Men's 400m Hurdles Touchdown Times - by time

LAST UPDATE: 15-Nov-23

Warholm, Karsten (NOR) (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 Olympic Games (Tokyo, JPN) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	03-Aug-21	time	5.60	9.08	12.62	16.28	19.96		23.86	27.92	32.04	36.32	40.76		45.94	6 / 1			
reaction time	0.145	interval		3.48	3.54	3.66	3.68		3.90	4.06	4.12	4.28	4.44	5.18	WR		10.68	11.64	12.84
		velocity	8.04	10.06	9.89	9.56	9.51		8.97	8.62	8.50	8.18	7.88	7.72	8.71		9.83	9.02	8.18
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	18	157				

Benjamin, Rai (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)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	03-Aug-21	time	5.64	9.20	12.84	16.52	20.28		24.16	28.16	32.24	36.44	40.80		46.17	5 / 2			
reaction time	0.168	interval		3.56	3.64	3.68	3.76		3.88	4.00	4.08	4.20	4.36	5.37	AR		10.88	11.64	12.64
		velocity	7.98	9.83	9.62	9.51	9.31		9.02	8.75	8.58	8.33	8.03	7.45	8.66		9.65	9.02	8.31
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	17	154				

dos Santos, Alison Brendon (BRA) (			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)															*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*				
date	19-Jul-22	time	5.71	9.26	12.81	16.38	20.12	21.67	24.01	28.11	32.33	36.69	41.07		46.29	6 / 1			
reaction time	0.141	interval		3.55	3.55	3.57	3.74		3.89	4.10	4.22	4.36	4.38	5.22	CR NR		10.67	11.73	12.96
		velocity	7.88	9.86	9.86	9.80	9.36	9.23	9.00	8.54	8.29	8.03	7.99	7.66	8.64		9.84	8.95	8.10
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	13	13	16.2	149.2				

Benjamin, Rai (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)															*Omega Timing (2023) - diamond league race analysis*				
date	16-Sep-23	time	5.74	9.40	13.10	16.86	20.68		24.61	28.60	32.70	36.97	41.36		46.39	5 / 1			
reaction time	0.154	interval		3.66	3.70	3.76	3.82		3.93	3.99	4.10	4.27	4.39	5.03			11.12	11.74	12.76
		velocity	7.84	9.56	9.46	9.31	9.16		8.91	8.77	8.54	8.20	7.97	7.95	8.62		9.44	8.94	8.23
H1 lead leg	R	strides	20	13	13	12	12		13	13	13	13	13	17	152				

Warholm, Karsten (NOR) (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 Herculis Meeting International d'Athlétisme (Monaco, MON)															*Omega Timing (2023) - diamond league race analysis*				
date	21-Jul-23	time	5.55	9.05	12.62	16.26	20.02		23.95	28.03	32.24	36.65	41.21		46.51	7 / 1			
reaction time	0.146	interval		3.50	3.57	3.64	3.76		3.93	4.08	4.21	4.41	4.56	5.30			10.71	11.77	13.18
		velocity	8.11	10.00	9.80	9.62	9.31		8.91	8.58	8.31	7.94	7.68	7.55	8.60		9.80	8.92	7.97
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	17.7	156.7				

Warholm, Karsten (NOR) (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 Bislett Games (Oslo, NOR)															*Omega Timing (2023) - diamond league race analysis*				
date	15-Jun-23	time	5.59	9.16	12.76	16.41	20.17		24.05	28.07	32.27	36.63	41.20		46.52	7 / 1			
reaction time	0.162	interval		3.57	3.60	3.65	3.76		3.88	4.02	4.20	4.36	4.57	5.32			10.82	11.66	13.13
		velocity	8.05	9.80	9.72	9.59	9.31		9.02	8.71	8.33	8.03	7.66	7.52	8.60		9.70	9.01	8.00
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	17.7	156.7				

Warholm, Karsten (NOR) (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)															*Omega Timing (2023) - diamond league race analysis*				
date	16-Sep-23	time	5.59	9.17	12.80	16.46	20.22		24.10	28.12	32.37	36.62	41.18		46.53	7 / 2			
reaction time	0.135	interval		3.58	3.63	3.66	3.76		3.88	4.02	4.25	4.25	4.56	5.35			10.87	11.66	13.06
		velocity	8.05	9.78	9.64	9.56	9.31		9.02	8.71	8.24	8.24	7.68	7.48	8.60		9.66	9.01	8.04
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	18	157				

Benjamin, Rai (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)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	09-Jul-23	time	5.81	9.44	13.14	16.92	20.75		24.70	28.69	32.76	37.00	41.47		46.62	5 / 1			
reaction time		interval		3.63	3.70	3.78	3.83		3.95	3.99	4.07	4.24	4.47	5.15			11.11	11.77	12.78
		velocity	7.75	9.64	9.46	9.26	9.14		8.86	8.77	8.60	8.25	7.83	7.77	8.58		9.45	8.92	8.22
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	17	154				

Warholm, Karsten (NOR) (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 Bislett Games (Oslo, NOR) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	01-Jul-21	time	5.58	9.10	12.70	16.34	20.16		24.08	28.18	32.38	36.78	41.44		46.70	7 / 1			
reaction time	0.163	interval		3.52	3.60	3.64	3.82		3.92	4.10	4.20	4.40	4.66	5.26	WR		10.76	11.84	13.26
		velocity	8.06	9.94	9.72	9.62	9.16		8.93	8.54	8.33	7.95	7.51	7.60	8.57		9.76	8.87	7.92
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	13	18	155				

dos Santos, Alison Brendon (BRA) (			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	03-Aug-21	time	5.76	9.36	13.08	16.76	20.60		24.64	28.80	33.00	37.26	41.58		46.72	7 / 3			
reaction time	0.156	interval		3.60	3.72	3.68	3.84		4.04	4.16	4.20	4.26	4.32	5.14	AR		11.00	12.04	12.78
		velocity	7.81	9.72	9.41	9.51	9.11		8.66	8.41	8.33	8.22	8.10	7.78	8.56		9.55	8.72	8.22
H1 lead leg	L	strides	20	13	13	12	12		13	13	13	14	13	16.2	152.2				

Young, Kevin (USA) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1992 Olympic Games (Barcelona, ESP)															*Letzelter (1995) - schrittgestaltung im 400m-hürdenlauf der jugend*				
date	06-Aug-92	time	5.92	9.58	13.24	16.94	20.72		24.68	28.74	32.88	37.18	41.58		46.78	4 / 1			
reaction time		interval		3.66	3.66	3.70	3.78		3.96	4.06	4.14	4.30	4.40	5.20	WR		11.02	11.80	12.84
		velocity	7.60	9.56	9.56	9.46	9.26		8.84	8.62	8.45	8.14	7.95	7.69	8.55		9.53	8.90	8.18
H1 lead leg	L	strides	20	13	13	12	12		13	13	13	13	13	16.7	151.7				

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

dos Santos, Alison Brendon (BRA) (			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)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	30-Jun-22	time	5.66	9.24	12.80	16.42	20.18	21.78	24.08	28.22	32.48	36.84	41.40		46.80	6 / 1			
reaction time	0.147	interval		3.58	3.56	3.62	3.76		3.90	4.14	4.26	4.36	4.56	5.40			10.76	11.80	13.18
		velocity	7.95	9.78	9.83	9.67	9.31	9.18	8.97	8.45	8.22	8.03	7.68	7.41	8.55		9.76	8.90	7.97
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	13	13	16.7	149.7				

Benjamin, Rai (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) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	26-Jun-21	time	5.77	9.47	13.30	17.17	21.09		25.06	29.06	33.20	37.50	41.84		46.83	5 / 1			
reaction time	0.235	interval		3.70	3.83	3.87	3.92		3.97	4.00	4.14	4.30	4.34	4.99	PB		11.40	11.89	12.78
		velocity	7.80	9.46	9.14	9.04	8.93		8.82	8.75	8.45	8.14	8.06	8.02	8.54		9.21	8.83	8.22
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153				

Warholm, Karsten (NOR) (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)															*Henson (2020) - Athlete First: 2020 year end hurdle report*				
date	23-Aug-20	time	5.58	9.14	12.80	16.60	20.44	22.2	24.42	28.48	32.64	36.94	41.48		46.87	8 / 1			
reaction time	0.161	interval		3.56	3.66	3.80	3.84		3.98	4.06	4.16	4.30	4.54	5.39	AR PB		11.02	11.88	13.00
		velocity	8.06	9.83	9.56	9.21	9.11	9.01	8.79	8.62	8.41	8.14	7.71	7.42	8.53		9.53	8.84	8.08
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	18	157				

Benjamin, Rai (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 World Athletics Championships (Eugene, OR)															*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*				
date	19-Jul-22	time	5.76	9.33	13.03	16.75	20.45	21.97	24.32	28.38	32.60	36.94	41.47		46.89	3 / 2			
reaction time	0.157	interval		3.57	3.70	3.72	3.70		3.87	4.06	4.22	4.34	4.53	5.42			10.99	11.63	13.09
		velocity	7.81	9.80	9.46	9.41	9.46	9.10	9.04	8.62	8.29	8.06	7.73	7.38	8.53		9.55	9.03	8.02
H1 lead leg	R	strides	20	13	13	13	12		12	13	13	13	13	16.5	151.5				

Warholm, Karsten (NOR) (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)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	23-Aug-23	time	5.81	9.46	12.90	16.52	20.29		24.25	28.29	32.50	36.93	41.61		46.89	7 / 1			
reaction time	0.171	interval		3.65	3.44	3.62	3.77		3.96	4.04	4.21	4.43	4.68	5.28			10.71	11.77	13.32
		velocity	7.75	9.59	10.17	9.67	9.28		8.84	8.66	8.31	7.90	7.48	7.58	8.53		9.80	8.92	7.88
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	18	157				

Warholm, Karsten (NOR) (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 Weltklasse (Zürich, SUI) (TV Analysis)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	29-Aug-19	time	5.66	9.16	12.76	16.40	20.22	21.9	24.18	28.32	32.56	37.08	41.62		46.92	7 / 1			
reaction time	0.140	interval		3.50	3.60	3.64	3.82		3.96	4.14	4.24	4.52	4.54	5.30	AR PB		10.74	11.92	13.30
		velocity	7.95	10.00	9.72	9.62	9.16	9.13	8.84	8.45	8.25	7.74	7.71	7.55	8.53		9.78	8.81	7.89
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18.2	159.2				

Samba, Abderrahmane (QAT) (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 Meeting de Paris (Paris, FRA) (TV Analysis)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	30-Jun-18	time	5.88	9.48	13.12	16.84	20.60	22.3	24.52	28.68	32.88	37.36	41.84		46.98	5 / 1			
reaction time	0.209	interval		3.60	3.64	3.72	3.76		3.92	4.16	4.20	4.48	4.48	5.14	AR PB		10.96	11.84	13.16
		velocity	7.65	9.72	9.62	9.41	9.31	8.97	8.93	8.41	8.33	7.81	7.81	7.78	8.51		9.58	8.87	7.98
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14	17.2	158.2				

Benjamin, Rai (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 Weltklasse (Zürich, SUI) (TV Analysis)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	29-Aug-19	time	5.74	9.34	12.98	16.74	20.62	22.2	24.54	28.61	32.80	37.18	41.84		46.98	5 / 2			
reaction time	0.173	interval		3.60	3.64	3.76	3.88		3.92	4.07	4.19	4.38	4.66	5.14	PB		11.00	11.87	13.23
		velocity	7.84	9.72	9.62	9.31	9.02	9.01	8.93	8.60	8.35	7.99	7.51	7.78	8.51		9.55	8.85	7.94
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	17	155				

dos Santos, Alison Brendon (BRA) (			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)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	08-Sep-22	time	5.70	9.27	12.91	16.58	20.45	21.96	24.36	28.50	32.70	37.10	41.67		46.98	6 / 1			
reaction time	0.155	interval		3.57	3.64	3.67	3.87		3.91	4.14	4.20	4.40	4.57	5.31			10.88	11.92	13.17
		velocity	7.89	9.80	9.62	9.54	9.04	9.11	8.95	8.45	8.33	7.95	7.66	7.53	8.51		9.65	8.81	7.97
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	13	13	16	149				

Moses, Edwin (USA) (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 Internationale Leichtathletiksportfest (Koblenz, FRG)																*Arnold (1992) - Hurdling*			
date	31-Aug-83	time	5.9	9.6	13.4	17.1	21.0	22.7	24.9	29.0	33.1	37.4	41.9		47.02	/ 1			
reaction time		interval		3.70	3.80	3.70	3.90		3.90	4.10	4.10	4.30	4.50	5.12	WR		11.20	11.90	12.90
		velocity	7.63	9.46	9.21	9.46	8.97	8.81	8.97	8.54	8.54	8.14	7.78	7.81	8.51		9.38	8.82	8.14
H1 lead leg	L	strides	19	13	13	13	13		13	13	13	13	13	16	152				

Benjamin, Rai (ANT) (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)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	08-Jun-18	time	5.83	9.56	13.33	17.06	21.00		25.00	29.03	33.23	37.46	41.90		47.02	5 / 1			
reaction time		interval		3.73	3.77	3.73	3.94		4.00	4.03	4.20	4.23	4.44	5.12	AR PB		11.23	11.97	12.87
		velocity	7.72	9.38	9.28	9.38	8.88		8.75	8.68	8.33	8.27	7.88	7.81	8.51		9.35	8.77	8.16
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.2	153.2				

Benjamin, Rai (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) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	26-Jun-22	time	5.84	9.51	13.34	17.34	21.35	22.97	25.36	29.43	33.60	37.80	42.14		47.04	7 / 1			
reaction time		interval		3.67	3.83	4.00	4.01		4.01	4.07	4.17	4.20	4.34	4.90			11.50	12.09	12.71
		velocity	7.71	9.54	9.14	8.75	8.73	8.71	8.73	8.60	8.39	8.33	8.06	8.16	8.50		9.13	8.68	8.26
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153				

Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date	17-Sep-20	time	5.64	9.24	12.95	16.75	20.65	22.3	24.66	28.80	33.07	37.47	41.91		47.07	7 / 1			
reaction time	0.158	interval		3.60	3.71	3.80	3.90		4.01	4.14	4.27	4.40	4.44	5.16			11.11	12.05	13.11
		velocity	7.98	9.72	9.43	9.21	8.97	8.97	8.73	8.45	8.20	7.95	7.88	7.75	8.50		9.45	8.71	8.01
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	18	157				

Warholm, Karsten (NOR) (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 ISTAF (Berlin, GER) (TV Analysis)																*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date	13-Sep-20	time	5.64	9.24	12.88	16.64	20.56		24.56	28.68	32.92	37.24	41.88		47.08	7 / 1			
reaction time	0.190	interval		3.60	3.64	3.76	3.92		4.00	4.12	4.24	4.32	4.64	5.20			11.00	12.04	13.20
		velocity	7.98	9.72	9.62	9.31	8.93		8.75	8.50	8.25	8.10	7.54	7.69	8.50		9.55	8.72	7.95
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	18	157				

Warholm, Karsten (NOR) (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 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	09-Jul-21	time	5.62	9.12	12.74	16.51	20.38	22.0	24.36	28.49	32.74	37.17	41.87		47.08	7 / 1			
reaction time	0.150	interval		3.50	3.62	3.77	3.87		3.98	4.13	4.25	4.43	4.70	5.21			10.89	11.98	13.38
		velocity	8.01	10.00	9.67	9.28	9.04	9.09	8.79	8.47	8.24	7.90	7.45	7.68	8.50		9.64	8.76	7.85
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	18	157				

McMaster, Kyron (IVB) (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)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	03-Aug-21	time	5.68	9.24	12.96	16.72	20.60		24.60	28.86	33.20	37.60	41.96		47.08	4 / 4			
reaction time	0.157	interval		3.56	3.72	3.76	3.88		4.00	4.26	4.34	4.40	4.36	5.12	**NR PB**		11.04	12.14	13.10
		velocity	7.92	9.83	9.41	9.31	9.02		8.75	8.22	8.06	7.95	8.03	7.81	8.50		9.51	8.65	8.02
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	17	158				

Warholm, Karsten (NOR) (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)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	21-Aug-23	time	5.77	9.44	13.08	16.61	20.42		24.36	28.42	32.63	37.25	41.97		47.09	5 / 1			
reaction time	0.162	interval		3.67	3.64	3.53	3.81		3.94	4.06	4.21	4.62	4.72	5.12			10.84	11.81	13.55
		velocity	7.80	9.54	9.62	9.92	9.19		8.88	8.62	8.31	7.58	7.42	7.81	8.49		9.69	8.89	7.75
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17	158				

Warholm, Karsten (NOR) (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 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date	14-Aug-20	time	5.60	9.27	13.11	16.98	20.92		25.02	29.23	33.47	37.80	42.17		47.10	7 / 1			
reaction time	0.132	interval		3.67	3.84	3.87	3.94		4.10	4.21	4.24	4.33	4.37	4.93			11.38	12.25	12.94
		velocity	8.04	9.54	9.11	9.04	8.88		8.54	8.31	8.25	8.08	8.01	8.11	8.49		9.23	8.57	8.11
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	13	17	154				

Warholm, Karsten (NOR) (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)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	20-Jul-19	time	5.72	9.24	12.84	16.56	20.40	22.0	24.44	28.56	32.88	37.28	41.92		47.12	7 / 1			
reaction time	0.160	interval		3.52	3.60	3.72	3.84		4.04	4.12	4.32	4.40	4.64	5.20	**AR PB**		10.84	12.00	13.36
		velocity	7.87	9.94	9.72	9.41	9.11	9.09	8.66	8.50	8.10	7.95	7.54	7.69	8.49		9.69	8.75	7.86
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	14	18	156				

Samba, Abderrahmane (QAT) (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 Olympic Games (Tokyo, JPN) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	03-Aug-21	time	5.84	9.48	13.12	16.88	20.72		24.80	28.92	33.16	37.48	41.90		47.12	8 / 5			
reaction time	0.186	interval		3.64	3.64	3.76	3.84		4.08	4.12	4.24	4.32	4.42	5.22			11.04	12.04	12.98
		velocity	7.71	9.62	9.62	9.31	9.11		8.58	8.50	8.25	8.10	7.92	7.66	8.49		9.51	8.72	8.09
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14	14	17	157				

Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	19-Aug-22	time	5.77	9.27	13.03	16.72	20.57	22.14	24.59	28.68	32.93	37.30	41.99		47.12	4 / 1			
reaction time	0.215	interval		3.50	3.76	3.69	3.85		4.02	4.09	4.25	4.37	4.69	5.13	**CR**		10.95	11.96	13.31
		velocity	7.80	10.00	9.31	9.49	9.09	9.03	8.71	8.56	8.24	8.01	7.46	7.80	8.49		9.59	8.78	7.89
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	17.2	156.2				

Moses, Edwin (USA) (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 - 1980 Mario Lanzi Memorial (Milan, ITA)																*Behm (1995) - la tactique du 400 haies*			
date	03-Jul-80	time	5.7	9.4	13.2	17.0	20.9		24.7	28.6	32.8	37.2	41.7		47.13	/ 1			
reaction time		interval		3.70	3.80	3.80	3.90		3.80	3.90	4.20	4.40	4.50	5.43	**WR**		11.30	11.60	13.10
		velocity	7.89	9.46	9.21	9.21	8.97		9.21	8.97	8.33	7.95	7.78	7.37	8.49		9.29	9.05	8.02
H1 lead leg		strides																	

Benjamin, Rai (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 USATF Golden Games (Walnut, CA) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	09-May-21	time	5.84	9.44	13.21	17.08	21.02		24.99	29.09	33.37	37.67	42.11		47.13	5 / 1			
reaction time		interval		3.60	3.77	3.87	3.94		3.97	4.10	4.28	4.30	4.44	5.02			11.24	12.01	13.02
		velocity	7.71	9.72	9.28	9.04	8.88		8.82	8.54	8.18	8.14	7.88	7.97	8.49		9.34	8.74	8.06
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153				

Benjamin, Rai (USA) (1997)

FINAL - 2019 Prefontaine Classic (Stanford, CA) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	30-Jun-19	time	5.83	9.53	13.33	17.30	21.33		25.33	29.43	33.63	37.85	42.10		47.16	5 / 1			
reaction time	0.216	interval		3.70	3.80	3.97	4.03		4.00	4.10	4.20	4.22	4.25	5.06			11.47	12.13	12.67
		velocity	7.72	9.46	9.21	8.82	8.68		8.75	8.54	8.33	8.29	8.24	7.91	8.48		9.15	8.66	8.29
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.2	153.2				

Young, Kevin (USA) (1966)

FINAL - 1993 IAAF World Championships (Stuttgart, GER) *Graubner (2008) - http://www.fgs.uni-halle.de*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	19-Aug-93	time	6.05	9.68	13.43	17.12	20.92		24.86	28.89	33.00	37.34	41.46		47.18	6 / 1			
reaction time	0.267	interval		3.63	3.75	3.69	3.80		3.94	4.03	4.11	4.34	4.12	5.72			11.07	11.77	12.57
		velocity	7.44	9.64	9.33	9.49	9.21		8.88	8.68	8.52	8.06	8.50	6.99	8.48		9.49	8.92	8.35
H1 lead leg	L	strides	20	13	13	12	12		13	13	13	13	13	17	152				

Phillips, Andre (USA) (1959)

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	25-Sep-88	time	5.80	9.36	13.13	16.97	20.93		24.98	29.14	33.18	37.45	41.99		47.19	6 / 1			
reaction time	0.150	interval		3.56	3.77	3.84	3.96		4.05	4.16	4.04	4.27	4.54	5.20	OR / PB		11.17	12.17	12.85
		velocity	7.76	9.83	9.28	9.11	8.84		8.64	8.41	8.66	8.20	7.71	7.69	8.48		9.40	8.63	8.17
H1 lead leg	L	strides	19	13	13	13	13		13	13	13	13	13	17.9	153.9				

Dia Bâ, Amadou (SEN) (1958)

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	25-Sep-88	time	5.96	9.60	13.33	17.13	21.01		25.06	29.26	33.44	37.83	42.27		47.23	5 / 2			
reaction time	0.220	interval		3.64	3.73	3.80	3.88		4.05	4.20	4.18	4.39	4.44	4.96	NR		11.17	12.13	13.01
		velocity	7.55	9.62	9.38	9.21	9.02		8.64	8.33	8.37	7.97	7.88	8.06	8.47		9.40	8.66	8.07
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	18	159				

dos Santos, Alison Brendon (BRA) (

FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	28-May-22	time	5.75	9.36	13.00	16.73	20.56	22.33	24.54	28.70	32.93	37.53	42.00		47.23	7 / 1			
reaction time	0.194	interval		3.61	3.64	3.73	3.83		3.98	4.16	4.23	4.60	4.47	5.23			10.98	11.97	13.30
		velocity	7.83	9.70	9.62	9.38	9.14	8.96	8.79	8.41	8.27	7.61	7.83	7.65	8.47		9.56	8.77	7.89
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	14	13	16	150				

dos Santos, Alison Brendon (BRA) (

FINAL - 2022 Doha Diamond League (Doha, QAT) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	13-May-22	time	5.70	9.37	13.11	17.12	21.20	22.9	25.36	29.44	33.63	37.83	42.14		47.24	7 / 1			
reaction time	0.172	interval		3.67	3.74	4.01	4.08		4.16	4.08	4.19	4.20	4.31	5.10			11.42	12.32	12.70
		velocity	7.89	9.54	9.36	8.73	8.58	8.73	8.41	8.58	8.35	8.33	8.12	7.84	8.47		9.19	8.52	8.27
H1 lead leg	L	strides	20	13	12	13	13		13	13	13	13	13		136				

Warholm, Karsten (NOR) (1996)

FINAL - 2022 ISTAF (Berlin, GER) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	04-Sep-22	time	5.76	9.28	12.88	16.60	20.36		24.32	28.48	32.76	37.24	41.96		47.24	7 / 1			
reaction time	0.139	interval		3.52	3.60	3.72	3.76		3.96	4.16	4.28	4.48	4.72	5.28			10.84	11.88	13.48
		velocity	7.81	9.94	9.72	9.41	9.31		8.84	8.41	8.18	7.81	7.42	7.58	8.47		9.69	8.84	7.79
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	18	157				

Benjamin, Rai (USA) (1997)

Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	21-Aug-23	time	5.77	9.54	13.08	16.92	20.82		24.82	28.93	33.21	37.61	42.14		47.24	7 / 1			
reaction time	0.169	interval		3.77	3.54	3.84	3.90		4.00	4.11	4.28	4.40	4.53	5.10			11.15	12.01	13.21
		velocity	7.80	9.28	9.89	9.11	8.97		8.75	8.52	8.18	7.95	7.73	7.84	8.47		9.42	8.74	7.95
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.5	153.5				

Sánchez, Félix (DOM) (1977)

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	29-Aug-03	time	5.8	9.3	13.0	16.9	20.7		24.8	29.1	33.4	37.7	42.1		47.25	5 / 1			
reaction time	0.176	interval		3.5	3.7	3.9	3.8		4.1	4.3	4.3	4.3	4.4	5.15	AR / PB		11.10	12.20	13.00
		velocity	7.76	10.00	9.46	8.97	9.21		8.54	8.14	8.14	8.14	7.95	7.77	8.47		9.46	8.61	8.08
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18	162				

Taylor, Angelo (USA) (1978)

FINAL - 2008 Olympic Games (Beijing, CHN) *Behm (2008)- Pekin 2008: Le quatrache masculin - féminin*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	18-Aug-08	time	5.7	9.4	13.1	16.7	20.6		24.6	28.8	33.1	37.5	42.0		47.25	6 / 1			
reaction time	0.164	interval		3.7	3.7	3.6	3.9		4.0	4.2	4.3	4.4	4.5	5.25	PB		11.00	12.10	13.20
		velocity	7.89	9.46	9.46	9.72	8.97		8.75	8.33	8.14	7.95	7.78	7.62	8.47		9.55	8.68	7.95
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	14	14	17.5	160.5				

Warholm, Karsten (NOR) (1996)

FINAL - 2019 Meeting de Paris (Paris, FRA) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	24-Aug-19	time	5.64	9.24	12.86	16.59	20.42	22.1	24.48	28.66	32.92	37.35	41.96		47.26	7 / 1			
reaction time	0.157	interval		3.60	3.62	3.73	3.83		4.06	4.18	4.26	4.43	4.61	5.30			10.95	12.07	13.30
		velocity	7.98	9.72	9.67	9.38	9.14	9.05	8.62	8.37	8.22	7.90	7.59	7.55	8.46		9.59	8.70	7.89
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	13	18	155				

dos Santos, Alison Brendon (BRA) (**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

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

date	16-Jun-22	time	5.74	9.42	13.16	16.92	20.82	22.56	24.96	29.20	33.42	37.76	42.16		47.26	7 / 1			
reaction time	0.184	interval		3.68	3.74	3.76	3.90		4.14	4.24	4.22	4.34	4.40	5.10			11.18	12.28	12.96
		velocity	7.84	9.51	9.36	9.31	8.97	8.87	8.45	8.25	8.29	8.06	7.95	7.84	8.46		9.39	8.55	8.10
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	13	13	16	149				

McMaster, Kyron (IVB) (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 P-T-S Meeting (Banská Bystrica, SVK) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	20-Jul-23	time	5.78	9.32	13.00	16.78	20.66		24.66	28.80	33.10	37.58	42.12		47.26	6 / 1			
reaction time	0.210	interval		3.54	3.68	3.78	3.88		4.00	4.14	4.30	4.48	4.54	5.14			11.00	12.02	13.32
		velocity	7.79	9.89	9.51	9.26	9.02		8.75	8.45	8.14	7.81	7.71	7.78	8.46		9.55	8.74	7.88
H1 lead leg	L	strides		13	13	13	13		13	14	14	14	14	17.2	138.2				

Moses, Edwin (USA) (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 - 1981 ISTAF (West Berlin, FRG) *Behm (1988) - 45-39*

date	21-Aug-81	time	5.7	9.4	13.3	17.1	20.9		24.9	29.0	33.3	37.7	42.1		47.27	/ 1			
reaction time		interval		3.7	3.9	3.8	3.8		4.0	4.1	4.3	4.4	4.4	5.17			11.40	11.90	13.10
		velocity	7.89	9.46	8.97	9.21	9.21		8.75	8.54	8.14	7.95	7.95	7.74	8.46		9.21	8.82	8.02
H1 lead leg		strides		13	12	12	13		13	13	13	13	13		115				

Samba, Abderrahmane (QAT) (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 Shanghai Diamond League (Shanghai, CHN) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	18-May-19	time	5.80	9.60	13.36	17.20	21.13	23.0	25.26	29.40	33.58	37.83	42.13		47.27	4 / 1			
reaction time	0.201	interval		3.80	3.76	3.84	3.93		4.13	4.14	4.18	4.25	4.30	5.14			11.40	12.20	12.73
		velocity	7.76	9.21	9.31	9.11	8.91	8.70	8.47	8.45	8.37	8.24	8.14	7.78	8.46		9.21	8.61	8.25
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	13	13	17	155				

McMaster, Kyron (IVB) (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 Weltklasse (Zürich, SUI) *Omega Timing (2023) - diamond league race analysis*

date	31-Aug-23	time	5.56	9.05	12.66	16.39	20.25		24.26	28.39	32.72	37.25	41.90		47.27	6 / 1			
reaction time	0.149	interval		3.49	3.61	3.73	3.86		4.01	4.13	4.33	4.53	4.65	5.37			10.83	12.00	13.51
		velocity	8.09	10.03	9.70	9.38	9.07		8.73	8.47	8.08	7.73	7.53	7.45	8.46		9.70	8.75	7.77
H1 lead leg	L	strides	21	13	13	13	13		13	13	14	14	14	17.2	158.2				

Jackson, Bershawn (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) *Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers*

date	09-Aug-05	time	5.73	9.50	13.30	17.34	21.41		25.38	29.42	33.59	37.86	42.25		47.30	6 / 1			
reaction time	0.153	interval		3.77	3.80	4.04	4.07		3.97	4.04	4.17	4.27	4.39	5.05	PB		11.61	12.08	12.83
		velocity	7.85	9.28	9.21	8.66	8.60		8.82	8.66	8.39	8.20	7.97	7.92	8.46		9.04	8.69	8.18
H1 lead leg		strides		13	13	15	15		15	15	15	15	15	19	150				

Warholm, Karsten (NOR) (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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	01-Aug-21	time	5.60	9.14	12.76	16.51	20.42		24.42	28.59	32.93	37.32	42.07		47.30	7 / 1			
reaction time	0.156	interval		3.54	3.62	3.75	3.91		4.00	4.17	4.34	4.39	4.75	5.23			10.91	12.08	13.48
		velocity	8.04	9.89	9.67	9.33	8.95		8.75	8.39	8.06	7.97	7.37	7.65	8.46		9.62	8.69	7.79
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	17.5	156.5				

Warholm, Karsten (NOR) (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 Weltklasse (Zürich, SUI) *Omega Timing (2023) - diamond league race analysis*

date	31-Aug-23	time	5.63	9.23	12.94	16.69	20.55		24.50	28.55	32.78	37.30	41.91		47.30	7 / 2			
reaction time	0.169	interval		3.60	3.71	3.75	3.86		3.95	4.05	4.23	4.52	4.61	5.39			11.06	11.86	13.36
		velocity	7.99	9.72	9.43	9.33	9.07		8.86	8.64	8.27	7.74	7.59	7.42	8.46		9.49	8.85	7.86
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159				

McMaster, Kyron (IVB) (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) *Omega Timing (2023) - diamond league race analysis*

date	16-Sep-23	time	5.58	9.11	12.71	16.42	20.29		24.26	28.35	32.59	37.11	41.75		47.31	6 / 3			
reaction time	0.133	interval		3.53	3.60	3.71	3.87		3.97	4.09	4.24	4.52	4.64	5.56			10.84	11.93	13.40
		velocity	8.06	9.92	9.72	9.43	9.04		8.82	8.56	8.25	7.74	7.54	7.19	8.45		9.69	8.80	7.84
H1 lead leg	L	strides	21	13	13	12	13		13	13	13	14	14	17	156				

Warholm, Karsten (NOR) (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 Bislett Games (Oslo, NOR) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	13-Jun-19	time	5.58	9.14	12.84	16.64	20.61	22.3	24.64	28.88	33.12	37.52	42.03		47.33	7 / 1			
reaction time	0.148	interval		3.56	3.70	3.80	3.97		4.03	4.24	4.24	4.40	4.51	5.30	AR PB		11.06	12.24	13.15
		velocity	8.06	9.83	9.46	9.21	8.82	8.97	8.68	8.25	8.25	7.95	7.76	7.55	8.45		9.49	8.58	7.98
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	18	157				

dos Santos, Alison Brendon (BRA) (**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	5.74	9.40	13.16	16.86	20.70	22.5	24.76	28.80	32.94	37.30	41.92		47.34	7 / 1			

reaction time	0.160	interval		3.66	3.76	3.70	3.84		4.06	4.04	4.14	4.36	4.62	5.42	AR PB		11.12	11.94	13.12
		velocity	7.84	9.56	9.31	9.46	9.11	8.89	8.62	8.66	8.45	8.03	7.58	7.38	8.45		9.44	8.79	8.00
H1 lead leg	L	strides		13	13	12	12		13	13	13	13	13	17	132				

McMaster, Kyron (IVB) (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 NACAC Championships (Freeport, BAH) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 21-Aug-22	time	5.60	9.23	13.03	16.87	20.77		24.80	28.86	33.06	37.43		47.34	6 / 1			
reaction time	interval		3.63	3.80	3.84	3.90		4.03	4.06	4.20	4.37		CR		11.27	11.99	
	velocity	8.04	9.64	9.21	9.11	8.97		8.68	8.62	8.33	8.01		8.45		9.32	8.76	
H1 lead leg L	strides		13	13	13	13		13	13	13	14		105				

Clarke, Roshawn (JAM) (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 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 21-Aug-23	time	5.77	9.48	13.08	16.61	20.42		24.49	28.66	33.01	37.54	42.14	47.34	7 / 2			
reaction time 0.198	interval		3.71	3.60	3.53	3.81		4.07	4.17	4.35	4.53	4.60	5.20	WJR	10.84	12.05	13.48
	velocity	7.80	9.43	9.72	9.92	9.19		8.60	8.39	8.05	7.73	7.61	7.69	8.45	9.69	8.71	7.79
H1 lead leg R	strides	21	13	13	13	13		14	14	15	15	15	18.5	164.5			

McMaster, Kyron (IVB) (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)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 23-Aug-23	time	5.67	9.33	12.80	16.45	20.26		24.28	28.39	32.78	37.33	41.98	47.34	8 / 2			
reaction time 0.151	interval		3.66	3.47	3.65	3.81		4.02	4.11	4.39	4.55	4.65	5.36		10.78	11.94	13.59
	velocity	7.94	9.56	10.09	9.59	9.19		8.71	8.52	7.97	7.69	7.53	7.46	8.45	9.74	8.79	7.73
H1 lead leg L	strides	21	13	13	13	13		13	13	14	14	14	17.7	158.7			

Warholm, Karsten (NOR) (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 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 09-Sep-21	time	5.72	9.28	12.96	16.72	20.56	22.1	24.56	28.68	32.88	37.44	42.08	47.35	7 / 1			
reaction time 0.150	interval		3.56	3.68	3.76	3.84		4.00	4.12	4.20	4.56	4.64	5.27		11.00	11.96	13.40
	velocity	7.87	9.83	9.51	9.31	9.11	9.05	8.75	8.50	8.33	7.68	7.54	7.59	8.45	9.55	8.78	7.84
H1 lead leg L	strides	20	13	13	13	13		13	13	13	15	15	18	159			

Diagana, Stéphane (FRA) (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 Athletissima (Lausanne, SUI)														*Behm (1999) - Les deux recordmen de France: Stéphane Diagana (Vazel)*			
date 05-Jul-95	time	5.86	9.54	13.30	17.10	20.97		24.94	29.09	33.25	37.67	42.16	47.37	/ 1			
reaction time	interval		3.68	3.76	3.80	3.87		3.97	4.15	4.16	4.42	4.49	5.21	AR	11.24	11.99	13.07
	velocity	7.68	9.51	9.31	9.21	9.04		8.82	8.43	8.41	7.92	7.80	7.68	8.44	9.34	8.76	8.03
H1 lead leg	strides		13	13	13	13		13	14	14	15	15		123			

Samba, Abderrahmane (QAT) (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)														*Henson (2021) - Athlete First: 2018 year end hurdle report*			
date 08-Sep-18	time	5.84	9.52	13.28	17.04	20.96		24.96	29.16	33.48	37.96	42.32	47.37	3 / 1			
reaction time 0.219	interval		3.68	3.76	3.76	3.92		4.00	4.20	4.32	4.48	4.36	5.05		11.20	12.12	13.16
	velocity	7.71	9.51	9.31	9.31	8.93		8.75	8.33	8.10	7.81	8.03	7.92	8.44	9.38	8.66	7.98
H1 lead leg R	strides	21	13	13	13	13		13	13	14	14	14	17.5	158.5			

Benjamin, Rai (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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 01-Aug-21	time	5.57	9.11	12.78	16.51	20.45		24.42	28.56	32.86	37.30	41.92	47.37	5 / 2			
reaction time 0.184	interval		3.54	3.67	3.73	3.94		3.97	4.14	4.30	4.44	4.62	5.45		10.94	12.05	13.36
	velocity	8.08	9.89	9.54	9.38	8.88		8.82	8.45	8.14	7.88	7.58	7.34	8.44	9.60	8.71	7.86
H1 lead leg R	strides	20	13	13	13	13		13	13	13	13	13	16.7	153.7			

Benjamin, Rai (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 Doha Diamond League (Doha, QAT) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 28-May-21	time	5.80	9.54	13.38	17.38	21.39	23.0	25.44	29.53	33.73	37.97	42.24	47.38	5 / 1			
reaction time 0.203	interval		3.74	3.84	4.00	4.01		4.05	4.09	4.20	4.24	4.27	5.14		11.58	12.15	12.71
	velocity	7.76	9.36	9.11	8.75	8.73	8.70	8.64	8.56	8.33	8.25	8.20	7.78	8.44	9.07	8.64	8.26
H1 lead leg R	strides	20	13	13	13			13	13	13	13	13	16.2	140.2			

dos Santos, Alison Brendon (BRA) (

	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)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 01-Jul-21	time	5.74	9.36	13.12	16.92	20.78		24.86	28.98	33.20	37.56	42.06	47.38	6 / 2			
reaction time 0.179	interval		3.62	3.76	3.80	3.86		4.08	4.12	4.22	4.36	4.50	5.32	AR PB	11.18	12.06	13.08
	velocity	7.84	9.67	9.31	9.21	9.07		8.58	8.50	8.29	8.03	7.78	7.52	8.44	9.39	8.71	8.03
H1 lead leg L	strides	20	13	13	12	12		13	13		13	13	16.5	138.5			

dos Santos, Alison Brendon (BRA) (

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 21-Aug-23	time	5.87	9.61	13.24	16.78	20.65		24.76	29.00	33.28	37.65	42.17	47.38	8 / 2			
reaction time 0.182	interval		3.74	3.63	3.54	3.87		4.11	4.24	4.28	4.37	4.52	5.21		10.91	12.22	13.17
	velocity	7.67	9.36	9.64	9.89	9.04		8.52	8.25	8.18	8.01	7.74	7.68	8.44	9.62	8.59	7.97
H1 lead leg L	strides	20	13	12	12	12		13	13	13	13	13	16.2	150.2			

Bassitt, Trevor (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 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 21-Aug-23	time	5.87	9.71	13.41	17.08	20.92		24.87	29.00	33.28		42.37	47.38	9 / 3			
reaction time 0.187	interval		3.84	3.70	3.67	3.84		3.95	4.13	4.28		9.09	5.01	PB	11.21	11.92	13.37

		velocity	7.67	9.11	9.46	9.54	9.11	8.86	8.47	8.18	7.70	7.98	8.44	9.37	8.81	7.85
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	17	128				

Clement, Kerron (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 - 2006 USATF National Championships (Indianapolis, IN)														*USATF Men's Hurdle Development (2006)*			
date 24-Jun-06 time	5.97	9.65	13.38	17.15	21.05		25.06	29.19	33.40	37.80	42.41		47.39	4 / 1			
reaction time interval		3.68	3.73	3.77	3.90		4.01	4.13	4.21	4.40	4.61	4.98			11.18	12.04	13.22
velocity	7.54	9.51	9.38	9.28	8.97		8.73	8.47	8.31	7.95	7.59	8.03	8.44		9.39	8.72	7.94
H1 lead leg R strides	20	13	13	13	13		13	13	13	13	15	17	156				

Bassitt, Trevor (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 - 2022 World Athletics Championships (Eugene, OR)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 19-Jul-22 time	5.86	9.54	13.21	16.90	20.69	22.28	24.72	28.98	33.30	37.77	42.33		47.39	8 / 3			
reaction time 0.147 interval		3.68	3.67	3.69	3.79		4.03	4.26	4.32	4.47	4.56	5.06	PB		11.04	12.08	13.35
velocity	7.68	9.51	9.54	9.49	9.23	8.98	8.68	8.22	8.10	7.83	7.68	7.91	8.44		9.51	8.69	7.87
H1 lead leg R strides	20	13	13	12	12		13	13	13	13	13	16.2	151.2				

Samba, Abderrahmane (QAT) (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 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 10-Jun-18 time	5.88	9.60	13.40	17.24	21.20		25.28	29.40	33.76	37.96	42.28		47.41	5 / 1			
reaction time 0.194 interval		3.72	3.80	3.84	3.96		4.08	4.12	4.36	4.20	4.32	5.13	AR PB		11.36	12.16	12.88
velocity	7.65	9.41	9.21	9.11	8.84		8.58	8.50	8.03	8.33	8.10	7.80	8.44		9.24	8.63	8.15
H1 lead leg R strides	21	13	13	13	13		13	13	14	14	14	17.5	158.5				

Happio, Wilfried (FRA) (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 World Athletics Championships (Eugene, OR)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 19-Jul-22 time	5.79	9.33	12.95	16.58	20.34	21.86	24.26	28.50	32.83	37.49	42.18		47.41	5 / 4			
reaction time 0.134 interval		3.54	3.62	3.63	3.76		3.92	4.24	4.33	4.66	4.69	5.23	PB		10.79	11.92	13.68
velocity	7.77	9.89	9.67	9.64	9.31	9.15	8.93	8.25	8.08	7.51	7.46	7.65	8.44		9.73	8.81	7.68
H1 lead leg L strides	20	13	13	13	13		13	13	13	15	15	18	159				

Samba, Abderrahmane (QAT) (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 Athletissima (Lausanne, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 05-Jul-18 time	5.76	9.40	13.12	16.84	20.72		24.80	28.92	33.24	37.72	42.24		47.42	5 / 1			
reaction time 0.183 interval		3.64	3.72	3.72	3.88		4.08	4.12	4.32	4.48	4.52	5.18			11.08	12.08	13.32
velocity	7.81	9.62	9.41	9.41	9.02		8.58	8.50	8.10	7.81	7.74	7.72	8.44		9.48	8.69	7.88
H1 lead leg R strides	21	13	13	13	13		13	13	13	14	14	17.2	157.2				

Warholm, Karsten (NOR) (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 IAAF World Championships (Doha, QAT)														*Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*			
date 30-Sep-19 time	5.75	9.29	12.93	16.68	20.56		24.56	28.68	32.91	37.40	42.01		47.42	4 / 1			
reaction time 0.164 interval		3.54	3.64	3.75	3.88		4.00	4.12	4.23	4.49	4.61	5.41			10.93	12.00	13.33
velocity	7.83	9.89	9.62	9.33	9.02		8.75	8.50	8.27	7.80	7.59	7.39	8.44		9.61	8.75	7.88
H1 lead leg L strides	20	13	13	13	13		13	13	13	13	15	18.2	157.2				

Warholm, Karsten (NOR) (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 Norwegian National Championships (Hamar, NOR) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 02-Aug-19 time	5.76	9.40	13.16	17.02	21.00		25.08	29.28	33.56	37.96	42.36		47.43	7 / 1			
reaction time interval		3.64	3.76	3.86	3.98		4.08	4.20	4.28	4.40	4.40	5.07			11.26	12.26	13.08
velocity	7.81	9.62	9.31	9.07	8.79		8.58	8.33	8.18	7.95	7.95	7.89	8.43		9.33	8.56	8.03
H1 lead leg L strides	20	13	13	13	13		13	13	13	13	13	17.2	154.2				

dos Santos, Alison Brendon (BRA) (

	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)														*Omega Timing (2023) - diamond league race analysis*			
date 16-Sep-23 time	5.79	9.49	13.20	16.94	20.84		24.85	28.98	33.26	37.65	42.12		47.44	4 / 4			
reaction time 0.172 interval		3.70	3.71	3.74	3.90		4.01	4.13	4.28	4.39	4.47	5.32			11.15	12.04	13.14
velocity	7.77	9.46	9.43	9.36	8.97		8.73	8.47	8.18	7.97	7.83	7.52	8.43		9.42	8.72	7.99
H1 lead leg L strides	20			12	12		12	13	13	13	13	16	124				

Moses, Edwin (USA) (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 - 1987 IAAF World Championships (Rome, ITA)														*Sušanka (1990) - time analyis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*			
date 01-Sep-87 time	5.82	9.49	13.21	16.97	20.73		24.58	28.58	32.89	37.42	42.15		47.46	3 / 1			
reaction time interval		3.67	3.72	3.76	3.76		3.85	4.00	4.31	4.53	4.73	5.31	CR		11.15	11.61	13.57
velocity	7.73	9.54	9.41	9.31	9.31		9.09	8.75	8.12	7.73	7.40	7.53	8.43		9.42	9.04	7.74
H1 lead leg L strides	19	13	13	13	13		13	13	13	13	13	16.7	152.7				

Bassitt, Trevor (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 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 26-Jun-22 time	5.97	9.67	13.44	17.25	21.19	22.78	25.22	29.43	33.70	38.10	42.54		47.47	5 / 2			
reaction time interval		3.70	3.77	3.81	3.94		4.03	4.21	4.27	4.40	4.44	4.93	PB		11.28	12.18	13.11
velocity	7.54	9.46	9.28	9.19	8.88	8.78	8.68	8.31	8.20	7.95	7.88	8.11	8.43		9.31	8.62	8.01
H1 lead leg R strides	20	13	13	13	13		13	13	13	13	13	16	153				

Schmid, Harald (FRG) (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 - 1982 European Championships (Athens, GRE)														*Sušanka (1990) - time analyis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*			
date 08-Sep-82 time	5.8	9.5	13.3	17.1	21.1		25.1	29.3	33.5	37.9	42.4		47.48	4 / 1			
reaction time interval		3.7	3.8	3.8	4.0		4.0	4.2	4.2	4.4	4.5	5.1	AR / CR		11.30	12.20	13.10
velocity	7.76	9.46	9.21	9.21	8.75		8.75	8.33	8.33	7.95	7.78	7.87	8.42		9.29	8.61	8.02

H1 lead leg	L	strides	21	13	13	13	13		13	13	13	14	14	17	157				
Harris, Danny (USA) (1965)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1987 IAAF World Championships (Rome, ITA)																*Sušanka (1990) - time analyis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*			
date	01-Sep-87	time	6.07	9.20	13.44	17.22	21.09		24.98	29.17	33.35	37.76	42.42		47.48	4 / 2			
reaction time		interval		3.13	4.24	3.78	3.87		3.89	4.19	4.18	4.41	4.66	5.06	PB		11.15	11.95	13.25
		velocity	7.41	11.18	8.25	9.26	9.04		9.00	8.35	8.37	7.94	7.51	7.91	8.42		9.42	8.79	7.92
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	15	17.8	161				
Schmid, Harald (FRG) (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 - 1987 IAAF World Championships (Rome, ITA)																*Sušanka (1990) - time analyis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*			
date	01-Sep-87	time	6.00	9.69	13.45	17.29	21.17		25.06	29.02	33.22	37.73	42.32		47.48	5 / 3			
reaction time		interval		3.69	3.76	3.84	3.88		3.89	3.96	4.20	4.51	4.59	5.16	AR		11.29	11.73	13.30
		velocity	7.50	9.49	9.31	9.11	9.02		9.00	8.84	8.33	7.76	7.63	7.75	8.42		9.30	8.95	7.89
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	14	14	17.7	158				
Jackson, Bershawn (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 - 2006 USATF National Championships (Indianapolis, IN)																*USATF Men's Hurdle Development (2006)*			
date	24-Jun-06	time	5.72	9.49	13.31	17.25	21.29		25.16	29.23	33.32	37.64	42.16		47.48	6 / 2			
reaction time		interval		3.77	3.82	3.94	4.04		3.87	4.07	4.09	4.32	4.52	5.32			11.53	11.98	12.93
		velocity	7.87	9.28	9.16	8.88	8.66		9.04	8.60	8.56	8.10	7.74	7.52	8.42		9.11	8.76	8.12
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	15	19.7	177.7				
Samba, Abderrahmane (QAT) (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 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	31-May-18	time	5.76	9.44	13.20	17.04	20.92		25.04	29.24	33.56	37.96	42.36		47.48	4 / 1			
reaction time	0.158	interval		3.68	3.76	3.84	3.88		4.12	4.20	4.32	4.40	4.40	5.12	AR PB		11.28	12.20	13.12
		velocity	7.81	9.51	9.31	9.11	9.02		8.50	8.33	8.10	7.95	7.95	7.81	8.42		9.31	8.61	8.00
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14	14	17	157				
Sánchez, Félix (DOM) (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 IAAF World Championships (Edmonton, CAN)																*Behm (2001) - Edmonton: Le quatrache: les finales*			
date	10-Aug-01	time	5.7	9.3	13.1	16.9	20.8		24.8	29.1	33.5	37.9	42.3		47.49	5 / 1			
reaction time	0.158	interval		3.6	3.8	3.8	3.9		4.0	4.3	4.4	4.4	4.4	5.19			11.20	12.20	13.20
		velocity	7.89	9.72	9.21	9.21	8.97		8.75	8.14	7.95	7.95	7.95	7.71	8.42		9.38	8.61	7.95
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18	162				
Benjamin, Rai (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 Doha Diamond League (Doha, QAT) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	13-May-22	time	5.60	9.18	13.01	16.98	21.12	22.8	25.24	29.30	33.56	37.87	42.27		47.49	6 / 2			
reaction time	0.206	interval		3.58	3.83	3.97	4.14		4.12	4.06	4.26	4.31	4.40	5.22			11.38	12.32	12.97
		velocity	8.04	9.78	9.14	8.82	8.45	8.77	8.50	8.62	8.22	8.12	7.95	7.66	8.42		9.23	8.52	8.10
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13		137				
Moses, Edwin (USA) (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 (Rome, ITA)																*McFarlane (1988) - The Science of Hurdling*			
date	09-Aug-83	time	5.58	9.29	13.21	16.79	20.71		24.63	28.80	32.97	37.43	41.97		47.50	2 / 1			
reaction time		interval		3.71	3.92	3.58	3.92		3.92	4.17	4.17	4.46	4.54	5.53	CR		11.21	12.01	13.17
		velocity	8.06	9.43	8.93	9.78	8.93		8.93	8.39	8.39	7.85	7.71	7.23	8.42		9.37	8.74	7.97
H1 lead leg	L	strides	19	13	13	13	13		13	13	13	13	13	15.7	151.7				
Taylor, Angelo (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 - 2000 Olympic Games (Sydney, AUS)																*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date	27-Sep-00	time	5.90	9.62	13.38	17.22	21.14	22.66	25.10	29.22	33.58	38.02	42.46		47.50	1 / 1			
reaction time	0.179	interval		3.72	3.76	3.84	3.92		3.96	4.12	4.36	4.44	4.44	5.04	PB		11.32	12.00	13.24
		velocity	7.63	9.41	9.31	9.11	8.93	8.83	8.84	8.50	8.03	7.88	7.88	7.94	8.42		9.28	8.75	7.93
H1 lead leg		strides	21	13	13	13	13		13	13	14	14	14	17.1	158.1				
McMaster, Kyron (IVB) (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 USATF Golden Games (Walnut, CA) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	09-May-21	time	5.80	9.41	13.18	17.02	20.92		24.96	29.19	33.53	37.97	42.47		47.50	6 / 2			
reaction time		interval		3.61	3.77	3.84	3.90		4.04	4.23	4.34	4.44	4.50	5.03	NR PB		11.22	12.17	13.28
		velocity	7.76	9.70	9.28	9.11	8.97		8.66	8.27	8.06	7.88	7.78	7.95	8.42		9.36	8.63	7.91
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	14	16.7	156.7				
Samba, Abderrahmane (QAT) (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 Asian Athletics Championships (Doha, QAT)																*CAA Hurdle Development (2019)*			
date	22-Apr-19	time	5.82	9.40	13.04	16.80	20.68		24.84	29.09	33.48	37.97	42.40		47.51	5 / 1			
reaction time	0.179	interval		3.58	3.64	3.76	3.88		4.16	4.25	4.39	4.49	4.43	5.11	CR		10.98	12.29	13.31
		velocity	7.73	9.78	9.62	9.31	9.02		8.41	8.24	7.97	7.80	7.90	7.83	8.42		9.56	8.54	7.89
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14	17.2	158.2				
dos Santos, Alison Brendon (BRA) (			**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 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	09-Jul-21	time	5.70	9.31		16.76	20.64	22.4	24.74	28.93	33.16	37.60	42.31		47.51	6 / 2			
reaction time	0.177	interval		3.61		7.45	3.88		4.10	4.19	4.23	4.44	4.71	5.20			11.06	12.17	13.38
		velocity	7.89	9.70		9.40	9.02	8.93	8.54	8.35	8.27	7.88	7.43	7.69	8.42		9.49	8.63	7.85
H1 lead leg	L	strides	20	13	13		12		13	14		15	15	16.5	131.5				

Al-Somaily, Hadi Sou'an (KSA) (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)															*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	27-Sep-00	time	5.94	9.66	13.42	17.26	21.14	22.62	25.14	29.18	33.38	37.82	42.34		47.53	4 / 2			
reaction time	0.437	interval		3.72	3.76	3.84	3.88		4.00	4.04	4.20	4.44	4.52	5.19	AR		11.32	11.92	13.16
		velocity	7.58	9.41	9.31	9.11	9.02	8.84	8.75	8.66	8.33	7.88	7.74	7.71	8.42		9.28	8.81	7.98
H1 lead leg		strides	22	13	13	13	13		13	13	13	13	14	17	157				

Adkins, Derrick (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)															*McFarlane (2000) - the science of hurdling and speed*				
date	01-Aug-96	time	5.83	9.59	13.40	17.16	21.12		25.12	29.21	33.44	37.74	42.25		47.54	6 / 1			
reaction time	0.294	interval		3.76	3.81	3.76	3.96		4.00	4.09	4.23	4.30	4.51	5.29	=PB		11.33	12.05	13.04
		velocity	7.72	9.31	9.19	9.31	8.84		8.75	8.56	8.27	8.14	7.76	7.56	8.41		9.27	8.71	8.05
H1 lead leg		strides	20	13	13	13	13		13	14	14	14	14		141				

Mori, Fabrizio (ITA) (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)															*Behm (2001) - Edmonton: Le quatrache: les finales*				
date	10-Aug-01	time	5.9	9.7	13.5	17.3	21.2		25.2	29.3	33.6	36.9	42.3		47.54	4 / 2			
reaction time	0.158	interval		3.8	3.8	3.8	3.9		4.0	4.1	4.3	3.3	5.4	5.24	NR / PB		11.40	12.00	13.00
		velocity	7.63	9.21	9.21	9.21	8.97		8.75	8.54	8.14	10.61	6.48	7.63	8.41		9.21	8.75	8.08
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	19	170				

McMaster, Kyron (IVB) (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 Meeting de Paris (Paris, FRA) (TV Analysis)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	30-Jun-18	time	5.64	9.24	12.88	16.64	20.48	22.2	24.48	28.64	32.96	37.44	42.04		47.54	6 / 2			
reaction time	0.183	interval		3.60	3.64	3.76	3.84		4.00	4.16	4.32	4.48	4.60	5.50	NR PB		11.00	12.00	13.40
		velocity	7.98	9.72	9.62	9.31	9.11	9.01	8.75	8.41	8.10	7.81	7.61	7.27	8.41		9.55	8.75	7.84
H1 lead leg	R	strides	20	12	13	13	13		13	13	14	14	14	17	156				

dos Santos, Alison Brendon (BRA) (			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 Memorial van Damme (Brussels, BEL) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	02-Sep-22	time	5.80	9.41	13.11	16.88	20.79	22.45	24.79	29.03	33.40	37.87	42.34		47.54	6 / 1			
reaction time	0.210	interval		3.61	3.70	3.77	3.91		2.34	4.24	4.37	4.47	4.47	5.20			11.08	12.15	13.31
		velocity	7.76	9.70	9.46	9.28	8.95	8.91	14.96	8.25	8.01	7.83	7.83	7.69	8.41		9.48	8.64	7.89
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	13	13	16	149				

Moses, Edwin (USA) (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 - 1988 Olympic Games (Seoul, KOR)															*Gill (1990) - atletismo (I) carreras y marcha*				
date	25-Sep-88	time	5.89	9.56	13.32	17.16	21.00		25.01	29.08	33.26	37.60	42.19		47.56	3 / 3			
reaction time	0.209	interval		3.67	3.76	3.84	3.84		4.01	4.07	4.18	4.34	4.59	5.37			11.27	11.92	13.11
		velocity	7.64	9.54	9.31	9.11	9.11		8.73	8.60	8.37	8.06	7.63	7.45	8.41		9.32	8.81	8.01
H1 lead leg	L	strides	19	13	13	13	13		13	13	13	13	13	16.5	152.5				

Clement, Kerron (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 - 2005 NCAA National Championships (Sacramento, CA)															*gh (2005) - trackandfieldnews.com forum*				
date	11-Jun-05	time	5.9	9.5	13.2	17.1	21.0		25.0	29.2	33.6	38.2	42.8		47.56	6 / 1			
reaction time		interval		3.60	3.70	3.90	3.90		4.00	4.20	4.40	4.60	4.60	4.76			11.20	12.10	13.60
		velocity	7.63	9.72	9.46	8.97	8.97		8.75	8.33	7.95	7.61	7.61	8.40	8.41		9.38	8.68	7.72
H1 lead leg	R	strides	22	13	13	13	13		13	13	15	15	15	16.7	161.7				

Benjamin, Rai (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)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	23-Aug-23	time	5.64	9.37	12.81	16.42	20.29		24.26	28.31	32.59	37.13	41.98		47.56	6 / 3			
reaction time	0.168	interval		3.73	3.44	3.61	3.87		3.97	4.05	4.28	4.54	4.85	5.58			10.78	11.89	13.67
		velocity	7.98	9.38	10.17	9.70	9.04		8.82	8.64	8.18	7.71	7.22	7.17	8.41		9.74	8.83	7.68
H1 lead leg	R	strides	20	13	12	12	12		13	13	13	13	14	17	152				

Samba, Abderrahmane (QAT) (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 Doha Diamond League (Doha, QAT) (TV Analysis)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	04-May-18	time	5.80	9.44	13.16	16.96	20.92		24.96	29.16	33.48	37.88	42.36		47.57	4 / 1			
reaction time	0.192	interval		3.64	3.72	3.80	3.96		4.04	4.20	4.32	4.40	4.48	5.21	NR PB		11.16	12.20	13.20
		velocity	7.76	9.62	9.41	9.21	8.84		8.66	8.33	8.10	7.95	7.81	7.68	8.41		9.41	8.61	7.95
H1 lead leg	R	strides	20	13	13	13	13		13	13	13		14	17.5	142.5				

dos Santos, Alison Brendon (BRA) (			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 Doha Diamond League (Doha, QAT) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	28-May-21	time	5.70	9.37	13.18	17.05	20.95	22.7	25.12	29.33	33.60	37.94	42.34		47.57	6 / 2			
reaction time	0.187	interval		3.67	3.81	3.87	3.90		4.17	4.21	4.27	4.34	4.40	5.23	AR PB		11.35	12.28	13.01
		velocity	7.89	9.54	9.19	9.04	8.97	8.81	8.39	8.31	8.20	8.06	7.95	7.65	8.41		9.25	8.55	8.07
H1 lead leg	L	strides	20	13	13	12	12		13	13	13	13	13	16.2	151.2				

Warholm, Karsten (NOR) (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 Bauhaus Galan (Stockholm, SWE)															*Omega Timing (2023) - diamond league race analysis*				
date	02-Jul-23	time	5.61	9.17	12.77	16.43	20.24		24.22	28.33	32.70	37.28	42.02		47.57	8 / 1			
reaction time	0.156	interval		3.56	3.60	3.66	3.81		3.98	4.11	4.37	4.58	4.74	5.55			10.82	11.90	13.69
		velocity	8.02	9.83	9.72	9.56	9.19		8.79	8.52	8.01	7.64	7.38	7.21	8.41		9.70	8.82	7.67
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	17.7	156.7				

Diagana, Stéphane (FRA) (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 - 2002 European Championships (Munich, GER)																*Graubner (2009) - http://www.fgs.uni-halle.de*			
date	09-Aug-02	time	5.95	9.65	13.35	17.13	21.03		25.11	29.41	33.62	38.01	42.50		47.58	/ 1			
reaction time	0.141	interval		3.70	3.70	3.78	3.90		4.08	4.30	4.21	4.39	4.49	5.08			11.18	12.28	13.09
		velocity	7.56	9.46	9.46	9.26	8.97		8.58	8.14	8.31	7.97	7.80	7.87	8.41		9.39	8.55	8.02
H1 lead leg		strides		13	13	13	13		13	14	14	15	15						

Benjamin, Rai (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 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	06-Jun-19	time	5.66	9.26	12.99	16.91	20.91		24.85	28.91	33.13	37.59	42.26		47.58	6 / 1			
reaction time	0.160	interval		3.60	3.73	3.92	4.00		3.94	4.06	4.22	4.46	4.67	5.32			11.25	12.00	13.35
		velocity	7.95	9.72	9.38	8.93	8.75		8.88	8.62	8.29	7.85	7.49	7.52	8.41		9.33	8.75	7.87
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	17	155				

Allen, CJ (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 Bislett Games (Oslo, NOR)																*Omega Timing (2023) - diamond league race analysis*			
date	15-Jun-23	time	5.64	9.28	12.99	16.80	20.68		24.64	28.75	33.09	37.50	42.06		47.58	6 / 2			
reaction time	0.170	interval		3.64	3.71	3.81	3.88		3.96	4.11	4.34	4.41	4.56	5.52	PB		11.16	11.95	13.31
		velocity	7.98	9.62	9.43	9.19	9.02		8.84	8.52	8.06	7.94	7.68	7.25	8.41		9.41	8.79	7.89
H1 lead leg	L	strides	22	13	13	13	13		13	14	14	14	14	17	160				

Rosser, Khallifah (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 NACAC Championships (Freeport, BAH) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	21-Aug-22	time	5.73	9.46	13.26	17.03	20.96		25.00	29.00	33.16	37.53			47.59	4 / 2			
reaction time		interval		3.73	3.80	3.77	3.93		4.04	4.00	4.16	4.37			PB		11.30	11.97	
		velocity	7.85	9.38	9.21	9.28	8.91		8.66	8.75	8.41	8.01			8.41		9.29	8.77	
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14			126				

Matete, Samuel (ZAM) (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 - 1993 IAAF World Championships (Stuttgart, GER)																*Graubner (2008) - http://www.fgs.uni-halle.de*			
date	19-Aug-93	time	5.96	9.67	13.42	17.26	21.20		25.16	29.30	33.64	38.13	42.63		47.60	3 / 2			
reaction time	0.265	interval		3.71	3.75	3.84	3.94		3.96	4.14	4.34	4.49	4.50	4.97			11.30	12.04	13.33
		velocity	7.55	9.43	9.33	9.11	8.88		8.84	8.45	8.06	7.80	7.78	8.05	8.40		9.29	8.72	7.88
H1 lead leg	L	strides	21	13	13		13		13	13			15	18	119				

Jackson, Bershawn (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 - 2006 Osaka Grand Prix (Osaka, JPN)													*Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers*						
date	06-May-06	time	6.04	10.06	14.15	18.29	22.36		26.28	30.22	34.22	38.43	42.73		47.60	/ 1			
reaction time		interval		4.02	4.09	4.14	4.07		3.92	3.94	4.00	4.21	4.30	4.87			12.25	11.93	12.51
		velocity	7.45	8.71	8.56	8.45	8.60		8.93	8.88	8.75	8.31	8.14	8.21	8.40		8.57	8.80	8.39
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				

Samba, Abderrahmane (QAT) (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)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	07-Jun-18	time	5.76	9.36	13.08	16.92	20.88	22.7	25.04	29.28	33.72	38.00	42.40		47.60	5 / 1			
reaction time	0.189	interval		3.60	3.72	3.84	3.96		4.16	4.24	4.44	4.28	4.40	5.20			11.16	12.36	13.12
		velocity	7.81	9.72	9.41	9.11	8.84	8.81	8.41	8.25	7.88	8.18	7.95	7.69	8.40		9.41	8.50	8.00
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14	17.2	159.2				

Clement, Kerron (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 - 2007 IAAF World Championships (Osaka, JPN)													*Ae (2008) - IAAF biomechanics team - a booklet of biomechanics data*						
date	28-Aug-07	time	5.92	9.60	13.30	16.98	20.80		24.82	28.98	33.28	37.86	42.52		47.61	4 / 1			
reaction time	0.169	interval		3.68	3.70	3.68	3.82		4.02	4.16	4.30	4.58	4.66	5.09			11.06	12.00	13.54
		velocity	7.60	9.51	9.46	9.51	9.16		8.71	8.41	8.14	7.64	7.51	7.86	8.40		9.49	8.75	7.75
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	15	15	16.5	157.5				

Graham, Winthrop (JAM) (1965)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1993 IAAF World Championships (Stuttgart, GER)																*Graubner (2008) - http://www.fgs.uni-halle.de*			
date	19-Aug-93	time	5.92	9.63	13.43	17.26	21.18		25.07	29.10	33.44	37.77	42.33		47.62	5 / 3			
reaction time	0.213	interval		3.71	3.80	3.83	3.92		3.89	4.03	4.34	4.33	4.56	5.29			11.34	11.84	13.23
		velocity	7.60	9.43	9.21	9.14	8.93		9.00	8.68	8.06	8.08	7.68	7.56	8.40		9.26	8.87	7.94
H1 lead leg	L	strides	20	13	13		13		13	13	14	14	15	18	146				

Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Golden Spike (Ostrava, CZE) (TV Analysis)																*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date	08-Sep-20	time	5.77	9.37	13.05	16.82	20.65		24.69	28.89	33.13	37.77	42.37		47.62	8 / 1			
reaction time	0.168	interval		3.60	3.68	3.77	3.83		4.04	4.20	4.24	4.64	4.60	5.25			11.05	12.07	13.48
		velocity	7.80	9.72	9.51	9.28	9.14		8.66	8.33	8.25	7.54	7.61	7.62	8.40		9.50	8.70	7.79
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159				

dos Santos, Alison Brendon (BRA) (			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 Weltklasse (Zürich, SUI)																*Omega Timing (2023) - diamond league race analysis*			
date	31-Aug-23	time	5.80	9.39	13.04	16.77	20.66		24.66	28.84	33.18	37.66	42.22		47.62	5 / 3			
reaction time	0.162	interval		3.59	3.65	3.73	3.89		4.00	4.18	4.34	4.48	4.56	5.40			10.97	12.07	13.38
		velocity	7.76	9.75	9.59	9.38	9.00		8.75	8.37	8.06	7.81	7.68	7.41	8.40		9.57	8.70	7.85
H1 lead leg	L	strides	20	13			12		12	13			13	16.2	99.2				

Sánchez, Félix (DOM) (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 - 2004 Olympic Games (Athîna, GRE) *Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04*

date	26-Aug-04	time	5.81	9.36	13.07	16.90	20.87	24.96	29.15	33.42	37.74	42.21		47.63	6 / 1			
reaction time	0.219	interval		3.55	3.71	3.83	3.97	4.09	4.19	4.27	4.32	4.47	5.42			11.09	12.25	13.06
		velocity	7.75	9.86	9.43	9.14	8.82	8.56	8.35	8.20	8.10	7.83	7.38	8.40		9.47	8.57	8.04
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	18	164				

Sańchez, Félix (DOM) (1977)

FINAL - 2012 Olympic Games (London, GBR) *Hillier (2012) - uka 2012 olympic games report: 400m hurdles*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	06-Aug-12	time	5.76	9.25	12.94	16.71	20.68	22.48	24.86	29.04	33.28	37.68	42.27		47.63	7 / 1			
reaction time	0.158	interval		3.49	3.69	3.77	3.97		4.18	4.18	4.24	4.40	4.59	5.36			10.95	12.33	13.23
		velocity	7.81	10.03	9.49	9.28	8.82	8.90	8.37	8.37	8.25	7.95	7.63	7.46	8.40		9.59	8.52	7.94
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18.5	164.5				

Moses, Edwin (USA) (1955)

FINAL - 1976 Olympic Games (Montreal, CAN) *McFarlane (1981) - understanding the 400m hurdles (in Jarver (ed) - the hurdles, 1981)*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	25-Jul-76	time	6.0	9.8	13.6	17.5	21.4	23.1	25.5	29.6	33.9	38.2	42.7		47.64	4 / 1			
reaction time		interval		3.80	3.80	3.90	3.90		4.10	4.10	4.30	4.30	4.50	4.94	WR		11.50	12.10	13.10
		velocity	7.50	9.21	9.21	8.97	8.97	8.66	8.54	8.54	8.14	8.14	7.78	8.10	8.40		9.13	8.68	8.02
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	13	16	153				

Moses, Edwin (USA) (1955)

FINAL - 1981 Weltklasse (Zurich, SUI) *Behm (1988) - 45-39*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	19-Aug-81	time	5.7	9.4	13.1	16.8	20.7		24.7	28.9	33.1	37.7	42.3		47.64	/ 1			
reaction time		interval		3.7	3.7	3.7	3.9		4.0	4.2	4.2	4.6	4.6	5.34			11.10	12.10	13.40
		velocity	7.89	9.46	9.46	9.46	8.97		8.75	8.33	8.33	7.61	7.61	7.49	8.40		9.46	8.68	7.84
H1 lead leg		strides		12	12	12	12		13	13	13	13	13		113				

Matete, Samuel (ZAM) (1968)

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	27-Aug-91	time	5.8	9.4	13.1	16.7	20.4		24.3	28.5	32.8	37.4	42.1		47.64	6 / 1			
reaction time		interval		3.6	3.7	3.6	3.7		3.9	4.2	4.3	4.6	4.7	5.54			10.90	11.80	13.60
		velocity	7.76	9.72	9.46	9.72	9.46		8.97	8.33	8.14	7.61	7.45	7.22	8.40		9.63	8.90	7.72
H1 lead leg	L	strides	20	13	13	13	13		13	13	15	15	15	18.5	161.5				

Diagana, Stéphane (FRA) (1969)

FINAL - 1993 IAAF World Championships (Stuttgart, GER) *Graubner (2008) - http://www.fgs.uni-halle.de*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	19-Aug-93	time	5.87	9.42	13.10	16.89	20.74		24.74	28.91	33.18	37.66	42.26		47.64	7 / 4			
reaction time	0.206	interval		3.55	3.68	3.79	3.85		4.00	4.17	4.27	4.48	4.60	5.38	PB		11.02	12.02	13.35
		velocity	7.67	9.86	9.51	9.23	9.09		8.75	8.39	8.20	7.81	7.61	7.43	8.40		9.53	8.74	7.87
H1 lead leg	L	strides	20	13	13		13		13	14	14	15	15	19	149				

Warholm, Karsten (NOR) (1996)

FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	21-Jul-18	time	5.72	9.36	13.12	17.00	20.92		24.92	29.04	33.28	37.68	42.32		47.65	7 / 1			
reaction time	0.149	interval		3.64	3.76	3.88	3.92		4.00	4.12	4.24	4.40	4.64	5.33	NR PB		11.28	12.04	13.28
		velocity	7.87	9.62	9.31	9.02	8.93		8.75	8.50	8.25	7.95	7.54	7.50	8.39		9.31	8.72	7.91
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	17.5	156.5				

Rosser, Khallifah (USA) (1995)

FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	26-Jun-22	time	5.97	9.57	13.24	17.01	20.92	22.49	24.86	28.93	33.30	37.73	42.37		47.65	4 / 3			
reaction time		interval		3.60	3.67	3.77	3.91		3.94	4.07	4.37	4.43	4.64	5.28	PB		11.04	11.92	13.44
		velocity	7.54	9.72	9.54	9.28	8.95	8.89	8.88	8.60	8.01	7.90	7.54	7.58	8.39		9.51	8.81	7.81
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14	17.7	159.7				

Graham, Winthrop (JAM) (1965)

FINAL - 1992 Olympic Games (Barcelona, ESP) *Knight (1992) - 1992 Olympic report: the hurdling events*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	06-Aug-92	time	5.9	9.5	13.3	17.1	20.9		24.9	29.1	33.3	37.8	42.4		47.66	3 / 2			
reaction time		interval		3.60	3.80	3.80	3.80		4.00	4.20	4.20	4.50	4.60	5.26			11.20	12.00	13.30
		velocity	7.63	9.72	9.21	9.21	9.21		8.75	8.33	8.33	7.78	7.61	7.60	8.39		9.38	8.75	7.89
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	15	17.7	158.7				

Benjamin, Rai (USA) (1997)

FINAL - 2019 IAAF World Championships (Doha, QAT) *Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	30-Sep-19	time	5.78	9.35	13.03	16.83	20.80		24.84	29.01	33.24	37.57	42.15		47.66	7 / 2			
reaction time	0.205	interval		3.57	3.68	3.80	3.97		4.04	4.17	4.23	4.33	4.58	5.51			11.05	12.18	13.14
		velocity	7.79	9.80	9.51	9.21	8.82		8.66	8.39	8.27	8.08	7.64	7.26	8.39		9.50	8.62	7.99
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	17	154				

dos Santos, Alison Brendon (BRA) (

FINAL - 2023 Herculis Meeting International d'Athlétisme (Monaco, MON) *Omega Timing (2023) - diamond league race analysis*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	21-Jul-23	time	5.71	9.26	12.88	16.52	20.34		24.30	28.43	32.71	37.15	41.99		47.66	6 / 2			
reaction time	0.169	interval		3.55	3.62	3.64	3.82		3.96	4.13	4.28	4.44	4.84	5.67			10.81	11.91	13.56
		velocity	7.88	9.86	9.67	9.62	9.16		8.84	8.47	8.18	7.88	7.23	7.05	8.39		9.71	8.82	7.74
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	13	14	17	151				

Brazell, Bennie (USA) (1982)

FINAL - 2005 NCAA Championships (Sacramento, CA) *Shaver (2008) - hurdle training*

date	11-Jun-05	time	6.06	9.76	13.60	17.45	21.34		25.37	29.59	33.85	38.23	42.64		47.67	5 / 2			
reaction time		interval		3.70	3.84	3.85	3.89		4.03	4.22	4.26	4.38	4.41	5.03	PB		11.39	12.14	13.05
		velocity	7.43	9.46	9.11	9.09	9.00		8.68	8.29	8.22	7.99	7.94	7.95	8.39		9.22	8.65	8.05
H1 lead leg	L	strides	22	13	13	13	13		13	15	15	15	16	19	167				

dos Santos, Alison Brendon (BRA) (

	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 USATF Golden Games (Walnut, CA) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	09-May-21	time	6.04	9.71	13.51	17.45	21.42		25.56	29.73	34.03	38.40	42.77		47.68	4 / 3			
reaction time		interval		3.67	3.80	3.94	3.97		4.14	4.17	4.30	4.37	4.37	4.91	AR PB		11.41	12.28	13.04
		velocity	7.45	9.54	9.21	8.88	8.82		8.45	8.39	8.14	8.01	8.01	8.15	8.39		9.20	8.55	8.05
H1 lead leg	L	strides	20	13	13	12	12		13	13	13	13	13	16.2	151.2				

Gordon, Jehue (TTO) (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 - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis) *Henson (2021) - Athlete First: major championships report*

date	15-Aug-13	time	5.73	9.40	13.20	17.07	20.97		24.97	29.07	33.27	37.63	42.17		47.69	6 / 1			
reaction time	0.174	interval		3.67	3.80	3.87	3.90		4.00	4.10	4.20	4.36	4.54	5.52			11.34	12.00	13.10
		velocity	7.85	9.54	9.21	9.04	8.97		8.75	8.54	8.33	8.03	7.71	7.25	8.39		9.26	8.75	8.02
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17.7	156.7				

Diagana, Stéphane (FRA) (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) *Hommel (1999) - biomechanical research project, athens 1997: final report*

date	04-Aug-97	time	5.87	9.50	13.14	16.85	20.60		24.68	28.68	32.98	37.56	42.27		47.70	6 / 1			
reaction time	0.157	interval		3.63	3.64	3.71	3.75		4.08	4.00	4.30	4.58	4.71	5.43			10.98	11.83	13.59
		velocity	7.67	9.64	9.62	9.43	9.33		8.58	8.75	8.14	7.64	7.43	7.37	8.39		9.56	8.88	7.73
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	19	163				

Tinsley, Michael (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 - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis) *Henson (2021) - Athlete First: major championships report*

date	15-Aug-13	time	5.63	9.13	12.80	16.57	20.43		24.50	28.67	33.03	37.57	42.20		47.70	3 / 2			
reaction time	0.133	interval		3.50	3.67	3.77	3.86		4.07	4.17	4.36	4.54	4.63	5.50	PB		10.94	12.10	13.53
		velocity	7.99	10.00	9.54	9.28	9.07		8.60	8.39	8.03	7.71	7.56	7.27	8.39		9.60	8.68	7.76
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18.5	164.5				

Mori, Fabrizio (ITA) (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) *Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*

date	27-Aug-99	time	5.62	9.36	13.12	16.96	20.89		24.92	29.06	33.34	37.68	42.16		47.72	3 / 1			
reaction time	0.157	interval		3.74	3.76	3.84	3.93		4.03	4.14	4.28	4.34	4.48	5.56	NR PB		11.34	12.10	13.10
		velocity	8.01	9.36	9.31	9.11	8.91		8.68	8.45	8.18	8.06	7.81	7.19	8.38		9.26	8.68	8.02
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169				

McMaster, Kyron (IVB) (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) *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	21-Aug-23	time	5.73	9.46	13.06	16.63	20.53		24.56	28.67	33.01	37.52	42.17		47.72	8 / 1			
reaction time	0.168	interval		3.73	3.60	3.57	3.90		4.03	4.11	4.34	4.51	4.65	5.55			10.90	12.04	13.50
		velocity	7.85	9.38	9.72	9.80	8.97		8.68	8.52	8.06	7.76	7.53	7.21	8.38		9.63	8.72	7.78
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	14	14	17	157				

Clement, Kerron (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 - 2016 Olympic Games (Rio de Janeiro, BRA) *Zhou (2020) - analysis of competetive performance charactersitics of outstanding men's 400m hurdlers*

date	18-Aug-16	time	5.6	9.2	12.8	16.6	20.5		24.4	28.7	32.9	37.4	41.9		47.73	5 / 1			
reaction time	0.227	interval		3.60	3.60	3.80	3.90		3.90	4.30	4.20	4.50	4.50	5.83			11.00	12.10	13.20
		velocity	8.04	9.72	9.72	9.21	8.97		8.97	8.14	8.33	7.78	7.78	6.86	8.38		9.55	8.68	7.95
H1 lead leg		strides	21	13	13	13	13		14	15	15	15	15	18	165				

Graham, Winthrop (JAM) (1965)

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

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

date	27-Aug-91	time	5.9	9.5	13.2	16.8	20.4		24.3	28.6	33.0	37.5	42.1		47.74	5 / 2			
reaction time		interval		3.6	3.7	3.6	3.6		3.9	4.3	4.4	4.5	4.6	5.64	NR		10.90	11.80	13.50
		velocity	7.63	9.72	9.46	9.72	9.72		8.97	8.14	7.95	7.78	7.61	7.09	8.38		9.63	8.90	7.78
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	15	18.5	159.5				

Moses, Edwin (USA) (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 - 1984 Olympic Games (Los Angeles, CA) *Behm (1995) - la tactique du 400 haies*

date	05-Aug-84	time	5.8	9.5	13.3	17.2	21.1		25.1	29.2	33.4	37.7	42.4		47.75	6 / 1			
reaction time	0.193	interval		3.7	3.8	3.9	3.9		4.0	4.1	4.2	4.3	4.7	5.35			11.40	12.00	13.20
		velocity	7.76	9.46	9.21	8.97	8.97		8.75	8.54	8.33	8.14	7.45	7.48	8.38		9.21	8.75	7.95
H1 lead leg	L	strides	19	13	13	13	13		13	13	13	13	13	16.2	152.2				

Rosser, Khallifah (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 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	08-Sep-22	time	5.74	9.27			20.69	22.22	24.66	28.73	32.93	37.47	42.17		47.76	5 / 2			
reaction time	0.169	interval		3.53			11.42		3.97	4.07	4.20	4.54	4.70	5.59					13.44
		velocity	7.84	9.92			9.19	9.00	8.82	8.60	8.33	7.71	7.45	7.16	8.38				7.81
H1 lead leg	R	strides	21	13					13	13	13	14	14	18	119				

Matete, Samuel (ZAM) (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) *McFarlane (2000) - the science of hurdling and speed*

date	01-Aug-96	time	5.84	9.61	13.43	17.29	21.24		25.22	29.30	33.44	37.74	42.25		47.78	1 / 2			

reaction time	0.184	interval		3.77	3.82	3.86	3.95		3.98	4.08	4.14	4.30	4.51	5.53			11.45	12.01	12.95
		velocity	7.71	9.28	9.16	9.07	8.86		8.79	8.58	8.45	8.14	7.76	7.23	8.37		9.17	8.74	8.11
H1 lead leg		strides	20	13	13	13	13		13	13	13	15	15		141				

Benjamin, Rai (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 Doha Diamond League (Doha, QAT)															*Omega Timing (2023) - diamond league race analysis*				
date	05-May-23	time	5.63	9.27	12.97	16.86	20.80		24.81	28.99	33.29	37.80	42.42		47.78	6 / 1			
reaction time	0.169	interval		3.64	3.70	3.89	3.94		4.01	4.18	4.30	4.51	4.62	5.36			11.23	12.13	13.43
		velocity	7.99	9.62	9.46	9.00	8.88		8.73	8.37	8.14	7.76	7.58	7.46	8.37		9.35	8.66	7.82
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	17	154				

Bett, Nicholas (KEN) (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)															*Henson (2021) - Athlete First: major championships report*				
date	25-Aug-15	time	6.04	9.76	13.48	17.24	21.24		25.28	29.40	33.60	37.96	42.56		47.79	9 / 1			
reaction time	0.162	interval		3.72	3.72	3.76	4.00		4.04	4.12	4.20	4.36	4.60	5.23	**NR PB**		11.20	12.16	13.16
		velocity	7.45	9.41	9.41	9.31	8.75		8.66	8.50	8.33	8.03	7.61	7.65	8.37		9.38	8.63	7.98
H1 lead leg	R	strides		13	13	13	13		13	13	13	13	15	17	136				

McMaster, Kyron (IVB) (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 - 2017 Jamaica International Invitational (Kingston, JAM) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	20-May-17	time		9.51	13.28	17.08	21.02		24.99	29.13	33.43	37.90			47.80	5 / 1			
reaction time		interval			3.77	3.80	3.94		3.97	4.14	4.30	4.47			**NR PB**			12.05	
		velocity		8.41	9.28	9.21	8.88		8.82	8.45	8.14	7.83			8.37			8.71	
H1 lead leg	R	strides			13	13	13		13	13	14	14	14		107				

Benjamin, Rai (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 Shanghai Diamond League (Shanghai, CHN)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	18-May-19	time	5.73	9.36	13.16	17.03	21.16	23.0	25.26	29.40	33.50	37.73	42.33		47.80	5 / 2			
reaction time	0.155	interval		3.63	3.80	3.87	4.13		4.10	4.14	4.10	4.23	4.60	5.47			11.30	12.37	12.93
		velocity	7.85	9.64	9.21	9.04	8.47	8.70	8.54	8.45	8.54	8.27	7.61	7.31	8.37		9.29	8.49	8.12
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	17	155				

dos Santos, Alison Brendon (BRA) (

			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 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	06-Aug-22	time	5.83	9.50	13.26	17.10	21.03	22.69	25.17	29.50	33.90	38.23	42.63		47.80	6 / 1			
reaction time	0.179	interval		3.67	3.76	3.84	3.93		4.14	4.33	4.40	4.33	4.40	5.17			11.27	12.40	13.13
		velocity	7.72	9.54	9.31	9.11	8.91	8.81	8.45	8.08	7.95	8.08	7.95	7.74	8.37		9.32	8.47	8.00
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	13	13	16	149				

Herbert, Llewellyn (RSA) (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)															*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	27-Sep-00	time	5.98	9.78	13.62	17.50	21.46	22.98	25.50	29.54	33.70	38.06	42.54		47.81	6 / 3			
reaction time	0.169	interval		3.80	3.84	3.88	3.96		4.04	4.04	4.16	4.36	4.48	5.27	**NR**		11.52	12.04	13.00
		velocity	7.53	9.21	9.11	9.02	8.84	8.70	8.66	8.66	8.41	8.03	7.81	7.59	8.37		9.11	8.72	8.08
H1 lead leg		strides	22	14	14	14	14		14	14	15	15	15	18.2	169.2				

Warholm, Karsten (NOR) (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 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	10-Jun-18	time	5.68	9.36	13.20	17.08	21.12		25.20	29.36	33.68	38.00	42.44		47.81	7 / 2			
reaction time	0.134	interval		3.68	3.84	3.88	4.04		4.08	4.16	4.32	4.32	4.44	5.37	**NR PB**		11.40	12.28	13.08
		velocity	7.92	9.51	9.11	9.02	8.66		8.58	8.41	8.10	8.10	7.88	7.45	8.37		9.21	8.55	8.03
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159				

Copello, Yasmani (TUR) (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 Olympic Games (Tokyo, JPN) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	03-Aug-21	time	5.72	9.36	13.04	16.80	20.68		24.72	29.08	33.44	37.96	42.48		47.81	3 / 6			
reaction time	0.166	interval		3.64	3.68	3.76	3.88		4.04	4.36	4.36	4.52	4.52	5.33	**=NR =PB**		11.08	12.28	13.40
		velocity	7.87	9.62	9.51	9.31	9.02		8.66	8.03	8.03	7.74	7.74	7.50	8.37		9.48	8.55	7.84
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	17.2	158.2				

dos Santos, Alison Brendon (BRA) (

			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)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	09-Sep-21	time	5.80		13.24	17.04	20.92	22.6	25.00	29.12	33.36	37.80	42.44		47.81	6 / 2			
reaction time	0.181	interval			7.44	3.80	3.88		4.08	4.12	4.24	4.44	4.64	5.37			11.24	12.08	13.32
		velocity	7.76		9.41	9.21	9.02	8.85	8.58	8.50	8.25	7.88	7.54	7.45	8.37		9.34	8.69	7.88
H1 lead leg	L	strides	20			12	12		13	13	13	13	14	16.5	126.5				

Akii-Bua, John (UGA) (1949)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1972 Olympic Games (Munich, FRG)															*McFarlane (1981) - understanding the 400m hurdles (in Jarver (ed) - the hurdles, 1981)*				
date	03-Sep-72	time	6.1	9.8	13.6	17.4	21.3	23.0	25.4	29.5	33.7	38.1	42.6		47.82	1 / 1			
reaction time		interval		3.70	3.80	3.80	3.90		4.10	4.10	4.20	4.40	4.50	5.22	**WR**		11.30	12.10	13.10
		velocity	7.38	9.46	9.21	9.21	8.97	8.70	8.54	8.54	8.33	7.95	7.78	7.66	8.36		9.29	8.68	8.02
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	15	15	18	163				

Akabusi, Kriss (GBR) (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 - 1992 Olympic Games (Barcelona, ESP)															*Arnold (1992) - Hurdling*				
date	06-Aug-92	time	6.0	9.7	13.6	17.4	21.3	23.1	25.4	29.5	33.8	38.2	42.7		47.82	5 / 3			
reaction time		interval		3.70	3.90	3.80	3.90		4.10	4.10	4.30	4.40	4.50	5.12	**NR**		11.40	12.10	13.20

		velocity	7.50	9.46	8.97	9.21	8.97	8.66	8.54	8.54	8.14	7.95	7.78	7.81	8.36		9.21	8.68	7.95
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	15	18	159				

Iakovákis, Periklís (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 Osaka Grand Prix (Osaka, JPN)														*Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers*			
date 06-May-06	time	6.06	9.70	13.44	17.21	21.04		25.08	29.23	33.49	37.93	42.60		47.82	/ 2		
reaction time	interval		3.64	3.74	3.77	3.83		4.04	4.15	4.26	4.44	4.67	5.22	NR		11.15	12.02	13.37
	velocity	7.43	9.62	9.36	9.28	9.14		8.66	8.43	8.22	7.88	7.49	7.66	8.36		9.42	8.74	7.85
H1 lead leg	strides		13	13	13	13		14	14	14	14	15		123				

Warholm, Karsten (NOR) (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)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 31-May-18	time	5.68	9.24	12.92	16.76	20.68		24.80	28.96	33.24	37.68	42.40		47.82	7 / 2		
reaction time 0.155	interval		3.56	3.68	3.84	3.92		4.12	4.16	4.28	4.44	4.72	5.42	NR PB		11.08	12.20	13.44
	velocity	7.92	9.83	9.51	9.11	8.93		8.50	8.41	8.18	7.88	7.42	7.38	8.36		9.48	8.61	7.81
H1 lead leg L	strides	20	13	13	13	13		13	13	13	13	14	17.5	155.5				

McMaster, Kyron (IVB) (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 Doha Diamond League (Doha, QAT) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 28-May-21	time	5.70	9.37	13.21	17.15	21.19	22.9	25.31	29.53	33.87	38.24	42.64		47.82	3 / 3		
reaction time 0.199	interval		3.67	3.84	3.94	4.04		4.12	4.22	4.34	4.37	4.40	5.18			11.45	12.38	13.11
	velocity	7.89	9.54	9.11	8.88	8.66	8.73	8.50	8.29	8.06	8.01	7.95	7.72	8.36		9.17	8.48	8.01
H1 lead leg R	strides	20	13	13	13			13	13	14	14	14	17	144				

Happio, Wilfried (FRA) (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 Prefontaine Classic (Eugene, OR)														*Omega Timing (2023) - diamond league race analysis*			
date 16-Sep-23	time	5.88	9.56	13.26	17.03	20.93		24.96	29.07	33.36	37.91	42.52		47.83	3 / 5		
reaction time 0.173	interval		3.68	3.70	3.77	3.90		4.03	4.11	4.29	4.55	4.61	5.31			11.15	12.04	13.45
	velocity	7.65	9.51	9.46	9.28	8.97		8.68	8.52	8.16	7.69	7.59	7.53	8.36		9.42	8.72	7.81
H1 lead leg L	strides	20			13	13		13	13	13	15	15	18	133				

Allen, CJ (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 Herculis Meeting International d'Athlétisme (Monaco, MON)														*Omega Timing (2023) - diamond league race analysis*			
date 21-Jul-23	time	5.64	9.25	12.92	16.67	20.54		24.53	28.66	32.99	37.55	42.29		47.84	5 / 3		
reaction time 0.148	interval		3.61	3.67	3.75	3.87		3.99	4.13	4.33	4.56	4.74	5.55			11.03	11.99	13.63
	velocity	7.98	9.70	9.54	9.33	9.04		8.77	8.47	8.08	7.68	7.38	7.21	8.36		9.52	8.76	7.70
H1 lead leg L	strides	20	13	13	13				13	14	14	15		115				

Warholm, Karsten (NOR) (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 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 30-May-19	time	5.73	9.33	13.10	17.00	20.93	22.5	25.00	29.16	33.40	37.86	42.48		47.85	7 / 1		
reaction time 0.146	interval		3.60	3.77	3.90	3.93		4.07	4.16	4.24	4.46	4.62	5.37			11.27	12.16	13.32
	velocity	7.85	9.72	9.28	8.97	8.91	8.89	8.60	8.41	8.25	7.85	7.58	7.45	8.36		9.32	8.63	7.88
H1 lead leg L	strides	20	13	13	13	13		13	13	13	13	15	17.7	156.7				

Burrell, Sean (USA) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 11-Jun-21	time	5.87	9.70		17.43	21.33			29.56	33.97	38.40	42.83		47.85	8 / 1		
reaction time 0.194	interval		3.83		7.73	3.90			8.23	4.41	4.43	4.43	5.02	WJR		11.56	12.13	13.27
	velocity	7.67	9.14		9.06	8.97			8.51	7.94	7.90	7.90	7.97	8.36		9.08	8.66	7.91
H1 lead leg L	strides	22	14			14				15	15	15	18.2	113.2				

dos Santos, Alison Brendon (BRA) (

	H1	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)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 17-Jul-22	time	5.73	9.43	13.14	16.86	20.76	22.49	24.86	29.16	33.53	38.03	42.56		47.85	5 / 1		
reaction time 0.166	interval		3.70	3.71	3.72	3.90		4.10	4.30	4.37	4.50	4.53	5.29			11.13	12.30	13.40
	velocity	7.85	9.46	9.43	9.41	8.97	8.89	8.54	8.14	8.01	7.78	7.73	7.56	8.36		9.43	8.54	7.84
H1 lead leg L	strides	20	13	12	12	12		12	13	13	13	13	16	149				

Valliant, Ludvy (FRA) (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 Herculis Meeting International d'Athlétisme (Monaco, MON)														*Omega Timing (2023) - diamond league race analysis*			
date 21-Jul-23	time	5.73	9.32	12.98	16.74	20.61		24.63	28.82	33.23	37.76	42.39		47.85	2 / 4		
reaction time 0.158	interval		3.59	3.66	3.76	3.87		4.02	4.19	4.41	4.53	4.63	5.46	PB		11.01	12.08	13.57
	velocity	7.85	9.75	9.56	9.31	9.04		8.71	8.35	7.94	7.73	7.56	7.33	8.36		9.54	8.69	7.74
H1 lead leg R	strides	21	13	13	13				14	14	14	14	18	134				

Akabusi, Kriss (GBR) (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 - 1991 IAAF World Championships (Tokyo, JPN)														*Behm (1995) - la tactique du 400 haies*			
date 27-Aug-91	time	6.0	9.7	13.4	17.2	21.1		25.1	29.1	33.4	37.8	42.3		47.86	4 / 3		
reaction time	interval		3.7	3.7	3.8	3.9		4.0	4.0	4.3	4.4	4.5	5.56	NR		11.20	11.90	13.20
	velocity	7.50	9.46	9.46	9.21	8.97		8.75	8.75	8.14	7.95	7.78	7.19	8.36		9.38	8.82	7.95
H1 lead leg R	strides	21	13	13	13	13		13	13	14	14	14	19	160				

Herbert, Llewellyn (RSA) (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 - 1997 IAAF World Championships (Athens, GRE)														*Hommel (1999) - biomechanical research project, athens 1997: final report*			
date 04-Aug-97	time	5.96	9.62	13.46	17.32	21.48		25.64	29.86	34.14	38.48	42.87		47.86	1 / 2		
reaction time 0.147	interval		3.66	3.84	3.86	4.16		4.16	4.22	4.28	4.34	4.39	4.99	NR		11.36	12.54	13.01
	velocity	7.55	9.56	9.11	9.07	8.41		8.41	8.29	8.18	8.06	7.97	8.02	8.36		9.24	8.37	8.07

