.04	11.73	16.53	21.46	26.41		31.69	37.12	42.71	48.50	54.39		60.96	7 / 4															
reaction time		interval		4.69	4.80	4.93	4.95		5.28	5.43	5.59	5.79	5.89	6.57			14.42	15.66	17.27												
		velocity	6.39	7.46	7.29	7.10	7.07		6.63	6.45	6.26	6.04	5.94	6.09	6.56		7.28	6.70	6.08												
H1 lead leg	L	strides	25	17	17	17	17		18	18	18	19	19	22.7	207.7																
Jiang Liyunzhe (CHN) (2002)																															
Heat 1 - 2019 Chinese National Grand Prix 1 (Zhaqing, CHN)																															
<i>CAA Hurdle Development (2019)</i>																															
date	07-Apr-19	time	6.84	11.62	16.37	21.30	26.36		31.68	37.07	42.59	48.52	54.45		60.97	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																
Liu Xin (CHN) (1992)																															
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																															
<i>CAA Hurdle Development (2019)</i>																															
date	12-Apr-19	time	7.42	12.22	16.96	21.76	26.76		31.98	37.32	42.86	48.62	54.40		60.97	2 / 3															
reaction time	0.355	interval		4.80	4.74	4.80	5.00		5.22	5.34	5.54	5.76	5.78	6.57			14.34	15.56	17.08												
		velocity	6.06	7.29	7.38	7.29	7.00		6.70	6.55	6.32	6.08	6.06	6.09	6.56		7.32	6.75	6.15												
H1 lead leg	L	strides	25	17	17	17	17		18	18	19	19	19	23.5	209.5																
Wang Jiahui (CHN) (2000)																															
Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)																															
<i>CAA Hurdle Development (2019)</i>																															
date	09-Jul-19	time	6.95	11.64	16.46	21.42	26.52		31.76	37.25	42.92	48.66	54.49		60.97	7 / 5															
reaction time	0.213	interval		4.69	4.82	4.96	5.10		5.24	5.49	5.67	5.74	5.83	6.48	PB		14.47	15.83	17.24												
		velocity	6.47	7.46	7.26	7.06	6.86		6.68	6.38	6.17	6.10	6.00	6.17	6.56		7.26	6.63	6.09												
H1 lead leg	R	strides	23	17	17	17	17		17	18	18	19	19	22.2	204.2																
Muramatsu, Luna (JPN) (2006)																															
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)																															
<i>Kishima (2022) - national high school championships biomechanics data collection</i>																															
date	05-Aug-22	time	7.10	11.68	16.43	21.33	26.60		31.97	37.47	42.98	48.60	54.38		60.97	4 / 9															
reaction time	0.199	interval		4.58	4.75	4.90	5.27		5.37	5.50	5.51	5.62	5.78	6.59	=PB		14.23	16.14	16.91												
		velocity	6.34	7.64	7.37	7.14	6.64		6.52	6.36	6.35	6.23	6.06	6.07	6.56		7.38	6.51	6.21												
H1 lead leg	L	strides	24	16	17	17	18		17	18	18	19	19	23	206																
Young, Natalie (USA)																															
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)																															
<i>USATF Women's Sprint Development (2003)</i>																															
date	22-Jun-03	time	6.76	11.19	15.88	20.45	25.23		30.36	35.94	41.89	47.85		60.99	2 / 5																
reaction time		interval		4.43	4.69	4.57	4.78		5.13	5.58	5.95	5.96					13.69	15.49													
		velocity	6.66	7.90	7.46	7.66	7.32		6.82	6.27	5.88	5.87		6.56			7.67	6.78													
H1 lead leg		strides																													
Wu Xueting (CHN) (1995)																															
Heat 2 - 2021 East China District Meeting (Zhaqing, CHN)																															
<i>CAA Hurdle Development (2021)</i>																															
date	25-Apr-21	time	7.00	11.60	16.25	21.02	26.06		31.31	36.72	42.28	48.02	54.04		60.99	7 / 2															
reaction time	0.265	interval		4.60	4.65	4.77	5.04		5.25	5.41	5.56	5.74	6.02	6.95			14.02	15.70	17.32												
		velocity	6.43	7.61	7.53	7.34	6.94		6.67	6.47	6.29	6.10	5.81	5.76	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																
Hu Lihong (CHN) (1999)																															
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)																															
<i>CAA Hurdle Development (2021)</i>																															
date	26-Jun-21	time	6.88	11.44	16.21	21.03	26.01		31.12	36.42	41.90	47.64	53.69		60.99	6 / 6															
reaction time	0.167	interval		4.56	4.77	4.82	4.98		5.11	5.30	5.48	5.74	6.05	7.30			14.15	15.39	17.27												
		velocity	6.54	7.68	7.34	7.26	7.03		6.85	6.60	6.39	6.10	5.79	5.48	6.56		7.42	6.82	6.08												
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	21	193																
Ishihara, Ryoka (JPN)																															
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)																															
<i>Takashima (2023) - national high school sports festival - biomechanics data</i>																															
date	04-Aug-23	time	6.87	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	5.01		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		17	19	19	19	19	23	208																
Chen Liying (CHN) (1994)																															
Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)																															
<i>Henson (2018) - coaching observations</i>																															
date	15-Sep-18	time	7.00	11.60	16.32	21.17	26.34		31.59	36.97	42.63	48.34	54.28		61.00	4 / 4															
reaction time		interval		4.60	4.72	4.85	5.17		5.25	5.38	5.66	5.71	5.94	6.72			14.17	15.80	17.31												
		velocity	6.43	7.61	7.42	7.22	6.77		6.67	6.51	6.18	6.13	5.89	5.95	6.56		7.41	6.65	6.07												
H1 lead leg	L	strides	24	16	16	17	17		17	17	18	18	19	22	201																

Chen Liying (CHN) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 5 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			
CAA Hurdle Development (2019)																			
date	07-Apr-19	time	7.05	11.75	16.43	21.19	26.06		31.21	36.47	41.92	47.80	54.04		61.01	8 / 3			
reaction time	0.194	interval		4.70	4.68	4.76	4.87		5.15	5.26	5.45	5.88	6.24	6.97			14.14	15.28	17.57
		velocity	6.38	7.45	7.48	7.35	7.19		6.80	6.65	6.42	5.95	5.61	5.74	6.56		7.43	6.87	5.98
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	20	23	200				
Ou Ying (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																			
CAA Hurdle Development (2021)																			
date	25-Apr-21	time	6.98	11.64	16.42	21.32	26.38		31.66	37.20	42.86	48.54	54.32		61.01	8 / 6			
reaction time	0.237	interval		4.66	4.78	4.90	5.06		5.28	5.54	5.66	5.68	5.78	6.69			14.34	15.88	17.12
		velocity	6.45	7.51	7.32	7.14	6.92		6.63	6.32	6.18	6.16	6.06	5.98	6.56		7.32	6.61	6.13
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	18	19	22	204				
Liu Hongjuan (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)																			
CAA Hurdle Development (2019)																			
date	03-Aug-19	time	7.02	11.78	16.57	21.44	26.46		31.68	37.02	42.61	48.28	54.20		61.02	3 / 8			
reaction time	0.251	interval		4.76	4.79	4.87	5.02		5.22	5.34	5.59	5.67	5.92	6.82			14.42	15.58	17.18
		velocity	6.41	7.35	7.31	7.19	6.97		6.70	6.55	6.26	6.17	5.91	5.87	6.56		7.28	6.74	6.11
H1 lead leg	L	strides	23	16	16	16	16		17	17	18	18	19	22.2	198.2				
Kudo, Mitsuki (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)																			
Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																			
date	27-Jun-21	time	7.07	11.61	16.22	20.94	25.99		31.33	36.67	42.23	47.91	54.05		61.02	9 / 6			
reaction time	0.206	interval		4.54	4.61	4.72	5.05		5.34	5.34	5.56	5.68	6.14	6.97			13.87	15.73	17.38
		velocity	6.36	7.71	7.59	7.42	6.93		6.55	6.55	6.29	6.16	5.70	5.74	6.56		7.57	6.68	6.04
H1 lead leg	R	strides	26	17	17	17	19		19	19	19	19	21	193					
Ndiwabene, Nuulu (SWE) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
B-Race - 2011 Poks Memorial (Hässleholm, SWE)																			
Blomkvist (2011) - www.elitlandslag.se/SprintHack/LangSprintHack.aspx																			
date	12-Jun-11	time	6.76	11.26	15.86	20.62	25.50		30.66	36.12	41.86	47.78	54.08		61.03	1 / 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				
Jiang Liyuzhe (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)																			
CAA Hurdle Development (2021)																			
date	25-Apr-21	time	6.84	11.48	16.24	21.18	26.24		31.38	36.72	42.26	48.36	54.40		61.03	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	6.55		7.32	6.76	5.94
H1 lead leg	L	strides	24	16	16	17	17		17	17	17	19	19	21	200				
Wu Fangfang (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			
CAA Hurdle Development (2019)																			
date	07-Apr-19	time	7.12	11.91	16.74	21.67	26.69		32.00	37.49	43.11	48.76	54.76		61.04	7 / 1			
reaction time	0.319	interval		4.79	4.83	4.93	5.02		5.31	5.49	5.62	5.65	6.00	6.28			14.55	15.82	17.27
		velocity	6.32	7.31	7.25	7.10	6.97		6.59	6.38	6.23	6.19	5.83	6.37	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				
Lan Tianlu (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			
CAA Hurdle Development (2019)																			
date	08-Apr-19	time	6.85	11.26	15.88	20.60	25.47		30.56	35.83	41.47	47.44	53.76		61.06	9 / 5			
reaction time	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	16		17	17	18	19	19	23	200				
Yang Qi (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)																			
CAA Hurdle Development (2021)																			
date	13-Jun-21	time	6.67	11.43	16.10	20.85	25.73		31.06	36.45	42.11	48.40	54.60		61.08	6 / 5			
reaction time	0.261	interval		4.76	4.67	4.75	4.88		5.33	5.39	5.66	6.29	6.20	6.48			14.18	15.60	18.15
		velocity	6.75	7.35	7.49	7.37	7.17		6.57	6.49	6.18	5.56	5.65	6.17	6.55		7.40	6.73	5.79
H1 lead leg	L	strides	24	16	16	16	16		16	17	18	19	19	21.5	198.5				
Jiang Liyuzhe (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																			
CAA Hurdle Development (2019)																			
date	12-Apr-19	time	7.02	11.76	16.63	21.67	26.81		32.01	37.30	42.74	48.42	54.38		61.11	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	6.55		7.17	6.72	6.15
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	18	21.2	195.2				
Zhou Yu (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																			
CAA Hurdle Development (2019)																			
date	12-Apr-19	time	6.95	11.63	16.40	21.29	26.24		31.38	36.60	41.97	47.53	53.40		61.11	7 / 5			
reaction time	0.205	interval		4.68	4.77	4.89	4.95		5.14	5.22	5.37	5.56	5.87	7.71			14.34	15.31	16.80
		velocity	6.47	7.48	7.34	7.16	7.07		6.81	6.70	6.52	6.29	5.96	5.19	6.55		7.32	6.86	6.25
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	19	23	199				

