

Women's 400m Hurdles Touchdown Times - by time

LAST UPDATE: 5-Mar-25

McLaughlin-Levrone, Sydney (USA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Olympic Games (Paris, FRA)															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)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 USA Olympic Trials (Eugene, OR)															USATF and Karmarush (2024) - USA Olympic trials results and race analysis			
date	30-Jun-24	time	6.08	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)		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)															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)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2024 Resisprint International (La Chaux-de-Fonds, SUI) (TV Analysis)															Henson (2024) - Athlete First: 2024 year end hurdle report			
date	14-Jul-24	time	6.16	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)		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)															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)		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)															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)		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)															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)		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)															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)		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)															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)		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)															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	15	16	16	117					
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 - 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

H1 lead leg	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
	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)																				
<i>Omega Timing (2023) - diamond league race analysis</i>																				
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		52.76		5 / 1			
reaction time	0.169	interval		3.95	4.02	4.05	4.22		4.38	4.67	4.92	5.01	5.25	6.15				12.02	13.27	15.18
		velocity	7.33	8.86	8.71	8.64	8.29		7.99	7.49	7.11	6.99	6.67	6.50	7.58			8.74	7.91	6.92
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	19.7	170.7					
Demus, Lashinda (USA) (1983)																				
FINAL - 2012 Olympic Games (London, GBR)																				
<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>																				
date	08-Aug-12	time	6.07	10.06	14.25	18.68	23.06	24.86	27.55	32.04	36.69	41.64	46.77		52.77		7 / 2 1			
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)																				
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																				
date	21-Aug-21	time	6.12	10.06	14.12	18.28	22.64	24.6	27.12	31.84	36.66	41.64	46.76		52.77		5 / 1			
reaction time	0.164	interval		3.94	4.06	4.16	4.36		4.48	4.72	4.82	4.98	5.12	6.01				12.16	13.56	14.92
		velocity	7.35	8.88	8.62	8.41	8.03	8.13	7.81	7.42	7.26	7.03	6.84	6.66	7.58			8.63	7.74	7.04
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19.2	179.2					
Jones, Jasmine (USA) (2001)																				
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	6.20	10.20	14.40	18.75	23.25	25.20	27.79	32.44	37.26	42.12	46.96		52.77		8 / 3			
reaction time		interval		4.00	4.20	4.35	4.50		4.54	4.65	4.82	4.86	4.84	5.81	PB			12.55	13.69	14.52
		velocity	7.26	8.75	8.33	8.05	7.78	7.94	7.71	7.53	7.26	7.20	7.23	6.88	7.58			8.37	7.67	7.23
H1 lead leg	R	strides		14	15	14	15		15	15	15	15	15	18.2	151.2					
Little, Shamier (USA) (1995)																				
FINAL - 2024 London Athletics Meet (London, GBR)																				
<i>Omega Timing (2024) - diamond league race analysis</i>																				
date	20-Jul-24	time	6.25	10.31	14.45	18.71	23.11		27.67	32.28	37.01	41.91	46.98		52.78		5 / 2			
reaction time	0.207	interval		4.06	4.14	4.26	4.40		4.56	4.61	4.73	4.90	5.07	5.80				12.46	13.57	14.70
		velocity	7.20	8.62	8.45	8.22	7.95		7.68	7.59	7.40	7.14	6.90	6.90	7.58			8.43	7.74	7.14
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	15	15	19	147					
Farmer-Patrick, Sandra (USA) (1962)																				
FINAL - 1993 IAAF World Championships (Stuttgart, GER)																				
<i>Graubner (2008) - http://www.fgs.uni-halle.de</i>																				
date	19-Aug-93	time	6.52	10.57	14.72	18.93	23.31		27.90	32.79	37.38	42.20	47.04		52.79		6 / 2			
reaction time	0.300	interval		4.05	4.15	4.21	4.38		4.59	4.89	4.59	4.82	4.84	5.75	AR			12.41	13.86	14.25
		velocity	6.90	8.64	8.43	8.31	7.99		7.63	7.16	7.63	7.26	7.23	6.96	7.58			8.46	7.58	7.37
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5					
Bol, Femke (NED) (2000)																				
FINAL - 2023 Galà Dei Castelli (Bellinzona, ITA) (TV Analysis)																				
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																				
date	04-Sep-23	time	6.36	10.52	14.68	18.92	23.28		27.80	32.48	37.32	42.28	47.28		52.79		4 / 1			
reaction time		interval		4.16	4.16	4.24	4.36		4.52	4.68	4.84	4.96	5.00	5.51				12.56	13.56	14.80
		velocity	7.08	8.41	8.41	8.25	8.03		7.74	7.48	7.23	7.06	7.00	7.26	7.58			8.36	7.74	7.09
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.2	169.2					
Bol, Femke (NED) (2000)																				
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)																				
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																				
date	09-Sep-21	time	6.36	10.40		18.88	23.24	25.0	27.80	32.52	37.24	42.16	47.20		52.80		4 / 1			
reaction time	0.172	interval		4.04		8.48	4.36		4.56	4.72	4.72	4.92	5.04	5.60				12.52	13.64	14.68
		velocity	7.08	8.66		8.25	8.03	8.00	7.68	7.42	7.42	7.11	6.94	7.14	7.58			8.39	7.70	7.15
H1 lead leg	L	strides	22	15		15	15		15	15	15	15	15	18.7	145.7					
Little, Shamier (USA) (1995)																				
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																				
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																				
date	24-Aug-23	time	6.24	10.41	14.58	18.68	23.02		27.46	31.96	36.64	41.54	46.81		52.80		5 / 2			
reaction time	0.181	interval		4.17	4.17	4.10	4.34		4.44	4.50	4.68	4.90	5.27	5.99				12.44	13.28	14.85
		velocity	7.21	8.39	8.39	8.54	8.06		7.88	7.78	7.48	7.14	6.64	6.68	7.58			8.44	7.91	7.07
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	20	164						
Bol, Femke (NED) (2000)																				
FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)																				
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																				
date	06-Jul-21	time	6.40	10.41	14.56	18.77	23.02		27.49	32.20	36.97	41.97	47.14		52.81		5 / 1			
reaction time	0.247	interval		4.01	4.15	4.21	4.25		4.47	4.71	4.77	5.00	5.17	5.67				12.37	13.43	14.94
		velocity	7.03	8.73	8.43	8.31	8.24		7.83	7.43	7.34	7.00	6.77	7.05	7.57			8.49	7.82	7.03
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19.2	161.2					
Little, Shamier (USA) (1995)																				
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																				
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																				
date	22-Aug-23	time	6.17	10.14	14.28	18.52	22.92		27.42	32.03	36.80	41.86	46.95		52.81		8 / 1			
reaction time	0.212	interval		3.97	4.14	4.24	4.40		4.50	4.61	4.77	5.06	5.09	5.86				12.35	13.51	14.92

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)																			
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						
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					
		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				
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)																			
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						
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					
		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				
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)																			
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						
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					
		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				
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)																			
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						
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					
		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				
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)																			
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						
reaction time		interval		4.30	4.24	4.19	4.38		4.47	4.61	4.81	5.10	5.04	5.35					
		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				
H1 lead leg	R	strides	22	15	14	14	14		14	15	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)																			
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						
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					
		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				
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)																			
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						
reaction time	0.147	interval		4.12		8.58	4.54		4.60	4.60	4.64	4.92	4.92	5.61					
		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				
H1 lead leg	R	strides	23	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)																			
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						
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					
		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				
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)																			
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						
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					
		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				
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)																			
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						
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					
		velocity	7.06	8.39	8.39	8.20	8.06		7.29		14.58	6.96	7.04	7.46	7.56				
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)																			
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						
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					

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	R	strides	24						16			17	17	20.5	94.5				
Salmon, Shiann (JAM) (1999)																			
FINAL - 2024 Weltklasse (Züch, 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	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 (2024) - Athlete First: 2021 year end hurdle report</i>									
date	02-Aug-21	time	6.30	10.26	14.40	18.62	22.96		27.56	32.33	37.10	42.10	47.26		53.03		5 / 1		
reaction time	0.204	interval		3.96	4.14	4.22	4.34		4.60	4.77	4.77	5.00	5.16	5.77			12.32	13.71	14.93

H1 lead leg	R	velocity	7.14	8.84	8.45	8.29	8.06		7.61	7.34	7.34	7.00	6.78	6.93	7.54		8.52	7.66	7.03
		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	L	strides	21	15	15	15	15		15	16	16	17	17	20	182				
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 (2024) - Athlete First: 2021 year end hurdle report</i>					
date	02-Aug-21	time	6.13	9.96	14.10	18.36	22.86	27.40	32.13	37.03	42.03	47.26		53.30	7 / 1				
reaction time	0.186	interval		3.83	4.14	4.26	4.50	4.54	4.73	4.90	5.00	5.23	6.04			12.23	13.77	15.13	
		velocity	7.34	9.14	8.45	8.22	7.78	7.71	7.40	7.14	7.00	6.69	6.62	7.50		8.59	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)																			
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																			
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)																			
<i>Omega Timing (2024) - diamond league race analysis</i>																			
date	22-Aug-24	time	6.15	10.03	14.05	18.15	22.45		27.04	31.72	36.55	41.63	46.89		53.32	4 / 2			
reaction time	0.159	interval		3.88	4.02	4.10	4.30		4.59	4.68	4.83	5.08	5.26	6.43			12.00	13.57	15.17
		velocity	7.32	9.02	8.71	8.54	8.14		7.63	7.48	7.25	6.89	6.65	6.22	7.50		8.75	7.74	6.92
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	16	16	19	174				
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)																			
<i>Behm (1995) - la tactique du 400 haies</i>																			
date	10-Aug-94	time	6.5	10.7	14.8	19.2	23.6		28.1	32.7	37.5	42.5	47.5		53.33	/ 1			
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)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	01-Jul-21	time	6.32	10.44	14.56	18.80	23.20		27.64	32.32	37.16	42.12	47.32		53.33	4 / 1			
reaction time	0.199	interval		4.12	4.12	4.24	4.40		4.44	4.68	4.84	4.96	5.20	6.01	NR PB		12.48	13.52	15.00
		velocity	7.12	8.50	8.50	8.25	7.95		7.88	7.48	7.23	7.06	6.73	6.66	7.50		8.41	7.77	7.00
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19.2	176.2				
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)																			
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	10-Aug-22	time	6.30	10.33	14.53	18.77	23.07	24.92	27.50	32.10	36.93	42.07	47.30		53.33	6 / 1			
reaction time	0.179	interval		4.03	4.20	4.24	4.30		4.43	4.60	4.83	5.14	5.23	6.03	PB		12.47	13.33	15.20
		velocity	7.14	8.68	8.33	8.25	8.14	8.03	7.90	7.61	7.25	6.81	6.69	6.63	7.50		8.42	7.88	6.91
H1 lead leg	L	strides	21	15	15	15	15		15	15	16	16	17	19.7	179.7				
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)																			
<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>																			
date	08-Aug-01	time	6.3	10.7	15.0	19.3	23.7		28.3	32.9	37.7	42.4	47.4		53.34	4 / 1			
reaction time	0.153	interval		4.4	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)																			
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																			
date	09-Jul-23	time	6.27	10.24	14.38	18.68	23.09		27.59	32.36	37.24	42.24	47.48		53.34	5 / 1			
reaction time		interval		3.97	4.14	4.30	4.41		4.50	4.77	4.88	5.00	5.24	5.86			12.41	13.68	15.12
		velocity	7.18	8.82	8.45	8.14	7.94		7.78	7.34	7.17	7.00	6.68	6.83	7.50		8.46	7.68	6.94
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	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)																			
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																			
date	24-Aug-23	time	6.17	10.12	14.11	18.05	22.39		26.92	31.49		41.47	46.88		53.34	9 / 5			
reaction time	0.189	interval		3.95	3.99	3.94	4.34		4.53	4.57		9.98	5.41	6.46	PB		11.88	13.44	15.39
		velocity	7.29	8.86	8.77	8.88	8.06		7.73	7.66		7.01	6.47	6.19	7.50		8.84	7.81	6.82
H1 lead leg	R	strides	22	14	14	14	14		15	15		16	20	144					
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)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	09-Sep-21	time	6.20	10.28		18.84	23.28	25.1	27.80	32.48	37.24	42.24	47.36		53.35	3 / 2			
reaction time	0.165	interval		4.08		8.56	4.44		4.52	4.68	4.76	5.00	5.12	5.99			12.64	13.64	14.88
		velocity	7.26	8.58		8.18	7.88	7.97	7.74	7.48	7.35	7.00	6.84	6.68	7.50		8.31	7.70	7.06
H1 lead leg	R	strides	22	15		15	15		15	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)																			
<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>																			
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)																			
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																			
date	21-Jul-17	time	6.20	10.32	14.48	18.68	23.04		27.52	32.36	37.12	42.12	47.24		53.36	6 / 1			
reaction time	0.142	interval		4.12	4.16	4.20	4.36		4.48	4.84	4.76	5.00	5.12	6.12			12.48	13.68	14.88

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 / 3-2		
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	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	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	L	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	L	strides	23	15	15	15	15	15	15	16	17	17	21	184					
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		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	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)																			
date	07-Jun-18	time	6.04	10.08	14.44	18.96	23.56	25.5	28.08	32.72	37.64	42.48	47.64		53.65	5 / 1			
reaction time	0.166	interval		4.04	4.36	4.52	4.60		4.52	4.64	4.92	4.84	5.16	6.01			12.92	13.76	14.92

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 / 4-3			
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	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	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						
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						
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				
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 - 2022 European Athletics Championships (Munich, GER)																			
date	18-Aug-22	time	6.40	10.49	14.61	18.78	23.18	25.11	27.65	32.39	37.23	42.27	47.48						
reaction time	0.259	interval		4.09	4.12	4.17	4.40		4.47	4.74	4.84	5.04	5.21	6.25		12.38	13.61	15.09	
		velocity	7.03	8.56	8.50	8.39	7.95	7.96	7.83	7.38	7.23	6.94	6.72	6.40	7.44	8.48	7.71	6.96	
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	18.2	177.2				
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						
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						
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						
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						
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						
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		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						
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	16	128					
Little, Shamier (USA) (1995)	H1	H2	H3	H4	H5	200m	H6												

H1 lead leg	R	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
		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	5.20	6.26			12.81	13.41	14.88	
		velocity	7.02	8.39	8.10	8.06	7.89	7.83	7.61	7.38	7.09	6.73	6.39	7.44		8.20	7.83	7.06	
H1 lead leg	R	strides	23	15		15		15	15		16	17	20	136					
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	L	strides	23	15	15	15		15	16	16	16	17	20	183					
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	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	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		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	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			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	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																

H1 lead leg	L	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	
		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)															<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>				
date	08-Aug-97	time	6.44	10.58	14.80	19.14	23.56		28.08	32.72	37.54	42.60	47.78		53.81	6 / 4			
reaction time	0.156	interval		4.14	4.22	4.34	4.42		4.52	4.64	4.82	5.06	5.18	6.03	NR		12.70	13.58	15.06
		velocity	6.99	8.45	8.29	8.06	7.92		7.74	7.54	7.26	6.92	6.76	6.63	7.43		8.27	7.73	6.97
H1 lead leg	L	strides	22						15	16	16	16	16	101					
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)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
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)															<i>Behm (2010) - les haies bases</i>				
date	30-Jul-10	time	6.8	11.1	15.4	19.8	24.2		28.7	33.3	38.1	43.0	48.0		53.82	5 / 2			
reaction time	0.283	interval		4.3	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)															<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>				
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)															<i>Behm (2005) - Athènes 2004: Les Haies Basses</i>				
date	25-Aug-04	time	6.4	10.5	14.7	19.1	23.6		28.2	32.9	37.7	42.6	47.7		53.83	8 / 4			
reaction time	0.408	interval		4.1	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)															<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>				
date	20-Aug-09	time	6.31	10.34	14.45	18.68	22.96		27.45	32.27	37.09	42.21	47.53		53.83	2 / 5			
reaction time	0.161	interval		4.03	4.11	4.23	4.28		4.49	4.82	4.82	5.12	5.32	6.30			12.37	13.59	15.26
		velocity	7.13	8.68	8.52	8.27	8.18		7.80	7.26	7.26	6.84	6.58	6.35	7.43		8.49	7.73	6.88
H1 lead leg		strides		15	15	15	15		15	16	16	17	17	141					
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)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
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)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
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)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	06-Aug-24	time	6.30	10.42	14.76	19.12	23.52		28.15	32.87	37.76	42.88	47.89		53.83	4 / 2			
reaction time	0.160	interval		4.12	4.34	4.36	4.40		4.63	4.72	4.89	5.12	5.01	5.94			12.82	13.75	15.02
		velocity	7.14	8.50	8.06	8.03	7.95		7.56	7.42	7.16	6.84	6.99	6.73	7.43		8.19	7.64	6.99
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	20	186				
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)															<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>				
date	19-Aug-93	time	6.40	10.56	14.89	19.19	23.76		28.12	32.99	37.86	42.87	47.93		53.84	7 / 4			
reaction time		interval		4.16	4.33	4.30	4.57		4.36	4.87	4.87	5.01	5.06	5.91	PB		12.79	13.80	14.94
		velocity	7.03	8.41	8.08	8.14	7.66		8.03	7.19	7.19	6.99	6.92	6.77	7.43		8.21	7.61	7.03
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	17	17	155					
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)															<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>				
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

H1 lead leg	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	
	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
		velocity	7.03	8.33	8.33	8.14	7.78		7.78	7.78	7.29	7.14	6.60	6.41	7.43		8.27	7.78	7.00
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	17	17	21	183				
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)																			
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)																			
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)																			
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)																			
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)																			
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)																			
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, 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 Xiamen Diamond League (Xiamen, CHN)																			
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)																			
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)																			
date	30-Aug-18	time	6.24	10.36	14.68	19.16	23.68	25.7	28.16	32.76	37.56	42.60	47.76		53.88	5 / 1			
reaction time	0.184	interval		4.12	4.32	4.48	4.52		4.48	4.60	4.80	5.04	5.16	6.12			12.92	13.60	15.00
		velocity	7.21	8.50	8.10	7.81	7.74	7.78	7.81	7.61	7.29	6.94	6.78	6.54	7.42		8.13	7.72	7.00
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	20.2	179.2				
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)																			
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

H1 lead leg	R	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
		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)																			
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	
		velocity	7.12	8.62	8.45	8.37	8.12		7.88	7.48	7.13	6.73	6.62	6.30	7.42	8.48	7.82	6.82	
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	161					
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	6.53	7.42	8.23	7.68	6.85	
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	20	181				
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	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	7.54	7.48	7.29	6.73	7.12	7.42	7.95	7.54	7.15	
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	16	18.2	176.2				
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	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				
Goldenhuys, Zenéy (RSA) (2000)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)																			
date	06-Aug-24	time	6.34	10.54	14.67	18.99	23.39		27.93	32									

H1 lead leg	R	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	
		strides	23	15	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
		velocity	7.03	8.47		8.10	7.97	7.89	7.66	7.29	7.38	6.96	6.77	6.61	7.42		8.22	7.63	7.03
H1 lead leg	R	strides	23	15		15			16	16	16	17	17	20	155				
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 - 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)			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	6.40	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)			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	10.56	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)			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	6.20	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)			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	6.79	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)			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	6.18	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)			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	6.32	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)			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	10.43	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)			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	10.20	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)			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	6.15	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

H1 lead leg	L	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
		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)																			
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)																			
										<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>									
date	23-Aug-99	time	6.05	10.21	14.45	18.76	23.19		27.90	32.74	37.67	42.77	47.84		53.96		3 / 2		
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)																			
FINAL - 2001 Chinese National Games (Guangzhou, CHN)																			
										<i>Lu (2002) - technical analysis of women's 400m hurdles champion and runner-up at the 9th national games</i>									
date	22-Nov-01	time	6.37	10.57	14.81	19.05	23.41		27.97	32.73	37.65	42.73	47.85		53.96		/ 1		
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)																			
FINAL - 2008 Olympic Games (Beijing, CHN)																			
										<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>									
date	20-Aug-08	time	6.3	10.5	14.6	19.0	23.6		28.1	33.0	37.9	43.0	48.2		53.96		4 / 4		
reaction time	0.248	interval		4.2	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)																			
FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)																			
										<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>									
date	02-Jun-16	time	6.52	10.68	14.92	19.28	23.72		28.16	32.72	37.48	42.56	47.80		53.96		7 / 1		
reaction time	0.180	interval		4.16	4.24	4.36	4.44		4.44	4.56	4.76	5.08	5.24	6.16	PB		12.76	13.44	15.08
		velocity	6.90	8.41	8.25	8.03	7.88		7.88	7.68	7.35	6.89	6.68	6.49	7.41		8.23	7.81	6.96
H1 lead leg	R	strides	22	14	14	15	15						16	19.5	145.5				
McLaughlin, Sydney (USA) (1999)																			
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	10.53	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)																			
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	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)																			
FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)																			
										<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>									
date	19-May-24	time	6.34	10.16	14.23	18.36	22.78		27.36	32.18	37.27	42.55	47.93		53.98		6 / 1		
reaction time	0.158	interval		3.82	4.07	4.13	4.42		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)																			
FINAL - 1996 Olympic Games (Atlanta, GA)																			
										<i>Behm (1996) - 400m haies</i>									
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)																			
Semi-Final 3 - 2007 IAAF World Championships (Osaka, JPN)																			
										<i>Shaver (2008) - hurdle training</i>									
date	28-Aug-07	time	6.40	10.47	14.74	19.11	23.52		28.12	32.96	37.84	42.81	48.04		53.97		7 / 2		
reaction time	0.284	interval		4.07	4.27	4.37	4.41		4.60	4.84	4.88	4.97	5.23	5.93	PB		12.71	13.85	15.08
		velocity	7.03	8.60	8.20	8.01	7.94		7.61	7.23	7.17	7.04	6.69	6.75	7.41		8.26	7.58	6.96
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	20.2	184.2				
Little, Shamier (USA) (1995)																			
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)																			
										<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>									
date	01-Sep-16	time	6.32	10.44	14.68	19.00	23.36		27.88	32.48	37.36	42.44	47.80		53.97		3 / 1		
reaction time	0.215	interval		4.12	4.24	4.32	4.36		4.52	4.60	4.88	5.08	5.36	6.17			12.68	13.48	15.32

H1 lead leg	R	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
		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)																			
<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																			
date	31-May-18	time	6.32	10.44	14.72	19.12	23.56		28.08	32.72	37.64	42.80	48.08		53.97	7 / 1			
reaction time	0.213	interval		4.12	4.28	4.40	4.44		4.52	4.64	4.92	5.16	5.28	5.89			12.80	13.60	15.36
		velocity	7.12	8.50	8.18	7.95	7.88		7.74	7.54	7.11	6.78	6.63	6.79	7.41		8.20	7.72	6.84
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	17	17	20	182				
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)																			
<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																			
date	31-Jul-21	time	6.30	10.13	14.40	18.73	23.30		28.03	32.82	37.60	42.73	47.93		53.97	3 / 1			
reaction time		interval		3.83	4.27	4.33	4.57		4.73	4.79	4.78	5.13	5.20	6.04			12.43	14.09	15.11
		velocity	7.14	9.14	8.20	8.08	7.66		7.40	7.31	7.32	6.82	6.73	6.62	7.41		8.45	7.45	6.95
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)																			
<i>Omega Timing (2023) - diamond league race analysis</i>																			
date	23-Jul-23	time	6.28	10.27	14.42	18.69	23.12		27.72	32.46	37.36	42.43	47.75		53.97	3 / 4			
reaction time	0.131	interval		3.99	4.15	4.27	4.43		4.60	4.74	4.90	5.07	5.32	6.22			12.41	13.77	15.29
		velocity	7.17	8.77	8.43	8.20	7.90		7.61	7.38	7.14	6.90	6.58	6.43	7.41		8.46	7.63	6.87
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19	178				
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)																			
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																			
date	21-Aug-23	time	6.28	10.27	14.42	18.69	23.12		27.72	32.46	37.36	42.43	47.75		53.97	3 / 4			
reaction time	0.156	interval		3.99	4.15	4.27	4.43		4.60	4.74	4.90	5.07	5.32	6.22			12.41	13.77	15.29
		velocity	7.17	8.77	8.43	8.20	7.90		7.61	7.38	7.14	6.90	6.58	6.43	7.41		8.46	7.63	6.87
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19	178				
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)																			
<i>Behm (2000) - Sydney 2000: Compte-rendu du 400m haies</i>																			
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)																			
<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																			
date	18-Aug-09	time	6.29	10.32	14.42	18.67	23.04		27.60	32.34	37.26	42.35	47.80		53.98	3 / 2			
reaction time	0.190	interval		4.03	4.10	4.25	4.37		4.56	4.74	4.92	5.09	5.45	6.18	NR		12.38	13.67	15.46
		velocity	7.15	8.68	8.54	8.24	8.01		7.68	7.38	7.11	6.88	6.42	6.47	7.41		8.48	7.68	6.79
H1 lead leg		strides																	
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)																			
<i>USATF (2022) - Results powered by Karmarush</i>																			
date	25-Jun-22	time	6.17	10.08	14.21	18.52	23.05	25.07	27.67	32.27	37.31	42.44	47.73	54.03	53.98	7 / 4			
reaction time		interval		3.91	4.13	4.31	4.53		4.62	4.60	5.04	5.13	5.29	6.25			12.35	13.75	15.46
		velocity	7.29	8.95	8.47	8.12	7.73	7.98	7.58	7.61	6.94	6.82	6.62	6.40	7.41		8.50	7.64	6.79
H1 lead leg	L	strides	22	14	14	15	15		15	16	15	16		142					
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)																			
<i>Omega Timing (2024) - diamond league race analysis</i>																			
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)																			
<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																			
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)																			
<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>																			
date	23-Aug-99	time	5.99	10.09	14.25	18.57	23.03		27.55	32.41	37.36	42.41	47.78		54.00	3 / 1			
reaction time	0.189	interval		4.10	4.16	4.32	4.46		4.52	4.86	4.95	5.05	5.37	6.22			12.58	13.84	15.37
		velocity	7.51	8.54	8.41	8.10	7.85		7.74	7.20	7.07	6.93	6.52	6.43	7.41		8.35	7.59	6.83
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	17	20	183				
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
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	10.45	14.58	18.79	23.14		27.68	32.62	37.70	42.93	48.17		54.01	2 / 2			
reaction time	0.268	interval		4.03	4.13	4.21	4.35		4.54	4.94	5.08	5.23	5.24	5.84			12.37	13.83	15.55

H1 lead leg	velocity	7.01	8.68	8.47	8.31	8.05		7.71	7.09	6.89	6.69	6.68	6.85	7.41		8.49	7.59	6.75
	strides	24	15	15	16	16		17	17	17	17	17	20.5	191.5				
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 - 2011 IAAF World Championships (Daegu, KOR)															<i>Behm (2011) - Le quatrache: Démus enfin!</i>			
date	01-Sep-11	time	6.1	10.1	14.1	18.4	22.9	27.2	32.0	36.7	41.9	47.3		54.01	2 / 4			
reaction time	0.195	interval		4.0	4.0	4.3	4.5	4.3	4.8	4.7	5.2	5.4	6.7			12.30	13.60	15.30
		velocity	7.38	8.75	8.75	8.14	7.78	8.14	7.29	7.45	6.73	6.48	5.96	7.41		8.54	7.72	6.86
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	16	16	20	174				
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	PB		13.08	13.69	14.88
		velocity	6.92	8.12	8.25	7.73	7.88	7.59	7.54	7.40	7.17	6.64	6.81	7.40		8.03	7.67	7.06
H1 lead leg	L	strides	22	15	14	15	14	15	15	15	15	16	18.5	174.5				
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	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	PB		12.80	13.72	15.17
		velocity	7.10	8.29	8.25	8.06	7.92	7.63	7.43	7.23	6.77	6.78	6.68	7.40		8.20	7.65	6.92
H1 lead leg	L	strides		15	15	15	15	15	15	15	16	16	19.2	141.2				
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	PB		12.81	13.66	15.17
		velocity	6.78	8.39	8.18	8.03	7.80	7.71	7.87	7.42	7.06	6.82	6.89	6.96	7.40	8.20	7.69	6.92
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	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	PB		12.40	13.90	15.20

H1 lead leg	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	
	strides	23	15	15	15	15		15	16	16	17	17		164					
Williams, Tiffany (USA) (1983)																			
FINAL - 2008 USA Olympic Trials (Eugene, OR)																			
USATF Hurdle Development (2008)																			
date	29-Jun-08	time	6.52	10.68	14.96	19.14	23.42		28.04	32.72	37.68	42.71	47.96		54.03	5 / 1			
reaction time		interval		4.16	4.28	4.18	4.28		4.62	4.68	4.96	5.03	5.25	6.07			12.62	13.58	15.24
		velocity	6.90	8.41	8.18	8.37	8.18		7.58	7.48	7.06	6.96	6.67	6.59	7.40		8.32	7.73	6.89
H1 lead leg	L	strides	24	15	15	15	15		16	16	17	17	17		167				
Abt, Gudrun (FRG) (1962)																			
FINAL - 1988 Olympic Games (Seoul, KOR)																			
Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988																			
date	28-Sep-88	time	6.53	10.69	14.98	19.30	23.82		28.43	33.11	37.95	43.04	48.28		54.04	8 / 6			
reaction time	0.316	interval		4.16	4.29	4.32	4.52		4.61	4.68	4.84	5.09	5.24	5.76	PB		12.77	13.81	15.17
		velocity	6.89	8.41	8.16	8.10	7.74		7.59	7.48	7.23	6.88	6.68	6.94	7.40		8.22	7.60	6.92
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	19.3	179.3				
Pechonkina, Yuliya (RUS) (1978)																			
FINAL - 2007 European Cup (Munich, GER)																			
Graubner (2007) - http://www.fgs.uni-halle.de																			
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)																			
FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)																			
Graubner (2009) - http://www.fgs.uni-halle.de																			
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)																			
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)																			
Henson (2020) - Athlete First: 2018 year end hurdle report																			
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)																			
FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																			
Henson (2020) - Athlete First: 2019 year end hurdle report																			
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)																			
FINAL - 1996 USA Olympic Trials (Atlanta, GA)																			
USATF Women's Sprint Development (1996)																			
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 (UKF)																			
FINAL - 1998 European Championships (Budapest, HUN)																			
Sanchez (1998) - Budapest '98: análisis de la carreras con villas																			
date	23-Aug-98	time	6.41				23.10						47.49		54.07	5 / 2			
reaction time		interval					16.69						24.39	6.58					
		velocity	7.02				8.39						7.18	6.08	7.40				
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	21	180				
McLaughlin, Sydney (USA) (1999)																			
Heat 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																			
Henson (2021) - Athlete First: 2021 year end hurdle report																			
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)																			
FINAL - 2024 Weltklasse (Züch, SUI)																			
Omega Timing (2024) - diamond league race analysis																			
date	05-Sep-24	time	6.12	10.15	14.28	18.43	22.67		27.04	31.64	36.51	41.66	47.09		54.07	5 / 3			
reaction time	0.174	interval		4.03	4.13	4.15	4.24		4.37	4.60	4.87	5.15	5.43	6.98			12.31	13.21	15.45
		velocity	7.35	8.68	8.47	8.43	8.25		8.01	7.61	7.19	6.80	6.45	5.73	7.40		8.53	7.95	6.80
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	17	20.2	182.2				
Russell, Janieve (JAM) (1993)																			
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																			
Henson (2020) - Athlete First: 2018 year end hurdle report																			
date	31-May-18	time	6.44	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

H1 lead leg	R	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
		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	
		velocity	7.20	8.43	8.37		7.99	7.91	7.74	7.35	7.11	7.09	6.68	6.29	7.40			6.95	
H1 lead leg	R	strides		15	15			15	16	16	16	16	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	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				
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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>					
date	02-Aug-21	time	6.43	10.56	14.73	19.00	23.40		28.00	32.76		42.70	47.96	54.10	6 / 2				
reaction time	0.151	interval		4.13	4.17	4.27	4.40		4.60	4.76		9.94	5.26	6.14			12.57	13.76	15.20
		velocity	7.00	8.47	8.39	8.20	7.95		7.61	7.35		7.04	6.65	6.51	7.39		8.35	7.63	6.91
H1 lead leg	R	strides	23	15	15	15	15		15	16		16	17	20	167				
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

H1 lead leg	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	
	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
		velocity	6.99	8.37	8.18		7.74	7.72	7.51	7.58	7.32	7.06	6.63	6.81	7.39				6.99
H1 lead leg	L	strides	22	14	14			15	15	15	15	16	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

H1 lead leg	L	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	
		strides	23	15	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
		velocity	7.38	8.79	8.20	8.01	7.78		7.66	7.34	7.09	6.77	6.68	6.42	7.39		8.32	7.59	6.84
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19.7	179.7				
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 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	08-Jun-17	time	6.28	10.44	14.56	18.80	23.12		27.60	32.40	37.28	42.44	47.84		54.14	8 / 1			
reaction time	0.183	interval		4.16	4.12	4.24	4.32		4.48	4.80	4.88	5.16	5.40	6.30			12.52	13.60	15.44
		velocity	7.17	8.41	8.50	8.25	8.10		7.81	7.29	7.17	6.78	6.48	6.35	7.39		8.39	7.72	6.80
H1 lead leg	R	strides	22	15	15	15	15		15	16	16	17	17	20.5	183.5				
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 Commonwealth Games (Birmingham, GBR) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	06-Aug-22	time	6.43	10.53	14.60	19.03	23.50	25.5	28.26	32.93	37.52	42.47	47.67		54.14	7 / 1			
reaction time	0.148	interval		4.10	4.07	4.43	4.47		4.76	4.67	4.59	4.95	5.20	6.47			12.60	13.90	14.74
		velocity	7.00	8.54	8.60	7.90	7.83	7.84	7.35	7.49	7.63	7.07	6.73	6.18	7.39		8.33	7.55	7.12
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20	184				
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 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	08-Aug-22	time	6.43	10.53	14.73	19.09	23.45		28.07	32.76	37.63	42.67	47.93		54.14	5 / 2			
reaction time	0.168	interval		4.10	4.20	4.36	4.36		4.62	4.69	4.87	5.04	5.26	6.21			12.66	13.67	15.17
		velocity	7.00	8.54	8.33	8.03	8.03		7.58	7.46	7.19	6.94	6.65	6.44	7.39		8.29	7.68	6.92
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	132					
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 IAAF World Championships (Helsinki, FIN)			<i>McFarlane (1988) - The Science of Hurdling</i>																
date	10-Aug-83	time	6.69	11.05	15.31	19.57	24.08		28.65	33.31	38.15	43.13	48.16		54.15	3 / 2			
reaction time		interval		4.36	4.26	4.26	4.51		4.57	4.66	4.84	4.98	5.03	5.99			12.88	13.74	14.85
		velocity	6.73	8.03	8.22	8.22	7.76		7.66	7.51	7.23	7.03	6.96	6.68	7.39		8.15	7.64	7.07
H1 lead leg	R	strides	24	16	16	16	16		16	16	17	17	17	20	191				
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 - 2007 IAAF World Championships (Osaka, JPN)			<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>																
date	30-Aug-07	time	6.36	10.46	14.66	18.93	23.35		27.97	32.86	37.78	42.89	48.18		54.15	8 / 5			
reaction time	0.189	interval		4.10	4.20	4.27	4.42		4.62	4.89	4.92	5.11	5.29	5.97			12.57	13.93	15.32
		velocity	7.08	8.54	8.33	8.20	7.92		7.58	7.16	7.11	6.85	6.62	6.70	7.39		8.35	7.54	6.85
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	20.5	184.5				
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
Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)			<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	18-Aug-09	time	6.16	10.14	14.21	18.54	23.04		27.66	32.44	37.34	42.54	47.98		54.15	5 / 3			
reaction time	0.218	interval		3.98	4.07	4.33	4.40		4.62	4.78	4.90	5.20	5.44	6.17			12.38	13.90	15.54
		velocity	7.31	8.79	8.60	8.08	7.78		7.58	7.32	7.14	6.73	6.43	6.48	7.39		8.48	7.55	6.76
H1 lead leg		strides																	
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 - 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	10.64	14.95	19.28	23.76		28.36	33.03	37.84	42.91	48.08		54.15	5 / 3			
reaction time	0.371	interval		4.17	4.31	4.33	4.48		4.60	4.67	4.81	5.07	5.17	6.07	WJR WYB PB		12.81	13.75	15.05
		velocity	6.96	8.39	8.12	8.08	7.81		7.61	7.49	7.28	6.90	6.77	6.59	7.39		8.20	7.64	6.98
H1 lead leg	R	strides	22	15	14	14	15		15	15	15	16	16	19.7	176.7				
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 - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)			<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																
date	18-Aug-16	time	6.44	10.56	14.80	19.08	23.48		28.16	32.96	37.96	42.96	48.20		54.15	7 / 5			
reaction time	0.213	interval		4.12	4.24	4.28	4.40		4.68	4.80	5.00	5.00	5.24	5.95	PB		12.64	13.88	15.24
		velocity	6.99	8.50	8.25	8.18	7.95		7.48	7.29	7.00	7.00	6.68	6.72	7.39		8.31	7.56	6.89
H1 lead leg	L	strides	22	15	15	15	15		16	16	16	16	16	20	182				
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 Bislett Games (Oslo, NOR) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	01-Jul-21	time	6.48	10.56	14.68	19.00	23.44		28.12	32.84	37.72	42.68	48.04		54.15	5 / 2			
reaction time	0.185	interval		4.08	4.12	4.32	4.44		4.68	4.72	4.88	4.96	5.36	6.11	PB		12.52	13.84	15.20

H1 lead leg	R	velocity	6.94	8.58	8.50	8.10	7.88		7.48	7.42	7.17	7.06	6.53	6.55	7.39		8.39	7.59	6.91
		strides	22	14	14	14	14		15	15	15	15	16	19.5	173.5				
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 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	28-May-23	time	6.23	10.22	14.35	18.59	23.04		27.65	32.52	37.58	42.72	47.99		54.15	5 / 2			
reaction time	0.142	interval		3.99	4.13	4.24	4.45		4.61	4.87	5.06	5.14	5.27	6.16			12.36	13.93	15.47
		velocity	7.22	8.77	8.47	8.25	7.87		7.59	7.19	6.92	6.81	6.64	6.49	7.39		8.50	7.54	6.79
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19.2	181.2				
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 London Athletics Meet (London, GBR)																<i>Omega Timing (2024) - diamond league race analysis</i>			
date	20-Jul-24	time	6.34	10.50	14.77	19.06	23.58		28.30	33.11	38.05	43.12	48.25		54.15	1 / 5			
reaction time	0.159	interval		4.16	4.27	4.29	4.52		4.72	4.81	4.94	5.07	5.13	5.90			12.72	14.05	15.14
		velocity	7.10	8.41	8.20	8.16	7.74		7.42	7.28	7.09	6.90	6.82	6.78	7.39		8.25	7.47	6.94
H1 lead leg	R	strides	22	15		15	15		15	15				97					
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'Athlétisme (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	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

H1 lead leg	L	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
		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
		velocity	6.99	8.33	8.25	7.95	7.68		7.48	7.23	7.06	6.94	7.00	6.88	7.38		8.18	7.46	7.00
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19	181				
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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>			
date	02-Aug-21	time	6.33	10.52	14.93	19.33	23.93		28.70	33.40	38.23	43.16	48.30		54.17	8 / 2			
reaction time	0.174	interval		4.19	4.41	4.40	4.60		4.77	4.70	4.83	4.93	5.14	5.87			13.00	14.07	14.90
		velocity	7.11	8.35	7.94	7.95	7.61		7.34	7.45	7.25	7.10	6.81	6.81	7.38		8.08	7.46	7.05
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	16	19.7	177.7				
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
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	7.38		8.17	7.31	7.04
H1 lead leg	L	strides	23	15	15	15	16		16	16	16	16	16	19	183				
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 - 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	7.38		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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 Chinese National Games (Nanjing, CHN)																<i>Wang (2016) - hurdle rhythm characteristic analysis and athletic training considerations</i>			
date	21-Oct-05	time	6.30	10.65	14.90	19.33	23.81		28.47	33.25	38.20	43.16	48.23		54.18	1 / 1			
reaction time		interval		4.35	4.25	4.43	4.48		4.66	4.78	4.95	4.96	5.07	5.95	PB		13.03	13.92	14.98
		velocity	7.14	8.05	8.24	7.90	7.81		7.51	7.32	7.07	7.06	6.90	6.72	7.38		8.06	7.54	7.01
H1 lead leg		strides	23	15	15	15	15		15	17	17	17	17	166					
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 - 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	PB		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	7.38		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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 IAAF World Championships (Daegu, KOR)																<i>Behm (2011) - Le quatrache: Démus enfin!</i>			
date	01-Sep-11	time	6.2	10.3	14.4	18.6	23.1		27.7	32.6	37.7	42.9	48.1		54.18	1 / 5			
reaction time	0.174	interval		4.1	4.1	4.2	4.5		4.6	4.9	5.1	5.2	5.2	6.1			12.40	14.00	15.50
		velocity	7.26	8.54	8.54	8.33	7.78		7.61	7.14	6.86	6.73	6.73	6.58	7.38		8.47	7.50	6.77
H1 lead leg	R	strides	22	15	15	15	15		16	16	17	17	17	165					
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 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	20-Aug-17	time	6.52	10.68	14.96	19.28	23.80		28.40	33.12	38.08	43.16	48.28		54.18	5 / 1			
reaction time	0.155	interval		4.16	4.28	4.32	4.52		4.60	4.72	4.96	5.08	5.12	5.90			12.76	13.84	15.16
		velocity	6.90	8.41	8.18	8.10	7.74		7.61	7.42	7.06	6.89	6.84	6.78	7.38		8.23	7.59	6.93
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180				
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 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	09-Jun-22	time	6.47	10.67	15.03	19.47	23.93		25.78	28.50	33.23	37.93	42.93	48.23		54.18	6 / 2		
reaction time	0.140	interval		4.20	4.36	4.44	4.46		4.57	4.73	4.70	5.00	5.30	5.95			13.00	13.76	15.00
		velocity	6.96	8.33	8.03	7.88	7.85	7.76	7.66	7.40	7.45	7.00	6.60	6.72	7.38		8.08	7.63	7.00
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20	169				
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 - 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

H1 lead leg	L	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	
		strides	23	15	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)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	30-Aug-18	time	6.24	10.44	14.75	19.20	23.64	25.6	28.24	32.96	37.84	42.88	48.08		54.21	3 / 2			
reaction time	0.213	interval		4.20	4.31	4.45	4.44		4.60	4.72	4.88	5.04	5.20	6.13			12.96	13.76	15.12
		velocity	7.21	8.33	8.12	7.87	7.88	7.81	7.61	7.42	7.17	6.94	6.73	6.53	7.38		8.10	7.63	6.94
H1 lead leg	R	strides	23	15	15	15	15	15	15	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)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
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)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	21-Aug-23	time	6.20	10.00	14.03	18.13	22.50		27.16	31.98	36.96	42.23	47.60		54.21	5 / 2			
reaction time	0.165	interval		3.80	4.03	4.10	4.37		4.66	4.82	4.98	5.27	5.37	6.61			11.93	13.85	15.62
		velocity	7.26	9.21	8.68	8.54	8.01		7.51	7.26	7.03	6.64	6.52	6.05	7.38		8.80	7.58	6.72
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17	16	20	184				
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'Athletisme (Rabat, MAR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	16-Jul-17	time	6.44	10.68	14.96	19.32	23.80		28.44	33.12	38.00	43.04	48.20		54.22	6 / 1			
reaction time	0.155	interval		4.24	4.28	4.36	4.48		4.64	4.68	4.88	5.04	5.16	6.02			12.88	13.80	15.08
		velocity	6.99	8.25	8.18	8.03	7.81		7.54	7.48	7.17	6.94	6.78	6.64	7.38		8.15	7.61	6.96
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180				
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 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2022) - Athlete First: 2021 year end hurdle report</i>			
date	02-Aug-21	time	6.46	10.56	14.67	18.96	23.43		28.03	32.80	37.93	43.07	48.30		54.22	4 / 2			
reaction time	0.207	interval		4.10	4.11	4.29	4.47		4.60	4.77	5.13	5.14	5.23	5.92	AR PB		12.50	13.84	15.50
		velocity	6.97	8.54	8.52	8.16	7.83		7.61	7.34	6.82	6.81	6.69	6.76	7.38		8.40	7.59	6.77
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	19	179				
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 / 7			
reaction time		interval		4.16	4.20	4.36	4.52		4.60	4.68	4.96	5.04	5.16	6.26	DQ		12.72	13.80	15.16
		velocity	7.17	8.41	8.33	8.03	7.74		7.61	7.48	7.06	6.94	6.78	6.39	7.38		8.25	7.61	6.93
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	160					
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	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

H1 lead leg	R	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
		strides	22	15	15		15		15	15	16		16	20	149				
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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>					
date	02-Aug-21	time	6.36	10.46	14.56	18.86	23.30		28.10	33.00	38.00	43.00	48.23	54.23	6 / 3				
reaction time	0.162	interval		4.10	4.10	4.30	4.44		4.80	4.90	5.00	5.00	5.23	6.00		12.50	14.14	15.23	
		velocity	7.08	8.54	8.54	8.14	7.88		7.29	7.14	7.00	7.00	6.69	6.67	7.38	8.40	7.43	6.89	
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19.7	172.7				
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			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		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	
		velocity	7.21	8.82	8.14	7.88	7.66		7.54	7.49	7.19	6.77	6.72	6.49	7.37	8.26	7.56	6.89	
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	20	175				
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	
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	6.22	10.21	14.44	18.83	23.40		27.99	32.67	37.50	42.74	48.23	54.25	6 / 1				
reaction time	0.162	interval		3.99	4.23	4.39	4.57		4.59	4.68	4.83	5.24	5.49	6.02		12.61	13.84	15.56	
		velocity	7.23	8.77	8.27	7.97	7.66		7.63	7.48	7.25	6.68	6.38	6.64	7.37	8.33	7.59	6.75	
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	17	17	19.7	181.7				
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	
Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>					
date	02-Aug-21	time	6.46	10.56	14.83	19.13	23.60		28.16	32.93	37.86	42.94	48.13	54.25	7 / 3				
reaction time	0.224	interval		4.10	4.27	4.30	4.47		4.56	4.77	4.93	5.08	5.19	6.12		12.67	13.80	15.20	
		velocity	6.97	8.54	8.20	8.14	7.83		7.68	7.34	7.10	6.89	6.74	6.54	7.37	8.29	7.61	6.91	
H1 lead leg	L	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	
Semi-Final 3 - 2022 European Athletics Championships (Munich, GER)														<i>European Athletics (2022) - european athletics championships race analysis</i>					
date	18-Aug-22	time	6.47	10.52	14.66	18.91	23.32	25.24		27.85	32.66	37.63	42.75	48.11	54.25	4 / 2			
reaction time	0.257	interval		4.05	4.14	4.25	4.41		4.53	4.81	4.97	5.12	5.36	6.14		12.44	13.75	15.45	
		velocity	6.96	8.64	8.45	8.24	7.94	7.92	7.73	7.28	7.04	6.84	6.53	6.51	7.37	8.44	7.64	6.80	
H1 lead leg	R	strides	22	14		14			16	15	15	16	16	19	147				
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 Weltklasse (Zürich, SUI) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	08-Sep-22	time	6.34	10.44		18.85	23.25	25.11		27.79	32.60	37.47	42.84	48.15	54.25	7 / 5			
reaction time	0.148	interval		4.10		8.41	4.40		4.54	4.81	4.87	5.37	5.31	6.10		12.51	13.75	15.55	
		velocity	7.10	8.54		8.32	7.95	7.96	7.71	7.28	7.19	6.52	6.59	6.56	7.37	8.39	7.64	6.75	
H1 lead leg	R	strides	23	15		16			15	16	16	17	17	19.2	154.2				
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 London Athletics Meet (London, GBR)														<i>Omega Timing (2023) - diamond league race analysis</i>					
date	23-Jul-23	time	6.33	10.50	14.77	19.07	23.46		28.02	32.80	37.72	42.80	48.02	54.25	2 / 6				
reaction time	0.152	interval		4.17	4.27	4.30	4.39		4.56	4.78	4.92	5.08	5.22	6.23		12.74	13.73	15.22	
		velocity	7.11	8.39	8.20	8.14	7.97		7.68	7.32	7.11	6.89	6.70	6.42	7.37	8.24	7.65	6.90	
H1 lead leg	L	strides	22	15	15	15	15				16	16	16	20.2	150.2				
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	
Heat 4 - 1999 IAAF World Championships (Sevilla, ESP)														<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>					
date	21-Aug-99	time	6.04	10.23	14.51	18.93	23.29		27.84	32.74	37.67	42.84	48.05	54.27	5 / 1				
reaction time	0.172	interval		4.19	4.28	4.42	4.36		4.55	4.90	4.93	5.17	5.21	6.22		12.89	13.81	15.31	

H1 lead leg	L	velocity	7.45	8.35	8.18	7.92	8.03		7.69	7.14	7.10	6.77	6.72	6.43	7.37		8.15	7.60	6.86
		strides	23	15	15	15	15		15	16	16	17	17	20	184				
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 IAAF World Championships (Edmonton, CAN)															<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>				
date	08-Aug-01	time	6.3	10.5	14.7	19.0	23.4		27.9	32.7	37.7	42.7	47.9		54.27	5 / 2			
reaction time	0.123	interval		4.2	4.2	4.3	4.4		4.5	4.8	5.0	5.0	5.2	6.37			12.70	13.70	15.20
		velocity	7.14	8.33	8.33	8.14	7.95		7.78	7.29	7.00	7.00	6.73	6.28	7.37		8.27	7.66	6.91
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	17	20.5	182.5				
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 - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)															<i>Henson (2021) - Athlete First: major championships report</i>				
date	15-Aug-13	time	6.00	9.96	14.15	18.54	22.93		27.31	31.92	36.77	42.04	47.58		54.27	4 / 3			
reaction time	0.156	interval		3.96	4.19	4.39	4.39		4.38	4.61	4.85	5.27	5.54	6.69			12.54	13.38	15.66
		velocity	7.50	8.84	8.35	7.97	7.97		7.99	7.59	7.22	6.64	6.32	5.98	7.37		8.37	7.85	6.70
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	17	17	21	183				
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 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	10.46	14.70	18.97	23.33	25.25	27.78	32.40	37.37	42.63	48.07		54.27	8 / 4			
reaction time	0.253	interval		4.13	4.24	4.27	4.36		4.45	4.62	4.97	5.26	5.44	6.20			12.64	13.43	15.67
		velocity	7.11	8.47	8.25	8.20	8.03	7.92	7.87	7.58	7.04	6.65	6.43	6.45	7.37		8.31	7.82	6.70
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	19.7	180.7				
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 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	21-Aug-23	time	6.53	10.97	15.30	19.53	24.03		28.76	33.56	38.53	43.63	48.71		54.27	8 / 1			
reaction time	0.161	interval		4.44	4.33	4.23	4.50		4.73	4.80	4.97	5.10	5.08	5.56			13.00	14.03	15.15
		velocity	6.89	7.88	8.08	8.27	7.78		7.40	7.29	7.04	6.86	6.89	7.19	7.37		8.08	7.48	6.93
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18.5	171.5				
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 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)															<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	19-May-24	time	6.43	10.61	14.99	19.46	23.99		28.56	33.24	38.02	43.06	48.23		54.27	7 / 2			
reaction time	0.163	interval		4.18	4.38	4.47	4.53		28.56	4.68	4.78	5.04	5.17	6.04			13.03	13.78	14.99
		velocity	7.00	8.37	7.99	7.83	7.73		1.23	7.48	7.32	6.94	6.77	6.62	7.37		8.06	7.62	7.00
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.7	163.7				
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 - 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	10.40	14.59	18.93	23.45	25.44	28.00	32.71	37.75	43.13	48.33		54.27	9 / 6			
reaction time		interval		4.11	4.19	4.34	4.52		4.55	4.71	5.04	5.38	5.20	5.94			12.64	13.78	15.62
		velocity	7.15	8.52	8.35	8.06	7.74	7.86	7.69	7.43	6.94	6.51	6.73	6.73	7.37		8.31	7.62	6.72
H1 lead leg	R	strides		15	15	15	15		15	15	15	16	16	19.2	156.2				
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 - 1980 East German Spitzenklasse (Jena, GDR)															<i>Heß (1985) - entwicklungsaspekte die leichtathletischen sprint-/hürden disziplinen im olympiazklus 1981/84</i>				
date	17-May-80	time	6.49				23.87						48.58		54.28	1 / 1			
reaction time		interval					17.38						24.71	5.70	WR				
		velocity	6.93				8.06						7.08	7.02	7.37				
H1 lead leg		strides																	
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)															<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>				
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)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
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)															<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>				
date	20-Aug-08	time	6.3	10.5	14.9	19.3	23.8		28.4	33.1	37.9	43.1	48.5		54.29	9 / 5			
reaction time	0.206	interval		4.2	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)															<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>				
date	06-Jul-17	time	6.44	10.72	15.00	19.44	23.96		28.64	33.44	38.44	43.52	48.68		54.29	7 / 2			
reaction time	0.121	interval		4.28	4.28	4.44	4.52		4.68	4.80	5.00	5.08	5.16	5.61	PB		13.00	14.00	15.24

H1 lead leg	R	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
		strides	21	14	14	14	14		15	15	15	15	15	18	170				
Cockrell, Anna (USA) (1997)																			
FINAL - 2023 Memorial van Damme (Brussels, BEL)																			
															Omega Timing (2023) - diamond league race analysis				
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)																			
FINAL - 2022 European Athletics Championships (Munich, GER)																			
															European Athletics (2022) - european athletics championships race analysis				
date	19-Aug-22	time	6.27	10.43	14.70	18.98	23.38	25.33	27.93	32.76	37.67	42.76	48.10		54.30		7 / 2		
reaction time	0.195	interval		4.16	4.27	4.28	4.40		4.55	4.83	4.91	5.09	5.34	6.20			12.71	13.78	15.34
		velocity	7.18	8.41	8.20	8.18	7.95	7.90	7.69	7.25	7.13	6.88	6.55	6.45	7.37		8.26	7.62	6.84
H1 lead leg	L	strides	22	15		15			15	15	15	16	16	20	149				
Folorunso, Ayomide (ITA) (1996)																			
Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
															Henson (2023) - Athlete First: 2023 year end hurdle report				
date	21-Aug-23	time	6.43	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)																			
FINAL - 1987 IAAF World Championships (Rome, ITA)																			
															Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)				
date	03-Sep-87	time	6.60	10.77	15.13	19.62	24.17		28.94	33.82	38.75	43.67	48.67		54.31		4 / 3		
reaction time		interval		4.17	4.36	4.49	4.55		4.77	4.88	4.93	4.92	5.00	5.64			13.02	14.20	14.85
		velocity	6.82	8.39	8.03	7.80	7.69		7.34	7.17	7.10	7.11	7.00	7.09	7.37		8.06	7.39	7.07
H1 lead leg	R	strides	25	15	16	16	17		17	17	17	17	17	20.2	194.2				
Vickers, Janeene (USA) (1968)																			
FINAL - 1992 Olympic Games (Barcelona, ESP)																			
															Knight (1992) - 1992 Olympic report: the hurdling events				
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)																			
FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)																			
															Graubner (2007) - http://www.fgs.uni-halle.de				
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)																			
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																			
															Henson (2020) - Athlete First: 2019 year end hurdle report				
date	02-Oct-19	time	6.34	10.51	14.71		23.59		28.16	33.03	37.97	43.13	48.35		54.32		4 / 2		
reaction time	0.183	interval		4.17	4.20		8.88		4.57	4.87	4.94	5.16	5.22	5.97	NR PB				15.32
		velocity	7.10	8.39	8.33		7.88		7.66	7.19	7.09	6.78	6.70	6.70	7.36				6.85
H1 lead leg	R	strides	22	15	15				15	16	16	16	16	20	151				
Ryzhykova, Anna (UKR) (1989)																			
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)																			
															Henson (2021) - Athlete First: 2021 year end hurdle report				
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				
Krafzik, Carolina (GER) (1995)																			
Heat 2 - 2022 European Athletics Championships (Munich, GER)																			
															European Athletics (2022) - european athletics championships race analysis				
date	17-Aug-22	time	6.34	10.38	14.59	18.86	23.19	25.15	27.81	32.68	37.81	42.99	48.28		54.32		4 / 1		
reaction time	0.249	interval		4.04	4.21	4.27	4.33		4.62	4.87	5.13	5.18	5.29	6.04	PB		12.52	13.82	15.60
		velocity	7.10	8.66	8.31	8.20	8.08	7.95	7.58	7.19	6.82	6.76	6.62	6.62	7.36		8.39	7.60	6.73
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	20	186				
Clayton, Rushell (JAM) (1992)																			
Heat 1 - 2024 Olympic Games (Paris, FRA)																			
															Paris 2024 Olympic Games - Results Book (2024)				
date	04-Aug-24	time	6.15	10.11	14.19	18.38	22.84		27.61	32.54	37.60	42.81	47.98		54.32		7 / 1		
reaction time	0.148	interval		3.96	4.08	4.19	4.46		4.77	4.93	5.06	5.21	5.17	6.34			12.23	14.16	15.44
		velocity	7.32	8.84	8.58	8.35	7.85		7.34	7.10	6.92	6.72	6.77	6.31	7.36		8.59	7.42	6.80
H1 lead leg	L	strides	22	14	14	14	15		15	15	15	15	16	19	174				
Tereshchuk-Antipova, Tetyana (UKF)																			
FINAL - 1999 IAAF World Championships (Sevilla, ESP)																			
															Sanchez (1999) - Sevilla '99: análisis de la carreras con villas				
date	25-Aug-99	time	6.61	10.82	15.12	19.49	23.98		28.51	33.25	38.01	43.03	48.17		54.33		7 / 7		
reaction time	0.273	interval		4.21	4.30	4.37	4.49		4.53	4.74	4.76	5.02	5.14	6.16			12.88	13.76	14.92