H1 lead leg		strides																		
Bronson, Bryan (USA) (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 IAAF World Championships (Athens, GRE)															*Hommel (1999) - biomechanical research project, athens 1997: final report*					
date	04-Aug-97	time	6.03	9.66	13.32	17.08	20.95		25.08	29.28	33.62	38.08	42.62		47.88	3 / 3				
reaction time	0.247	interval		3.63	3.66	3.76	3.87		4.13	4.20	4.34	4.46	4.54	5.26			11.05	12.20	13.34	
		velocity	7.46	9.64	9.56	9.31	9.04		8.47	8.33	8.06	7.85	7.71	7.60	8.35		9.50	8.61	7.87	
H1 lead leg		strides																		
Copello, Yasmani (TUR) (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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*					
date	01-Aug-21	time	5.77	9.41	13.14	16.95	20.89		24.92	29.23	33.57	38.04	42.54		47.88	4 / 3				
reaction time	0.183	interval		3.64	3.73	3.81	3.94		4.03	4.31	4.34	4.47	4.50	5.34			11.18	12.28	13.31	
		velocity	7.80	9.62	9.38	9.19	8.88		8.68	8.12	8.06	7.83	7.78	7.49	8.35		9.39	8.55	7.89	
H1 lead leg	R	strides	20	13	13	13	13		13	14	14		14	17.2	144.2					
Rosser, Khallifah (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)															*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*					
date	19-Jul-22	time	5.89	9.59	13.38	17.15	21.02	22.60	24.99	29.16	33.48	38.00	42.59		47.88	1 / 5				
reaction time	0.176	interval		3.70	3.79	3.77	3.87		3.97	4.17	4.32	4.52	4.59	5.29				12.01	13.43	
		velocity	7.64	9.46	9.23	9.28	9.04	8.85	8.82	8.39	8.10	7.74	7.63	7.56	8.35			8.74	7.82	
H1 lead leg		strides		13	13	13	13		13	13	14	14	14	17.5	137.5					
Rosser, Khallifah (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 Memorial van Damme (Brussels, BEL) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*					
date	02-Sep-22	time	5.87	9.51	13.21		20.89	22.60	24.96	29.09	33.43	37.97	42.57		47.88	4 / 2				
reaction time	0.232	interval		3.64	3.70		7.68		2.36	4.13	4.34	4.54	4.60	5.31					13.48	
		velocity	7.67	9.62	9.46		9.11	8.85	14.83	8.47	8.06	7.71	7.61	7.53	8.35				7.79	
H1 lead leg	R	strides	21	13	13				13	13	14	14	14	17.7	132.7					
Moses, Edwin (USA) (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 - 1988 Olympic Games (Seoul, KOR)															*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*					
date	24-Sep-88	time	5.95	9.72	13.68	17.64	21.60		25.65	29.78	33.94	38.35	42.79		47.89	3 / 1				
reaction time		interval		3.77	3.96	3.96	3.96		4.05	4.13	4.16	4.41	4.44	5.10			11.69	12.14	13.01	
		velocity	7.56	9.28	8.84	8.84	8.84		8.64	8.47	8.41	7.94	7.88	7.84	8.35		8.98	8.65	8.07	
H1 lead leg		strides	19	13	13	13	13		13	13	13	13	13	16.5	152.5					
Tamesue, Dai (JPN) (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)															*Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection*					
date	10-Aug-01	time	5.85	9.50	13.22	17.04	20.94		24.94	29.09	33.42	37.89	42.56		47.89	3 / 3				
reaction time	0.222	interval		3.65	3.72	3.82	3.90		4.00	4.15	4.33	4.47	4.67	5.33	**NR / PB**		11.19	12.05	13.47	
		velocity	7.69	9.59	9.41	9.16	8.97		8.75	8.43	8.08	7.83	7.49	7.50	8.35		9.38	8.71	7.80	
H1 lead leg	L	strides	20	13	13	13	13		14	14	15	15	15	19	164					
Clement, Kerron (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 - 2009 IAAF World Championships (Berlin, GER)															*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*					
date	18-Aug-09	time	5.92	9.60	13.32	17.15	21.09		25.26	29.49	33.85	38.35	42.90		47.91	3 / 1				
reaction time	0.176	interval		3.68	3.72	3.83	3.94		4.17	4.23	4.36	4.50	4.55	5.01			11.23	12.34	13.41	
		velocity	7.60	9.51	9.41	9.14	8.88		8.39	8.27	8.03	7.78	7.69	7.98	8.35		9.35	8.51	7.83	
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.2	153.2					
Tinsley, Michael (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 - 2012 Olympic Games (London, GBR)															*Hillier (2012) - uka 2012 olympic games report: 400m hurdles*					
date	06-Aug-12	time	5.79	9.39	13.06	16.87	20.87	22.67	25.08	29.26	33.49	37.97	42.43		47.91	6 / 2				
reaction time	0.184	interval		3.60	3.67	3.81	4.00		4.21	4.18	4.23	4.48	4.46	5.48	**PB**		11.08	12.39	13.17	
		velocity	7.77	9.72	9.54	9.19	8.75	8.82	8.31	8.37	8.27	7.81	7.85	7.30	8.35		9.48	8.47	7.97	
H1 lead leg	L	strides	21	13	13	13	14		14	14	14	15	15	18	164					
Akabusi, Kriss (GBR) (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 - 1990 European Championships (Split, CRO)																*Arnold (1992) - Hurdling*				
date	29-Aug-90	time	6.0	9.7	13.6	17.4	21.3	23.1	25.4	29.5	33.8	38.2	42.7		47.92	5 / 1				
reaction time		interval		3.70	3.90	3.80	3.90		4.10	4.10	4.30	4.40	4.50	5.22	**NR**		11.40	12.10	13.20	
		velocity	7.50	9.46	8.97	9.21	8.97	8.66	8.54	8.54	8.14	7.95	7.78	7.66	8.35		9.21	8.68	7.95	
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	15	16	157					
Iakovákis, Periklís (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 IAAF World Athletic Final (Stuttgart, GER) *(TV Analysis)*															*Graubner (2008) - http://www.fgs.uni-halle.de*					
date	10-Sep-06	time	5.97	9.65	13.39	17.23	21.17		25.22	29.44	33.75	38.19	42.77		47.92	3 / 1				
reaction time	0.158	interval		3.68	3.74	3.84	3.94		4.05	4.22	4.31	4.44	4.58	5.15			11.26	12.21	13.33	
		velocity	7.54	9.51	9.36	9.11	8.88		8.64	8.29	8.12	7.88	7.64	7.77	8.35		9.33	8.60	7.88	
H1 lead leg		strides																		
Allen, CJ (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 de Paris (Paris, FRA)															*Omega Timing (2023) - diamond league race analysis*					
date	09-Jun-23	time	5.72	9.43	13.27	17.20	21.14		25.08	29.10	33.34	37.78	42.36		47.92	7 / 1				
reaction time	0.138	interval		3.71	3.84	3.93	3.94		3.94	4.02	4.24	4.44	4.58	5.56			11.48	11.90	13.26	
		velocity	7.87	9.43	9.11	8.91	8.88		8.88	8.71	8.25	7.88	7.64	7.19	8.35		9.15	8.82	7.92	
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	14	17	157					

Narisako, Kenji (JPN) (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 - 2006 Osaka Grand Prix (Osaka, JPN)													*Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers*						
date	06-May-06	time	5.95	9.63	13.41	17.23	21.10		25.12	29.44	33.77	38.17	42.72		47.93	/ 3			
reaction time		interval		3.68	3.78	3.82	3.87		4.02	4.32	4.33	4.40	4.55	5.21	PB		11.28	12.21	13.28
		velocity	7.56	9.51	9.26	9.16	9.04		8.71	8.10	8.08	7.95	7.69	7.68	8.35		9.31	8.60	7.91
H1 lead leg		strides		13	13	13	13		13	14	14	15	15		123				

Allen, CJ (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 Doha Diamond League (Doha, QAT)															*Omega Timing (2023) - diamond league race analysis*				
date	05-May-23	time	5.66	9.29	13.06	16.93	20.89		24.94	29.12	33.47	37.96	42.49		47.93	3 / 2			
reaction time	0.144	interval		3.63	3.77	3.87	3.96		4.05	4.18	4.35	4.49	4.53	5.44	PB		11.27	12.19	13.37
		velocity	7.95	9.64	9.28	9.04	8.84		8.64	8.37	8.05	7.80	7.73	7.35	8.35		9.32	8.61	7.85
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	14	17	157				

Valliant, Ludvy (FRA) (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)															*Omega Timing (2023) - diamond league race analysis*				
date	16-Sep-23	time	5.85	9.49	13.18	16.88	20.67		24.61	28.73	33.04	37.54	42.26		47.93	1 / 6			
reaction time	0.138	interval		3.64	3.69	3.70	3.79		3.94	4.12	4.31	4.50	4.72	5.67			11.03	11.85	13.53
		velocity	7.69	9.62	9.49	9.46	9.23		8.88	8.50	8.12	7.78	7.42	7.05	8.35		9.52	8.86	7.76
H1 lead leg	R	strides	21			13	13		13	14	14	14	14	18	134				

Young, Kevin (USA) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1988 Olympic Games (Seoul, KOR)													*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*						
date	25-Sep-88	time	6.07	9.72	13.40	17.20	21.09		25.13	29.25	33.46	37.94	42.61		47.94	2 / 4			
reaction time	0.214	interval		3.65	3.68	3.80	3.89		4.04	4.12	4.21	4.48	4.67	5.33			11.13	12.05	13.36
		velocity	7.41	9.59	9.51	9.21	9.00		8.66	8.50	8.31	7.81	7.49	7.50	8.34		9.43	8.71	7.86
H1 lead leg	L	strides	20	12	12	12	12		13	13	13	13	14	17	151				

Warholm, Karsten (NOR) (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 Athletissima (Lausanne, SUI) (TV Analysis)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	05-Jul-18	time	5.72	9.32	13.00	16.84	20.76		24.84	29.04	33.32	37.88	42.52		47.94	6 / 2			
reaction time	0.133	interval		3.60	3.68	3.84	3.92		4.08	4.20	4.28	4.56	4.64	5.42			11.12	12.20	13.48
		velocity	7.87	9.72	9.51	9.11	8.93		8.58	8.33	8.18	7.68	7.54	7.38	8.34		9.44	8.61	7.79
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159				

Davis, Calvin (USA) (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 - 1996 Olympic Games (Atlanta, GA)															*McFarlane (2000) - the science of hurdling and speed*				
date	01-Aug-96	time	6.02	9.85	13.62	17.38	21.34		25.48	29.70	33.90	38.35	42.82		47.96	5 / 3			
reaction time	0.267	interval		3.83	3.77	3.76	3.96		4.14	4.22	4.20	4.45	4.47	5.14			11.36	12.32	13.12
		velocity	7.48	9.14	9.28	9.31	8.84		8.45	8.29	8.33	7.87	7.83	7.78	8.34		9.24	8.52	8.00
H1 lead leg		strides	23	15	15	15	15		15	15	15	15	15		158				

Allen, CJ (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 Memorial van Damme (Brussels, BEL) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	02-Sep-22	time	5.80	9.47	13.28		21.12	22.77	25.19	29.29	33.56	38.04	42.61		47.96	2 / ~~3~~			
reaction time	0.178	interval		3.67	3.81		7.84		2.42	4.10	4.27	4.48	4.57	5.35	DQ				13.32
		velocity	7.76	9.54	9.19		8.93	8.78	14.46	8.54	8.20	7.81	7.66	7.48	8.34				7.88
H1 lead leg	L	strides	20	13	13				13	13	13	14	14	17	130				

Bronson, Bryan (USA) (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 - 1996 USA Olympic Trials (Atlanta, GA)															*McNichols - Hurdle technique study through video analysis*				
date	16-Jun-96	time	6.01	9.69	13.37	17.03	20.97	22.78	25.23	29.39	33.67	38.11	42.67		47.98	8 / 1			
reaction time		interval		3.68	3.68	3.66	3.94		4.26	4.16	4.28	4.44	4.56	5.31	PB		11.02	12.36	13.28
		velocity	7.49	9.51	9.51	9.56	8.88	8.78	8.22	8.41	8.18	7.88	7.68	7.53	8.34		9.53	8.50	7.91
H1 lead leg	R	strides	21	13	13	13	13		15	15	15	15	15		148				

Nylander, Sven (SWE) (1962)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 Olympic Games (Atlanta, GA)																*Behm (1996) - 400m haies*			
date	01-Aug-96	time	6.0	9.7	13.5	17.3	21.3		25.3	29.4	33.8	38.3	42.9		47.98	4 / 4			
reaction time	0.225	interval		3.7	3.8	3.8	4.0		4.0	4.1	4.4	4.5	4.6	5.08	NR		11.30	12.10	13.50
		velocity	7.50	9.46	9.21	9.21	8.75		8.75	8.54	7.95	7.78	7.61	7.87	8.34		9.29	8.68	7.78
H1 lead leg		strides	20	13	13	13	13		13	13	13	14	14		139				

Adkins, Derrick (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)															*Behm (1999) - Les chiffres: Les podiums de tous le championnats*				
date	10-Aug-95	time					20.8								47.98	4 / 1			
reaction time		interval																	
		velocity					8.89								8.34				
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	18.7	159.7				

Clement, Kerron (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Olympic Games (Beijing, CHN)															*Behm (2008)- Pekin 2008: Le quatrache masculin - féminin*				
date	18-Aug-08	time	5.9	9.5	13.1	16.9	20.7		24.7	28.9	33.2	37.7	42.5		47.98	4 / 2			
reaction time	0.265	interval		3.6	3.6	3.8	3.8		4.0	4.2	4.3	4.5	4.8	5.48			11.00	12.00	13.60
		velocity	7.63	9.72	9.72	9.21	9.21		8.75	8.33	8.14	7.78	7.29	7.30	8.34		9.55	8.75	7.72
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	17	156				

Young, Kevin (USA) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 1993 IAAF World Championships (Stuttgart, GER)															*Letzelter (1995) - schrittgestaltung im 400m-hürdenlauf der jugend*				
date	17-Aug-93	time	5.92	9.64	13.42	17.18	20.98		25.04	29.16	33.48	37.86	42.40		47.99	3 / 1			
reaction time		interval		3.72	3.78	3.76	3.80		4.06	4.12	4.32	4.38	4.54	5.59			11.26	11.98	13.24
		velocity	7.60	9.41	9.26	9.31	9.21		8.62	8.50	8.10	7.99	7.71	7.16	8.34		9.33	8.76	7.93
H1 lead leg	L	strides	20	13	13	12	12		13	13	13	13	13	16	151				

Al-Somaily, Hadi Sou'an (KSA) (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)															*Behm (2001) - Edmonton: Le quatrache: les finales*				
date	10-Aug-01	time	5.8	9.4	13.1	16.9	20.9		24.9	28.9	33.1	37.7	42.4		47.99	1 / 4			
reaction time	0.164	interval		3.6	3.7	3.8	4.0		4.0	4.0	4.2	4.6	4.7	5.59			11.10	12.00	13.50
		velocity	7.76	9.72	9.46	9.21	8.75		8.75	8.75	8.33	7.61	7.45	7.16	8.34		9.46	8.75	7.78
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	13	14	17.5	156.5				

Mägi, Rasmus (EST) (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)															*Omega Timing (2023) - diamond league race analysis*				
date	16-Sep-23	time	5.96	9.70	13.46	17.26	21.18		25.26	29.46	33.82	38.28	42.74		47.99	9 / 7			
reaction time	0.155	interval		3.74	3.76	3.80	3.92		4.08	4.20	4.36	4.46	4.46	5.25			11.30	12.20	13.28
		velocity	7.55	9.36	9.31	9.21	8.93		8.58	8.33	8.03	7.85	7.85	7.62	8.34		9.29	8.61	7.91
H1 lead leg	R	strides	21			13	13		13	13	14				87				

Clement, Kerron (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
Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)															*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*				
date	16-Aug-09	time	5.97	9.72	13.44	17.22	21.12		25.24	29.48	33.82	38.28	42.89		48.00	3 / 1			
reaction time	0.158	interval		3.75	3.72	3.78	3.90		4.12	4.24	4.34	4.46	4.61	5.11			11.25	12.26	13.41
		velocity	7.54	9.33	9.41	9.26	8.97		8.50	8.25	8.06	7.85	7.59	7.83	8.33		9.33	8.56	7.83
H1 lead leg		strides							13	13	13	13	13	16	81				

Warholm, Karsten (NOR) (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)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	17-Jul-22	time	5.63	9.10	12.86	16.40	20.20	21.83	24.13	28.30	32.66	37.40	42.20		48.00	5 / 1			
reaction time	0.169	interval		3.47	3.76	3.54	3.80		3.93	4.17	4.36	4.74	4.80	5.80			10.77	11.90	13.90
		velocity	7.99	10.09	9.31	9.89	9.21	9.16	8.91	8.39	8.03	7.38	7.29	6.90	8.33		9.75	8.82	7.55
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17.7	158.7				

Sańchez, Félix (DOM) (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)															*Ae (2008) - IAAF biomechanics team - a booklet of biomechanics data*				
date	28-Aug-07	time	5.95	9.65	13.38	17.18	21.10		25.25	29.52	33.83	38.23	42.72		48.01	5 / 2			
reaction time	0.164	interval		3.70	3.73	3.80	3.92		4.15	4.27	4.31	4.40	4.49	5.29			11.23	12.34	13.20
		velocity	7.56	9.46	9.38	9.21	8.93		8.43	8.20	8.12	7.95	7.80	7.56	8.33		9.35	8.51	7.95
H1 lead leg	L	strides	21	13	13	13	13		14	15	15	15	15	18.5	165.5				

Bett, Nicholas (KEN) (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 Paris (Saint-Denis, FRA) (TV Analysis)															*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	27-Aug-16	time	6.04	9.72	13.48	17.32	21.24		25.24	29.28	33.52	37.96	42.72		48.01	7 / 1			
reaction time	0.167	interval		3.68	3.76	3.84	3.92		4.00	4.04	4.24	4.44	4.76	5.29			11.28	11.96	13.44
		velocity	7.45	9.51	9.31	9.11	8.93		8.75	8.66	8.25	7.88	7.35	7.56	8.33		9.31	8.78	7.81
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	13	15	17	157				

Clement, Kerron (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 - 2017 Müller's Anniversary Games (London, GBR) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	09-Jul-17	time	6.00	9.72	13.44	17.24	21.24		25.48	29.80	34.16	38.60	43.08		48.02	7 / 1			
reaction time	0.157	interval		3.72	3.72	3.80	4.00		4.24	4.32	4.36	4.44	4.48	4.94			11.24	12.56	13.28
		velocity	7.50	9.41	9.41	9.21	8.75		8.25	8.10	8.03	7.88	7.81	8.10	8.33		9.34	8.36	7.91
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153				

Matete, Samuel (ZAM) (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)															*Behm (1999) - Les chiffres: Les podiums de tous le championnats*				
date	10-Aug-95	time					21.0								48.03	3 / 2			
reaction time		interval																	
		velocity					8.81								8.33				
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18.5	159.5				

Samba, Abderrahmane (QAT) (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 IAAF World Championships (Doha, QAT)															*Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*				
date	30-Sep-19	time	5.97	9.65	13.40	17.27	21.22		25.29	29.52	33.85	38.30	42.80		48.03	9 / 3			
reaction time	0.198	interval		3.68	3.75	3.87	3.95		4.07	4.23	4.33	4.45	4.50	5.23			11.30	12.25	13.28
		velocity	7.54	9.51	9.33	9.04	8.86		8.60	8.27	8.08	7.87	7.78	7.65	8.33		9.29	8.57	7.91
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	14	14	17.5	156.5				

Hyde, Jaheel (JAM) (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 World Athletics Championships (Eugene, OR)															*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*				
date	19-Jul-22	time	5.71	9.26	12.86	16.52	20.25	21.86	24.27	28.40	32.83	37.47	42.33		48.03	7 / 6			
reaction time	0.149	interval		3.55	3.60	3.66	3.73		4.02	4.13	4.43	4.64	4.86	5.70	PB		10.81	11.88	13.93
		velocity	7.88	9.86	9.72	9.56	9.38	9.15	8.71	8.47	7.90	7.54	7.20	7.02	8.33		9.71	8.84	7.54
H1 lead leg	L	strides	22	13	13	13	13		14	14	15	15	15	18.2	165.2				

Graham, Winthrop (JAM) (1965)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

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

date	25-Sep-88	time	6.15	9.96	13.79	17.68	21.57	25.61	29.69	34.02	38.40	42.95		48.04	4 / 5			
reaction time	0.191	interval		3.81	3.83	3.89	3.89	4.04	4.08	4.33	4.38	4.55	5.09	PB		11.53	12.01	13.26
		velocity	7.32	9.19	9.14	9.00	9.00	8.66	8.58	8.08	7.99	7.69	7.86	8.33		9.11	8.74	7.92
H1 lead leg	L	strides	21	14	13	14	13	14	14	14	14	14	17.3	162.3				

Carter, James (USA) (1978)

FINAL - 2000 Olympic Games (Sydney, AUS) *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	27-Sep-00	time	5.78	9.50	13.26	17.10	21.06	22.58	25.14	29.26	33.62	38.02	42.62	48.04	5 / 4			
reaction time	0.421	interval		3.72	3.76	3.84	3.96		4.08	4.12	4.36	4.40	4.60	5.42	PB	11.32	12.16	13.36
		velocity	7.79	9.41	9.31	9.11	8.84	8.86	8.58	8.50	8.03	7.95	7.61	7.38	8.33	9.28	8.63	7.86
H1 lead leg		strides	21	13	13	13	13		13	14	14	14	14	17	159			

Mori, Fabrizio (ITA) (1969)

FINAL - 1997 IAAF World Championships (Athens, GRE) *Hommel (1999) - biomechanical research project, athens 1997: final report*

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	04-Aug-97	time	6.14	10.02	13.78	17.72	21.72	25.85	30.04	34.40	38.78	43.18		48.05	4 / 4			
reaction time	0.156	interval		3.88	3.76	3.94	4.00	4.13	4.19	4.36	4.38	4.40	4.87	NR		11.58	12.32	13.14
		velocity	7.33	9.02	9.31	8.88	8.75	8.47	8.35	8.03	7.99	7.95	8.21	8.32		9.07	8.52	7.99
H1 lead leg		strides																

Bekrić, Emir (SRB) (1991)

FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis) *Henson (2021) - Athlete First: major championships report*

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	15-Aug-13	time	5.90	9.50	13.20	17.00	20.87	24.93	29.23	33.63	38.20	42.73		48.05	8 / 3			
reaction time	0.202	interval		3.60	3.70	3.80	3.87	4.06	4.30	4.40	4.57	4.53	5.32	NR PB		11.10	12.23	13.50
		velocity	7.63	9.72	9.46	9.21	9.04	8.62	8.14	7.95	7.66	7.73	7.52	8.32		9.46	8.59	7.78
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14	16.7	158.7				

Kudryavtsev, Denis (RUS) (1992)

FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis) *Henson (2021) - Athlete First: major championships report*

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	25-Aug-15	time	5.84	9.48	13.20	16.96	20.84	24.84	29.08	33.40	37.96	42.68		48.05	6 / 2			
reaction time	0.146	interval		3.64	3.72	3.76	3.88	4.00	4.24	4.32	4.56	4.72	5.37	NR PB		11.12	12.12	13.60
		velocity	7.71	9.62	9.41	9.31	9.02	8.75	8.25	8.10	7.68	7.42	7.45	8.32		9.44	8.66	7.72
H1 lead leg	L	strides		13	13	13	13	13	14	14	15	15	19	142				

Tverdokhleb, Oleg (UKR) (1969)

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

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	10-Aug-94	time	5.9	9.6	13.4	17.3	21.2	25.3	29.3	33.6	38.0	42.6		48.06	/ 1			
reaction time		interval		3.7	3.8	3.9	3.9	4.1	4.0	4.3	4.4	4.6	5.46	NR		11.40	12.00	13.30
		velocity	7.63	9.46	9.21	8.97	8.97	8.54	8.75	8.14	7.95	7.61	7.33	8.32		9.21	8.75	7.89
H1 lead leg		strides	20	13	13	13	13	13	13	15	15	15		143				

Jackson, Bershawn (USA) (1983)

FINAL - 2008 Olympic Games (Beijing, CHN) *Behm (2008)- Pekin 2008: Le quatrache masculin - féminin*

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	18-Aug-08	time	5.6	9.2	13.2	17.3	21.5	25.5	29.5	33.7	38.0	42.6		48.06	7 / 3			
reaction time	0.145	interval		3.6	4.0	4.1	4.2	4.0	4.0	4.2	4.3	4.6	5.46			11.70	12.20	13.10
		velocity	8.04	9.72	8.75	8.54	8.33	8.75	8.75	8.33	8.14	7.61	7.33	8.32		8.97	8.61	8.02
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	15	15	19.5	177.5				

Warholm, Karsten (NOR) (1996)

FINAL - 2018 Meeting de Paris (Paris, FRA) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	30-Jun-18	time	5.72	9.32	13.04	16.84	20.72	22.5	24.76	28.84	33.08	37.44	42.44	48.06	7 / 3			
reaction time	0.158	interval		3.60	3.72	3.80	3.88		4.04	4.08	4.24	4.36	5.00	5.62		11.12	12.00	13.60
		velocity	7.87	9.72	9.41	9.21	9.02	8.89	8.66	8.58	8.25	8.03	7.00	7.12	8.32	9.44	8.75	7.72
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	17.7	156.7			

McMaster, Kyron (IVB) (1997)

FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	24-Aug-17	time	5.72	9.42	13.16		21.00		25.08	29.32	33.76	38.24	42.88	48.07	4 / 1			
reaction time	0.153	interval		3.70	3.74		7.84		4.08	4.24	4.44	4.48	4.64	5.19				13.56
		velocity	7.87	9.46	9.36		8.93		8.58	8.25	7.88	7.81	7.54	7.71	8.32			7.74
H1 lead leg	R	strides	20	13	13				13	13	14	14	14	17.2	131.2			

Clarke, Roshawn (JAM) (2004)

FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	23-Aug-23	time	5.71	9.46	12.97	16.65	20.52			28.96	33.40	37.97	42.68	48.07	5 / 4			
reaction time	0.164	interval		3.75	3.51	3.68	3.87			8.44	4.44	4.57	4.71	5.39		10.94	12.31	13.72
		velocity	7.88	9.33	9.97	9.51	9.04			8.29	7.88	7.66	7.43	7.42	8.32	9.60	8.53	7.65
H1 lead leg	R	strides	21	13	13	13	13		14		15	15	15	18.2	150.2			

McMaster, Kyron (IVB) (1997)

FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	30-Aug-18	time	5.80	9.50	13.30		21.16	22.9	25.24	29.44	33.84	38.32	42.88	48.08	3 / 1			
reaction time	0.178	interval		3.70	3.80		7.86		4.08	4.20	4.40	4.48	4.56	5.20				13.44
		velocity	7.76	9.46	9.21		8.91	8.73	8.58	8.33	7.95	7.81	7.68	7.69	8.32			7.81
H1 lead leg	L	strides	20	13	13				13	13	14	14	14	17	131			

Selmon, Kenny (USA) (1996)

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

date	26-Jun-21	time	5.90	9.61	13.35	17.20	21.12		25.19	29.36	33.63	38.10	42.74		48.08	6 / 2			
reaction time	0.212	interval		3.71	3.74	3.85	3.92		4.07	4.17	4.27	4.47	4.64	5.34	PB		11.30	12.16	13.38
		velocity	7.63	9.43	9.36	9.09	8.93		8.60	8.39	8.20	7.83	7.54	7.49	8.32		9.29	8.63	7.85
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14	14	17	157				

Warholm, Karsten (NOR) (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 ISTAF (Berlin, GER) (TV Analysis)																*Henson (2021) - Athlete First: 2021 Karsten Warholm 400m Hurdles World Record Season*			
date	12-Sep-21	time	5.76	9.28	12.96	16.70	20.56		24.56	28.76	33.12	37.80	42.54		48.08	7 / 1			
reaction time	0.189	interval		3.52	3.68	3.74	3.86		4.00	4.20	4.36	4.68	4.74	5.54			10.94	12.06	13.78
		velocity	7.81	9.94	9.51	9.36	9.07		8.75	8.33	8.03	7.48	7.38	7.22	8.32		9.60	8.71	7.62
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18.5	159.5				

Culson, Javier (PUR) (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)																*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date	18-Aug-09	time	5.97	9.67	13.45	17.37	21.49		25.60	29.87	34.17	38.56	43.03		48.09	8 / 2			
reaction time	0.187	interval		3.70	3.78	3.92	4.12		4.11	4.27	4.30	4.39	4.47	5.06	NR		11.40	12.50	13.16
		velocity	7.54	9.46	9.26	8.93	8.50		8.52	8.20	8.14	7.97	7.83	7.91	8.32		9.21	8.40	7.98
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	16.7	155.7				

Tamesue, Dai (JPN) (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)																*Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers*			
date	09-Aug-05	time	5.79	9.38	13.08	16.92	20.82		24.87	29.01	33.35	37.94	42.68		48.10	7 / 3			
reaction time	0.189	interval		3.59	3.70	3.84	3.90		4.05	4.14	4.34	4.59	4.74	5.42			11.13	12.09	13.67
		velocity	7.77	9.75	9.46	9.11	8.97		8.64	8.45	8.06	7.63	7.38	7.38	8.32		9.43	8.68	7.68
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	17.5	142.5				

Culson, Javier (PUR) (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 - 2012 Olympic Games (London, GBR)																*Hillier (2012) - uka 2012 olympic games report: 400m hurdles*			
date	06-Aug-12	time	5.68	9.19	12.84	16.56	20.47	22.27	24.46	28.72	33.20	37.69	42.40		48.10	5 / 3			
reaction time	0.196	interval		3.51	3.65	3.72	3.91		3.99	4.26	4.48	4.49	4.71	5.70			10.88	12.16	13.68
		velocity	7.92	9.97	9.59	9.41	8.95	8.98	8.77	8.22	7.81	7.80	7.43	7.02	8.32		9.65	8.63	7.68
H1 lead leg	L	strides	21	13	13	13	13		13	13	14	14	14	17.5	158.5				

Dutch, Johnny (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 Racers Grand Prix (Kingston, JAM) (TV Analysis)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	11-Jun-16	time	5.67	9.33	13.13	17.03	21.10		25.27	29.43	33.77	38.17	42.70		48.10	5 / 1			
reaction time		interval		3.66	3.80	3.90	4.07		4.17	4.16	4.34	4.40	4.53	5.40			11.36	12.40	13.27
		velocity	7.94	9.56	9.21	8.97	8.60		8.39	8.41	8.06	7.95	7.73	7.41	8.32		9.24	8.47	7.91
H1 lead leg	R	strides	22	13	13	13	13		14	14	15	15	15	18.2	165.2				

Warholm, Karsten (NOR) (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 Weltklasse (Zürich, SUI) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	30-Aug-18	time	5.64	9.28	13.00	16.84	20.84	22.6	24.92	29.16	33.52	38.12	42.80		48.10	5 / 2			
reaction time	0.135	interval		3.64	3.72	3.84	4.00		4.08	4.24	4.36	4.60	4.68	5.30			11.20	12.32	13.64
		velocity	7.98	9.62	9.41	9.11	8.75	8.85	8.58	8.25	8.03	7.61	7.48	7.55	8.32		9.38	8.52	7.70
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159				

McMaster, Kyron (IVB) (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 IAAF World Championships (Doha, QAT)																*Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*			
date	30-Sep-19	time	5.75	9.33	13.02	16.78	20.64		24.67	28.85	33.25	37.72	42.49		48.10	2 / 4			
reaction time	0.171	interval		3.58	3.69	3.76	3.86		4.03	4.18	4.40	4.47	4.77	5.61			11.03	12.07	13.64
		velocity	7.83	9.78	9.49	9.31	9.07		8.68	8.37	7.95	7.83	7.34	7.13	8.32		9.52	8.70	7.70
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	18.2	160.2				

Rosser, Khallifah (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 Prefontaine Classic (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	28-May-22	time	5.70	9.33	13.06	16.90	20.87	22.62	24.90	29.06	33.33	37.90	42.56		48.10	4 / 2			
reaction time	0.158	interval		3.63	3.73	3.84	3.97		4.03	4.16	4.27	4.57	4.66	5.54	PB		11.20	12.16	13.50
		velocity	7.89	9.64	9.38	9.11	8.82	8.84	8.68	8.41	8.20	7.66	7.51	7.22	8.32		9.38	8.63	7.78
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	18	162				

Hall, Quincy (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 - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	28-May-22	time	5.80	9.53	13.30	17.16	21.10	23.83	25.20	29.46	33.73	38.37	43.00		48.10	6 / 3			
reaction time	0.213	interval		3.73	3.77	3.86	3.94		4.10	4.26	4.27	4.64	4.63	5.10	PB		11.36	12.30	13.54
		velocity	7.76	9.38	9.28	9.07	8.88	8.39	8.54	8.22	8.20	7.54	7.56	7.84	8.32		9.24	8.54	7.75
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14	14	16	156				

dos Santos, Alison Brendon (BRA) (

			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)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	23-Aug-23	time	5.81	9.56	12.96	16.62	20.49		24.48	28.60	32.90	37.55	42.21		48.10	9 / 5			
reaction time	0.164	interval		3.75	3.40	3.66	3.87		3.99	4.12	4.30	4.65	4.66	5.89			10.81	11.98	13.61
		velocity	7.75	9.33	10.29	9.56	9.04		8.77	8.50	8.14	7.53	7.51	6.79	8.32		9.71	8.76	7.71
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	14	14	17.2	152.2				

Moses, Edwin (USA) (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 - 1983 IAAF World Championships (Rome, ITA)																*Lyle - miscellaneous coaching notes*			
date	08-Aug-83	time	5.59	9.38	13.30	17.18	21.03		25.01	29.16	33.50	37.91	42.32		48.11	1 / 1			

reaction time		interval		3.79	3.92	3.88	3.85		3.98	4.15	4.34	4.41	4.41	5.79			11.59	11.98	13.16
		velocity	8.05	9.23	8.93	9.02	9.09		8.79	8.43	8.06	7.94	7.94	6.91	8.31		9.06	8.76	7.98
H1 lead leg	L	strides	19	13	13	13	13		13	13	13	13	13	15.5	151.5				

Matete, Samuel (ZAM) (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)																*Hommel (1999) - biomechanical research project, athens 1997: final report*			
date	04-Aug-97	time	5.98	9.66	13.41	17.24	21.16		25.18	29.20	33.62	38.10	42.70		48.11	8 / 5			
reaction time	0.237	interval		3.68	3.75	3.83	3.92		4.02	4.02	4.42	4.48	4.60	5.41			11.26	11.96	13.50
		velocity	7.53	9.51	9.33	9.14	8.93		8.71	8.71	7.92	7.81	7.61	7.39	8.31		9.33	8.78	7.78
H1 lead leg		strides																	

McFarlane, Danny (JAM) (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 - 2004 Olympic Games (Athîna, GRE)																*Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04*			
date	26-Aug-04	time	6.02	9.52	13.23	17.17	21.19		25.21	29.50	33.62	38.23	42.88		48.11	5 / 2			
reaction time	0.256	interval		3.50	3.71	3.94	4.02		4.02	4.29	4.12	4.61	4.65	5.23			11.15	12.33	13.38
		velocity	7.48	10.00	9.43	8.88	8.71		8.71	8.16	8.50	7.59	7.53	7.65	8.31		9.42	8.52	7.85
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	15	18	161				

Mägi, Rasmus (EST) (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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	03-Aug-21	time	5.92	9.60	13.32	17.16	21.12		25.28	29.56	33.96	38.44	42.88		48.11	9 / 7			
reaction time	0.167	interval		3.68	3.72	3.84	3.96		4.16	4.28	4.40	4.48	4.44	5.23			11.24	12.40	13.32
		velocity	7.60	9.51	9.41	9.11	8.84		8.41	8.18	7.95	7.81	7.88	7.65	8.31		9.34	8.47	7.88
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	14		140				

Diagana, Stéphane (FRA) (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)																*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date	27-Aug-99	time	5.44	9.09	12.77	16.54	20.39		24.41	28.77	33.08	37.59	42.19		48.12	5 / 2			
reaction time	0.139	interval		3.65	3.68	3.77	3.85		4.02	4.36	4.31	4.51	4.60	5.93			11.10	12.23	13.42
		velocity	8.27	9.59	9.51	9.28	9.09		8.71	8.03	8.12	7.76	7.61	6.75	8.31		9.46	8.59	7.82
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	19	163				

Plawgo, Marek (POL) (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 Championships (Osaka, JPN)																*Ae (2008) - IAAF biomechanics team - a booklet of biomechanics data*			
date	28-Aug-07	time	5.87	9.52	13.28	17.06	20.97		25.15	29.48	33.76	38.22	42.80		48.12	7 / 3			
reaction time	0.157	interval		3.65	3.76	3.78	3.91		4.18	4.33	4.28	4.46	4.58	5.32	NR		11.19	12.42	13.32
		velocity	7.67	9.59	9.31	9.26	8.95		8.37	8.08	8.18	7.85	7.64	7.52	8.31		9.38	8.45	7.88
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17	159				

Greene, David (Dai) (GBR) (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 European Championships (Barcelona, ESP)																*Arnold (2010) - 400mH planning and peaking*			
date	31-Jul-10	time	6.08	9.86	13.70	17.56	21.52		25.54	29.70	33.96	38.38	42.96		48.12	3 / 1			
reaction time	0.175	interval		3.78	3.84	3.86	3.96		4.02	4.16	4.26	4.42	4.58	5.16			11.48	12.14	13.26
		velocity	7.40	9.26	9.11	9.07	8.84		8.71	8.41	8.22	7.92	7.64	7.75	8.31		9.15	8.65	7.92
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	19	170				

Cisneros, Omar (CUB) (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)																*Henson (2021) - Athlete First: major championships report*			
date	15-Aug-13	time	5.80	9.33	13.03	16.87	20.77		24.83	29.07	33.43	38.00	42.63		48.12	5 / 4			
reaction time	0.219	interval		3.53	3.70	3.84	3.90		4.06	4.24	4.36	4.57	4.63	5.49			11.07	12.20	13.56
		velocity	7.76	9.92	9.46	9.11	8.97		8.62	8.25	8.03	7.66	7.56	7.29	8.31		9.49	8.61	7.74
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.5	159.5				

McMaster, Kyron (IVB) (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 - 2017 Müller's Anniversary Games (London, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	09-Jul-17	time	5.76	9.32	13.04	16.72	20.60		24.68	28.96	33.36	37.92	42.76		48.12	6 / 2			
reaction time	0.164	interval		3.56	3.72	3.68	3.88		4.08	4.28	4.40	4.56	4.84	5.36			10.96	12.24	13.80
		velocity	7.81	9.83	9.41	9.51	9.02		8.58	8.18	7.95	7.68	7.23	7.46	8.31		9.58	8.58	7.61
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	15	18	160				

Selmon, Kenny (USA) (1996)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 NCAA Championships (Eugene, OR) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	08-Jun-18	time	5.96		13.53	17.30	21.13		25.16		33.60	38.13	42.80		48.12	4 / 2			
reaction time		interval			7.57	3.77	3.83		4.03		8.44	4.53	4.67	5.32	PB		11.34		
		velocity	7.55		9.25	9.28	9.14		8.68		8.29	7.73	7.49	7.52	8.31		9.26		
H1 lead leg	R	strides				13	13		13			14	15	17.5	85.5				

Robinson, Chris (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)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	09-Jun-23	time	5.89	9.53	13.25	17.20	21.20		25.36	29.66	34.06	38.42	42.89		48.12	6 / 1			
reaction time		interval		3.64	3.72	3.95	4.00		4.16	4.30	4.40	4.36	4.47	5.23	PB		11.31	12.46	13.23
		velocity	7.64	9.62	9.41	8.86	8.75		8.41	8.14	7.95	8.03	7.83	7.65	8.31		9.28	8.43	7.94
H1 lead leg	R	strides	21	13	13	14	14		14	14	15	15	15	18.2	166.2				

dos Santos, Alison Brendon (BRA) (

			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)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	20-Aug-23	time	5.93	9.77	13.47		20.93		24.93	29.16	33.53	38.03	42.86		48.12	2 / 1			
reaction time	0.167	interval		3.84	3.70		7.46		4.00	4.23	4.37	4.50	4.83	5.26					13.70

		velocity	7.59	9.11	9.46		9.38		8.75	8.27	8.01	7.78	7.25	7.60	8.31				7.66
H1 lead leg	L	strides	20	13	12				12		13	13	14	16.2	113.2				

Harris, Danny (USA) (1965)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1984 Olympic Games (Los Angeles, CA)														*Behm (1995) - la tactique du 400 haies*			
date 05-Aug-84	time	6.0	9.8	13.7	17.6	21.6		25.7	29.9	34.1	38.5	43.0		48.13	4 / 2			
reaction time 0.210	interval		3.8	3.9	3.9	4.0		4.1	4.2	4.2	4.4	4.5	5.13			11.60	12.30	13.10
	velocity	7.50	9.21	8.97	8.97	8.75		8.54	8.33	8.33	7.95	7.78	7.80	8.31		9.05	8.54	8.02
H1 lead leg R	strides	21	13	13	13	13		13	13	13	14	15	17	158				

Diagana, Stéphane (FRA) (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 - 1992 Olympic Games (Barcelona, ESP)														*Belloc (1992) - Diagana: 45.18 / 48.13 : 3" d'ecart; incompressibles?*			
date 06-Aug-92	time	5.90	9.60	13.35	17.15	21.00		25.20	29.40	33.65	38.05	42.70		48.13	6 / 4			
reaction time	interval		3.70	3.75	3.80	3.85		4.20	4.20	4.25	4.40	4.65	5.43	PB		11.25	12.25	13.30
	velocity	7.63	9.46	9.33	9.21	9.09		8.33	8.33	8.24	7.95	7.53	7.37	8.31		9.33	8.57	7.89
H1 lead leg L	strides	21	13	13	13	13		14	14	15	15	15	18.3	164.3				

Schelbert, Marcel (SUI) (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)														*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date 27-Aug-99	time	5.66	9.42	13.18	17.02	21.17		25.14	29.32	33.70	38.19	42.70		48.13	7 / 3			
reaction time 0.125	interval		3.76	3.76	3.84	4.15		3.97	4.18	4.38	4.49	4.51	5.43	NR PB		11.36	12.30	13.38
	velocity	7.95	9.31	9.31	9.11	8.43		8.82	8.37	7.99	7.80	7.76	7.37	8.31		9.24	8.54	7.85
H1 lead leg L	strides	22	13	13	13	14		14	14	14	15	15	18.5	165.5				

de Araújo, Eronilde (BRA) (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 - 1999 IAAF World Championships (Sevilla, ESP)														*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date 27-Aug-99	time	5.72	9.39	13.13	16.93	20.85		24.84	29.06	33.37	37.85	42.46		48.13	8 / 4			
reaction time 0.205	interval		3.67	3.74	3.80	3.92		3.99	4.22	4.31	4.48	4.61	5.67			11.21	12.13	13.40
	velocity	7.87	9.54	9.36	9.21	8.93		8.77	8.29	8.12	7.81	7.59	7.05	8.31		9.37	8.66	7.84
H1 lead leg L	strides	21	13	13	13	13		13	14	14	14	15	17.5	160.5				

Jackson, Bershawn (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 Osaka Grand Prix (Osaka, JPN)														*Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers*			
date 05-May-07	time	5.71	9.40	13.29	17.36	21.48		25.47	29.57	33.81	38.23	42.88		48.13	/ 1			
reaction time	interval		3.69	3.89	4.07	4.12		3.99	4.10	4.24	4.42	4.65	5.25			11.65	12.21	13.31
	velocity	7.88	9.49	9.00	8.60	8.50		8.77	8.54	8.25	7.92	7.53	7.62	8.31		9.01	8.60	7.89
H1 lead leg	strides		15	15	15	15		15	15	15	15	15		135				

Happio, Wilfried (FRA) (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 Bislett Games (Oslo, NOR)														*Omega Timing (2023) - diamond league race analysis*			
date 15-Jun-23	time	5.82	9.47	13.16	16.95	20.88		24.93	29.11	33.48	38.00	42.70		48.13	5 / 3			
reaction time 0.159	interval		3.65	3.69	3.79	3.93		4.05	4.18	4.37	4.52	4.70	5.43			11.13	12.16	13.59
	velocity	7.73	9.59	9.49	9.23	8.91		8.64	8.37	8.01	7.74	7.45	7.37	8.31		9.43	8.63	7.73
H1 lead leg L	strides	20			13	13		13			13	15	17	104				

Diagana, Stéphane (FRA) (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)														*Behm (1999) - Les chiffres: Les podiums de tous le championnats*			
date 10-Aug-95	time					21.1								48.14	6 / 3			
reaction time	interval																	
	velocity					8.77								8.31				
H1 lead leg L	strides	20	13	13	13	13		13	14	14	15	15	19.2	162.2				

Al-Somaily, Hadi Sou'an (KSA) (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 - 2000 Olympic Games (Sydney, AUS)														*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date 25-Sep-00	time	5.94	9.74	13.58	17.46	21.42	22.94	25.50	29.62	33.94	39.30	42.82		48.14	6 / 1			
reaction time 0.316	interval		3.80	3.84	3.88	3.96		4.08	4.12	4.32	5.36	3.52	5.32	AR		11.52	12.16	13.20
	velocity	7.58	9.21	9.11	9.02	8.84	8.72	8.58	8.50	8.10	6.53	9.94	7.52	8.31		9.11	8.63	7.95
H1 lead leg	strides	21	13	13	13	13		13	13	13	13	14	17	156				

Happio, Wilfried (FRA) (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 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 17-Jul-22	time	5.76	9.40	13.20	16.90	20.76	22.44	24.80	29.06	33.46	38.07	42.73		48.14	6 / 2			
reaction time 0.136	interval		3.64	3.80	3.70	3.86		4.04	4.26	4.40	4.61	4.66	5.41	PB		11.14	12.16	13.67
	velocity	7.81	9.62	9.21	9.46	9.07	8.91	8.66	8.22	7.95	7.59	7.51	7.39	8.31		9.43	8.63	7.68
H1 lead leg L	strides	20	13	13	13	13		13	13	13	15	15	18	159				

Januszewski, Paweł (POL) (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)														*Behm (1998) - analyse et commentaries: le 400m haies: Pavel la surprise!*			
date 20-Aug-98	time	5.9	9.8	13.6	17.4	21.2		25.2	29.3	33.6	38.1	42.7		48.17	3 / 1			
reaction time	interval		3.9	3.8	3.8	3.8		4.0	4.1	4.3	4.5	4.6	5.47	NR / PB		11.50	11.90	13.40
	velocity	7.63	8.97	9.21	9.21	9.21		8.75	8.54	8.14	7.78	7.61	7.31	8.30		9.13	8.82	7.84
H1 lead leg L	strides	21	14	14	14	14		13	14	14	15	15	18.5	166.5				

Jackson, Bershawn (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)														*USATF Hurdle Development (2008)*			
date 29-Jun-08	time	5.79	9.54	13.61	17.87	22.19		26.18	30.25	34.45	38.71	43.13		48.17	4 / 1			
reaction time	interval		3.75	4.07	4.26	4.32		3.99	4.07	4.20	4.26	4.42	5.04			12.08	12.38	12.88
	velocity	7.77	9.33	8.60	8.22	8.10		8.77	8.60	8.33	8.22	7.92	7.94	8.30		8.69	8.48	8.15

H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	15		158				

Gibson, Jeffery (BAH) (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)															*Henson (2021) - Athlete First: major championships report*				
date	25-Aug-15	time	5.88	9.64	13.36	17.16	21.12		25.08	29.28	33.60	38.08	42.72		48.17	7 / 3			
reaction time	0.184	interval		3.76	3.72	3.80	3.96		3.96	4.20	4.32	4.48	4.64	5.45	NR PB		11.28	12.12	13.44
		velocity	7.65	9.31	9.41	9.21	8.84		8.84	8.33	8.10	7.81	7.54	7.34	8.30		9.31	8.66	7.81
H1 lead leg	R	strides		13	13	12	13		13	13	14	14	14	17.5	136.5				

Allen, CJ (USA) (1995)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	26-Jun-22	time	6.04	9.77	13.61	17.51	21.52	23.15	25.55	29.76	34.03	38.44	42.94		48.17	8 / 4			
reaction time		interval		3.73	3.84	3.90	4.01		4.03	4.21	4.27	4.41	4.50	5.23	PB		11.47	12.25	13.18
		velocity	7.45	9.38	9.11	8.97	8.73	8.64	8.68	8.31	8.20	7.94	7.78	7.65	8.30		9.15	8.57	7.97
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17.5	158.5				

Bassitt, Trevor (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 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	17-Jul-22	time	5.83	9.63	13.37	17.13	21.10	22.80	25.17	29.43	33.83	38.30	42.83		48.17	7 / 2			
reaction time	0.144	interval		3.80	3.74	3.76	3.97		4.07	4.26	4.40	4.47	4.53	5.34			11.30	12.30	13.40
		velocity	7.72	9.21	9.36	9.31	8.82	8.77	8.60	8.22	7.95	7.83	7.73	7.49	8.30		9.29	8.54	7.84
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153				

Matete, Samuel (ZAM) (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)															*Letzelter (1995) - schrittgestaltung im 400m-hürdenlauf der jugend*				
date	17-Aug-93	time	5.74	9.44	13.18	16.96	20.82		24.78	28.96	33.46	38.12	42.74		48.18	3 / 1			
reaction time		interval		3.70	3.74	3.78	3.86		3.96	4.18	4.50	4.66	4.62	5.44			11.22	12.00	13.78
		velocity	7.84	9.46	9.36	9.26	9.07		8.84	8.37	7.78	7.51	7.58	7.35	8.30		9.36	8.75	7.62
H1 lead leg	L	strides	21	13	13	13	13		13	13	15	15	15	17.5	161.5				

Adkins, Derrick (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)															*McNichols - Hurdle technique study through video analysis*				
date	16-Jun-96	time	5.77	9.45	13.17	16.88	20.76	21.43	24.82	29.07	33.47	37.98	42.65		48.18	5 / 2			
reaction time		interval		3.68	3.72	3.71	3.88		4.06	4.25	4.40	4.51	4.67	5.53			11.11	12.19	13.58
		velocity	7.80	9.51	9.41	9.43	9.02	9.33	8.62	8.24	7.95	7.76	7.49	7.23	8.30		9.45	8.61	7.73
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14		141				

Diagana, Stéphane (FRA) (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)															*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*				
date	25-Aug-99	time	5.57	9.24	13.03	16.81	20.72		24.73	28.98	33.39	37.91	42.46		48.18	4 / 1			
reaction time	0.161	interval		3.67	3.79	3.78	3.91		4.01	4.25	4.41	4.52	4.55	5.72			11.24	12.17	13.48
		velocity	8.08	9.54	9.23	9.26	8.95		8.73	8.24	7.94	7.74	7.69	6.99	8.30		9.34	8.63	7.79
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18	162				

Woody, Joey (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 IAAF World Championships (Paris, FRA)															*Behm (2003) - Paris 2003:Le quatrache masculn - féminin*				
date	29-Aug-03	time	5.9	9.5	13.4	17.2	21.0		25.3	29.5	33.7	38.2	42.8		48.18	6 / 2			
reaction time	0.167	interval		3.6	3.9	3.8	3.8		4.3	4.2	4.2	4.5	4.6	5.38			11.30	12.30	13.30
		velocity	7.63	9.72	8.97	9.21	9.21		8.14	8.33	8.33	7.78	7.61	7.43	8.30		9.29	8.54	7.89
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	18	162				

Clement, Kerron (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 - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)															*Henson (2021) - Athlete First: major championships report*				
date	25-Aug-15	time	5.96	9.68	13.40	17.16	21.12		25.20	29.32	33.60	38.16	42.96		48.18	8 / 4			
reaction time	0.174	interval		3.72	3.72	3.76	3.96		4.08	4.12	4.28	4.56	4.80	5.22			11.20	12.16	13.64
		velocity	7.55	9.41	9.41	9.31	8.84		8.58	8.50	8.18	7.68	7.29	7.66	8.30		9.38	8.63	7.70
H1 lead leg	R	strides		13	13	13	13		13	13	13	15	15	17	138				

Futch, Eric (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 USATF Championships (Sacramento, CA) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	25-Jun-17	time	5.96	9.79	13.65	17.58	21.65		25.65	29.82	34.03	38.34	42.79		48.18	4 / 1			
reaction time		interval		3.83	3.86	3.93	4.07		4.00	4.17	4.21	4.31	4.45	5.39	PB		11.62	12.24	12.97
		velocity	7.55	9.14	9.07	8.91	8.60		8.75	8.39	8.31	8.12	7.87	7.42	8.30		9.04	8.58	8.10
H1 lead leg	R	strides	22	14	14	13	13			14	15	15	15	18	153				

Allen, CJ (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)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	09-Jul-23	time	5.87	9.54	13.24	17.01	20.82		24.79	28.86	33.23	37.80	42.54		48.18	4 / 2			
reaction time		interval		3.67	3.70	3.77	3.81		3.97	4.07	4.37	4.57	4.74	5.64			11.14	11.85	13.68
		velocity	7.67	9.54	9.46	9.28	9.19		8.82	8.60	8.01	7.66	7.38	7.09	8.30		9.43	8.86	7.68
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17.7	156.7				

Schmid, Harald (FRG) (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 - 1984 Olympic Games (Los Angeles, CA)															*Behm (1995) - la tactique du 400 haies*				
date	05-Aug-84	time	6.0	9.8	13.7	17.6	21.6		25.7	29.8	34.0	38.5	43.0		48.19	5 / 3			
reaction time	0.180	interval		3.8	3.9	3.9	4.0		4.1	4.1	4.2	4.5	4.5	5.19			11.60	12.20	13.20
		velocity	7.50	9.21	8.97	8.97	8.75		8.54	8.54	8.33	7.78	7.78	7.71	8.30		9.05	8.61	7.95
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	14	14	17.2	157.2				

Phillips, Andre (USA) (1959)			H1	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)															*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*				
date	24-Sep-88	time	5.92	9.61	13.44	17.37	21.34		25.42	29.63	33.86	38.22	42.91		48.19	5 / 1			
reaction time		interval		3.69	3.83	3.93	3.97		4.08	4.21	4.23	4.36	4.69	5.28			11.45	12.26	13.28
		velocity	7.60	9.49	9.14	8.91	8.82		8.58	8.31	8.27	8.03	7.46	7.58	8.30		9.17	8.56	7.91
H1 lead leg		strides	19	13	13	13	13		13	13	13	13	14	18	155				

Januszewski, Paweł (POL) (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 - 1999 IAAF World Championships (Sevilla, ESP)															*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*				
date	27-Aug-99	time	5.54	9.24	13.00	16.77	20.74		24.77	29.00	33.21	37.64	42.27		48.19	4 / 5			
reaction time	0.138	interval		3.70	3.76	3.77	3.97		4.03	4.23	4.21	4.43	4.63	5.92			11.23	12.23	13.27
		velocity	8.12	9.46	9.31	9.28	8.82		8.68	8.27	8.31	7.90	7.56	6.76	8.30		9.35	8.59	7.91
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18.5	168.5				

Greene, David (Dai) (GBR) (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 - 2012 Olympic Games (London, GBR)															*Hillier (2012) - uka 2012 olympic games report: 400m hurdles*				
date	04-Aug-12	time	5.91	9.54	13.28	17.13	21.07	22.67	25.17	29.38	33.67	38.17	42.79		48.19	7 / 4			
reaction time	0.181	interval		3.63	3.74	3.85	3.94		4.10	4.21	4.29	4.50	4.62	5.40			11.22	12.25	13.41
		velocity	7.61	9.64	9.36	9.09	8.88	8.82	8.54	8.31	8.16	7.78	7.58	7.41	8.30		9.36	8.57	7.83
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	15		152				

Clement, Kerron (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 - 2016 Meeting Paris (Saint-Denis, FRA) (TV Analysis)															*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	27-Aug-16	time	5.88	9.60	13.32	17.08	21.00		25.08	29.24	33.56	38.04	42.92		48.19	6 / 2			
reaction time	0.137	interval		3.72	3.72	3.76	3.92		4.08	4.16	4.32	4.48	4.88	5.27			11.20	12.16	13.68
		velocity	7.65	9.41	9.41	9.31	8.93		8.58	8.41	8.10	7.81	7.17	7.59	8.30		9.38	8.63	7.68
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	16.7	154.7				

Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	04-Jul-21	time	5.76	9.48	13.36	17.24	21.20	22.9	25.20	29.52	33.88	38.36	42.88		48.19	4 / 2			
reaction time	0.167	interval		3.72	3.88	3.88	3.96		4.00	4.32	4.36	4.48	4.52	5.31			11.48	12.28	13.36
		velocity	7.81	9.41	9.02	9.02	8.84	8.73	8.75	8.10	8.03	7.81	7.74	7.53	8.30		9.15	8.55	7.86
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	17.7	158.7				

Holmes, TJ (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 IAAF World Championships (Doha, QAT)															*Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*				
date	30-Sep-19	time	6.00	9.63	13.36	17.08	20.96		25.06	29.34	33.76	38.48	43.10		48.20	3 / 5			
reaction time	0.193	interval		3.63	3.73	3.72	3.88		4.10	4.28	4.42	4.72	4.62	5.10	**PB**		11.08	12.26	13.76
		velocity	7.50	9.64	9.38	9.41	9.02		8.54	8.18	7.92	7.42	7.58	7.84	8.30		9.48	8.56	7.63
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	14	17	157				

Allen, CJ (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 Weltklasse (Zürich, SUI) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	08-Sep-22	time	5.74	9.41		17.05	20.92	22.43	24.89	28.96	33.30	37.80	42.64		48.21	3 / 3			
reaction time	0.159	interval		3.67		7.64	3.87		3.97	4.07	4.34	4.50	4.84	5.57			11.31	11.91	13.68
		velocity	7.84	9.54		9.16	9.04	8.92	8.82	8.60	8.06	7.78	7.23	7.18	8.30		9.28	8.82	7.68
H1 lead leg	L	strides	20	13			13		13	13	14	14	15	17.5	132.5				

Nylander, Sven (SWE) (1962)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1994 European Championships (Helsinki, FIN)															*Behm (1995) - la tactique du 400 haies*				
date	10-Aug-94	time	5.9	9.5	13.3	17.2	21.1		25.3	29.3	33.6	38.2	42.8		48.22	/ 2			
reaction time		interval		3.6	3.8	3.9	3.9		4.2	4.0	4.3	4.6	4.6	5.42	**PB**		11.30	12.10	13.50
		velocity	7.63	9.72	9.21	8.97	8.97		8.33	8.75	8.14	7.61	7.61	7.38	8.30		9.29	8.68	7.78
H1 lead leg		strides	20	13	13	13	13		14	14	14	14	14		142				

Carter, James (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 - 2007 Osaka Grand Prix (Osaka, JPN)															*Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers*				
date	05-May-07	time	5.79	9.49	13.24	17.21	21.28		25.40	29.62	33.94	38.36	42.95		48.22	/ 2			
reaction time		interval		3.70	3.75	3.97	4.07		4.12	4.22	4.32	4.42	4.59	5.27			11.42	12.41	13.33
		velocity	7.77	9.46	9.33	8.82	8.60		8.50	8.29	8.10	7.92	7.63	7.59	8.30		9.19	8.46	7.88
H1 lead leg		strides		13	13	13	13		13	14	14	14	14		121				

Sánchez, Félix (DOM) (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 - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)															*Henson (2021) - Athlete First: major championships report*				
date	15-Aug-13	time	5.80	9.40	13.26	17.17	21.23		25.37	29.60	33.90	38.33	42.90		48.22	4 / 5			
reaction time	0.175	interval		3.60	3.86	3.91	4.06		4.14	4.23	4.30	4.43	4.57	5.32			11.37	12.43	13.30
		velocity	7.76	9.72	9.07	8.95	8.62		8.45	8.27	8.14	7.90	7.66	7.52	8.30		9.23	8.45	7.89
H1 lead leg	L	strides	22	13	14	13	14		14	14		15	15	18	152				

Warholm, Karsten (NOR) (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 - 2017 Weltklasse (Zürich, SUI) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	24-Aug-17	time	5.76	9.32	13.00	16.80	20.76		24.84	29.08	33.52	38.28	43.00		48.22	6 / 2			
reaction time	0.164	interval		3.56	3.68	3.80	3.96		4.08	4.24	4.44	4.76	4.72	5.22	**NR PB**		11.04	12.28	13.92
		velocity	7.81	9.83	9.51	9.21	8.84		8.58	8.25	7.88	7.35	7.42	7.66	8.30		9.51	8.55	7.54
H1 lead leg	L	strides	20	13	13	13	13		13	13	15		15	17.7	145.7				

Warholm, Karsten (NOR) (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 Bislett Games (Oslo, NOR) (TV Analysis)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	07-Jun-18	time	5.68	9.24	12.96	16.80	20.80	22.6	24.88	29.16	33.48	37.92	42.64		48.22	7 / 2			
reaction time	0.165	interval		3.56	3.72	3.84	4.00		4.08	4.28	4.32	4.44	4.72	5.58			11.12	12.36	13.48
		velocity	7.92	9.83	9.41	9.11	8.75	8.85	8.58	8.18	8.10	7.88	7.42	7.17	8.30		9.44	8.50	7.79
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	14	17.5	155.5				

Bassitt, Trevor (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 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	23-Aug-23	time	5.93	9.78	13.33	17.05	20.92			29.16	33.56	38.20	42.98		48.22	3 / 6			
reaction time	0.164	interval		3.85	3.55	3.72	3.87			8.24	4.40	4.64	4.78	5.24			11.12	12.11	13.82
		velocity	7.59	9.09	9.86	9.41	9.04			8.50	7.95	7.54	7.32	7.63	8.30		9.44	8.67	7.60
H1 lead leg	R	strides	20	13	13	13	13				13	13	14	17	129				

Schmid, Harald (FRG) (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 - 1987 IAAF World Championships (Rome, ITA)															*Sušanka (1990) - time analyis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*				
date	31-Aug-87	time	6.09	9.73	13.53	17.44	21.48		25.50	29.66	33.99	38.51	43.07		48.23	6 / 1			
reaction time		interval		3.64	3.80	3.91	4.04		4.02	4.16	4.33	4.52	4.56	5.16			11.35	12.22	13.41
		velocity	7.39	9.62	9.21	8.95	8.66		8.71	8.41	8.08	7.74	7.68	7.75	8.29		9.25	8.59	7.83
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	14	14	17	157				

Diagana, Stéphane (FRA) (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 - 1994 European Championships (Helsinki, FIN)																*Behm (1995) - la tactique du 400 haies*			
date	10-Aug-94	time	5.9	9.5	13.2	16.9	20.8		24.7	29.0	33.3	37.9	42.6		48.23	/ 3			
reaction time		interval		3.6	3.7	3.7	3.9		3.9	4.3	4.3	4.6	4.7	5.63			11.00	12.10	13.60
		velocity	7.63	9.72	9.46	9.46	8.97		8.97	8.14	8.14	7.61	7.45	7.10	8.29		9.55	8.68	7.72
H1 lead leg		strides	20	13	13	13	13		13	14	14	15	15		143				

Jackson, Bershawn (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)															*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*				
date	16-Aug-09	time	5.74	9.58	13.50	17.61	21.70		25.87	30.04	34.28	38.64	43.09		48.23	5 / 1			
reaction time	0.146	interval		3.84	3.92	4.11	4.09		4.17	4.17	4.24	4.36	4.45	5.14			11.87	12.43	13.05
		velocity	7.84	9.11	8.93	8.52	8.56		8.39	8.39	8.25	8.03	7.87	7.78	8.29		8.85	8.45	8.05
H1 lead leg	L	strides	22	14	14				15	15	15	15	15	18.7	143.7				

Jackson, Bershawn (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)															*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*				
date	18-Aug-09	time	5.76	9.63	13.59	17.71	21.87		26.01	30.17	34.43	38.79	43.22		48.23	5 / 3			
reaction time	0.141	interval		3.87	3.96	4.12	4.16		4.14	4.16	4.26	4.36	4.43	5.01			11.95	12.46	13.05
		velocity	7.81	9.04	8.84	8.50	8.41		8.45	8.41	8.22	8.03	7.90	7.98	8.29		8.79	8.43	8.05
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	19	172				

Warholm, Karsten (NOR) (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 Norweigen National Championships (Bergen, NOR) (TV Analysis)															*Henson (2020) - Athlete First: 2020 year end hurdle report*				
date	20-Sep-20	time	5.73	9.33	13.07	16.87	20.80		24.83	29.03	33.30	37.93	42.67		48.23	7 / 1			
reaction time		interval		3.60	3.74	3.80	3.93		4.03	4.20	4.27	4.63	4.74	5.56			11.14	12.16	13.64
		velocity	7.85	9.72	9.36	9.21	8.91		8.68	8.33	8.20	7.56	7.38	7.19	8.29		9.43	8.63	7.70
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17.5	158.5				

dos Santos, Alison Brendon (BRA) (			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 Memorial van Damme (Brussels, BEL) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	03-Sep-21	time	5.84	9.52	13.32	17.16	21.24	23.0	25.44	29.60	33.80	38.28	42.92		48.23	6 / 1			
reaction time	0.181	interval		3.68	3.80	3.84	4.08		4.20	4.16	4.20	4.48	4.64	5.31			11.32	12.44	13.32
		velocity	7.71	9.51	9.21	9.11	8.58	8.70	8.33	8.41	8.33	7.81	7.54	7.53	8.29		9.28	8.44	7.88
H1 lead leg	L	strides	20	13	13	12	12		13	13	13	13	13	16.5	151.5				

Allen, CJ (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 NACAC Championships (Freeport, BAH) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	21-Aug-22	time	5.73	9.50	13.36	17.20	21.16		25.23	29.33	33.60	38.00			48.23	3 / 3			
reaction time		interval		3.77	3.86	3.84	3.96		4.07	4.10	4.27	4.40					11.47	12.13	
		velocity	7.85	9.28	9.07	9.11	8.84		8.60	8.54	8.20	7.95			8.29		9.15	8.66	
H1 lead leg	L	strides		13	13	13	13		13		14	14			93				

Hemery, David (GBR) (1944)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1968 Olympic Games (Mexico City, MEX) (*Altitude*)															*McFarlane (1981) - understanding the 400m hurdles (in Jarver (ed) - the hurdles, 1981)*				
date	15-Oct-68	time	6.0	9.8	13.6	17.5	21.5	23.3	25.4	29.6	33.9	38.3	42.8		48.1	6 / 1			
reaction time		interval		3.8	3.8	3.9	4.0		3.9	4.2	4.3	4.4	4.5	5.3	**WR**		11.50	12.10	13.20
		velocity	7.50	9.21	9.21	8.97	8.75	8.58	8.97	8.33	8.14	7.95	7.78	7.55	8.32	*(48.12)*	9.13	8.68	7.95
H1 lead leg	L	strides	21	13	13	13	13		13	15	15	15	15	18	164				

Harris, Danny (USA) (1965)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1987 IAAF World Championships (Rome, ITA)															*Sušanka (1990) - time analyis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*				
date	31-Aug-87	time	6.01	9.69	13.41	17.17	21.02		24.96	29.21	33.58	38.15	43.01		48.24	3 / 2			
reaction time		interval		3.68	3.72	3.76	3.85		3.94	4.25	4.37	4.57	4.86	5.23			11.16	12.04	13.80
		velocity	7.49	9.51	9.41	9.31	9.09		8.88	8.24	8.01	7.66	7.20	7.65	8.29		9.41	8.72	7.61
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	15	18.1	161.1				

Iakovákis, Periklís (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 - 2003 IAAF World Championships (Paris, FRA) *Behm (2003) - Paris 2003:Le quatrache masculn - féminin*

date	29-Aug-03	time	5.9	9.5	13.2	17.1	21.0	25.0	29.4	33.8	38.3	42.9		48.24	4 / 3			
reaction time	0.174	interval		3.6	3.7	3.9	3.9	4.0	4.4	4.4	4.5	4.6	5.34			11.20	12.30	13.50
		velocity	7.63	9.72	9.46	8.97	8.97	8.75	7.95	7.95	7.78	7.61	7.49	8.29		9.38	8.54	7.78
H1 lead leg	R	strides	21	13	13	13	13	13	13	14	14	15	18	160				

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

date	19-Sep-05	time	5.92	9.89	14.08	18.27	22.36	26.30	30.30	34.49	38.76	43.15		48.24	/ 1			
reaction time		interval		3.97	4.19	4.19	4.09	3.94	4.00	4.19	4.27	4.39	5.09			12.35	12.03	12.85
		velocity	7.60	8.82	8.35	8.35	8.56	8.88	8.75	8.35	8.20	7.97	7.86	8.29		8.50	8.73	8.17
H1 lead leg		strides		15	15	15	15	15	15	15	15	15		135				

Greene, David (Dai) (GBR) (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	06-Aug-12	time	5.82	9.44	13.18	16.98	20.96	22.76	25.12	29.32	33.64	38.10	42.84		48.24	3 / 4		
reaction time	0.150	interval		3.62	3.74	3.80	3.98		4.16	4.20	4.32	4.46	4.74	5.40			11.16	12.34	13.52
		velocity	7.73	9.67	9.36	9.21	8.79	8.79	8.41	8.33	8.10	7.85	7.38	7.41	8.29		9.41	8.51	7.77
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	16	19.2	172.2				

Copello, Yasmani (TUR) (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 Meeting Paris (Saint-Denis, FRA) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	27-Aug-16	time	5.88	9.52		17.24	21.24		25.28		33.92	38.40	43.00		48.24	4 / 3		
reaction time	0.186	interval		3.64		7.72	4.00		4.04		8.64	4.48	4.60	5.24			11.36	
		velocity	7.65	9.62		9.07	8.75		8.66		8.10	7.81	7.61	7.63	8.29		9.24	
H1 lead leg	R	strides	20	13			13		13			14	14	17.5	104.5			

Copello, Yasmani (TUR) (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's Anniversary Games (London, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	09-Jul-17	time	6.00	9.68	13.52	17.40	21.40	25.52	29.88	34.32	38.76	43.16		48.24	8 / 3			
reaction time	0.187	interval		3.68	3.84	3.88	4.00	4.12	4.36	4.44	4.44	4.40	5.08			11.40	12.48	13.28
		velocity	7.50	9.51	9.11	9.02	8.75	8.50	8.03	7.88	7.88	7.95	7.87	8.29		9.21	8.41	7.91
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	14	14	17.2	158.2				

McMaster, Kyron (IVB) (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 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	09-Sep-21	time	5.72		13.08	16.88	20.76	22.4	24.80	29.00	33.36	37.88	42.65		48.24	5 / 3		
reaction time	0.160	interval			7.36	3.80	3.88		4.04	4.20	4.36	4.52	4.77	5.59			11.16	12.12	13.65
		velocity	7.87		9.51	9.21	9.02	8.93	8.66	8.33	8.03	7.74	7.34	7.16	8.29		9.41	8.66	7.69
H1 lead leg	L	strides	21			13	13		13	14	14	14	14	17.5	133.5				

Allen, CJ (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 FBK Games (Hengelo, NED) *Omega Timing (2023) - continental tour race analysis*

date	04-Jun-23	time	5.75	9.46	13.29	17.17	21.12	25.14	29.27	33.59	38.10	42.73		48.24	6 / 1			
reaction time	0.166	interval		3.71	3.83	3.88	3.95	4.02	4.13	4.32	4.51	4.63	5.51			11.42	12.10	13.46
		velocity	7.83	9.43	9.14	9.02	8.86	8.71	8.47	8.10	7.76	7.56	7.26	8.29		9.19	8.68	7.80
H1 lead leg	L	strides	21	13	13	13	13	13	13	14	14	14	17	158				

Mashchenko, Ruslan (RUS) (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) *Sanchez (1998) - Budapest '98: análisis de la carreras con villas*

date	20-Aug-98	time	5.95	9.75	13.59	17.51	21.38	25.39	29.47	33.70	38.12	42.70		48.25	5 / 2			
reaction time		interval		3.80	3.84	3.92	3.87	4.01	4.08	4.23	4.42	4.58	5.55			11.56	11.96	13.23
		velocity	7.56	9.21	9.11	8.93	9.04	8.73	8.58	8.27	7.92	7.64	7.21	8.29		9.08	8.78	7.94
H1 lead leg	L	strides	19	13	13	13	13	13	14	14	14	14	17	157				

Taylor, Angelo (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 - 2012 Olympic Games (London, GBR) *Hillier (2012) - uka 2012 olympic games report: 400m hurdles*

date	06-Aug-12	time	5.79	9.27	12.85	16.56	20.39	22.19	24.49	28.67	33.13	37.80	42.59		48.25	4 / 5		
reaction time	0.158	interval		3.48	3.58	3.71	3.83		4.10	4.18	4.46	4.67	4.79	5.66			10.77	12.11	13.92
		velocity	7.77	10.06	9.78	9.43	9.14	9.01	8.54	8.37	7.85	7.49	7.31	7.07	8.29		9.75	8.67	7.54
H1 lead leg	L	strides	21	13	13	13	13		14	14	14	15	15	18.2	163.2				

Warholm, Karsten (NOR) (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 - 2017 Bislett Games (Oslo, NOR) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	15-Jun-17	time	5.86	9.46	13.06	16.93	20.86	25.00	29.30	33.56	38.20	42.90		48.25	7 / 1			
reaction time	0.149	interval		3.60	3.60	3.87	3.93	4.14	4.30	4.26	4.64	4.70	5.35	**NR PB**		11.07	12.37	13.60
		velocity	7.68	9.72	9.72	9.04	8.91	8.45	8.14	8.22	7.54	7.45	7.48	8.29		9.49	8.49	7.72
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	15	15	17.5	158.5				

McMaster, Kyron (IVB) (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 Commonwealth Games (Gold Coast, AUS) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	12-Apr-18	time	5.94	9.67	13.41	17.28	21.25	25.36	29.56	33.93	38.44	43.04		48.25	5 / 1			
reaction time	0.156	interval		3.73	3.74	3.87	3.97	4.11	4.20	4.37	4.51	4.60	5.21			11.34	12.28	13.48
		velocity	7.58	9.38	9.36	9.04	8.82	8.52	8.33	8.01	7.76	7.61	7.68	8.29		9.26	8.55	7.79
H1 lead leg	L	strides	21	13	13	13	13	13	13	14	14	14	17	158				

Copello, Yasmani (TUR) (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 IAAF World Championships (Doha, QAT) *Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*

date	30-Sep-19	time	5.87	9.50	13.17	16.94	20.82		24.84	29.08	33.50	37.98	42.75		48.25	6 / 6			
reaction time	0.177	interval		3.63	3.67	3.77	3.88		4.02	4.24	4.42	4.48	4.77	5.50			11.07	12.14	13.67
		velocity	7.67	9.64	9.54	9.28	9.02		8.71	8.25	7.92	7.81	7.34	7.27	8.29		9.49	8.65	7.68
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	15	18	159				

Rosser, Khallifah (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 - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	05-Jun-22	time	5.67	9.23	12.97	16.77	20.67	22.38	24.73	28.93	33.40	37.97	42.70		48.25	6 / 1			
reaction time	0.166	interval		3.56	3.74	3.80	3.90		4.06	4.20	4.47	4.57	4.73	5.55			11.10	12.16	13.77
		velocity	7.94	9.83	9.36	9.21	8.97	8.94	8.62	8.33	7.83	7.66	7.40	7.21	8.29		9.46	8.63	7.63
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	15		143				

Happio, Wilfried (FRA) (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 Herculis Meeting International d'Athlétisme (Monaco, MON) *Omega Timing (2023) - diamond league race analysis*

date	21-Jul-23	time	5.80	9.44	13.14	16.91	20.82		24.89	29.09	33.44	38.09	42.79		48.25	4 / 5			
reaction time	0.149	interval		3.64	3.70	3.77	3.91		4.07	4.20	4.35	4.65	4.70	5.46			11.11	12.18	13.70
		velocity	7.76	9.62	9.46	9.28	8.95		8.60	8.33	8.05	7.53	7.45	7.33	8.29		9.45	8.62	7.66
H1 lead leg	L	strides	20	13	13	13				13	13	15	15		115				

Taylor, Angelo (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 - 2000 ISTAF (Berlin, GER) *Graubner (2009) - http://www.fgs.uni-halle.de*

date	01-Sep-00	time	6.03	9.84	13.67	17.53	21.55		25.72	30.06	34.34	38.72	43.27		48.26	/ 1			
reaction time		interval		3.81	3.83	3.86	4.02		4.17	4.34	4.28	4.38	4.55	4.99			11.50	12.53	13.21
		velocity	7.46	9.19	9.14	9.07	8.71		8.39	8.06	8.18	7.99	7.69	8.02	8.29		9.13	8.38	7.95
H1 lead leg		strides																	

Keïta, Naman (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 - 2004 Olympic Games (Athens, GRE) *Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04*

date	26-Aug-04	time	6.00	9.62	13.46	17.26	21.41		25.50	29.68	33.99	38.32	42.92		48.26	7 / 3			
reaction time	0.268	interval		3.62	3.84	3.80	4.15		4.09	4.18	4.31	4.33	4.60	5.34			11.26	12.42	13.24
		velocity	7.50	9.67	9.11	9.21	8.43		8.56	8.37	8.12	8.08	7.61	7.49	8.29		9.33	8.45	7.93
H1 lead leg	R	strides	20	12	12	12	13		13	13	13	13	13	17	151				

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

date	18-Aug-09	time	6.04	9.76	13.60	17.40	21.32		25.36	29.59	33.96	38.44	43.00		48.26	2 / 4			
reaction time	0.172	interval		3.72	3.84	3.80	3.92		4.04	4.23	4.37	4.48	4.56	5.26	NR		11.36	12.19	13.41
		velocity	7.45	9.41	9.11	9.21	8.93		8.66	8.27	8.01	7.81	7.68	7.60	8.29		9.24	8.61	7.83
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	14	14	17	157				

Greene, David (Dai) (GBR) (1986)

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

FINAL - 2011 IAAF World Championships (Daegu, KOR) *Behm (2011) - Le quatrache: Démus enfin!*

date	01-Sep-11	time	5.9	9.6	13.3	17.2	21.1		25.2	29.4	33.8	38.3	42.9		48.26	6 / 1			
reaction time	0.153	interval		3.7	3.7	3.9	3.9		4.1	4.2	4.4	4.5	4.6	5.4			11.30	12.20	13.50
		velocity	7.63	9.46	9.46	8.97	8.97		8.54	8.33	7.95	7.78	7.61	7.46	8.29		9.29	8.61	7.78
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	18.5	169.5				

Stigler, Michael (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) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	25-Jun-17	time	6.10	9.79	13.58	17.38	21.31			29.89	34.20	38.55	43.07		48.26	8 / 2			
reaction time		interval		3.69	3.79	3.80	3.93			8.58	4.31	4.35	4.52	5.19	PB		11.28	12.51	13.18
		velocity	7.38	9.49	9.23	9.21	8.91			8.16	8.12	8.05	7.74	7.71	8.29		9.31	8.39	7.97
H1 lead leg	R	strides	22	13	13	13	13				15	15	15	18.2	137.2				

Samba, Abderrahmane (QAT) (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 Doha Diamond League (Doha, QAT) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	28-May-21	time	5.87	9.71	13.61	17.58	21.59	23.3	25.66	29.99	34.27	38.60	42.91		48.26	4 / 4			
reaction time	0.153	interval		3.84	3.90	3.97	4.01		4.07	4.33	4.28	4.33	4.31	5.35			11.71	12.41	12.92
		velocity	7.67	9.11	8.97	8.82	8.73	8.58	8.60	8.08	8.18	8.08	8.12	7.48	8.29		8.97	8.46	8.13
H1 lead leg	R	strides	21	13	13	13			13	13	13	14	14	17	144				

Valliant, Ludvy (FRA) (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 ISTAF (Berlin, GER) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	04-Sep-22	time	5.88				21.04		25.08	29.40	33.84	38.40	43.04		48.26	6 / 2			
reaction time	0.120	interval					15.16		4.04	4.32	4.44	4.56	4.64	5.22	PB				13.64
		velocity	7.65				9.23		8.66	8.10	7.88	7.68	7.54	7.66	8.29				7.70
H1 lead leg	R	strides	21						13	14	14	14	14	17	107				

Happio, Wilfried (FRA) (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 Meeting de Paris (Paris, FRA) *Omega Timing (2023) - diamond league race analysis*

date	09-Jun-23	time	5.76	9.37	13.06	16.85	20.77		24.79	28.96	33.32	38.00	42.81		48.26	6 / 2			
reaction time	0.156	interval		3.61	3.69	3.79	3.92		4.02	4.17	4.36	4.68	4.81	5.45			11.09	12.11	13.85
		velocity	7.81	9.70	9.49	9.23	8.93		8.71	8.39	8.03	7.48	7.28	7.34	8.29		9.47	8.67	7.58
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159				

Bassitt, Trevor (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 - 2023 USATF National Championships (Eugene, OR) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	09-Jul-23	time	5.94	9.64	13.38	17.18	21.15		25.25	29.49	33.80	38.30	43.01		48.26	6 / 3			

reaction time		interval		3.70	3.74	3.80	3.97		4.10	4.24	4.31	4.50	4.71	5.25			11.24	12.31	13.52
		velocity	7.58	9.46	9.36	9.21	8.82		8.54	8.25	8.12	7.78	7.43	7.62	8.29		9.34	8.53	7.77
H1 lead leg	R	strides	20	13	13	12	12		13	13	13	14	14	17	154				

Carter, James (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 - 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	5.65	9.42	13.23	17.04	21.00		25.09	29.36	33.68	38.27	42.89		48.27	6 / 1			
reaction time	0.131	interval		3.77	3.81	3.81	3.96		4.09	4.27	4.32	4.59	4.62	5.38			11.39	12.32	13.53
		velocity	7.96	9.28	9.19	9.19	8.84		8.56	8.20	8.10	7.63	7.58	7.43	8.29		9.22	8.52	7.76
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.5	159.5				

Greene, David (Dai) (GBR) (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 - 2009 IAAF World Championships (Berlin, GER)															*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*				
date	16-Aug-09	time	6.05	9.79	13.65	17.51	21.54		25.66	29.94	34.24	38.62	43.10		48.27	4 / 2			
reaction time	0.156	interval		3.74	3.86	3.86	4.03		4.12	4.28	4.30	4.38	4.48	5.17	PB		11.46	12.43	13.16
		velocity	7.44	9.36	9.07	9.07	8.68		8.50	8.18	8.14	7.99	7.81	7.74	8.29		9.16	8.45	7.98
H1 lead leg		strides							14	14	15	15	15	18.7	91.7				

Valliant, Ludvy (FRA) (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)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	20-Aug-23	time	5.83	9.60	13.23	16.80	20.63		24.60	28.80	33.23	37.76	42.60		48.27	3 / 2			
reaction time	0.182	interval		3.77	3.63	3.57	3.83		3.97	4.20	4.43	4.53	4.84	5.67			10.97	12.00	13.80
		velocity	7.72	9.28	9.64	9.80	9.14		8.82	8.33	7.90	7.73	7.23	7.05	8.29		9.57	8.75	7.61
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14	17.7	159.7				

Warholm, Karsten (NOR) (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)															*Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*				
date	28-Sep-19	time	5.73	9.33	13.00	16.74	20.60		24.68	28.91	33.24	37.88	42.61		48.28	4 / 1			
reaction time	0.154	interval		3.60	3.67	3.74	3.86		4.08	4.23	4.33	4.64	4.73	5.67			11.01	12.17	13.70
		velocity	7.85	9.72	9.54	9.36	9.07		8.58	8.27	8.08	7.54	7.40	7.05	8.29		9.54	8.63	7.66
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17.2	158.2				

dos Santos, Alison Brendon (BRA) (

			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)															*Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*				
date	30-Sep-19	time	6.07	9.89	13.77	17.60	21.54		25.55	29.73	33.96	38.39	42.99		48.28	5 / 7			
reaction time	0.208	interval		3.82	3.88	3.83	3.94		4.01	4.18	4.23	4.43	4.60	5.29	AJR PB		11.53	12.13	13.26
		velocity	7.41	9.16	9.02	9.14	8.88		8.73	8.37	8.27	7.90	7.61	7.56	8.29		9.11	8.66	7.92
H1 lead leg	L	strides	20	13	13	12	12		13	13	13	14	14	16	153				

Allen, CJ (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 Bauhaus Galan (Stockholm, SWE) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	30-Jun-22	time	5.86	9.64	13.46	17.38	21.34	22.98	25.38	29.54	33.84	38.22	42.86		48.28	3 / 2			
reaction time	0.138	interval		3.78	3.82	3.92	3.96		4.04	4.16	4.30	4.38	4.64	5.42			11.52	12.16	13.32
		velocity	7.68	9.26	9.16	8.93	8.84	8.70	8.66	8.41	8.14	7.99	7.54	7.38	8.29		9.11	8.63	7.88
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	15	17.5	158.5				

Bassitt, Trevor (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 - 2023 Meeting de Paris (Paris, FRA)															*Omega Timing (2023) - diamond league race analysis*				
date	09-Jun-23	time	5.69	9.35	13.18	17.09	21.13		25.19	29.34	33.69	38.22	42.87		48.28	4 / 3			
reaction time	0.164	interval		3.66	3.83	3.91	4.04		4.06	4.15	4.35	4.53	4.65	5.41			11.40	12.25	13.53
		velocity	7.91	9.56	9.14	8.95	8.66		8.62	8.43	8.05	7.73	7.53	7.39	8.29		9.21	8.57	7.76
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	17	155				

Allen, CJ (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 Weltklasse (Zürich, SUI)															*Omega Timing (2023) - diamond league race analysis*				
date	31-Aug-23	time	5.64	9.23	12.94	16.74	20.64		24.63	28.73	33.07	37.63	42.36		48.28	3 / 4			
reaction time	0.141	interval		3.59	3.71	3.80	3.90		3.99	4.10	4.34	4.56	4.73	5.92			11.10	11.99	13.63
		velocity	7.98	9.75	9.43	9.21	8.97		8.77	8.54	8.06	7.68	7.40	6.76	8.29		9.46	8.76	7.70
H1 lead leg	L	strides	20	13			13		13	13			14	18	104				

Mori, Fabrizio (ITA) (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)															*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*				
date	25-Aug-99	time	5.78	9.51	13.31	17.21	21.10		25.14	29.39	33.74	38.12	42.64		48.29	5 / 2			
reaction time	0.164	interval		3.73	3.80	3.90	3.89		4.04	4.25	4.35	4.38	4.52	5.65			11.43	12.18	13.25
		velocity	7.79	9.38	9.21	8.97	9.00		8.66	8.24	8.05	7.99	7.74	7.08	8.28		9.19	8.62	7.92
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169				

Robinson, Rohan (AUS) (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 - 1996 Olympic Games (Atlanta, GA)															*Behm (1996) - 400m haies*				
date	01-Aug-96	time	6.0	9.7	13.5	17.3	21.3		25.3	29.5	33.8	38.3	43.0		48.30	8 / 5			
reaction time	0.283	interval		3.7	3.8	3.8	4.0		4.0	4.2	4.3	4.5	4.7	5.30			11.30	12.20	13.50
		velocity	7.50	9.46	9.21	9.21	8.75		8.75	8.33	8.14	7.78	7.45	7.55	8.28		9.29	8.61	7.78
H1 lead leg		strides	21	14	14	14	14		14	14	15	15	15		150				

McFarlane, Danny (JAM) (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 - 2003 IAAF World Championships (Paris, FRA)															*Behm (2003) - Paris 2003:Le quatrache masculn - féminin*				
date	29-Aug-03	time	5.9	9.6	13.5	17.3	21.2		25.3	29.6	33.9	38.5	43.1		48.30	7 / 4			
reaction time	0.165	interval		3.7	3.9	3.8	3.9		4.1	4.3	4.3	4.6	4.6	5.20	PB		11.40	12.30	13.50

		velocity	7.63	9.46	8.97	9.21	8.97		8.54	8.14	8.14	7.61	7.61	7.69	8.28		9.21	8.54	7.78
H1 lead leg	L	strides	21	13	13	13	13		14	14	14	15	15	18	163				

McFarlane, Danny (JAM) (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 - 2008 Olympic Games (Beijing, CHN)																*Behm (2008)- Pekin 2008: Le quatrache masculin - féminin*			
date	18-Aug-08	time	5.8	9.4	13.2	17.0	20.8		24.9	29.2	33.5	38.0	42.8		48.30	5 / 4			
reaction time	0.213	interval		3.6	3.8	3.8	3.8		4.1	4.3	4.3	4.5	4.8	5.50			11.20	12.20	13.60
		velocity	7.76	9.72	9.21	9.21	9.21		8.54	8.14	8.14	7.78	7.29	7.27	8.28		9.38	8.61	7.72
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	15	15	17	162				

Holmes, TJ (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 Meeting de Paris (Paris, FRA) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	30-Jun-18	time	5.96	9.60	13.32	17.12	21.04	22.8	25.16	29.48	33.92	38.56	43.12		48.30	4 / 4			
reaction time	0.230	interval		3.64	3.72	3.80	3.92		4.12	4.32	4.44	4.64	4.56	5.18	PB		11.16	12.36	13.64
		velocity	7.55	9.62	9.41	9.21	8.93	8.77	8.50	8.10	7.88	7.54	7.68	7.72	8.28		9.41	8.50	7.70
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17	158				

Valliant, Ludvy (FRA) (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 Meeting de Paris (Paris, FRA) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	24-Aug-19	time	5.86	9.48	13.18	16.94	20.80	22.5	24.88	29.12	33.52	38.14	42.86		48.30	2 / 2			
reaction time	0.155	interval		3.62	3.70	3.76	3.86		4.08	4.24	4.40	4.62	4.72	5.44	PB		11.08	12.18	13.74
		velocity	7.68	9.67	9.46	9.31	9.07	8.89	8.58	8.25	7.95	7.58	7.42	7.35	8.28		9.48	8.62	7.64
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14	18	160				

Rosser, Khallifah (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 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	06-Aug-22	time	5.87	9.53	13.33	17.17	21.16	22.84		29.36	33.73	38.23	42.86		48.30	4 / 2			
reaction time	0.177	interval		3.66	3.80	3.84	3.99			8.20	4.37	4.50	4.63	5.44			11.30	12.19	13.50
		velocity	7.67	9.56	9.21	9.11	8.77	8.76		8.54	8.01	7.78	7.56	7.35	8.28		9.29	8.61	7.78
H1 lead leg	R	strides	21	13	13		13				14	14	14	18	120				

Mägi, Rasmus (EST) (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)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	21-Aug-23	time	6.07	10.03	13.77	17.53	21.43		25.50	29.68	34.03		43.13		48.30	7 / 2			
reaction time	0.180	interval		3.96	3.74	3.76	3.90		4.07	4.18	4.35		9.10	5.17			11.46	12.15	13.45
		velocity	7.41	8.84	9.36	9.31	8.97		8.60	8.37	8.05		7.69	7.74	8.28		9.16	8.64	7.81
H1 lead leg	R	strides	21	13	13	13	13		13	13	14			17.5	130.5				

Samba, Abderrahmane (QAT) (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 North-West University Pukke Invitational (Sasolburg, RSA) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	28-Mar-17	time	5.92	9.60	13.32	17.12	21.00		25.08	29.40	33.84	38.44	43.00		48.31	5 / 1			
reaction time		interval		3.68	3.72	3.80	3.88		4.08	4.32	4.44	4.60	4.56	5.31	PB		11.20	12.28	13.60
		velocity	7.60	9.51	9.41	9.21	9.02		8.58	8.10	7.88	7.61	7.68	7.53	8.28		9.38	8.55	7.72
H1 lead leg	R	strides		13	13	13	13		13	13	14	14	14	17.5	137.5				

McMaster, Kyron (IVB) (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 Memorial van Damme (Brussels, BEL) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	03-Sep-21	time	5.76	9.40	13.20	17.04	21.00	22.7	25.12	29.40	33.68	38.16	42.96		48.31	5 / 2			
reaction time	0.176	interval		3.64	3.80	3.84	3.96		4.12	4.28	4.28	4.48	4.80	5.35			11.28	12.36	13.56
		velocity	7.81	9.62	9.21	9.11	8.84	8.81	8.50	8.18	8.18	7.81	7.29	7.48	8.28		9.31	8.50	7.74
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	15	17.5	159.5				

Davis, Calvin (USA) (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 - 1996 USA Olympic Trials (Atlanta, GA)																*McNichols - Hurdle technique study through video analysis*			
date	16-Jun-96	time	6.03	9.88	13.71	17.65	21.60	22.28	25.67	29.98	34.23	38.68	43.21		48.32	3 / 3			
reaction time		interval		3.85	3.83	3.94	3.95		4.07	4.31	4.25	4.45	4.53	5.11	PB		11.62	12.33	13.23
		velocity	7.46	9.09	9.14	8.88	8.86	8.98	8.60	8.12	8.24	7.87	7.73	7.83	8.28		9.04	8.52	7.94
H1 lead leg	R	strides	23	13	14	14	14		14	14	15	15	15		151				

Stigler, Michael (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 Müller's Anniversary Games (London, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	09-Jul-17	time	6.04	9.72	13.56	17.40	21.40		25.64	29.96	34.36	38.72	43.16		48.32	4 / 4			
reaction time	0.199	interval		3.68	3.84	3.84	4.00		4.24	4.32	4.40	4.36	4.44	5.16			11.36	12.56	13.20
		velocity	7.45	9.51	9.11	9.11	8.75		8.25	8.10	7.95	8.03	7.88	7.75	8.28		9.24	8.36	7.95
H1 lead leg	R	strides	22	13	13	13	13		13	15	15	15	15	18	165				

Abuaku, Joshua (GER) (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 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	20-Aug-23	time	6.03	9.83	13.50	17.27	21.03		25.10		33.77	38.36	43.03		48.32	5 / 1			
reaction time	0.207	interval		3.80	3.67	3.77	3.76		4.07		8.67	4.59	4.67	5.29	PB		11.24		
		velocity	7.46	9.21	9.54	9.28	9.31		8.60		8.07	7.63	7.49	7.56	8.28		9.34		
H1 lead leg	L	strides	20	13	13	13	13		13			14	14	18	131				

Adkins, Derrick (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 - 1996 USA Olympic Trials (Atlanta, GA)																*Lyle - miscellaneous coaching notes*			
date	15-Jun-96	time	5.51	9.32	13.24	17.09	21.11		25.18	29.42	33.96	38.44	42.81		48.33	/ 1			
reaction time		interval		3.81	3.92	3.85	4.02		4.07	4.24	4.54	4.48	4.37	5.52			11.58	12.33	13.39
		velocity	8.17	9.19	8.93	9.09	8.71		8.60	8.25	7.71	7.81	8.01	7.25	8.28		9.07	8.52	7.84

H1 lead leg		strides																		
Mucheru, Bonface (KEN) (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 - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)																*Henson (2021) - Athlete First: major championships report*				
date	25-Aug-15	time	5.96		13.56	17.32	21.20		25.32	29.64	34.04	38.48	43.00		48.33	4 / 5				
reaction time	0.164	interval			7.60	3.76	3.88		4.12	4.32	4.40	4.44	4.52	5.33			11.36	12.32	13.36	
		velocity	7.55		9.21	9.31	9.02		8.50	8.10	7.95	7.88	7.74	7.50	8.28		9.24	8.52	7.86	
H1 lead leg	R	strides		15		13	13			15	15	15	15	18.5	119.5					
McMaster, Kyron (IVB) (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 Meeting de Paris (Paris, FRA) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	24-Aug-19	time	5.78	9.48	13.24	17.02	20.92	22.6	24.92	29.12	33.44	38.00	42.72		48.33	8 / 3				
reaction time	0.172	interval		3.70	3.76	3.78	3.90		4.00	4.20	4.32	4.56	4.72	5.61			11.24	12.10	13.60	
		velocity	7.79	9.46	9.31	9.26	8.97	8.85	8.75	8.33	8.10	7.68	7.42	7.13	8.28		9.34	8.68	7.72	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	18	160					
Hall, Quincy (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 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	26-Jun-22	time	6.10	9.81	13.61	17.55	21.62	23.22	25.76	29.96	34.26	38.77	43.34		48.33	6 / 5				
reaction time		interval		3.71	3.80	3.94	4.07		4.14	4.20	4.30	4.51	4.57	4.99			11.45	12.41	13.38	
		velocity	7.38	9.43	9.21	8.88	8.60	8.61	8.45	8.33	8.14	7.76	7.66	8.02	8.28		9.17	8.46	7.85	
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14	14	16	156					
Mägi, Rasmus (EST) (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)																*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	23-Aug-23	time	6.04	9.86	13.45	17.18	21.09			29.36	33.83	38.41	43.09		48.33	4 / 7				
reaction time	0.161	interval		3.82	3.59	3.73	3.91			8.27	4.47	4.58	4.68	5.24			11.14	12.18	13.73	
		velocity	7.45	9.16	9.75	9.38	8.95			8.46	7.83	7.64	7.48	7.63	8.28		9.43	8.62	7.65	
H1 lead leg	R	strides	21	13	13	13	13				14	14	14	17.2	132.2					
de Araújo, Eronilde (BRA) (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 - 2000 Olympic Games (Sydney, AUS)																*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	27-Sep-00	time	5.98	9.66	13.38	17.14	21.06	22.62	25.10	29.38	33.78	38.26	43.94		48.34	8 / 5				
reaction time	0.190	interval		3.68	3.72	3.76	3.92		4.04	4.28	4.40	4.48	5.68	4.40			11.16	12.24	14.56	
		velocity	7.53	9.51	9.41	9.31	8.93	8.84	8.66	8.18	7.95	7.81	6.16	9.09	8.27		9.41	8.58	7.21	
H1 lead leg		strides	21	13	13	13	13		13	14	14	14	14	17.3	159.3					
Sańchez, Félix (DOM) (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 - 2009 IAAF World Championships (Berlin, GER)																*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*				
date	16-Aug-09	time	5.93	9.58	13.35	17.20	21.18		25.29	29.56	33.94	38.42	43.02		48.34	1 / 2				
reaction time	0.154	interval		3.65	3.77	3.85	3.98		4.11	4.27	4.38	4.48	4.60	5.32			11.27	12.36	13.46	
		velocity	7.59	9.59	9.28	9.09	8.79		8.52	8.20	7.99	7.81	7.61	7.52	8.27		9.32	8.50	7.80	
H1 lead leg		strides		13	13	13	13		13	14	14	15	15	18.5	141.5					
Rosser, Khallifah (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 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	17-Jul-22	time	5.73	9.36	13.17	16.87	20.70	22.41		28.93	33.47	38.00	42.73		48.34	3 / 3				
reaction time	0.141	interval		3.63	3.81	3.70	3.83			8.23	4.54	4.53	4.73	5.61			11.14	12.06	13.80	
		velocity	7.85	9.64	9.19	9.46	9.14	8.92		8.51	7.71	7.73	7.40	7.13	8.27		9.43	8.71	7.61	
H1 lead leg	R	strides	21	13	13	13	13				14	14	14	18	133					
Iakovákis, Periklís (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 - 2007 European Cup (Munich, GER)																*Graubner (2007) - http://www.fgs.uni-halle.de*				
date	23-Jun-07	time	6.13	9.95	13.73	17.54	21.42		25.48	29.70	34.02	38.44	43.03		48.35	/ 1				
reaction time	0.165	interval		3.82	3.78	3.81	3.88		4.06	4.22	4.32	4.42	4.59	5.32			11.41	12.16	13.33	
		velocity	7.34	9.16	9.26	9.19	9.02		8.62	8.29	8.10	7.92	7.63	7.52	8.27		9.20	8.63	7.88	
H1 lead leg		strides																		
Plawgo, Marek (POL) (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 Athletics Final (Stuttgart, GER)																*Graubner (2007) - http://www.fgs.uni-halle.de*				
date	22-Sep-07	time	5.88	9.62	13.44	17.26	21.36		25.56	30.00	34.43	38.88	43.36		48.35	4 / 1				
reaction time	0.130	interval		3.74	3.82	3.82	4.10		4.20	4.44	4.43	4.45	4.48	4.99			11.38	12.74	13.36	
		velocity	7.65	9.36	9.16	9.16	8.54		8.33	7.88	7.90	7.87	7.81	8.02	8.27		9.23	8.24	7.86	
H1 lead leg		strides																		
Clement, Kerron (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 - 2007 IAAF World Athletics Final (Stuttgart, GER)																*Graubner (2007) - http://www.fgs.uni-halle.de*				
date	22-Sep-07	time	6.26	9.80	13.54	17.36	21.32		25.44	29.85	34.43	38.96	43.57		48.35	6 / 2				
reaction time	0.178	interval		3.54	3.74	3.82	3.96		4.12	4.41	4.58	4.53	4.61	4.78			11.10	12.49	13.72	
		velocity	7.19	9.89	9.36	9.16	8.84		8.50	7.94	7.64	7.73	7.59	8.37	8.27		9.46	8.41	7.65	
H1 lead leg		strides																		
Warholm, Karsten (NOR) (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 - 2017 IAAF World Championships (London, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	09-Aug-17	time	5.68	9.32	13.04	16.80	20.64		24.72	28.96	33.40	38.04	42.84		48.35	5 / 1				
reaction time	0.175	interval		3.64	3.72	3.76	3.84		4.08	4.24	4.44	4.64	4.80	5.51			11.12	12.16	13.88	
		velocity	7.92	9.62	9.41	9.31	9.11		8.58	8.25	7.88	7.54	7.29	7.26	8.27		9.44	8.63	7.56	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18.5	159.5					

dos Santos, Alison Brendon (BRA) (			H1	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)															*Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*				
date	28-Sep-19	time	6.12	9.84	13.68	17.51	21.49		25.56	29.76	34.13	38.65	43.25		48.35	6 / 1			
reaction time	0.211	interval		3.72	3.84	3.83	3.98		4.07	4.20	4.37	4.52	4.60	5.10	AJR PB		11.39	12.25	13.49
		velocity	7.35	9.41	9.11	9.14	8.79		8.60	8.33	8.01	7.74	7.61	7.84	8.27		9.22	8.57	7.78
H1 lead leg	L	strides	20	13	13	13	12		12	13	13	14	14	16.5	153.5				