Chen Liying (CHN) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese National Championships (Shaoxing, CHN) <i>CAA Hurdle Development (2020)</i>																		
date	17-Sep-20	time	6.75	11.25	16.00	20.83		30.96	36.33	42.21	48.12	54.25		61.14	2 / 6			
reaction time		interval		4.50	4.75	4.83		30.96	5.37	5.88	5.91	6.13	6.89			14.08	15.50	17.92
		velocity	6.67	7.78	7.37	7.25		1.13	6.52	5.95	5.92	5.71	5.81	6.54		7.46	6.77	5.86
H1 lead leg	R	strides	14		16				18	19	18	19	22	126				
Ding Yirui (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN) <i>CAA Hurdle Development (2021)</i>																		
date	13-Jun-21	time	6.84	11.41	16.25	21.34	26.53	31.90	37.29	42.89	48.63	54.47		61.13	8 / 6			
reaction time	0.247	interval		4.57	4.84	5.09	5.19	5.37	5.39	5.60	5.74	5.84	6.66			14.50	15.95	17.18
		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	16	17	17	17	19.2	186.2				
Zou Yifan (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	17-Aug-19	time	7.24	11.86	16.54	21.32	26.26	31.38	36.78	42.30	48.20	54.36		61.15	4 / 1			
reaction time	0.269	interval		4.62	4.68	4.78	4.94	5.12	5.40	5.52	5.90	6.16	6.79			14.08	15.46	17.58
		velocity	6.22	7.58	7.48	7.32	7.09	6.84	6.48	6.34	5.93	5.68	5.89	6.54		7.46	6.79	5.97
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	19	19	21.2	202.2				
Hindrikes, Evelin (SWE) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B-Race - 2011 Poks Memorial (Hässleholm, SWE) <i>Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx</i>																		
date	12-Jun-11	time	7.20	11.89	16.60	21.42	26.38	31.64	37.32	43.08	48.90	54.74		61.20	/ 3			
reaction time		interval		4.69	4.71	4.82	4.96	5.26	5.68	5.76	5.82	5.84	6.46			14.22	15.90	17.42
		velocity	6.25	7.46	7.43	7.26	7.06	6.65	6.16	6.08	6.01	5.99	6.19	6.54		7.38	6.60	6.03
H1 lead leg	L	strides	17	17	17	17	17	17	18	18	18	18	22	179				
Kusaka, Ayana (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN) <i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	27-Jun-21	time	6.81	11.28	15.90	20.59	25.51	30.76	36.40	42.18	48.11	54.29		61.20	3 / 7			
reaction time	0.194	interval		4.47	4.62	4.69	4.92	5.25	5.64	5.78	5.93	6.18	6.91			13.78	15.81	17.89
		velocity	6.61	7.83	7.58	7.46	7.11	6.67	6.21	6.06	5.90	5.66	5.79	6.54		7.62	6.64	5.87
H1 lead leg	R	strides	24	17	17	17	17	17	19	19	19	19	19	185				
Sugiyama, Manaho (JPN) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Japanese National High School Championships (Okinawa, JPN) <i>Matsuo (2010) - 63rd high school championships: JAF scientific committee - biomechanics data</i>																		
date	31-Jul-10	time	6.91	11.63	16.48	21.35	26.37	31.41	36.58	41.89	47.63	53.94		61.21	/ 3			
reaction time		interval		4.72	4.85	4.87	5.02	5.04	5.17	5.31	5.74	6.31	7.27			14.44	15.23	17.36
		velocity	6.51	7.42	7.22	7.19	6.97	6.94	6.77	6.59	6.10	5.55	5.50	6.53		7.27	6.89	6.05
H1 lead leg		strides	17	17	17	17	17	17	17	17	18	20	157					
Kuritani, Mizuki (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Japanese National High School Championships (Okayama, JPN) <i>Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection</i>																		
date	31-Jul-16	time	6.79	11.29	16.23	21.35	26.74	32.18	37.70	43.31	49.05	54.85		61.21	3 / 7			
reaction time		interval		4.50	4.94	5.12	5.39	5.44	5.52	5.61	5.74	5.80	6.36			14.56	16.35	17.15
		velocity	6.63	7.78	7.09	6.84	6.49	6.43	6.34	6.24	6.10	6.03	6.29	6.53		7.21	6.42	6.12
H1 lead leg		strides	17	17	17	17	17	18	18	18	18	18	18	158				
Tokuhara, Kyoka (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Japanese National High School Championships (Okayama, JPN) <i>Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection</i>																		
date	31-Jul-16	time	7.07	11.70	16.67	21.96	27.34	32.85	38.37	43.99	49.57	55.11		61.23	2 / 8			
reaction time		interval		4.63	4.97	5.29	5.38	5.51	5.52	5.62	5.58	5.54	6.12			14.89	16.41	16.74
		velocity	6.36	7.56	7.04	6.62	6.51	6.35	6.34	6.23	6.27	6.32	6.54	6.53		7.05	6.40	6.27
H1 lead leg		strides	17	17	19	19	19	19	19	19	19	19	19	167				
Dyson, Sandra (GBR) (1944)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG) <i>Keydel (1971) - die 400m hürden machten das rennen</i>																		
date	15-May-71	time	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	19	189				
Wu Xueting (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	12-Apr-19	time	7.03	11.63	16.47	21.40	26.51	31.73	37.12	42.76	48.63	54.54		61.24	9 / 1			
reaction time	0.309	interval		4.60	4.84	4.93	5.11	5.22	5.39	5.64	5.87	5.91	6.70			14.37	15.72	17.42
		velocity	6.40	7.61	7.23	7.10	6.85	6.70	6.49	6.21	5.96	5.92	5.97	6.53		7.31	6.68	6.03
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	18	18	21.2	194.2				
Beppu, Riho (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN) <i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	23-Aug-20	time	6.86	11.51	16.33	21.27	26.31	31.50	37.02	42.59	48.40	54.47		61.24	1 / 8			
reaction time	0.132	interval		4.65	4.82	4.94	5.04	5.19	5.52	5.57	5.81	6.07	6.77	PB		14.41	15.75	17.45
		velocity	6.56	7.53	7.26	7.09	6.94	6.74	6.34	6.28	6.02	5.77	5.91	6.53		7.29	6.67	6.02
H1 lead leg		strides	16	16	17	17	17	17	18	18	19	19	19	157				

Wang Jiaqi (CHN) (2000)		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN) <i>CAA Hurdle Development (2021)</i>																		
date	20-May-21	time	7.06	11.51	16.20	20.99	25.93	31.00	36.37	42.06	48.00	54.17		61.24	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	17	18	18	18	19		182				
Fei Jiayu (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN) <i>CAA Hurdle Development (2021)</i>																		
date	26-Jun-21	time	7.12	11.86	16.75	21.77	26.79	32.10	37.60	43.23	48.90	54.65		61.26	2 / 6			
reaction time	0.239	interval		4.74	4.89	5.02	5.02	5.31	5.50	5.63	5.67	5.75	6.61			14.65	15.83	17.05
		velocity	6.32	7.38	7.16	6.97	6.97	6.59	6.36	6.22	6.17	6.09	6.05	6.53		7.17	6.63	6.16
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	17	17	20.5	193.5				
Chen Liying (CHN) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN) <i>CAA Hurdle Development (2021)</i>																		
date	13-Jun-21	time	6.56	10.98	15.70	20.62	25.71	30.86	36.29	41.91	47.96	54.22		61.27	2 / 7			
reaction time	0.168	interval		4.42	4.72	4.92	5.09	5.15	5.43	5.62	6.05	6.26	7.05			14.06	15.67	17.93
		velocity	6.86	7.92	7.42	7.11	6.88	6.80	6.45	6.23	5.79	5.59	5.67	6.53		7.47	6.70	5.86
H1 lead leg	R	strides	23	15	16	16	17	17	17	18	19	19	22	199				
Lu Zhangwei (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	12-Apr-19	time	6.98	11.52	16.12	20.84	25.74	30.94	36.56	42.20	48.04	54.20		61.28	3 / 3			
reaction time	0.237	interval		4.54	4.60	4.72	4.90	5.20	5.62	5.64	5.84	6.16	7.08			13.86	15.72	17.64
		velocity	6.45	7.71	7.61	7.42	7.14	6.73	6.23	6.21	5.99	5.68	5.65	6.53		7.58	6.68	5.95
H1 lead leg	R	strides	17	17	17	17	17	17	18	18	19	19	22.5	181.5				
Ling Jiayu (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN) <i>CAA Hurdle Development (2021)</i>																		
date	26-Jun-21	time	6.96	11.53	16.26	21.07	26.02	31.16	36.70	42.57	48.60	54.70		61.28	2 / 6			
reaction time	0.186	interval		4.57	4.73	4.81	4.95	5.14	5.54	5.87	6.03	6.10	6.58			14.11	15.63	18.00
		velocity	6.47	7.66	7.40	7.28	7.07	6.81	6.32	5.96	5.80	5.74	6.08	6.53		7.44	6.72	5.83
H1 lead leg	R	strides	24	17	17	17	17	17	19	19	19	19	21	206				
Tao Xue (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix 1 (Zhaqing, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	07-Apr-19	time	7.04	11.56	16.21	20.97	25.93	31.00	36.52	42.31	48.34	54.42		61.29	2 / 2			
reaction time	0.307	interval		4.52	4.65	4.76	4.96	5.07	5.52	5.79	6.03	6.08	6.87			13.93	15.55	17.90
		velocity	6.39	7.74	7.53	7.35	7.06	6.90	6.34	6.04	5.80	5.76	5.82	6.53		7.54	6.75	5.87
H1 lead leg	L	strides	23	16	16	16	16	16	17	18	18	18	21	195				
Liu Hongjuan (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	12-Apr-19	time	6.98	11.57	16.34	21.30	26.32	31.58	37.18	42.92	48.72	54.62		61.30	5 / 6			
reaction time	0.265	interval		4.59	4.77	4.96	5.02	5.26	5.60	5.74	5.80	5.90	6.68			14.32	15.88	17.44
		velocity	6.45	7.63	7.34	7.06	6.97	6.65	6.25	6.10	6.03	5.93	5.99	6.53		7.33	6.61	6.02
H1 lead leg	L	strides	23	16	16	16	16	17	18	18	19	19	22.2	200.2				
Craft, Angela (USA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USATF National Junior Championships (Delaware, OH) <i>USATF Women's Sprint Development (1996)</i>																		
date	29-Jun-96	time	7.27	12.14	16.98	21.73	26.52	31.66	36.94	42.34	48.07	54.06		61.31	8 / 6			
reaction time		interval		4.87	4.84	4.75	4.79	5.14	5.28	5.40	5.73	5.99	7.25			14.46	15.21	17.12
		velocity	6.19	7.19	7.23	7.37	7.31	6.81	6.63	6.48	6.11	5.84	5.52	6.52		7.26	6.90	6.13
H1 lead leg		strides																
Liu Wei (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 National Grand Prix (Chengdu, CHN) <i>CAA Hurdle Development (2021)</i>																		
date	02-Apr-21	time	7.13	11.83	16.56	21.36	26.31	31.29	36.54	42.10	47.93	53.95		61.31	5 / 2			
reaction time	0.298	interval		4.70	4.73	4.80	4.95	4.98	5.25	5.56	5.83	6.02	7.36			14.23	15.18	17.41
		velocity	6.31	7.45	7.40	7.29	7.07	7.03	6.67	6.29	6.00	5.81	5.43	6.52		7.38	6.92	6.03
H1 lead leg	L	strides	24	17	17	17	17	17	18	19	19	19	24	208				
Jiang Liyuzhe (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	22-Aug-19	time	6.76	11.44	16.30	21.32	26.40	31.65	37.02	42.53	48.20	54.29		61.32	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				
Watkins, Simone (USA) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR) <i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																		
date	29-Jun-24	time	6.55	10.74	15.14	19.61	24.32	26.49	29.29	34.87	40.57	47.00	53.60		61.33	2 / 9		
reaction time		interval		4.19	4.40	4.47	4.71	4.97	5.58	5.70	6.43	6.60	7.73			13.06	15.26	18.73
		velocity	6.87	8.35	7.95	7.83	7.43	7.55	7.04	6.27	6.14	5.44	5.30	6.52		8.04	6.88	5.61
H1 lead leg	L	strides	23	15	15	15	15	16	16	17		18	20	170				