H1 lead leg	L	velocity	6.81	8.31	8.14	8.01	7.80		7.73	7.38	7.35	6.97	6.81	6.49	7.36		8.15	7.63	7.04
		strides	22	15	15	15	15		15	16	16	16	16	19.5	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 - 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	13.84	15.10	
		velocity	7.00	8.14	8.08	7.95	7.78		7.61	7.38	7.20	6.86	6.81	6.75	7.36	8.06	7.59	6.95	
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180				
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	13.28	15.40	
		velocity	6.70	8.18	8.41	8.33	8.10		7.95	7.68	7.17	6.89	6.43	6.36	7.36	8.31	7.91	6.82	
H1 lead leg	L	strides	23	16		15	15		15	15	16	16	17	20	168				
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	13.80	14.80	
		velocity	6.82	8.18	8.03	7.88	7.74		7.61	7.48	7.29	7.06	6.94	6.61	7.36	8.03	7.61	7.09	
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180				
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	13.76	15.48	
		velocity	6.82	8.41	8.25	8.10	7.95		7.61	7.35	7.06	6.68	6.63	6.93	7.36	8.25	7.63	6.78	
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19	178				
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	13.90	15.28	
		velocity	6.99	8.50	8.41	8.03	7.85	7.86	7.51	7.32	7.17	6.97	6.51	6.59	7.36	8.31	7.55	6.87	
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	19	173				
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 - 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	13.74	15.46	
		velocity	7.31	8.79		8.31	7.85	8.05	7.69	7.40	7.20	6.81	6.41	6.09	7.36	8.47	7.64	6.79	
H1 lead leg	R	strides	22	15		15	15	15	15	16	16	16	17	20	152				
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	13.77	15.13	
		velocity	7.03	8.20	8.03	8.14	7.83	7.77	13.57	7.34	7.14	6.96	6.73	6.55	7.36	8.12	7.63	6.94	
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	20.5	169.5					
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	7 / 6			
reaction time	0.281	interval		4.1	4.2	4.3	4.3		4.8	4.8	5.0	5.0	5.4	6.05		12.60	13.90	15.40	
		velocity	7.03	8.54	8.33	8.14	8.14		7.29	7.29	7.00	7.00	6.48	6.61	7.36	8.33	7.55	6.82	
H1 lead leg	L	strides	22	15	15	15	15		16	16	16	17	17	164					
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)																			
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)																			
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)																			
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 /			

H1 lead leg	R	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	
		strides	23	15	15	15	15	15	15	15	15	16	17	20.5	181.5				
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 - 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-/hürden disziplinen im olympiazklus 1981/84</i>																			
date	21-Jul-84	time	6.74				24.13						48.56		54.36	1 / 1			
reaction time		interval					17.39						24.43	5.80					
		velocity	6.68				8.05						7.16	6.90	7.36				
H1 lead leg		strides																	
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	1 / 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	7.02	8.35	8.06	7.99	8.05		7.48	7.38	7.19	6.89	6.68	6.58	7.36		8.13	7.63	6.91
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	21	187				
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
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)			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	6.75	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)			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>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			12.96	13.96	15.06

H1 lead leg	L	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		
		strides	23	15	15	15	15	16	16	16	16	17	19.7	183.7					
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 - 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)			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	15.16	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)			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	6.52	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)			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	10.7	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)			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	6.34	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)			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	14.9	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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 Chinese National Games (Nanjing, CHN)															<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)			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	6.28	10.44	14.72	19.12	23.64		28.32	33.08	38.04	43.12	48.30		54.40	4 / 2			
reaction time	0.215	interval		4.16	4.28	4.40	4.52		4.68	4.76	4.96	5.08	5.18	6.10			12.84	13.96	15.22
		velocity	7.17	8.41	8.18	7.95	7.74		7.48	7.35	7.06	6.89	6.76	6.56	7.35		8.18	7.52	6.90
H1 lead leg	R	strides	24	15	15	15	15		16	16	16	16	16	20	184				
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

H1 lead leg	L	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		
		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	5.2	6.01				12.60	14.00	15.60	
		velocity	7.26	8.75	8.33	7.95	7.95	7.45	7.14	6.86	6.60	6.73	6.66	7.35		8.33	7.50	6.73	
H1 lead leg	L	strides	22	13	13	13	13	16	16	17	17	17	20	177					
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	17	18	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	PB			12.63	13.68	15.34	
		velocity	7.05	8.35	8.25	8.33	7.92	7.68	7.45	7.06	6.96	6.54	6.26	7.35		8.31	7.68	6.84	
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	17	19.5	173.5					
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	
		velocity	6.87	8.16	8.39	8.33	7.87	7.45	7.31	7.11	6.77	6.66	7.35			8.29	7.53	6.88	
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	19.2	157.2						
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 (2024) - Athlete First: 2021 year end hurdle report</i>																
date	31-Jul-21	time	6.53	10.55	14.76	19.03	23.46	27.96	32.60	37.43	42.60	47.93		54.43	8 / 1				
reaction time	0.194	interval	4.02	4.21	4.27	4.43	4.50	4.64	4.83	5.17	5.33	6.50				12.50	13.57	15.33	
		velocity	6.89	8.71	8.31	8.20	7.90	7.78	7.54	7.25	6.77	6.57	6.15	7.35		8.40	7.74	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	

H1 lead leg	L	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	
		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 Athletissima (Lausanne, 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					
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	
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					
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 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	04-Oct-19	time	6.40	10.48	14.65	18.98	23.45		28.13	33.00	38.00	43.04	48.35		54.45		3 / 7			
reaction time	0.173	interval		4.08	4.17	4.33	4.47		4.68	4.87	5.00	5.04	5.31	6.10				12.58	14.02	15.35
		velocity	7.03	8.58	8.39	8.08	7.83		7.48	7.19	7.00	6.94	6.59	6.56	7.35			8.35	7.49	6.84
H1 lead leg	R	strides	22	14	14		14		15	15	15		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	15	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

H1 lead leg	R	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
		strides	23	15	15	15	15		15	16	16	16	16	20	182				
Adekoya, Kemi (BRN) (1993)																			
FINAL - 2023 Asian Games (Hangzhou, CHN)																			
Shandong Athletics Sport Science (2023)																			
date	03-Oct-23	time	6.30	10.30	14.43	18.63	23.03		27.57	32.33	37.43	42.80	48.37		54.45		5 / 1		
reaction time	0.196	interval		4.00	4.13	4.20	4.40		4.54	4.76	5.10	5.37	5.57	6.08			12.33	13.70	16.04
		velocity	7.14	8.75	8.47	8.33	7.95		7.71	7.35	6.86	6.52	6.28	6.58	7.35		8.52	7.66	6.55
H1 lead leg	R	strides		15	15	15	15		15	15	15	16	17	19.7	157.7				
Kurochkina, Tatyana (URS) (1967)																			
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)																			
Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988																			
date	26-Sep-88	time	6.61	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)																			
FINAL - 2002 IAAF World Cup (Madrid, ESP)																			
Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas																			
date	20-Sep-02	time	6.27	10.54	14.95	19.38	24.08		28.69	33.42	38.23	43.23	48.29		54.46		6 / 2		
reaction time	0.198	interval		4.27	4.41	4.43	4.70		4.61	4.73	4.81	5.00	5.06	6.17			13.11	14.04	14.87
		velocity	7.18	8.20	7.94	7.90	7.45		7.59	7.40	7.28	7.00	6.92	6.48	7.34		8.01	7.48	7.06
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17	20	190				
Russell, Janieve (JAM) (1993)																			
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)																			
Henson (2021) - Athlete First: 2016 year end hurdle report																			
date	18-Aug-16	time	6.40	10.52	14.68		23.32		27.84	32.64	37.52	42.64	48.00		54.46		8 / 7		
reaction time	0.140	interval		4.12	4.16		8.64		4.52	4.80	4.88	5.12	5.36	6.46					15.36
		velocity	7.03	8.50	8.41		8.10		7.74	7.29	7.17	6.84	6.53	6.19	7.34				6.84
H1 lead leg	R	strides	22	14	14	14			15	16	16	17	17	20.2	165.2				
Spencer, Ashley (USA) (1993)																			
FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																			
Henson (2020) - Athlete First: 2019 year end hurdle report																			
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	18.5	147.5				
Ryzhykova, Anna (UKR) (1989)																			
Heat 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
Henson (2024) - Athlete First: 2021 year end hurdle report																			
date	31-Jul-21	time	6.56	10.56	14.73	19.00	23.46		28.33	33.26	38.20	43.40	48.66		54.46		2 / 1		
reaction time	0.191	interval		4.00	4.17	4.27	4.46		4.87	4.93	4.94	5.20	5.26	5.80			12.44	14.26	15.40
		velocity	6.86	8.75	8.39	8.20	7.85		7.19	7.10	7.09	6.73	6.65	6.90	7.34		8.44	7.36	6.82
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	19	174				
Woodruff, Gianna (PAN) (1993)																			
FINAL - 2023 Bislett Games (Oslo, NOR)																			
Omega Timing (2023) - diamond league race analysis																			
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)																			
FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)																			
Omega Timing (2024) - diamond league race analysis																			
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	16	17	16	17	19.7	153.7				
Carter, Kori (USA) (1992)																			
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)																			
Henson (2020) - Athlete First: 2016 year end hurdle report																			
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)																			
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)																			
Henson (2021) - Athlete First: 2016 year end hurdle report																			
date	22-Jul-16	time	6.33	10.56	14.83	19.23	23.83		28.40	33.13	37.96	43.03	48.26		54.47		8 / 3		
reaction time	0.182	interval		4.23	4.27	4.40	4.60		4.57	4.73	4.83	5.07	5.23	6.21			12.90	13.90	15.13
		velocity	7.11	8.27	8.20	7.95	7.61		7.66	7.40	7.25	6.90	6.69	6.44	7.34		8.14	7.55	6.94
H1 lead leg	L	strides	23	15	15	15	16		16	17	17	17	17	21.5	189.5				
Tate, Cassandra (USA) (1990)																			
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)																			
Henson (2021) - Athlete First: 2016 year end hurdle report																			
date	09-Sep-16	time	6.20	10.36	14.68	19.12	23.68		28.28	33.04	38.00	43.20	48.44		54.47		7 / 1		
reaction time	0.228	interval		4.16	4.32	4.44	4.56		4.60	4.76	4.96	5.20	5.24	6.03			12.92	13.92	15.40

H1 lead leg	R	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
		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				
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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	02-Aug-21	time	6.40	10.36	14.56	18.75	23.06		27.75	32.53	37.55	42.82	48.26	54.47	5 / 3				
reaction time	0.164	interval		3.96	4.20	4.19	4.31		4.69	4.78	5.02	5.27	5.44	6.21	NR PB	12.35	13.78	15.73	
		velocity	7.03	8.84	8.33	8.35	8.12		7.46	7.32	6.97	6.64	6.43	6.44	7.34	8.50	7.62	6.68	
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187				
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				
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 - 2022 European Athletics Championships (Munich, GER)																<i>European Athletics (2022) - european athletics championships race analysis</i>			
date	18-Aug-22	time	6.27	10.35	14.63	19.09	23.63	25.67	28.33	33.16	38.12	43.21	48.37		54.50	5 / 1			
reaction time	0.204	interval		4.08	4.28	4.46	4.54		4.70	4.83	4.96	5.09	5.16	6.13	NR PB		12.82	14.07	15.21
		velocity	7.18	8.58	8.18	7.85	7.71	7.79	7.45	7.25	7.06	6.88	6.78	6.53	7.34		8.19	7.46	6.90
H1 lead leg	R	strides	23			16	16		16	16	17	17	17	20	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 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			
reaction time		interval		4.3	4.4	4.4	4.6		4.6	4.8	5.0	5.1	5.0	5.71	PB		13.10	14.00	15.10

	velocity	6.82	8.14	7.95	7.95	7.61		7.61	7.29	7.00	6.86	7.00	7.01	7.34		8.02	7.50	6.95	
H1 lead leg	strides	21	14	14	14	14		14	15	15	15	15	15	151					
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 - 2001 IAAF World Championships (Edmonton, CAN)																			
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							
reaction time	0.160	interval		4.1	4.1	4.4	4.3	4.6	4.2	5.7	5.0	5.5	6.31		12.60	13.10	16.20		
		velocity	7.14	8.54	8.54	7.95	8.14	7.61	8.33	6.14	7.00	6.36	6.34	7.34		8.33	8.02	6.48	
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	17	17	19.5	184.5					
Ryzhikova, 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)																			
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						
reaction time	0.175	interval		4.20	4.31	4.36	4.57	4.20	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)																			
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							
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)																			
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							
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		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)																			
date	02-Oct-19	time	6.37	10.47	14.75	19.35	23.55	28.25	33.10	38.10	43.21	48.45							
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)																			
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						
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)																			
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							
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)																			
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							
reaction time		interval		4.26	4.33	4.40	4.41	4.64	4.86	4.97	5.05	5.20	5.88		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)																			
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							
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)																			
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							
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)																			
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							
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		

H1 lead leg	R	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
		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
		velocity	7.03	8.41	8.22	8.06	7.92	7.84	7.71	7.29	7.03	6.73	6.63	6.50	7.34		8.23	7.63	6.79
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	17	19	182				
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)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
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)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	23-Jul-23	time	6.37	10.42	14.61	18.84	23.18		27.83	32.67	37.61	42.76	48.12		54.53	1 / 7			
reaction time	0.166	interval		4.05	4.19	4.23	4.34		4.65	4.84	4.94	5.15	5.36	6.41			12.47	13.83	15.45
		velocity	7.06	8.64	8.35	8.27	8.06		7.53	7.23	7.09	6.80	6.53	6.24	7.34		8.42	7.59	6.80
H1 lead leg	R	strides	22	14	14	14	14				15	15	16	20	144				
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)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
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)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
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)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	08-Aug-24	time	6.26	10.29	14.49	18.81	23.28		27.90	32.68	37.71	42.94	48.25		54.53	4 / 8			
reaction time	0.166	interval		4.03	4.20	4.32	4.47		4.62	4.78	5.03	5.23	5.31	6.28			12.55	13.87	15.57
		velocity	7.19	8.68	8.33	8.10	7.83		7.58	7.32	6.96	6.69	6.59	6.37	7.34		8.37	7.57	6.74
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17	17	165					
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)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	21-Jul-19	time	6.44	10.64	14.88	19.28	23.84		28.48	33.32	38.28	43.36	48.56		54.54	7 / 3			
reaction time	0.152	interval		4.20	4.24	4.40	4.56		4.64	4.84	4.96	5.08	5.20	5.98			12.84	14.04	15.24
		velocity	6.99	8.33	8.25	7.95	7.68		7.54	7.23	7.06	6.89	6.73	6.69	7.33		8.18	7.48	6.89
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19.7	181.7				
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)																<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>			
date	17-Sep-20	time	6.44	10.56	14.76	19.12	23.68	25.7	28.44	33.32	38.32	43.36	48.52		54.54	6 / 2			
reaction time	0.157	interval		4.12	4.20	4.36	4.56		4.76	4.88	5.00	5.04	5.16	6.02			12.68	14.20	15.20
		velocity	6.99	8.50	8.33	8.03	7.68	7.78	7.35	7.17	7.00	6.94	6.78	6.64	7.33		8.28	7.39	6.91
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19.7	172.7				
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)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
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)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	19-Jul-22	time	6.56	10.80	15.20	19.56	24.12	25.98	28.77		38.50	43.66	48.80		54.54	4 / 1			
reaction time	0.154	interval		4.24	4.40	4.36	4.56		4.65		9.73	5.16	5.14	5.74			13.00		
		velocity	6.86	8.25	7.95	8.03	7.68	7.70	7.53		7.19	6.78	6.81	6.97	7.33		8.08		
H1 lead leg	R	strides	23	15	15	15	15		15			16	16	18	148				
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)																<i>McFarlane (1988) - The Science of Hurdling</i>			
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

H1 lead leg	R	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
		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)															<i>Winckler (1994) - principles for development of the 400m hurdle program</i>				
date	19-Aug-93	time	6.64	10.67	14.89	19.24	23.71		28.44	33.24	38.31	43.42	48.66		54.55	2 / 5			
reaction time		interval		4.03	4.22	4.35	4.47		4.73	4.80	5.07	5.11	5.24	5.89			12.60	14.00	15.42
		velocity	6.78	8.68	8.29	8.05	7.83		7.40	7.29	6.90	6.85	6.68	6.79	7.33		8.33	7.50	6.81
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	16	17	164					
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
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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 IAAF World Championships (Edmonton, CAN)															<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>				
date	08-Aug-01	time	6.3	10.6	14.9	19.3	23.7		28.4	33.2	38.3	43.4	48.7		54.55	6 / 4			
reaction time	0.146	interval		4.3	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)			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	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)			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	6.36	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)			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	10.56	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)			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	6.58	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)			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	6.95	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			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)			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	6.06	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)			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	6.23	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)			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	6.51	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			13.00	13.79	15.21
		velocity																	
		strides																	

H1 lead leg	L	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
		strides	23	15	15	15	15		15	16	16	17	17	20	184				
Rieger, Silvia (GER) (1970)																			
FINAL - 1996 Olympic Games (Atlanta, GA)																			
date	31-Jul-96	time	6.7	10.9	15.2	19.7	24.2		28.8	33.4	38.3	43.3	48.6		54.57		3 / 8		
reaction time	0.297	interval		4.2	4.3	4.5	4.5		4.6	4.6	4.9	5.0	5.3	5.97			13.00	13.70	15.20
		velocity	6.72	8.33	8.14	7.78	7.78		7.61	7.61	7.14	7.00	6.60	6.70	7.33		8.08	7.66	6.91
H1 lead leg		strides	23	15	15	15	15		15	16	16	17	17	164					
Gunnell, Sally (GBR) (1966)																			
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)																			
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)																			
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)																			
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)																			
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)																			
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)																			
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)																			
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)																			
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				
Ryzhykova, Anna (UKR) (1989)																			
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

H1 lead leg	R	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	
		strides	22	14	14	14		15	15	15	15	15	19	158					
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 Athletissima (Lausanne, SUI) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	26-Aug-22	time	6.40	10.50		19.06	23.53	25.43	28.27	33.07	37.94	43.16	48.47		54.59	3 / 4			
reaction time	0.197	interval		4.10		8.56	4.47		4.74	4.80	4.87	5.22	5.31	6.12			12.66	14.01	15.40
		velocity	7.03	8.54		8.18	7.83	7.86	7.38	7.29	7.19	6.70	6.59	6.54	7.33		8.29	7.49	6.82
H1 lead leg	R	strides	22	14		14			15	15	15	16	16	19.2	146.2				
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 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, 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
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)															<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	10-Jun-24	time	6.45	10.64	15.11	19.51	24.04		28.76	33.62	38.55	43.66	48.73		54.59	7 / 2			
reaction time	0.243	interval		4.19	4.47	4.40	4.53		4.72	4.86	4.93	5.11	5.07	5.86	PB		13.06	14.11	15.11
		velocity	6.98	8.35	7.83	7.95	7.73		7.42	7.20	7.10	6.85	6.90	6.83	7.33		8.04	7.44	6.95
H1 lead leg	R	strides	22	15	15	15	15		16	16	16	16	16	20	150				
Ledovskaya, Tatyana (BLR) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 1993 IAAF World Championships (Stuttgart, GER)															<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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 USA Olympic Trials (Eugene, OR)															<i>USATF Hurdle Development (2008)</i>				
date	29-Jun-08	time	6.57	10.88	15.21	19.45	23.83		28.43	33.28	38.42	43.51	48.68		54.60	8 / 2			
reaction time		interval		4.31	4.33	4.24	4.38		4.60	4.85	5.14	5.09	5.17	5.92	PB		12.88	13.83	15.40
		velocity	6.85	8.12	8.08	8.25	7.99		7.61	7.22	6.81	6.88	6.77	6.76	7.33		8.15	7.59	6.82
H1 lead leg	L	strides	24	15	15	15	15		15	15	16	16	17	163					
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 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)			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	10.68	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)			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	10.30	14.60	18.97	23.57	25.75	28.30	33.10	38.10	43.20	48.40		54.60	4 / 6			
reaction time	0.168	interval		4.03	4.30	4.37	4.60		4.73	4.80	5.00	5.10	5.20	6.20	NR PB		12.70	14.13	15.30
		velocity	7.18	8.68	8.14	8.01	7.61	7.77	7.40	7.29	7.00	6.86	6.73	6.45	7.33		8.27	7.43	6.86
H1 lead leg	R	strides	23	15	15	15	16		16	16	17	17	17	20.2	187.2				
El Moutawakel, Nawal (MAR) (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	6.4	10.6	14.8	19.1	23.7		28.3	33.2	38.2	43.4	48.6		54.61	3 / 1			
reaction time	0.176	interval		4.2	4.2	4.3	4.6		4.6	4.9	5.0	5.2	5.2	6.01	OR PB		12.70	14.10	15.40
		velocity	7.03	8.33	8.33	8.14	7.61		7.61	7.14	7.00	6.73	6.73	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)			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	6.61	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)			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	10.6	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

H1 lead leg	L	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
		strides	22	15	15	15	15		15	15	15	16	16	20	179				
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 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	02-Jun-16	time	6.40	10.72		19.64	24.24		28.80	33.52	38.36	43.32	48.52		54.61	9 / 2			
reaction time	0.188	interval		4.32		8.92	4.60		4.56	4.72	4.84	4.96	5.20	6.09			13.24	13.88	15.00
		velocity	7.03	8.10		7.85	7.61		7.68	7.42	7.23	7.06	6.73	6.57	7.32		7.93	7.56	7.00
H1 lead leg	L	strides	23	16		16			17	17		17	21	127					
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 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)																<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	18-Aug-16	time	6.44	10.64	14.92	19.24	23.68		28.32	33.12	38.12	43.24	48.48		54.61	1 / 8			
reaction time	0.171	interval		4.20	4.28	4.32	4.44		4.64	4.80	5.00	5.12	5.24	6.13			12.80	13.88	15.36
		velocity	6.99	8.33	8.18	8.10	7.88		7.54	7.29	7.00	6.84	6.68	6.53	7.32		8.20	7.56	6.84
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187				
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 Athletissima (Lausanne, SUI) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	05-Jul-18	time	6.16	10.20	14.48	18.80	23.20		27.88	32.80	37.84	42.96	48.28		54.61	3 / 4			
reaction time	0.182	interval		4.04	4.28	4.32	4.40		4.68	4.92	5.04	5.12	5.32	6.33			12.64	14.00	15.48
		velocity	7.31	8.66	8.18	8.10	7.95		7.48	7.11	6.94	6.84	6.58	6.32	7.32		8.31	7.50	6.78
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5				
Goossens, Ester (NED) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 European Championships (Budapest, HUN)																<i>Sanchez (1998) - Budapest '98: análisis de la carreras con villas</i>			
date	23-Aug-98	time	6.52				24.10						48.50		54.62	8 / 5			
reaction time		interval					17.58						24.40	6.12	NR				
		velocity	6.90				7.96						7.17	6.54	7.32				
H1 lead leg	L	strides	23	14	14	15	15		15	15	16	16	17	20.5	180.5				
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 ISTAF (Berlin, GER)																<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>			
date	31-Aug-01	time	6.62	10.78	15.03	19.36	23.78		28.30	33.11	38.09	43.21	48.62		54.62	/ 1			
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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Championships (Palo Alto, CA)																<i>USATF Women's Sprint Development (2003)</i>			
date	21-Jun-03	time	6.47	10.76	15.10	19.52	23.89		28.53	33.28	38.16	43.21	48.58		54.62	6 / 1			
reaction time		interval		4.29	4.34	4.42	4.37		4.64	4.75	4.88	5.05	5.37	6.04			13.05	13.76	15.30
		velocity	6.96	8.16	8.06	7.92	8.01		7.54	7.37	7.17	6.93	6.52	6.62	7.32		8.05	7.63	6.86
H1 lead leg		strides																	
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 USA Olympic Trials (Eugene, OR)																<i>USATF Hurdle Development (2008)</i>			
date	29-Jun-08	time	6.31	10.46	14.83	19.25	23.84		28.55	33.32	38.41	43.58	48.82		54.62	4 / 3			
reaction time		interval		4.15	4.37	4.42	4.59		4.71	4.77	5.09	5.17	5.24	5.80			12.94	14.07	15.50
		velocity	7.13	8.43	8.01	7.92	7.63		7.43	7.34	6.88	6.77	6.68	6.90	7.32		8.11	7.46	6.77
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	16	161					
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 Bislett Games (Oslo, NOR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	01-Jul-21	time	6.36	10.60	14.88		23.72		28.32	33.08	38.04	43.20	48.46		54.62	2 / 3			
reaction time	0.250	interval		4.24	4.28		8.84		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)			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	6.20	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)			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	6.18	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)			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	6.6	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

H1 lead leg	L	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
		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)																			
										<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>									
date	30-Aug-07	time	6.32	10.31	14.38	18.52	23.06		27.55	32.32	37.22	42.33	47.90		54.63		9 / 7		
reaction time	0.171	interval		3.99	4.07	4.14	4.54		4.49	4.77	4.90	5.11	5.57	6.73			12.20	13.80	15.58
		velocity	7.12	8.77	8.60	8.45	7.71		7.80	7.34	7.14	6.85	6.28	5.94	7.32		8.61	7.61	6.74
H1 lead leg	L	strides	24	15	15	15	16		16	17	17	17	17	21.5	190.5				
Moline, Georganne (USA) (1990)																			
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)																			
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)																			
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, Cathelijm (NED) (1996)																			
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)																			
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)																			
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)																			
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 (UKF)																			
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)																			
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)																			
										<i>Henson (2021) - Athlete First: major championships report</i>									
date	26-Aug-15	time	6.44	10.56	14.80	19.08	23.52		28.12	32.92	37.84	43.00		54.64		9 / 5			
reaction time	0.165	interval		4.12	4.24	4.28	4.44		4.60	4.80	4.92	5.16		PB			12.64	13.84	
		velocity	6.99	8.50	8.25	8.18	7.88		7.61	7.29	7.11	6.78		7.32			8.31	7.59	
H1 lead leg	R	strides		15	15	15	15		15	15	16	16		122					
Ryzhykova, Anna (UKR) (1989)																			
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

H1 lead leg	R	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
		strides	22	14	14	14	15		15	15	15	15	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
		velocity	7.15	8.58	8.35	8.18	7.95		7.61	7.25	6.94	6.62	6.52	6.38	7.32		8.37	7.59	6.69
H1 lead leg	L	strides	23	15	15	15	15		16					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 (2024) - Athlete First: 2021 year end hurdle report</i>			
date	31-Jul-21	time	6.43	10.63	14.93	19.40	23.90		28.70	33.63	38.50	43.67	48.85		54.65	5 / 1			
reaction time	0.180	interval		4.20	4.30	4.47	4.50		4.80	4.93	4.87	5.17	5.18	5.80			12.97	14.23	15.22
		velocity	7.00	8.33	8.14	7.83	7.78		7.29	7.10	7.19	6.77	6.76	6.90	7.32		8.10	7.38	6.90
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	18.5	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
Semi-Final 2 - 2022 European Athletics Championships (Munich, GER)																<i>European Athletics (2022) - european athletics championships race analysis</i>			
date	18-Aug-22	time	6.25	10.41	14.69	19.06	23.51	25.47	28.10	32.92	37.82	43.03	48.39		54.65	6 / 2			
reaction time	0.239	interval		4.16	4.28	4.37	4.45		4.59	4.82	4.90	5.21	5.36	6.26			12.81	13.86	15.47
		velocity	7.20	8.41	8.18	8.01	7.87	7.85	7.63	7.26	7.14	6.72	6.53	6.39	7.32		8.20	7.58	6.79
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	20	179				
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		23.46		28.20	33.03	38.00	43.20	48.50		54.65	2 / 4			
reaction time	0.181	interval		4.07	4.40		8.76		4.74	4.83	4.97	5.20	5.30	6.15					15.47
		velocity	7.22	8.60	7.95		7.99		7.38	7.25	7.04	6.73	6.60	6.50	7.32				6.79
H1 lead leg	R	strides	23	15	15	15			16		16	17	17	20	154				
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)																		
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			
Fontanive, 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)																		
date	24-Aug-17	time	6.32	10.60	15.04	19.56	24.24		28.96	33.84		43.88	48.96		54.66	4 / 4		
reaction time	0.157	interval		4.28	4.44	4.52	4.68		4.72	4.88		10.04	5.08	5.70		13.24	14.28	15.12
		velocity	7.12	8.18	7.88	7.74	7.48		7.42	7.17		6.97	6.89	7.02	7.32	7.93	7.35	6.94
H1 lead leg	L	strides	23	16	16		16		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)																		
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)																		
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)																		
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)																		
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		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)																		
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)																		
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)																		
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	R	strides	23	15	15	15	15		15	15	15	16	16	19	179			
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)																		
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)																		
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													

H1 lead leg	R	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
		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
		velocity	7.08	8.54	8.88	8.27	8.01	8.00	7.34	7.51	7.34	6.73	6.45	5.85	7.32		8.56	7.61	6.82
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	20	181				
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	PB		12.70	13.50	15.90
		velocity	6.82	8.54	8.33	7.95	7.95		7.78	7.61	6.25	6.86	6.73	6.69	7.32		8.27	7.78	6.60
H1 lead leg		strides		15	15	15	15		15	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	PB		13.13	14.40	14.87
		velocity	7.18	8.22	8.06	7.73	7.40		7.29	7.19	7.19	7.00	7.00	6.66	7.32		8.00	7.29	7.06
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19.7	178.7				
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 - 2022 European Athletics Championships (Munich, GER)																<i>European Athletics (2022) - european athletics championships race analysis</i>			
date	18-Aug-22	time	6.35	10.36	14.52	18.85	23.36	25.35	28.01	32.82	37.98	43.13	48.37		54.68	4 / 3			
reaction time	0.226	interval		4.01	4.16	4.33	4.51		4.65	4.81	5.16	5.15	5.24	6.31	PB		12.50	13.97	15.55

H1 lead leg	L	velocity	7.09	8.73	8.41	8.08	7.76	7.89	7.53	7.28	6.78	6.80	6.68	6.34	7.32	8.40	7.52	6.75	
		strides	23			15	15		15	15	16	16	16	19.2	150.2				
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
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			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
		velocity	7.26	8.10	8.25	7.95	7.88		7.68	7.35	6.94	6.78	6.43	6.53	7.31		8.10	7.63	6.71
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	17	20	181				
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			9.34	4.90	5.04	5.16	6.06			13.20	13.94	15.10
		velocity	7.03	8.18	7.95	7.74	7.61	7.63		7.49	7.14	6.94	6.78	6.60	7.31		7.95	7.53	6.95
H1 lead leg	R	strides	22	15	15	15	15				16	16	16	20	150				
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			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

H1 lead leg	R	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
		strides	22	14	14	14	14		15	15	15	15	15	19	172				
Busch, Sabine (GDR) (1962)																			
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				
Krafzik, Carolina (GER) (1995)																			
Heat 5 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
										<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>									
date	31-Jul-21	time	6.33	10.30	14.43	18.73	23.40		28.23	33.26	38.33	43.74	48.95		54.71		5 / 2		
reaction time	0.189	interval		3.97	4.13	4.30	4.67		4.83	5.03	5.07	5.41	5.21	5.76			12.40	14.53	15.69
		velocity	7.11	8.82	8.47	8.14	7.49		7.25	6.96	6.90	6.47	6.72	6.94	7.31		8.47	7.23	6.69
H1 lead leg	L	strides	23	15	15	15	17		17	17	17		17	20	173				
Tkachuk, Viktoriya (UKR) (1994)																			
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)																			
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)																			
										<i>Omega Timing (2023) - diamond league race analysis</i>									
date	02-Jun-23	time	6.38	10.55	14.82	19.13	23.62		28.21	33.05	38.04	43.26	48.53		54.71		5 / 6		
reaction time	0.133	interval		4.17	4.27	4.31	4.49		4.59	4.84	4.99	5.22	5.27	6.18			12.75	13.92	15.48
		velocity	7.05	8.39	8.20	8.12	7.80		7.63	7.23	7.01	6.70	6.64	6.47	7.31		8.24	7.54	6.78
H1 lead leg	L	strides	23	15	14	14	15		15	15	16	16	16	19	178				
Woodruff, Gianna (PAN) (1993)																			
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)																			
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	24.92	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)																			
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)																			
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			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)																			
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)																			
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)																			
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

H1 lead leg	L	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	
		strides	22	15	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	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
		velocity	7.03	8.24	7.87	7.94	7.63		7.45	7.28	7.03	6.80	6.89	6.77	7.31		8.01	7.45	6.90
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	19	179				
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	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	15	127					
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 5 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>				
date	31-Jul-21	time	6.47	10.67	15.03		24.03		28.80	33.76		43.93	49.06		54.74	9 / 3			
reaction time	0.186	interval		4.20	4.36		9.00		4.77	4.96		10.17	5.13	5.68					15.30
		velocity	6.96	8.33	8.03		7.78		7.34	7.06		6.88	6.82	7.04	7.31				6.86
H1 lead leg	R	strides	21	14	14				15	15			15	18	112				
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	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	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

H1 lead leg	R	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	
		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	16	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				16	16	16	17	17	20.2	156.2				
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
Heat 1 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	04-Aug-24	time	6.28	10.47	14.73	18.98	23.38		27.98	32.89	37.94	43.24	48.52		54.75	3 / 2			
reaction time	0.192	interval		4.19	4.26	4.25	4.40		4.60	4.91	5.05	5.30	5.28	6.23			12.70	13.91	15.63
		velocity	7.17	8.35	8.22	8.24	7.95		7.61	7.13	6.93	6.60	6.63	6.42	7.31		8.27	7.55	6.72
H1 lead leg	R	strides	24	16	16	16	16		16	17	17	18	18	22	196				
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			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 (Zürich, 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		

H1 lead leg	R	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				
		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) (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 - 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, Nnanya (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
		velocity	7.26	8.75	8.14	7.78	7.61		7.61	7.29	6.60	6.73	6.60	6.68	7.30		8.20	7.50	6.65
H1 lead leg	L	strides		13	13	13	13		16	16	16	16	17	19.5	152.5				
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
Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)			<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	18-Aug-09	time	6.46	10.65	14.92	19.29	23.75		28.53	33.29	38.28	43.42	48.69		54.79	5 / 3			
reaction time	0.167	interval		4.19	4.27	4.37	4.46		4.78	4.76	4.99	5.14	5.27	6.10			12.83	14.00	15.40
		velocity	6.97	8.35	8.20	8.01	7.85		7.32	7.35	7.01	6.81	6.64	6.56	7.30		8.18	7.50	6.82
H1 lead leg		strides																	
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 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		19.48	24.00		28.72	33.60	38.56	43.60	48.80		54.79	6 / 6			
reaction time	0.126	interval		4.32		8.76	4.52		4.72	4.88	4.96	5.04	5.20	5.99			13.08	14.12	15.20
		velocity	7.03	8.10		7.99	7.74		7.42	7.17	7.06	6.94	6.73	6.68	7.30		8.03	7.44	6.91
H1 lead leg	R	strides	21	14		14			15	15	15	15	15	18.5	142.5				
Hailey, Nnanya (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 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	27-Jun-21	time	6.24	10.24	14.44	18.82	23.29		27.89	32.63	37.50	42.61		54.79	8 / 5				
reaction time	0.251	interval		4.00	4.20	4.38	4.47		4.60	4.74	4.87	5.11		DQ			13.05	9.34	
		velocity	7.21	8.75	8.33	7.99	7.83		7.61	7.38	7.19	6.85		7.30			8.05	11.24	
H1 lead leg	L	strides		16	16	16	16		17	17	17	17		132					
Turner, Jessica (GBR) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	10-Jun-21	time	6.48	10.64	14.88	19.16	23.56	25.5	28.30	33.04	38.12	43.28	48.60		54.79	6 / 3			
reaction time	0.199	interval		4.16	4.24	4.28	4.40		4.74	4.74	5.08	5.16	5.32	6.19			12.68	13.88	15.56
		velocity	6.94	8.41	8.25	8.18	7.95	7.84	7.38	7.38	6.89	6.78	6.58	6.46	7.30		8.28	7.56	6.75
H1 lead leg	L	strides	24	15	15	15	15		16	16	17	17	17	20.2	187.2				
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 Weltklasse (Zürich, SUI) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	08-Sep-22	time	6.27	10.38		23.19	25.05		27.73	32.43	37.40	42.67	48.29		54.79	8 / 6			
reaction time	0.216	interval		4.11		12.81			4.54	4.70	4.97	5.27	5.62	6.50					15.86
		velocity	7.18	8.52		8.20	7.98		7.71	7.45	7.04	6.64	6.23	6.15	7.30				6.62
H1 lead leg	L	strides	22	15					15	15	16	16	17	20.5	136.5				
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 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																
date	31-Jul-21	time	6.48	10.65	14.93	19.34	23.76		28.36	33.03	38.02	43.23	48.61		54.80	9 / 1			
reaction time	0.256	interval		4.17	4.28	4.41	4.42		4.60	4.67	4.99	5.21	5.38	6.19			12.86	13.69	15.58

H1 lead leg	L	velocity	6.94	8.39	8.18	7.94	7.92		7.61	7.49	7.01	6.72	6.51	6.46	7.30		8.16	7.67	6.74
		strides	22	15	15	15	15		15	15	15	16	16	19.5	178.5				
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 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	09-Jun-22	time	6.43	10.50	14.67	19.00	23.47	25.33	28.20	33.03	38.00	43.20	48.60		54.80	7 / 5			
reaction time	0.164	interval		4.07	4.17	4.33	4.47		4.73	4.83	4.97	5.20	5.40	6.20			12.57	14.03	15.57
		velocity	7.00	8.60	8.39	8.08	7.83	7.90	7.40	7.25	7.04	6.73	6.48	6.45	7.30		8.35	7.48	6.74
H1 lead leg	L	strides	23	15	15	15			16	16	16	17	17	20	170				
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 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	30-Jun-22	time	6.40	10.60	14.84	19.18	23.66	25.58	28.36	33.20	38.22	43.36	48.64		54.80	2 / 6			
reaction time	0.180	interval		4.20	4.24	4.34	4.48		4.70	4.84	5.02	5.14	5.28	6.16	PB		12.78	14.02	15.44
		velocity	7.03	8.33	8.25	8.06	7.81	7.82	7.45	7.23	6.97	6.81	6.63	6.49	7.30		8.22	7.49	6.80
H1 lead leg	L	strides	24	16	16	16			16	16	16	17	17	20.5	190.5				
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
Heat 2 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	04-Aug-24	time	6.42	10.59	14.74	18.97	23.46		28.00	32.88	38.07	43.24	48.69		54.80	3 / 3			
reaction time	0.179	interval		4.17	4.15	4.23	4.49		4.54	4.88	5.19	5.17	5.45	6.11			12.55	13.91	15.81
		velocity	7.01	8.39	8.43	8.27	7.80		7.71	7.17	6.74	6.77	6.42	6.55	7.30		8.37	7.55	6.64
H1 lead leg	R	strides	23	15	15	15			15	16	16	16	17	20	183				
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 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	04-Aug-24	time	6.38	10.50	14.81	19.16	23.59		28.15	33.10	38.16	43.31	48.59		54.80	9 / 4			
reaction time	0.186	interval		4.12	4.31	4.35	4.43		4.56	4.95	5.06	5.15	5.28	6.21			12.78	13.94	15.49
		velocity	7.05	8.50	8.12	8.05	7.90		7.68	7.07	6.92	6.80	6.63	6.44	7.30		8.22	7.53	6.78
H1 lead leg	R	strides	23	15	15	15			16	17	17	17	17	21	188				
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
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	10.47	14.88	19.42	24.08		28.87	33.51	38.32	43.28	48.34		54.81	5 / 4			
reaction time	0.155	interval		4.31	4.41	4.54	4.66		4.79	4.64	4.81	4.96	5.06	6.47			13.26	14.09	14.83
		velocity	7.31	8.12	7.94	7.71	7.51		7.31	7.54	7.28	7.06	6.92	6.18	7.30		7.92	7.45	7.08
H1 lead leg	L	strides	23	16	16	17	17		16	16	17	17	17	21	193				
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 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	02-Jun-16	time	6.32	10.48	14.68	18.96	23.40		28.12	33.00	38.00	43.08	48.48		54.81	6 / 3			
reaction time	0.154	interval		4.16	4.20	4.28	4.44		4.72	4.88	5.00	5.08	5.40	6.33			12.64	14.04	15.48
		velocity	7.12	8.41	8.33	8.18	7.88		7.42	7.17	7.00	6.89	6.48	6.32	7.30		8.31	7.48	6.78
H1 lead leg	L	strides	23	15	15	15	16					17	18	20.7	139.7				
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 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	10.63		19.37	23.83		28.40		38.13	43.30	48.67		54.81	6 / 3			
reaction time	0.154	interval		4.26		8.74	4.46		4.57		9.73	5.17	5.37	6.14			13.00		
		velocity	7.06	8.22		8.01	7.85		7.66		7.19	6.77	6.52	6.51	7.30		8.08		
H1 lead leg	R	strides	22	15		15			15		17	18	20.2	122.2					
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 - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	26-May-18	time	6.56	10.72	14.96	19.36	23.92			33.52	38.52	43.68	49.00		54.81	7 / 4			
reaction time	0.199	interval		4.16	4.24	4.40	4.56			9.60	5.00	5.16	5.32	5.81			12.80	14.16	15.48
		velocity	6.86	8.41	8.25	7.95	7.68			7.29	7.00	6.78	6.58	6.88	7.30		8.20	7.42	6.78
H1 lead leg	R	strides	22	15	15	15	15				16	16	17	19.2	150.2				
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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>			
date	31-Jul-21	time	6.50	10.60	14.93	19.30	23.95		28.83	33.66	38.57	43.70	48.92		54.81	7 / 2			
reaction time	0.159	interval		4.10	4.33	4.37	4.65		4.88	4.83	4.91	5.13	5.22	5.89			12.80	14.36	15.26
		velocity	6.92	8.54	8.08	8.01	7.53		7.17	7.25	7.13	6.82	6.70	6.79	7.30		8.20	7.31	6.88
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	16	16	19.7	183.7				
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 Music City Track Carnival (Nashville, TN) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	05-Jun-22	time	6.38	10.58	14.83	19.29	24.60		28.66	33.39	38.22	43.26	48.56		54.81	7 / 4			
reaction time		interval		4.20	4.25	4.46	5.31		4.06	4.73	4.83	5.04	5.30	6.25			12.91	14.10	15.17
		velocity	7.05	8.33	8.24	7.85	7.53		8.62	7.40	7.25	6.94	6.60	6.40	7.30		8.13	7.45	6.92
H1 lead leg	L	strides	21	14	14	14	17		13	15	15	15		138					
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 Bislett Games (Oslo, NOR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	16-Jun-22	time	6.46	10.58	14.78	19.10	23.62		28.50	33.36	38.30	43.44	48.86		54.81	7 / 2			
reaction time	0.175	interval		4.12	4.20	4.32	4.52		4.88	4.86	4.94	5.14	5.42	5.95			12.64	14.26	15.50

H1 lead leg	R	velocity	6.97	8.50	8.33	8.10	7.74		7.17	7.20	7.09	6.81	6.46	6.72	7.30		8.31	7.36	6.77
		strides	22	14	14	14	14		15	15	15	15	16	19.2	173.2				
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 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	6.33	10.40	14.67	18.93	23.43	25.37	28.10		38.00	43.23	48.60		54.81	4 / 6			
reaction time	0.123	interval		4.07	4.27	4.26	4.50		4.67		9.90	5.23	5.37	6.21			12.60		
		velocity	7.11	8.60	8.20	8.22	7.78	7.88	7.49		7.07	6.69	6.52	6.44	7.30		8.33		
H1 lead leg	L	strides	23	15	15	15	15		15		15	16	16	19	164				
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 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	10.60	14.97	19.30	23.76	25.80	28.47	33.40	38.37	43.47	48.73		54.81	3 / 4			
reaction time	0.162	interval		4.27	4.37	4.33	4.46		4.71	4.93	4.97	5.10	5.26	6.08	PB		12.97	14.10	15.33
		velocity	7.11	8.20	8.01	8.08	7.85	7.75	7.43	7.10	7.04	6.86	6.65	6.58	7.30		8.10	7.45	6.85
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16	19.7	180.7				
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
Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)																<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>			
date	18-Aug-09	time	6.57	10.79	15.06	19.45	23.97		28.54	33.39	38.29	43.41	48.65		54.82	4 / 4			
reaction time	0.183	interval		4.22	4.27	4.39	4.52		4.57	4.85	4.90	5.12	5.24	6.17			12.88	13.94	15.26
		velocity	6.85	8.29	8.20	7.97	7.74		7.66	7.22	7.14	6.84	6.68	6.48	7.30		8.15	7.53	6.88
H1 lead leg		strides																	
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 Doha Diamond League (Doha, QAT) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	03-May-19	time	6.58	10.70	14.91	19.35	23.99	25.9	28.73	33.60	38.60	43.64	48.84		54.82	4 / 3			
reaction time	0.149	interval		4.12	4.21	4.44	4.64		4.74	4.87	5.00	5.04	5.20	5.98			12.77	14.25	15.24
		velocity	6.84	8.50	8.31	7.88	7.54	7.72	7.38	7.19	7.00	6.94	6.73	6.69	7.30		8.22	7.37	6.89
H1 lead leg	R	strides	22	14	14	14	15		15	15	15	15	16	19.2	174.2				
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 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	06-Jun-19	time	6.66	10.96	15.34	19.80	24.40		29.04	33.74	38.58	43.62	48.78		54.82	7 / 3			
reaction time	0.162	interval		4.30	4.38	4.46	4.60		4.64	4.70	4.84	5.04	5.16	6.04			13.14	13.94	15.04
		velocity	6.76	8.14	7.99	7.85	7.61		7.54	7.45	7.23	6.94	6.78	6.62	7.30		7.99	7.53	6.98
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180				
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 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	6.48	10.56	14.80	19.20		25.6		33.24	38.32	43.56	48.84		54.82	1 / 5			
reaction time	0.183	interval		4.08	4.24	4.40				14.04	5.08	5.24	5.28	5.98			12.72	14.04	15.60
		velocity	6.94	8.58	8.25	7.95		7.81		7.48	6.89	6.68	6.63	6.69	7.30		8.25	7.48	6.73
H1 lead leg	L	strides	22	15	15	15				16	17	17	17	19.5	136.5				
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 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	10.48	14.75	19.12	23.66		28.26	33.06	38.07	43.24	48.61		54.82	7 / 8			
reaction time	0.186	interval		4.21	4.27	4.37	4.54		4.60	4.80	5.01	5.17	5.37	6.21			12.85	13.94	15.55
		velocity	7.18	8.31	8.20	8.01	7.71		7.61	7.29	6.99	6.77	6.52	6.44	7.30		8.17	7.53	6.75
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	17	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

H1 lead leg	R	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
		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				
Szeker, 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
		velocity	6.62	8.24	8.14	7.97	7.85		9.78	6.09	7.16	7.11	6.28	6.72	7.29		8.11	7.61	6.83
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	17	19.7	181.7				
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
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)																<i>Henson (2021) - Athlete First: major championships report</i>			
date	15-Aug-13	time	6.31	10.38	14.65	19.08	23.58		28.19	33.08	38.08	43.23	48.61		54.86	8 / 5-4			
reaction time	0.175	interval		4.07	4.27	4.43	4.50		4.61	4.89	5.00	5.15	5.38	6.25			12.77	14.00	15.53
		velocity	7.13	8.60	8.20	7.90	7.78		7.59	7.16	7.00	6.80	6.51	6.40	7.29		8.22	7.50	6.76
H1 lead leg	L	strides	23		16	16	16		17	17		17	18	21.2	161.2				
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)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	21-Jul-18	time	6.12	10.32	14.68	19.20	23.84		28.56	33.32	38.32	43.44	48.56		54.86	4 / 3			
reaction time		interval		4.20	4.36	4.52	4.64		4.72	4.76	5.00	5.12	5.12	6.30			13.08	14.12	15.24
		velocity	7.35	8.33	8.03	7.74	7.54		7.42	7.35	7.00	6.84	6.84	6.35	7.29		8.03	7.44	6.89
H1 lead leg	R	strides	23	15	15	15	15		15	15	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)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	18-Aug-18	time	6.44	10.77	15.25	19.78	24.35		29.13	34.06	39.00	44.04	49.18		54.86	4 / 1			
reaction time	0.116	interval		4.33	4.48	4.53	4.57		4.78	4.93	4.94	5.04	5.14	5.68			13.34	14.28	15.12
		velocity	6.99	8.08	7.81	7.73	7.66		7.32	7.10	7.09	6.94	6.81	7.04	7.29		7.87	7.35	6.94
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	18.2	170.2				
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)																<i>European Athletics (2022) - european athletics championships race analysis</i>			
date	19-Aug-22	time	6.46	10.52	14.75	19.10	23.61	25.61	28.31	33.14	38.15	43.27	48.59		54.86	5 / 3			
reaction time	0.250	interval		4.06	4.23	4.35	4.51		4.70	4.83	5.01	5.12	5.32	6.27			12.64	14.04	15.45

H1 lead leg	R	velocity	6.97	8.62	8.27	8.05	7.76	7.81	7.45	7.25	6.99	6.84	6.58	6.38	7.29	8.31	7.48	6.80	
		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)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	10-Jun-23	time	6.50	10.74	15.01	19.52	24.09		28.76	33.56	38.50	43.54	48.75		54.86	8 / 3			
reaction time		interval		4.24	4.27	4.51	4.57		4.67	4.80	4.94	5.04	5.21	6.11	PB		13.02	14.04	15.19
		velocity	6.92	8.25	8.20	7.76	7.66		7.49	7.29	7.09	6.94	6.72	6.55	7.29		8.06	7.48	6.91
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	18.2	171.2				
Williams, Trevaia (USA) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USA Olympic Trials (Atlanta, GA)																<i>USATF Women's Sprint Development (1996)</i>			
date	16-Jun-96	time	6.47	10.51	14.85	19.28	23.78	25.21	28.48	33.31	38.28	43.37	48.55		54.87	7 / 4			
reaction time		interval		4.04	4.34	4.43	4.50		4.70	4.83	4.97	5.09	5.18	6.32	PB		12.81	14.03	15.24
		velocity	6.96	8.66	8.06	7.90	7.78	7.93	7.45	7.25	7.04	6.88	6.76	6.33	7.29		8.20	7.48	6.89
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5				
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)																<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	06-May-16	time	6.52	10.84	15.16	19.56	24.12		28.76	33.56	38.64	43.88	49.16		54.87	2 / 2			
reaction time	0.178	interval		4.32	4.32	4.40	4.56		4.64	4.80	5.08	5.24	5.28	5.71			13.04	14.00	15.60
		velocity	6.90	8.10	8.10	7.95	7.68		7.54	7.29	6.89	6.68	6.63	7.01	7.29		8.05	7.50	6.73
H1 lead leg	L	strides	24	15	15	15	15		15	15	17	17	17	19.5	184.5				
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)																<i>Henson (2021) - Athlete First: 2019 year end hurdle report</i>			
date	01-Oct-19	time	6.24	10.28	14.60	18.96	23.56		28.40	33.24	38.20	43.44	48.68		54.87	5 / 1			
reaction time	0.194	interval		4.04	4.32	4.36	4.60		4.84	4.84	4.96	5.24	5.24	6.19			12.72	14.28	15.44
		velocity	7.21	8.66	8.10	8.03	7.61		7.23	7.23	7.06	6.68	6.68	6.46	7.29		8.25	7.35	6.80
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19.2	179.2				
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)																<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>			
date	21-Aug-99	time	6.21	10.49	14.79	19.19	23.83		28.56	33.61	38.71	43.75	48.85		54.88	7 / 2			
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		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)																<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>			
date	23-Jun-07	time	6.55	10.86	15.18	19.70	24.17		28.75	33.59	38.52	43.59	48.90		54.88	1 / 2			
reaction time	0.207	interval		4.31	4.32	4.52	4.47		4.58	4.84	4.93	5.07	5.31	5.98			13.15	13.89	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'Athletisme (Rabat, MAR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	22-May-16	time	6.32	10.64	14.88	19.24	23.76		28.28	33.00	37.88	43.08	48.48		54.88	5 / 3			
reaction time	0.198	interval		4.32	4.24	4.36	4.52		4.52	4.72	4.88	5.20	5.40	6.40			12.92	13.76	15.48
		velocity	7.12	8.10	8.25	8.03	7.74		7.74	7.42	7.17	6.73	6.48	6.25	7.29		8.13	7.63	6.78
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	18	18	21.5	194.5				
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 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

H1 lead leg	L	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
		strides	23	15	15	15	16		16	16	16	16	17	20	185				
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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>			
date	31-Jul-21	time	6.43	10.57	14.93	19.36	24.08		28.90	33.86	38.76	43.93	49.07		54.90	9 / 3			
reaction time	0.182	interval		4.14	4.36	4.43	4.72		4.82	4.96	4.90	5.17	5.14	5.83	NR PB		12.93	14.50	15.21
		velocity	7.00	8.45	8.03	7.90	7.42		7.26	7.06	7.14	6.77	6.81	6.86	7.29		8.12	7.24	6.90
H1 lead leg	L	strides	23	15	15	15	16		16	16	16	17	17	20	186				
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
		velocity	7.09	8.39	8.24	8.12	7.83		7.49	7.16	6.76	6.63	6.58	6.66	7.29		8.25	7.48	6.65
H1 lead leg	R	strides	22	15	15	15	15		15	15	16			128					
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 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

H1 lead leg	L	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
		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			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'Athlisme (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
		velocity	7.12	8.18	8.10	7.81	7.68	7.63	7.54	7.42	7.11	6.94	6.48	6.41	7.28		8.03	7.54	6.84
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	16	18.7	176.7				
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

H1 lead leg	R	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
		strides	23	15	15	15	15		16	16	16	17	17	20.7	185.7				
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
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		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	15	16	16	16	16	19.7	180.7				
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
Heat 5 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>				
date	31-Jul-21	time	6.60	10.90	15.26	19.83	24.50		29.30	34.17		44.22	49.23		54.93	8 / 4			
reaction time	0.130	interval		4.30	4.36	4.57	4.67		4.80	4.87		10.05	5.01	5.70	PB		13.23	14.34	15.06
		velocity	6.82	8.14	8.03	7.66	7.49		7.29	7.19		6.97	6.99	7.02	7.28		7.94	7.32	6.97
H1 lead leg	L	strides	24	16	16	16	16		17	17		17	20	159					
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	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	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	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 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
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	06-Aug-24	time	6.34	10.62	15.10	19.58	24.14		28.74	33.44	38.31	43.37	48.56		54.93	8 / 6			
reaction time	0.168	interval		4.28	4.48	4.48	4.56		4.60	4.70	4.87	5.06	5.19	6.37			13.24	13.86	15.12
		velocity	7.10	8.18	7.81	7.81	7.68		7.61	7.45	7.19	6.92	6.74	6.28	7.28		7.93	7.58	6.94
H1 lead leg	R	strides	24	16	16	16	16		16	17	17	17	18	21.2	194.2				
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, SU1)															<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'Athlétisme, 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	1 / 3			
reaction time		interval		4.09	4.16	4.25	4.39		4.60	5.01	5.10	5.30	5.43	6.14	PB		12.50	14.00	15.83

	velocity	6.96	8.56	8.41	8.24	7.97		7.61	6.99	6.86	6.60	6.45	6.51	7.28		8.40	7.50	6.63	
H1 lead leg	strides	23	15	15	15	15		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	
		velocity	7.06	8.58	8.24	8.01	7.78		7.53	7.16	6.89	6.76	6.57	6.40	7.28		8.27	7.48	6.74
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	21	185				
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	

H1 lead leg	R	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
		strides	21	14	14	14			15	15			16	19.5	128.5				
Ryzykhova, 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)																			
date	05-Aug-24	time	6.49	10.76	15.03	19.45	24.03		28.77	33.58	38.56	43.67	48.88		54.95	8 / 2			
reaction time	0.174	interval		4.27	4.27	4.42	4.58		4.74	4.81	4.98	5.11	5.21	6.07		12.96	14.13	15.30	
		velocity	6.93	8.20	8.20	7.92	7.64		7.38	7.28	7.03	6.85	6.72	6.59	7.28	8.10	7.43	6.86	
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	19.5	170.5				
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)																			
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	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)																			
date	22-Jul-16	time	6.26	10.43	14.63	18.93	23.43		28.16	33.03	38.03	43.30	48.70		54.96	3 / 5			
reaction time	0.146	interval		4.17	4.20	4.30	4.50		4.73	4.87	5.00	5.27	5.40	6.26		12.67	14.10	15.67	
		velocity	7.19	8.39	8.33	8.14	7.78		7.40	7.19	7.00	6.64	6.48	6.39	7.28	8.29	7.45	6.70	
H1 lead leg	L	strides	22	15	15	15	15		16	16	17	17	17	19.7	184.7				
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 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
date	02-Aug-21	time	6.40	10.36	14.50	18.73	23.10		27.76	32.78		43.36	48.83		54.96	4 / 4			
reaction time	0.172	interval		3.96	4.14	4.23	4.37		4.66	5.02		10.58	5.47	6.13		12.33	14.05	16.05	
		velocity	7.03	8.84	8.45	8.27	8.01		7.51	6.97		6.62	6.40	6.53	7.28	8.52	7.47	6.54	
H1 lead leg	L	strides	23	15	15	15	15		17	17	17	17	17	21	189				
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)																			
date	25-Aug-04	time	6.07	10.21	14.47	18.69	23.10		27.70	32.51	37.56	42.87	48.30		54.97	2 / 7			
reaction time	0.184	interval		4.14	4.26	4.22	4.41		4.60	4.81	5.05	5.31	5.43	6.67		12.62	13.82	15.79	
		velocity	7.41	8.45	8.22	8.29	7.94		7.61	7.28	6.93	6.59	6.45	6.00	7.28	8.32	7.60	6.65	
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187				
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)																			
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	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)																			
date	19-Aug-22	time	6.30	10.47	14.83	19.29	23.82	25.82	28.45	33.30	38.33	43.36	48.70		54.97	6 / 4			
reaction time	0.143	interval		4.17	4.36	4.46	4.53		4.63	4.85	5.03	5.03	5.34	6.27		12.99	14.01	15.40	
		velocity	7.14	8.39	8.03	7.85	7.73	7.75	7.56	7.22	6.96	6.96	6.55	6.38	7.28	8.08	7.49	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)																			
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)																			
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 (Lausanne, SUI) (TV Analysis)																			
date	25-Aug-16	time	6.40	10.60	14.88	19.24	23.72		28.32	33.04	38.04	43.28	48.64		54.98	6 / 3			
reaction time	0.123	interval		4.20	4.28	4.36	4.48		4.60	4.72	5.00	5.24	5.36	6.34		12.84	13.80	15.60	
		velocity	7.03	8.33	8.18	8.03	7.81		7.61	7.42	7.00	6.68	6.53	6.31	7.28	8.18	7.61	6.73	
H1 lead leg	R	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)																			
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	