Benjamin, Rai (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 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	20-Aug-23	time	5.83	9.60	13.46	17.37	21.23		25.33	29.40	33.66	38.23	42.96		48.35	5 / 1			
reaction time	0.176	interval		3.77	3.86	3.91	3.86		4.10	4.07	4.26	4.57	4.73	5.39			11.54	12.03	13.56
		velocity	7.72	9.28	9.07	8.95	9.07		8.54	8.60	8.22	7.66	7.40	7.42	8.27		9.10	8.73	7.74
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.7	153.7				

Clement, Kerron (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 - 2006 Seiko Super Grand Prix (Yokohama, JPN)															*Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers*				
date	24-Sep-06	time	6.01	9.83	13.67	17.51	21.55		25.70	29.94	34.26	38.68	43.24		48.36	/ 1			
reaction time		interval		3.82	3.84	3.84	4.04		4.15	4.24	4.32	4.42	4.56	5.12			11.50	12.43	13.30
		velocity	7.49	9.16	9.11	9.11	8.66		8.43	8.25	8.10	7.92	7.68	7.81	8.27		9.13	8.45	7.89
H1 lead leg		strides		13	13	13	13		13	13	13	13	13		117				

Carter, James (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 - 2007 IAAF World Athletics Final (Stuttgart, GER)															*Graubner (2007) - http://www.fgs.uni-halle.de*				
date	22-Sep-07	time	6.00	9.52	13.35	17.14	21.18		25.30	29.54	33.92	38.52	43.16		48.36	5 / 3			
reaction time	0.132	interval		3.52	3.83	3.79	4.04		4.12	4.24	4.38	4.60	4.64	5.20			11.14	12.40	13.62
		velocity	7.50	9.94	9.14	9.23	8.66		8.50	8.25	7.99	7.61	7.54	7.69	8.27		9.43	8.47	7.71
H1 lead leg		strides																	

Clement, Kerron (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 USA Olympic Trials (Eugene, OR)															*USATF Hurdle Development (2008)*				
date	29-Jun-08	time	6.04	9.78	13.55	17.50	21.60		25.74	30.03	34.45	38.87	43.43		48.36	5 / 2			
reaction time		interval		3.74	3.77	3.95	4.10		4.14	4.29	4.42	4.42	4.56	4.93			11.46	12.53	13.40
		velocity	7.45	9.36	9.28	8.86	8.54		8.45	8.16	7.92	7.92	7.68	8.11	8.27		9.16	8.38	7.84
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	15		139				

Allen, CJ (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 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	20-Aug-23	time	5.90	9.73	13.50	17.36	21.13		25.17		33.70	38.23	42.90		48.36	9 / 2			
reaction time	0.167	interval		3.83	3.77	3.86	3.77		4.04		8.53	4.53	4.67	5.46			11.46		
		velocity	7.63	9.14	9.28	9.07	9.28		8.66		8.21	7.73	7.49	7.33	8.27		9.16		
H1 lead leg	L	strides	20	13	13	13	13		13			14	14	17	130				

Graham, Winthrop (JAM) (1965)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)															*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*				
date	24-Sep-88	time	6.00	9.85	13.77	17.72	21.70		25.78	29.95	34.27	38.74	43.32		48.37	6 / 2			
reaction time		interval		3.85	3.92	3.95	3.98		4.08	4.17	4.32	4.47	4.58	5.05			11.72	12.23	13.37
		velocity	7.50	9.09	8.93	8.86	8.79		8.58	8.39	8.10	7.83	7.64	7.92	8.27		8.96	8.59	7.85
H1 lead leg		strides	21	14	14	13	13		14	14	14	14	15	17.5	163.5				

Moses, Edwin (USA) (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 2 - 1987 IAAF World Championships (Rome, ITA)															*Sušanka (1990) - time analyis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*				
date	31-Aug-87	time	5.92	9.61	13.37	17.17	21.14		25.26	29.47	33.82	38.37	43.07		48.38	6 / 1			
reaction time		interval		3.69	3.76	3.80	3.97		4.12	4.21	4.35	4.55	4.70	5.31			11.25	12.30	13.60
		velocity	7.60	9.49	9.31	9.21	8.82		8.50	8.31	8.05	7.69	7.45	7.53	8.27		9.33	8.54	7.72
H1 lead leg	L	strides	19	13	13	13	13		13	13	13	13	13	16	152				

Matete, Samuel (ZAM) (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 ISTAF (Berlin, GER)															*Graubner (2009) - http://www.fgs.uni-halle.de*				
date	01-Sep-00	time	6.21	10.08	13.98	17.92	21.90		25.98	30.18	34.41	38.78	43.26		48.38	/ 2			
reaction time		interval		3.87	3.90	3.94	3.98		4.08	4.20	4.23	4.37	4.48	5.12			11.71	12.26	13.08
		velocity	7.25	9.04	8.97	8.88	8.79		8.58	8.33	8.27	8.01	7.81	7.81	8.27		8.97	8.56	8.03
H1 lead leg		strides																	

Herbert, Llewellyn (RSA) (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 2 - 2000 Olympic Games (Sydney, AUS)															*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	25-Sep-00	time	5.96	9.80	13.80	17.72	21.72	23.38	25.80	29.96	34.16	38.56	43.12		48.38	4 / 1			
reaction time	0.153	interval		3.84	4.00	3.92	4.00		4.08	4.16	4.20	4.40	4.56	5.26			11.76	12.24	13.16
		velocity	7.55	9.11	8.75	8.93	8.75	8.55	8.58	8.41	8.33	7.95	7.68	7.60	8.27		8.93	8.58	7.98
H1 lead leg		strides		13	13	13	14		14	14	15	15	15	18.2	144.2				

Culson, Javier (PUR) (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 - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)															*Henson (2021) - Athlete First: major championships report*				
date	15-Aug-13	time	5.70	9.33	13.00	16.70	20.60		24.63	28.87	33.27	37.87	42.60		48.38	7 / 6			
reaction time	0.189	interval		3.63	3.67	3.70	3.90		4.03	4.24	4.40	4.60	4.73	5.78			11.00	12.17	13.73
		velocity	7.89	9.64	9.54	9.46	8.97		8.68	8.25	7.95	7.61	7.40	6.92	8.27		9.55	8.63	7.65
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17.2	156.2				

Kendziera, Dave (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)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	26-Jun-21	time	5.80	9.57	13.41	17.38	21.38		25.52	29.73	34.16	38.57	43.06		48.38	4 / 3			
reaction time	0.172	interval		3.77	3.84	3.97	4.00		4.14	4.21	4.43	4.41	4.49	5.32	PB		11.58	12.35	13.33
		velocity	7.76	9.28	9.11	8.82	8.75		8.45	8.31	7.90	7.94	7.80	7.52	8.27		9.07	8.50	7.88
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	14	18.2	158.2				

Akabusi, Kriss (GBR) (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 - 1991 European Cup (Frankfurt, GER)															*Federle (2003) - http://www.fgs.uni-halle.de*				
date	29-Jun-91	time	6.13	9.90	13.73	17.52	21.41		25.43	29.53	33.85	38.41	43.04		48.39	/ 1			
reaction time		interval		3.77	3.83	3.79	3.89		4.02	4.10	4.32	4.56	4.63	5.35			11.39	12.01	13.51
		velocity	7.34	9.28	9.14	9.23	9.00		8.71	8.54	8.10	7.68	7.56	7.48	8.27		9.22	8.74	7.77
H1 lead leg		strides																	

Clement, Kerron (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
Heat 3 - 2009 IAAF World Championships (Berlin, GER)															*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*				
date	15-Aug-09	time	6.07	9.83	13.64	17.49	21.47		25.63	29.89	34.17	38.71	43.33		48.39	5 / 1			
reaction time	0.169	interval		3.76	3.81	3.85	3.98		4.16	4.26	4.28	4.54	4.62	5.06			11.42	12.40	13.44
		velocity	7.41	9.31	9.19	9.09	8.79		8.41	8.22	8.18	7.71	7.58	7.91	8.27		9.19	8.47	7.81
H1 lead leg		strides																	

Copello, Yasmani (TUR) (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 - 2019 IAAF World Championships (Doha, QAT)															*Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*				
date	28-Sep-19	time	5.97	9.66	13.46	17.32	21.29		25.41	29.61	34.03	38.41	43.08		48.39	3 / 2			
reaction time	0.232	interval		3.69	3.80	3.86	3.97		4.12	4.20	4.42	4.38	4.67	5.31			11.35	12.29	13.47
		velocity	7.54	9.49	9.21	9.07	8.82		8.50	8.33	7.92	7.99	7.49	7.53	8.27		9.25	8.54	7.80
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	15	15	18	161				

Lahoulou, Abdelmalik (ALG) (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)															*Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*				
date	28-Sep-19	time	6.05	9.67	13.30	17.03	20.93		25.05	29.38	33.90	38.48	43.11		48.39	6 / 2			
reaction time	0.159	interval		3.62	3.63	3.73	3.90		4.12	4.33	4.52	4.58	4.63	5.28	NR PB		10.98	12.35	13.73
		velocity	7.44	9.67	9.64	9.38	8.97		8.50	8.08	7.74	7.64	7.56	7.58	8.27		9.56	8.50	7.65
H1 lead leg	L	strides	22	13	13	13	13		13	13	14	14	14	18	160				

Clarke, Roshawn (JAM) (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 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	20-Aug-23	time	5.83	9.70	13.53	17.53	21.43		25.46	29.67	33.90	38.36	43.06		48.39	3 / 3			
reaction time	0.183	interval		3.87	3.83	4.00	3.90		4.03	4.21	4.23	4.46	4.70	5.33			11.70	12.14	13.39
		velocity	7.72	9.04	9.14	8.75	8.97		8.68	8.31	8.27	7.85	7.45	7.50	8.27		8.97	8.65	7.84
H1 lead leg	L	strides	22	14	14	13	14		14	14	14	15	15	18.2	167.2				

Abuaku, Joshua (GER) (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)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	21-Aug-23	time	5.90	9.68	13.31	16.92	20.79		24.83	29.19	33.63		43.01		48.39	8 / 4			
reaction time	0.179	interval		3.78	3.63	3.61	3.87		4.04	4.36	4.44		9.38	5.38			11.02	12.27	13.82
		velocity	7.63	9.26	9.64	9.70	9.04		8.66	8.03	7.88		7.46	7.43	8.27		9.53	8.56	7.60
H1 lead leg	L	strides	20	13	13	13	13		13	14	14			18	131				

Mori, Fabrizio (ITA) (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 1 - 2000 Olympic Games (Sydney, AUS)															*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	25-Sep-00	time	6.14	10.10	13.90	17.82	21.82	23.42	25.98	30.14	34.50	38.90	43.34		48.40	4 / 2			
reaction time		interval		3.96	3.80	3.92	4.00		4.16	4.16	4.36	4.40	4.44	5.06			11.68	12.32	13.20
		velocity	7.33	8.84	9.21	8.93	8.75	8.54	8.41	8.41	8.03	7.95	7.88	7.91	8.26		8.99	8.52	7.95
H1 lead leg		strides	22	14	14	14	14		14	14	15	15	15	19	170				

Horbenko, Hennadiy (UKR) (1975)			H1	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 - 2000 Olympic Games (Sydney, AUS)															*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	25-Sep-00	time	5.94	9.86	13.70	17.62	21.82	23.10	25.62	29.66	34.10	38.50	43.18		48.40	5 / 3			
reaction time	0.478	interval		3.92	3.84	3.92	4.20		3.80	4.04	4.44	4.40	4.68	5.22	PB		11.68	12.04	13.52
		velocity	7.58	8.93	9.11	8.93	8.33	8.66	9.21	8.66	7.88	7.95	7.48	7.66	8.26		8.99	8.72	7.77
H1 lead leg		strides	21	13	13	13	13		13	13	14	14	14	17.4	158.4				

Gorban, Boris (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)															*Behm (2001) - Edmonton: Le quatrache: les finales*				
date	10-Aug-01	time	5.9	9.8	13.7	17.7	21.6		25.5	29.5	33.8	38.3	42.9		48.40	2 / ~~5~~			
reaction time	0.176	interval		3.9	3.9	4.0	3.9		3.9	4.0	4.3	4.5	4.6	5.50	DQ		11.80	11.80	13.40
		velocity	7.63	8.97	8.97	8.75	8.97		8.97	8.75	8.14	7.78	7.61	7.27	8.26		8.90	8.90	7.84
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17.5	156.5				

Narisako, Kenji (JPN) (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 - 2005 Seiko Super Grand Prix (Yokohama, JPN)															*Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers*				
date	19-Sep-05	time	6.08	9.81	13.68	17.56	21.51		25.56	29.88	34.23	38.67	43.22		48.40	/ 2			
reaction time		interval		3.73	3.87	3.88	3.95		4.05	4.32	4.35	4.44	4.55	5.18			11.48	12.32	13.34
		velocity	7.40	9.38	9.04	9.02	8.86		8.64	8.10	8.05	7.88	7.69	7.72	8.26		9.15	8.52	7.87
H1 lead leg		strides		13	13	13	13		13	14	14	15	15		123				

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

date	28-Aug-07	time	5.76	9.45	13.19	17.04	21.04		25.18	29.40	33.65	38.14	42.84		48.40	6 / 4			
reaction time	0.152	interval		3.69	3.74	3.85	4.00		4.14	4.22	4.25	4.49	4.70	5.56			11.28	12.36	13.44
		velocity	7.81	9.49	9.36	9.09	8.75		8.45	8.29	8.24	7.80	7.45	7.19	8.26		9.31	8.50	7.81
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.7	159.7				

Clement, Kerron (USA) (1985)

FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	23-Jul-16	time	5.92	9.68	13.44	17.28	21.36		25.64	29.96	34.36	38.76	43.28		48.40	7 / 1			
reaction time	0.164	interval		3.76	3.76	3.84	4.08		4.28	4.32	4.40	4.40	4.52	5.12			11.36	12.68	13.32
		velocity	7.60	9.31	9.31	9.11	8.58		8.18	8.10	7.95	7.95	7.74	7.81	8.26		9.24	8.28	7.88
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153				

McMaster, Kyron (IVB) (1997)

Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) *Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	28-Sep-19	time	5.88	9.76	13.51	17.29	21.19		25.24	29.42	33.85	38.35	42.97		48.40	5 / 3			
reaction time	0.229	interval		3.88	3.75	3.78	3.90		4.05	4.18	4.43	4.50	4.62	5.43			11.41	12.13	13.55
		velocity	7.65	9.02	9.33	9.26	8.97		8.64	8.37	7.90	7.78	7.58	7.37	8.26		9.20	8.66	7.75
H1 lead leg	L	strides	21	13	13	13	13		13	13	14	14	14	18	159				

Mägi, Rasmus (EST) (1992)

Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	17-Jul-22	time	5.93	9.70	13.53	17.33	21.27	23.00	25.33	29.67	33.97	38.46	43.07		48.40	4 / 3			
reaction time	0.137	interval		3.77	3.83	3.80	3.94		4.06	4.34	4.30	4.49	4.61	5.33			11.40	12.34	13.40
		velocity	7.59	9.28	9.14	9.21	8.88	8.70	8.62	8.06	8.14	7.80	7.59	7.50	8.26		9.21	8.51	7.84
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14	17.5	158.5				

Mori, Fabrizio (ITA) (1969)

FINAL - 1996 Olympic Games (Atlanta, GA) *Behm (1996) - 400m haies*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	01-Aug-96	time	6.0	10.0	14.0	17.9	21.9		26.0	30.1	34.4	38.8	43.4		48.41	7 / 6			
reaction time	0.192	interval		4.0	4.0	3.9	4.0		4.1	4.1	4.3	4.4	4.6	5.01			11.90	12.20	13.30
		velocity	7.50	8.75	8.75	8.97	8.75		8.54	8.54	8.14	7.95	7.61	7.98	8.26		8.82	8.61	7.89
H1 lead leg		strides	21	14	14	14	14		14	14	15	15	15		150				

de Araújo, Eronilde (BRA) (1970)

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	25-Aug-99	time	5.70	9.47	13.28	17.09	21.07		25.09	29.28	33.57	38.04	42.68		48.41	6 / 3			
reaction time	0.174	interval		3.77	3.81	3.81	3.98		4.02	4.19	4.29	4.47	4.64	5.73			11.39	12.19	13.40
		velocity	7.89	9.28	9.19	9.19	8.79		8.71	8.35	8.16	7.83	7.54	6.98	8.26		9.22	8.61	7.84
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.5	159.5				

Kishimoto, Takayuki (JPN) (1990)

FINAL - 2012 Japanese National Championships (Osaka, JPN) *Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	09-Jun-12	time	5.76	9.43	13.25	17.15	21.25		25.49	29.74	34.16	38.66	43.28		48.41	5 / 1			
reaction time		interval		3.67	3.82	3.90	4.10		4.24	4.25	4.42	4.50	4.62	5.13	PB		11.39	12.59	13.54
		velocity	7.81	9.54	9.16	8.97	8.54		8.25	8.24	7.92	7.78	7.58	7.80	8.26		9.22	8.34	7.75
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18	164				

Januszewski, Paweł (POL) (1972)

Semi-Final 1 - 2000 Olympic Games (Sydney, AUS) *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	25-Sep-00	time	6.02	9.86	13.70	17.62	21.58	23.14	25.70	29.94	34.26	38.66	43.22		48.42	7 / 4			
reaction time	0.244	interval		3.84	3.84	3.92	3.96		4.12	4.24	4.32	4.40	4.56	5.20			11.60	12.32	13.28
		velocity	7.48	9.11	9.11	8.93	8.84	8.64	8.50	8.25	8.10	7.95	7.68	7.69	8.26		9.05	8.52	7.91
H1 lead leg		strides	22	14	14	14	14		14	14	15	15	15	18.2	169.2				

Carter, James (USA) (1978)

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	07-May-05	time	5.77	9.47	13.21	17.13	21.23		25.48	29.82	34.26	38.71	43.25		48.42	/ 1			
reaction time		interval		3.70	3.74	3.92	4.10		4.25	4.34	4.44	4.45	4.54	5.17			11.36	12.69	13.43
		velocity	7.80	9.46	9.36	8.93	8.54		8.24	8.06	7.88	7.87	7.71	7.74	8.26		9.24	8.27	7.82
H1 lead leg		strides		13	13	13	13		14	14	14	14	14		122				

Taylor, Angelo (USA) (1978)

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	29-Jun-08	time	6.07	9.71	13.43	17.40	21.67		25.96	30.28	34.64	39.02	43.47		48.42	3 / 3			
reaction time		interval		3.64	3.72	3.97	4.27		4.29	4.32	4.36	4.38	4.45	4.95			11.33	12.88	13.19
		velocity	7.41	9.62	9.41	8.82	8.20		8.16	8.10	8.03	7.99	7.87	8.08	8.26		9.27	8.15	7.96
H1 lead leg	L	strides	21	13	13	13	14		14	14	14	14	14		144				

van Zyl, L.J. (RSA) (1985)

FINAL - 2008 Olympic Games (Beijing, CHN) *Behm (2008)- Pekin 2008: Le quatrache masculin - féminin*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	18-Aug-08	time	5.7	9.6	13.3	17.5	21.6		25.7	29.9	34.2	38.6	43.3		48.42	8 / 5			
reaction time	0.253	interval		3.9	3.7	4.2	4.1		4.1	4.2	4.3	4.4	4.7	5.12			11.80	12.40	13.40
		velocity	7.89	8.97	9.46	8.33	8.54		8.54	8.33	8.14	7.95	7.45	7.81	8.26		8.90	8.47	7.84
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18	170				

Iakovákis, Periklís (GRE) (1979)

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

date	18-Aug-09	time	6.17	9.89	13.67	17.55	21.57		25.71	29.94	34.24	38.63	43.15		48.42	7 / 5			
reaction time	0.189	interval		3.72	3.78	3.88	4.02		4.14	4.23	4.30	4.39	4.52	5.27			11.38	12.39	13.21
		velocity	7.29	9.41	9.26	9.02	8.71		8.45	8.27	8.14	7.97	7.74	7.59	8.26		9.23	8.47	7.95
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	14	15	18.5	162.5				

Copello, Yasmani (TUR) (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 - 2016 European Championships (Amsterdam, NED) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	07-Jul-16	time	5.84	9.48	13.28	17.28	21.20		25.08	29.28	33.64	38.16	42.80		48.42	5 / 1			
reaction time	0.173	interval		3.64	3.80	4.00	3.92		3.88	4.20	4.36	4.52	4.64	5.62	NR PB		11.44	12.00	13.52
		velocity	7.71	9.62	9.21	8.75	8.93		9.02	8.33	8.03	7.74	7.54	7.12	8.26		9.18	8.75	7.77
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	18	159				

Kendziera, Dave (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 - 2018 NCAA Championships (Eugene, OR) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	08-Jun-18	time	5.86		13.43	17.20	21.03		25.06			38.43	43.03		48.42	3 / 3			
reaction time		interval			7.57	3.77	3.83		4.03			13.37	4.60	5.39	PB		11.34		
		velocity	7.68		9.25	9.28	9.14		8.68			7.85	7.61	7.42	8.26		9.26		
H1 lead leg	R	strides				13	13		13				15	19	73				

Warholm, Karsten (NOR) (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 World Athletics Championships (Eugene, OR) *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	19-Jul-22	time	5.71	9.19	12.71	16.32	19.99	21.50	23.81	27.96	32.48	37.35	42.38		48.42	4 / 7			
reaction time	0.140	interval		3.48	3.52	3.61	3.67		3.82	4.15	4.52	4.87	5.03	6.04			10.61	11.64	14.42
		velocity	7.88	10.06	9.94	9.70	9.54	9.30	9.16	8.43	7.74	7.19	6.96	6.62	8.26		9.90	9.02	7.28
H1 lead leg	L	strides	20	13	13	13	13		13	13	15	15	15	18.5	161.5				

Happio, Wilfried (FRA) (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 Weltklasse (Zürich, SUI) *Omega Timing (2023) - diamond league race analysis*

date	31-Aug-23	time	6.09	9.69	13.37	17.16	21.08		25.15	29.33	33.73	38.35	43.05		48.42	2 / 5			
reaction time	0.469	interval		3.60	3.68	3.79	3.92		4.07	4.18	4.40	4.62	4.70	5.37			11.07	12.17	13.72
		velocity	7.39	9.72	9.51	9.23	8.93		8.60	8.37	7.95	7.58	7.45	7.45	8.26		9.49	8.63	7.65
H1 lead leg	L	strides	20	13			13		13	13			15	17.2	104.2				

Bassitt, Trevor (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 - 2023 Prefontaine Classic (Eugene, OR) *Omega Timing (2023) - diamond league race analysis*

date	16-Sep-23	time	5.89	9.70	13.54	17.53	21.61		25.76	29.99	34.34	38.81	43.29		48.42	8 / 8			
reaction time	0.154	interval		3.81	3.84	3.99	4.08		4.15	4.23	4.35	4.47	4.48	5.13			11.64	12.46	13.30
		velocity	7.64	9.19	9.11	8.77	8.58		8.43	8.27	8.05	7.83	7.81	7.80	8.26		9.02	8.43	7.89
H1 lead leg	R	strides	20	13	13	13	13		13	13	13				111				

Nylander, Sven (SWE) (1962)

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

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

date	29-Aug-90	time	6.1	9.8	13.6	17.5	21.5		25.6	29.9	34.4	38.8	43.3		48.43	6 / 2			
reaction time		interval		3.7	3.8	3.9	4.0		4.1	4.3	4.5	4.4	4.5	5.13			11.40	12.40	13.40
		velocity	7.38	9.46	9.21	8.97	8.75		8.54	8.14	7.78	7.95	7.78	7.80	8.26		9.21	8.47	7.84
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	14	17.2	155.2				

Mužík, Jiri (CZE) (1976)

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

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

date	09-Aug-02	time	6.08	9.90	13.80	17.75	21.76		25.80	29.90	34.18	38.60	43.12		48.43	/ 2			
reaction time	0.160	interval		3.82	3.90	3.95	4.01		4.04	4.10	4.28	4.42	4.52	5.31			11.67	12.15	13.22
		velocity	7.40	9.16	8.97	8.86	8.73		8.66	8.54	8.18	7.92	7.74	7.53	8.26		9.00	8.64	7.94
H1 lead leg		strides		14	14	14	14		14	14	14	15	15						

Culson, Javier (PUR) (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) *Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	16-Aug-09	time	5.91	9.55	13.32	17.22	21.25		25.35	29.56	33.88	38.38	43.06		48.43	5 / 3			
reaction time	0.176	interval		3.64	3.77	3.90	4.03		4.10	4.21	4.32	4.50	4.68	5.37			11.31	12.34	13.50
		velocity	7.61	9.62	9.28	8.97	8.68		8.54	8.31	8.10	7.78	7.48	7.45	8.26		9.28	8.51	7.78
H1 lead leg	L	strides		13	13	13	13		13	13	13	14	14	17	136				

Sibilio, Alessandro (ITA) (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 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	21-Aug-23	time	5.99	9.94		17.55	21.45			29.83	34.30		43.79		48.43	2 / 5			
reaction time	0.152	interval		3.95		7.61	3.90			8.38	4.47		9.49	4.64			11.56	12.28	13.96
		velocity	7.51	8.86		9.20	8.97			8.35	7.83		7.38	8.62	8.26		9.08	8.55	7.52
H1 lead leg	R	strides	21	13			13				15			18	80				

Januszewski, Paweł (POL) (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 - 2000 Olympic Games (Sydney, AUS) *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

date	27-Sep-00	time	5.98	9.86	13.66	17.50	21.46	22.94	25.62	29.82	34.10	38.66	43.18		48.44	2 / 6			
reaction time	0.149	interval		3.88	3.80	3.84	3.96		4.16	4.20	4.28	4.56	4.52	5.26			11.52	12.32	13.36
		velocity	7.53	9.02	9.21	9.11	8.84	8.72	8.41	8.33	8.18	7.68	7.74	7.60	8.26		9.11	8.52	7.86
H1 lead leg		strides	22	14	14	14	14		14	14	15	15	15	18.1	169.1				

Carter, James (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 - 2006 USATF National Championships (Indianapolis, IN) *USATF Men's Hurdle Development (2006)*

date	24-Jun-06	time	5.99	9.76	13.58	17.45	21.46		25.53	29.76	34.07	38.52	43.11		48.44	3 / 3			

reaction time		interval		3.77	3.82	3.87	4.01		4.07	4.23	4.31	4.45	4.59	5.33			11.46	12.31	13.35
		velocity	7.51	9.28	9.16	9.04	8.73		8.60	8.27	8.12	7.87	7.63	7.50	8.26		9.16	8.53	7.87
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17	159				

Narisako, Kenji (JPN) (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 - 2007 IAAF World Championships (Osaka, JPN)														*Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers*			
date 26-Aug-07	time	6.02	9.71	13.45	17.24	21.18		25.27	29.58	33.90	38.42	43.04		48.44	7 / 5			
reaction time 0.179	interval		3.69	3.74	3.79	3.94		4.09	4.31	4.32	4.52	4.62	5.40			11.22	12.34	13.46
	velocity	7.48	9.49	9.36	9.23	8.88		8.56	8.12	8.10	7.74	7.58	7.41	8.26		9.36	8.51	7.80
H1 lead leg R	strides	21	13	13	13	13		13	14	14	15	15	19.2	163.2				

Culson, Javier (PUR) (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 IAAF World Championships (Daegu, KOR)														*Behm (2011) - Le quatrache: Démus enfin!*			
date 01-Sep-11	time	5.8	9.4	13.1	16.9	20.9		24.9	29.2	33.5	38.1	42.8		48.44	3 / 2			
reaction time 0.190	interval		3.6	3.7	3.8	4.0		4.0	4.3	4.3	4.6	4.7	5.6			11.10	12.30	13.60
	velocity	7.76	9.72	9.46	9.21	8.75		8.75	8.14	8.14	7.61	7.45	7.09	8.26		9.46	8.54	7.72
H1 lead leg L	strides	20	13	13	13	13		13	13	13	14	14	18	157				

Samba, Abderrahmane (QAT) (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 Doha Diamond League (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 05-May-17	time	5.80	9.43	13.03	16.66	20.43		24.40	28.56	32.96	37.66	42.60		48.44	4 / 1			
reaction time 0.185	interval		3.63	3.60	3.63	3.77		3.97	4.16	4.40	4.70	4.94	5.84			10.86	11.90	14.04
	velocity	7.76	9.64	9.72	9.64	9.28		8.82	8.41	7.95	7.45	7.09	6.85	8.26		9.67	8.82	7.48
H1 lead leg R	strides	20	13	13	13	13		13	13	14	14	15	18	159				

Copello, Yasmani (TUR) (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 Bislett Games (Oslo, NOR) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 15-Jun-17	time	5.96	9.70	13.53	17.46	21.50		25.60	30.00	34.30	38.76	43.20		48.44	4 / 2			
reaction time 0.188	interval		3.74	3.83	3.93	4.04		4.10	4.40	4.30	4.46	4.44	5.24			11.50	12.54	13.20
	velocity	7.55	9.36	9.14	8.91	8.66		8.54	7.95	8.14	7.85	7.88	7.63	8.26		9.13	8.37	7.95
H1 lead leg R	strides	20	13	13	13	13		13	14	14	14	14	17.5	158.5				

Holmes, TJ (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 USATF Championships (Sacramento, CA) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 25-Jun-17	time	5.93	9.65	13.41	17.07	20.93		24.86	29.31	33.65	38.34	43.14		48.44	2 / 3			
reaction time	interval		3.72	3.76	3.66	3.86		3.93	4.45	4.34	4.69	4.80	5.30	**PB**		11.14	12.24	13.83
	velocity	7.59	9.41	9.31	9.56	9.07		8.91	7.87	8.06	7.46	7.29	7.55	8.26		9.43	8.58	7.59
H1 lead leg L	strides	20	13	13	13	13		13	14	14	15	15	18	161				

Copello, Yasmani (TUR) (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)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 21-Jul-18	time	5.88	9.60			21.28		25.36	29.56	33.96	38.48	43.12		48.44	5 / 2			
reaction time 0.151	interval		3.72			11.68		4.08	4.20	4.40	4.52	4.64	5.32					13.56
	velocity	7.65	9.41			8.99		8.58	8.33	7.95	7.74	7.54	7.52	8.26				7.74
H1 lead leg R	strides	20	13					13	13	14	14	14	17.5	118.5				

Benjamin, Rai (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 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 17-Jul-22	time	5.73	9.40	13.35	17.33	21.47	23.22	25.56	29.73	33.97	38.33	42.87		48.44	6 / 1			
reaction time 0.181	interval		3.67	3.95	3.98	4.14		4.09	4.17	4.24	4.36	4.54	5.57			11.60	12.40	13.14
	velocity	7.85	9.54	8.86	8.79	8.45	8.61	8.56	8.39	8.25	8.03	7.71	7.18	8.26		9.05	8.47	7.99
H1 lead leg R	strides	20	13	13	13	13		13	13	13	13	13	16	153				

Allen, CJ (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 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 21-Aug-23	time	5.83	9.73	13.43	17.07	20.93		25.00	29.23	33.56	38.17	42.96		48.44	6 / 3			
reaction time 0.152	interval		3.90	3.70	3.64	3.86		4.07	4.23	4.33	4.61	4.79	5.48			11.24	12.16	13.73
	velocity	7.72	8.97	9.46	9.62	9.07		8.60	8.27	8.08	7.59	7.31	7.30	8.26		9.34	8.63	7.65
H1 lead leg L	strides	20	13	13	13	13		13	14	14	14	14	17.2	158.2				

Hussein, Kariem (SUI) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 24-Aug-17	time	6.00	9.72	13.56		21.56		25.68	29.84	34.20	38.60	43.12		48.45	3 / 3			
reaction time 0.148	interval		3.72	3.84		8.00		4.12	4.16	4.36	4.40	4.52	5.33	**=PB**				13.28
	velocity	7.50	9.41	9.11		8.75		8.50	8.41	8.03	7.95	7.74	7.50	8.26				7.91
H1 lead leg L	strides	20	13	13				14	14	14	14	14	17.2	133.2				

dos Santos, Alison Brendon (BRA) (

	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)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 08-Aug-19	time	5.90	9.67	13.51	17.45			25.36	29.52	33.82	38.23	42.97		48.45	5 / 1			
reaction time 0.160	interval		3.77	3.84	3.94			7.91	4.16	4.30	4.41	4.74	5.48	**AJR PB**		11.55	12.07	13.45
	velocity	7.63	9.28	9.11	8.88			8.85	8.41	8.14	7.94	7.38	7.30	8.26		9.09	8.70	7.81
H1 lead leg L	strides	20	13	13	13				13	13	13	14	17	129				

Copello, Yasmani (TUR) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Memorial van Damme (Brussels, BEL) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 03-Sep-21	time	5.84	9.56	13.32	17.24	21.20		25.32	29.72	34.12	38.60	43.16		48.45	4 / 3			
reaction time 0.149	interval		3.72	3.76	3.92	3.96		4.12	4.40	4.40	4.48	4.56	5.29			11.40	12.48	13.44

		velocity	7.71	9.41	9.31	8.93	8.84		8.50	7.95	7.95	7.81	7.68	7.56	8.26			9.21	8.41	7.81
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	17.7	158.7					

Mužík, Jiri (CZE) (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 - 2002 European Championships (Munich, GER)													*Graubner (2009) - http://www.fgs.uni-halle.de*				
date 08-Aug-02 time	6.15	10.01	13.87	17.81	21.83		25.94	30.08	34.31	38.71	43.25		48.46	/ 1			
reaction time interval		3.86	3.86	3.94	4.02		4.11	4.14	4.23	4.40	4.54	5.21			11.66	12.27	13.17
velocity	7.32	9.07	9.07	8.88	8.71		8.52	8.45	8.27	7.95	7.71	7.68	8.25		9.01	8.56	7.97
H1 lead leg strides																	

Januszewski, Paweł (POL) (1972)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 European Championships (Munich, GER)													*Graubner (2009) - http://www.fgs.uni-halle.de*				
date 09-Aug-02 time	6.10	9.93	13.69	17.49	21.37		25.45	29.61	33.98	38.46	43.12		48.46	/ 3			
reaction time 0.145 interval		3.83	3.76	3.80	3.88		4.08	4.16	4.37	4.48	4.66	5.34			11.39	12.12	13.51
velocity	7.38	9.14	9.31	9.21	9.02		8.58	8.41	8.01	7.81	7.51	7.49	8.25		9.22	8.66	7.77
H1 lead leg strides		14	14	14	14		14	14	14	15	15						

Iakovákis, Periklís (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)													*Behm (2006) - Göteborg 2006: Le quatrache*				
date 10-Aug-06 time	5.8	9.4	13.0	16.8	20.7		24.7	29.0	33.4	37.8	42.8		48.46	/ 1			
reaction time interval		3.6	3.6	3.8	3.9		4.0	4.3	4.4	4.4	5.0	5.66			11.00	12.20	13.80
velocity	7.76	9.72	9.72	9.21	8.97		8.75	8.14	7.95	7.95	7.00	7.07	8.25		9.55	8.61	7.61
H1 lead leg R strides	21	13	13	13	13		14	14	14	14	15	19	163				

Gaymon, Justin (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 - 2008 USA Olympic Trials (Eugene, OR)													*USATF Hurdle Development (2008)*				
date 29-Jun-08 time	6.07	9.97	13.73	17.73	21.70		25.82	30.09	34.50	38.87	43.32		48.46	8 / 4			
reaction time interval		3.90	3.76	4.00	3.97		4.12	4.27	4.41	4.37	4.45	5.14	PB		11.66	12.36	13.23
velocity	7.41	8.97	9.31	8.75	8.82		8.50	8.20	7.94	8.01	7.87	7.78	8.25		9.01	8.50	7.94
H1 lead leg R strides	22	14	14	14	14		15	15	15	15	15		153				

Whyte, Annsert (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 - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)													*Henson (2021) - Athlete First: 2018 year end hurdle report*				
date 08-Sep-18 time	5.76	9.36	13.04	16.84	20.80			29.08	33.48	38.16	42.96		48.46	1 / 2			
reaction time 0.168 interval		3.60	3.68	3.80	3.96			8.28	4.40	4.68	4.80	5.50			11.08	12.24	13.88
velocity	7.81	9.72	9.51	9.21	8.84			8.45	7.95	7.48	7.29	7.27	8.25		9.48	8.58	7.56
H1 lead leg L strides		13	13	13	13			14	14	15	15	18.5	128.5				

Copello, Yasmani (TUR) (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 Meeting de Paris (Paris, FRA) (TV Analysis)													*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date 24-Aug-19 time	5.78	9.42	13.18	17.04	21.00	22.7	25.08	29.32	33.74	38.28	43.00		48.47	4 / 4			
reaction time 0.192 interval		3.64	3.76	3.86	3.96		4.08	4.24	4.42	4.54	4.72	5.47			11.26	12.28	13.68
velocity	7.79	9.62	9.31	9.07	8.84	8.81	8.58	8.25	7.92	7.71	7.42	7.31	8.25		9.33	8.55	7.68
H1 lead leg R strides	20	13	13	13	13		13	13	14	14	14	17.7	157.7				

McMaster, Kyron (IVB) (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)													*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date 20-Aug-23 time	5.80	9.50		16.83			24.70	28.90	33.33	38.00	42.90		48.47	4 / 1			
reaction time 0.156 interval		3.70		7.33			7.87	4.20	4.43	4.67	4.90	5.57			11.03	12.07	14.00
velocity	7.76	9.46		9.55			8.89	8.33	7.90	7.49	7.14	7.18	8.25		9.52	8.70	7.50
H1 lead leg L strides	21	13	13					13	14	14	14	17.2	119.2				

Nathaniel, Ezekiel (NGR) (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 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date 20-Aug-23 time	6.10	10.03	13.83	17.56	21.33		25.33	29.53	33.90	38.53	43.23		48.47	8 / 4			
reaction time 0.210 interval		3.93	3.80	3.73	3.77		4.00	4.20	4.37	4.63	4.70	5.24			11.46	11.97	13.70
velocity	7.38	8.91	9.21	9.38	9.28		8.75	8.33	8.01	7.56	7.45	7.63	8.25		9.16	8.77	7.66
H1 lead leg R strides	21	13	13	13	13		13	13	14	14	14	17	158				

Dia Bâ, Amadou (SEN) (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)													*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*				
date 24-Sep-88 time	6.16	10.00	13.91	17.73	21.78		25.89	30.18	34.49	38.99	43.48		48.48	4 / 3			
reaction time interval		3.84	3.91	3.82	4.05		4.11	4.29	4.31	4.50	4.49	5.00			11.57	12.45	13.30
velocity	7.31	9.11	8.95	9.16	8.64		8.52	8.16	8.12	7.78	7.80	8.00	8.25		9.08	8.43	7.89
H1 lead leg strides	20	13	13	13	13		13	14	14	14	14	17	158				

Carter, James (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
Semi-Final 3 - 2000 Olympic Games (Sydney, AUS)													*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date 25-Sep-00 time	5.70	9.46	13.14	16.90	20.86	22.38	24.90	29.14	33.54	38.10	42.96		48.48	3 / 1			
reaction time 0.202 interval		3.76	3.68	3.76	3.96		4.04	4.24	4.40	4.56	4.86	5.52			11.20	12.24	13.82
velocity	7.89	9.31	9.51	9.31	8.84	8.94	8.66	8.25	7.95	7.68	7.20	7.25	8.25		9.38	8.58	7.60
H1 lead leg strides	21	13	13	13	13		13	14	14	14	15	18	161				

Hall, Quincy (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 - 2019 NCAA Championships (Austin, TX) (TV Analysis)													*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date 07-Jun-19 time	6.06	9.83	13.70	17.56	21.53		25.53	29.70	34.03	38.60	43.40		48.48	5 / 1			
reaction time 0.269 interval		3.77	3.87	3.86	3.97		4.00	4.17	4.33	4.57	4.80	5.08	PB		11.50	12.14	13.70
velocity	7.43	9.28	9.04	9.07	8.82		8.75	8.39	8.08	7.66	7.29	7.87	8.25		9.13	8.65	7.66

H1 lead leg	R	strides	21	13	13	13	13		13	13	13	13	15	16.7	156.7				

Valliant, Ludvy (FRA) (1995)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	21-Aug-23	time	5.90	9.64	13.31	16.85	20.68		24.69	28.87	33.35	37.94	42.88		48.48	6 / 3			
reaction time	0.194	interval		3.74	3.67	3.54	3.83		4.01	4.18	4.48	4.59	4.94	5.60			10.95	12.02	14.01
		velocity	7.63	9.36	9.54	9.89	9.14		8.73	8.37	7.81	7.63	7.09	7.14	8.25		9.59	8.74	7.49
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	15	18	161				

Januszewski, Paweł (POL) (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 - 2000 ISTAF (Berlin, GER)																*Graubner (2009) - http://www.fgs.uni-halle.de*			
date	01-Sep-00	time	6.07	9.93	13.76	17.69	21.67		25.81	29.98	34.28	38.76	43.34		48.49	/ 3			
reaction time		interval		3.86	3.83	3.93	3.98		4.14	4.17	4.30	4.48	4.58	5.15			11.62	12.29	13.36
		velocity	7.41	9.07	9.14	8.91	8.79		8.45	8.39	8.14	7.81	7.64	7.77	8.25		9.04	8.54	7.86
H1 lead leg		strides																	

Taylor, Angelo (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
Semi-Final 2 - 2000 Olympic Games (Sydney, AUS)																*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date	25-Sep-00	time	5.84	9.60	13.48	17.36	21.28	22.80	25.32	29.60	34.04	38.52	43.12		48.49	3 / 2			
reaction time	0.250	interval		3.76	3.88	3.88	3.92		4.04	4.28	4.44	4.48	4.60	5.37			11.52	12.24	13.52
		velocity	7.71	9.31	9.02	9.02	8.93	8.77	8.66	8.18	7.88	7.81	7.61	7.45	8.25		9.11	8.58	7.77
H1 lead leg		strides		13	13	13	13		13	14	14	14	14	17.4	138.4				

McFarlane, Danny (JAM) (1972)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)																*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date	16-Aug-09	time	5.99	9.65	13.40	17.29	21.34		25.46	29.78	34.08	38.54	43.16		48.49	4 / 4			
reaction time	0.161	interval		3.66	3.75	3.89	4.05		4.12	4.32	4.30	4.46	4.62	5.33			11.30	12.49	13.38
		velocity	7.51	9.56	9.33	9.00	8.64		8.50	8.10	8.14	7.85	7.58	7.50	8.25		9.29	8.41	7.85
H1 lead leg	L	strides		13	13	13	13		13	14	14	14	15	17.7	139.7				

Copello, Yasmani (TUR) (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)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	09-Aug-17	time	5.92	9.60	13.36	17.24	21.24		25.44	29.72	34.16	38.64	43.16		48.49	8 / 2			
reaction time	0.211	interval		3.68	3.76	3.88	4.00		4.20	4.28	4.44	4.48	4.52	5.33			11.32	12.48	13.44
		velocity	7.60	9.51	9.31	9.02	8.75		8.33	8.18	7.88	7.81	7.74	7.50	8.25		9.28	8.41	7.81
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	18	159				

Levingston, Isaiah (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)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	11-Jun-21	time	5.97	9.77		17.75	21.80			30.16	34.57	39.07	43.57		48.49	9 / 2			
reaction time	0.233	interval		3.80		7.98	4.05			8.36	4.41	4.50	4.50	4.92	PB		11.78	12.41	13.41
		velocity	7.54	9.21		8.77	8.64			8.37	7.94	7.78	7.78	8.13	8.25		8.91	8.46	7.83
H1 lead leg	L	strides	21	13			13				13	14	14	16.5	104.5				

Ackermann, Uwe (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 GDR vs. USA (Karl-Marx-Stadt, GDR)																*Heß (1985) - entwicklungsaspekte die leichtathletischen sprint-/hürdendisziplinen im olympiazyklus 1981/84*			
date	09-Jul-82	time	5.97				21.67						43.34		48.50	/ 1			
reaction time		interval					15.70						21.67	5.16	PB				
		velocity	7.54				8.92						8.08	7.75	8.25				
H1 lead leg		strides																	

Clement, Kerron (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 - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	10-Jul-16	time	6.00	9.71	13.34	17.18	21.15		25.26	29.53	33.93	38.50	43.24		48.50	7 / 1			
reaction time	0.180	interval		3.71	3.63	3.84	3.97		4.11	4.27	4.40	4.57	4.74	5.26			11.18	12.35	13.71
		velocity	7.50	9.43	9.64	9.11	8.82		8.52	8.20	7.95	7.66	7.38	7.60	8.25		9.39	8.50	7.66
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.5	153.5				

Robinson, Byron (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 USATF Championships (Sacramento, CA) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	25-Jun-17	time	5.79	9.55	13.51	17.58	21.68		25.69	29.87	34.07	38.42	42.86		48.50	6 / 4			
reaction time		interval		3.76	3.96	4.07	4.10		4.01	4.18	4.20	4.35	4.44	5.64	PB		11.79	12.29	12.99
		velocity	7.77	9.31	8.84	8.60	8.54		8.73	8.37	8.33	8.05	7.88	7.09	8.25		8.91	8.54	8.08
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19.5	176.5				

Mann, Ralph (USA) (1949)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1972 Olympic Games (Munich, FRG)																*Le Masurier (1977) - die olympischen 400-m-hürdenlauf vom Mexico City, München und Montreal*			
date	03-Sep-72	time	6.0	9.7	13.6	17.6	21.3	23.0	25.4	29.7	33.9	38.4	43.1		48.51	6 / 2			
reaction time		interval		3.7	3.9	4.0	3.7		4.1	4.3	4.2	4.5	4.7	5.41			11.60	12.10	13.40
		velocity	7.50	9.46	8.97	8.75	9.46	8.70	8.54	8.14	8.33	7.78	7.45	7.39	8.25		9.05	8.68	7.84
H1 lead leg	L	strides	21	13	13	13	13		13	13	15	15	15	19	163				

Schmid, Harald (FRG) (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)																*Lamare (1978) - championnats d'Europa 1978*			
date	31-Aug-78	time	6.04	9.77	13.63	17.54	21.47		25.69	29.88	34.25	38.78	43.29		48.51	/ 1			
reaction time		interval		3.73	3.86	3.91	3.93		4.22	4.19	4.37	4.53	4.51	5.22	CR		11.50	12.34	13.41
		velocity	7.45	9.38	9.07	8.95	8.91		8.29	8.35	8.01	7.73	7.76	7.66	8.25		9.13	8.51	7.83
H1 lead leg		strides																	

Thompson, Kemel (JAM) (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 - 2003 IAAF World Championships (Paris, FRA)																*Behm (2003) - Paris 2003:Le quatrache masculn - féminin*			
date	29-Aug-03	time	5.8	9.5	13.4	17.3	21.4		25.4	29.6	33.9	38.4	43.0		48.51	3 / 5			
reaction time	0.168	interval		3.7	3.9	3.9	4.1		4.0	4.2	4.3	4.5	4.6	5.51			11.50	12.30	13.40
		velocity	7.76	9.46	8.97	8.97	8.54		8.75	8.33	8.14	7.78	7.61	7.26	8.25		9.13	8.54	7.84
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169				

Selmon, Kenny (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
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	25-Jun-21	time	6.10	9.83	13.63	17.53	21.47		25.60	29.80	34.13	38.70	43.30		48.51	6 / 1			
reaction time	0.242	interval		3.73	3.80	3.90	3.94		4.13	4.20	4.33	4.57	4.60	5.21			11.43	12.27	13.50
		velocity	7.38	9.38	9.21	8.97	8.88		8.47	8.33	8.08	7.66	7.61	7.68	8.25		9.19	8.56	7.78
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	14	14	17	156				

Mägi, Rasmus (EST) (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 Bislett Games (Oslo, NOR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	16-Jun-22	time	5.84	9.56	13.28	17.12	21.04	22.73	25.22	29.44	33.76	38.28	43.00		48.51	6 / 2			
reaction time	0.165	interval		3.72	3.72	3.84	3.92		4.18	4.22	4.32	4.52	4.72	5.51			11.28	12.32	13.56
		velocity	7.71	9.41	9.41	9.11	8.93	8.80	8.37	8.29	8.10	7.74	7.42	7.26	8.25		9.31	8.52	7.74
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14	18	159				

Hemery, David (GBR) (1944)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1972 Olympic Games (Munich, FRG)																*Le Masurier (1977) - die olympischen 400-m-hürdenlauf vom Mexico City, München und Montreal*			
date	03-Sep-72	time	6.1	9.8	13.4	17.2	21.1	22.8	25.1	29.3	33.6	38.2	43.0		48.52	5 / 3			
reaction time		interval		3.7	3.6	3.8	3.9		4.0	4.2	4.3	4.6	4.8	5.52			11.10	12.10	13.70
		velocity	7.38	9.46	9.72	9.21	8.97	8.77	8.75	8.33	8.14	7.61	7.29	7.25	8.24		9.46	8.68	7.66
H1 lead leg	L	strides	21	13	13	13	13		13	15	15	15	15	18.2	164.2				

Wallenlind, Niklas (SWE) (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 - 1990 European Championships (Split, YUG)																*Behm (1995) - la tactique du 400 haies*			
date	29-Aug-90	time	6.1	9.9	13.8	17.7	21.7		25.8	30.2	34.6	39.0	43.4		48.52	4 / 3			
reaction time		interval		3.8	3.9	3.9	4.0		4.1	4.4	4.4	4.4	4.4	5.12	PB		11.60	12.50	13.20
		velocity	7.38	9.21	8.97	8.97	8.75		8.54	7.95	7.95	7.95	7.95	7.81	8.24		9.05	8.40	7.95
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	15	18	161				

Dutch, Johnny (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 - 2008 USA Olympic Trials (Eugene, OR)																*USATF Hurdle Development (2008)*			
date	29-Jun-08	time	6.03	9.82	13.66	17.71	21.85		26.10	30.34	34.66	38.97	43.37		48.52	7 / 5			
reaction time		interval		3.79	3.84	4.05	4.14		4.25	4.24	4.32	4.31	4.40	5.15	PB		11.68	12.63	13.03
		velocity	7.46	9.23	9.11	8.64	8.45		8.24	8.25	8.10	8.12	7.95	7.77	8.24		8.99	8.31	8.06
H1 lead leg	R	strides	22	13	13	13	13		14	14	15	15	15		147				

Plawgo, Marek (POL) (1981)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Olympic Games (Beijing, CHN)																*Behm (2008)- Pekin 2008: Le quatrache masculin - féminin*			
date	18-Aug-08	time	5.9	9.7	13.4	17.3	21.3		25.4	29.8	34.1	38.6	43.3		48.52	3 / 6			
reaction time	0.226	interval		3.8	3.7	3.9	4.0		4.1	4.4	4.3	4.5	4.7	5.22			11.40	12.50	13.50
		velocity	7.63	9.21	9.46	8.97	8.75		8.54	7.95	8.14	7.78	7.45	7.66	8.24		9.21	8.40	7.78
H1 lead leg	R	strides	20	13	13	13	13		14	14	14	14	14	17	159				

Greene, David (Dai) (GBR) (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 Commonwealth Games (Dehli, IND)																*Arnold (2010) - 400mH planning and peaking*			
date	10-Oct-10	time	6.1	9.9	13.7	17.7	21.7	23.5	25.9	30.1	34.4	38.9	43.5		48.52	6 / 1			
reaction time	0.163	interval		3.8	3.8	4.0	4.0		4.2	4.2	4.3	4.5	4.6	5.02			11.60	12.40	13.40
		velocity	7.38	9.21	9.21	8.75	8.75	8.51	8.33	8.33	8.14	7.78	7.61	7.97	8.24		9.05	8.47	7.84
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	19	170				

Hyde, Jaheel (JAM) (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 - 2017 Jamaica International Invitational (Kingston, JAM) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	20-May-17	time	5.84	9.64	13.51	17.48	21.55		25.62	29.86	34.16	38.57	43.21		48.52	3 / 2			
reaction time		interval		3.80	3.87	3.97	4.07		4.07	4.24	4.30	4.41	4.64	5.31	PB		11.64	12.38	13.35
		velocity	7.71	9.21	9.04	8.82	8.60		8.60	8.25	8.14	7.94	7.54	7.53	8.24		9.02	8.48	7.87
H1 lead leg	L	strides	22	14	14	13	14			14	14	15	15	18.5	153.5				

Clement, Kerron (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 - 2017 IAAF World Championships (London, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	09-Aug-17	time	5.92	9.72	13.52	17.28	21.20		25.32	29.52	33.84	38.32	43.12		48.52	4 / 3			
reaction time	0.153	interval		3.80	3.80	3.76	3.92		4.12	4.20	4.32	4.48	4.80	5.40			11.36	12.24	13.60
		velocity	7.60	9.21	9.21	9.31	8.93		8.50	8.33	8.10	7.81	7.29	7.41	8.24		9.24	8.58	7.72
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	17	155				

Benjamin, Rai (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 - 2019 IAAF World Championships (Doha, QAT)																*Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*			
date	28-Sep-19	time	5.82	9.47	13.24	17.17	21.24		25.38	29.56	33.88	38.32	42.93		48.52	6 / 1			
reaction time	0.215	interval		3.65	3.77	3.93	4.07		4.14	4.18	4.32	4.44	4.61	5.59			11.35	12.39	13.37
		velocity	7.73	9.59	9.28	8.91	8.60		8.45	8.37	8.10	7.88	7.59	7.16	8.24		9.25	8.47	7.85
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.7	153.7				

Bergström, Carl (SWE) (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 Prefontaine Classic (Eugene, OR) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	28-May-22	time	5.70	9.46	13.27	17.17	21.17	23.02	25.33	29.58	33.93	38.53	43.26		48.52	9 / 4			
reaction time	0.172	interval		3.76	3.81	3.90	4.00		4.16	4.25	4.35	4.60	4.73	5.26	PB		11.47	12.41	13.68
		velocity	7.89	9.31	9.19	8.97	8.75	8.69	8.41	8.24	8.05	7.61	7.40	7.60	8.24		9.15	8.46	7.68
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15		153				

Zellner, Torrance (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 2 - 1999 IAAF World Championships (Sevilla, ESP)															*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*				
date	25-Aug-99	time	5.68	9.45	13.25	17.05	21.08		25.09	29.21	33.62	38.22	42.85		48.53	7 / 4			
reaction time	0.129	interval		3.77	3.80	3.80	4.03		4.01	4.12	4.41	4.60	4.63	5.68			11.37	12.16	13.64
		velocity	7.92	9.28	9.21	9.21	8.68		8.73	8.50	7.94	7.61	7.56	7.04	8.24		9.23	8.63	7.70
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17	156				

Lattin, Amere (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) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	26-Jun-22	time	5.87	9.51	13.28	17.08	21.05	22.70	25.12	29.56	34.06	38.73	43.37		48.53	2 / 6			
reaction time		interval		3.64	3.77	3.80	3.97		4.07	4.44	4.50	4.67	4.64	5.16	PB		11.21	12.48	13.81
		velocity	7.67	9.62	9.28	9.21	8.82	8.81	8.60	7.88	7.78	7.49	7.54	7.75	8.24		9.37	8.41	7.60
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17	158				

Long, Corde (USA) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	09-Jun-23	time	5.99	9.71	13.56	17.46	21.54		25.76	30.28	34.62	39.09	43.49		48.53	5 / 2			
reaction time		interval		3.72	3.85	3.90	4.08		4.22	4.52	4.34	4.47	4.40	5.04	PB		11.47	12.82	13.21
		velocity	7.51	9.41	9.09	8.97	8.58		8.29	7.74	8.06	7.83	7.95	7.94	8.24		9.15	8.19	7.95
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	13	16.7	157.7				

Abuaku, Joshua (GER) (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)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	23-Aug-23	time	5.97	9.83	13.45	17.22	21.13			29.56	34.03	38.64	43.34		48.53	2 / 8			
reaction time	0.156	interval		3.86	3.62	3.77	3.91			8.43	4.47	4.61	4.70	5.19			11.25	12.34	13.78
		velocity	7.54	9.07	9.67	9.28	8.95			8.30	7.83	7.59	7.45	7.71	8.24		9.33	8.51	7.62
H1 lead leg	L	strides	20	13		13	13				14	14	14	18	119				

Mann, Ralph (USA) (1949)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1972 USA Olympic Trials (Eugene, OR)															*(1972) - die große olympia-vorschau: von wettbewerb zu wettbewaib*				
date	02-Jul-72	time	5.9	9.5	13.5	17.3	21.2		25.3	29.7	34.0	38.5	42.1		48.4	8 / 1			
reaction time		interval		3.6	4.0	3.8	3.9		4.1	4.4	4.3	4.5	3.6	6.3	*(48.34)*		11.40	12.40	12.40
		velocity	7.63	9.72	8.75	9.21	8.97		8.54	7.95	8.14	7.78	9.72	6.35	8.26		9.21	8.47	8.47
H1 lead leg	L	strides																	

Thomas, Eric (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 - 1996 USA Olympic Trials (Atlanta, GA)															*McNichols - Hurdle technique study through video analysis*				
date	16-Jun-96	time	5.98	9.83	13.67	17.53	21.47	22.18	25.41	29.59	33.90	38.39	43.09		48.54	4 / 4			
reaction time		interval		3.85	3.84	3.86	3.94		3.94	4.18	4.31	4.49	4.70	5.45	=PB		11.55	12.06	13.50
		velocity	7.53	9.09	9.11	9.07	8.88	9.02	8.88	8.37	8.12	7.80	7.45	7.34	8.24		9.09	8.71	7.78
H1 lead leg	R	strides	20	13	13	14	13		13	14	14	15	15		144				

Rawlinson, Christopher (GBR) (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 - 2001 IAAF World Championships (Edmonton, CAN)															*Behm (2001) - Edmonton: Le quatrache: les finales*				
date	10-Aug-01	time	5.8	9.6	13.3	17.1	21.0		25.0	29.2	33.6	38.1	42.7		48.54	6 / ~~6~~ 5			
reaction time	0.164	interval		3.8	3.7	3.8	3.9		4.0	4.2	4.4	4.5	4.6	5.84			11.30	12.10	13.50
		velocity	7.76	9.21	9.46	9.21	8.97		8.75	8.33	7.95	7.78	7.61	6.85	8.24		9.29	8.68	7.78
H1 lead leg	R	strides	20	14	14	14	14		14	14	15	15	15		149				

Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	07-Jun-18	time	5.84	9.48			21.16	23.0	25.20	29.44	33.84	38.28	43.00		48.54	4 / 3			
reaction time	0.210	interval		3.64			11.68		4.04	4.24	4.40	4.44	4.72	5.54					13.56
		velocity	7.71	9.62			8.99	8.70	8.66	8.25	7.95	7.88	7.42	7.22	8.24				7.74
H1 lead leg	R	strides	20	13	13				13	13	14	14	14	18	132				

Nathaniel, Ezekiel (NGR) (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)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	09-Jun-23	time	5.99	9.69	13.50	17.33	21.30		25.39	29.66	34.06	38.66	43.39		48.54	8 / 3			
reaction time		interval		3.70	3.81	3.83	3.97		4.09	4.27	4.40	4.60	4.73	5.15			11.34	12.33	13.73
		velocity	7.51	9.46	9.19	9.14	8.82		8.56	8.20	7.95	7.61	7.40	7.77	8.24		9.26	8.52	7.65
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14	14	17.7	157.7				

Diagana, Stéphane (FRA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 1999 IAAF World Championships (Sevilla, ESP)															*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*				
date	24-Aug-99	time	5.59	9.30	13.12	16.99	20.93		24.99	29.38	33.82	38.45	43.02		48.55	5 / 1			
reaction time	0.155	interval		3.71	3.82	3.87	3.94		4.06	4.39	4.44	4.63	4.57	5.53			11.40	12.39	13.64
		velocity	8.05	9.43	9.16	9.04	8.88		8.62	7.97	7.88	7.56	7.66	7.23	8.24		9.21	8.47	7.70
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18	162				

Woody, Joey (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

Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP) *Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*

date	25-Aug-99	time	5.64	9.36	13.14	17.01	20.99		25.06	29.31	33.70	38.24	42.90		48.55	8 / 1			
reaction time	0.214	interval		3.72	3.78	3.87	3.98		4.07	4.25	4.39	4.54	4.66	5.65			11.37	12.30	13.59
		velocity	7.98	9.41	9.26	9.04	8.79		8.60	8.24	7.97	7.71	7.51	7.08	8.24		9.23	8.54	7.73
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	15	17.5	159.5				

Thomas, Eric (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 - 2000 ISTAF (Berlin, GER) *Graubner (2009) - http://www.fgs.uni-halle.de*

date	01-Sep-00	time	6.09	9.86	13.66	17.48	21.44		25.47	29.76	34.04	38.60	43.23		48.55	/ 4			
reaction time		interval		3.77	3.80	3.82	3.96		4.03	4.29	4.28	4.56	4.63	5.32			11.39	12.28	13.47
		velocity	7.39	9.28	9.21	9.16	8.84		8.68	8.16	8.18	7.68	7.56	7.52	8.24		9.22	8.55	7.80
H1 lead leg		strides																	

Culson, Javier (PUR) (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 - 2016 Meeting Paris (Saint-Denis, FRA) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	27-Aug-16	time	5.76	9.36		16.92	20.84		24.96		33.52	38.12	42.92		48.55	5 / 4			
reaction time	0.207	interval		3.60		7.56	3.92		4.12		8.56	4.60	4.80	5.63			11.16		
		velocity	7.81	9.72		9.26	8.93		8.50		8.18	7.61	7.29	7.10	8.24		9.41		
H1 lead leg	L	strides	20	13			13		13			14	14	17.2	104.2				

Bailey, Aldrich (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) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	26-Jun-21	time	5.80	9.61	13.48	17.35	21.32		25.42	29.79	34.20	38.64	43.17		48.55	3 / 4			
reaction time	0.228	interval		3.81	3.87	3.87	3.97		4.10	4.37	4.41	4.44	4.53	5.38	PB		11.55	12.44	13.38
		velocity	7.76	9.19	9.04	9.04	8.82		8.54	8.01	7.94	7.88	7.73	7.43	8.24		9.09	8.44	7.85
H1 lead leg	L	strides		13	13	13	13			14	14	14	14	17.2	125.2				

Abuaku, Joshua (GER) (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 ISTAF (Berlin, GER) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	04-Sep-22	time	5.96				20.92		25.04	29.44	33.92	38.52	43.24		48.55	5 / 3			
reaction time	0.174	interval					14.96		4.12	4.40	4.48	4.60	4.72	5.31	PB				13.80
		velocity	7.55				9.36		8.50	7.95	7.81	7.61	7.42	7.53	8.24				7.61
H1 lead leg	R	strides	20						13	14	14	15	15	18	109				

Young, Kevin (USA) (1966)

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

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

date	24-Sep-88	time	6.29	10.21	14.14	18.02	21.86		25.79	29.82	33.95	38.36	43.00		48.56	5 / 2			
reaction time		interval		3.92	3.93	3.88	3.84		3.93	4.03	4.13	4.41	4.64	5.56			11.73	11.80	13.18
		velocity	7.15	8.93	8.91	9.02	9.11		8.91	8.68	8.47	7.94	7.54	7.19	8.24		8.95	8.90	7.97
H1 lead leg		strides	20	13	13	13	13		13	13	13	13	14	17	155				

Warholm, Karsten (NOR) (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 IAAF Continental Cup (Ostrava, CZE) (TV Analysis) *Henson (2021) - Athlete First: 2018 year end hurdle report*

date	08-Sep-18	time	5.76	9.40	13.12	17.00	21.00		25.08	29.32	33.76	38.48	43.24		48.56	4 / 3			
reaction time	0.175	interval		3.64	3.72	3.88	4.00		4.08	4.24	4.44	4.72	4.76	5.32			11.24	12.32	13.92
		velocity	7.81	9.62	9.41	9.02	8.75		8.58	8.25	7.88	7.42	7.35	7.52	8.24		9.34	8.52	7.54
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159				

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

date	19-Aug-22	time	5.85	9.43		17.09	21.06	22.67	25.19	29.44	33.85	38.50	43.27		48.56	3 / 2			
reaction time	0.185	interval		3.58		7.66	3.97		4.13	4.25	4.41	4.65	4.77	5.29			11.24	12.35	13.83
		velocity	7.69	9.78		9.14	8.82	8.82	8.47	8.24	7.94	7.53	7.34	7.56	8.24		9.34	8.50	7.59
H1 lead leg	L	strides	20	13			13		13	13	13	15	15	18	133				

Dean, Caleb (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) *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	09-Jun-23	time	5.76	9.47	13.28	17.17	21.17		25.39	29.80	34.30	38.80	43.26		48.56	7 / 4			
reaction time		interval		3.71	3.81	3.89	4.00		4.22	4.41	4.50	4.50	4.46	5.30			11.41	12.63	13.46
		velocity	7.81	9.43	9.19	9.00	8.75		8.29	7.94	7.78	7.78	7.85	7.55	8.24		9.20	8.31	7.80
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	14	18.2	161.2				

Patrick, David (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 - 1982 TAC Naitonal Championships (Knoxville, TN) *Mann (1987) - the elite athlete program biomechanical analysis of the long hurdles: tac championship meet*

date	20-Jun-82	time	6.22	10.16	14.08	17.98	21.94		25.88	30.12	34.52	38.96	43.66		48.57	/ 1			
reaction time		interval		3.94	3.92	3.90	3.96		3.94	4.24	4.40	4.44	4.70	4.91			11.76	12.14	13.54
		velocity	7.23	8.88	8.93	8.97	8.84		8.88	8.25	7.95	7.88	7.45	8.15	8.24		8.93	8.65	7.75
H1 lead leg		strides																	

Schmid, Harald (FRG) (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 2 - 1983 IAAF World Championships (Helsinki, FIN) *Lyle - miscellaneous coaching notes*

date	08-Aug-83	time	5.46	9.14	12.76	16.70	20.54		24.41	28.69	32.98	37.69	42.45		48.57	2 / 1			
reaction time		interval		3.68	3.62	3.94	3.84		3.87	4.28	4.29	4.71	4.76	6.12			11.24	11.99	13.76
		velocity	8.24	9.51	9.67	8.88	9.11		9.04	8.18	8.16	7.43	7.35	6.54	8.24		9.34	8.76	7.63
H1 lead leg	L	strides	21	13	13	13	13		13	13	13		14	17	143				

Teixeira, Everson (BRA) (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 Olympic Games (Atlanta, GA) *Behm (1996) - 400m haies*

date	01-Aug-96	time	6.0	10.0	13.8	17.6	21.6		25.8	30.2	34.4	38.8	43.5		48.57	3 / 7				
reaction time	0.201	interval		4.0	3.8	3.8	4.0		4.2	4.4	4.2	4.4	4.7	5.07			11.60	12.60	13.30	
		velocity	7.50	8.75	9.21	9.21	8.75		8.33	7.95	8.33	7.95	7.45	7.89	8.24		9.05	8.33	7.89	
H1 lead leg		strides	20	13	13	13	13		13	13	13	13	13		137					

Januszewski, Paweł (POL) (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 - 2001 IAAF World Championships (Edmonton, CAN)														*Behm (2001) - Edmonton: Le quatrache: les finales*			
date 10-Aug-01 time	5.9	9.8	13.5	17.5	21.4		25.5	29.8	34.1	38.7	43.3		48.57	7 / ~~7~~ 6			
reaction time 0.175 interval		3.9	3.7	4.0	3.9		4.1	4.3	4.3	4.6	4.6	5.27			11.60	12.30	13.50
velocity	7.63	8.97	9.46	8.75	8.97		8.54	8.14	8.14	7.61	7.61	7.59	8.24		9.05	8.54	7.78
H1 lead leg L strides	21	14	14	14	14		15	15	15	15	15		152				

Smidt, Nick (NED) (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 Herculis Meeting International d'Athlétisme (Monaco, MON)														*Omega Timing (2023) - diamond league race analysis*			
date 21-Jul-23 time	5.83	9.53	13.26	17.07	21.03		25.16	29.40	33.80	38.34	43.04		48.57	8 / 6			
reaction time 0.167 interval		3.70	3.73	3.81	3.96		4.13	4.24	4.40	4.54	4.70	5.53			11.24	12.33	13.64
velocity	7.72	9.46	9.38	9.19	8.84		8.47	8.25	7.95	7.71	7.45	7.23	8.24		9.34	8.52	7.70
H1 lead leg L strides	21	13	13	13	13		14	14	14	14	14		143				

Carter, James (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 Olympic Games (Athîna, GRE)														*Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04*			
date 26-Aug-04 time	5.78	9.29	13.10	16.76	20.70		24.69	28.96	33.29	37.80	42.71		48.58	4 / 4			
reaction time 0.223 interval		3.51	3.81	3.66	3.94		3.99	4.27	4.33	4.51	4.91	5.87			10.98	12.20	13.75
velocity	7.79	9.97	9.19	9.56	8.88		8.77	8.20	8.08	7.76	7.13	6.81	8.23		9.56	8.61	7.64
H1 lead leg L strides	21	13	13	13	13		13	14	14	14	15	18	161				

Jackson, Bershawn (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 Athletics Final (Stuttgart, GER)														*Graubner (2007) - http://www.fgs.uni-halle.de*			
date 22-Sep-07 time	5.86	9.68	13.68	17.80	21.96		26.02	30.14	34.38	38.72	43.33		48.58	2 / 4			
reaction time 0.167 interval		3.82	4.00	4.12	4.16		4.06	4.12	4.24	4.34	4.61	5.25			11.94	12.34	13.19
velocity	7.68	9.16	8.75	8.50	8.41		8.62	8.50	8.25	8.06	7.59	7.62	8.23		8.79	8.51	7.96
H1 lead leg strides																	

McMaster, Kyron (IVB) (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 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 29-Aug-19 time	5.72	9.36	13.06	16.76	20.62	22.3	24.64	28.88	33.30	37.98	42.80		48.58	6 / 3			
reaction time 0.177 interval		3.64	3.70	3.70	3.86		4.02	4.24	4.42	4.68	4.82	5.78			11.04	12.12	13.92
velocity	7.87	9.62	9.46	9.46	9.07	8.97	8.71	8.25	7.92	7.48	7.26	6.92	8.23		9.51	8.66	7.54
H1 lead leg L strides	21	13	13	13	13		13	14	14		15		129				

Copello, Yasmani (TUR) (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 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 29-Aug-19 time	5.80	9.46		17.10	21.08	22.7	25.16	29.38		38.42	43.20		48.58	4 / 4			
reaction time 0.167 interval		3.66		7.64	3.98		4.08	4.22		9.04	4.78	5.38			11.30	12.28	13.82
velocity	7.76	9.56		9.16	8.79	8.81	8.58	8.29		7.74	7.32	7.43	8.23		9.29	8.55	7.60
H1 lead leg R strides	20	13			13		13	13			14		86				

McMaster, Kyron (IVB) (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 Bauhaus Galan (Stockholm, SWE) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 30-Jun-22 time	5.78	9.42	13.18	16.96	20.86	22.50	24.92	29.24	33.68	38.22	42.96		48.58	5 / 3			
reaction time 0.161 interval		3.64	3.76	3.78	3.90		4.06	4.32	4.44	4.54	4.74	5.62			11.18	12.28	13.72
velocity	7.79	9.62	9.31	9.26	8.97	8.89	8.62	8.10	7.88	7.71	7.38	7.12	8.23		9.39	8.55	7.65
H1 lead leg L strides	21	13	13	13	13		13	14	14	14	15	17.5	160.5				

Mägi, Rasmus (EST) (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 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 20-Aug-23 time	6.20	10.06	13.70	17.60	21.63		25.70	29.93	34.33	38.86	43.46		48.58	7 / 2			
reaction time 0.205 interval		3.86	3.64	3.90	4.03		4.07	4.23	4.40	4.53	4.60	5.12			11.40	12.33	13.53
velocity	7.26	9.07	9.62	8.97	8.68		8.60	8.27	7.95	7.73	7.61	7.81	8.23		9.21	8.52	7.76
H1 lead leg R strides	21	13	13	13	13		13	13	14	14	14	17	158				

Kurokawa, Kazuki (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
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 21-Aug-23 time	5.77	9.47	13.21	16.88	20.89		25.09	29.33	33.81	38.44	43.21		48.58	5 / 4			
reaction time 0.144 interval		3.70	3.74	3.67	4.01		4.20	4.24	4.48	4.63	4.77	5.37	PB		11.11	12.45	13.88
velocity	7.80	9.46	9.36	9.54	8.73		8.33	8.25	7.81	7.56	7.34	7.45	8.23		9.45	8.43	7.56
H1 lead leg L strides	21	13	13	13	13		14	14	15	15	15	19	165				

Tamesue, Dai (JPN) (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 Seiko Super Grand Prix (Yokohama, JPN)														*Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers*			
date 23-Sep-04 time	5.86	9.48	13.27	17.16	21.16		25.31	29.51	33.93	38.50	43.15		48.59	/ 1			
reaction time interval		3.62	3.79	3.89	4.00		4.15	4.20	4.42	4.57	4.65	5.44			11.30	12.35	13.64
velocity	7.68	9.67	9.23	9.00	8.75		8.43	8.33	7.92	7.66	7.53	7.35	8.23		9.29	8.50	7.70
H1 lead leg strides		13	13	13	13		14	14	15	15	15		125				

McFarlane, Danny (JAM) (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 - 2007 IAAF World Championships (Osaka, JPN)														*Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers*			
date 28-Aug-07 time	6.02	9.76	13.56	17.43	21.43		25.50	29.76	34.06	38.51	43.18		48.59	9 / 5			

reaction time	0.172	interval		3.74	3.80	3.87	4.00		4.07	4.26	4.30	4.45	4.67	5.41			11.41	12.33	13.42
		velocity	7.48	9.36	9.21	9.04	8.75		8.60	8.22	8.14	7.87	7.49	7.39	8.23		9.20	8.52	7.82
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	18	160				

Mägi, Rasmus (EST) (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 Athletissime (Laussane, SUI) (TV Analysis)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	25-Aug-16	time	5.86	9.63	13.43	17.30	21.30		25.46	29.80	34.26	38.80	43.36		48.59	4 / 1			
reaction time	0.113	interval		3.77	3.80	3.87	4.00		4.16	4.34	4.46	4.54	4.56	5.23			11.44	12.50	13.56
		velocity	7.68	9.28	9.21	9.04	8.75		8.41	8.06	7.85	7.71	7.68	7.65	8.23		9.18	8.40	7.74
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.2	159.2				

Mowatt, Kemar (JAM) (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 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	17-Jul-22	time	5.76	9.33	13.17	16.86	20.77	22.53		29.20	33.73	38.40	43.10		48.59	4 / 4			
reaction time	0.143	interval		3.57	3.84	3.69	3.91			8.43	4.53	4.67	4.70	5.49			11.10	12.34	13.90
		velocity	7.81	9.80	9.11	9.49	8.95	8.88		8.30	7.73	7.49	7.45	7.29	8.23		9.46	8.51	7.55
H1 lead leg	L	strides	21	13	13	13	13				15	15	15	18	136				

Valliant, Ludvy (FRA) (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 Bislett Games (Oslo, NOR)																*Omega Timing (2023) - diamond league race analysis*			
date	15-Jun-23	time	5.69	9.23	12.88	16.65	20.57		24.66	28.94	33.43	38.09	42.89		48.59	2 / 4			
reaction time	0.155	interval		3.54	3.65	3.77	3.92		4.09	4.28	4.49	4.66	4.80	5.70			10.96	12.29	13.95
		velocity	7.91	9.89	9.59	9.28	8.93		8.56	8.18	7.80	7.51	7.29	7.02	8.23		9.58	8.54	7.53
H1 lead leg	R	strides	21			13	13		13			14	14	17.7	105.7				

Yatsevich, Aleksandr (URS) (1956)

			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)																*(1982) - XIII championnats d'Europe d'Atlletisma, Athens 1982*			
date	08-Sep-82	time	6.0	9.9	13.8	17.7	21.7		25.9	30.2	34.3	38.7	43.3		48.60	3 / 2			
reaction time		interval		3.90	3.90	3.90	4.00		4.20	4.30	4.10	4.40	4.60	5.30	**PB**		11.70	12.50	13.10
		velocity	7.50	8.97	8.97	8.97	8.75		8.33	8.14	8.54	7.95	7.61	7.55	8.23		8.97	8.40	8.02
H1 lead leg	R	strides	21	15	15	15	15		15	15	15	15	15	18	174				

Januszewski, Paweł (POL) (1972)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2002 European Championships (Munich, GER)																*Graubner (2009) - http://www.fgs.uni-halle.de*			
date	08-Aug-02	time	6.04	9.93	13.73	17.59	21.55		25.67	29.83	34.15	38.65	43.23		48.60	/ 2			
reaction time		interval		3.89	3.80	3.86	3.96		4.12	4.16	4.32	4.50	4.58	5.37			11.55	12.24	13.40
		velocity	7.45	9.00	9.21	9.07	8.84		8.50	8.41	8.10	7.78	7.64	7.45	8.23		9.09	8.58	7.84
H1 lead leg		strides																	

Buckley, Markino (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 - 2008 Olympic Games (Beijing, CHN)																*Behm (2008) - Pekin 2008: Le quatrache masculin - féminin*			
date	18-Aug-08	time	5.9	9.9	13.9	17.8	21.7		25.9	30.2	34.5	39.0	43.5		48.60	9 / 7			
reaction time	0.264	interval		4.00	4.00	3.90	3.90		4.20	4.30	4.30	4.50	4.50	5.10			11.90	12.40	13.30
		velocity	7.63	8.75	8.75	8.97	8.97		8.33	8.14	8.14	7.78	7.78	7.84	8.23		8.82	8.47	7.89
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	14	14	17	160				

Dutch, Johnny (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 - 2017 USATF Championships (Sacramento, CA) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	25-Jun-17	time	5.96	9.62	13.41	17.20	21.20		25.31	29.51	33.79	38.27	43.00		48.60	3 / 5			
reaction time		interval		3.66	3.79	3.79	4.00		4.11	4.20	4.28	4.48	4.73	5.60			11.24	12.31	13.49
		velocity	7.55	9.56	9.23	9.23	8.75		8.52	8.33	8.18	7.81	7.40	7.14	8.23		9.34	8.53	7.78
H1 lead leg	R	strides	22	13	13	13	13		14	14	15	15	15	19	166				

Benjamin, Rai (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 Seiko Golden Grand Prix (Tokyo, JPN)																*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date	08-May-22	time	5.89	9.56	13.25	17.02	20.89		24.91	29.08	33.63	38.39	43.23		48.60	6 / 1			
reaction time	0.219	interval		3.67	3.69	3.77	3.87		4.02	4.17	4.55	4.76	4.84	5.37			11.13	12.06	14.15
		velocity	7.64	9.54	9.49	9.28	9.04		8.71	8.39	7.69	7.35	7.23	7.45	8.23		9.43	8.71	7.42
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	14	14	17	156				

Valliant, Ludvy (FRA) (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 de Paris (Paris, FRA)																*Omega Timing (2023) - diamond league race analysis*			
date	09-Jun-23	time	5.74	9.33	12.98	16.76	20.61		24.56	28.70	33.19	37.88	42.72		48.60	2 / 4			
reaction time	0.153	interval		3.59	3.65	3.78	3.85		3.95	4.14	4.49	4.69	4.84	5.88			11.02	11.94	14.02
		velocity	7.84	9.75	9.59	9.26	9.09		8.86	8.45	7.80	7.46	7.23	6.80	8.23		9.53	8.79	7.49
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14	18	160				

Schmid, Harald (FRG) (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 - 1983 IAAF World Championships (Helsinki, FIN)																*McFarlane (1988) - The Science of Hurdling*			
date	09-Aug-83	time	5.75	9.24	13.24		20.93		24.93	28.81	33.48	38.31	43.02		48.61	7 / 2			
reaction time		interval		3.49	4.00		7.69		4.00	3.88	4.67	4.83	4.71	5.59					14.21
		velocity	7.83	10.03	8.75		9.10		8.75	9.02	7.49	7.25	7.43	7.16	8.23				7.39
H1 lead leg	L	strides	21	13	13	13	13		13	13	14	15	14	17	159				

Benjamin, Rai (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)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	25-Jun-21	time	5.80	9.46	13.20	17.02	20.98		25.02	29.25	33.56	38.04	43.01		48.61	6 / 1			
reaction time	0.197	interval		3.66	3.74	3.82	3.96		4.04	4.23	4.31	4.48	4.97	5.60			11.22	12.23	13.76

		velocity	7.76	9.56	9.36	9.16	8.84		8.66	8.27	8.12	7.81	7.04	7.14	8.23		9.36	8.59	7.63
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	17	155				

Happio, Wilfried (FRA) (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 Memorial van Damme (Brussels, BEL) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 02-Sep-22	time	5.87	9.51	13.24		21.08	22.72	25.16	29.46	33.97	38.67	43.44		48.61	5 / ~~4~~ 3			
reaction time 0.170	interval		3.64	3.73		7.84		2.44	4.30	4.51	4.70	4.77	5.17					13.98
	velocity	7.67	9.62	9.38		8.93	8.80	14.34	8.14	7.76	7.45	7.34	7.74	8.23				7.51
H1 lead leg L	strides	20	13	13				13	13	13	15	15	17.2	132.2				

Phillips, Andre (USA) (1959)

	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 TAC Naitonal Championships (Knoxville, TN)														*Mann (1987) - the elite athlete program biomechanical analysis of the long hurdles: tac championship meet*			
date 20-Jun-82	time	6.02	9.88	13.82	17.74	21.70		25.64	29.66	34.04	38.66	43.52		48.62	/ 2			
reaction time	interval		3.86	3.94	3.92	3.96		3.94	4.02	4.38	4.62	4.86	5.10			11.72	11.92	13.86
	velocity	7.48	9.07	8.88	8.93	8.84		8.88	8.71	7.99	7.58	7.20	7.84	8.23		8.96	8.81	7.58
H1 lead leg	strides																	

Mashchenko, Ruslan (RUS) (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)														*Hommel (1999) - biomechanical research project, athens 1997: final report*			
date 04-Aug-97	time	5.88	9.60	13.36	17.16	21.02		25.02	29.30	33.61	38.26	43.06		48.62	5 / 6			
reaction time 0.166	interval		3.72	3.76	3.80	3.86		4.00	4.28	4.31	4.65	4.80	5.56			11.28	12.14	13.76
	velocity	7.65	9.41	9.31	9.21	9.07		8.75	8.18	8.12	7.53	7.29	7.19	8.23		9.31	8.65	7.63
H1 lead leg	strides																	

Rosser, Khallifah (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 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 16-Jul-22	time	5.84	9.63	13.46	17.27	21.26	22.98	25.33	29.52	33.86	38.40	43.03		48.62	2 / 1			
reaction time 0.168	interval		3.79	3.83	3.81	3.99		4.07	4.19	4.34	4.54	4.63	5.59			11.43	12.25	13.51
	velocity	7.71	9.23	9.14	9.19	8.77	8.70	8.60	8.35	8.06	7.71	7.56	7.16	8.23		9.19	8.57	7.77
H1 lead leg R	strides	20	13	13	13	13		13	13	13	14	14	17.2	156.2				

Allen, CJ (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)														*Omega Timing (2023) - diamond league race analysis*			
date 16-Sep-23	time	5.70	9.33	13.05	16.85	20.75		24.77	28.94	33.31	37.93	42.73		48.62	2 / 9			
reaction time 0.137	interval		3.63	3.72	3.80	3.90		4.02	4.17	4.37	4.62	4.80	5.89			11.15	12.09	13.79
	velocity	7.89	9.64	9.41	9.21	8.97		8.71	8.39	8.01	7.58	7.29	6.79	8.23		9.42	8.68	7.61
H1 lead leg L	strides	20			13	13		13	14	14	14	14		115				

Januszewski, Paweł (POL) (1972)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)														*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date 25-Aug-99	time	5.81	9.59	13.39	17.21	21.25		25.30	29.51	33.85	38.20	42.79		48.63	7 / 2			
reaction time 0.255	interval		3.78	3.80	3.82	4.04		4.05	4.21	4.34	4.35	4.59	5.84			11.40	12.30	13.28
	velocity	7.75	9.26	9.21	9.16	8.66		8.64	8.31	8.06	8.05	7.63	6.85	8.23		9.21	8.54	7.91
H1 lead leg L	strides	21	14	14	14	14		14	14	15	15	15	18	168				

Culson, Javier (PUR) (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 - 2016 London Anniversary Games (London, GBR) (TV Analysis)														*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date 23-Jul-16	time	5.80	9.48	13.20	17.08	21.08		25.24	29.56	33.88	38.40	43.08		48.63	3 / 2			
reaction time 0.173	interval		3.68	3.72	3.88	4.00		4.16	4.32	4.32	4.52	4.68	5.55			11.28	12.48	13.52
	velocity	7.76	9.51	9.41	9.02	8.75		8.41	8.10	8.10	7.74	7.48	7.21	8.23		9.31	8.41	7.77
H1 lead leg L	strides	20	13	13	13	13		13	13	13	14	14	17	156				

Jackson, Bershawn (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 - 2017 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)														*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date 13-May-17	time	5.64	9.40	13.40	17.56	21.60		25.68	29.76	33.96	38.40	43.04		48.63	4 / 1			
reaction time 0.127	interval		3.76	4.00	4.16	4.04		4.08	4.08	4.20	4.44	4.64	5.59			11.92	12.20	13.28
	velocity	7.98	9.31	8.75	8.41	8.66		8.58	8.58	8.33	7.88	7.54	7.16	8.23		8.81	8.61	7.91
H1 lead leg L	strides	22	15	15	15	15		15	15	15	15	15	19	176				

Jackson, Bershawn (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 - 2017 Jamaica International Invitational (Kingston, JAM) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 20-May-17	time	5.74	9.54	13.54	17.65	21.75		25.86	29.93	34.16	38.54	43.21		48.63	4 / 3			
reaction time	interval		3.80	4.00	4.11	4.10		4.11	4.07	4.23	4.38	4.67	5.42			11.91	12.28	13.28
	velocity	7.84	9.21	8.75	8.52	8.54		8.52	8.60	8.27	7.99	7.49	7.38	8.23		8.82	8.55	7.91
H1 lead leg L	strides	22	15	15	15	15			15	15	15	15	19	161				

Copello, Yasmani (TUR) (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)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 31-May-18	time	5.84	9.56	13.32	17.16	21.12		25.20	29.40	33.84	38.36	43.12		48.63	5 / 3			
reaction time 0.205	interval		3.72	3.76	3.84	3.96		4.08	4.20	4.44	4.52	4.76	5.51			11.32	12.24	13.72
	velocity	7.71	9.41	9.31	9.11	8.84		8.58	8.33	7.88	7.74	7.35	7.26	8.23		9.28	8.58	7.65
H1 lead leg R	strides	20	13	13	13	13		13	13	14	14	14	18	158				

Bassitt, Trevor (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 - 2023 Bislett Games (Oslo, NOR)														*Omega Timing (2023) - diamond league race analysis*			
date 15-Jun-23	time	5.72	9.40	13.20	17.04	21.00		25.07	29.27	33.60	38.31	43.05		48.63	4 / 5			
reaction time 0.185	interval		3.68	3.80	3.84	3.96		4.07	4.20	4.33	4.71	4.74	5.58			11.32	12.23	13.78
	velocity	7.87	9.51	9.21	9.11	8.84		8.60	8.33	8.08	7.43	7.38	7.17	8.23		9.28	8.59	7.62

H1 lead leg	R	strides	20			13	13		13			14	13		86					

Happio, Wilfried (FRA) (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 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	20-Aug-23	time	5.93	9.80	13.60	17.43	21.23		25.26	29.46	33.80	38.53	43.36		48.63	4 / 1			
reaction time	0.172	interval		3.87	3.80	3.83	3.80		4.03	4.20	4.34	4.73	4.83	5.27			11.50	12.03	13.90
		velocity	7.59	9.04	9.21	9.14	9.21		8.68	8.33	8.06	7.40	7.25	7.59	8.23		9.13	8.73	7.55
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17	158				

Hyde, Jaheel (JAM) (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 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	20-Aug-23	time	5.80	9.46	13.23	17.00	20.83		25.03	29.26	33.80	38.40	43.20		48.63	9 / 2			
reaction time	0.182	interval		3.66	3.77	3.77	3.83		4.20	4.23	4.54	4.60	4.80	5.43			11.20	12.26	13.94
		velocity	7.76	9.56	9.28	9.28	9.14		8.33	8.27	7.71	7.61	7.29	7.37	8.23		9.38	8.56	7.53
H1 lead leg	L	strides	22	13	13	13	13		14	14	14	14	15	18	163				

Seymour, Jim (USA) (1949)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1972 Olympic Games (Munich, FRG)															*Le Masurier (1977) - die olympischen 400-m-hürdenlauf vom Mexico City, München und Montreal*				
date	03-Sep-72	time	6.1	9.9	13.8	17.7	21.7	23.4	25.9	30.2	34.5	39.1	43.5		48.64	4 / 4			
reaction time		interval		3.8	3.9	3.9	4.0		4.2	4.3	4.3	4.6	4.4	5.14			11.60	12.50	13.30
		velocity	7.38	9.21	8.97	8.97	8.75	8.55	8.33	8.14	8.14	7.61	7.95	7.78	8.22		9.05	8.40	7.89
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	17.2	163.2				

Ackermann, Uwe (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)															*(1982) - XIII championnats d'Europe d'Atletisma, Athens 1982*				
date	08-Sep-82	time	5.9	9.7	13.5	17.3	21.3		25.6	30.0	34.2	38.7	43.3		48.64	6 / 3			
reaction time		interval		3.8	3.8	3.8	4.0		4.3	4.4	4.2	4.5	4.6	5.3			11.40	12.70	13.30
		velocity	7.63	9.21	9.21	9.21	8.75		8.14	7.95	8.33	7.78	7.61	7.49	8.22		9.21	8.27	7.89
H1 lead leg	L	strides	20	13	13	13	13		15	15	15	15	15	18.2	165.2				

Diagana, Stéphane (FRA) (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 1 - 2003 IAAF World Championships (Paris, FRA)															*Behm (2003) - Paris 2003:Le quatrache masculn - féminin*				
date	27-Aug-03	time	5.8	9.5	13.3	17.2	21.2		25.3	29.5	33.9	38.5	43.1		48.64	2 / 5			
reaction time	0.163	interval		3.7	3.8	3.9	4.0		4.1	4.2	4.4	4.6	4.6	5.54			11.40	12.30	13.60
		velocity	7.76	9.46	9.21	8.97	8.75		8.54	8.33	7.95	7.61	7.61	7.22	8.22		9.21	8.54	7.72
H1 lead leg		strides	21	13	13	13	13		13	14	14	15	15	18	162				

Holmes, TJ (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)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	07-Jun-18	time	5.76	9.36			20.84	22.6	24.96	29.36	33.84	38.56	43.24		48.64	3 / 4			
reaction time	0.210	interval		3.60			11.48		4.12	4.40	4.48	4.72	4.68	5.40					13.88
		velocity	7.81	9.72			9.15	8.85	8.50	7.95	7.81	7.42	7.48	7.41	8.22				7.56
H1 lead leg	L	strides	20	13	13				13	14	14	14	14	17	132				

Schmid, Harald (FRG) (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 - 1986 European Championships (Stuttgart, FRG)																*Behm (1995) - la tactique du 400 haies*			
date	28-Aug-86	time	5.8	9.4	13.3	17.2	21.3		25.5	29.8	34.3	38.7	43.3		48.65	/ 1			
reaction time		interval		3.6	3.9	3.9	4.1		4.2	4.3	4.5	4.4	4.6	5.35			11.40	12.60	13.50
		velocity	7.76	9.72	8.97	8.97	8.54		8.33	8.14	7.78	7.95	7.61	7.48	8.22		9.21	8.33	7.78
H1 lead leg		strides	21	13	13	13	13		13	13	13	14	14		140				

Zellner, Torrance (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)															*McNichols - Hurdle technique study through video analysis*				
date	16-Jun-96	time	5.81	9.63	13.49	17.35	21.37	22.99	25.60	29.95	34.27	38.67	43.25		48.65	7 / 5			
reaction time		interval		3.82	3.86	3.86	4.02		4.23	4.35	4.32	4.40	4.58	5.40			11.54	12.60	13.30
		velocity	7.75	9.16	9.07	9.07	8.71	8.70	8.27	8.05	8.10	7.95	7.64	7.41	8.22		9.10	8.33	7.89
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	14		138				

McFarlane, Danny (JAM) (1972)			**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)															*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*				
date	15-Aug-09	time	6.04	9.76	13.62	17.59	21.65		25.72	29.98	34.26	38.79	43.43		48.65	6 / 2			
reaction time	0.187	interval		3.72	3.86	3.97	4.06		4.07	4.26	4.28	4.53	4.64	5.22			11.55	12.39	13.45
		velocity	7.45	9.41	9.07	8.82	8.62		8.60	8.22	8.18	7.73	7.54	7.66	8.22		9.09	8.47	7.81
H1 lead leg		strides		13	13	13	13		13	14	14	14	15		122				

McFarlane, Danny (JAM) (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 - 2009 IAAF World Championships (Berlin, GER)															*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*				
date	18-Aug-09	time	6.01	9.70	13.52	17.42	21.40		25.48	29.79	34.09	38.57	43.26		48.65	1 / 6			
reaction time	0.162	interval		3.69	3.82	3.90	3.98		4.08	4.31	4.30	4.48	4.69	5.39			11.41	12.37	13.47
		velocity	7.49	9.49	9.16	8.97	8.79		8.58	8.12	8.14	7.81	7.46	7.42	8.22		9.20	8.49	7.80
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	15	18	161				

Copello, Yasmani (TUR) (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 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)															*Henson (2021) - Athlete First: 2018 year end hurdle report*				
date	08-Sep-18	time	5.76	9.52	13.28	17.20	21.24		25.32	29.56	34.00	38.68	43.32		48.65	8 / 4			
reaction time	0.184	interval		3.76	3.76	3.92	4.04		4.08	4.24	4.44	4.68	4.64	5.33			11.44	12.36	13.76
		velocity	7.81	9.31	9.31	8.93	8.66		8.58	8.25	7.88	7.48	7.54	7.50	8.22		9.18	8.50	7.63
H1 lead leg	R	strides	20	13	13	13	13			13	13	14	14	17.5	143.5				

Warholm, Karsten (NOR) (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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	30-Jul-21	time	5.67	9.31	13.04	16.98	21.02		25.16	29.36	33.66	38.30	43.02		48.65	8 / 1			
reaction time	0.157	interval		3.64	3.73	3.94	4.04		4.14	4.20	4.30	4.64	4.72	5.63			11.31	12.38	13.66
		velocity	7.94	9.62	9.38	8.88	8.66		8.45	8.33	8.14	7.54	7.42	7.10	8.22		9.28	8.48	7.69
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17	158				

McMaster, Kyron (IVB) (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 Meeting de Paris (Paris, FRA)															*Omega Timing (2023) - diamond league race analysis*				
date	09-Jun-23	time	5.70	9.31	13.03	16.79	20.66		24.70	28.90	33.35	38.00	42.81		48.65	8 / 5			
reaction time	0.157	interval		3.61	3.72	3.76	3.87		4.04	4.20	4.45	4.65	4.81	5.84			11.09	12.11	13.91
		velocity	7.89	9.70	9.41	9.31	9.04		8.66	8.33	7.87	7.53	7.28	6.85	8.22		9.47	8.67	7.55
H1 lead leg	L	strides	21	13	13	13	13		13	13	14	15	15	17.5	160.5				

Schelbert, Marcel (SUI) (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 6 - 1999 IAAF World Championships (Sevilla, ESP)															*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*				
date	24-Aug-99	time	5.78	9.52	13.30	17.16	21.05		25.28	29.56	34.00	38.50	43.14		48.66	6 / 1			
reaction time	0.143	interval		3.74	3.78	3.86	3.89		4.23	4.28	4.44	4.50	4.64	5.52			11.38	12.40	13.58
		velocity	7.79	9.36	9.26	9.07	9.00		8.27	8.18	7.88	7.78	7.54	7.25	8.22		9.23	8.47	7.73
H1 lead leg	L	strides	22	13	13	13	13		14	14	15	15	15	19	166				