Wasada, Mahiro (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)													<i>Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>						
date	12-Jun-22	time	6.99	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					
Bley, Sara (SWE) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2011 Fridrott (Stockholm, SWE)													<i>Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx</i>						
date	07-Jun-11	time	7.16	11.82	16.56	21.56	26.80	32.04	37.38	42.94	48.80	54.64		61.35	1 / 3				
reaction time		interval	4.66	4.74	5.00	5.24	5.24	5.34	5.56	5.86	5.84	6.71				14.40	15.82	17.26	
		velocity	6.28	7.51	7.38	7.00	6.68	6.68	6.55	6.29	5.97	5.99	5.96	6.52		7.29	6.64	6.08	
H1 lead leg	L	strides	16	16	17	17	17	17	17	17	18	18	22	175					
Liang Yina (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)													<i>CAA Hurdle Development (2019)</i>						
date	17-Aug-19	time	6.94	11.52	16.20	21.04	26.14	31.54	37.10	42.74	48.54	54.48		61.35	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					
Manabe, Ayana (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>						
date	25-Oct-20	time	7.27	12.20	17.22	22.37	27.58	32.90	38.39	43.99	49.53	55.12		61.35	2 / 6				
reaction time	0.202	interval	4.93	5.02	5.15	5.21	5.32	5.49	5.60	5.54	5.59	6.23				15.10	16.02	16.73	
		velocity	6.19	7.10	6.97	6.80	6.72	6.58	6.38	6.25	6.32	6.26	6.42	6.52		6.95	6.55	6.28	
H1 lead leg		strides	16	16	16	16	16	16	17	17	17	17	17	148					
Sauka, Satsuki (JPN) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)													<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>						
date	04-Jun-23	time	7.06	11.80	16.62	21.47	26.53	31.75	37.10	42.79	48.62	54.64		61.35	2 / 7				
reaction time	0.223	interval	4.74	4.82	4.85	5.06	5.22	5.35	5.69	5.83	6.02	6.71				14.41	15.63	17.54	
		velocity	6.37	7.38	7.26	7.22	6.92	6.70	6.54	6.15	6.00	5.81	5.96	6.52		7.29	6.72	5.99	
H1 lead leg	R	strides	24	16	16	17	17	17	17	18	18	19	23	202					
Jiang Liyuzhe (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 4 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)													<i>CAA Hurdle Development (2019)</i>						
date	12-Apr-19	time	7.04	11.71	16.58	21.57	26.63	31.67	36.90	42.32	48.16	54.23		61.37	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	16	17	17	18	18	18	22	198					
Kawamura, Yuka (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)													<i>Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection</i>						
date	04-Aug-18	time	6.77	11.39	16.37	21.34	26.46	31.66	37.07	42.83	49.00	54.79		61.38	3 / 8				
reaction time		interval	4.62	4.98	4.97	5.12	5.20	5.41	5.76	6.17	5.79	6.59				14.57	15.73	17.72	
		velocity	6.65	7.58	7.03	7.04	6.84	6.73	6.47	6.08	5.67	6.04	6.07	6.52		7.21	6.68	5.93	
H1 lead leg		strides	17	17	17	17	17	17	17	19	19	19	19	159					
Zhuang Yilan (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)													<i>Henson (2018) - coaching observations</i>						
date	15-Sep-18	time	6.87	11.38	16.11	21.00	26.11	31.38	36.85	42.55	48.41	54.52		61.38	6 / 5				
reaction time		interval	4.51	4.73	4.89	5.11	5.27	5.47	5.70	5.86	6.11	6.86				14.13	15.85	17.67	
		velocity	6.55	7.76	7.40	7.16	6.85	6.64	6.40	6.14	5.97	5.73	5.83	6.52		7.43	6.62	5.94	
H1 lead leg	L	strides	25	15	17	17	17	17	17	17	19	19	21.5	201.5					
Svantesson, Ebba (SWE) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)													<i>Omega Timing (2023) - diamond league race analysis</i>						
date	02-Jul-23	time	6.70	11.32	16.01	20.76	25.75	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																	
Suezaki, Nanami (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)													<i>Takahima (2023) - national high school sports festival - biomechanics data</i>						
date	04-Aug-23	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	4.94	5.14	5.54	5.84	6.00	6.24	6.96				13.91	15.62	18.08	
		velocity	6.61	7.81	7.51	7.34	7.09	6.81	6.32	5.99	5.83	5.61	5.75	6.52		7.55	6.72	5.81	
H1 lead leg		strides	22	16	16	16	16	16	17	18	18	18	22	195					
Mitzuguchi, Moe (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>						
date	09-May-21	time	6.96	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	18	179					

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Higuchi, Ayane (JPN) (2004)																			
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)																			
date	27-Jun-21	time	7.02	11.70	16.50	21.42	26.54	31.85	37.19	42.83	48.72	54.79		61.44	8 / 8				
reaction time	0.186	interval	4.68	4.80	4.92	5.12		5.31	5.34	5.64	5.89	6.07	6.65			14.40	15.77	17.60	
		velocity	6.41	7.48	7.29	7.11	6.84		6.59	6.55	6.21	5.94	5.77	6.02	6.51		7.29	6.66	5.97
H1 lead leg	L	strides	23	16	16	16	16		17	17	18	19	19	177					
Hamachiyo, Rinka (JPN) (2003)																			
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)																			
date	30-Jul-21	time	6.92	11.61	16.68	21.83	27.00	32.30	37.90	43.67	49.46	55.38		61.44	2 / 6				
reaction time	0.168	interval	4.69	5.07	5.15	5.17		5.30	5.60	5.77	5.79	5.92	6.06			14.91	16.07	17.48	
		velocity	6.50	7.46	6.90	6.80	6.77		6.60	6.25	6.07	6.04	5.91	6.60	6.51		7.04	6.53	6.01
H1 lead leg		strides	17	18	17	17	17		18	18	18	19	19	161					
Gooden, Dianna (USA) (1985)																			
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)																			
date	22-Jun-03	time	6.81	11.34	16.08	20.99	26.06	31.33	36.95	42.80	48.78			61.47	4 / 6				
reaction time		interval	4.53	4.74	4.91	5.07		5.27	5.62	5.85	5.98					14.18	15.96		
		velocity	6.61	7.73	7.38	7.13	6.90		6.64	6.23	5.98	5.85		6.51		7.40	6.58		
H1 lead leg		strides																	
Hill, Sierra (USA) (1986)																			
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)																			
date	22-Jun-03	time	7.07	11.83	16.67	21.64	26.76	32.26	37.85	43.53	49.20			61.48	3 / 7				
reaction time		interval	4.76	4.84	4.97	5.12		5.50	5.59	5.68	5.67					14.57	16.21		
		velocity	6.36	7.35	7.23	7.04	6.84		6.36	6.26	6.16	6.17		6.51		7.21	6.48		
H1 lead leg		strides																	
Derycke, Sylvaine (FRA) (1982)																			
Heat 2 - 2001 European Junior Championships (Grosseto, ITA)																			
date	20-Jul-01	time	6.6	11.3	16.1	21.1	26.4	31.7	37.1	42.7	48.4	54.3		61.52	1 / 5				
reaction time		interval	4.7	4.8	5.0	5.3		5.3	5.4	5.6	5.7	5.9	7.2			14.50	16.00	17.20	
		velocity	6.82	7.45	7.29	7.00	6.60		6.60	6.48	6.25	6.14	5.93	5.54	6.50		7.24	6.56	6.10
H1 lead leg		strides																	
Ou Ying (CHN) (2001)																			
Heat 4 - 2019 Chinese National Grand Prix 1 (Zhaqing, CHN)																			
date	07-Apr-19	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				
Fu Yijia (CHN) (2001)																			
FINAL - 2020 Chinese Olympic Trials (Shaoying, CHN)																			
date	13-Jun-21	time	6.84	11.58	16.38	21.42	26.63	31.93	37.30	42.86	48.81	54.79		61.52	1 / 8				
reaction time	0.244	interval	4.74	4.80	5.04	5.21		5.30	5.37	5.56	5.95	5.98	6.73			14.58	15.88	17.49	
		velocity	6.58	7.38	7.29	6.94	6.72		6.60	6.52	6.29	5.88	5.85	5.94	6.50		7.20	6.61	6.00
H1 lead leg	R	strides	23	16	16	17	17		17	17	17	18	18	21.7	197.7				
Tao Xue (CHN) (1999)																			
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)																			
date	16-Sep-18	time	7.12	11.71	16.35	21.12	26.04	31.23	36.65	42.21	48.16	54.30		61.55	8 / 8				
reaction time		interval	4.59	4.64	4.77	4.92		5.19	5.42	5.56	5.95	6.14	7.25			14.00	15.53	17.65	
		velocity	6.32	7.63	7.54	7.34	7.11		6.74	6.46	6.29	5.88	5.70	5.52	6.50		7.50	6.76	5.95
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	21.5	196.5				
Tao Xue (CHN) (1999)																			
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)																			
date	09-Jul-19	time	7.09	11.73	16.43	21.18	26.07	31.21	36.53	42.03	47.84	53.95		61.55	3 / 5.4				
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		7.45	6.84	6.03
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	18	22	195				
Ding Xiaoxue (CHN) (1998)																			
Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)																			
date	15-Sep-18	time	6.90	11.66	16.31	21.12	26.11	31.28	36.60	42.16	48.01	54.22		61.56	6 / 5				
reaction time		interval	4.76	4.65	4.81	4.99		5.17	5.32	5.56	5.85	6.21	7.34			14.22	15.48	17.62	
		velocity	6.52	7.35	7.53	7.28	7.01		6.77	6.58	6.29	5.98	5.64	5.45	6.50		7.38	6.78	5.96
H1 lead leg	L	strides	25	18	17	17	17		17	18	19	19	20	24	211				
Okawa, Nazuna (JPN) (2001)																			
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)																			
date	25-Oct-20	time	7.31	12.18	17.07	22.01	27.08	32.23	37.47	42.86	48.40	54.42		61.63	8 / 7				
reaction time	0.249	interval	4.87	4.89	4.94	5.07		5.15	5.24	5.39	5.54	6.02	7.21			14.70	15.46	16.95	
		velocity	6.16	7.19	7.16	7.09	6.90		6.80	6.68	6.49	6.32	5.81	5.55	6.49		7.14	6.79	6.19
H1 lead leg		strides	17	17	17	17	17		17	17	17	17	19	155</					