H1 lead leg	R	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
		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	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				
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 European Athletics Championships (Munich, GER)																<i>European Athletics (2022) - european athletics championships race analysis</i>			
date	18-Aug-22	time	6.25	10.49	14.72	19.06	23.41	25.34	27.91	32.62	37.74	42.83	48.23		54.98	3 / 4			
reaction time	0.188	interval		4.24	4.23	4.34	4.35		4.50	4.71	5.12	5.09	5.40	6.75			12.81	13.56	15.61
		velocity	7.20	8.25	8.27	8.06	8.05	7.89	7.78	7.43	6.84	6.88	6.48	5.93	7.28		8.20	7.74	6.73
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	21.2	156.2				
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 - 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	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	14	14		15	15	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	R	strides	22	15	15	15	15		15	15	16	16	16	20	180				
Hechavarría, Zurian (CUB) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>			
date	31-Jul-21	time	6.23	10.40	14.60	18.90	23.36		28.03	32.87	37.98	43.30	48.83		54.99	6 / 5			
reaction time	0.181	interval		4.17	4.20	4.30	4.46		4.67	4.84	5.11	5.32	5.53	6.16	PB		12.67	13.97	15.96
		velocity	7.22	8.39	8.33	8.14	7.85		7.49	7.23	6.85	6.58	6.33	6.49	7.27		8.29	7.52	6.58
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	21	186				
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		

H1 lead leg	R	velocity	6.85	8.33	8.12	8.06	7.88				7.32	6.72	6.40	6.55	7.27		8.17		
		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	
		velocity	6.97	8.73	8.54	8.35	8.08	7.51	7.06	6.74	6.54	6.53	6.27	7.27		8.54	7.53	6.60	
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	20.2	186.2					
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, SUI) (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					
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	
Heat 5 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>					
date	31-Jul-21	time	6.46	10.62	14.76	19.15	23.73	28.36	33.16		43.80	49.06		55.00	7 / 6				
reaction time	0.166	interval		4.16	4.14	4.39	4.58	4.63	4.80		10.64	5.26	5.94			12.69	14.01	15.90	
		velocity	6.97	8.41	8.45	7.97	7.64	7.56	7.29		6.58	6.65	6.73	7.27		8.27	7.49	6.60	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16		16	19	164					
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																	
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 - 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	

H1 lead leg	R	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	
		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
		velocity	6.85	8.12	8.14	8.14	7.76				7.26	6.85	6.69	6.64	6.93	7.27		8.13	7.42	6.73
H1 lead leg	R	strides	22	15	15	15	15					16	16	16	20.7	150.7				
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 - 2023 Asian Games (Hangzhou, CHN)																<i>Shandong Athletics Sport Science (2023)</i>				
date	03-Oct-23	time	6.46	10.60	14.76	19.03	23.56		28.23	33.13	38.13	43.30	48.77		55.01	9 / 2				
reaction time	0.197	interval		4.14	4.16	4.27	4.53		4.67	4.90	5.00	5.17	5.47	6.24			12.57	14.10	15.64	
		velocity	6.97	8.45	8.41	8.20	7.73		7.49	7.14	7.00	6.77	6.40	6.41	7.27		8.35	7.45	6.71	
H1 lead leg	L	strides	23	15	15	16	16		16	17	17	17	18	22	192					
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, 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	
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	4.24	4.40	4.52		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	

H1 lead leg	L	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	
		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
		velocity	6.92	7.78	7.78	7.78	7.61		7.29	7.29	7.14	6.86	7.00	6.85	7.27		7.78	7.39	7.00
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	15	18	176				
Morosanu, Angela (ROU) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 IAAF World Championships (Berlin, GER)			<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	20-Aug-09	time	6.17	10.14	14.24	18.56	22.97		27.70	32.63	37.70	43.08	48.71		55.04	1 / 8			
reaction time	0.183	interval		3.97	4.10	4.32	4.41		4.73	4.93	5.07	5.38	5.63	6.33			12.39	14.07	16.08
		velocity	7.29	8.82	8.54	8.10	7.94		7.40	7.10	6.90	6.51	6.22	6.32	7.27		8.47	7.46	6.53
H1 lead leg		strides		14	14	15	14		15	15	15	16	17		135				
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 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)			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	10.58	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, 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 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)			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	10.76	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)			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	10.40	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)			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	6.20	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)			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	6.37	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		28.40	4.86	5.10	5.20	5.47	6.02			12.86	14.03	15.77

H1 lead leg	L	velocity	7.06	8.16	8.06	8.27	7.73		1.23	7.20	6.86	6.73	6.40	6.64	7.27		8.16	7.48	6.66
		strides	22	15	15	15	15		15	16	16	16	17	20	182				
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
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)			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	14.7	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)			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	10.48			23.68	25.5	28.28	32.96	37.68	42.84	48.28		55.06	1 / 6			
reaction time	0.183	interval		4.12			13.20		4.60	4.68	4.72	5.16	5.44	6.78					15.32
		velocity	7.08	8.50			7.95	7.84	7.61	7.48	7.42	6.78	6.43	5.90	7.26				6.85
H1 lead leg	L	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 / 5			
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>Sušanka (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	/ 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 (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 - 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	
		velocity	7.08	8.41	8.18	8.03	7.74		7.42	7.17		6.92	6.48	6.36	7.26	8.20	7.44	6.77	
H1 lead leg	L	strides	23	15	15	15	15		16	16		18	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				
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 - 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	16	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		

H1 lead leg	R	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
		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)																		
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)																		
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)																		
date	06-Aug-22	time	6.40	10.50	14.53	18.90	23.47	25.5	28.33	33.23	38.20	43.37	48.73		55.11	8 / 5		
reaction time	0.160	interval		4.10	4.03	4.37	4.57	4.86	4.90	4.97	5.17	5.36	6.38			12.50	14.33	15.50
		velocity	7.03	8.54	8.68	8.01	7.66	7.84	7.20	7.14	7.04	6.77	6.53	6.27	7.26	8.40	7.33	6.77
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.2	179.2				
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)																		
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)																		
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)																		
date	24-Jun-90	time	6.56	10.82	15.19	19.71	24.30	29.02	33.87	38.89	44.05	49.28		55.12	1 / 1			
reaction time		interval		4.26	4.37	4.52	4.59	4.72	4.85	5.02	5.16	5.23	5.84			13.15	14.16	15.41
		velocity	6.86	8.22	8.01	7.74	7.63	7.42	7.22	6.97	6.78	6.69	6.85	7.26		7.98	7.42	6.81
H1 lead leg		strides	23	15	15	15	15	15	15	15	17	17		162				
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)																		
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)																		
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, 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
Heat 1 - 2009 IAAF World Championships (Berlin, GER)																		
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)																		
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				
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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																		
date	02-Aug-21	time	6.33	10.53	14.86	19.23	23.76	28.55	33.53	38.63	43.70	49.02		55.12	6 / 4			
reaction time	0.140	interval		4.20	4.33	4.37	4.53	4.79	4.98	5.10	5.07	5.32	6.10			12.90	14.30	15.49

H1 lead leg	R	velocity	7.11	8.33	8.08	8.01	7.73		7.31	7.03	6.86	6.90	6.58	6.56	7.26		8.14	7.34	6.78
		strides	21	14	14	14	14		15	15	15	15	15	19	171				
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, SU)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	30-Jun-23	time	6.26	10.41	14.66	19.04	23.53		28.17	33.01	38.07	43.23	48.66		55.12	8 / 3			
reaction time	0.222	interval		4.15	4.25	4.38	4.49		4.64	4.84	5.06	5.16	5.43	6.46			12.78	13.97	15.65
		velocity	7.19	8.43	8.24	7.99	7.80		7.54	7.23	6.92	6.78	6.45	6.19	7.26		8.22	7.52	6.71
H1 lead leg	L	strides	23	15		15			15	16	16	17	17	21	155				
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			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, SU) (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
		velocity	6.86	8.25	7.95		7.78	7.66	7.48	7.42	7.23	6.73	6.48	6.57	7.26				6.80
H1 lead leg	R	strides	22	15	15				15	15	15	17	17	19.5	150.5				
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, SU)																<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, SU) (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

H1 lead leg	R	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		
		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	/ 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
		velocity	7.03	8.18	8.03	7.81	7.74		7.68	7.48	7.06	6.78	6.43	6.34	7.25		8.00	7.63	6.75
H1 lead leg	L	strides	23	15	15		16		16	16	17	17	17	21.5	173.5				
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		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

H1 lead leg	L	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		
		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		24.09		28.82	33.73	38.68	43.81	48.98		55.16	7 / 3			
reaction time	0.186	interval		4.23	4.38		9.14		4.73	4.91	4.95	5.13	5.17	6.18	PB				15.25
		velocity	7.10	8.27	7.99		7.66		7.40	7.13	7.07	6.82	6.77	6.47	7.25				6.89
H1 lead leg	R	strides	22	15	15				15	16	16		17	20.5	136.5				
Hailey, Nnanya (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, Nnanya (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				
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 1 - 2022 European Athletics Championships (Munich, GER)														<i>European Athletics (2022) - european athletics championships race analysis</i>					
date	18-Aug-22	time	6.28	10.47	14.84	19.28	23.83	25.83	28.43	33.28	38.40	43.49	48.92		55.16	6 / 1			
reaction time	0.165	interval		4.19	4.37	4.44	4.55		4.60	4.85	5.12	5.09	5.43	6.24			13.00	14.00	15.64
		velocity	7.17	8.35	8.01	7.88	7.69	7.74	7.61	7.22	6.84	6.88	6.45	6.41	7.25		8.08	7.50	6.71
H1 lead leg	L	strides	22	15	16	16	16		16	16	17	17	18	21.7	190.7				
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
		velocity	7.17	8.50	8.37	8.06	7.73		7.34	7.07	6.76	6.60	6.63	6.42	7.25		8.31	7.37	6.66
H1 lead leg	R	strides	23	15		15			16	16	17	17	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				
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 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

H1 lead leg	R	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	
		strides	21	14	14	15	15	15	15	16	15	16	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 Athletissime (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
		velocity	6.99	8.33	8.03	7.95	7.74		7.48	7.23	6.94	6.58	6.58	6.58	7.25		8.10	7.48	6.70
H1 lead leg	R	strides	24	16	16	16	16		17	17	18	18	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	15		16			17	21	122					
Peeters, Cathelij (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

H1 lead leg	R	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	
		strides	23	15	15	15	15		15	16		18			132					
Petersen, Sara Slott (DEN) (1987)																				
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	15			16	17	17	20.7	137.7						
Woodruff, Gianna (PAN) (1993)																				
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)																				
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)																				
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)																				
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>					
date	16-Jul-17	time	6.44	10.72	15.20	19.68	24.40		29.28	34.20	39.24	44.40	49.56		55.22		4 / 4			
reaction time	0.130	interval		4.28	4.48	4.48	4.72			4.88	4.92	5.04	5.16	5.16	5.66		13.24	14.52	15.36	
		velocity	6.99	8.18	7.81	7.81	7.42			7.17	7.11	6.94	6.78	6.78	7.07	7.24		7.93	7.23	6.84
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	18.2	170.2					
Little, Shamier (USA) (1995)																				
Heat 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	25-Jun-21	time	6.53	10.80	15.16	19.66	24.30		29.06	33.93	38.76	43.86	49.10		55.22		7 / 1			
reaction time	0.301	interval		4.27	4.36	4.50	4.64			4.76	4.87	4.83	5.10	5.24	6.12		13.13	14.27	15.17	
		velocity	6.89	8.20	8.03	7.78	7.54			7.35	7.19	7.25	6.86	6.68	6.54	7.24		8.00	7.36	6.92
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	16	16	19	183					
Hechavarria, Zurian (CUB) (1995)																				
Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>					
date	02-Aug-21	time	6.30	10.33	14.43	18.70	23.13		27.70	32.56	37.70	43.10	48.76		55.21		3 / 4			
reaction time	0.167	interval		4.03	4.10	4.27	4.43			4.57	4.86	5.14	5.40	5.66	6.45		12.40	13.86	16.20	
		velocity	7.14	8.68	8.54	8.20	7.90			7.66	7.20	6.81	6.48	6.18	6.20	7.25		8.47	7.58	6.48
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	18	22	189					
Pérez, Cristina (ESP) (1965)																				
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	10.72	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)																				
FINAL - 1997 European Cup (Munich, GER)															<i>Jung (2003) - http://www.fgs.uni-halle.de</i>					
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)																				
FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)															<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>					
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)																				
FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	12-May-18	time	6.44	10.68	15.00	19.44	23.96		28.64	33.44	38.44	43.72	49.12		55.23		7 / 3			
reaction time	0.180	interval		4.24	4.32	4.44	4.52			4.68	4.80	5.00	5.28	5.40	6.11		13.00	14.00	15.68	

H1 lead leg	R	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	
		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)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	26-May-18	time	6.44	10.52	14.64	18.88	23.28		27.88	32.68	37.72	43.12	48.72		55.23	2 / 5				
reaction time	0.249	interval		4.08	4.12	4.24	4.40		4.60	4.80	5.04	5.40	5.60	6.51			12.44	13.80	16.04	
		velocity	6.99	8.58	8.50	8.25	7.95		7.61	7.29	6.94	6.48	6.25	6.14	7.24		8.44	7.61	6.55	
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20	184					
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)																<i>Henson (2021) - Athlete First: 2019 year end hurdle report</i>				
date	01-Oct-19	time	6.60	10.76	15.04	19.36	23.88				33.60	38.68	43.88	49.16		55.23	7 / 1			
reaction time	0.176	interval		4.16	4.28	4.32	4.52				9.72	5.08	5.20	5.28	6.07		12.76	14.24	15.56	
		velocity	6.82	8.41	8.18	8.10	7.74				7.20	6.89	6.73	6.63	6.59	7.24		8.23	7.37	6.75
H1 lead leg	L	strides	23	15	15	15	15				16	16	16	19	135					
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)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	21-Aug-23	time	6.26	10.53	14.70	18.93	23.46		28.16	32.96	38.03	43.46	48.96		55.23	9 / 4				
reaction time	0.170	interval		4.27	4.17	4.23	4.53		4.70	4.80	5.07	5.43	5.50	6.27			12.67	14.03	16.00	
		velocity	7.19	8.20	8.39	8.27	7.73		7.45	7.29	6.90	6.45	6.36	6.38	7.24		8.29	7.48	6.56	
H1 lead leg	R	strides	22	14	14	15	15		15	15	15	16	16	19.5	176.5					
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)																<i>Lyle (1992) - miscellaneous coaching notes</i>				
date	02-Aug-92	time	6.63	10.91	15.32	19.75	24.25		28.97	33.86	38.82	43.99	49.40		55.24	4 / 1				
reaction time		interval		4.28	4.41	4.43	4.50		4.72	4.89	4.96	5.17	5.41	5.84			13.12	14.11	15.54	
		velocity	6.79	8.18	7.94	7.90	7.78		7.42	7.16	7.06	6.77	6.47	6.85	7.24		8.00	7.44	6.76	
H1 lead leg		strides																		
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)																<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>				
date	17-Aug-09	time	6.38	10.51	14.69	18.95	23.61		28.29	33.27	38.23	43.47	48.94		55.24	7 / 2				
reaction time	0.163	interval		4.13	4.18	4.26	4.66		4.68	4.98	4.96	5.24	5.47	6.30			12.57	14.32	15.67	
		velocity	7.05	8.47	8.37	8.22	7.51		7.48	7.03	7.06	6.68	6.40	6.35	7.24		8.35	7.33	6.70	
H1 lead leg		strides																		
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)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	05-Jul-19	time	6.44	10.64	14.96	19.44	24.00	26.0	28.80	33.68	38.68	43.96	49.32		55.24	7 / 5				
reaction time	0.125	interval		4.20	4.32	4.48	4.56		4.80	4.88	5.00	5.28	5.36	5.92			13.00	14.24	15.64	
		velocity	6.99	8.33	8.10	7.81	7.68	7.69	7.29	7.17	7.00	6.63	6.53	6.76	7.24		8.08	7.37	6.71	
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	16	16	154						
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	

H1 lead leg	L	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
		strides	22	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	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
		velocity	6.99		8.41	7.88		7.64	7.60	7.42	7.06	6.89	6.89	6.78	6.60	7.24			6.85
H1 lead leg	L	strides	23	15	15			15	15	16	16	16	16		131				
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 (Züch, SU)																			
<i>Omega Timing (2024) - diamond league race analysis</i>																			
date	05-Sep-24	time	6.35	10.51	14.74	18.96	23.25		27.77	32.54	37.59	42.96	48.57		55.26	2 / 5			
reaction time	0.205	interval			4.16	4.23	4.22	4.29		4.52	4.77	5.05	5.37	5.61	6.69		12.61	13.58	16.03
		velocity	7.09		8.41	8.27	8.29	8.16		7.74	7.34	6.93	6.52	6.24	5.98	7.24	8.33	7.73	6.55
H1 lead leg	R	strides	23	15			15		16	16			18	21	124				
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

H1 lead leg	L	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
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)																			
Hillier (2012) - uka 2012 olympic games report: 400m hurdles																			
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 / 6			
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)																			
Henson (2020) - Athlete First: 2017 year end hurdle report																			
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)																			
Henson (2020) - Athlete First: 2020 year end hurdle report																			
date	17-Sep-20	time	6.40	10.64	14.96	19.36	23.88	25.9	28.52	33.28	38.44	43.72	49.16		55.27	8 / 5			
reaction time	0.143	interval		4.24	4.32	4.40	4.52		4.64	4.76	5.16	5.28	5.44	6.11			12.96	13.92	15.88
		velocity	7.03	8.25	8.10	7.95	7.74	7.72	7.54	7.35	6.78	6.63	6.43	6.55	7.24		8.10	7.54	6.61
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	16	19	180				
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)																			
Henson (2021) - Athlete First: 2021 year end hurdle report																			
date	04-Jul-21	time	6.20	10.30	14.56	19.36	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	4.37	4.50		4.70	4.78		10.24	5.62	6.37					15.86
		velocity	7.26	8.54	8.22	7.78	7.81	7.45	7.32		6.84	6.23	6.28	7.24					6.62
H1 lead leg	R	strides		15	14				15	15	15		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)																			
Henson (2022) - Athlete First: 2022 year end hurdle report																			
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)																			
Henson (2020) - Athlete First: 2016 year end hurdle report																			
date	05-Jun-16	time	6.43	10.63	15.00	19.37	23.87		28.67	33.57	38.70	43.97	49.27		55.28	6 / 5			
reaction time	0.195	interval		4.20	4.37	4.37	4.50		4.80	4.90	5.13	5.27	5.30	6.01			12.94	14.20	15.70
		velocity	7.00	8.33	8.01	8.01	7.78		7.29	7.14	6.82	6.64	6.60	6.66	7.24		8.11	7.39	6.69
H1 lead leg	R	strides	24	15	16	16	16		16	16	17	17	17	20	190				
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)																			
Henson (2021) - Athlete First: 2017 year end hurdle report																			
date	20-Aug-17	time	6.64	10.92	15.20	19.60	24.04		28.64	33.44	38.40	43.64	48.96		55.28	7 / 5			
reaction time	0.154	interval		4.28	4.28	4.40	4.44		4.60	4.80	4.96	5.24	5.32	6.32			12.96	13.84	15.52
		velocity	6.78	8.18	8.18	7.95	7.88		7.61	7.29	7.06	6.68	6.58	6.33	7.24		8.10	7.59	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)																			
Henson (2020) - Athlete First: 2019 year end hurdle report																			
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)																			
Henson (2020) - Athlete First: 2019 year end hurdle report																			
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	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)																			
Omega Timing (2023) - diamond league race analysis																			
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)																			
Henson (2024) - Athlete First: 2024 year end hurdle report																			
date	19-May-24	time	6.53	10.76	15.14	19.61	24.14		28.91	33.79	39.03	44.30	49.54		55.28	1 / 4			
reaction time	0.163	interval		4.23	4.38	4.47	4.53		4.89	4.88	5.24	5.27	5.24	5.74			13.08	14.18	15.75

H1 lead leg	R	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
		strides	23	15	15	15	15		15		16	16	16	19	165				
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 - 2024 Chinese National Grand Prix Final (Rizhao, CHN)																<i>Shandong Athletics Sport Science (2024)</i>			
date	29-Jun-24	time	6.39	10.44	14.56	18.90	23.42		28.22	33.18	38.40	43.76	49.17		55.28	5 / 1			
reaction time	0.191	interval		4.05	4.12	4.34	4.52		4.80	4.96	5.22	5.36	5.41	6.11			12.51	14.28	15.99
		velocity	7.04	8.64	8.50	8.06	7.74		7.29	7.06	6.70	6.53	6.47	6.55	7.24		8.39	7.35	6.57
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	18	21	188				
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 1 - 2022 European Athletics Championships (Munich, GER)																<i>European Athletics (2022) - european athletics championships race analysis</i>			
date	18-Aug-22	time	6.16	10.16	14.29	18.58	23.02	25.01	27.66	32.57	37.79	43.15	48.78		55.29	3 / 2			
reaction time	0.184	interval		4.00	4.13	4.29	4.44		4.64	4.91	5.22	5.36	5.63	6.51			12.42	13.99	16.21
		velocity	7.31	8.75	8.47	8.16	7.88	8.00	7.54	7.13	6.70	6.53	6.22	6.14	7.23		8.45	7.51	6.48
H1 lead leg	L	strides	23	15		15	15		16	16	17	17	17	21	172				
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	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 7			
reaction time	0.270	interval		4.11	4.25	4.35	4.52		4.87	4.96	4.84	5.38	5.45	5.81			12.71	14.35	15.67
		velocity	6.65	8.52	8.24	8.05	7.74	7.75	7.19	7.06	7.23	6.51	6.42	6.88	7.23		8.26	7.32	6.70
H1 lead leg	L	strides	23	15	15	16	15		17	17	17	17	17	169					
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				
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 - 2022 European Athletics Championships (Munich, GER)																<i>European Athletics (2022) - european athletics championships race analysis</i>			
date	18-Aug-22	time	6.20	10.25	14.40	18.64	23.01	24.94	27.53	32.25	37.57	42.80	48.51		55.31	5 / 4			
reaction time	0.192	interval		4.05	4.15	4.24	4.37		4.52	4.72	5.32	5.23	5.71	6.80			12.44	13.61	16.26
		velocity	7.26	8.64	8.43	8.25	8.01	8.02	7.74	7.42	6.58	6.69	6.13	5.88	7.23		8.44	7.71	6.46
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	17	18	21.7	185.7				
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 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

H1 lead leg	L	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
		strides	22	15	15	15	15		15	16	16	17	17	19.7	182.7				
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
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	17	17	20	168					
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 - 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				
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
Heat 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																			
date	31-Jul-21	time	6.33	10.46	14.83	19.33	23.93		28.76	33.66	38.82	43.98	49.30		55.32	3 / 2			
reaction time	0.146	interval		4.13	4.37	4.50	4.60		4.83	4.90	5.16	5.16	5.32	6.02	AR PB		13.00	14.33	15.64
		velocity	7.11	8.47	8.01	7.78	7.61		7.25	7.14	6.78	6.78	6.58	6.64	7.23		8.08	7.33	6.71
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	20	185				
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)																			
<i>European Athletics (2022) - european athletics championships race analysis</i>																			
date	19-Aug-22	time	6.33	10.49	14.76	19.11	23.61	25.62	28.27	33.12	38.20	43.37	48.76		55.32	1 / 5			
reaction time	0.186	interval		4.16	4.27	4.35	4.50		4.66	4.85	5.08	5.17	5.39	6.56			12.78	14.01	15.64
		velocity	7.11	8.41	8.20	8.05	7.78	7.81	7.51	7.22	6.89	6.77	6.49	6.10	7.23		8.22	7.49	6.71
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
		velocity	7.03	8.43	8.18	7.88	7.51		7.29	7.23	7.09	6.63	6.47	6.53	7.23		8.16	7.34	6.72
H1 lead leg		strides																	
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

H1 lead leg	L	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
		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	17					
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	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	PB		12.97	14.07	15.67
		velocity	6.97	8.33	8.03	7.94	7.80		7.48	7.14	6.94	6.49	6.68	6.47	7.23		8.10	7.46	6.70
H1 lead leg	L	strides	23	15	15		15		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	NR		12.70	14.70	15.60
		velocity	6.92	8.75	8.14	7.95	7.45	7.78	7.14	6.86	6.86	6.73	6.60	6.83	7.23		8.27	7.14	6.73
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187				
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
		velocity	6.62	8.18	8.10	7.95	7.74		7.42	7.11	6.84	6.63	6.37	7.23			8.08	7.52	6.85
H1 lead leg	R	strides	22	15	15	15	15				16	16	16	20	150				
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

H1 lead leg	R	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	
		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	17	21	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				
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 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>				
date	31-Jul-21	time	6.30	10.43	14.70	19.23	23.86		28.70	33.50	38.68	43.77	49.13		55.37	7 / 3			
reaction time	0.213	interval		4.13	4.27	4.53	4.63		4.84	4.80	5.18	5.09	5.36	6.24			12.93	14.27	15.63
		velocity	7.14	8.47	8.20	7.73	7.56		7.23	7.29	6.76	6.88	6.53	6.41	7.22		8.12	7.36	6.72
H1 lead leg	L	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 - 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 (Rome, 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	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					

H1 lead leg	R	velocity	6.75				8.15					6.72	7.30	7.22					
		strides	24	15	15	15	15	15	16	16	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		10.60	5.99			13.13	14.23	15.67
		velocity	7.06	8.27	7.83	7.90	7.61	7.64	7.29	7.25	6.90		6.60	6.68	7.22		8.00	7.38	6.70
H1 lead leg	R	strides	22	15	15	15	15		15	15	15		19	146					
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 2 - 2022 European Athletics Championships (Munich, GER)															<i>European Athletics (2022) - european athletics championships race analysis</i>				
date	18-Aug-22	time	6.38	10.65	15.06	19.52	24.05	26.08	28.73	33.69	38.83	44.04	49.44		55.39	3 / 4			
reaction time	0.226	interval		4.27	4.41	4.46	4.53		4.68	4.96	5.14	5.21	5.40	5.95			13.14	14.17	15.75
		velocity	7.05	8.20	7.94	7.85	7.73	7.67	7.48	7.06	6.81	6.72	6.48	6.72	7.22		7.99	7.41	6.67
H1 lead leg	R	strides	22			15	15		15	15		16	16	19	133				
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	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		10.27	5.30	5.93			13.00	14.47	15.57
		velocity	7.00	8.25	8.03	7.95	7.54	7.71	7.20	7.04		6.82	6.60	6.75	7.22		8.08	7.26	6.74
H1 lead leg	L	strides	23	15	15	15	15		16	16		16	19.2	150.2					
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

H1 lead leg	velocity	7.03	8.62	8.41	8.20	7.85		7.46	7.09	6.62	6.53	6.25	6.47	7.22		8.41	7.45	6.46
	strides																	
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)																		
date	05-Jun-16	time	6.67	11.03	15.47	20.00	24.73		29.63	34.43	39.43	44.40	49.47		55.41	8 / 6		
reaction time	0.165	interval		4.36	4.44	4.53	4.73		4.90	4.80	5.00	4.97	5.07	5.94		13.33	14.43	15.04
		velocity	6.75	8.03	7.88	7.73	7.40		7.14	7.29	7.00	7.04	6.90	6.73	7.22	7.88	7.28	6.98
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	173				
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)																		
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)																		
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				
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 Athletissima (Lausanne, SU1)																		
date	30-Jun-23	time	6.46	10.60	14.87	19.22	23.71		28.44	33.37	38.48	43.73	49.21		55.41	2 / 5		
reaction time	0.175	interval		4.14	4.27	4.35	4.49		4.73	4.93	5.11	5.25	5.48	6.20		12.76	14.15	15.84
		velocity	6.97	8.45	8.20	8.05	7.80		7.40	7.10	6.85	6.67	6.39	6.45	7.22	8.23	7.42	6.63
H1 lead leg	R	strides	22	14		14		15	15		15	16	19.5	130.5				
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)																		
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	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)																		
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)																		
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)																		
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)																		
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, 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 Weltklasse (Züch, SU1)																		
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)																		
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

H1 lead leg	R	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
		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
		velocity	6.94	8.10	7.95	7.68	7.48		7.42	7.17	7.06	6.89	6.73	6.50	7.22		7.91	7.35	6.89
H1 lead leg	L	strides	23	16	16	16	16		16	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	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

H1 lead leg	R	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
		strides	21	14	14	14						16			79				
Tate, Cassandra (USA) (1990)																			
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	05-Jul-18	time	6.28	10.40		19.16	23.64		28.32	33.28	38.40	43.56	49.00		55.45	2 / 7			
reaction time	0.208	interval		4.12		8.76	4.48		4.68	4.96	5.12	5.16	5.44	6.45			12.88	14.12	15.72
		velocity	7.17	8.50		7.99	7.81		7.48	7.06	6.84	6.78	6.43	6.20	7.21		8.15	7.44	6.68
H1 lead leg	R	strides	22	15		15			15	16	16	16	16	20	151				
Tate, Cassandra (USA) (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	6.34	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	16	16	19.7	178.7				
Woodruff, Gianna (PAN) (1993)																			
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	16	16		145					
Jichová, Nikoleta (CZE) (2000)																			
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	16	16	17	17	21	184				
Townsend, Sydni (USA) (2000)																			
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)																			
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)																			
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)																			
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)																			
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, Kaliase (JAM) (1987)																			
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)																			
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

H1 lead leg	L	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	
		strides	23	16	16	16	16	16	16	17	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
		velocity	6.99	8.03	8.03	7.95	7.81		7.61	7.35	6.89	6.48	6.43	6.50	7.21		8.00	7.59	6.60
H1 lead leg	L	strides	23	16	15	15	15		15	15	16	17	17	20	184				
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, 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 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	19-Jul-22	time	6.33		15.00	19.40	23.93	25.89	28.70	33.70	38.90	44.20	49.57		55.48	2 / 4			
reaction time	0.144	interval			8.67	4.40	4.53		4.77	5.00	5.20	5.30	5.37	5.91			13.07	14.30	15.87
		velocity	7.11		8.07	7.95	7.73	7.72	7.34	7.00	6.73	6.60	6.52	6.77	7.21		8.03	7.34	6.62
H1 lead leg	R	strides			15	15			15	15	15	16	16	19	126				
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 - 2022 European Athletics Championships (Munich, GER)															<i>European Athletics (2022) - european athletics championships race analysis</i>				
date	18-Aug-22	time	6.28	10.49	14.95	19.45	23.99	26.01	28.70	33.92	38.94	44.14	49.51		55.48	7 / 5			
reaction time	0.248	interval		4.21	4.46	4.50	4.54		4.71	5.22	5.02	5.20	5.37	5.97	PB		13.17	14.47	15.59
		velocity	7.17	8.31	7.85	7.78	7.71	7.69	7.43	6.70	6.97	6.73	6.52	6.70	7.21		7.97	7.26	6.74
H1 lead leg	R	strides	22	15		15	15		15	16	16	16	17	20	167				
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	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				
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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>				
date	31-Jul-21	time	6.60	10.76	15.06	19.50	24.03		28.75	33.70	38.83	44.06	49.45		55.49	7 / 2			
reaction time	0.268	interval		4.16	4.30	4.44	4.53		4.72	4.95	5.13	5.23	5.39	6.04			12.90	14.20	15.75
		velocity	6.82	8.41	8.14	7.88	7.73		7.42	7.07	6.82	6.69	6.49	6.62	7.21		8.14	7.39	6.67
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	17	19	181				
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

H1 lead leg	R	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
		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)																			
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			
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)																			
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	/ 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)																			
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		
		velocity	7.10	8.66	7.87	7.69	7.53		7.35	7.10	6.94	6.82		7.21		8.05	7.32		
H1 lead leg	L	strides	22	14	15	15	15		15	15	16	16		143					
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)																			
date	21-May-22	time	6.43	15.03	19.47	24.03	25.82		28.83	33.73	39.00	44.23	49.63		55.50	2 / 6			
reaction time	0.147	interval		8.60	4.44	4.56		4.80	4.90	5.27	5.23	5.40	5.87			13.04	14.26	15.90	
		velocity	7.00	8.14	7.88	7.68	7.75		7.29	7.14	6.64	6.69	6.48	6.81	7.21		8.05	7.36	6.60
H1 lead leg	R	strides	22		15	15		15	15	16	16	16	19.2	149.2					
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)																			
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	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)																			
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)																			
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)																			
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			
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)																			
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)																			
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	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)																			
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

H1 lead leg	R	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
		strides	22	15	15	15	15		15	15	15	16	16	19	178				
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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>			
date	02-Aug-21	time	6.53	10.63	14.96	19.40	23.96		28.72	33.56	38.56	43.93	49.46		55.51	8 / 5			
reaction time	0.163	interval		4.10	4.33	4.44	4.56		4.76	4.84	5.00	5.37	5.53	6.05			12.87	14.16	15.90
		velocity	6.89	8.54	8.08	7.88	7.68		7.35	7.23	7.00	6.52	6.33	6.61	7.21		8.16	7.42	6.60
H1 lead leg	R	strides	22	15	15	15	15		15	15		16	17	145					
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
		velocity	6.88	8.12	7.90	7.73	7.63		7.43	7.00	6.97	6.73	6.63	6.77	7.20		7.91	7.34	6.77
H1 lead leg		strides																	
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
Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>			
date	31-Jul-21	time	6.56		15.07	19.50	23.90		28.56	33.46	38.56	43.93	49.46		55.52	9 / 3			
reaction time	0.161	interval			8.51	4.43	4.40		4.66	4.90	5.10	5.37	5.53	6.06			12.94	13.96	16.00
		velocity	6.86		8.23	7.90	7.95		7.51	7.14	6.86	6.52	6.33	6.60	7.20		8.11	7.52	6.56
H1 lead leg	R	strides	22	15		15	15		15	15	16	17	17	19.7	166.7				
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 London Athletics Meet (London, GBR)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	23-Jul-23	time	6.37	10.35	14.44	18.73	23.19		27.90	32.71	37.67	42.92	48.38		55.52	8 / 8			
reaction time	0.201	interval		3.98	4.09	4.29	4.46		4.71	4.81	4.96	5.25	5.46	7.14			12.36	13.98	15.67
		velocity	7.06	8.79	8.56	8.16	7.85		7.43	7.28	7.06	6.67	6.41	5.60	7.20		8.50	7.51	6.70
H1 lead leg	L	strides	23	15	15	15	15		15	15	16		17	21	167				
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)																<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>			
date	30-May-24	time	6.55	10.79	15.12	19.53		28.87	33.79		44.27	49.65		55.52	2 / 5				
reaction time	0.154	interval		4.24	4.33	4.41		9.34	4.92		10.48	5.38	5.87				12.98	14.26	15.86
		velocity	6.87	8.25	8.08	7.94		7.49	7.11		6.68	6.51	6.81	7.20			8.09	7.36	6.62
H1 lead leg	R	strides	22	15	15	15			15	15	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)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
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)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
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				
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 Bislett Games (Oslo, NOR)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	15-Jun-23	time	6.52	10.68	14.96	19.34	23.87		28.65	33.54	38.57	43.80	49.25		55.53	1 / 7			
reaction time	0.202	interval		4.16	4.28	4.38	4.53		4.78	4.89	5.03	5.23	5.45	6.28			12.82	14.20	15.71
		velocity	6.90	8.41	8.18	7.99	7.73		7.32	7.16	6.96	6.69	6.42	6.37	7.20		8.19	7.39	6.68
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	154					
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)																<i>Omega Timing (2024) - diamond league race analysis</i>			
date	22-Aug-24	time	6.32	10.35	14.53	18.83	23.28		28.05	32.99	38.16	43.48	49.06		55.53	1 / 6			
reaction time	0.193	interval		4.03	4.18	4.30	4.45		4.77	4.94	5.17	5.32	5.58	6.47			12.51	14.16	16.07

H1 lead leg	L	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			
		strides	23	15	15	15	15				16	17	17	21.5	154.5							
Usha, P.T. (IND) (1964)																						
Semi-Final 2 - 1984 Olympic Games (Los Angeles, CA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10				
Arnold (1984) - 1984 olympic games - hurdles																						
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		PB		13.90	14.00	15.10		
		velocity	6.82	7.14	7.95	7.61	7.61	7.38	7.45	7.45	7.14	7.00	6.73	6.73	7.20			7.55	7.50	6.95		
H1 lead leg	L	strides		17	17	17					17	17	17	20.7		122.7						
Petersen, Sara Slott (DEN) (1987)																						
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10				
Henson (2020) - Athlete First: 2017 year end hurdle report																						
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)																						
FINAL - 2018 USATF National Championships (Des Moines, IA) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10				
Henson (2020) - Athlete First: 2018 year end hurdle report																						
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)																						
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10				
Henson (2020) - Athlete First: 2019 year end hurdle report																						
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								
Watson, Sage (CAN) (1994)																						
Heat 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10				
Henson (2024) - Athlete First: 2021 year end hurdle report																						
date	31-Jul-21	time	6.43	10.67	15.06	19.53	24.13		28.82	33.63	38.63	44.06	49.52	55.54	8 / 4							
reaction time	0.176	interval		4.24	4.39	4.47	4.60		4.69	4.81	5.00	5.43	5.46	6.02				13.10	14.10	15.89		
		velocity	7.00	8.25	7.97	7.83	7.61		7.46	7.28	7.00	6.45	6.41	6.64	7.20			8.02	7.45	6.61		
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	17	17	20	181							
Olivieri, Linda (ITA) (1998)																						
Heat 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10				
Henson (2024) - Athlete First: 2021 year end hurdle report																						
date	31-Jul-21	time	6.66	10.86	15.26	19.80	24.56		29.47	34.46	39.51	44.50	49.66	55.54	8 / 4							
reaction time	0.130	interval		4.20	4.40	4.54	4.76		4.91	4.99	5.05	4.99	5.16	5.88				13.14	14.66	15.20		
		velocity	6.76	8.33	7.95	7.71	7.35		7.13	7.01	6.93	7.01	6.78	6.80	7.20			7.99	7.16	6.91		
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	16	17	20	184							
Nugent, Leah (JAM) (1992)																						
Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10				
Henson (2024) - Athlete First: 2021 year end hurdle report																						
date	31-Jul-21	time	6.58	11.05	15.50	20.05	24.87		29.63	34.56	39.50	44.53	49.73	55.54	6 / 4					(no official time given)		
reaction time	0.240	interval		4.47	4.45	4.55	4.82		4.76	4.93	4.94	5.03	5.20	5.81				13.47	14.51	15.17		
		velocity	6.84	7.83	7.87	7.69	7.26		7.35	7.10	7.09	6.96	6.73	6.88	7.20			7.80	7.24	6.92		
H1 lead leg	R	strides	22	15	14	14	15		15	15	15	15	15	18.2						173.2		
Cockrell, Anna (USA) (1997)																						
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10				
Henson (2022) - Athlete First: 2022 year end hurdle report																						
date	24-Jun-22	time	6.23	10.23	14.50	19.06	23.83	25.85	28.76	33.80	38.83	44.00	49.26	55.54	5 / 2							
reaction time		interval		4.00	4.27	4.56	4.77		4.93	5.04	5.03	5.17	5.26	6.28				12.83	14.74	15.46		
		velocity	7.22	8.75	8.20	7.68	7.34	7.74	7.10	6.94	6.96	6.77	6.65	6.37	7.20			8.18	7.12	6.79		
H1 lead leg	L	strides	22	14	14	15	15		15	16	16	16	16	20	179							
Jones, Jasmine (USA) (2001)																						
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10				
USATF and Karmarush (2024) - USA Olympic trials results and race analysis																						
date	27-Jun-24	time	6.39	10.59	14.79	19.20	23.52	25.57	28.12	33.00	38.18	43.52	49.14	55.54	5 / 1							
reaction time		interval		4.20	4.20	4.41	4.32		4.60	4.88	5.18	5.34	5.62	6.40				12.81	13.80	16.14		
		velocity	7.04	8.33	8.33	7.94	8.10	7.82	7.61	7.17	6.76	6.55	6.23	6.25	7.20			8.20	7.61	6.51		
H1 lead leg		strides																				
Maraval, Louise (FRA) (2001)																						
FINAL - 2024 Weltklasse (Züch, SUI)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10				
Omega Timing (2024) - diamond league race analysis																						
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, Héliène (FRA) (1965)																						
FINAL - 1987 French National Championships (Annecy, FRA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10				
Veney - split times from PJ																						
date	09-Aug-87	time	6.54	10.86	15.28	19.85	24.45		29.16	34.04	39.09	44.25	49.52	55.55	1 / 1							
reaction time		interval		4.32	4.42	4.57	4.60		4.71	4.88	5.05	5.16	5.27	6.03				PB		13.31	14.19	15.48

H1 lead leg	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
	strides	22	15	15	15	15		15	15	16	16	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)																		
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				
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 - 2023 Chinese World Championship & Asian Games Trials (Shenyang, CHN)																		
date	27-Jun-23	time	6.45	10.64	15.06	19.50	24.14		28.96	33.93	38.95	44.16	49.48		55.55	4 / 1		
reaction time	0.205	interval		4.19	4.42	4.44	4.64		4.82	4.97	5.02	5.21	5.32	6.07		13.05	14.43	15.55
		velocity	6.98	8.35	7.92	7.88	7.54		7.26	7.04	6.97	6.72	6.58	6.59	7.20	8.05	7.28	6.75
H1 lead leg	L	strides	23	15	16	16	16		16	17	17	17	17	21.7	191.7			
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)																		
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)																		
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)																		
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)																		
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)																		
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)																		
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)																		
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
		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
H1 lead leg		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)																		
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)																		
date	30-Aug-18	time	6.52	10.80	15.08		23.96	26.0	28.56	33.44		43.84		55.57	8 / 7			
reaction time	0.184	interval		4.28	4.28		8.88		4.60	4.88		10.40						

H1 lead leg	R	velocity	6.87	8.45	8.14	7.95	7.59		7.34	7.23	6.97	6.81	6.43	6.28	7.20		8.18	7.38	6.73
		strides	21	14	14	14	14		15	15	15	15	15	20	172				
Graham, Lashanna (JAM) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)																			
date	10-Jun-23	time	6.71	10.94	15.31	19.99	24.76	29.56	34.47	39.54	44.41	49.75		55.59	9 / 6				
reaction time		interval		4.23	4.37	4.68	4.77	4.80	4.91	5.07	4.87	5.34	5.84	PB		13.28	14.48	15.28	
		velocity	6.71	8.27	8.01	7.48	7.34	7.29	7.13	6.90	7.19	6.55	6.85	7.20		7.91	7.25	6.87	
H1 lead leg	L	strides	22.14	15	15	15	15	15	15	16	15	16		159.14					
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 - 2003 USATF National Championships (Palo Alto, CA)																			
date	21-Jun-03	time	6.34	10.43	14.70	19.07	23.61	28.20	32.82	37.82	43.06	48.67		55.60	5 / 4				
reaction time		interval		4.09	4.27	4.37	4.54	4.59	4.62	5.00	5.24	5.61	6.93			12.73	13.75	15.85	
		velocity	7.10	8.56	8.20	8.01	7.71	7.63	7.58	7.00	6.68	6.24	5.77	7.19		8.25	7.64	6.62	
H1 lead leg		strides																	
Meißner, Heike (GER) (1970)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2003 IAAF World Championships (Paris, FRA)																			
date	28-Aug-03	time	6.5	10.8	15.1	19.6	24.2	28.9	33.7	38.8	44.2	49.6		55.60	1 / 7				
reaction time	0.233	interval		4.3	4.3	4.5	4.6	4.7	4.8	5.1	5.4	5.4	6.00			13.10	14.10	15.90	
		velocity	6.92	8.14	8.14	7.78	7.61	7.45	7.29	6.86	6.48	6.48	6.67	7.19		8.02	7.45	6.60	
H1 lead leg	R	strides	23	13	13	13	13	13	16	16	16	17	153						
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 - 2007 IAAF World Athletic Final (Stuttgart, GER)																			
date	23-Sep-07	time	6.71	11.13	15.58	20.09	24.78	29.56	34.49	39.53	44.68	49.87		55.60	1 / 6				
reaction time	0.165	interval		4.42	4.45	4.51	4.69	4.78	4.93	5.04	5.15	5.19	5.73			13.38	14.40	15.38	
		velocity	6.71	7.92	7.87	7.76	7.46	7.32	7.10	6.94	6.80	6.74	6.98	7.19		7.85	7.29	6.83	
H1 lead leg		strides																	
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 Memorial van Damme (Brussels, BEL) (TV Analysis)																			
date	01-Sep-17	time	6.32	10.52	14.84	19.24	23.80	26.0	28.40	33.24	38.32	43.52	49.04		55.60	9 / 6			
reaction time	0.178	interval		4.20	4.32	4.40	4.56	4.60	4.84	5.08	5.20	5.52	6.56			12.92	14.00	15.80	
		velocity	7.12	8.33	8.10	7.95	7.68	7.69	7.61	7.23	6.89	6.73	6.34	6.10	7.19		8.13	7.50	6.65
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20.2	181.2					
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 - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)																			
date	03-May-19	time	6.54	10.74	15.05	19.48	23.96	25.9	28.56	33.30	38.34	43.54	49.01		55.60	9 / 5			
reaction time	0.147	interval		4.20	4.31	4.43	4.48	4.60	4.74	5.04	5.20	5.47	6.59			12.94	13.82	15.71	
		velocity	6.88	8.33	8.12	7.90	7.81	7.72	7.61	7.38	6.94	6.73	6.40	6.07	7.19		8.11	7.60	6.68
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	17	21	182				
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 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																			
date	12-Jul-19	time	6.44	10.72	15.08	19.48	24.04	26.0		33.76	38.88	44.24	49.60		55.60	2 / 6			
reaction time	0.143	interval		4.28	4.36	4.40	4.56		9.72	5.12	5.36	5.36	6.00			13.04	14.28	15.84	
		velocity	6.99	8.18	8.03	7.95	7.68	7.69	7.20	6.84	6.53	6.53	6.67	7.19		8.05	7.35	6.63	
H1 lead leg	R	strides	21	14	14	14	14			15	16	16	18.7	142.7					
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 USATF National Championships (Eugene, OR) (TV Analysis)																			
date	24-Jun-22	time	6.50	10.70	15.10	19.66	24.36	26.35	29.16	34.20	39.33	44.46	49.73		55.60	7 / 3			
reaction time		interval		4.20	4.40	4.56	4.70	4.80	5.04	5.13	5.13	5.27	5.87			13.16	14.54	15.53	
		velocity	6.92	8.33	7.95	7.68	7.45	7.59	7.29	6.94	6.82	6.82	6.64	6.81	7.19		7.98	7.22	6.76
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	20	182					
Smith, Susan (IRL) (1971)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1998 European Championships (Budapest, HUN)																			
date	23-Aug-98	time	6.50				23.45						48.91		55.61	4 / 8			
reaction time		interval					16.95						25.46	6.70					
		velocity	6.92				8.26						6.87	5.97	7.19				
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	17	17	21.5	185.5					
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 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																			
date	02-Oct-19	time	6.34	10.37	14.61		23.59		33.50	38.57	43.78	49.21		55.61	2 / 6				
reaction time	0.223	interval		4.03	4.24		8.98		9.91	5.07	5.21	5.43	6.40	AR				15.71	
		velocity	7.10	8.68	8.25		7.80		7.06	6.90	6.72	6.45	6.25	7.19				6.68	
H1 lead leg	L	strides	23	15	15					16	17	17	20	123					
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)																			
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															

H1 lead leg	R	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
		strides	23	15	15	15		15	15		16	16	20.2	150.2					
Meisberger, Shannon (USA) (1999)																			
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	PB		12.42	14.11	16.13
		velocity	7.06	8.91	8.56	7.95	7.78	7.89	7.40	7.17	6.70	6.59	6.25	6.08	7.19		8.45	7.44	6.51
H1 lead leg	L	strides	22	15	15	15	15		16	16	16	17		147					
Bookman, Deonca (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	6.57	10.67	14.81	19.06	23.40	25.49	28.01	32.82	37.99	43.32	48.75		55.61	6 / 4			
reaction time		interval		4.10	4.14	4.25	4.34		4.61	4.81	5.17	5.33	5.43	6.86			12.49	13.76	15.93
		velocity	6.85	8.54	8.45	8.24	8.06	7.85	7.59	7.28	6.77	6.57	6.45	5.83	7.19		8.41	7.63	6.59
H1 lead leg	R	strides	24	16	16	16	16		17	18	18	18	19	23.2	201.2				
Child, Eilidh (GBR) (1987)																			
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	14.00	15.80
		velocity	6.92	8.14	7.95	7.78	7.78	7.63	7.61	7.14	7.00	6.48	6.48	6.54	7.19		7.95	7.50	6.65
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	18	18	21.5	195.5				
Stepter, Jaide (USA) (1994)																			
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	08-Jun-17	time	6.40	10.52	14.72	19.04	23.48		28.04	32.92	38.28	43.72	49.24		55.62	9 / 5			
reaction time	0.134	interval		4.12	4.20	4.32	4.44		4.56	4.88	5.36	5.44	5.52	6.38			12.64	13.88	16.32
		velocity	7.03	8.50	8.33	8.10	7.88		7.68	7.17	6.53	6.43	6.34	6.27	7.19		8.31	7.56	6.43
H1 lead leg	L	strides	23	15	15	15	15		15	15	17	17	17	20.2	184.2				
Halonen, Kristiina (FIN) (1997)																			
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	PB		13.06	14.08	15.46
		velocity	6.87	8.37	7.99	7.78	7.59		7.48	7.31	7.14	6.74	6.52	6.18	7.19		8.04	7.46	6.79
H1 lead leg		strides																	
Muraro, Alice (ITA) (2000)																			
Heat 5 - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	04-Aug-24	time	6.45	10.74	15.21	19.68	24.25		29.04	34.03	39.12	44.29	49.53		55.62	2 / 5			
reaction time	0.149	interval		4.29	4.47	4.47	4.57		4.79	4.99	5.09	5.17	5.24	6.09			13.23	14.35	15.50
		velocity	6.98	8.16	7.83	7.83	7.66		7.31	7.01	6.88	6.77	6.68	6.57	7.19		7.94	7.32	6.77
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	21	187				
Roßley, Karin (GDR) (1957)																			
FINAL - 1977 European Cup (Helsinki, FIN)															<i>McFarlane (1979) - 1e 400 m haies feminin</i>				
date	13-Aug-77	time	6.5	10.9	15.4	19.8	24.5	26.5	29.4	34.2	39.3	44.5	49.7		55.63	1 / 1			
reaction time		interval		4.40	4.50	4.40	4.70		4.90	4.80	5.10	5.20	5.20	5.93	WR		13.30	14.40	15.50
		velocity	6.92	7.95	7.78	7.95	7.45	7.55	7.14	7.29	6.86	6.73	6.73	6.75	7.19		7.89	7.29	6.77
H1 lead leg		strides																	
Adekoya, Kemi (BRN) (1993)																			
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	14.60	15.76
		velocity	7.08	8.18	8.10	7.61	7.54		7.23	6.84	6.73	6.68	6.58	7.01	7.19		7.95	7.19	6.66
H1 lead leg	R	strides	23	15	16	16	16		17	17	17	17	17	19.7	190.7				
Nel, Wenda (RSA) (1988)																			
FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	12-May-18	time	6.44	10.84	15.44	20.08	24.88		29.64	34.52	39.44				55.63	8 / 4			
reaction time	0.184	interval		4.40	4.60	4.64	4.80		4.76	4.88	4.92						13.64	14.44	
		velocity	6.99	7.95	7.61	7.54	7.29		7.35	7.17	7.11			7.19			7.70	7.27	
H1 lead leg	L	strides	23	16	16	16	16		16	17	17			137					
Carter, Kori (USA) (1992)																			
FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	12-Jul-19	time	6.28	10.48	14.80	19.16	23.72	25.7		33.44	38.56	43.80	49.20		55.63	7 / 7			
reaction time	0.140	interval		4.20	4.32	4.36	4.56		4.92	5.12	5.24	5.40	6.43				12.88	14.28	15.76
		velocity	7.17	8.33	8.10	8.03	7.68	7.78		7.20	6.84	6.68	6.48	6.22	7.19		8.15	7.35	6.66
H1 lead leg	L	strides	23	15	15	15	15				17	17	17	20.2	154.2				
Olivieri, Linda (ITA) (1998)																			
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

H1 lead leg	R	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	
		strides	23	15	15	15	15		16	16	16	16	17	20.2	184.2				
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 1 - 2022 European Athletics Championships (Munich, GER)			<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	18-Aug-22	time	6.15	10.15	14.45	18.82	23.29	25.29	27.91	32.80	37.90	43.22	48.98		55.63	5 / 3			
reaction time	0.153	interval		4.00	4.30	4.37	4.47		4.62	4.89	5.10	5.32	5.76	6.65			12.67	13.98	16.18
		velocity	7.32	8.75	8.14	8.01	7.83	7.91	7.58	7.16	6.86	6.58	6.08	6.02	7.19		8.29	7.51	6.49
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	17	20	181				
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																	
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 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					
Ryzykova, Anna (UKR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 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				
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 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				
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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>			
date	31-Jul-21	time	6.53	10.67	14.96	19.50	24.05		28.82	33.67	38.83	44.00	49.50		55.65	5 / 6			
reaction time	0.129	interval		4.14	4.29	4.54	4.55		4.77	4.85	5.16	5.17	5.50	6.15			12.97	14.17	15.83
		velocity	6.89	8.45	8.16	7.71	7.69		7.34	7.22	6.78	6.77	6.36	6.50	7.19		8.10	7.41	6.63
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	17	20	182				
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 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
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	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

H1 lead leg	L	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		
		strides	23	15	15				16	17	17	18	18	20.7	159.7				
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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>			
date	31-Jul-21	time	6.50	10.80	15.30	19.90	24.73		29.51	34.30	39.23	44.34	49.60		55.67	6 / 5			
reaction time	0.155	interval		4.30	4.50	4.60	4.83		4.78	4.79	4.93	5.11	5.26	6.07			13.40	14.40	15.30
		velocity	6.92	8.14	7.78	7.61	7.25		7.32	7.31	7.10	6.85	6.65	6.59	7.19		7.84	7.29	6.86
H1 lead leg	R	strides	23	16	16	16	16		16	16	16	17	17	20.5	189.5				
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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>			
date	02-Aug-21	time	6.66	10.93	15.23	19.76	24.33		29.13	34.06	39.13	44.20	49.56		55.67	9 / 5			
reaction time	0.157	interval		4.27	4.30	4.53	4.57		4.80	4.93	5.07	5.07	5.36	6.11			13.10	14.30	15.50
		velocity	6.76	8.20	8.14	7.73	7.66		7.29	7.10	6.90	6.90	6.53	6.55	7.19		8.02	7.34	6.77
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	20.5	192.5				
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
		velocity	6.94	8.50	8.22	7.76	7.58	7.68	7.45	7.16	6.70	6.64	6.47	6.46	7.19		8.15	7.39	6.60
H1 lead leg		strides																	
Chen Dongmei (CHN) (1963)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1990 Asian Games Test (Beijing, CHN)																<i>Fan (1992) - implementing Chen Dongmei's four-year training plan: regularities of 400m hurdles</i>			
date	24-Jun-90	time	6.40	10.86	15.07	19.46	23.92		28.82	33.50	38.58	43.84	49.19		55.68	/ 2			
reaction time		interval		4.46	4.21	4.39	4.46		4.90	4.68	5.08	5.26	5.35	6.49			13.06	14.04	15.69
		velocity	7.03	7.85	8.31	7.97	7.85		7.14	7.48	6.89	6.65	6.54	6.16	7.18		8.04	7.48	6.69
H1 lead leg		strides	23	16	16	16	16		17	17	17	17	18	22	195				
Ramraj, Vithya (IND) (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 Asian Games (Hangzhou, CHN)																<i>Shandong Athletics Sport Science (2023)</i>			
date	03-Oct-23	time	6.56	10.76	15.13	19.47	24.00		28.73	33.63	38.60	43.86	49.37		55.68	7 / 3			
reaction time	0.188	interval		4.20	4.37	4.34	4.53		4.73	4.90	4.97	5.26	5.51	6.31			12.91	14.16	15.74
		velocity	6.86	8.33	8.01	8.06	7.73		7.40	7.14	7.04	6.65	6.35	6.34	7.18		8.13	7.42	6.67
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	18	21	196				
Buchanan, Rebecca (USA) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USA Olympic Trials (Atlanta, GA)																<i>USATF Women's Sprint Development (1996)</i>			
date	16-Jun-96	time	6.43	10.70	15.05	19.60	24.27	26.26	29.07	34.05	39.17	44.37	49.51		55.69	6 / 5			
reaction time		interval		4.27	4.35	4.55	4.67		4.80	4.98	5.12	5.20	5.14	6.18			13.17	14.45	15.46
		velocity	7.00	8.20	8.05	7.69	7.49	7.62	7.29	7.03	6.84	6.73	6.81	6.47	7.18		7.97	7.27	6.79
H1 lead leg	R	strides	23	15	15	16	16		16	16	16	17	17	20	187				
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)																<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>			
date	23-Aug-99	time	6.06	10.27	14.60	18.98	23.59		28.46	33.48	38.73	43.97	49.38		55.69	2 / 6			
reaction time	0.173	interval		4.21	4.33	4.38	4.61		4.87	5.02	5.25	5.24	5.41	6.31			12.92	14.50	15.90
		velocity	7.43	8.31	8.08	7.99	7.59		7.19	6.97	6.67	6.68	6.47	6.34	7.18		8.13	7.24	6.60
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	20	186				
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, SUI) (TV Analysis)																<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	01-Sep-16	time	6.56	10.96	15.40	20.04	24.68		29.44	34.32	39.48	44.60	49.84		55.69	1 / 5			
reaction time	0.203	interval		4.40	4.44	4.64	4.64		4.76	4.88	5.16	5.12	5.24	5.85			13.48	14.28	15.52
		velocity	6.86	7.95	7.88	7.54	7.54		7.35	7.17	6.78	6.84	6.68	6.84	7.18		7.79	7.35	6.77
H1 lead leg	R	strides	23	16	16		16		16	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)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	31-May-18	time	6.52	10.76	15.12	19.64	24.24		29.00	33.96	39.08	44.32	49.64		55.69	9 / 6			
reaction time	0.251	interval		4.24	4.36	4.52	4.60		4.76	4.96	5.12	5.24	5.32	6.05			13.12	14.32	15.68
		velocity	6.90	8.25	8.03	7.74	7.61		7.35	7.06	6.84	6.68	6.58	6.61	7.18		8.00	7.33	6.70
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	17	17	20	183				
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
Heat 4 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>			
date	31-Jul-21	time	6.51	10.72	14.92	19.33	24.03		28.87	33.83	38.96	44.05	49.47		55.69	7 / 2			
reaction time	0.166	interval		4.21	4.20	4.41	4.70		4.84	4.96	5.13	5.09	5.42	6.22			12.82	14.50	15.64
		velocity	6.91	8.31	8.33	7.94	7.45		7.23	7.06	6.82	6.88	6.46	6.43	7.18		8.19	7.24	6.71
H1 lead leg	L	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 - 2023 Athletissima (Lausanne, SUI)																<i>Omega Timing (2023) - diamond league race analysis</i>			
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