Yoshikata, Masahira (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 Seiko Super Grand Prix (Yokohama, JPN)															*Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers*				
date	19-Sep-05	time	5.96	9.71	13.63	17.55	21.60		25.72	29.92	34.16	38.53	43.13		48.66	/ 3			
reaction time		interval		3.75	3.92	3.92	4.05		4.12	4.20	4.24	4.37	4.60	5.53	PB		11.59	12.37	13.21
		velocity	7.55	9.33	8.93	8.93	8.64		8.50	8.33	8.25	8.01	7.61	7.23	8.22		9.06	8.49	7.95
H1 lead leg		strides		14	14	14	14		14	15	15	15	15		130				

Gordon, Jehue (TTO) (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 - 2009 IAAF World Championships (Berlin, GER)															*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*				
date	15-Aug-09	time	6.05	9.78	13.53	17.36	21.33		25.55	29.77	34.17	38.91	43.45		48.66	8 / 3			
reaction time	0.173	interval		3.73	3.75	3.83	3.97		4.22	4.22	4.40	4.74	4.54	5.21	NR		11.31	12.41	13.68
		velocity	7.44	9.38	9.33	9.14	8.82		8.29	8.29	7.95	7.38	7.71	7.68	8.22		9.28	8.46	7.68
H1 lead leg		strides																	

Mägi, Rasmus (EST) (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 Meeting Paris (Saint-Denis, FRA) (TV Analysis)															*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	27-Aug-16	time	6.04	9.80		17.48	21.44		25.52		34.28	38.88	43.44		48.66	3 / 5			
reaction time	0.147	interval		3.76		7.68	3.96		4.08		8.76	4.60	4.56	5.22			11.44		
		velocity	7.45	9.31		9.11	8.84		8.58		7.99	7.61	7.68	7.66	8.22		9.18		
H1 lead leg	L	strides	20	13			13		13			14	14	17	104				

Mägi, Rasmus (EST) (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 Prefontaine Classic (Eugene, OR) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	28-May-22	time	5.87	9.66	13.50	17.36	21.30	23.05	25.35	29.60	34.09	38.73	43.33		48.66	3 / 5			
reaction time	0.174	interval		3.79	3.84	3.86	3.94		4.05	4.25	4.49	4.64	4.60	5.33			11.49	12.24	13.73
		velocity	7.67	9.23	9.11	9.07	8.88	8.68	8.64	8.24	7.80	7.54	7.61	7.50	8.22		9.14	8.58	7.65
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14		142				

Watrin, Julien (BEL) (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 Memorial van Damme (Brussels, BEL) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	02-Sep-22	time	5.84	9.47	13.21	17.02	20.89	22.59	24.89	29.16	33.56	38.20	43.07		48.66	7 / ~~5~~ 4			
reaction time	0.224	interval		3.63	3.74	3.81	3.87		2.30	4.27	4.40	4.64	4.87	5.59	NR PB		11.18	12.14	13.91
		velocity	7.71	9.64	9.36	9.19	9.04	8.85	15.22	8.20	7.95	7.54	7.19	7.16	8.22		9.39	8.65	7.55
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	15	18	161				

Copello, Yasmani (TUR) (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 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	21-Aug-23	time	5.97	9.77		17.23	21.12			29.57	34.03	38.64	43.25		48.66	3 / 6			
reaction time	0.220	interval		3.80		7.46	3.89			8.45	4.46	4.61	4.61	5.41			11.26	12.34	13.68
		velocity	7.54	9.21		9.38	9.00			8.29	7.84	7.59	7.59	7.39	8.22		9.33	8.51	7.67
H1 lead leg	R	strides	20	13			13				14	14	14	17.5	105.5				

Nozawa, Keisuke (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 - 2016 Seiko Golden Grand Prix (Kawasaki, JPN)															*Morioka (2016) - race pattern of top 400m hurdlers in japan*				
date	08-May-16	time	5.96	9.58	13.27	17.06	21.03		25.05	29.15	33.45	38.05	42.89		48.67	4 / 1			
reaction time	0.155	interval		3.62	3.69	3.79	3.97		4.02	4.10	4.30	4.60	4.84	5.78	PB		11.10	12.09	13.74
		velocity	7.55	9.67	9.49	9.23	8.82		8.71	8.54	8.14	7.61	7.23	6.92	8.22		9.46	8.68	7.64
H1 lead leg	L	strides	21	13	13	14	14		14	14	15	15	15	19.2	167.2				

Holmes, TJ (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 - 2019 IAAF World Championships (Doha, QAT)															*Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*				
date	28-Sep-19	time	5.90	9.49	13.18	16.95	20.97		25.16	29.45	34.05	38.59	43.38		48.67	7 / 3			
reaction time	0.258	interval		3.59	3.69	3.77	4.02		4.19	4.29	4.60	4.54	4.79	5.29			11.05	12.50	13.93
		velocity	7.63	9.75	9.49	9.28	8.71		8.35	8.16	7.61	7.71	7.31	7.56	8.22		9.50	8.40	7.54
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	14	17	157				

Greene, David (Dai) (GBR) (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)															*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*				
date	18-Aug-09	time	6.07	9.86	13.71	17.65	21.76		25.93	30.19	34.52	38.92	43.46		48.68	6 / 7			
reaction time	0.148	interval		3.79	3.85	3.94	4.11		4.17	4.26	4.33	4.40	4.54	5.22			11.58	12.54	13.27
		velocity	7.41	9.23	9.09	8.88	8.52		8.39	8.22	8.08	7.95	7.71	7.66	8.22		9.07	8.37	7.91
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	15	19	171				

Hann, Mamadou Kasse (SEN) (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)															*Henson (2021) - Athlete First: major championships report*				
date	15-Aug-13	time	6.00	9.77	13.60	17.37	21.33		25.33	29.60	34.17	38.70	43.37		48.68	2 / 7			
reaction time	0.195	interval		3.77	3.83	3.77	3.96		4.00	4.27	4.57	4.53	4.67	5.31			11.37	12.23	13.77
		velocity	7.50	9.28	9.14	9.28	8.84		8.75	8.20	7.66	7.73	7.49	7.53	8.22		9.23	8.59	7.63
H1 lead leg	L	strides	20	13	13	13	13		13	14		14	14	16.7	143.7				

Bett, Nicholas (KEN) (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 Athletissime (Laussane, SUI) (TV Analysis)															*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	25-Aug-16	time	5.90	9.56	13.36	17.30	21.33		25.36	29.50	33.93	38.46	43.20		48.68	6 / 2			
reaction time	0.162	interval		3.66	3.80	3.94	4.03		4.03	4.14	4.43	4.53	4.74	5.48			11.40	12.20	13.70
		velocity	7.63	9.56	9.21	8.88	8.68		8.68	8.45	7.90	7.73	7.38	7.30	8.22		9.21	8.61	7.66
H1 lead leg	R	strides	20	13	13	13	13		13	13	15	15	15	17	160				

Futch, Eric (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 Müller's Anniversary Games (London, GBR) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	09-Jul-17	time	5.96	9.72	13.56	17.48	21.60		25.80	30.04	34.40	38.84	43.40		48.68	5 / 5			
reaction time	0.189	interval		3.76	3.84	3.92	4.12		4.20	4.24	4.36	4.44	4.56	5.28			11.52	12.56	13.36
		velocity	7.55	9.31	9.11	8.93	8.50		8.33	8.25	8.03	7.88	7.68	7.58	8.22		9.11	8.36	7.86
H1 lead leg	R	strides	22	14	14	13	14		15	14	15	15	15	18	169				

Abe, Takatoshi (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 - 2018 Shizuoka International Athletics Meeting (Fukuroi, JPN)										*Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*									
date	03-May-18	time	5.97	9.64	13.38	17.15	20.99		24.96	29.20	33.67	38.27	43.06		48.68	6 / 1			
reaction time	0.222	interval		3.67	3.74	3.77	3.84		3.97	4.24	4.47	4.60	4.79	5.62	PB		11.18	12.05	13.86
		velocity	7.54	9.54	9.36	9.28	9.11		8.82	8.25	7.83	7.61	7.31	7.12	8.22		9.39	8.71	7.58
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	15	15	18	161				

Kurokawa, Kazuki (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 Ready Steady Tokyo (Tokyo, JPN)											*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*								
date	09-May-21	time	5.77	9.36	13.06	16.92	20.97		25.23	29.40	33.80	38.36	43.14		48.68	6 / 1			
reaction time	0.150	interval		3.59	3.70	3.86	4.05		4.26	4.17	4.40	4.56	4.78	5.54	PB		11.15	12.48	13.74
		velocity	7.80	9.75	9.46	9.07	8.64		8.22	8.39	7.95	7.68	7.32	7.22	8.22		9.42	8.41	7.64
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	19	165				

Samuel, Cameron (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)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	11-Jun-21	time	5.93	9.60		17.32	21.33			29.65	34.13	38.73	43.37		48.68	7 / 3			
reaction time	0.201	interval		3.67		7.72	4.01			8.32	4.48	4.60	4.64	5.31	PB		11.39	12.33	13.72
		velocity	7.59	9.54		9.07	8.73			8.41	7.81	7.61	7.54	7.53	8.22		9.22	8.52	7.65
H1 lead leg	R	strides	21	14			14				15	15	15	18.5	112.5				

Shine, Mike (USA) (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 - 1976 Olympic Games (Montreal, CAN)										*Le Masurier (1977) - die olympischen 400-m-hürdenlauf vom Mexico City, München und Montreal*									
date	25-Jul-76	time	6.1	9.9	13.8	17.7	21.7	23.4	25.9	30.2	34.5	38.9	43.4		48.69	1 / 2			
reaction time		interval		3.80	3.90	3.90	4.00		4.20	4.30	4.30	4.40	4.50	5.29			11.60	12.50	13.20
		velocity	7.38	9.21	8.97	8.97	8.75	8.55	8.33	8.14	8.14	7.95	7.78	7.56	8.22		9.05	8.40	7.95
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	15	18.7	175.7				

Akabusi, Kriss (GBR) (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)										*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*									
date	25-Sep-88	time	6.08	9.80	13.57	17.41	21.41		25.62	29.82	34.22	38.75	43.47		48.69	7 / 6			
reaction time	0.223	interval		3.72	3.77	3.84	4.00		4.21	4.20	4.40	4.53	4.72	5.22			11.33	12.41	13.65
		velocity	7.40	9.41	9.28	9.11	8.75		8.31	8.33	7.95	7.73	7.42	7.66	8.22		9.27	8.46	7.69
H1 lead leg	R	strides	20	13	13	13	13		14	14	14	14	15	18	161				

Valliant, Ludvy (FRA) (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 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															*Henson (2020) - Athlete First: 2020 year end hurdle report*				
date	17-Sep-20	time	5.87	9.58			21.15	22.9		29.53	33.90	38.54	43.28		48.69	6 / 2			
reaction time	0.185	interval		3.71			11.57			8.38	4.37	4.64	4.74	5.41					13.75
		velocity	7.67	9.43			9.08	8.73		8.35	8.01	7.54	7.38	7.39	8.22				7.64
H1 lead leg	R	strides	21	13							14	14	14	17.2	93.2				

Kurokawa, Kazuki (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)											*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*								
date	26-Jun-21	time	5.83	9.43	13.10	16.87	20.79		24.94	29.21	33.61	38.26	43.10		48.69	7 / 1			
reaction time	0.202	interval		3.60	3.67	3.77	3.92		4.15	4.27	4.40	4.65	4.84	5.59			11.04	12.34	13.89
		velocity	7.72	9.72	9.54	9.28	8.93		8.43	8.20	7.95	7.53	7.23	7.16	8.22		9.51	8.51	7.56
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	19	165				

Beck, Volker (GDR) (1956)	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 Olympic Games (Moscow, URS) *Lamare (1980) - resultats complets et commentaires- Moscow 1980*

date	26-Jul-80	time	6.2	10.1	13.8	17.7	21.7		25.8	30.1	34.5	39.0	43.6		48.70	8 / 1			
reaction time	0.161	interval		3.9	3.7	3.9	4.0		4.1	4.3	4.4	4.5	4.6	5.10			11.50	12.40	13.50
		velocity	7.26	8.97	9.46	8.97	8.75		8.54	8.14	7.95	7.78	7.61	7.84	8.21		9.13	8.47	7.78
H1 lead leg		strides		13	13	13	13		13	13	15	15	15		123				

Mori, Fabrizio (ITA) (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 1 - 2002 European Championships (Munich, GER) *Graubner (2009) - http://www.fgs.uni-halle.de*

date	08-Aug-02	time	6.17	9.99	13.82	17.66	21.65		25.77	30.16	34.37	38.83	43.43		48.70	/ 3			
reaction time		interval		3.82	3.83	3.84	3.99		4.12	4.39	4.21	4.46	4.60	5.27			11.49	12.50	13.27
		velocity	7.29	9.16	9.14	9.11	8.77		8.50	7.97	8.31	7.85	7.61	7.59	8.21		9.14	8.40	7.91
H1 lead leg		strides																	

Copello, Yasmani (TUR) (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) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	23-Jul-16	time	5.84	9.56	13.40	17.28	21.28		25.48	29.80	34.24	38.80	43.36		48.70	6 / 3			
reaction time	0.189	interval		3.72	3.84	3.88	4.00		4.20	4.32	4.44	4.56	4.56	5.34			11.44	12.52	13.56
		velocity	7.71	9.41	9.11	9.02	8.75		8.33	8.10	7.88	7.68	7.68	7.49	8.21		9.18	8.39	7.74
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	17.2	158.2				

Downing, Quincy (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 USATF Championships (Sacramento, CA) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	25-Jun-17	time	5.89	9.55	13.20	16.93	20.82			29.17	33.62	38.24	43.07		48.70	7 / 6			
reaction time		interval		3.66	3.65	3.73	3.89			8.35	4.45	4.62	4.83	5.63			11.04	12.24	13.90
		velocity	7.64	9.56	9.59	9.38	9.00			8.38	7.87	7.58	7.25	7.10	8.21		9.51	8.58	7.55
H1 lead leg	R	strides	21	13	13	13	13				14	14	15	17.7	133.7				

Mpoke, Moitalel (KEN) (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 NCAA Championships (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	11-Jun-21	time	6.03	9.83	13.80	17.77	21.70		25.89	30.13	34.63	39.23	43.73		48.70	6 / 4			
reaction time	0.267	interval		3.80	3.97	3.97	3.93		4.19	4.24	4.50	4.60	4.50	4.97	PB		11.74	12.36	13.60
		velocity	7.46	9.21	8.82	8.82	8.91		8.36	8.25	7.78	7.61	7.78	8.05	8.21		8.94	8.50	7.72
H1 lead leg	R	strides	21	13	14	14	13		14	14	15	15	15	18.5	166.5				

Mori, Fabrizio (ITA) (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 - 1998 European Championships (Budapest, HUN) *Behm (1998) - analyse et commentaries: le 400m haies: Pavel la surprise!*

date	20-Aug-98	time	6.2	10.3	14.2	18.1	22.2		26.3	30.4	34.6	38.9	43.4		48.71	7 / 3			
reaction time		interval		4.1	3.9	3.9	4.1		4.1	4.1	4.2	4.3	4.5	5.31			11.90	12.30	13.00
		velocity	7.26	8.54	8.97	8.97	8.54		8.54	8.54	8.33	8.14	7.78	7.53	8.21		8.82	8.54	8.08
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.5	169.5				

Morgan, Dinsdale (JAM) (1972)

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

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

date	25-Aug-99	time	5.58	9.34	13.14	17.06	21.17		25.30	29.62	34.05	38.45	43.12		48.71	3 / 5			
reaction time	0.179	interval		3.76	3.80	3.92	4.11		4.13	4.32	4.43	4.40	4.67	5.59			11.48	12.56	13.50
		velocity	8.06	9.31	9.21	8.93	8.52		8.47	8.10	7.90	7.95	7.49	7.16	8.21		9.15	8.36	7.78
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.5	169.5				

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

date	07-May-05	time	5.99	9.68	13.45	17.25	21.24		25.39	29.81	34.25	38.77	43.37		48.71	/ 3			
reaction time		interval		3.69	3.77	3.80	3.99		4.15	4.42	4.44	4.52	4.60	5.34			11.26	12.56	13.56
		velocity	7.51	9.49	9.28	9.21	8.77		8.43	7.92	7.88	7.74	7.61	7.49	8.21		9.33	8.36	7.74
H1 lead leg		strides		13	13	13	13		13	14	14	15	15		123				

Plawgo, Marek (POL) (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) *Behm (2006) - Göteborg 2006: Le quatrache*

date	10-Aug-06	time	5.8	9.5	13.4	17.4	21.5		25.7	30.0	34.5	39.0	43.6		48.71	/ 2			
reaction time		interval		3.7	3.9	4.0	4.1		4.2	4.3	4.5	4.5	4.6	5.11			11.60	12.60	13.60
		velocity	7.76	9.46	8.97	8.75	8.54		8.33	8.14	7.78	7.78	7.61	7.83	8.21		9.05	8.33	7.72
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	18	159				

Grimes, Norman (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 - 2019 NCAA Championships (Austin, TX) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	07-Jun-19	time	5.93	9.60	13.30	17.06	20.86		24.80	29.06	33.46	38.16	42.93		48.71	3 / 2			
reaction time	0.231	interval		3.67	3.70	3.76	3.80		3.94	4.26	4.40	4.70	4.77	5.78	PB		11.13	12.00	13.87
		velocity	7.59	9.54	9.46	9.31	9.21		8.88	8.22	7.95	7.45	7.34	6.92	8.21		9.43	8.75	7.57
H1 lead leg	L	strides		13	13	13	13		13	14	14	14	14	17.5	138.5				

Rosser, Khallifah (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 Herculis Meeting International d'Athlétisme (Monaco, MON) *Omega Timing (2023) - diamond league race analysis*

date	21-Jul-23	time	5.73	9.31	12.98	16.73	20.59		24.65	28.93	33.46	38.13	43.00		48.71	1 / 7			
reaction time	0.172	interval		3.58	3.67	3.75	3.86		4.06	4.28	4.53	4.67	4.87	5.71			11.00	12.20	14.07
		velocity	7.85	9.78	9.54	9.33	9.07		8.62	8.18	7.73	7.49	7.19	7.01	8.21		9.55	8.61	7.46
H1 lead leg	R	strides	21	13	13	13				14	14	14	14		116				

Kurokawa, Kazuki (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

Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	20-Aug-23	time	5.73	9.46	13.20	17.00	20.83		25.03	29.36	33.83	38.46	43.23		48.71	3 / 3			
reaction time	0.158	interval		3.73	3.74	3.80	3.83		4.20	4.33	4.47	4.63	4.77	5.48			11.27	12.36	13.87
		velocity	7.85	9.38	9.36	9.21	9.14		8.33	8.08	7.83	7.56	7.34	7.30	8.21		9.32	8.50	7.57
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18.7	164.7				

Agyekum, Emil (GER) (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 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	21-Aug-23	time	6.10	9.98	13.68	17.28	21.12			29.56	34.06	38.70	43.41		48.71	3 / 5			
reaction time	0.196	interval		3.88	3.70	3.60	3.84			8.44	4.50	4.64	4.71	5.30	PB		11.18	12.28	13.85
		velocity	7.38	9.02	9.46	9.72	9.11			8.29	7.78	7.54	7.43	7.55	8.21		9.39	8.55	7.58
H1 lead leg	L	strides	21	13	13	13	13				14	15	15	18	135				

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

date	07-May-05	time	5.84	9.51	13.25	17.09	21.01		25.11	29.33	33.78	38.38	43.17		48.72	/ 4			
reaction time		interval		3.67	3.74	3.84	3.92		4.10	4.22	4.45	4.60	4.79	5.55			11.25	12.24	13.84
		velocity	7.71	9.54	9.36	9.11	8.93		8.54	8.29	7.87	7.61	7.31	7.21	8.21		9.33	8.58	7.59
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Johnson, Brandon (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) *USATF Hurdle Development (2008)*

date	29-Jun-08	time	5.84	9.59	13.41	17.37	21.54		25.64	29.96	34.38	38.89	43.38		48.72	2 / 6			
reaction time		interval		3.75	3.82	3.96	4.17		4.10	4.32	4.42	4.51	4.49	5.34			11.53	12.59	13.42
		velocity	7.71	9.33	9.16	8.84	8.39		8.54	8.10	7.92	7.76	7.80	7.49	8.21		9.11	8.34	7.82
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14		142				

Fleischhauer, Georg (GER) (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 - 2011 IAAF World Championships (Daegu, KOR) *Beck (2011) - 400-meter-hürdensprinter im aufschwung*

date	29-Aug-11	time	6.16	9.96	13.84	17.78	21.77		25.85	30.08	34.48	38.96	43.52		48.72	4 / 3			
reaction time	0.176	interval		3.80	3.88	3.94	3.99		4.08	4.23	4.40	4.48	4.56	5.20	PB		11.62	12.30	13.44
		velocity	7.31	9.21	9.02	8.88	8.77		8.58	8.27	7.95	7.81	7.68	7.69	8.21		9.04	8.54	7.81
H1 lead leg		strides	21	13	13	13	13		13	13	14	14	14		141				

Clement, Kerron (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 - 2016 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	01-Sep-16	time	5.88	9.56	13.32	17.04	21.04		25.20	29.52	33.96	38.80	43.64		48.72	6 / 1			
reaction time	0.132	interval		3.68	3.76	3.72	4.00		4.16	4.32	4.44	4.84	4.84	5.08			11.16	12.48	14.12
		velocity	7.65	9.51	9.31	9.41	8.75		8.41	8.10	7.88	7.23	7.23	7.87	8.21		9.41	8.41	7.44
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	14	14	16.2	155.2				

Lattin, Amere (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 NCAA Championships (Austin, TX) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	07-Jun-19	time	6.00	9.76	13.63	17.50	21.40		25.46		34.20	38.83	43.56		48.72	4 / 3			
reaction time	0.212	interval		3.76	3.87	3.87	3.90		4.06		8.74	4.63	4.73	5.16	PB		11.50		
		velocity	7.50	9.31	9.04	9.04	8.97		8.62		8.01	7.56	7.40	7.75	8.21		9.13		
H1 lead leg	L	strides	21	13	13	13	13		13			15	15	17	133				

Samba, Abderrahmane (QAT) (1995)

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

Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) *Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*

date	28-Sep-19	time	6.00	9.78	13.51	17.41	21.40		25.57	29.84	34.31	38.76	43.33		48.72	5 / 2			
reaction time	0.220	interval		3.78	3.73	3.90	3.99		4.17	4.27	4.47	4.45	4.57	5.39			11.41	12.43	13.49
		velocity	7.50	9.26	9.38	8.97	8.77		8.39	8.20	7.83	7.87	7.66	7.42	8.21		9.20	8.45	7.78
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14	17.2	158.2				

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

date	17-Sep-20	time	5.97	9.74			21.45	23.2		29.96	34.43	38.94	43.51		48.72	4 / 3			
reaction time	0.150	interval		3.77			11.71			8.51	4.47	4.51	4.57	5.21					13.55
		velocity	7.54	9.28			8.97	8.62		8.23	7.83	7.76	7.66	7.68	8.21				7.75
H1 lead leg	R	strides	20	13							14	14	14	17.5	92.5				

Happio, Wilfried (FRA) (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 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	08-Sep-22	time	5.87	9.54	13.38	17.32	21.32	22.89	25.46	29.69	34.00	38.71	43.48		48.72	7 / 4			
reaction time	0.130	interval		3.67	3.84	3.94	4.00		4.14	4.23	4.31	4.71	4.77	5.24			11.45	12.37	13.79
		velocity	7.67	9.54	9.11	8.88	8.75	8.74	8.45	8.27	8.12	7.43	7.34	7.63	8.21		9.17	8.49	7.61
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17.5	158.5				

Watrin, Julien (BEL) (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 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	20-Aug-23	time	5.93	9.70	13.46	17.30	21.06		25.07		33.63	38.27	43.10		48.72	6 / 5			
reaction time	0.230	interval		3.77	3.76	3.84	3.76		4.01		8.56	4.64	4.83	5.62			11.37		
		velocity	7.59	9.28	9.31	9.11	9.31		8.73		8.18	7.54	7.25	7.12	8.21		9.23		
H1 lead leg	R	strides	20	13	13	13	13		13			14	14	19	132				

Tamesue, Dai (JPN) (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 Osaka Grand Prix (Osaka, JPN) *Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers*

date	05-May-07	time	5.82	9.52	13.31	17.18	21.17		25.26	29.45	33.85	38.44	43.23		48.73	/ 3			

reaction time		interval		3.70	3.79	3.87	3.99		4.09	4.19	4.40	4.59	4.79	5.50			11.36	12.27	13.78
		velocity	7.73	9.46	9.23	9.04	8.77		8.56	8.35	7.95	7.63	7.31	7.27	8.21		9.24	8.56	7.62
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Iakovákis, Periklís (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
Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)														*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date 16-Aug-09 time	6.09	9.74	13.49	17.35	21.39		25.38	29.66	33.98	38.48	43.22		48.73	3 / 3			
reaction time 0.180 interval		3.65	3.75	3.86	4.04		3.99	4.28	4.32	4.50	4.74	5.51			11.26	12.31	13.56
velocity	7.39	9.59	9.33	9.07	8.66		8.77	8.18	8.10	7.78	7.38	7.26	8.21		9.33	8.53	7.74
H1 lead leg strides							14	14	14	14	15	19	90				

Copello, Yasmani (TUR) (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)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 30-Aug-18 time	5.72	9.44	13.20		21.04	22.9	25.16	29.40	33.80	38.48	43.16		48.73	4 / 3			
reaction time 0.158 interval		3.72	3.76		7.84		4.12	4.24	4.40	4.68	4.68	5.57					13.76
velocity	7.87	9.41	9.31		8.93	8.73	8.50	8.25	7.95	7.48	7.48	7.18	8.21				7.63
H1 lead leg R strides	20	13	13				13	13	13		14	18	117				

Mägi, Rasmus (EST) (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 ISTAF (Berlin, GER) (TV Analysis)														*Henson (2021) - Athlete First: 2021 Karsten Warholm 400m Hurdles World Record Season*			
date 12-Sep-21 time	6.04		13.64	17.52	21.48		25.60	29.92		38.92	43.52		48.73	6 / 2			
reaction time 0.191 interval			7.60	3.88	3.96		4.12	4.32		9.00	4.60	5.21			11.48	12.40	13.60
velocity	7.45		9.21	9.02	8.84		8.50	8.10		7.78	7.61	7.68	8.21		9.15	8.47	7.72
H1 lead leg R strides	20			13			13	13	14		14	17	104				

Mägi, Rasmus (EST) (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 - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 05-Jun-22 time	5.63	9.50	13.23	17.07	21.00	22.67	25.03	29.37	33.87	38.50	43.23		48.73	4 / 2			
reaction time 0.146 interval		3.87	3.73	3.84	3.93		4.03	4.34	4.50	4.63	4.73	5.50			11.44	12.30	13.86
velocity	7.99	9.04	9.38	9.11	8.91	8.82	8.68	8.06	7.78	7.56	7.40	7.27	8.21		9.18	8.54	7.58
H1 lead leg R strides	21	13	13	13	13		13	13	14	14	14		141				

Bassitt, Trevor (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 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 20-Aug-23 time	5.97	9.73		17.23	21.13		25.23	29.47	33.90	38.60	43.43		48.73	8 / 3			
reaction time 0.164 interval		3.76		7.50	3.90		4.10	4.24	4.43	4.70	4.83	5.30			11.26	12.24	13.96
velocity	7.54	9.31		9.33	8.97		8.54	8.25	7.90	7.45	7.25	7.55	8.21		9.33	8.58	7.52
H1 lead leg R strides	20	13			13		13	13	13	14	14	16.2	129.2				

Drummond, Gerald (CRC) (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)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 20-Aug-23 time	5.86	9.76	13.63	17.60	21.58		25.74	30.03	34.46		43.60		48.73	8 / 4			
reaction time 0.220 interval		3.90	3.87	3.97	3.98		4.16	4.29	4.43		9.14	5.13			11.74	12.43	13.57
velocity	7.68	8.97	9.04	8.82	8.79		8.41	8.16	7.90		7.66	7.80	8.21		8.94	8.45	7.74
H1 lead leg L strides	21	14	14	14	14		14	14	15			18	138				

Nallet, Jean-Claude (FRA) (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 - 1970 France vs. USA (Colombes, FRA)																	*Behm (1988) - 45-39*
date 08-Jul-70 time	5.9	9.9	13.7	17.4	21.7		25.6	29.8	34.3	38.9	43.4		48.6	/ 1			
reaction time interval		4.0	3.8	3.7	4.3		3.9	4.2	4.5	4.6	4.5	5.2	PB		11.50	12.40	13.60
velocity	7.63	8.75	9.21	9.46	8.14		8.97	8.33	7.78	7.61	7.78	7.69	8.23		9.13	8.47	7.72
H1 lead leg strides	19	13	13	13	13		13	13	15	15	15		142				

Harris, Danny (USA) (1965)

	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)														*Sušanka (1990) - time analyis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*			
date 30-Aug-87 time	6.11	9.80	13.59	17.45	21.42		25.62	30.04	34.48	38.98	43.54		48.74	8 / 1			
reaction time interval		3.69	3.79	3.86	3.97		4.20	4.42	4.44	4.50	4.56	5.20			11.34	12.59	13.50
velocity	7.36	9.49	9.23	9.07	8.82		8.33	7.92	7.88	7.78	7.68	7.69	8.21		9.26	8.34	7.78
H1 lead leg L strides	21	13	13	13	13		14	14	14	14	14	17	160				

Flenoy, Stefan (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)														*McNichols - Hurdle technique study through video analysis*			
date 16-Jun-96 time	5.86	9.61	13.38	17.21	21.08	21.75	25.17	29.43	33.96	38.51	43.18		48.74	6 / 6			
reaction time interval		3.75	3.77	3.83	3.87		4.09	4.26	4.53	4.55	4.67	5.56			11.35	12.22	13.75
velocity	7.68	9.33	9.28	9.14	9.04	9.20	8.56	8.22	7.73	7.69	7.49	7.19	8.21		9.25	8.59	7.64
H1 lead leg L strides	21	13	13	13	13		13	13	14	14	14		141				

Tamesue, Dai (JPN) (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 Japanese National Championships (Tottori, JPN)														*Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers*			
date 05-Jun-04 time	5.82	9.49	13.19	17.04	21.04		25.21	29.46	33.88	38.50	43.22		48.74	/ 1			
reaction time interval		3.67	3.70	3.85	4.00		4.17	4.25	4.42	4.62	4.72	5.52			11.22	12.42	13.76
velocity	7.73	9.54	9.46	9.09	8.75		8.39	8.24	7.92	7.58	7.42	7.25	8.21		9.36	8.45	7.63
H1 lead leg strides		13	13	13	13		14	14	15	15	15		125				

Kamani, Bayano (PAN) (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 (Athîna, GRE)														*Behm (2005) - Athènes 2004: Les Haies Basses*			
date 26-Aug-04 time	5.9	9.5	13.2	17.0	21.1		25.1	29.3	33.9	38.3	42.9		48.74	2 / 5			
reaction time 0.233 interval		3.6	3.7	3.8	4.1		4.0	4.2	4.6	4.4	4.6	5.84			11.10	12.30	13.60

		velocity	7.63	9.72	9.46	9.21	8.54		8.75	8.33	7.61	7.95	7.61	6.85	8.21			9.46	8.54	7.72
H1 lead leg	L	strides	20	13	13	13	14		14	15	15	15	15	19	166					

Tinsley, Michael (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 - 2016 Prefontaine Classic (Eugene, OR) (TV Analysis)								*(H8 5m short)*					*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date 28-May-16 time	5.92	9.56	13.44	17.44	21.64		25.88	30.12	33.88	39.00	43.60		48.74	3 / 1			
reaction time interval		3.64	3.88	4.00	4.20		4.24	4.24	3.76	5.12	4.60	5.14			11.52	12.68	13.48
velocity	7.60	9.62	9.02	8.75	8.33		8.25	8.25	7.98	7.81	7.61	7.78	8.21		9.11	8.28	7.79
H1 lead leg L strides	21	13	13	13	14		14			17	15	18	138				

Happio, Wilfried (FRA) (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 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)													*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date 06-Aug-22 time	5.83	9.50	13.26	17.10	21.10	22.80	25.23	29.50	33.93	38.70	43.50		48.74	5 / 3			
reaction time 0.154 interval		3.67	3.76	3.84	4.00		4.13	4.27	4.43	4.77	4.80	5.24			11.27	12.40	14.00
velocity	7.72	9.54	9.31	9.11	8.75	8.77	8.47	8.20	7.90	7.34	7.29	7.63	8.21		9.32	8.47	7.50
H1 lead leg L strides	20	13	13		13		13	13	13	15	15	17.7	145.7				

Mowatt, Kemar (JAM) (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)													*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date 04-Jul-21 time	5.72	9.36	13.08	16.92	20.92	22.7	24.92	29.20	33.68	38.32	43.12		48.75	8 / 3			
reaction time 0.156 interval		3.64	3.72	3.84	4.00		4.00	4.28	4.48	4.64	4.80	5.63			11.20	12.28	13.92
velocity	7.87	9.62	9.41	9.11	8.75	8.81	8.75	8.18	7.81	7.54	7.29	7.10	8.21		9.38	8.55	7.54
H1 lead leg L strides		13	13	13	13		13	14	14	14	14	17.7	138.7				

Bergström, Carl (SWE) (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)													*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date 17-Jul-22 time	5.83	9.67	13.63	17.63	21.68	23.48	25.93	30.23	34.63	39.10	43.70		48.75	8 / 4			
reaction time 0.161 interval		3.84	3.96	4.00	4.05		4.25	4.30	4.40	4.47	4.60	5.05			11.80	12.60	13.47
velocity	7.72	9.11	8.84	8.75	8.64	8.52	8.24	8.14	7.95	7.83	7.61	7.92	8.21		8.90	8.33	7.80
H1 lead leg L strides	22	14	14	14	14		15	15	15	15	15	18.2	171.2				

Vasilyev, Aleksandr (URS) (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 - 1986 European Championships (Stuttgart, FRG)														*Behm (1995) - la tactique du 400 haies*			
date 28-Aug-86 time	5.9	9.8	13.7	17.7	21.9		26.1	30.3	34.7	39.0	43.5		48.76	/ 2			
reaction time interval		3.9	3.9	4.0	4.2		4.2	4.2	4.4	4.3	4.5	5.26			11.80	12.60	13.20
velocity	7.63	8.97	8.97	8.75	8.33		8.33	8.33	7.95	8.14	7.78	7.60	8.20		8.90	8.33	7.95
H1 lead leg strides		13	13	13	14		14	14	14	15	15						

Schmid, Harald (FRG) (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 - 1988 Olympic Games (Seoul, KOR)								*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*									
date 25-Sep-88 time	6.03	9.68	13.58	17.58	21.69		25.93	30.25	34.74	39.26	43.83		48.76	1 / 7			
reaction time 0.205 interval		3.65	3.90	4.00	4.11		4.24	4.32	4.49	4.52	4.57	4.93			11.55	12.67	13.58
velocity	7.46	9.59	8.97	8.75	8.52		8.25	8.10	7.80	7.74	7.66	8.11	8.20		9.09	8.29	7.73
H1 lead leg L strides	21	13	13	13	13		13	13	14	14	14	17	158				

de Araújo, Eronilde (BRA) (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 3 - 2000 Olympic Games (Sydney, AUS)							*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*										
date 25-Sep-00 time	5.94	9.62	13.34	17.18	21.18	22.70	25.26	29.46	33.98	38.58	43.34		48.76	4 / 2			
reaction time 0.181 interval		3.68	3.72	3.84	4.00		4.08	4.20	4.52	4.60	4.76	5.42			11.24	12.28	13.88
velocity	7.58	9.51	9.41	9.11	8.75	8.81	8.58	8.33	7.74	7.61	7.35	7.38	8.20		9.34	8.55	7.56
H1 lead leg strides	21	13	13	13	13		13	14	14	14	14	17.8	159.8				

Thomas, Eric (USA) (1973)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Championships (Palo Alto, CA)													*USATF Women's Sprint Development (2003)*				
date 22-Jun-03 time	6.01	9.83	13.66	17.53	21.54		25.66	29.93	34.28	38.76	43.33		48.76	5 / ~~4~~			
reaction time interval		3.82	3.83	3.87	4.01		4.12	4.27	4.35	4.48	4.57	5.43	**DV**		11.52	12.40	13.40
velocity	7.49	9.16	9.14	9.04	8.73		8.50	8.20	8.05	7.81	7.66	7.37	8.20		9.11	8.47	7.84
H1 lead leg strides																	

Sańchez, Félix (DOM) (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 - 2009 IAAF World Championships (Berlin, GER)										*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*							
date 15-Aug-09 time	6.03	9.65	13.42	17.30	21.27		25.46	29.81	34.27	38.89	43.53		48.76	7 / 4			
reaction time 0.172 interval		3.62	3.77	3.88	3.97		4.19	4.35	4.46	4.62	4.64	5.23			11.27	12.51	13.72
velocity	7.46	9.67	9.28	9.02	8.82		8.35	8.05	7.85	7.58	7.54	7.65	8.20		9.32	8.39	7.65
H1 lead leg strides																	

Greene, David (Dai) (GBR) (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)										*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*							
date 15-Aug-09 time	6.16	9.98	13.88	17.93	22.03		26.20	30.44	34.76	39.22	43.64		48.76	7 / 1			
reaction time 0.165 interval		3.82	3.90	4.05	4.10		4.17	4.24	4.32	4.46	4.42	5.12			11.77	12.51	13.20
velocity	7.31	9.16	8.97	8.64	8.54		8.39	8.25	8.10	7.85	7.92	7.81	8.20		8.92	8.39	7.95
H1 lead leg strides																	

Culson, Javier (PUR) (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 - 2017 Jamaica International Invitational (Kingston, JAM) (TV Analysis)													*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date 20-May-17 time		9.61	13.28	17.08	21.05		25.19	29.46	33.86	38.47	43.27		48.76	6 / 4			
reaction time interval			3.67	3.80	3.97		4.14	4.27	4.40	4.61	4.80	5.49				12.38	13.81
velocity		8.32	9.54	9.21	8.82		8.45	8.20	7.95	7.59	7.29	7.29	8.20			8.48	7.60

H1 lead leg		strides			13	13	13		13	13	13	14	14	17.2	123.2				
Allen, CJ (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 Prefontaine Classic (Eugene, OR) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	28-May-22	time	5.70	9.36	13.13	17.00	21.00	22.74	25.10	29.33	33.70	38.33	43.13		48.76	5 / 6			
reaction time	0.156	interval		3.66	3.77	3.87	4.00		4.10	4.23	4.37	4.63	4.80	5.63			11.30	12.33	13.80
		velocity	7.89	9.56	9.28	9.04	8.75	8.80	8.54	8.27	8.01	7.56	7.29	7.10	8.20		9.29	8.52	7.61
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	15	15		142				
Warholm, Karsten (NOR) (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)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	20-Aug-23	time	5.86	9.66	13.40	17.20	20.93		24.93	29.13	33.44	38.20	43.13		48.76	3 / 2			
reaction time	0.166	interval		3.80	3.74	3.80	3.73		4.00	4.20	4.31	4.76	4.93	5.63			11.34	11.93	14.00
		velocity	7.68	9.21	9.36	9.21	9.38		8.75	8.33	8.12	7.35	7.10	7.10	8.20		9.26	8.80	7.50
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17	158				
Woody, Joey (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 - 1999 IAAF World Championships (Sevilla, ESP)															*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*				
date	27-Aug-99	time	5.62	9.25	12.89	16.65	20.59		24.59	28.91	33.29	37.84	42.90		48.77	6 / 6			
reaction time	0.175	interval		3.63	3.64	3.76	3.94		4.00	4.32	4.38	4.55	5.06	5.87			11.03	12.26	13.99
		velocity	8.01	9.64	9.62	9.31	8.88		8.75	8.10	7.99	7.69	6.92	6.81	8.20		9.52	8.56	7.51
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	15	17.5	160.5				
Narisako, Kenji (JPN) (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 Osaka Grand Prix (Osaka, JPN)															*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*				
date	09-May-09	time	6.04	9.73	13.50	17.30	21.19		25.28	29.63	34.02	38.61	43.36		48.77	/ 3			
reaction time		interval		3.69	3.77	3.80	3.89		4.09	4.35	4.39	4.59	4.75	5.41			11.26	12.33	13.73
		velocity	7.45	9.49	9.28	9.21	9.00		8.56	8.05	7.97	7.63	7.37	7.39	8.20		9.33	8.52	7.65
H1 lead leg		strides		13	13	13	13		13	14	14	15	15		123				
Gordon, Jehue (TTO) (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 - 2009 IAAF World Championships (Berlin, GER)															*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*				
date	16-Aug-09	time	6.00	9.68	13.50	17.36	21.39		25.60	29.84	34.22	38.80	43.44		48.77	7 / 5			
reaction time	0.162	interval		3.68	3.82	3.86	4.03		4.21	4.24	4.38	4.58	4.64	5.33			11.36	12.48	13.60
		velocity	7.50	9.51	9.16	9.07	8.68		8.31	8.25	7.99	7.64	7.54	7.50	8.20		9.24	8.41	7.72
H1 lead leg		strides			13	13	13		13	13	13	14	14	17	123				
Green, Jack (GBR) (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 - 2017 Müller's Anniversary Games (London, GBR) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	09-Jul-17	time	6.16	9.92	13.68	17.48	21.44		25.72	30.00	34.40	38.92	43.52		48.77	9 / 6			
reaction time	0.213	interval		3.76	3.76	3.80	3.96		4.28	4.28	4.40	4.52	4.60	5.25			11.32	12.52	13.52
		velocity	7.31	9.31	9.31	9.21	8.84		8.18	8.18	7.95	7.74	7.61	7.62	8.20		9.28	8.39	7.77
H1 lead leg	R	strides	22	14	13	13	13		14	14	15	15	15	18.7	166.7				
Sibilio, Alessandro (ITA) (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	03-Aug-21	time	6.04	9.84	13.76	17.68	21.64		25.84		34.84	39.24	43.68		48.77	2 / 8			
reaction time	0.144	interval		3.80	3.92	3.92	3.96		4.20		9.00	4.40	4.44	5.09			11.64		
		velocity	7.45	9.21	8.93	8.93	8.84		8.33		7.78	7.95	7.88	7.86	8.20		9.02		
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14	14	17	157				
Mägi, Rasmus (EST) (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)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	30-Jun-22	time	5.86	9.56	13.28	17.10	20.98	22.58	25.04	29.36	33.90	38.48	43.28		48.77	4 / 4			
reaction time	0.155	interval		3.70	3.72	3.82	3.88		4.06	4.32	4.54	4.58	4.80	5.49			11.24	12.26	13.92
		velocity	7.68	9.46	9.41	9.16	9.02	8.86	8.62	8.10	7.71	7.64	7.29	7.29	8.20		9.34	8.56	7.54
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	15	17.7	160.7				
Rosser, Khallifah (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)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	09-Jul-23	time	5.94	9.61	13.28	17.08	21.05		25.09	29.29	33.66	38.27	43.11		48.77	7 / 4			
reaction time		interval		3.67	3.67	3.80	3.97		4.04	4.20	4.37	4.61	4.84	5.66			11.14	12.21	13.82
		velocity	7.58	9.54	9.54	9.21	8.82		8.66	8.33	8.01	7.59	7.23	7.07	8.20		9.43	8.60	7.60
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	15	18	160				
Itt, Edgar (FRG) (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)															*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*				
date	25-Sep-88	time	6.04	9.90	13.77	17.69	21.77		25.98	30.26	34.63	39.07	43.59		48.78	8 / 8			
reaction time	0.187	interval		3.86	3.87	3.92	4.08		4.21	4.28	4.37	4.44	4.52	5.19			11.65	12.57	13.33
		velocity	7.45	9.07	9.04	8.93	8.58		8.31	8.18	8.01	7.88	7.74	7.71	8.20		9.01	8.35	7.88
H1 lead leg	L	strides	21	13	13	13	13		14	14	14	14	14	16.8	159.8				
de Araújo, Eronilde (BRA) (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)															*Behm (1996) - 400m haies*				
date	01-Aug-96	time	6.0	9.9	13.7	17.5	21.4		25.5	29.7	34.0	38.4	43.0		48.78	2 / 8			
reaction time	0.199	interval		3.9	3.8	3.8	3.9		4.1	4.2	4.3	4.4	4.6	5.78			11.50	12.20	13.30
		velocity	7.50	8.97	9.21	9.21	8.97		8.54	8.33	8.14	7.95	7.61	6.92	8.20		9.13	8.61	7.89
H1 lead leg		strides	21	13	13	13	13		13	14	14	14	14		142				

Mori, Fabrizio (ITA) (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)															*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	27-Sep-00	time	6.10	9.94	13.66	17.46	21.46	22.90	25.54	29.70	34.06	38.54	43.22		48.78	3 / 7			
reaction time	0.198	interval		3.84	3.72	3.80	4.00		4.08	4.16	4.36	4.48	4.68	5.56			11.36	12.24	13.52
		velocity	7.38	9.11	9.41	9.21	8.75	8.73	8.58	8.41	8.03	7.81	7.48	7.19	8.20		9.24	8.58	7.77
H1 lead leg		strides	22	14	14	14	14		14	14	15	15	15	18.5	169.5				

Mägi, Rasmus (EST) (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 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	16-Jul-22	time	6.13	10.00	13.87	17.73	21.67	23.23	25.73	29.96	34.33	38.87	43.46		48.78	5 / 1			
reaction time	0.169	interval		3.87	3.87	3.86	3.94		4.06	4.23	4.37	4.54	4.59	5.32			11.60	12.23	13.50
		velocity	7.34	9.04	9.04	9.07	8.88	8.61	8.62	8.27	8.01	7.71	7.63	7.52	8.20		9.05	8.59	7.78
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14	17	158				

Copello, Yasmani (TUR) (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 - 2022 European Athletics Championships (Munich, GER) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	19-Aug-22	time	5.97	9.71	13.63	17.45	21.50	23.11	25.63	29.96	34.37	38.86	43.44		48.78	6 / 3			
reaction time	0.240	interval		3.74	3.92	3.82	4.05		4.13	4.33	4.41	4.49	4.58	5.34			11.48	12.51	13.48
		velocity	7.54	9.36	8.93	9.16	8.64	8.65	8.47	8.08	7.94	7.80	7.64	7.49	8.20		9.15	8.39	7.79
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	17.2	158.2				

Copello, Yasmani (TUR) (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 Bislett Games (Oslo, NOR) (TV Analysis)															*Henson (2021) - Athlete First: 2016 year end hurdle report*				
date	09-Jun-16	time	5.88	9.56	13.40	17.26	21.48		25.64	30.04	34.40	38.88	43.44		48.79	1 / 1			
reaction time	0.164	interval		3.68	3.84	3.86	4.22		4.16	4.40	4.36	4.48	4.56	5.35			11.38	12.78	13.40
		velocity	7.65	9.51	9.11	9.07	8.29		8.41	7.95	8.03	7.81	7.68	7.48	8.20		9.23	8.22	7.84
H1 lead leg	R	strides	20	13		13	13		13	14	14	14	14	17.7	145.7				

Robinson, Byron (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 USA Olympic Trials (Eugene, OR) (TV Analysis)															*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	10-Jul-16	time	5.90	9.67	13.68	17.75	21.75		25.79	30.00	34.33	38.84	43.44		48.79	2 / 2			
reaction time	0.185	interval		3.77	4.01	4.07	4.00		4.04	4.21	4.33	4.51	4.60	5.35	PB		11.85	12.25	13.44
		velocity	7.63	9.28	8.73	8.60	8.75		8.66	8.31	8.08	7.76	7.61	7.48	8.20		8.86	8.57	7.81
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19.2	176.2				

Culson, Javier (PUR) (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 - 2016 Weltklasse (Zürich, SUI) (TV Analysis)															*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	01-Sep-16	time	5.72	9.44	13.16	16.96	20.88		25.00	29.24	33.80	38.52	43.32		48.79	3 / 2			
reaction time	0.175	interval		3.72	3.72	3.80	3.92		4.12	4.24	4.56	4.72	4.80	5.47			11.24	12.28	14.08
		velocity	7.87	9.41	9.41	9.21	8.93		8.50	8.25	7.68	7.42	7.29	7.31	8.20		9.34	8.55	7.46
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	14	17	157				

Hussein, Kariem (SUI) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	06-Jul-17	time	5.96	9.76	13.68	17.68	21.72		25.88	30.16	34.48	39.00	43.56		48.79	5 / 1			
reaction time	0.170	interval		3.80	3.92	4.00	4.04		4.16	4.28	4.32	4.52	4.56	5.23			11.72	12.48	13.40
		velocity	7.55	9.21	8.93	8.75	8.66		8.41	8.18	8.10	7.74	7.68	7.65	8.20		8.96	8.41	7.84
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17	158				

Lattin, Amere (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 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	06-Aug-22	time	5.77	9.43	13.16	17.07	21.03	22.71			34.10	38.73	43.43		48.79	2 / 4			
reaction time	0.147	interval		3.66	3.73	3.91	3.96				13.07	4.63	4.70	5.36			11.30		
		velocity	7.80	9.56	9.38	8.95	8.84	8.81			8.03	7.56	7.45	7.46	8.20		9.29		
H1 lead leg	L	strides	20	13	13		13					14	14	17	104				

Valliant, Ludvy (FRA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	19-Aug-22	time	5.93	9.66	13.60	17.45	21.38	22.99	25.55	29.84	34.25	38.82	43.52		48.79	5 / 4			
reaction time	0.193	interval		3.73	3.94	3.85	3.93		4.17	4.29	4.41	4.57	4.70	5.27			11.52	12.39	13.68
		velocity	7.59	9.38	8.88	9.09	8.91	8.70	8.39	8.16	7.94	7.66	7.45	7.59	8.20		9.11	8.47	7.68
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14	17	159				

Abuaku, Joshua (GER) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	19-Aug-22	time	5.85	9.54		17.08	20.98	22.62	25.11	29.52	33.97	38.58	43.36		48.79	7 / 5			
reaction time	0.168	interval		3.69		7.54	3.90		4.13	4.41	4.45	4.61	4.78	5.43	PB		11.23	12.44	13.84
		velocity	7.69	9.49		9.28	8.97	8.84	8.47	7.94	7.87	7.59	7.32	7.37	8.20		9.35	8.44	7.59
H1 lead leg	L	strides	20	13			13		13	14	14	15	15	18	135				

Schelbert, Marcel (SUI) (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)															*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*				
date	25-Aug-99	time	5.78	9.59	13.39	17.33	21.29		25.60	29.86	34.32	38.83	43.33		48.80	6 / 3			
reaction time	0.139	interval		3.81	3.80	3.94	3.96		4.31	4.26	4.46	4.51	4.50	5.47			11.55	12.53	13.47
		velocity	7.79	9.19	9.21	8.88	8.84		8.12	8.22	7.85	7.76	7.78	7.31	8.20		9.09	8.38	7.80
H1 lead leg	L	strides	22	13	13	13	13		14	14	15	15	15	19	166				

van Zyl, L.J. (RSA) (1985)			H1	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)															*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*				
date	16-Aug-09	time	5.96	9.70	13.46	17.34	21.36		25.54	29.92	34.30	38.70	43.34		48.80	6 / 6			
reaction time	0.168	interval		3.74	3.76	3.88	4.02		4.18	4.38	4.38	4.40	4.64	5.46			11.38	12.58	13.42
		velocity	7.55	9.36	9.31	9.02	8.71		8.37	7.99	7.99	7.95	7.54	7.33	8.20		9.23	8.35	7.82
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	15	19.2	171.2				

van Zyl, L.J. (RSA) (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 - 2011 IAAF World Championships (Daegu, KOR)															*Behm (2011) - Le quatrache: Démus enfin!*				
date	01-Sep-11	time	5.8	9.5	13.1	17.0	21.0		24.9	29.1	33.5	38.1	43.0		48.80	8 / 3			
reaction time	0.177	interval		3.7	3.6	3.9	4.0		3.9	4.2	4.4	4.6	4.9	5.8			11.20	12.10	13.90
		velocity	7.76	9.46	9.72	8.97	8.75		8.97	8.33	7.95	7.61	7.14	6.90	8.20		9.38	8.68	7.55
H1 lead leg	L	strides	21	14	14	14	14		14	15	15	16	16	20	173				

van Zyl, L.J. (RSA) (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 - 2016 Weltklasse (Zürich, SUI) (TV Analysis)															*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	01-Sep-16	time	5.88	9.56	13.40	17.40	21.44		25.60	29.84	34.24	38.72	43.40		48.80	1 / 3			
reaction time	0.147	interval		3.68	3.84	4.00	4.04		4.16	4.24	4.40	4.48	4.68	5.40			11.52	12.44	13.56
		velocity	7.65	9.51	9.11	8.75	8.66		8.41	8.25	7.95	7.81	7.48	7.41	8.20		9.11	8.44	7.74
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	15	19	171				

Abe, Takatoshi (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)															*Yamanaka (2019) - research on athlete performance and technique- 2019 data book*				
date	29-Jun-19	time	5.96	9.63	13.45	17.26	21.15		25.19	29.53	33.95	38.51	43.23		48.80	8 / 1			
reaction time	0.140	interval		3.67	3.82	3.81	3.89		4.04	4.34	4.42	4.56	4.72	5.57			11.30	12.27	13.70
		velocity	7.55	9.54	9.16	9.19	9.00		8.66	8.06	7.92	7.68	7.42	7.18	8.20		9.29	8.56	7.66
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	18.2	162.2				

Downing, Quincy (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 Müller's Anniversary Games (London, GBR) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	09-Jul-17	time	5.96	9.76	13.48	17.28	21.16		25.16	29.52	34.04	38.64	43.40		48.81	2 / 7			
reaction time	0.144	interval		3.80	3.72	3.80	3.88		4.00	4.36	4.52	4.60	4.76	5.41			11.32	12.24	13.88
		velocity	7.55	9.21	9.41	9.21	9.02		8.75	8.03	7.74	7.61	7.35	7.39	8.20		9.28	8.58	7.56
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	15	17.5	160.5				

Rosser, Khallifah (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)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	26-Jun-21	time	5.77	9.37	13.10	16.96	20.99		25.16	29.48	33.83	38.33	43.06		48.81	8 / 5			
reaction time	0.279	interval		3.60	3.73	3.86	4.03		4.17	4.32	4.35	4.50	4.73	5.75			11.19	12.52	13.58
		velocity	7.80	9.72	9.38	9.07	8.68		8.39	8.10	8.05	7.78	7.40	6.96	8.20		9.38	8.39	7.73
H1 lead leg	R	strides		13	13	13	13		14	14	14	14	15	18	141				

Mägi, Rasmus (EST) (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)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	04-Jul-21	time	5.88	9.68	13.44	17.32	21.32	23.1	25.44	29.76	34.24	38.76	43.36		48.81	5 / 4			
reaction time	0.128	interval		3.80	3.76	3.88	4.00		4.12	4.32	4.48	4.52	4.60	5.45			11.44	12.44	13.60
		velocity	7.65	9.21	9.31	9.02	8.75	8.66	8.50	8.10	7.81	7.74	7.61	7.34	8.20		9.18	8.44	7.72
H1 lead leg	R	strides		13	13	13	13		13	13	14	14	14	17.2	137.2				

Goller, Thomas (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 - 2000 ISTAF (Berlin, GER)															*Graubner (2009) - http://www.fgs.uni-halle.de*				
date	01-Sep-00	time	5.98	9.68	13.46	17.35	21.40		25.52	29.83	34.16	38.74	43.44		48.82	/ 5			
reaction time		interval		3.70	3.78	3.89	4.05		4.12	4.31	4.33	4.58	4.70	5.38			11.37	12.48	13.61
		velocity	7.53	9.46	9.26	9.00	8.64		8.50	8.12	8.08	7.64	7.45	7.43	8.19		9.23	8.41	7.71
H1 lead leg		strides																	

Tinsley, Michael (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 - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)															*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	10-Jul-16	time	5.84	9.47	13.18	16.98	20.99		25.12	29.36	33.77	38.40	43.28		48.82	6 / 3			
reaction time	0.180	interval		3.63	3.71	3.80	4.01		4.13	4.24	4.41	4.63	4.88	5.54			11.14	12.38	13.92
		velocity	7.71	9.64	9.43	9.21	8.73		8.47	8.25	7.94	7.56	7.17	7.22	8.19		9.43	8.48	7.54
H1 lead leg	L	strides	21	13	13	13	14		14	14	14	15	16	18.7	165.7				

Warholm, Karsten (NOR) (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 - 2017 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	18-Jun-17	time	5.76	9.48	13.24	17.04	21.00		25.20	29.44	33.92	38.68	43.44		48.82	7 / 1			
reaction time	0.139	interval		3.72	3.76	3.80	3.96		4.20	4.24	4.48	4.76	4.76	5.38			11.28	12.40	14.00
		velocity	7.81	9.41	9.31	9.21	8.84		8.33	8.25	7.81	7.35	7.35	7.43	8.19		9.31	8.47	7.50
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17.7	158.7				

Chiba, Yoshihiro (JPN) (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 Osaka Grand Prix (Osaka, JPN)															*Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers*				
date	06-May-06	time	6.04	9.79	13.56	17.45	21.40		25.46	29.61	33.95	38.47	43.22		48.83	/ 5			
reaction time		interval		3.75	3.77	3.89	3.95		4.06	4.15	4.34	4.52	4.75	5.61			11.41	12.16	13.61
		velocity	7.45	9.33	9.28	9.00	8.86		8.62	8.43	8.06	7.74	7.37	7.13	8.19		9.20	8.63	7.71
H1 lead leg		strides		14	14	14	14		14	15	15	15	15		130				

Mowatt, Kemar (JAM) (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 NCAA Championships (Eugene, OR) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	08-Jun-18	time	5.86	9.53	13.23	17.00	21.00		25.13	29.40	33.80	38.36	43.13		48.83	6 / 4			
reaction time		interval		3.67	3.70	3.77	4.00		4.13	4.27	4.40	4.56	4.77	5.70			11.14	12.40	13.73
		velocity	7.68	9.54	9.46	9.28	8.75		8.47	8.20	7.95	7.68	7.34	7.02	8.19		9.43	8.47	7.65
H1 lead leg	L	strides		13	13	13	13		13	14	14	15	15	18.5	141.5				

Clement, Kerron (USA) (1985)

FINAL - 2018 Meeting de Paris (Paris, FRA) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	30-Jun-18	time	5.92	9.64	13.32	17.16	21.16	22.9	25.44	29.80	34.28	38.80	43.48		48.83	8 / 5			
reaction time	0.233	interval		3.72	3.68	3.84	4.00		4.28	4.36	4.48	4.52	4.68	5.35			11.24	12.64	13.68
		velocity	7.60	9.41	9.51	9.11	8.75	8.73	8.18	8.03	7.81	7.74	7.48	7.48	8.19		9.34	8.31	7.68
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153				

Grant, Robert (USA) (1996)

FINAL - 2019 NCAA Championships (Austin, TX) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	07-Jun-19	time	6.00	9.80	13.80	17.83	21.96		26.13	30.36	34.73		43.63		48.83	7 / ~~4~~			
reaction time	0.186	interval		3.80	4.00	4.03	4.13		4.17	4.23	4.37		8.90	5.20	DQ		11.83	12.53	13.27
		velocity	7.50	9.21	8.75	8.68	8.47		8.39	8.27	8.01		7.87	7.69	8.19		8.88	8.38	7.91
H1 lead leg	R	strides		14	14	14	14		14	16	15				101				

Mägi, Rasmus (EST) (1992)

FINAL - 2021 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	09-Jul-21	time	5.92	9.64		17.30	21.25	23.0	25.39	29.64	34.10	38.70	43.41		48.83	5 / 3			
reaction time	0.152	interval		3.72		7.66	3.95		4.14	4.25	4.46	4.60	4.71	5.42			11.38	12.34	13.77
		velocity	7.60	9.41		9.14	8.86	8.70	8.45	8.24	7.85	7.61	7.43	7.38	8.19		9.23	8.51	7.63
H1 lead leg	R	strides	20	13			13		13	13	14	14	14		114				

Preis, Constantin (GER) (1998)

FINAL - 2022 Memorial van Damme (Brussels, BEL) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	02-Sep-22	time	6.04	9.74	13.48	17.32	21.29	22.98	25.42	29.69	34.20	38.77	43.44		48.83	8 / ~~6~~ 5			
reaction time	0.253	interval		3.70	3.74	3.84	3.97		2.44	4.27	4.51	4.57	4.67	5.39			11.28	12.37	13.75
		velocity	7.45	9.46	9.36	9.11	8.82	8.70	14.34	8.20	7.76	7.66	7.49	7.42	8.19		9.31	8.49	7.64
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15		153				

Copello, Yasmani (TUR) (1987)

FINAL - 2022 Memorial van Damme (Brussels, BEL) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	02-Sep-22	time	5.90	9.64	13.38		21.22	22.93	25.29	29.66	34.13	38.70	43.37		48.83	3 / ~~7~~ 6			
reaction time	0.190	interval		3.74	3.74		7.84		2.36	4.37	4.47	4.57	4.67	5.46					13.71
		velocity	7.63	9.36	9.36		8.93	8.72	14.83	8.01	7.83	7.66	7.49	7.33	8.19				7.66
H1 lead leg	R	strides	20	13	13				13	14	14	14	14	17.2	132.2				

Happio, Wilfried (FRA) (1998)

Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	21-Aug-23	time	5.94	9.67	13.31	16.91	20.72		24.66	28.76	33.40		43.31		48.83	6 / 7			
reaction time	0.176	interval		3.73	3.64	3.60	3.81		3.94	4.10	4.64		9.91	5.52			10.97	11.85	14.55
		velocity	7.58	9.38	9.62	9.72	9.19		8.88	8.54	7.54		7.06	7.25	8.19		9.57	8.86	7.22
H1 lead leg	L	strides	20	13	13	13	13		13	13	14			17.7	129.7				

Yamauchi, Hiromu (JPN) (1999)

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	09-May-21	time	6.01	9.91	13.90	17.90	21.99		26.16	30.30	34.68	39.14	43.68		48.84	7 / 2			
reaction time	0.187	interval		3.90	3.99	4.00	4.09		4.17	4.14	4.38	4.46	4.54	5.16	PB		11.89	12.40	13.38
		velocity	7.49	8.97	8.77	8.75	8.56		8.39	8.45	7.99	7.85	7.71	7.75	8.19		8.83	8.47	7.85
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18.5	168.5				

Mägi, Rasmus (EST) (1992)

FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	09-Sep-21	time	6.00				21.44	23.0	25.56	29.84		38.80	43.52		48.84	3 / 4			
reaction time	0.158	interval					15.44		4.12	4.28		8.96	4.72	5.32					13.68
		velocity	7.50				9.07	8.70	8.50	8.18		7.81	7.42	7.52	8.19				7.68
H1 lead leg	R	strides	20						13	13			14	17	77				

Copello, Yasmani (TUR) (1987)

FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	05-Jul-18	time	5.80	9.56	13.36		21.12		25.20	29.54	33.92	38.52	43.20		48.85	3 / 3			
reaction time	0.183	interval		3.76	3.80		7.76		4.08	4.34	4.38	4.60	4.68	5.65					13.66
		velocity	7.76	9.31	9.21		9.02		8.58	8.06	7.99	7.61	7.48	7.08	8.19				7.69
H1 lead leg	R	strides	20	13	13				13	14	14	14	14	18	133				

McLaughlin, Taylor (USA) (1997)

FINAL - 2019 NCAA Championships (Austin, TX) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	07-Jun-19	time	5.96	9.66	13.40	17.23	21.16		25.20	29.46	33.96	38.50	43.33		48.85	6 / ~~5~~ 4			
reaction time	0.199	interval		3.70	3.74	3.83	3.93		4.04	4.26	4.50	4.54	4.83	5.52	PB		11.27	12.23	13.87
		velocity	7.55	9.46	9.36	9.14	8.91		8.66	8.22	7.78	7.71	7.25	7.25	8.19		9.32	8.59	7.57
H1 lead leg	R	strides		13	13	13	13		13	13	14	14	15	18	139				

Arkhipenko, Vasiliy (URS) (1957)

FINAL - 1980 Olympic Games (Moscow, URS) *Behm (1999) - Les chiffres: Les podiums de tous les championnates*

date	26-Jul-80	time					21.5								48.86	2 / 2			
reaction time	0.137	interval																	
		velocity					8.60								8.19				
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				

Itt, Edgar (FRG) (1967)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)										*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*									
date	24-Sep-88	time	6.08	9.79	13.65	17.56	21.58		25.78	30.14	34.60	39.15	43.69		48.86	2 / 4			
reaction time		interval		3.71	3.86	3.91	4.02		4.20	4.36	4.46	4.55	4.54	5.17			11.48	12.58	13.55
		velocity	7.40	9.43	9.07	8.95	8.71		8.33	8.03	7.85	7.69	7.71	7.74	8.19		9.15	8.35	7.75
H1 lead leg		strides	21	13	13	13	13		14	14	14	14	14	17.3	160.3				

Caristan, Stéphane (FRA) (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 - 1992 Olympic Games (Barcelona, ESP)												*Belloc (1992) - Diagana: 45.18 / 48.13 : 3" d'ecart; incompressibles?*						
date	06-Aug-92	time	5.90	9.75	13.60	17.50	21.45		25.75	30.00	34.40	38.95	43.50		48.86	1 / 7			
reaction time		interval		3.85	3.85	3.90	3.95		4.30	4.25	4.40	4.55	4.55	5.36	PB		11.60	12.50	13.50
		velocity	7.63	9.09	9.09	8.97	8.86		8.14	8.24	7.95	7.69	7.69	7.46	8.19		9.05	8.40	7.78
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18.1	164.1				

Gordon, Jehue (TTO) (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 - 2012 Olympic Games (London, GBR)													*Hillier (2012) - uka 2012 olympic games report: 400m hurdles*						
date	06-Aug-12	time	5.72	9.28	13.07	16.92	20.93	22.73	25.02	29.14	33.40	38.05	43.07		48.86	8 / 6			
reaction time	0.165	interval		3.56	3.79	3.85	4.01		4.09	4.12	4.26	4.65	5.02	5.79			11.20	12.22	13.93
		velocity	7.87	9.83	9.23	9.09	8.73	8.80	8.56	8.50	8.22	7.53	6.97	6.91	8.19		9.38	8.59	7.54
H1 lead leg	L	strides	21	13	13	13	13		13	14	15	15	15		145				

Copello, Yasmani (TUR) (1987)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)													*Henson (2021) - Athlete First: 2021 year end hurdle report*						
date	01-Jul-21	time	5.82	9.50	13.26	17.14	21.06		25.14		33.56	38.46	43.26		48.86	5 / 3			
reaction time	0.198	interval		3.68	3.76	3.88	3.92		4.08		8.42	4.90	4.80	5.60			11.32		
		velocity	7.73	9.51	9.31	9.02	8.93		8.58		8.31	7.14	7.29	7.14	8.19		9.28		
H1 lead leg	R	strides	20	13	13		13		13	13		14	15		114				

Tamesue, Dai (JPN) (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 Osaka Grand Prix (Osaka, JPN)													*Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers*						
date	08-May-04	time	5.77	9.41	13.20	17.07	21.06		25.25	29.45	33.87	38.51	43.31		48.87	/ 1			
reaction time		interval		3.64	3.79	3.87	3.99		4.19	4.20	4.42	4.64	4.80	5.56			11.30	12.38	13.86
		velocity	7.80	9.62	9.23	9.04	8.77		8.35	8.33	7.92	7.54	7.29	7.19	8.18		9.29	8.48	7.58
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Tamesue, Dai (JPN) (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 Japanese National Championships (Osaka, JPN)												*Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers*						
date	30-Jun-07	time	5.86	9.53	13.32	17.22	21.16		25.26	29.51	34.00	38.62	43.36		48.87	/ 1			
reaction time		interval		3.67	3.79	3.90	3.94		4.10	4.25	4.49	4.62	4.74	5.51			11.36	12.29	13.85
		velocity	7.68	9.54	9.23	8.97	8.88		8.54	8.24	7.80	7.58	7.38	7.26	8.18		9.24	8.54	7.58
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Sánchez, Félix (DOM) (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 - 2011 IAAF World Championships (Daegu, KOR)															*Behm (2011) - Le quatrache: Démus enfin!*				
date	01-Sep-11	time	5.8	9.5	13.1	16.9	21.0		25.1	29.3	33.7	38.3	43.3		48.87	7 / 4			
reaction time	0.179	interval		3.7	3.6	3.8	4.1		4.1	4.2	4.4	4.6	5.0	5.6			11.10	12.40	14.00
		velocity	7.76	9.46	9.72	9.21	8.54		8.54	8.33	7.95	7.61	7.00	7.18	8.18		9.46	8.47	7.50
H1 lead leg	R	strides	20	13	13	13	13		14	14	15	15	16	19	165				

Clement, Kerron (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 - 2016 Prefontaine Classic (Eugene, OR) (TV Analysis)										*(H8 5m short)*					*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	28-May-16	time	6.08	9.92	13.72	17.72			26.00	30.28	34.04	39.08	43.68		48.87	7 / 2			
reaction time		interval		3.84	3.80	4.00			8.28	4.28	3.76	5.04	4.60	5.19			11.64	12.56	13.40
		velocity	7.40	9.11	9.21	8.75			8.45	8.18	7.98	7.94	7.61	7.71	8.18		9.02	8.36	7.84
H1 lead leg	R	strides	20	13	13	13				13	13		15	17	117				

Toyoda, Masaki (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 Ready Steady Tokyo (Tokyo, JPN)												*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*						
date	09-May-21	time	5.92	9.74	13.66	17.75	21.82		26.03	30.31	34.67	39.14	43.69		48.87	4 / 3			
reaction time	0.158	interval		3.82	3.92	4.09	4.07		4.21	4.28	4.36	4.47	4.55	5.18	PB		11.83	12.56	13.38
		velocity	7.60	9.16	8.93	8.56	8.60		8.31	8.18	8.03	7.83	7.69	7.72	8.18		8.88	8.36	7.85
H1 lead leg		strides		14	14	14	14		14	14	15	15	15	18.5	147.5				

Abe, Takatoshi (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 - 2021 Japanese National Championships (Osaka, JPN)												*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*						
date	26-Jun-21	time	5.93	9.57	13.36	17.15	21.02		25.04	29.33	33.77	38.40	43.21		48.87	5 / 2			
reaction time	0.173	interval		3.64	3.79	3.79	3.87		4.02	4.29	4.44	4.63	4.81	5.66			11.22	12.18	13.88
		velocity	7.59	9.62	9.23	9.23	9.04		8.71	8.16	7.88	7.56	7.28	7.07	8.18		9.36	8.62	7.56
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	18	162				

Rosser, Khallifah (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 Bislett Games (Oslo, NOR)															*Omega Timing (2023) - diamond league race analysis*				
date	15-Jun-23	time	5.71	9.31	12.97	16.74	20.67		24.79	29.09	33.54	38.25	43.09		48.87	3 / 6			

reaction time	0.172	interval		3.60	3.66	3.77	3.93		4.12	4.30	4.45	4.71	4.84	5.78			11.03	12.35	14.00
		velocity	7.88	9.72	9.56	9.28	8.91		8.50	8.14	7.87	7.43	7.23	6.92	8.18		9.52	8.50	7.50
H1 lead leg	R	strides	21			13	13		13			15	15		90				

Kishimoto, Takayuki (JPN) (1990)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2012 Shizuoka International Athletics Meeting (Fukuroi, JPN)																*Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions*			
date	03-May-12	time	5.77	9.51	13.31	17.25	21.35		25.69	30.04	34.54	39.09	43.69		48.88	/ 1			
reaction time		interval		3.74	3.80	3.94	4.10		4.34	4.35	4.50	4.55	4.60	5.19			11.48	12.79	13.65
		velocity	7.80	9.36	9.21	8.88	8.54		8.06	8.05	7.78	7.69	7.61	7.71	8.18		9.15	8.21	7.69
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Babineaux, Ricky (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)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	10-Jul-16	time	6.00	9.84	13.68	17.62	21.59		25.66	30.03	34.53	39.10	43.74		48.88	4 / 4			
reaction time	0.187	interval		3.84	3.84	3.94	3.97		4.07	4.37	4.50	4.57	4.64	5.14	PB		11.62	12.41	13.71
		velocity	7.50	9.11	9.11	8.88	8.82		8.60	8.01	7.78	7.66	7.54	7.78	8.18		9.04	8.46	7.66
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	17.5	158.5				

Robinson, Byron (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)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	06-Jul-17	time	5.84	9.64	13.68	17.80	21.88		26.00	30.12	34.40	38.80	43.36		48.88	4 / 2			
reaction time	0.151	interval		3.80	4.04	4.12	4.08		4.12	4.12	4.28	4.40	4.56	5.52			11.96	12.32	13.24
		velocity	7.71	9.21	8.66	8.50	8.58		8.50	8.50	8.18	7.95	7.68	7.25	8.18		8.78	8.52	7.93
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	20	177				

Dia Bâ, Amadou (SEN) (1958)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1987 Meeting BNP D'Athletisme (Paris, FRA)																*Behm (1988) - 45-39*			
date	16-Jul-87	time	5.7	9.5	13.3	17.2	21.2		25.3	29.5	34.1		43.3		48.89	/ 1			
reaction time		interval		3.8	3.8	3.8	4.1		4.0	4.3	4.6		9.20	5.59			11.45	12.36	13.79
		velocity	7.89	9.11	9.26	9.14	8.58		8.71	8.22	7.63		7.61	7.16	8.18		9.17	8.50	7.61
H1 lead leg		strides																	

Kurokawa, Kazuki (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 Championsips (Osaka, JPN)																*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date	11-Jun-22	time	5.77	9.38	13.10	16.97	20.99		25.23	29.48	34.00	38.64	43.38		48.89	5 / 1			
reaction time	0.192	interval		3.61	3.72	3.87	4.02		4.24	4.25	4.52	4.64	4.74	5.51			11.20	12.51	13.90
		velocity	7.80	9.70	9.41	9.04	8.71		8.25	8.24	7.74	7.54	7.38	7.26	8.18		9.38	8.39	7.55
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18.2	164.2				

Tomov, Toma (BUL) (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)																*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*			
date	24-Sep-88	time	5.96	9.77	13.65	17.64	21.70		25.90	30.14	34.61	39.23	43.84		48.90	3 / 5			
reaction time		interval		3.81	3.88	3.99	4.06		4.20	4.24	4.47	4.62	4.61	5.06			11.68	12.50	13.70
		velocity	7.55	9.19	9.02	8.77	8.62		8.33	8.25	7.83	7.58	7.59	7.91	8.18		8.99	8.40	7.66
H1 lead leg		strides	21	14	14	14	14		14	14	15	15	15	17.8	167.8				

Rawlinson, Christopher (GBR) (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 - 2003 IAAF World Championships (Paris, FRA)																*Behm (2003) - Paris 2003:Le quatrache masculn - féminin*			
date	29-Aug-03	time	5.9	9.5	13.4	17.3	21.2		25.3	29.4	33.9	38.4	43.0		48.90	2 / 6			
reaction time	0.165	interval		3.6	3.9	3.9	3.9		4.1	4.1	4.5	4.5	4.6	5.90			11.40	12.10	13.60
		velocity	7.63	9.72	8.97	8.97	8.97		8.54	8.54	7.78	7.78	7.61	6.78	8.18		9.21	8.68	7.72
H1 lead leg	R	strides	20	13	13	13	13		13	13	15	15	15	19	162				

Plawgo, Marek (POL) (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 European Cup (Munich, GER)																*Graubner (2007) - http://www.fgs.uni-halle.de*			
date	23-Jun-07	time	6.04	9.94	13.82	17.78	21.83		25.84	30.34	34.70	39.20	43.84		48.90	/ 2			
reaction time	0.151	interval		3.90	3.88	3.96	4.05		4.01	4.50	4.36	4.50	4.64	5.06			11.74	12.56	13.50
		velocity	7.45	8.97	9.02	8.84	8.64		8.73	7.78	8.03	7.78	7.54	7.91	8.18		8.94	8.36	7.78
H1 lead leg		strides																	

Keïta, Naman (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 - 2007 European Cup (Munich, GER)																*Graubner (2007) - http://www.fgs.uni-halle.de*			
date	23-Jun-07	time	6.25	9.94	13.60	17.68	21.63		25.72	29.98	34.32	38.73	43.50		48.90	/ 3			
reaction time	0.248	interval		3.69	3.66	4.08	3.95		4.09	4.26	4.34	4.41	4.77	5.40			11.43	12.30	13.52
		velocity	7.20	9.49	9.56	8.58	8.86		8.56	8.22	8.06	7.94	7.34	7.41	8.18		9.19	8.54	7.77
H1 lead leg		strides																	

Tinsley, Michael (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 - 2016 Shanghai Golden Grand Prix (Shanghai, CHN)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	14-May-16	time	5.84	9.52	13.28	17.20	21.24		25.48	29.88	34.36	38.92	43.52		48.90	/ 1			
reaction time	0.198	interval		3.68	3.76	3.92	4.04		4.24	4.40	4.48	4.56	4.60	5.38			11.36	12.68	13.64
		velocity	7.71	9.51	9.31	8.93	8.66		8.25	7.95	7.81	7.68	7.61	7.43	8.18		9.24	8.28	7.70
H1 lead leg		strides																	

Mägi, Rasmus (EST) (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 Weltklasse (Zürich, SUI) (TV Analysis)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	01-Sep-16	time	6.00	9.76	13.52	17.40	21.40		25.52	29.92	34.44	39.12	43.72		48.90	8 / 4			
reaction time	0.114	interval		3.76	3.76	3.88	4.00		4.12	4.40	4.52	4.68	4.60	5.18			11.40	12.52	13.80

		velocity	7.50	9.31	9.31	9.02	8.75		8.50	7.95	7.74	7.48	7.61	7.72	8.18		9.21	8.39	7.61
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	16	158				

Kurokawa, Kazuki (JPN) (2001)

FINAL - 2022 Michitaka Kinami Memorial (Osaka, JPN) — *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	01-May-22	time	5.91	9.54	13.28	17.08	21.02		25.21	29.48	33.95	38.64	43.44		48.90	6 / 1			
reaction time	0.157	interval		3.63	3.74	3.80	3.94		4.19	4.27	4.47	4.69	4.80	5.46			11.17	12.40	13.96
		velocity	7.61	9.64	9.36	9.21	8.88		8.35	8.20	7.83	7.46	7.29	7.33	8.18		9.40	8.47	7.52
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Lahoulou, Abdelmalik (ALG) (1992)

Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) — *Henson (2022) - Athlete First: 2022 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	17-Jul-22	time	6.03	9.67	13.43	17.16	21.07	22.79	25.17	29.53	33.97	38.63	43.47		48.90	3 / 5			
reaction time	0.157	interval		3.64	3.76	3.73	3.91		4.10	4.36	4.44	4.66	4.84	5.43			11.13	12.37	13.94
		velocity	7.46	9.62	9.31	9.38	8.95	8.78	8.54	8.03	7.88	7.51	7.23	7.37	8.18		9.43	8.49	7.53
H1 lead leg	L	strides	22	13	13	13	13		13	14	14	15	15	17.2	162.2				

Copello, Yasmani (TUR) (1987)

FINAL - 2018 Bauhaus Athletics (Stockholm, SWE) (TV Analysis) — *Henson (2020) - Athlete First: 2018 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	10-Jun-18	time	5.80	9.60	13.48	17.44	21.52		25.68	30.00	34.40	38.92	43.48		48.91	6 / 3			
reaction time	0.202	interval		3.80	3.88	3.96	4.08		4.16	4.32	4.40	4.52	4.56	5.43			11.64	12.56	13.48
		velocity	7.76	9.21	9.02	8.84	8.58		8.41	8.10	7.95	7.74	7.68	7.37	8.18		9.02	8.36	7.79
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	17.5	158.5				

Clement, Kerron (USA) (1985)

FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis) — *Henson (2020) - Athlete First: 2017 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	25-Jun-17	time	6.07	9.90	13.69	17.48	21.41		25.55	29.86	34.21	38.79	43.45		48.91	5 / 7			
reaction time		interval		3.83	3.79	3.79	3.93		4.14	4.31	4.35	4.58	4.66	5.46			11.41	12.38	13.59
		velocity	7.41	9.14	9.23	9.23	8.91		8.45	8.12	8.05	7.64	7.51	7.33	8.18		9.20	8.48	7.73
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.5	153.5				

Hyde, Jaheel (JAM) (1997)

FINAL - 2021 Memorial van Damme (Brussels, BEL) (TV Analysis) — *Henson (2021) - Athlete First: 2021 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	03-Sep-21	time	5.84	9.56	13.36	17.24	21.32	23.1	25.52	29.72	34.04	38.60	43.32		48.91	7 / 4			
reaction time	0.166	interval		3.72	3.80	3.88	4.08		4.20	4.20	4.32	4.56	4.72	5.59			11.40	12.48	13.60
		velocity	7.71	9.41	9.21	9.02	8.58	8.66	8.33	8.33	8.10	7.68	7.42	7.16	8.18		9.21	8.41	7.72
H1 lead leg	L	strides	22	13	13	13	13		14	14	14	15	15	18	164				

Watrin, Julien (BEL) (1992)

FINAL - 2022 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis) — *Henson (2022) - Athlete First: 2022 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	06-Aug-22	time	5.86	9.56	13.30	17.10	21.06	22.73			33.93	38.50	43.23		48.91	3 / 5			
reaction time	0.225	interval		3.70	3.74	3.80	3.96				12.87	4.57	4.73	5.68			11.24		
		velocity	7.68	9.46	9.36	9.21	8.84	8.80			8.16	7.66	7.40	7.04	8.18		9.34		
H1 lead leg	R	strides	21	13	13		13					14	15	18	107				

Morgan, Dinsdale (JAM) (1972)

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	27-Aug-99	time	5.46	9.27	12.98	16.90	20.94		25.07	29.42	33.81	38.33	43.09		48.92	2 / 7			
reaction time	0.164	interval		3.81	3.71	3.92	4.04		4.13	4.35	4.39	4.52	4.76	5.83			11.44	12.52	13.67
		velocity	8.24	9.19	9.43	8.93	8.66		8.47	8.05	7.97	7.74	7.35	6.86	8.18		9.18	8.39	7.68
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	16	18.5	171.5				

Narisako, Kenji (JPN) (1984)

Heat 5 - 2007 IAAF World Championships (Osaka, JPN) — *Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	25-Aug-07	time	6.00	9.70	13.44	17.28	21.22		25.32	29.72	34.12	38.72	43.39		48.92	2 / 3			
reaction time	0.172	interval		3.70	3.74	3.84	3.94		4.10	4.40	4.40	4.60	4.67	5.53			11.28	12.44	13.67
		velocity	7.50	9.46	9.36	9.11	8.88		8.54	7.95	7.95	7.61	7.49	7.23	8.18		9.31	8.44	7.68
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	19.2	163.2				

Dutch, Johnny (USA) (1989)

FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis) — *Henson (2020) - Athlete First: 2016 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	10-Jul-16	time	5.90	9.51	13.24	17.08	20.99		24.99	29.13	33.47	38.04	42.87		48.92	5 / 5			
reaction time	0.227	interval		3.61	3.73	3.84	3.91		4.00	4.14	4.34	4.57	4.83	6.05			11.18	12.05	13.74
		velocity	7.63	9.70	9.38	9.11	8.95		8.75	8.45	8.06	7.66	7.25	6.61	8.18		9.39	8.71	7.64
H1 lead leg	R	strides	22	13	13	13	13		14	14	15	15	15	19.7	166.7				

van Zyl, L.J. (RSA) (1985)

FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis) — *Henson (2020) - Athlete First: 2016 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	23-Jul-16	time	5.88	9.60	13.36	17.28	21.36		25.60	29.92	34.28	38.76	43.40		48.92	2 / 4			
reaction time	0.153	interval		3.72	3.76	3.92	4.08		4.24	4.32	4.36	4.48	4.64	5.52			11.40	12.64	13.48
		velocity	7.65	9.41	9.31	8.93	8.58		8.25	8.10	8.03	7.81	7.54	7.25	8.18		9.21	8.31	7.79
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	15	19	171				

Lahoulou, Abdelmalik (ALG) (1992)

FINAL - 2016 Meeting Paris (Saint-Denis, FRA) (TV Analysis) — *Henson (2020) - Athlete First: 2016 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	27-Aug-16	time	6.08	9.84	13.60	17.48	21.48		25.60	29.96	34.44	39.08	43.84		48.92	8 / 6			
reaction time	0.191	interval		3.76	3.76	3.88	4.00		4.12	4.36	4.48	4.64	4.76	5.08			11.40	12.48	13.88
		velocity	7.40	9.31	9.31	9.02	8.75		8.50	8.03	7.81	7.54	7.35	7.87	8.18		9.21	8.41	7.56

H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15		144				

Chen Chieh (TPE) (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 Asian Athletics Championships (Doha, QAT)																*CAA Hurdle Development (2019)*			
date	22-Apr-19	time	5.84	9.49	13.19	16.98	20.92		25.00	29.41	33.92	38.57	43.37		48.92	6 / 2			
reaction time	0.195	interval		3.65	3.70	3.79	3.94		4.08	4.41	4.51	4.65	4.80	5.55	PB		11.14	12.43	13.96
		velocity	7.71	9.59	9.46	9.23	8.88		8.58	7.94	7.76	7.53	7.29	7.21	8.18		9.43	8.45	7.52
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	17.5	161.5				

Mägi, Rasmus (EST) (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)																*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date	19-Jul-22	time	5.99	9.71	13.50	17.27	21.12	22.71	25.14	29.45	33.87	38.52	43.28		48.92	2 / 8			
reaction time	0.140	interval		3.72	3.79	3.77	3.85		4.02	4.31	4.42	4.65	4.76	5.64			11.28	12.18	13.83
		velocity	7.51	9.41	9.23	9.28	9.09	8.81	8.71	8.12	7.92	7.53	7.35	7.09	8.18		9.31	8.62	7.59
H1 lead leg	R	strides		13	13	13	13		13	13	14	14	15	18	139				

Copello, Yasmani (TUR) (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 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	20-Aug-23	time	6.00	9.83	13.66	17.56	21.50		25.63	29.96	34.40	38.93	43.56		48.92	6 / 5			
reaction time	0.244	interval		3.83	3.83	3.90	3.94		4.13	4.33	4.44	4.53	4.63	5.36			11.56	12.40	13.60
		velocity	7.50	9.14	9.14	8.97	8.88		8.47	8.08	7.88	7.73	7.56	7.46	8.18		9.08	8.47	7.72
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	17.5	158.5				

Schmid, Harald (FRG) (1957)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)																*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*			
date	24-Sep-88	time	6.05	9.64	13.56	17.57	21.73		25.93	30.20	34.62	39.18	43.79		48.93	1 / 3			
reaction time		interval		3.59	3.92	4.01	4.16		4.20	4.27	4.42	4.56	4.61	5.14			11.52	12.63	13.59
		velocity	7.44	9.75	8.93	8.73	8.41		8.33	8.20	7.92	7.68	7.59	7.78	8.17		9.11	8.31	7.73
H1 lead leg		strides	21	13	13	13	13		13	13	13	14	14	17	157				

Mori, Fabrizio (ITA) (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 European Cup (Munich, GER)																*Jung (2003) - http://www.fgs.uni-halle.de*			
date	21-Jun-97	time	6.22	10.15	14.12	18.24	22.36		26.67	31.00	35.34	39.71	44.11		48.93	/ 1			
reaction time		interval		3.93	3.97	4.12	4.12		4.31	4.33	4.34	4.37	4.40	4.82			12.02	12.76	13.11
		velocity	7.23	8.91	8.82	8.50	8.50		8.12	8.08	8.06	8.01	7.95	8.30	8.17		8.74	8.23	8.01
H1 lead leg		strides																	

Yoshikata, Masahira (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 Osaka Grand Prix (Osaka, JPN)																*Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers*			
date	06-May-06	time	6.00	9.74	13.58	17.45	21.42		25.56	29.81	34.18	38.70	43.42		48.93	/ 6			
reaction time		interval		3.74	3.84	3.87	3.97		4.14	4.25	4.37	4.52	4.72	5.51			11.45	12.36	13.61
		velocity	7.50	9.36	9.11	9.04	8.82		8.45	8.24	8.01	7.74	7.42	7.26	8.17		9.17	8.50	7.71
H1 lead leg		strides		14	14	14	14		14	15	15	15	15		130				

Phillips, Isa (JAM) (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 2 - 2009 IAAF World Championships (Berlin, GER)																*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date	16-Aug-09	time	5.98	9.52	13.19	17.02	20.93		25.04	29.38	33.78	38.48	43.19		48.93	6 / 4			
reaction time	0.238	interval		3.54	3.67	3.83	3.91		4.11	4.34	4.40	4.70	4.71	5.74			11.04	12.36	13.81
		velocity	7.53	9.89	9.54	9.14	8.95		8.52	8.06	7.95	7.45	7.43	6.97	8.17		9.51	8.50	7.60
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	14	18.7	161.7				

Copello, Yasmani (TUR) (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 Müller Anniversary Games (London, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	20-Jul-19	time	5.96	9.72	13.52	17.44	21.48	23.1	25.60		34.40	38.96	43.64		48.93	4 / 2			
reaction time	0.183	interval		3.76	3.80	3.92	4.04		4.12		8.80	4.56	4.68	5.29			11.48		
		velocity	7.55	9.31	9.21	8.93	8.66	8.66	8.50		7.95	7.68	7.48	7.56	8.17		9.15		
H1 lead leg	R	strides	20	13	13	13	13		13			14	14	17.7	130.7				

Mägi, Rasmus (EST) (1992)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT)																*Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*			
date	28-Sep-19	time	6.15	9.94	13.77	17.70	21.77		25.97	30.34	34.72	39.19	43.72		48.93	7 / 4			
reaction time	0.140	interval		3.79	3.83	3.93	4.07		4.20	4.37	4.38	4.47	4.53	5.21			11.55	12.64	13.38
		velocity	7.32	9.23	9.14	8.91	8.60		8.33	8.01	7.99	7.83	7.73	7.68	8.17		9.09	8.31	7.85
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.2	159.2				

Mashchenko, Ruslan (RUS) (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 - 2000 Olympic Games (Sydney, AUS)																*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date	25-Sep-00	time	5.88	9.72	13.44	17.24	21.12	22.64	25.16	29.40	33.80	38.40	43.16		48.94	7 / 3			
reaction time	0.177	interval		3.84	3.72	3.80	3.88		4.04	4.24	4.40	4.60	4.76	5.78			11.36	12.16	13.76
		velocity	7.65	9.11	9.41	9.21	9.02	8.83	8.66	8.25	7.95	7.61	7.35	6.92	8.17		9.24	8.63	7.63
H1 lead leg		strides		13	13	13	13		13	14	14	15	15	18.6	141.6				

Mägi, Rasmus (EST) (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)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	06-Jul-17	time	6.08	9.92	13.80	17.72	21.68		25.84	30.24	34.64	39.20	43.72		48.94	7 / 3			
reaction time	0.127	interval		3.84	3.88	3.92	3.96		4.16	4.40	4.40	4.56	4.52	5.22			11.64	12.52	13.48
		velocity	7.40	9.11	9.02	8.93	8.84		8.41	7.95	7.95	7.68	7.74	7.66	8.17		9.02	8.39	7.79
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.2	159.2				

Holmes, TJ (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 Athletissima (Lausanne, SUI) (TV Analysis)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	05-Jul-18	time	5.84	9.56	13.28	17.12	21.16		25.40	29.76	34.20	38.92	43.64		48.94	7 / 4			
reaction time	0.188	interval		3.72	3.72	3.84	4.04		4.24	4.36	4.44	4.72	4.72	5.30			11.28	12.64	13.88
		velocity	7.71	9.41	9.41	9.11	8.66		8.25	8.03	7.88	7.42	7.42	7.55	8.17		9.31	8.31	7.56
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17	156				

McMaster, Kyron (IVB) (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 Prefontaine Classic (Stanford, CA) (TV Analysis)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	30-Jun-19	time	5.93	9.60	13.50	17.53	21.56		25.70	30.00	34.33	38.86	43.40		48.94	6 / 2			
reaction time	0.268	interval		3.67	3.90	4.03	4.03		4.14	4.30	4.33	4.53	4.54	5.54			11.60	12.47	13.40
		velocity	7.59	9.54	8.97	8.68	8.68		8.45	8.14	8.08	7.73	7.71	7.22	8.17		9.05	8.42	7.84
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.5	159.5				

McMaster, Kyron (IVB) (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 Bauhaus Galan (Stockholm, SWE)															*Omega Timing (2023) - diamond league race analysis*				
date	02-Jul-23	time	5.66	9.33	13.08	16.92	20.94		25.08	29.37	33.82	38.44	43.20		48.94	7 / 2			
reaction time	0.147	interval		3.67	3.75	3.84	4.02		4.14	4.29	4.45	4.62	4.76	5.74			11.26	12.45	13.83
		velocity	7.95	9.54	9.33	9.11	8.71		8.45	8.16	7.87	7.58	7.35	6.97	8.17		9.33	8.43	7.59
H1 lead leg	L	strides	21	13		13	13		14	14	14	14	15	17.7	148.7				

Watrin, Julien (BEL) (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)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	21-Aug-23	time	5.90	9.66	13.43	17.13	21.00		25.13	29.46	34.16	38.83	43.55		48.94	3 / 5			
reaction time	0.205	interval		3.76	3.77	3.70	3.87		4.13	4.33	4.70	4.67	4.72	5.39			11.23	12.33	14.09
		velocity	7.63	9.31	9.28	9.46	9.04		8.47	8.08	7.45	7.49	7.42	7.42	8.17		9.35	8.52	7.45
H1 lead leg	R	strides	20	13	13	13	13		13		14	15	15	18	147				

Thompson, Kemel (JAM) (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)															*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*				
date	25-Aug-99	time	5.62	9.40	13.27	17.19	21.30		25.44	29.68	33.99	38.36	42.99		48.95	5 / 4			
reaction time	0.153	interval		3.78	3.87	3.92	4.11		4.14	4.24	4.31	4.37	4.63	5.96			11.57	12.49	13.31
		velocity	8.01	9.26	9.04	8.93	8.52		8.45	8.25	8.12	8.01	7.56	6.71	8.17		9.08	8.41	7.89
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	15	19.5	171.5				

Shogata, Kazuya (JPN) (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 Seiko Super Grand Prix (Yokohama, JPN)															*Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers*				
date	19-Sep-05	time	5.94	9.81	13.80	17.82	21.89		26.03	30.30	34.69	39.18	43.75		48.95	/ 5			
reaction time		interval		3.87	3.99	4.02	4.07		4.14	4.27	4.39	4.49	4.57	5.20	PB		11.88	12.48	13.45
		velocity	7.58	9.04	8.77	8.71	8.60		8.45	8.20	7.97	7.80	7.66	7.69	8.17		8.84	8.41	7.81
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Narisako, Kenji (JPN) (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 - 2006 Japanese National Championships (Kobe, JPN)															*Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers*				
date	01-Jul-06	time	6.07	9.82	13.61	17.51	21.46		25.60	30.02	34.52	39.11	43.75		48.95	/ 1			
reaction time		interval		3.75	3.79	3.90	3.95		4.14	4.42	4.50	4.59	4.64	5.20			11.44	12.51	13.73
		velocity	7.41	9.33	9.23	8.97	8.86		8.45	7.92	7.78	7.63	7.54	7.69	8.17		9.18	8.39	7.65
H1 lead leg		strides		13	13	13	13		13	14	14	15	15		123				

Barr, Thomas (IRL) (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 Bislett Games (Oslo, NOR) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	15-Jun-17	time	6.13	9.83	13.60				25.83	30.23	34.70	39.26	43.80		48.95	1 / 3			
reaction time	0.193	interval		3.70	3.77				12.23	4.40	4.47	4.56	4.54	5.15					13.57
		velocity	7.34	9.46	9.28				8.59	7.95	7.83	7.68	7.71	7.77	8.17				7.74
H1 lead leg	L	strides	22	13	13					14	14	14	15	18.5	123.5				

Mägi, Rasmus (EST) (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)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	01-Jul-21	time	5.90	9.68	13.44	17.30	21.20		25.28		33.98	38.58	43.34		48.95	3 / 4			
reaction time	0.161	interval		3.78	3.76	3.86	3.90		4.08		8.70	4.60	4.76	5.61			11.40		
		velocity	7.63	9.26	9.31	9.07	8.97		8.58		8.05	7.61	7.35	7.13	8.17		9.21		
H1 lead leg	R	strides	20	13	13		13		13	13		14	14		113				

Hyde, Jaheel (JAM) (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 ISTAF (Berlin, GER) (TV Analysis)															*Henson (2021) - Athlete First: 2021 Karsten Warholm 400m Hurdles World Record Season*				
date	12-Sep-21	time	5.80		13.28	17.12			25.32	29.68	34.08	38.68	43.44		48.95	4 / 3			
reaction time	0.180	interval			7.48	3.84			8.20	4.36	4.40	4.60	4.76	5.51			11.32	12.56	13.76
		velocity	7.76		9.36	9.11			8.54	8.03	7.95	7.61	7.35	7.26	8.17		9.28	8.36	7.63
H1 lead leg	L	strides	21			13				14	14		15	18	95				

Lee, David (USA) (1959)			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 TAC Naitonal Championships (Knoxville, TN)															*Mann (1987) - the elite athlete program biomechanical analysis of the long hurdles: tac championship meet*				
date	20-Jun-82	time	6.36	10.18	14.08	17.94	21.80		25.82	30.00	34.44	38.98	43.80		48.96	/ 3			
reaction time		interval		3.82	3.90	3.86	3.86		4.02	4.18	4.44	4.54	4.82	5.16			11.58	12.06	13.80
		velocity	7.08	9.16	8.97	9.07	9.07		8.71	8.37	7.88	7.71	7.26	7.75	8.17		9.07	8.71	7.61
H1 lead leg		strides																	

Woody, Joey (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 - 1996 USA Olympic Trials (Atlanta, GA)															*McNichols - Hurdle technique study through video analysis*				
date	16-Jun-96	time	6.08	9.82	13.68	17.60	21.58	22.29	25.72	29.99	34.36	38.76	43.52		48.96	2 / 7			
reaction time		interval		3.74	3.86	3.92	3.98		4.14	4.27	4.37	4.40	4.76	5.44			11.52	12.39	13.53
		velocity	7.40	9.36	9.07	8.93	8.79	8.97	8.45	8.20	8.01	7.95	7.35	7.35	8.17		9.11	8.47	7.76
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	15		143				