Ban, Nozomi (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)																		
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	25-Oct-20	time	6.87	11.53	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				
Tao Xue (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	22-Aug-19	time	7.26	11.90	16.73	21.59	26.64	32.00	37.54	43.16	49.03	54.92		61.66	7 / 4			
reaction time	0.317	interval		4.64	4.83	4.86	5.05	5.36	5.54	5.62	5.87	5.89	6.74			14.33	15.95	17.38
		velocity	6.20	7.54	7.25	7.20	6.93	6.53	6.32	6.23	5.96	5.94	5.93	6.49		7.33	6.58	6.04
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	18	21	195				
Fei Jiayu (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	25-Apr-21	time	7.17	11.96	16.80	21.74	26.81	32.01	37.37	42.90	48.80	54.80		61.67	6 / 4			
reaction time	0.222	interval		4.79	4.84	4.94	5.07	5.20	5.36	5.53	5.90	6.00	6.87			14.57	15.63	17.43
		velocity	6.28	7.31	7.23	7.09	6.90	6.73	6.53	6.33	5.93	5.83	5.82	6.49		7.21	6.72	6.02
H1 lead leg	R	strides	24	16	16	17	17	17	17	17	18	18	21.5	198.5				
Wang Jiaqi (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	12-Apr-19	time	7.10	11.64	16.34	21.26	26.42	31.94	37.62	43.30	49.18	55.05		61.69	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 Hongjuan (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	03-Aug-19	time	7.09	11.84	16.70	21.70	26.83	32.22	37.74	43.24	49.02	54.87		61.69	4 / 1			
reaction time	0.228	interval		4.75	4.86	5.00	5.13	5.39	5.52	5.50	5.78	5.85	6.82			14.61	16.04	17.13
		velocity	6.35	7.37	7.20	7.00	6.82	6.49	6.34	6.36	6.06	5.98	5.87	6.48		7.19	6.55	6.13
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	18	21.2	195.2				
Granqvist, Emilia (SWE) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Poks Memorial (Hässleholm, SWE)																		
<i>Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx</i>																		
date	12-Jun-11	time	6.90	11.44	16.24	21.14	26.20	31.56	37.06	42.88	48.82	54.92		61.70	1 / 3			
reaction time		interval		4.54	4.80	4.90	5.06	5.36	5.50	5.82	5.94	6.10	6.78			14.24	15.92	17.86
		velocity	6.52	7.71	7.29	7.14	6.92	6.53	6.36	6.01	5.89	5.74	5.90	6.48		7.37	6.60	5.88
H1 lead leg	L	strides		16	17	17	17	18	18	19	19	19	160					
Lu Zhangwei (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	17-Aug-19	time	7.06	11.68	16.44	21.26	26.26	31.42	36.72	42.20	48.06	54.18		61.70	7 / 2			
reaction time	0.191	interval		4.62	4.76	4.82	5.00	5.16	5.30	5.48	5.86	6.12	7.52			14.20	15.46	17.46
		velocity	6.37	7.58	7.35	7.26	7.00	6.78	6.60	6.39	5.97	5.72	5.32	6.48		7.39	6.79	6.01
H1 lead leg	R	strides	23	17	17	17	17	17	17	17	18	20	23	203				
Liu Xin (CHN) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	08-Apr-19	time	7.16	11.85	16.68	21.53	26.66	32.06	37.48	43.04	48.78	54.65		61.71	8 / 6			
reaction time	0.269	interval		4.69	4.83	4.85	5.13	5.40	5.42	5.56	5.74	5.87	7.06			14.37	15.95	17.17
		velocity	6.28	7.46	7.25	7.22	6.82	6.48	6.46	6.29	6.10	5.96	5.67	6.48		7.31	6.58	6.12
H1 lead leg	L	strides	25	17	17	17	18	18	19	19	19	20	24	213				
Tao Xue (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	23-Aug-19	time	7.14	11.68	16.33	21.15	26.16	31.38	36.80	42.71	48.70	54.82		61.74	3 / 5			
reaction time	0.294	interval		4.54	4.65	4.82	5.01	5.22	5.42	5.91	5.99	6.12	6.92			14.01	15.65	18.02
		velocity	6.30	7.71	7.53	7.26	6.99	6.70	6.46	5.92	5.84	5.72	5.78	6.48		7.49	6.71	5.83
H1 lead leg	L	strides	23	16	16	16	16	17	17	18	18	18	21	196				
Wu Fangfang (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	29-May-19	time	7.29	11.99	16.71	21.58	26.59	31.86	37.38	43.06	48.90	55.18		61.76	8 / 5			
reaction time		interval		4.70	4.72	4.87	5.01	5.27	5.52	5.68	5.84	6.28	6.58			14.29	15.80	17.80
		velocity	6.17	7.45	7.42	7.19	6.99	6.64	6.34	6.16	5.99	5.57	6.08	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				
Lan Tianlu (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)																		
<i>CAA Hurdle Development (2020)</i>																		
date	17-Sep-20	time		10.92	15.33	19.87	24.54	29.54	34.83	40.50	46.75	53.54		61.76	7 / 7			
reaction time		interval		4.41	4.54	4.67		5.00	5.29	5.67	6.25	6.79	8.22			14.96	18.71	
		velocity		7.33	7.94	7.71	7.49	7.00	6.62	6.17	5.60	5.15	4.87	6.48		7.02	5.61	
H1 lead leg		strides		16				17	17	18	19	20	24	131				

Hurkmans, Jennie (SWE) (1984)																	
B-Race - 2011 Poks Memorial (Hässleholm, SWE)																	
<i>Blomkvist (2011) - www.elitlandslag.se/SprintHack/LangSprintHack.aspx</i>																	
date	12-Jun-11	time	7.10	11.74	16.60	21.70	26.84										
reaction time		interval		4.64	4.86	5.10	5.14			11.00	5.22	5.88	6.12	6.73			
		velocity	6.34	7.54	7.20	6.86	6.81			6.36	6.70	5.95	5.72	5.94	6.47		
H1 lead leg	R	strides	16	16	17	17	17				17	18	19	21	158		
Liu Hongjuan (CHN) (1996)																	
Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)																	
<i>Henson (2018) - coaching observations</i>																	
date	15-Sep-18	time	7.06	11.61	16.25	21.07	26.01			31.20	36.72	42.36	48.27	54.57			
reaction time		interval		4.55	4.64	4.82	4.94			5.19	5.52	5.64	5.91	6.30	7.28		
		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	
H1 lead leg	L	strides	23	16	16	16	16			17	18	18	19	20	23	202	
Liu Xin (CHN) (1992)																	
Heat 5 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																	
<i>CAA Hurdle Development (2019)</i>																	
date	12-Apr-19	time	7.09	11.71	16.55	21.52	26.72			32.25	37.77	43.36	49.20	55.07			
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		
		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	
H1 lead leg	L	strides	25	17	17	17	18			19	19	19	20	20	24	215	
Chen Liying (CHN) (1994)																	
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																	
<i>CAA Hurdle Development (2021)</i>																	
date	25-Apr-21	time	6.96	11.72	16.48	21.38	26.42			31.76	37.34	43.16	49.18	55.12			
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		
		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	
H1 lead leg	R	strides	24	16	16	16	16			17	17	18	18	19	21.5	198.5	
Landin, Tyra (SWE) (2002)																	
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)																	
<i>Omega Timing (2023) - diamond league race analysis</i>																	
date	02-Jul-23	time	6.89	11.53	16.34	21.27	26.33			31.45	36.69	42.20	48.04	54.43			
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		
		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	
H1 lead leg		strides															
Ye Xiulan (CHN) (1998)																	
Heat 4 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																	
<i>CAA Hurdle Development (2019)</i>																	
date	07-Apr-19	time	6.99	11.60	16.50	21.39	26.53			31.78	37.37	43.12	48.93	54.89			
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		
		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	
H1 lead leg	R	strides	24	16	17	16	17			17	18	18	18	18	22.5	201.5	
Zhuang Dongmei (CHN) (2000)																	
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)																	
<i>CAA Hurdle Development (2019)</i>																	
date	29-May-19	time	6.82	11.42	16.06	20.82	25.88			31.09	36.57	42.42	48.78	55.30			
reaction time		interval		4.60	4.64	4.76	5.06			5.21	5.48	5.85	6.36	6.52	6.64		
		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	
H1 lead leg	L	strides	24	17	17	17	17			17	17	19	20	20	22.2	207.2	
Wang Jiaqi (CHN) (2000)																	
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																	
<i>CAA Hurdle Development (2019)</i>																	
date	12-Apr-19	time	7.20	11.74	16.42	21.24	26.46			31.88	37.50	43.34	49.20	55.24			
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		
		velocity	6.25	7.71	7.48	7.26	6.70			6.46	6.23	5.99	5.97	5.79	5.95	6.46	
H1 lead leg	R	strides	24	17	17	17	18			18	19	19	19	19	22.2	209.2	
Xiao Xia (CHN) (1991)																	
Heat 1 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																	
<i>CAA Hurdle Development (2019)</i>																	
date	12-Apr-19	time	7.04	11.82	16.75	21.82	26.94			32.41	37.92	43.67	49.46	55.17			
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		
		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	
H1 lead leg	L	strides	23	16	16	16	16			17	17	17	17	17	21.2	193.2	
Liang Yina (CHN) (2001)																	
Heat 3 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																	
<i>CAA Hurdle Development (2019)</i>																	
date	07-Apr-19	time	7.06	11.73	16.55	21.45	26.54			31.83	37.52	43.29	49.22	55.39			
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		
		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	
H1 lead leg	L	strides	24	17	17	17	17			18	18	18	19	19	22	206	
Hu Lihong (CHN) (1999)																	
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																	
<i>CAA Hurdle Development (2019)</i>																	
date	08-Apr-19	time	6.98	11.50	16.20	21.00	26.02			31.24	36.68	42.30	48.22	54.46			
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		
		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	
H1 lead leg	L	strides	23	16	16	16	16			17	17	17	17	17	22	194	

Hurkmans, Jennie (SWE) (1984)																
FINAL - 2011 Fridrott (Stockholm, SWE)																
Blomkvist (2011) - www.elitlandslag.se/SprintHack/LangSprintHack.aspx																
date	07-Jun-11	time	6.94	11.80	16.64	21.68	26.88		32.38	37.90	43.58	49.40	55.46		62.04	1/4
reaction time		interval	4.86	4.84	5.04	5.20		5.50	5.52	5.68	5.82	6.06	6.58			14.74 16.22 17.56
		velocity	6.48	7.20	7.23	6.94	6.73		6.36	6.34	6.16	6.01	5.78	6.08	6.45	7.12 6.47 5.98
H1 lead leg	R	strides	16	16	16	16		17	17	17	17	18	21	171		
Otsu, Yui (JPN) (2004)																
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)																
Shibayama (2021) - national high school and U20 national championships																
date	30-Jul-21	time	6.90	11.54	16.48	21.57	26.80		32.22	37.79	43.62	49.50	55.49		62.06	1/7
reaction time	0.190	interval	4.64	4.94	5.09	5.23		5.42	5.57	5.83	5.88	5.99	6.57			14.67 16.22 17.70
		velocity	6.52	7.54	7.09	6.88	6.69		6.46	6.28	6.00	5.95	5.84	6.09	6.45	7.16 6.47 5.93
H1 lead leg		strides	16	17	17	18		18	18	19	19	19	19	161		
Chen Liying (CHN) (1994)																
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																
CAA Hurdle Development (2019)																
date	22-Aug-19	time	6.96	11.56	16.34	21.28	26.36		31.50	36.99	42.94	48.98	55.14		62.07	9/5
reaction time	0.226	interval	4.60	4.78	4.94	5.08		5.14	5.49	5.95	6.04	6.16	6.93			14.32 15.71 18.15
		velocity	6.47	7.61	7.32	7.09	6.89		6.81	6.38	5.88	5.79	5.68	5.77	6.44	7.33 6.68 5.79
H1 lead leg	R	strides	24	18	17	17		17	18	19	19	19	22	207		
Liu Hongjuan (CHN) (1996)																
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)																
CAA Hurdle Development (2021)																
date	26-Jun-21	time	6.94	11.56	16.26	21.24	26.32		31.70	37.32	43.04	48.97	55.07		62.11	4/7
reaction time	0.250	interval	4.62	4.70	4.98	5.08		5.38	5.62	5.72	5.93	6.10	7.04			14.30 16.08 17.75
		velocity	6.48	7.58	7.45	7.03	6.89		6.51	6.23	6.12	5.90	5.74	5.68	6.44	7.34 6.53 5.92
H1 lead leg	L	strides	23	16	16	16		17	18	18	19	19	22.2	200.2		
Ellenberger, Gisela (FRG) (1950)																
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)																
Keydel (1971) - die 400m hürden machten das rennen																
date	15-May-71	time	7.4	12.6	17.7	22.8	28.0		33.7	39.8	45.6	51.3	56.9		62.0	1/2
reaction time		interval	5.2	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		19	19	19	19	19		187		
Kovacev, Mirjana (FRG)																
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)																
Keydel (1971) - die 400m hürden machten das rennen																
date	15-May-71	time	7.2	12.0	17.2	22.4	27.8		33.2	39.0	44.8	50.5	56.2		62.0	1/3
reaction time		interval	4.8	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	19	19	19	19		184		
Saito, Mayu (JPN) (1995)																
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)																
Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																
date	20-Sep-20	time	6.59	10.94	15.45	20.22	25.26		30.53	36.14	42.04	48.30	54.70		62.14	8/7
reaction time	0.217	interval	4.35	4.51	4.77	5.04		5.27	5.61	5.90	6.26	6.40	7.44			13.63 15.92 18.56
		velocity	6.83	8.05	7.76	7.34	6.94		6.64	6.24	5.93	5.59	5.47	5.38	6.44	7.70 6.60 5.66
H1 lead leg		strides	16	16	17	17		17	18	18	19	19		157		
Yamaga, Nagi (JPN) (2006)																
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)																
Takashima (2024) - national high school sports festival - biomechanics data																
date	30-Jul-24	time	7.09	12.01	17.17	22.27	27.58		33.20	38.81	44.44	50.12	55.84		62.16	9/8
reaction time	0.199	interval	4.92	5.16	5.10	5.31		5.62	5.61	5.63	5.68	5.72	6.32			15.18 16.54 17.03
		velocity	6.35	7.11	6.78	6.86	6.59		6.23	6.24	6.22	6.16	6.12	6.33	6.44	6.92 6.35 6.17
H1 lead leg		strides	22	16	16	16		16	17	18	18	18	22	195		
Helberg, Amanda (USA) (1978)																
FINAL - 1996 USATF National Junior Championships (Delaware, OH)																
USATF Women's Sprint Development (1996)																
date	29-Jun-96	time	7.27	11.96	16.57	21.28	26.11		31.30	36.91	42.71	48.70	54.92		62.17	3/7
reaction time		interval	4.69	4.61	4.71	4.83		5.19	5.61	5.80	5.99	6.22	7.25			14.01 15.63 18.01
		velocity	6.19	7.46	7.59	7.43	7.25		6.74	6.24	6.03	5.84	5.63	5.52	6.43	7.49 6.72 5.83
H1 lead leg		strides														
Chen Zhuo (CHN) (2001)																
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)																
CAA Hurdle Development (2021)																
date	25-Apr-21	time	7.02	11.61	16.22	20.97	25.99		31.35	36.87	42.73	48.82	55.04		62.21	6/4
reaction time	0.247	interval	4.59	4.61	4.75	5.02		5.36	5.52	5.86	6.09	6.22	7.17			13.95 15.90 18.17
		velocity	6.41	7.63	7.59	7.37	6.97		6.53	6.34	5.97	5.75	5.63	5.58	6.43	7.53 6.60 5.78
H1 lead leg	L	strides	24	16	16	16		17	17	18	18	19	22	199		
Arita, Asaki (JPN) (2000)																
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)																
Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data collection																
date	31-Jul-17	time	6.94	11.59	16.42	21.44	26.71		32.22	38.12	43.96	49.80	55.72		62.23	3/8
reaction time	0.176	interval	4.65	4.83	5.02	5.27		5.51	5.90	5.84	5.84	5.92	6.51			14.50 16.68 17.60
		velocity	6.48	7.53	7.25	6.97	6.64		6.35	5.93	5.99	5.99	5.91	6.14	6.43	7.24 6.29 5.97
H1 lead leg		strides	17	17	17	17		17	19	19	19	19	19	161		