H1 lead leg	L	velocity	7.21	8.50	8.27	8.06	7.83		7.59	7.23	6.80	6.43	6.22	6.04	7.18		8.27	7.54	6.47
		strides	22	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)																<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	04-Aug-24	time	6.45	10.74	15.10	19.54	24.14		28.83	33.71	38.80	44.12	49.42		55.69	7 / 8			
reaction time	0.153	interval		4.29	4.36	4.44	4.60		4.69	4.88	5.09	5.32	5.30	6.27	NR PB		13.09	14.17	15.71
		velocity	6.98	8.16	8.03	7.88	7.61		7.46	7.17	6.88	6.58	6.60	6.38	7.18		8.02	7.41	6.68
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	20.5	181.5				
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)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	08-Jun-17	time	6.52	10.80	15.24	19.76	24.40		29.32	34.16	39.12	44.28	49.56		55.70	7 / 7			
reaction time	0.200	interval		4.28	4.44	4.52	4.64		4.92	4.84	4.96	5.16	5.28	6.14			13.24	14.40	15.40
		velocity	6.90	8.18	7.88	7.74	7.54		7.11	7.23	7.06	6.78	6.63	6.51	7.18		7.93	7.29	6.82
H1 lead leg	R	strides	24	16	16	16	16		16	16	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)																<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	16-Jul-17	time	6.44	10.64	14.96	19.36	23.96		28.68	33.64	38.76	44.00	49.40		55.70	1 / 7			
reaction time	0.213	interval		4.20	4.32	4.40	4.60		4.72	4.96	5.12	5.24	5.40	6.30			12.92	14.28	15.76
		velocity	6.99	8.33	8.10	7.95	7.61		7.42	7.06	6.84	6.68	6.48	6.35	7.18		8.13	7.35	6.66
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.7	179.7				
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)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
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	PB		13.00	14.27	15.53
		velocity	6.82	8.01	8.33	7.90	7.66			7.22	7.06	6.73	6.52	6.35	7.18		8.08	7.36	6.76
H1 lead leg	R	strides	23	15	15	15	16					17	17	20.5	138.5				
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, SUI) (TV Analysis)																<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	01-Sep-16	time	6.60	10.96	15.40	19.88	24.56		29.32	34.24	39.32	44.64			55.71	7 / 6			
reaction time	0.127	interval		4.36	4.44	4.48	4.68		4.76	4.92	5.08	5.32					13.28	14.36	
		velocity	6.82	8.03	7.88	7.81	7.48		7.35	7.11	6.89	6.58			7.18		7.91	7.31	
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16		143					
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				
Quach Thi Lan (VIE) (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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>			
date	31-Jul-21	time	6.46	10.85	15.16	19.53	24.10		28.88	33.83	38.96	44.26	49.67		55.71	8 / 5-4			
reaction time	0.150	interval		4.39	4.31	4.37	4.57		4.78	4.95	5.13	5.30	5.41	6.04			13.07	14.30	15.84
		velocity	6.97	7.97	8.12	8.01	7.66		7.32	7.07	6.82	6.60	6.47	6.62	7.18		8.03	7.34	6.63
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19	179				
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	

H1 lead leg	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		
	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)																		
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		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)																		
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		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)																		
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	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)																		
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)																		
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)																		
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							
		velocity	6.92	8.54		8.05			7.61		6.31			7.18				
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	
FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)																		
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)																		
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	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)																		
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)																		
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)																		
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

H1 lead leg	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	
	strides																		
Spence, Christine (USA) (1981)																			
FINAL - 2008 USA Olympic Trials (Eugene, OR)																			
USATF Hurdle Development (2008)																			
date	29-Jun-08	time	6.51	10.71	15.08	19.45	23.92		28.51	33.42	38.42	43.82	49.27		55.74		3 / 5		
reaction time		interval		4.20	4.37	4.37	4.47		4.59	4.91	5.00	5.40	5.45	6.47			12.94	13.97	15.85
		velocity	6.91	8.33	8.01	8.01	7.83		7.63	7.13	7.00	6.48	6.42	6.18	7.18		8.11	7.52	6.62
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	165					
Russell, Janieve (JAM) (1993)																			
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)																			
Henson (2021) - Athlete First: 2021 year end hurdle report																			
date	09-Sep-21	time	6.44	10.68	15.00	19.40	23.84	25.7	28.56	33.48	38.48	43.84			55.74		6 / 7		
reaction time	0.145	interval		4.24	4.32	4.40	4.44		4.72	4.92	5.00	5.36					12.96	14.08	
		velocity	6.99	8.25	8.10	7.95	7.88	7.78	7.42	7.11	7.00	6.53			7.18		8.10	7.46	
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17		148					
Woodruff, Gianna (PAN) (1993)																			
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)																			
Omega Timing (2023) - diamond league race analysis																			
date	28-May-23	time	6.34	10.32	14.55	19.04	23.67		28.45	33.58	38.86	44.14	49.53		55.74		2 / 6		
reaction time	0.201	interval		3.98	4.23	4.49	4.63		4.78	5.13	5.28	5.28	5.39	6.21			12.70	14.54	15.95
		velocity	7.10	8.79	8.27	7.80	7.56		7.32	6.82	6.63	6.63	6.49	6.44	7.18		8.27	7.22	6.58
H1 lead leg	R	strides	22	14		15	15		15	16		16	19	132					
Russell, Janieve (JAM) (1993)																			
FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)																			
Henson (2024) - Athlete First: 2024 year end hurdle report																			
date	19-May-24	time	6.53	10.56	14.73	19.06	23.53		28.26	33.29	38.47	43.96	49.54		55.74		5 / 5		
reaction time	0.141	interval		4.03	4.17	4.33	4.47		28.26	5.03	5.18	5.49	5.58	6.20			12.53	14.23	16.25
		velocity	6.89	8.68	8.39	8.08	7.83		1.24	6.96	6.76	6.38	6.27	6.45	7.18		8.38	7.38	6.46
H1 lead leg	R	strides	23	15	15	15	15		16		17	17	17	20	170				
Glynn, Abbey (USA) (2001)																			
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)																			
Henson (2024) - Athlete First: 2024 year end hurdle report																			
date	08-Jun-24	time	6.67	10.88	15.22	19.68	24.31		28.98	33.82	38.84	44.17	49.71		55.75		2 / 8		
reaction time		interval		4.21	4.34	4.46	4.63		4.67	4.84	5.02	5.33	5.54	6.04			13.01	14.14	15.89
		velocity	6.75	8.31	8.06	7.85	7.56		7.49	7.23	6.97	6.57	6.32	6.62	7.17		8.07	7.43	6.61
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	160					
Bakhvalova, Yekaterina (RUS) (1972)																			
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)																			
Sanchez (1999) - Sevilla '99: análisis de la carreras con villas																			
date	23-Aug-99	time	6.23	10.56	14.97	19.12	24.19		29.08	34.05	38.93	44.18	49.63		55.76		8 / 7		
reaction time	0.151	interval		4.33	4.41	4.15	5.07		4.89	4.97	4.88	5.25	5.45	6.13			12.89	14.93	15.58
		velocity	7.22	8.08	7.94	8.43	6.90		7.16	7.04	7.17	6.67	6.42	6.53	7.17		8.15	7.03	6.74
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	16	18	176				
Danvers-Smith, Tasha (GBR) (1977)																			
FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)																			
Graubner (2007) - http://www.fgs.uni-halle.de																			
date	23-Sep-07	time	6.45	10.59	14.87	19.29	23.79		28.49	33.33	38.41	43.80	49.35		55.76		3 / 7		
reaction time	0.158	interval		4.14	4.28	4.42	4.50		4.70	4.84	5.08	5.39	5.55	6.41			12.84	14.04	16.02
		velocity	6.98	8.45	8.18	7.92	7.78		7.45	7.23	6.89	6.49	6.31	6.24	7.17		8.18	7.48	6.55
H1 lead leg		strides																	
Bellamy, Shani'a (USA) (2002)																			
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)																			
Henson (2024) - Athlete First: 2024 year end hurdle report																			
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)																			
FINAL - 2004 Olympic Games (Athens, GRE)																			
Behm (2005) - Athènes 2004: Les Haies Basses																			
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					
Zapletalová, Emma (SVK) (2000)																			
Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
Henson (2024) - Athlete First: 2021 year end hurdle report																			
date	02-Aug-21	time	6.50	10.75	14.96	19.36	23.83		28.50	33.36	38.58	44.06	49.60		55.79		2 / 6		
reaction time	0.136	interval		4.25	4.21	4.40	4.47		4.67	4.86	5.22	5.48	5.54	6.19			12.86	14.00	16.24
		velocity	6.92	8.24	8.31	7.95	7.83		7.49	7.20	6.70	6.39	6.32	6.46	7.17		8.16	7.50	6.47
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	17	17	19	182				
Spencer, Ashley (USA) (1993)																			
Heat 1 - 2022 USATF National Championships (Eugene, OR)																			
USATF (2022) - Results powered by Karmarush																			
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

H1 lead leg	L	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	
		strides	22	15	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)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	13-Jun-19	time	6.36	10.52	14.84	19.24	23.88	25.9	28.68	33.72	38.72	44.04	49.48		55.80	8 / 5			
reaction time	0.169	interval		4.16	4.32	4.40	4.64		4.80	5.04	5.00	5.32	5.44	6.32			12.88	14.48	15.76
		velocity	7.08	8.41	8.10	7.95	7.54	7.72	7.29	6.94	7.00	6.58	6.43	6.33	7.17		8.15	7.25	6.66
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	16	16	19.2	181.2				
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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>			
date	02-Aug-21	time	6.50	10.73	15.16	19.60	24.20		28.90	33.86	38.90	44.23	49.56		55.80	2 / 5			
reaction time	0.181	interval		4.23	4.43	4.44	4.60		4.70	4.96	5.04	5.33	5.33	6.24			13.10	14.26	15.70
		velocity	6.92	8.27	7.90	7.88	7.61		7.45	7.06	6.94	6.57	6.57	6.41	7.17		8.02	7.36	6.69
H1 lead leg	R	strides	24	16	16	16	16		16	17	17	18	18	21	195				
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)																<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>			
date	23-Aug-99	time	6.28	10.51	14.79	19.13	23.56		28.22	33.45	38.71	43.89	49.26		55.81	1 / 8			
reaction time	0.239	interval		4.23	4.28	4.34	4.43		4.66	5.23	5.26	5.18	5.37	6.55			12.85	14.32	15.81
		velocity	7.17	8.27	8.18	8.06	7.90		7.51	6.69	6.65	6.76	6.52	6.11	7.17		8.17	7.33	6.64
H1 lead leg	R	strides	23	15	15	15	15		15	17	17	17	17	20	186				
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)																<i>Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers</i>			
date	24-Sep-06	time	6.52	10.74	15.09	19.53	24.28		29.12	34.23	39.42	44.66	49.90		55.81	1 / 1			
reaction time		interval		4.22	4.35	4.44	4.75		4.84	5.11	5.19	5.24	5.24	5.91			13.01	14.70	15.67
		velocity	6.90	8.29	8.05	7.88	7.37		7.23	6.85	6.74	6.68	6.68	6.77	7.17		8.07	7.14	6.70
H1 lead leg		strides		15	15	15	16		16	17	17	17	17		145				
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)																<i>Yasunori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>			
date	12-Jun-11	time	6.51	10.91	15.36	19.95	24.55		29.37	34.22	39.19	44.30	49.61		55.81	1 / 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)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	12-Jun-21	time	6.40		14.83	19.23	23.97			33.73	38.70	43.97	49.47		55.81	4 / 3			
reaction time	0.178	interval			8.43	4.40	4.74			9.76	4.97	5.27	5.50	6.34			12.83	14.50	15.74
		velocity	7.03		8.30	7.95	7.38			7.17	7.04	6.64	6.36	6.31	7.17		8.18	7.24	6.67
H1 lead leg	R	strides	23			15	16					17	17	20.2	108.2				
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)																<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>			
date	19-May-24	time	6.38	10.41	14.56	18.81	23.34		28.06	33.04	38.17	43.60	49.27		55.81	8 / 6			
reaction time	0.192	interval		4.03	4.15	4.25	4.53		28.06	4.98	5.13	5.43	5.67	6.54			12.43	14.23	16.23
		velocity	7.05	8.68	8.43	8.24	7.73		1.25	7.03	6.82	6.45	6.17	6.12	7.17		8.45	7.38	6.47
H1 lead leg	R	strides	23	15	15	15	16		16	16	17	18	18	21	190				
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)																<i>European Athletics (2024) - 2024 european athletics championships - results book</i>			
date	09-Jun-24	time	6.44	10.80	15.32	19.98	24.72		29.60	34.42	39.40	44.55	49.70		55.81	7 / 4			
reaction time	0.177	interval		4.36	4.52	4.66	4.74		4.88	4.82	4.98	5.15	5.15	6.11			13.54	14.44	15.28
		velocity	6.99	8.03	7.74	7.51	7.38		7.17	7.26	7.03	6.80	6.80	6.55	7.17		7.75	7.27	6.87
H1 lead leg		strides																	
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

H1 lead leg	L	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
Carli, Sarah (AUS) (1994)																			
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)																			
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)																			
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)																			
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)																			
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)																			
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	28-May-23	time	6.44	10.66	15.02	19.55	24.31		29.31	34.37	39.41	44.52	49.71		55.83		1 / 7		
reaction time	0.183	interval		4.22	4.36	4.53	4.76		5.00	5.06	5.04	5.11	5.19	6.12	PB		13.11	14.82	15.34
		velocity	6.99	8.29	8.03	7.73	7.35		7.00	6.92	6.94	6.85	6.74	6.54	7.16		8.01	7.09	6.84
H1 lead leg	R	strides	23	15		15	15		17			17	17	20	139				
Halonen, Kristiina (FIN) (1997)																			
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)																			
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
		velocity	6.85	7.87	7.59	7.66	7.56		7.49	7.32	7.20	6.78	6.51	6.50	7.16		7.70	7.46	6.82
H1 lead leg	R	strides	23	16	16	16	16		16	16	16		17	21	173				
Linkiewicz, Joanna (POL) (1990)																			
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)																			
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	18		157				
Woodruff, Gianna (PAN) (1993)																			
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	

H1 lead leg	L	velocity	6.99	8.54	8.14	7.81	7.68		7.54	7.17	6.94					7.16		8.15	7.46	
		strides	23	15	15	15	15		15	15	15					128				
Wallace, Latosha (USA) (1985)																				
FINAL - 2008 USA Olympic Trials (Eugene, OR)																				
USATF Men's Hurdle Development (2008)																				
date	29-Jun-08	time	6.46	10.71	15.13	19.67	24.17		28.99	34.02	39.22	44.46	49.77			55.85		2 / 6		
reaction time		interval		4.25	4.42	4.54	4.50		4.82	5.03	5.20	5.24	5.31	6.08		PB		13.21	14.35	15.75
		velocity	6.97	8.24	7.92	7.71	7.78		7.26	6.96	6.73	6.68	6.59	6.58		7.16		7.95	7.32	6.67
H1 lead leg	R	strides	24	15	16	16	15		16	16	17	17	17		169					
Montcalm, Noelle (CAN) (1988)																				
Heat 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																				
Henson (2024) - Athlete First: 2021 year end hurdle report																				
date	31-Jul-21	time	6.50	10.60	14.93	19.30	23.90		28.76	33.80	38.93	44.17	49.56			55.85		3 / 6		
reaction time	0.197	interval		4.10	4.33	4.37	4.60		4.86	5.04	5.13	5.24	5.39	6.29				12.80	14.50	15.76
		velocity	6.92	8.54	8.08	8.01	7.61		7.20	6.94	6.82	6.68	6.49	6.36		7.16		8.20	7.24	6.66
H1 lead leg	R	strides	24	16	16	16	16		16	17	17	17	17	21.2		193.2				
Sutherland, Savannah (CAN) (2003)																				
Heat 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																				
Henson (2023) - Athlete First: 2023 year end hurdle report																				
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)																				
FINAL - 2016 Athletissima (Lausanne, SUI) (TV Analysis)																				
Henson (2020) - Athlete First: 2016 year end hurdle report																				
date	25-Aug-16	time	6.56	10.84	15.24	19.76	24.40		29.04	33.88	38.88	44.28	49.80			55.86		2 / 6		
reaction time	0.159	interval		4.28	4.40	4.52	4.64		4.64	4.84	5.00	5.40	5.52	6.06				13.20	14.12	15.92
		velocity	6.86	8.18	7.95	7.74	7.54		7.54	7.23	7.00	6.48	6.34	6.60		7.16		7.95	7.44	6.60
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	18.2		177.2				
Doyle, Eilidh (GBR) (1987)																				
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																				
Henson (2020) - Athlete First: 2017 year end hurdle report																				
date	08-Jun-17	time	6.48	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)																				
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)																				
Henson (2020) - Athlete First: 2017 year end hurdle report																				
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	17	21.2		142.2				
Ryzhykova, Anna (UKR) (1989)																				
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)																				
Henson (2020) - Athlete First: 2020 year end hurdle report																				
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)																				
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)																				
Henson (2021) - Athlete First: 2021 year end hurdle report																				
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	7.78	7.29	7.11	6.84	6.53				7.16		8.23	7.35	
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16			143					
Folorunso, Ayomide (ITA) (1996)																				
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)																				
Henson (2022) - Athlete First: 2022 year end hurdle report																				
date	08-Sep-22	time	6.34	10.44		23.46	25.33	28.03	32.86		43.21	48.88				55.86		1 / 8		
reaction time	0.179	interval		4.10		13.02		4.57	4.83		10.35	5.67	6.98						16.02	
		velocity	7.10	8.54		8.06	7.90	7.66	7.25		6.76	6.17	5.73			7.16			6.55	
H1 lead leg	L	strides	23	15		15		16	16		17	22			124					
Russell, Janieve (JAM) (1993)																				
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)																				
Henson (2020) - Athlete First: 2019 year end hurdle report																				
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)																				
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																				
Henson (2020) - Athlete First: 2019 year end hurdle report																				
date	02-Oct-19	time	6.60	11.08	15.58		24.72		29.46	34.20	39.14	44.34	49.65			55.87		9 / 7		
reaction time	0.189	interval		4.48	4.50		9.14		4.74	4.74	4.94	5.20	5.31	6.22					15.45	

H1 lead leg	L	velocity	6.82	7.81	7.78		7.66	7.38	7.38	7.09	6.73	6.59	6.43	7.16				6.80	
		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	98				
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 - 2024 Chinese National Championships (Quzhou, CHN)															<i>Shandong Athletics Sport Science (2024)</i>				
date	16-Sep-24	time	6.62	10.96	15.43	20.00	24.57		29.46	34.38	39.49	44.64	49.93		55.87	5 / 1			
reaction time	0.188	interval		4.34	4.47	4.57	4.57		4.89	4.92	5.11	5.15	5.29	5.94	PB		13.38	14.38	15.55
		velocity	6.80	8.06	7.83	7.66	7.66		7.16	7.11	6.85	6.80	6.62	6.73	7.16		7.85	7.30	6.75
H1 lead leg	L	strides	23	15	16	16	15		16	16	17	17	17	20.2	188.2				
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
		velocity	6.99	8.25		7.85	7.74		7.32	6.89	6.73	6.29	6.27	7.16			7.98	7.46	6.63
H1 lead leg	L	strides	23	16		16					17	17	18	107					
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
Heat 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>				
date	31-Jul-21	time	6.43	10.60	14.86	19.30	23.80		28.53	33.50	38.67	44.00	49.65		55.90	2 / 7			
reaction time	0.208	interval		4.17	4.26	4.44	4.50		4.73	4.97	5.17	5.33	5.65	6.25			12.87	14.20	16.15

H1 lead leg	R	velocity	7.00	8.39	8.22	7.88	7.78		7.40	7.04	6.77	6.57	6.19	6.40	7.16		8.16	7.39	6.50
		strides	22	15	15	15	15		15	15	16	16	17	20	181				
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				
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
Heat 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>				
date	31-Jul-21	time	6.40	10.50	14.93	19.33	24.07		28.87	33.80	38.93	44.17	49.57		55.91	5 / 7			
reaction time	0.165	interval		4.10	4.43	4.40	4.74		4.80	4.93	5.13	5.24	5.40	6.34			12.93	14.47	15.77
		velocity	7.03	8.54	7.90	7.95	7.38		7.29	7.10	6.82	6.68	6.48	6.31	7.15		8.12	7.26	6.66
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	22.5	197.5				
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)															<i>European Athletics (2022) - european athletics championships race analysis</i>				
date	19-Aug-22	time	6.32	10.60	14.99	19.42	23.91	25.91	28.53	33.33	38.44	43.57	49.10		55.91	2 / 7			
reaction time	0.197	interval		4.28	4.39	4.43	4.49		4.62	4.80	5.11	5.13	5.53	6.81			13.10	13.91	15.77
		velocity	7.12	8.18	7.97	7.90	7.80	7.72	7.58	7.29	6.85	6.82	6.33	5.87	7.15		8.02	7.55	6.66
H1 lead leg	L	strides	23	15			15		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

H1 lead leg	L	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
		strides	23	15	15	15	15		15	16	17	17	17	21	186				
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 3 - 2022 European Athletics Championships (Munich, GER)			<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	17-Aug-22	time	6.38	10.70	15.16	19.65	24.28	26.33	28.95	33.93	39.14	44.45	49.82		55.93	1 / 1			
reaction time	0.320	interval		4.32	4.46	4.49	4.63		4.67	4.98	5.21	5.31	5.37	6.11			13.27	14.28	15.89
		velocity	7.05	8.10	7.85	7.80	7.56	7.60	7.49	7.03	6.72	6.59	6.52	6.55	7.15		7.91	7.35	6.61
H1 lead leg	R	strides	22	15		15		15	15	16	16	16	16	20	151				
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 - 2023 Chinese National Grand Prix 4 (Chongqing, CHN)			<i>Shandong Athletics Sport Science (2023)</i>																
date	04-Jun-23	time	6.51	10.69	15.06	19.54	24.14		28.91	33.92	39.11	44.44	49.88		55.93	4 / 1			
reaction time	0.277	interval		4.18	4.37	4.48	4.60		4.77	5.01	5.19	5.33	5.44	6.05			13.03	14.38	15.96
		velocity	6.91	8.37	8.01	7.81	7.61		7.34	6.99	6.74	6.57	6.43	6.61	7.15		8.06	7.30	6.58
H1 lead leg	L	strides	23	15	15	16	16		16	16	17	18	18	21.5	191.5				
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 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
		velocity	7.15	8.33	8.10	7.99	7.76		7.31	6.93	6.69	6.47	6.43	6.34	7.15		8.14	7.32	6.53
H1 lead leg	L	strides	22	15		15		15	16	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	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

H1 lead leg	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	
	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	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
		velocity	7.11	8.52	8.24	8.18	7.92		7.66	7.23	6.96	6.48	5.94	5.85	7.15		8.31	7.59	6.43
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	18	19	168					
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 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)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1987 TAC Championships (San Jose, CA)															<i>Mann (1987) - the elite athlete program biomechanical analysis of the long hurdles: tac championship meet</i>				
date	26-Jun-87	time	6.70	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)		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	6.59	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)		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	6.40	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)		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	19.22	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)		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 (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	21	198					
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 - 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			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)		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	6.60	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

H1 lead leg	L	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
		strides	22	15	15	15	15		15	15	15	16	16	19.5	178.5				
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 - 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				
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 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)	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	6.41	10.74	15.04	19.39	23.84		28.49	33.29	38.37	43.69	49.28		55.99	2 / 6			
reaction time	0.174	interval		4.33	4.30	4.35	4.45		4.65	4.80	5.08	5.32	5.59	6.71		12.98	13.90	15.99	
		velocity	7.02	8.08	8.14	8.05	7.87		7.53	7.29	6.89	6.58	6.26	5.96	7.14		8.09	7.55	6.57
H1 lead leg	L	strides	23	15					16	16	16	16	18	21	141				
Muhammad, Dalilah (USA) (1990)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)													<i>Omega Timing (2024) - diamond league race analysis</i>						
date	25-Aug-24	time	6.30	10.38	14.61	19.05	23.57		28.33	33.39	38.78	44.15	49.50		55.99	9 / 9			
reaction time	0.163	interval		4.08	4.23	4.44	4.52		4.76	5.06	5.39	5.37	5.35	6.49		12.75	14.34	16.11	
		velocity	7.14	8.58	8.27	7.88	7.74		7.35	6.92	6.49	6.52	6.54	6.16	7.14		8.24	7.32	6.52
H1 lead leg	R	strides	22	14	14	15	15		15	15	16	16		142					
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)													<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>						
date	17-Aug-09	time	6.19	10.21	14.33	18.67	23.18		27.91	32.81	38.01	43.41	49.21		56.00	5 / 4			
reaction time	0.154	interval		4.02	4.12	4.34	4.51		4.73	4.90	5.20	5.40	5.80	6.79		12.48	14.14	16.40	
		velocity	7.27	8.71	8.50	8.06	7.76		7.40	7.14	6.73	6.48	6.03	5.89	7.14		8.41	7.43	6.40
H1 lead leg		strides																	
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)													<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>						
date	16-Jul-17	time	6.52	10.80	15.24	19.68	24.36		29.28	34.40	39.64	44.84	50.08		56.00	3 / 8			
reaction time	0.146	interval		4.28	4.44	4.44	4.68		4.92	5.12	5.24	5.20	5.24	5.92		13.16	14.72	15.68	
		velocity	6.90	8.18	7.88	7.88	7.48		7.11	6.84	6.68	6.73	6.68	6.76	7.14		7.98	7.13	6.70
H1 lead leg	L	strides	23	15	15	15	15		16	17	17	16	17	19.7	185.7				
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)													<i>USATF (2022) - Results powered by Karmarush</i>						
date	25-Jun-22	time	6.44	10.45	14.58	18.81	23.37	25.47	28.13	33.03	38.27	43.78	49.36	56.00	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)													<i>USATF (2022) - Results powered by Karmarush</i>						
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)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>						
date	03-May-19	time	6.34	10.51	14.88	19.18	23.79	25.7	28.53	33.50	38.84	44.28	49.75		56.01	3 / 6			
reaction time	0.157	interval		4.17	4.37	4.30	4.61		4.74	4.97	5.34	5.44	5.47	6.26		12.84	14.32	16.25	
		velocity	7.10	8.39	8.01	8.14	7.59	7.78	7.38	7.04	6.55	6.43	6.40	6.39	7.14		8.18	7.33	6.46
H1 lead leg	L	strides	24	16	16	16	16		17	17	18	18	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)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>						
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)													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>						
date	10-Jun-24	time	6.40	10.61	15.06	19.54	24.20		29.00	33.94	39.11	44.52	49.90		56.01	6 / 7			
reaction time	0.156	interval		4.21	4.45	4.48	4.66		4.80	4.94	5.17	5.41	5.38	6.11		13.14	14.40	15.96	

H1 lead leg	R	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
		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)																			
<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																			
date	17-Sep-20	time	6.48	10.72	15.00	19.40	23.96	26.0	28.60	33.52	38.68	44.16	49.72		56.02	7 / 7			
reaction time	0.135	interval		4.24	4.28	4.40	4.56		4.64	4.92	5.16	5.48	5.56	6.30			12.92	14.12	16.20
		velocity	6.94	8.25	8.18	7.95	7.68	7.69	7.54	7.11	6.78	6.39	6.29	6.35	7.14		8.13	7.44	6.48
H1 lead leg	R	strides	23	15	15	15	15		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)																			
<i>European Athletics (2022) - european athletics championships race analysis</i>																			
date	19-Aug-22	time	6.24	10.22	14.32	18.52	22.97	24.97	27.67	32.57	37.69	42.95	48.67		56.02	8 / 8			
reaction time	0.215	interval		3.98	4.10	4.20	4.45		4.70	4.90	5.12	5.26	5.72	7.35			12.28	14.05	16.10
		velocity	7.21	8.79	8.54	8.33	7.87	8.01	7.45	7.14	6.84	6.65	6.12	5.44	7.14		8.55	7.47	6.52
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	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	6.27	10.33	14.54	18.90	23.48		28.41	33.47	38.60	43.92	49.40		56.02	4 / 6			
reaction time	0.173	interval		4.06	4.21	4.36	4.58		4.93	5.06	5.13	5.32	5.48	6.62			12.63	14.57	15.93
		velocity	7.18	8.62	8.31	8.03	7.64		7.10	6.92	6.82	6.58	6.39	6.04	7.14		8.31	7.21	6.59
H1 lead leg	L	strides	23	15	15	15	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	1 / 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		16	17	17	17	17	17	152					
Oliveri, 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 / 1			
reaction time		interval		4.4	4.4	4.6	4.4		4.8	4.8	5.2	5.2	5.3	6.26			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				
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
Heat 4 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																			
date	31-Jul-21	time	6.51	10.84	15.23	19.73	24.36		29.10	33.98	39.00	44.20	49.74		56.06	3 / 3			
reaction time	0.194	interval		4.33	4.39	4.50	4.63		4.74	4.88	5.02	5.20	5.54	6.32			13.22	14.25	15.76

H1 lead leg	L	velocity	6.91	8.08	7.97	7.78	7.56		7.38	7.17	6.97	6.73	6.32	6.33	7.14		7.94	7.37	6.66	
		strides	23	16	16	16	16		16	17	17	17	18	21.7	193.7					
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	
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			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	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=EnXl2yLcGsg&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
		velocity	6.73	8.10	7.74	7.83	7.73	7.57	7.54	7.20		6.93	6.77	6.42	6.28	7.13		7.89	7.48	6.70
H1 lead leg	R	strides	25	16	16	16	16		16	16		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	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	

H1 lead leg	R	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					
		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	4.07	4.37	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	22	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	/ 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	
		velocity	6.88	8.54	8.12	7.83	7.66	7.38	7.10	6.85			6.05	7.13			8.15	7.37	
H1 lead leg	L	strides	23	15	15	16	16	16	18	18			137						
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	17	131						
Gnafáki, Dimitra (GRE) (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 European Athletics Championships (Munich, GER)																<i>European Athletics (2022) - european athletics championships race analysis</i>			
date	18-Aug-22	time	6.47	10.75	15.22	19.77	24.47	26.58	29.30	34.30	39.61	44.73	50.06		56.14	1 / 4			
reaction time	0.206	interval	4.28	4.47	4.55	4.70		4.83	5.00	5.31	5.12	5.33	6.08	PB			13.30	14.53	15.76
		velocity	6.96	8.18	7.83	7.69	7.45	7.52	7.25	7.00	6.59	6.84	6.57	6.58	7.13		7.89	7.23	6.66
H1 lead leg	L	strides	23			15	16		16	17	17	17	20	158					
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 2 - 2022 European Athletics Championships (Munich, GER)																<i>European Athletics (2022) - european athletics championships race analysis</i>			
date	18-Aug-22	time	6.23	10.30	14.56	18.86	23.31	25.36	28.05	33.06	38.37	43.90	49.45		56.14	8 / 6			
reaction time	0.232	interval	4.07	4.26	4.30	4.45		4.74	5.01	5.31	5.53	5.55	6.69				12.63	14.20	16.39
		velocity	7.22	8.60	8.22	8.14	7.87	7.89	7.38	6.99	6.59	6.33	6.31	5.98	7.13		8.31	7.39	6.41
H1 lead leg	L	strides	23			15	15		16	16	18	17	18	21	159				
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				
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		4.74	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	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			
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 1 - 2022 European Athletics Championships (Munich, GER)															<i>European Athletics (2022) - european athletics championships race analysis</i>			
date	17-Aug-22	time	6.42	10.83	15.35	19.83	24.56	26.63	29.30	34.10	39.20	44.46	49.83	56.16	2 / 1			
reaction time	0.178	interval		4.41	4.52	4.48	4.73		4.74	4.80	5.10	5.26	5.37	6.33	PB	13.41	14.27	15.73
		velocity	7.01	7.94	7.74	7.81	7.40	7.51	7.38	7.29	6.86	6.65	6.52	6.32	7.12	7.83	7.36	6.68
H1 lead leg	L	strides	23	16	16	16	16		16	16	16	17	17	21	190			
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	/ 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	/ 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	16	16	15	15		16	17	17	18	18	22	193			
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 - 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		15.00	19.63	24.40				39.30	44.47	49.87	56.18	5 / 4			
reaction time	0.335	interval			8.63	4.63	4.77				14.90	5.17	5.40	6.31	PB	13.26		
		velocity	7.06		8.11	7.56	7.34				7.05	6.77	6.48	6.34	7.12	7.92		
H1 lead leg	R	strides	24		15	16						16	17	21	109			
Seri, Camille (FRA) (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 European Athletics Championships (Munich, GER)															<i>European Athletics (2022) - european athletics championships race analysis</i>			
date	17-Aug-22	time	6.39	10.72	15.16	19.71	24.40	26.47	29.13	34.04	39.26	44.53	49.94	56.18	6 / 2			
reaction time	0.181	interval		4.33	4.44	4.55	4.69		4.73	4.91	5.22	5.27	5.41	6.24		13.32	14.33	15.90
		velocity	7.04	8.08	7.88	7.69	7.46	7.56	7.40	7.13	6.70	6.64	6.47	6.41	7.12	7.88	7.33	6.60
H1 lead leg	R	strides	24	16	16	16	16		16	17	17	18	18	21	179			
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 - 1997 European Cup (Munich, GER)															<i>Jung (2003) - http://www.fgs.uni-halle.de</i>			
date	21-Jun-97	time	6.85		15.46	19.88	24.44		29.16	34.09	39.15	44.37	49.82	56.19	/ 4			
reaction time		interval			8.61	4.42	4.56		4.72	4.93	5.06	5.22	5.45	6.37		13.03	14.21	15.73
		velocity	6.57		8.13	7.92	7.68		7.42	7.10	6.92	6.70	6.42	6.28	7.12	8.06	7.39	6.68
H1 lead leg		strides																
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 - 2006 Seiko Super Grand Prix (Yokohama, JPN)															<i>Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers</i>			
date	24-Sep-06	time	6.59	10.88	15.38	19.92	24.69		29.48	34.47	39.53	44.72	50.03	56.19	/ 2			
reaction time		interval		4.29	4.50	4.54	4.77		4.79	4.99	5.06	5.19	5.31	6.16		13.33	14.55	15.56
		velocity	6.83	8.16	7.78	7.71	7.34		7.31	7.01	6.92	6.74	6.59	6.49	7.12	7.88	7.22	6.75

H1 lead leg	strides	16	16	16	16	16	17	17	17	17	17	148							
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 - 2022 USATF National Championships (Eugene, OR)																			
date	24-Jun-22	time	6.51	10.62	14.85	19.33	23.85	26.06	28.75	33.73	38.94	44.25	49.79	56.19	56.19	9 / 5			
reaction time		interval	4.11	4.23	4.48	4.52	4.90	4.98	5.21	5.31	5.54	6.40					12.82	14.40	16.06
		velocity	6.91	8.52	8.27	7.81	7.74	7.67	7.14	7.03	6.72	6.59	6.32	6.25	7.12		8.19	7.29	6.54
H1 lead leg	L	strides	23	15	15	15	16	16	16	17	17	17	17	133					
Giger, Yasmin (SUI) (1999)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2024 Weltklasse (Züich, SUI)																			
date	05-Sep-24	time	6.34	10.50	14.82	19.21	23.74	28.55	33.51	38.66	44.08	49.75	56.19	56.19	1 / 8				
reaction time	0.155	interval	4.16	4.32	4.39	4.53	4.81	4.96	5.15	5.42	5.67	6.44					12.87	14.30	16.24
		velocity	7.10	8.41	8.10	7.97	7.73	7.28	7.06	6.80	6.46	6.17	6.21	7.12		8.16	7.34	6.47	
H1 lead leg	R	strides	23	15	15	15	16	16	16	17	18	20	140						
Anacharsis, Phara (FRA) (1983)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)																			
date	15-Jul-16	time	6.60	10.77	19.40	23.87	28.47	38.37	43.87	49.50	56.20	56.20	56.20	1 / 7					
reaction time	0.183	interval	4.17	8.63	4.47	4.60	9.90	5.50	5.63	6.70	7.12	7.12	7.12	7.12		8.20			
		velocity	6.82	8.39	8.11	7.83	7.61	7.07	6.36	6.22	5.97	7.12	7.12	7.12		8.20			
H1 lead leg	L	strides	15	15	15	15	15	17	17	17	20	99							
McLean, Hayley (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 - 2022 European Athletics Championships (Munich, GER)																			
date	18-Aug-22	time	6.29	10.56	15.05	19.69	24.37	26.41	29.16	34.12	39.20	44.37	49.92	56.20	8 / 5				
reaction time	0.183	interval	4.27	4.49	4.64	4.68	4.79	4.96	5.08	5.17	5.55	6.28					13.40	14.43	15.80
		velocity	7.15	8.20	7.80	7.54	7.48	7.57	7.31	7.06	6.89	6.77	6.31	6.37	7.12		7.84	7.28	6.65
H1 lead leg	L	strides	24	16	16	16	17	17	17	18	21.5	162.5							
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		
FINAL - 2008 Japanese National Championships (Kawasaki, JPN)																			
date	27-Jun-08	time	6.56	10.76	15.15	19.64	24.24	28.98	33.85	38.94	44.18	49.69	56.21	56.21	1 / 1				
reaction time		interval	4.20	4.39	4.49	4.60	4.74	4.87	5.09	5.24	5.51	6.52					13.08	14.21	15.84
		velocity	6.86	8.33	7.97	7.80	7.61	7.38	7.19	6.88	6.68	6.35	6.13	7.12		8.03	7.39	6.63	
H1 lead leg		strides	16	16	16	16	16	16	17	17	17	17	148						
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 Prefontaine Classic (Eugene, OR) (TV Analysis)																			
date	27-May-17	time	6.73	11.03	15.46	19.93	24.56	29.20	34.20	39.23	44.40	49.96	56.21	56.21	2 / 8				
reaction time	0.223	interval	4.30	4.43	4.47	4.63	4.64	5.00	5.03	5.17	5.56	6.25					13.20	14.27	15.76
		velocity	6.69	8.14	7.90	7.83	7.56	7.54	7.00	6.96	6.77	6.29	6.40	7.12		7.95	7.36	6.66	
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	17	163						
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 Anniversary Games (London, GBR) (TV Analysis)																			
date	21-Jul-18	time	6.44	10.72	15.04	19.44	24.00	28.80	33.82	38.88	44.20	49.80	56.21	56.21	2 / 8				
reaction time	0.174	interval	4.28	4.32	4.40	4.56	4.80	5.02	5.06	5.32	5.60	6.41					13.00	14.38	15.98
		velocity	6.99	8.18	8.10	7.95	7.68	7.29	6.97	6.92	6.58	6.25	6.24	7.12		8.08	7.30	6.57	
H1 lead leg	R	strides	22	15	15	15	16	16	16	17	17	20	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 - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)																			
date	21-May-22	time	6.35	10.40	14.50	18.83	23.40	25.18	28.17	33.10	38.30	43.70	49.33	56.21	6 / 7				
reaction time	0.135	interval	4.05	4.10	4.33	4.57	4.77	4.93	5.20	5.40	5.63	6.88					12.48	14.27	16.23
		velocity	7.09	8.64	8.54	8.08	7.66	7.94	7.34	7.10	6.73	6.48	6.22	5.81	7.12		8.41	7.36	6.47
H1 lead leg	R	strides	23	15	15	15	16	16	16	17	17	21	188						
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 - 1985 European Junior Championships (Cottbus, GDR)																			
date	25-Aug-85	time	6.57	14.88	19.39	24.30	29.11	33.98	39.11	44.48	49.80	56.22	56.22	1 / 1					
reaction time		interval	8.31	4.51	4.91	4.81	4.87	5.13	5.37	5.32	6.42						12.82	14.59	15.82
		velocity	6.85	8.42	7.76	7.13	7.28	7.19	6.82	6.52	6.58	6.23	7.11				8.19	7.20	6.64
H1 lead leg		strides																	
Perkins, Angel (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 - 2008 USA Olympic Trials (Eugene, OR)																			
date	29-Jun-08	time	6.44	10.59	14.99	19.49	24.02	28.95	34.07	39.31	44.54	49.83	56.23	56.23	1 / 7				
reaction time		interval	4.15	4.40	4.50	4.53	4.93	5.12	5.24	5.23	5.29	6.40					13.05	14.58	15.76
		velocity	6.99	8.43	7.95	7.78	7.73	7.10	6.84	6.68	6.69	6.62	6.25	7.11		8.05	7.20	6.66	
H1 lead leg	L	strides	24	16	16	15	17	17	17	17	17	17	172						
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 Athletissima (Lausanne, SUI) (TV Analysis)																			
date	06-Jul-17	time	6.72	11.00	15.32	19.68	24.12	28.88	33.80	38.92	44.28	56.23	56.23	8 / 7					
reaction time	0.206	interval	4.28	4.32	4.36	4.44	4.76	4.92	5.12	5.36							12.96	14.12	
		velocity	6.70	8.18	8.10	8.03	7.88	7.35	7.11	6.84	6.53	7.11	7.11	7.11			8.10	7.44	

H1 lead leg	L	strides	23	15	15	15	15	16	16	16	17							148	
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
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	12-Jun-21	time	6.47	15.13	19.73	24.50					38.90	43.83	49.13		56.23	9 / 5			
reaction time	0.218	interval		8.66	4.60	4.77				14.40	4.93	5.30	7.10		PB		13.26		
		velocity	6.96	8.08	7.61	7.34				7.29	7.10	6.60	5.63	7.11			7.92		
H1 lead leg	R	strides	23	15	15							15	16	21.5	105.5				
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 Bislett Games (Oslo, NOR) (TV Analysis)			<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																
date	30-May-24	time	6.49	10.69	14.99	19.43			28.74	33.78		44.31	49.82		56.23	1 / 8			
reaction time	0.234	interval		4.20	4.30	4.44			9.31	5.04		10.53	5.51	6.41			12.94	14.35	16.04
		velocity	6.93	8.33	8.14	7.88			7.52	6.94		6.65	6.35	6.24	7.11		8.11	7.32	6.55
H1 lead leg	R	strides	23	15	15	16	16			17		17	18	21	158				
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 European Athletics Championships (Roma, ITA)			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	09-Jun-24	time	6.56	10.84	15.24	19.70	24.37		29.39	34.46	39.60	44.85	50.08		56.23	4 / 2			
reaction time	0.174	interval		4.28	4.40	4.46	4.67		5.02	5.07	5.14	5.25	5.23	6.15			13.14	14.76	15.62
		velocity	6.86	8.18	7.95	7.85	7.49		6.97	6.90	6.81	6.67	6.69	6.50	7.11		7.99	7.11	6.72
H1 lead leg		strides																	
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 - 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	10.91	15.33	19.91	24.57		29.46	34.41	39.35	44.47	49.77		56.24	8 / 8			
reaction time	0.239	interval		4.38	4.42	4.58	4.66		4.89	4.95	4.94	5.12	5.30	6.47			13.38	14.50	15.36
		velocity	6.89	7.99	7.92	7.64	7.51		7.16	7.07	7.09	6.84	6.60	6.18	7.11		7.85	7.24	6.84
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	17	20.5	197.5				
Sallins, Melinda (USA) (1973)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Championships (Palo Alto, CA)			<i>USATF Women's Sprint Development (2003)</i>																
date	21-Jun-03	time	6.52	10.74	15.12	19.49	23.94		28.58	33.53	38.54	43.81	49.50		56.24	1 / 5			
reaction time		interval		4.22	4.38	4.37	4.45		4.64	4.95	5.01	5.27	5.69	6.74			12.97	14.04	15.97
		velocity	6.90	8.29	7.99	8.01	7.87		7.54	7.07	6.99	6.64	6.15	5.93	7.11		8.10	7.48	6.57
H1 lead leg		strides																	
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 Weltklasse (Zürich, SUI) (TV Analysis)			<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																
date	01-Sep-16	time	6.56	10.92	15.40	20.00	24.76		29.68	34.64	39.72	44.84			56.24	8 / 8			
reaction time	0.183	interval		4.36	4.48	4.60	4.76		4.92	4.96	5.08	5.12					13.44	14.64	
		velocity	6.86	8.03	7.81	7.61	7.35		7.11	7.06	6.89	6.84			7.11		7.81	7.17	
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17		140					
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 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	06-Jul-21	time	6.30	10.53	14.80	19.12	23.64		28.44	33.40	38.67	44.19			56.24	7 / 6			
reaction time	0.224	interval		4.23	4.27	4.32	4.52		4.80	4.96	5.27	5.52					12.82	14.28	
		velocity	7.14	8.27	8.20	8.10	7.74		7.29	7.06	6.64	6.34			7.11		8.19	7.35	
H1 lead leg	R	strides		15	14	14	15		15		16	16	17	122					
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 - 2022 USATF National Championships (Eugene, OR)			<i>USATF (2022) - Results powered by Karmarush</i>																
date	24-Jun-22	time	6.48	10.67	14.99	19.45	24.17	26.32	29.02	33.93	39.03	44.22	49.69	56.24	56.24	7 / 6			
reaction time		interval		4.19	4.32	4.46	4.72		4.85	4.91	5.10	5.19	5.47	6.55			12.97	14.48	15.76
		velocity	6.94	8.35	8.10	7.85	7.42	7.60	7.22	7.13	6.86	6.74	6.40	6.11	7.11		8.10	7.25	6.66
H1 lead leg	L	strides	24	16	16	16	17			17	18			124					
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
Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	19-Jul-22	time	6.57	10.90	15.23	19.60	24.30	26.20	29.13	34.10	39.36	44.73	50.00		56.24	5 / 4			
reaction time	0.143	interval		4.33	4.33	4.37	4.70		4.83	4.97	5.26	5.37	5.27	6.24			13.03	14.50	15.90
		velocity	6.85	8.08	8.08	8.01	7.45	7.63	7.25	7.04	6.65	6.52	6.64	6.41	7.11		8.06	7.24	6.60
H1 lead leg	L	strides	23	15	15	15	16		16	16	17	17	17	20	187				
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'ia (USA) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	29-Jun-24	time	6.41	10.47	14.61	18.90	23.25	25.18	27.76	32.48	37.64	43.15	49.02		56.24	7 / 6			
reaction time		interval		4.06	4.14	4.29	4.35		4.51	4.72	5.16	5.51	5.87	7.22			12.49	13.58	16.54
		velocity	7.02	8.62	8.45	8.16	8.05	7.94	7.76	7.42	6.78	6.35	5.96	5.54	7.11		8.41	7.73	6.35

H1 lead leg	L	strides	15	15	15	15	15	16	16	16	17	20.2	160.2							
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 / 7 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	7.55	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							
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 - 2024 Chinese National Championships (Quzhou, CHN)													<i>Shandong Athletics Sport Science (2024)</i>							
date	16-Sep-24	time	6.44	10.69	14.98	19.32	23.82	28.62	33.63	38.82	44.31	49.90	56.25	6 / 2						
reaction time	0.195	interval	4.25	4.29	4.34	4.50	4.80	5.01	5.19	5.49	5.59	6.35	PB		12.88	14.31	16.27			
		velocity	6.99	8.24	8.16	8.06	7.78	7.29	6.99	6.74	6.38	6.26	6.30	7.11	8.15	7.34	6.45			
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	18	21.2	196.2						
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 - 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	7.63	4.84	5.00	5.00	5.24	5.52	6.46					15.76			
		velocity	6.90	8.33	8.25	7.58	7.63	7.23	7.00	7.00	6.68	6.34	6.19	7.11	6.66					
H1 lead leg	R	strides	22	14	14	15	15	15	15	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, 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 - 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, 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 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	23	15	15	15	15	17	17	17	17	17	134							
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 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	6.34	10.58	14.95	19.32	23.94	28.61	33.58	38.79	44.18	49.72	56.29	1 / 4						
reaction time		interval	4.24	4.37	4.37	4.62	4.67	4.97	5.21	5.39	5.54	6.57			12.98	14.26	16.14			
		velocity	7.10	8.25	8.01	8.01	7.58	7.49	7.04	6.72	6.49	6.32	6.09	7.11	8.09	7.36	6.51			

H1 lead leg	strides		16	16	16	16		16	17	17	17	17		148				
Brown, T'erea (USA) (1989)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																		
date	10-Jul-16	time	6.30	10.41	14.58	18.92	23.39		28.06	32.97	37.97	43.21	48.88		56.29	7 / 8		
reaction time	0.243	interval		4.11	4.17	4.34	4.47		4.67	4.91	5.00	5.24	5.67	7.41		12.62	14.05	15.91
		velocity	7.14	8.52	8.39	8.06	7.83		7.49	7.13	7.00	6.68	6.17	5.40	7.11	8.32	7.47	6.60
H1 lead leg	L	strides	23	15	15	15	15		15	17	17	17	18		167			
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 - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																		
date	19-Aug-20	time	6.40	10.60	14.92	19.36	23.92		28.72	33.76	39.00	44.52	50.04		56.29	5 / 3		
reaction time	0.199	interval		4.20	4.32	4.44	4.56		4.80	5.04	5.24	5.52	6.25			12.96	14.40	16.28
		velocity	7.03	8.33	8.10	7.88	7.68		7.29	6.94	6.68	6.34	6.34	6.40	7.11	8.10	7.29	6.45
H1 lead leg	R	strides	22	15	15	15	15		16	16	16	17	17	20	184			
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	
Heat 4 - 2024 Olympic Games (Paris, FRA)																		
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																		
date	04-Aug-24	time	6.46	10.82	15.26	19.76	24.34		29.09	34.08	39.16	44.48	49.85		56.29	3 / 6		
reaction time	0.210	interval		4.36	4.44	4.50	4.58		4.75	4.99	5.08	5.32	5.37	6.44		13.30	14.32	15.77
		velocity	6.97	8.03	7.88	7.78	7.64		7.37	7.01	6.89	6.58	6.52	6.21	7.11	7.89	7.33	6.66
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	17	18	174				
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 Memorial van Damme (Brussels, BEL) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																		
date	01-Sep-17	time	6.32	10.52	14.88	19.40	24.00	26.1	28.64	33.52	38.68	44.08	49.72		56.30	2 / 8		
reaction time	0.219	interval		4.20	4.36	4.52	4.60		4.64	4.88	5.16	5.40	5.64	6.58		13.08	14.12	16.20
		velocity	7.12	8.33	8.03	7.74	7.61	7.66	7.54	7.17	6.78	6.48	6.21	6.08	7.10	8.03	7.44	6.48
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	18	18	22	195			
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 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																		
date	23-Aug-20	time	6.50		15.17	19.57	24.07	26.1	28.87	33.80	38.87	44.27	49.83		56.30	5 / 4		
reaction time	0.209	interval			8.67	4.40	4.50		4.80	4.93	5.07	5.40	5.56	6.47		13.07	14.23	16.03
		velocity	6.92		8.07	7.95	7.78	7.66	7.29	7.10	6.90	6.48	6.29	6.18	7.10	8.03	7.38	6.55
H1 lead leg	R	strides	21	15		15	15		16	16	17	18	18	21.5	172.5			
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 2 - 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	6.55	10.68	14.96	19.32	23.81		28.74	33.83	39.10	44.46	49.92		56.31	1 / 2		
reaction time		interval		4.13	4.28	4.36	4.49		4.93	5.09	5.27	5.36	5.46	6.39		12.77	14.51	16.09
		velocity	6.87	8.47	8.18	8.03	7.80		7.10	6.88	6.64	6.53	6.41	6.26		8.22	7.24	6.53
H1 lead leg		strides	23	15	15	15	15		16	17	17	17	18	20	188			
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 - 2010 Japanese National Championships (Marugame, JPN)																		
<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																		
date	06-Jun-10	time	6.84	11.19	15.68	20.20	24.79		29.66	34.63	39.74	44.86	50.17		56.31	1 / 2		
reaction time	0.184	interval		4.35	4.49	4.52	4.59		4.87	4.97	5.11	5.12	5.31	6.14		13.36	14.43	15.54
		velocity	6.58	8.05	7.80	7.74	7.63		7.19	7.04	6.85	6.84	6.59	6.51	7.10	7.86	7.28	6.76
H1 lead leg		strides		15	15	15	15		16	16	16	16	16	140				
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 - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																		
date	23-Aug-20	time	6.40	10.67	15.00	19.40	23.97	26.0	28.87	33.93	39.03	44.47	50.07		56.31	3 / 5		
reaction time	0.208	interval		4.27	4.33	4.40	4.57		4.90	5.06	5.10	5.44	5.60	6.24		13.00	14.53	16.14
		velocity	7.03	8.20	8.08	7.95	7.66	7.69	7.14	6.92	6.86	6.43	6.25	6.41	7.10	8.08	7.23	6.51
H1 lead leg	R	strides	21	15		15	15		16	16	16	17	17	20	168			
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	
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	6.53	10.84	15.30	19.73	24.40	26.41		34.20	39.33	44.70		56.31	2 / 8			
reaction time	0.154	interval		4.31	4.46	4.43	4.67		9.80	5.13	5.37					13.20	14.47	
		velocity	6.89	8.12	7.85	7.90	7.49	7.57		7.14	6.82	6.52		7.10		7.95	7.26	
H1 lead leg	R	strides	23	15	15	15	15			16	17		116					
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	
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)																		
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																		
date	29-Jun-24	time	6.44	10.64	14.99	19.41	23.85	25.92	28.63	33.69	38.91	44.42	49.87		56.31	2 / 7		
reaction time		interval		4.20	4.35	4.42	4.44		4.78	5.06	5.22	5.51	5.45	6.44		12.97	14.28	16.18
		velocity	6.99	8.33	8.05	7.92	7.88	7.72	7.32	6.92	6.70	6.35	6.42	6.21	7.10	8.10	7.35	6.49
H1 lead leg	R	strides	22	15	15	15	15		16	16	17	17	17	20.2	185.2			
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 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																	
Burford-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	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				
Nel, Wenda (RSA) (1988)																			
Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																			
date	02-Aug-21	time	6.36	10.60	14.96	19.36	23.97		28.70	33.66	38.90	44.26	49.94		56.35		8 / 7		
reaction time	0.189	interval	4.24	4.36	4.40	4.61		4.73	4.96	5.24	5.36	5.68	6.41				13.00	14.30	16.28
		velocity	7.08	8.25	8.03	7.95	7.59		7.40	7.06	6.68	6.53	6.16	6.24	7.10		8.08	7.34	6.45
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	18	18	173					
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	19.35	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		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	L	strides	23	15	15	15	15	16	17	17	18	151									
Nugent, Leah (JAM) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																		
date	26-Aug-21	time	6.24	10.44	14.84	24.24	28.96	33.80	38.96	44.16	49.76	56.41	1 / 7								
reaction time	0.202	interval	4.20	4.40	9.40	4.72	4.84	5.16	5.20	5.60	6.65								15.96		
		velocity	7.21	8.33	7.95	7.45	7.42	7.23	6.78	6.73	6.25	6.02	7.09						6.58		
H1 lead leg	R	strides	22	15	15			15	15	15	15	16	19	147							
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	24.24	29.68	34.72	40.00	45.20	50.52	56.42	2 / 4								
reaction time		interval	4.32	4.44	14.32	5.04	5.04	5.16	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	16	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							
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 - 2024 Chinese National Grand Prix Final (Rizhao, CHN)			<i>Shandong Athletics Sport Science (2024)</i>																		
date	29-Jun-24	time	6.62	10.81	15.10	19.50	24.07	28.98	33.98	39.32	44.78	50.20	56.43	7 / 2							
reaction time	0.196	interval	4.19	4.29	4.40	4.57	4.91	5.00	5.34	5.46	5.42	6.23	PB						12.88	14.48	16.22
		velocity	6.80	8.35	8.16	7.95	7.66	7.13	7.00	6.55	6.41	6.46	6.42	7.09					8.15	7.25	6.47
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	20.5	186.5							
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																			
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 - 2022 European Athletics Championships (Munich, GER)			<i>European Athletics (2022) - european athletics championships race analysis</i>																		
date	17-Aug-22	time	6.37	10.55	14.94	19.44	24.18	26.41	29.17	34.23	39.44	44.74	50.23	56.44	5 / 3						
reaction time	0.223	interval	4.18	4.39	4.50	4.74	4.99	5.06	5.21	5.30	5.49	6.21							13.07	14.79	16.00
		velocity	7.06	8.37	7.97	7.78	7.38	7.57	7.01	6.92	6.72	6.60	6.38	6.44	7.09				8.03	7.10	6.56
H1 lead leg	L	strides	22	15	15	16	16	16	16	16	17	17	20	170							
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	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	15.36	24.52	26.5	29.36	34.23	39.54	44.91	50.35	56.45	1 / 8							
reaction time	0.167	interval	4.34	4.40	13.64	4.84	4.84	5.16	5.20	5.60	6.65										
		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	15	16	16	16	16	17	17	20.5	108.5								
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		
Heat 5 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																		
date	31-Jul-21	time	6.43	10.62	14.90	19.36	24.01	28.76	33.86	39.00	44.54	50.10	56.45	2 / 7							
reaction time	0.151	interval	4.19	4.28	4.46	4.65	4.75	5.10	5.16	5.36	6.35								12.93	14.50	16.24
		velocity	7.00	8.35	8.18	7.85	7.53	7.37	6.86	6.55	6.29	6.30	7.09						8.12	7.24	6.47
H1 lead leg	R	strides	22	15	15	15	15	15	16	16	17	17	130								
Gnafáki, Dimitra (GRE) (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 - 2022 European Athletics Championships (Munich, GER)			<i>European Athletics (2022) - european athletics championships race analysis</i>																		
date	17-Aug-22	time	6.57	10.85	15.15	19.70	24.38	26.52	29.27	34.31	39.55	44.90	50.26	56.45	7 / 2						
reaction time	0.178	interval	4.28	4.30	4.55	4.68	4.89	5.04	5.24	5.35	5.36	6.19	PB						13.13	14.61	15.95
		velocity	6.85	8.18	8.14	7.69	7.48	7.54	7.16	6.94	6.68	6.54	6.53	6.46	7.09				8.00	7.19	6.58
H1 lead leg	L	strides	23	15	15	16	16	16	16	16	17	17	20.2	156.2							
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 - 2024 Second Belt & Road Invitational Athletics Meeting (Chongqing, CHN)			<i>Shandong Athletics Sport Science (2024)</i>																		
date	29-May-24	time	6.72	11.06	15.45	19.99	24.72	29.53	34.58	39.69	44.94	50.35	56.45	3 / 1							
reaction time	0.249	interval	4.34	4.39	4.54	4.73	4.81	5.05	5.11	5.25	5.41	6.10	PB						13.27	14.59	15.77
		velocity	6.70	8.06	7.97	7.71	7.40	7.28	6.93	6.85	6.67	6.47	6.56	7.09					7.91	7.20	6.66