Al-Nubi, Mubarak Sultan (QAT) (197

			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)															*Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*				
date	20-Sep-02	time	6.07	9.94	13.80	17.77	21.88		25.99	30.15	34.51	38.87	43.63		48.96	7 / 2			
reaction time	0.158	interval		3.87	3.86	3.97	4.11		4.11	4.16	4.36	4.36	4.76	5.33			11.70	12.38	13.48
		velocity	7.41	9.04	9.07	8.82	8.52		8.52	8.41	8.03	8.03	7.35	7.50	8.17		8.97	8.48	7.79
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	13	15	16.5	156.5				

Clement, Kerron (USA) (1985)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 IAAF World Athletics Final (Stuttgart, GER)															*Graubner (2009) - http://www.fgs.uni-halle.de*				
date	13-Sep-08	time	6.09	9.88	13.72	17.62	21.68		25.82	30.14	34.56	39.06	43.86		48.96	4 / 1			
reaction time	0.175	interval		3.79	3.84	3.90	4.06		4.14	4.32	4.42	4.50	4.80	5.10			11.53	12.52	13.72
		velocity	7.39	9.23	9.11	8.97	8.62		8.45	8.10	7.92	7.78	7.29	7.84	8.17		9.11	8.39	7.65
H1 lead leg		strides																	

Williams, Rhys (GBR) (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 - 2010 European Championships (Barcelona, ESP)															*Arnold (2010) - 400mH planning and peaking*				
date	31-Jul-10	time	6.20	10.06	13.96	17.78	21.72		25.72	29.86	34.12	38.62	43.36		48.96	5 / 2			
reaction time	0.195	interval		3.86	3.90	3.82	3.94		4.00	4.14	4.26	4.50	4.74	5.60	PB		11.58	12.08	13.50
		velocity	7.26	9.07	8.97	9.16	8.88		8.75	8.45	8.22	7.78	7.38	7.14	8.17		9.07	8.69	7.78
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	15	19.5	171.5				

Hussein, Kariem (SUI) (1989)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2014 European Championships (Zurich, SUI)															*Green (2015) - twitter.com/jackpgreen (from Behm?)*				
date	15-Aug-14	time	6.04	9.80	13.72	17.72	21.76		25.88	30.08	34.40	38.80	43.44		48.96	/ 1			
reaction time	0.169	interval		3.76	3.92	4.00	4.04		4.12	4.20	4.32	4.40	4.64	5.52	PB		11.68	12.36	13.36
		velocity	7.45	9.31	8.93	8.75	8.66		8.50	8.33	8.10	7.95	7.54	7.25	8.17		8.99	8.50	7.86
H1 lead leg	L	strides		13	13	13	13		14	14	14	14	15		123				

Copello, Yasmani (TUR) (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)															*Henson (2021) - Athlete First: major championships report*				
date	25-Aug-15	time	6.00		13.52	17.40	21.40			29.88	34.28	38.84	43.84		48.96	2 / 6			
reaction time	0.204	interval			7.52	3.88	4.00			8.48	4.40	4.56	5.00	5.12			11.40	12.48	13.96
		velocity	7.50		9.31	9.02	8.75			8.25	7.95	7.68	7.00	7.81	8.17		9.21	8.41	7.52
H1 lead leg	R	strides		13		13	13				14	14	14	17.5	98.5				

Rosser, Khallifah (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 de Paris (Paris, FRA)															*Omega Timing (2023) - diamond league race analysis*				
date	09-Jun-23	time	5.74	9.36	13.06	16.85	20.80		24.88	29.09	33.61	38.26	43.09		48.96	3 / 6			
reaction time	0.143	interval		3.62	3.70	3.79	3.95		4.08	4.21	4.52	4.65	4.83	5.87			11.11	12.24	14.00
		velocity	7.84	9.67	9.46	9.23	8.86		8.58	8.31	7.74	7.53	7.25	6.81	8.17		9.45	8.58	7.50
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	15	18	160				

Hann, Mamadou Kasse (FRA) (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 Bislett Games (Oslo, NOR) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	15-Jun-17	time	6.03	9.80	13.53	17.36	21.26		25.46	29.76	34.26	39.00	43.73		48.97	5 / 4			
reaction time	0.176	interval		3.77	3.73	3.83	3.90		4.20	4.30	4.50	4.74	4.73	5.24			11.33	12.40	13.97
		velocity	7.46	9.28	9.38	9.14	8.97		8.33	8.14	7.78	7.38	7.40	7.63	8.17		9.27	8.47	7.52
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	17.2	163.2				

Abe, Takatoshi (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 - 2018 Seiko Golden Grand Prix (Osaka, JPN)															*Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*				
date	20-May-18	time	5.91	9.51	13.16	16.90	20.74		24.74	29.03	33.60	38.47	43.41		48.97	7 / 1			
reaction time	0.194	interval		3.60	3.65	3.74	3.84		4.00	4.29	4.57	4.87	4.94	5.56			10.99	12.13	14.38
		velocity	7.61	9.72	9.59	9.36	9.11		8.75	8.16	7.66	7.19	7.09	7.19	8.17		9.55	8.66	7.30
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	16	15	18	161				

Abe, Takatoshi (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
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT)															*Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*				
date	28-Sep-19	time	5.90	9.63	13.42	17.28	21.31		25.44	29.82	34.30	38.88	43.53		48.97	4 / 3			
reaction time	0.161	interval		3.73	3.79	3.86	4.03		4.13	4.38	4.48	4.58	4.65	5.44			11.38	12.54	13.71
		velocity	7.63	9.38	9.23	9.07	8.68		8.47	7.99	7.81	7.64	7.53	7.35	8.17		9.23	8.37	7.66
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	18	162				

Bergström, Carl (SWE) (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)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	30-Jun-22	time	5.82	9.58	13.38	17.32	21.36	23.06	25.58	29.90	34.32	38.92	43.70		48.97	7 / 5			
reaction time	0.178	interval		3.76	3.80	3.94	4.04		4.22	4.32	4.42	4.60	4.78	5.27			11.50	12.58	13.80
		velocity	7.73	9.31	9.21	8.88	8.66	8.67	8.29	8.10	7.92	7.61	7.32	7.59	8.17		9.13	8.35	7.61
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	19	172				

Matete, Samuel (ZAM) (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 7 - 2000 Olympic Games (Sydney, AUS) *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

date	24-Sep-00	time	5.92	9.64	13.52	17.80	21.64	25.80	30.16	34.52	39.04	43.60		48.98	1 / 1			
reaction time	0.184	interval		3.72	3.88	4.28	3.84	4.16	4.36	4.36	4.52	4.56	5.38			11.88	12.36	13.44
		velocity	7.60	9.41	9.02	8.18	9.11	8.41	8.03	8.03	7.74	7.68	7.43	8.17		8.84	8.50	7.81
H1 lead leg		strides	21	13	13	13	13	13	13	15	15	15	17.8	161.8				

Matete, Samuel (ZAM) (1968)

Semi-Final 3 - 2000 Olympic Games (Sydney, AUS) *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	25-Sep-00	time	6.06	9.82	13.70	17.66	21.66	23.18	25.74	29.98	34.38	38.90	43.50		48.98	6 / 3			
reaction time	0.228	interval		3.76	3.88	3.96	4.00		4.08	4.24	4.40	4.52	4.60	5.48			11.60	12.32	13.52
		velocity	7.43	9.31	9.02	8.84	8.75	8.63	8.58	8.25	7.95	7.74	7.61	7.30	8.17		9.05	8.52	7.77
H1 lead leg		strides	21	13	13	13	13		13	13	13	15	15	18	160				

Plawgo, Marek (POL) (1981)

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	23-Jun-01	time	5.94	9.68	13.54	17.50	21.52		25.60	29.46	34.48	39.10	43.86		48.98	/ 2			
reaction time		interval		3.74	3.86	3.96	4.02		4.08	3.86	5.02	4.62	4.76	5.12			11.56	11.96	14.40
		velocity	7.58	9.36	9.07	8.84	8.71		8.58	9.07	6.97	7.58	7.35	7.81	8.17		9.08	8.78	7.29
H1 lead leg		strides																	

Greene, David (Dai) (GBR) (1986)

Heat 3 - 2012 Olympic Games (London, GBR) *Hillier (2012) - uka 2012 olympic games report: 400m hurdles*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	03-Aug-12	time	6.02	9.76	13.59	17.48	21.52	23.12	25.75	30.04	34.44	39.01	43.64		48.98	1 / 1			
reaction time	0.167	interval		3.74	3.83	3.89	4.04		4.23	4.29	4.40	4.57	4.63	5.34			11.46	12.56	13.60
		velocity	7.48	9.36	9.14	9.00	8.66	8.65	8.27	8.16	7.95	7.66	7.56	7.49	8.17		9.16	8.36	7.72
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	15		152				

Cato, Roxroy (JAM) (1988)

FINAL - 2016 Racers Grand Prix (Kingston, JAM) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	11-Jun-16	time	5.73	9.57		17.60	21.93		26.23	30.47	34.72	39.07			48.98	7 / 2			
reaction time		interval		3.84		8.03	4.33		4.30	4.24	4.25	4.35					11.87	12.87	
		velocity	7.85	9.11		8.72	8.08		8.14	8.25	8.24	8.05			8.17		8.85	8.16	
H1 lead leg	L	strides	22	14			14		15	15	15	15			110				

Copello, Yasmani (TUR) (1987)

FINAL - 2016 European Championships (Amsterdam, NED) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	08-Jul-16	time	5.88	9.56	13.44	17.44	21.48		25.60	29.80	34.24	39.80	43.52		48.98	6 / 1			
reaction time	0.175	interval		3.68	3.88	4.00	4.04		4.12	4.20	4.44	5.56	3.72	5.46			11.56	12.36	13.72
		velocity	7.65	9.51	9.02	8.75	8.66		8.50	8.33	7.88	6.29	9.41	7.33	8.17		9.08	8.50	7.65
H1 lead leg	R	strides	20	13	13	13	13		13		14	14	14	18	145				

Lattin, Amere (USA) (1997)

FINAL - 2019 Pan American Games (Lima, PER) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	08-Aug-19	time	5.80	9.57	13.38	17.25	21.15		25.36	29.69	34.06				48.98	7 / 2			
reaction time	0.175	interval		3.77	3.81	3.87	3.90		4.21	4.33	4.37						11.45	12.44	
		velocity	7.76	9.28	9.19	9.04	8.97		8.31	8.08	8.01				8.17		9.17	8.44	
H1 lead leg	L	strides	20	13	13	13			13	14	14				100				

Kendziera, Dave (USA) (1994)

FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	29-Aug-19	time	5.80	9.52		17.30	21.28	22.9	25.40	29.68		38.80	43.56		48.98	3 / 5			
reaction time	0.156	interval		3.72		7.78	3.98		4.12	4.28		9.12	4.76	5.42			11.50	12.38	13.88
		velocity	7.76	9.41		9.00	8.79	8.73	8.50	8.18		7.68	7.35	7.38	8.17		9.13	8.48	7.56
H1 lead leg	R	strides	20	13			13		13	13			14		86				

Watrin, Julien (BEL) (1992)

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	19-Aug-22	time	6.02	9.62		17.13	21.02	22.63	25.11	29.44	33.89	38.50	43.36		48.98	2 / 6			
reaction time	0.173	interval		3.60		7.51	3.89		4.09	4.33	4.45	4.61	4.86	5.62			11.11	12.31	13.92
		velocity	7.48	9.72		9.32	9.00	8.84	8.56	8.08	7.87	7.59	7.20	7.12	8.17		9.45	8.53	7.54
H1 lead leg	R	strides	21	13			13		13	14	14	14	15	18	135				

Iakovákis, Periklís (GRE) (1979)

Semi-Final 1 - 2002 European Championships (Munich, GER) *Graubner (2009) - http://www.fgs.uni-halle.de*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	08-Aug-02	time	6.15	9.99	13.87	17.82	21.83		25.95	30.15	34.53	39.05	43.71		48.99	/ 4			
reaction time		interval		3.84	3.88	3.95	4.01		4.12	4.20	4.38	4.52	4.66	5.28			11.67	12.33	13.56
		velocity	7.32	9.11	9.02	8.86	8.73		8.50	8.33	7.99	7.74	7.51	7.58	8.16		9.00	8.52	7.74
H1 lead leg		strides																	

Narisako, Kenji (JPN) (1984)

Race A - 2009 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	03-May-09	time	6.06	9.76	13.61	17.48	21.47		25.54	29.81	34.13	38.68	43.43		48.99	/ 1			
reaction time		interval		3.70	3.85	3.87	3.99		4.07	4.27	4.32	4.55	4.75	5.56			11.42	12.33	13.62
		velocity	7.43	9.46	9.09	9.04	8.77		8.60	8.20	8.10	7.69	7.37	7.19	8.16		9.19	8.52	7.71
H1 lead leg		strides		13	13	13	13		13	14	14	15	15		123				

Phillips, Isa (JAM) (1984)

Heat 1 - 2009 IAAF World Championships (Berlin, GER) *Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	15-Aug-09	time	6.05	9.66	13.33	17.18	21.19	25.38	29.79	34.23	38.85	43.55		48.99	8 / 1			
reaction time	0.224	interval		3.61	3.67	3.85	4.01	4.19	4.41	4.44	4.62	4.70	5.44			11.13	12.61	13.76
		velocity	7.44	9.70	9.54	9.09	8.73	8.35	7.94	7.88	7.58	7.45	7.35	8.16		9.43	8.33	7.63
H1 lead leg		strides																

Culson, Javier (PUR) (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 - 2016 Bislett Games (Oslo, NOR) (TV Analysis)																*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date	09-Jun-16	time	5.76	9.40	13.08	17.00	21.04	25.28	29.48	33.84	38.36	43.24		48.99	8 / 2			
reaction time	0.175	interval		3.64	3.68	3.92	4.04	4.24	4.20	4.36	4.52	4.88	5.75			11.24	12.48	13.76
		velocity	7.81	9.62	9.51	8.93	8.66	8.25	8.33	8.03	7.74	7.17	6.96	8.16		9.34	8.41	7.63
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	14	14	17.5	156.5				

Green, Jack (GBR) (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 - 2016 London Anniversary Games (London, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	23-Jul-16	time	6.12	10.00	13.84	17.80	21.92	26.12	30.40	34.72	39.20	43.76		48.99	9 / 5			
reaction time	0.187	interval		3.88	3.84	3.96	4.12	4.20	4.28	4.32	4.48	4.56	5.23			11.68	12.60	13.36
		velocity	7.35	9.02	9.11	8.84	8.50	8.33	8.18	8.10	7.81	7.68	7.65	8.16		8.99	8.33	7.86
H1 lead leg	R	strides	22	14	13	13	14	14	15	15	15	15	18.7	168.7				

Mowatt, Kemar (JAM) (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 IAAF World Championships (London, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	09-Aug-17	time	5.92	9.72	13.52	17.40	21.40	25.64	29.92	34.36	39.00	43.64		48.99	3 / 4			
reaction time	0.189	interval		3.80	3.80	3.88	4.00	4.24	4.28	4.44	4.64	4.64	5.35			11.48	12.52	13.72
		velocity	7.60	9.21	9.21	9.02	8.75	8.25	8.18	7.88	7.54	7.54	7.48	8.16		9.15	8.39	7.65
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	18	164				

Barr, Thomas (IRL) (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)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	21-Jul-18	time	6.04	9.84	13.76	17.76	21.80	25.96	30.40	34.80	39.28	43.80		48.99	8 / 3			
reaction time	0.186	interval		3.80	3.92	4.00	4.04	4.16	4.44	4.40	4.48	4.52	5.19			11.72	12.64	13.40
		velocity	7.45	9.21	8.93	8.75	8.66	8.41	7.88	7.95	7.81	7.74	7.71	8.16		8.96	8.31	7.84
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14	18	160				

Kendziera, Dave (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 - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	06-Jun-19	time	5.82	9.65	13.49	17.50	21.55	25.76	29.99	34.46	39.01	43.67		48.99	9 / 2			
reaction time	0.142	interval		3.83	3.84	4.01	4.05	4.21	4.23	4.47	4.55	4.66	5.32			11.68	12.49	13.68
		velocity	7.73	9.14	9.11	8.73	8.64	8.31	8.27	7.83	7.69	7.51	7.52	8.16		8.99	8.41	7.68
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	14	14	17	157				

Kendziera, Dave (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 - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	10-Sep-19	time	5.80	9.56	13.40	17.23	21.20	25.33	29.73	34.16	38.76	43.46		48.99	6 / 1			
reaction time	0.157	interval		3.76	3.84	3.83	3.97	4.13	4.40	4.43	4.60	4.70	5.53			11.43	12.50	13.73
		velocity	7.76	9.31	9.11	9.14	8.82	8.47	7.95	7.90	7.61	7.45	7.23	8.16		9.19	8.40	7.65
H1 lead leg	R	strides		13	13	13	13	13	13	14	14	14	18.2	138.2				

Bédi, Tibor (HUN) (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)																*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date	25-Aug-99	time	5.65	9.53	13.57	17.62	21.72	25.93	30.16	34.50	38.85	43.28		49.00	8 / 6			
reaction time	0.215	interval		3.88	4.04	4.05	4.10	4.21	4.23	4.34	4.35	4.43	5.72	PB		11.97	12.54	13.12
		velocity	7.96	9.02	8.66	8.64	8.54	8.31	8.27	8.06	8.05	7.90	6.99	8.16		8.77	8.37	8.00
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	19.5	171.5				

Diagana, Stéphane (FRA) (1969)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2003 IAAF World Championships (Paris, FRA)																*Behm (2003) - Paris 2003:Le quatrache masculn - féminin*			
date	26-Aug-03	time	5.8	9.5	13.3	17.1	20.9	25.1	29.4	34.1	38.7	43.5		49.00	7 / 3			
reaction time	0.186	interval		3.7	3.8	3.8	3.8	4.2	4.3	4.7	4.6	4.8	5.50			11.30	12.30	14.10
		velocity	7.76	9.46	9.21	9.21	9.21	8.33	8.14	7.45	7.61	7.29	7.27	8.16		9.29	8.54	7.45
H1 lead leg		strides	21	13	13	13	13	13	14	14	15	15	18	162				

Plawgo, Marek (POL) (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 - 2004 Olympic Games (Athîna, GRE)																*Behm (2005) - Athènes 2004: Les Haies Basses*			
date	26-Aug-04	time	6.0	9.6	13.3	17.2	21.2	25.3	29.8	34.3	38.9	43.7		49.00	3 / 6			
reaction time	0.242	interval		3.6	3.7	3.9	4.0	4.1	4.5	4.5	4.6	4.8	5.30			11.20	12.60	13.90
		velocity	7.50	9.72	9.46	8.97	8.75	8.54	7.78	7.78	7.61	7.29	7.55	8.16		9.38	8.33	7.55
H1 lead leg	L	strides	20	13	13	13	13	13	14	14	15	15		143				

Narisako, Kenji (JPN) (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 2 - 2005 IAAF World Championships (Helsinki, FIN)																*Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers*			
date	07-Aug-05	time	6.08	9.88	13.77	17.69	21.66	25.75	30.07	34.47	39.02	43.64		49.00	1 / 3			
reaction time	0.158	interval		3.80	3.89	3.92	3.97	4.09	4.32	4.40	4.55	4.62	5.36			11.61	12.38	13.57
		velocity	7.40	9.21	9.00	8.93	8.82	8.56	8.10	7.95	7.69	7.58	7.46	8.16		9.04	8.48	7.74
H1 lead leg		strides		13	13	13	13	13	14	14	15	15		123				

Narisako, Kenji (JPN) (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 Osaka Grand Prix (Osaka, JPN)																*Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers*			
date	10-May-08	time	5.97	9.59	13.36	17.16	21.11	25.21	29.56	33.98	38.58	43.37		49.00	9 / 1			

reaction time		interval		3.62	3.77	3.80	3.95		4.10	4.35	4.42	4.60	4.79	5.63			11.19	12.40	13.81
		velocity	7.54	9.67	9.28	9.21	8.86		8.54	8.05	7.92	7.61	7.31	7.10	8.16		9.38	8.47	7.60
H1 lead leg		strides		13	13	13	13		13	14	14	15	15		123				

McFarlane, Danny (JAM) (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 - 2008 IAAF World Athletics Final (Stuttgart, GER)																*Graubner (2009) - http://www.fgs.uni-halle.de*			
date	13-Sep-08	time	6.05	9.78	13.61	17.52	21.54		25.59	29.94	34.33	38.89	43.62		49.00	5 / 2			
reaction time	0.166	interval		3.73	3.83	3.91	4.02		4.05	4.35	4.39	4.56	4.73	5.38			11.47	12.42	13.68
		velocity	7.44	9.38	9.14	8.95	8.71		8.64	8.05	7.97	7.68	7.40	7.43	8.16		9.15	8.45	7.68
H1 lead leg		strides																	

Holmes, TJ (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 IAAF World Championships (London, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	09-Aug-17	time	6.04	9.88	13.84	17.80	21.84		25.92	30.24	34.64	39.20	43.72		49.00	7 / 5			
reaction time	0.210	interval		3.84	3.96	3.96	4.04		4.08	4.32	4.40	4.56	4.52	5.28			11.76	12.44	13.48
		velocity	7.45	9.11	8.84	8.84	8.66		8.58	8.10	7.95	7.68	7.74	7.58	8.16		8.93	8.44	7.79
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17.2	158.2				

Holmes, TJ (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 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	31-May-18	time	5.96	9.72	13.60	17.56	21.60		25.88	30.20	34.68	39.40	43.92		49.00	3 / 4			
reaction time	0.194	interval		3.76	3.88	3.96	4.04		4.28	4.32	4.48	4.72	4.52	5.08			11.60	12.64	13.72
		velocity	7.55	9.31	9.02	8.84	8.66		8.18	8.10	7.81	7.42	7.74	7.87	8.16		9.05	8.31	7.65
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17	156				

Agyekum, Emil (GER) (1999)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	20-Aug-23	time	6.16		13.83		21.43			29.86	34.33	39.03	43.76		49.00	1 / 6			
reaction time	0.232	interval			7.67		7.60			8.43	4.47	4.70	4.73	5.24					13.90
		velocity	7.31		9.13		9.21			8.30	7.83	7.45	7.40	7.63	8.16				7.55
H1 lead leg	R	strides	20						13		14	15	15	18	95				

Horbenko, Hennadiy (UKR) (1975)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2000 Olympic Games (Sydney, AUS)																*Ditroilo (2004) - analysis of the race distribution for male 400m hurdles at the sydney olympics (in Jarver (ed) - the hurdles, 2004)*			
date	27-Sep-00	time	6.26	10.02	13.90	17.70	21.70	23.18	25.70	29.90	34.34	38.90	43.58		49.01	7 / 8			
reaction time	0.395	interval		3.76	3.88	3.80	4.00		4.00	4.20	4.44	4.56	4.68	5.43			11.44	12.20	13.68
		velocity	7.19	9.31	9.02	9.21	8.75	8.63	8.75	8.33	7.88	7.68	7.48	7.37	8.16		9.18	8.61	7.68
H1 lead leg		strides	20	13	13	13	13		13	13	14	14	14		140				

Diagana, Stéphane (FRA) (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 - 2002 European Championships (Munich, GER)																*Graubner (2009) - http://www.fgs.uni-halle.de*			
date	08-Aug-02	time	5.97	9.66	13.44	17.26	21.20		25.32	29.69	34.14	38.82	43.53		49.01	/ 1			
reaction time		interval		3.69	3.78	3.82	3.94		4.12	4.37	4.45	4.68	4.71	5.48			11.29	12.43	13.84
		velocity	7.54	9.49	9.26	9.16	8.88		8.50	8.01	7.87	7.48	7.43	7.30	8.16		9.30	8.45	7.59
H1 lead leg		strides																	

Jackson, Bershawn (USA) (1983)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Championships (Palo Alto, CA)																*USATF Women's Sprint Development (2003)*			
date	22-Jun-03	time	5.97	9.84	13.85	17.92	22.04		26.18	30.30	34.47	38.91	43.56		49.01	4 / ~~2~~ 1			
reaction time		interval		3.87	4.01	4.07	4.12		4.14	4.12	4.17	4.44	4.65	5.45			11.95	12.38	13.26
		velocity	7.54	9.04	8.73	8.60	8.50		8.45	8.50	8.39	7.88	7.53	7.34	8.16		8.79	8.48	7.92
H1 lead leg		strides																	

Narisako, Kenji (JPN) (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 - 2007 Japanese National Championships (Osaka, JPN)																*Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers*			
date	30-Jun-07	time	5.99	9.68	13.42	17.24	21.16		25.23	29.55	34.00	38.59	43.31		49.01	/ 2			
reaction time		interval		3.69	3.74	3.82	3.92		4.07	4.32	4.45	4.59	4.72	5.70			11.25	12.31	13.76
		velocity	7.51	9.49	9.36	9.16	8.93		8.60	8.10	7.87	7.63	7.42	7.02	8.16		9.33	8.53	7.63
H1 lead leg		strides		13	13	13	13		13	14	14	15	15		123				

Narisako, Kenji (JPN) (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 - 2010 Japanese National Championships (Marugume, JPN)																*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*			
date	05-Jun-10	time	6.07	9.86	13.71	17.60	21.59		25.73	30.07	34.51	39.01	43.58		49.01	/ 1			
reaction time	0.165	interval		3.79	3.85	3.89	3.99		4.14	4.34	4.44	4.50	4.57	5.43			11.53	12.47	13.51
		velocity	7.41	9.23	9.09	9.00	8.77		8.45	8.06	7.88	7.78	7.66	7.37	8.16		9.11	8.42	7.77
H1 lead leg		strides		13	13	13	13		13	14	14	15	15		123				

Dobek, Patryk (POL) (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 Shanghai Golden Grand Prix (Shanghai, CHN)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	14-May-16	time	5.92	9.68	13.52	17.52	21.56		25.72	30.08	34.48	39.08	43.68		49.01	1 / 2			
reaction time	0.178	interval		3.76	3.84	4.00	4.04		4.16	4.36	4.40	4.60	4.60	5.33			11.60	12.56	13.60
		velocity	7.60	9.31	9.11	8.75	8.66		8.41	8.03	7.95	7.61	7.61	7.50	8.16		9.05	8.36	7.72
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.5	159.5				

Samuel, Cameron (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)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	25-Jun-21	time	6.00	9.87	13.78	17.77	21.80		26.06	30.49	35.00	39.47	43.94		49.01	5 / 2			
reaction time	0.154	interval		3.87	3.91	3.99	4.03		4.26	4.43	4.51	4.47	4.47	5.07			11.77	12.72	13.45

		velocity	7.50	9.04	8.95	8.77	8.68		8.22	7.90	7.76	7.83	7.83	7.89	8.16		8.92	8.25	7.81
H1 lead leg	R	strides		14	14	14	14			15	15	15	15	18	134				

Happio, Wilfried (FRA) (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 Bislett Games (Oslo, NOR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 16-Jun-22	time	5.76	9.40	13.22	17.12	21.10	22.81	25.28	29.72	34.12	38.80	43.48		49.01	3 / 3			
reaction time 0.150	interval		3.64	3.82	3.90	3.98		4.18	4.44	4.40	4.68	4.68	5.53	PB		11.36	12.60	13.76
	velocity	7.81	9.62	9.16	8.97	8.79	8.77	8.37	7.88	7.95	7.48	7.48	7.23	8.16		9.24	8.33	7.63
H1 lead leg L	strides	20	13	13	13	13		13	14	14	15	15	18	161				

Watrin, Julien (BEL) (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)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 30-Jun-22	time	5.92	9.58	13.38	17.24	21.22	22.87	25.32	29.62	34.06	38.66	43.42		49.01	2 / 6			
reaction time 0.216	interval		3.66	3.80	3.86	3.98		4.10	4.30	4.44	4.60	4.76	5.59			11.32	12.38	13.80
	velocity	7.60	9.56	9.21	9.07	8.79	8.75	8.54	8.14	7.88	7.61	7.35	7.16	8.16		9.28	8.48	7.61
H1 lead leg R	strides	21	13	13	13	13		13	14	14	15	15	17.7	161.7				

Allen, CJ (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 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 06-Aug-22	time	5.86	9.56	13.50	17.46	21.53	23.21	25.66	29.93	34.30	38.83	43.53		49.01	7 / 6			
reaction time 0.152	interval		3.70	3.94	3.96	4.07		4.13	4.27	4.37	4.53	4.70	5.48			11.60	12.47	13.60
	velocity	7.68	9.46	8.88	8.84	8.60	8.62	8.47	8.20	8.01	7.73	7.45	7.30	8.16		9.05	8.42	7.72
H1 lead leg L	strides	20	13	13	13	13		13	14	14		15	18	146				

Silva, Carlos (POR) (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 European Championships (Budapest, HUN)														*Behm (1998) - analyse et commentaries: le 400m haies: Pavel la surprise!*			
date 20-Aug-98	time	6.1	9.8	13.6	17.5	21.5		25.6	29.7	34.0	38.5	43.3		49.02	6 / 4			
reaction time	interval		3.7	3.8	3.9	4.0		4.1	4.1	4.3	4.5	4.8	5.72			11.40	12.20	13.60
	velocity	7.38	9.46	9.21	8.97	8.75		8.54	8.54	8.14	7.78	7.29	6.99	8.16		9.21	8.61	7.72
H1 lead leg L	strides	20	13	13	13	14		14	15	15	15	15	19.5	166.5				

Tinsley, Michael (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 - 2016 Bislett Games (Oslo, NOR) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 09-Jun-16	time	5.84	9.52	13.28	17.20	21.32		25.64	29.96	34.40	38.92	43.60		49.02	5 / 3			
reaction time 0.121	interval		3.68	3.76	3.92	4.12		4.32	4.32	4.44	4.52	4.68	5.42			11.36	12.76	13.64
	velocity	7.71	9.51	9.31	8.93	8.50		8.10	8.10	7.88	7.74	7.48	7.38	8.16		9.24	8.23	7.70
H1 lead leg L	strides	21	13	13	13	14		14	14	14	15	15	18	164				

Kendziera, Dave (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 - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 21-Jul-18	time	5.80	9.64			21.60		25.72	30.04	34.52	39.04	43.64		49.02	3 / 4			
reaction time 0.167	interval		3.84			11.96		4.12	4.32	4.48	4.52	4.60	5.38					13.60
	velocity	7.76	9.11			8.78		8.50	8.10	7.81	7.74	7.61	7.43	8.16				7.72
H1 lead leg R	strides	20	13					13	13	14	14	15	18	120				

Barr, Thomas (IRL) (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 3 - 2019 IAAF World Championships (Doha, QAT)														*Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*			
date 28-Sep-19	time	5.87	9.62	13.44	17.31	21.34		25.47	29.85	34.28	38.83	43.51		49.02	7 / 4			
reaction time 0.131	interval		3.75	3.82	3.87	4.03		4.13	4.38	4.43	4.55	4.68	5.51			11.44	12.54	13.66
	velocity	7.67	9.33	9.16	9.04	8.68		8.47	7.99	7.90	7.69	7.48	7.26	8.16		9.18	8.37	7.69
H1 lead leg L	strides	21	13	13	13	13		13	14	14	14	14	18.2	160.2				

Kharlov, Aleksandr (URS) (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 (Helsinki, FIN)														*McFarlane (1988) - The Science of Hurdling*			
date 09-Aug-83	time	5.79	9.58	13.75		21.80		25.80	29.97	34.47	39.05	43.76		49.03	1 / 3			
reaction time	interval		3.79	4.17		8.05		4.00	4.17	4.50	4.58	4.71	5.27					13.79
	velocity	7.77	9.23	8.39		8.70		8.75	8.39	7.78	7.64	7.43	7.59	8.16				7.61
H1 lead leg L	strides	21	13	13	13	13		13	13	13	13	13	17	155				

Moses, Edwin (USA) (1955)

	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)														*Sušanka (1990) - time analyis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*			
date 30-Aug-87	time	5.90	9.75	13.69	17.62	21.68		25.77	30.07	34.44	38.96	43.60		49.03	2 / 1			
reaction time	interval		3.85	3.94	3.93	4.06		4.09	4.30	4.37	4.52	4.64	5.43			11.72	12.45	13.53
	velocity	7.63	9.09	8.88	8.91	8.62		8.56	8.14	8.01	7.74	7.54	7.37	8.16		8.96	8.43	7.76
H1 lead leg L	strides	19	13	13	13	13		13	13	13	13	13	15.8	151.8				

Meng Yan (CHN) (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 - 2006 Asian Grand Prix (Bengaluru, IND)														*Meng (2009) - a comparative study on rhythm changes between hurdles of chinese and foreign 400m hurdlers*			
date 22-May-06	time	5.85	9.60	13.47	17.52	21.62		25.87	30.25	34.70	39.20	43.83		49.03	/ 1			
reaction time	interval		3.75	3.87	4.05	4.10		4.25	4.38	4.45	4.50	4.63	5.20	NR PB		11.67	12.73	13.58
	velocity	7.69	9.33	9.04	8.64	8.54		8.24	7.99	7.87	7.78	7.56	7.69	8.16		9.00	8.25	7.73
H1 lead leg	strides	21	13	13	13	13		13	14	14	15	15	18	162				

Selmon, Kenny (USA) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 28-May-21	time	6.17	9.91	13.85	17.78	21.85	23.5	25.96	30.23	34.57	39.07	43.71		49.03	7 / 5			
reaction time 0.314	interval		3.74	3.94	3.93	4.07		4.11	4.27	4.34	4.50	4.64	5.32			11.61	12.45	13.48
	velocity	7.29	9.36	8.88	8.91	8.60	8.51	8.52	8.20	8.06	7.78	7.54	7.52	8.16		9.04	8.43	7.79

H1 lead leg	R	strides	21	13	13	13			13	13	13	14	14		127				
Selmon, Kenny (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 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	24-Jun-21	time	6.00	9.78	13.68	17.65	21.72			30.13	34.50	39.10	43.71		49.03	3 / 1			
reaction time	0.190	interval		3.78	3.90	3.97	4.07			8.41	4.37	4.60	4.61	5.32			11.65	12.48	13.58
		velocity	7.50	9.26	8.97	8.82	8.60			8.32	8.01	7.61	7.59	7.52	8.16		9.01	8.41	7.73
H1 lead leg	R	strides		13	13	13	13				13	14	14	16.7	109.7				
Jackson, Bershawn (USA) (1983)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2016 Prefontaine Classic (Eugene, OR) (TV Analysis)										*(H8 5m short)*					*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	28-May-16	time	5.76	9.60	13.72	17.96	22.24		26.40	30.48	34.24	39.16	43.72		49.04	4 / 3			
reaction time		interval		3.84	4.12	4.24	4.28		4.16	4.08	3.76	4.92	4.56	5.32			12.20	12.52	13.24
		velocity	7.81	9.11	8.50	8.25	8.18		8.41	8.58	7.98	8.13	7.68	7.52	8.16		8.61	8.39	7.93
H1 lead leg	L	strides	22	15	15	15	15		15			17	15	19	148				
Jackson, Bershawn (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 - 2017 Athletissima (Lausanne, SUI) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	06-Jul-17	time	5.72	9.64	13.84	18.12	22.32		26.44	30.56	34.76	39.12	43.64		49.04	3 / 4			
reaction time	0.140	interval		3.92	4.20	4.28	4.20		4.12	4.12	4.20	4.36	4.52	5.40			12.40	12.44	13.08
		velocity	7.87	8.93	8.33	8.18	8.33		8.50	8.50	8.33	8.03	7.74	7.41	8.16		8.47	8.44	8.03
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				
Santos, Juander (DOM) (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 IAAF World Championships (London, GBR) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	09-Aug-17	time	5.84	9.64	13.52	17.40	21.32		25.44	29.76	34.28	38.84	43.52		49.04	2 / 6			
reaction time	0.158	interval		3.80	3.88	3.88	3.92		4.12	4.32	4.52	4.56	4.68	5.52			11.56	12.36	13.76
		velocity	7.71	9.21	9.02	9.02	8.93		8.50	8.10	7.74	7.68	7.48	7.25	8.16		9.08	8.50	7.63
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	15	19	171				
Mägi, Rasmus (EST) (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 Athletissima (Lausanne, SUI) (TV Analysis)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	05-Jul-18	time	6.00	9.80	13.72		21.64		25.72	30.16	34.56	39.12	43.72		49.04	2 / 5			
reaction time	0.159	interval		3.80	3.92		7.92		4.08	4.44	4.40	4.56	4.60	5.32					13.56
		velocity	7.50	9.21	8.93		8.84		8.58	7.88	7.95	7.68	7.61	7.52	8.16				7.74
H1 lead leg	L	strides	21	13	13				13	14		14	14	17	119				
Holmes, TJ (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 Meeting de Paris (Paris, FRA) (TV Analysis)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	24-Aug-19	time	5.86	9.56	13.30	17.32	21.46	23.2	25.62	29.94	34.40	39.12	43.80		49.04	6 / 5			
reaction time	0.197	interval		3.70	3.74	4.02	4.14		4.16	4.32	4.46	4.72	4.68	5.24			11.46	12.62	13.86
		velocity	7.68	9.46	9.36	8.71	8.45	8.62	8.41	8.10	7.85	7.42	7.48	7.63	8.16		9.16	8.32	7.58
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17	156				
Copello, Yasmani (TUR) (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 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)															*Henson (2020) - Athlete First: 2020 year end hurdle report*				
date	14-Aug-20	time	5.81	9.44	13.25	17.15	21.12		25.25	29.63	34.07	38.67	43.44		49.04	5 / 2			
reaction time	0.192	interval		3.63	3.81	3.90	3.97		4.13	4.38	4.44	4.60	4.77	5.60			11.34	12.48	13.81
		velocity	7.75	9.64	9.19	8.97	8.82		8.47	7.99	7.88	7.61	7.34	7.14	8.16		9.26	8.41	7.60
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	18	159				
Rosser, Khallifah (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)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	25-Jun-21	time	5.93	9.63	13.37	17.17	21.13			29.63	33.97	38.58	43.43		49.04	4 / 2			
reaction time	0.209	interval		3.70	3.74	3.80	3.96			8.50	4.34	4.61	4.85	5.61			11.24	12.46	13.80
		velocity	7.59	9.46	9.36	9.21	8.84			8.24	8.06	7.59	7.22	7.13	8.16		9.34	8.43	7.61
H1 lead leg	R	strides		13	13	13	13		14		14	15	15	18.5	128.5				
Mägi, Rasmus (EST) (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 Bauhaus Galan (Stockholm, SWE)															*Omega Timing (2023) - diamond league race analysis*				
date	02-Jul-23	time	5.92	9.69	13.48	17.27	21.16		25.20	29.50	34.02	38.65	43.38		49.04	3 / 3			
reaction time	0.165	interval		3.77	3.79	3.79	3.89		4.04	4.30	4.52	4.63	4.73	5.66			11.35	12.23	13.88
		velocity	7.60	9.28	9.23	9.23	9.00		8.66	8.14	7.74	7.56	7.40	7.07	8.16		9.25	8.59	7.56
H1 lead leg	R	strides	21	13		13	13		13	14		14	15	18	134				
Mori, Fabrizio (ITA) (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 - 2002 European Championships (Munich, GER)															*Graubner (2009) - http://www.fgs.uni-halle.de*				
date	09-Aug-02	time	6.24	10.16	14.14	18.20	22.22		26.36	30.64	35.02	39.42	43.88		49.05	/ 4			
reaction time	0.133	interval		3.92	3.98	4.06	4.02		4.14	4.28	4.38	4.40	4.46	5.17			11.96	12.44	13.24
		velocity	7.21	8.93	8.79	8.62	8.71		8.45	8.18	7.99	7.95	7.85	7.74	8.15		8.78	8.44	7.93
H1 lead leg		strides																	
Toyoda, Masaki (JPN) (1998)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)															*Yamanaka (2019) - research on athlete performance and technique- 2019 data book*				
date	29-Jun-19	time	5.92	9.74	13.61	17.65	21.69		25.88	30.16	34.53	38.99	43.68		49.05	7 / 2			
reaction time	0.172	interval		3.82	3.87	4.04	4.04		4.19	4.28	4.37	4.46	4.69	5.37	PB		11.73	12.51	13.52
		velocity	7.60	9.16	9.04	8.66	8.66		8.35	8.18	8.01	7.85	7.46	7.45	8.15		8.95	8.39	7.77
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18.5	168.5				

Kendziera, Dave (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 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	25-Jun-21	time	6.00	9.82	13.70	17.58	21.55		25.72	30.10	34.56	39.10	43.91		49.05	8 / 3			
reaction time	0.190	interval		3.82	3.88	3.88	3.97		4.17	4.38	4.46	4.54	4.81	5.14			11.58	12.52	13.81
		velocity	7.50	9.16	9.02	9.02	8.82		8.39	7.99	7.85	7.71	7.28	7.78	8.15		9.07	8.39	7.60
H1 lead leg	R	strides		13	13	13	13		13	13	14	14	14	18	138				

Lambrughi, Mario (ITA) (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 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	20-Aug-23	time	5.90	9.86	13.66	17.56	21.40		25.53		34.40	39.03	43.73		49.05	1 / 6			
reaction time	0.129	interval		3.96	3.80	3.90	3.84		4.13		8.87	4.63	4.70	5.32			11.66		
		velocity	7.63	8.84	9.21	8.97	9.11		8.47		7.89	7.56	7.45	7.52	8.15		9.01		
H1 lead leg	R	strides	22	14	14	14	14		14			15	15	18.5	140.5				

Morgan, Dinsdale (JAM) (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 IAAF World Championships (Athens, GRE)															*Hommel (1999) - biomechanical research project, athens 1997: final report*				
date	04-Aug-97	time	5.96	9.68	13.52	17.45	21.48		25.56	29.86	34.32	38.96	43.70		49.06	7 / 7			
reaction time	0.152	interval		3.72	3.84	3.93	4.03		4.08	4.30	4.46	4.64	4.74	5.36			11.49	12.41	13.84
		velocity	7.55	9.41	9.11	8.91	8.68		8.58	8.14	7.85	7.54	7.38	7.46	8.15		9.14	8.46	7.59
H1 lead leg		strides																	

Zellner, Torrance (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 - 1999 IAAF World Championships (Sevilla, ESP)															*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*				
date	27-Aug-99	time	5.66	9.38	13.10	16.88	20.68		24.72	28.92	33.49	38.05	42.86		49.06	1 / 8			
reaction time	0.133	interval		3.72	3.72	3.78	3.80		4.04	4.20	4.57	4.56	4.81	6.20			11.22	12.04	13.94
		velocity	7.95	9.41	9.41	9.26	9.21		8.66	8.33	7.66	7.68	7.28	6.45	8.15		9.36	8.72	7.53
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	15	18	159				

Mägi, Rasmus (EST) (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 - 2014 European Championships (Zurich, SUI)															*Green (2015) - twitter.com/jackpgreen (from Behm?)*				
date	15-Aug-14	time	6.10	9.90	13.78	17.70	21.74		25.86	30.26	34.70	39.30	43.90		49.06	/ 2			
reaction time	0.156	interval		3.80	3.88	3.92	4.04		4.12	4.40	4.44	4.60	4.60	5.16			11.60	12.56	13.64
		velocity	7.38	9.21	9.02	8.93	8.66		8.50	7.95	7.88	7.61	7.61	7.75	8.15		9.05	8.36	7.70
H1 lead leg	L	strides		13	13	13	13		13	14	14	14	14		121				

Fernández, Sérgio (ESP) (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 European Championships (Amsterdam, NED) (TV Analysis)															*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	08-Jul-16	time	6.04	9.88	13.84	17.96	22.04		26.16	30.28	34.68	39.20	43.84		49.06	5 / 2			
reaction time	0.138	interval		3.84	3.96	4.12	4.08		4.12	4.12	4.40	4.52	4.64	5.22			11.92	12.32	13.56
		velocity	7.45	9.11	8.84	8.50	8.58		8.50	8.50	7.95	7.74	7.54	7.66	8.15		8.81	8.52	7.74
H1 lead leg	L	strides	20	13	13	13	13		13		14	14	14	17.5	144.5				

Levingston, Isaiah (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 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	24-Jun-21	time	5.97	9.84	13.81	17.85	21.99		26.20	30.46	34.80	39.20	43.78		49.06	8 / 2			
reaction time	0.192	interval		3.87	3.97	4.04	4.14		4.21	4.26	4.34	4.40	4.58	5.28			11.88	12.61	13.32
		velocity	7.54	9.04	8.82	8.66	8.45		8.31	8.22	8.06	7.95	7.64	7.58	8.15		8.84	8.33	7.88
H1 lead leg	L	strides		13	13	13	13		13	13	13	13	13	16	133				

Benjamin, Rai (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 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	16-Jul-22	time	6.00	9.77	13.66	17.60	21.67	23.39	25.77	29.87	34.17	38.63	43.33		49.06	4 / 1			
reaction time	0.156	interval		3.77	3.89	3.94	4.07		4.10	4.10	4.30	4.46	4.70	5.73			11.60	12.27	13.46
		velocity	7.50	9.28	9.00	8.88	8.60	8.55	8.54	8.54	8.14	7.85	7.45	6.98	8.15		9.05	8.56	7.80
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.5	153.5				

Mori, Fabrizio (ITA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 1999 IAAF World Championships (Sevilla, ESP)															*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*				
date	24-Aug-99	time	5.96	9.84	13.78	17.68	21.72		25.92	30.22	34.70	39.11	43.59		49.07	6 / 1			
reaction time	0.152	interval		3.88	3.94	3.90	4.04		4.20	4.30	4.48	4.41	4.48	5.48			11.72	12.54	13.37
		velocity	7.55	9.02	8.88	8.97	8.66		8.33	8.14	7.81	7.94	7.81	7.30	8.15		8.96	8.37	7.85
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169				

Diagana, Stéphane (FRA) (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 European Championships (Bremen, GER)															*Graubner (2007) - http://www.fgs.uni-halle.de*				
date	23-Jun-01	time	6.03	9.78	13.62	17.52	21.41		25.46	29.60	34.16	38.90	43.73		49.07	/ 3			
reaction time		interval		3.75	3.84	3.90	3.89		4.05	4.14	4.56	4.74	4.83	5.34			11.49	12.08	14.13
		velocity	7.46	9.33	9.11	8.97	9.00		8.64	8.45	7.68	7.38	7.25	7.49	8.15		9.14	8.69	7.43
H1 lead leg		strides																	

Mužík, Jirí (CZE) (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)															*Behm (2001) - Edmonton: Le quatrache: les finales*				
date	10-Aug-01	time	5.9	9.8	13.4	17.3	21.3		25.3	29.5	34.0	38.5	43.2		49.07	8 / ~~8~~ 7			
reaction time	0.203	interval		3.9	3.6	3.9	4.0		4.0	4.2	4.5	4.5	4.7	5.87			11.40	12.20	13.70
		velocity	7.63	8.97	9.72	8.97	8.75		8.75	8.33	7.78	7.78	7.45	6.81	8.15		9.21	8.61	7.66
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15		146				

Iakovákis, Periklís (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 - 2002 European Championships (Munich, GER)																*Graubner (2009) - http://www.fgs.uni-halle.de*			
date	09-Aug-02	time	6.11	9.91	13.75	17.69	21.67		25.75	30.05	34.42	39.02	43.78		49.07	/ 5			
reaction time	0.163	interval		3.80	3.84	3.94	3.98		4.08	4.30	4.37	4.60	4.76	5.29			11.58	12.36	13.73
		velocity	7.36	9.21	9.11	8.88	8.79		8.58	8.14	8.01	7.61	7.35	7.56	8.15		9.07	8.50	7.65
H1 lead leg		strides																	

Myburgh, Alwyn (RSA) (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 (Athîna, GRE)																*Behm (2005) - Athènes 2004: Les Haies Basses*			
date	26-Aug-04	time	5.9	9.5	13.2	17.0	21.2		25.3	29.4	33.9	38.5	43.3		49.07	1 / 7			
reaction time	0.150	interval		3.6	3.7	3.8	4.2		4.1	4.1	4.5	4.6	4.8	5.77			11.10	12.40	13.90
		velocity	7.63	9.72	9.46	9.21	8.33		8.54	8.54	7.78	7.61	7.29	6.93	8.15		9.46	8.47	7.55
H1 lead leg	R	strides	21	14	14	14	14		14	14	15	15	15	19	169				

Narisako, Kenji (JPN) (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 - 2004 Seiko Super Grand Prix (Yokohama, JPN)																*Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers*			
date	23-Sep-04	time	5.99	9.63	13.43	17.37	21.37		25.52	29.91	34.36	38.91	43.58		49.07	/ 4			
reaction time		interval		3.64	3.80	3.94	4.00		4.15	4.39	4.45	4.55	4.67	5.49	PB		11.38	12.54	13.67
		velocity	7.51	9.62	9.21	8.88	8.75		8.43	7.97	7.87	7.69	7.49	7.29	8.15		9.23	8.37	7.68
H1 lead leg		strides		13	13	13	13		13	15	15	15	15		125				

Carter, James (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
Heat 2 - 2007 USATF National Championships (Indianapolis, IN)																*USATF Men's Hurdle Development (2007)*			
date	21-Jun-07	time	5.97	9.68	13.56	17.58	21.65		25.86	30.24	34.65	39.22	43.91		49.07	8 / 1			
reaction time		interval		3.71	3.88	4.02	4.07		4.21	4.38	4.41	4.57	4.69	5.16			11.61	12.66	13.67
		velocity	7.54	9.43	9.02	8.71	8.60		8.31	7.99	7.94	7.66	7.46	7.75	8.15		9.04	8.29	7.68
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14		142				

Nozawa, Keisuke (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 - 2016 Shizuoka International Athletics Meeting (Fukuroi, JPN)																*Morioka (2016) - race pattern of top 400m hurdlers in japan*			
date	03-May-16	time	5.94	9.56	13.26	17.10	21.09		25.13	29.38	33.93	38.68	43.53		49.07	/ 1			
reaction time		interval		3.62	3.70	3.84	3.99		4.04	4.25	4.55	4.75	4.85	5.54	PB		11.16	12.28	14.15
		velocity	7.58	9.67	9.46	9.11	8.77		8.66	8.24	7.69	7.37	7.22	7.22	8.15		9.41	8.55	7.42
H1 lead leg		strides		13	13	14	14		14	14	15	15	15		127				

Smidt, Nick (NED) (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 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	06-Aug-22	time	5.93	9.70	13.53	17.53	21.56	23.28	25.73	30.03		38.90	43.56		49.07	9 / 7			
reaction time	0.154	interval		3.77	3.83	4.00	4.03		4.17	4.30		8.87	4.66	5.51	PB		11.60	12.50	13.53
		velocity	7.59	9.28	9.14	8.75	8.68	8.59	8.39	8.14		7.89	7.51	7.26	8.15		9.05	8.40	7.76
H1 lead leg	L	strides	20	13	13		13		14	14			14		101				

Keïta, Naman (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
Heat 2 - 2003 IAAF World Championships (Paris, FRA)																*Behm (2003) - Paris 2003:Le quatrache masculn - féminin*			
date	26-Aug-03	time	5.7	9.7	13.4	17.3	21.3		25.5	29.7	34.2	38.8	43.6		49.08	5 / 5			
reaction time	0.232	interval		4.0	3.7	3.9	4.0		4.2	4.2	4.5	4.6	4.8	5.48			11.60	12.40	13.90
		velocity	7.89	8.75	9.46	8.97	8.75		8.33	8.33	7.78	7.61	7.29	7.30	8.15		9.05	8.47	7.55
H1 lead leg		strides	21	12	12	13	12		13	13	13	13	14	17.5	153.5				

Clement, Kerron (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 - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)																*Henson (2021) - Athlete First: major championships report*			
date	15-Aug-13	time	5.93	9.70	13.53	17.33	21.27		25.37	29.50	34.03	38.70	43.50		49.08	1 / 8			
reaction time	0.165	interval		3.77	3.83	3.80	3.94		4.10	4.13	4.53	4.67	4.80	5.58			11.40	12.17	14.00
		velocity	7.59	9.28	9.14	9.21	8.88		8.54	8.47	7.73	7.49	7.29	7.17	8.15		9.21	8.63	7.50
H1 lead leg	R	strides	20	13	13	13	13		13	13		15	15	16.7	144.7				

Jackson, Bershawn (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 - 2018 Doha Diamond League (Doha, QAT) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	04-May-18	time	5.72	9.56	13.64	17.84	22.04		26.20	30.32	34.56	39.00	43.60		49.08	2 / 2			
reaction time	0.176	interval		3.84	4.08	4.20	4.20		4.16	4.12	4.24	4.44	4.60	5.48			12.12	12.48	13.28
		velocity	7.87	9.11	8.58	8.33	8.33		8.41	8.50	8.25	7.88	7.61	7.30	8.15		8.66	8.41	7.91
H1 lead leg	L	strides	22	15	15	15	15		15	15	15		15	19	161				

Copello, Yasmani (TUR) (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 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	18-Aug-19	time	5.88	9.68	13.52	17.40	21.40	23.2	25.60	30.08	34.56	39.12	43.68		49.08	6 / 1			
reaction time	0.173	interval		3.80	3.84	3.88	4.00		4.20	4.48	4.48	4.56	4.56	5.40			11.52	12.68	13.60
		velocity	7.65	9.21	9.11	9.02	8.75	8.6207	8.33	7.81	7.81	7.68	7.68	7.41	8.15		9.11	8.28	7.72
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	18	159				

Samba, Abderrahmane (QAT) (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 IAAF World Championships (Doha, QAT) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	27-Sep-19	time	6.04	9.92	13.84	17.84	21.96		26.16	30.36	34.76	39.20	43.76		49.08	8 / 1			
reaction time	0.183	interval		3.88	3.92	4.00	4.12		4.20	4.20	4.40	4.44	4.56	5.32			11.80	12.52	13.40
		velocity	7.45	9.02	8.93	8.75	8.50		8.33	8.33	7.95	7.88	7.68	7.52	8.15		8.90	8.39	7.84
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	13	14	17	156				

Preis, Constantin (GER) (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 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	09-Sep-21	time	6.08	9.84	13.84	17.84	21.96	23.7	26.20	30.44	34.84	39.36	43.92		49.08	8 / 5			
reaction time	0.259	interval		3.76	4.00	4.00	4.12		4.24	4.24	4.40	4.52	4.56	5.16			11.76	12.60	13.48
		velocity	7.40	9.31	8.75	8.75	8.50	8.44	8.25	8.25	7.95	7.74	7.68	7.75	8.15		8.93	8.33	7.79
H1 lead leg	L	strides	21	13	14	14	14		14	15	15				120				

Kurokawa, Kazuki (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 Seiko Golden Grand Prix (Tokyo, JPN) *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	08-May-22	time	5.86	9.57	13.26	17.05	21.02		25.19	29.48	33.98	38.69	43.54		49.08	7 / 2			
reaction time	0.206	interval		3.71	3.69	3.79	3.97		4.17	4.29	4.50	4.71	4.85	5.54			11.19	12.43	14.06
		velocity	7.68	9.43	9.49	9.23	8.82		8.39	8.16	7.78	7.43	7.22	7.22	8.15		9.38	8.45	7.47
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18.5	164.5				

Watrin, Julien (BEL) (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) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	08-Sep-22	time	5.77	9.41		17.15	21.15	22.77	25.29	29.50	33.90	38.60	43.44		49.08	8 / 5			
reaction time	0.183	interval		3.64		7.74	4.00		4.14	4.21	4.40	4.70	4.84	5.64			11.38	12.35	13.94
		velocity	7.80	9.62		9.04	8.75	8.78	8.45	8.31	7.95	7.45	7.23	7.09	8.15		9.23	8.50	7.53
H1 lead leg	R	strides	20	13			13		13	13	14	15	15	17.7	133.7				

Melnykov, Stanislav (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 - 2010 European Championships (Barcelona, ESP) *Behm (2010) - les haies bases*

date	31-Jul-10	time	6.1	9.9	13.7	17.5	21.5		25.7	29.9	34.4	39.0	43.7		49.09	6 / 3			
reaction time	0.314	interval		3.8	3.8	3.8	4.0		4.2	4.2	4.5	4.6	4.7	5.4			11.40	12.40	13.80
		velocity	7.38	9.21	9.21	9.21	8.75		8.33	8.33	7.78	7.61	7.45	7.42	8.15		9.21	8.47	7.61
H1 lead leg	R	strides	21	13	13	13	14		14	14	14	15	15	18	164				

Mowatt, Kemar (JAM) (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 Pan American Games (Lima, PER) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	08-Aug-19	time	5.77	9.47	13.21	17.08			25.09	29.46	33.93	38.64	43.50		49.09	4 / 3			
reaction time	0.177	interval		3.70	3.74	3.87			8.01	4.37	4.47	4.71	4.86	5.59			11.31	12.38	14.04
		velocity	7.80	9.46	9.36	9.04			8.74	8.01	7.83	7.43	7.20	7.16	8.15		9.28	8.48	7.48
H1 lead leg	L	strides	21	13	13	13				14	14	15	15	18	136				

Hyde, Jaheel (JAM) (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) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	17-Jul-22	time	5.77	9.46	13.33	17.27	21.33	23.13	25.53	29.80	34.30	38.90	43.60		49.09	8 / 2			
reaction time	0.149	interval		3.69	3.87	3.94	4.06		4.20	4.27	4.50	4.60	4.70	5.49			11.50	12.53	13.80
		velocity	7.80	9.49	9.04	8.88	8.62	8.65	8.33	8.20	7.78	7.61	7.45	7.29	8.15		9.13	8.38	7.61
H1 lead leg	L	strides	22	13	13	13	13		14	14	14	14	15	18	163				

Zbinden, Carlos (CHI) (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 - 1998 European Championships (Budapest, HUN) *Sanchez (1998) - Budapest '98: análisis de la carreras con villas*

date	20-Aug-98	time	6.05				21.57						43.70		49.10	4 / 5			
reaction time		interval					15.52						22.13	5.40					
		velocity	7.44				9.02						7.91	7.41	8.15				
H1 lead leg	L	strides	19	13	13	13	13		13	13	13	14	14	17	155				

Matsushita, Yuki (JPN) (1991)

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

FINAL - 2016 Seiko Golden Grand Prix (Kawasaki, JPN) *Morioka (2016) - race pattern of top 400m hurdlers in japan*

date	08-May-16	time	6.02	9.82	13.66	17.58	21.57		25.77	30.17	34.69	39.26	43.88		49.10	3 / 3			
reaction time	0.191	interval		3.80	3.84	3.92	3.99		4.20	4.40	4.52	4.57	4.62	5.22			11.56	12.59	13.71
		velocity	7.48	9.21	9.11	8.93	8.77		8.33	7.95	7.74	7.66	7.58	7.66	8.15		9.08	8.34	7.66
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.5	164.5				

Hussein, Kariem (SUI) (1989)

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

FINAL - 2016 European Championships (Amsterdam, NED) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	08-Jul-16	time	5.88	9.64	13.52	17.60	21.72		25.88	29.92	34.36	38.92	43.68		49.10	3 / 3			
reaction time	0.134	interval		3.76	3.88	4.08	4.12		4.16	4.04	4.44	4.56	4.76	5.42			11.72	12.32	13.76
		velocity	7.65	9.31	9.02	8.58	8.50		8.41	8.66	7.88	7.68	7.35	7.38	8.15		8.96	8.52	7.63
H1 lead leg	L	strides	20	13	13	13	13		14	14	14	15	15	18	162				

Mägi, Rasmus (EST) (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 Bislett Games (Oslo, NOR) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	15-Jun-17	time	6.03	9.83	13.70	17.66	21.73		25.86	30.33	34.73	39.23	43.80		49.10	3 / 5			
reaction time	0.147	interval		3.80	3.87	3.96	4.07		4.13	4.47	4.40	4.50	4.57	5.30			11.63	12.67	13.47
		velocity	7.46	9.21	9.04	8.84	8.60		8.47	7.83	7.95	7.78	7.66	7.55	8.15		9.03	8.29	7.80
H1 lead leg	L	strides	21	13	13	13	13			14	14	14	14	17.2	146.2				

Gibson, Jeffery (BAH) (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 Commonwealth Games (Gold Coast, AUS) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	12-Apr-18	time	6.00	9.84	13.68	17.58	21.55		25.69	30.06	34.53	39.17	43.77		49.10	8 / 2			
reaction time	0.146	interval		3.84	3.84	3.90	3.97		4.14	4.37	4.47	4.64	4.60	5.33			11.58	12.48	13.71
		velocity	7.50	9.11	9.11	8.97	8.82		8.45	8.01	7.83	7.54	7.61	7.50	8.15		9.07	8.41	7.66
H1 lead leg	R	strides		13	13	13	13		13	14	14	14	14	17.7	138.7				

Valliant, Ludvy (FRA) (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 - 2019 IAAF World Championships (Doha, QAT) *Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*

date	28-Sep-19	time	6.00	9.59	13.30	17.08	21.03		25.17	29.52	33.98	38.66	43.45		49.10	5 / 4			
reaction time	0.209	interval		3.59	3.71	3.78	3.95		4.14	4.35	4.46	4.68	4.79	5.65			11.08	12.44	13.93
		velocity	7.50	9.75	9.43	9.26	8.86		8.45	8.05	7.85	7.48	7.31	7.08	8.15		9.48	8.44	7.54
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14	17.7	159.7				

Copello, Yasmani (TUR) (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 - 2022 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	08-Sep-22	time	5.90	9.54		17.28	21.29	22.88	25.42	29.86	34.29	38.94	43.61		49.10	4 / 6			
reaction time	0.172	interval		3.64		7.74	4.01		4.13	4.44	4.43	4.65	4.67	5.49			11.38	12.58	13.75
		velocity	7.63	9.62		9.04	8.73	8.74	8.47	7.88	7.90	7.53	7.49	7.29	8.15		9.23	8.35	7.64
H1 lead leg	R	strides	20	13			13		13	14	14	14	14	17.5	132.5				

Mukhobe, Wiseman Were (KEN) (199

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

date	20-Aug-23	time	5.93			17.63			25.83		34.63	39.23	43.83		49.10	1 / 4			
reaction time	0.199	interval				11.70			8.20		8.80	4.60	4.60	5.27			11.70		
		velocity	7.59			8.97			8.54		7.95	7.61	7.61	7.59	8.15		8.97		
H1 lead leg	R	strides	20									15	15	19	69				

Gibson, Jeffery (BAH) (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 Shanghai Golden Grand Prix (Shanghai, CHN) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	14-May-16	time	5.92	9.68	13.56	17.52	21.56		25.72	30.08	34.60	39.16	43.76		49.11	4 / 3			
reaction time	0.213	interval		3.76	3.88	3.96	4.04		4.16	4.36	4.52	4.56	4.60	5.35			11.60	12.56	13.68
		velocity	7.60	9.31	9.02	8.84	8.66		8.41	8.03	7.74	7.68	7.61	7.48	8.14		9.05	8.36	7.68
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	14	17.5	157.5				

Mägi, Rasmus (EST) (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) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	21-Jul-18	time	5.96	9.84	13.68	17.60	21.56		25.76	30.16	34.56	39.16	43.76		49.11	9 / 5			
reaction time	0.158	interval		3.88	3.84	3.92	3.96		4.20	4.40	4.40	4.60	4.60	5.35			11.64	12.56	13.60
		velocity	7.55	9.02	9.11	8.93	8.84		8.33	7.95	7.95	7.61	7.61	7.48	8.14		9.02	8.36	7.72
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.2	159.2				

Barr, Thomas (IRL) (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) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	13-Jun-19	time	5.98	9.71	13.53		21.45	23.2	25.68	29.99	34.43	39.00	43.73		49.11	3 / 2			
reaction time	0.175	interval		3.73	3.82		7.92		4.23	4.31	4.44	4.57	4.73	5.38				29.99	13.74
		velocity	7.53	9.38	9.16		8.84	8.62	8.27	8.12	7.88	7.66	7.40	7.43	8.14			3.50	7.64
H1 lead leg	L	strides	21	13	13				13	14	14	14	15	18	135				

Copello, Yasmani (TUR) (1987)

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

FINAL - 2021 Doha Diamond League (Doha, QAT) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	28-May-21	time	5.84	9.54	13.45	17.52	21.69	23.4			34.77	39.30	43.81		49.11	2 / 6			
reaction time	0.203	interval		3.70	3.91	4.07	4.17				13.08	4.53	4.51	5.30			11.68		
		velocity	7.71	9.46	8.95	8.60	8.39	8.55			8.03	7.73	7.76	7.55	8.14		8.99		
H1 lead leg	R	strides	20	13	13	13						14	14	17.5	104.5				

Sibilio, Alessandro (ITA) (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 Bauhaus Galan (Stockholm, SWE) *Omega Timing (2023) - diamond league race analysis*

date	02-Jul-23	time	5.90	9.71	13.60	17.45	21.41		25.44	29.81	34.33	38.88	43.38		49.11	5 / 4			
reaction time	0.150	interval		3.81	3.89	3.85	3.96		4.03	4.37	4.52	4.55	4.50	5.73			11.55	12.36	13.57
		velocity	7.63	9.19	9.00	9.09	8.84		8.68	8.01	7.74	7.69	7.78	6.98	8.14		9.09	8.50	7.74
H1 lead leg	R	strides	21	13		13	13		13	15		15	15	18.7	136.7				

Horbenko, Hennadiy (UKR) (1975)

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

Heat 7 - 2000 Olympic Games (Sydney, AUS) *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

date	24-Sep-00	time	6.08	9.88	13.80	17.76	21.76		25.84	30.12	34.48	39.00	43.72		49.12	5 / 2			
reaction time	0.406	interval		3.80	3.92	3.96	4.00		4.08	4.28	4.36	4.52	4.72	5.40	PB		11.68	12.36	13.60
		velocity	7.40	9.21	8.93	8.84	8.75		8.58	8.18	8.03	7.74	7.42	7.41	8.14		8.99	8.50	7.72
H1 lead leg		strides	20	13	13	13	13		13	13	14	14	14	17.4	157.4				

Woody, Joey (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 - 2006 USATF National Championships (Indianapolis, IN) *USATF Men's Hurdle Development (2006)*

date	24-Jun-06	time	6.09	9.78	13.55	17.38	21.34		25.39	29.70	34.12	38.67	43.47		49.12	5 / 4			
reaction time		interval		3.69	3.77	3.83	3.96		4.05	4.31	4.42	4.55	4.80	5.65			11.29	12.32	13.77
		velocity	7.39	9.49	9.28	9.14	8.84		8.64	8.12	7.92	7.69	7.29	7.08	8.14		9.30	8.52	7.63
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	19	163				

Williams, Rhys (GBR) (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 - 2006 European Championships (Göteborg, SWE) *Behm (2006) - Göteborg 2006: Le quatrache*

date	10-Aug-06	time	5.9	9.7	13.5	17.7	21.8		26.0	30.2	34.6	39.2	43.8		49.12	/ 3			
reaction time		interval		3.8	3.8	4.2	4.1		4.2	4.2	4.4	4.6	4.6	5.32			11.80	12.50	13.60
		velocity	7.63	9.21	9.21	8.33	8.54		8.33	8.33	7.95	7.61	7.61	7.52	8.14		8.90	8.40	7.72
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	19	171				

Derevyagin, Aleksandr (RUS) (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 - 2007 European Cup (Munich, GER) *Graubner (2007) - http://www.fgs.uni-halle.de*

date	23-Jun-07	time	6.17	10.12	14.14	18.12	22.21		26.30	30.52	34.80	39.20	43.74		49.12	/ 4			

reaction time	0.162	interval		3.95	4.02	3.98	4.09		4.09	4.22	4.28	4.40	4.54	5.38	PB		11.95	12.40	13.22
		velocity	7.29	8.86	8.71	8.79	8.56		8.56	8.29	8.18	7.95	7.71	7.43	8.14		8.79	8.47	7.94
H1 lead leg		strides																	

Iakovákis, Periklís (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
Heat 1 - 2009 IAAF World Championships (Berlin, GER)															*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*				
date	15-Aug-09	time	6.13	9.87	13.68	17.52	21.43		25.53	29.80	34.14	38.74	43.53		49.12	4 / 2			
reaction time	0.179	interval		3.74	3.81	3.84	3.91		4.10	4.27	4.34	4.60	4.79	5.59			11.39	12.28	13.73
		velocity	7.34	9.36	9.19	9.11	8.95		8.54	8.20	8.06	7.61	7.31	7.16	8.14		9.22	8.55	7.65
H1 lead leg		strides																	

Fredericks, Cornel (RSA) (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 IAAF World Championships (Daegu, KOR)															*Behm (2011) - Le quatrache: Démus enfin!*				
date	01-Sep-11	time	5.8	9.5	13.3	17.2	21.3		25.3	29.5	34.0	38.6	43.4		49.12	4 / 5			
reaction time	0.170	interval		3.7	3.8	3.9	4.1		4.0	4.2	4.5	4.6	4.8	5.7			11.40	12.30	13.90
		velocity	7.76	9.46	9.21	8.97	8.54		8.75	8.33	7.78	7.61	7.29	6.99	8.14		9.21	8.54	7.55
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	16	16	20	174				

Green, Leford (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 - 2012 Olympic Games (London, GBR)															*Hillier (2012) - uka 2012 olympic games report: 400m hurdles*				
date	06-Aug-12	time	5.98	9.75	13.31	17.20	21.32	23.12	25.69	30.12	34.71	39.27	42.88		49.12	9 / 7			
reaction time	0.194	interval		3.77	3.56	3.89	4.12		4.37	4.43	4.59	4.56	3.61	6.24			11.22	12.92	12.76
		velocity	7.53	9.28	9.83	9.00	8.50	8.65	8.01	7.90	7.63	7.68	9.70	6.41	8.14		9.36	8.13	8.23
H1 lead leg	L	strides	21	13	13	13	13		13	14	15	15	15		145				

Lahoulou, Abdelmalik (ALG) (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 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)															*Henson (2021) - Athlete First: 2018 year end hurdle report*				
date	08-Sep-18	time	6.04	9.76	13.44	17.24	21.16		25.32	29.68	34.24	38.96	43.76		49.12	6 / 5			
reaction time	0.179	interval		3.72	3.68	3.80	3.92		4.16	4.36	4.56	4.72	4.80	5.36			11.20	12.44	14.08
		velocity	7.45	9.41	9.51	9.21	8.93		8.41	8.03	7.68	7.42	7.29	7.46	8.14		9.38	8.44	7.46
H1 lead leg	L	strides	23	13	13	13	13			14	15	15	15	17.2	151.2				

McMaster, Kyron (IVB) (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 Bislett Games (Oslo, NOR) (TV Analysis)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	13-Jun-19	time	5.68	9.24	12.88	16.66	20.61	22.3	24.74	29.01	33.45	38.03	43.00		49.12	6 / 3			
reaction time	0.219	interval		3.56	3.64	3.78	3.95		4.13	4.27	4.44	4.58	4.97	6.12			10.98	12.35	13.99
		velocity	7.92	9.83	9.62	9.26	8.86	8.97	8.47	8.20	7.88	7.64	7.04	6.54	8.14		9.56	8.50	7.51
H1 lead leg	R	strides	20	13	12	13	13		13	14	14	14	15	18	159				

Lattin, Amere (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 The Match - Europe v USA (Minsk, BLR) (TV Analysis)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	10-Sep-19	time	5.90	9.63	13.53	17.46	21.60		25.90	30.26	34.76	39.20	43.93		49.12	4 / 2			
reaction time	0.171	interval		3.73	3.90	3.93	4.14		4.30	4.36	4.50	4.44	4.73	5.19			11.56	12.80	13.67
		velocity	7.63	9.38	8.97	8.91	8.45		8.14	8.03	7.78	7.88	7.40	7.71	8.14		9.08	8.20	7.68
H1 lead leg	L	strides		13	13	13			14	14	14	14	15	17.2	127.2				

Benjamin, Rai (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 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	24-Jun-21	time	5.80	9.51	13.31	17.38	21.45		25.69	30.03	34.37	38.80	43.61		49.12	6 / 1			
reaction time	0.252	interval		3.71	3.80	4.07	4.07		4.24	4.34	4.34	4.43	4.81	5.51			11.58	12.65	13.58
		velocity	7.76	9.43	9.21	8.60	8.60		8.25	8.06	8.06	7.90	7.28	7.26	8.14		9.07	8.30	7.73
H1 lead leg	R	strides	20	13	12	14	13		13	13	13	13	14	17	155				

Happio, Wilfried (FRA) (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 Doha Diamond League (Doha, QAT)															*Omega Timing (2023) - diamond league race analysis*				
date	05-May-23	time	5.85	9.55	13.30	17.17	21.14		25.24	29.53	33.96	38.65	43.56		49.12	5 / 3			
reaction time	0.156	interval		3.70	3.75	3.87	3.97		4.10	4.29	4.43	4.69	4.91	5.56			11.32	12.36	14.03
		velocity	7.69	9.46	9.33	9.04	8.82		8.54	8.16	7.90	7.46	7.13	7.19	8.14		9.28	8.50	7.48
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159				

Keïta, Naman (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 - 2006 European Championships (Göteborg, SWE)															*Behm (2006) - Göteborg 2006: Le quatrache*				
date	10-Aug-06	time	5.9	9.4	13.1	17.0	20.9		25.0	29.5	34.0	38.7	43.5		49.13	/ 4			
reaction time		interval		3.5	3.7	3.9	3.9		4.1	4.5	4.5	4.7	4.8	5.63			11.10	12.50	14.00
		velocity	7.63	10.00	9.46	8.97	8.97		8.54	7.78	7.78	7.45	7.29	7.10	8.14		9.46	8.40	7.50
H1 lead leg	R	strides	20	12	12	12	12		13	13	14	14	14		136				

van Zyl, L.J. (RSA) (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 - 2016 Shanghai Golden Grand Prix (Shanghai, CHN)															*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	14-May-16	time	5.92	9.60	13.48	17.52	21.64		25.92	30.24	34.56	39.04	43.60		49.13	8 / 4			
reaction time	0.168	interval		3.68	3.88	4.04	4.12		4.28	4.32	4.32	4.48	4.56	5.53			11.60	12.72	13.36
		velocity	7.60	9.51	9.02	8.66	8.50		8.18	8.10	8.10	7.81	7.68	7.23	8.14		9.05	8.25	7.86
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	15	19	171				

Mägi, Rasmus (EST) (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 Memorial van Damme (Brussels, BEL) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	03-Sep-21	time	6.00	9.80	13.64	17.60	21.64	23.4	25.80	30.12	34.64	39.24	43.92		49.13	3 / 5			
reaction time	0.178	interval		3.80	3.84	3.96	4.04		4.16	4.32	4.52	4.60	4.68	5.21			11.60	12.52	13.80

		velocity	7.50	9.21	9.11	8.84	8.66	8.55	8.41	8.10	7.74	7.61	7.48	7.68	8.14		9.05	8.39	7.61
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	17	158				

Whitney, Ron (USA) (1942)

	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 - 1968 Olympic Games (Mexico City, MEX) (*Altitude*)														*Jonath (1969) - wie gerhard hennige trainiert*			
date 13-Oct-68 time	6.1	10.0	13.9	18.1	22.2	23.8	26.3	30.9	35.2	39.5	44.0		49.0	/ 1			
reaction time interval		3.9	3.9	4.2	4.1		4.1	4.6	4.3	4.3	4.5	5.0	OR		12.00	12.80	13.10
velocity	7.38	8.97	8.97	8.33	8.54	8.40	8.54	7.61	8.14	8.14	7.78	8.00	8.16	*(49.06)*	8.75	8.20	8.02
H1 lead leg strides																	

Hennige, Gerhard (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 - 1968 Olympic Games (Mexico City, MEX) (*Altitude*)														*Dessons (1982) - traite d'athletisme - volume 1: les courses*			
date 15-Oct-68 time	6.0	9.9	13.8	17.8	21.9	23.8	26.1	30.5	34.9	39.4	44.0		49.0	2 / 2			
reaction time interval		3.9	3.9	4.0	4.1		4.2	4.4	4.4	4.5	4.6	5.0	*(49.02)*		11.80	12.70	13.50
velocity	7.50	8.97	8.97	8.75	8.54	8.40	8.33	7.95	7.95	7.78	7.61	8.00	8.16		8.90	8.27	7.78
H1 lead leg L strides	21	13	13	13	13		13	15	15	15	15	18.2	164.2				

Sherwood, John (GBR) (1945)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1968 Olympic Games (Mexico City, MEX) (*Altitude*)														*Dessons (1982) - traite d'athletisme - volume 1: les courses*			
date 15-Oct-68 time	6.0	9.8	13.7	17.7	21.8	23.7	26.0	30.2	34.7	39.4	43.9		49.0	8 / 3			
reaction time interval		3.80	3.90	4.00	4.10		4.20	4.20	4.50	4.70	4.50	5.10	*(49.03)*		11.70	12.50	13.70
velocity	7.50	9.21	8.97	8.75	8.54	8.44	8.33	8.33	7.78	7.45	7.78	7.84	8.16		8.97	8.40	7.66
H1 lead leg L strides	21	13	13	13	13		13	15	15	15	15		146				

Vanderstock, Geoff (USA) (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 - 1968 Olympic Games (Mexico City, MEX) (*Altitude*)														*Dessons (1982) - traite d'athletisme - volume 1: les courses*			
date 15-Oct-68 time	5.9	9.7	13.8	17.8	21.8	23.7	25.9	30.2	34.5	38.9	43.5		49.0	3 / 4			
reaction time interval		3.8	4.1	4.0	4.0		4.1	4.3	4.3	4.4	4.6	5.5	*(49.07)*		11.90	12.40	13.30
velocity	7.63	9.21	8.54	8.75	8.75	8.44	8.54	8.14	8.14	7.95	7.61	7.27	8.16		8.82	8.47	7.89
H1 lead leg R strides	21	15	15	15	15		15	15	15	15	15	18.7	174.7				

Beck, Volker (GDR) (1956)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1981 USSR vs. GDR (Tbilisi, URS)														*Breizer (1982) - in the distance: volker beck*			
date 26-Jun-81 time	6.27	9.95	13.83	17.68	21.92		25.91	30.27	34.70	39.13	44.01		49.14	/ 1			
reaction time interval		3.68	3.88	3.85	4.24		3.99	4.36	4.43	4.43	4.88	5.13			11.41	12.59	13.74
velocity	7.18	9.51	9.02	9.09	8.25		8.77	8.03	7.90	7.90	7.17	7.80	8.14		9.20	8.34	7.64
H1 lead leg strides	20	13	13	13	13		13	13	14	14	14	18	158				

Dobek, Patryk (POL) (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 - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)														*Henson (2021) - Athlete First: major championships report*			
date 25-Aug-15 time	6.00		13.64	17.48	21.52		25.68	30.04	34.52	39.16	43.84		49.14	3 / 7			
reaction time 0.176 interval			7.64	3.84	4.04		4.16	4.36	4.48	4.64	4.68	5.30			11.48	12.56	13.80
velocity	7.50		9.16	9.11	8.66		8.41	8.03	7.81	7.54	7.48	7.55	8.14		9.15	8.36	7.61
H1 lead leg L strides		13		13	13			14	14	14	14		95				

Copello, Yasmani (TUR) (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 Shanghai Golden Grand Prix (Shanghai, CHN)														*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date 14-May-16 time	5.76	9.44	13.28	17.16	21.12		25.24	29.64	34.08	38.80	43.52		49.14	2 / 5			
reaction time 0.162 interval		3.68	3.84	3.88	3.96		4.12	4.40	4.44	4.72	4.72	5.62			11.40	12.48	13.88
velocity	7.81	9.51	9.11	9.02	8.84		8.50	7.95	7.88	7.42	7.42	7.12	8.14		9.21	8.41	7.56
H1 lead leg R strides	20	13	13	13	13		13	14	14	15	15	18	161				

Nozawa, Keisuke (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 - 2016 Japanese National Championships (Nagoya, JPN)														*Morioka (2016) - race pattern of top 400m hurdlers in japan*			
date 24-Jun-16 time	5.98	9.63	13.43	17.30	21.27		25.47	29.71	34.16	38.73	43.57		49.14	5 / 1			
reaction time 0.174 interval		3.65	3.80	3.87	3.97		4.20	4.24	4.45	4.57	4.84	5.57			11.32	12.41	13.86
velocity	7.53	9.59	9.21	9.04	8.82		8.33	8.25	7.87	7.66	7.23	7.18	8.14		9.28	8.46	7.58
H1 lead leg strides		13	13	13	14		14	14	14	15	15		125				

Touati, Mohamed Amin (TUN) (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 - 2019 IAAF World Championships (Doha, QAT)														*Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*			
date 28-Sep-19 time	6.20	10.04	13.92	17.80	21.88		26.06	30.28	34.63	39.11	43.76		49.14	4 / 5			
reaction time 0.179 interval		3.84	3.88	3.88	4.08		4.18	4.22	4.35	4.48	4.65	5.38	PB		11.60	12.48	13.48
velocity	7.26	9.11	9.02	9.02	8.58		8.37	8.29	8.05	7.81	7.53	7.43	8.14		9.05	8.41	7.79
H1 lead leg R strides	22	14	14	13	14		14	14	14	15	15	17.7	166.7				

Happio, Wilfried (FRA) (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 Bauhaus Galan (Stockholm, SWE) (TV Analysis)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 23-Aug-20 time	5.86		13.48	17.44	21.40	23.2	25.54		34.36	38.94	43.64		49.14	5 / 2			
reaction time 0.141 interval			7.62	3.96	3.96		4.14		8.82	4.58	4.70	5.50			11.58		
velocity	7.68		9.19	8.84	8.84	8.62	8.45		7.94	7.64	7.45	7.27	8.14		9.07		
H1 lead leg L strides	20	13		13	13		13			15	15	18.5	120.5				

Valliant, Ludvy (FRA) (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 Golden Spike (Ostrava, CZE) (TV Analysis)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 08-Sep-20 time	5.97	9.71		17.41	21.35		25.49	29.83		38.94	43.68		49.14	6 / 2			
reaction time 0.192 interval		3.74		7.70	3.94		4.14	4.34		9.11	4.74	5.46			11.44	12.42	13.85
velocity	7.54	9.36		9.09	8.88		8.45	8.06		7.68	7.38	7.33	8.14		9.18	8.45	7.58

H1 lead leg	R	strides	21	13			13			14			14	17.7	92.7					

McLaughlin, Taylor (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)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	09-Jul-23	time	5.97	9.71	13.51	17.38	21.32		25.39		34.06	38.77	43.57		49.14	1 / 5			
reaction time		interval		3.74	3.80	3.87	3.94		4.07		8.67	4.71	4.80	5.57			11.41		
		velocity	7.54	9.36	9.21	9.04	8.88		8.60		8.07	7.43	7.29	7.18	8.14		9.20		
H1 lead leg	R	strides	21	13	13	13	13		13			15	15	18	134				

Young, Kevin (USA) (1966)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 1996 USA Olympic Trials (Atlanta, GA)																*Lyle - miscellaneous coaching notes*			
date	14-Jun-96	time	5.72	9.92	13.46	17.34	21.27		25.47	29.73	34.09	38.57	43.27		49.15	/ 3			
reaction time		interval		4.20	3.54	3.88	3.93		4.20	4.26	4.36	4.48	4.70	5.88			11.62	12.39	13.54
		velocity	7.87	8.33	9.89	9.02	8.91		8.33	8.22	8.03	7.81	7.45	6.80	8.14		9.04	8.47	7.75
H1 lead leg		strides																	

Ottoz, Laurent (ITA) (1970)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 European Championships (Budapest, HUN)															*Sanchez (1998) - Budapest '98: análisis de la carreras con villas*				
date	20-Aug-98	time	6.11				21.69						43.62		49.15	2 / 6			
reaction time		interval					15.58						21.93	5.53					
		velocity	7.36				8.99						7.98	7.23	8.14				
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	15	18	169				

Clement, Kerron (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 - 2012 Olympic Games (London, GBR)															*Hillier (2012) - uka 2012 olympic games report: 400m hurdles*				
date	06-Aug-12	time	5.87	9.54	13.10	16.86	20.78	22.58	24.89	29.20	33.78	38.56	43.44		49.15	2 / 8			
reaction time	0.148	interval		3.67	3.56	3.76	3.92		4.11	4.31	4.58	4.78	4.88	5.71			10.99	12.34	14.24
		velocity	7.67	9.54	9.83	9.31	8.93	8.86	8.52	8.12	7.64	7.32	7.17	7.01	8.14		9.55	8.51	7.37
H1 lead leg	R	strides	21	13	13	13	13		13	13	15	15	15		144				

Barr, Thomas (IRL) (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 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	16-Jul-22	time	6.23	10.16	14.10	17.96	21.96	23.65	26.17	30.53	34.93	39.46	44.06		49.15	8 / 2			
reaction time	0.160	interval		3.93	3.94	3.86	4.00		4.21	4.36	4.40	4.53	4.60	5.09			11.73	12.57	13.53
		velocity	7.22	8.91	8.88	9.07	8.75	8.46	8.31	8.03	7.95	7.73	7.61	7.86	8.14		8.95	8.35	7.76
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17.7	158.7				

Kudryavtsev, Denis (RUS) (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 - 2014 European Championships (Zurich, SUI)															*Green (2015) - twitter.com/jackpgreen (from Behm?)*				
date	15-Aug-14	time	6.12	9.92	13.80	17.68	21.64		25.76	30.12	34.48	39.08	43.84		49.16	/ 3			
reaction time	0.158	interval		3.80	3.88	3.88	3.96		4.12	4.36	4.36	4.60	4.76	5.32			11.56	12.44	13.72
		velocity	7.35	9.21	9.02	9.02	8.84		8.50	8.03	8.03	7.61	7.35	7.52	8.14		9.08	8.44	7.65
H1 lead leg	L	strides		13	13	13	13		13	14	14	15	15		123				

Gibson, Jeffery (BAH) (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 Prefontaine Classic (Eugene, OR) (TV Analysis)										*(H8 5m short)*					*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	28-May-16	time	6.04	9.88	13.80	17.76			26.16	30.44	34.32	39.48	44.00		49.16	6 / 4			
reaction time		interval		3.84	3.92	3.96			8.40	4.28	3.88	5.16	4.52	5.16			11.72	12.68	13.56
		velocity	7.45	9.11	8.93	8.84			8.33	8.18	7.73	7.75	7.74	7.75	8.14		8.96	8.28	7.74
H1 lead leg	R	strides	20	13	13	13				13	11	16	14	17	130				

Mägi, Rasmus (EST) (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 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	18-Jun-17	time	6.04	9.84		17.64	21.68		25.88	30.24	34.68	39.24	43.84		49.16	3 / 2			
reaction time	0.142	interval		3.80		7.80	4.04		4.20	4.36	4.44	4.56	4.60	5.32			11.60	12.60	13.60
		velocity	7.45	9.21		8.97	8.66		8.33	8.03	7.88	7.68	7.61	7.52	8.14		9.05	8.33	7.72
H1 lead leg	L	strides	21	13			13		13	14		14	14	17.5	119.5				

Hyde, Jaheel (JAM) (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 Commonwealth Games (Gold Coast, AUS) (TV Analysis)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	12-Apr-18	time	5.80	9.54	13.24	17.08	21.15		25.22	29.49	34.03	38.67	43.47		49.16	3 / 3			
reaction time	0.157	interval		3.74	3.70	3.84	4.07		4.07	4.27	4.54	4.64	4.80	5.69			11.28	12.41	13.98
		velocity	7.76	9.36	9.46	9.11	8.60		8.60	8.20	7.71	7.54	7.29	7.03	8.14		9.31	8.46	7.51
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.7	169.7				

Jackson, Bershawn (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 - 2018 Meeting de Paris (Paris, FRA) (TV Analysis)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	05-Jul-18	time	5.68	9.44	13.40	17.44	21.56	23.4	25.64	29.76	34.04	38.52	43.32		49.16	2 / 6			
reaction time	0.140	interval		3.76	3.96	4.04	4.12		4.08	4.12	4.28	4.48	4.80	5.84			11.76	12.32	13.56
		velocity	7.92	9.31	8.84	8.66	8.50	8.55	8.58	8.50	8.18	7.81	7.29	6.85	8.14		8.93	8.52	7.74
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				

Kendziera, Dave (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 - 2019 Meeting de Paris (Paris, FRA) (TV Analysis)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	24-Aug-19	time	5.80	9.60	13.52	17.42	21.50	23.2	25.66	30.00	34.44	39.08	43.78		49.16	5 / 6			
reaction time	0.152	interval		3.80	3.92	3.90	4.08		4.16	4.34	4.44	4.64	4.70	5.38			11.62	12.58	13.78
		velocity	7.76	9.21	8.93	8.97	8.58	8.62	8.41	8.06	7.88	7.54	7.45	7.43	8.14		9.04	8.35	7.62
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	14	14	17.5	156.5				

McAlister, Chris (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 Bauhaus Galan (Stockholm, SWE) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	04-Jul-21	time	6.04	9.88	13.84	17.80	21.80	23.6	25.88		34.72	39.36	43.92		49.16	1 / 5			
reaction time	0.134	interval		3.84	3.96	3.96	4.00		4.08		8.84	4.64	4.56	5.24	PB		11.76		
		velocity	7.45	9.11	8.84	8.84	8.75	8.47	8.58		7.92	7.54	7.68	7.63	8.14		8.93		
H1 lead leg	R	strides		14	14	14	14		14			15	15	18.5	118.5				

Drummond, Gerald (CRC) (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)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	16-Jul-22	time	6.07	9.95	13.90	17.90	22.13	23.84		30.77		39.70	44.27		49.16	2 / 3			
reaction time	0.195	interval		3.88	3.95	4.00	4.23			8.64		8.93	4.57	4.89	NR		11.83	12.87	13.50
		velocity	7.41	9.02	8.86	8.75	8.27	8.39		8.10		7.84	7.66	8.18	8.14		8.88	8.16	7.78
H1 lead leg	L	strides	22	14	14	14	14					15	15	17.5	125.5				

Mužík, Jirí (CZE) (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)															*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*				
date	25-Aug-99	time	5.60	9.38	13.18	17.19	21.35		25.51	29.85	34.30	38.82	43.50		49.17	2 / 5			
reaction time	0.179	interval		3.78	3.80	4.01	4.16		4.16	4.34	4.45	4.52	4.68	5.67			11.59	12.66	13.65
		velocity	8.04	9.26	9.21	8.73	8.41		8.41	8.06	7.87	7.74	7.48	7.05	8.14		9.06	8.29	7.69
H1 lead leg	R	strides	21	13	13	13	14		14	14	14	15	15	18.5	164.5				

Januszewski, Paweł (POL) (1972)			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)															*Graubner (2009) - http://www.fgs.uni-halle.de*				
date	07-Aug-02	time	6.09	10.06	13.97	17.85	21.89		26.03	30.31	34.71	39.32	43.87		49.17	/ 1			
reaction time		interval		3.97	3.91	3.88	4.04		4.14	4.28	4.40	4.61	4.55	5.30			11.76	12.46	13.56
		velocity	7.39	8.82	8.95	9.02	8.66		8.45	8.18	7.95	7.59	7.69	7.55	8.14		8.93	8.43	7.74
H1 lead leg		strides																	

Tamesue, Dai (JPN) (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 Japanese National Championships (Kawasaki, JPN)															*Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers*				
date	27-Jun-08	time	5.82	9.49	13.38	17.32	21.31		25.45	29.69	34.13	38.78	43.65		49.17	/ 1			
reaction time		interval		3.67	3.89	3.94	3.99		4.14	4.24	4.44	4.65	4.87	5.52			11.50	12.37	13.96
		velocity	7.73	9.54	9.00	8.88	8.77		8.45	8.25	7.88	7.53	7.19	7.25	8.14		9.13	8.49	7.52
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Barr, Thomas (IRL) (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 Weltklasse (Zürich, SUI) (TV Analysis)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	29-Aug-19	time	5.98	9.76		17.60	21.62	23.3	25.72	30.06		39.16	43.84		49.17	1 / 6			
reaction time	0.127	interval		3.78		7.84	4.02		4.10	4.34		9.10	4.68	5.33			11.62	12.46	13.78
		velocity	7.53	9.26		8.93	8.71	8.58	8.54	8.06		7.69	7.48	7.50	8.14		9.04	8.43	7.62
H1 lead leg	L	strides	21	13			13		13	14			14		88				

Bassitt, Trevor (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 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	16-Jul-22	time	6.03	9.93	13.86	17.76	21.80	23.45		30.16	34.66	39.26	43.90		49.17	3 / 4			
reaction time	0.146	interval		3.90	3.93	3.90	4.04			8.36	4.50	4.60	4.64	5.27			11.73	12.40	13.74
		velocity	7.46	8.97	8.91	8.97	8.66	8.53		8.37	7.78	7.61	7.54	7.59	8.14		8.95	8.47	7.64
H1 lead leg	R	strides	20	13	13	13	13				13	13	13	16	127				

Smidt, Nick (NED) (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 FBK Games (Hengelo, NED)															*Omega Timing (2023) - continental tour race analysis*				
date	04-Jun-23	time	5.83	9.55	13.35	17.17	21.08		25.11	29.38	33.82	38.49	43.40		49.17	5 / 2			
reaction time	0.186	interval		3.72	3.80	3.82	3.91		4.03	4.27	4.44	4.67	4.91	5.77			11.34	12.21	14.02
		velocity	7.72	9.41	9.21	9.16	8.95		8.68	8.20	7.88	7.49	7.13	6.93	8.14		9.26	8.60	7.49
H1 lead leg	L	strides	21	13					13	14	14	14	15	18	122				

Griffith, Rasheeme (BAR) (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)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	09-Jun-23	time	6.05	9.74	13.60	17.52	21.54			30.06	34.48	39.09	43.91		49.17	3 / 5			
reaction time		interval		3.69	3.86	3.92	4.02			8.52	4.42	4.61	4.82	5.26			11.47	12.54	13.85
		velocity	7.44	9.49	9.07	8.93	8.71			8.22	7.92	7.59	7.26	7.60	8.14		9.15	8.37	7.58
H1 lead leg	L	strides	21	13	13	13	13		13		14	14	15	18	147				

Rawlinson, Christopher (GBR) (1972			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 IAAF World Cup (Madrid, ESP)															*Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*				
date	20-Sep-02	time	5.83	9.55	13.30	17.13	21.07		25.07	29.44	34.01	38.65	43.46		49.18	3 / 3			
reaction time	0.172	interval		3.72	3.75	3.83	3.94		4.00	4.37	4.57	4.64	4.81	5.72			11.30	12.31	14.02
		velocity	7.72	9.41	9.33	9.14	8.88		8.75	8.01	7.66	7.54	7.28	6.99	8.13		9.29	8.53	7.49
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	15	19	170				

McCoy, Reuben (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 - 2008 USA Olympic Trials (Eugene, OR)															*USATF Hurdle Development (2008)*				
date	29-Jun-08	time	6.07	9.88	13.68	17.67	21.81		26.01	30.31	34.70	39.12	43.71		49.18	6 / 7			
reaction time		interval		3.81	3.80	3.99	4.14		4.20	4.30	4.39	4.42	4.59	5.47			11.60	12.64	13.40
		velocity	7.41	9.19	9.21	8.77	8.45		8.33	8.14	7.97	7.92	7.63	7.31	8.13		9.05	8.31	7.84
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15		146				

Copello, Yasmani (TUR) (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 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	18-Jun-17	time	6.00	9.72		17.48	21.56		25.72	30.12	34.60	39.20	43.84		49.18	6 / 3			
reaction time	0.178	interval		3.72		7.76	4.08		4.16	4.40	4.48	4.60	4.64	5.34			11.48	12.64	13.72
		velocity	7.50	9.41		9.02	8.58		8.41	7.95	7.81	7.61	7.54	7.49	8.13		9.15	8.31	7.65
H1 lead leg	R	strides	20	13			13		13	14	14	14	14	17.7	132.7				

Green, Jack (GBR) (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 - 2018 Commonwealth Games (Gold Coast, AUS) (TV Analysis)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	12-Apr-18	time	6.17	9.97	13.74	17.65	21.75		25.99	30.30	34.70	39.24	43.77		49.18	7 / 4			
reaction time	0.185	interval		3.80	3.77	3.91	4.10		4.24	4.31	4.40	4.54	4.53	5.41			11.48	12.65	13.47
		velocity	7.29	9.21	9.28	8.95	8.54		8.25	8.12	7.95	7.71	7.73	7.39	8.13		9.15	8.30	7.80
H1 lead leg	R	strides	22	14	13	13	14		14	14	14	15	15	19.2	167.2				

Lattin, Amere (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 Müller Anniversary Games (London, GBR) (TV Analysis)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	20-Jul-19	time	5.88	9.56	13.32	17.16	21.12	22.9	25.28		34.20	38.96	43.80		49.18	8 / 3			
reaction time	0.140	interval		3.68	3.76	3.84	3.96		4.16		8.92	4.76	4.84	5.38			11.28		
		velocity	7.65	9.51	9.31	9.11	8.84	8.73	8.41		7.85	7.35	7.23	7.43	8.13		9.31		
H1 lead leg	L	strides	21	13	13	13	13		13	13		15	15	17.7	146.7				

McAlister, Chris (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 2 - 2019 IAAF World Championships (Doha, QAT)															*Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*				
date	28-Sep-19	time	6.13	9.96	13.84	17.76	21.82		26.01	30.33	34.80	39.32	43.94		49.18	9 / 5			
reaction time	0.165	interval		3.83	3.88	3.92	4.06		4.19	4.32	4.47	4.52	4.62	5.24	PB		11.63	12.57	13.61
		velocity	7.34	9.14	9.02	8.93	8.62		8.35	8.10	7.83	7.74	7.58	7.63	8.13		9.03	8.35	7.71
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	15	19	171				

Valliant, Ludvy (FRA) (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 Bauhaus Galan (Stockholm, SWE) (TV Analysis)															*Henson (2020) - Athlete First: 2020 year end hurdle report*				
date	23-Aug-20	time	5.86		13.58	17.68	21.90	23.7	26.14		34.86	39.36	43.92		49.18	3 / 3			
reaction time	0.169	interval			7.72	4.10	4.22		4.24		8.72	4.50	4.56	5.26			11.82		
		velocity	7.68		9.07	8.54	8.29	8.44	8.25		8.03	7.78	7.68	7.60	8.13		8.88		
H1 lead leg	R	strides	21	13		13	14		14		14	14	14	17	134				