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Beermann, Elke (FRG)																		
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)														<i>Keydel (1971) - die 400m hürden machten das rennen</i>				
date	15-May-71	time	7.5	13.0	18.6	24.2	29.8	35.3	40.8	46.3	51.6	56.9		62.6	1 / 4			
reaction time		interval		5.5	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				
Zhou Yu (CHN) (1999)																		
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)														<i>CAA Hurdle Development (2019)</i>				
date	03-Aug-19	time	7.09	11.86	16.75	21.71	26.78	32.23	37.76	43.57	49.56	55.67		62.55	5 / 7			
reaction time	0.236	interval		4.77	4.89	4.96	5.07	5.45	5.53	5.81	5.99	6.11	6.88			14.62	16.05	17.91
		velocity	6.35	7.34	7.16	7.06	6.90	6.42	6.33	6.02	5.84	5.73	5.81	6.39		7.18	6.54	5.86
H1 lead leg	R	strides	25	16	16	16	16	17	17	18	19	19	22	201				
Liu Xin (CHN) (1992)																		
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)														<i>CAA Hurdle Development (2021)</i>				
date	26-Jun-21	time	7.11	11.71	16.52	21.45	26.51	31.91	37.49	43.21	49.20	55.39		62.59	4 / 7			
reaction time	0.255	interval		4.60	4.81	4.93	5.06	5.40	5.58	5.72	5.99	6.19	7.20			14.34	16.04	17.90
		velocity	6.33	7.61	7.28	7.10	6.92	6.48	6.27	6.12	5.84	5.65	5.56	6.39		7.32	6.55	5.87
H1 lead leg	L	strides	25	17	17	17	17	18	19	19	20	20	23.5	212.5				
Pérez, Susana (ESP) (1974)																		
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)														<i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>				
date	02-Aug-98	time	6.95	11.78	16.85	21.92	27.25	32.68	38.07	43.84	50.10	56.08		62.62	2 / 5			
reaction time		interval		4.83	5.07	5.07	5.33	5.43	5.39	5.77	6.26	5.98	6.54			14.97	16.15	18.01
		velocity	6.47	7.25	6.90	6.90	6.57	6.45	6.49	6.07	5.59	5.85	6.12	6.39		7.01	6.50	5.83
H1 lead leg	L	strides	23	16	17	16	17	17	17	18	19	18	20.5	198.5				
Ye Xiulan (CHN) (1998)																		
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)														<i>CAA Hurdle Development (2021)</i>				
date	20-May-21	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	17	18	18	18	18			163				
Ogasawara, Arisa (JPN) (2004)																		
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)														<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>				
date	12-Jun-22	time	7.22	12.01	16.78	21.89	27.16	32.40	37.87	43.58	49.33	55.64		62.72	2 / 7			
reaction time	0.201	interval		4.79	4.77	5.11	5.27	5.24	5.47	5.71	5.75	6.31	7.08			14.67	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	19	180				
Hu Lihong (CHN) (1999)																		
FINAL - 2021 National Grand Prix (Chengdu, CHN)														<i>CAA Hurdle Development (2021)</i>				
date	02-Apr-21	time	6.91	11.48	16.13	20.86	25.79	30.96	36.35	42.17	48.38	54.90		62.74	6 / 3			
reaction time	0.154	interval		4.57	4.65	4.73	4.93	5.17	5.39	5.82	6.21	6.52	7.84			13.95	15.49	18.55
		velocity	6.51	7.66	7.53	7.40	7.10	6.77	6.49	6.01	5.64	5.37	5.10	6.38		7.53	6.78	5.66
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	18	22.7	196.7				
Zhuang Dongmei (CHN) (2000)																		
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)														<i>CAA Hurdle Development (2021)</i>				
date	25-Apr-21	time	6.82	11.41	16.17	21.10	26.28	31.78	37.70	43.66	49.90	56.12		62.82	5 / 5			
reaction time	0.216	interval		4.59	4.76	4.93	5.18	5.50	5.92	5.96	6.24	6.22	6.70			14.28	16.60	18.42
		velocity	6.60	7.63	7.35	7.10	6.76	6.36	5.91	5.87	5.61	5.63	5.97	6.37		7.35	6.33	5.70
H1 lead leg	L	strides	24	17	17	17	17	19	19	19	19	19	21	208				
Wang Jiaqi (CHN) (2000)																		
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)														<i>CAA Hurdle Development (2019)</i>				
date	17-Aug-19	time	7.18	11.70	16.34	21.10	26.10	31.40	37.02	42.96	49.18	55.78		62.86	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				
Petersen, Elke (FRG) (1948)																		
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)														<i>Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973</i>				
date	28-Jul-73	time	7.0	11.9	16.9	21.8	26.9	32.2	38.1	43.8	49.9	55.9		62.90	1 / 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	6.63	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				
Danvers, Tasha (GBR) (1977)																		
FINAL - 2001 European Cup (Bremen, GER)														<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>				
date	23-Jun-01	time	6.56	10.69	14.87	19.21	23.69	28.53	33.53	38.67	43.98	54.86		62.97	1 / 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																

Fu Yijia (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)																			
CAA Hurdle Development (2019)																			
date	17-Aug-19	time	7.06	11.92	16.90	21.94	27.14	32.46	38.02	43.72	49.80	55.90		63.00	5 / 3				
reaction time	0.258	interval	4.86	4.98	5.04	5.20		5.32	5.56	5.70	6.08	6.10	7.10			14.88	16.08	17.88	
		velocity	6.37	7.20	7.03	6.94	6.73		6.58	6.29	6.14	5.76	5.74	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				
Masferrer, Cristina (ESP) (1977)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)																			
Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas																			
date	02-Aug-98	time	7.27	12.18	17.17	22.22	27.52	32.89	38.38	44.09	49.90	55.99		63.01	7 / 6				
reaction time		interval	4.91	4.99	5.05	5.30		5.37	5.49	5.71	5.81	6.09	7.02			14.95	16.16	17.61	
		velocity	6.19	7.13	7.01	6.93	6.60		6.52	6.38	6.13	6.02	5.75	6.35		7.02	6.50	5.96	
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	18	19	23	205				
Xiao Xia (CHN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2019 Chinese National Grand Prix 1 (Zhaqing, CHN)																			
CAA Hurdle Development (2019)																			
date	07-Apr-19	time	7.11	11.96	17.12	22.41	27.86	33.42	39.12	44.85	50.47	56.27		63.02	1 / 6				
reaction time	0.370	interval	4.85	5.16	5.29	5.45		5.56	5.70	5.73	5.62	5.80	6.75			15.30	16.71	17.15	
		velocity	6.33	7.22	6.78	6.62	6.42		6.29	6.14	6.11	6.23	6.03	6.35		6.86	6.28	6.12	
H1 lead leg	L	strides	22	16	16	17	17		17	17	17	17	21	194					
Jiang Liyunzhe (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																			
CAA Hurdle Development (2019)																			
date	23-Aug-19	time	6.72	11.26	15.83	20.65	25.68	30.95	36.27	41.86	48.03	54.77		63.02	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	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				
Hattori, Rira (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)																			
Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																			
date	12-Jun-22	time	7.01	11.85	16.70	21.81	27.16	32.55	38.14	43.98	49.90	56.11		63.08	3 / 8				
reaction time	0.199	interval	4.84	4.85	5.11	5.35		5.39	5.59	5.84	5.92	6.21	6.97			14.80	16.33	17.97	
		velocity	6.42	7.23	7.22	6.85	6.54		6.49	6.26	5.99	5.91	5.64	6.34		7.09	6.43	5.84	
H1 lead leg	L	strides	24	17	17	17	18		18	19	19	19	19	187					
Hu Lihong (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)																			
CAA Hurdle Development (2020)																			
date	17-Sep-20	time	6.92		16.46				37.54	43.25	49.25	55.67		63.09	1 / 8				
reaction time		interval			9.54				21.08	5.71	6.00	6.42	7.42					18.13	
		velocity	6.50		7.34				6.64	6.13	5.83	5.45	5.39	6.34				5.79	
H1 lead leg	L	strides	24							17	17	18	21	97					
Jernbeck, Therese (SWE) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2011 Fridrott (Stockholm, SWE)																			
Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx																			
date	07-Jun-11	time	12.32	17.36	22.56	28.00		33.64	39.36	45.44	51.28	57.06		63.13	1 / 4				
reaction time		interval		5.04	5.20	5.44		5.64	5.72	6.08	5.84	5.78	6.07					16.80	
		velocity	6.49	6.94	6.73	6.43		6.21	6.12	5.76	5.99	6.06	6.59	6.34				5.93	
H1 lead leg		strides		16	16	16		16	16	17	16	16	19	148					
Chen Leyi (CHN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2021 East China District Meeting (Zhaqing, CHN)																			
CAA Hurdle Development (2021)																			
date	25-Apr-21	time	7.10	11.81	16.77	22.02	27.46	33.06	38.92	44.80	50.68	56.64		63.15	6 / 3				
reaction time	0.339	interval	4.71	4.96	5.25	5.44		5.60	5.86	5.88	5.88	5.96	6.51			14.92	16.90	17.72	
		velocity	6.34	7.43	7.06	6.67	6.43		6.25	5.97	5.95	5.95	5.87	6.14	6.33		7.04	6.21	5.93
H1 lead leg	L	strides	25	17	17	18	18		18	19	19	19	19	22	211				
Oshiden, Moe (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)																			
Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																			
date	23-Aug-20	time	6.92	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	6.33		7.19	6.65	5.74	
H1 lead leg		strides		16	16	16	16		17	17	17	18	20	153					
Kovacev, Mirjana (FRG)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)																			
Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973																			
date	28-Jul-73	time	6.7	11.4	16.3	21.2	26.2	31.3	37.0	43.2	49.5	55.9		63.20	1 / 2				
reaction time		interval	4.65	4.91	4.91	4.97		5.14	5.74	6.20	6.23	6.40	7.33			14.47	15.85	18.83	
		velocity	6.70	7.53	7.13	7.13	7.04		6.81	6.10	5.65	5.62	5.47	6.33		7.26	6.62	5.58	
H1 lead leg		strides	23	17	17	17	17		17	17	17	19	19	180					
Hardiway, Korey (USA) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)																			
USATF Women's Sprint Development (2003)																			
date	22-Jun-03	time	7.01	11.71	16.58	21.41	26.48	32.08	38.04	44.06	49.85			63.20	1 / 8				
reaction time		interval	4.70	4.87	4.83	5.07		5.60	5.96	6.02	5.79					14.40	16.63		
		velocity	6.42	7.45	7.19	7.25	6.90		6.25	5.87	5.81	6.04		6.33		7.29	6.31		
H1 lead leg		strides																	