H1 lead leg	L	strides	23	16	15	15	16	16	17	17	17	17	20.2	189.2						
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	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	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	1 / 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	1 / 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	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	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	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 / 6 5					
reaction time	0.194	interval	4.08	4.25	4.42	4.64	4.70	5.01		10.71			7.08		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 / 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)	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	10.83	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	15	16	16	17		132						
da Silva, Chayenne (BRA) (2000)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
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)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2004 Seiko Super Grand Prix (Yokohama, JPN)																			
<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>																			
date	23-Sep-04	time	6.62	10.82	15.17	19.64	24.26	29.13	34.12	39.39	44.80	50.26		56.53	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)	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	14.92	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)	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 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

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
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)		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 / 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)		FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																	
		<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																	
date	17-Sep-20	time	6.60	10.96	15.36	19.84	26.5	29.08	33.84	38.72	43.92	50.08		56.58	4 / 8				
reaction time	0.187	interval	4.36	4.40	4.48			9.24	4.76	4.88	5.20	6.16	6.50			13.24	14.00	16.24	
		velocity	6.82	8.03	7.95	7.81	7.55	7.58	7.35	7.17	6.73	5.68	6.15	7.07		7.93	7.50	6.47	
H1 lead leg	L	strides	23	16	16	16			15	15	15	19	21	156					
Mo Jiadie (CHN) (2000)		Heat 2 - 2023 Chinese World Championship & Asian Games Trials (Shenyang, CHN)																	
		<i>Shandong Athletics Sport Science (2023)</i>																	
date	27-Jun-23	time	6.52	10.73	15.00	19.47	24.19	28.93	33.90	39.15	44.59	50.23		56.58	6 / 1				
reaction time	0.446	interval	4.21	4.27	4.47	4.72		4.74	4.97	5.25	5.44	5.64	6.35			12.95	14.43	16.33	
		velocity	6.90	8.31	8.20	7.83	7.42		7.38	7.04	6.67	6.43	6.21	6.30	7.07		8.11	7.28	6.43
H1 lead leg	L	strides	23	15	15	16	16		16	16	17	17	18	21	190				
Lee, Tonya (USA) (1969)		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	16		17	17	17	18	18	21	196				
Addy, Megan (USA) (1978)		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

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Fahr, Annina (SUI) (1993)																			
Heat 2 - 2024 European Athletics Championships (Roma, ITA)																			
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)																			
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)																			
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)																			
FINAL - 1992 U23 European Cup (Villeneuve d'Ascq, FRA)																			
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)																			
FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																			
date 18-Aug-18		time	6.47	10.74	15.21	19.85	24.69		29.59	34.63	39.74	45.01	50.38		56.61	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				
Slettum, Elisabeth (NOR) (1986)																			
Semi-Final 3 - 2022 European Athletics Championships (Munich, GER)																			
date 18-Aug-22		time	6.41	10.62	14.92	19.38	24.03	26.11	28.90	33.93	39.27	44.68	50.30		56.61	7 / 6			
reaction time	0.198	interval		4.21	4.30	4.46	4.65		4.87	5.03	5.34	5.41	5.62	6.31			12.97	14.55	16.37
		velocity	7.02	8.31	8.14	7.85	7.53	7.66	7.19	6.96	6.55	6.47	6.23	6.34	7.07		8.10	7.22	6.41
H1 lead leg	L	strides	23	15	15	15	15		15	15	16		16	20	165				
Yoneda, Tomomi (JPN) (1990)																			
FINAL - 2012 Japanese National Championships (Osaka, JPN)																			
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)																			
FINAL - 2016 Japanese National Championships (Nagoya, JPN)																			
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)																			
FINAL - 2023 Athletissima (Lausanne, SUI)																			
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, Dímitra (GRE) (1997)																			
Heat 2 - 2024 European Athletics Championships (Roma, ITA)																			
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)																			
Semi-Final 1 - 1983 IAAF World Championships (Helsinki, FIN)																			
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)																			
FINAL - 1989 ??? (???)																			
date ???		time	6.63	11.17	15.75	20.48	25.14		30.16	35.01	40.09	45.32	50.48		56.63	???			
reaction time		interval		4.54	4.58	4.73	4.66		5.02	4.85	5.08	5.23	5.16	6.15	NR		13.85	14.53	15.47
		velocity	6.79	7.71	7.64	7.40	7.51		6.97	7.22	6.89	6.69	6.78	6.50	7.06		7.58	7.23	6.79

H1 lead leg	strides	24	17	17	17	17	17	17	17	17	18	17	22	200						
McLean, Hayley (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 - 2022 European Athletics Championships (Munich, GER)																				
<i>European Athletics (2022) - european athletics championships race analysis</i>																				
date	17-Aug-22	time	6.28	10.45	14.89	19.48	24.24	26.38	29.12	34.12	39.37	44.68	50.20		56.64	8 / 3				
reaction time	0.204	interval	4.17	4.44	4.59	4.76		4.88	5.00	5.25	5.31	5.52	6.44			13.20	14.64	16.08		
		velocity	7.17	8.39	7.88	7.63	7.35	7.58	7.17	7.00	6.67	6.59	6.34	6.21	7.06		7.95	7.17	6.53	
H1 lead leg	L	strides	24	15		17		17	17	17	18	18	22	165						
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						
Utsumomiya, 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	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	15		16	16	17	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	5.78	7.06		8.23	7.33	6.43	
H1 lead leg	L	strides	22	14	14	14	14		15	15	16	16	17	20	177					
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							
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 2 - 2022 European Athletics Championships (Munich, GER)																				
<i>European Athletics (2022) - european athletics championships race analysis</i>																				
date	17-Aug-22	time	6.48	10.79	15.18	19.75	24.40	26.49	29.26	34.24	39.50	44.93	50.64		56.69	3 / 2				
reaction time	0.225	interval	4.31	4.39	4.57	4.65		4.86	4.98	5.26	5.43	5.71	6.05			13.27	14.49	16.40		
		velocity	6.94	8.12	7.97	7.66	7.53	7.55	7.20	7.03	6.65	6.45	6.13	6.61	7.06		7.91	7.25	6.40	
H1 lead leg	R	strides	23	15		15		16	16	16	18	17	20	156						
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	17	17	17	17	17	148							
Mo Jiadie (CHN) (2000)																			
FINAL - 2019 Chinese National Championships (Shenyang, CHN)																			
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				
Halonen, Kristiina (FIN) (1997)																			
Heat 1 - 2022 European Athletics Championships (Munich, GER)																			
date	17-Aug-22	time	6.46	10.82	15.27	19.82	24.58	26.66	29.33	34.14	39.18	44.37	49.86		56.70		1 / 4		
reaction time	0.171	interval	4.36	4.45	4.55	4.76		4.75	4.81	5.04	5.19	5.49	6.84				13.36	14.32	15.72
		velocity	6.97	8.03	7.87	7.69	7.35	7.50	7.37	7.28	6.94	6.74	6.38	5.85	7.05		7.86	7.33	6.68
H1 lead leg	L	strides	23	15	15	15	16		16	16	16	17	17	21	187				
Mustin, Dominique (USA) (2002)																			
Heat 3 - 2024 USA Olympic Trials (Eugene, OR)																			
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)																			
Heat 2 - 2024 Olympic Games (Paris, FRA)																			
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)																			
FINAL - 2024 Memorial van damme (Brussels, BEL)																			
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)																			
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)																			
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)																			
FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis)																			
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)																			
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
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)																			
FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)																			
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)																			
Semi-Final 2 - 1984 Olympic Games (Los Angeles, CA)																			
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	15				17	19	19	21.5	136.5				
Kubokura, Satomi (JPN) (1982)																			
A FINAL - 2014 Shizuoka International Athletics Meeting (Fukuroi, JPN)																			
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							
Hespel, Nina (BEL) (2001)																			
Heat 1 - 2022 European Athletics Championships (Munich, GER)										<i>European Athletics (2022) - european athletics championships race analysis</i>									
date	17-Aug-22	time	6.54	10.81	15.19	19.63	24.31	26.39	29.16	34.19	39.43	44.77	50.24	56.72	7 / 5				
reaction time	0.193	interval	4.27	4.38	4.44	4.68			4.85	5.03	5.24	5.34	5.47	6.48		13.09	14.56	16.05	
		velocity	6.88	8.20	7.99	7.88	7.48	7.58	7.22	6.96	6.68	6.55	6.40	6.17	7.05	8.02	7.21	6.54	
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	17	17	21	170					
Slettum, Elisabeth (NOR) (1986)																			
Heat 1 - 2022 European Athletics Championships (Munich, GER)										<i>European Athletics (2022) - european athletics championships race analysis</i>									
date	17-Aug-22	time	6.42	10.57	14.86	19.29	23.88	25.89	28.60	33.56	38.91	44.51	50.31	56.72	8 / 6				
reaction time	0.215	interval	4.15	4.29	4.43	4.59			4.72	4.96	5.35	5.60	5.80	6.41		12.87	14.27	16.75	
		velocity	7.01	8.43	8.16	7.90	7.63	7.72	7.42	7.06	6.54	6.25	6.03	6.24	7.05	8.16	7.36	6.27	
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	17	18	20	169				
Kubokura, Satomi (JPN) (1982)																			
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	1 / 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	16	17	17	17	18	18	149					
Tilgner, Jonna (GER) (1984)																			
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)																			
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	16	17	17	17	18	18	21	196					
Kloster, Line (NOR) (1990)																			
Repechage 1 - 2024 Olympic Games (Paris, FRA)										<i>Paris 2024 Olympic Games - Results Book (2024)</i>									
date	05-Aug-24	time	6.27	10.38	14.64	18.99	23.48		28.06	32.90	38.13	43.69	49.33	56.73	5 / 5				
reaction time	0.137	interval	4.11	4.26	4.35	4.49			4.58	4.84	5.23	5.56	5.64	7.40		12.72	13.91	16.43	
		velocity	7.18	8.52	8.22	8.05	7.80		7.64	7.23	6.69	6.29	6.21	5.41	7.05	8.25	7.55	6.39	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	17	17	17	22	185				
Lindley, Ashton (USA) (2002)																			
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		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)																			
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 / 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	7.05	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)																			
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	1 / 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	17	18	21	191					
Hejnová, Zuzana (CZE) (1986)																			
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	16	17	17	20.5	183.5				
Bartl, Claudia (GDR) (1968)																			
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 / 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)																			
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, Małgorzata (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)																			
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																		
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 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	17	17	18	18	18	21.5	197.5						
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 - 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	22	188						
Quach Thi Lan (VIE) (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 Olympic Games (Tokyo, JPN) (TV Analysis)																			
date	02-Aug-21	time	6.60	10.86	15.20	19.53	24.06	28.83	33.90	39.20	44.80	50.46	56.78	3 / 6					
reaction time	0.188	interval	4.26	4.34	4.33	4.53	4.77	5.07	5.30	5.60	5.66	6.32			12.93	14.37	16.56		
		velocity	6.82	8.22	8.06	8.08	7.73	7.34	6.90	6.60	6.25	6.18	6.33	7.04		8.12	7.31	6.34	
H1 lead leg	L	strides	23	16	15	15	15	15	16		17	17	149						
Smolińska, Izabela (POL) (1999)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)																			
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	17	17				19	21.7	145.7					
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 - 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	17	17	17	18	18	22	197						
Roberts, Kellie (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 - 1986 IAAF World Junor Championships (Athens, GRE)																			
date	18-Jul-86	time	6.73	11.11	15.51	20.08	24.87	29.87	34.98	40.19	45.39	50.75	56.80	/ 2					
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	21	196						
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		
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	/ 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)	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 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)	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)																			
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																																				
														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10								
Renaud, Anne (FRA) (1970)																																						
FINAL - 1996 Tarare, FRA																																						
<i>Veney - split times from PJ</i>																																						
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																							
reaction time		interval		4.4	4.3	4.4	4.7		4.9	5.0	5.0	5.2	5.6	6.22																								
		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																							
H1 lead leg		strides	22	15	15	15	15		15	16	16	16	16		161																							
Marchiando, Eleonora (ITA) (1997)																																						
Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																																						
<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																																						
date	31-Jul-21	time	6.66		15.33	19.86	24.43	29.26	34.40	39.43	44.73	50.20		56.82	3 / 4 5																							
reaction time	0.166	interval			8.67	4.53	4.57		4.83	5.14	5.03	5.30	5.47	6.62																								
		velocity	6.76		8.07	7.66	7.73	7.66		7.25	6.81	6.96	6.60	6.40	6.04	7.04																						
H1 lead leg	L	strides	24			16	16		16	17	17	17	17	21.2	161.2																							
Halonen, Kristiina (FIN) (1997)																																						
Semi-Final 3 - 2022 European Athletics Championships (Munich, GER)																																						
<i>European Athletics (2022) - european athletics championships race analysis</i>																																						
date	18-Aug-22	time	6.59	11.00	15.51	20.10	24.83	26.94	29.65	34.55	39.71	44.89	50.30		56.82	1 / 7																						
reaction time	0.194	interval		4.41	4.51	4.59	4.73		4.82	4.90	5.16	5.18	5.41	6.52																								
		velocity	6.83	7.94	7.76	7.63	7.40	7.42		7.26	7.14	6.78	6.76	6.47	6.13	7.04																						
H1 lead leg	L	strides	23							16			17	17	21	94																						
Kubokura, Satomi (JPN) (1982)																																						
Race 2 - 2008 Shizuoka International Athletics Meeting (Fukuroi, JPN)																																						
<i>Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers</i>																																						
date	03-May-08	time	6.61	10.96	15.40	19.92	24.61		29.43	34.40	39.52	44.93	50.50		56.83	/ 1																						
reaction time		interval		4.35	4.44	4.52	4.69		4.82	4.97	5.12	5.41	5.57	6.33																								
		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																							
H1 lead leg		strides		16	16	16	16		17	17	17	18	18		151																							
Adekoya, Kemi (BRN) (1993)																																						
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	10.56	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																								
		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																							
H1 lead leg	R	strides	23	15	15	15	16		17	17	17	17	17		169																							
Cockrell, Anna (USA) (1997)																																						
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																								
		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																							
H1 lead leg	L	strides	22	15	15	15	15		15	16	15	16	16	20	180																							
Turner, Jessica (GBR) (1995)																																						
Heat 4 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																																						
<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																																						
date	31-Jul-21	time	6.70	10.91	15.23	19.63	24.30		29.26	34.40	39.60	45.00	50.50		56.83	5 / 4																						
reaction time	0.186	interval		4.21	4.32	4.40	4.67		4.96	5.14	5.20	5.40	5.50	6.33																								
		velocity	6.72	8.31	8.10	7.95	7.49		7.06	6.81	6.73	6.48	6.36	6.32	7.04																							
H1 lead leg	L	strides	24	15	15	15	16		17	17	17	17	17	20.5	190.5																							
Wise, Deshae (USA) (1999)																																						
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																								
		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																						
H1 lead leg		strides																																				
Jamal, Aminat (BRN) (1997)																																						
FINAL - 2023 Asian Games (Hangzhou, CHN)																																						
<i>Shandong Athletics Sport Science (2023)</i>																																						
date	03-Oct-23	time	6.33	10.43	14.70	19.00	23.56		28.36	33.43	38.66	44.23	50.06		56.84	8 / 4																						
reaction time	0.188	interval		4.10	4.27	4.30	4.56		4.80	5.07	5.23	5.57	5.83	6.78																								
		velocity	7.11	8.54	8.20	8.14	7.68		7.29	6.90	6.69	6.28	6.00	5.90	7.04																							
H1 lead leg	R	strides	22	15	14	14	15		15	16	16	17	17		161																							
Niederstätter, Monika (ITA) (1974)																																						
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																								
		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																							
H1 lead leg		strides																																				
Payne, Kymber (USA) (1996)																																						
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																																				

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	9.01		4.77	4.87	5.24	5.58	5.77	6.84							16.59		
		velocity	7.10	8.33	8.20	7.77		7.34	7.19	6.68	6.27	6.07	5.85	7.03					6.33		
H1 lead leg	L	strides	24	16	16	16			17		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	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 / 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		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	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		
FINAL - 2024 Chinese National Grand Prix Final (Rizhao, CHN)			<i>Shandong Athletics Sport Science (2024)</i>																		
date	29-Jun-24	time	6.52	10.74	15.08	19.62	24.27		29.22	34.25	39.54	45.04	50.55		56.90	6 / 3					
reaction time	0.192	interval	4.22	4.34	4.54	4.65		4.95	5.03	5.29	5.50	5.51	6.35					13.10	14.63	16.30	
		velocity	6.90	8.29	8.06	7.71	7.53		7.07	6.96	6.62	6.36	6.35	6.30	7.03				8.02	7.18	6.44
H1 lead leg	R	strides	24	16	16	16		17	17	17	18	18	21.2	196.2							
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 - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																		
date	06-Jul-21	time	6.44	10.61	14.90	19.20	23.76		28.63		39.07	44.64	50.30		56.91	3 / 8					
reaction time	0.204	interval	4.17	4.29	4.30	4.56		4.87		10.44	5.57	5.66	6.61					12.76			
		velocity	6.99	8.39	8.16	8.14	7.68		7.19		6.70	6.28	6.18	6.05	7.03				8.23		
H1 lead leg	L	strides	15	15	14	14		15			16	16		105							
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	/ 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		4.76	5.32	5.48	5.80	6.68				12.96	14.32	16.60
		velocity	7.08	8.25	8.10	7.95	7.72		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	/ 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>Yasuhori (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	/ 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				
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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)	<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																	
date	31-Jul-21	time	6.33	10.51	14.80	19.40	24.43		29.56	34.77	40.13	45.63		56.93	6 / 5			
reaction time	0.167	interval	4.18	4.29	4.60	5.03		5.13	5.21	5.36	5.50					13.07	15.37	
		velocity	7.11	8.37	8.16	7.61	6.96		6.82	6.72	6.53	6.36		7.03		8.03	6.83	
H1 lead leg	L	strides	23	15	15	15	16		16	16	17	17		150				
Beaugeant, 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)	<i>Omega Timing (2024) - diamond league race analysis</i>																	
date	30-Aug-24	time	6.57	10.85	15.20	19.67	24.38		29.29	34.32	39.52	44.89	50.52		56.96	9 / 9		
reaction time	0.221	interval	4.28	4.35	4.47	4.71		4.91	5.03	5.20	5.37	5.63	6.44			13.10	14.65	16.20
		velocity	6.85	8.18	8.05	7.83	7.43		7.13	6.96	6.73	6.52	6.22	6.21	7.02	8.02	7.17	6.48
H1 lead leg	R	strides	21	14	14	14	15		15	15	15		123					
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)	<i>Omega Timing (2023) - diamond league race analysis</i>																	
date	28-May-23	time	6.61	10.93	15.33	19.84	24.51		29.40	34.51	39.74	45.11	50.64		56.97	8 / 8		
reaction time	0.268	interval	4.32	4.40	4.51	4.67		4.89	5.11	5.23	5.37	5.53	6.33			13.23	14.67	16.13
		velocity	6.81	8.10	7.95	7.76	7.49		7.16	6.85	6.69	6.52	6.33	6.32	7.02	7.94	7.16	6.51

H1 lead leg	R	strides	22	14	14	14	14	15	15	16	16	19	159						
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)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	6.62	10.90	15.22	19.71	24.22	26.36	28.93	33.84	39.27	44.75	50.40		56.97	9 / 5			
reaction time		interval	4.28	4.32	4.49	4.51		4.71	4.91	5.43	5.48	5.65	6.57				13.09	14.13	16.56
		velocity	6.80	8.18	8.10	7.80	7.76	7.59	7.43	7.13	6.45	6.39	6.19	6.09	7.02		8.02	7.43	6.34
H1 lead leg		strides																	
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)			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	13-Jul-18	time	6.40	10.70	15.06	19.66	24.36		29.20	34.16	39.30	44.66	50.40		56.98	8 / 3			
reaction time	0.179	interval	4.30	4.36	4.60	4.70		4.84	4.96	5.14	5.36	5.74	6.58				13.26	14.50	16.24
		velocity	7.03	8.14	8.03	7.61	7.45		7.23	7.06	6.81	6.53	6.10	6.08	7.02		7.92	7.24	6.47
H1 lead leg	R	strides	23	15	15	15	15		15	16	16		17		147				
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
Heat 2 - 2022 European Athletics Championships (Munich, GER)			<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	17-Aug-22	time	6.47	10.70	15.09	19.56	24.16	26.19	28.85	33.86	39.33	44.75	50.39		56.98	5 / 3			
reaction time	0.247	interval	4.23	4.39	4.47	4.60		4.69	5.01	5.47	5.42	5.64	6.59				13.09	14.30	16.53
		velocity	6.96	8.27	7.97	7.83	7.61	7.64	7.46	6.99	6.40	6.46	6.21	6.07	7.02		8.02	7.34	6.35
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20.7	184.7				
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)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	6.37	10.54	14.68	19.04	23.63	25.81	28.54	33.51	38.89	44.43	50.12		56.99	9 / 4			
reaction time		interval	4.17	4.14	4.36	4.59		4.91	4.97	5.38	5.54	5.69	6.87				12.67	14.47	16.61
		velocity	7.06	8.39	8.45	8.03	7.63	7.75	7.13	7.04	6.51	6.32	6.15	5.82	7.02		8.29	7.26	6.32
H1 lead leg		strides																	
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)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	6.45	10.62	15.01	19.45	24.06	26.33	29.13	34.24	39.65	45.18	50.67		56.99	3 / 5			
reaction time		interval	4.17	4.39	4.44	4.61		5.07	5.11	5.41	5.53	5.49	6.32				13.00	14.79	16.43
		velocity	6.98	8.39	7.97	7.88	7.59	7.60	6.90	6.85	6.47	6.33	6.38	6.33	7.02		8.08	7.10	6.39
H1 lead leg		strides																	
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)			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
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	4.28	4.36	4.52	4.64		4.80	4.84	5.16	5.44	5.60	6.76				13.16	14.28	16.20
		velocity	6.82	8.18	8.03	7.74	7.54		7.29	7.23	6.78	6.43	6.25	5.92	7.02		7.98	7.35	6.48
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	19.5	179.5				
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)			<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>																
date	27-Aug-07	time	6.57	10.90	15.44	20.06	24.83		29.77	34.86	40.00	45.26	50.77		57.01	2 / 6			
reaction time	0.202	interval	4.33	4.54	4.62	4.77		4.94	5.09	5.14	5.26	5.51	6.24				13.49	14.80	15.91
		velocity	6.85	8.08	7.71	7.58	7.34		7.09	6.88	6.81	6.65	6.35	6.41	7.02		7.78	7.09	6.60
H1 lead leg		strides		16	16	16	16		16	18	17	17	18		150				
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)			<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																
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)			<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																
date	06-Jun-21	time	6.51	10.78	15.10	19.54	24.22		29.06	34.08	39.37	44.79	50.43		57.03	5 / 1			
reaction time		interval	4.27	4.32	4.44	4.68		4.84	5.02	5.29	5.42	5.64	6.60				13.03	14.54	16.35
		velocity	6.91	8.20	8.10	7.88	7.48		7.23	6.97	6.62	6.46	6.21	6.06	7.01		8.06	7.22	6.42
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	22	188				
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 4 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																
date	31-Jul-21	time	6.66	10.90	15.33	19.93	24.77		29.80	35.00	40.20				57.03	9 / 6			
reaction time	0.165	interval	4.24	4.43	4.60	4.84		5.03	5.20	5.20							13.27	15.07	
		velocity	6.76	8.25	7.90	7.61	7.23		6.96	6.73	6.73				7.01		7.91	6.97	
H1 lead leg	R	strides	23	15	15	15	15		16	16	16				131				
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 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																
date	02-Aug-21	time	6.63	10.76	15.13	19.56	24.26		29.10	34.00	39.20	44.82			57.03	9 / 7			
reaction time	0.120	interval	4.13	4.37	4.43	4.70		4.84	4.90	5.20	5.62						12.93	14.44	
		velocity	6.79	8.47	8.01	7.90	7.45		7.23	7.14	6.73	6.23			7.01		8.12	7.27	

H1 lead leg	R	strides	23	15	15	15	16	16	16	16	18	134							
Garcia, Carla (ESP) (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 - 2022 European Athletics Championships (Munich, GER)			<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	17-Aug-22	time	6.40	10.63	15.00	19.51	24.12	26.21	29.03	34.20	39.47	44.85	50.51		57.03	7 / 4			
reaction time	0.135	interval	4.23	4.37	4.51	4.61	4.91	5.17	5.27	5.38	5.66	6.52					13.11	14.69	16.31
		velocity	7.03	8.27	8.01	7.76	7.59	7.63	7.13	6.77	6.64	6.51	6.18	6.13	7.01		8.01	7.15	6.44
H1 lead leg	L	strides	23	15		15		16	17	17	17	18	21	159					
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 2 - 2022 European Athletics Championships (Munich, GER)			<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	17-Aug-22	time	6.52	10.88	15.26	19.79	24.38	26.40	29.05	34.03	39.24	44.50	50.16		57.03	1 / 5			
reaction time	0.222	interval	4.36	4.38	4.53	4.59	4.67	4.98	5.21	5.26	5.66	6.87					13.27	14.24	16.13
		velocity	6.90	8.03	7.99	7.73	7.63	7.58	7.49	7.03	6.72	6.65	6.18	5.82	7.01		7.91	7.37	6.51
H1 lead leg	R	strides	23	15		15		15	16	16	17	17	22	156					
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)			<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																
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					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		17	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	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	1 / 6			
reaction time	0.258	interval	4.36	4.45	4.68	4.80	4.80	5.00	5.20	5.19	5.26	5.34	5.84				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	4.79	5.06	5.07	5.23	5.35	5.39	6.26				13.38	14.92	15.97
		velocity	6.90	8.12	7.83	7.61	7.31	6.92	6.90	6.69	6.54	6.49	6.39	7.01			7.85	7.04	6.57
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	21	187				
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	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	1 / 2			
reaction time		interval	4.5	4.4	4.5	4.7	4.7	4.8	5.0	5.2	5.2	5.7	5.96				13.40	14.50	16.10
		velocity	6.34	7.78	7.95	7.78	7.45	7.29	7.00	6.73	6.73	6.14	6.71	7.01			7.84	7.24	6.52
H1 lead leg		strides	24	16	16	16	16		16	17	17	18	18	174					
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
Semi-Final 2 - 2022 European Athletics Championships (Munich, GER)			<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	18-Aug-22	time	6.41	10.74	15.26	19.75	24.40	26.50	29.17	34.18	39.42	44.83	50.52		57.07	1 / 7			
reaction time	0.188	interval	4.33	4.52	4.49	4.65	4.77	5.01	5.24	5.41	5.69	6.55					13.34	14.43	16.34
		velocity	7.02	8.08	7.74	7.80	7.53	7.55	7.34	6.99	6.68	6.47	6.15	6.11	7.01		7.87	7.28	6.43
H1 lead leg	L	strides	23		16	16		16				18	18	22	129				
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 2 - 2022 European Athletics Championships (Munich, GER)			<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	18-Aug-22	time	6.40	10.66	15.02	19.48	24.04	26.18	28.95	34.20	39.54	45.02	50.68		57.08	2 / 8			
reaction time	0.249	interval	4.26	4.36	4.46	4.56	4.91	5.25	5.34	5.48	5.66	6.40					13.08	14.72	16.48
		velocity	7.03	8.22	8.03	7.85	7.68	7.64	7.13	6.67	6.55	6.39	6.18	6.25	7.01		8.03	7.13	6.37

H1 lead leg	R	strides	23			15	15		16		17	17	20	123					
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	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	16	17	17	17	21.2	188.2				
Utsumomiya, 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	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	7.32	7.17	7.17	6.78	6.53	6.58	6.41	7.01			7.68	7.19	6.63
H1 lead leg	R	strides	24	16	17	17	17		17	18				126					
Wender, Gisèle (GER) (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 - 2022 European Athletics Championships (Munich, GER)			<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	17-Aug-22	time	6.80	11.26	15.59	20.05	24.70	26.80	29.50	34.54	39.96	45.30	50.80		57.09	2 / 4			
reaction time	0.229	interval	4.46	4.33	4.46	4.65		4.80	5.04	5.42	5.34	5.50	6.29				13.25	14.49	16.26
		velocity	6.62	7.85	8.08	7.85	7.53	7.46	7.29	6.94	6.46	6.55	6.36	6.36	7.01		7.92	7.25	6.46
H1 lead leg	R	strides	24	16		16		16	17	17	17	17	20.5	160.5					
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
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	1 / 2			
reaction time		interval	4.49	4.59	4.69	4.90		4.85	4.95	4.99	5.29	5.47	6.21				13.77	14.70	15.75
		velocity	6.75	7.80	7.63	7.46	7.14		7.22	7.07	7.01	6.62	6.40	6.44	7.01		7.63	7.14	6.67
H1 lead leg		strides	16	16	15	17		17	17	17	17	18		150					
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					
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
Heat 3 - 2022 European Athletics Championships (Munich, GER)			<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	17-Aug-22	time	6.67	11.01	15.48	20.13	24.74	26.77	29.39	34.40	39.59	44.92	50.59		57.10	6 / 5			
reaction time	0.310	interval	4.34	4.47	4.65	4.61		4.65	5.01	5.19	5.33	5.67	6.51				13.46	14.27	16.19
		velocity	6.75	8.06	7.83	7.53	7.59	7.47	7.53	6.99	6.74	6.57	6.17	6.14	7.01		7.80	7.36	6.49
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	18	18	22	196				
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	R	strides	24	15	15	15	16		16			17	18	21.2	157.2				
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
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	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						
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 1 - 2022 European Athletics Championships (Munich, GER)															<i>European Athletics (2022) - european athletics championships race analysis</i>					
date	17-Aug-22	time	6.63	11.00	15.59	20.27	24.92	26.97	29.60	34.46	39.67	44.93	50.54		57.11	4 / 7				
reaction time	0.251	interval	4.37	4.59	4.68	4.65		4.68	4.86	5.21	5.26	5.61	6.57				13.64	14.19	16.08	
		velocity	6.79	8.01	7.63	7.48	7.53	7.42	7.48	7.20	6.72	6.65	6.24	6.09	7.00		7.70	7.40	6.53	
H1 lead leg	L	strides	22	15		15		15	15	16	16	17	20	151						
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						
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	
Semi-Final 3 - 2022 European Athletics Championships (Munich, GER)															<i>European Athletics (2022) - european athletics championships race analysis</i>					
date	18-Aug-22	time	6.51	10.92	15.36	20.04	24.80	26.96	29.72	34.71	40.05	45.41	50.94		57.13	2 / 8				
reaction time	0.197	interval	4.41	4.44	4.68	4.76		4.92	4.99	5.34	5.36	5.53	6.19				13.53	14.67	16.23	
		velocity	6.91	7.94	7.88	7.48	7.35	7.42	7.11	7.01	6.55	6.53	6.33	6.46	7.00		7.76	7.16	6.47	
H1 lead leg	R	strides	23	15				16				17	17	19.7	107.7					
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 - 2023 Chinese World Championship & Asian Games Trials (Shenyang, CHN)															<i>Shandong Athletics Sport Science (2023)</i>					
date	27-Jun-23	time	6.62	10.86	15.28	19.89	24.66		29.58	34.77	40.14	45.53	50.95		57.14	6 / 2				
reaction time	0.281	interval	4.24	4.42	4.61	4.77		4.92	5.19	5.37	5.39	5.42	6.19	PB			13.27	14.88	16.18	
		velocity	6.80	8.25	7.92	7.59	7.34		7.11	6.74	6.52	6.49	6.46	6.46	7.00		7.91	7.06	6.49	
H1 lead leg	L	strides	23	15	15	16	16		16	17	17	17	20.2	189.2						
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 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					
Benhadja, Loubna (ALG) (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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>					
date	31-Jul-21	time	6.76	11.20	15.70	20.23	24.93		29.90	34.83	40.06	45.47			57.19	4 / 8				
reaction time	0.200	interval	4.44	4.50	4.53	4.70		4.97	4.93	5.23	5.41			PB			13.47	14.60		
		velocity	6.66	7.88	7.78	7.73	7.45		7.04	7.10	6.69	6.47			6.99		7.80	7.19		

H1 lead leg	R	strides	24	16	16	15	16	16	16	16	17	136							
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 - 2022 European Athletics Championships (Munich, GER)																			
<i>European Athletics (2022) - european athletics championships race analysis</i>																			
date	18-Aug-22	time	6.39	10.60	15.01	19.71	24.30	26.39	29.14	34.17	39.47	44.91	50.68		57.19	4 / 5			
reaction time	0.214	interval	4.21	4.41	4.70	4.59		4.84	5.03	5.30	5.44	5.77	6.51				13.32	14.46	16.51
		velocity	7.04	8.31	7.94	7.45	7.63	7.58	7.23	6.96	6.60	6.43	6.07	6.14	6.99		7.88	7.26	6.36
H1 lead leg	L	strides	23		16	16		16	16	16	17	17	19.2	156.2					
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 - 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		4.74	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				
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
FINAL - 2023 Asian Games (Hangzhou, CHN)																			
<i>Shandong Athletics Sport Science (2023)</i>																			
date	03-Oct-23	time	6.43	10.46	14.63	18.93	23.60		28.46	33.63	39.03	44.53	50.33		57.21	6 / 5			
reaction time	0.205	interval	4.03	4.17	4.30	4.67		4.86	5.17	5.40	5.50	5.80	6.88				12.50	14.70	16.70
		velocity	7.00	8.68	8.39	8.14	7.49		7.20	6.77	6.48	6.36	6.03	5.81	6.99		8.40	7.14	6.29
H1 lead leg	L	strides	15	15	15	16		17	18	18	18	19		151					
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 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		4.90	5.14		10.71						13.24	14.82	
		velocity	6.99	8.27	7.94	7.61	7.32		7.14	6.81		6.54		6.99			7.93	7.09	
H1 lead leg	L	strides	15	15	15	16		16	17	17				111					
Ankiewicz, Emilia (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 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)																			
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																			
date	22-May-16	time	6.64	11.12	15.72	20.36	25.12		29.96	35.00	40.32	45.64	51.08		57.25	2 / 6			
reaction time	0.148	interval	4.48	4.60	4.64	4.76		4.84	5.04	5.32	5.32	5.44	6.17				13.72	14.64	16.08
		velocity	6.78	7.81	7.61	7.54	7.35		7.23	6.94	6.58	6.58	6.43	6.48	6.99		7.65	7.17	6.53
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17	20.5	190.5				
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
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)			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	6.69	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)			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 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)			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	6.76	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	4.42	4.59	4.74	4.92		5.01	5.02	5.07	5.21	5.44	6.11				13.75	14.95	15.72
		velocity	6.66	7.92	7.63	7.38	7.11		6.99	6.97	6.90	6.72	6.43	6.55	6.98		7.64	7.02	6.68
H1 lead leg		strides	16	16	16	16		17	17	17	17	18		150					
Deng Xiaoqing (CHN) (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 Chinese National Grand Prix (Zhaoqing, CHN)																			
<i>Deng (2015) - training practice research of Deng Xiaoqing, a women's 400-meter hurdler</i>																			
date	08-Apr-13	time	6.6	11.0	15.7	20.3	25.2		30.0	35.0	40.2	45.3	50.7		57.29	1 / 1			
reaction time		interval	4.40	4.70	4.60	4.90		4.80	5.00	5.20	5.10	5.40	6.59				13.70	14.70	15.70
		velocity	6.82	7.95	7.45	7.61	7.14		7.29	7.00	6.73	6.86	6.48	6.07	6.98		7.66	7.14	6.69
H1 lead leg		strides	24	16	16	16	16		16	16	16	16	17	169					
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 European Athletics Championships (Munich, GER)																			
<i>European Athletics (2022) - european athletics championships race analysis</i>																			
date	18-Aug-22	time	6.32	10.58	14.99	19.64	24.27	26.38	29.07	34.22	39.58	45.00	50.64		57.29	7 / 6			
reaction time	0.194	interval	4.26	4.41	4.65	4.63		4.80	5.15	5.36	5.42	5.64	6.65				13.32	14.58	16.42
		velocity	7.12	8.22	7.94	7.53	7.56	7.58	7.29	6.80	6.53	6.46	6.21	6.02	6.98		7.88	7.20	6.39

H1 lead leg	L	strides	22			16	16	16	17	17	17	18	20.2	159.2					
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
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)			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	6.82	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				
Utsumomiya, 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 - 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)			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	6.76	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					
Chaboudez, Aurelie (FRA) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																			
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																			
date	21-Jul-17	time	6.40	10.64		19.68	24.44			34.24	39.44	44.84	50.64		57.32	1 / 7			
reaction time	0.202	interval	4.24		9.04	4.76			9.80	5.20	5.40	5.80	6.68				13.28	14.56	16.40
		velocity	7.03	8.25		7.74	7.35		7.14	6.73	6.48	6.03	5.99	6.98			7.91	7.21	6.40
H1 lead leg	L	strides	24	16		16				17	17	18	108						
Moelo, Annie (FRA) (1962)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1987 French National Championships (Annecy, FRA)																			
<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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
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)			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	6.71	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				
Pressler, Lena (AUT) (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 - 2022 European Athletics Championships (Munich, GER)																			
<i>European Athletics (2022) - european athletics championships race analysis</i>																			
date	17-Aug-22	time	6.47	10.64	14.97	19.58	24.51	26.72	29.45	34.49	39.88	45.24	50.78		57.33	2 / 6			
reaction time	0.249	interval	4.17	4.33	4.61	4.93		4.94	5.04	5.39	5.36	5.54	6.55				13.11	14.91	16.29
		velocity	6.96	8.39	8.08	7.59	7.10	7.49	7.09	6.94	6.49	6.53	6.32	6.11	6.98		8.01	7.04	6.45
H1 lead leg	L	strides	23	15		16			16	16	17	17	17	21	158				
Wilson, Nickiesha (JAM) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)																			
<i>Henson (2021) - Athlete First: major championships report</i>																			
date	15-Aug-13	time	6.34	10.54	14.77	19.19	23.88		28.69		38.84	44.31	50.11		57.34	2 / 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)			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	6.52	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)			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	6.41	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)			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	6.44	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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)																			
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																			
date	29-Jun-24	time	6.57	10.90	15.43	20.02	24.81	27.02	29.94	35.33	40.63	46.20	51.48		57.35	1 / 7			
reaction time		interval	4.33	4.53	4.59	4.79		5.13	5.39	5.30	5.57	5.28	5.87				13.45	15.31	16.15
		velocity	6.85	8.08	7.73	7.63	7.31	7.40	6.82	6.49	6.60	6.28	6.63	6.81	6.97		7.81	6.86	6.50
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	16	16	16	19	182				
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 - 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)			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	6.50	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				
Spencer, Ashley (USA) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)																			
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																			
date	29-Jun-24	time	6.53	10.69	14.91	19.36	24.10	26.17	28.88	33.91	39.21	44.73	50.48		57.37	1 / 7			
reaction time		interval	4.16	4.22	4.45	4.74		4.78	5.03	5.30	5.52	5.75	6.89				12.83	14.55	16.57
		velocity	6.89	8.41	8.29	7.87	7.38	7.64	7.32	6.96	6.60	6.34	6.09	5.81	6.97		8.18	7.22	6.34
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16		17	20	167				
McBride, Allyria (USA) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)																			
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																			
date	29-Jun-24	time	6.82	11.28	15.78	20.38	25.02	27.02	29.70	34.79	39.97	45.60	51.08		57.37	9 / 8			
reaction time		interval	4.46	4.50	4.60	4.64		4.68	5.09	5.18	5.63	5.48	6.29				13.56	14.41	16.29
		velocity	6.60	7.85	7.78	7.61	7.54	7.40	7.48	6.88	6.76	6.22	6.39	6.36	6.97		7.74	7.29	6.45
H1 lead leg	L	strides		16	16	15	15		16	16	17	17		128					
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
Heat 3 - 2022 European Athletics Championships (Munich, GER)																			
<i>European Athletics (2022) - european athletics championships race analysis</i>																			
date	17-Aug-22	time	6.58	10.84	15.11	19.64	24.34	26.49	29.16	34.17	39.51	45.03	50.94		57.38	3 / 6			
reaction time	0.287	interval	4.26	4.27	4.53	4.70		4.82	5.01	5.34	5.52	5.91	6.44				13.06	14.53	16.77
		velocity	6.84	8.22	8.20	7.73	7.45	7.55	7.26	6.99	6.55	6.34	5.92	6.21	6.97		8.04	7.23	6.26
H1 lead leg	L	strides	23	16			16		16	16	17	18	18	21	161				
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 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	6.72	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)			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	6.26	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)			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	6.48	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						
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 2 - 2022 European Athletics Championships (Munich, GER)			<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	17-Aug-22	time	6.28	10.63	15.07	19.69	24.38	26.46	29.16	34.14	39.38	45.08	50.96		57.42	6 / 7			
reaction time	0.183	interval	4.35	4.44	4.62	4.69			4.78	4.98	5.24	5.70	5.88	6.46			13.41	14.45	16.82
		velocity	7.17	8.05	7.88	7.58	7.46	7.56	7.32	7.03	6.68	6.14	5.95	6.19	6.97		7.83	7.27	6.24
H1 lead leg	R	strides	22	15			15		15	15	16	17	17	19.7	151.7				
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 - 2024 Second Belt & Road Invitational Athletics Meeting (Chongqing, CHN)			<i>Shandong Athletics Sport Science (2024)</i>																
date	29-May-24	time	6.62	10.89	15.30	19.92	24.77		29.75	34.87	40.09	45.58	51.23		57.42	5 / 2			
reaction time	0.313	interval	4.27	4.41	4.62	4.85			4.98	5.12	5.22	5.49	5.65	6.19	PB		13.30	14.95	16.36
		velocity	6.80	8.20	7.94	7.58	7.22		7.03	6.84	6.70	6.38	6.19	6.46	6.97		7.89	7.02	6.42
H1 lead leg	L	strides	22	15	15	15	16		16	16	16	17	17	19.5	184.5				
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
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	6.57	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)			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	6.67	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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	21-May-22	time	6.67	10.70	14.83	19.03	23.62	25.49	28.40	33.40		44.33	50.40		57.43	9 / 8			
reaction time	0.240	interval	4.03	4.13	4.20	4.59			4.78	5.00		10.93	6.07	7.03			12.36	14.37	17.00
		velocity	6.75	8.68	8.47	8.33	7.63	7.85	7.32	7.00		6.40	5.77	5.69	6.97		8.50	7.31	6.18
H1 lead leg	L	strides	25	15	15	15	16		16	17			19	138					
Brown, Tonya (USA) (1960)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1987 TAC Championships (San Jose, CA)			<i>Mann (1987) - the elite athlete program biomechanical analysis of the long hurdles: tac championship meet</i>																
date	26-Jun-87	time	6.36	11.12	15.66	19.96	24.78		29.54	34.70	39.98	45.44	51.14		57.44	??			
reaction time		interval	4.76	4.54	4.30	4.82			4.76	5.16	5.28	5.46	5.70	6.30			13.60	14.74	16.44
		velocity	7.08	7.35	7.71	8.14	7.26		7.35	6.78	6.63	6.41	6.14	6.35	6.96		7.72	7.12	6.39
H1 lead leg		strides																	
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 - 2014 Chinese National Championships (Suzhou, CHN)			<i>Huang (2021) - study of the pre-competition training of women's 400m hurdler Huang Yan</i>																
date	10-Oct-14	time	6.67	10.99	15.53	20.29	25.21		30.18	35.25	40.42	45.85	51.32		57.44	1 / 3			
reaction time		interval	4.32	4.54	4.76	4.92			4.97	5.07	5.17	5.43	5.47	6.12	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	6.54	6.96		7.71	7.02	6.53
H1 lead leg		strides	25	17	17	17	17		17	17	17	18	18	180					
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 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	6.74	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)			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	6.77	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	1 / 3			
reaction time		interval	4.40	4.48	4.60	4.70			4.84	4.96	5.25	5.35	5.60	6.49	PB		13.48	14.50	16.20
		velocity	6.64	7.95	7.81	7.61	7.45		7.23	7.06	6.67	6.54	6.25	6.16	6.96		7.79	7.24	6.48
H1 lead leg		strides																	
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>Takashima (2023) - national high school sports festival - biomechanics data</i>																
date	04-Aug-23	time	6.77	11.13	15.67	20.42	25.21		30.28	35.55	40.81	46.15	51.62		57.45	4 / 1			
reaction time	0.236	interval	4.36	4.54	4.75	4.79		5.07	5.27	5.26	5.34	5.47	5.83				13.65	15.13	16.07
		velocity	6.65	8.03	7.71	7.37	7.31		6.90	6.64	6.65	6.55	6.40	6.86	6.96		7.69	6.94	6.53
H1 lead leg		strides	22	15	15	16	16		17	17	17	17	17	21	190				
Kleemeier, Marielle (EST) (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 European Athletics Championships (Munich, GER)			<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	17-Aug-22	time	6.37	10.68	15.02	19.51	24.22	26.33	29.05	34.24	39.65	45.21	51.10		57.46	5 / 7			
reaction time	0.199	interval	4.31	4.34	4.49	4.71		4.83	5.19	5.41	5.56	5.89	6.36				13.14	14.73	16.86
		velocity	7.06	8.12	8.06	7.80	7.43	7.60	7.25	6.74	6.47	6.29	5.94	6.29	6.96		7.99	7.13	6.23
H1 lead leg	R	strides	23	14	15	15	15		16	16	16	17	17	21	185				
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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																
date	02-Aug-21	time	6.63	10.88	15.40	20.06	24.83		29.66	34.83	40.16	45.46		57.47	4 / 6				
reaction time	0.191	interval	4.25	4.52	4.66	4.77		4.83	5.17	5.33	5.30						13.43	14.77	
		velocity	6.79	8.24	7.74	7.51	7.34		7.25	6.77	6.57	6.60		6.96			7.82	7.11	
H1 lead leg	L	strides	23	15	16	16	16		16	17	17	17		153					
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	18	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		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				
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 - 2024 Second Belt & Road Invitational Athletics Meeting (Chongqing, CHN)																			
<i>Shandong Athletics Sport Science (2024)</i>																			
date	29-May-24	time	6.61	11.01	15.60	20.22	25.02		30.10	35.30	40.56	45.90	51.30		57.52	6 / 3			
reaction time	0.198	interval	4.40	4.59	4.62	4.80		5.08	5.20	5.26	5.34	5.40	6.22				13.61	15.08	16.00
		velocity	6.81	7.95	7.63	7.58	7.29		6.89	6.73	6.65	6.55	6.48	6.43	6.95		7.71	6.96	6.56
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	21	187				
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	7.57	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	145					
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 - 2023 Chinese National Grand Prix 4 (Chongqing, CHN)																			
<i>Shandong Athletics Sport Science (2023)</i>																			
date	04-Jun-23	time	6.74	11.14	15.63	20.30	25.06		29.98	35.07	40.31	45.71	51.30		57.54	6 / 2			
reaction time	0.236	interval	4.40	4.49	4.67	4.76		4.92	5.09	5.24	5.40	5.59	6.24	PB			13.56	14.77	16.23
		velocity	6.68	7.95	7.80	7.49	7.35		7.11	6.88	6.68	6.48	6.26	6.41	6.95		7.74	7.11	6.47
H1 lead leg	L	strides	23	16	16	16	16		16	16	16	17	18	21	191				
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					
da Silva, Chayenne (BRA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																			
date	31-Jul-21	time	6.70	10.96	15.53	20.13	24.90		29.77	34.86	40.04	45.46			57.55	4 / 8			
reaction time	0.165	interval	4.26	4.57	4.60	4.77		4.87	5.09	5.18	5.42						13.43	14.73	
		velocity	6.72	8.22	7.66	7.61	7.34		7.19	6.88	6.76	6.46			6.95		7.82	7.13	
H1 lead leg	L	strides	23	15	15	15	16		16	17	17	17		151					
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	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	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	PB		14.20	15.03	15.70			
		velocity	6.60	7.54	7.38	7.26	7.16	6.90	6.90	6.72	6.67	6.68	6.87	6.95		7.39	6.99	6.69		
H1 lead leg	R	strides	24	16	16	16	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	18		116								
Sutherland, Liz (GBR) (1947)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
Heat 3 - 1978 European Championships (Prague, TCH)																				
<i>McFarlane (1980) - understanding the 400m hurdles</i>																				
date	01-Sep-78	time	6.9	11.5	16.1	20.9	25.7	27.7	30.5	35.5	40.6	45.7	51.6	57.60	1 / 1					
reaction time		interval	4.6	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)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2001 European Cup (Bremen, GER)																				
<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																				
date	23-Jun-01	time	6.92	11.36	15.91	20.48	25.24	30.21	35.29	40.45		51.45	57.60	1 / 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)	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	6.44	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)	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	6.73	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)	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	6.49	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)	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	6.77	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	20.7	187.7							
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			
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							
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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																				
<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																				
date	02-Aug-21	time	6.43	10.55	14.80	19.20	23.73	28.53	33.83	39.06	44.80		57.61	1 / 8						
reaction time	0.121	interval	4.12	4.25	4.40	4.53	4.80	5.30	5.23	5.74					12.77	14.63				
		velocity	7.00	8.50	8.24	7.95	7.73	7.29	6.60	6.69	6.10		6.94		8.22	7.18				

H1 lead leg	L	strides	23	15	15	15	15	15	16	17	17	148							
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 - 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)			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	6.79	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)			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	6.81	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)			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	6.76	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				
Utsumomiya, 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				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	1 / 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		17		145				
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 - 2024 Chinese National Championships (Quzhou, CHN)																			
<i>Shandong Athletics Sport Science (2024)</i>																			
date	16-Sep-24	time	6.64	10.98	15.43	19.95	24.64		29.68	34.80	40.17	45.69	51.33		57.70	4 / 3			
reaction time	0.244	interval	4.34	4.45	4.52	4.69		5.04	5.12	5.37	5.52	5.64	6.37				13.31	14.85	16.53
		velocity	6.78	8.06	7.87	7.74	7.46		6.94	6.84	6.52	6.34	6.21	6.28	6.93		7.89	7.07	6.35

H1 lead leg	L	strides	22	15	15	15	15	16	16	17	17	17	20	185						
Nissen, Annemarie (DEN) (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 European Athletics Championships (Munich, GER)																				
<i>European Athletics (2022) - european athletics championships race analysis</i>																				
date	17-Aug-22	time	6.53	10.77	15.23	19.82	24.46	26.55	29.35	34.39	39.65	45.13	50.95		57.71	8 / 8				
reaction time	0.181	interval	4.24	4.46	4.59	4.64			4.89	5.04	5.26	5.48	5.82	6.76			13.29	14.57	16.56	
		velocity	6.89	8.25	7.85	7.63	7.54	7.53	7.16	6.94	6.65	6.39	6.01	5.92	6.93		7.90	7.21	6.34	
H1 lead leg	L	strides	23	15		15			16	16	17	17	19	22	160					
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						
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 - 2024 Chinese National Grand Prix Final (Rizhao, CHN)																				
<i>Shandong Athletics Sport Science (2024)</i>																				
date	29-Jun-24	time	6.89	11.14	15.48	20.05	24.82		29.78	34.92	40.27	45.74	51.23		57.74	3 / 4				
reaction time	0.279	interval	4.25	4.34	4.57	4.77			4.96	5.14	5.35	5.47	5.49	6.51	PB		13.16	14.87	16.31	
		velocity	6.53	8.24	8.06	7.66	7.34		7.06	6.81	6.54	6.40	6.38	6.14	6.93		7.98	7.06	6.44	
H1 lead leg	L	strides	23	15	15	15	16		16	17	17	17	17	20	188					
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					
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 - 2024 Chinese National Championships (Quzhou, CHN)																				
<i>Shandong Athletics Sport Science (2024)</i>																				
date	16-Sep-24	time	6.86	11.36	15.98	20.64	25.39		30.30	35.20	40.35	45.69	51.28		57.76	2 / 4				
reaction time	0.246	interval	4.50	4.62	4.66	4.75			4.91	4.90	5.15	5.34	5.59	6.48	PB		13.78	14.56	16.08	
		velocity	6.56	7.78	7.58	7.51	7.37		7.13	7.14	6.80	6.55	6.26	6.17	6.93		7.62	7.21	6.53	
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17	21	191					
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	1 / 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	4.35	4.46	4.67	4.90			4.97	4.98	5.13	5.40	5.58	6.57	PB		13.48	14.85	16.11	
		velocity	6.66	8.05	7.85	7.49	7.14		7.04	7.03	6.82	6.48	6.27	6.09	6.92		7.79	7.07	6.52	
H1 lead leg		strides	15	15	15	16			16	17	17	17	17	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)																			
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				
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 (Zhaoqing, CHN)																			
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				
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	20	197					
Kong Yingying (CHN) (2003)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 1 - 2023 Chinese World Championship & Asian Games Trials (Shenyang, CHN)																			
date	27-Jun-23	time	6.55	10.68	14.92	19.22	23.71		28.58	33.85	39.30	44.96	50.83		57.78				
reaction time	0.235	interval	4.13	4.24	4.30	4.49		4.87	5.27	5.45	5.66	5.87	6.95			12.67	14.63	16.98	
		velocity	6.87	8.47	8.25	8.14	7.80		7.19	6.64	6.42	6.18	5.96	5.76	6.92	8.29	7.18	6.18	
H1 lead leg	L	strides	23	15	15	15	15		16	17	17	17	21	188					
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)																			
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				
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	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)																			
date	15-Sep-20	time	6.76	11.20	15.88				30.42	35.32		46.08	51.60		57.80				
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)																			
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				
reaction time	0.159	interval	4.44	4.50	4.57	4.77		5.04	5.23	5.28	5.53	5.55	6.26			13.51	15.04	16.36	
		velocity	6.78	7.88	7.78	7.66	7.34		6.94	6.69	6.63	6.33	6.31	6.39	6.92	7.77	6.98	6.42	
H1 lead leg		strides	16	16	16	16		16	17	17	17	17		148					
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)																			
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				
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	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)																			
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				
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	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)																			
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				
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)	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 Osaka Grand Prix (Osaka, JPN)																			
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				
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)	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)																			
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				
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)			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	6.46	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)			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	6.92	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)			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	6.76	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				
Mykolenko, Mariya (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 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																
date	31-Jul-21	time	6.73		15.46	19.96	24.66		29.62	34.73		45.76			57.86	4 / 5 6			
reaction time	0.200	interval			8.73	4.50	4.70		4.96	5.11		11.03					13.23	14.77	
		velocity	6.69		8.02	7.78	7.45		7.06	6.85		6.35			6.91		7.94	7.11	
H1 lead leg	R	strides	23	15		15	15		16	16		16		116					
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 - 2015 Chinese National Championships (Suzhou, CHN)			<i>Huang (2021) - study of the pre-competition training of women's 400m hurdler Huang Yan</i>																
date	24-Sep-15	time	6.76	11.18	15.68	20.32	25.09		30.08	35.28	40.69	46.18	51.78		57.87	1 / 2			
reaction time		interval	4.42	4.50	4.64	4.77		4.99	5.20	5.41	5.49	5.60	6.09				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	6.57	6.91		7.74	7.02	6.36
H1 lead leg		strides	24	16	16	16	16		17	17	18	19	19	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 - 2020 Chinese National Championships (Shaoxing, 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)			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	6.76	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)			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	6.67	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)			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 Shizuoka International Athletics Meeting (Fukuroi, JPN)			<i>Morioka (2016) - race pattern of top 400m hurdlers in japan</i>																
date	03-May-16	time	6.56	10.88	15.42	20.06	24.83		29.63	34.84	40.18	45.62	51.39		57.91	1 / 2			
reaction time		interval	4.32	4.54	4.64	4.77		4.80	5.21	5.34	5.44	5.77	6.52				13.50	14.78	16.55
		velocity	6.86	8.10	7.71	7.54	7.34		7.29	6.72	6.55	6.43	6.07	6.13	6.91		7.78	7.10	6.34
H1 lead leg		strides		16	16	16	16		16	17	17	17	18	149					
Lukashevich, Svetlana (URS) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1986 IAAF World Junor Championships (Athens, GRE)			<i>Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races</i>																
date	18-Jul-86	time	6.75	11.13	15.72	20.29	24.98		29.91	35.58	40.93	46.47	51.95		57.92	1 / 3			
reaction time		interval	4.38	4.59	4.57	4.69		4.93	5.67	5.35	5.54	5.48	5.97				13.54	15.29	16.37
		velocity	6.67	7.99	7.63	7.66	7.46		7.10	6.17	6.54	6.32	6.39	6.70	6.91		7.75	6.87	6.41
H1 lead leg		strides	23	15	15	15	15		15	15	17	17	17	21	185				
Kira, Manami (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National Championships (Niigata, JPN)			<i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>																
date	28-Jun-15	time	6.71	11.13	15.54	20.04	24.66		29.46	34.41	39.63	45.00	50.77		57.92	7 / 1			
reaction time	0.178	interval	4.42	4.41	4.50	4.62		4.80	4.95	5.22	5.37	5.77	7.15				13.33	14.37	16.36
		velocity	6.71	7.92	7.94	7.78	7.58		7.29	7.07	6.70	6.52	6.07	5.59	6.91		7.88	7.31	6.42