Diagana, Stéphane (FRA) (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 European Cup (Munich, GER)															*Jung (2003) - http://www.fgs.uni-halle.de*				
date	21-Jun-97	time	6.03	9.80	13.72	17.60	21.60		25.70	30.19	34.74	39.28	43.92		49.19	/ 2			
reaction time		interval		3.77	3.92	3.88	4.00		4.10	4.49	4.55	4.54	4.64	5.27			11.57	12.59	13.73
		velocity	7.46	9.28	8.93	9.02	8.75		8.54	7.80	7.69	7.71	7.54	7.59	8.13		9.08	8.34	7.65
H1 lead leg		strides																	

Williams, Rhys (GBR) (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 - 2010 Commonwealth Games (Dehli, IND)															*Arnold (2010) - 400mH planning and peaking*				
date	10-Oct-10	time	6.2	10.2	14.2	18.3	22.5	24.3	26.8	31.1	35.4	39.9	44.2		49.19	5 / 3			
reaction time	0.214	interval		4.00	4.00	4.10	4.20		4.30	4.30	4.30	4.50	4.30	4.99			12.10	12.80	13.10
		velocity	7.26	8.75	8.75	8.54	8.33	8.23	8.14	8.14	8.14	7.78	8.14	8.02	8.13		8.68	8.20	8.02
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	15	18.5	170.5				

Mägi, Rasmus (EST) (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 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	31-May-18	time	6.04	9.92	13.76	17.68	21.72		25.88	30.28	34.72	39.32	43.92		49.19	9 / 5			
reaction time	0.140	interval		3.88	3.84	3.92	4.04		4.16	4.40	4.44	4.60	4.60	5.27			11.64	12.60	13.64
		velocity	7.45	9.02	9.11	8.93	8.66		8.41	7.95	7.88	7.61	7.61	7.59	8.13		9.02	8.33	7.70
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17	159				

Kendziera, Dave (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 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	24-Jun-21	time	5.94	9.74	13.61	17.58	21.65		25.89	30.23	34.67	39.17	43.78		49.19	8 / 2			
reaction time	0.250	interval		3.80	3.87	3.97	4.07		4.24	4.34	4.44	4.50	4.61	5.41			11.64	12.65	13.55
		velocity	7.58	9.21	9.04	8.82	8.60		8.25	8.06	7.88	7.78	7.59	7.39	8.13		9.02	8.30	7.75
H1 lead leg	R	strides		13	13	13	13		13	13	14	14	14	17.5	137.5				

Bonvin, Julien (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 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	20-Aug-23	time	5.96	9.73	13.46	17.13	21.13		25.40	29.73	34.23	38.97			49.19	5 / 3			
reaction time	0.188	interval		3.77	3.73	3.67	4.00		4.27	4.33	4.50	4.74		10.22			11.17	12.60	
		velocity	7.55	9.28	9.38	9.54	8.75		8.20	8.08	7.78	7.38		7.34	8.13		9.40	8.33	
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15			131				

Young, Blair (AUS) (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 - 2000 Olympic Games (Sydney, AUS)															*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	25-Sep-00	time	6.12	9.96	13.84	17.68	21.60	23.24	25.84	30.16	34.60	39.24			49.20	8 / 4			
reaction time	0.255	interval		3.84	3.88	3.84	3.92		4.24	4.32	4.44	4.64					11.56	12.48	
		velocity	7.35	9.11	9.02	9.11	8.93	8.61	8.25	8.10	7.88	7.54			8.13		9.08	8.41	
H1 lead leg		strides		13	13	13	13		14	14	15	15			110				

Mori, Fabrizio (ITA) (1969)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

Heat 1 - 2002 European Championships (Munich, GER) *Graubner (2009) - http://www.fgs.uni-halle.de*

date	07-Aug-02	time	6.37	10.33	14.29	18.25	22.28		26.41	30.85	35.82	39.49	43.99		49.20	/ 2			
reaction time		interval		3.96	3.96	3.96	4.03		4.13	4.44	4.97	3.67	4.50	5.21			11.88	12.60	13.14
		velocity	7.06	8.84	8.84	8.84	8.68		8.47	7.88	7.04	9.54	7.78	7.68	8.13		8.84	8.33	7.99
H1 lead leg		strides																	

Narisako, Kenji (JPN) (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 - 2007 Osaka Grand Prix (Osaka, JPN) *Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers*																	
date 05-May-07 time	5.97	9.66	13.38	17.20	21.14		25.21	29.46	34.08	38.85	43.55		49.20	/ 4			
reaction time interval		3.69	3.72	3.82	3.94		4.07	4.25	4.62	4.77	4.70	5.65			11.23	12.26	14.09
velocity	7.54	9.49	9.41	9.16	8.88		8.60	8.24	7.58	7.34	7.45	7.08	8.13		9.35	8.56	7.45
H1 lead leg strides		13	13	13	13		13	14	14	15	15		123				

Abe, Takatoshi (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 - 2017 Seiko Golden Grand Prix (Kawasaki, JPN) *Morioka (2018) - Analysis of the race patterns of the top 400m hurdles in Japan*																	
date 21-May-17 time	5.97	9.67	13.49	17.34	21.31		25.38	29.75	34.22	38.89	43.66		49.20	2 / 2			
reaction time 0.191 interval		3.70	3.82	3.85	3.97		4.07	4.37	4.47	4.67	4.77	5.54			11.37	12.41	13.91
velocity	7.54	9.46	9.16	9.09	8.82		8.60	8.01	7.83	7.49	7.34	7.22	8.13		9.23	8.46	7.55
H1 lead leg R strides	20	13	13	13	13		13	14	14	15	15	18	161				

Clement, Kerron (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 - 2017 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*																	
date 24-Aug-17 time	5.96	9.68	13.44	17.28	21.32		25.52	29.80	34.16	38.72	43.56		49.20	7 / 4			
reaction time 0.167 interval		3.72	3.76	3.84	4.04		4.20	4.28	4.36	4.56	4.84	5.64			11.32	12.52	13.76
velocity	7.55	9.41	9.31	9.11	8.66		8.33	8.18	8.03	7.68	7.23	7.09	8.13		9.28	8.39	7.63
H1 lead leg R strides	20	13	13	13	13		13	13	13		15	17	143				

dos Santos, Alison Brendon (BRA) (

	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 Grand Prix (Birmingham, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*																	
date 18-Aug-19 time	5.96	9.92	13.80	17.80	21.80	23.6	25.92	30.24	34.72	39.36	43.88		49.20	4 / 2			
reaction time 0.152 interval		3.96	3.88	4.00	4.00		4.12	4.32	4.48	4.64	4.52	5.32			11.84	12.44	13.64
velocity	7.55	8.84	9.02	8.75	8.75	8.47	8.50	8.10	7.81	7.54	7.74	7.52	8.13		8.87	8.44	7.70
H1 lead leg L strides	20	13	13	13	13		13	13	14	14	14	17	157				

Valliant, Ludvy (FRA) (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 The Match - Europe v USA (Minsk, BLR) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*																	
date 10-Sep-19 time	6.06	9.80	13.63	17.50	21.56		25.70	30.03	34.53	39.13	43.73		49.20	5 / 3			
reaction time 0.199 interval		3.74	3.83	3.87	4.06		4.14	4.33	4.50	4.60	4.60	5.47			11.44	12.53	13.70
velocity	7.43	9.36	9.14	9.04	8.62		8.45	8.08	7.78	7.61	7.61	7.31	8.13		9.18	8.38	7.66
H1 lead leg R strides		13	13	13	13		13	14	14	14	14	17.5	138.5				

Lattin, Amere (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 - 2019 IAAF World Championships (Doha, QAT) *Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*																	
date 28-Sep-19 time	5.93	9.71	13.64	17.66	21.74		25.91	30.29	34.66	39.27	43.85		49.20	2 / 6			
reaction time 0.152 interval		3.78	3.93	4.02	4.08		4.17	4.38	4.37	4.61	4.58	5.35			11.73	12.63	13.56
velocity	7.59	9.26	8.91	8.71	8.58		8.39	7.99	8.01	7.59	7.64	7.48	8.13		8.95	8.31	7.74
H1 lead leg L strides	20	13	13	13	13		13	14	14	14	14	17	158				

Bailey, Aldrich (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 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*																	
date 25-Jun-21 time	6.10	9.94	13.84	17.71	21.84		25.99	30.46	34.92	39.50	44.11		49.20	2 / 4			
reaction time 0.188 interval		3.84	3.90	3.87	4.13		4.15	4.47	4.46	4.58	4.61	5.09	PB		11.61	12.75	13.65
velocity	7.38	9.11	8.97	9.04	8.47		8.43	7.83	7.85	7.64	7.59	7.86	8.13		9.04	8.24	7.69
H1 lead leg L strides		13	13	13	13			14	14	14	14	17	125				

Cavanaugh, Caleb (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) *Henson (2023) - Athlete First: 2023 year end hurdle report*																	
date 09-Jun-23 time	5.85	9.50	13.30	17.18	21.17		25.39	29.86	34.47	39.10	43.84		49.20	9 / 6			
reaction time interval		3.65	3.80	3.88	3.99		4.22	4.47	4.61	4.63	4.74	5.36			11.33	12.68	13.98
velocity	7.69	9.59	9.21	9.02	8.77		8.29	7.83	7.59	7.56	7.38	7.46	8.13		9.27	8.28	7.51
H1 lead leg R strides	20	13	13	13	13		13	15	15	15	15	17.7	162.7				

Hussein, Kariem (SUI) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*																	
date 01-Sep-16 time	5.76	9.40	13.12	16.96	20.92		25.00	29.32	33.72	38.40	43.32		49.21	7 / 5			
reaction time 0.147 interval		3.64	3.72	3.84	3.96		4.08	4.32	4.40	4.68	4.92	5.89			11.20	12.36	14.00
velocity	7.81	9.62	9.41	9.11	8.84		8.58	8.10	7.95	7.48	7.11	6.79	8.13		9.38	8.50	7.50
H1 lead leg L strides	20	13	13	13	13		13	14	14	15	15	18	161				

Elliott, Cass (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) *Henson (2023) - Athlete First: 2023 year end hurdle report*																	
date 09-Jun-23 time	6.14	9.89	13.80	17.76	21.89			30.43	34.88	39.39	44.01		49.21	2 / 7			
reaction time interval		3.75	3.91	3.96	4.13			8.54	4.45	4.51	4.62	5.20			11.62	12.67	13.58
velocity	7.33	9.33	8.95	8.84	8.47			8.20	7.87	7.76	7.58	7.69	8.13		9.04	8.29	7.73
H1 lead leg L strides	21	14	14	14	14				15	15	16	18.5	141.5				

Smith, James (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) *Henson (2023) - Athlete First: 2023 year end hurdle report*																	

date	09-Jun-23	time	5.99	9.76	13.60	17.48	21.50		25.74	30.03	34.47	39.00	43.76		49.21	4 / 8			
reaction time		interval		3.77	3.84	3.88	4.02		4.24	4.29	4.44	4.53	4.76	5.45	PB		11.49	12.55	13.73
		velocity	7.51	9.28	9.11	9.02	8.71		8.25	8.16	7.88	7.73	7.35	7.34	8.13		9.14	8.37	7.65
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18.2	164.2				

Akabusi, Kriss (GBR) (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 1 - 1988 Olympic Games (Seoul, KOR)										*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*									
date	24-Sep-88	time	6.14	9.93	13.81	17.74	21.78		25.87	30.11	34.49	39.20	43.92		49.22	6 / 4			
reaction time		interval		3.79	3.88	3.93	4.04		4.09	4.24	4.38	4.71	4.72	5.30			11.60	12.37	13.81
		velocity	7.33	9.23	9.02	8.91	8.66		8.56	8.25	7.99	7.43	7.42	7.55	8.13		9.05	8.49	7.60
H1 lead leg		strides	20	13	13	13	13		14	14	14	15	15	18	162				

Woody, Joey (USA) (1973)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Championships (Palo Alto, CA)															*USATF Women's Sprint Development (2003)*				
date	22-Jun-03	time	5.87	9.66	13.50	17.47	21.54		25.68	30.06	34.42	38.96	43.61		49.22	3 / ~~3~~ 2			
reaction time		interval		3.79	3.84	3.97	4.07		4.14	4.38	4.36	4.54	4.65	5.61			11.60	12.59	13.55
		velocity	7.67	9.23	9.11	8.82	8.60		8.45	7.99	8.03	7.71	7.53	7.13	8.13		9.05	8.34	7.75
H1 lead leg		strides																	

Phillips, Isa (JAM) (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 IAAF World Athletics Final (Stuttgart, GER)															*Graubner (2009) - http://www.fgs.uni-halle.de*				
date	13-Sep-08	time	6.09	9.79	13.63	17.63	21.80		26.11	30.35	34.80	39.34	44.00		49.22	2 / 3			
reaction time	0.185	interval		3.70	3.84	4.00	4.17		4.31	4.24	4.45	4.54	4.66	5.22			11.54	12.72	13.65
		velocity	7.39	9.46	9.11	8.75	8.39		8.12	8.25	7.87	7.71	7.51	7.66	8.13		9.10	8.25	7.69
H1 lead leg		strides																	

Fernández, Sérgio (ESP) (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 Athletissime (Laussane, SUI) (TV Analysis)															*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	25-Aug-16	time	5.96	9.80	13.73	17.70	21.76		25.93	30.26	34.73	39.26	43.80		49.22	3 / 3			
reaction time	0.146	interval		3.84	3.93	3.97	4.06		4.17	4.33	4.47	4.53	4.54	5.42			11.74	12.56	13.54
		velocity	7.55	9.11	8.91	8.82	8.62		8.39	8.08	7.83	7.73	7.71	7.38	8.13		8.94	8.36	7.75
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17	158				

Mägi, Rasmus (EST) (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 - 2020 ISTAF (Berlin, GER) (TV Analysis)															*Henson (2020) - Athlete First: 2020 year end hurdle report*				
date	13-Sep-20	time	6.00		13.52	17.40			25.60	29.92	34.36	38.92	43.72		49.22	6 / 2			
reaction time	0.238	interval			7.52	3.88			8.20	4.32	4.44	4.56	4.80	5.50			11.40	12.52	13.80
		velocity	7.50		9.31	9.02			8.54	8.10	7.88	7.68	7.29	7.27	8.13		9.21	8.39	7.61
H1 lead leg	R	strides	20			13				13	14	14	14		88				

Nathaniel, Ezekiel (NGR) (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 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	21-Aug-23	time	6.06	9.97	13.63	17.33	21.26		25.40	29.73	34.23		43.67		49.22	9 / 6			
reaction time	0.209	interval		3.91	3.66	3.70	3.93		4.14	4.33	4.50		9.44	5.55			11.27	12.40	13.94
		velocity	7.43	8.95	9.56	9.46	8.91		8.45	8.08	7.78		7.42	7.21	8.13		9.32	8.47	7.53
H1 lead leg	R	strides	21	13	13	13	13		13	14	14			17	131				

Mužík, Jiri (CZE) (1976)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2000 Olympic Games (Sydney, AUS)										*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*									
date	25-Sep-00	time	5.96	9.88	13.72	17.64	21.76	23.36	25.96	30.24	34.68	39.20	43.92		49.23	5 / 5			
reaction time	0.227	interval		3.92	3.84	3.92	4.12		4.20	4.28	4.44	4.52	4.72	5.31			11.68	12.60	13.68
		velocity	7.55	8.93	9.11	8.93	8.50	8.56	8.33	8.18	7.88	7.74	7.42	7.53	8.13		8.99	8.33	7.68
H1 lead leg		strides		13	13	13	14		14	14	15	15	15	19.2	145.2				

Carter, James (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 - 2003 USATF National Championships (Palo Alto, CA)															*USATF Women's Sprint Development (2003)*				
date	22-Jun-03	time	5.82	9.64	13.61	17.68	22.01		26.39	30.70	35.10	39.52	44.03		49.23	6 / ~~4~~ 3			
reaction time		interval		3.82	3.97	4.07	4.33		4.38	4.31	4.40	4.42	4.51	5.20			11.86	13.02	13.33
		velocity	7.73	9.16	8.82	8.60	8.08		7.99	8.12	7.95	7.92	7.76	7.69	8.13		8.85	8.06	7.88
H1 lead leg		strides																	

Copello, Yasmani (TUR) (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)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	24-Aug-17	time	5.84	9.56	13.36		21.28		25.48	29.88	34.40	39.08	43.80		49.23	5 / 5			
reaction time	0.181	interval		3.72	3.80		7.92		4.20	4.40	4.52	4.68	4.72	5.43					13.92
		velocity	7.71	9.41	9.21		8.84		8.33	7.95	7.74	7.48	7.42	7.37	8.13				7.54
H1 lead leg	R	strides	20	13	13				13	14	14		14	17.5	118.5				

Mägi, Rasmus (EST) (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 - 2020 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)															*Henson (2020) - Athlete First: 2020 year end hurdle report*				
date	14-Aug-20	time	6.00	9.74	13.61	17.55			25.79	30.16	34.60	39.24	43.88		49.23	4 / 3			
reaction time	0.146	interval		3.74	3.87	3.94			8.24	4.37	4.44	4.64	4.64	5.35			11.55	12.61	13.72
		velocity	7.50	9.36	9.04	8.88			8.50	8.01	7.88	7.54	7.54	7.48	8.13		9.09	8.33	7.65
H1 lead leg	L	strides	21	13	13	13				14	14	14	14	17.2	133.2				

Abuaku, Joshua (GER) (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 FBK Games (Hengelo, NED)															*Omega Timing (2023) - continental tour race analysis*				
date	04-Jun-23	time	5.83	9.51	13.27	17.07	21.02		25.23	29.62	34.17	38.87	43.70		49.23	8 / 3			

reaction time	0.207	interval		3.68	3.76	3.80	3.95		4.21	4.39	4.55	4.70	4.83	5.53			11.24	12.55	14.08
		velocity	7.72	9.51	9.31	9.21	8.86		8.31	7.97	7.69	7.45	7.25	7.23	8.13		9.34	8.37	7.46
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	18	161				

Schubert, Rainer (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

Heat 3 - 1968 Olympic Games (Mexico City, MEX) (*Altitude*) — *Jonath (1969) - wie gerhard hennige trainiert*

date	13-Oct-68	time	6.1	9.9	13.7	17.7	21.7	23.4	26.0	30.4	34.8	39.1	43.6		49.1	/ 2			
reaction time		interval		3.8	3.8	4.0	4.0		4.3	4.4	4.4	4.3	4.5	5.5	PB		11.60	12.70	13.20
		velocity	7.38	9.21	9.21	8.75	8.75	8.55	8.14	7.95	7.95	8.14	7.78	7.27	8.15	(49.15)	9.05	8.27	7.95
H1 lead leg		strides																	

Hennige, Gerhard (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

Semi-Final 2 - 1968 Olympic Games (Mexico City, MEX) (*Altitude*) — *Jonath (1969) - wie gerhard hennige trainiert*

date	14-Oct-68	time	6.1	9.9	13.7	17.7	21.9	23.6	26.0	30.3	34.6	39.0	43.6		49.1	/ 1			
reaction time		interval		3.8	3.8	4.0	4.2		4.1	4.3	4.3	4.4	4.6	5.5	(49.16)		11.60	12.60	13.30
		velocity	7.38	9.21	9.21	8.75	8.33	8.47	8.54	8.14	8.14	7.95	7.61	7.27	8.15		9.05	8.33	7.89
H1 lead leg		strides																	

Skomorokhov, Vyacheslav (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 - 1968 Olympic Games (Mexico City, MEX) (*Altitude*) — *Dessons (1982) - traite d'athletisme - volume 1: les courses*

date	15-Oct-68	time	6.1	9.9	13.7	17.5	21.5	23.4	25.6	30.0	34.6	39.2	43.8		49.1	5 / 5			
reaction time		interval		3.80	3.80	3.80	4.00		4.10	4.40	4.60	4.60	4.60	5.30	(49.12)		11.40	12.50	13.80
		velocity	7.38	9.21	9.21	9.21	8.75	8.55	8.54	7.95	7.61	7.61	7.61	7.55	8.15		9.21	8.40	7.61
H1 lead leg	L	strides	21	13	13	13	13		13	15	15	15	15	18	164				

Iakovákis, Periklís (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

Heat 1 - 2002 European Championships (Munich, GER) — *Graubner (2009) - http://www.fgs.uni-halle.de*

date	07-Aug-02	time			13.85	17.89	21.97		26.19	30.77	34.88	39.43	44.07		49.24	/ 3			
reaction time		interval				4.04	4.08		4.22	4.58	4.11	4.55	4.64	5.17				12.88	13.30
		velocity			8.30	8.66	8.58		8.29	7.64	8.52	7.69	7.54	7.74	8.12			8.15	7.89
H1 lead leg		strides																	

Jackson, Bershawn (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) — *Behm (2011) - Le quatrache: Démus enfin!*

date	01-Sep-11	time	5.7	9.3	13.3	17.2	21.2		25.4	29.6	33.8	38.4	43.3		49.24	5 / 6			
reaction time	0.151	interval		3.6	4.0	3.9	4.0		4.2	4.2	4.2	4.6	4.9	5.9			11.50	12.40	13.70
		velocity	7.89	9.72	8.75	8.97	8.75		8.33	8.33	8.33	7.61	7.14	6.73	8.12		9.13	8.47	7.66
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	17	20	179				

Mörö, Oskari (FIN) (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 European Championships (Amsterdam, NED) (TV Analysis) — *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	08-Jul-16	time	6.04	9.84	13.68	17.64	21.68		25.92	30.16	34.60	39.24	43.92		49.24	7 / 4			
reaction time	0.155	interval		3.80	3.84	3.96	4.04		4.24	4.24	4.44	4.64	4.68	5.32			11.60	12.52	13.76
		velocity	7.45	9.21	9.11	8.84	8.66		8.25	8.25	7.88	7.54	7.48	7.52	8.12		9.05	8.39	7.63
H1 lead leg	L	strides	21	14	14	13	13		14		15	15	15	18.2	152.2				

Akii-Bua, John (UGA) (1949)

	H1	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 - 1972 Olympic Games (Munich, FRG) — *Schmidt (1973) - vorolympishces training von john akii-bua über 400 hürden*

date	02-Sep-72	time					21.0			29.9			43.6		49.25	2 / 1			
reaction time		interval								8.90			13.70	5.65					13.70
		velocity					8.81			7.87			7.66	7.08	8.12				7.66
H1 lead leg		strides																	

Herbert, Llewellyn (RSA) (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 1 - 2000 Olympic Games (Sydney, AUS) — *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

date	24-Sep-00	time	5.98	9.82	13.62	17.50	21.42		25.58	29.82	34.18	38.74	43.62		49.25	8 / 1			
reaction time	0.171	interval		3.84	3.80	3.88	3.92		4.16	4.24	4.36	4.56	4.88	5.63			11.52	12.32	13.80
		velocity	7.53	9.11	9.21	9.02	8.93		8.41	8.25	8.03	7.68	7.17	7.10	8.12		9.11	8.52	7.61
H1 lead leg		strides	22	14	14	14	14		15	15	15	15	16	19.2	173.2				

Thomas, Eric (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

Semi-Final 1 - 2000 Olympic Games (Sydney, AUS) — *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

date	25-Sep-00	time	6.02	9.86	13.74	17.62	21.58	23.14	25.66	30.04	34.42	39.02	43.74		49.25	2 / 5			
reaction time	0.188	interval		3.84	3.88	3.88	3.96		4.08	4.38	4.38	4.60	4.72	5.51			11.60	12.42	13.70
		velocity	7.48	9.11	9.02	9.02	8.84	8.64	8.58	7.99	7.99	7.61	7.42	7.26	8.12		9.05	8.45	7.66
H1 lead leg		strides	21	13	13	13	13		13	14	14	15	15	17.8	161.8				

Rawlinson, Christopher (GBR) (1972

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

Semi-Final 2 - 2000 Olympic Games (Sydney, AUS) — *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

date	25-Sep-00	time	6.00	9.76	13.56	17.40	21.36	22.88	25.48	29.80	34.24	38.92	43.76		49.25	6 / 6			
reaction time	0.177	interval		3.76	3.80	3.84	3.96		4.12	4.32	4.44	4.68	4.84	5.49			11.40	12.40	13.96
		velocity	7.50	9.31	9.21	9.11	8.84	8.74	8.50	8.10	7.88	7.48	7.23	7.29	8.12		9.21	8.47	7.52
H1 lead leg		strides		14	14	14	14		14	15	15	15	16	19	150				

Myburgh, Alwyn (RSA) (1980)

	H1	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 - 2000 Olympic Games (Sydney, AUS) — *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

date	25-Sep-00	time	5.78	9.50	13.34	17.26	21.22	22.74	25.26	29.50	34.06	38.74	43.58		49.25	1 / 4			
reaction time	0.202	interval		3.72	3.84	3.92	3.96		4.04	4.24	4.56	4.68	4.84	5.67			11.48	12.24	14.08

		velocity	7.79	9.41	9.11	8.93	8.84	8.80	8.66	8.25	7.68	7.48	7.23	7.05	8.12			9.15	8.58	7.46
H1 lead leg		strides	22	14	14	14	14		14	14	15	15	15	19	170					

Maillard, Sébastien (FRA) (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 4 - 2003 IAAF World Championships (Paris, FRA)													*Behm (2003) - Paris 2003:Le quatrache masculn - féminin*				
date 26-Aug-03	time	5.9	9.7	13.5	17.4	21.4		25.5	29.6	33.9	38.6	43.5		49.25	7 / 4			
reaction time 0.191	interval		3.8	3.8	3.9	4.0		4.1	4.1	4.3	4.7	4.9	5.75			11.50	12.20	13.90
	velocity	7.63	9.21	9.21	8.97	8.75		8.54	8.54	8.14	7.45	7.14	6.96	8.12		9.13	8.61	7.55
H1 lead leg	strides	21	14	14	14	14		15	15	15	16	16	19.5	173.5				

Kawakita, Naohiro (JPN) (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 - 2006 Osaka Grand Prix (Osaka, JPN)													*Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers*				
date 06-May-06	time	6.12	9.89	13.78	17.67	21.67		25.81	30.20	34.70	39.36	44.01		49.25	/ 7			
reaction time	interval		3.77	3.89	3.89	4.00		4.14	4.39	4.50	4.66	4.65	5.24	PB		11.55	12.53	13.81
	velocity	7.35	9.28	9.00	9.00	8.75		8.45	7.97	7.78	7.51	7.53	7.63	8.12		9.09	8.38	7.60
H1 lead leg	strides		13	13	13	13		14	14	15	15	15		125				

Iakovákis, Periklís (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 - 2007 IAAF World Championships (Osaka, JPN)													*Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers*				
date 28-Aug-07	time	5.98	9.67	13.42	17.27	21.26		25.40	29.82	34.27	38.94	43.69		49.25	2 / 6			
reaction time 0.154	interval		3.69	3.75	3.85	3.99		4.14	4.42	4.45	4.67	4.75	5.56			11.29	12.55	13.87
	velocity	7.53	9.49	9.33	9.09	8.77		8.45	7.92	7.87	7.49	7.37	7.19	8.12		9.30	8.37	7.57
H1 lead leg R	strides	21	13	13	13	13		13	14	14	14	14		142				

Holmes, TJ (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 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)													*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date 30-May-19	time	5.86	9.52	13.32	17.15	21.11	22.7	25.26	29.62	34.06	38.90	43.62		49.25	6 / 2			
reaction time 0.156	interval		3.66	3.80	3.83	3.96		4.15	4.36	4.44	4.84	4.72	5.63			11.29	12.47	14.00
	velocity	7.68	9.56	9.21	9.14	8.84	8.81	8.43	8.03	7.88	7.23	7.42	7.10	8.12		9.30	8.42	7.50
H1 lead leg L	strides	20	13	13	13	13		13	13	13	14	14	17.2	156.2				

Levingston, Isaiah (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 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)													*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date 26-Jun-21	time	5.80	9.61	13.51	17.65	21.95		26.29	30.66		39.40	43.94		49.25	9 / 6			
reaction time 0.231	interval		3.81	3.90	4.14	4.30		4.34	4.37		8.74	4.54	5.31			11.85	13.01	13.28
	velocity	7.76	9.19	8.97	8.45	8.14		8.06	8.01		8.01	7.71	7.53	8.12		8.86	8.07	7.91
H1 lead leg L	strides		13	13	13	13		13	13	13		13		104				

Rosser, Khallifah (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 Doha Diamond League (Doha, QAT)													*Omega Timing (2023) - diamond league race analysis*				
date 05-May-23	time	5.84	9.50	13.29	17.14	21.14		25.32	29.69	34.20	38.85	43.66		49.25	4 / 4			
reaction time 0.161	interval		3.66	3.79	3.85	4.00		4.18	4.37	4.51	4.65	4.81	5.59			11.30	12.55	13.97
	velocity	7.71	9.56	9.23	9.09	8.75		8.37	8.01	7.76	7.53	7.28	7.16	8.12		9.29	8.37	7.52
H1 lead leg R	strides	21	13	13	13	13		13	14	14	14	14	17.5	159.5				

Metivier, Malik (CAN) (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)													*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date 11-Jun-21	time	5.90	9.57		17.33	21.35		25.60	30.17	34.77	39.43	44.10		49.26	4 / 5			
reaction time 0.144	interval		3.67		7.76	4.02		4.25	4.57	4.60	4.66	4.67	5.16	PB		11.43	12.84	13.93
	velocity	7.63	9.54		9.02	8.71		8.24	7.66	7.61	7.51	7.49	7.75	8.12		9.19	8.18	7.54
H1 lead leg R	strides	22	13			13		14	14	15	15	15	18.2	139.2				

Tamesue, Dai (JPN) (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 Japanese Championships (Tokyo, JPN)													*Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers*				
date 04-Jun-05	time	5.83	9.53	13.40	17.34	21.43		25.58	29.87	34.39	39.04	43.83		49.27	/ 1			
reaction time	interval		3.70	3.87	3.94	4.09		4.15	4.29	4.52	4.65	4.79	5.44			11.51	12.53	13.96
	velocity	7.72	9.46	9.04	8.88	8.56		8.43	8.16	7.74	7.53	7.31	7.35	8.12		9.12	8.38	7.52
H1 lead leg	strides		13	13	13	13		14	14	15	15	15		125				

Taylor, Angelo (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 - 2007 IAAF World Athletics Final (Stuttgart, GER)													*Graubner (2007) - http://www.fgs.uni-halle.de*				
date 22-Sep-07	time	6.34	9.94	13.72	17.54	21.52		25.80	30.44	35.09	39.64	44.18		49.27	8 / 5			
reaction time 0.152	interval		3.60	3.78	3.82	3.98		4.28	4.64	4.65	4.55	4.54	5.09			11.20	12.90	13.74
	velocity	7.10	9.72	9.26	9.16	8.79		8.18	7.54	7.53	7.69	7.71	7.86	8.12		9.38	8.14	7.64
H1 lead leg	strides																	

Culson, Javier (PUR) (1984)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2009 IAAF World Championships (Berlin, GER)													*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*				
date 15-Aug-09	time	6.02	9.79	13.60	17.66	21.86		26.13	30.49	34.97	39.47	44.11		49.27	1 / 1			
reaction time 0.212	interval		3.77	3.81	4.06	4.20		4.27	4.36	4.48	4.50	4.64	5.16			11.64	12.83	13.62
	velocity	7.48	9.28	9.19	8.62	8.33		8.20	8.03	7.81	7.78	7.54	7.75	8.12		9.02	8.18	7.71
H1 lead leg	strides																	

Kishimoto, Takayuki (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
Race A - 2011 Shizuoka International Athletics Meeting (Fukuroi, JPN)													*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*				
date 03-May-11	time	5.97	9.76	13.66	17.66	21.85		26.09	30.38	34.75	39.35	43.96		49.27	/ 2			
reaction time	interval		3.79	3.90	4.00	4.19		4.24	4.29	4.37	4.60	4.61	5.31	PB		11.69	12.72	13.58
	velocity	7.54	9.23	8.97	8.75	8.35		8.25	8.16	8.01	7.61	7.59	7.53	8.12		8.98	8.25	7.73

H1 lead leg		strides		13	13	13	14		14	14	14	15	15		125					

Kendziera, Dave (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 - 2019 Bislett Games (Oslo, NOR) (TV Analysis)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	13-Jun-19	time	5.88	9.68	13.58		21.55	23.3	25.69	30.02	34.39	39.04	43.74		49.27	4 / 4			
reaction time	0.163	interval		3.80	3.90		7.97		4.14	4.33	4.37	4.65	4.70	5.53					13.72
		velocity	7.65	9.21	8.97		8.78	8.58	8.45	8.08	8.01	7.53	7.45	7.23	8.12				7.65
H1 lead leg	R	strides	20	13	13				13	13	13	14	14	18	131				

Warholm, Karsten (NOR) (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 IAAF World Championships (Doha, QAT) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	27-Sep-19	time	5.72	9.48	13.28	17.16	21.24			29.68	34.04	38.76	43.64		49.27	4 / 1			
reaction time	0.161	interval		3.76	3.80	3.88	4.08			8.44	4.36	4.72	4.88	5.63			11.44	12.52	13.96
		velocity	7.87	9.31	9.21	9.02	8.58			8.29	8.03	7.42	7.17	7.10	8.12		9.18	8.39	7.52
H1 lead leg	L	strides	20	13	13	13	13				13	15	15	17	132				

Samuel, Cameron (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) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	26-Jun-21	time	5.84	9.67	13.48	17.45	21.59		25.82	30.26	34.78	39.34	43.91		49.27	7 / 7			
reaction time	0.199	interval		3.83	3.81	3.97	4.14		4.23	4.44	4.52	4.56	4.57	5.36			11.61	12.81	13.65
		velocity	7.71	9.14	9.19	8.82	8.45		8.27	7.88	7.74	7.68	7.66	7.46	8.12		9.04	8.20	7.69
H1 lead leg	R	strides		14	14	14	14		14	15	15		15		115				

Happio, Wilfried (FRA) (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 - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	05-Jun-22	time	5.87	9.50	13.27	17.17	21.20	22.90	25.30	29.80	34.30	39.07	43.83		49.27	2 / 3			
reaction time	0.143	interval		3.63	3.77	3.90	4.03		4.10	4.50	4.50	4.77	4.76	5.44			11.30	12.63	14.03
		velocity	7.67	9.64	9.28	8.97	8.68	8.73	8.54	7.78	7.78	7.34	7.35	7.35	8.12		9.29	8.31	7.48
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15		143				

Lahoulou, Abdelmalik (ALG) (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)															*Omega Timing (2023) - diamond league race analysis*				
date	15-Jun-23	time	5.94	9.59	13.26	17.04	20.97		25.07	29.40	33.90	38.57	43.47		49.27	8 / 7			
reaction time	0.178	interval		3.65	3.67	3.78	3.93		4.10	4.33	4.50	4.67	4.90	5.80			11.10	12.36	14.07
		velocity	7.58	9.59	9.54	9.26	8.91		8.54	8.08	7.78	7.49	7.14	6.90	8.12		9.46	8.50	7.46
H1 lead leg	L	strides	22	13	13	13	13		14			15			103				

Schmid, Harald (FRG) (1957)

			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 - 1987 IAAF World Championships (Rome, ITA)											*Sušanka (1990) - time analyis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*								
date	30-Aug-87	time	6.10	9.89	13.82	17.79	21.95		26.23	30.65	35.08	39.68	44.28		49.28	5 / 1			
reaction time		interval		3.79	3.93	3.97	4.16		4.28	4.42	4.43	4.60	4.60	5.00			11.69	12.86	13.63
		velocity	7.38	9.23	8.91	8.82	8.41		8.18	7.92	7.90	7.61	7.61	8.00	8.12		8.98	8.16	7.70
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	14	14	16.9	156.9				

Matete, Samuel (ZAM) (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)															*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*				
date	25-Aug-99	time	5.68	9.44	13.23	17.25	21.31		25.38	29.66	34.10	38.59	43.28		49.28	3 / 6			
reaction time	0.169	interval		3.76	3.79	4.02	4.06		4.07	4.28	4.44	4.49	4.69	6.00			11.57	12.41	13.62
		velocity	7.92	9.31	9.23	8.71	8.62		8.60	8.18	7.88	7.80	7.46	6.67	8.12		9.08	8.46	7.71
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	15	15	18.5	160.5				

Al-Somaily, Hadi Sou'an (KSA) (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 6 - 2000 Olympic Games (Sydney, AUS)											*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*								
date	24-Sep-00	time	5.98	9.66	13.50	17.38	21.34		25.42	29.78	34.34	38.98	43.70		49.28	1 / 1			
reaction time	0.174	interval		3.68	3.84	3.88	3.96		4.08	4.36	4.56	4.64	4.72	5.58			11.40	12.40	13.92
		velocity	7.53	9.51	9.11	9.02	8.84		8.58	8.03	7.68	7.54	7.42	7.17	8.12		9.21	8.47	7.54
H1 lead leg		strides	21	13	13	13	13		13	13	14	14	14	17.7	158.7				

Goller, Thomas (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 - 2000 Olympic Games (Sydney, AUS)											*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*								
date	25-Sep-00	time	5.90	9.58	13.50	17.42	21.38	22.90	25.50	29.82	34.30	38.94	43.66		49.28	3 / 6			
reaction time	0.152	interval		3.68	3.92	3.92	3.96		4.12	4.32	4.48	4.64	4.72	5.62			11.52	12.40	13.84
		velocity	7.63	9.51	8.93	8.93	8.84	8.73	8.50	8.10	7.81	7.54	7.42	7.12	8.12		9.11	8.47	7.59
H1 lead leg		strides	21	13	13	13	13		13	14	14	15	15	18	162				

Mužík, Jirí (CZE) (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)															*Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*				
date	20-Sep-02	time	6.08	9.93	13.91	17.81	21.94		26.05	30.23	34.65	39.23	43.86		49.28	4 / 4			
reaction time	0.185	interval		3.85	3.98	3.90	4.13		4.11	4.18	4.42	4.58	4.63	5.42			11.73	12.42	13.63
		velocity	7.40	9.09	8.79	8.97	8.47		8.52	8.37	7.92	7.64	7.56	7.38	8.12		8.95	8.45	7.70
H1 lead leg	L	strides	21	14	14	14	14		14	14	14	15	15	18.5	167.5				

Kishimoto, Takayuki (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 - 2011 Japanese National Championships (Kumagaya, JPN)											*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*								
date	11-Jun-11	time	5.94	9.74	13.63	17.62	21.81		25.91	30.21	34.63	39.23	43.92		49.28	/ 1			
reaction time		interval		3.80	3.89	3.99	4.19		4.10	4.30	4.42	4.60	4.69	5.36			11.68	12.59	13.71
		velocity	7.58	9.21	9.00	8.77	8.35		8.54	8.14	7.92	7.61	7.46	7.46	8.12		8.99	8.34	7.66
H1 lead leg		strides		13	13	13	14		14	14	14	15	15		125				

Mägi, Rasmus (EST) (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 Weltklasse (Zürich, SUI) (TV Analysis)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	30-Aug-18	time	5.92	9.68	13.44	17.36	21.40	23.3	25.56	30.04		39.20	43.88		49.28	7 / 4			
reaction time	0.176	interval		3.76	3.76	3.92	4.04		4.16	4.48		9.16	4.68	5.40			11.44	12.68	13.84
		velocity	7.60	9.31	9.31	8.93	8.66	8.58	8.41	7.81		7.64	7.48	7.41	8.12		9.18	8.28	7.59
H1 lead leg	L	strides	21	13	13	13	13		13	14	14		14		128				

Ledgister, Leonardo (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 - 2021 NCAA Championships (Eugene, OR) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	11-Jun-21	time	5.97	9.60		17.17	21.10		25.20	29.50	34.03	38.80	43.77		49.28	3 / 6			
reaction time	0.228	interval		3.63		7.57	3.93		4.10	4.30	4.53	4.77	4.97	5.51			11.20	12.33	14.27
		velocity	7.54	9.64		9.25	8.91		8.54	8.14	7.73	7.34	7.04	7.26	8.12		9.38	8.52	7.36
H1 lead leg	R	strides	22	14			14		14	15	15	16	16	18.2	144.2				

Rosser, Khallifah (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	24-Jun-21	time	5.77	9.44	13.18	17.08	21.19		25.42	29.79	34.16	38.77	43.61		49.28	5 / 3			
reaction time	0.246	interval		3.67	3.74	3.90	4.11		4.23	4.37	4.37	4.61	4.84	5.67			11.31	12.71	13.82
		velocity	7.80	9.54	9.36	8.97	8.52		8.27	8.01	8.01	7.59	7.23	7.05	8.12		9.28	8.26	7.60
H1 lead leg	R	strides		13	13	13	13		14	14	14	14	14	18	140				

Happio, Wilfried (FRA) (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 Bauhaus Galan (Stockholm, SWE) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	04-Jul-21	time	5.80	9.56	13.40	17.24	21.20	23.0	25.28		34.04	38.88	43.64		49.28	2 / 6			
reaction time	0.136	interval		3.76	3.84	3.84	3.96		4.08		8.76	4.84	4.76	5.64			11.44		
		velocity	7.76	9.31	9.11	9.11	8.84	8.70	8.58		7.99	7.23	7.35	7.09	8.12		9.18		
H1 lead leg	L	strides	20	13	13	13	13		13	13		15	15	18	146				

Gorban, Boris (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
Semi-Final 3 - 2000 Olympic Games (Sydney, AUS)															*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	25-Sep-00	time	5.94	9.74	13.66	17.62	21.66	23.18	25.74	30.02	34.54	39.14	43.86		49.29	5 / 5			
reaction time	0.454	interval		3.80	3.92	3.96	4.04		4.08	4.28	4.52	4.60	4.72	5.43			11.68	12.40	13.84
		velocity	7.58	9.21	8.93	8.84	8.66	8.63	8.58	8.18	7.74	7.61	7.42	7.37	8.12		8.99	8.47	7.59
H1 lead leg		strides	20	13	13	13	13		13	14	14	14	14	17.5	158.5				

Taylor, Angelo (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
Heat 5 - 2012 Olympic Games (London, GBR)															*Haines (2012) - mikehainesperformance.wordpress.com/2012/08/05/broadening-my-horizons-400m-hurdles-analysis*				
date	03-Aug-12	time	5.92	9.44	13.26	17.06	21.02	22.62	25.24	29.66	34.08	38.68	43.64		49.29	3 / 1			
reaction time	0.187	interval		3.52	3.82	3.80	3.96		4.22	4.42	4.42	4.60	4.96	5.65			11.14	12.60	13.98
		velocity	7.60	9.94	9.16	9.21	8.84		8.29	7.92	7.92	7.61	7.06	7.08	8.12		9.43	8.33	7.51
H1 lead leg		strides	21	13	13	13	13		14	14	14	14	14	18	161				

Green, Jack (GBR) (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 - 2017 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	18-Jun-17	time	6.08	9.88	13.60	17.44	21.48		25.76	30.12	34.60	39.16	43.80		49.29	8 / 4			
reaction time	0.203	interval		3.80	3.72	3.84	4.04		4.28	4.36	4.48	4.56	4.64	5.49			11.36	12.68	13.68
		velocity	7.40	9.21	9.41	9.11	8.66		8.18	8.03	7.81	7.68	7.54	7.29	8.12		9.24	8.28	7.68
H1 lead leg	R	strides	22	14	13	13	14		14	15	15	15	15	19.2	169.2				

Robinson, Byron (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 Müller Anniversary Games (London, GBR) (TV Analysis)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	20-Jul-19	time	5.84	9.52	13.32	17.28	21.36	23.0	25.52		34.00	38.52	43.32		49.29	5 / 4			
reaction time	0.154	interval		3.68	3.80	3.96	4.08		4.16		8.48	4.52	4.80	5.97			11.44		
		velocity	7.71	9.51	9.21	8.84	8.58	8.70	8.41		8.25	7.74	7.29	6.70	8.12		9.18		
H1 lead leg	L	strides	22	15	15	15	15		15			15	15	20	147				

Kendziera, Dave (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 - 2019 Müller Grand Prix (Birmingham, GBR) (TV Analysis)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	18-Aug-19	time	5.84	9.68	13.52	17.36	21.28	23.1	25.40	29.76	34.32	38.92	43.68		49.29	7 / 3			
reaction time	0.130	interval		3.84	3.84	3.84	3.92		4.12	4.36	4.56	4.60	4.76	5.61			11.52	12.40	13.92
		velocity	7.71	9.11	9.11	9.11	8.93	8.66	8.50	8.03	7.68	7.61	7.35	7.13	8.12		9.11	8.47	7.54
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	15	18.5	159.5				

Kishimoto, Takayuki (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 - 2021 Japanese National Championships (Osaka, JPN)											*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*								
date	26-Jun-21	time	5.92	9.71	13.61	17.63	21.72		25.93	30.23	34.70	39.20	43.88		49.29	8 / 3			
reaction time	0.156	interval		3.79	3.90	4.02	4.09		4.21	4.30	4.47	4.50	4.68	5.41			11.71	12.60	13.65
		velocity	7.60	9.23	8.97	8.71	8.56		8.31	8.14	7.83	7.78	7.48	7.39	8.12		8.97	8.33	7.69
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18	164				

Copello, Yasmani (TUR) (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 - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	05-Jun-22	time	5.87	9.60	13.30	17.20	21.17	22.89	25.27	29.67	34.17	38.87	43.67		49.29	5 / 4			
reaction time	0.177	interval		3.73	3.70	3.90	3.97		4.10	4.40	4.50	4.70	4.80	5.62			11.33	12.47	14.00
		velocity	7.67	9.38	9.46	8.97	8.82	8.74	8.54	7.95	7.78	7.45	7.29	7.12	8.12		9.27	8.42	7.50
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14		141				

Kawakita, Naohiro (JPN) (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 - 2006 Seiko Super Grand Prix (Yokohama, JPN)													*Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers*						
date	24-Sep-06	time	6.06	9.83	13.63	17.57	21.66		26.04	30.41	34.88	39.47	44.09		49.30	/ 2			
reaction time		interval		3.77	3.80	3.94	4.09		4.38	4.37	4.47	4.59	4.62	5.21			11.51	12.84	13.68
		velocity	7.43	9.28	9.21	8.88	8.56		7.99	8.01	7.83	7.63	7.58	7.68	8.11		9.12	8.18	7.68
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Clement, Kerron (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 - 2018 Bislett Games (Oslo, NOR) (TV Analysis)													*Henson (2020) - Athlete First: 2018 year end hurdle report*						
date	07-Jun-18	time	5.84	9.56	13.32	17.20	21.32	23.1	25.64	30.04	34.56	39.20	43.84		49.30	6 / 5			
reaction time	0.159	interval		3.72	3.76	3.88	4.12		4.32	4.40	4.52	4.64	4.64	5.46			11.36	12.84	13.80
		velocity	7.71	9.41	9.31	9.02	8.50	8.66	8.10	7.95	7.74	7.54	7.54	7.33	8.11		9.24	8.18	7.61
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153				

Kishimoto, Takayuki (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 - 2018 Japanese National Championships (Yamaguchi, JPN)													*Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*						
date	23-Jun-18	time	5.82	9.52	13.36	17.30	21.44		25.71	30.05	34.57	39.14	43.86		49.30	4 / 1			
reaction time	0.148	interval		3.70	3.84	3.94	4.14		4.27	4.34	4.52	4.57	4.72	5.44			11.48	12.75	13.81
		velocity	7.73	9.46	9.11	8.88	8.45		8.20	8.06	7.74	7.66	7.42	7.35	8.11		9.15	8.24	7.60
H1 lead leg	R		21	13	13	13	13		14	14	15	15	15	18.5	164.5				

Ferguson, Kenneth (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
Heat 4 - 2007 USATF National Championships (Indianapolis, IN)													*USATF Men's Hurdle Development (2007)*						
date	21-Jun-07	time	6.11	9.79	13.60	17.57	21.72		26.21	30.85	35.45	39.84	44.29		49.31	5 / 1			
reaction time		interval		3.68	3.81	3.97	4.15		4.49	4.64	4.60	4.39	4.45	5.02			11.46	13.28	13.44
		velocity	7.36	9.51	9.19	8.82	8.43		7.80	7.54	7.61	7.97	7.87	7.97	8.11		9.16	7.91	7.81
H1 lead leg	L	strides	22	13	13	13	13		15	15	15	15	15		149				

Taylor, Angelo (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 - 2011 IAAF World Championships (Daegu, KOR)													*Behm (2011) - Le quatrache: Démus enfin!*						
date	01-Sep-11	time	5.8	9.4	13.0	16.7	20.7		24.8	29.1	33.6	38.3	43.2		49.31	1 / 7			
reaction time	0.150	interval		3.6	3.6	3.7	4.0		4.1	4.3	4.5	4.7	4.9	6.1			10.90	12.40	14.10
		velocity	7.76	9.72	9.72	9.46	8.75		8.54	8.14	7.78	7.45	7.14	6.55	8.11		9.63	8.47	7.45
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	16	19	166				

Bett, Nicholas (KEN) (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 Shanghai Golden Grand Prix (Shanghai, CHN)													*Henson (2020) - Athlete First: 2016 year end hurdle report*						
date	14-May-16	time	5.96	9.76	13.56	17.56	21.68		25.88	30.12	34.40	39.00	43.64		49.31	5 / 6			
reaction time	0.150	interval		3.80	3.80	4.00	4.12		4.20	4.24	4.28	4.60	4.64	5.67			11.60	12.56	13.52
		velocity	7.55	9.21	9.21	8.75	8.50		8.33	8.25	8.18	7.61	7.54	7.05	8.11		9.05	8.36	7.77
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	15	13	17.2	157.2				

Matsushita, Yuki (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Japanese National Championships (Nagoya, JPN)													*Morioka (2016) - race pattern of top 400m hurdlers in japan*						
date	24-Jun-16	time	6.09	9.93	13.80	17.72	21.74		25.93	30.25	34.75	39.32	43.96		49.31	6 / 2			
reaction time	0.169	interval		3.84	3.87	3.92	4.02		4.19	4.32	4.50	4.57	4.64	5.35			11.63	12.53	13.71
		velocity	7.39	9.11	9.04	8.93	8.71		8.35	8.10	7.78	7.66	7.54	7.48	8.11		9.03	8.38	7.66
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Jackson, Bershawn (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 - 2018 Athletissima (Lausanne, SUI) (TV Analysis)													*Henson (2020) - Athlete First: 2018 year end hurdle report*						
date	05-Jul-18	time	5.60	9.44	13.44	17.52	21.64		25.72	29.84	34.12	38.60	43.40		49.31	8 / 6			
reaction time	0.129	interval		3.84	4.00	4.08	4.12		4.08	4.12	4.28	4.48	4.80	5.91			11.92	12.32	13.56
		velocity	8.04	9.11	8.75	8.58	8.50		8.58	8.50	8.18	7.81	7.29	6.77	8.11		8.81	8.52	7.74
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15		157				

Abe, Takatoshi (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)													*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*						
date	23-Aug-20	time	5.96	9.64	13.36	17.20	21.12		25.23	29.58	34.08	38.79	43.66		49.31	6 / 1			
reaction time	0.150	interval		3.68	3.72	3.84	3.92		4.11	4.35	4.50	4.71	4.87	5.65			11.24	12.38	14.08
		velocity	7.55	9.51	9.41	9.11	8.93		8.52	8.05	7.78	7.43	7.19	7.08	8.11		9.34	8.48	7.46
H1 lead leg		strides		13	13	13	13		13	14	14	15	15		123				

Chen Chieh (TPE) (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 Michitaka Kinami Memorial (Osaka, JPN)													*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*						
date	01-May-22	time	5.97	9.64	13.41	17.27	21.22		25.51	29.93	34.47	39.16	43.96		49.31	7 / 2			
reaction time	0.171	interval		3.67	3.77	3.86	3.95		4.29	4.42	4.54	4.69	4.80	5.35			11.30	12.66	14.03
		velocity	7.54	9.54	9.28	9.07	8.86		8.16	7.92	7.71	7.46	7.29	7.48	8.11		9.29	8.29	7.48
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Bergström, Carl (SWE) (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)													*Henson (2022) - Athlete First: 2022 year end hurdle report*						
date	16-Jun-22	time	5.76	9.44	13.28	17.16	21.16	22.93	25.44	29.80	34.20	38.88	43.72		49.31	5 / 4			
reaction time	0.172	interval		3.68	3.84	3.88	4.00		4.28	4.36	4.40	4.68	4.84	5.59			11.40	12.64	13.92
		velocity	7.81	9.51	9.11	9.02	8.75	8.72	8.18	8.03	7.95	7.48	7.23	7.16	8.11		9.21	8.31	7.54
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	19.2	172.2				

Drummond, Gerald (CRC) (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 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	21-Aug-23	time	5.93	9.81	17.48	21.59		30.39	34.86	44.24		49.31	4 / 8				
reaction time	0.169	interval		3.88	7.67	4.11		8.80	4.47	9.38	5.07			11.55	12.91	13.85	
		velocity	7.59	9.02	9.13	8.52		7.95	7.83	7.46	7.89	8.11		9.09	8.13	7.58	
H1 lead leg	L	strides	21	14		14			16		18	83					

Ackermann, Uwe (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
Semi-Final 2 - 1982 European Championships (Athens, GRE)													*(1982) - XIII championnats d'Europe d'Atlletisma, Athens 1982*				
date 07-Sep-82	time				21.5								49.32	/ 1			
reaction time	interval																
	velocity				8.62								8.11				
H1 lead leg	strides																

Goller, Thomas (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 1 - 2000 Olympic Games (Sydney, AUS)													*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date 24-Sep-00	time	5.94	9.58	13.30	17.10	21.02		25.10	29.50	33.94	38.74	43.62		49.32	7 / 2		
reaction time 0.154	interval		3.64	3.72	3.80	3.92		4.08	4.40	4.44	4.80	4.88	5.70			11.16	12.40	14.12
	velocity	7.58	9.62	9.41	9.21	8.93		8.58	7.95	7.88	7.29	7.17	7.02	8.11		9.41	8.47	7.44
H1 lead leg	strides	21	13	13	13	13		13	14	14	15	15	19.2	163.2				

Tinsley, Michael (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
Heat 4 - 2007 USATF National Championships (Indianapolis, IN)														*USATF Men's Hurdle Development (2007)*			
date 21-Jun-07	time	6.11	9.89	13.78	17.78	22.02		26.46	30.90	35.29	39.72	44.24		49.32	6 / 2		
reaction time	interval		3.78	3.89	4.00	4.24		4.44	4.44	4.39	4.43	4.52	5.08			11.67	13.12	13.34
	velocity	7.36	9.26	9.00	8.75	8.25		7.88	7.88	7.97	7.90	7.74	7.87	8.11		9.00	8.00	7.87
H1 lead leg L	strides	21	13	13	13	14		14	14	14	14	15		145				

Derevyagin, Aleksandr (RUS) (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 - 2011 IAAF World Championships (Daegu, KOR)														*Behm (2011) - Le quatrache: Démus enfin!*			
date 01-Sep-11	time	6.0	9.7	13.7	17.6	21.6		25.8	30.2	34.6	39.0	43.7		49.32	2 / 8		
reaction time 0.187	interval		3.7	4.0	3.9	4.0		4.2	4.4	4.4	4.4	4.7	5.6			11.60	12.60	13.50
	velocity	7.50	9.46	8.75	8.97	8.75		8.33	7.95	7.95	7.95	7.45	7.12	8.11		9.05	8.33	7.78
H1 lead leg L	strides	22	15	15	16	15		15	15	15	15	15	18	176				

Abe, Takatoshi (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 - 2017 Japanese National Championships (Osaka, JPN)													*Morioka (2018) - Analysis of the race patterns of the top 400m hurdles in Japan*				
date 24-Jun-17	time	6.01	9.71	13.53	17.37	21.39		25.54	29.98	34.50	39.17	43.91		49.32	/ 1		
reaction time 0.193	interval		3.70	3.82	3.84	4.02		4.15	4.44	4.52	4.67	4.74	5.41			11.36	12.61	13.93
	velocity	7.49	9.46	9.16	9.11	8.71		8.43	7.88	7.74	7.49	7.38	7.39	8.11		9.24	8.33	7.54
H1 lead leg	strides		13	13	13	13		13	14	14	15	15		123				

Fredericks, Cornel (RSA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)													*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date 06-Jul-17	time	6.00	9.76	13.60	17.48	21.48		25.56	29.80	34.20	38.80	43.52		49.32	8 / 5		
reaction time 0.137	interval		3.76	3.84	3.88	4.00		4.08	4.24	4.40	4.60	4.72	5.80			11.48	12.32	13.72
	velocity	7.50	9.31	9.11	9.02	8.75		8.58	8.25	7.95	7.61	7.42	6.90	8.11		9.15	8.52	7.65
H1 lead leg R	strides	22	14	14	14	14		14	15	15	15	15	20	172				

Peng Ming-Yang (TPE) (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 Michitaka Kinami Memorial (Osaka, JPN)													*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*				
date 01-May-22	time	6.01	9.71	13.51	17.42	21.42		25.64	29.93	34.55	39.29	44.08		49.32	5 / 3		
reaction time 0.172	interval		3.70	3.80	3.91	4.00		4.22	4.29	4.62	4.74	4.79	5.24	PB		11.41	12.51	14.15
	velocity	7.49	9.46	9.21	8.95	8.75		8.29	8.16	7.58	7.38	7.31	7.63	8.11		9.20	8.39	7.42
H1 lead leg	strides		13	13	13	13		14	14	15	15	15		125				

Bencosme, José Reynaldo (ITA) (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 - 2012 Italian National Champiionships (Napoli, ITA)													*FIDAL - Centro Studi & Ricerche (2012) - www.youtube.com/watch?v=Jmz79eerIOs*				
date 08-Jul-12	time	6.20	10.00	13.93	17.93	21.97		26.05	30.36	34.75	39.24	43.91		49.33	6 / 1		
reaction time	interval		3.80	3.93	4.00	4.04		4.08	4.31	4.39	4.49	4.67	5.42	PB		11.73	12.43	13.55
	velocity	7.26	9.21	8.91	8.75	8.66		8.58	8.12	7.97	7.80	7.49	7.38	8.11		8.95	8.45	7.75
H1 lead leg	strides																	

Barr, Thomas (IRL) (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 Meeting de Paris (Paris, FRA) (TV Analysis)													*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date 24-Aug-19	time	5.92	9.68	13.52	17.42	21.40	23.1	25.58	30.04	34.58	39.34	44.04		49.32	1 / 7		
reaction time 0.148	interval		3.76	3.84	3.90	3.98		4.18	4.46	4.54	4.76	4.70	5.28			11.50	12.62	14.00
	velocity	7.60	9.31	9.11	8.97	8.79	8.66	8.37	7.85	7.71	7.35	7.45	7.58	8.11		9.13	8.32	7.50
H1 lead leg L	strides	21	13	13	13	13		13	14	14	15	15	18	162				

Mowatt, Kemar (JAM) (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)													*Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*				
date 28-Sep-19	time	5.93	9.57	13.25	17.05	20.97		25.15	29.43	33.92	38.54	43.42		49.32	8 / 7		
reaction time 0.163	interval		3.64	3.68	3.80	3.92		4.18	4.28	4.49	4.62	4.88	5.90			11.12	12.38	13.99
	velocity	7.59	9.62	9.51	9.21	8.93		8.37	8.18	7.80	7.58	7.17	6.78	8.11		9.44	8.48	7.51
H1 lead leg L	strides	21	13	13	13	13		14	14	15	15	15	18	164				

Kishimoto, Takayuki (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 - 2018 Shizuoka International Athletics Meeting (Fukuroi, JPN)													*Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*				

date	03-May-18	time	5.89	9.68	13.53	17.50	21.55		25.74	30.16	34.70	39.29	43.98		49.33	1 / 2			
reaction time	0.170	interval		3.79	3.85	3.97	4.05		4.19	4.42	4.54	4.59	4.69	5.35			11.61	12.66	13.82
		velocity	7.64	9.23	9.09	8.82	8.64		8.35	7.92	7.71	7.63	7.46	7.48	8.11		9.04	8.29	7.60
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.2	164.2				

Morale, Salvatore (ITA) (1938)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1962 European Championships (Belgrad, YUG)															*Nett (1964) - Training des leichtathleten: Hürdenlauf, sprung, wurf, mehrkampf*				
date	14-Sep-62	time	6.0	9.9	14.0	18.0	22.1		26.4	30.8	35.2	39.5	44.1		49.2	/ 1			
reaction time		interval		3.9	4.1	4.0	4.1		4.3	4.4	4.4	4.3	4.6	5.1	**=WR**		12.0	12.8	13.3
		velocity	7.50	8.97	8.54	8.75	8.54		8.14	7.95	7.95	8.14	7.61	7.84	8.13		8.75	8.20	7.89
H1 lead leg		strides																	

Whitney, Ron (USA) (1942)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1968 Olympic Games (Mexico City, MEX) (*Altitude*)															*Dessons (1982) - traite d'athletisme - volume 1: les courses*				
date	15-Oct-68	time	6.1	10.3	14.2	18.2	22.4	24.3	26.6	30.8	35.1	39.5	44.0		49.2	7 / 6			
reaction time		interval		4.20	3.90	4.00	4.20		4.20	4.20	4.30	4.40	4.50	5.20	*(49.27)*		12.10	12.60	13.20
		velocity	7.38	8.33	8.97	8.75	8.33	8.23	8.33	8.33	8.14	7.95	7.78	7.69	8.13		8.68	8.33	7.95
H1 lead leg	R	strides	21	13	13	13	13		13	13	15	15	15		144				

Schubert, Rainer (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 - 1968 Olympic Games (Mexico City, MEX) (*Altitude*)															*Dessons (1982) - traite d'athletisme - volume 1: les courses*				
date	15-Oct-68	time	6.0	9.8	13.7	17.7	21.8	23.7	25.9	30.3	34.8	39.3	44.0		49.2	1 / 7			
reaction time		interval		3.80	3.90	4.00	4.10		4.10	4.40	4.50	4.50	4.70	5.20	*(49.30)*		11.70	12.60	13.70
		velocity	7.50	9.21	8.97	8.75	8.54	8.44	8.54	7.95	7.78	7.78	7.45	7.69	8.13		8.97	8.33	7.66
H1 lead leg	L	strides	21	13	13	13	13		13	15	15	15	15	17.2	163.2				

Nallet, Jean-Claude (FRA) (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 European Championships (Helsinki, FIN)																*Behm (1995) - la tactique du 400 haies*			
date	12-Aug-71	time	6.0	10.0	13.8	17.6	21.6		25.7	29.9	34.4	38.9	43.5		49.2	/ 1			
reaction time		interval		4.0	3.8	3.8	4.0		4.1	4.2	4.5	4.5	4.6	5.7	**CR**		11.60	12.30	13.60
		velocity	7.50	8.75	9.21	9.21	8.75		8.54	8.33	7.78	7.78	7.61	7.02	8.13		9.05	8.54	7.72
H1 lead leg		strides	19	13	13	13	13		13	13	15	15	15		142				

Yoshikata, Masahira (JPN) (1982)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 Osaka Grand Prix (Osaka, JPN)															*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*				
date	09-May-09	time	6.06	9.85	13.75	17.66	21.76		25.91	30.25	34.62	39.16	43.83		49.34	/ 4			
reaction time		interval		3.79	3.90	3.91	4.10		4.15	4.34	4.37	4.54	4.67	5.51			11.60	12.59	13.58
		velocity	7.43	9.23	8.97	8.95	8.54		8.43	8.06	8.01	7.71	7.49	7.26	8.11		9.05	8.34	7.73
H1 lead leg		strides		14	14	14	14		14	15	15	15	15		130				

Jackson, Bershawn (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 2 - 2009 IAAF World Championships (Berlin, GER)															*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*				
date	15-Aug-09	time	6.14	10.20	14.38	18.60	22.89		27.02	31.28	35.58	40.00	44.44		49.34	2 / 2			
reaction time	0.151	interval		4.06	4.18	4.22	4.29		4.13	4.26	4.30	4.42	4.44	4.90			12.46	12.68	13.16
		velocity	7.33	8.62	8.37	8.29	8.16		8.47	8.22	8.14	7.92	7.88	8.16	8.11		8.43	8.28	7.98
H1 lead leg		strides																	

Kechi, Heni (FRA) (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 - 2010 European Championships (Barcelona, ESP)																*Behm (2010) - les haies bases*			
date	31-Jul-10	time	6.1	10.0	14.0	18.1	22.3		26.5	30.7	35.0	39.4	44.0		49.34	7 / 4			
reaction time	0.186	interval		3.90	4.00	4.10	4.20		4.20	4.20	4.30	4.40	4.60	5.34			12.00	12.60	13.30
		velocity	7.38	8.97	8.75	8.54	8.33		8.33	8.33	8.14	7.95	7.61	7.49	8.11		8.75	8.33	7.89
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	15	19.5	176.5				

Barr, Thomas (IRL) (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 Weltklasse (Zürich, SUI) (TV Analysis)															*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	01-Sep-16	time	6.04	9.80	13.68	17.60	21.72		25.84	30.20	34.64	39.28	44.00		49.34	4 / 6			
reaction time	0.174	interval		3.76	3.88	3.92	4.12		4.12	4.36	4.44	4.64	4.72	5.34			11.56	12.60	13.80
		velocity	7.45	9.31	9.02	8.93	8.50		8.50	8.03	7.88	7.54	7.42	7.49	8.11		9.08	8.33	7.61
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18	162				

Levingston, Isaiah (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 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	25-Jun-21	time	6.13	10.00	13.90	18.00	22.20		26.47	30.77	35.13	39.60	44.10		49.34	8 / 3			
reaction time	0.247	interval		3.87	3.90	4.10	4.20		4.27	4.30	4.36	4.47	4.50	5.24			11.87	12.77	13.33
		velocity	7.34	9.04	8.97	8.54	8.33		8.20	8.14	8.03	7.83	7.78	7.63	8.11		8.85	8.22	7.88
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	13	31	16.2	172.2				

Warholm, Karsten (NOR) (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)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	16-Jul-22	time	5.66	9.27	13.03	16.90	20.86	22.47	24.90	29.20	33.63	38.46	43.46		49.34	3 / 1			
reaction time	0.164	interval		3.61	3.76	3.87	3.96		4.04	4.30	4.43	4.83	5.00	5.88			11.24	12.30	14.26
		velocity	7.95	9.70	9.31	9.04	8.84	8.90	8.66	8.14	7.90	7.25	7.00	6.80	8.11		9.34	8.54	7.36
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17.5	158.5				

Naadokila, Moitalel Mpoke (KEN) (20

			H1	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)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	17-Jul-22	time		9.90	14.03	18.07	22.27	24.10	26.53	30.93	35.43	39.90	44.37		49.34	1 / 6			

reaction time	0.149	interval			4.13	4.04	4.20		4.26	4.40	4.50	4.47	4.47	4.97				12.86	13.44
		velocity		8.08	8.47	8.66	8.33	8.30	8.22	7.95	7.78	7.83	7.83	8.05	8.11			8.16	7.81
H1 lead leg		strides			14	14	14		14	14	14	14	14	17	129				

Mori, Fabrizio (ITA) (1969)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2000 Olympic Games (Sydney, AUS)																*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date	24-Sep-00	time	6.22	10.06	13.94	17.86	21.94		26.06		34.86	39.38	43.98		49.35	5 / 1			
reaction time	0.162	interval		3.84	3.88	3.92	4.08		4.12		8.80	4.52	4.60	5.37			11.64		
		velocity	7.23	9.11	9.02	8.93	8.58		8.50		7.95	7.74	7.61	7.45	8.11		9.02		
H1 lead leg		strides	22	14	14	14	14		14	14	15	15	15	18.3	169.3				

Williams, Rhys (GBR) (1984)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2010 European Championships (Barcelona, ESP)																*Arnold (2010) - 400mH planning and peaking*			
date	28-Jul-10	time	6.22	10.00	13.82	17.68	21.72		25.90	30.26	34.76	39.42	44.16		49.35	5 / 1			
reaction time	0.208	interval		3.78	3.82	3.86	4.04		4.18	4.36	4.50	4.66	4.74	5.19			11.46	12.58	13.90
		velocity	7.23	9.26	9.16	9.07	8.66		8.37	8.03	7.78	7.51	7.38	7.71	8.11		9.16	8.35	7.55
H1 lead leg	R	strides																	

Rodger, Sebastian (GBR) (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 - 2016 London Anniversary Games (London, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	23-Jul-16	time	6.16	10.04	13.92	17.96	22.08		26.28	30.60	35.04	39.52	44.04		49.35	8 / 6			
reaction time	0.155	interval		3.88	3.88	4.04	4.12		4.20	4.32	4.44	4.48	4.52	5.31			11.80	12.64	13.44
		velocity	7.31	9.02	9.02	8.66	8.50		8.33	8.10	7.88	7.81	7.74	7.53	8.11		8.90	8.31	7.81
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	15	18	169				

van Zyl, L.J. (RSA) (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 - 2017 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)																*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date	13-May-17	time	5.88	9.64	13.52	17.52	21.60		25.80	30.16	34.60	39.12	43.76		49.35	7 / 2			
reaction time	0.155	interval		3.76	3.88	4.00	4.08		4.20	4.36	4.44	4.52	4.64	5.59			11.64	12.64	13.60
		velocity	7.65	9.31	9.02	8.75	8.58		8.33	8.03	7.88	7.74	7.54	7.16	8.11		9.02	8.31	7.72
H1 lead leg	L	strides	22	14	14	14	14		15	14	15	15	15	19	171				

Ishida, Yusuke (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 - 2017 Nambu Memorial (Sapporo, JPN)																*(2017) - tfdata-store.com/2017/07/11/post-1019/*			
date	09-Jul-17	time	6.14	9.93	13.82	17.77	21.79		26.06	30.35	34.87	39.53	44.20		49.35	6 / 1			
reaction time		interval		3.79	3.89	3.95	4.02		4.27	4.29	4.52	4.66	4.67	5.15	PB		11.63	12.58	13.85
		velocity	7.33	9.23	9.00	8.86	8.71		8.20	8.16	7.74	7.51	7.49	7.77	8.11		9.03	8.35	7.58
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18	164				

Mägi, Rasmus (EST) (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 Bislett Games (Oslo, NOR) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	07-Jun-18	time	5.88	9.60	13.36	17.20	21.28	23.1	25.48	30.00	34.44	39.08	43.80		49.35	8 / 6			
reaction time	0.142	interval		3.72	3.76	3.84	4.08		4.20	4.52	4.44	4.64	4.72	5.55			11.32	12.80	13.80
		velocity	7.65	9.41	9.31	9.11	8.58	8.66	8.33	7.74	7.88	7.54	7.42	7.21	8.11		9.28	8.20	7.61
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14		142				

Valliant, Ludvy (FRA) (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 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date	14-Aug-20	time	5.84	9.47	13.35	17.32	21.39		25.66	30.06	34.53	39.20	43.98		49.35	6 / 4			
reaction time	0.173	interval		3.63	3.88	3.97	4.07		4.27	4.40	4.47	4.67	4.78	5.37			11.48	12.74	13.92
		velocity	7.71	9.64	9.02	8.82	8.60		8.20	7.95	7.83	7.49	7.32	7.45	8.11		9.15	8.24	7.54
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	14	14		143				

Kendziera, Dave (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 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date	17-Sep-20	time	5.81	9.58	13.35	17.25	21.25	23.0	25.36	29.73	34.30	39.04	43.84		49.35	9 / 4			
reaction time	0.172	interval		3.77	3.77	3.90	4.00		4.11	4.37	4.57	4.74	4.80	5.51			11.44	12.48	14.11
		velocity	7.75	9.28	9.28	8.97	8.75	8.70	8.52	8.01	7.66	7.38	7.29	7.26	8.11		9.18	8.41	7.44
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	15	18.2	159.2				

Hyde, Jaheel (JAM) (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 - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	05-Jun-22	time	5.67	9.23	12.90	16.67	20.50	22.22	24.67	28.97	33.50	38.27	43.37		49.35	8 / 5			
reaction time	0.150	interval		3.56	3.67	3.77	3.83		4.17	4.30	4.53	4.77	5.10	5.98			11.00	12.30	14.40
		velocity	7.94	9.83	9.54	9.28	9.14	9.00	8.39	8.14	7.73	7.34	6.86	6.69	8.11		9.55	8.54	7.29
H1 lead leg	L	strides	22	13	13	13	13		14	14	14	15	15		146				

Kishimoto, Takayuki (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 - 2018 Seiko Golden Grand Prix (Osaka, JPN)																*Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*			
date	20-May-18	time	5.85	9.54	13.33	17.22	21.24		25.44	29.91	34.51	39.13	43.88		49.36	5 / 2			
reaction time	0.140	interval		3.69	3.79	3.89	4.02		4.20	4.47	4.60	4.62	4.75	5.48			11.37	12.69	13.97
		velocity	7.69	9.49	9.23	9.00	8.71		8.33	7.83	7.61	7.58	7.37	7.30	8.10		9.23	8.27	7.52
H1 lead leg	R	strides	20	13	13	13	13		14	14	15	15	15	18.2	163.2				

Copello, Yasmani (TUR) (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 - 2022 Bislett Games (Oslo, NOR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	16-Jun-22	time	5.86	9.56	13.40	17.28	21.20	22.94	25.40	29.72	34.12	38.76	43.64		49.36	4 / 5			
reaction time	0.177	interval		3.70	3.84	3.88	3.92		4.20	4.32	4.40	4.64	4.88	5.72			11.42	12.44	13.92

		velocity	7.68	9.46	9.11	9.02	8.93	8.72	8.33	8.10	7.95	7.54	7.17	6.99	8.10		9.19	8.44	7.54
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	15	18	159				

Yoshikata, Masahira (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 Osaka Grand Prix (Osaka, JPN)														*Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers*			
date 08-May-04	time	5.86	9.71	13.65	17.69	21.84		26.08	30.32	34.64	39.16	43.86		49.37	/ 5			
reaction time	interval		3.85	3.94	4.04	4.15		4.24	4.24	4.32	4.52	4.70	5.51	PB		11.83	12.63	13.54
	velocity	7.68	9.09	8.88	8.66	8.43		8.25	8.25	8.10	7.74	7.45	7.26	8.10		8.88	8.31	7.75
H1 lead leg	strides		14	14	14	14		15	15	15	15	15		131				

Hussein, Kariem (SUI) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Bislett Games (Oslo, NOR) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 15-Jun-17	time	6.03	9.70	13.53	17.56		25.86	30.20	34.53	39.03	43.73		49.37	2 / 6			
reaction time 0.162	interval		3.67	3.83	4.03		8.30	4.34	4.33	4.50	4.70	5.64			11.53	12.64	13.53
	velocity	7.46	9.54	9.14	8.68		8.43	8.06	8.08	7.78	7.45	7.09	8.10		9.11	8.31	7.76
H1 lead leg L	strides	20	13	13	13			14	14	14	15	17.2	133.2				

Copello, Yasmani (TUR) (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 Prefontaine Classic (Stanford, CA) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 30-Jun-19	time	5.90	9.73	13.63	17.63	21.70		25.86	30.36	34.90	39.46	44.00		49.37	3 / 3			
reaction time 0.201	interval		3.83	3.90	4.00	4.07		4.16	4.50	4.54	4.56	4.54	5.37			11.73	12.73	13.64
	velocity	7.63	9.14	8.97	8.75	8.60		8.41	7.78	7.71	7.68	7.71	7.45	8.10		8.95	8.25	7.70
H1 lead leg R	strides	20	14	13	13	13		13	14	14		14	17.5	145.5				

Bassitt, Trevor (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)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 25-Jun-21	time	6.00	9.81	13.68	17.62	21.82		26.09	30.56	35.10	39.60	44.21		49.37	3 / 5			
reaction time 0.176	interval		3.81	3.87	3.94	4.20		4.27	4.47	4.54	4.50	4.61	5.16			11.62	12.94	13.65
	velocity	7.50	9.19	9.04	8.88	8.33		8.20	7.83	7.71	7.78	7.59	7.75	8.10		9.04	8.11	7.69
H1 lead leg R	strides		13	13	13	13			13	14	13	14	17	123				

Drummond, Gerald (CRC) (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 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 17-Jul-22	time	5.90	9.70	13.66	17.63	21.83	23.64	26.23	30.67	35.10	39.67	44.30		49.37	6 / 7			
reaction time 0.188	interval		3.80	3.96	3.97	4.20		4.40	4.44	4.43	4.57	4.63	5.07			11.73	13.04	13.63
	velocity	7.63	9.21	8.84	8.82	8.33	8.46	7.95	7.88	7.90	7.66	7.56	7.89	8.10		8.95	8.05	7.70
H1 lead leg L	strides	22	14	14	14	14		15	15	15	15	15	18	171				

Nylander, Sven (SWE) (1962)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1986 European Championships (Stuttgart, FRG)														*Behm (1995) - la tactique du 400 haies*			
date 28-Aug-86	time	5.9	9.7	13.6	17.6	21.7		26.0	30.4	34.9	39.5	44.1		49.38	/ 3			
reaction time	interval		3.8	3.9	4.0	4.1		4.3	4.4	4.5	4.6	4.6	5.28			11.70	12.80	13.70
	velocity	7.63	9.21	8.97	8.75	8.54		8.14	7.95	7.78	7.61	7.61	7.58	8.10		8.97	8.20	7.66
H1 lead leg	strides	20	13	13	13	13		13	13	13	14	14		139				

Nakamura, Akihiko (JPN) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2012 Japanese National Championships (Osaka, JPN)														*Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions*			
date 09-Jun-12	time	6.09	9.96	14.01	18.15	22.34		26.63	30.98	35.42	40.01	44.49		49.38	6 / 2			
reaction time	interval		3.87	4.05	4.14	4.19		4.29	4.35	4.44	4.59	4.48	4.89	PB		12.06	12.83	13.51
	velocity	7.39	9.04	8.64	8.45	8.35		8.16	8.05	7.88	7.63	7.81	8.18	8.10		8.71	8.18	7.77
H1 lead leg L	strides	21	13	13	13	13		14	14	14	15	15	18.2	163				

Mägi, Rasmus (EST) (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 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)														*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date 13-May-17	time	6.08	9.92	13.80	17.76	21.84		26.04	30.44	34.88	39.48	44.12		49.38	8 / 3			
reaction time 0.138	interval		3.84	3.88	3.96	4.08		4.20	4.40	4.44	4.60	4.64	5.26			11.68	12.68	13.68
	velocity	7.40	9.11	9.02	8.84	8.58		8.33	7.95	7.88	7.61	7.54	7.60	8.10		8.99	8.28	7.68
H1 lead leg L	strides	21	13	13	13	13		13	14	14	14	14	17.5	159.5				

Dutch, Johnny (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
Heat 1 - 2009 IAAF World Championships (Berlin, GER)														*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date 15-Aug-09	time	5.95	9.65	13.50	17.39	21.43		25.66	29.93	34.35	38.91	43.67		49.38	6 / 3			
reaction time 0.165	interval		3.70	3.85	3.89	4.04		4.23	4.27	4.42	4.56	4.76	5.71			11.44	12.54	13.74
	velocity	7.56	9.46	9.09	9.00	8.66		8.27	8.20	7.92	7.68	7.35	7.01	8.10		9.18	8.37	7.64
H1 lead leg	strides																	

Abe, Takatoshi (JPN) (1991)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 20-Sep-20	time	6.04	9.71	13.48	17.32	21.25		25.34	29.73	34.23	38.92	43.69		49.38	6 / 1			
reaction time 0.196	interval		3.67	3.77	3.84	3.93		4.09	4.39	4.50	4.69	4.77	5.69			11.28	12.41	13.96
	velocity	7.45	9.54	9.28	9.11	8.91		8.56	7.97	7.78	7.46	7.34	7.03	8.10		9.31	8.46	7.52
H1 lead leg	strides		13	13	13	13		13	14	14	15	15		123				

Kishimoto, Takayuki (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 - 2021 Denka Athletics Challenge Cup (Niigata, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 06-Jun-21	time	5.96	9.79	13.66	17.67	21.76		25.93	30.18	34.70	39.27	43.98		49.38	3 / 1			
reaction time	interval		3.83	3.87	4.01	4.09		4.17	4.25	4.52	4.57	4.71	5.40			11.71	12.51	13.80
	velocity	7.55	9.14	9.04	8.73	8.56		8.39	8.24	7.74	7.66	7.43	7.41	8.10		8.97	8.39	7.61

H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.2	164.2				

Mori, Fabrizio (ITA) (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 European Championships (Bremen, GER)														*Graubner (2007) - http://www.fgs.uni-halle.de*			
date 23-Jun-01 time	6.13	9.95	13.76	17.72	21.71		25.70	30.00	34.34	38.80	43.30		49.39	/ 1			
reaction time interval		3.82	3.81	3.96	3.99		3.99	4.30	4.34	4.46	4.50	6.09			11.59	12.28	13.30
velocity	7.34	9.16	9.19	8.84	8.77		8.77	8.14	8.06	7.85	7.78	6.57	8.10		9.06	8.55	7.89
H1 lead leg strides																	

Kishimoto, Takayuki (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 - 2017 National Sport Festival (Matsuyama, JPN)														*Morioka (2018) - Analysis of the race patterns of the top 400m hurdles in Japan*			
date 07-Oct-17 time	5.84	9.54	13.41	17.41	21.51		25.78	30.08	34.60	39.27	44.01		49.39	/ 1			
reaction time 0.149 interval		3.70	3.87	4.00	4.10		4.27	4.30	4.52	4.67	4.74	5.38			11.57	12.67	13.93
velocity	7.71	9.46	9.04	8.75	8.54		8.20	8.14	7.74	7.49	7.38	7.43	8.10		9.08	8.29	7.54
H1 lead leg strides		13	13	13	13		14	14	15	15	15		125				

Angela, Ramsey (NED) (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 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 09-Sep-21 time	6.04				21.72	23.4	25.92	30.24		39.28	44.00		49.39	2 / 6			
reaction time 0.167 interval					15.68		4.20	4.32		9.04	4.72	5.39					13.76
velocity	7.45				8.93	8.55	8.33	8.10		7.74	7.42	7.42	8.10				7.63
H1 lead leg R strides	22						15	15				18	70				

Chen Chieh (TPE) (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 Seiko Golden Grand Prix (Tokyo, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 08-May-22 time	5.96	9.61	13.35	17.15	21.15		25.43	29.88	34.38	39.08	43.94		49.39	9 / 3			
reaction time 0.178 interval		3.65	3.74	3.80	4.00		4.28	4.45	4.50	4.70	4.86	5.45			11.19	12.73	14.06
velocity	7.55	9.59	9.36	9.21	8.75		8.18	7.87	7.78	7.45	7.20	7.34	8.10		9.38	8.25	7.47
H1 lead leg L strides	21	13	13	13	13		14	14	15	15	15	18	164				

Bassitt, Trevor (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 - 2023 Weltklasse (Zürich, SUI)														*Omega Timing (2023) - diamond league race analysis*			
date 31-Aug-23 time	5.83	9.55	13.33	17.13	21.09		25.27	29.55	34.02	38.72	43.62		49.39	8 / 6			
reaction time 0.171 interval		3.72	3.78	3.80	3.96		4.18	4.28	4.47	4.70	4.90	5.77			11.30	12.42	14.07
velocity	7.72	9.41	9.26	9.21	8.84		8.37	8.18	7.83	7.45	7.14	6.93	8.10		9.29	8.45	7.46
H1 lead leg R strides	20	13	13	13	13		13	13	13				111				

Clement, Kerron (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 - 2017 Doha Diamond League (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 05-May-17 time	6.06	9.86	13.60	17.40	21.40		25.60	29.90	34.36	39.20	44.06		49.40	6 / 2			
reaction time 0.176 interval		3.80	3.74	3.80	4.00		4.20	4.30	4.46	4.84	4.86	5.34			11.34	12.50	14.16
velocity	7.43	9.21	9.36	9.21	8.75		8.33	8.14	7.85	7.23	7.20	7.49	8.10		9.26	8.40	7.42
H1 lead leg R strides	20	13	13	13	13		13	13	13	14	14	16	155				

Mägi, Rasmus (EST) (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 - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 23-Aug-20 time	5.98		13.68	17.62	21.60	23.4	25.76		34.72	39.32	43.98		49.40	4 / 4			
reaction time 0.159 interval			7.70	3.94	3.98		4.16		8.96	4.60	4.66	5.42			11.64		
velocity	7.53		9.09	8.88	8.79	8.55	8.41		7.81	7.61	7.51	7.38	8.10		9.02		
H1 lead leg L strides	20	13		13	13		13			14	14	17.2	117.2				

Xie Zhiyu (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21 time	6.22	10.03	13.88	17.78	21.79		25.98	30.45	34.94	39.54	44.21		49.40	3 / 1			
reaction time 0.239 interval		3.81	3.85	3.90	4.01		4.19	4.47	4.49	4.60	4.67	5.19	PB		11.56	12.67	13.76
velocity	7.23	9.19	9.09	8.97	8.73		8.35	7.83	7.80	7.61	7.49	7.71	8.10		9.08	8.29	7.63
H1 lead leg L strides	21	13	13	13	13		13	14	14	14	14	17.2	159.2				

Happio, Wilfried (FRA) (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 FBK Games (Hengelo, NED)														*Omega Timing (2023) - continental tour race analysis*			
date 04-Jun-23 time	5.85	9.55	13.34	17.23	21.27		25.40	29.68	34.18	38.98	43.79		49.40	7 / 4			
reaction time 0.158 interval		3.70	3.79	3.89	4.04		4.13	4.28	4.50	4.80	4.81	5.61			11.38	12.45	14.11
velocity	7.69	9.46	9.23	9.00	8.66		8.47	8.18	7.78	7.29	7.28	7.13	8.10		9.23	8.43	7.44
H1 lead leg L strides	20	13	13	13	13		13	13	13	15	15	17.5	158.5				

Xie Zhiyu (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 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 20-Aug-23 time	6.16	10.13	13.96		21.86		26.06	30.46	34.93	39.53	44.23		49.40	8 / 4			
reaction time 0.207 interval		3.97	3.83		7.90		4.20	4.40	4.47	4.60	4.70	5.17					13.77
velocity	7.31	8.82	9.14		8.86		8.33	7.95	7.83	7.61	7.45	7.74	8.10				7.63
H1 lead leg L strides	21	13	13				13	14	14	14		17	119				

Mukhobe, Wiseman Were (KEN) (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 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 21-Aug-23 time	5.94	9.81	13.61	17.35	21.55		25.82	30.26	34.83		44.01		49.40	9 / 6			
reaction time 0.196 interval		3.87	3.80	3.74	4.20		4.27	4.44	4.57		9.18	5.39			11.41	12.91	13.75
velocity	7.58	9.04	9.21	9.36	8.33		8.20	7.88	7.66		7.63	7.42	8.10		9.20	8.13	7.64
H1 lead leg R strides	22	14	14	13	14		14	15				19	125				

Carter, James (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
Heat 6 - 2000 Olympic Games (Sydney, AUS)																*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date	24-Sep-00	time	5.74	9.50	13.46	17.38	21.46		25.70	30.26	34.78	39.30	43.94		49.41	7 / 2			
reaction time	0.174	interval		3.76	3.96	3.92	4.08		4.24	4.56	4.52	4.52	4.64	5.47			11.64	12.88	13.68
		velocity	7.84	9.31	8.84	8.93	8.58		8.25	7.68	7.74	7.74	7.54	7.31	8.10		9.02	8.15	7.68
H1 lead leg		strides	21	13	13	13	13		13	14	14	14	14	17.9	159.9				

Tesarik, Štěpán (CZE) (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)																*Graubner (2009) - http://www.fgs.uni-halle.de*			
date	09-Aug-02	time	6.20	10.02	13.84	17.74	21.70		25.80	30.08	34.58	39.14	43.87		49.41	/ 6			
reaction time	0.175	interval		3.82	3.82	3.90	3.96		4.10	4.28	4.50	4.56	4.73	5.54			11.54	12.34	13.79
		velocity	7.26	9.16	9.16	8.97	8.84		8.54	8.18	7.78	7.68	7.40	7.22	8.10		9.10	8.51	7.61
H1 lead leg		strides																	

Matsushita, Yuki (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Nambu Memorial (Sapporo, JPN)																*(2017) - tfdata-store.com/2017/07/11/post-1019/*			
date	09-Jul-17	time	6.16	9.90	13.73	17.65	21.68		25.91	30.28	34.80	39.46	44.13		49.41	7 / 2			
reaction time		interval		3.74	3.83	3.92	4.03		4.23	4.37	4.52	4.66	4.67	5.28			11.49	12.63	13.85
		velocity	7.31	9.36	9.14	8.93	8.68		8.27	8.01	7.74	7.51	7.49	7.58	8.10		9.14	8.31	7.58
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.5	164.5				

Green, Jack (GBR) (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 - 2017 Weltklasse (Zürich, SUI) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	24-Aug-17	time	6.00	9.72	13.48	17.40	21.52		25.84	30.24	34.76	39.44	44.12		49.41	8 / 6			
reaction time	0.218	interval		3.72	3.76	3.92	4.12		4.32	4.40	4.52	4.68	4.68	5.29			11.40	12.84	13.88
		velocity	7.50	9.41	9.31	8.93	8.50		8.10	7.95	7.74	7.48	7.48	7.56	8.10		9.21	8.18	7.56
H1 lead leg	L	strides	21	13	13	13	14		14	15	15		15	18.5	151.5				

dos Santos, Alison Brendon (BRA) (			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	16-Jul-22	time	5.70	9.37	13.13	16.93	20.96	22.65	25.07	29.50	34.10	38.93	43.90		49.41	5 / 1			
reaction time	0.157	interval		3.67	3.76	3.80	4.03		4.11	4.43	4.60	4.83	4.97	5.51			11.23	12.57	14.40
		velocity	7.89	9.54	9.31	9.21	8.68	8.83	8.52	7.90	7.61	7.25	7.04	7.26	8.10		9.35	8.35	7.29
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	14	14	16	151				

Koike, Takayuki (JPN) (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 - 2010 Osaka Grand Prix (Osaka, JPN)																*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*			
date	08-May-10	time	6.11	9.91	13.75	17.59	21.59		25.76	30.08	34.53	39.03	43.85		49.42	/ 3			
reaction time		interval		3.80	3.84	3.84	4.00		4.17	4.32	4.45	4.50	4.82	5.57			11.48	12.49	13.77
		velocity	7.36	9.21	9.11	9.11	8.75		8.39	8.10	7.87	7.78	7.26	7.18	8.09		9.15	8.41	7.63
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Anderson, Jeshua (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)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	10-Jul-16	time	6.00	9.67	13.45	17.35	21.39		25.49	29.73	34.13	38.74	43.58		49.42	8 / ~~6~~			
reaction time	0.191	interval		3.67	3.78	3.90	4.04		4.10	4.24	4.40	4.61	4.84	5.84	**DQ**		11.35	12.38	13.85
		velocity	7.50	9.54	9.26	8.97	8.66		8.54	8.25	7.95	7.59	7.23	6.85	8.09		9.25	8.48	7.58
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17	156				

Nozawa, Keisuke (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 - 2016 Weltklasse (Zürich, SUI) (TV Analysis)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	01-Sep-16	time	5.88	9.68	13.52	17.44	21.48		25.68	29.96	34.40	39.12	43.96		49.42	2 / 7			
reaction time	0.134	interval		3.80	3.84	3.92	4.04		4.20	4.28	4.44	4.72	4.84	5.46			11.56	12.52	14.00
		velocity	7.65	9.21	9.11	8.93	8.66		8.33	8.18	7.88	7.42	7.23	7.33	8.09		9.08	8.39	7.50
H1 lead leg	L	strides	21	13	13	13	14		14	14	14	15	15	17.2	163.2				

Oda, Masaya (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 National Sports Festival (Hitachinaka, JPN)																*Enomoto (2019) - research on athlete performance and technique- 2019 data book*			
date	05-Oct-19	time	5.96	9.68	13.46	17.40	21.52		25.89	30.26	34.65	39.17	43.91		49.42	6 / 1			
reaction time	0.179	interval		3.72	3.78	3.94	4.12		4.37	4.37	4.39	4.52	4.74	5.51	**PB**		11.44	12.86	13.65
		velocity	7.55	9.41	9.26	8.88	8.50		8.01	8.01	7.97	7.74	7.38	7.26	8.09		9.18	8.16	7.69
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Caristan, Stéphane (FRA) (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 - 1991 European Cup (Frankfurt, GER)																*Federle (2003) - http://www.fgs.uni-halle.de*			
date	29-Jun-91	time	6.06	9.84	13.70	17.58	21.52		25.62	30.07	34.54	39.17	43.95		49.43	/ 2			
reaction time		interval		3.78	3.86	3.88	3.94		4.10	4.45	4.47	4.63	4.78	5.48			11.52	12.49	13.88
		velocity	7.43	9.26	9.07	9.02	8.88		8.54	7.87	7.83	7.56	7.32	7.30	8.09		9.11	8.41	7.56
H1 lead leg		strides																	

Copello, Yasmani (TUR) (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 Prefontaine Classic (Eugene, OR) (TV Analysis)										*(H8 5m short)*						*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	28-May-16	time	6.00	9.84	13.72	17.76			26.16	30.40	34.32	39.52	44.20		49.43	1 / 5			
reaction time		interval		3.84	3.88	4.04			8.40	4.24	3.92	5.20	4.68	5.23			11.76	12.64	13.80
		velocity	7.50	9.11	9.02	8.66			8.33	8.25	7.65	7.69	7.48	7.65	8.09		8.93	8.31	7.61
H1 lead leg	R	strides	20	13	13	13				13	12	16	14	17.5	131.5				

Culson, Javier (PUR) (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 - 2016 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)															*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	16-Jun-16	time	5.80	9.53	13.20	17.07	21.16		25.43	29.77	34.17	38.83	43.70		49.43	5 / 1			
reaction time	0.184	interval		3.73	3.67	3.87	4.09		4.27	4.34	4.40	4.66	4.87	5.73			11.27	12.70	13.93
		velocity	7.76	9.38	9.54	9.04	8.56		8.20	8.06	7.95	7.51	7.19	6.98	8.09		9.32	8.27	7.54
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17.2	156.2				

Clement, Kerron (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 - 2017 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)															*Henson (2021) - Athlete First: 2017 year end hurdle report*				
date	13-May-17	time	5.96	9.72	13.48	17.36	21.40		25.60	29.96	34.48	39.24	44.04		49.43	6 / 4			
reaction time	0.155	interval		3.76	3.76	3.88	4.04		4.20	4.36	4.52	4.76	4.80	5.39			11.40	12.60	14.08
		velocity	7.55	9.31	9.31	9.02	8.66		8.33	8.03	7.74	7.35	7.29	7.42	8.09		9.21	8.33	7.46
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	14	14	16.5	155.5				

Clement, Kerron (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 - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	21-Jul-18	time	5.88	9.68			21.40		25.60	29.96	34.56	39.24	44.00		49.43	6 / 6			
reaction time	0.205	interval		3.80			11.72		4.20	4.36	4.60	4.68	4.76	5.43					14.04
		velocity	7.65	9.21			8.96		8.33	8.03	7.61	7.48	7.35	7.37	8.09				7.48
H1 lead leg	R	strides	20	13					13	13	14	14	14	16.5	117.5				

Bailey, Aldrich (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 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	26-Jun-22	time	6.00	9.71	13.48	17.25	21.12	22.83	25.22	29.79	34.40	39.14	43.91		49.43	9 / 7			
reaction time		interval		3.71	3.77	3.77	3.87		4.10	4.57	4.61	4.74	4.77	5.52			11.25	12.54	14.12
		velocity	7.50	9.43	9.28	9.28	9.04	8.76	8.54	7.66	7.59	7.38	7.34	7.25	8.09		9.33	8.37	7.44
H1 lead leg	L	strides	21	13	13	12	12		13	14	13	14	14		139				

Davis, Glenn (USA) (1934)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1960 Olympic Games (Rome, ITA)															*Nett (1964) - Training des leichtathleten: Hürdenlauf, sprung, wurf, mehrkampf*				
date	02-Sep-60	time	5.9	9.9	14.0	18.2	22.4	24.0	26.7	31.1	35.6	40.0	44.5		49.3	6 / 1			
reaction time		interval		4.0	4.1	4.2	4.2		4.3	4.4	4.5	4.4	4.5	4.8	OR		12.3	12.9	13.4
		velocity	7.63	8.75	8.54	8.33	8.33	8.33	8.14	7.95	7.78	7.95	7.78	8.33	8.11	*(49.51)*	8.54	8.14	7.84
H1 lead leg		strides																	

Schubert, Rainer (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
Semi-Final 1 - 1968 Olympic Games (Mexico City, MEX) (*Altitude*)															*Jonath (1969) - wie gerhard hennige trainiert*				
date	14-Oct-68	time	6.0	9.9	13.8	17.7	21.8	23.5	26.0	30.3	34.8	39.2	43.7		49.3	/ 4			
reaction time		interval		3.9	3.9	3.9	4.1		4.2	4.3	4.5	4.4	4.5	5.6	*(49.38)*		11.70	12.60	13.40
		velocity	7.50	8.97	8.97	8.97	8.54	8.51	8.33	8.14	7.78	7.95	7.78	7.14	8.11		8.97	8.33	7.84
H1 lead leg		strides																	

Rudolph, Christian (GDR) (1949)			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 European Championships (Helsinki, FIN)															*Behm (1995) - la tactique du 400 haies*				
date	12-Aug-71	time	6.0	10.0	13.9	17.7	21.7		25.7	29.9	34.4	38.9	43.5		49.3	/ 2			
reaction time		interval		4.0	3.9	3.8	4.0		4.0	4.2	4.5	4.5	4.6	5.8	NR		11.70	12.20	13.60
		velocity	7.50	8.75	8.97	9.21	8.75		8.75	8.33	7.78	7.78	7.61	6.90	8.11		8.97	8.61	7.72
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				