Zhuang Yilan (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)																		
CAA Hurdle Development (2021)																		
date	26-Jun-21	time	6.83	11.40	16.21	21.04	26.14	31.43	36.99	42.90	49.16	55.66		63.20	8 / 7			
reaction time	0.293	interval		4.57	4.81	4.83	5.10	5.29	5.56	5.91	6.26	6.50	7.54			14.21	15.95	18.67
		velocity	6.59	7.66	7.28	7.25	6.86	6.62	6.29	5.92	5.59	5.38	5.31	6.33		7.39	6.58	5.62
H1 lead leg	L	strides	24	17	17	17	17	17	17	19	19	19	23	206				
Chen Zhuo (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)																		
CAA Hurdle Development (2019)																		
date	17-Aug-19	time	6.88	11.64	16.52	21.50	26.68	32.10	37.80	43.72	49.94	56.24		63.25	3 / 4			
reaction time	0.172	interval		4.76	4.88	4.98	5.18	5.42	5.70	5.92	6.22	6.30	7.01			14.62	16.30	18.44
		velocity	6.54	7.35	7.17	7.03	6.76	6.46	6.14	5.91	5.63	5.56	5.71	6.32		7.18	6.44	5.69
H1 lead leg	L	strides	23	17	17	17	17	17	17	17	18	19	21.5	200.5				
Liu Hongjuan (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																		
CAA Hurdle Development (2019)																		
date	22-Aug-19	time	7.10	11.78	16.54	21.52	26.71	32.28	37.95	43.96	50.03	56.19		63.27	8 / 5			
reaction time	0.284	interval		4.68	4.76	4.98	5.19	5.57	5.67	6.01	6.07	6.16	7.08			14.42	16.43	18.24
		velocity	6.34	7.48	7.35	7.03	6.74	6.28	6.17	5.82	5.77	5.68	5.65	6.32		7.28	6.39	5.76
H1 lead leg	L	strides	23	16	16	16	16	18	18	19	19	19	22.2	202.2				
Sund, Maja (SWE) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)																		
Omega Timing (2023) - diamond league race analysis																		
date	02-Jul-23	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																
Tao Xue (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)																		
CAA Hurdle Development (2021)																		
date	25-Apr-21	time	6.92	11.23	15.63	20.10	24.67	29.56	34.68	40.11	45.90	51.87		63.30	2 / 5			
reaction time	0.292	interval		4.31	4.40	4.47	4.57	4.89	5.12	5.43	5.79	5.97	11.43			13.18	14.58	17.19
		velocity	6.50	8.12	7.95	7.83	7.66	7.16	6.84	6.45	6.04	5.86	3.50	6.32		7.97	7.20	6.11
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	18	18	168					
Tang Ziyang (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)																		
CAA Hurdle Development (2021)																		
date	25-Apr-21	time	7.26	12.26	17.30	22.39	27.63	33.00	38.54	44.22	50.02	56.30		63.44	8 / 4			
reaction time	0.257	interval		5.00	5.04	5.09	5.24	5.37	5.54	5.68	5.80	6.28	7.14			15.13	16.15	17.76
		velocity	6.20	7.00	6.94	6.88	6.68	6.52	6.32	6.16	6.03	5.57	5.60	6.31		6.94	6.50	5.91
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	17	19	22	201				
Dou Lingyu (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)																		
CAA Hurdle Development (2019)																		
date	17-Aug-19	time	6.82	11.40	16.14	20.98	26.16	31.62	37.38	43.34	49.56	55.90		63.46	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				
Li Yirong (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																		
CAA Hurdle Development (2019)																		
date	17-Aug-19	time	7.08	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		7.12	6.63	5.74
H1 lead leg	L	strides	25	17	17	17	17	18	18	19	20	21	24.5	213.5				
Wang Yuanyuan (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)																		
CAA Hurdle Development (2019)																		
date	17-Aug-19	time	7.32	12.12	17.00	22.04	27.28	32.80	38.54	44.48	50.70	56.90		63.49	5 / 4			
reaction time	0.191	interval		4.80	4.88	5.04	5.24	5.52	5.74	5.94	6.22	6.20	6.59			14.72	16.50	18.36
		velocity	6.15	7.29	7.17	6.94	6.68	6.34	6.10	5.89	5.63	5.65	6.07	6.30		7.13	6.36	5.72
H1 lead leg	L	strides	24	17	17	17	18	18	18	19	19	19	22	208				
Di Chengqian (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																		
CAA Hurdle Development (2019)																		
date	08-Apr-19	time	6.88	11.50	16.26	21.24	26.42	31.86	37.50	43.26	49.56		63.58	5 / 8				
reaction time	0.197	interval		4.62	4.76	4.98	5.18	5.44	5.64	5.76	6.30					14.36	16.26	
		velocity	6.54	7.58	7.35	7.03	6.76	6.43	6.21	6.08	5.56		6.29			7.31	6.46	
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	19		157					
Wang Chen (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN)																		
Henson (2018) - coaching observations																		
date	15-Sep-18	time	6.79	11.31	15.98	20.77	25.79	31.06	36.78	42.92				63.63	2 / 6			
reaction time		interval		4.52	4.67	4.79	5.02	5.27	5.72	6.14						13.98	16.01	
		velocity	6.63	7.74	7.49	7.31	6.97	6.64	6.12	5.70			6.29			7.51	6.56	
H1 lead leg	L	strides	23	17	17	17	17	17	18	19			145					

Coleman, Ayana (USA) (1979)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USATF National Junior Championships (Delaware, OH) <i>USATF Women's Sprint Development (1996)</i>																		
date	29-Jun-96	time	7.04	11.73	16.48	21.33	26.29	31.35	37.05	43.08	49.16	55.44		63.74	1 / 8			
reaction time		interval		4.69	4.75	4.85	4.96	5.06	5.70	6.03	6.08	6.28	8.30			14.29	15.72	18.39
		velocity	6.39	7.46	7.37	7.22	7.06	6.92	6.14	5.80	5.76	5.57	4.82	6.28		7.35	6.68	5.71
H1 lead leg		strides																
Fu Yijia (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	17-Aug-19	time	7.12	11.84	16.72	21.70	26.88	32.30	37.98	43.78	49.92	56.58		63.84	9 / 6			
reaction time	0.408	interval		4.72	4.88	4.98	5.18	5.42	5.68	5.80	6.14	6.66	7.26			14.58	16.28	18.60
		velocity	6.32	7.42	7.17	7.03	6.76	6.46	6.16	6.03	5.70	5.26	5.51	6.27		7.20	6.45	5.65
H1 lead leg	L	strides	24	17	17	17	17	17	18	18	19	20	22	206				
Wang Chen (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	12-Apr-19	time	7.09	11.81	16.72	21.83	27.01	32.35	37.84	43.67	49.80	56.86		63.98	8 / 4			
reaction time	0.259	interval		4.72	4.91	5.11	5.18	5.34	5.49	5.83	6.13	7.06	7.12			14.74	16.01	19.02
		velocity	6.35	7.42	7.13	6.85	6.76	6.55	6.38	6.00	5.71	4.96	5.62	6.25		7.12	6.56	5.52
H1 lead leg	L	strides	24	17	17	17	17	17	17	18	20	21	23	208				
Pan Jianan (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	17-Aug-19	time	6.92	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		7.37	6.54	5.60
H1 lead leg	L	strides	23	15	17	17	17	17	17	19	19	19	24.2	204.2				
Huo Xinghua (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2019 Chinese National Championships (Shenyang, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	09-Jul-19	time	6.94	11.39	16.08	20.97	26.06	31.50	37.13	43.19	49.60	56.17		64.20	3 / 6			
reaction time	0.371	interval		4.45	4.69	4.89	5.09	5.44	5.63	6.06	6.41	6.57	8.03			14.03	16.16	19.04
		velocity	6.48	7.87	7.46	7.16	6.88	6.43	6.22	5.78	5.46	5.33	4.98	6.23		7.48	6.50	5.51
H1 lead leg	L	strides	23	15	16	16	16	17	17	18	19	19	24	200				
Chen Lin (CHN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN) <i>CAA Hurdle Development (2021)</i>																		
date	20-May-21	time	7.47	12.33	17.33	22.42	27.66	33.23	38.94	44.79	50.85		64.20	8 / 7				
reaction time	0.243	interval		4.86	5.00	5.09	5.24	5.57	5.71	5.85	6.06					14.95	16.52	
		velocity	6.02	7.20	7.00	6.88	6.68	6.28	6.13	5.98	5.78			6.23		7.02	6.36	
H1 lead leg	R	strides	25	17	17	17	17	18	18	18	19		166					
Feng Meiya (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN) <i>CAA Hurdle Development (2021)</i>																		
date	25-Apr-21	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					
Chen Zhuo (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	22-Aug-19	time	7.12	11.95	16.88	22.01	27.36	32.90	38.82	44.90	51.17	57.49		64.44	3 / 6			
reaction time	0.223	interval		4.83	4.93	5.13	5.35	5.54	5.92	6.08	6.27	6.32	6.95			14.89	16.81	18.67
		velocity	6.32	7.25	7.10	6.82	6.54	6.32	5.91	5.76	5.58	5.54	5.76	6.21		7.05	6.25	5.62
H1 lead leg	L	strides	23	17	17	17	17	17	18	18	19	19	22	204				
Montero, Beatriz (ESP) (1977)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 Spanish National Championships (San Sebastián, ESP) <i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>																		
date	02-Aug-98	time	6.84	11.76	16.88	22.17	27.70	33.17	38.89	44.70	50.64	56.74		64.54	8 / 7			
reaction time		interval		4.92	5.12	5.29	5.53	5.47	5.72	5.81	5.94	6.10	7.80			15.33	16.72	17.85
		velocity	6.58	7.11	6.84	6.62	6.33	6.40	6.12	6.02	5.89	5.74	5.13	6.20		6.85	6.28	5.88
H1 lead leg	L	strides	23	16	17	17	17	17	18	18	18	18	23.5	202.5				
Liu Xin (CHN) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Championships (Shenyang, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	10-Jul-19	time	7.20	11.86	16.82	21.95	27.32	33.01	38.72	44.56				64.88	8 / 8			
reaction time	0.428	interval		4.66	4.96	5.13	5.37	5.69	5.71	5.84						14.75	16.77	
		velocity	6.25	7.51	7.06	6.82	6.52	6.15	6.13	5.99				6.17		7.12	6.26	
H1 lead leg	L	strides	25	17	17	17	18	18	19	19			150					
Zhuang Dongmei (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Championships (Shenyang, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	09-Jul-19	time	6.70	11.19	15.78	20.49	25.44	30.76	36.40	42.39	49.03	56.07		64.93	5 / 5			
reaction time	0.250	interval		4.49	4.59	4.71	4.95	5.32	5.64	5.99	6.64	7.04	8.86			13.79	15.91	19.67
		velocity	6.72	7.80	7.63	7.43	7.07	6.58	6.21	5.84	5.27	4.97	4.51	6.16		7.61	6.60	5.34
H1 lead leg	L	strides	24	17	17	17	17	18	18	19	20	20	25.7	212.7				