H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	18	22.7	190						
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	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	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	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	16		17	17	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	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	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						17			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	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

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Umehara, Satsuki (JPN) (1994)																			
FINAL - 2024 Second Belt & Road Invitational Athletics Meeting (Chongqing, CHN)															Shandong Athletics Sport Science (2024)				
date	29-May-24	time	6.74	11.18	15.83	20.54	25.27	30.25	35.30	40.52	46.00	51.60		58.02	4 / 4				
reaction time	0.198	interval	4.44	4.65	4.71	4.73		4.98	5.05	5.22	5.48	5.60	6.42			13.80	14.76	16.30	
		velocity	6.68	7.88	7.53	7.43	7.40	7.03	6.93	6.70	6.39	6.25	6.23	6.89		7.61	7.11	6.44	
H1 lead leg	R	strides	23	16	16	16	16	17	17	17	18	18	22.2	196.2					
Robinson, Chanler (USA) (2001)																			
Heat 1 - 2024 USA Olympic Trials (Eugene, OR)															USATF and Karmarush (2024) - USA Olympic trials results and race analysis				
date	27-Jun-24	time	6.61	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	7.49	7.17	6.73	6.48	6.11	6.21	6.02	6.89		8.06	7.01	6.26	
H1 lead leg	R	strides	25	16	15	16	16	16	16	17	17	17		171					
Seymour, Katrina (BAH) (1993)																			
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)															Hirokawa (2019) - research on athlete performance and technique- 2019 data book				
date	19-May-19	time	6.72	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)																			
FINAL - 2019 Chinese National Championships (Shenyang, CHN)															CAA Hurdle Development (2019)				
date	10-Jul-19	time	6.72	11.14	15.80	20.53	25.39	30.30	35.35	40.52	46.00	51.60		58.04	5 / 2				
reaction time	0.210	interval	4.42	4.66	4.73	4.86		4.91	5.05	5.17	5.48	5.60	6.44	PB		13.81	14.82	16.25	
		velocity	6.70	7.92	7.51	7.40	7.20	7.13	6.93	6.77	6.39	6.25	6.21	6.89		7.60	7.09	6.46	
H1 lead leg	L	strides	24	16	16	16	16	16	17	17	18	18	22.2	196.2					
Lindley, Ashton (USA) (2002)																			
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															Henson (2021) - Athlete First: 2021 year end hurdle report				
date	26-Jun-21	time	6.54	11.04	15.65	20.32	25.15	30.26		40.83	46.21			58.04	2 / 7				
reaction time	0.288	interval	4.50	4.61	4.67	4.83		5.11	10.57	5.38						13.78			
		velocity	6.88	7.78	7.59	7.49	7.25	6.85		6.62	6.51			6.89		7.62			
H1 lead leg	L	strides		16	16	16	16				17			81					
Lehikoinen, Viivi (FIN) (1999)																			
Repechage 1 - 2024 Olympic Games (Paris, FRA)															Paris 2024 Olympic Games - Results Book (2024)				
date	05-Aug-24	time	6.50	10.70	15.15	19.76	24.48	29.36	34.55	39.98	45.58	51.28		58.04	2 / 6				
reaction time	0.252	interval	4.20	4.45	4.61	4.72		4.88	5.19	5.43	5.60	5.70	6.76			13.26	14.79	16.73	
		velocity	6.92	8.33	7.87	7.59	7.42	7.17	6.74	6.45	6.25	6.14	5.92	6.89		7.92	7.10	6.28	
H1 lead leg	R	strides	23	16	15	16	16	16	16	18	18	18		172					
Boden, Lauren (AUS) (1988)																			
Semi-Final 1 - 2006 IAAF Junior World Championships (Beijing, CHN)															Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler				
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)																			
Heat 2 - 2009 German National Championships (Ulm, GER)															Killing (2009) - der rhythmus is entscheidend				
date	04-Jul-09	time	6.77	11.07	15.52	20.12	24.88	29.97	35.20	40.63	46.13	51.74		58.07	1 / 1				
reaction time	0.230	interval	4.30	4.45	4.60	4.76		5.09	5.23	5.43	5.50	5.61	6.33			13.35	15.08	16.54	
		velocity	6.65	8.14	7.87	7.61	7.35	6.88	6.69	6.45	6.36	6.24	6.32	6.89		7.87	6.96	6.35	
H1 lead leg		strides		15	15	15	15	16	16	17	17	17							
Nugent, Leah (JAM) (1992)																			
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)															Henson (2020) - Athlete First: 2017 year end hurdle report				
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	16	16		114					
Mo Jiadie (CHN) (2000)																			
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)															CAA Hurdle Development (2021)				
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)																			
A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)															Kobayashi (2019) - research on athlete performance and technique- 2019 data book				
date	03-May-19	time	6.62	11.01	15.53	20.22	25.13	30.15	35.10	40.39	45.90	51.55		58.08	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	17	17	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	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	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	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	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	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	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		PB		13.82	14.98	16.06	
		velocity	6.54	7.83	7.59	7.38	7.22	6.97	6.85	6.70	6.53	6.39	6.27	6.88		7.60	7.01	6.54	
H1 lead leg	R	strides	23	16	16	16	16	17	17	17	17	17	21.2	193.2					
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					
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 - 2013 Chinese National Grand Prix (Zhaoqing, CHN)		<i>Deng (2015) - training practice research of Deng Xiaoping, a women's 400-meter hurdler</i>																	
date	08-Apr-13	time	6.5	11.0	15.6	20.2	24.9	30.1	35.1	40.4	45.5	51.2		58.13	1 / 2				
reaction time		interval	4.50	4.60	4.60	4.70	5.20	5.00	5.30	5.10	5.70	6.93				13.70	14.90	16.10	
		velocity	6.92	7.78	7.61	7.61	7.45	6.73	7.00	6.60	6.86	6.14	5.77	6.88		7.66	7.05	6.52	
H1 lead leg		strides	24	16	16	16	16	16	16	17	17	17		171					
Matsuoka, Moe (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Japanese National Championships (Osaka, JPN)		<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																	
date	04-Jun-23	time	6.92	11.58	16.27	21.02	25.89	30.85	35.83	40.99	46.33	51.80		58.13	8 / 6				
reaction time	0.194	interval	4.66	4.69	4.75	4.87	4.96	4.98	5.16	5.34	5.47	6.33				14.10	14.81	15.97	
		velocity	6.50	7.51	7.46	7.37	7.19	7.06	7.03	6.78	6.55	6.40	6.32	6.88		7.45	7.09	6.57	

H1 lead leg	R	strides	24	16	16	17	17	17	17	17	17	17	17	17	175					
Kong Yingying (CHN) (2003)			H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 3 - 2024 Chinese National Grand Prix Final (Rizhao, CHN)			<i>Shandong Athletics Sport Science (2024)</i>																	
date	28-Jun-24	time	6.66	11.10	15.66	20.22	24.88	29.86	35.08	40.36	45.76	51.34		58.13	5 / 1					
reaction time	0.196	interval	4.44	4.56	4.56	4.66	4.98	5.22	5.28	5.40	5.58	6.79				13.56	14.86	16.26		
		velocity	6.76	7.88	7.68	7.68	7.51	7.03	6.70	6.63	6.48	6.27	5.89	6.88		7.74	7.07	6.46		
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	17	17	20.5	191.5						
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 - 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	PB			13.97	14.78	16.13		
		velocity	6.57	7.73	7.53	7.31	7.23	7.01	7.07	7.00	6.45	6.14	6.24	6.88		7.52	7.10	6.51		
H1 lead leg		strides	17	17	17	17	17	17	17	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)			<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																	
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	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 ??? (???)			<i>Cui (2008) - research on the rhythm characteristics of outstanding female 400m hurdlers in China</i>																	
date	???	time	6.55	11.13	15.67	20.46	25.33	30.37	35.82	41.09	46.35	51.71		58.15	???					
reaction time		interval	4.58	4.54	4.79	4.87	5.04	5.45	5.27	5.26	5.36	6.44				13.91	15.36	15.89		
		velocity	6.87	7.64	7.71	7.31	7.19	6.94	6.42	6.64	6.65	6.53	6.21	6.88		7.55	6.84	6.61		
H1 lead leg		strides	24	16	16	16	16	17	17	17	17	17	23	196						
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)			<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																	
date	27-Jun-21	time	6.71	10.98	15.42	19.97	24.71	29.65	34.72	40.02	45.58	51.43		58.16	9 / 3					
reaction time	0.270	interval	4.27	4.44	4.55	4.74	4.94	5.07	5.30	5.56	5.85	6.73				13.26	14.75	16.71		
		velocity	6.71	8.20	7.88	7.69	7.38	7.09	6.90	6.60	6.29	5.98	5.94	6.88		7.92	7.12	6.28		
H1 lead leg	R	strides	22	14	15	15	15	15	15	15	15	16	17	21	180					
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 Chinese National Grand Prix Final (Rizhao, CHN)			<i>Shandong Athletics Sport Science (2024)</i>																	
date	28-Jun-24	time	6.54	10.98	15.40	19.94	24.69	29.83	35.14	40.56	46.12	51.75		58.17	7 / 1					
reaction time	0.221	interval	4.44	4.42	4.54	4.75	5.14	5.31	5.42	5.56	5.63	6.42				13.40	15.20	16.61		
		velocity	6.88	7.88	7.92	7.71	7.37	6.81	6.59	6.46	6.29	6.22	6.23	6.88		7.84	6.91	6.32		
H1 lead leg	L	strides	23	15	15	15	15	16	17	17	18	18	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	
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	6.72	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 (Shaoying, CHN)			<i>CAA Hurdle Development (2021)</i>																	
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)			<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																	
date	12-Jun-22	time	6.62	10.99	15.55	20.25	24.97	29.82	34.78	40.09	45.58	51.23		58.18	5 / 5					
reaction time	0.198	interval	4.37	4.56	4.70	4.72	4.85	4.96	5.31	5.49	5.65	6.95				13.63	14.53	16.45		
		velocity	6.80	8.01	7.68	7.45	7.42	7.22	7.06	6.59	6.38	6.19	5.76	6.88		7.70	7.23	6.38		
H1 lead leg	L	strides	23	16	16	16	16	16	16	16	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)			<i>Omega Timing (2023) - diamond league race analysis</i>																	
date	02-Jul-23	time	6.31	10.60	14.99	19.53	24.24	29.08	34.14	39.49	45.24	51.26		58.18	7 / 3					
reaction time	0.164	interval	4.29	4.39	4.54	4.71	4.84	5.06	5.35	5.75	6.02	6.92				13.22	14.61	17.12		
		velocity	7.13	8.16	7.97	7.71	7.43	7.23	6.92	6.54	6.09	5.81	5.78	6.88		7.94	7.19	6.13		

H1 lead leg strides

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)		<i>Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler</i>																
date	14-Jul-05	time	6.68	11.19	15.70	20.39	25.23	30.21	35.42	40.86	46.27	51.81		58.19	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)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																
date	03-Oct-20	time	6.94	11.59	16.35	21.19	26.18	31.20	36.25	41.37	46.66	52.00		58.21	8 / 7			
reaction time	0.184	interval	4.65	4.76	4.84	4.99	5.02	5.05	5.12	5.29	5.34	6.21				14.25	15.06	15.75
		velocity	6.48	7.53	7.35	7.23	7.01	6.97	6.93	6.84	6.62	6.55	6.44	6.87		7.37	6.97	6.67
H1 lead leg	L	strides	23	17	17	17	17	17	17	17	17	17	21.2	197.2				

Hatakeyama, Konomi (JPN) (2006)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)		<i>Takashima (2024) - national high school sports festival - biomechanics data</i>																
date	30-Jul-24	time	6.57	11.21	15.92	20.64	25.48	30.63	35.92	41.32	46.71	52.19		58.23	7 / 1			
reaction time	0.183	interval	4.64	4.71	4.72	4.84	5.15	5.29	5.40	5.39	5.48	6.04		PB		14.07	15.28	16.27
		velocity	6.85	7.54	7.43	7.42	7.23	6.80	6.62	6.48	6.49	6.39	6.62	6.87		7.46	6.87	6.45
H1 lead leg		strides	22	15	15	16	16	17	17	17	17	17	21	190				

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)		<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>																
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	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				

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 - 2024 Chinese National Grand Prix Final (Rizhao, CHN)		<i>Shandong Athletics Sport Science (2024)</i>																
date	29-Jun-24	time	6.64	10.86	15.28	19.87	24.76	29.75	34.83	40.14	45.66	51.47		58.29	4 / 5			
reaction time	0.266	interval	4.22	4.42	4.59	4.89	4.99	5.08	5.31	5.52	5.81	6.82				13.23	14.96	16.64
		velocity	6.78	8.29	7.92	7.63	7.16	7.01	6.89	6.59	6.34	6.02	5.87	6.86		7.94	7.02	6.31
H1 lead leg	L	strides	22	15	15	15	16	16	16	16	17	17	20.2	185.2				

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 - 2023 Shizuoka International Meeting (Fukuuroi, JPN)		<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																
date	03-May-23	time	6.68	11.03	15.60	20.25	25.06	30.04	35.18	40.45	45.95	51.78		58.30	8 / 1			
reaction time	0.217	interval	4.35	4.57	4.65	4.81	4.98	5.14	5.27	5.50	5.83	6.52				13.57	14.93	16.60
		velocity	6.74	8.05	7.66	7.53	7.28	7.03	6.81	6.64	6.36	6.00	6.13	6.86		7.74	7.03	6.33
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	18	21.7	195.7				

Takino, Miku (JPN) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2023 Shizuoka International Meeting (Fukuuroi, JPN)		<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																
date	03-May-23	time	6.77	11.15	15.83	20.59	25.59	30.64	35.91	41.22	46.65	52.15		58.31	7 / 2			
reaction time	0.203	interval	4.38	4.68	4.76	5.00	5.05	5.27	5.31	5.43	5.50	6.16		PB		13.82	15.32	16.24
		velocity	6.65	7.99	7.48	7.35	7.00	6.93	6.64	6.59	6.45	6.36	6.49	6.86		7.60	6.85	6.47

H1 lead leg	R	strides	23	15	16	16	16	16	17	17	17	17	20	190						
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 (Zhaoping, 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 (Shaoying, 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		7.25		14.88	5.36	5.56	5.60	6.28				13.96	14.88	16.52	
		velocity	6.70	7.81		7.38		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	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>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>					
date	03-May-22	time	6.74	11.26	15.92	20.72	25.59		30.61	35.70	40.91	46.28	51.90		58.37	8 / 5				
reaction time	0.183	interval	4.52	4.66	4.80	4.87		5.02	5.09	5.21	5.37	5.62	6.47				13.98	14.98	16.20	
		velocity	6.68	7.74	7.51	7.29	7.19		6.97	6.88	6.72	6.52	6.23	6.18	6.85		7.51	7.01	6.48	
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17		172					
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	17	21	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>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																				
date	12-Jun-22	time	6.64	10.96	15.48	20.05	24.79		29.73	34.98	40.37	46.00	51.75		58.38	3 / 6				
reaction time	0.220	interval	4.32	4.52	4.57	4.74		4.94	5.25	5.39	5.63	5.75	6.63				13.41	14.93	16.77	
		velocity	6.78	8.10	7.74	7.66	7.38		7.09	6.67	6.49	6.22	6.09	6.03	6.85		7.83	7.03	6.26	
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	17		174					
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	7.40		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	17		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	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	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	5.72	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)																				
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)																				
date	13-Jun-21	time	6.71	11.13	15.55	20.05	24.69		29.63	34.83	40.26	45.88	51.65		58.42		3 / 3			
reaction time	0.278	interval	4.42	4.42	4.50	4.64		4.94	5.20	5.43	5.62	5.77	6.77		PB			13.34	14.78	16.82
		velocity	6.71	7.92	7.92	7.78	7.54		7.09	6.73	6.45	6.23	6.07	5.91	6.85			7.87	7.10	6.24
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	20.5	186.5					
Ono, Mizuna (JPN) (2002)																				
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)																				
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)																				
A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)																				
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)																				
A FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)																				
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	15		16	16	17	17	17	143						
Huang Yan (CHN) (1996)																				
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																				
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)																				
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)																				
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	21	200					
Huang Yan (CHN) (1996)																				
Heat 2 - 2019 Asian Athletics Championships (Doha, QAT)																				
date	21-Apr-19	time	6.57	11.06	15.70	20.40	25.22		30.13	35.38	40.71	46.18	51.87		58.46		6 / 3			
reaction time	0.180	interval	4.49	4.64	4.70	4.82		4.91	5.25	5.33	5.47	5.69	6.59					13.83	14.98	16.49
		velocity	6.85	7.80	7.54	7.45	7.26		7.13	6.67	6.57	6.40	6.15	6.07	6.84			7.59	7.01	6.37
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	18	19	22.5	204.5					
Bellamy, Shan'ia (USA) (2002)																				
Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)																				
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	58.47		2 / 8			
reaction time		interval	4.31	4.50	4.59	4.90		4.87	5.11	5.39	5.41	6.19	6.78					13.40	14.88	16.99
		velocity	7.01	8.12	7.78	7.63	7.14	7.46	7.19	6.85	6.49	6.47	5.65	5.90	6.84			7.84	7.06	6.18
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	16	16	115						
Zhou Yu (CHN) (1999)																				
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)																				
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)																				
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)																				
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	17	21	193					
Yamamoto, Ami (JPN) (2002)																				
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)																				
date	01-Jun-21	time	6.84	11.34	15.89	20.59	25.43		30.45	35.64	40.89	46.45	52.12		58.48		2 / 3			
reaction time	0.257	interval	4.50	4.55	4.70	4.84		5.02	5.19	5.25	5.56	5.67	6.36					13.75	15.05	16.48
		velocity	6.58	7.78	7.69	7.45	7.23		6.97	6.74	6.67	6.29	6.17	6.29	6.84			7.64	6.98	6.37

H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.5	196.5						
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 - 2023 Chinese National Grand Prix 4 (Chongqing, CHN)																				
<i>Shandong Athletics Sport Science (2023)</i>																				
date	04-Jun-23	time	6.97	11.41	15.93	20.54	25.27		30.30	35.50	40.87	46.36	51.98		58.49	5 / 3				
reaction time	0.248	interval	4.44	4.52	4.61	4.73		5.03	5.20	5.37	5.49	5.62	6.51				13.57	14.96	16.48	
		velocity	6.46	7.88	7.74	7.59	7.40		6.96	6.73	6.52	6.38	6.23	6.14	6.84		7.74	7.02	6.37	
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	20.5	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	
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	4.00	4.09	4.23	4.51		4.81	5.90	5.57	5.78	6.09	7.24				12.32	15.22	17.44	
		velocity	7.18	8.75	8.56	8.27	7.76		7.28	5.93	6.28	6.06	5.75	5.52	6.84		8.52	6.90	6.02	
H1 lead leg	L	strides	23	15	15	15	15		16	20	19	19		157						
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	21.5	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	17	20.7	192.7					
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 - 2024 Chinese National Championships (Quzhou, CHN)																				
<i>Shandong Athletics Sport Science (2024)</i>																				
date	16-Sep-24	time	6.69	11.16	15.75	20.32	25.11		30.13	35.27	40.60	46.06	51.93		58.54	8 / 5				
reaction time	0.185	interval	4.47	4.59	4.57	4.79		5.02	5.14	5.33	5.46	5.87	6.61				13.63	14.95	16.66	
		velocity	6.73	7.83	7.63	7.66	7.31		6.97	6.81	6.57	6.41	5.96	6.05	6.83		7.70	7.02	6.30	
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	17	18	21.5	195.5					
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	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	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)																				
<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																				
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)																				
<i>Omega Timing (2024) - diamond league race analysis</i>																				
date	22-Aug-24	time	6.22	10.36	14.60	19.00	23.57		28.34	33.28	38.86	44.81	51.08		58.57	6 / 8				
reaction time	0.203	interval	4.14	4.24	4.40	4.57		4.77	4.94	5.58	5.95	6.27	7.49				12.78	14.28	17.80	
		velocity	7.23	8.45	8.25	7.95	7.66		7.34	7.09	6.27	5.88	5.58	5.34	6.83		8.22	7.35	5.90	
H1 lead leg	R	strides	23	15	15	15	15				17	18	18	136						
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)																				
<i>Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler</i>																				
date	06-Mar-05	time	7.32	11.98	16.68	21.50	26.48		31.58	36.82	42.04	47.34	52.68		58.59	1 / 1				
reaction time		interval	4.66	4.70	4.82	4.98		5.10	5.24	5.22	5.30	5.34	5.91		PB		14.18	15.32	15.86	
		velocity	6.15	7.51	7.45	7.26	7.03		6.86	6.68	6.70	6.60	6.55	6.77	6.83		7.40	6.85	6.62	
H1 lead leg		strides																		
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)																				
<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>																				
date	30-Jun-19	time	6.77	11.24	15.90	20.67	25.53		30.53	35.64	40.91	46.40	52.07		58.60	2 / 5				
reaction time	0.151	interval	4.47	4.66	4.77	4.86		5.00	5.11	5.27	5.49	5.67	6.53				13.90	14.97	16.43	
		velocity	6.65	7.83	7.51	7.34	7.20		7.00	6.85	6.64	6.38	6.17	6.13	6.83		7.55	7.01	6.39	

H1 lead leg	R	strides	23	16	16	16	16	17	17	17	17	17	21.7	193.7					
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)			<i>Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection</i>																
date	06-Aug-19	time	6.88	11.48	16.07	20.79	25.88		30.93	36.20	41.54	46.92	52.43		58.60	4 / 2			
reaction time		interval	4.60	4.59	4.72	5.09		5.05	5.27	5.34	5.38	5.51	6.17		PB		13.91	15.41	16.23
		velocity	6.54	7.61	7.63	7.42	6.88		6.93	6.64	6.55	6.51	6.35	6.48	6.83		7.55	6.81	6.47
H1 lead leg		strides		16	16	16	17		17	18	18	18	18		154				
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)			<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																
date	12-Jun-22	time	6.77	11.28	15.93	20.65	25.53		30.56	35.77	41.11	46.60	52.20		58.60	2 / 7			
reaction time	0.244	interval	4.51	4.65	4.72	4.88		5.03	5.21	5.34	5.49	5.60	6.40		=PB		13.88	15.12	16.43
		velocity	6.65	7.76	7.53	7.42	7.17		6.96	6.72	6.55	6.38	6.25	6.25	6.83		7.56	6.94	6.39
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	18		175				
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)			<i>Veney - split times from PJ</i>																
date	05-Jun-90	time	6.0	10.1	14.3	18.7	23.2		28.2	33.6	39.6	45.0	51.1		58.63	1 / 7			
reaction time		interval	4.1	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 (Fukuuroi, JPN)			<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																
date	03-May-23	time	6.93	11.50	16.25	21.06	26.01		31.08	36.25	41.50	46.92	52.43		58.63	5 / 2			
reaction time	0.262	interval	4.57	4.75	4.81	4.95		5.07	5.17	5.25	5.42	5.51	6.20				14.13	15.19	16.18
		velocity	6.49	7.66	7.37	7.28	7.07		6.90	6.77	6.67	6.46	6.35	6.45	6.82		7.43	6.91	6.49
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	21	194				
Sykora, Maria (AUT) (1946)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1973 British International Games (Edinburgh, GBR)			<i>Ewen (1976) - 400m haies feminin</i>																
date	16-Jun-73	time	6.6	11.0	15.4	20.4	25.5		30.8	36.3	41.5	46.7	52.5	(58.53)	58.5	1 / 1			
reaction time		interval	4.4	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)			<i>Henson (2018) - coaching observations</i>																
date	16-Sep-18	time	6.86	11.27	15.75	20.37	25.23		30.28	35.47	40.82	46.31	52.00		58.65	4 / 3			
reaction time		interval	4.41	4.48	4.62	4.86		5.05	5.19	5.35	5.49	5.69	6.65				13.51	15.10	16.53
		velocity	6.56	7.94	7.81	7.58	7.20		6.93	6.74	6.54	6.38	6.15	6.02	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)			<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																
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 (Fukuuroi, 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				
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
Heat 3 - 2022 European Athletics Championships (Munich, GER)			<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	17-Aug-22	time	6.49	10.62	14.86	19.19	23.77	25.82	28.54	33.74	39.18	44.92	51.12		58.65	4 / 8			
reaction time	0.398	interval	4.13	4.24	4.33	4.58		4.77	5.20	5.44	5.74	6.20	7.53				12.70	14.55	17.38
		velocity	6.93	8.47	8.25	8.08	7.64	7.75	7.34	6.73	6.43	6.10	5.65	5.31	6.82		8.27	7.22	6.04
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	18	22	189				
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	4.73	4.69	4.98	4.84		5.09	5.12	5.12	5.35	5.81	6.22		NR		14.40	15.05	16.28
		velocity	6.71	7.40	7.46	7.03	7.23		6.88	6.84	6.84	6.54	6.02	6.43	6.82		7.29	6.98	6.45
H1 lead leg		strides	23	17	17	17	17		17	17	17	9	19		170				
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	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	/ 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																		
Utsumomiya, 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	/ 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		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	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	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	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)			<i>CAA Hurdle Development (2021)</i>																	
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)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																	
date	16-Jun-22	time	6.34	10.42	14.64	19.02	23.72		28.74	33.84	39.10	44.82	51.06		58.74	1 / 8				
reaction time	0.170	interval	4.08	4.22	4.38	4.70		5.02	5.10	5.26	5.72	6.24	7.68				12.68	14.82	17.22	
		velocity	7.10	8.58	8.29	7.99	7.45		6.97	6.86	6.65	6.12	5.61	5.21	6.81		8.28	7.09	6.10	
H1 lead leg	L	strides	23	15	15	15	17		17	17		18	20	157						
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)			<i>CAA Hurdle Development (2019)</i>																	
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)													<i>Takashima (2024) - national high school sports festival - biomechanics data</i>							
date	30-Jul-24	time	6.71	11.18	15.93	20.65	25.51		30.61	36.04	41.41	46.78	52.35		58.75	5 / 2				
reaction time	0.185	interval	4.47	4.75	4.72	4.86		5.10	5.43	5.37	5.37	5.57	6.40		PB		13.94	15.39	16.31	
		velocity	6.71	7.83	7.37	7.42	7.20		6.86	6.45	6.52	6.52	6.28	6.25	6.81		7.53	6.82	6.44	
H1 lead leg		strides	23	16	16	16	16		16	16	17	17	17	22	192					
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)													<i>Yanagiya (2014) - research on athlete performance and technique- 2014 data book</i>							
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 / 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	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)													<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>							
date	30-Jun-19	time	6.66	11.14	15.88	20.82	25.81		30.90	36.30	41.86	47.28	52.69		58.76	8 / 6				
reaction time	0.148	interval	4.48	4.74	4.94	4.99		5.09	5.40	5.56	5.42	5.41	6.07				14.16	15.48	16.39	
		velocity	6.76	7.81	7.38	7.09	7.01		6.88	6.48	6.29	6.46	6.47	6.59	6.81		7.42	6.78	6.41	
H1 lead leg	R	strides	23	15	15	16	16		16	17	18	17	17	170						
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)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>							
date	27-Jun-21	time	6.59	10.96	15.57	20.35	25.31		30.31	35.44	40.76	46.33	52.07		58.76	7 / 4				
reaction time	0.166	interval	4.37	4.61	4.78	4.96		5.00	5.13	5.32	5.57	5.74	6.69				13.76	15.09	16.63	
		velocity	6.83	8.01	7.59	7.32	7.06		7.00	6.82	6.58	6.28	6.10	5.98	6.81		7.63	6.96	6.31	
H1 lead leg	L	strides	23	15	15	16	16		16	16	17	17	17	21.2	189.2					
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)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>							
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)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>							
date	06-Aug-22	time	6.38	10.53	14.70	19.23	23.90	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)													<i>Abe (2008) - 61st high school championships: JAF scientific committee - biomechanics data</i>							
date	31-Jul-08	time	7.01	11.73	16.62	21.47	26.46		31.68	36.95	42.24	47.55	52.79		58.79	1 / 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	16		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)													<i>CAA Hurdle Development (2019)</i>							
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)			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	6.91	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)			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	6.66	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)			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 (Shaoying, CHN)													<i>CAA Hurdle Development (2020)</i>							
date	17-Sep-20	time	6.87	11.46	16.04	20.71	25.46		30.54	35.79	41.17	46.71	52.38		58.80	5 / 4				
reaction time		interval	4.59	4.58	4.67	4.75		5.08	5.25	5.38	5.54	5.67	6.42		PB		13.84	15.08	16.59	
		velocity	6.55	7.63	7.64	7.49	7.37		6.89	6.67	6.51	6.32	6.17	6.23	6.80		7.59	6.96	6.33	

H1 lead leg	L	strides	24	17	17	17	17	17	17	17	18	19	21	201					
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
B FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)																			
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																			
date	03-May-23	time	6.62	11.02	15.63	20.28	25.21		30.32	35.49	40.78	46.17	51.91		58.80	6 / 3			
reaction time	0.211	interval	4.40	4.61	4.65	4.93		5.11	5.17	5.29	5.39	5.74	6.89				13.66	15.21	16.42
		velocity	6.80	7.95	7.59	7.53	7.10		6.85	6.77	6.62	6.49	6.10	5.81	6.80		7.69	6.90	6.39
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	22	188				
Wang Jiuxiang (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 - 2024 Chinese National Championships (Quzhou, CHN)																			
<i>Shandong Athletics Sport Science (2024)</i>																			
date	16-Sep-24	time	6.86	11.51	16.11	20.77	25.64		30.70	35.82	41.16	46.74	52.40		58.80	7 / 6			
reaction time	0.217	interval	4.65	4.60	4.66	4.87		5.06	5.12	5.34	5.58	5.66	6.40				13.91	15.05	16.58
		velocity	6.56	7.53	7.61	7.51	7.19		6.92	6.84	6.65	6.27	6.18	6.25	6.80		7.55	6.98	6.33
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	21	196				
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 - 2018 Chinese National Championships (Taiyuan, CHN)																			
<i>Henson (2018) - coaching observations</i>																			
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)			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	6.76	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)			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)																			
<i>Abe (2008) - 61st high school championships: JAF scientific committee - biomechanics data</i>																			
date	31-Jul-08	time	7.09	11.83	16.68	21.60	26.63		31.72	36.97	42.24	47.53	52.89		58.83	1 / 2			
reaction time		interval	4.74	4.85	4.92	5.03		5.09	5.25	5.27	5.29	5.36	5.94				14.51	15.37	15.92
		velocity	6.35	7.38	7.22	7.11	6.96		6.88	6.67	6.64	6.62	6.53	6.73	6.80		7.24	6.83	6.60
H1 lead leg		strides		17	17	17	17		17	17	17	17	17	153					
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 - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)																			
<i>CAA Hurdle Development (2021)</i>																			
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)			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)																			
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																			
date	06-Jun-21	time	6.86	11.35	15.97	20.67	25.56		30.65	35.85	41.16	46.55	52.14		58.83	6 / 1			
reaction time		interval	4.49	4.62	4.70	4.89		5.09	5.20	5.31	5.39	5.59	6.69				13.81	15.18	16.29
		velocity	6.56	7.80	7.58	7.45	7.16		6.88	6.73	6.59	6.49	6.26	5.98	6.80		7.60	6.92	6.45
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	22	195				
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 Championships (Shenyang, CHN)																			
<i>CAA Hurdle Development (2019)</i>																			
date	10-Jul-19	time	6.92	11.51	16.15	20.90	25.72		30.78	35.98	41.34	46.79	52.45		58.84	1 / 5			
reaction time	0.225	interval	4.59	4.64	4.75	4.82		5.06	5.20	5.36	5.45	5.66	6.39	PB			13.98	15.08	16.47
		velocity	6.50	7.63	7.54	7.37	7.26		6.92	6.73	6.53	6.42	6.18	6.26	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				
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 - 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	6.72	11.24	15.83	20.54	25.43		30.58	35.89	41.24	46.90	52.49		58.84	5 / 3			
reaction time	0.181	interval	4.52	4.59	4.71	4.89		5.15	5.31	5.35	5.66	5.59	6.35	PB			13.82	15.35	16.60
		velocity	6.70	7.74	7.63	7.43	7.16		6.80	6.59	6.54	6.18	6.26	6.30	6.80		7.60	6.84	6.33
H1 lead leg		strides		17	17	17	17		18	18	19	19	19	161					
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 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	6.66	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 / 1				
reaction time		interval	4.50	4.67	4.94	4.97		5.17	5.26	5.29	5.44	5.51	6.24		PB		14.11	15.40	16.24	
		velocity	6.54	7.78	7.49	7.09	7.04		6.77	6.65	6.62	6.43	6.35	6.41	6.79		7.44	6.82	6.47	
H1 lead leg		strides		15	15	16	16		16	17	17	17	17		146					
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	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	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 / 1				
reaction time		interval	4.60	4.64	4.79	5.02		5.14	5.21	5.24	5.67	5.57	6.21		PB		14.03	15.37	16.48	
		velocity	6.60	7.61	7.54	7.31	6.97		6.81	6.72	6.68	6.17	6.28	6.44	6.79		7.48	6.83	6.37	
H1 lead leg		strides		16	16	16	17		17	17	17	18	18		152					
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		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	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	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	PB			13.96	15.45	16.25
		velocity	6.58	7.80	7.49	7.29	6.96		6.93	6.52	6.53	6.55	6.31	6.20	6.79		7.52	6.80	6.46
H1 lead leg		strides	15	15	15	16		16	17	17	17	17		145					
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	4.77	4.79	4.97	5.11		5.31	5.37	5.37	5.27	5.26	5.87				14.53	15.79	15.90
		velocity	6.55	7.34	7.31	7.04	6.85		6.59	6.52	6.52	6.64	6.65	6.81	6.78		7.23	6.65	6.60
H1 lead leg		strides	17	16	16	16		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		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		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	PB			14.40	15.25	16.41
		velocity	6.44	7.61	7.23	7.06	6.90		6.90	6.85	6.70	6.28	6.23	6.76	6.78		7.29	6.89	6.40
H1 lead leg	L	strides	24	17	17	17		17	17	17	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					
Viadzernikava, 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)			<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																
date	23-Jun-07	time	6.78	11.37	15.95	20.71	25.57		30.54	35.90	41.35		52.77		58.99	1 / 7			
reaction time	0.250	interval	4.59	4.58	4.76	4.86		4.97	5.36	5.45		11.42	6.22				13.93	15.19	16.87
		velocity	6.64	7.63	7.64	7.35	7.20		7.04	6.53	6.42		6.13	6.43	6.78		7.54	6.91	6.22

H1 lead leg strides

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Arashima, Yuri (JPN) (1997)		<i>Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data</i>																
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)																		
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	17		145				
Saito, Mayu (JPN) (1995)		<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																
B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)																		
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)		<i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>																
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)																		
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)		<i>Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection</i>																
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)																		
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	17	19		155				
Zapletalová, Emma (SVK) (2000)		<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)																		
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)		<i>USATF Women's Sprint Development (2003)</i>																
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)																		
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)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)																		
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	17	18	18	18		154				
Ou Ying (CHN) (2001)		<i>Shandong Athletics Sport Science (2024)</i>																
FINAL - 2024 Chinese National Grand Prix Final (Rizhao, CHN)																		
date	29-Jun-24	time	6.91	11.31	15.83	20.47	25.32	30.46	35.62	40.96	46.46	52.27		59.02	8 / 6			
reaction time	0.266	interval	4.40	4.52	4.64	4.85	5.14	5.16	5.34	5.50	5.81	6.75				13.56	15.15	16.65
		velocity	6.51	7.95	7.74	7.54	7.22	6.81	6.78	6.55	6.36	6.02	5.93	6.78		7.74	6.93	6.31
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	18	21.7	194.7				
Higa, Kazuki (JPN) (1998)		<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>																
A FINAL - 2019 Kinami Memorial (Osaka, JPN)																		
date	06-May-19	time	6.97	11.53	16.22	20.99	25.88	30.91	36.04	41.32	46.78	52.43		59.03	5 / 5			
reaction time		interval	4.56	4.69	4.77	4.89	5.03	5.13	5.28	5.46	5.65	6.60				14.02	15.05	16.39
		velocity	6.46	7.68	7.46	7.34	7.16	6.96	6.82	6.63	6.41	6.19	6.06	6.78		7.49	6.98	6.41
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	21.7	194.7				
Lu Zhangwei (CHN) (2001)		<i>CAA Hurdle Development (2021)</i>																
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)																		
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)		<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																
B FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)																		
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)	<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																				
date	20-Sep-20	time	6.74	11.13	15.75	20.59	25.53	30.61	35.74	41.17	46.65	52.29	59.04	5 / 2							
reaction time	0.205	interval	4.39	4.62	4.84	4.94	5.08	5.13	5.43	5.48	5.64	6.75			13.85	15.15	16.55				
		velocity	6.68	7.97	7.58	7.23	7.09	6.89	6.82	6.45	6.39	6.21	5.93	6.78		7.58	6.93	6.34			
H1 lead leg	strides	15	15	16	16	16	16	16	17	17	17	17	145								
Tsujii, Mio (JPN) (1999)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10				
C 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	6.81	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)	<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																				
date	27-Jun-22	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	16	16	16	17	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)	<i>USATF Women's Sprint Development (2003)</i>																				
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	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)	<i>CAA Hurdle Development (2019)</i>																				
date	10-Jul-19	time	6.84	11.24	15.85	20.58	25.44	30.48	35.67	41.02	46.70	52.48	59.05	2 / 6							
reaction time	0.273	interval	4.40	4.61	4.73	4.86	5.04	5.19	5.35	5.68	5.78	6.57	PB		13.74	15.09	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)	<i>Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection</i>																				
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)	<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																				
date	27-Jun-21	time	6.71	11.21	15.87	20.77	25.79	30.95	36.32	41.79	47.31	52.94	59.07	7 / 2							
reaction time	0.152	interval	4.50	4.66	4.90	5.02	5.16	5.37	5.47	5.52	5.63	6.13	PB		14.06	15.55	16.62				
		velocity	6.71	7.78	7.51	7.14	6.97	6.78	6.52	6.40	6.34	6.22	6.53	6.77		7.47	6.75	6.32			
H1 lead leg	L	strides	24	16	16	17	17	17	18	18	18	19	22	202							
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)	<i>Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection</i>																				
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)	<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																				
date	06-Jun-21	time	6.89	11.51	16.20	20.92	25.78	30.78	35.94	41.24	46.78	52.45	59.09	5 / 1							
reaction time		interval	4.62	4.69	4.72	4.86	5.00	5.16	5.30	5.54	5.67	6.64			14.03	15.02	16.51				
		velocity	6.53	7.58	7.46	7.42	7.20	7.00	6.78	6.60	6.32	6.17	6.02	6.77		7.48	6.99	6.36			
H1 lead leg	L	strides	23	16	16	16	16	16	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)	<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																				
date	03-May-23	time	6.91	11.65	16.48	21.34	26.25	31.28	36.44	41.71	47.11	52.68	59.10	8 / 2							
reaction time	0.196	interval	4.74	4.83	4.86	4.91	5.03	5.16	5.27	5.40	5.57	6.42			14.43	15.10	16.24				
		velocity	6.51	7.38	7.25	7.20	7.13	6.96	6.78	6.64	6.48	6.28	6.23	6.77		7.28	6.95	6.47			
H1 lead leg	R	strides	23	16	16	16	16	17	17	17	17	17	21.5	193.5							
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 - 2024 Chinese National Championships (Quzhou, CHN)	<i>Shandong Athletics Sport Science (2024)</i>																				
date	16-Sep-24	time	6.92	11.33	15.90	20.47	25.14	30.10	35.35	40.79	46.40	52.28	59.10	3 / 7							
reaction time	0.327	interval	4.41	4.57	4.57	4.67	4.96	5.25	5.44	5.61	5.88	6.82			13.55	14.88	16.93				
		velocity	6.50	7.94	7.66	7.66	7.49	7.06	6.67	6.43	6.24	5.95	5.87	6.77		7.75	7.06	6.20			

H1 lead leg	L	strides	23	15	15	15	16	16	17	17	17	17	20	188						
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)															<i>Kishima (2022) - national high school championships biomechanics data collection</i>					
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					
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 - 2024 Chinese National Championships (Quzhou, CHN)															<i>Shandong Athletics Sport Science (2024)</i>					
date	16-Sep-24	time	6.96	11.46	16.10	20.79	25.57		30.44	35.75	41.07	46.71	52.60		59.12	1 / 8				
reaction time	0.240	interval	4.50	4.64	4.69	4.78		4.87	5.31	5.32	5.64	5.89	6.52				13.83	14.96	16.85	
		velocity	6.47	7.78	7.54	7.46	7.32		7.19	6.59	6.58	6.21	5.94	6.13	6.77		7.59	7.02	6.23	
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	18	18	21	194					
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	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	4.32	4.56	4.83	5.07		5.04	5.19	5.32	5.64	5.77	6.79				13.71	15.30	16.73	
		velocity	6.81	8.10	7.68	7.25	6.90		6.94	6.74	6.58	6.21	6.07	5.89	6.76		7.66	6.86	6.28	
H1 lead leg		strides	15	15	15	16		16	16	16	17	17		143						
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	1 / 2				
reaction time		interval	4.65	4.82	4.85	4.94		4.99	5.11	5.32	5.54	5.72	6.46				14.32	15.04	16.58	
		velocity	6.68	7.53	7.26	7.22	7.09		7.01	6.85	6.58	6.32	6.12	6.19	6.76		7.33	6.98	6.33	
H1 lead leg		strides	17	17	17	17		17	17	18	19	19		158						
Hespel, Nina (BEL) (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 - 2022 European Athletics Championships (Munich, GER)															<i>European Athletics (2022) - european athletics championships race analysis</i>					
date	18-Aug-22	time	6.59	10.90	15.42	19.97	24.56	26.66	29.38	34.46	39.84	45.83	51.94		59.15	2 / 7				
reaction time	0.282	interval	4.31	4.52	4.55	4.59		4.82	5.08	5.38	5.99	6.11	7.21				13.38	14.49	17.48	
		velocity	6.83	8.12	7.74	7.69	7.63	7.50	7.26	6.89	6.51	5.84	5.73	5.55	6.76		7.85	7.25	6.01	
H1 lead leg	L	strides	23		15	15		15	16	18	18	18	21.5	159.5						
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	4.73	4.98	5.06		5.00	5.09	5.24	5.39	5.77	6.63				14.21	15.15	16.40	
		velocity	6.63	7.78	7.40	7.03	6.92		7.00	6.88	6.68	6.49	6.07	6.03	6.76		7.39	6.93	6.40	
H1 lead leg		strides	15	15	16	16		17	17	17	17	17		147						
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	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							
Tagaki, 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	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)											<i>CAA Hurdle Development (2019)</i>									
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	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)											<i>CAA Hurdle Development (2021)</i>									
date	26-Jun-21	time	6.79	11.33	15.99	20.74	25.59	30.64	35.88	41.26	46.81	52.70	59.20	7 / 2						
reaction time	0.208	interval	4.54	4.66	4.75	4.85	5.05	5.24	5.38	5.55	5.89	6.50	PB		13.95	15.14	16.82			
		velocity	6.63	7.71	7.51	7.37	7.22	6.93	6.68	6.51	6.31	5.94	6.15	6.76		7.53	6.94	6.24		
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	19	21.7	197.7						
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)											<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>									
date	03-May-21	time	6.79	11.44	16.22	21.05	26.09	31.15	36.30	41.57	46.98	52.57	59.21	8 / 5						
reaction time	0.161	interval	4.65	4.78	4.83	5.04	5.06	5.15	5.27	5.41	5.59	6.64			14.26	15.25	16.27			
		velocity	6.63	7.53	7.32	7.25	6.94	6.92	6.80	6.64	6.47	6.26	6.02	6.76		7.36	6.89	6.45		
H1 lead leg	L	strides	23	16	16	16	16	16	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 (Zhaoping, CHN)											<i>CAA Hurdle Development (2019)</i>									
date	08-Apr-19	time	6.91	11.44	16.03	20.75	25.71	30.84	36.08	41.48	47.21	52.88	59.22	6 / 2						
reaction time	0.260	interval	4.53	4.59	4.72	4.96	5.13	5.24	5.40	5.73	5.67	6.34	PB		13.84	15.33	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 - 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	6.84	11.46	16.12	20.89	25.84	31.00	36.29	41.61	47.20	52.90	59.22	4 / 5						
reaction time	0.168	interval	4.62	4.66	4.77	4.95	5.16	5.29	5.32	5.59	5.70	6.32			14.05	15.40	16.61			
		velocity	6.58	7.58	7.51	7.34	7.07	6.78	6.62	6.58	6.26	6.14	6.33	6.75		7.47	6.82	6.32		
H1 lead leg		strides	17	17	17	17	17	17	17	17	19	19	157							
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)											<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>									
date	27-Jun-21	time	6.86	11.31	15.93	20.74	25.63	30.68	35.95	41.31	46.81	52.64	59.22	2 / 3						
reaction time	0.190	interval	4.45	4.62	4.81	4.89	5.05	5.27	5.36	5.50	5.83	6.58			13.88	15.21	16.69			
		velocity	6.56	7.87	7.58	7.28	7.16	6.93	6.64	6.53	6.36	6.00	6.08	6.75		7.56	6.90	6.29		
H1 lead leg	R	strides	23	15	15	16	16	16	16	17	17	18	22.2	191.2						
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)											<i>CAA Hurdle Development (2021)</i>									
date	26-Jun-21	time	6.98	11.46	16.07	20.71	25.50	30.57	35.84	41.32	46.89	52.56	59.24	6 / 3						
reaction time	0.240	interval	4.48	4.61	4.64	4.79	5.07	5.27	5.48	5.57	5.67	6.68			13.73	15.13	16.72			
		velocity	6.45	7.81	7.59	7.54	7.31	6.90	6.64	6.39	6.28	6.17	5.99	6.75		7.65	6.94	6.28		
H1 lead leg	L	strides	24	17	17	17	17	17	17	18	18	18	22	202						
Kong Yingying (CHN) (2003)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
Heat 3 - 2024 Second Belt & Road Invitational Athletics Meeting (Chongqing, CHN)											<i>Shandong Athletics Sport Science (2024)</i>									
date	29-May-24	time	6.62	10.93	15.33	19.84	24.54	29.59	35.08	40.76	46.73	52.72	59.24	4 / 1						
reaction time	0.243	interval	4.31	4.40	4.51	4.70	5.05	5.49	5.68	5.97	5.99	6.52			13.22	15.24	17.64			
		velocity	6.80	8.12	7.95	7.76	7.45	6.93	6.38	6.16	5.86	5.84	6.13	6.75		7.94	6.89	5.95		

H1 lead leg	L	strides	23	15	15	15	15	16	17	17	17	17	20	187						
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)			<i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>																	
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			
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	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)			<i>CAA Hurdle Development (2021)</i>																	
date	25-Apr-21	time	6.94	11.46	16.16	20.92	25.94		31.11	36.52	42.04	47.55	53.07		59.25		2 / 3			
reaction time	0.239	interval	4.52	4.70	4.76	5.02		5.17	5.41	5.52	5.51	5.52	6.18				13.98	15.60	16.55	
		velocity	6.48	7.74	7.45	7.35	6.97		6.77	6.47	6.34	6.35	6.34	6.47	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					
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	
Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																	
date	02-Aug-21	time	6.40	10.58	14.63	19.06	23.50		28.26	33.30	38.76	44.83		59.26		7 / 8				
reaction time	0.146	interval	4.18	4.05	4.43	4.44		4.76	5.04	5.46	6.07						12.66	14.24		
		velocity	7.03	8.37	8.64	7.90	7.88		7.35	6.94	6.41	5.77		6.75			8.29	7.37		
H1 lead leg	L	strides	26	15	15	15	15		16	16	17	18		153						
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)			<i>CAA Hurdle Development (2021)</i>																	
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)			<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																	
date	06-May-23	time	6.72	11.18	15.88	20.84	25.96		31.15	36.30	41.71	47.21	52.82		59.28		7 / 5			
reaction time	0.145	interval	4.46	4.70	4.96	5.12		5.19	5.15	5.41	5.50	5.61	6.46				14.12	15.46	16.52	
		velocity	6.70	7.85	7.45	7.06	6.84		6.74	6.80	6.47	6.36	6.24	6.19	6.75		7.44	6.79	6.36	
H1 lead leg		strides	15	15	16	16		16	16	17	17	17		145						
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)			<i>CAA Hurdle Development (2019)</i>																	
date	10-Jul-19	time	6.94	11.52	16.18	20.94	25.89		31.06	36.37	41.77	47.26	52.93		59.30		7 / 7			
reaction time	0.245	interval	4.58	4.66	4.76	4.95		5.17	5.31	5.40	5.49	5.67	6.37				14.00	15.43	16.56	
		velocity	6.48	7.64	7.51	7.35	7.07		6.77	6.59	6.48	6.38	6.17	6.28	6.75		7.50	6.80	6.34	
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	18	21.2	199.2					
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)			<i>CAA Hurdle Development (2019)</i>																	
date	23-Aug-19	time	6.87	11.23	15.85	20.64	25.48		30.60	35.65	41.01	46.65	52.57		59.30		5 / 2			
reaction time	0.247	interval	4.36	4.62	4.79	4.84		5.12	5.05	5.36	5.64	5.92	6.73				13.77	15.01	16.92	
		velocity	6.55	8.03	7.58	7.31	7.23		6.84	6.93	6.53	6.21	5.91	5.94	6.75		7.63	7.00	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)			<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																	
date	24-Oct-20	time	6.61	11.01	15.48	20.09	24.92		30.15	35.52	41.01	46.66	52.39		59.32		5 / 3			
reaction time		interval	4.40	4.47	4.61	4.83		5.23	5.37	5.49	5.65	5.73	6.93				13.48	15.43	16.87	
		velocity	6.81	7.95	7.83	7.59	7.25		6.69	6.52	6.38	6.19	6.11	5.77	6.74		7.79	6.80	6.22	
H1 lead leg		strides	15	15	15	15		16	16	17	17	17		143						
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)			<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																	
date	03-May-22	time	6.71	11.14	15.73	20.62	25.54		30.43	35.55	40.87	46.43	52.34		59.32		3 / 7			
reaction time	0.170	interval	4.43	4.59	4.89	4.92		4.89	5.12	5.32	5.56	5.91	6.98				13.91	14.93	16.79	
		velocity	6.71	7.90	7.63	7.16	7.11		7.16	6.84	6.58	6.29	5.92	5.73	6.74		7.55	7.03	6.25	
H1 lead leg	L	strides	23	15	15	16	16		16	16	17	17	17		168					
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)			<i>Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data</i>																	
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	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)			<i>CAA Hurdle Development (2019)</i>																	
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 (Taiwan, CHN)			<i>CAA Hurdle Development (2019)</i>																	
date	17-Aug-19	time	6.82	11.36	16.16	20.98	25.92		31.00	36.20	41.72	47.22	52.82		59.37	5 / 1				
reaction time	0.236	interval	4.54	4.80	4.82	4.94		5.08	5.20	5.52	5.50	5.60	6.55				14.16	15.22	16.62	
		velocity	6.60	7.71	7.29	7.26	7.09		6.89	6.73	6.34	6.36	6.25	6.11	6.74		7.42	6.90	6.32	
H1 lead leg	R	strides	24	16	16	17	17		17	18	18	18	19	23	203					
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)			<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																	
date	08-Aug-02	time	6.61	11.16	15.65	20.22	24.99		29.99	35.23	40.76	46.56		59.39	/ 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)			<i>Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection</i>																	
date	31-Jul-16	time	6.84	11.33	16.07	20.87	25.89		30.86	35.94	41.51	47.23	53.03		59.39	6 / 4				
reaction time		interval	4.49	4.74	4.80	5.02		4.97	5.08	5.57	5.72	5.80	6.36				14.03	15.07	17.09	
		velocity	6.58	7.80	7.38	7.29	6.97		7.04	6.89	6.28	6.12	6.03	6.29	6.74		7.48	6.97	6.14	
H1 lead leg		strides	17	17	17	17		17	17	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)			<i>CAA Hurdle Development (2019)</i>																	
date	22-Aug-19	time	6.84	11.33	15.97	20.75	25.68		30.74	35.97	41.46	47.08	52.85		59.39	6 / 1				
reaction time	0.256	interval	4.49	4.64	4.78	4.93		5.06	5.23	5.49	5.62	5.77	6.54				13.91	15.22	16.88	
		velocity	6.58	7.80	7.54	7.32	7.10		6.92	6.69	6.38	6.23	6.07	6.12	6.74		7.55	6.90	6.22	
H1 lead leg	R	strides	24	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)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	26-Jun-21	time	6.40	10.57	14.95	19.45	24.19		29.06	34.26	39.60	45.38		59.39	4 / 8					
reaction time	0.187	interval	4.17	4.38	4.50	4.74		4.87	5.20	5.34	5.78						13.05	14.81		
		velocity	7.03	8.39	7.99	7.78	7.38		7.19	6.73	6.55	6.06		6.74			8.05	7.09		
H1 lead leg	R	strides	22	15	15	15			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)			<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																	
date	30-Apr-22	time	6.62	11.03	15.60	20.30	25.14		30.21	35.42	40.77	46.35	52.45		59.39	6 / 6				
reaction time	0.158	interval	4.41	4.57	4.70	4.84		5.07	5.21	5.35	5.58	6.10	6.94				13.68	15.12	17.03	
		velocity	6.80	7.94	7.66	7.45	7.23		6.90	6.72	6.54	6.27	5.74	5.76	6.74		7.68	6.94	6.17	
H1 lead leg	L	strides	23	16	16	16		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)			<i>CAA Hurdle Development (2019)</i>																	
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		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)			<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																	
date	12-Jun-22	time	6.86	11.39	16.10	21.05	26.04		31.05	36.24	41.59	47.26	53.04		59.40	6 / 1				
reaction time	0.203	interval	4.53	4.71	4.95	4.99		5.01	5.19	5.35	5.67	5.78	6.36				14.19	15.19	16.80	
		velocity	6.56	7.73	7.43	7.07	7.01		6.99	6.74	6.54	6.17	6.06	6.29	6.73		7.40	6.91	6.25	
H1 lead leg	R	strides	24	16	16	16		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)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	
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	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)			<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																	
date	27-Jun-21	time	6.86	11.38	16.00	20.72	25.64		30.63	35.74	41.32	46.96	52.72		59.41	3 / 7				
reaction time	0.324	interval	4.52	4.62	4.72	4.92		4.99	5.11	5.58	5.64	5.76	6.69				13.86	15.02	16.98	
		velocity	6.56	7.74	7.58	7.42	7.11		7.01	6.85	6.27	6.21	6.08	5.98	6.73		7.58	6.99	6.18	
H1 lead leg	L	strides	25	17	17	17		17	17	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)			<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																	
date	06-Jun-21	time	6.86	11.26	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)															<i>USATF (2022) - Results powered by Karmarush</i>					
date	24-Jun-22	time	6.49	10.79	15.21	19.88	24.83	26.91	29.86	35.02	40.60	46.34	52.22	59.42	59.42	8 / 8				
reaction time		interval	4.30	4.42	4.67	4.95			5.03	5.16	5.58	5.74	5.88	7.20			13.39	15.14	17.20	
		velocity	6.93	8.14	7.92	7.49	7.07	7.43	6.96	6.78	6.27	6.10	5.95	5.56	6.73		7.84	6.94	6.10	
H1 lead leg	R	strides	24	16	16	16	16		16	17	17			138						
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 - 2024 Second Belt & Road Invitational Athletics Meeting (Chongqing, CHN)															<i>Shandong Athletics Sport Science (2024)</i>					
date	29-May-24	time	6.99	11.48	16.10	20.72	25.52		30.66	36.10	41.66	47.28	53.02		59.42	7 / 5				
reaction time	0.216	interval	4.49	4.62	4.62	4.80			5.14	5.44	5.56	5.62	5.74	6.40			13.73	15.38	16.92	
		velocity	6.44	7.80	7.58	7.58	7.29		6.81	6.43	6.29	6.23	6.10	6.25	6.73		7.65	6.83	6.21	
H1 lead leg	L	strides	23	16	16	16	16		17	18	18	18	18	21.5	197.5					
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)															<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>					
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)															<i>CAA Hurdle Development (2019)</i>					
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)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>					
date	29-Jun-24	time	6.39	10.51	14.85	19.28	23.90	26.07	28.79	33.89	39.35	45.33	51.72		59.43	3 / 8				
reaction time		interval	4.12	4.34	4.43	4.62			4.89	5.10	5.46	5.98	6.39	7.71			12.89	14.61	17.83	
		velocity	7.04	8.50	8.06	7.90	7.58	7.67	7.16	6.86	6.41	5.85	5.48	5.19	6.73		8.15	7.19	5.89	
H1 lead leg	R	strides	23	15	15	15	15		15	15	16		18	21	168					
Kawabata, Szuka (JPN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
B FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)															<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>					
date	24-Oct-20	time	6.64	10.99	15.58	20.30	25.26		30.53	35.82	41.11	46.93	52.97		59.45	7 / 1				
reaction time		interval	4.35	4.59	4.72	4.96			5.27	5.29	5.29	5.82	6.04	6.48			13.66	15.52	17.15	
		velocity	6.78	8.05	7.63	7.42	7.06		6.64	6.62	6.62	6.01	5.79	6.17	6.73		7.69	6.77	6.12	
H1 lead leg		strides	15	16	16	17			17	17	17	19	19	153						
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)															<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>					
date	06-Jun-21	time	6.97	11.54	16.10	20.70	25.59		30.55	35.72	41.04	46.56	52.45		59.45	5 / 4				
reaction time		interval	4.57	4.56	4.60	4.89			4.96	5.17	5.32	5.52	5.89	7.00			13.73	15.02	16.73	
		velocity	6.46	7.66	7.68	7.61	7.16		7.06	6.77	6.58	6.34	5.94	5.71	6.73		7.65	6.99	6.28	
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	18	22.7	194.7					
Powell, Shontel (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	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)			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)															<i>Henson (2018) - coaching observations</i>					
date	15-Sep-18	time	6.94	11.48	16.25	21.04	25.93		31.00	36.20	41.51	47.00	52.69		59.46	2 / 2				
reaction time		interval	4.54	4.77	4.79	4.89			5.07	5.20	5.31	5.49	5.69	6.77	PB		14.10	15.16	16.49	
		velocity	6.48	7.71	7.34	7.31	7.16		6.90	6.73	6.59	6.38	6.15	5.91	6.73		7.45	6.93	6.37	
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	20.5	192.5					
Saka, Nozomi (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)															<i>Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection</i>					
date	06-Aug-19	time	6.67	11.16	15.75	20.47	25.38		30.53	35.72	41.02	46.60	52.63		59.48	2 / 6				
reaction time		interval	4.49	4.59	4.72	4.91			5.15	5.19	5.30	5.58	6.03	6.85	PB		13.80	15.25	16.91	
		velocity	6.75	7.80	7.63	7.42	7.13		6.80	6.74	6.60	6.27	5.80	5.84	6.72		7.61	6.89	6.21	
H1 lead leg		strides	16	16	16	16	16		17	17	17	17	19	151						
Wang Jiuxiang (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 - 2024 Second Belt & Road Invitational Athletics Meeting (Chongqing, CHN)															<i>Shandong Athletics Sport Science (2024)</i>					
date	29-May-24	time	6.74	11.36	16.25	21.15	26.19		31.31	36.48	41.86	47.40	53.10		59.48	8 / 6				
reaction time	0.227	interval	4.62	4.89	4.90	5.04			5.12	5.17	5.38	5.54	5.70	6.38			14.41	15.33	16.62	
		velocity	6.68	7.58	7.16	7.14	6.94		6.84	6.77	6.51	6.32	6.14	6.27	6.72		7.29	6.85	6.32	