Gorban, Boris (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
Heat 2 - 2000 Olympic Games (Sydney, AUS)															*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	24-Sep-00	time	5.98	9.82	13.62	17.54	21.54		25.70		34.66	39.30	43.98		49.44	8 / 2			
reaction time	0.195	interval		3.84	3.80	3.92	4.00		4.16		8.96	4.64	4.68	5.46			11.56		
		velocity	7.53	9.11	9.21	8.93	8.75		8.41		7.81	7.54	7.48	7.33	8.09		9.08		
H1 lead leg		strides	20	13	13	13	13		13			14	14	17.8	130.8				

Narisako, Kenji (JPN) (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 - 2005 Japanese Championships (Tokyo, JPN)															*Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers*				
date	04-Jun-05	time	6.06	9.86	13.76	17.73	21.83		26.15	30.49	35.06	39.58	44.18		49.44	/ 2			
reaction time		interval		3.80	3.90	3.97	4.10		4.32	4.34	4.57	4.52	4.60	5.26			11.67	12.76	13.69
		velocity	7.43	9.21	8.97	8.82	8.54		8.10	8.06	7.66	7.74	7.61	7.60	8.09		9.00	8.23	7.67
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Narisako, Kenji (JPN) (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 Shizuoka International Athletics Meeting (Fukuroi, JPN)															*Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers*				
date	03-May-08	time	6.04	9.74	13.56	17.40	21.35		25.62	29.92	34.46	39.10	43.82		49.44	/ 1			
reaction time		interval		3.70	3.82	3.84	3.95		4.27	4.30	4.54	4.64	4.72	5.62			11.36	12.52	13.90
		velocity	7.45	9.46	9.16	9.11	8.86		8.20	8.14	7.71	7.54	7.42	7.12	8.09		9.24	8.39	7.55
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Abe, Takatoshi (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 - 2018 Japanese National Championships (Yamaguchi, JPN)															*Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*				
date	23-Jun-18	time	5.98	9.65	13.39	17.24	21.21		25.33	29.80	34.40	39.10	43.87		49.44	7 / 2			
reaction time	0.201	interval		3.67	3.74	3.85	3.97		4.12	4.47	4.60	4.70	4.77	5.57			11.26	12.56	14.07
		velocity	7.53	9.54	9.36	9.09	8.82		8.50	7.83	7.61	7.45	7.34	7.18	8.09		9.33	8.36	7.46
H1 lead leg	R		20	13	13	13	13		13	14	14	15	15	18	161				

Mowatt, Kemar (JAM) (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) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	16-Jul-22	time	5.90	9.67	13.53	17.53	21.67	23.51	25.97	30.37	34.93	39.53	44.17		49.44	7 / 2		
reaction time	0.146	interval		3.77	3.86	4.00	4.14		4.30	4.40	4.56	4.60	4.64	5.27			11.63	12.84	13.80
		velocity	7.63	9.28	9.07	8.75	8.45	8.51	8.14	7.95	7.68	7.61	7.54	7.59	8.09		9.03	8.18	7.61
H1 lead leg	L	strides	21	13	13	13	13		14	14	14	14	15	17.2	161.2				

Gavrilenko, Yevgeniy (URS) (1951)

FINAL -1976 Olympic Games (Montreal, CAN) *Behm (1995) - la tactique du 400 haies*

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date 25-Jul-76	time	6.0	9.7	13.4	17.4	21.5		25.7	29.9	34.5	39.0	43.8		49.45	8 / 3			
reaction time	interval		3.70	3.70	4.00	4.10		4.20	4.20	4.60	4.50	4.80	5.65			11.40	12.50	13.90
	velocity	7.50	9.46	9.46	8.75	8.54		8.33	8.33	7.61	7.78	7.29	7.08	8.09		9.21	8.40	7.55
H1 lead leg L	strides		13	13	13	13		13	15	15	15	15		125				

Silva, Carlos (POR) (1974)

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

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date 25-Aug-99	time	5.66	9.35	13.11	17.25	21.28		25.44	29.67	34.02	38.54	43.31		49.45	2 / 7			
reaction time 0.165	interval		3.69	3.76	4.14	4.03		4.16	4.23	4.35	4.52	4.77	6.14			11.59	12.42	13.64
	velocity	7.95	9.49	9.31	8.45	8.68		8.41	8.27	8.05	7.74	7.34	6.51	8.09		9.06	8.45	7.70
H1 lead leg L	strides	20	13	13	15	14		14	15	15	15	15	20	169				

Koike, Takayuki (JPN) (1984)

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

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date 24-Sep-06	time	6.06	9.85	13.70	17.62	21.72		25.99	30.36	34.81	39.33	43.95		49.45	/ 3			
reaction time	interval		3.79	3.85	3.92	4.10		4.27	4.37	4.45	4.52	4.62	5.50			11.56	12.74	13.59
	velocity	7.43	9.23	9.09	8.93	8.54		8.20	8.01	7.87	7.74	7.58	7.27	8.09		9.08	8.24	7.73
H1 lead leg	strides		14	14	14	14		15	15	15	15	15		131				

Ferguson, Kenneth (USA) (1984)

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

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date 22-Sep-07	time	6.14	9.62	13.42	17.39	21.58		25.93	30.36	34.86	39.39	44.04		49.45	7 / 6			
reaction time 0.153	interval		3.48	3.80	3.97	4.19		4.35	4.43	4.50	4.53	4.65	5.41			11.25	12.97	13.68
	velocity	7.33	10.06	9.21	8.82	8.35		8.05	7.90	7.78	7.73	7.53	7.39	8.09		9.33	8.10	7.68
H1 lead leg	strides																	

Yoshida, Kazuaki (JPN) (1987)

Heat 2 - 2009 IAAF World Championships (Berlin, GER) *Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date 15-Aug-09	time	6.00	9.79	13.61	17.51	21.55		25.73	30.07	34.49	39.07	43.87		49.45	4 / 3			
reaction time 0.152	interval		3.79	3.82	3.90	4.04		4.18	4.34	4.42	4.58	4.80	5.58	PB		11.51	12.56	13.80
	velocity	7.50	9.23	9.16	8.97	8.66		8.37	8.06	7.92	7.64	7.29	7.17	8.09		9.12	8.36	7.61
H1 lead leg	strides																	

Abe, Takatoshi (JPN) (1991)

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

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date 09-May-21	time	5.96	9.61	13.36	17.25	21.25		25.48	29.96	34.47	39.14	43.94		49.45	5 / 4			
reaction time 0.164	interval		3.65	3.75	3.89	4.00		4.23	4.48	4.51	4.67	4.80	5.51			11.29	12.71	13.98
	velocity	7.55	9.59	9.33	9.00	8.75		8.27	7.81	7.76	7.49	7.29	7.26	8.09		9.30	8.26	7.51
H1 lead leg	strides		13	13	13	13		13	14	14	15	15		123				

Allen, CJ (USA) (1995)

Heat 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date 24-Jun-21	time	5.94	9.71	13.54	17.55	21.65		25.89	30.30	34.67	39.26	43.91		49.45	4 / 4			
reaction time 0.235	interval		3.77	3.83	4.01	4.10		4.24	4.41	4.37	4.59	4.65	5.54			11.61	12.75	13.61
	velocity	7.58	9.28	9.14	8.73	8.54		8.25	7.94	8.01	7.63	7.53	7.22	8.09		9.04	8.24	7.71
H1 lead leg L	strides		13	13	13	13			14	14	15	15	18	128				

Watrin, Julien (BEL) (1992)

FINAL - 2023 Bislett Games (Oslo, NOR) *Omega Timing (2023) - diamond league race analysis*

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date 15-Jun-23	time	5.80	9.44	13.24	17.10	21.04		25.21	29.58	34.10	38.87	43.71		49.45	1 / 8			
reaction time 0.209	interval		3.64	3.80	3.86	3.94		4.17	4.37	4.52	4.77	4.84	5.74			11.30	12.48	14.13
	velocity	7.76	9.62	9.21	9.07	8.88		8.39	8.01	7.74	7.34	7.23	6.97	8.09		9.29	8.41	7.43
H1 lead leg R	strides	20			13	13		15			14	15		90				

Yamazaki, Kazuhiko (JPN) (1971)

Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP) *Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date 25-Aug-99	time	5.69	9.44	13.24	17.16	21.22		25.38	29.70	34.21	38.75	43.47		49.46	4 / 7			
reaction time 0.172	interval		3.75	3.80	3.92	4.06		4.16	4.32	4.51	4.54	4.72	5.99			11.47	12.54	13.77
	velocity	7.91	9.33	9.21	8.93	8.62		8.41	8.10	7.76	7.71	7.42	6.68	8.09		9.15	8.37	7.63
H1 lead leg L	strides	20	13	13	13	13		14	14	15	15	15	18	163				

Harris, Rickey (USA) (1981)

Heat 2 - 2007 USATF National Championships (Indianapolis, IN) *USATF Men's Hurdle Development (2007)*

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date 21-Jun-07	time	6.02	9.93	13.85	17.85	21.97		26.28	30.63	35.11	39.71	44.41		49.46	6 / 3			
reaction time	interval		3.91	3.92	4.00	4.12		4.31	4.35	4.48	4.60	4.70	5.05			11.83	12.78	13.78
	velocity	7.48	8.95	8.93	8.75	8.50		8.12	8.05	7.81	7.61	7.45	7.92	8.09		8.88	8.22	7.62
H1 lead leg R	strides	22	15	15	15	15		15	15	15	15	15		157				

Bennett, LaRon (USA) (1982)

Heat 4 - 2007 USATF National Championships (Indianapolis, IN) *USATF Men's Hurdle Development (2007)*

date	21-Jun-07	time	6.25	10.23	14.11	18.20	22.31		26.59	30.89	35.25	39.76	44.23		49.46	7 / 3				
reaction time		interval		3.98	3.88	4.09	4.11		4.28	4.30	4.36	4.51	4.47	5.23			11.95	12.69	13.34	
		velocity	7.20	8.79	9.02	8.56	8.52		8.18	8.14	8.03	7.76	7.83	7.65	8.09		8.79	8.27	7.87	
H1 lead leg	R	strides	22	14	14	14	14		15	16	15	15	15		154					

Hann, Mamadou Kasse (FRA) (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 Meeting Paris (Saint-Denis, FRA) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	27-Aug-16	time	6.08	9.92		17.76	21.76		25.88		34.60	39.28	44.08		49.46	1 / 7				
reaction time	0.115	interval		3.84		7.84	4.00		4.12		8.72	4.68	4.80	5.38			11.68			
		velocity	7.40	9.11		8.93	8.75		8.50		8.03	7.48	7.29	7.43	8.09		8.99			
H1 lead leg	R	strides	20	13			13		13			14	14		87					

McMaster, Kyron (IVB) (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 Doha Diamond League (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	04-May-18	time	5.92	9.68	13.52	17.44	21.48		25.64	30.00	34.52	39.12	43.84		49.46	5 / 3				
reaction time	0.215	interval		3.76	3.84	3.92	4.04		4.16	4.36	4.52	4.60	4.72	5.62			11.52	12.56	13.84	
		velocity	7.60	9.31	9.11	8.93	8.66		8.41	8.03	7.74	7.61	7.42	7.12	8.09		9.11	8.36	7.59	
H1 lead leg	L	strides	21	13	13	13	13		14	14	14		14	17	146					

Kendziera, Dave (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 - 2019 Prefontaine Classic (Stanford, CA) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	30-Jun-19	time	5.73	9.50	13.43	17.43	21.46		25.70	30.10	34.66	39.30	43.97		49.46	7 / 4				
reaction time	0.247	interval		3.77	3.93	4.00	4.03		4.24	4.40	4.56	4.64	4.67	5.49			11.70	12.67	13.87	
		velocity	7.85	9.28	8.91	8.75	8.68		8.25	7.95	7.68	7.54	7.49	7.29	8.09		8.97	8.29	7.57	
H1 lead leg	R	strides	20	13	13	13	13		13	13	14		15		127					

Lahoulou, Abdelmalik (ALG) (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) *Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*

date	30-Sep-19	time	6.02	9.60	13.23	16.96	20.84		24.97	29.36	33.94	38.72	43.67		49.46	8 / 8				
reaction time	0.187	interval		3.58	3.63	3.73	3.88		4.13	4.39	4.58	4.78	4.95	5.79			10.94	12.40	14.31	
		velocity	7.48	9.78	9.64	9.38	9.02		8.47	7.97	7.64	7.32	7.07	6.91	8.09		9.60	8.47	7.34	
H1 lead leg	L	strides	22	13	13	13	13		14	14	15	15	15	18	165					

Garrett, LaBronze (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 - 2006 USATF National Championships (Indianapolis, IN) *USATF Men's Hurdle Development (2006)*

date	24-Jun-06	time	5.94	9.83	13.73	17.67	21.67		25.87	30.10	34.54	39.14	43.74		49.47	2 / 5				
reaction time		interval		3.89	3.90	3.94	4.00		4.20	4.23	4.44	4.60	4.60	5.73			11.73	12.43	13.64	
		velocity	7.58	9.00	8.97	8.88	8.75		8.33	8.27	7.88	7.61	7.61	6.98	8.09		8.95	8.45	7.70	
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15		146					

Narisako, Kenji (JPN) (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 Japanese National Championships (Kawasaki, JPN) *Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers*

date	27-Jun-08	time	6.02	9.77	13.61	17.46	21.43		25.50	29.84	34.28	38.88	43.72		49.47	/ 2				
reaction time		interval		3.75	3.84	3.85	3.97		4.07	4.34	4.44	4.60	4.84	5.75			11.44	12.38	13.88	
		velocity	7.48	9.33	9.11	9.09	8.82		8.60	8.06	7.88	7.61	7.23	6.96	8.09		9.18	8.48	7.56	
H1 lead leg		strides		13	13	13	13		13	14	14	15	15		123					

Li Zhilong (CHN) (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 Chinese National Championships (Hefei, CHN) *Li (2008) - research on training characteristics of Li Zhilong's of Chinese men's 400m hurdles*

date	09-Sep-11	time	6.08	9.92	13.92	17.92	22.04		26.36	30.68	35.08	39.60	44.20		49.47	/ 1				
reaction time		interval		3.84	4.00	4.00	4.12		4.32	4.32	4.40	4.52	4.60	5.27	PB		11.84	12.76	13.52	
		velocity	7.40	9.11	8.75	8.75	8.50		8.10	8.10	7.95	7.74	7.61	7.59	8.09		8.87	8.23	7.77	
H1 lead leg		strides	22	15	15	15	15		15	15	15	15	15	18	175					

Hussein, Kariem (SUI) (1989)

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

FINAL - 2016 Prefontaine Classic (Eugene, OR) (TV Analysis) *(H8 5m short)* *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	28-May-16	time	6.00	9.80	13.72	17.72			26.04	30.20	34.08	39.32	44.08		49.47	8 / 6				
reaction time		interval		3.80	3.92	4.00			8.32	4.16	3.88	5.24	4.76	5.39			11.72	12.48	13.88	
		velocity	7.50	9.21	8.93	8.75			8.41	8.41	7.73	7.63	7.35	7.42	8.09		8.96	8.41	7.56	
H1 lead leg	L	strides	20	13	13	13				13	13		15	17.7	117.7					

Matsushita, Yuki (JPN) (1991)

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

FINAL - 2019 Japanese National Championships (Fukuoka, JPN) *Yamanaka (2019) - research on athlete performance and technique- 2019 data book*

date	29-Jun-19	time	6.09	9.84	13.74	17.70	21.71		25.93	30.25	34.75	39.31	43.99		49.47	6 / 3				
reaction time	0.161	interval		3.75	3.90	3.96	4.01		4.22	4.32	4.50	4.56	4.68	5.48			11.61	12.55	13.74	
		velocity	7.39	9.33	8.97	8.84	8.73		8.29	8.10	7.78	7.68	7.48	7.30	8.09		9.04	8.37	7.64	
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	19.2	165.2					

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

date	23-Aug-20	time	5.68	9.46	13.30	17.28	21.34	23.1	25.50	29.78	34.24	38.94	43.68		49.47	7 / 5				
reaction time	0.170	interval		3.78	3.84	3.98	4.06		4.16	4.28	4.46	4.70	4.74	5.79			11.60	12.50	13.90	
		velocity	7.92	9.26	9.11	8.79	8.62	8.66	8.41	8.18	7.85	7.45	7.38	6.91	8.09		9.05	8.40	7.55	
H1 lead leg	R	strides		13	13	13	13		13		13	14	14	18.5	124.5					

Taylor, Angelo (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

Heat 3 - 2000 Olympic Games (Sydney, AUS) *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

date	24-Sep-00	time	6.06	9.90	13.74	17.58	21.58		25.66	29.94	34.50	39.18	43.82		49.48	8 / 1				

reaction time	0.185	interval		3.84	3.84	3.84	4.00		4.08	4.28	4.56	4.68	4.64	5.66			11.52	12.36	13.88
		velocity	7.43	9.11	9.11	9.11	8.75		8.58	8.18	7.68	7.48	7.54	7.07	8.08		9.11	8.50	7.56
H1 lead leg		strides	21	13	13	13	13		13	13	14	14	14	17.5	158.5				

Rodrigues, Pedro (POR) (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 1 - 2000 Olympic Games (Sydney, AUS)									*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*										
date	25-Sep-00	time	6.06	9.98	13.98	17.98	21.98	23.50	26.02	30.38	34.86	39.42	44.10		49.48	1 / 7			
reaction time	0.162	interval		3.92	4.00	4.00	4.00		4.04	4.36	4.48	4.56	4.68	5.38			11.92	12.40	13.72
		velocity	7.43	8.93	8.75	8.75	8.75	8.51	8.66	8.03	7.81	7.68	7.48	7.43	8.08		8.81	8.47	7.65
H1 lead leg		strides	21	13	13	13	13		13	14	14	15	15		144				

van Zyl, L.J. (RSA) (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 4 - 2009 IAAF World Championships (Berlin, GER)									*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*										
date	15-Aug-09	time	5.98	9.79	13.67	17.64	21.66		25.83	30.26	34.78	39.43	44.18		49.48	3 / 2			
reaction time	0.171	interval		3.81	3.88	3.97	4.02		4.17	4.43	4.52	4.65	4.75	5.30			11.66	12.62	13.92
		velocity	7.53	9.19	9.02	8.82	8.71		8.39	7.90	7.74	7.53	7.37	7.55	8.08		9.01	8.32	7.54
H1 lead leg		strides																	

Greene, David (Dai) (GBR) (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 - 2010 European Championships (Barcelona, ESP)															*Arnold (2010) - 400mH planning and peaking*				
date	29-Jul-10	time	6.10	9.84	13.72	17.62	21.68		25.86	30.18	34.70	39.32	44.02		49.48	3 / 1			
reaction time	0.225	interval		3.74	3.88	3.90	4.06		4.18	4.32	4.52	4.62	4.70	5.46			11.52	12.56	13.84
		velocity	7.38	9.36	9.02	8.97	8.62		8.37	8.10	7.74	7.58	7.45	7.33	8.08		9.11	8.36	7.59
H1 lead leg	R	strides																	

Maeno, Kei (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 - 2017 Nambu Memorial (Sapporo, JPN)															*(2017) - tfdata-store.com/2017/07/11/post-1019/*				
date	09-Jul-17	time	6.03	9.77	13.64	17.57	21.78		26.03	30.40	34.85	39.44	44.11		49.48	4 / 3			
reaction time		interval		3.74	3.87	3.93	4.21		4.25	4.37	4.45	4.59	4.67	5.37			11.54	12.83	13.71
		velocity	7.46	9.36	9.04	8.91	8.31		8.24	8.01	7.87	7.63	7.49	7.45	8.08		9.10	8.18	7.66
H1 lead leg	R	strides	21	13	13	13	14		14	15	15	15	15	18.2	166.2				

Clement, Kerron (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 - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	31-May-18	time	5.88	9.64	13.44	17.40	21.44		25.68	30.04	34.52	39.08	43.96		49.48	6 / 6			
reaction time	0.159	interval		3.76	3.80	3.96	4.04		4.24	4.36	4.48	4.56	4.88	5.52			11.52	12.64	13.92
		velocity	7.65	9.31	9.21	8.84	8.66		8.25	8.03	7.81	7.68	7.17	7.25	8.08		9.11	8.31	7.54
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	16.5	154.5				

Yamauchi, Hiromu (JPN) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 Japanese National Championships (Osaka, JPN)											*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*								
date	26-Jun-21	time	6.09	10.01	13.95	17.93	21.97		26.08	30.28	34.67	39.24	43.96		49.48	6 / 4			
reaction time	0.217	interval		3.92	3.94	3.98	4.04		4.11	4.20	4.39	4.57	4.72	5.52			11.84	12.35	13.68
		velocity	7.39	8.93	8.88	8.79	8.66		8.52	8.33	7.97	7.66	7.42	7.25	8.08		8.87	8.50	7.68
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	19	169				

Porter, Will (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 - 1996 USA Olympic Trials (Atlanta, GA)															*McNichols - Hurdle technique study through video analysis*				
date	16-Jun-96	time	6.01	9.93	13.91	17.91	22.01	23.80	26.23	30.59	34.93	39.39	43.94		49.49	1 / 8			
reaction time		interval		3.92	3.98	4.00	4.10		4.22	4.36	4.34	4.46	4.55	5.55			11.90	12.68	13.35
		velocity	7.49	8.93	8.79	8.75	8.54	8.40	8.29	8.03	8.06	7.85	7.69	7.21	8.08		8.82	8.28	7.87
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	14		138				

Tateno, Tetsuya (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 - 2012 Japanese National Championships (Osaka, JPN)															*Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions*				
date	09-Jun-12	time	6.12	9.96	13.81	17.80	21.85		26.09	30.43	34.83	39.48	44.20		49.49	7 / 3			
reaction time		interval		3.84	3.85	3.99	4.05		4.24	4.34	4.40	4.65	4.72	5.29	**=PB**		11.68	12.63	13.77
		velocity	7.35	9.11	9.09	8.77	8.64		8.25	8.06	7.95	7.53	7.42	7.56	8.08		8.99	8.31	7.63
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	19.5	175				

Kishimoto, Takayuki (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 - 2014 Japanese National Championships (Fukushima, JPN)											*Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions*								
date	08-Jun-14	time	5.89	9.64	13.53	17.52	21.62		25.89	30.28	34.75	39.32	44.01		49.49	4 / 1			
reaction time		interval		3.75	3.89	3.99	4.10		4.27	4.39	4.47	4.57	4.69	5.48			11.63	12.76	13.73
		velocity	7.64	9.33	9.00	8.77	8.54		8.20	7.97	7.83	7.66	7.46	7.30	8.08		9.03	8.23	7.65
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.5	165				

van Zyl, L.J. (RSA) (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 - 2017 Doha Diamond League (Doha, QAT) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	05-May-17	time	5.96	9.83	13.70	17.80	21.96		26.16	30.53	34.90	39.43	44.06		49.49	8 / 3			
reaction time	0.156	interval		3.87	3.87	4.10	4.16		4.20	4.37	4.37	4.53	4.63	5.43			11.84	12.73	13.53
		velocity	7.55	9.04	9.04	8.54	8.41		8.33	8.01	8.01	7.73	7.56	7.37	8.08		8.87	8.25	7.76
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	15	18.7	170.7				

Paul, Jacob (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 - 2017 Müller's Anniversary Games (London, GBR) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	09-Jul-17	time	6.00	9.72	13.56	17.48	21.56		25.72	30.04	34.48	39.08	43.76		49.49	1 / 8			
reaction time	0.156	interval		3.72	3.84	3.92	4.08		4.16	4.32	4.44	4.60	4.68	5.73	**PB**		11.48	12.56	13.72

		velocity	7.50	9.41	9.11	8.93	8.58		8.41	8.10	7.88	7.61	7.48	6.98	8.08			9.15	8.36	7.65
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15		150					

Preis, Constantin (GER) (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 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 14-Aug-20 time	6.00	9.81	13.71	17.75	21.92		26.26	30.76	35.27	39.87	44.44		49.49	8 / 5			
reaction time 0.251 interval		3.81	3.90	4.04	4.17		4.34	4.50	4.51	4.60	4.57	5.05			11.75	13.01	13.68
velocity	7.50	9.19	8.97	8.66	8.39		8.06	7.78	7.76	7.61	7.66	7.92	8.08		8.94	8.07	7.68
H1 lead leg L strides	22	14	14	14	14		15	15	15		15		138				

Preis, Constantin (GER) (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 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 09-Jul-21 time	6.00	9.84		17.60	21.62	23.4	25.79	30.08	34.50	39.20	44.04		49.49	4 / 4			
reaction time 0.231 interval		3.84		7.76	4.02		4.17	4.29	4.42	4.70	4.84	5.45			11.60	12.48	13.96
velocity	7.50	9.11		9.02	8.71	8.55	8.39	8.16	7.92	7.45	7.23	7.34	8.08		9.05	8.41	7.52
H1 lead leg L strides	22	14			14		15	15		16	16		112				

Maritim, Joseph (KEN) (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 - 1988 Olympic Games (Seoul, KOR)								*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*									
date 24-Sep-88 time	6.48	10.40	14.44	18.37	22.44		26.62	30.86	35.26	39.79	44.35		49.50	4 / 5			
reaction time 0.180 interval		3.92	4.04	3.93	4.07		4.18	4.24	4.40	4.53	4.56	5.15			11.89	12.49	13.49
velocity	6.94	8.93	8.66	8.91	8.60		8.37	8.25	7.95	7.73	7.68	7.77	8.08		8.83	8.41	7.78
H1 lead leg strides	22	15	15	13	13		15	13	15	15	15	18	169				

Fleischhauer, Georg (GER) (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 Weltklasse in Biberach (Biberach, GER)														*Beck (2011) - 400-meter-hürdensprinter im aufschwung*			
date 28-Jun-11 time	6.30	10.16	14.06	18.02	22.04		26.26	30.58	35.00	39.64	44.26		49.50	/ 2			
reaction time interval		3.86	3.90	3.96	4.02		4.22	4.32	4.42	4.64	4.62	5.24			11.72	12.56	13.68
velocity	7.14	9.07	8.97	8.84	8.71		8.29	8.10	7.92	7.54	7.58	7.63	8.08		8.96	8.36	7.68
H1 lead leg strides	20	13	13	13	13		13	13	13	14	14		139				

Imazeki, Yuta (JPN) (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 Japanese National Championships (Osaka, JPN)								*Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions*									
date 09-Jun-12 time	6.19	10.14	14.11	18.25	22.48		26.72	30.96	35.25	39.69	44.21		49.50	8 / 4			
reaction time interval		3.95	3.97	4.14	4.23		4.24	4.24	4.29	4.44	4.52	5.29			12.06	12.71	13.25
velocity	7.27	8.86	8.82	8.45	8.27		8.25	8.25	8.16	7.88	7.74	7.56	8.08		8.71	8.26	7.92
H1 lead leg R strides	22	14	14	14	14		15	15	15	15	15	18.7	172				

Hann, Mamadou Kasse (FRA) (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's Anniversary Games (London, GBR) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 09-Jul-17 time	6.08	9.96	13.84	17.64	21.60		25.72	30.16	34.64	39.36	44.16		49.50	3 / 9			
reaction time 0.151 interval		3.88	3.88	3.80	3.96		4.12	4.44	4.48	4.72	4.80	5.34			11.56	12.52	14.00
velocity	7.40	9.02	9.02	9.21	8.84		8.50	7.88	7.81	7.42	7.29	7.49	8.08		9.08	8.39	7.50
H1 lead leg L strides	21	14	14	13	13		13	14	14	15	14		145				

Hann, Mamadou Kasse (FRA) (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)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 07-Jun-18 time	5.92	9.72			21.48	23.3	25.68	30.08	34.48	39.16	43.96		49.50	2 / 7			
reaction time 0.159 interval		3.80			11.76		4.20	4.40	4.40	4.68	4.80	5.54					13.88
velocity	7.60	9.21			8.93	8.58	8.33	7.95	7.95	7.48	7.29	7.22	8.08				7.56
H1 lead leg L strides	21	13					14	14	14	14	15	17	122				

Hemeida, Bassem (QAT) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 20-Aug-23 time	6.03	9.93	13.90	17.73	21.66		25.83	30.23	34.72	39.47	44.20		49.50	2 / 3			
reaction time 0.156 interval		3.90	3.97	3.83	3.93		4.17	4.40	4.49	4.75	4.73	5.30			11.70	12.50	13.97
velocity	7.46	8.97	8.82	9.14	8.91		8.39	7.95	7.80	7.37	7.40	7.55	8.08		8.97	8.40	7.52
H1 lead leg R strides	21	13	13	13	14		14	14	14	14	14	17	161				

Sibilio, Alessandro (ITA) (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 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 20-Aug-23 time	6.10	10.06	13.93	17.86	21.74		25.86	30.30	34.83	39.39	44.06		49.50	5 / 4			
reaction time 0.178 interval		3.96	3.87	3.93	3.88		4.12	4.44	4.53	4.56	4.67	5.44			11.76	12.44	13.76
velocity	7.38	8.84	9.04	8.91	9.02		8.50	7.88	7.73	7.68	7.49	7.35	8.08		8.93	8.44	7.63
H1 lead leg R strides	21	13	13	13	13		13	15	15	15	15	18	164				

Hemeida, Bassem (QAT) (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 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 21-Aug-23 time	5.96	9.80	13.63	17.36	21.26		25.50	29.83	34.40	39.06	43.97		49.50	4 / 7			
reaction time 0.172 interval		3.84	3.83	3.73	3.90		4.24	4.33	4.57	4.66	4.91	5.53			11.40	12.47	14.14
velocity	7.55	9.11	9.14	9.38	8.97		8.25	8.08	7.66	7.51	7.13	7.23	8.08		9.21	8.42	7.43
H1 lead leg R strides	21	13	14	13	13		14		14	14	15	17.7	148.7				

Mužík, Jiri (CZE) (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 IAAF World Championships (Athens, GRE)														*Hommel (1999) - biomechanical research project, athens 1997: final report*			
date 04-Aug-97 time	6.02	9.78	13.62	17.58	21.80		26.12	30.42	34.92	39.52	44.14		49.51	2 / 8			
reaction time 0.179 interval		3.76	3.84	3.96	4.22		4.32	4.30	4.50	4.60	4.62	5.37	NR		11.56	12.84	13.72
velocity	7.48	9.31	9.11	8.84	8.29		8.10	8.14	7.78	7.61	7.58	7.45	8.08		9.08	8.18	7.65

H1 lead leg		strides																	
Brazell, Bennie (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 (Athîna, GRE)																*Behm (2005) - Athènes 2004: Les Haies Basses*			
date	26-Aug-04	time	6.0	9.6	13.3	17.1	21.1		25.2	29.4	33.7	38.3	43.1		49.51	8 / 8			
reaction time	0.390	interval		3.6	3.7	3.8	4.0		4.1	4.2	4.3	4.6	4.8	6.41			11.10	12.30	13.70
		velocity	7.50	9.72	9.46	9.21	8.75		8.54	8.33	8.14	7.61	7.29	6.24	8.08		9.46	8.54	7.66
H1 lead leg	L	strides	22	13	13	13	14		14	14	15	15	16		149				
Culson, Javier (PUR) (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 - 2016 Prefontaine Classic (Eugene, OR) (TV Analysis)										*(H8 5m short)*					*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	28-May-16	time	5.88	9.60	13.40	17.40	21.56		25.80	30.16	33.96	39.28	44.08		49.51	2 / 7			
reaction time		interval		3.72	3.80	4.00	4.16		4.24	4.36	3.80	5.32	4.80	5.43			11.52	12.76	13.92
		velocity	7.65	9.41	9.21	8.75	8.41		8.25	8.03	7.89	7.52	7.29	7.37	8.08		9.11	8.23	7.54
H1 lead leg	L	strides	20	13	13	13	13		13		11	16	14	17	143				
Jackson, Bershawn (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 - 2017 USATF Championships (Sacramento, CA) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	25-Jun-17	time	5.79	9.69	13.79	17.93	22.14			30.31	34.58	39.03	43.83		49.51	1 / 8			
reaction time		interval		3.90	4.10	4.14	4.21			8.17	4.27	4.45	4.80	5.68			12.14	12.38	13.52
		velocity	7.77	8.97	8.54	8.45	8.31			8.57	8.20	7.87	7.29	7.04	8.08		8.65	8.48	7.77
H1 lead leg	L	strides	22	15		15	15				15	15	17	19.2	133.2				
Nozawa, Keisuke (JPN) (1991)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)																*Yamanaka (2019) - research on athlete performance and technique- 2019 data book*			
date	29-Jun-19	time	5.99	9.68	13.53	17.52	21.60		25.76	30.10	34.53	39.21	43.98		49.51	4 / 4			
reaction time	0.179	interval		3.69	3.85	3.99	4.08		4.16	4.34	4.43	4.68	4.77	5.53			11.53	12.58	13.88
		velocity	7.51	9.49	9.09	8.77	8.58		8.41	8.06	7.90	7.48	7.34	7.23	8.08		9.11	8.35	7.56
H1 lead leg	L	strides	21	13	13	14	14		14	14	14	15	15	19	166				
Diagana, Stéphane (FRA) (1969)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 3 - 2002 European Championships (Munich, GER)																*Graubner (2009) - http://www.fgs.uni-halle.de*			
date	07-Aug-02	time	6.06	9.86	13.71	17.60	21.50		25.75	30.24	34.88	39.15	44.35		49.52	/ 1			
reaction time		interval		3.80	3.85	3.89	3.90		4.25	4.49	4.64	4.27	5.20	5.17			11.54	12.64	14.11
		velocity	7.43	9.21	9.09	9.00	8.97		8.24	7.80	7.54	8.20	6.73	7.74	8.08		9.10	8.31	7.44
H1 lead leg		strides																	
Yoshikata, Masahira (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)																*Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers*			
date	07-May-05	time	5.99	9.69	13.54	17.49	21.58		25.90	30.32	34.82	39.36	44.00		49.52	/ 6			
reaction time		interval		3.70	3.85	3.95	4.09		4.32	4.42	4.50	4.54	4.64	5.52			11.50	12.83	13.68
		velocity	7.51	9.46	9.09	8.86	8.56		8.10	7.92	7.78	7.71	7.54	7.25	8.08		9.13	8.18	7.68
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				
Buckley, Markino (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 - 2008 IAAF World Athletics Final (Stuttgart, GER)																*Graubner (2009) - http://www.fgs.uni-halle.de*			
date	13-Sep-08	time	6.29	10.11	13.99	17.87	21.90		26.09	30.49	34.94	39.48	44.11		49.52	1 / 4			
reaction time	0.276	interval		3.82	3.88	3.88	4.03		4.19	4.40	4.45	4.54	4.63	5.41			11.58	12.62	13.62
		velocity	7.15	9.16	9.02	9.02	8.68		8.35	7.95	7.87	7.71	7.56	7.39	8.08		9.07	8.32	7.71
H1 lead leg		strides																	
Green, Jack (GBR) (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 - 2018 Athletissima (Lausanne, SUI) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	05-Jul-18	time	6.00	9.80	13.76		21.80		25.96	30.32		39.44	44.12		49.52	1 / 7			
reaction time	0.172	interval		3.80	3.96		8.04		4.16	4.36		9.12	4.68	5.40					13.80
		velocity	7.50	9.21	8.84		8.71		8.41	8.03		7.68	7.48	7.41	8.08				7.61
H1 lead leg	R	strides	22	14	14		14		14	14		15	15	18.2	140.2				
Nozawa, Keisuke (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 - 2019 Kinami Memorial (Osaka, JPN)																*Matsubayashi (2019) - research on athlete performance and technique- 2019 data book*			
date	06-May-19	time	6.04	9.79	13.61	17.45	21.47		25.53	29.76	34.18	38.84	43.76		49.52	8 / 1			
reaction time		interval		3.75	3.82	3.84	4.02		4.06	4.23	4.42	4.66	4.92	5.76			11.41	12.31	14.00
		velocity	7.45	9.33	9.16	9.11	8.71		8.62	8.27	7.92	7.51	7.11	6.94	8.08		9.20	8.53	7.50
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	19	169				
Watrin, Julien (BEL) (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 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	17-Jul-22	time	5.87	9.57	13.40	17.26	21.20	23.08	25.33	29.53	34.00	38.73	43.60		49.52	3 / 3			
reaction time	0.186	interval		3.70	3.83	3.86	3.94		4.13	4.20	4.47	4.73	4.87	5.92			11.39	12.27	14.07
		velocity	7.67	9.46	9.14	9.07	8.88	8.67	8.47	8.33	7.83	7.40	7.19	6.76	8.08		9.22	8.56	7.46
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.7	164.7				
Bassitt, Trevor (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 - 2023 Doha Diamond League (Doha, QAT)																*Omega Timing (2023) - diamond league race analysis*			
date	05-May-23	time	5.89	9.67	13.54	17.50	21.57		25.77	30.13	34.61	39.32	43.99		49.52	7 / 5			
reaction time	0.158	interval		3.78	3.87	3.96	4.07		4.20	4.36	4.48	4.71	4.67	5.53			11.61	12.63	13.86
		velocity	7.64	9.26	9.04	8.84	8.60		8.33	8.03	7.81	7.43	7.49	7.23	8.08		9.04	8.31	7.58
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	20	158				

Barr, Thomas (IRL) (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 FBK Games (Hengelo, NED)															*Omega Timing (2023) - continental tour race analysis*				
date	04-Jun-23	time	5.95	9.76	13.60	17.50	21.50		25.73	30.15	34.76	39.45	44.11		49.52	2 / 5			
reaction time	0.167	interval		3.81	3.84	3.90	4.00		4.23	4.42	4.61	4.69	4.66	5.41			11.55	12.65	13.96
		velocity	7.56	9.19	9.11	8.97	8.75		8.27	7.92	7.59	7.46	7.51	7.39	8.08		9.09	8.30	7.52
H1 lead leg	L	strides	20	13								14	14	17.7	78.7				

Douglas, Matt (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 3 - 2000 Olympic Games (Sydney, AUS)									*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*										
date	15-Sep-00	time	5.86	9.50	13.22	16.98	20.90	22.50	24.98	29.34	33.86	38.62	43.20		49.53	8 / 6			
reaction time	0.177	interval		3.64	3.72	3.76	3.92		4.08	4.36	4.52	4.76	4.58	6.33			11.12	12.36	13.86
		velocity	7.68	9.62	9.41	9.31	8.93	8.89	8.58	8.03	7.74	7.35	7.64	6.32	8.08		9.44	8.50	7.58
H1 lead leg		strides	21	13	13	13	13		14	14	15	15	15	19.5	165.5				

Mashchenko, Ruslan (RUS) (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 - 2001 European Championships (Bremen, GER)															*Graubner (2007) - http://www.fgs.uni-halle.de*				
date	23-Jun-01	time	6.08	9.90	13.76	17.62	21.62		25.70	30.04	34.46	39.14	43.92		49.53	/ 4			
reaction time		interval		3.82	3.86	3.86	4.00		4.08	4.34	4.42	4.68	4.78	5.61			11.54	12.42	13.88
		velocity	7.40	9.16	9.07	9.07	8.75		8.58	8.06	7.92	7.48	7.32	7.13	8.08		9.10	8.45	7.56
H1 lead leg		strides																	

Yoshikata, Masahira (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)											*Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers*								
date	30-Jun-07	time	6.02	9.79	13.73	17.75	21.85		26.07	30.44	34.84	39.38	44.05		49.53	/ 3			
reaction time		interval		3.77	3.94	4.02	4.10		4.22	4.37	4.40	4.54	4.67	5.48			11.73	12.69	13.61
		velocity	7.48	9.28	8.88	8.71	8.54		8.29	8.01	7.95	7.71	7.49	7.30	8.08		8.95	8.27	7.71
H1 lead leg		strides		14	14	14	14		14	15	15	15	15		130				

Narisako, Kenji (JPN) (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 Japanese National Championships (Hiroshima, JPN)									*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*										
date	27-Jun-09	time	6.02	9.76	13.53	17.38	21.33		25.56	29.90	34.37	39.02	43.86		49.53	6 / 1			
reaction time		interval		3.74	3.77	3.85	3.95		4.23	4.34	4.47	4.65	4.84	5.67			11.36	12.52	13.96
		velocity	7.48	9.36	9.28	9.09	8.86		8.27	8.06	7.83	7.53	7.23	7.05	8.08		9.24	8.39	7.52
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Barr, Thomas (IRL) (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 Bislett Games (Oslo, NOR) (TV Analysis)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	07-Jun-18	time	5.96	9.72			21.52	23.4	25.84	30.24	34.80	39.48	44.16		49.53	1 / 8			
reaction time	0.197	interval		3.76			11.80		4.32	4.40	4.56	4.68	4.68	5.37					13.92
		velocity	7.55	9.31			8.90	8.55	8.10	7.95	7.68	7.48	7.48	7.45	8.08				7.54
H1 lead leg	L	strides	21	13					14	14	14	14	15	18	123				

Harvey, Jonathan (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)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	25-Jun-21	time	5.93	9.67	13.54	17.55	21.69		26.16	30.63	35.23	39.77	44.34		49.53	7 / 6			
reaction time	0.140	interval		3.74	3.87	4.01	4.14		4.47	4.47	4.60	4.54	4.57	5.19	PB		11.62	13.08	13.71
		velocity	7.59	9.36	9.04	8.73	8.45		7.83	7.83	7.61	7.71	7.66	7.71	8.08		9.04	8.03	7.66
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	17.2	163.2				

Angela, Ramsey (NED) (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 Memorial van Damme (Brussels, BEL) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	03-Sep-21	time	6.08	9.96	13.80	17.84	21.92	23.7	26.12	30.44	34.88	39.48	44.24		49.53	2 / 6			
reaction time	0.197	interval		3.88	3.84	4.04	4.08		4.20	4.32	4.44	4.60	4.76	5.29			11.76	12.60	13.80
		velocity	7.40	9.02	9.11	8.66	8.58	8.44	8.33	8.10	7.88	7.61	7.35	7.56	8.08		8.93	8.33	7.61
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18	171				

Maillard, Sébastien (FRA) (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)															*Behm (2006) - Göteborg 2006: Le quatrache*				
date	10-Aug-06	time	6.0	9.7	13.5	17.6	21.7		25.9	30.2	34.5	39.1	43.9		49.54	/ 5			
reaction time		interval		3.7	3.8	4.1	4.1		4.2	4.3	4.3	4.6	4.8	5.64			11.60	12.60	13.70
		velocity	7.50	9.46	9.21	8.54	8.54		8.33	8.14	8.14	7.61	7.29	7.09	8.07		9.05	8.33	7.66
H1 lead leg	L	strides	21	13	14	14	14		14	15	15	15	15	19.5	169.5				

Inoue, Kakeru (JPN) (1996)			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 - 2018 Shizuoka International Athletics Meeting (Fukuroi, JPN)									*Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*										
date	03-May-18	time	6.14	9.99	13.86	17.76	21.75		25.94	30.26	34.78	39.45	44.19		49.54	5 / 1			
reaction time	0.182	interval		3.85	3.87	3.90	3.99		4.19	4.32	4.52	4.67	4.74	5.35	PB		11.62	12.50	13.93
		velocity	7.33	9.09	9.04	8.97	8.77		8.35	8.10	7.74	7.49	7.38	7.48	8.07		9.04	8.40	7.54
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	18.5	169.5				

Brockman, Charles (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)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	25-Jun-21	time	6.14	10.01	14.01	18.05	22.22		26.56	31.03	35.50	40.00	44.47		49.54	9 / 7			
reaction time	0.241	interval		3.87	4.00	4.04	4.17		4.34	4.47	4.47	4.50	4.47	5.07			11.91	12.98	13.44
		velocity	7.33	9.04	8.75	8.66	8.39		8.06	7.83	7.83	7.78	7.83	7.89	8.07		8.82	8.09	7.81
H1 lead leg	R	strides		14	14	14	14		15	15	15	15	15	18.7	149.7				

Konishi, Yuta (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 - 2016 Japanese National Championships (Nagoya, JPN)															*Morioka (2016) - race pattern of top 400m hurdlers in japan*				
date	24-Jun-16	time	6.08	9.90	13.77	17.67	21.62		25.84	30.09	34.56	39.16	43.98		49.55	4 / 3			
reaction time	0.165	interval		3.82	3.87	3.90	3.95		4.22	4.25	4.47	4.60	4.82	5.57			11.59	12.42	13.89
		velocity	7.40	9.16	9.04	8.97	8.86		8.29	8.24	7.83	7.61	7.26	7.18	8.07		9.06	8.45	7.56
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Gollnow, David (GER) (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 - 2011 German National Championships (Kassel, GER)															*Beck (2011) - 400-meter-hürdensprinter im aufschwung*				
date	24-Jul-11	time	6.26	10.12	13.94	17.80	21.81		25.96	30.34	34.93	39.62	44.35		49.56	6 / 1			
reaction time	0.175	interval		3.86	3.82	3.86	4.01		4.15	4.38	4.59	4.69	4.73	5.21			11.54	12.54	14.01
		velocity	7.19	9.07	9.16	9.07	8.73		8.43	7.99	7.63	7.46	7.40	7.68	8.07		9.10	8.37	7.49
H1 lead leg		strides	21	13	13	13	13		13	14	14	15	15		144				

Chalyy, Timofey (RUS) (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 - 2014 European Championships (Zurich, SUI)															*Green (2015) - twitter.com/jackpgreen (from Behm?)*				
date	15-Aug-14	time	6.08	9.88	13.84	17.84	21.92		26.08	30.56	35.12	39.80	44.52		49.56	/ 4			
reaction time	0.159	interval		3.80	3.96	4.00	4.08		4.16	4.48	4.56	4.68	4.72	5.04			11.76	12.72	13.96
		velocity	7.40	9.21	8.84	8.75	8.58		8.41	7.81	7.68	7.48	7.42	7.94	8.07		8.93	8.25	7.52
H1 lead leg	L	strides		13	13	13	13		13	14	14	14	14		121				

Clement, Kerron (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 - 2016 Shanghai Golden Grand Prix (Shanghai, CHN)															*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	14-May-16	time	6.00	9.76	13.64	17.48	21.48		25.72	30.08	34.60	39.28	44.08		49.56	3 / 7			
reaction time	0.180	interval		3.76	3.88	3.84	4.00		4.24	4.36	4.52	4.68	4.80	5.48			11.48	12.60	14.00
		velocity	7.50	9.31	9.02	9.11	8.75		8.25	8.03	7.74	7.48	7.29	7.30	8.07		9.15	8.33	7.50
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.5	153.5				

Mowatt, Kemar (JAM) (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 Müller Grand Prix (Birmingham, GBR) (TV Analysis)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	18-Aug-19	time	5.80	9.48	13.32	17.20	21.16	22.9	25.20	29.64	34.12	38.84	43.64		49.56	3 / 4			
reaction time	0.162	interval		3.68	3.84	3.88	3.96		4.04	4.44	4.48	4.72	4.80	5.92			11.40	12.44	14.00
		velocity	7.76	9.51	9.11	9.02	8.84	8.73	8.66	7.88	7.81	7.42	7.29	6.76	8.07		9.21	8.44	7.50
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18.5	162.5				

Smidt, Nick (NED) (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 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	17-Jul-22	time	5.86	9.57	13.50	17.30	21.40	23.25	25.70	30.00	34.47	39.13	43.93		49.56	8 / 5			
reaction time	0.145	interval		3.71	3.93	3.80	4.10		4.30	4.30	4.47	4.66	4.80	5.63			11.44	12.70	13.93
		velocity	7.68	9.43	8.91	9.21	8.54	8.60	8.14	8.14	7.83	7.51	7.29	7.10	8.07		9.18	8.27	7.54
H1 lead leg	L	strides	20	13	13	13	14		14	14	14	14	15	18	162				

Smith, James (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 USATF National Championships (Eugene, OR) (TV Analysis)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	09-Jul-23	time	6.17	10.01	13.91	17.85	21.89		26.09		34.90	39.50	44.18		49.56	3 / 6			
reaction time		interval		3.84	3.90	3.94	4.04		4.20		8.81	4.60	4.68	5.38			11.68		
		velocity	7.29	9.11	8.97	8.88	8.66		8.33		7.95	7.61	7.48	7.43	8.07		8.99		
H1 lead leg	L	strides	21	13	13	13	13					15	15		103				

Alonso, José (ESP) (1957)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)															*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*				
date	24-Sep-88	time	6.05	9.89	13.77	17.70	21.74		25.95	30.26	34.71	39.40	44.20		49.57	8 / 6			
reaction time		interval		3.84	3.88	3.93	4.04		4.21	4.31	4.45	4.69	4.80	5.37			11.65	12.56	13.94
		velocity	7.44	9.11	9.02	8.91	8.66		8.31	8.12	7.87	7.46	7.29	7.45	8.07		9.01	8.36	7.53
H1 lead leg		strides	21	14	14	14	14		14	14	15	15	15	18	168				

Myburgh, Alwyn (RSA) (1980)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 6 - 2000 Olympic Games (Sydney, AUS)															*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	24-Sep-00	time	5.98	9.82	13.82	17.82	21.94		26.22	30.50	34.98	39.54	44.14		49.57	6 / 3			
reaction time	0.184	interval		3.84	4.00	4.00	4.12		4.28	4.28	4.48	4.56	4.60	5.43			11.84	12.68	13.64
		velocity	7.53	9.11	8.75	8.75	8.50		8.18	8.18	7.81	7.68	7.61	7.37	8.07		8.87	8.28	7.70
H1 lead leg		strides	21	14	14	14	14		14	14	15	15	15	18.7	168.7				

Keïta, Naman (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
Semi-Final 2 - 2003 IAAF World Championships (Paris, FRA)															*Behm (2003) - Paris 2003:Le quatrache masculn - féminin*				
date	27-Aug-03	time	6.0	9.8	13.6	17.8	22.0		26.3	30.6	35.1	39.7			49.57	1 / 8			
reaction time	0.169	interval		3.8	3.8	4.2	4.2		4.3	4.3	4.5	4.6		9.87			11.80	12.80	
		velocity	7.50	9.21	9.21	8.33	8.33		8.14	8.14	7.78	7.61		7.60	8.07		8.90	8.20	
H1 lead leg		strides	21	12	12	13	12		13	13	13	13	14	17.5	153.5				

Abe, Takatoshi (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 - 2012 Japanese National Championships (Osaka, JPN)															*Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions*				
date	09-Jun-12	time	6.02	9.79	13.57	17.42	21.46		25.66	29.93	34.45	39.15	43.99		49.57	4 / 5			
reaction time		interval		3.77	3.78	3.85	4.04		4.20	4.27	4.52	4.70	4.84	5.58			11.40	12.51	14.06
		velocity	7.48	9.28	9.26	9.09	8.66		8.33	8.20	7.74	7.45	7.23	7.17	8.07		9.21	8.39	7.47
H1 lead leg	R	strides	20	13	13	13	13		14	14	15	15	15	18.2	163				

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

A FINAL - 2019 Kinami Memorial (Osaka, JPN) *Matsubayashi (2019) - research on athlete performance and technique- 2019 data book*

date	06-May-19	time	6.11	9.93	13.83	17.74	21.72		25.94	30.23	34.70	39.31	44.01		49.57	3 / 2			
reaction time		interval		3.82	3.90	3.91	3.98		4.22	4.29	4.47	4.61	4.70	5.56			11.63	12.49	13.78
		velocity	7.36	9.16	8.97	8.95	8.79		8.29	8.16	7.83	7.59	7.45	7.19	8.07		9.03	8.41	7.62
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	19	165				

Abe, Takatoshi (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 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	06-Jun-19	time	5.87	9.62	13.49	17.56	21.66		25.88	30.19	34.79	39.40	44.09		49.57	7 / 3			
reaction time	0.164	interval		3.75	3.87	4.07	4.10		4.22	4.31	4.60	4.61	4.69	5.48			11.69	12.63	13.90
		velocity	7.67	9.33	9.04	8.60	8.54		8.29	8.12	7.61	7.59	7.46	7.30	8.07		8.98	8.31	7.55
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	15	17.5	159.5				

Xie Zhiyu (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 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	21-Aug-23	time	6.14	10.11	13.98	17.82	21.89			30.56	35.07		44.48		49.57	2 / 7			
reaction time	0.189	interval		3.97	3.87	3.84	4.07			8.67	4.51		9.41	5.09			11.68	12.74	13.92
		velocity	7.33	8.82	9.04	9.11	8.60			8.07	7.76		7.44	7.86	8.07		8.99	8.24	7.54
H1 lead leg	L	strides	21		13	13	13				14			17	91				

Dudley, Eric (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

Heat 2 - 2007 USATF National Championships (Indianapolis, IN) *USATF Men's Hurdle Development (2007)*

date	21-Jun-07	time	6.11	9.91	13.89	17.92	22.05		26.36	30.74	35.22	39.91	44.43		49.58	7 / 4			
reaction time		interval		3.80	3.98	4.03	4.13		4.31	4.38	4.48	4.69	4.52	5.15	PB		11.81	12.82	13.69
		velocity	7.36	9.21	8.79	8.68	8.47		8.12	7.99	7.81	7.46	7.74	7.77	8.07		8.89	8.19	7.67
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14		142				

Li Zhilong (CHN) (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 Chinese National Grand Prix (Fuzhou, CHN) *Li (2008) - research on training characteristics of Li Zhilong's of Chinese men's 400m hurdles*

date	26-Jun-11	time	6.08	9.88	13.84	17.80	21.88		26.16	30.48	35.04	39.68	44.48		49.58	/ 2			
reaction time		interval		3.80	3.96	3.96	4.08		4.28	4.32	4.56	4.64	4.80	5.10	PB		11.72	12.68	14.00
		velocity	7.40	9.21	8.84	8.84	8.58		8.18	8.10	7.68	7.54	7.29	7.84	8.07		8.96	8.28	7.50
H1 lead leg		strides																	

Culson, Javier (PUR) (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 - 2016 Shanghai Golden Grand Prix (Shanghai, CHN) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	14-May-16	time	5.76	9.40	13.12	17.12	21.24		25.48	29.88	34.32	39.00	43.88		49.58	7 / 8			
reaction time	0.211	interval		3.64	3.72	4.00	4.12		4.24	4.40	4.44	4.68	4.88	5.70			11.36	12.76	14.00
		velocity	7.81	9.62	9.41	8.75	8.50		8.25	7.95	7.88	7.48	7.17	7.02	8.07		9.24	8.23	7.50
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17.2	156.2				

Hann, Mamadou Kasse (FRA) (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 Bauhaus Athletics (Stockholm, SWE) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	10-Jun-18	time	6.00	9.80	13.68	17.52	21.48		25.68	30.04	34.56	39.24	44.04		49.58	3 / 4			
reaction time	0.140	interval		3.80	3.88	3.84	3.96		4.20	4.36	4.52	4.68	4.80	5.54			11.52	12.52	14.00
		velocity	7.50	9.21	9.02	9.11	8.84		8.33	8.03	7.74	7.48	7.29	7.22	8.07		9.11	8.39	7.50
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	17.7	163.7				

Othman, Ashraf Hussen (QAT) (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 Doha Diamond League (Doha, QAT) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	28-May-21	time	6.16	10.20	14.33	18.50	22.67	24.5	26.77		35.30	39.67	44.17		49.58	5 / 1			
reaction time	0.171	interval		4.04	4.13	4.17	4.17		4.10		8.53	4.37	4.50	5.41	PB		12.34		
		velocity	7.31	8.66	8.47	8.39	8.39	8.16	8.54		8.21	8.01	7.78	7.39	8.07		8.51		
H1 lead leg	R	strides	22	14	14	14	14		14			15	15	18	140				

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

date	16-Jul-22	time	6.10	9.86	13.70	17.66	21.76	23.44		30.16	34.67	39.43	44.26		49.58	6 / 2			
reaction time	0.171	interval		3.76	3.84	3.96	4.10			8.40	4.51	4.76	4.83	5.32			11.56	12.50	14.10
		velocity	7.38	9.31	9.11	8.84	8.54	8.53		8.33	7.76	7.35	7.25	7.52	8.07		9.08	8.40	7.45
H1 lead leg	L	strides	22	13	13	13	13				14		15	17	120				

Carabelli, Gianni (ITA) (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) *Behm (2006) - Göteborg 2006: Le quatrache*

date	10-Aug-06	time	5.9	9.7	13.5	17.3	21.3		25.4	29.7	34.3	38.8	43.6		49.60	/ 6			
reaction time		interval		3.8	3.8	3.8	4.0		4.1	4.3	4.6	4.5	4.8	6.00			11.40	12.40	13.90
		velocity	7.63	9.21	9.21	9.21	8.75		8.54	8.14	7.61	7.78	7.29	6.67	8.06		9.21	8.47	7.55
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	15	18.5	160.5				

Downing, Quincy (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) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	10-Jul-16	time	5.97	9.74	13.61	17.42	21.39		25.49	29.86	34.33	39.10	43.91		49.60	3 / ~~7~~ 6			
reaction time	0.196	interval		3.77	3.87	3.81	3.97		4.10	4.37	4.47	4.77	4.81	5.69			11.45	12.44	14.05
		velocity	7.54	9.28	9.04	9.19	8.82		8.54	8.01	7.83	7.34	7.28	7.03	8.06		9.17	8.44	7.47
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	18	162				

Dutch, Johnny (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 London Anniversary Games (London, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	23-Jul-16	time	5.84	9.60	13.56	17.60	21.80		26.08	30.40	34.80	39.24	43.92		49.60	5 / 7			
reaction time	0.193	interval		3.76	3.96	4.04	4.20		4.28	4.32	4.40	4.44	4.68	5.68			11.76	12.80	13.52
		velocity	7.71	9.31	8.84	8.66	8.33		8.18	8.10	7.95	7.88	7.48	7.04	8.06		8.93	8.20	7.77
H1 lead leg	R	strides	22	13	13	13	13		14	14	15	15	15	18.5	165.5				

Oda, Masaya (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) *Yamanaka (2019) - research on athlete performance and technique- 2019 data book*

date	29-Jun-19	time	5.91	9.66	13.58	17.53	21.59		25.84	30.25	34.72	39.34	44.13		49.60	3 / 5			
reaction time	0.201	interval		3.75	3.92	3.95	4.06		4.25	4.41	4.47	4.62	4.79	5.47	PB		11.62	12.72	13.88
		velocity	7.61	9.33	8.93	8.86	8.62		8.24	7.94	7.83	7.58	7.31	7.31	8.06		9.04	8.25	7.56
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	19.2	171.2				

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

date	16-Jul-22	time	5.96	9.60	13.40	17.27	21.30	23.05	25.40	29.73	34.20	39.07	44.07		49.60	6 / 3			
reaction time	0.308	interval		3.64	3.80	3.87	4.03		4.10	4.33	4.47	4.87	5.00	5.53			11.31	12.46	14.34
		velocity	7.55	9.62	9.21	9.04	8.68	8.68	8.54	8.08	7.83	7.19	7.00	7.23	8.06		9.28	8.43	7.32
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17.2	158.2				

Alozíds, Minás (GRE) (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 - 2006 European Championships (Göteborg, SWE) *Behm (2006) - Göteborg 2006: Le quatrache*

date	10-Aug-06	time	5.9	9.5	13.4	17.4	21.4		25.5	29.7	34.3	38.9	43.8		49.61	/ 7			
reaction time		interval		3.6	3.9	4.0	4.0		4.1	4.2	4.6	4.6	4.9	5.81			11.50	12.30	14.10
		velocity	7.63	9.72	8.97	8.75	8.75		8.54	8.33	7.61	7.61	7.14	6.88	8.06		9.13	8.54	7.45
H1 lead leg	L	strides	21	13	13	13	14		14	15	15	15	16		149				

Sańchez, Félix (DOM) (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 Athletics Final (Stuttgart, GER) *Graubner (2007) - http://www.fgs.uni-halle.de*

date	22-Sep-07	time	6.02	9.70	13.46	17.34	21.44		25.76	30.24	34.78	39.38	44.20		49.61	3 / 7			
reaction time	0.151	interval		3.68	3.76	3.88	4.10		4.32	4.48	4.54	4.60	4.82	5.41			11.32	12.90	13.96
		velocity	7.48	9.51	9.31	9.02	8.54		8.10	7.81	7.71	7.61	7.26	7.39	8.06		9.28	8.14	7.52
H1 lead leg		strides																	

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

date	27-Jun-09	time	6.06	9.86	13.75	17.75	21.84		26.04	30.44	34.93	39.55	44.29		49.61	5 / 2			
reaction time		interval		3.80	3.89	4.00	4.09		4.20	4.40	4.49	4.62	4.74	5.32			11.69	12.69	13.85
		velocity	7.43	9.21	9.00	8.75	8.56		8.33	7.95	7.80	7.58	7.38	7.52	8.06		8.98	8.27	7.58
H1 lead leg		strides		13	13	13	13		13	15	15	15	15		125				

Williams, Rhys (GBR) (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 2 - 2010 European Championships (Barcelona, ESP) *Arnold (2010) - 400mH planning and peaking*

date	29-Jul-10	time	6.32	10.18	14.08	18.14	22.28		26.48	30.80	35.20	39.72	44.40		49.61	4 / 1			
reaction time	0.223	interval		3.86	3.90	4.06	4.14		4.20	4.32	4.40	4.52	4.68	5.21			11.82	12.66	13.60
		velocity	7.12	9.07	8.97	8.62	8.45		8.33	8.10	7.95	7.74	7.48	7.68	8.06		8.88	8.29	7.72
H1 lead leg	R	strides																	

Imazeki, Yuta (JPN) (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 Japanese National Championships (Kumagaya, JPN) *Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*

date	11-Jun-11	time	6.21	10.15	14.19	18.21	22.26		26.33	30.53	34.93	39.52	44.22		49.61	/ 2			
reaction time		interval		3.94	4.04	4.02	4.05		4.07	4.20	4.40	4.59	4.70	5.39			12.00	12.32	13.69
		velocity	7.25	8.88	8.66	8.71	8.64		8.60	8.33	7.95	7.63	7.45	7.42	8.06		8.75	8.52	7.67
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Clement, Kerron (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 - 2016 Bislett Games (Oslo, NOR) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	09-Jun-16	time	5.96	9.72	13.56	17.48	21.68		25.92	30.28	34.72	39.28	44.08		49.61	6 / 4			
reaction time	0.194	interval		3.76	3.84	3.92	4.20		4.24	4.36	4.44	4.56	4.80	5.53			11.52	12.80	13.80
		velocity	7.55	9.31	9.11	8.93	8.33		8.25	8.03	7.88	7.68	7.29	7.23	8.06		9.11	8.20	7.61
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.5	153.5				

Kajiki, Ryo (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 - 2018 National Sports Festival (Fukui, JPN) *Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*

date	08-Oct-18	time	6.04	9.86	13.76	17.73	21.83		26.15	30.64	35.14	39.78	44.50		49.61	6 / 1			
reaction time	0.190	interval		3.82	3.90	3.97	4.10		4.32	4.49	4.50	4.64	4.72	5.11			11.69	12.91	13.86
		velocity	7.45	9.16	8.97	8.82	8.54		8.10	7.80	7.78	7.54	7.42	7.83	8.06		8.98	8.13	7.58
H1 lead leg		strides		13	13	13	13		13	14	14	15	15		123				

Douglas, Matt (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

Heat 7 - 2000 Olympic Games (Sydney, AUS) *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

date	24-Sep-00	time	5.96	9.64	13.56	17.48	21.52		25.80	30.20	34.60	39.28	44.04		49.62	8 / 3			
reaction time	0.163	interval		3.68	3.92	3.92	4.04		4.28	4.40	4.40	4.68	4.76	5.58			11.52	12.72	13.84
		velocity	7.55	9.51	8.93	8.93	8.66		8.18	7.95	7.95	7.48	7.35	7.17	8.06		9.11	8.25	7.59
H1 lead leg		strides	21	13	13	13	13		14	14	15	15	15	18.8	164.8				

Mashchenko, Ruslan (RUS) (1971)

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

date	07-Aug-02	time	6.08	9.90	13.74	17.64	21.67		25.80	30.18	34.66	39.30	44.03		49.62	/ 1			

reaction time		interval		3.82	3.84	3.90	4.03		4.13	4.38	4.48	4.64	4.73	5.59			11.56	12.54	13.85
		velocity	7.40	9.16	9.11	8.97	8.68		8.47	7.99	7.81	7.54	7.40	7.16	8.06		9.08	8.37	7.58
H1 lead leg		strides																	

Weakley, Ian (JAM) (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 - 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	6.02	9.74	13.72	17.73	21.84		26.08	30.49	34.95	39.53	44.17		49.62	1 / 5			
reaction time	0.187	interval		3.72	3.98	4.01	4.11		4.24	4.41	4.46	4.58	4.64	5.45			11.71	12.76	13.68
		velocity	7.48	9.41	8.79	8.73	8.52		8.25	7.94	7.85	7.64	7.54	7.34	8.06		8.97	8.23	7.68
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.5	169.5				

van Zyl, L.J. (RSA) (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 - 2007 IAAF World Athletics Final (Stuttgart, GER)																*Graubner (2007) - http://www.fgs.uni-halle.de*			
date	22-Sep-07	time	5.95	9.72	13.58	17.54	21.66		26.02	30.37	34.85	39.46	44.25		49.62	1 / 8			
reaction time	0.189	interval		3.77	3.86	3.96	4.12		4.36	4.35	4.48	4.61	4.79	5.37			11.59	12.83	13.88
		velocity	7.56	9.28	9.07	8.84	8.50		8.03	8.05	7.81	7.59	7.31	7.45	8.06		9.06	8.18	7.56
H1 lead leg		strides																	

Benjamin, Rai (USA) (1997)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	27-Sep-19	time	5.92	9.64	13.40	17.40	21.40		25.56	29.92	34.48	39.32	44.28		49.62	4 / 1			
reaction time	0.217	interval		3.72	3.76	4.00	4.00		4.16	4.36	4.56	4.84	4.96	5.34			11.48	12.52	14.36
		velocity	7.60	9.41	9.31	8.75	8.75		8.41	8.03	7.68	7.23	7.06	7.49	8.06		9.15	8.39	7.31
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	15	14	16.5	157				

Angela, Ramsey (NED) (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 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	16-Jul-22	time	6.17	10.13	14.13	18.16	22.33	24.10		30.77	35.17	39.70	44.26		49.62	3 / 2			
reaction time	0.182	interval		3.96	4.00	4.03	4.17			8.44	4.40	4.53	4.56	5.36			11.99	12.61	13.49
		velocity	7.29	8.84	8.75	8.68	8.39	8.30		8.29	7.95	7.73	7.68	7.46	8.06		8.76	8.33	7.78
H1 lead leg	R	strides	22	14	14	14	14				15	15	15	18	141				

Yoshizawa, Ken (JPN) (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 Japanese National Championships (Tottori, JPN)																*Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers*			
date	05-Jun-04	time	5.96	9.65	13.45	17.39	21.49		25.78	30.17	34.62	39.21	44.01		49.63	/ 2			
reaction time		interval		3.69	3.80	3.94	4.10		4.29	4.39	4.45	4.59	4.80	5.62			11.43	12.78	13.84
		velocity	7.55	9.49	9.21	8.88	8.54		8.16	7.97	7.87	7.63	7.29	7.12	8.06		9.19	8.22	7.59
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Suguimati, Mahau (JPN) (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 - 2006 Japanese National Championships (Kobe, JPN)																*Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers*			
date	01-Jul-06	time	6.25	10.12	13.96	17.95	22.00		26.27	30.62	35.12	39.71	44.31		49.63	/ 2			
reaction time		interval		3.87	3.84	3.99	4.05		4.27	4.35	4.50	4.59	4.60	5.32	PB		11.70	12.67	13.69
		velocity	7.20	9.04	9.11	8.77	8.64		8.20	8.05	7.78	7.63	7.61	7.52	8.06		8.97	8.29	7.67
H1 lead leg		strides		12	12	12	12		13	13	13	13	13		113				

Kawakita, Naohiro (JPN) (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 - 2010 Japanese National Championships (Marugume, JPN)																*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*			
date	05-Jun-10	time	6.16	10.07	13.98	17.95	22.02		26.31	30.65	35.19	39.78	44.42		49.63	/ 2			
reaction time	0.169	interval		3.91	3.91	3.97	4.07		4.29	4.34	4.54	4.59	4.64	5.21			11.79	12.70	13.77
		velocity	7.31	8.95	8.95	8.82	8.60		8.16	8.06	7.71	7.63	7.54	7.68	8.06		8.91	8.27	7.63
H1 lead leg		strides		13	13	13	13		14	14	14	15	15		124				

Williams, Rhys (GBR) (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 - 2016 European Championships (Amsterdam, NED) (TV Analysis)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	08-Jul-16	time	6.00	9.68	13.56	17.64	21.72		25.88	30.16	34.64	39.32	44.20		49.63	8 / 5			
reaction time	0.141	interval		3.68	3.88	4.08	4.08		4.16	4.28	4.48	4.68	4.88	5.43			11.64	12.52	14.04
		velocity	7.50	9.51	9.02	8.58	8.58		8.41	8.18	7.81	7.48	7.17	7.37	8.06		9.02	8.39	7.48
H1 lead leg	R	strides	22	14	14	14	14		14		15	15	15	19	156				

Toyoda, Masaki (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 World Athletics Trials (Fuji, JPN)																*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date	06-Sep-20	time	6.09	9.96	13.91	18.07	22.17		26.38	30.56	34.93	39.52	44.23		49.63	/ 1			
reaction time		interval		3.87	3.95	4.16	4.10		4.21	4.18	4.37	4.59	4.71	5.40			11.98	12.49	13.67
		velocity	7.39	9.04	8.86	8.41	8.54		8.31	8.37	8.01	7.63	7.43	7.41	8.06		8.76	8.41	7.68
H1 lead leg		strides		14	14	14	14		14	14	15	15	15		129				

Bonvin, Julien (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 Weltklasse (Zürich, SUI) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	08-Sep-22	time	5.77	9.34		16.95	20.89	22.46	24.99	29.43	34.04	38.80	43.84		49.63	2 / 7			
reaction time	0.154	interval		3.57		7.61	3.94		4.10	4.44	4.61	4.76	5.04	5.79			11.18	12.48	14.41
		velocity	7.80	9.80		9.20	8.88	8.90	8.54	7.88	7.59	7.35	6.94	6.91	8.06		9.39	8.41	7.29
H1 lead leg	L	strides	20	13			13		13	14	14	15	15	18.2	135.2				

Ibañez Guevara, Pablo Andres (ESA)

			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 FBK Games (Hengelo, NED)																*Omega Timing (2023) - continental tour race analysis*			
date	04-Jun-23	time	5.99	9.94	13.93	17.94	21.97		26.21	30.61	35.05	39.63	44.22		49.63	3 / 6			
reaction time	0.156	interval		3.95	3.99	4.01	4.03		4.24	4.40	4.44	4.58	4.59	5.41			11.95	12.67	13.61

		velocity	7.51	8.86	8.77	8.73	8.68		8.25	7.95	7.88	7.64	7.63	7.39	8.06		8.79	8.29	7.71
H1 lead leg	L	strides	21	14								15	15	18.2	83.2				

Hennige, Gerhard (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
Heat 1 - 1968 Olympic Games (Mexico City, MEX) (*Altitude*)														*Jonath (1969) - wie gerhard hennige trainiert*			
date 13-Oct-68 time	5.9	9.8	13.6	17.6	21.8	23.5	25.8	30.0	34.5	39.1	43.5		49.5	/ 1			
reaction time interval		3.9	3.8	4.0	4.2		4.0	4.2	4.5	4.6	4.4	6.0	*(49.57)*		11.70	12.40	13.50
velocity	7.63	8.97	9.21	8.75	8.33	8.51	8.75	8.33	7.78	7.61	7.95	6.67	8.08		8.97	8.47	7.78
H1 lead leg strides																	

Morgan, Dinsdale (JAM) (1972)

	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 - 2000 Olympic Games (Sydney, AUS)														*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date 24-Sep-00 time	5.90	9.66	13.54	17.54	21.66		25.94	30.34	34.86	39.42	44.14		49.64	6 / 2			
reaction time 0.171 interval		3.76	3.88	4.00	4.12		4.28	4.40	4.52	4.56	4.72	5.50			11.64	12.80	13.80
velocity	7.63	9.31	9.02	8.75	8.50		8.18	7.95	7.74	7.68	7.42	7.27	8.06		9.02	8.20	7.61
H1 lead leg strides	22	14	14	14	14		15	15	15	15	15	18.5	171.5				

Monteiro, Edivaldo (POR) (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 3 - 2002 European Championships (Munich, GER)														*Graubner (2009) - http://www.fgs.uni-halle.de*			
date 07-Aug-02 time	6.20	10.17	14.07	17.96	22.05		26.31	30.64	36.24	39.81	44.44		49.64	/ 2			
reaction time interval		3.97	3.90	3.89	4.09		4.26	4.33	5.60	3.57	4.63	5.20			11.76	12.68	13.80
velocity	7.26	8.82	8.97	9.00	8.56		8.22	8.08	6.25	9.80	7.56	7.69	8.06		8.93	8.28	7.61
H1 lead leg strides																	

Taylor, Angelo (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
Heat 4 - 2009 IAAF World Championships (Berlin, GER)														*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date 15-Aug-09 time	6.04	9.75	13.48	17.39	21.46		25.87	30.36	34.88	39.48	44.42		49.64	5 / 4			
reaction time 0.171 interval		3.71	3.73	3.91	4.07		4.41	4.49	4.52	4.60	4.94	5.22			11.35	12.97	14.06
velocity	7.45	9.43	9.38	8.95	8.60		7.94	7.80	7.74	7.61	7.09	7.66	8.06		9.25	8.10	7.47
H1 lead leg strides																	

Abe, Takatoshi (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 Asian Championships (Kobe, JPN)														*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*			
date 09-Jul-11 time	6.03	9.75	13.55	17.44	21.39		25.56	29.86	34.38	39.20	44.05		49.64	/ 1			
reaction time 0.168 interval		3.72	3.80	3.89	3.95		4.17	4.30	4.52	4.82	4.85	5.59			11.41	12.42	14.19
velocity	7.46	9.41	9.21	9.00	8.86		8.39	8.14	7.74	7.26	7.22	7.16	8.06		9.20	8.45	7.40
H1 lead leg strides		13	13	13	13		14	14	14	16	15		125				

Tanabe, Shotaro (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 Kinan Memorial (Osaka, JPN)														*(2016.05.24) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en*			
date 08-May-16 time	5.99	9.78	13.71	17.68	21.75		25.97	30.42	34.97	39.61	44.39		49.64	8 / 1			
reaction time interval		3.79	3.93	3.97	4.07		4.22	4.45	4.55	4.64	4.78	5.25	**PB**		11.69	12.74	13.97
velocity	7.51	9.23	8.91	8.82	8.60		8.29	7.87	7.69	7.54	7.32	7.62	8.06		8.98	8.24	7.52
H1 lead leg strides																	

Iwasaki, Takafumi (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 - 2021 Ready Steady Tokyo (Tokyo, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 09-May-21 time	5.99	9.81	13.73	17.77	21.92		26.26	30.68	35.14	39.72	44.34		49.64	2 / 5			
reaction time 0.183 interval		3.82	3.92	4.04	4.15		4.34	4.42	4.46	4.58	4.62	5.30	**PB**		11.78	12.91	13.66
velocity	7.51	9.16	8.93	8.66	8.43		8.06	7.92	7.85	7.64	7.58	7.55	8.06		8.91	8.13	7.69
H1 lead leg strides		14	14	14	14		14	15	15	15	15		130				

Harvey, Jonathan (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)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 11-Jun-21 time	5.87	9.57		17.20	21.27			30.07	34.70	39.33	44.03		49.64	2 / 7			
reaction time 0.149 interval		3.70		7.63	4.07			8.80	4.63	4.63	4.70	5.61	**PB**		11.33	12.87	13.96
velocity	7.67	9.46		9.17	8.60			7.95	7.56	7.56	7.45	7.13	8.06		9.27	8.16	7.52
H1 lead leg R strides	21	13			13				15	15	15	18.5	110.5				

Nathaniel, Ezekiel (NGR) (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 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 16-Jul-22 time	5.90	9.63	13.43	17.40	21.63	23.44		30.40	34.87	39.46	44.20		49.64	1 / 3			
reaction time 0.135 interval		3.73	3.80	3.97	4.23			8.77	4.47	4.59	4.74	5.44			11.50	13.00	13.80
velocity	7.63	9.38	9.21	8.82	8.27	8.53		7.98	7.83	7.63	7.38	7.35	8.06		9.13	8.08	7.61
H1 lead leg R strides	21	13	13	14	14				14		15	17.2	121.2				

Bergström, Carl (SWE) (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)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 16-Jul-22 time	5.93	9.73	13.77	17.83	21.93	23.68		30.46	34.86	39.56	44.26		49.64	8 / 3			
reaction time 0.169 interval		3.80	4.04	4.06	4.10			8.53	4.40	4.70	4.70	5.38			11.90	12.63	13.80
velocity	7.59	9.21	8.66	8.62	8.54	8.45		8.21	7.95	7.45	7.45	7.43	8.06		8.82	8.31	7.61
H1 lead leg L strides	22	14	14	14	14				15	15	15	18	141				

Schubert, Rainer (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 - 1972 Olympic Games (Munich, FRG)														*Le Masurier (1977) - die olympischen 400-m-hürdenlauf vom Mexico City, München und Montreal*			
date 03-Sep-72 time	6.1	9.9	13.7	17.6	21.6	23.3	25.8	30.2	34.6	39.3	44.2		49.65	7 / 5			
reaction time interval		3.8	3.8	3.9	4.0		4.2	4.4	4.4	4.7	4.9	5.45			11.50	12.60	14.00
velocity	7.38	9.21	9.21	8.97	8.75	8.58	8.33	7.95	7.95	7.45	7.14	7.34	8.06		9.13	8.33	7.50

H1 lead leg	L	strides	21	13	13	13	13		13	15	15	15	15		146				

Chiba, Yoshihiro (JPN) (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 Seiko Super Grand Prix (Yokohama, JPN)												*Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers*						
date 24-Sep-06 time	5.99	9.76	13.61	17.65	21.79		26.06	30.48	34.95	39.45	44.09		49.65	/ 5			
reaction time interval		3.77	3.85	4.04	4.14		4.27	4.42	4.47	4.50	4.64	5.56			11.66	12.83	13.61
velocity	7.51	9.28	9.09	8.66	8.45		8.20	7.92	7.83	7.78	7.54	7.19	8.06		9.01	8.18	7.71
H1 lead leg strides		14	14	14	14		14	15	15	15	15		130				

Abe, Takatoshi (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
Heat 1 - 2017 IAAF World Championships (London, GBR)												*Morioka (2018) - Analysis of the race patterns of the top 400m hurdles in Japan*						
date 06-Aug-17 time	6.22	9.89	13.66	17.46	21.36		25.46	29.86	34.40	39.00	43.90		49.65	3 / 2			
reaction time 0.316 interval		3.67	3.77	3.80	3.90		4.10	4.40	4.54	4.60	4.90	5.75			11.24	12.40	14.04
velocity	7.23	9.54	9.28	9.21	8.97		8.54	7.95	7.71	7.61	7.14	6.96	8.06		9.34	8.47	7.48
H1 lead leg R strides	20	13	13	13	13		13	14	14	15	15	18	161				

Barr, Thomas (IRL) (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)												*Henson (2020) - Athlete First: 2019 year end hurdle report*					
date 06-Jun-19 time	5.93	9.70	13.63	17.68	21.78		25.98	30.28	34.75	39.48	44.28		49.65	5 / 4			
reaction time 0.194 interval		3.77	3.93	4.05	4.10		4.20	4.30	4.47	4.73	4.80	5.37			11.75	12.60	14.00
velocity	7.59	9.28	8.91	8.64	8.54		8.33	8.14	7.83	7.40	7.29	7.45	8.06		8.94	8.33	7.50
H1 lead leg L strides	20	13	13	13	13		13	13	14	15	15	18	160				

Happio, Wilfried (FRA) (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 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)												*Henson (2020) - Athlete First: 2020 year end hurdle report*					
date 17-Sep-20 time	5.91	9.71			21.59	23.4		30.10	34.53	39.21	44.01		49.65	5 / 5			
reaction time 0.166 interval		3.80			11.88			8.51	4.43	4.68	4.80	5.64					13.91
velocity	7.61	9.21			8.84	8.55		8.23	7.90	7.48	7.29	7.09	8.06				7.55
H1 lead leg L strides	20	13							14	15	15	17.5	94.5				

Tziortzis, Stavros (GRE) (1949)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1972 Olympic Games (Munich, FRG)												*Le Masurier (1977) - die olympischen 400-m-hürdenlauf vom Mexico City, München und Montreal*					
date 03-Sep-72 time	6.2	9.9	13.8	17.7	21.8	23.5	26.1	30.3	34.8	39.4	44.2		49.66	8 / =6			
reaction time interval		3.7	3.9	3.9	4.1		4.3	4.2	4.5	4.6	4.8	5.46	NR		11.50	12.60	13.90
velocity	7.26	9.46	8.97	8.97	8.54	8.51	8.14	8.33	7.78	7.61	7.29	7.33	8.05		9.13	8.33	7.55
H1 lead leg R strides	22	15	15	15	15		16	16	16	16	17		163				

Gavrilenko, Yevgeniy (URS) (1951)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1972 Olympic Games (Munich, FRG)												*Letzelter (1973) - schrittgestaltung und geschwindigkeitsverlauf beim 400-m-hürdenlauf der olympischen spiele 1972*					
date 03-Sep-72 time	6.0	9.8	13.7	17.6	21.6	23.3	25.9	30.3	34.8	39.3	44.1		49.66	2 / =6			
reaction time interval		3.80	3.85	3.95	4.00		4.25	4.40	4.50	4.55	4.75	5.61			11.60	12.65	13.80
velocity	7.50	9.21	9.09	8.86	8.75	8.58	8.24	7.95	7.78	7.69	7.37	7.13	8.05		9.05	8.30	7.61
H1 lead leg L strides	21	13	13	13	13		13		15	15	15		131				

Kawamura, Hideaki (JPN) (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 - 2004 Japanese National Championships (Tottori, JPN)												*Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers*					
date 05-Jun-04 time	5.97	9.77	13.64	17.68	21.92		26.27	30.72	35.16	39.70	44.34		49.66	/ 3			
reaction time interval		3.80	3.87	4.04	4.24		4.35	4.45	4.44	4.54	4.64	5.32			11.71	13.04	13.62
velocity	7.54	9.21	9.04	8.66	8.25		8.05	7.87	7.88	7.71	7.54	7.52	8.05		8.97	8.05	7.71
H1 lead leg strides		14	14	14	14		15	15	15	15	15		131				

Feng Zhiqiang (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 - 2017 Chinese National Games (Tianjin, CHN)												*Zhou (2020) - analysis of competetive performance charactersitics of outstanding men's 400m hurdlers*					
date 04-Sep-17 time	5.7	9.6	13.5	17.3	21.6		26.0	30.3	34.8	39.5	44.1		49.66	/ 1			
reaction time interval		3.90	3.90	3.80	4.30		4.40	4.30	4.50	4.70	4.60	5.56	PB		11.60	13.00	13.80
velocity	7.89	8.97	8.97	9.21	8.14		7.95	8.14	7.78	7.45	7.61	7.19	8.05		9.05	8.08	7.61
H1 lead leg strides	21	13	13	13	13		14	15	15	15	15	18	165				

Holmes, TJ (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)												*Henson (2020) - Athlete First: 2018 year end hurdle report*					
date 21-Jul-18 time	5.92	9.64			21.24		25.40	29.76	34.40	39.12	44.00		49.66	4 / 7			
reaction time 0.211 interval		3.72			11.60		4.16	4.36	4.64	4.72	4.88	5.66					14.24
velocity	7.60	9.41			9.05		8.41	8.03	7.54	7.42	7.17	7.07	8.05				7.37
H1 lead leg L strides	20	13					13	13	14	14	15		102				

Happio, Wilfried (FRA) (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 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)												*Henson (2021) - Athlete First: 2021 year end hurdle report*					
date 09-Jul-21 time	5.84	9.54		17.32	21.37	23.1	25.52	30.05	34.60	39.34	44.17		49.66	3 / 5			
reaction time 0.123 interval		3.70		7.78	4.05		4.15	4.53	4.55	4.74	4.83	5.49			11.48	12.73	14.12
velocity	7.71	9.46		9.00	8.64	8.66	8.43	7.73	7.69	7.38	7.25	7.29	8.05		9.15	8.25	7.44
H1 lead leg L strides	20	13			13		13	14		15	15		103				

Tamesue, Dai (JPN) (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 3 - 2007 IAAF World Championships (Osaka, JPN)												*Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers*					
date 25-Aug-07 time	5.87	9.59	13.44	17.43	21.48		25.68	29.98	34.53	39.23	44.08		49.67	7 / 6			
reaction time 0.197 interval		3.72	3.85	3.99	4.05		4.20	4.30	4.55	4.70	4.85	5.59			11.56	12.55	14.10
velocity	7.67	9.41	9.09	8.77	8.64		8.33	8.14	7.69	7.45	7.22	7.16	8.05		9.08	8.37	7.45
H1 lead leg strides		13	13	13	13		14	14	15	15	15		125				

Barr, Thomas (IRL) (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 Doha Diamond League (Doha, QAT) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	13-May-22	time	5.90	9.67	13.58	17.65	21.85	23.6	26.16		35.33	39.91	44.44		49.67	2 / 3			
reaction time	0.171	interval		3.77	3.91	4.07	4.20		4.31		9.17	4.58	4.53	5.23			11.75		
		velocity	7.63	9.28	8.95	8.60	8.33	8.47	8.12		7.63	7.64	7.73	7.65	8.05		8.94		
H1 lead leg	L	strides	20	13	13	13	13		13			14	14		113				

Happio, Wilfried (FRA) (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 Bauhaus Galan (Stockholm, SWE)															*Omega Timing (2023) - diamond league race analysis*				
date	02-Jul-23	time	5.79	9.44	13.12	16.88	20.80		24.86	29.12	33.68	38.71	43.77		49.67	6 / 5			
reaction time	0.151	interval		3.65	3.68	3.76	3.92		4.06	4.26	4.56	5.03	5.06	5.90			11.09	12.24	14.65
		velocity	7.77	9.59	9.51	9.31	8.93		8.62	8.22	7.68	6.96	6.92	6.78	8.05		9.47	8.58	7.17
H1 lead leg	L	strides	20	13		13	13		13	13	14	15	15		129				

Romera, José María (ESP) (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 - 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	5.85	9.62	13.39	17.23	21.21		25.32	29.69	34.15	38.91	43.85		49.68	8 / 6			
reaction time	0.147	interval		3.77	3.77	3.84	3.98		4.11	4.37	4.46	4.76	4.94	5.83			11.38	12.46	14.16
		velocity	7.69	9.28	9.28	9.11	8.79		8.52	8.01	7.85	7.35	7.09	6.86	8.05		9.23	8.43	7.42
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	15	15	18.5	163.5				

Tinsley, Michael (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 - 2006 USATF National Championships (Indianapolis, IN)															*USATF Men's Hurdle Development (2006)*				
date	24-Jun-06	time	6.01	9.76	12.48	17.42	21.49		25.79	30.18	34.75	39.34	44.06		49.68	8 / 6			
reaction time		interval		3.75	2.72	4.94	4.07		4.30	4.39	4.57	4.59	4.72	5.62			11.41	12.76	13.88
		velocity	7.49	9.33	12.87	7.09	8.60		8.14	7.97	7.66	7.63	7.42	7.12	8.05		9.20	8.23	7.56
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	15		151				

Sańchez, Félix (DOM) (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 2 - 2000 Olympic Games (Sydney, AUS)															*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	25-Sep-00	time	6.00	9.68	13.48	17.44	21.52	23.12	25.80	30.20	34.76	39.44	44.16		49.69	1 / 7			
reaction time	0.178	interval		3.68	3.80	3.96	4.08		4.28	4.40	4.56	4.68	4.72	5.53			11.44	12.76	13.96
		velocity	7.50	9.51	9.21	8.84	8.58	8.65	8.18	7.95	7.68	7.48	7.42	7.23	8.05		9.18	8.23	7.52
H1 lead leg		strides		13	13	13	13		13	14	14	15	15		123				

Yoshikata, Masahira (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 Osaka Grand Prix (Osaka, JPN)															*Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers*				
date	05-May-07	time	6.07	9.82	13.69	17.61	21.71		25.88	30.27	34.72	39.34	44.13		49.69	/ 5			
reaction time		interval		3.75	3.87	3.92	4.10		4.17	4.39	4.45	4.62	4.79	5.56			11.54	12.66	13.86
		velocity	7.41	9.33	9.04	8.93	8.54		8.39	7.97	7.87	7.58	7.31	7.19	8.05		9.10	8.29	7.58
H1 lead leg		strides		14	14	14	14		14	15	15	15	15		130				

Kurokawa, Kazuki (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
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR)															*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*				
date	17-Jul-22	time	5.81	9.49	13.35	17.18	21.14	22.76	25.33	29.68	34.25	39.02	43.93		49.69	1 / 6			
reaction time	0.136	interval		3.68	3.86	3.83	3.96		4.19	4.35	4.57	4.77	4.91	5.76			11.37	12.50	14.25
		velocity	7.75	9.51	9.07	9.14	8.84	8.79	8.35	8.05	7.66	7.34	7.13	6.94	8.05		9.23	8.40	7.37
H1 lead leg	L	strides		13	13	13	13		14	14	15	15	15	18	143				

Sańchez, Félix (DOM) (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 2 - 2000 Olympic Games (Sydney, AUS)															*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	24-Sep-00	time	5.86	9.58	13.38	17.18	21.14		25.34		35.54	39.34	44.22		49.70	4 / 3			
reaction time	0.142	interval		3.72	3.80	3.80	3.96		4.20		10.20	3.80	4.88	5.48			11.32		
		velocity	7.68	9.41	9.21	9.21	8.84		8.33		6.86	9.21	7.17	7.30	8.05		9.28		
H1 lead leg		strides	21	13	13	13	13		13	14	15	15	15	18.2	163.2				

Kawakita, Naohiro (JPN) (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 - 2006 Japanese National Championships (Kobe, JPN)															*Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers*				
date	01-Jul-06	time	6.16	10.01	13.95	17.94	22.01		26.25	30.69	35.33	39.98	44.63		49.70	/ 3			
reaction time		interval		3.85	3.94	3.99	4.07		4.24	4.44	4.64	4.65	4.65	5.07			11.78	12.75	13.94
		velocity	7.31	9.09	8.88	8.77	8.60		8.25	7.88	7.54	7.53	7.53	7.89	8.05		8.91	8.24	7.53
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Konishi, Yuta (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 - 2015 Seiko Golden Grand Prix (Kawaskai, JPN)															*Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan*				
date	10-May-15	time	6.17	10.14	14.16	18.30	22.42		26.57	30.79	35.21	39.71	44.38		49.70	/ 2			
reaction time		interval		3.97	4.02	4.14	4.12		4.15	4.22	4.42	4.50	4.67	5.32			12.13	12.49	13.59
		velocity	7.29	8.82	8.71	8.45	8.50		8.43	8.29	7.92	7.78	7.49	7.52	8.05		8.66	8.41	7.73
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Bett, Nicholas (KEN) (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 Doha Diamond League (Doha, QAT) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	05-May-17	time	6.23	9.96	13.70	17.63	21.63		25.83	30.13	34.53	39.16	44.16		49.70	5 / 4			
reaction time	0.168	interval		3.73	3.74	3.93	4.00		4.20	4.30	4.40	4.63	5.00	5.54			11.40	12.50	14.03
		velocity	7.22	9.38	9.36	8.91	8.75		8.33	8.14	7.95	7.56	7.00	7.22	8.05		9.21	8.40	7.48
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	13	15	17	157				

Yamamoto, Tatsuhiro (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 - 2021 Denka Athletics Challenge Cup (Niigata, JPN)															*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*				
date	06-Jun-21	time	6.09	9.98	13.88	17.88	21.94		26.06	30.40	34.82	39.44	44.23		49.70	4 / 2			
reaction time		interval		3.89	3.90	4.00	4.06		4.12	4.34	4.42	4.62	4.79	5.47			11.79	12.52	13.83
		velocity	7.39	9.00	8.97	8.75	8.62		8.50	8.06	7.92	7.58	7.31	7.31	8.05		8.91	8.39	7.59
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	18.2	169.2				

Saddler, Craig (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 - 2023 NCAA Championships (Austin, TX) (TV Analysis)															*Henson (2023) - Athlete First: 2023 year end hurdle report*				
date	09-Jun-23	time	5.96	9.54	13.38	17.31	21.40			30.25	34.85	39.46	44.27		49.70	1 / 9			
reaction time		interval		3.58	3.84	3.93	4.09			8.85	4.60	4.61	4.81	5.43			11.35	12.94	14.02
		velocity	7.55	9.78	9.11	8.91	8.56			7.91	7.61	7.59	7.28	7.37	8.05		9.25	8.11	7.49
H1 lead leg	R	strides	21	13	13	13	13				15	15	15	17	135				

Imazeki, Yuta (JPN) (1987)			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 - 2011 Shizuoka International Athletics Meeting (Fukuroi, JPN)															*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*				
date	03-May-11	time	6.21	10.16	14.13	18.17	22.32		26.56	30.85	35.29	39.84	44.46		49.71	/ 3			
reaction time		interval		3.95	3.97	4.04	4.15		4.24	4.29	4.44	4.55	4.62	5.25			11.96	12.68	13.61
		velocity	7.25	8.86	8.82	8.66	8.43		8.25	8.16	7.88	7.69	7.58	7.62	8.05		8.78	8.28	7.71
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Mägi, Rasmus (EST) (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)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	20-Jul-19	time	6.12	9.92	13.72	17.64	21.76	23.5	25.96		34.88	39.52			49.71	9 / 5			
reaction time	0.158	interval		3.80	3.80	3.92	4.12		4.20		8.92	4.64					11.52		
		velocity	7.35	9.21	9.21	8.93	8.50	8.51	8.33		7.85	7.54			8.05		9.11		
H1 lead leg	L	strides	21	13	13	13	13		13			14			100				

Madari Palliyalil, Jabir (IND) (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 - 2019 IAAF World Championships (Doha, QAT)															*Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*				
date	28-Sep-19	time	5.95	9.82	13.69	17.64	21.74		25.92	30.19	34.61	39.24	44.12		49.71	9 / 5			
reaction time	0.199	interval		3.87	3.87	3.95	4.10		4.18	4.27	4.42	4.63	4.88	5.59			11.69	12.55	13.93
		velocity	7.56	9.04	9.04	8.86	8.54		8.37	8.20	7.92	7.56	7.17	7.16	8.05		8.98	8.37	7.54
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19.7	178.7				

Hemery, David (GBR) (1944)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 1972 Olympic Games (Munich, FRG)															*Schmidt (1973) - vorolympishces training von john akii-bua über 400 hürden*				
date	01-Sep-72	time					21.8			30.3			44.3		49.72	5 / 1			
reaction time		interval								8.50			14.00	5.42					14.00
		velocity					8.49			8.24			7.50	7.38	8.05				7.50
H1 lead leg		strides																	

Clement, Kerron (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
Heat 1 - 2007 USATF National Championships (Indianapolis, IN)															*USATF Men's Hurdle Development (2007)*				
date	21-Jun-07	time	5.99	9.78	13.65	17.60	21.79		26.04	30.41	34.87	39.57	44.38		49.72	6 / 1			
reaction time		interval		3.79	3.87	3.95	4.19		4.25	4.37	4.46	4.70	4.81	5.34			11.61	12.81	13.97
		velocity	7.51	9.23	9.04	8.86	8.35		8.24	8.01	7.85	7.45	7.28	7.49	8.05		9.04	8.20	7.52
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	15	15		141				

Hann, Mamadou Kasse (FRA) (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 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	18-Jun-17	time	6.04	9.92		17.76	21.88		26.08	30.60	35.16	39.80	44.44		49.72	5 / 5			
reaction time	0.158	interval		3.88		7.84	4.12		4.20	4.52	4.56	4.64	4.64	5.28			11.72	12.84	13.84
		velocity	7.45	9.02		8.93	8.50		8.33	7.74	7.68	7.54	7.54	7.58	8.05		8.96	8.18	7.59
H1 lead leg	L	strides	21	13			13		14	14	14	14	14		117				

Allen, CJ (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)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	25-Jun-21	time	6.10	10.00	13.90	17.87	21.97		26.10	30.47	34.93	39.50	44.30		49.72	3 / 4			
reaction time	0.225	interval		3.90	3.90	3.97	4.10		4.13	4.37	4.46	4.57	4.80	5.42			11.77	12.60	13.83
		velocity	7.38	8.97	8.97	8.82	8.54		8.47	8.01	7.85	7.66	7.29	7.38	8.05		8.92	8.33	7.59
H1 lead leg	L	strides	19	13	13	13	13			13	14	15	15	18.2	146.2				

Kawagoe, Hiroya (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 - 2022 Japanese National Championsips (Osaka, JPN)															*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*				
date	11-Jun-22	time	6.01	9.84	13.76	17.82	21.94		26.21	30.63	35.10	39.66	44.33		49.72	4 / 2			
reaction time	0.193	interval		3.83	3.92	4.06	4.12		4.27	4.42	4.47	4.56	4.67	5.39	**PB**		11.81	12.81	13.70
		velocity	7.49	9.14	8.93	8.62	8.50		8.20	7.92	7.83	7.68	7.49	7.42	8.05		8.89	8.20	7.66
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.7	170.7				

Rawlinson, Christopher (GBR) (1972			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 - 2002 European Championships (Munich, GER)															*Graubner (2009) - http://www.fgs.uni-halle.de*				
date	07-Aug-02	time	6.02	9.72	13.44	17.32	21.34		25.50	29.82	34.56	39.30	44.10		49.73	/ 2			
reaction time		interval		3.70	3.72	3.88	4.02		4.16	4.32	4.74	4.74	4.80	5.63			11.30	12.50	14.28
		velocity	7.48	9.46	9.41	9.02	8.71		8.41	8.10	7.38	7.38	7.29	7.10	8.04		9.29	8.40	7.35
H1 lead leg		strides																	