Horlacher, Ester (FRG)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)		Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973																
date	28-Jul-73	time	7.3	12.3	17.3	22.7	28.2	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	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				
Gerhard, Heidi (FRG) (1941)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)		Keydel (1971) - die 400m hürden machten das rennen																
date	15-May-71	time	7.4	12.6	17.7	22.9	28.2	33.9	39.7	45.6	51.5	57.5		65.0	/ 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				
Chen Qian (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)		CAA Hurdle Development (2019)																
date	17-Aug-19	time	7.22	12.06	17.00	21.96	27.12	32.46	38.22	44.30	50.64	57.20		65.02	2 / 6			
reaction time	0.144	interval		4.84	4.94	4.96	5.16	5.34	5.76	6.08	6.34	6.56	7.82			14.74	16.26	18.98
		velocity	6.23	7.23	7.09	7.06	6.78	6.55	6.08	5.76	5.52	5.34	5.12	6.15		7.12	6.46	5.53
H1 lead leg	L	strides	24	17	17	17	17	17	18	19	20	20	24	210				
Teng Xinyao (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 National Grand Prix (Chengdu, CHN)		CAA Hurdle Development (2021)																
date	02-Apr-21	time	7.40	12.29	17.28	22.37	27.72	33.40	39.40	45.62	51.93			65.12	4 / 4			
reaction time	0.290	interval		4.89	4.99	5.09	5.35	5.68	6.00	6.22	6.31					14.97	17.03	
		velocity	6.08	7.16	7.01	6.88	6.54	6.16	5.83	5.63	5.55			6.14		7.01	6.17	
H1 lead leg	R	strides	24	17	17	17	17	19	19	19	19			168				
Chen Zhuo (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)		CAA Hurdle Development (2019)																
date	17-Aug-19	time	7.08	11.80	16.66	21.82	27.34	33.06	39.12	45.38	51.74	58.22		65.23	2 / 7			
reaction time	0.198	interval		4.72	4.86	5.16	5.52	5.72	6.06	6.26	6.36	6.48	7.01			14.74	17.30	19.10
		velocity	6.36	7.42	7.20	6.78	6.34	6.12	5.78	5.59	5.50	5.40	5.71	6.13		7.12	6.07	5.50
H1 lead leg	L	strides	23	16	16	16	17	17	18	18	19	19	22	201				
Tang Chan (CHN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 East China District Meeting (Zhaoying, CHN)		CAA Hurdle Development (2021)																
date	25-Apr-21	time	7.28	12.16	17.28	22.53	28.00	33.60	39.61	46.00	52.42	58.80		65.39	7 / 5			
reaction time	0.331	interval		4.88	5.12	5.25	5.47	5.60	6.01	6.39	6.42	6.38	6.59			15.25	17.08	19.19
		velocity	6.18	7.17	6.84	6.67	6.40	6.25	5.82	5.48	5.45	5.49	6.07	6.12		6.89	6.15	5.47
H1 lead leg	L	strides	24	17	17	17	17	17	17	19	19	19	21	185				
Obbeck, Waltraud (FRG) (1947)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)		Keydel (1971) - die 400m hürden machten das rennen																
date	15-May-71	time	7.5	12.5	17.5	22.6	27.9	33.4	38.8	45.0	51.6	58.0		65.3	/ 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				
Wu Fangfang (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)		CAA Hurdle Development (2019)																
date	03-Aug-19	time	7.19	12.04	17.00	22.09	27.68	33.58	39.51	45.71	52.10	58.41		65.54	5 / 2			
reaction time	0.247	interval		4.85	4.96	5.09	5.59	5.90	5.93	6.20	6.39	6.31	7.13			14.90	17.42	18.90
		velocity	6.26	7.22	7.06	6.88	6.26	5.93	5.90	5.65	5.48	5.55	5.61	6.10		7.05	6.03	5.56
H1 lead leg	L	strides	24	16	16	16	18	19	17	19	19	19	21.2	204.2				
Yang Xinyue (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)		CAA Hurdle Development (2019)																
date	17-Aug-19	time	7.10	11.96	16.90	21.82	26.96	32.32	38.12	44.34	50.68	57.28		65.56	8 / 6			
reaction time	0.174	interval		4.86	4.94	4.92	5.14	5.36	5.80	6.22	6.34	6.60	8.28			14.72	16.30	19.16
		velocity	6.34	7.20	7.09	7.11	6.81	6.53	6.03	5.63	5.52	5.30	4.83	6.10		7.13	6.44	5.48
H1 lead leg	L	strides	24	17	17	17	17	17	19	19	19	19		185				
Dou Lingyu (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)		CAA Hurdle Development (2019)																
date	17-Aug-19	time	6.94	11.52	16.34	21.36	26.72	32.44	38.56	45.16	51.80	58.52		66.01	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	6.53	6.12	5.72	5.30	5.27	5.21	5.34	6.06		7.28	6.10	5.26
H1 lead leg	L	strides	25	17	17	17	18	18	19	20	20	21	24	216				
Di Chengqian (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)		CAA Hurdle Development (2019)																
date	22-Aug-19	time	7.07	11.95	16.93	22.12	27.49	33.20	39.12	45.46		59.00		66.19	3 / 6			
reaction time	0.228	interval		4.88	4.98	5.19	5.37	5.71	5.92	6.34		13.54	7.19			15.05	17.00	19.88
		velocity	6.36	7.17	7.03	6.74	6.52	6.13	5.91	5.52		5.17	5.56	6.04		6.98	6.18	5.28
H1 lead leg	L	strides	23	16	16	16	16	17	17	19			21.2	161.2				

Song Zhixin (CHN) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN) <i>CAA Hurdle Development (2021)</i>																		
date	25-Apr-21	time	7.50	12.46	17.48	22.69	28.10		33.77	39.79				66.25	8 / 6			
reaction time	0.312	interval		4.96	5.02	5.21	5.41		5.67	6.02						15.19	17.10	
		velocity	6.00	7.06	6.97	6.72	6.47		6.17	5.81				6.04		6.91	6.14	
H1 lead leg	L	strides	24	17	17	17	17		17	18				127				
Ou Ying (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	17-Aug-19	time	7.26	11.98	16.76	21.82	26.88		32.14	37.40	42.80	53.34	59.54	66.39	6 / 5			
reaction time	0.246	interval		4.72	4.78	5.06	5.06		5.26	5.26	5.40	10.54	6.20	6.85		14.56	15.58	22.14
		velocity	6.20	7.42	7.32	6.92	6.92		6.65	6.65	6.48	3.32	5.65	5.84	6.03	7.21	6.74	4.74
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	fell	19	21.5	183.5			
Lan Tianlu (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	03-Aug-19	time	7.16	12.16	17.21	22.51	27.91		33.67	39.97	46.15	52.55	58.93	66.40	2 / 3			
reaction time	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			
Ohms, Sabine (FRG) (1953)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG) <i>Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973</i>																		
date	28-Jul-73	time	6.9	12.0	17.0	22.2	27.7		33.7	39.8	46.0	52.4	59.0	66.85	/ 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		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				
Ma Jie (CHN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN) <i>CAA Hurdle Development (2021)</i>																		
date	26-Jun-21	time	6.96	11.65	16.45	21.52	26.79		32.45	38.65	45.25			66.91	1 / 8			
reaction time	0.262	interval		4.69	4.80	5.07	5.27		5.66	6.20	6.60					14.56	17.13	
		velocity	6.47	7.46	7.29	6.90	6.64		6.18	5.65	5.30			5.98		7.21	6.13	
H1 lead leg	L	strides	23	16	16	16	16		17	19	19			142				
Ding Xiaoxue (CHN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	07-Apr-19	time	7.11	11.93	16.92	22.06	27.44		33.10	39.06	45.48			67.07	2 / 9			
reaction time	0.295	interval		4.82	4.99	5.14	5.38		5.66	5.96	6.42					14.95	17.00	
		velocity	6.33	7.26	7.01	6.81	6.51		6.18	5.87	5.45			5.96		7.02	6.18	
H1 lead leg	L	strides	25	17	17	17	18		18	19	20			151				
Wang Shuzhen (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	17-Aug-19	time	7.20	12.36	17.40	22.44	27.76		33.36	39.32	45.72	52.32	59.06	67.12	3 / 7			
reaction time	0.204	interval		5.16	5.04	5.04	5.32		5.60	5.96	6.40	6.60	6.74	8.06		15.24	16.88	19.74
		velocity	6.25	6.78	6.94	6.94	6.58		6.25	5.87	5.47	5.30	5.19	4.96	5.96	6.89	6.22	5.32
H1 lead leg	L	strides	24	17	17	17	17		17	18	19	19	19	23	207			
Ma Jie (CHN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	12-Apr-19	time	7.10	11.82	16.70	22.00	27.66		33.56					67.77	2 / 7			
reaction time	0.335	interval		4.72	4.88	5.30	5.66		5.90							14.90		
		velocity	6.34	7.42	7.17	6.60	6.18		5.93					5.90		7.05		
H1 lead leg	L	strides		16	16	17	17		17					83				
Ma Jie (CHN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	07-Apr-19	time	6.79	11.36	16.15	21.25	26.88		32.95	39.39	46.25			67.91	4 / 8			
reaction time	0.211	interval		4.57	4.79	5.10	5.63		6.07	6.44	6.86					14.46	18.14	
		velocity	6.63	7.66	7.31	6.86	6.22		5.77	5.43	5.10			5.89		7.26	5.79	
H1 lead leg	L	strides	23	16	16	16	16		17	19	19			142				
Heitmann, Kersten (FRG)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG) <i>Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973</i>																		
date	28-Jul-73	time	7.3	12.4	17.5	23.0	28.6		34.6	40.7	46.9	53.5		68.30	/ 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		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)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG) <i>Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973</i>																		
date	28-Jul-73	time	7.2	12.7	18.2	23.9	29.5		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		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				