H1 lead leg	L	strides	23	17	17	17	17	17	17	17	18	18	19	22	202				
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 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	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)			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	6.87	11.56	16.43	21.27	26.16		31.23	36.50	41.86	47.50	53.20		59.49	2 / 3			
reaction time	0.196	interval	4.69	4.87	4.84	4.89		5.07	5.27	5.36	5.64	5.70	6.29				14.40	15.23	16.70
		velocity	6.55	7.46	7.19	7.23	7.16		6.90	6.64	6.53	6.21	6.14	6.36	6.72		7.29	6.89	6.29
H1 lead leg		strides	23	17	17	17	17		17	17	17	17	19	22	200				
Dille, Monique (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 - 1986 French National Championships (Aix les Bains, FRA)			<i>Veney - split times from PJ</i>																
date	10-Aug-86	time	6.9	11.3	16.1	20.9	25.9		30.9	36.2	41.6	47.2	52.9		59.50	/ 6			
reaction time		interval	4.4	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)			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	6.87	11.41	16.15	20.97	25.94		31.11	36.37	41.73	47.31	53.17		59.54	/ 1			
reaction time		interval	4.54	4.74	4.82	4.97		5.17	5.26	5.36	5.58	5.86	6.37				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)			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	6.89	11.31	15.82	20.42	25.13		30.00	35.22	40.64	46.41	52.64		59.55	/ 2			
reaction time		interval	4.42	4.51	4.60	4.71		4.87	5.22	5.42	5.77	6.23	6.91				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)			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	7.14	11.66	16.18	20.82	25.66		30.74	36.08	41.68	47.38	53.22		59.56	4 / 3			
reaction time	0.314	interval	4.52	4.52	4.64	4.84		5.08	5.34	5.60	5.70	5.84	6.34	PB			13.68	15.26	17.14
		velocity	6.30	7.74	7.74	7.54	7.23		6.89	6.55	6.25	6.14	5.99	6.31	6.72		7.68	6.88	6.13
H1 lead leg	R	strides	24	16	17	17	17		17	18	18	18	18	21	201				
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 2 (Huangshi, CHN)			<i>CAA Hurdle Development (2019)</i>																
date	12-Apr-19	time	7.12	11.66	16.35	21.14	26.04		31.36	36.47	41.89	47.36	53.04		59.57	6 / 1			
reaction time	0.287	interval	4.54	4.69	4.79	4.90		5.32	5.11	5.42	5.47	5.68	6.53				14.02	15.33	16.57
		velocity	6.32	7.71	7.46	7.31	7.14		6.58	6.85	6.46	6.40	6.16	6.13	6.71		7.49	6.85	6.34
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	18	21.2	194.2				
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 East China District Meeting (Zhaoqing, CHN)			<i>CAA Hurdle Development (2021)</i>																
date	25-Apr-21	time	6.84	11.28	15.83	20.44	25.22		30.28	35.65	41.19	47.01	53.00		59.57	3 / 1			
reaction time	0.312	interval	4.44	4.55	4.61	4.78		5.06	5.37	5.54	5.82	5.99	6.57				13.60	15.21	17.35
		velocity	6.58	7.88	7.69	7.59	7.32		6.92	6.52	6.32	6.01	5.84	6.09	6.71		7.72	6.90	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	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 (Fukuoi, JPN)																			
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																			
date	03-May-21	time	6.76	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	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 (Zhaoping, 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				
Kozaki, Haruka (JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)																			
<i>Kota (2017) - 70th high school 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	17	153					
Hiraki, Haru (JPN) (2005)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)																			
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																			
date	04-Jun-23	time	6.71	11.29	15.95	20.74	25.64		30.88	36.17	41.54	47.18	53.02		59.67	7 / 1			
reaction time	0.177	interval	4.58	4.66	4.79	4.90		5.24	5.29	5.37	5.64	5.84	6.65		PB		14.03	15.43	16.85
		velocity	6.71	7.64	7.51	7.31	7.14		6.68	6.62	6.52	6.21	5.99	6.02	6.70		7.48	6.80	6.23
H1 lead leg	R	strides	25	16	16	16	16		17	17	17	18	18	23	199				
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 - 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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)													<i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>							
date	02-Aug-98	time	6.98	11.70	16.52	21.40	26.42		31.60	36.70	41.95	47.48	53.16		59.70	3 / 2				
reaction time		interval		4.72	4.82	4.88	5.02		5.18	5.10	5.25	5.53	5.68	6.54			14.42	15.30	16.46	
		velocity	6.45	7.42	7.26	7.17	6.97		6.76	6.86	6.67	6.33	6.16	6.12	6.70		7.28	6.86	6.38	
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18	21	195					
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 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)			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	6.87	11.41	16.07	20.80	25.69		30.93	36.40	41.83	47.43	53.27		59.71	7 / 4				
reaction time		interval		4.54	4.66	4.73	4.89		5.24	5.47	5.43	5.60	5.84	6.44	PB		13.93	15.60	16.87	
		velocity	6.55	7.71	7.51	7.40	7.16		6.68	6.40	6.45	6.25	5.99	6.21	6.70		7.54	6.73	6.22	
H1 lead leg		strides		16	16	16	16		18	17	17	17	18	151						
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 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					
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 National High School Championships (Sapporo, JPN)													<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>							
date	04-Aug-23	time	6.86	11.34	16.03	20.82	25.69		30.73	35.99	41.32	46.96	53.04		59.74	6 / 3				
reaction time	0.334	interval		4.48	4.69	4.79	4.87		5.04	5.26	5.33	5.64	6.08	6.70			13.96	15.17	17.05	
		velocity	6.56	7.81	7.46	7.31	7.19		6.94	6.65	6.57	6.21	5.76	5.97	6.70		7.52	6.92	6.16	
H1 lead leg		strides	23	17	17	17	17		17	17	17	17	19	22	200					
Fukushima, Eriko (JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)													<i>Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data</i>							
date	31-Jul-17	time	6.94	11.49	16.22	21.05	26.04		31.38	36.77	42.29	47.91	53.54		59.75	9 / 5				
reaction time	0.218	interval		4.55	4.73	4.83	4.99		5.34	5.39	5.52	5.62	5.63	6.21	6.44		14.11	15.72	16.77	
		velocity	6.48	7.69	7.40	7.25	7.01		6.55	6.49	6.34	6.23	6.22	6.44	6.69		7.44	6.68	6.26	
H1 lead leg		strides		17	17	17	17		18	18	19	19	19	161						
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 - 2020 Chinese Olympic Trials (Shaoying, 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)			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	6.84	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)			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	6.95	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					
Montero, Beatriz (ESP) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2002 IAAF World Cup (Madrid, ESP)													<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>							
date	20-Sep-02	time	6.69	11.18	15.76	20.50	25.42		30.56	35.88	41.34	47.11	52.87		59.79	8 / 9				
reaction time	0.181	interval		4.49	4.58	4.74	4.92		5.14	5.32	5.46	5.77	5.76	6.92			13.81	15.38	16.99	
		velocity	6.73	7.80	7.64	7.38	7.11		6.81	6.58	6.41	6.07	6.08	5.78	6.69		7.60	6.83	6.18	
H1 lead leg	R	strides	24	16	16	16	17		17	18	18	19	19	22.5	202.5					
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 - 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 (Zhaoqing, CHN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<i>CAA Hurdle Development (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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																				
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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<i>USATF (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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<i>CAA Hurdle Development (2019)</i>																				
date	03-Aug-19	time	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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<i>CAA Hurdle Development (2019)</i>																				
date	22-Aug-19	time	7.04	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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																				
date	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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<i>CAA Hurdle Development (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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<i>CAA Hurdle Development (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)																				
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<i>CAA Hurdle Development (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)																				
FINAL - 2009 Japanese National High School Championships (Nara, JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<i>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	1 / 3				
reaction time		interval	4.80	4.89	5.09	5.14		5.22	5.19	5.26	5.49	5.66	6.13				14.78	15.55	16.41	
		velocity	6.47	7.29	7.16	6.88	6.81		6.70	6.74	6.65	6.38	6.18	6.53	6.69		7.10	6.75	6.40	

H1 lead leg	strides	17	17	17	17	17	17	17	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 (Fukuoi, JPN)																				
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																				
date	03-May-21	time	6.84	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	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 (Fukuoi, JPN)																				
<i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>																				
date	03-May-19	time	6.76	11.21	15.87	20.64	25.58	30.66	36.05	41.68	47.36	53.32	59.87	1 / 3						
reaction time		interval	4.45	4.66	4.77	4.94	5.08	5.39	5.63	5.68	5.96	6.55			13.88	15.41	17.27			
		velocity	6.66	7.87	7.51	7.34	7.09	6.89	6.49	6.22	6.16	5.87	6.11	6.68		7.56	6.81	6.08		
H1 lead leg		strides	15	16	16	16	16	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)	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)																				
<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)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																				
<i>CAA Hurdle Development (2021)</i>																				
date	26-Jun-21	time	6.86	11.36	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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)			<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																
date	04-Jun-23	time	7.04	11.63	16.38	21.27	26.29		31.51	36.77	42.26	47.91	53.62		59.88	5 / 4			
reaction time	0.194	interval	4.59	4.75	4.89	5.02		5.22	5.26	5.49	5.65	5.71	6.26		PB		14.23	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)			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 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)			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	6.88	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)			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	11.28	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	16		17	17	17	19	19		153				
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 - 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	17	18	18	19		157				
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
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		16	17	17	17	17		145				
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
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	17	19	19		157				
Chen Liying (CHN) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Chinese National Championships (Chongqing, CHN)			<i>CAA Hurdle Development (2021)</i>																
date	26-Jun-21	time	6.86	11.40	16.06	20.84	25.74		30.88	36.24	41.66	47.36	53.36		59.94	6 / 6			
reaction time	0.202	interval	4.54	4.66	4.78	4.90		5.14	5.36	5.42	5.70	6.00	6.58				13.98	15.40	17.12
		velocity	6.56	7.71	7.51	7.32	7.14		6.81	6.53	6.46	6.14	5.83	6.08		6.67	7.51	6.82	6.13
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	19	21.7	197.7				
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 - 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	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)			<i>CAA Hurdle Development (2021)</i>																
date	26-Jun-21	time	6.77	11.36	16.08	20.99	26.01		31.11	36.22	41.57	47.23	53.07		59.95	4 / 2			
reaction time	0.286	interval	4.59	4.72	4.91	5.02		5.10	5.11	5.35	5.66	5.84	6.88				14.22	15.23	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)			<i>Matsuo (2010) - 63rd high school championships: JAF scientific committee - biomechanics data</i>																
date	31-Jul-10	time	7.11	11.73	16.47	21.26	26.20		31.07	36.33	41.70	47.44	53.31		59.96	1 / 1			
reaction time		interval	4.62	4.74	4.79	4.94		4.87	5.26	5.37	5.74	5.87	6.65		PB		14.15	15.07	16.98
		velocity	6.33	7.58	7.38	7.31	7.09		7.19	6.65	6.52	6.10	5.96	6.02		6.67	7.42	6.97	6.18

H1 lead leg	strides	17	17	17	17	17	18	18	19	20	160									
Kawano, Shiho (JPN) (1999)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)	<i>Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data</i>																			
date	31-Jul-17	time	6.84	11.43	16.13	21.17	26.29	31.58	36.92	42.29	47.88	53.55	59.96	5 / 7						
reaction time	0.240	interval	4.59	4.70	5.04	5.12	5.29	5.34	5.37	5.59	5.67	6.41			14.33	15.75	16.63			
		velocity	6.58	7.63	7.45	6.94	6.84	6.62	6.55	6.52	6.26	6.17	6.24	6.67		7.33	6.67	6.31		
H1 lead leg	strides	16	16	17	17	17	17	17	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)	<i>Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection</i>																			
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	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)	<i>Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection</i>																			
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	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)	<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																			
date	12-Jun-22	time	6.89	11.41	16.10	21.10	26.19	31.28	36.50	41.93	47.55	53.29	59.96	7 / 2						
reaction time	0.180	interval	4.52	4.69	5.00	5.09	5.09	5.22	5.43	5.62	5.74	6.67			14.21	15.40	16.79			
		velocity	6.53	7.74	7.46	7.00	6.88	6.88	6.70	6.45	6.23	6.10	6.00	6.67		7.39	6.82	6.25		
H1 lead leg	R	strides	24	17	17	17	17	17	18	18	19	19	23	206						
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)	<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																			
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)	<i>CAA Hurdle Development (2019)</i>																			
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)	<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																			
date	20-Sep-20	time	6.76	11.18	15.90	20.72	25.73	30.88	36.19	41.84	47.58	53.50	59.98	2 / 5						
reaction time	0.198	interval	4.42	4.72	4.82	5.01	5.15	5.31	5.65	5.74	5.92	6.48			13.96	15.47	17.31			
		velocity	6.66	7.92	7.42	7.26	6.99	6.80	6.59	6.19	6.10	5.91	6.17	6.67		7.52	6.79	6.07		
H1 lead leg		strides	15	16	16	17	17	17	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)	<i>CAA Hurdle Development (2021)</i>																			
date	26-Jun-21	time	7.14	11.84	16.73	21.65	26.65	31.70	36.90	42.19	47.78	53.53	59.99	8 / 3						
reaction time	0.364	interval	4.70	4.89	4.92	5.00	5.05	5.20	5.29	5.59	5.75	6.46	PB		14.51	15.25	16.63			
		velocity	6.30	7.45	7.16	7.11	7.00	6.93	6.73	6.62	6.26	6.09	6.19	6.67		7.24	6.89	6.31		
H1 lead leg	L	strides	24	17	18	17	17	17	17	17	18	18	21.7	201.7						
Takisawa, Aya (JPN) (1994)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2011 Japanese National High School Championships (Kitakami, JPN)	<i>Abe (2011) - 64th high school championships: JAF scientific committee - biomechanics data</i>																			
date	05-Aug-11	time	6.82	11.32	15.99	20.75	25.66	30.64	35.91	41.54	47.56	53.59	60.01	3 / 1						
reaction time		interval	4.50	4.67	4.76	4.91	4.98	5.27	5.63	6.02	6.03	6.42			13.93	15.16	17.68			
		velocity	6.60	7.78	7.49	7.35	7.13	7.03	6.64	6.22	5.81	5.80	6.23	6.67		7.54	6.93	5.94		
H1 lead leg		strides																		
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 World Championship Trials (Shenyang, CHN)	<i>CAA Hurdle Development (2019)</i>																			
date	03-Aug-19	time	6.96	11.65	16.32	21.12	26.11	31.35	36.65	42.16	47.73	53.52	60.01	5 / 5						
reaction time	0.244	interval	4.69	4.67	4.80	4.99	5.24	5.30	5.51	5.57	5.79	6.49			14.16	15.53	16.87			
		velocity	6.47	7.46	7.49	7.29	7.01	6.68	6.60	6.35	6.28	6.04	6.16	6.67		7.42	6.76	6.22		
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	21.5	194.5						
Kamada, Saki (JPN) (1997)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)	<i>Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data</i>																			
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)																				
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	CAA Hurdle Development (2019)					
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)																				
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	CAA Hurdle Development (2021)					
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)																				
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	Takashima (2023) - national high school sports festival - biomechanics data					
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)																				
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	USATF and Karmarush (2024) - USA Olympic trials results and race analysis				
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	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)																				
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	Takashima (2024) - national high school sports festival - biomechanics data					
reaction time	0.185	interval	4.63	4.83	4.87	4.97	5.12	5.31	5.44	5.67	5.79	6.52			14.33	15.40	16.90			
		velocity	6.51	7.56	7.25	7.19	7.04	6.84	6.59	6.43	6.17	6.04	6.13	6.66		7.33	6.82	6.21		
H1 lead leg		strides	15	15	17	17	17	17	17	19	19	19	23	178						
Wang Jiaqi (CHN) (2000)																				
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)																				
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	CAA Hurdle Development (2021)					
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)																				
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	Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas					
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)																				
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	CAA Hurdle Development (2021)					
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)																				
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	CAA Hurdle Development (2019)					
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)																				
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)																				
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	Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season					
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	16	17	17	17	17	17	149							
Okawa, Sumika (JPN) (2003)																				
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)																				
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	Shibayama (2021) - national high school and U20 national championships					
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)																			
Heat 4 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																			
<i>CAA Hurdle Development (2019)</i>																			
date	12-Apr-19	time	7.17	11.77	16.55	21.30	26.26	31.34	36.70	42.24	47.81	53.50	60.12	8 / 1					
reaction time	0.349	interval	4.60	4.78	4.75	4.96	5.08	5.36	5.54	5.57	5.69	6.62			14.13	15.40	16.80		
		velocity	6.28	7.61	7.32	7.37	7.06	6.89	6.53	6.32	6.28	6.15	6.04	6.65		7.43	6.82	6.25	
H1 lead leg	R	strides	24	16	16	16	16	16	17	17	17	17	21.2	193.2					
Okawa, Nazuna (JPN) (2001)																			
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)																			
<i>Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection</i>																			
date	04-Aug-18	time	7.26	12.08	17.00	21.94	26.94	32.10	37.27	42.51	47.95	53.79	60.12	2 / 5					
reaction time		interval	4.82	4.92	4.94	5.00	5.16	5.17	5.24	5.44	5.84	6.33			14.68	15.33	16.52		
		velocity	6.20	7.26	7.11	7.09	7.00	6.78	6.77	6.68	6.43	5.99	6.32	6.65		7.15	6.85	6.36	
H1 lead leg		strides	17	17	17	17	17	17	17	17	17	19	155						
Nishida, Ayaka (JPN) (1993)																			
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	7.04	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)																			
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)																			
<i>CAA Hurdle Development (2019)</i>																			
date	03-Aug-19	time	6.84	11.45	16.07	20.82	25.68	30.76	36.07	41.54	47.29	53.34	60.13	4 / 6					
reaction time	0.185	interval	4.61	4.62	4.75	4.86	5.08	5.31	5.47	5.75	6.05	6.79	PB		13.98	15.25	17.27		
		velocity	6.58	7.59	7.58	7.37	7.20	6.89	6.59	6.40	6.09	5.79	5.89	6.65		7.51	6.89	6.08	
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	19	22.2	198.2					
Wasada, Mahiro (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	7.06	11.75	16.42	21.22	26.14	31.40	36.84	42.26	47.90	53.64	60.13	6 / 5					
reaction time	0.197	interval	4.69	4.67	4.80	4.92	5.26	5.44	5.42	5.64	5.74	6.49			14.16	15.62	16.80		
		velocity	6.37	7.46	7.49	7.29	7.11	6.65	6.43	6.46	6.21	6.10	6.16	6.65		7.42	6.72	6.25	
H1 lead leg	L	strides	24	16	16	16	16	17	18	18	19	19	23.2	202.2					
Barber, Kaila (USA) (1993)																			
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	10.54	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)																			
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	7.01	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	17	18	18	155						
Shibata, Haruka (JPN) (1991)																			
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	6.91	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	17	19	153						
Wang Hongyan (CHN) (1998)																			
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)																			
<i>CAA Hurdle Development (2021)</i>																			
date	26-Jun-21	time	6.97	11.64	16.39	21.21	26.26	31.55	36.97	42.49	48.20	53.89	60.16	6 / 4					
reaction time	0.204	interval	4.67	4.75	4.82	5.05	5.29	5.42	5.52	5.71	5.69	6.27			14.24	15.76	16.92		
		velocity	6.46	7.49	7.37	7.26	6.93	6.62	6.46	6.34	6.13	6.15	6.38	6.65		7.37	6.66	6.21	
H1 lead leg	L	strides	25	16	17	17	17	18	18	18	19	19	22.7	206.7					
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	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	<i>fell on H9</i>		60.18	7 / 8				
reaction time		interval	4.14	4.29	4.24	4.36						4.47	5.00	4.91	5.07			DQ		12.67	13.83		
		velocity	6.62	8.45	8.16	8.25	8.03					7.83	7.00	7.13	6.90			6.65		8.29	7.59		
H1 lead leg	R	strides	23	15	15	15	15					15	16	16	17	17		164					
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 (Zhaoqing, 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 / 7				
reaction time	0.222	interval	4.24	4.27	4.50	4.87						4.74	4.94		10.78			6.65		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	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		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		6.64		6.64		7.87	7.00	5.96
H1 lead leg	R	strides	24	16	16	16	16					17	17	18	19		176						
Granqvist, Emilia (SWE) (1990)																							
FINAL - 2011 Fridrott (Stockholm, SWE)																							
												<i>Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx</i>											
date	07-Jun-11	time	6.94	11.48	16.12	21.04	26.10					31.24	36.50	41.90	47.68	53.44		60.25	1 / 1				
reaction time		interval	4.54	4.64	4.92	5.06						5.14	5.26	5.40	5.78	5.76	6.81			14.10	15.46	16.94	
		velocity	6.48	7.71	7.54	7.11	6.92					6.81	6.65	6.48	6.06	6.08	5.87	6.64		7.45	6.79	6.20	
H1 lead leg	L	strides	16	16	17	17						17	17	17	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	PB		13.98	15.27	17.22	
		velocity	6.41	7.68	7.66	7.22	7.20					6.86	6.59	6.42		5.95	5.92	6.64		7.51	6.88	6.10	

H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	21.5	178.5						
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 - 2019 Chinese National Championships (Shenyang, CHN)			<i>CAA Hurdle Development (2019)</i>																
date	09-Jul-19	time	6.90	11.48	16.13	20.83	25.66		30.69	35.94	41.41	47.16	53.37		60.26	6 / 3			
reaction time	0.194	interval	4.58	4.65	4.70	4.83		5.03	5.25	5.47	5.75	6.21	6.89		PB		13.93	15.11	17.43
		velocity	6.52	7.64	7.53	7.45	7.25		6.96	6.67	6.40	6.09	5.64	5.81	6.64		7.54	6.95	6.02
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	20	22.5	199.5				
Zhou Lin (CHN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)			<i>CAA Hurdle Development (2021)</i>																
date	26-Jun-21	time	6.89	11.48	16.17	20.94	25.85		30.91	36.34	41.74	47.32	53.14		60.26	8 / 4			
reaction time	0.224	interval	4.59	4.69	4.77	4.91		5.06	5.43	5.40	5.58	5.82	7.12				14.05	15.40	16.80
		velocity	6.53	7.63	7.46	7.34	7.13		6.92	6.45	6.48	6.27	6.01	5.62	6.64		7.47	6.82	6.25
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	18	22	194				
Ortiz, Yamelis (USA) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USATF National Junior Championships (Delaware, OH)			<i>USATF Women's Sprint Development (1996)</i>																
date	29-Jun-96	time	7.01	11.61	16.11	20.85	25.60		30.63	36.09	41.81	47.76	53.58		60.28	2 / 4			
reaction time		interval	4.60	4.50	4.74	4.75		5.03	5.46	5.72	5.95	5.82	6.70				13.84	15.24	17.49
		velocity	6.42	7.61	7.78	7.38	7.37		6.96	6.41	6.12	5.88	6.01	5.97	6.64		7.59	6.89	6.00
H1 lead leg		strides																	
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 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	6.87	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)			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	7.06	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)			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	6.77	11.29	16.02	20.89	25.94		31.08	36.60	42.21	47.88	53.65		60.30	5 / 4			
reaction time	0.231	interval	4.52	4.73	4.87	5.05		5.14	5.52	5.61	5.67	5.77	6.65		PB		14.12	15.71	17.05
		velocity	6.65	7.74	7.40	7.19	6.93		6.81	6.34	6.24	6.17	6.07	6.02	6.63		7.44	6.68	6.16
H1 lead leg	R	strides	25	17	17	17	17		17	19	19	19	19	22	208				
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 - 2021 East China District Meeting (Zhaoqing, CHN)			<i>CAA Hurdle Development (2021)</i>																
date	25-Apr-21	time	6.66	11.18	15.82	20.68	25.68		30.94	36.40	41.90	47.74	53.58		60.33	7 / 5			
reaction time	0.240	interval	4.52	4.64	4.86	5.00		5.26	5.46	5.50	5.84	5.84	6.75				14.02	15.72	17.18
		velocity	6.76	7.74	7.54	7.20	7.00		6.65	6.41	6.36	5.99	5.99	5.93	6.63		7.49	6.68	6.11
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18	22	196				
Wilson, Tyra (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	6.62	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)			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	6.92	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)			<i>CAA Hurdle Development (2019)</i>																
date	03-Aug-19	time	7.02	11.66	16.36	21.08	26.00		31.02	36.22	41.60	47.22	53.10		60.34	8 / 7			
reaction time	0.231	interval	4.64	4.70	4.72	4.92		5.02	5.20	5.38	5.62	5.88	7.24				14.06	15.14	16.88
		velocity	6.41	7.54	7.45	7.42	7.11		6.97	6.73	6.51	6.23	5.95	5.52	6.63		7.47	6.94	6.22
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17	21	191				
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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																
date	02-Aug-21	time	6.70	10.93	15.56	20.00	24.60		29.50	34.83	40.46				60.36	3 / 7			
reaction time	0.185	interval	4.23	4.63	4.44	4.60		4.90	5.33	5.63							13.30	14.83	
		velocity	6.72	8.27	7.56	7.88	7.61		7.14	6.57	6.22				6.63		7.89	7.08	

H1 lead leg	L	strides	24	16	16	16	16	16	17	18						139				
Mo Jiadie (CHN) (2000)																				
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)																				
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)																				
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)																				
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)																				
Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN)																				
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)																				
FINAL - 1996 USATF National Junior Championships (Delaware, OH)																				
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)																				
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)																				
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)																				
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)																				
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	17	18	19	154						
Ou Ying (CHN) (2001)																				
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)																				
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)																				
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)																				
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)																				
FINAL - 2021 Japanese National Championships (Osaka, JPN)																				
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)																				
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)																				
date	04-Jun-23	time	6.87	11.58	16.30	21.12	26.13		31.38	36.79	42.24	47.98	54.00		60.43		8 / 6			
reaction time	0.180	interval	4.71	4.72	4.82	5.01		5.25	5.41	5.45	5.74	6.02	6.43		PB			14.25	15.67	17.21
		velocity	6.55	7.43	7.42	7.26	6.99		6.67	6.47	6.42	6.10	5.81	6.22	6.62			7.37	6.70	6.10
H1 lead leg	L	strides	25	17	17	17	17		18	18	18	19	20	23.5	209.5					
Wu Fangfang (CHN) (1997)																				
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)																				
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			7.68	6.91		
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18		156						
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					
Mituguchi, 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	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	4.57	4.69	4.89	5.02		5.24	5.29	5.40	5.76	6.04	6.81				14.15	15.55	17.20	
		velocity	6.63	7.66	7.46	7.16	6.97		6.68	6.62	6.48	6.08	5.79	5.87	6.61		7.42	6.75	6.10	
H1 lead leg		strides		16	16	17	17		17	17	17	17	19	153						
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	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	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	5.95	6.61		7.30	6.83	6.18	

H1 lead leg	L	strides	24	17	17	17	17	17	17	17	18	18	19	23	204					
Huang Yan (CHN) (1996)																				
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)																				
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	21.7	206.7					
Nakahara, Minami (JPN) (1998)																				
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)																				
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	17	19	155						
Okubayashi, Rin (JPN) (2000)																				
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)																				
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	16		17	17	17	17	17	149						
Tsugawa, Rui (JPN) (2001)																				
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)																				
date	03-May-21	time	7.07	11.81	16.72	21.62	26.71		31.80	36.97	42.23	47.60	53.27		60.52		9 / 6			
reaction time	0.230	interval	4.74	4.91	4.90	5.09		5.09	5.17	5.26	5.37	5.67	7.25				14.55	15.35	16.30	
		velocity	6.36	7.38	7.13	7.14	6.88		6.88	6.77	6.65	6.52	6.17	5.52	6.61		7.22	6.84	6.44	
H1 lead leg	L	strides	23	17	17	17	17		17	17	17	17	18	177						
Di Chengqian (CHN) (1999)																				
Heat 2 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																				
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	21	193					
Fu Yijia (CHN) (2001)																				
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)																				
date	26-Jun-21	time	7.06	11.71	16.48	21.39	26.49		31.69	36.95	42.20	47.85	54.01		60.54		7 / 5			
reaction time	0.243	interval	4.65	4.77	4.91	5.10		5.20	5.26	5.25	5.65	6.16	6.53				14.33	15.56	17.06	
		velocity	6.37	7.53	7.34	7.13	6.86		6.73	6.65	6.67	6.19	5.68	6.13	6.61		7.33	6.75	6.15	
H1 lead leg	R	strides	24	16	16	17	17		17	17	17	18	19	21.5	199.5					
Liu Hongjuan (CHN) (1996)																				
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)																				
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)																				
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)																				
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	17		19	17	19	19	19	161						
Liu Hongjuan (CHN) (1996)																				
Heat 5 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																				
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)																				
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)																				
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)																				
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)																				
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																	
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 - 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	6.86	11.39	16.03	20.80	25.68	30.90	36.64	42.38	48.31	54.27	60.60	2 / 6					
reaction time	0.188	interval	4.53	4.64	4.77	4.88	5.22	5.74	5.74	5.93	5.96	6.33	PB		13.94	15.84	17.63		
		velocity	6.56	7.73	7.54	7.34	7.17	6.70	6.10	6.10	5.90	5.87	6.32	6.60	7.53	6.63	5.96		
H1 lead leg		strides	17	17	17	17	17	17	19	19	19	19	161						
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	17	18	153						
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					
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)																				
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)																				
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)																				
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)																				
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)																				
date	27-Jun-21	time	7.06	11.78	16.52	21.40	26.46		31.61	37.09	42.69	48.62	54.60		60.75		4 / 5			
reaction time	0.191	interval	4.72	4.74	4.88	5.06		5.15	5.48	5.60	5.93	5.98	6.15	PB				14.34	15.69	17.51
		velocity	6.37	7.42	7.38	7.17	6.92		6.80	6.39	6.25	5.90	5.85	6.50	6.58			7.32	6.69	6.00
H1 lead leg	L	strides	25	17	17	17	17		17	18	18	19	19	184						
Fuho, Saeki (JPN)																				
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)																				
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)																				
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)																				
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)																				
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)																				
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)																				
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)																				
date	12-Jun-22	time	6.99	11.56	16.35	21.20	26.18		31.35	36.64	42.18	48.15	54.29		60.81		9 / 5			
reaction time	0.162	interval	4.57	4.79	4.85	4.98		5.17	5.29	5.54	5.97	6.14	6.52					14.21	15.44	17.65
		velocity	6.44	7.66	7.31	7.22	7.03		6.77	6.62	6.32	5.86	5.70	6.13	6.58			7.39	6.80	5.95

H1 lead leg	R	strides	24	17	17	17	17	17	17	17	17	18	19	22	202					
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					
Higuchi, Ayane (JPN) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 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	16.27	21.15	26.31		31.58	37.32	43.06	48.73	54.37		60.84	1 / 8				
reaction time	0.158	interval	4.66	4.69	4.88	5.16		5.27	5.74	5.74	5.67	5.64	6.47	PB			14.23	16.17	17.05	
		velocity	6.50	7.51	7.46	7.17	6.78		6.64	6.10	6.10	6.17	6.21	6.18	6.57		7.38	6.49	6.16	
H1 lead leg		strides	16	16	17	17		16	19	19	19	19		159						
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	7/2					
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					
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 1 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																				
<i>CAA Hurdle Development (2019)</i>																				
date	07-Apr-19	time	7.04	11.63	16.40	21.27	26.29		31.50	36.87	42.42	48.11	54.04	60.94	7/2					
reaction time	0.186	interval		4.59	4.77	4.87	5.02		5.21	5.37	5.55	5.69	5.93	6.90		14.23	15.60	17.17		
		velocity	6.39	7.63	7.34	7.19	6.97		6.72	6.52	6.31	6.15	5.90	5.80	6.56	7.38	6.73	6.12		
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	21	194					
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 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 Lijunzhe (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 1 (Zhaoqing, 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)	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	7.42	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)	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	6.95	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)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)																				
<i>Kishima (2022) - national high school championships biomechanics data collection</i>																				
date	05-Aug-22	time	7.10	11.68	16.43	21.33	26.60		31.97	37.47	42.98	48.60	54.38	60.97	4/9					
reaction time	0.199	interval		4.58	4.75	4.90	5.27		5.37	5.50	5.51	5.62	5.78	6.59	=PB	14.23	16.14	16.91		
		velocity	6.34	7.64	7.37	7.14	6.64		6.52	6.36	6.35	6.23	6.06	6.07	6.56	7.38	6.51	6.21		
H1 lead leg	L	strides	24	16	17	17	18		17	18	18	19	19	23	206					
Young, Natalie (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 - 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		6.56		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)	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	7.00	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)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)																				
<i>CAA Hurdle Development (2021)</i>																				
date	26-Jun-21	time	6.88	11.44	16.21	21.03	26.01		31.12	36.42	41.90	47.64	53.69	60.99	6/6					
reaction time	0.167	interval		4.56	4.77	4.82	4.98		5.11	5.30	5.48	5.74	6.05	7.30		14.15	15.39	17.27		
		velocity	6.54	7.68	7.34	7.26	7.03		6.85	6.60	6.39	6.10	5.79	5.48	6.56	7.42	6.82	6.08		
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	21	193					
Ishihara, Ryoka (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	6.87	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)																			
Heat 5 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)															<i>CAA Hurdle Development (2019)</i>				
date	07-Apr-19	time	7.05	11.75	16.43	21.19	26.06		31.21	36.47	41.92	47.80	54.04		61.01	8 / 3			
reaction time	0.194	interval	4.70	4.68	4.76	4.87		5.15	5.26	5.45	5.88	6.24	6.97			14.14	15.28	17.57	
		velocity	6.38	7.45	7.48	7.35	7.19		6.80	6.65	6.42	5.95	5.61	5.74	6.56	7.43	6.87	5.98	
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	20	23	200				
Ou Ying (CHN) (2001)																			
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)															<i>CAA Hurdle Development (2021)</i>				
date	25-Apr-21	time	6.98	11.64	16.42	21.32	26.38		31.66	37.20	42.86	48.54	54.32		61.01	8 / 6			
reaction time	0.237	interval	4.66	4.78	4.90	5.06		5.28	5.54	5.66	5.68	5.78	6.69			14.34	15.88	17.12	
		velocity	6.45	7.51	7.32	7.14	6.92		6.63	6.32	6.18	6.16	6.06	5.98	6.56	7.32	6.61	6.13	
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	18	19	22	204				
Liu Hongjuan (CHN) (1996)																			
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)															<i>CAA Hurdle Development (2019)</i>				
date	03-Aug-19	time	7.02	11.78	16.57	21.44	26.46		31.68	37.02	42.61	48.28	54.20		61.02	3 / 8			
reaction time	0.251	interval	4.76	4.79	4.87	5.02		5.22	5.34	5.59	5.67	5.92	6.82			14.42	15.58	17.18	
		velocity	6.41	7.35	7.31	7.19	6.97		6.70	6.55	6.26	6.17	5.91	5.87	6.56	7.28	6.74	6.11	
H1 lead leg	L	strides	23	16	16	16	16		17	17	18	18	19	22.2	198.2				
Kudo, Mitsuki (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	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)																			
B-Race - 2011 Poks Memorial (Hässleholm, SWE)															<i>Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx</i>				
date	12-Jun-11	time	6.76	11.26	15.86	20.62	25.50		30.66	36.12	41.86	47.78	54.08		61.03	/ 2			
reaction time		interval	4.50	4.60	4.76	4.88		5.16	5.46	5.74	5.92	6.30	6.95			13.86	15.50	17.96	
		velocity	6.66	7.78	7.61	7.35	7.17		6.78	6.41	6.10	5.91	5.56	5.76	6.55	7.58	6.77	5.85	
H1 lead leg	L	strides	17	17	17	18		18	19	20	19	21	22	188					
Jiang Liyunzhe (CHN) (2002)																			
Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)															<i>CAA Hurdle Development (2021)</i>				
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)																			
Heat 3 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)															<i>CAA Hurdle Development (2019)</i>				
date	07-Apr-19	time	7.12	11.91	16.74	21.67	26.69		32.00	37.49	43.11	48.76	54.76		61.04	7 / 1			
reaction time	0.319	interval	4.79	4.83	4.93	5.02		5.31	5.49	5.62	5.65	6.00	6.28			14.55	15.82	17.27	
		velocity	6.32	7.31	7.25	7.10	6.97		6.59	6.38	6.23	6.19	5.83	6.37	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)																			
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)															<i>CAA Hurdle Development (2019)</i>				
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)																			
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)															<i>CAA Hurdle Development (2021)</i>				
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 Liyunzhe (CHN) (2002)																			
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)															<i>CAA Hurdle Development (2019)</i>				
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)																				
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																				
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					
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)																				
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)																				
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						
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)																				
FINAL - 2020 Chinese Olympic Trials (Shaoying, CHN)																				
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					
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	16	17	17	17	19.2	186.2					
Zou Yifan (CHN) (2000)																				
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)																				
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					
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	17	19	19	21.2	202.2					
Hindrikes, Evelin (SWE) (1991)																				
B-Race - 2011 Poks Memorial (Hässleholm, SWE)																				
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					
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	17	18	18	18	18	22	179					
Kusaka, Ayana (JPN) (2003)																				
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)																				
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					
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	17	19	19	19	19	185						
Sugiyama, Manaho (JPN) (1992)																				
FINAL - 2010 Japanese National High School Championships (Okinawa, JPN)																				
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					
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	17	18	20	157						
Kuritani, Mizuki (JPN) (1998)																				
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)																				
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					
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	17	18	18	18	18	18	158						
Tokuhara, Kyoka (JPN) (1999)																				
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)																				
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					
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)																				
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)																				
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					
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)																				
Heat 2 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																				
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					
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	18	18	19	19		157				
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
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	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 (Zhaoqing, CHN)			<i>CAA Hurdle Development (2019)</i>																
date	07-Apr-19	time	7.04	11.56	16.21	20.97	25.93		31.00	36.52	42.31	48.34	54.42		61.29	2 / 2			
reaction time	0.307	interval	4.52	4.65	4.76	4.96		5.07	5.52	5.79	6.03	6.08	6.87				13.93	15.55	17.90
		velocity	6.39	7.74	7.53	7.35	7.06		6.90	6.34	6.04	5.80	5.76	5.82	6.53		7.54	6.75	5.87
H1 lead leg	L	strides	23	16	16	16	16		16	17	18	18	18	21	195				
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 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 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	5.17	6.52		8.04	6.68	5.61
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	18	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>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																			
date	12-Jun-22	time	6.99	11.61	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	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	/ 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	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	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	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	17	18	18	19	23	202				
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 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	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	17	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	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>Takashima (2023) - national high school sports festival - biomechanics data</i>																			
date	04-Aug-23	time	6.81	11.29	15.95	20.72	25.66		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	179							
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 - 2024 Second Belt & Road Invitational Athletics Meeting (Chongqing, CHN)																				
<i>Shandong Athletics Sport Science (2024)</i>																				
date	29-May-24	time	6.81	11.24	15.83	20.44	25.42	30.71	36.10	41.81	47.97	54.40	61.41	2 / 7						
reaction time	0.216	interval	4.43	4.59	4.61	4.98	5.29	5.39	5.71	6.16	6.43	7.01			13.63	15.66	18.30			
		velocity	6.61	7.90	7.63	7.59	7.03	6.62	6.49	6.13	5.68	5.44	5.71	6.51		7.70	6.70	5.74		
H1 lead leg	R	strides	24	16	16	16	16	17	17	18	20	20	202							
Higuchi, Ayane (JPN) (2004)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)																				
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																				
date	27-Jun-21	time	7.02	11.70	16.50	21.42	26.54	31.85	37.19	42.83	48.72	54.79	61.44	8 / 8						
reaction time	0.186	interval	4.68	4.80	4.92	5.12	5.31	5.34	5.64	5.89	6.07	6.65			14.40	15.77	17.60			
		velocity	6.41	7.48	7.29	7.11	6.84	6.59	6.55	6.21	5.94	5.77	6.02	6.51		7.29	6.66	5.97		
H1 lead leg	L	strides	23	16	16	16	16	17	17	18	19	19	177							
Hamachiyo, Rinka (JPN) (2003)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)																				
<i>Shibayama (2021) - national high school and U20 national championships</i>																				
date	30-Jul-21	time	6.92	11.61	16.68	21.83	27.00	32.30	37.90	43.67	49.46	55.38	61.44	2 / 6						
reaction time	0.168	interval	4.69	5.07	5.15	5.17	5.30	5.60	5.77	5.79	5.92	6.06			14.91	16.07	17.48			
		velocity	6.50	7.46	6.90	6.80	6.77	6.60	6.25	6.07	6.04	5.91	6.60	6.51		7.04	6.53	6.01		
H1 lead leg		strides	17	18	17	17	17	18	18	18	19	19	161							
Gooden, Dianna (USA) (1985)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)																				
<i>USATF Women's Sprint Development (2003)</i>																				
date	22-Jun-03	time	6.81	11.34	16.08	20.99	26.06	31.33	36.95	42.80	48.78		61.47	4 / 6						
reaction time		interval	4.53	4.74	4.91	5.07	5.27	5.62	5.85	5.98					14.18	15.96				
		velocity	6.61	7.73	7.38	7.13	6.90	6.64	6.23	5.98	5.85		6.51		7.40	6.58				
H1 lead leg		strides																		
Hill, Sierra (USA) (1986)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)																				
<i>USATF Women's Sprint Development (2003)</i>																				
date	22-Jun-03	time	7.07	11.83	16.67	21.64	26.76	32.26	37.85	43.53	49.20		61.48	3 / 7						
reaction time		interval	4.76	4.84	4.97	5.12	5.50	5.59	5.68	5.67					14.57	16.21				
		velocity	6.36	7.35	7.23	7.04	6.84	6.36	6.26	6.16	6.17		6.51		7.21	6.48				
H1 lead leg		strides																		
Derycke, Sylvaine (FRA) (1982)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
Heat 2 - 2001 European Junior Championships (Grosseto, ITA)																				
<i>Leynier (2001) - Athl'haies - Championnats d'Europe Juniors</i>																				
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)	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 1 (Zhaoqing, CHN)																				
<i>CAA Hurdle Development (2019)</i>																				
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)	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	11.58	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)	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	7.12	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)	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)																				
<i>CAA Hurdle Development (2019)</i>																				
date	09-Jul-19	time	7.09	11.73	16.43	21.18	26.07	31.21	36.53	42.03	47.84	53.95		61.55	3 / 5-4					
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)			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)																				
<i>Henson (2018) - coaching observations</i>																				
date	15-Sep-18	time	6.90	11.66	16.31	21.12	26.11		31.28	36.60	42.16	48.01	54.22		61.56	6 / 5				
reaction time		interval		4.76	4.65	4.81	4.99		5.17	5.32	5.56	5.85	6.21	7.34			14.22	15.48	17.62	
		velocity	6.52	7.35	7.53	7.28	7.01		6.77	6.58	6.29	5.98	5.64	5.45	6.50		7.38	6.78	5.96	
H1 lead leg	L	strides	25	18	17	17	17		17	18	19	19	20	24	211					
Islami, Drita (MKD) (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 European Athletics Championships (Munich, GER)																				
<i>European Athletics (2022) - european athletics championships race analysis</i>																				
date	17-Aug-22	time	6.79	11.29	16.09	20.83	25.79	28.00	30.86	36.21	41.83	47.65	53.89		61.56	3 / 8				
reaction time	0.222	interval		4.50	4.80	4.74	4.96		5.07	5.35	5.62	5.82	6.24	7.67			14.04	15.38	17.68	
		velocity	6.63	7.78	7.29	7.38	7.06	7.14	6.90	6.54	6.23	6.01	5.61	5.22	6.50		7.48	6.83	5.94	
H1 lead leg	R	strides	24	17	17	16	17		17	18			19	23	168					
Okawa, Nazuna (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)																				
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																				
date	25-Oct-20	time	7.31	12.18	17.07	22.01	27.08		32.23	37.47	42.86	48.40	54.42		61.63	8 / 7				
reaction time	0.249	interval		4.87	4.89	4.94	5.07		5.15	5.24	5.39	5.54	6.02	7.21			14.70	15.46	16.95	
		velocity	6.16	7.19	7.16	7.09	6.90		6.80	6.68	6.49	6.32	5.81	5.55	6.49		7.14	6.79	6.19	
H1 lead leg		strides		17	17	17	17		17	17	17	17	19	155						
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/SprintHack/LangSprintHack.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)			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	7.10	11.74	16.60	21.70	26.84			37.84	43.06	48.94	55.06		61.79	1 / 4				
reaction time		interval		4.64	4.86	5.10	5.14			11.00	5.22	5.88	6.12	6.73	PB		14.60	16.14	17.22	
		velocity	6.34	7.54	7.20	6.86	6.81			6.36	6.70	5.95	5.72	5.94	6.47		7.19	6.51	6.10	
H1 lead leg	R	strides	16	16	17	17	17				17	18	19	21	158					
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 3 - 2018 Chinese National Championships (Taiyuan, CHN)			<i>Henson (2018) - coaching observations</i>																	
date	15-Sep-18	time	7.06	11.61	16.25	21.07	26.01		31.20	36.72	42.36	48.27	54.57		61.85	3 / 6				
reaction time		interval		4.55	4.64	4.82	4.94		5.19	5.52	5.64	5.91	6.30	7.28			14.01	15.65	17.85	
		velocity	6.37	7.69	7.54	7.26	7.09		6.74	6.34	6.21	5.92	5.56	5.49	6.47		7.49	6.71	5.88	
H1 lead leg	L	strides	23	16	16	16	16		17	18	18	19	20	23	202					
Liu 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 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		61.85	8 / 2				
reaction time	0.310	interval		4.62	4.84	4.97	5.20		5.53	5.52	5.59	5.84	5.87	6.78			14.43	16.25	17.30	
		velocity	6.35	7.58	7.23	7.04	6.73		6.33	6.34	6.26	5.99	5.96	5.90	6.47		7.28	6.46	6.07	
H1 lead leg	L	strides	25	17	17	17	18		19	19	19	20	20	24	215					
Chen Liying (CHN) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)			<i>CAA Hurdle Development (2021)</i>																	
date	25-Apr-21	time	6.96	11.72	16.48	21.38	26.42		31.76	37.34	43.16	49.18	55.12		61.86	9 / 7				
reaction time	0.199	interval		4.76	4.76	4.90	5.04		5.34	5.58	5.82	6.02	5.94	6.74			14.42	15.96	17.78	
		velocity	6.47	7.35	7.35	7.14	6.94		6.55	6.27	6.01	5.81	5.89	5.93	6.47		7.28	6.58	5.91	
H1 lead leg	R	strides	24	16	16	16	16		17	17	18	18	19	21.5	198.5					
Landin, Tyra (SWE) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)			<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		61.90	8 / 7				
reaction time	0.174	interval		4.64	4.81	4.93	5.06		5.12	5.24	5.51	5.84	6.39	7.47			14.38	15.42	17.74	
		velocity	6.53	7.54	7.28	7.10	6.92		6.84	6.68	6.35	5.99	5.48	5.35	6.46		7.30	6.81	5.92	
H1 lead leg		strides																		
Ye Xiulan (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 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		61.91	3 / 4				
reaction time	0.252	interval		4.61	4.90	4.89	5.14		5.25	5.59	5.75	5.81	5.96	7.02			14.40	15.98	17.52	
		velocity	6.44	7.59	7.14	7.16	6.81		6.67	6.26	6.09	6.02	5.87	5.70	6.46		7.29	6.57	5.99	
H1 lead leg	R	strides	24	16	17	16	17		17	18	18	18	18	22.5	201.5					
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	
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		61.94	2 / 6				
reaction time		interval		4.60	4.64	4.76	5.06		5.21	5.48	5.85	6.36	6.52	6.64			14.00	15.75	18.73	
		velocity	6.60	7.61	7.54	7.35	6.92		6.72	6.39	5.98	5.50	5.37	6.02	6.46		7.50	6.67	5.61	
H1 lead leg	L	strides	24	17	17	17	17		17	17	19	20	20	22.2	207.2					
Hu Wenge (CHN)			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 - 2022 Shandong Provincial Games (Rizhao, CHN)			<i>Shandong Athletics Sport Science (2022)</i>																	
date	03-Sep-22	time	6.99	11.65	16.42	21.43	26.71		32.12	37.74	43.26	48.94	54.94		61.95	4 / 1				
reaction time	0.297	interval		4.66	4.77	5.01	5.28		5.41	5.62	5.52	5.68	6.00	7.01			14.44	16.31	17.20	
		velocity	6.44	7.51	7.34	6.99	6.63		6.47	6.23	6.34	6.16	5.83	5.71	6.46		7.27	6.44	6.10	

H1 lead leg	L	strides	25	17	17	17	18	18	19	19	19	20	25	214						
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	
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		61.96	3 / 7				
reaction time	0.300	interval	4.54	4.68	4.82	5.22		5.42	5.62	5.84	5.86	6.04	6.72				14.04	16.26	17.74	
		velocity	6.25	7.71	7.48	7.26	6.70		6.46	6.23	5.99	5.97	5.79	5.95	6.46		7.48	6.46	5.92	
H1 lead leg	R	strides	24	17	17	17	18		18	19	19	19	19	22.2	209.2					
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 1 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)			<i>CAA Hurdle Development (2019)</i>																	
date	12-Apr-19	time	7.04	11.82	16.75	21.82	26.94		32.41	37.92	43.67	49.46	55.17		61.97	9 / 1				
reaction time	0.399	interval	4.78	4.93	5.07	5.12		5.47	5.51	5.75	5.79	5.71	6.80				14.78	16.10	17.25	
		velocity	6.39	7.32	7.10	6.90	6.84		6.40	6.35	6.09	6.04	6.13	5.88	6.45		7.10	6.52	6.09	
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	21.2	193.2					
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 3 - 2019 Chinese National Grand Prix 1 (Zhaqing, 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		62.02	8 / 2				
reaction time	0.376	interval	4.67	4.82	4.90	5.09		5.29	5.69	5.77	5.93	6.17	6.63				14.39	16.07	17.87	
		velocity	6.37	7.49	7.26	7.14	6.88		6.62	6.15	6.07	5.90	5.67	6.03	6.45		7.30	6.53	5.88	
H1 lead leg	L	strides	24	17	17	17	17		18	18	18	19	19	22	206					
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 1 (Zhaqing, CHN)			<i>CAA Hurdle Development (2019)</i>																	
date	08-Apr-19	time	6.98	11.50	16.20	21.00	26.02		31.24	36.68	42.30	48.22	54.46		62.02	2 / 7				
reaction time	0.191	interval	4.52	4.70	4.80	5.02		5.22	5.44	5.62	5.92	6.24	7.56				14.02	15.68	17.78	
		velocity	6.45	7.74	7.45	7.29	6.97		6.70	6.43	6.23	5.91	5.61	5.29	6.45		7.49	6.70	5.91	
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	22	194					
Hurkmans, Jennie (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	6.94	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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)			<i>Shibayama (2021) - national high school and U20 national championships</i>																	
date	30-Jul-21	time	6.90	11.54	16.48	21.57	26.80		32.22	37.79	43.62	49.50	55.49		62.06	1 / 7				
reaction time	0.190	interval	4.64	4.94	5.09	5.23		5.42	5.57	5.83	5.88	5.99	6.57				14.67	16.22	17.70	
		velocity	6.52	7.54	7.09	6.88	6.69		6.46	6.28	6.00	5.95	5.84	6.09	6.45		7.16	6.47	5.93	
H1 lead leg		strides	16	17	17	18		18	18	19	19	19	19	161						
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 - 2019 Chinese National Grand Prix Final (Daqing, CHN)			<i>CAA Hurdle Development (2019)</i>																	
date	22-Aug-19	time	6.96	11.56	16.34	21.28	26.36		31.50	36.99	42.94	48.98	55.14		62.07	9 / 5				
reaction time	0.226	interval	4.60	4.78	4.94	5.08		5.14	5.49	5.95	6.04	6.16	6.93				14.32	15.71	18.15	
		velocity	6.47	7.61	7.32	7.09	6.89		6.81	6.38	5.88	5.79	5.68	5.77	6.44		7.33	6.68	5.79	
H1 lead leg	R	strides	24	18	17	17	17		17	18	19	19	19	22	207					
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	
FINAL - 2024 Second Belt & Road Invitational Athletics Meeting (Chongqing, CHN)			<i>Shandong Athletics Sport Science (2024)</i>																	
date	29-May-24	time	7.17	11.81	16.73	21.76	26.84		31.95	37.33	43.17	49.38		62.07	1 / 8					
reaction time	0.319	interval	4.64	4.92	5.03	5.08		5.11	5.38	5.84	6.21						14.59	15.57		
		velocity	6.28	7.54	7.11	6.96	6.89		6.85	6.51	5.99	5.64		6.44			7.20	6.74		
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	20		165						
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 3 - 2021 Chinese National Championships (Chongqing, CHN)			<i>CAA Hurdle Development (2021)</i>																	
date	26-Jun-21	time	6.94	11.56	16.26	21.24	26.32		31.70	37.32	43.04	48.97	55.07		62.11	4 / 7				
reaction time	0.250	interval	4.62	4.70	4.98	5.08		5.38	5.62	5.72	5.93	6.10	7.04				14.30	16.08	17.75	
		velocity	6.48	7.58	7.45	7.03	6.89		6.51	6.23	6.12	5.90	5.74	5.68	6.44		7.34	6.53	5.92	
H1 lead leg	L	strides	23	16	16	16	16		17	18	18	19	19	22.2	200.2					
Ellenberger, Gisela (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 - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)			<i>Keydel (1971) - die 400m hürden machten das rennen</i>																	
date	15-May-71	time	7.4	12.6	17.7	22.8	28.0		33.7	39.8	45.6	51.3	56.9		62.0	1 / 2				
reaction time		interval	5.2	5.1	5.1	5.2		5.7	6.1	5.8	5.7	5.6	5.1				15.40	17.00	17.10	
		velocity	6.08	6.73	6.86	6.86	6.73		6.14	5.74	6.03	6.14	6.25	7.84	6.45		6.82	6.18	6.14	
H1 lead leg		strides	24	17	17	17	17		19	19	19	19	19	187						
Kovacev, Mirjana (FRG)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)			<i>Keydel (1971) - die 400m hürden machten das rennen</i>																	
date	15-May-71	time	7.2	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	17	19	19	19	19	19	184						
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	
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	6.59	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)		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	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)		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	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)		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	7.02	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)		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 collection</i>																	
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		161					
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 2 (Huangshi, CHN)		<i>CAA Hurdle Development (2019)</i>																	
date	12-Apr-19	time	7.04	11.53				36.58	42.46	48.53	54.75			62.25	9 / 8				
reaction time	0.326	interval	4.49				25.05	5.88	6.07	6.22	7.50							18.17	
		velocity	6.39	7.80			6.99	5.95	5.77	5.63	5.33			6.43				5.78	
H1 lead leg	R	strides	24	17					19	19	19	23		121					
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 - 2023 Japanese U20 National Championships (Osaka, JPN)		<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																	
date	04-Jun-23	time	6.99	11.61	16.37	21.24	26.24	31.45	37.05	42.88	48.97	55.21		62.25	3 / 8				
reaction time	0.157	interval	4.62	4.76	4.87	5.00	5.21	5.60	5.83	6.09	6.24	7.04				14.25	15.81	18.16	
		velocity	6.44	7.58	7.35	7.19	7.00	6.72	6.25	6.00	5.75	5.61	5.68	6.43		7.37	6.64	5.78	
H1 lead leg	L	strides	25	17	17	17		17	19	19	19	19	24	210					
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 1 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)		<i>CAA Hurdle Development (2019)</i>																	
date	12-Apr-19	time	6.97	11.53	16.25	21.02	26.02	31.31	36.73	42.41	48.36	54.65		62.30	7 / 2				
reaction time	0.210	interval	4.56	4.72	4.77	5.00	5.29	5.42	5.68	5.95	6.29	7.65				14.05	15.71	17.92	
		velocity	6.46	7.68	7.42	7.34	7.00	6.62	6.46	6.16	5.88	5.56	5.23	6.42		7.47	6.68	5.86	
H1 lead leg	L	strides	23	16	16	16		17	17	17	17	18	22	195					
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 1 (Zhaoqing, CHN)		<i>CAA Hurdle Development (2019)</i>																	
date	07-Apr-19	time	6.92	11.56	16.43	21.44	26.53	31.86	37.47	43.63	49.74	55.74		62.33	4 / 3				
reaction time	0.235	interval	4.64	4.87	5.01	5.09	5.33	5.61	6.16	6.11	6.00	6.59				14.52	16.03	18.27	
		velocity	6.50	7.54	7.19	6.99	6.88	6.57	6.24	5.68	5.73	5.83	6.07	6.42		7.23	6.55	5.75	
H1 lead leg	L	strides	24	17	17	17		17	17	19	19	19	22.5	205.5					
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 - 2019 Chinese World Championship Trials (Shenyang, CHN)		<i>CAA Hurdle Development (2019)</i>																	
date	03-Aug-19	time	7.02	11.97	17.02	22.26	27.58	33.10	38.52	44.02	49.66	55.60		62.33	7 / 6				
reaction time	0.179	interval	4.95	5.05	5.24	5.32	5.52	5.42	5.50	5.64	5.94	6.73				15.24	16.26	17.08	
		velocity	6.41	7.07	6.93	6.68	6.58	6.34	6.46	6.36	6.21	5.89	5.94	6.42		6.89	6.46	6.15	
H1 lead leg	L	strides	24	16	16	16		17	17	17	17	17	20.5	193.5					
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 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)		<i>CAA Hurdle Development (2019)</i>																	
date	07-Apr-19	time	6.94	11.60	16.50	21.45	26.59	31.87	37.44	43.21	49.09	55.32		62.34	9 / 4				
reaction time	0.345	interval	4.66	4.90	4.95	5.14	5.28	5.57	5.77	5.88	6.23	7.02				14.51	15.99	17.88	
		velocity	6.48	7.51	7.14	7.07	6.81	6.63	6.28	6.07	5.95	5.62	5.70	6.42		7.24	6.57	5.87	