Ou Ying (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																		
CAA Hurdle Development (2019)																		
date	23-Aug-19	time	7.04	11.56	16.22	20.94	25.93	31.03	36.39	42.04	fell			68.86	4 / --			
reaction time	0.234	interval		4.52	4.66	4.72	4.99	5.10	5.36	5.65				DQ		13.90	15.45	
		velocity	6.39	7.74	7.51	7.42	7.01	6.86	6.53	6.19				5.81		7.55	6.80	
H1 lead leg	L	strides	24	17	17	17	17	17	17	17				143				
Lin Zixin (CHN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)																		
CAA Hurdle Development (2021)																		
date	25-Apr-21	time	7.54	12.70	18.08	23.61								72.25	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				
Fair, Chloe (USA) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)																		
USATF and Karmarush (2024) - USA Olympic trials results and race analysis																		
date	29-Jun-24	time	6.62	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				
Lu Zhangwei (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																		
CAA Hurdle Development (2021)																		
date	26-Jun-21	time	6.82	11.21	15.73	20.40	25.16	30.41	fell					74.02	3 / 7			
reaction time	0.259	interval		4.39	4.52	4.67	4.76	5.25								13.58		
		velocity	6.60	7.97	7.74	7.49	7.35	6.67						5.40		7.73		
H1 lead leg	R	strides	24	16	16	16	16	17						105				
Di Chengqian (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)																		
Henson (2018) - coaching observations																		
date	15-Sep-18	time	6.89	11.48	16.27	21.47								74.18	4 / 6			
reaction time		interval		4.59	4.79	5.20										14.58		
		velocity	6.53	7.63	7.31	6.73								5.39		7.20		
H1 lead leg	L	strides	23	16	16	18								73				
Huang Yan (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																		
CAA Hurdle Development (2019)																		
date	07-Apr-19	time	6.72	11.26	15.98	20.64	25.48	30.60	36.17	41.74	47.56	55.35		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				
Xie Hanmeng (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)																		
CAA Hurdle Development (2019)																		
date	17-Aug-19	time	7.36	12.16	17.20	22.58	28.38	34.82	41.86					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				
Nielsen, Lina (GBR) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)																		
Paris 2024 Olympic Games - Results Book (2024)																		
date	06-Aug-24	time	6.22	10.33	14.56	18.89	23.27	27.89	32.79	37.73	42.88	48.08		91.22	6 / 8			
reaction time	0.157	interval		4.11	4.23	4.33	4.38	4.62	4.90	4.94	5.15	5.20	43.14			12.67	13.90	15.29
		velocity	7.23	8.52	8.27	8.08	7.99	7.58	7.14	7.09	6.80	6.73	0.93	4.39		8.29	7.55	6.87
H1 lead leg	L	strides	22	15	15	15	15	16	16	16	16	17		163				
Oprya, Maryna (UKR) (1982)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 European Cup (Munich, GER)																		
Graubner (2007) - http://www.fgs.uni-halle.de																		
date	23-Jun-07	time	6.86	11.17	15.65	20.19	24.71	29.54	34.65	39.95	45.25	50.62						
reaction time	0.203	interval		4.31	4.48	4.54	4.52	4.83	5.11	5.30	5.30	5.37		DQ		13.33	14.46	15.97
		velocity	6.56	8.12	7.81	7.71	7.74	7.25	6.85	6.60	6.60	6.52				7.88	7.26	6.57
H1 lead leg		strides																
Muhammad, Dalilah (USA) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)																		
Henson (2021) - Athlete First: 2017 year end hurdle report																		
date	06-Jul-17	time	6.56											dnf	5 / --			
reaction time	0.280	interval																
		velocity	6.86															
H1 lead leg	R	strides	23											23				
Tao Xue (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)																		
CAA Hurdle Development (2019)																		
date	29-May-19	time	6.92	11.29	15.78	20.40								dnf	1 / --			
reaction time		interval		4.37	4.49	4.62										13.48		
		velocity	6.50	8.01	7.80	7.58										7.79		
H1 lead leg	L	strides	13	15	15	16								59				

He Xueying (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	17-Aug-19	time	6.80	11.56	16.44	21.40	26.52	31.62	36.70	41.94	fell			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				
Luo Ouxuan (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	17-Aug-19	time	7.32	12.26	17.24	22.36								dnf	9 / --			
reaction time		interval		4.94	4.98	5.12										15.04		
		velocity	6.15	7.09	7.03	6.84										6.98		
H1 lead leg	R	strides	24	16	16	16								72				
Zhou Yu (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	23-Aug-19	time	6.91	11.41	fell									dnf	6 / --			
reaction time	0.238	interval		4.50														
		velocity	6.51	7.78														
H1 lead leg	L	strides	24	16										40				
Spencer, Ashley (USA) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis) <i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	10-Sep-19	time	6.47	10.71	15.05	19.48	23.99	28.66	33.43	38.50	43.61	48.88		dnf	5 / --			
reaction time		interval		4.24	4.34	4.43	4.51	4.67	4.77	5.07	5.11	5.27				13.01	13.95	15.45
		velocity	6.96	8.25	8.06	7.90	7.76	7.49	7.34	6.90	6.85	6.64				8.07	7.53	6.80
H1 lead leg	L	strides	15	15	15	15	15	15	15	16	16	16		123				
Huang Jie (CHN) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 National Grand Prix (Chengdu, CHN) <i>CAA Hurdle Development (2021)</i>																		
date	02-Apr-21	time	7.23	11.93	16.71	21.71	26.99	32.66	38.87	45.58				dnf	8 / --			
reaction time	0.312	interval		4.70	4.78	5.00	5.28	5.67	6.21	6.71						14.48	17.16	
		velocity	6.22	7.45	7.32	7.00	6.63	6.17	5.64	5.22						7.25	6.12	
H1 lead leg	L	strides	25	17	17	17	17	17	19	19				148				
Spencer, Ashley (USA) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis) <i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																		
date	25-Jun-22	time	6.67											dnf	3 / --			
reaction time		interval																
		velocity	6.75															
H1 lead leg	R	strides	23											23				
Clayton, Rushell (JAM) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis) <i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																		
date	26-Aug-22	time	6.36	10.53	14.76	19.13	23.57	28.13	32.88	37.90	fell			dnf	6 / --			
reaction time	0.161	interval		4.17	4.23	4.37	4.44	4.56	4.75	5.02						12.77	13.75	
		velocity	7.08	8.39	8.27	8.01	7.88	7.68	7.37	6.97						8.22	7.64	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16				128				
Ușă, Alexandra Ștefania (ROU) (2007)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 European Athletics Championships (Roma, ITA) <i>European Athletics (2024) - 2024 european athletics championships - results book</i>																		
date	09-Jun-24	time	6.93											dnf	5 / --			
reaction time	0.183	interval																
		velocity	6.49															
H1 lead leg		strides																

Women's 300m Hurdles Touchdown Times - by time

Bol, Femke (NED) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles) <i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>															
date	31-May-22	time	6.87	10.50	18.57	22.78	27.27	31.77			36.86	5 / 1			
reaction time	0.215	interval		3.63	8.07	4.21	4.49	4.50		5.09	WB PB		11.70	13.20	
		velocity	7.28	9.64	8.67	8.31	7.80	7.78		7.86	8.14		8.97	7.95	
H1 lead leg	L	strides	24	15		15	15	15		18.5	102.5				
Hejnová, Zuzana (CZE) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2013 Velká Cena Mesta Chebu (Cheb, CZE) (300m Hurdles)															
date	02-Aug-13	time									38.16				
reaction time		interval		No Information Available							WB PB				
		velocity													
H1 lead leg		strides													
Tkachuk, Viktoriya (UKR) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)										<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>							
date	31-May-22	time	6.90	10.70	14.83	19.07	23.50	28.25	32.88		38.24	3 / 2					
reaction time	0.246	interval				3.80	4.13	4.24	4.43	4.75	4.63			5.36	NR PB	12.17	13.81
			velocity	7.25	9.21	8.47	8.25	7.90	7.37	7.56	7.46	7.85			7.46	7.85	8.63
H1 lead leg	L	strides	24	15	15	15	15						19	118			
Ryzhykova, Anna (UKR) (1989)										Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10							
FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)										<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>							
date	31-May-22	time	7.20	11.05	15.17	19.37	23.73	28.46	33.20		38.36	6 / 3					
reaction time	0.208	interval				3.85	4.12	4.20	4.36	4.73	4.74			5.16	PB	12.17	13.83
			velocity	6.94	9.09	8.50	8.33	8.03	7.40	7.38	7.75	7.82			7.75	7.82	8.63
H1 lead leg	R	strides	24	14		14	14						18	99			
Lehikoinen, Viivi (FIN) (1999)										Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10							
FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)										<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>							
date	31-May-22	time	6.90		19.03	23.45	28.28	33.03			38.50	7 / 4					
reaction time	0.202	interval				12.13	4.42	4.83	4.75	5.47	NR PB			5.47	NR PB	12.13	14.00
			velocity	7.25		8.66	7.92	7.25	7.37	7.31	7.79			7.31	7.79	8.66	7.50
H1 lead leg	R	strides	26		16	16							19.7	93.7			
Knight, Jessie (GBR) (1994)										Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10							
FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)										<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>							
date	31-May-22	time	6.97	10.87	15.03	19.40	23.90	28.77	33.50		38.84	4 / 5					
reaction time	0.170	interval				3.90	4.16	4.37	4.50	4.87	4.73			5.34	NR PB	12.43	14.10
			velocity	7.17	8.97	8.41	8.01	7.78	7.19	7.40	7.49	7.72			7.49	7.72	8.45
H1 lead leg	R	strides	24	15	15	15	15						18.2	117.2			
Moline, Georganne (USA) (1990)										Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10							
FINAL - 2020 Inspiration Games (Zürich, SUI) (TV Analysis) (300m Hurdles)										<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>							
date	09-Jul-20	time	6.20	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	<i>(Walnut, CA)</i>	12.76	14.00
			velocity	8.06	8.97	8.54	8.22	7.95	7.54	7.06	6.04	7.68			6.04	7.68	8.23
H1 lead leg	R	strides	22	15	15	15	15						22.5	136.5			
Sprunger, Léa (SUI) (1990)										Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10							
FINAL - 2020 Inspiration Games (Zürich, SUI) (TV Analysis) (300m Hurdles)										<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>							
date	09-Jul-20	time	6.36	10.56	14.80	19.23	23.80	28.53	33.33		39.25	5 / 2					
reaction time		interval				4.20	4.24	4.43	4.57	4.73	4.80			5.92	<i>(Zürich, SUI)</i>	13.24	14.10
			velocity	7.86	8.33	8.25	7.90	7.66	7.40	7.29	6.76	7.64			6.76	7.64	7.93
H1 lead leg	R	strides	21	14	14	14	14						20	127			
Petersen, Sara Slott (DEN) (1987)										Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10							
FINAL - 2020 Impossible Games (Oslo, NOR) (TV Analysis) (300m Hurdles)										<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>							
date	11-Jun-20	time	7.04	11.14	15.38	19.72	24.22	28.96	34.00		39.42	4 / 1					
reaction time	0.125	interval				4.10	4.24	4.34	4.50	4.74	5.04			5.42		13.08	9.78
			velocity	7.10	8.54	8.25	8.06	7.78	7.38	6.94	7.38	7.61			7.38	7.61	8.03
H1 lead leg	R	strides	25	15	15	15	15						20	137			
luel, Amalie (NOR) (1994)										Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10							
FINAL - 2020 Impossible Games (Oslo, NOR) (TV Analysis) (300m Hurdles)										<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>							
date	11-Jun-20	time	7.00	11.08	15.45	19.89	24.42	29.09	33.90		39.44	8 / 2					
reaction time	0.137	interval				4.08	4.37	4.44	4.53	4.67	4.81			5.54		13.34	9.48
			velocity	7.14	8.58	8.01	7.88	7.73	7.49	7.28	7.22	7.61			7.22	7.61	7.87
H1 lead leg	L	strides	25	15	15	15	15						18.7	133.7			
Sprunger, Léa (SUI) (1990)										Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10							
FINAL - 2020 Impossible Games (Oslo, NOR) (TV Analysis) (300m Hurdles)										<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>							
date	11-Jun-20	time	6.94	11.04	15.28	19.85	24.49	29.30	34.27		39.86	6 / 3					
reaction time	0.151	interval				4.10	4.24	4.57	4.64	4.81	4.97			5.59		13.45	9.78
			velocity	7.20	8.54	8.25	7.66	7.54	7.28	7.04	7.16	7.53			7.16	7.53	7.81
H1 lead leg	R	strides	23	13	13	14	14						18.2	125.2			
Sprunger, Léa (SUI) (1990)										Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10							
FINAL - 2016 Hürden-und Sprintmeeting (Basel, SUI) (300m Hurdles)										<i>Swiss Athletics (2016) - sprint and hurdle analysis</i>							
date	07-May-16	time	6.66	10.96	15.40	20.00	24.76	29.52	34.32		40.23	1 / 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			7.61	7.46	7.87
H1 lead leg		strides															
Hejnová, Zuzana (CZE) (1986)										Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10							
FINAL - 2020 Inspiration Games (Zürich, SUI) (TV Analysis) (300m Hurdles)										<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>							
date	09-Jul-20	time	7.33	11.63	16.03	20.53	25.30	30.20	35.13		40.97	3 / 3					
reaction time		interval				4.30	4.40	4.50	4.77	4.90	4.93			5.84	<i>(Papendal, NED)</i>	13.67	14.60
			velocity	6.82	8.14	7.95	7.78	7.34	7.14	7.10	6.85	7.32			6.85	7.32	7.68
H1 lead leg	R	strides	25	15	15	15	16						20	138			
Schürmann, Robine (SUI) (1989)										Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10							