H1 lead leg	L	strides	22	16	16	16	16	16	17	18	18	18	21.5	194.5						
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 Heat 1 - 2019 Chinese National Youth Games (Taiwan, CHN)			<i>CAA Hurdle Development (2019)</i>																	
date	17-Aug-19	time	6.98	11.70	16.58	21.56	26.80		32.32	38.08	43.84	49.84	55.92		62.37	7 / 2				
reaction time	0.241	interval	4.72	4.88	4.98	5.24		5.52	5.76	5.76	6.00	6.08	6.45				14.58	16.52	17.84	
		velocity	6.45	7.42	7.17	7.03	6.68		6.34	6.08	6.08	5.83	5.76	6.20	6.41		7.20	6.36	5.89	
H1 lead leg	R	strides	25	16	17	17	17		18	18	18	19	19	21.5	205.5					
Xiong Yiqi (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 (Taiwan, CHN)			<i>CAA Hurdle Development (2019)</i>																	
date	17-Aug-19	time	7.20	12.02	16.92	21.92	27.14		32.64	38.26	44.00	49.90	55.78		62.41	8 / 2				
reaction time	0.223	interval	4.82	4.90	5.00	5.22		5.50	5.62	5.74	5.90	5.88	6.63				14.72	16.34	17.52	
		velocity	6.25	7.26	7.14	7.00	6.70		6.36	6.23	6.10	5.93	5.95	6.03	6.41		7.13	6.43	5.99	
H1 lead leg	L	strides	25	17	17	17	17		19	19	19	19	19	23.2	211.2					
Kudo, Mitsuki (JPN) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)			<i>Shibayama (2021) - national high school and U20 national championships</i>																	
date	30-Jul-21	time	7.40	12.31	17.40	22.56	28.01		33.45	38.89	44.56	50.27	56.10		62.41	8 / 8				
reaction time	0.285	interval	4.91	5.09	5.16	5.45		5.44	5.44	5.67	5.71	5.83	6.31				15.16	16.33	17.21	
		velocity	6.08	7.13	6.88	6.78	6.42		6.43	6.43	6.17	6.13	6.00	6.34	6.41		6.93	6.43	6.10	
H1 lead leg		strides		19	19	17	19		19	19	19	19	19	169						
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	
U18 FINAL - 2019 Chinese National Youth Games (Taiwan, CHN)			<i>CAA Hurdle Development (2019)</i>																	
date	17-Aug-19	time	7.24	11.94	16.80	21.76	26.82		32.20	37.70	43.48	49.40	55.42		62.45	4 / 3				
reaction time	0.397	interval	4.70	4.86	4.96	5.06		5.38	5.50	5.78	5.92	6.02	7.03				14.52	15.94	17.72	
		velocity	6.22	7.45	7.20	7.06	6.92		6.51	6.36	6.06	5.91	5.81	5.69	6.41		7.23	6.59	5.93	
H1 lead leg	R	strides	26	17	17	17	17		18	18	19	19	19	23	210					
Chen Zhuo (CHN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)			<i>CAA Hurdle Development (2021)</i>																	
date	26-Jun-21	time	6.91	11.46	16.18	21.12	26.29		31.68	37.34	43.07	49.08	55.30		62.52	2 / 7				
reaction time	0.208	interval	4.55	4.72	4.94	5.17		5.39	5.66	5.73	6.01	6.22	7.22				14.21	16.22	17.96	
		velocity	6.51	7.69	7.42	7.09	6.77		6.49	6.18	6.11	5.82	5.63	5.54	6.40		7.39	6.47	5.85	
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	22	197					
Beermann, Elke (FRG)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)			<i>Keydel (1971) - die 400m hürden machten das rennen</i>																	
date	15-May-71	time	7.5	13.0	18.6	24.2	29.8		35.3	40.8	46.3	51.6	56.9		62.6	1 / 4				
reaction time		interval	5.5	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)			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	7.09	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)			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	7.11	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					
Bessho, Miyu (JPN) (2007)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Shimane High School Championships (Izumo, JPN)			<i>Shimizu (2024) - shimane high school championships 2024 - biomechanics data analysis</i>																	
date	25-May-24	time	7.47	12.40	17.43	22.60	27.73		33.08	38.52	44.13	50.27	56.28		62.59	5 / 1				
reaction time		interval	4.93	5.03	5.17	5.13		5.35	5.44	5.61	6.14	6.01	6.31				15.13	15.92	17.76	
		velocity	6.02	7.10	6.96	6.77	6.82		6.54	6.43	6.24	5.70	5.82	6.34	6.39		6.94	6.60	5.91	
H1 lead leg		strides	24	15	17	17	17		17	17	17	19	18	21	199					
Pérez, Susana (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)			<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)			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	7.11	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)			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	7.22	12.01	16.78	21.89	27.16		32.40	37.87	43.58	49.33	55.64		62.72	2 / 7			
reaction time	0.201	interval	4.79	4.77	5.11	5.27		5.24	5.47	5.71	5.75	6.31	7.08				14.67	15.98	17.77
		velocity	6.23	7.31	7.34	6.85	6.64		6.68	6.40	6.13	6.09	5.55	5.65	6.38		7.16	6.57	5.91
H1 lead leg	L	strides	24	16	16	17	17		17	18	18	18	19		180				
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 - 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)			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	11.41	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)			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	7.18	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				
Yu Qian (CHN)			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 - 2022 Shandong Provincial Games (Rizhao, CHN)			<i>Shandong Athletics Sport Science (2022)</i>																
date	03-Sep-22	time	6.86	11.53	16.27	21.24	26.33		31.65	37.07	42.75	48.87	55.42		62.89	5 / 2			
reaction time	0.239	interval	4.67	4.74	4.97	5.09		5.32	5.42	5.68	6.12	6.55	7.47				14.38	15.83	18.35
		velocity	6.56	7.49	7.38	7.04	6.88		6.58	6.46	6.16	5.72	5.34	5.35	6.36		7.30	6.63	5.72
H1 lead leg	L	strides	25	17	17	17	17		18	18	19	20	21	24.5	213.5				
Petersen, Elke (FRG) (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 - 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				
Zhang Yixuan (CHN)			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 - 2022 Shandong Provincial Games (Rizhao, CHN)			<i>Shandong Athletics Sport Science (2022)</i>																
date	03-Sep-22	time	7.08	11.77	16.52	21.38	26.33		31.47	36.79	42.36	48.40	54.96		62.92	3 / 3			
reaction time	0.259	interval	4.69	4.75	4.86	4.95		5.14	5.32	5.57	6.04	6.56	7.96				14.30	15.41	18.17
		velocity	6.36	7.46	7.37	7.20	7.07		6.81	6.58	6.28	5.79	5.34	5.03	6.36		7.34	6.81	5.78
H1 lead leg	L	strides	23	17	17	17	17		17	17	18	19	20	24	206				
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 - 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)			<i>CAA Hurdle Development (2019)</i>																
date	17-Aug-19	time	7.06	11.92	16.90	21.94	27.14		32.46	38.02	43.72	49.80	55.90		63.00	5 / 3			
reaction time	0.258	interval	4.86	4.98	5.04	5.20		5.32	5.56	5.70	6.08	6.10	7.10				14.88	16.08	17.88
		velocity	6.37	7.20	7.03	6.94	6.73		6.58	6.29	6.14	5.76	5.74	5.63	6.35		7.06	6.53	5.87
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	19	19	21.2	204.2				
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)			<i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>																
date	02-Aug-98	time	7.27	12.18	17.17	22.22	27.52		32.89	38.38	44.09	49.90	55.99		63.01	7 / 6			
reaction time		interval	4.91	4.99	5.05	5.30		5.37	5.49	5.71	5.81	6.09	7.02				14.95	16.16	17.61
		velocity	6.19	7.13	7.01	6.93	6.60		6.52	6.38	6.13	6.02	5.75	5.70	6.35		7.02	6.50	5.96
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	18	19	23	205				
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 (Zhaoqing, CHN)			<i>CAA Hurdle Development (2019)</i>																
date	07-Apr-19	time	7.11	11.96	17.12	22.41	27.86		33.42	39.12	44.85	50.47	56.27		63.02	1 / 6			
reaction time	0.370	interval	4.85	5.16	5.29	5.45		5.56	5.70	5.73	5.62	5.80	6.75				15.30	16.71	17.15
		velocity	6.33	7.22	6.78	6.62	6.42		6.29	6.14	6.11	6.23	6.03	5.93	6.35		6.86	6.28	6.12

H1 lead leg	L	strides	22	16	16	17	17	17	17	17	17	17	21	194						
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)																				
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	4.85	6.35		7.54	6.72	5.68	
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	20	23.5	200.5					
Chi Wenjing (CHN)			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 - 2022 Shandong Provincial Games (Rizhao, CHN)																				
date	03-Sep-22	time	6.94	11.60	16.45	21.56	26.81		32.09	37.56	43.18	49.19	55.59		63.07	6 / 4				
reaction time	0.217	interval	4.66	4.85	5.11	5.25			5.28	5.47	5.62	6.01	6.40	7.48			14.62	16.00	18.03	
		velocity	6.48	7.51	7.22	6.85	6.67		6.63	6.40	6.23	5.82	5.47	5.35	6.34		7.18	6.56	5.82	
H1 lead leg	L	strides	24	16	16	17	17		17	18	18	19	20	24	206					
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)																				
date	12-Jun-22	time	7.01	11.85	16.70	21.81	27.16		32.55	38.14	43.98	49.90	56.11		63.08	3 / 8				
reaction time	0.199	interval	4.84	4.85	5.11	5.35			5.39	5.59	5.84	5.92	6.21	6.97			14.80	16.33	17.97	
		velocity	6.42	7.23	7.22	6.85	6.54		6.49	6.26	5.99	5.91	5.64	5.74	6.34		7.09	6.43	5.84	
H1 lead leg	L	strides	24	17	17	17	18		18	19	19	19	19	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)																				
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)																				
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	17.70
		velocity	6.49	6.94	6.73	6.43			6.21	6.12	5.76	5.99	6.06	6.59	6.34				6.25	5.93
H1 lead leg		strides		16	16	16			16	16	17	16	16	19	148					
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 (Zhaoying, CHN)																				
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)																				
date	23-Aug-20	time	6.92	11.68	16.60	21.52	26.61		31.87	37.30	42.89	48.92	55.59		63.18	3 / 9				
reaction time	0.164	interval	4.76	4.92	4.92	5.09			5.26	5.43	5.59	6.03	6.67	7.59			14.60	15.78	18.29	
		velocity	6.50	7.35	7.11	7.11	6.88		6.65	6.45	6.26	5.80	5.25	5.27	6.33		7.19	6.65	5.74	
H1 lead leg		strides		16	16	16	16		17	17	17	18	20	153						
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)																				
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	5.46	6.33		7.26	6.62	5.58	
H1 lead leg		strides	23	17	17	17	17		17	17	17	19	19	180						
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)																				
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)																				
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)																				
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	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)			<i>CAA Hurdle Development (2019)</i>																	
date	22-Aug-19	time	7.10	11.78	16.54	21.52	26.71		32.28	37.95	43.96	50.03	56.19		63.27	8 / 5				
reaction time	0.284	interval	4.68	4.76	4.98	5.19		5.57	5.67	6.01	6.07	6.16	7.08				14.42	16.43	18.24	
		velocity	6.34	7.48	7.35	7.03	6.74		6.28	6.17	5.82	5.77	5.68	5.65	6.32		7.28	6.39	5.76	
H1 lead leg	L	strides	23	16	16	16	16		18	18	19	19	19	22.2	202.2					
Sund, Maja (SWE) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)			<i>Omega Timing (2023) - diamond league race analysis</i>																	
date	02-Jul-23	time	7.12	11.99	17.00	22.12	27.33		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)			<i>CAA Hurdle Development (2021)</i>																	
date	25-Apr-21	time	6.92	11.23	15.63	20.10	24.67		29.56	34.68	40.11	45.90	51.87		63.30	2 / 5				
reaction time	0.292	interval	4.31	4.40	4.47	4.57		4.89	5.12	5.43	5.79	5.97	11.43				13.18	14.58	17.19	
		velocity	6.50	8.12	7.95	7.83	7.66		7.16	6.84	6.45	6.04	5.86	3.50	6.32		7.97	7.20	6.11	
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	18	18	168						
Tang Ziyang (CHN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)			<i>CAA Hurdle Development (2021)</i>																	
date	25-Apr-21	time	7.26	12.26	17.30	22.39	27.63		33.00	38.54	44.22	50.02	56.30		63.44	8 / 4				
reaction time	0.257	interval	5.00	5.04	5.09	5.24		5.37	5.54	5.68	5.80	6.28	7.14				15.13	16.15	17.76	
		velocity	6.20	7.00	6.94	6.88	6.68		6.52	6.32	6.16	6.03	5.57	5.60	6.31		6.94	6.50	5.91	
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	19	22	201					
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)			<i>CAA Hurdle Development (2019)</i>																	
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				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)			<i>CAA Hurdle Development (2019)</i>																	
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)			<i>CAA Hurdle Development (2019)</i>																	
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					
Dong Xinyi (CHN) (2006)			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 - 2022 Shandong Provincial Games (Rizhao, CHN)			<i>Shandong Athletics Sport Science (2022)</i>																	
date	03-Sep-22	time	7.46	12.58	17.92	23.24	28.75		34.27	39.88	45.50	51.36	57.28		63.49	1 / 1				
reaction time	0.262	interval	5.12	5.34	5.32	5.51		5.52	5.61	5.62	5.86	5.92	6.21				15.78	16.64	17.40	
		velocity	6.03	6.84	6.55	6.58	6.35		6.34	6.24	6.23	5.97	5.91	6.44	6.30		6.65	6.31	6.03	
H1 lead leg	L	strides	25	18	18	18	18		18	18	18	19	19	21	210					
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)			<i>CAA Hurdle Development (2019)</i>																	
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)			<i>Henson (2018) - coaching observations</i>																	
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

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Fu Yijia (CHN) (2001)																			
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																			
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)																			
Heat 3 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																			
date	12-Apr-19	time	7.09	11.81	16.72	21.83	27.01	32.35	37.84	43.67	49.80	56.86		63.98	8 / 4				
reaction time	0.259	interval	4.72	4.91	5.11	5.18		5.34	5.49	5.83	6.13	7.06	7.12			14.74	16.01	19.02	
		velocity	6.35	7.42	7.13	6.85	6.76		6.55	6.38	6.00	5.71	4.96	5.62	6.25		7.12	6.56	5.52
H1 lead leg	L	strides	24	17	17	17	17		17	17	18	20	21	23	208				
Pan Jianan (CHN) (2002)																			
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																			
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)																			
Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)																			
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)																			
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)																			
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					
Okuni, Chinatsu (JPN)																			
FINAL - 2024 Shimane High School Championships (Izumo, JPN)																			
date	25-May-24	time	7.47	12.27	17.17	22.30	27.52	33.12	38.93	44.90	51.30	57.63		64.28	6 / 2				
reaction time		interval	4.80	4.90	5.13	5.22		5.60	5.81	5.97	6.40	6.33	6.65			14.83	16.63	18.70	
		velocity	6.02	7.29	7.14	6.82	6.70		6.25	6.02	5.86	5.47	5.53	6.02	6.22		7.08	6.31	5.61
H1 lead leg		strides	25	17	17	17	17		19	19	19	21	21	23	215				
Feng Meiya (CHN) (2001)																			
Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)																			
date	25-Apr-21	time	7.02	11.70	16.50	21.45	26.74	32.35	38.25	44.50				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)																			
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																			
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	5.76	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)																			
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)																			
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				
Oga, Yuri (JPN) (1999)																			
FINAL - 2017 Shimane High School Championships (Izumo, JPN)																			
date	27-May-17	time	7.00	11.83	16.83	21.93	27.30	33.00	38.73	44.70	51.20	57.77		64.78	5 / 1				
reaction time		interval	4.83	5.00	5.10	5.37		5.70	5.73	5.97	6.50	6.57	7.01			14.93	16.80	19.04	
		velocity	6.43	7.25	7.00	6.86	6.52		6.14	6.11	5.86	5.38	5.33	5.71	6.17		7.03	6.25	5.51
H1 lead leg		strides	24	17	17	17	17		18	18	18	19	19	22.5	206.5				
Liu Xin (CHN) (1992)																			
FINAL - 2019 Chinese National Championships (Shenyang, CHN)																			
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) <i>Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973</i>																						
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) <i>Keydel (1971) - die 400m hürden machten das rennen</i>																						
date	15-May-71	time	7.4	12.6	17.7	22.9	28.2	33.9	39.7	45.6	51.5	57.5	65.0	/ 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) <i>CAA Hurdle Development (2019)</i>																						
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) <i>CAA Hurdle Development (2021)</i>																						
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) <i>CAA Hurdle Development (2019)</i>																						
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 (Zhaoqing, CHN) <i>CAA Hurdle Development (2021)</i>																						
date	25-Apr-21	time	7.28	12.16	17.28	22.53	28.00	33.60	39.61	46.00	52.42	58.80	65.39	7 / 5								
reaction time	0.331	interval	4.88	5.12	5.25	5.47	5.60	6.01	6.39	6.42	6.38	6.59			15.25	17.08	19.19					
		velocity	6.18	7.17	6.84	6.67	6.40	6.25	5.82	5.48	5.45	5.49	6.07	6.12	6.89	6.15	5.47					
H1 lead leg	L	strides	24	17	17	17	17	17	17	19	19	19	21	185								
Obeck, Waltraud (FRG) (1947)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10					
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG) <i>Keydel (1971) - die 400m hürden machten das rennen</i>																						
date	15-May-71	time	7.5	12.5	17.5	22.6	27.9	33.4	38.8	45.0	51.6	58.0	65.3	/ 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) <i>CAA Hurdle Development (2019)</i>																						
date	03-Aug-19	time	7.19	12.04	17.00	22.09	27.68	33.58	39.51	45.71	52.10	58.41	65.54	5 / 2								
reaction time	0.247	interval	4.85	4.96	5.09	5.59	5.90	5.93	6.20	6.39	6.31	7.13			14.90	17.42	18.90					
		velocity	6.26	7.22	7.06	6.88	6.26	5.93	5.90	5.65	5.48	5.55	5.61	6.10	7.05	6.03	5.56					
H1 lead leg	L	strides	24	16	16	16	18	19	17	19	19	19	21.2	204.2								
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) <i>CAA Hurdle Development (2019)</i>																						
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									
Matsui, Hinata (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 - 2024 Shimane High School Championships (Izumo, JPN) <i>Shimizu (2024) - shimane high school championships 2024 - biomechanics data analysis</i>																						
date	25-May-24	time	7.33	12.33	17.52	22.80	28.47	34.17	40.08	46.18	52.47	58.85	65.95	8 / 3								
reaction time		interval	5.00	5.19	5.28	5.67	5.70	5.91	6.10	6.29	6.38	7.10			15.47	17.28	18.77					
		velocity	6.14	7.00	6.74	6.63	6.17	6.14	5.92	5.74	5.56	5.49	5.63	6.07	6.79	6.08	5.59					

H1 lead leg	strides	25	18	18	19	19		19	20	20	21	21	25	225						
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)																				
<i>CAA Hurdle Development (2019)</i>																				
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					
Okuni, Chinatsu (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 Shimane High School Championships (Izumo, JPN)																				
<i>Shimizu (2023) - shimane high school championships 2023 - biomechanics data analysis</i>																				
date	27-May-23	time	7.65	12.72	18.12	23.63	29.27		35.22	41.17	47.15	53.28	59.48	66.09	4 / 1					
reaction time		interval	5.07	5.40	5.51	5.64		5.95	5.95	5.98	6.13	6.20	6.61		15.98	17.54	18.31			
		velocity	5.88	6.90	6.48	6.35	6.21		5.88	5.88	5.85	5.71	5.65	6.05	6.05	6.57	5.99	5.73		
H1 lead leg		strides	27	19	19	19	19		20	20	20	20	23.7	226.7						
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)																				
<i>CAA Hurdle Development (2019)</i>																				
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						
Matsumoto, Haruka (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 - 2022 Shimane High School Championships (Izumo, JPN)																				
<i>Shimizu (2022) - shimane high school championships 2022 - biomechanics data analysis</i>																				
date	27-May-22	time	7.22	12.28	17.65	23.33	28.97		34.67	40.48	46.45	52.52	58.97	66.19	4 / 1					
reaction time		interval	5.06	5.37	5.68	5.64		5.70	5.81	5.97	6.07	6.45	7.22		16.11	17.15	18.49			
		velocity	6.23	6.92	6.52	6.16	6.21		6.14	6.02	5.86	5.77	5.43	5.54	6.04	6.52	6.12	5.68		
H1 lead leg		strides	25	17	18	20	19		19	19	19	19	21	24.5	220.5					
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				6.04		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					
Takahara, 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 - 2018 Shimane High School Championships (Izumo, JPN)																				
<i>Shimizu (2018) - shimane high school championships 2018 - biomechanics data analysis</i>																				
date	26-May-18	time	7.55	12.73	18.15	23.63	29.17		34.90	40.58	46.77	53.05	59.52	66.62	4 / 2					
reaction time		interval	5.18	5.42	5.48	5.54		5.73	5.68	6.19	6.28	6.47	7.10		16.08	16.95	18.94			
		velocity	5.96	6.76	6.46	6.39	6.32		6.11	6.16	5.65	5.57	5.41	5.63	6.00	6.53	6.19	5.54		
H1 lead leg		strides	25	17	19	19	19		19	19	21	21	21	24	224					
Zhuang Yuxuan (CHN)	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 - 2022 Shandong Provincial Games (Rizhao, CHN)																				
<i>Shandong Athletics Sport Science (2022)</i>																				
date	03-Sep-22	time	7.14	12.13	17.12	22.24	27.93		33.79	39.63	46.03	52.71	59.41	66.84	8 / 6					
reaction time	0.310	interval	4.99	4.99	5.12	5.69		5.86	5.84	6.40	6.68	6.70	7.43		15.10	17.39	19.78			
		velocity	6.30	7.01	7.01	6.84	6.15		5.97	5.99	5.47	5.24	5.22	5.38	5.98	6.95	6.04	5.31		
H1 lead leg	L	strides	24	16	16	16	16		17	17	19	19	19	22	201					
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			5.98		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	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	17	19	19	21	186						
Matsumoto, Haruka (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 - 2020 Shimane High School Championships (Izumo, JPN)													<i>Shimizu (2020) - shimane high school championships 2020 - biomechanics data analysis</i>						
date	12-Jul-20	time	7.38	12.72	18.30	24.00	29.92	35.85	41.92	48.47	55.13	61.62	68.37	8 / 1					
reaction time	interval		5.34	5.58	5.70	5.92	5.93	6.07	6.55	6.66	6.49	6.75			16.62	17.92	19.70		
	velocity	6.10	6.55	6.27	6.14	5.91	5.90	5.77	5.34	5.26	5.39	5.93	5.85		6.32	5.86	5.33		
H1 lead leg	strides	26	19	19	19	19	19	19	19	21	21	21	226						
Kokorooha, Hidaka (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 - 2024 Shimane High School Championships (Izumo, JPN)													<i>Shimizu (2024) - shimane high school championships 2024 - biomechanics data analysis</i>						
date	25-May-24	time	7.42	12.48	17.72	23.05	28.67	34.33	40.28	46.47	53.25	60.35	68.45	7 / 4					
reaction time	interval		5.06	5.24	5.33	5.62	5.66	5.95	6.19	6.78	7.10	8.10			15.63	17.23	20.07		
	velocity	6.06	6.92	6.68	6.57	6.23	6.18	5.88	5.65	5.16	4.93	4.94	5.84		6.72	6.09	5.23		
H1 lead leg	strides	26	18	18	18	18	19	19	19	21	21	24.5	221.5						
Tsugu, Kaneko (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 - 2022 Shimane High School Championships (Izumo, JPN)													<i>Shimizu (2022) - shimane high school championships 2022 - biomechanics data analysis</i>						
date	27-May-22	time	7.40	12.53	17.88	23.27	28.88	34.80	40.98	47.12	53.58	60.28	68.48	7 / 2					
reaction time	interval		5.13	5.35	5.39	5.61	5.92	6.18	6.14	6.46	6.70	8.20			15.87	17.71	19.30		
	velocity	6.08	6.82	6.54	6.49	6.24	5.91	5.66	5.70	5.42	5.22	4.88	5.84		6.62	5.93	5.44		
H1 lead leg	strides	26	19	19	19	19	20	20	20	21	22	27	232						
Matsui, Hinata (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 Shimane High School Championships (Izumo, JPN)													<i>Shimizu (2023) - shimane high school championships 2023 - biomechanics data analysis</i>						
date	27-May-23	time	7.50	12.75	18.15	23.68	29.47	35.55	41.62	47.90	54.67	61.37	68.67	5 / 2					
reaction time	interval		5.25	5.40	5.53	5.79	6.08	6.07	6.28	6.77	6.70	7.30			16.18	17.94	19.75		
	velocity	6.00	6.67	6.48	6.33	6.04	5.76	5.77	5.57	5.17	5.22	5.48	5.82		6.49	5.85	5.32		
H1 lead leg	strides	26	19	19	19	21	21	21	23	23	23	25.4	240.4						
Zhang Jiaxuan (CHN)	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 - 2022 Shandong Provincial Games (Rizhao, CHN)													<i>Shandong Athletics Sport Science (2022)</i>						
date	03-Sep-22	time	7.46	12.65	17.92	23.38	29.33	35.49	41.80	48.30	54.97	61.67	68.68	5 / 3					
reaction time	0.252 interval		5.19	5.27	5.46	5.95	6.16	6.31	6.50	6.67	6.70	7.01			15.92	18.42	19.87		
	velocity	6.03	6.74	6.64	6.41	5.88	5.68	5.55	5.38	5.25	5.22	5.71	5.82		6.60	5.70	5.28		
H1 lead leg	L strides	25	18	18	18	19	19	19	20	20	20	23	219						
Ma Ziaole (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		
U20 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)													<i>Shandong Athletics Sport Science (2022)</i>						
date	03-Sep-22	time	7.14	12.13	17.12	22.24	27.93	33.79	39.63	46.03	52.71	59.41	66.84	8 / 6					
reaction time	0.228 interval		4.99	4.99	5.12	5.69	5.86	5.84	6.40	6.68	6.70	7.43			15.10	17.39	19.78		
	velocity	6.30	7.01	7.01	6.84	6.15	5.97	5.99	5.47	5.24	5.22	5.38	5.98		6.95	6.04	5.31		
H1 lead leg	L strides	24	16	16	16	16	17	17	19	19	19	22	201						
Furuya, Saki (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 - 2022 Shimane High School Championships (Izumo, JPN)													<i>Shimizu (2022) - shimane high school championships 2022 - biomechanics data analysis</i>						
date	27-May-22	time	7.78	13.13	18.73	24.38	30.22	36.18	42.27	48.63	54.93	61.33	68.78	6 / 3					
reaction time	interval		5.35	5.60	5.65	5.84	5.96	6.09	6.36	6.30	6.40	7.45			16.60	17.89	19.06		
	velocity	5.78	6.54	6.25	6.19	5.99	5.87	5.75	5.50	5.56	5.47	5.37	5.82		6.33	5.87	5.51		
H1 lead leg	strides	25	18	19	19	19	19	19	20	20	21	24.5	223.5						
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)													<i>CAA Hurdle Development (2019)</i>						
date	23-Aug-19	time	7.04	11.56	16.22	20.94	25.93	31.03	36.39	42.04	fell		68.86	4 / --					
reaction time	0.234 interval		4.52	4.66	4.72	4.99	5.10	5.36	5.65						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						
Nakamura, Nene (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 - 2021 Shimane High School Championships (Izumo, JPN)													<i>Shimizu (2021) - shimane high school championships 2021 - biomechanics data analysis</i>						
date	29-May-21	time	7.50	12.78	18.23	23.80	29.57	35.68	42.12	48.43	54.98	61.62	69.27	5 / 2					
reaction time	interval		5.28	5.45	5.57	5.77	6.11	6.44	6.31	6.55	6.64	7.65			16.30	18.32	19.50		
	velocity	6.00	6.63	6.42	6.28	6.07	5.73	5.43	5.55	5.34	5.27	5.23	5.77		6.44	5.73	5.38		
H1 lead leg	strides	26	19	19	19	19	21	21	21	21	21	25.3	232.3						
Fujii, Yui (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 - 2019 Shimane High School Championships (Izumo, JPN)													<i>Shimizu (2019) - shimane high school championships 2019 - biomechanics data analysis</i>						
date	25-May-19	time	7.69	13.04	18.73	24.53	30.32	36.30	42.49	48.96	55.56	62.25	69.45	6 / 3					
reaction time	interval		5.35	5.69	5.80	5.79	5.98	6.19	6.47	6.60	6.69	7.20			16.84	17.96	19.76		
	velocity	5.85	6.54	6.15	6.03	6.04	5.85	5.65	5.41	5.30	5.23	5.56	5.76		6.24	5.85	5.31		

H1 lead leg	strides	26	19	19	19	19	19	19	20	21	21	25	227						
Wang Hainuo (CHN)																			
U18 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)															<i>Shandong Athletics Sport Science (2022)</i>				
date	03-Sep-22	time	7.81	13.30	18.91	24.61	30.57		36.66	43.10	49.75	56.41	63.12	69.47	6 / 4				
reaction time	0.309	interval		5.49	5.61	5.70	5.96		6.09	6.44	6.65	6.66	6.71	6.35		16.80	18.49	20.02	
		velocity	5.76	6.38	6.24	6.14	5.87		5.75	5.43	5.26	5.26	5.22	6.30	5.76	6.25	5.68	5.24	
H1 lead leg	L	strides	23	17	17	17	17		17	19	19	19	19	20.5	204.5				
Masuhara, Hoka (JPN)																			
FINAL - 2021 Shimane High School Championships (Izumo, JPN)															<i>Shimizu (2021) - shimane high school championships 2021 - biomechanics data analysis</i>				
date	29-May-21	time	7.62	12.98	18.73	24.45	30.38		36.52	42.82	49.15	55.60	62.23	69.69	3 / 3				
reaction time		interval		5.36	5.75	5.72	5.93		6.14	6.30	6.33	6.45	6.63	7.46		16.83	18.37	19.41	
		velocity	5.91	6.53	6.09	6.12	5.90		5.70	5.56	5.53	5.43	5.28	5.36	5.74	6.24	5.72	5.41	
H1 lead leg		strides	26	19	19	19	19		20	20	20	20	20	23.3	225.3				
Nishikiori, Reina (JPN)																			
FINAL - 2020 Shimane High School Championships (Izumo, JPN)															<i>Shimizu (2020) - shimane high school championships 2020 - biomechanics data analysis</i>				
date	12-Jul-20	time	7.53	12.80	18.33	24.02	29.95		35.82	41.88	48.50	55.52	62.45	69.77	9 / 2				
reaction time		interval		5.27	5.53	5.69	5.93		5.87	6.06	6.62	7.02	6.93	7.32		16.49	17.86	20.57	
		velocity	5.98	6.64	6.33	6.15	5.90		5.96	5.78	5.29	4.99	5.05	5.46	5.73	6.37	5.88	5.10	
H1 lead leg		strides	26	19	19	19	19		19	19	21	21	21	24	227				
Ago, Airi (JPN)																			
FINAL - 2023 Shimane High School Championships (Izumo, JPN)															<i>Shimizu (2023) - shimane high school championships 2023 - biomechanics data analysis</i>				
date	27-May-23	time	7.73	13.12	18.57	24.25	30.17		36.20	42.40	48.68	55.30	62.15	69.85	3 / 3				
reaction time		interval		5.39	5.45	5.68	5.92		6.03	6.20	6.28	6.62	6.85	7.70		16.52	18.15	19.75	
		velocity	5.82	6.49	6.42	6.16	5.91		5.80	5.65	5.57	5.29	5.11	5.19	5.73	6.36	5.79	5.32	
H1 lead leg		strides	25	19	19	19	19		19	19	19	21	21	24.2	224.2				
Adachi, Yuno (JPN)																			
FINAL - 2022 Shimane High School Championships (Izumo, JPN)															<i>Shimizu (2022) - shimane high school championships 2022 - biomechanics data analysis</i>				
date	27-May-22	time	7.70	13.03	18.57	24.15	30.02		36.28	42.68	49.12	55.52	62.15	69.86	8 / 4				
reaction time		interval		5.33	5.54	5.58	5.87		6.26	6.40	6.44	6.40	6.63	7.71		16.45	18.53	19.47	
		velocity	5.84	6.57	6.32	6.27	5.96		5.59	5.47	5.43	5.47	5.28	5.19	5.73	6.38	5.67	5.39	
H1 lead leg		strides	27	19	19	20	20		21	21	21	21	22	26	237				
Kanda, Saki (JPN)																			
FINAL - 2020 Shimane High School Championships (Izumo, JPN)															<i>Shimizu (2020) - shimane high school championships 2020 - biomechanics data analysis</i>				
date	12-Jul-20	time	8.15	13.90	19.62	25.45	31.42		37.40	43.48	49.83	56.47	63.02	69.90	7 / 3				
reaction time		interval		5.75	5.72	5.83	5.97		5.98	6.08	6.35	6.64	6.55	6.88		17.30	18.03	19.54	
		velocity	5.52	6.09	6.12	6.00	5.86		5.85	5.76	5.51	5.27	5.34	5.81	5.72	6.07	5.82	5.37	
H1 lead leg		strides	28	20	20	20	21		21	20	21	22	22	26.5	241.5				
Ueki, Kyoka (JPN)																			
FINAL - 2020 Shimane High School Championships (Izumo, JPN)															<i>Shimizu (2020) - shimane high school championships 2020 - biomechanics data analysis</i>				
date	12-Jul-20	time	7.38	12.58	17.93	23.50	29.37		35.42	41.77	48.43	55.13	61.82	69.97	5 / 4				
reaction time		interval		5.20	5.35	5.57	5.87		6.05	6.35	6.66	6.70	6.69	8.15		16.12	18.27	20.05	
		velocity	6.10	6.73	6.54	6.28	5.96		5.79	5.51	5.26	5.22	5.23	4.91	5.72	6.51	5.75	5.24	
H1 lead leg		strides	26	19	19	19	19		19	21	21	21	21	25.5	230.5				
Liu Wenshuo (CHN)																			
U18 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)															<i>Shandong Athletics Sport Science (2022)</i>				
date	03-Sep-22	time	7.68	12.98	18.46	24.03	29.90		35.91	42.33	49.05	55.76	62.95	70.17	3 / 5				
reaction time	0.369	interval		5.30	5.48	5.57	5.87		6.01	6.42	6.72	6.71	7.19	7.22		16.35	18.30	20.62	
		velocity	5.86	6.60	6.39	6.28	5.96		5.82	5.45	5.21	5.22	4.87	5.54	5.70	6.42	5.74	5.09	
H1 lead leg	L	strides	24	18	18	19	18		18	20	20	20	20	22.2	217.2				
Zhang Rui (CHN)																			
U18 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)															<i>Shandong Athletics Sport Science (2022)</i>				
date	03-Sep-22	time	7.95	13.17	18.46	23.98	29.83		35.97	42.46	49.14	56.09	63.08	70.21	8 / 6				
reaction time	0.211	interval		5.22	5.29	5.52	5.85		6.14	6.49	6.68	6.95	6.99	7.13		16.03	18.48	20.62	
		velocity	5.66	6.70	6.62	6.34	5.98		5.70	5.39	5.24	5.04	5.01	5.61	5.70	6.55	5.68	5.09	
H1 lead leg	L	strides	25	17	17	17	17		18	19	19	20	20	22.7	211.7				
Kanda, Saki (JPN)																			
FINAL - 2019 Shimane High School Championships (Izumo, JPN)															<i>Shimizu (2019) - shimane high school championships 2019 - biomechanics data analysis</i>				
date	25-May-19	time	7.89	13.77	19.84	25.81	31.80		37.85	43.92	50.19	56.48	62.96	70.37	8 / 4				
reaction time		interval		5.88	6.07	5.97	5.99		6.05	6.07	6.27	6.29	6.48	7.41		17.92	18.11	19.04	
		velocity	5.70	5.95	5.77	5.86	5.84		5.79	5.77	5.58	5.56	5.40	5.40	5.68	5.86	5.80	5.51	
H1 lead leg		strides	29	21	21	21	21		21	21	22	22	22	27	248				
Moriyoshi, Hinata (JPN)																			
FINAL - 2023 Shimane High School Championships (Izumo, JPN)															<i>Shimizu (2023) - shimane high school championships 2023 - biomechanics data analysis</i>				
date	27-May-23	time	7.55	12.97	18.47	24.28	30.32		36.62	43.05	49.48	56.25	63.08	70.46	7 / 4				
reaction time		interval		5.42	5.50	5.81	6.04		6.30	6.43	6.43	6.77	6.83	7.38		16.73	18.77	20.03	
		velocity	5.96	6.46	6.36	6.02	5.79		5.56	5.44	5.44	5.17	5.12	5.42	5.68	6.28	5.59	5.24	

H1 lead leg	strides	26	18	18	19	19	20	20	20	21	21	24.2	226.2						
Matsui, Natsumi (JPN)																			
FINAL - 2019 Shimane High School Championships (Izumo, JPN)																			
										<i>Shimizu (2019) - shimane high school championships 2019 - biomechanics data analysis</i>									
date	25-May-19	time	7.82	13.27	19.19	25.15	31.12		37.27	43.46	49.92	56.41	63.05	70.51	2 / 5				
reaction time		interval	5.45	5.92	5.96	5.97		6.15	6.19	6.46	6.49	6.64	7.46			17.33	18.31	19.59	
		velocity	5.75	6.42	5.91	5.87	5.86		5.69	5.65	5.42	5.39	5.27	5.36	5.67	6.06	5.73	5.36	
H1 lead leg	strides	25	18	19	19	19		19	19	20	20	21	25	224					
Natsuki, Okuni (JPN)																			
FINAL - 2019 Shimane High School Championships (Izumo, JPN)																			
										<i>Shimizu (2019) - shimane high school championships 2019 - biomechanics data analysis</i>									
date	25-May-19	time	7.77	13.29	19.23	25.23	31.22		37.52	44.02	50.61	57.08	63.60	70.60	7 / 6				
reaction time		interval	5.52	5.94	6.00	5.99		6.30	6.50	6.59	6.47	6.52	7.00			17.46	18.79	19.58	
		velocity	5.79	6.34	5.89	5.83	5.84		5.56	5.38	5.31	5.41	5.37	5.71	5.67	6.01	5.59	5.36	
H1 lead leg	strides	25	17	19	19	19		21	21	21	21	21	25	229					
Fujioka, Shiho (JPN)																			
FINAL - 2019 Shimane High School Championships (Izumo, JPN)																			
										<i>Shimizu (2019) - shimane high school championships 2019 - biomechanics data analysis</i>									
date	25-May-19	time	7.77	13.62	19.56	25.46	31.42		37.75	44.32	50.71	57.25	63.77	70.60	9 / 7				
reaction time		interval	5.85	5.94	5.90	5.96		6.33	6.57	6.39	6.54	6.52	6.83			17.69	18.86	19.45	
		velocity	5.79	5.98	5.89	5.93	5.87		5.53	5.33	5.48	5.35	5.37	5.86	5.67	5.94	5.57	5.40	
H1 lead leg	strides	26	19	19	19	19		21	21	21	21	21	23	230					
Okuni, Chinatsu (JPN)																			
FINAL - 2022 Shimane High School Championships (Izumo, JPN)																			
										<i>Shimizu (2022) - shimane high school championships 2022 - biomechanics data analysis</i>									
date	27-May-22	time	8.07	13.33	18.62	24.43	30.43		36.57	43.05	49.65	56.30	63.10	70.60	5 / 5				
reaction time		interval	5.26	5.29	5.81	6.00		6.14	6.48	6.60	6.65	6.80	7.50			16.36	18.62	20.05	
		velocity	5.58	6.65	6.62	6.02	5.83		5.70	5.40	5.30	5.26	5.15	5.33	5.67	6.42	5.64	5.24	
H1 lead leg	strides	25	17	17	19	19		19	21	21	21	21	24.2	224.2					
Kawahara, Haruka (JPN)																			
FINAL - 2023 Shimane High School Championships (Izumo, JPN)																			
										<i>Shimizu (2023) - shimane high school championships 2023 - biomechanics data analysis</i>									
date	27-May-23	time	8.22	13.85	19.67	25.58	31.78		38.15	44.80	51.45	58.25	64.85	72.13	8 / 5				
reaction time		interval	5.63	5.82	5.91	6.20		6.37	6.65	6.65	6.80	6.60	7.28			17.36	19.22	20.05	
		velocity	5.47	6.22	6.01	5.92	5.65		5.49	5.26	5.26	5.15	5.30	5.49	5.55	6.05	5.46	5.24	
H1 lead leg	strides	27	19	19	19	20		20	21	21	21	21	25.2	233.2					
Sun Xiu (CHN)																			
U18 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)																			
										<i>Shandong Athletics Sport Science (2022)</i>									
date	03-Sep-22	time	8.06	13.47	19.07	24.90	31.00		37.21	43.70	50.54			72.17	9 / 7				
reaction time	0.338	interval	5.41	5.60	5.83	6.10		6.21	6.49	6.84						16.84	18.80		
		velocity	5.58	6.47	6.25	6.00	5.74		5.64	5.39	5.12			5.54		6.24	5.59		
H1 lead leg	R	strides	26	18	18	19	19		19	20	21			160					
Lin Zixin (CHN) (2004)																			
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)																			
										<i>CAA Hurdle Development (2021)</i>									
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					
Koda, Yuna (JPN)																			
FINAL - 2023 Shimane High School Championships (Izumo, JPN)																			
										<i>Shimizu (2023) - shimane high school championships 2023 - biomechanics data analysis</i>									
date	27-May-23	time	7.97	13.45	19.13	25.13	31.45		37.88	44.28	50.82	57.63	64.87	72.25	1 / 6				
reaction time		interval	5.48	5.68	6.00	6.32		6.43	6.40	6.54	6.81	7.24	7.38			17.16	19.15	20.59	
		velocity	5.65	6.39	6.16	5.83	5.54		5.44	5.47	5.35	5.14	4.83	5.42	5.54	6.12	5.48	5.10	
H1 lead leg		strides	28	19	19	21	21		21	21	21	21	23	26.2	241.2				
Fair, Chloe (USA) (2001)																			
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)																			
										<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>									
date	29-Jun-24	time	6.62	10.92	15.26	19.68	24.28	26.51	29.35	34.38	39.61	45.17	50.76	73.14	1 / 9				
reaction time		interval	4.30	4.34	4.42	4.60		5.07	5.03	5.23	5.56	5.59	22.38			13.06	14.70	16.38	
		velocity	6.80	8.14	8.06	7.92	7.61	7.54	6.90	6.96	6.69	6.29	6.26	1.79	5.47	8.04	7.14	6.41	
H1 lead leg	L	strides	25	16	16	16	17		17	17	18	18	18	178					
Lu Zhangwei (CHN) (2001)																			
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																			
										<i>CAA Hurdle Development (2021)</i>									
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)																			
Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)																			
										<i>Henson (2018) - coaching observations</i>									
date	15-Sep-18	time	6.89	11.48	16.27	21.47								74.18	4 / 6				
reaction time		interval	4.59	4.79	5.20											14.58			
		velocity	6.53	7.63	7.31	6.73								5.39		7.20			

H1 lead leg	L	strides	15	15	15	15	15	16	16	16	123									
Huang Jie (CHN) (2005)																				
FINAL - 2021 National Grand Prix (Chengdu, CHN)												CAA Hurdle Development (2021)								
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									
Knight, Jessie (GBR) (1994)																				
Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)												Henson (2024) - Athlete First: 2021 year end hurdle report								
date	31-Jul-21	time	fell into hurdle										dnf	2 / --						
reaction time	0.160	interval																		
H1 lead leg	R	strides	23								23									
Petersen, Sara Slott (DEN) (1987)																				
Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)												Henson (2024) - Athlete First: 2021 year end hurdle report								
date	02-Aug-21	time	6.50	10.63	14.86	19.16	23.60	28.26	33.13	38.43		9 / --								
reaction time	0.165	interval	4.13	4.23	4.30	4.44	4.66	4.87	5.30		DQ		12.66	13.97						
		velocity	6.92	8.47	8.27	8.14	7.88	7.51	7.19	6.60			8.29	7.52						
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	128									
Spencer, Ashley (USA) (1993)																				
FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)												Henson (2022) - Athlete First: 2022 year end hurdle report								
date	25-Jun-22	time	6.67									dnf	3 / --							
reaction time		interval																		
		velocity	6.75																	
H1 lead leg	R	strides	23								23									
Seri, Camille (FRA) (1999)																				
Semi-Final 1 - 2022 European Athletics Championships (Munich, GER)												European Athletics (2022) - european athletics championships race analysis								
date	18-Aug-22	time	6.42	10.67	15.02	19.47	24.07	26.18	28.83	33.93	39.24		dnf	8 / --						
reaction time	0.201	interval	4.25	4.35	4.45	4.60	4.76	5.10	5.31				13.05	14.46						
		velocity	7.01	8.24	8.05	7.87	7.61	7.64	7.35	6.86	6.59			8.05	7.26					
H1 lead leg	R	strides	24		16	16		17	17	18	108									
Clayton, Rushell (JAM) (1992)																				
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)												Henson (2022) - Athlete First: 2022 year end hurdle report								
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									
Uță, Alexandra Ștefania (ROU) (2007)																				
Heat 1 - 2024 European Athletics Championships (Roma, ITA)												European Athletics (2024) - 2024 european athletics championships - results book								
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)																				
FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)												Henson (2022) - Athlete First: 2022 year end hurdle report								
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	15	18.5	102.5										
Hejnová, Zuzana (CZE) (1986)																				
FINAL - 2013 Velká Cena Mesta Chebu (Cheb, CZE) (300m Hurdles)																				
date	02-Aug-13	time	No Information Available										38.16							
reaction time		interval											WB PB							
H1 lead leg		strides																		
Tkachuk, Viktoriya (UKR) (1994)																				
FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)												Henson (2022) - Athlete First: 2022 year end hurdle report								
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		8.63	7.60						
H1 lead leg	L	strides	24	15	15	15	15	15	19	118										

		H1	H2	H3	H4	H5	200m	H6	H7	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Ryzhykova, Anna (UKR) (1989)															
FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)															
date	31-May-22	time	7.20	11.05	15.17	19.37	23.73			28.46	33.20				
reaction time	0.208	interval		3.85	4.12	4.20	4.36			4.73	4.74			5.16	12.17
		velocity	6.94	9.09	8.50	8.33	8.03			7.40	7.38			7.75	7.82
H1 lead leg	R	strides	24	14		14	14							18	99
Henson (2022) - Athlete First: 2022 year end hurdle report															
38.36 6 / 3															
Lehikoinen, Viivi (FIN) (1999)															
FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)															
date	31-May-22	time	6.90			19.03	23.45			28.28	33.03				
reaction time	0.202	interval				12.13	4.42			4.83	4.75			5.47	12.13
		velocity	7.25			8.66	7.92			7.25	7.37			7.31	7.79
H1 lead leg	R	strides	26			16	16			19.7	93.7			19.7	93.7
Henson (2022) - Athlete First: 2022 year end hurdle report															
38.50 7 / 4															
Knight, Jessie (GBR) (1994)															
FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)															
date	31-May-22	time	6.97	10.87	15.03	19.40	23.90			28.77	33.50				
reaction time	0.170	interval		3.90	4.16	4.37	4.50			4.87	4.73			5.34	12.43
		velocity	7.17	8.97	8.41	8.01	7.78			7.19	7.40			7.49	7.72
H1 lead leg	R	strides	24	15	15	15	15							18.2	117.2
Henson (2022) - Athlete First: 2022 year end hurdle report															
38.84 4 / 5															
Moline, Georganne (USA) (1990)															
FINAL - 2020 Inspiration Games (Zürich, SUI) (TV Analysis) (300m Hurdles)															
date	09-Jul-20	time	6.20	10.10	14.20	18.46	22.86			27.50	32.46				
reaction time		interval		3.90	4.10	4.26	4.40			4.64	4.96			6.62	12.76
		velocity	8.06	8.97	8.54	8.22	7.95			7.54	7.06			6.04	7.68
H1 lead leg	R	strides	22	15	15	15	15			16	16			22.5	136.5
Henson (2020) - Athlete First: 2020 year end hurdle report															
39.08 3 / 1															
Sprunger, Léa (SUI) (1990)															
FINAL - 2020 Inspiration Games (Zürich, SUI) (TV Analysis) (300m Hurdles)															
date	09-Jul-20	time	6.36	10.56	14.80	19.23	23.80			28.53	33.33				
reaction time		interval		4.20	4.24	4.43	4.57			4.73	4.80			5.92	13.24
		velocity	7.86	8.33	8.25	7.90	7.66			7.40	7.29			6.76	7.64
H1 lead leg	R	strides	21	14	14	14	14			15	15			20	127
Henson (2020) - Athlete First: 2020 year end hurdle report															
39.25 5 / 2															
Petersen, Sara Slott (DEN) (1987)															
FINAL - 2020 Impossible Games (Oslo, NOR) (TV Analysis) (300m Hurdles)															
date	11-Jun-20	time	7.04	11.14	15.38	19.72	24.22			28.96	34.00				
reaction time	0.125	interval		4.10	4.24	4.34	4.50			4.74	5.04			5.42	13.08
		velocity	7.10	8.54	8.25	8.06	7.78			7.38	6.94			7.38	7.61
H1 lead leg	R	strides	25	15	15	15	15			15	17			20	137
Henson (2020) - Athlete First: 2020 year end hurdle report															
39.42 4 / 1															
luel, Amalie (NOR) (1994)															
FINAL - 2020 Impossible Games (Oslo, NOR) (TV Analysis) (300m Hurdles)															
date	11-Jun-20	time	7.00	11.08	15.45	19.89	24.42			29.09	33.90				
reaction time	0.137	interval		4.08	4.37	4.44	4.53			4.67	4.81			5.54	13.34
		velocity	7.14	8.58	8.01	7.88	7.73			7.49	7.28			7.22	7.61
H1 lead leg	L	strides	25	15	15	15	15			15	15			18.7	133.7
Henson (2020) - Athlete First: 2020 year end hurdle report															
39.44 8 / 2															
Sprunger, Léa (SUI) (1990)															
FINAL - 2020 Impossible Games (Oslo, NOR) (TV Analysis) (300m Hurdles)															
date	11-Jun-20	time	6.94	11.04	15.28	19.85	24.49			29.30	34.27				
reaction time	0.151	interval		4.10	4.24	4.57	4.64			4.81	4.97			5.59	13.45
		velocity	7.20	8.54	8.25	7.66	7.54			7.28	7.04			7.16	7.53
H1 lead leg	R	strides	23	13	13	14	14			15	15			18.2	125.2
Henson (2020) - Athlete First: 2020 year end hurdle report															
39.86 6 / 3															
Sprunger, Léa (SUI) (1990)															
FINAL - 2016 Hürden-und Sprintmeeting (Basel, SUI) (300m Hurdles)															
date	07-May-16	time	6.66	10.96	15.40	20.00	24.76			29.52	34.32				
reaction time		interval		4.30	4.44	4.60	4.76			4.76	4.80			5.91	13.34
		velocity	6.76	8.14	7.88	7.61	7.35			7.35	7.29			7.61	7.46
H1 lead leg		strides													
Swiss Athletics (2016) - sprint and hurdle analysis															
40.23 / 1															
Hejnová, Zuzana (CZE) (1986)															
FINAL - 2020 Inspiration Games (Zürich, SUI) (TV Analysis) (300m Hurdles)															
date	09-Jul-20	time	7.33	11.63	16.03	20.53	25.30			30.20	35.13				
reaction time		interval		4.30	4.40	4.50	4.77			4.90	4.93			5.84	13.67
		velocity	6.82	8.14	7.95	7.78	7.34			7.14	7.10			6.85	7.32
H1 lead leg	R	strides	25	15	15	15	16			16	16			20	138
Henson (2020) - Athlete First: 2020 year end hurdle report															
40.97 3 / 3															
Schürmann, Robine (SUI) (1989)															
FINAL - 2016 Hürden-und Sprintmeeting (Basel, SUI) (300m Hurdles)															
date	07-May-16	time	6.74	11.16	15.70	20.42	25.28			30.22	35.14				
reaction time		interval		4.42	4.54	4.72	4.86			4.94	4.92			6.17	13.68
		velocity	6.68	7.92	7.71	7.42	7.20			7.09	7.11			7.29	7.26
H1 lead leg		strides													
Swiss Athletics (2016) - sprint and hurdle analysis															
41.31 / 2															

Fontanive, Petra (SUI) (1988)		H1	H2	H3	H4	H5	200m	H6	H7		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	6.70	11.08	15.56	20.20	25.16					41.38	/ 3			
reaction time		interval	4.38	4.48	4.64	4.96		5.08	4.90			6.24		13.50	14.94	
		velocity	6.72	7.99	7.81	7.54	7.06	6.89	7.14			7.21	7.25	7.78	7.03	
H1 lead leg		strides														

Women's 300m Hurdles Touchdown Times - by time

Schallau, Karin (FRG) (1941)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1971 West German Athletics - 300m Hurdles Test (Bonn, FRG)													<i>Keydel (1971) - 300 ou 400 haies pour les femmes?</i>					
date	15-May-71	time	4.1	7.9	11.6	15.4	19.3	23.6	27.6	31.7	36.1	41.4		44.4	/ 1			
reaction time		interval	3.8	3.7	3.8	3.9		4.3	4.0	4.1	4.4	5.3	3.0			11.30	12.20	13.80
		velocity																
H1 lead leg		strides	13	13	13	13		13	13	13	13	13		130				

Leuschner, Uschi (FRG)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1971 West German Athletics - 300m Hurdles Test (Bonn, FRG)													<i>Keydel (1971) - 300 ou 400 haies pour les femmes?</i>					
date	15-May-71	time	4.0	7.8	11.5	15.4	19.5	23.7	28.2	32.6	37.2	41.8		44.5	/ 2			
reaction time		interval	3.8	3.7	3.9	4.1		4.2	4.5	4.4	4.6	4.6	2.7			11.40	12.80	13.60
		velocity																
H1 lead leg		strides	13	13	13	13		13	15	15	15	15		138				

Gloor, Rita (FRG)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1971 West German Athletics - 300m Hurdles Test (Bonn, FRG)													<i>Keydel (1971) - 300 ou 400 haies pour les femmes?</i>					
date	15-May-71	time	4.1	7.8	11.5	15.3	19.1	23.2	27.5	31.9	36.8	41.6		45.0	/ 2			
reaction time		interval	3.7	3.7	3.8	3.8		4.1	4.3	4.4	4.9	4.8	3.4			11.20	12.20	14.10
		velocity																
H1 lead leg		strides	13	13	13	13		13	13	13	15	15		134				

Greenwald, Lydia (FRG)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1971 West German Athletics - 300m Hurdles Test (Bonn, FRG)													<i>Keydel (1971) - 300 ou 400 haies pour les femmes?</i>					
date	15-May-71	time	4.3	8.1	12.1	16.2	20.2	24.3	28.6	33.3	38.1	42.8		45.7	/ 4			
reaction time		interval	3.8	4.0	4.1	4.0		4.1	4.3	4.7	4.8	4.7	2.9			11.90	12.40	14.20
		velocity																
H1 lead leg		strides	13	13	13	13		13	13	15	15	15		136				

Schirme, Randi (FRG)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1971 West German Athletics - 300m Hurdles Test (Bonn, FRG)													<i>Keydel (1971) - 300 ou 400 haies pour les femmes?</i>					
date	15-May-71	time	4.1	7.9	11.8	15.6	19.6	24.1	28.6	33.3	38.1	43.0		46.4	/ 5			
reaction time		interval	3.8	3.9	3.8	4.0		4.5	4.5	4.7	4.8	4.9	3.4			11.50	13.00	14.40
		velocity																
H1 lead leg		strides	13	13	13	13		15	15	15	15	15		140				