Green, Jack (GBR) (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 - 2018 Bauhaus Athletics (Stockholm, SWE) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	10-Jun-18	time	6.04	9.84	13.72	17.68	21.80	26.12	30.56	35.04	39.60	44.40		49.73	8 / 5				
reaction time	0.176	interval		3.80	3.88	3.96	4.12	4.32	4.44	4.48	4.56	4.80	5.33			11.64	12.88	13.84	
		velocity	7.45	9.21	9.02	8.84	8.50	8.10	7.88	7.81	7.68	7.29	7.50	8.04		9.02	8.15	7.59	
H1 lead leg	R	strides	22	14	14	13	14	15	15	15	15	16		153					

Abe, Takatoshi (JPN) (1991)

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

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

date	02-Oct-20	time	6.01	9.59	13.35	17.17	21.10	25.28	29.68	34.23	39.01	43.94		49.73	5 / 1				
reaction time	0.170	interval		3.58	3.76	3.82	3.93	4.18	4.40	4.55	4.78	4.93	5.79			11.16	12.51	14.26	
		velocity	7.49	9.78	9.31	9.16	8.91	8.37	7.95	7.69	7.32	7.10	6.91	8.04		9.41	8.39	7.36	
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	15	19	163					

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

date	06-Jun-21	time	6.06	9.91	13.91	17.97	22.15	26.41	30.76	35.19	39.77	44.43		49.73	7 / 3				
reaction time		interval		3.85	4.00	4.06	4.18	4.26	4.35	4.43	4.58	4.66	5.30			11.91	12.79	13.67	
		velocity	7.43	9.09	8.75	8.62	8.37	8.22	8.05	7.90	7.64	7.51	7.55	8.04		8.82	8.21	7.68	
H1 lead leg	L	strides	21	14	14	14	14	14	15	15	15	15	18.2	169.2					

McAlister, Chris (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 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	09-Sep-21	time	6.24				22.40	24.1	26.64			39.88	44.48		49.73	1 / 7			
reaction time	0.168	interval					16.16		4.24			13.24	4.60	5.25					
		velocity	7.21				8.66	8.30	8.25			7.93	7.61	7.62	8.04				
H1 lead leg	R	strides	22						14				15		51				

Cawley, Rex (USA) (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 - 1964 Olympic Games (Tokyo, JPN) *Breitschaft (1965) - die leichtathletik wettkampfe der 1964 olympischen sommerspielen - 400m hürdenlauf*

date	16-Oct-64	time	5.9		13.8		21.8		30.3		38.9			49.6	6 / 1				
reaction time		interval			7.9		8.0		8.5		8.6		10.7						
		velocity	7.63		8.86		8.75		8.24		8.14		7.01	8.06					
H1 lead leg		strides																	

Kitur, Simon (KEN) (1959)

	H1	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) *Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*

date	24-Sep-88	time	6.12	9.92	13.81	17.81	21.90	26.10	30.45	34.91	39.63	44.45		49.74	1 / 6				
reaction time		interval		3.80	3.89	4.00	4.09	4.20	4.35	4.46	4.72	4.82	5.29			11.69	12.64	14.00	
		velocity	7.35	9.21	9.00	8.75	8.56	8.33	8.05	7.85	7.42	7.26	7.56	8.04		8.98	8.31	7.50	
H1 lead leg		strides	22	15	15	15	15	15	15	15	16	16	18.1	177.1					

Mashchenko, Ruslan (RUS) (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) *Jung (2003) - http://www.fgs.uni-halle.de*

date	21-Jun-97	time	6.05	9.79	13.70	17.72	21.84	26.06	30.47	34.94	39.60	44.33		49.74	/ 3				
reaction time		interval		3.74	3.91	4.02	4.12	4.22	4.41	4.47	4.66	4.73	5.41			11.67	12.75	13.86	
		velocity	7.44	9.36	8.95	8.71	8.50	8.29	7.94	7.83	7.51	7.40	7.39	8.04		9.00	8.24	7.58	
H1 lead leg		strides																	

Kawakita, Naohiro (JPN) (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 - 2009 Japanese National Championships (Hiroshima, JPN) *Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*

date	27-Jun-09	time	6.13	9.97	13.86	17.85	21.95	26.30	30.75	35.30	39.94	44.59		49.74	4 / 3				
reaction time		interval		3.84	3.89	3.99	4.10	4.35	4.45	4.55	4.64	4.65	5.15			11.72	12.90	13.84	
		velocity	7.34	9.11	9.00	8.77	8.54	8.05	7.87	7.69	7.54	7.53	7.77	8.04		8.96	8.14	7.59	
H1 lead leg		strides		13	13	13	13	14	14	14	15	15		124					

Samba, Abderrahmane (QAT) (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 IAAF World Championships (London, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	09-Aug-17	time	5.80	9.56	13.36	17.16	21.08	25.24	29.48	33.88	38.44	43.04		49.74	6 / 7				
reaction time	0.206	interval		3.76	3.80	3.80	3.92	4.16	4.24	4.40	4.56	4.60	6.70			11.36	12.32	13.56	
		velocity	7.76	9.31	9.21	9.21	8.93	8.41	8.25	7.95	7.68	7.61	5.97	8.04		9.24	8.52	7.74	
H1 lead leg	R	strides	21	13	13	13	13	13	13	14	14	14	19	160					

Abe, Takatoshi (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 Asian Athletics Championships (Doha, QAT) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	22-Apr-19	time	5.97	9.64	13.33	17.10	21.04	25.19	29.66	34.27	39.06	43.93		49.74	7 / 5				
reaction time	0.189	interval		3.67	3.69	3.77	3.94	4.15	4.47	4.61	4.79	4.87	5.81			11.13	12.56	14.27	
		velocity	7.54	9.54	9.49	9.28	8.88	8.43	7.83	7.59	7.31	7.19	6.88	8.04		9.43	8.36	7.36	
H1 lead leg		strides		13	13	13	13	13	14	14	15	15		123					

Valliant, Ludvy (FRA) (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 - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	05-Jun-22	time	5.83	9.53	13.30	17.20	21.20	22.87	25.27	29.63	34.10	38.90	43.83		49.74	3 / 6			
reaction time	0.141	interval		3.70	3.77	3.90	4.00		4.07	4.36	4.47	4.80	4.93	5.91			11.37	12.43	14.20
		velocity	7.72	9.46	9.28	8.97	8.75	8.75	8.60	8.03	7.83	7.29	7.10	6.77	8.04		9.23	8.45	7.39
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15		144				

Zazini, Sokwakhana (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 - 2023 Doha Diamond League (Doha, QAT) *Omega Timing (2023) - diamond league race analysis*

date	05-May-23	time	5.83	9.46	13.25	17.13	21.12		25.58	30.07	34.69	39.36	44.01		49.74	1 / 6			
reaction time	0.170	interval		3.63	3.79	3.88	3.99		4.46	4.49	4.62	4.67	4.65	5.73			11.30	12.94	13.94
		velocity	7.72	9.64	9.23	9.02	8.77		7.85	7.80	7.58	7.49	7.53	6.98	8.04		9.29	8.11	7.53
H1 lead leg	L	strides	23	14	14	14	14		15			16	16		126				

Kendziera, Dave (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 - 2023 USATF National Championships (Eugene, OR) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	09-Jul-23	time	6.00	9.84	13.58	17.35	21.25		25.29	29.59	34.13	38.90			49.74	8 / 7			
reaction time		interval		3.84	3.74	3.77	3.90		4.04	4.30	4.54	4.77		10.84			11.35	12.24	
		velocity	7.50	9.11	9.36	9.28	8.97		8.66	8.14	7.71	7.34		6.92	8.04		9.25	8.58	
H1 lead leg	L	strides	21	14	13	13	13			14	14	15			117				

Cuypers, Alain (BEL) (1967)

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

Semi-Final 2 - 1988 Olympic Games (Seoul, KOR) *Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*

date	24-Sep-88	time	6.20	10.13	14.07	18.06	22.14		26.45	30.79	35.22	39.76	44.40		49.75	7 / 7			
reaction time		interval		3.93	3.94	3.99	4.08		4.31	4.34	4.43	4.54	4.64	5.35	PB		11.86	12.73	13.61
		velocity	7.26	8.91	8.88	8.77	8.58		8.12	8.06	7.90	7.71	7.54	7.48	8.04		8.85	8.25	7.71
H1 lead leg		strides	21	14	14	14	14		14	14	15	15	15	18.5	168.5				

Young, Blair (AUS) (1971)

	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 - 2000 Olympic Games (Sydney, AUS) *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

date	24-Sep-00	time	6.06	9.82	13.74	17.74	21.86		26.18		35.42	39.90	44.50		49.75	6 / 4			
reaction time	0.193	interval		3.76	3.92	4.00	4.12		4.32		9.24	4.48	4.60	5.25			11.68		
		velocity	7.43	9.31	8.93	8.75	8.50		8.10		7.58	7.81	7.61	7.62	8.04		8.99		
H1 lead leg		strides	21	13	13	14	14		14	15	15	15	15	18.4	167.4				

Shao Yi (CHN) (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 Chinese National Championships (Shanghai, CHN) *Zhou (2003) - training of Shao Yi, national champion of men's 400m hurdles*

date	14-Sep-03	time	6.14	9.94	13.84	17.90	22.02		26.30	30.64	35.12	39.68	44.40		49.75	/ 1			
reaction time		interval		3.80	3.90	4.06	4.12		4.28	4.34	4.48	4.56	4.72	5.35	PB		11.76	12.74	13.76
		velocity	7.33	9.21	8.97	8.62	8.50		8.18	8.06	7.81	7.68	7.42	7.48	8.04		8.93	8.24	7.63
H1 lead leg		strides		13	13	14	14		14	14	14	14	15		125				

Kishimoto, Takayuki (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 - 2014 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions*

date	03-May-14	time	5.96	9.71	13.56	17.60	21.75		26.07	30.49	35.03	39.70	44.42		49.75	/ 1			
reaction time		interval		3.75	3.85	4.04	4.15		4.32	4.42	4.54	4.67	4.72	5.33			11.64	12.89	13.93
		velocity	7.55	9.33	9.09	8.66	8.43		8.10	7.92	7.71	7.49	7.42	7.50	8.04		9.02	8.15	7.54
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Bonvin, Julien (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 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	21-Aug-23	time	5.90	9.67	13.38	17.05	20.99		25.29	29.66	34.30	39.11	44.08		49.75	4 / 8			
reaction time	0.175	interval		3.77	3.71	3.67	3.94		4.30	4.37	4.64	4.81	4.97	5.67			11.15	12.61	14.42
		velocity	7.63	9.28	9.43	9.54	8.88		8.14	8.01	7.54	7.28	7.04	7.05	8.04		9.42	8.33	7.28
H1 lead leg	L	strides	20	13	13	13	13		14	14	15	15		18	148				

Mori, Fabrizio (ITA) (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 - 1991 European Cup (Frankfurt, GER) *Federle (2003) - http://www.fgs.uni-halle.de*

date	29-Jun-91	time	6.43	10.33	14.28	18.27	22.35		26.60	31.01	35.38	40.01	44.65		49.76	/ 3			
reaction time		interval		3.90	3.95	3.99	4.08		4.25	4.41	4.37	4.63	4.64	5.11			11.84	12.74	13.64
		velocity	7.00	8.97	8.86	8.77	8.58		8.24	7.94	8.01	7.56	7.54	7.83	8.04		8.87	8.24	7.70
H1 lead leg		strides																	

Mužík, Jiri (CZE) (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 2 - 2002 European Championships (Munich, GER) *Graubner (2009) - http://www.fgs.uni-halle.de*

date	07-Aug-02	time	6.24	10.23	14.29	18.37	22.52		26.69	30.95	35.31	39.85	44.47		49.76	/ 1			
reaction time	0.169	interval		3.99	4.06	4.08	4.15		4.17	4.26	4.36	4.54	4.62	5.29			12.13	12.58	13.52
		velocity	7.21	8.77	8.62	8.58	8.43		8.39	8.22	8.03	7.71	7.58	7.56	8.04		8.66	8.35	7.77
H1 lead leg		strides																	

Yoshikata, Masahira (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) *Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers*

date	24-Sep-06	time	5.92	9.57	13.31	17.15	21.14		25.31	29.66	34.10	38.75	43.77		49.76	/ 6			
reaction time		interval		3.65	3.74	3.84	3.99		4.17	4.35	4.44	4.65	5.02	5.99			11.23	12.51	14.11
		velocity	7.60	9.59	9.36	9.11	8.77		8.39	8.05	7.88	7.53	6.97	6.68	8.04		9.35	8.39	7.44
H1 lead leg		strides		14	14	14	14		14	15	15	15	15		130				

Koike, Takayuki (JPN) (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 - 2010 Japanese National Championships (Marugume, JPN) *Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*

date	05-Jun-10	time	6.02	9.79	13.71	17.66	21.78		26.03	30.40	34.94	39.51	44.23		49.76	/ 3			
reaction time	0.197	interval		3.77	3.92	3.95	4.12		4.25	4.37	4.54	4.57	4.72	5.53			11.64	12.74	13.83
		velocity	7.48	9.28	8.93	8.86	8.50		8.24	8.01	7.71	7.66	7.42	7.23	8.04		9.02	8.24	7.59
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Imazeki, Yuta (JPN) (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 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions*

date	03-May-12	time	6.22	10.11	14.01	18.00	22.15		26.30	30.59	35.08	39.68	44.38		49.76	/ 3			

reaction time		interval		3.89	3.90	3.99	4.15		4.15	4.29	4.49	4.60	4.70	5.38			11.78	12.59	13.79
		velocity	7.23	9.00	8.97	8.77	8.43		8.43	8.16	7.80	7.61	7.45	7.43	8.04		8.91	8.34	7.61
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Matsushita, Yuki (JPN) (1991)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National Championships (Niigata, JPN)													*Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan*				
date 28-Jun-15	time	6.11	9.91	13.83	17.78	21.88		26.15	30.57	35.21	39.86	44.55		49.76	6 / 1			
reaction time 0.169	interval		3.80	3.92	3.95	4.10		4.27	4.42	4.64	4.65	4.69	5.21			11.67	12.79	13.98
	velocity	7.36	9.21	8.93	8.86	8.54		8.20	7.92	7.54	7.53	7.46	7.68	8.04		9.00	8.21	7.51
H1 lead leg R	strides	21	13	13	13	13		14	14	15	15	15	19	165				

Konishi, Yuta (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 - 2016 Kansai Business Championships (Osaka, JPN)													*(2017) - tfdata-store.com/2017/05/22/post-605/*				
date 20-May-16	time	6.12	10.01	13.90	17.83	21.95		26.32	30.64	35.10	39.72	44.44		49.76	5 / 1			
reaction time	interval		3.89	3.89	3.93	4.12		4.37	4.32	4.46	4.62	4.72	5.32			11.71	12.81	13.80
	velocity	7.35	9.00	9.00	8.91	8.50		8.01	8.10	7.85	7.58	7.42	7.52	8.04		8.97	8.20	7.61
H1 lead leg	strides		13	13	13	13		14	14	15	15	15		125				

Kawagoe, Hiroya (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 - 2021 Ready Steady Tokyo (Tokyo, JPN)									*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*								
date 09-May-21	time	5.96	9.79	13.75	17.75	21.86		26.16	30.50	35.04	39.62	44.29		49.76	9 / 6			
reaction time 0.142	interval		3.83	3.96	4.00	4.11		4.30	4.34	4.54	4.58	4.67	5.47	PB		11.79	12.75	13.79
	velocity	7.55	9.14	8.84	8.75	8.52		8.14	8.06	7.71	7.64	7.49	7.31	8.04		8.91	8.24	7.61
H1 lead leg	strides		14	14	14	14		15	15	15	15	15		131				

Toyoda, Masaki (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 - 2022 Seiko Golden Grand Prix (Tokyo, JPN)									*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*								
date 08-May-22	time	6.09	10.09	14.21	18.37	22.56		26.78	31.03	35.42	39.89	44.49		49.76	4 / 4			
reaction time 0.183	interval		4.00	4.12	4.16	4.19		4.22	4.25	4.39	4.47	4.60	5.27			12.28	12.66	13.46
	velocity	7.39	8.75	8.50	8.41	8.35		8.29	8.24	7.97	7.83	7.61	7.59	8.04		8.55	8.29	7.80
H1 lead leg L	strides	21	14	14	14	14		14	14	15	15	15	18	168				

McAlister, Chris (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 Bauhaus Galan (Stockholm, SWE) (TV Analysis)													*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date 30-Jun-22	time	6.12	9.92	13.72	17.60	21.70	23.39	25.92	30.38	34.86	39.48	44.32		49.76	8 / 7			
reaction time 0.175	interval		3.80	3.80	3.88	4.10		4.22	4.46	4.48	4.62	4.84	5.44			11.48	12.78	13.94
	velocity	7.35	9.21	9.21	9.02	8.54	8.55	8.29	7.85	7.81	7.58	7.23	7.35	8.04		9.15	8.22	7.53
H1 lead leg R	strides	22	14	14	14	14		14	15	15	15	15		152				

Imazeki, Yuta (JPN) (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 Osaka Grand Prix (Osaka, JPN)									*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*								
date 08-May-10	time	6.29	10.26	14.21	18.28	22.42		26.69	31.06	35.60	40.10	44.64		49.77	/ 4			
reaction time	interval		3.97	3.95	4.07	4.14		4.27	4.37	4.54	4.50	4.54	5.13			11.99	12.78	13.58
	velocity	7.15	8.82	8.86	8.60	8.45		8.20	8.01	7.71	7.78	7.71	7.80	8.04		8.76	8.22	7.73
H1 lead leg	strides		14	14	14	14		15	15	15	15	15		131				

Smidt, Nick (NED) (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 Bislett Games (Oslo, NOR) (TV Analysis)													*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date 16-Jun-22	time	5.92	9.72	13.64	17.68		23.70	26.28	30.62	34.92	39.56	44.28		49.77	1 / 6			
reaction time 0.172	interval		3.80	3.92	4.04			8.60	4.34	4.30	4.64	4.72	5.49			11.76	12.94	13.66
	velocity	7.60	9.21	8.93	8.66		8.44	8.14	8.06	8.14	7.54	7.42	7.29	8.04		8.93	8.11	7.69
H1 lead leg L	strides	21	13	13	14	14				14	15	15	18	137				

Angela, Ramsey (NED) (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 World Athletics Championships (Eugene, OR) (TV Analysis)													*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date 17-Jul-22	time	5.90	9.70	13.57	17.56	21.67	23.51	25.90	30.17	34.67	39.40	44.23		49.77	4 / 4			
reaction time 0.155	interval		3.80	3.87	3.99	4.11		4.23	4.27	4.50	4.73	4.83	5.54			11.66	12.61	14.06
	velocity	7.63	9.21	9.04	8.77	8.52	8.51	8.27	8.20	7.78	7.40	7.25	7.22	8.04		9.01	8.33	7.47
H1 lead leg R	strides	22	14	14	14	14		15	15	15	15	15	18.2	171.2				

Büttner, Dieter (FRG) (1949)

	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 - 1972 Olympic Games (Munich, FRG)													*Schmidt (1973) - vorolympishces training von john akii-bua über 400 hürden*				
date 01-Sep-72	time					21.5			30.4					49.78	1 / 1			
reaction time	interval								8.90									
	velocity					8.60			7.87					8.04				
H1 lead leg	strides																	

Matsushita, Yuki (JPN) (1991)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B Race - 2015 Shizuoka International Athletics Meeting (Fukuroi, JPN)													*Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan*				
date 03-May-15	time	6.04	9.88	13.78	17.72	21.76		26.03	30.40	35.00	39.67	44.47		49.78	/ 3			
reaction time 0.164	interval		3.84	3.90	3.94	4.04		4.27	4.37	4.60	4.67	4.80	5.31			11.68	12.68	14.07
	velocity	7.45	9.11	8.97	8.88	8.66		8.20	8.01	7.61	7.49	7.29	7.53	8.04		8.99	8.28	7.46
H1 lead leg	strides		13	13	13	13		14	14	15	15	15		125				

Abe, Takatoshi (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 Bislett Games (Oslo, NOR) (TV Analysis)													*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date 13-Jun-19	time	6.02	9.78	13.68	17.58	21.72	23.5	25.92	30.29	34.83	39.54	44.31		49.78	8 / 5			
reaction time 0.188	interval		3.76	3.90	3.90	4.14		4.20	4.37	4.54	4.71	4.77	5.47			11.56	12.71	14.02

		velocity	7.48	9.31	8.97	8.97	8.45	8.51	8.33	8.01	7.71	7.43	7.34	7.31	8.04		9.08	8.26	7.49
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	17.5	161.5				

Dean, Caleb (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 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 25-Jun-21	time	5.93	9.77	13.67	17.60	21.77		26.07	30.53	35.03	39.77	44.53		49.78	7 / 5			
reaction time 0.178	interval		3.84	3.90	3.93	4.17		4.30	4.46	4.50	4.74	4.76	5.25			11.67	12.93	14.00
	velocity	7.59	9.11	8.97	8.91	8.39		8.14	7.85	7.78	7.38	7.35	7.62	8.04		9.00	8.12	7.50
H1 lead leg R	strides		13	13	13	13		15	15	15	15	15	18	145				

Ishida, Yusuke (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 - 2017 Japanese National Championships (Osaka, JPN)														*Morioka (2018) - Analysis of the race patterns of the top 400m hurdles in Japan*			
date 24-Jun-17	time	6.16	9.96	13.86	17.77	21.76		26.06	30.38	34.90	39.59	44.34		49.79	/ 2			
reaction time 0.185	interval		3.80	3.90	3.91	3.99		4.30	4.32	4.52	4.69	4.75	5.45			11.61	12.61	13.96
	velocity	7.31	9.21	8.97	8.95	8.77		8.14	8.10	7.74	7.46	7.37	7.34	8.03		9.04	8.33	7.52
H1 lead leg	strides		13	13	13	13		14	14	15	15	15		125				

Bencosme, José Reynaldo (ITA) (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 - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 31-May-18	time	6.04	9.80	13.64	17.52	21.48		25.60	30.00	34.48	39.28	44.12		49.79	2 / 7			
reaction time 0.153	interval		3.76	3.84	3.88	3.96		4.12	4.40	4.48	4.80	4.84	5.67			11.48	12.48	14.12
	velocity	7.45	9.31	9.11	9.02	8.84		8.50	7.95	7.81	7.29	7.23	7.05	8.03		9.15	8.41	7.44
H1 lead leg L	strides	20	13	13	13	13		13	14	14	15	15		143				

Holmes, TJ (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 Prefontaine Classic (Stanford, CA) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 30-Jun-19	time	5.90	9.46	13.30	17.13	21.10		25.46	29.86	34.56	39.16	44.03		49.79	8 / 5			
reaction time 0.282	interval		3.56	3.84	3.83	3.97		4.36	4.40	4.70	4.60	4.87	5.76			11.23	12.73	14.17
	velocity	7.63	9.83	9.11	9.14	8.82		8.03	7.95	7.45	7.61	7.19	6.94	8.03		9.35	8.25	7.41
H1 lead leg L	strides	20	13		13	13		14	14	14		15		116				

Hyde, Jaheel (JAM) (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 Müller Anniversary Games (London, GBR) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 20-Jul-19	time	5.96	9.80	13.80	17.76	21.88	23.6	26.16		34.92	39.56	44.28		49.79	2 / 6			
reaction time 0.159	interval		3.84	4.00	3.96	4.12		4.28		8.76	4.64	4.72	5.51			11.80		
	velocity	7.55	9.11	8.75	8.84	8.50	8.47	8.18		7.99	7.54	7.42	7.26	8.03		8.90		
H1 lead leg L	strides	22	14	14	13	13		14			15	15	18	138				

Yamamoto, Tatsuhiro (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 Japanese National Championships (Niigata, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 02-Oct-20	time	6.06	9.91	13.86	17.87	22.01		26.28	30.66	35.12	39.69	44.38		49.79	4 / 2			
reaction time 0.156	interval		3.85	3.95	4.01	4.14		4.27	4.38	4.46	4.57	4.69	5.41			11.81	12.79	13.72
	velocity	7.43	9.09	8.86	8.73	8.45		8.20	7.99	7.85	7.66	7.46	7.39	8.03		8.89	8.21	7.65
H1 lead leg L	strides	21	14	14	14	14		15	15	15	15	15	18.7	170.7				

Oda, Masaya (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 Michitaka Kinami Memorial (Osaka, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 24-Oct-20	time	5.99	9.82	13.75	17.68	21.72		25.98	30.35	34.88	39.56	44.33		49.79	2 / 1			
reaction time	interval		3.83	3.93	3.93	4.04		4.26	4.37	4.53	4.68	4.77	5.46			11.69	12.67	13.98
	velocity	7.51	9.14	8.91	8.91	8.66		8.22	8.01	7.73	7.48	7.34	7.33	8.03		8.98	8.29	7.51
H1 lead leg L	strides	21	14	14	14	14		15	15	15	15	15	19.2	171.2				

Preis, Constantin (GER) (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 Bislett Games (Oslo, NOR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 01-Jul-21	time	6.00	9.82	13.66	17.70	21.72		25.88		34.72	39.48	44.38		49.79	2 / 5			
reaction time 0.246	interval		3.82	3.84	4.04	4.02		4.16		8.84	4.76	4.90	5.41			11.70		
	velocity	7.50	9.16	9.11	8.66	8.71		8.41		7.92	7.35	7.14	7.39	8.03		8.97		
H1 lead leg L	strides	22	14	14		14		15			16	16		111				

Narisako, Kenji (JPN) (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 - 2004 Japanese National Championships (Tottori, JPN)														*Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers*			
date 05-Jun-04	time	6.02	9.79	13.61	17.61	21.76		26.20	30.57	35.06	39.65	44.34		49.80	/ 4			
reaction time	interval		3.77	3.82	4.00	4.15		4.44	4.37	4.49	4.59	4.69	5.46			11.59	12.96	13.77
	velocity	7.48	9.28	9.16	8.75	8.43		7.88	8.01	7.80	7.63	7.46	7.33	8.03		9.06	8.10	7.63
H1 lead leg	strides		13	13	13	13		14	14	15	15	15		125				

Warholm, Karsten (NOR) (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 Bislett Games (Oslo, NOR) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 09-Jun-16	time	5.92	9.72	13.64	17.60	21.80		26.00	30.36	34.96	39.76	44.60		49.80	7 / 5			
reaction time 0.163	interval		3.80	3.92	3.96	4.20		4.20	4.36	4.60	4.80	4.84	5.20			11.68	12.76	14.24
	velocity	7.60	9.21	8.93	8.84	8.33		8.33	8.03	7.61	7.29	7.23	7.69	8.03		8.99	8.23	7.37
H1 lead leg L	strides	20	13	13	13	13		13	13	15	15	15		143				

Abe, Takatoshi (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 - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)														*Henson (2021) - Athlete First: 2018 year end hurdle report*			
date 08-Sep-18	time	5.92	9.60	13.40	17.32	21.36		25.52	29.96	34.52	39.32	44.16		49.80	7 / 6			
reaction time 0.192	interval		3.68	3.80	3.92	4.04		4.16	4.44	4.56	4.80	4.84	5.64			11.40	12.64	14.20
	velocity	7.60	9.51	9.21	8.93	8.66		8.41	7.88	7.68	7.29	7.23	7.09	8.03		9.21	8.31	7.39

H1 lead leg	R	strides	20	13	13	13	13			14	14	15	15	17.5	147.5				

Dobek, Patryk (POL) (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)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	13-Jun-19	time	5.92	9.62	13.45		21.42	23.1	25.55	29.99	34.46	39.30	44.21		49.80	2 / 6			
reaction time	0.155	interval		3.70	3.83		7.97		4.13	4.44	4.47	4.84	4.91	5.59					14.22
		velocity	7.60	9.46	9.14		8.78	8.66	8.47	7.88	7.83	7.23	7.13	7.16	8.03				7.38
H1 lead leg	L	strides	20	13	13				13	14	14	15	15	18	135				

Inoue, Kakeru (JPN) (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 Michitaka Kinami Memorial (Osaka, JPN)											*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*								
date	01-Jun-21	time	6.04	9.76	13.61	17.52	21.55		25.73	30.08	34.58	39.27	44.18		49.80	8 / 1			
reaction time	0.258	interval		3.72	3.85	3.91	4.03		4.18	4.35	4.50	4.69	4.91	5.62			11.48	12.56	14.10
		velocity	7.45	9.41	9.09	8.95	8.68		8.37	8.05	7.78	7.46	7.13	7.12	8.03		9.15	8.36	7.45
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	19	165				

Zazini, Sokwakhana (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 Bauhaus Galan (Stockholm, SWE) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	30-Jun-22	time	5.92	9.76	13.60	17.46	21.44	23.11	25.56	29.90	34.34	39.02	43.94		49.80	1 / 8			
reaction time	0.171	interval		3.84	3.84	3.86	3.98		4.12	4.34	4.44	4.68	4.92	5.86			11.54	12.44	14.04
		velocity	7.60	9.11	9.11	9.07	8.79	8.65	8.50	8.06	7.88	7.48	7.11	6.83	8.03		9.10	8.44	7.48
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	21	185				

Smidt, Nick (NED) (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 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	16-Jul-22	time	5.93	9.73	13.70	17.77	21.93	23.78	26.13	30.50	35.00	39.60	44.33		49.80	8 / 4			
reaction time	0.180	interval		3.80	3.97	4.07	4.16		4.20	4.37	4.50	4.60	4.73	5.47			11.84	12.73	13.83
		velocity	7.59	9.21	8.82	8.60	8.41	8.41	8.33	8.01	7.78	7.61	7.40	7.31	8.03		8.87	8.25	7.59
H1 lead leg	L	strides	20	13	13	13	13		14	14	14	14	14	17.7	159.7				

Rowe, Shawn (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)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	17-Jul-22	time	5.86	9.57	13.47	17.30	21.33	23.08	25.50	30.03	34.53	39.33	44.13		49.80	2 / 8			
reaction time	0.158	interval		3.71	3.90	3.83	4.03		4.17	4.53	4.50	4.80	4.80	5.67			11.44	12.73	14.10
		velocity	7.68	9.43	8.97	9.14	8.68	8.67	8.39	7.73	7.78	7.29	7.29	7.05	8.03		9.18	8.25	7.45
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17	158				

Imazeki, Yuta (JPN) (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 Japanese National Championships (Marugume, JPN)									*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*										
date	05-Jun-10	time	6.17	10.19	14.36	18.55	22.85		27.20	31.54	35.93	40.36	44.79		49.81	/ 4			
reaction time	0.181	interval		4.02	4.17	4.19	4.30		4.35	4.34	4.39	4.43	4.43	5.02			12.38	12.99	13.25
		velocity	7.29	8.71	8.39	8.35	8.14		8.05	8.06	7.97	7.90	7.90	7.97	8.03		8.48	8.08	7.92
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Williams, Rhys (GBR) (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 - 2010 Commonwealth Games (Dehli, IND)															*Arnold (2010) - 400mH planning and peaking*				
date	09-Oct-10	time	6.1	10.1	14.1	18.1	22.2	24.0	26.4	30.7	35.3	39.9	44.4		49.81	4 / 1			
reaction time	0.209	interval		4.0	4.0	4.0	4.1		4.2	4.3	4.6	4.6	4.5	5.41			12.00	12.60	13.70
		velocity	7.38	8.75	8.75	8.75	8.54	8.33	8.33	8.14	7.61	7.61	7.78	7.39	8.03		8.75	8.33	7.66
H1 lead leg		strides																	

Abe, Takatoshi (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)									*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*										
date	11-Jun-11	time	6.19	10.08	14.02	18.02	22.14		26.41	30.71	35.20	39.74	44.41		49.81	/ 3			
reaction time		interval		3.89	3.94	4.00	4.12		4.27	4.30	4.49	4.54	4.67	5.40			11.83	12.69	13.70
		velocity	7.27	9.00	8.88	8.75	8.50		8.20	8.14	7.80	7.71	7.49	7.41	8.03		8.88	8.27	7.66
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Kishimoto, Takayuki (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 - 2014 Seiko Golden Grand Prix (Tokyo, JPN)									*Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions*										
date	11-May-14	time	5.92	9.64	13.46	17.41	21.60		25.97	30.47	34.97	39.61	44.33		49.81	/ 4			
reaction time		interval		3.72	3.82	3.95	4.19		4.37	4.50	4.50	4.64	4.72	5.48			11.49	13.06	13.86
		velocity	7.60	9.41	9.16	8.86	8.35		8.01	7.78	7.78	7.54	7.42	7.30	8.03		9.14	8.04	7.58
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Kishimoto, Takayuki (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 - 2015 Japanese National Championships (Niigata, JPN)													*Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan*						
date	28-Jun-15	time	6.01	9.76	13.61	17.55	21.64		25.91	30.26	34.78	39.42	44.26		49.81	5 / 2			
reaction time	0.134	interval		3.75	3.85	3.94	4.09		4.27	4.35	4.52	4.64	4.84	5.55			11.54	12.71	14.00
		velocity	7.49	9.33	9.09	8.88	8.56		8.20	8.05	7.74	7.54	7.23	7.21	8.03		9.10	8.26	7.50
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	19	165				

Mörö, Oskari (FIN) (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 Athletissime (Laussane, SUI) (TV Analysis)															*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	25-Aug-16	time	6.00	9.83	13.86	17.86	21.96		26.26	30.60	35.06	39.63	44.33		49.81	2 / 4			
reaction time	0.129	interval		3.83	4.03	4.00	4.10		4.30	4.34	4.46	4.57	4.70	5.48			11.86	12.74	13.73
		velocity	7.50	9.14	8.68	8.75	8.54		8.14	8.06	7.85	7.66	7.45	7.30	8.03		8.85	8.24	7.65
H1 lead leg	L	strides	21	14	14	13	13		14	14	15	15	15	18	166				

Angela, Ramsey (NED) (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 Bislett Games (Oslo, NOR) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	01-Jul-21	time	6.08	9.96		18.02	22.16		26.44		35.26	39.90	44.54		49.81	1 / 6			
reaction time	0.199	interval		3.88		8.06	4.14		4.28		8.82	4.64	4.64	5.27			11.94		
		velocity	7.40	9.02		8.68	8.45		8.18		7.94	7.54	7.54	7.59	8.03		8.79		
H1 lead leg	R	strides	22	14					15			15	15		81				

Gonigam, Philippe (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 - 1986 French National Championships (Aix les Bains, FRA)																*Veney - split times from PJ*			
date	10-Aug-86	time	6.11	10.03	14.09	18.17	22.36		26.58	30.81	35.16	39.62	44.16		49.82	/ 1			
reaction time		interval		3.92	4.06	4.08	4.19		4.22	4.23	4.35	4.46	4.54	5.66			12.06	12.64	13.35
		velocity	7.36	8.93	8.62	8.58	8.35		8.29	8.27	8.05	7.85	7.71	7.07	8.03		8.71	8.31	7.87
H1 lead leg		strides																	

Warholm, Karsten (NOR) (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 European Championships (Amsterdam, NED) (TV Analysis)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	08-Jul-16	time	5.88	9.52	13.36	17.36	21.40		25.60	29.76	34.16	39.04	44.08		49.82	4 / 6			
reaction time	0.153	interval		3.64	3.84	4.00	4.04		4.20	4.16	4.40	4.88	5.04	5.74			11.48	12.40	14.32
		velocity	7.65	9.62	9.11	8.75	8.66		8.33	8.41	7.95	7.17	6.94	6.97	8.03		9.15	8.47	7.33
H1 lead leg	L	strides	20	13	13	13	13		13		13	14	15	18	145				

Kučera, Martin (SVK) (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 European Championships (Amsterdam, NED) (TV Analysis)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	08-Jul-16	time	6.08	9.96	13.92	18.08	22.20			30.60	35.00	39.64	44.52		49.82	1 / 7			
reaction time	0.121	interval		3.88	3.96	4.16	4.12			8.40	4.40	4.64	4.88	5.30			12.00	12.52	13.92
		velocity	7.40	9.02	8.84	8.41	8.50			8.33	7.95	7.54	7.17	7.55	8.03		8.75	8.39	7.54
H1 lead leg	R	strides	20	13		13	13				13	14	14	16.7	116.7				

Toyoda, Masaki (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)																*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date	23-Aug-20	time	6.01	9.91	13.85	17.90	21.97		26.21	30.46	34.83	39.52	44.29		49.82	5 / 2			
reaction time	0.146	interval		3.90	3.94	4.05	4.07		4.24	4.25	4.37	4.69	4.77	5.53			11.89	12.56	13.83
		velocity	7.49	8.97	8.88	8.64	8.60		8.25	8.24	8.01	7.46	7.34	7.23	8.03		8.83	8.36	7.59
H1 lead leg		strides		14	14	14	14		14	14	15	15	15		129				

Yates, Richard (GBR) (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 - 2010 Commonwealth Games (Dehli, IND)																*Arnold (2010) - 400mH planning and peaking*			
date	09-Oct-10	time	6.0	9.9	13.8	17.9	22.1	23.9	26.3	30.6	35.0	39.6	44.3		49.83	5 / 1			
reaction time	0.233	interval		3.9	3.9	4.1	4.2		4.2	4.3	4.4	4.6	4.7	5.53			11.90	12.70	13.70
		velocity	7.50	8.97	8.97	8.54	8.33	8.37	8.33	8.14	7.95	7.61	7.45	7.23	8.03		8.82	8.27	7.66
H1 lead leg		strides																	

Franz, Felix (GER) (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 - 2014 European Championships (Zurich, SUI)															*Green (2015) - twitter.com/jackpgreen (from Behm?)*				
date	15-Aug-14	time	6.03	9.91	13.75	17.83	21.91		26.11	30.55	35.07	39.79	44.51		49.83	/ 5			
reaction time	0.174	interval		3.88	3.84	4.08	4.08		4.20	4.44	4.52	4.72	4.72	5.32			11.80	12.72	13.96
		velocity	7.46	9.02	9.11	8.58	8.58		8.33	7.88	7.74	7.42	7.42	7.52	8.03		8.90	8.25	7.52
H1 lead leg	L	strides		13	13	13	13		13	14	14	14	14		121				

Selmon, Kenny (USA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	06-Jun-19	time	6.00	9.78	13.63	17.56	21.60		25.72	30.03	34.55	39.37	44.25		49.83	8 / 5			
reaction time	0.228	interval		3.78	3.85	3.93	4.04		4.12	4.31	4.52	4.82	4.88	5.58			11.56	12.47	14.22
		velocity	7.50	9.26	9.09	8.91	8.66		8.50	8.12	7.74	7.26	7.17	7.17	8.03		9.08	8.42	7.38
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	15	15	17.7	160.7				

Watrin, Julien (BEL) (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 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	16-Jul-22	time	5.97	9.76	13.60	17.50	21.46	23.27	25.70	30.07	34.57	39.23	44.16		49.83	5 / 2			
reaction time	0.199	interval		3.79	3.84	3.90	3.96		4.24	4.37	4.50	4.66	4.93	5.67			11.53	12.57	14.09
		velocity	7.54	9.23	9.11	8.97	8.84	8.59	8.25	8.01	7.78	7.51	7.10	7.05	8.03		9.11	8.35	7.45
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18	164				

Morale, Salvatore (ITA) (1938)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1961 International Fall Meeting (Rome, ITA)																*Nett (1964) - Training des leichtathleten: Hürdenlauf, sprung, wurf, mehrkampf*			
date	15-Oct-61	time	5.8	9.8	13.8	17.8	21.8	23.4	26.0	30.2	34.6	39.6	44.4		49.7	6 / 1			
reaction time		interval		4.0	4.0	4.0	4.0		4.2	4.2	4.4	5.0	4.8	5.3	**AR**		12.0	12.4	14.2
		velocity	7.76	8.75	8.75	8.75	8.75	8.55	8.33	8.33	7.95	7.00	7.29	7.55	8.05	*(50.1y)*	8.75	8.47	7.39
H1 lead leg		strides																	

Yates, Richard (GBR) (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 Commonwealth Games (Dehli, IND)																*Arnold (2010) - 400mH planning and peaking*			
date	10-Oct-10	time	6.2	10.1	14.1	18.2	22.4		26.5	30.9	35.3	39.8	44.5		49.84	4 / 5			
reaction time	0.225	interval		3.9	4.0	4.1	4.2		4.1	4.4	4.4	4.5	4.7	5.34			12.00	12.70	13.60
		velocity	7.26	8.97	8.75	8.54	8.33		8.54	7.95	7.95	7.78	7.45	7.49	8.03		8.75	8.27	7.72
H1 lead leg	R	strides	21	14	14	14	14		14	14	14	15	15	18	167				

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

Nozawa, Keisuke (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 - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)															*Kobayashi (2019) - research on athlete performance and technique- 2019 data book*				
date	03-May-19	time	6.12	9.88	13.81	17.78	21.86		25.94	30.15	34.48	39.21	44.13		49.84	9 / 1			
reaction time		interval		3.76	3.93	3.97	4.08		4.08	4.21	4.33	4.73	4.92	5.71			11.66	12.37	13.98
		velocity	7.35	9.31	8.91	8.82	8.58		8.58	8.31	8.08	7.40	7.11	7.01	8.03		9.01	8.49	7.51
H1 lead leg	L	strides	21	14	14	14	14		14	14	14	15	15	19.2	168.2				

Kishimoto, Takayuki (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 - 2022 Michitaka Kinami Memorial (Osaka, JPN)															*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*				
date	01-May-22	time	5.94	9.79	13.76	17.83	21.96		26.18	30.46	34.97	39.57	44.34		49.84	9 / 4			
reaction time	0.125	interval		3.85	3.97	4.07	4.13		4.22	4.28	4.51	4.60	4.77	5.50			11.89	12.63	13.88
		velocity	7.58	9.09	8.82	8.60	8.47		8.29	8.18	7.76	7.61	7.34	7.27	8.03		8.83	8.31	7.56
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Tan Chunhua (CHN) (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 Chinese National Games (Guangzhou, CHN)															*Gong (2003) - discussion on technique of gold and silver medallist of men's 400m hurdles of the 9th National Games*				
date	22-Nov-01	time	6.08	10.05	14.10	18.16	22.27		26.52	30.89	35.36	39.86	44.50		49.85	/ 1			
reaction time		interval		3.97	4.05	4.06	4.11		4.25	4.37	4.47	4.50	4.64	5.35			12.08	12.73	13.61
		velocity	7.40	8.82	8.64	8.62	8.52		8.24	8.01	7.83	7.78	7.54	7.48	8.02		8.69	8.25	7.71
H1 lead leg		strides		14	14	14	14		14	14	14	15	15	19	147				

Bett, Nicholas (KEN) (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 Bislett Games (Oslo, NOR) (TV Analysis)															*Henson (2021) - Athlete First: 2016 year end hurdle report*				
date	09-Jun-16	time	6.08	9.72	13.48	17.40	21.52		25.72	30.00	34.44	39.04	44.00		49.85	4 / 6			
reaction time	0.177	interval		3.64	3.76	3.92	4.12		4.20	4.28	4.44	4.60	4.96	5.85			11.32	12.60	14.00
		velocity	7.40	9.62	9.31	8.93	8.50		8.33	8.18	7.88	7.61	7.06	6.84	8.02		9.28	8.33	7.50
H1 lead leg	R	strides	21	13		13	13		13	13	13	15	15	17.2	146.2				

Toyoda, Masaki (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 - 2022 Japanese National Championsips (Osaka, JPN)															*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*				
date	11-Jun-22	time	6.14	10.06	14.08	18.23	22.46		26.64	30.88	35.25	39.77	44.48		49.85	9 / 3			
reaction time	0.211	interval		3.92	4.02	4.15	4.23		4.18	4.24	4.37	4.52	4.71	5.37			12.09	12.65	13.60
		velocity	7.33	8.93	8.71	8.43	8.27		8.37	8.25	8.01	7.74	7.43	7.45	8.02		8.68	8.30	7.72
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18.7	168.7				

Urbaniak, Sebastian (POL) (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 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	06-Aug-22	time	5.96	9.83	13.70	17.73	21.73	23.48	25.96	30.36		39.53			49.85	8 / 8			
reaction time	0.160	interval		3.87	3.87	4.03	4.00		4.23	4.40		9.17					11.77	12.63	
		velocity	7.55	9.04	9.04	8.68	8.75	8.52	8.27	7.95		7.63			8.02		8.92	8.31	
H1 lead leg	L	strides	21	14	14	14	14		14	14					105				

Stigler, Michael (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 Athletissima (Lausanne, SUI) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	06-Jul-17	time	6.00	9.80	13.72	17.68	21.76		26.04	30.36	34.72	39.32	44.12		49.86	6 / 6			
reaction time	0.224	interval		3.80	3.92	3.96	4.08		4.28	4.32	4.36	4.60	4.80	5.74			11.68	12.68	13.76
		velocity	7.50	9.21	8.93	8.84	8.58		8.18	8.10	8.03	7.61	7.29	6.97	8.02		8.99	8.28	7.63
H1 lead leg	R	strides	22	13	13	13	13		15	15	15	15	15	18	167				

Maeno, Kei (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 - 2018 Japanese National Championships (Yamaguchi, JPN)															*Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*				
date	23-Jun-18	time	6.02	9.82	13.74	17.76	21.98		26.22	30.62	35.17	39.76	44.45		49.86	5 / 3			
reaction time	0.215	interval		3.80	3.92	4.02	4.22		4.24	4.40	4.55	4.59	4.69	5.41			11.74	12.86	13.83
		velocity	7.48	9.21	8.93	8.71	8.29		8.25	7.95	7.69	7.63	7.46	7.39	8.02		8.94	8.16	7.59
H1 lead leg	R		21	13	13	13	14		14	15	15	15	15	18.2	166.2				

Chen Chieh (TPE) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2019 Kinami Memorial (Osaka, JPN)															*Matsubayashi (2019) - research on athlete performance and technique- 2019 data book*				
date	06-May-19	time	5.99	9.76	13.60	17.52	21.62		25.86	30.35	34.92	39.61	44.44		49.86	7 / 3			
reaction time		interval		3.77	3.84	3.92	4.10		4.24	4.49	4.57	4.69	4.83	5.42			11.53	12.83	14.09
		velocity	7.51	9.28	9.11	8.93	8.54		8.25	7.80	7.66	7.46	7.25	7.38	8.02		9.11	8.18	7.45
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18.2	162.2				

Kishimoto, Takayuki (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 - 2022 Seiko Golden Grand Prix (Tokyo, JPN)															*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*				
date	08-May-22	time	5.91	9.69	13.58	17.60	21.74		26.03	30.43	35.02	39.61	44.41		49.86	5 / 5			
reaction time	0.138	interval		3.78	3.89	4.02	4.14		4.29	4.40	4.59	4.59	4.80	5.45			11.69	12.83	13.98
		velocity	7.61	9.26	9.00	8.71	8.45		8.16	7.95	7.63	7.63	7.29	7.34	8.02		8.98	8.18	7.51
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.2	164.2				

Ideura, Noriuki (JPN) (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 Japanese National Championships (Kumagaya, JPN)															*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*				
date	11-Jun-11	time	6.27	10.24	14.24	18.29	22.44		26.66	30.98	35.40	39.92	44.57		49.87	/ 4			
reaction time		interval		3.97	4.00	4.05	4.15		4.22	4.32	4.42	4.52	4.65	5.30	PB		12.02	12.69	13.59
		velocity	7.18	8.82	8.75	8.64	8.43		8.29	8.10	7.92	7.74	7.53	7.55	8.02		8.74	8.27	7.73
H1 lead leg		strides		14	14	14	14		14	15	15	15	15		130				

Clement, Kerron (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 - 2016 Bauhaus Athletics (Stockholm, SWE) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	16-Jun-16	time	5.97	9.73	13.53	17.37	21.47		25.73	30.17	34.70	39.37	44.37		49.87	6 / 2		
reaction time	0.150	interval		3.76	3.80	3.84	4.10		4.26	4.44	4.53	4.67	5.00	5.50			11.40	12.80	14.20
		velocity	7.54	9.31	9.21	9.11	8.54		8.22	7.88	7.73	7.49	7.00	7.27	8.02		9.21	8.20	7.39
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	17.2	155.2				

Rodger, Sebastian (GBR) (1991)

FINAL - 2018 Bauhaus Athletics (Stockholm, SWE) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	10-Jun-18	time	6.12	10.00	14.12	18.24	22.40		26.64	30.84	35.12	39.60	44.24		49.87	1 / 6			
reaction time	0.163	interval		3.88	4.12	4.12	4.16		4.24	4.20	4.28	4.48	4.64	5.63			12.12	12.60	13.40
		velocity	7.35	9.02	8.50	8.50	8.41		8.25	8.33	8.18	7.81	7.54	7.10	8.02		8.66	8.33	7.84
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	15	19	170				

Rosser, Khallifah (USA) (1995)

FINAL - 2019 Prefontaine Classic (Stanford, CA) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	30-Jun-19	time	5.93	9.53	13.36	17.26			25.43	29.80	34.36	39.10	43.96		49.87	9 / 6			
reaction time	0.361	interval		3.60	3.83	3.90			8.17	4.37	4.56	4.74	4.86	5.91			11.33	12.54	14.16
		velocity	7.59	9.72	9.14	8.97			8.57	8.01	7.68	7.38	7.20	6.77	8.02		9.27	8.37	7.42
H1 lead leg	R	strides	21	13		13				14	15		15		91				

Lambrughi, Mario (ITA) (1992)

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	17-Sep-20	time	5.94	9.74			21.79	23.6		30.46	35.03	39.74	44.54		49.87	2 / 6			
reaction time	0.136	interval		3.80			12.05			8.67	4.57	4.71	4.80	5.33					14.08
		velocity	7.58	9.21			8.71	8.47		8.07	7.66	7.43	7.29	7.50	8.02				7.46
H1 lead leg	R	strides	22	14								15	15	15	18.5				

Lattin, Amere (USA) (1997)

FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	04-Jul-21	time	5.72	9.44	13.24	17.20	21.28	23.1	25.64		34.64	39.36	44.20		49.87	3 / 7			
reaction time	0.140	interval		3.72	3.80	3.96	4.08		4.36		9.00	4.72	4.84	5.67			11.48		
		velocity	7.87	9.41	9.21	8.84	8.58	8.66	8.03		7.78	7.42	7.23	7.05	8.02		9.15		
H1 lead leg	L	strides	20	13	13	13	13		14			15	15	17	133				

Toyoda, Masaki (JPN) (1998)

FINAL - 2022 Michitaka Kinami Memorial (Osaka, JPN) *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	01-May-22	time	6.11	9.98	13.95	18.05	22.12		26.24	30.46	34.87	39.49	44.34		49.87	4 / 5			
reaction time	0.183	interval		3.87	3.97	4.10	4.07		4.12	4.22	4.41	4.62	4.85	5.53			11.94	12.41	13.88
		velocity	7.36	9.04	8.82	8.54	8.60		8.50	8.29	7.94	7.58	7.22	7.23	8.02		8.79	8.46	7.56
H1 lead leg		strides		14	14	14	14		14	14	15	15	15		129				

Cray, Eric Shauwn (PHI) (1988)

FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	25-Aug-16	time	5.60	9.36	13.33	17.46	21.76		26.10	30.30	34.73	39.30	44.13		49.88	7 / 5			
reaction time	0.132	interval		3.76	3.97	4.13	4.30		4.34	4.20	4.43	4.57	4.83	5.75			11.86	12.84	13.83
		velocity	8.04	9.31	8.82	8.47	8.14		8.06	8.33	7.90	7.66	7.25	6.96	8.02		8.85	8.18	7.59
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16		154				

Gibson, Jeffery (BAH) (1990)

FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	20-Jul-19	time	6.04	9.88	13.84	17.84	22.00	23.8	26.24		35.12	39.76	44.44		49.88	1 / 7			
reaction time	0.153	interval		3.84	3.96	4.00	4.16		4.24		8.88	4.64	4.68	5.44			11.80		
		velocity	7.45	9.11	8.84	8.75	8.41	8.40	8.25		7.88	7.54	7.48	7.35	8.02		8.90		
H1 lead leg	R	strides	20	13	13	13	13					14	14	17.7	117.7				

Matsushita, Yuki (JPN) (1991)

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	09-May-21	time	5.97	9.71	13.56	17.47	21.59		25.93	30.41	34.97	39.62	44.31		49.88	8 / 7			
reaction time	0.164	interval		3.74	3.85	3.91	4.12		4.34	4.48	4.56	4.65	4.69	5.57			11.50	12.94	13.90
		velocity	7.54	9.36	9.09	8.95	8.50		8.06	7.81	7.68	7.53	7.46	7.18	8.02		9.13	8.11	7.55
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Barr, Thomas (IRL) (1992)

FINAL - 2023 Doha Diamond League (Doha, QAT) *Omega Timing (2023) - diamond league race analysis*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	05-May-23	time	5.95	9.79	13.71	17.77	21.92		26.26	30.76	35.30	39.89	44.53		49.88	8 / 7			
reaction time	0.159	interval		3.84	3.92	4.06	4.15		4.34	4.50	4.54	4.59	4.64	5.35			11.82	12.99	13.77
		velocity	7.56	9.11	8.93	8.62	8.43		8.06	7.78	7.71	7.63	7.54	7.48	8.02		8.88	8.08	7.63
H1 lead leg	L	strides	20	13	13	13	13		13	14		14	14		127				

Goller, Thomas (GER) (1977)

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	25-Aug-99	time	5.58	9.26	13.02	16.87	20.78		24.94	29.50	34.12	38.82	43.74		49.89	1 / 8			
reaction time	0.178	interval		3.68	3.76	3.85	3.91		4.16	4.56	4.62	4.70	4.92	6.15			11.29	12.63	14.24
		velocity	8.06	9.51	9.31	9.09	8.95		8.41	7.68	7.58	7.45	7.11	6.50	8.02		9.30	8.31	7.37
H1 lead leg	L	strides	20	13	13	13	13		13	15	15	15	15	19	164				

Armstrong, Sherman (USA) (1978)

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

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

date	22-Jun-03	time	5.97	9.81	13.71	17.62	21.71		26.01	30.40	34.87	39.49	44.33		49.89	7 / ~~5~~ 4				
reaction time		interval		3.84	3.90	3.91	4.09		4.30	4.39	4.47	4.62	4.84	5.56			11.65	12.78	13.93	
		velocity	7.54	9.11	8.97	8.95	8.56		8.14	7.97	7.83	7.58	7.23	7.19	8.02		9.01	8.22	7.54	
H1 lead leg		strides																		

Tamesue, Dai (JPN) (1978)

Race B - 2011 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	03-May-11	time	6.03	9.77	13.71	17.75	21.84		26.06	30.40	34.94	39.63	44.40		49.89	/ 1			
reaction time		interval		3.74	3.94	4.04	4.09		4.22	4.34	4.54	4.69	4.77	5.49			11.72	12.65	14.00
		velocity	7.46	9.36	8.88	8.66	8.56		8.29	8.06	7.71	7.46	7.34	7.29	8.02		8.96	8.30	7.50
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Dobek, Patryk (POL) (1994)

FINAL - 2016 Bauhaus Athletics (Stockholm, SWE) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	16-Jun-16	time	5.97	9.73	13.53	17.37	21.37		25.63	30.03	34.60	39.30	44.23		49.89	7 / 3			
reaction time	0.163	interval		3.76	3.80	3.84	4.00		4.26	4.40	4.57	4.70	4.93	5.66			11.40	12.66	14.20
		velocity	7.54	9.31	9.21	9.11	8.75		8.22	7.95	7.66	7.45	7.10	7.07	8.02		9.21	8.29	7.39
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	15	18	160				

van Zyl, L.J. (RSA) (1985)

FINAL - 2017 Bislett Games (Oslo, NOR) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	15-Jun-17	time	5.96	9.66	13.43	17.46	21.60		25.86	30.30	34.73	39.30	44.06		49.89	8 / 7			
reaction time	0.158	interval		3.70	3.77	4.03	4.14		4.26	4.44	4.43	4.57	4.76	5.83			11.50	12.84	13.76
		velocity	7.55	9.46	9.28	8.68	8.45		8.22	7.88	7.90	7.66	7.35	6.86	8.02		9.13	8.18	7.63
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	15		152				

Toyoda, Masaki (JPN) (1998)

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	26-Jun-21	time	6.01	9.81	13.63	17.60	21.60		25.73	29.96	34.48	39.17	44.11		49.89	4 / 5			
reaction time	0.227	interval		3.80	3.82	3.97	4.00		4.13	4.23	4.52	4.69	4.94	5.78			11.59	12.36	14.15
		velocity	7.49	9.21	9.16	8.82	8.75		8.47	8.27	7.74	7.46	7.09	6.92	8.02		9.06	8.50	7.42
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	16	19	170				

Rodrigues, Pedro (POR) (1971)

Heat 6 - 2000 Olympic Games (Sydney, AUS) *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	24-Sep-00	time	6.06	9.64	14.10	18.02	22.02		26.30	30.58	35.02	39.58	44.46		49.90	5 / 4			
reaction time	0.162	interval		3.58	4.46	3.92	4.00		4.28	4.28	4.44	4.56	4.88	5.44			11.96	12.56	13.88
		velocity	7.43	9.78	7.85	8.93	8.75		8.18	8.18	7.88	7.68	7.17	7.35	8.02		8.78	8.36	7.56
H1 lead leg		strides	21	13	13	13	13		14	14	15	15	15	18.4	164.4				

Bekrić, Emir (SRB) (1991)

FINAL - 2014 European Championships (Zurich, SUI) *Green (2015) - twitter.com/jackpgreen (from Behm?)*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	15-Aug-14	time	6.00	9.78	13.58	17.46	21.42		25.46	29.78	34.30	39.06	44.06		49.90	/ 6			
reaction time	0.233	interval		3.78	3.80	3.88	3.96		4.04	4.32	4.52	4.76	5.00	5.84			11.46	12.32	14.28
		velocity	7.50	9.26	9.21	9.02	8.84		8.66	8.10	7.74	7.35	7.00	6.85	8.02		9.16	8.52	7.35
H1 lead leg	L	strides		13	13	13	13		13	14	14	14	14		121				

Culson, Javier (PUR) (1984)

FINAL - 2017 Shanghai Diamond League (Shanghai, CHN) (TV Analysis) *Henson (2021) - Athlete First: 2017 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	13-May-17	time	5.84	9.48	13.24	17.12	21.16		25.40	29.76	34.36	39.08	44.08		49.90	2 / 5			
reaction time	0.194	interval		3.64	3.76	3.88	4.04		4.24	4.36	4.60	4.72	5.00	5.82			11.28	12.64	14.32
		velocity	7.71	9.62	9.31	9.02	8.66		8.25	8.03	7.61	7.42	7.00	6.87	8.02		9.31	8.31	7.33
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	15	17.5	158.5				

Königsmark, Varg (GER) (1992)

FINAL - 2014 European Championships (Zurich, SUI) *Green (2015) - twitter.com/jackpgreen (from Behm?)*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	15-Aug-14	time	6.03	9.79	13.71	17.59	21.51		25.71	30.03	34.55	39.31	44.35		49.91	/ 7			
reaction time	0.190	interval		3.76	3.92	3.88	3.92		4.20	4.32	4.52	4.76	5.04	5.56			11.56	12.44	14.32
		velocity	7.46	9.31	8.93	9.02	8.93		8.33	8.10	7.74	7.35	6.94	7.19	8.01		9.08	8.44	7.33
H1 lead leg	L	strides		13	13	13	13		14	14	14	15	15		124				

Preis, Constantin (GER) (1998)

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	17-Sep-20	time	6.24	10.14			22.36	24.2		31.06	35.53	40.14	44.74		49.91	1 / 7			
reaction time	0.250	interval		3.90			12.22			8.70	4.47	4.61	4.60	5.17					13.68
		velocity	7.21	8.97			8.59	8.26		8.05	7.83	7.59	7.61	7.74	8.01				7.68
H1 lead leg	R	strides	22	14							15	15	15	18	99				

Kawagoe, Hiroya (JPN) (1997)

B FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	03-May-21	time	6.09	9.96	13.91	17.95	22.07		26.36	30.76	35.24	39.77	44.48		49.91	5 / 1			
reaction time	0.184	interval		3.87	3.95	4.04	4.12		4.29	4.40	4.48	4.53	4.71	5.43			11.86	12.81	13.72
		velocity	7.39	9.04	8.86	8.66	8.50		8.16	7.95	7.81	7.73	7.43	7.37	8.01		8.85	8.20	7.65
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	19	171				

Barr, Thomas (IRL) (1992)

FINAL - 2021 Doha Diamond League (Doha, QAT) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	28-May-21	time	6.07	9.94				23.9			35.50	40.09	44.68		49.91	1 / 7			

reaction time	0.204	interval		3.87							25.56	4.59	4.59	5.23						
		velocity	7.41	9.04				8.37			8.22	7.63	7.63	7.65	8.01					
H1 lead leg	L	strides	20	13								14	14		61					

Valliant, Ludvy (FRA) (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 Bauhaus Galan (Stockholm, SWE)															*Omega Timing (2023) - diamond league race analysis*				
date	02-Jul-23	time	5.85	9.54	13.26	17.03	20.92		25.02	29.34	34.01	38.83	43.78		49.91	4 / 6			
reaction time	0.199	interval		3.69	3.72	3.77	3.89		4.10	4.32	4.67	4.82	4.95	6.13			11.18	12.31	14.44
		velocity	7.69	9.49	9.41	9.28	9.00		8.54	8.10	7.49	7.26	7.07	6.53	8.01		9.39	8.53	7.27
H1 lead leg	R	strides	21	13		13	13		13	14		14	15		116				

Woody, Joey (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
Heat 1 - 2007 USATF National Championships (Indianapolis, IN)															*USATF Men's Hurdle Development (2007)*				
date	21-Jun-07	time	6.09	9.99	13.68	17.60	21.62		25.86	30.31	34.82	39.54	44.38		49.92	4 / 2			
reaction time		interval		3.90	3.69	3.92	4.02		4.24	4.45	4.51	4.72	4.84	5.54			11.51	12.71	14.07
		velocity	7.39	8.97	9.49	8.93	8.71		8.25	7.87	7.76	7.42	7.23	7.22	8.01		9.12	8.26	7.46
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15		144				

Matsushita, Yuki (JPN) (1991)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National Championships (Osaka, JPN)															*Morioka (2018) - Analysis of the race patterns of the top 400m hurdles in Japan*				
date	24-Jun-17	time	6.14	9.96	13.88	17.80	21.79		26.09	30.43	34.92	39.54	44.33		49.92	/ 3			
reaction time	0.155	interval		3.82	3.92	3.92	3.99		4.30	4.34	4.49	4.62	4.79	5.59			11.66	12.63	13.90
		velocity	7.33	9.16	8.93	8.93	8.77		8.14	8.06	7.80	7.58	7.31	7.16	8.01		9.01	8.31	7.55
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

van Zyl, L.J. (RSA) (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 - 2017 Weltklasse (Zürich, SUI) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	24-Aug-17	time	5.96	9.68	13.56		21.60		25.80	30.12	34.60	39.20	44.24		49.92	1 / 7			
reaction time	0.188	interval		3.72	3.88		8.04		4.20	4.32	4.48	4.60	5.04	5.68					14.12
		velocity	7.55	9.41	9.02		8.71		8.33	8.10	7.81	7.61	6.94	7.04	8.01				7.44
H1 lead leg	L	strides	22	14	14				14	15	15		16	19	129				

Brockman, Charles (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)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	11-Jun-21	time	6.03	9.77	13.60	17.50	21.53		25.77	30.27	34.83	39.50	44.33		49.92	5 / 8			
reaction time	0.190	interval		3.74	3.83	3.90	4.03		4.24	4.50	4.56	4.67	4.83	5.59			11.47	12.77	14.06
		velocity	7.46	9.36	9.14	8.97	8.68		8.25	7.78	7.68	7.49	7.25	7.16	8.01		9.15	8.22	7.47
H1 lead leg	R	strides	22	14	14	13	14		15	15	15	15	15		152				

Nezir, Ismail (TUR) (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 Memorial van Damme (Brussels, BEL) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	02-Sep-22	time	6.14	10.04	13.98		22.19	23.88	26.36	30.59	35.20	39.87	44.58		49.92	1 / ~~8~~ 7			
reaction time	0.170	interval		3.90	3.94		8.21		2.48	4.23	4.61	4.67	4.71	5.34					13.99
		velocity	7.33	8.97	8.88		8.53	8.38	14.11	8.27	7.59	7.49	7.43	7.49	8.01				7.51
H1 lead leg	L	strides	20	13	13				13	13	14	14	14		114				

Watrin, Julien (BEL) (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 FBK Games (Hengelo, NED)															*Omega Timing (2023) - continental tour race analysis*				
date	04-Jun-23	time	5.94	9.66	13.50	17.37	21.40		25.58	30.04	34.64	39.41	44.28		49.92	4 / 7			
reaction time	0.242	interval		3.72	3.84	3.87	4.03		4.18	4.46	4.60	4.77	4.87	5.64			11.43	12.67	14.24
		velocity	7.58	9.41	9.11	9.04	8.68		8.37	7.85	7.61	7.34	7.19	7.09	8.01		9.19	8.29	7.37
H1 lead leg	R	strides	20	13								14	15	18	80				

Chen Tein-Wen (TAI) (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 - 2000 Olympic Games (Sydney, AUS)															*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	24-Sep-00	time	6.10	9.90	13.82	17.86	21.94		26.26		34.98	39.54	44.34		49.93	2 / 5			
reaction time	0.180	interval		3.80	3.92	4.04	4.08		4.32		8.72	4.56	4.80	5.59	**NR**		11.76		
		velocity	7.38	9.21	8.93	8.66	8.58		8.10		8.03	7.68	7.29	7.16	8.01		8.93		
H1 lead leg		strides	21	14	14	14	14		14	14	15	15	15	19.1	169.1				

Borsumato, Anthony (GBR) (1973)

			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 - 2002 European Championships (Munich, GER)															*Graubner (2009) - http://www.fgs.uni-halle.de*				
date	07-Aug-02	time	6.09	9.87	13.73	17.69	21.69		25.81	30.13	34.65	39.46	44.32		49.93	/ 2			
reaction time		interval		3.78	3.86	3.96	4.00		4.12	4.32	4.52	4.81	4.86	5.61			11.60	12.44	14.19
		velocity	7.39	9.26	9.07	8.84	8.75		8.50	8.10	7.74	7.28	7.20	7.13	8.01		9.05	8.44	7.40
H1 lead leg		strides																	

Hutcherson, Orentheus (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
Heat 4 - 2007 USATF National Championships (Indianapolis, IN)															*USATF Men's Hurdle Development (2007)*				
date	21-Jun-07	time	5.91	9.74	13.69	17.76	21.97		26.35	30.81	35.24	39.82	44.50		49.93	8 / 4			
reaction time		interval		3.83	3.95	4.07	4.21		4.38	4.46	4.43	4.58	4.68	5.43			11.85	13.05	13.69
		velocity	7.61	9.14	8.86	8.60	8.31		7.99	7.85	7.90	7.64	7.48	7.37	8.01		8.86	8.05	7.67
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15		153				

Koike, Takayuki (JPN) (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 Osaka Grand Prix (Osaka, JPN)															*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*				
date	09-May-09	time	6.02	9.79	13.63	17.57	21.59		25.78	30.15	34.77	39.44	44.28		49.93	/ 7			
reaction time		interval		3.77	3.84	3.94	4.02		4.19	4.37	4.62	4.67	4.84	5.65			11.55	12.58	14.13

		velocity	7.48	9.28	9.11	8.88	8.71		8.35	8.01	7.58	7.49	7.23	7.08	8.01			9.09	8.35	7.43
H1 lead leg		strides		14	14	14	14		14	14	15	15	15		129					

Shoaib, Mohamed (SUD) (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 - 2017 North-West University Pukke Invitational (Sasolburg, RSA) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	28-Mar-17	time	5.96	9.72	13.52	17.36	21.28		25.40	29.68	34.12	38.76	43.60		49.93	1 / 2			
reaction time		interval		3.76	3.80	3.84	3.92		4.12	4.28	4.44	4.64	4.84	6.33	NJR PB		11.40	12.32	13.92
		velocity	7.55	9.31	9.21	9.11	8.93		8.50	8.18	7.88	7.54	7.23	6.32	8.01		9.21	8.52	7.54
H1 lead leg	R	strides		13	13	13	13		13	13	13	14	14	18.5	137.5				

Happio, Wilfried (FRA) (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 - 2017 European U20 Championships (Grosseto, ITA) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	23-Jul-17	time	5.88	9.64	13.56	17.60	21.84		26.04	30.56	34.92	39.48	44.24		49.93	6 / 1			
reaction time	0.234	interval		3.76	3.92	4.04	4.24		4.20	4.52	4.36	4.56	4.76	5.69	NJR PB		11.72	12.96	13.68
		velocity	7.65	9.31	8.93	8.66	8.25		8.33	7.74	8.03	7.68	7.35	7.03	8.01		8.96	8.10	7.68
H1 lead leg	L	strides		13	13	13	13		13	14	14	15	15	18	141				

Kishimoto, Takayuki (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 - 2017 Shizuoka International Athletics Meeting (Fukuroi, JPN)																*Morioka (2018) - Analysis of the race patterns of the top 400m hurdles in Japan*			
date	03-May-17	time	5.93	9.65	13.50	17.44	21.51		25.76	30.16	34.73	39.42	44.26		49.93	/ 1			
reaction time		interval		3.72	3.85	3.94	4.07		4.25	4.40	4.57	4.69	4.84	5.67			11.51	12.72	14.10
		velocity	7.59	9.41	9.09	8.88	8.60		8.24	7.95	7.66	7.46	7.23	7.05	8.01		9.12	8.25	7.45
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Abe, Takatoshi (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
Semi-Final 2 - 2017 IAAF World Championships (London, GBR)																*Morioka (2018) - Analysis of the race patterns of the top 400m hurdles in Japan*			
date	07-Aug-17	time	5.98	9.65	13.39	17.16	21.06		25.10	29.50	34.20	39.10	44.07		49.93	4 / 5			
reaction time	0.212	interval		3.67	3.74	3.77	3.90		4.04	4.40	4.70	4.90	4.97	5.86			11.18	12.34	14.57
		velocity	7.53	9.54	9.36	9.28	8.97		8.66	7.95	7.45	7.14	7.04	6.83	8.01		9.39	8.51	7.21
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	15	15	18	161				

Obayashi, Masayuki (JPN) (1996)

			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 - 2018 Shizuoka International Athletics Meeting (Fukuroi, JPN)																*Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*			
date	03-May-18	time	6.01	9.75	13.93	18.07	22.26		26.48	30.77	35.21	39.76	44.48		49.93	6 / 1			
reaction time	0.168	interval		3.74	4.18	4.14	4.19		4.22	4.29	4.44	4.55	4.72	5.45	PB		12.06	12.70	13.71
		velocity	7.49	9.36	8.37	8.45	8.35		8.29	8.16	7.88	7.69	7.42	7.34	8.01		8.71	8.27	7.66
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	15	19.7	176.7				

McAlister, Chris (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 - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	20-Jul-19	time	6.28	10.08	14.04	18.00	22.12	23.8	26.28		35.04	39.60	44.40		49.93	3 / 8			
reaction time	0.179	interval		3.80	3.96	3.96	4.12		4.16		8.76	4.56	4.80	5.53			11.72		
		velocity	7.17	9.21	8.84	8.84	8.50	8.40	8.41		7.99	7.68	7.29	7.23	8.01		8.96		
H1 lead leg	R	strides	22	14	14	14	14		14			15	15	19.2	141.2				

Yamamoto, Tatsuhiro (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 Michitaka Kinami Memorial (Osaka, JPN)																*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date	24-Oct-20	time	6.06	9.99	13.96	17.92	21.96		26.08	30.36	34.87	39.62	44.48		49.93	8 / 2			
reaction time		interval		3.93	3.97	3.96	4.04		4.12	4.28	4.51	4.75	4.86	5.45			11.86	12.44	14.12
		velocity	7.43	8.91	8.82	8.84	8.66		8.50	8.18	7.76	7.37	7.20	7.34	8.01		8.85	8.44	7.44
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18	170				

McMaster, Kyron (IVB) (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 Doha Diamond League (Doha, QAT) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	13-May-22	time	5.70	9.37	13.18	17.28	21.52	23.3	25.89		34.93	39.57	44.28		49.93	3 / 4			
reaction time	0.208	interval		3.67	3.81	4.10	4.24		4.37		9.04	4.64	4.71	5.65			11.58		
		velocity	7.89	9.54	9.19	8.54	8.25	8.58	8.01		7.74	7.54	7.43	7.08	8.01		9.07		
H1 lead leg	L	strides	21	13	13	13	13		14			14	14		115				

Dyrzka, Juan Carlos (ARG) (1941)

			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 - 1968 Olympic Games (Mexico City, MEX) (*Altitude*)																*Jonath (1969) - wie gerhard hennige trainiert*			
date	13-Oct-68	time	6.1	10.0	14.0	17.9	21.9	23.6	26.1	30.5	35.0	39.5	44.2		49.8	/ 1			
reaction time		interval		3.9	4.0	3.9	4.0		4.2	4.4	4.5	4.5	4.7	5.6	NR		11.80	12.60	13.70
		velocity	7.38	8.97	8.75	8.97	8.75	8.47	8.33	7.95	7.78	7.78	7.45	7.14	8.03	*(49.82)*	8.90	8.33	7.66
H1 lead leg		strides																	

Yamamoto, Tatsuhiro (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 - 2018 Shizuoka International Athletics Meeting (Fukuroi, JPN)																*Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*			
date	03-May-18	time	6.14	10.04	14.03	18.10	22.27		26.59	31.03	35.60	40.18	44.76		49.94	8 / 2			
reaction time	0.171	interval		3.90	3.99	4.07	4.17		4.32	4.44	4.57	4.58	4.58	5.18	PB		11.96	12.93	13.73
		velocity	7.33	8.97	8.77	8.60	8.39		8.10	7.88	7.66	7.64	7.64	7.72	8.01		8.78	8.12	7.65
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	18.2	171.2				

Toyoda, Masaki (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
C FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)																*Kobayashi (2019) - research on athlete performance and technique- 2019 data book*			
date	03-May-19	time	5.94	9.69	13.45	17.42	21.42		25.58	29.90	34.42	39.32	44.34		49.94	3 / 1			
reaction time		interval		3.75	3.76	3.97	4.00		4.16	4.32	4.52	4.90	5.02	5.60	PB		11.48	12.48	14.44
		velocity	7.58	9.33	9.31	8.82	8.75		8.41	8.10	7.74	7.14	6.97	7.14	8.01		9.15	8.41	7.27

H1 lead leg		strides		14	14	14	14		15	15	15	16	16	19	152				
Toyoda, Masaki (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 Michitaka Kinami Memorial (Osaka, JPN)											*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*								
date	01-Jun-21	time	6.14	10.09	14.13	18.28	22.49		26.76	31.01	35.42	40.02	44.69		49.94	8 / 1			
reaction time	0.214	interval		3.95	4.04	4.15	4.21		4.27	4.25	4.41	4.60	4.67	5.25			12.14	12.73	13.68
		velocity	7.33	8.86	8.66	8.43	8.31		8.20	8.24	7.94	7.61	7.49	7.62	8.01		8.65	8.25	7.68
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18.5	168.5				
van Zyl, L.J. (RSA) (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 IAAF World Athletics Final (Stuttgart, GER)															*Graubner (2009) - http://www.fgs.uni-halle.de*				
date	13-Sep-08	time	6.01	9.86	13.81	17.79	21.80		25.97	30.32	34.81	39.36	44.12		49.95	3 / 5			
reaction time	0.158	interval		3.85	3.95	3.98	4.01		4.17	4.35	4.49	4.55	4.76	5.83			11.78	12.53	13.80
		velocity	7.49	9.09	8.86	8.79	8.73		8.39	8.05	7.80	7.69	7.35	6.86	8.01		8.91	8.38	7.61
H1 lead leg		strides																	
Yoshikata, Masahira (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 C - 2009 Shizuoka International Athletics Meeting (Fukuroi, JPN)											*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*								
date	03-May-09	time	6.09	9.86	13.80	17.75	21.85		25.99	30.41	34.90	39.55	44.39		49.95	/ 1			
reaction time		interval		3.77	3.94	3.95	4.10		4.14	4.42	4.49	4.65	4.84	5.56			11.66	12.66	13.98
		velocity	7.39	9.28	8.88	8.86	8.54		8.45	7.92	7.80	7.53	7.23	7.19	8.01		9.01	8.29	7.51
H1 lead leg		strides		14	14	14	14		14	15	15	15	15		130				
Kishimoto, Takayuki (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 - 2010 Osaka Grand Prix (Osaka, JPN)											*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*								
date	08-May-10	time	5.97	9.84	13.85	17.86	22.06		26.28	30.60	35.09	39.71	44.45		49.95	/ 6			
reaction time		interval		3.87	4.01	4.01	4.20		4.22	4.32	4.49	4.62	4.74	5.50			11.89	12.74	13.85
		velocity	7.54	9.04	8.73	8.73	8.33		8.29	8.10	7.80	7.58	7.38	7.27	8.01		8.83	8.24	7.58
H1 lead leg		strides		13	13	13	14		14	15	15	15	15		127				
Nakamura, Akihiko (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 - 2014 Japanese National Championships (Fukushima, JPN)											*Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions*								
date	08-Jun-14	time	6.09	10.03	14.05	18.12	22.32		26.62	31.01	35.55	40.19	44.74		49.95	5 / 2			
reaction time		interval		3.94	4.02	4.07	4.20		4.30	4.39	4.54	4.64	4.55	5.21			12.03	12.89	13.73
		velocity	7.39	8.88	8.71	8.60	8.33		8.14	7.97	7.71	7.54	7.69	7.68	8.01		8.73	8.15	7.65
H1 lead leg	R	strides	21	13	13	13	14		14	14	14	15	15	19	165				
Konishi, Yuta (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 - 2017 Seiko Golden Grand Prix (Kawasaki, JPN)															*(2017) - tfdata-store.com/2017/05/22/post-605/*				
date	21-May-17	time	6.13	9.99	13.86	17.82	21.94		26.18	30.45	34.89	39.54	44.38		49.95	4 / 5			
reaction time	0.146	interval		3.86	3.87	3.96	4.12		4.24	4.27	4.44	4.65	4.84	5.57			11.69	12.63	13.93
		velocity	7.34	9.07	9.04	8.84	8.50		8.25	8.20	7.88	7.53	7.23	7.18	8.01		8.98	8.31	7.54
H1 lead leg	L	strides	20	13	13	13	13		14	14	15	15	15	19	164				
Copello, Yasmani (TUR) (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 Doha Diamond League (Doha, QAT) (TV Analysis)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	04-May-18	time	6.04	9.80	13.72	17.68	21.76		25.92	30.32	34.80	39.48	44.28		49.95	3 / 4			
reaction time	0.224	interval		3.76	3.92	3.96	4.08		4.16	4.40	4.48	4.68	4.80	5.67			11.64	12.64	13.96
		velocity	7.45	9.31	8.93	8.84	8.58		8.41	7.95	7.81	7.48	7.29	7.05	8.01		9.02	8.31	7.52
H1 lead leg	R	strides	20	13	13	13	13		13	14	14		14	18.2	145.2				
Bett, Nicholas (KEN) (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)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	31-May-18	time	5.96	9.68	13.48	17.40	21.52		25.76	30.12	34.76	39.52	44.36		49.95	8 / 8			
reaction time	0.180	interval		3.72	3.80	3.92	4.12		4.24	4.36	4.64	4.76	4.84	5.59			11.44	12.72	14.24
		velocity	7.55	9.41	9.21	8.93	8.50		8.25	8.03	7.54	7.35	7.23	7.16	8.01		9.18	8.25	7.37
H1 lead leg	R	strides	22	13	13	13	13		13	13	15	15	15		145				
Vimbert, Gilles (FRA) (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 - 1987 Résisprint International (La Chaux-de-Ford, FRA)																*Behm (1988) - 45-39*			
date	16-Aug-87	time	6.0	9.8	13.8	17.5	22.2		26.6	30.7	35.3	39.9	44.6		49.96	/ 1			
reaction time		interval		3.8	4.0	3.7	4.7		4.4	4.1	4.6	4.6	4.7	5.4	**PB**		11.5	13.2	13.9
		velocity	7.50	9.21	8.75	9.46	7.45		7.95	8.54	7.68	7.54	7.45	7.46	8.01		9.13	7.95	7.55
H1 lead leg		strides																	
Budko, Vladimir (RUS) (1965)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1991 European Cup (Frankfurt, GER)															*Federle (2003) - http://www.fgs.uni-halle.de*				
date	29-Jun-91	time	6.31	10.15	14.07	18.03	22.05		26.17	30.49	34.89	39.51	44.35		49.96	/ 4			
reaction time		interval		3.84	3.92	3.96	4.02		4.12	4.32	4.40	4.62	4.84	5.61			11.72	12.46	13.86
		velocity	7.13	9.11	8.93	8.84	8.71		8.50	8.10	7.95	7.58	7.23	7.13	8.01		8.96	8.43	7.58
H1 lead leg		strides																	
Iakovákis, Periklís (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 - 2008 Olympic Games (Beijing, CHN)															*Behm (2008)- Pekin 2008: Le quatrache masculin - féminin*				
date	18-Aug-08	time	5.9	9.7	13.3	17.1	20.9		25.0	29.5	34.0	38.7	43.6		49.96	2 / 8			
reaction time	0.195	interval		3.8	3.6	3.8	3.8		4.1	4.5	4.5	4.7	4.9	6.36			11.20	12.40	14.10
		velocity	7.63	9.21	9.72	9.21	9.21		8.54	7.78	7.78	7.45	7.14	6.29	8.01		9.38	8.47	7.45
H1 lead leg	L	strides	21	13	13	13	14		14	14	15	16	16	18.5	167.5				

Li Zhilong (CHN) (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 Chinese National Grand Prix Final (Shenyang, CHN)															*Li (2008) - research on training characteristics of Li Zhilong's of Chinese men's 400m hurdles*				
date	16-Jun-13	time	6.16	10.08	14.08	18.12	22.28		26.56	30.92	35.36	39.96	44.72		49.96	/ 1			
reaction time		interval		3.92	4.00	4.04	4.16		4.28	4.36	4.44	4.60	4.76	5.24			11.96	12.80	13.80
		velocity	7.31	8.93	8.75	8.66	8.41		8.18	8.03	7.88	7.61	7.35	7.63	8.01		8.78	8.20	7.61
H1 lead leg		strides																	

Jackson, Bershawn (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)															*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	10-Jul-16	time	5.90	9.68	13.61	17.68	21.82		25.86	30.00	34.30	39.07	43.98		49.96	1 / ~~8~~ 7			
reaction time	0.233	interval		3.78	3.93	4.07	4.14		4.04	4.14	4.30	4.77	4.91	5.98			11.78	12.32	13.98
		velocity	7.63	9.26	8.91	8.60	8.45		8.66	8.45	8.14	7.34	7.13	6.69	8.01		8.91	8.52	7.51
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19.5	178.5				

Fredericks, Cornel (RSA) (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 Doha Diamond League (Doha, QAT) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	05-May-17	time	6.00	9.76	13.63	17.53	21.56		25.70	30.06	34.53	39.26	44.20		49.96	1 / 5			
reaction time	0.147	interval		3.76	3.87	3.90	4.03		4.14	4.36	4.47	4.73	4.94	5.76			11.53	12.53	14.14
		velocity	7.50	9.31	9.04	8.97	8.68		8.45	8.03	7.83	7.40	7.09	6.94	8.01		9.11	8.38	7.43
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	16	19.5	172.5				

Fredericks, Cornel (RSA) (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)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	30-Aug-18	time	5.92	9.68	13.48	17.44	21.52	23.4	25.76	30.24		39.44			49.96	8 / 5			
reaction time	0.144	interval		3.76	3.80	3.96	4.08		4.24	4.48		9.20					11.52	12.80	
		velocity	7.60	9.31	9.21	8.84	8.58	8.55	8.25	7.81		7.61			8.01		9.11	8.20	
H1 lead leg	R	strides	21	14	14		14		14	15	15				107				

Xie Zhiyu (CHN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)															*CAA Hurdle Development (2019)*				
date	17-Aug-19	time	6.42	10.36	14.34	18.39	22.60		26.86	31.20	35.64	40.34	44.92		49.96	6 / 1			
reaction time	0.284	interval		3.94	3.98	4.05	4.21		4.26	4.34	4.44	4.70	4.58	5.04	PB		11.97	12.81	13.72
		velocity	7.01	8.88	8.79	8.64	8.31		8.22	8.06	7.88	7.45	7.64	7.94	8.01		8.77	8.20	7.65
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	14	14	17	157				

Vega, Fernando (MEX) (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 - 2019 IAAF World Championships (Doha, QAT)															*Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*				
date	28-Sep-19	time	5.93	9.78	13.64	17.62	21.62		25.80	30.20	34.68	39.35	44.25		49.96	2 / 6			
reaction time	0.220	interval		3.85	3.86	3.98	4.00		4.18	4.40	4.48	4.67	4.90	5.71			11.69	12.58	14.05
		velocity	7.59	9.09	9.07	8.79	8.75		8.37	7.95	7.81	7.49	7.14	7.01	8.01		8.98	8.35	7.47
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				

Toyoda, Masaki (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)															*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*				
date	02-Oct-20	time	6.09	9.94	13.85	17.92	22.06		26.36	30.63	35.09	39.72	44.48		49.96	9 / 3			
reaction time	0.203	interval		3.85	3.91	4.07	4.14		4.30	4.27	4.46	4.63	4.76	5.48			11.83	12.71	13.85
		velocity	7.39	9.09	8.95	8.60	8.45		8.14	8.20	7.85	7.56	7.35	7.30	8.01		8.88	8.26	7.58
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18.7	168.7				

Yamamoto, Tatsuhiro (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 - 2022 Seiko Golden Grand Prix (Tokyo, JPN)															*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*				
date	08-May-22	time	6.11	10.06	14.06	18.12	22.26		26.51	30.88	35.35	39.86	44.54		49.96	3 / 6			
reaction time	0.134	interval		3.95	4.00	4.06	4.14		4.25	4.37	4.47	4.51	4.68	5.42			12.01	12.76	13.66
		velocity	7.36	8.86	8.75	8.62	8.45		8.24	8.01	7.83	7.76	7.48	7.38	8.01		8.74	8.23	7.69
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18.7	168.7				

Lahoulou, Abdelmalik (ALG) (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 FBK Games (Hengelo, NED)															*Omega Timing (2023) - continental tour race analysis*				
date	04-Jun-23	time	5.98	9.68	13.48	17.34	21.27		25.42	29.90	34.54	39.40	44.28		49.96	1 / 8			
reaction time	0.173	interval		3.70	3.80	3.86	3.93		4.15	4.48	4.64	4.86	4.88	5.68			11.36	12.56	14.38
		velocity	7.53	9.46	9.21	9.07	8.91		8.43	7.81	7.54	7.20	7.17	7.04	8.01		9.24	8.36	7.30
H1 lead leg	L	strides	22	13								15	15	18	83				

Gollnow, David (GER) (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 - 2011 European U23 Championships (Ostrava, CZE)															*Beck (2011) - 400-meter-hürdensprinter im aufschwung*				
date	16-Jul-11	time	6.22	10.16	14.19	18.16	22.30		26.62	31.02	35.54	40.20	44.84		49.97	2 / 6			
reaction time	0.201	interval		3.94	4.03	3.97	4.14		4.32	4.40	4.52	4.66	4.64	5.13			11.94	12.86	13.82
		velocity	7.23	8.88	8.68	8.82	8.45		8.10	7.95	7.74	7.51	7.54	7.80	8.00		8.79	8.16	7.60
H1 lead leg		strides	21	13	13	13	13		14	14	14	15	15		145				

Konishi, Yuta (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 - 2014 Japanese National Championships (Fukushima, JPN)															*Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions*				
date	08-Jun-14	time	5.99	9.83	13.68	17.58	21.55		25.74	30.06	34.60	39.27	44.19		49.97	7 / 3			
reaction time		interval		3.84	3.85	3.90	3.97		4.19	4.32	4.54	4.67	4.92	5.78			11.59	12.48	14.13
		velocity	7.51	9.11	9.09	8.97	8.82		8.35	8.10	7.71	7.49	7.11	6.92	8.00		9.06	8.41	7.43
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	19.2	171				

Watanabe, Yoshihiro (JPN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National Junior Championships (Nagoya, JPN)															*Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan*				
date	18-Oct-15	time	6.01	9.75	13.64	17.68	21.78		26.08	30.52	35.02	39.66	44.50		49.97	5 / 1			
reaction time		interval		3.74	3.89	4.04	4.10		4.30	4.44	4.50	4.64	4.84	5.47	PB		11.67	12.84	13.98
		velocity	7.49	9.36	9.00	8.66	8.54		8.14	7.88	7.78	7.54	7.23	7.31	8.00		9.00	8.18	7.51
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Müller, Vít (CZE) (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 - 2019 IAAF World Championships (Doha, QAT)															*Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*				
date	28-Sep-19	time	6.08	9.83	13.56	17.39	21.44		25.60	30.04	34.66	39.36	44.23		49.97	3 / 7			
reaction time	0.178	interval		3.75	3.73	3.83	4.05		4.16	4.44	4.62	4.70	4.87	5.74			11.31	12.65	14.19
		velocity	7.40	9.33	9.38	9.14	8.64		8.41	7.88	7.58	7.45	7.19	6.97	8.00		9.28	8.30	7.40
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18.5	162.5				

Kishimoto, Takayuki (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 - 2021 Michitaka Kinami Memorial (Osaka, JPN)															*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*				
date	01-Jun-21	time	6.01	9.79	13.66	17.62	21.67		25.99	30.25	34.73	39.55	44.44		49.97	5 / 2			
reaction time	0.140	interval		3.78	3.87	3.96	4.05		4.32	4.26	4.48	4.82	4.89	5.53			11.61	12.63	14.19
		velocity	7.49	9.26	9.04	8.84	8.64		8.10	8.22	7.81	7.26	7.16	7.23	8.00		9.04	8.31	7.40
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	15	15	18.2	163.2				

Nallet, Jean-Claude (FRA) (1947)			H1	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 - 1978 European Championships (Prague, TCH)															*Lamare (1978) - championnats d'Europa 1978*				
date	30-Aug-78	time	6.23	10.36	14.14	18.16	22.22								49.98	/ 2			
reaction time		interval		4.13	3.78	4.02	4.06										11.93		
		velocity	7.22	8.47	9.26	8.71	8.62								8.00		8.80		
H1 lead leg		strides																	

Vimbert, Gilles (FRA) (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 - 1987 French National Championships (Annecy, FRA)															*Veney - split times from PJ*				
date	09-Aug-87	time	5.98	9.83	13.76	17.88	22.18		26.46	30.70	35.26	39.87	44.61		49.98	/ 1			
reaction time		interval		3.85	3.93	4.12	4.30		4.28	4.24	4.56	4.61	4.74	5.37			11.90	12.82	13.91
		velocity	7.53	9.09	8.91	8.50	8.14		8.18	8.25	7.68	7.59	7.38	7.45	8.00		8.82	8.19	7.55
H1 lead leg		strides	20	13	13	13	14		14	14	14	15	15		145				

Greene, David (Dai) (GBR) (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 - 2010 Commonwealth Games (Dehli, IND)															*Arnold (2010) - 400mH planning and peaking*				
date	09-Oct-10	time	6.1	10.0	14.0	18.0	22.3	24.1	26.6	30.9	35.4	40.0	44.6		49.98	4 / 1			
reaction time	0.177	interval		3.9	4.0	4.0	4.3		4.3	4.3	4.5	4.6	4.6	5.38			11.90	12.90	13.70
		velocity	7.38	8.97	8.75	8.75	8.14	8.30	8.14	8.14	7.78	7.61	7.61	7.43	8.00		8.82	8.14	7.66
H1 lead leg		strides																	

Tateno, Tetsuya (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)															*Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions*				
date	08-Jun-14	time	6.04	9.81	13.63	17.55	21.59		25.79	30.23	34.77	39.57	44.47		49.98	6 / 4			
reaction time		interval		3.77	3.82	3.92	4.04		4.20	4.44	4.54	4.80	4.90	5.51			11.51	12.68	14.24
		velocity	7.45	9.28	9.16	8.93	8.66		8.33	7.88	7.71	7.29	7.14	7.26	8.00		9.12	8.28	7.37
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	19.2	174				

Konishi, Yuta (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 - 2015 Shizuoka International Athletics Meeting (Fukuroi, JPN)															*Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan*				
date	03-May-15	time	6.17	10.04	13.98	18.00	22.15		26.32	30.76	35.30	39.97	44.64		49.98	/ 3			
reaction time	0.189	interval		3.87	3.94	4.02	4.15		4.17	4.44	4.54	4.67	4.67	5.34			11.83	12.76	13.88
		velocity	7.29	9.04	8.88	8.71	8.43		8.39	7.88	7.71	7.49	7.49	7.49	8.00		8.88	8.23	7.56
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Tsutsue, Kaito (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)															*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*				
date	06-Jun-21	time	6.02	9.74	13.56	17.43	21.54		25.78	30.16	34.68	39.37	44.26		49.98	7 / 1			
reaction time		interval		3.72	3.82	3.87	4.11		4.24	4.38	4.52	4.69	4.89	5.72			11.41	12.73	14.10
		velocity	7.48	9.41	9.16	9.04	8.52		8.25	7.99	7.74	7.46	7.16	6.99	8.00		9.20	8.25	7.45
H1 lead leg	R	strides	22	13	13	13	14		14	14	15	15	15	19.7	167.7				

McAlister, Chris (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 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	09-Jul-21	time	5.97	9.77		17.65		23.5			34.77	39.60	44.57		49.98	2 / 6			
reaction time	0.144	interval		3.80		7.88					17.12	4.83	4.97	5.41			11.68		
		velocity	7.54	9.21		8.88		8.51			8.18	7.25	7.04	7.39	8.00		8.99		
H1 lead leg	R	strides	22	14								16	16		68				

McMaster, Kyron (IVB) (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 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	16-Jul-22	time	5.73	9.43	13.33	17.23	21.33	23.07	25.53	29.97	34.60	39.40	44.36		49.98	4 / 4			
reaction time	0.157	interval		3.70	3.90	3.90	4.10		4.20	4.44	4.63	4.80	4.96	5.62			11.50	12.74	14.39
		velocity	7.85	9.46	8.97	8.97	8.54	8.67	8.33	7.88	7.56	7.29	7.06	7.12	8.00		9.13	8.24	7.30
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	15	17	160				

Yamamoto, Tatsuhiro (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 Michitaka Kinami Memorial (Osaka, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	01-Jun-21	time	6.09	10.03	14.03	17.95	22.04	26.31	30.65	35.04	39.62	44.44		49.99	5 / 2			
reaction time	0.165	interval		3.94	4.00	3.92	4.09	4.27	4.34	4.39	4.58	4.82	5.55			11.86	12.70	13.79
		velocity	7.39	8.88	8.75	8.93	8.56	8.20	8.06	7.97	7.64	7.26	7.21	8.00		8.85	8.27	7.61
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	19	171				

Kishimoto, Takayuki (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 - 2022 Japanese National Championsips (Osaka, JPN) *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	11-Jun-22	time	5.96	9.73	13.65	17.71	21.94	26.26	30.61	35.19	39.79	44.51		49.99	6 / 4			
reaction time	0.164	interval		3.77	3.92	4.06	4.23	4.32	4.35	4.58	4.60	4.72	5.48			11.75	12.90	13.90
		velocity	7.55	9.28	8.93	8.62	8.27	8.10	8.05	7.64	7.61	7.42	7.30	8.00		8.94	8.14	7.55
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	18.2	164.2				

Nozawa, Keisuke (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 - 2012 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions*

date	03-May-12	time	6.17	10.07	14.07	18.12	22.32	26.54	30.89	35.34	39.98	44.75		50.00	/ 1			
reaction time		interval		3.90	4.00	4.05	4.20	4.22	4.35	4.45	4.64	4.77	5.25			11.95	12.77	13.86
		velocity	7.29	8.97	8.75	8.64	8.33	8.29	8.05	7.87	7.54	7.34	7.62	8.00		8.79	8.22	7.58
H1 lead leg		strides		14	14	14	14	14	14	14	14	15		127				

Hann, Mamadou Kasse (FRA) (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) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	06-Jun-19	time	5.97	9.87	13.77	17.70	21.77	25.97	30.32	34.85	39.48	44.45		50.00	1 / 6			
reaction time	0.157	interval		3.90	3.90	3.93	4.07	4.20	4.35	4.53	4.63	4.97	5.55			11.73	12.62	14.13
		velocity	7.54	8.97	8.97	8.91	8.60	8.33	8.05	7.73	7.56	7.04	7.21	8.00		8.95	8.32	7.43
H1 lead leg	L	strides	21	14	14	13	13	14	14	14	14	15	17.7	163.7				

Campbell, Luke (GER) (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) *Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*

date	28-Sep-19	time	5.82	9.47	13.17	17.00	21.02	25.25	29.66	34.27	39.00	44.01		50.00	3 / 6			
reaction time	0.146	interval		3.65	3.70	3.83	4.02	4.23	4.41	4.61	4.73	5.01	5.99			11.18	12.66	14.35
		velocity	7.73	9.59	9.46	9.14	8.71	8.27	7.94	7.59	7.40	6.99	6.68	8.00		9.39	8.29	7.32
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	19	165				

Xie Zhiyu (CHN) (2000)

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

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

date	13-Jun-21	time	6.22	10.21	14.25	18.28	22.47	26.91	31.38	35.97	40.44	44.98		50.00	6 / 1			
reaction time	0.225	interval		3.99	4.04	4.03	4.19	4.44	4.47	4.59	4.47	4.54	5.02			12.06	13.10	13.60
		velocity	7.23	8.77	8.66	8.68	8.35	7.88	7.83	7.63	7.83	7.71	7.97	8.00		8.71	8.02	7.72
H1 lead leg	L	strides	21	13	13	13	13	14	14	14	14	14	17	160				

Mashchenko, Ruslan (RUS) (1971)

	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 - 2000 Olympic Games (Sydney, AUS) *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

date	24-Sep-00	time	5.94	9.62	13.38	17.22	21.18	25.34	29.62	34.14	39.06	44.06		50.01	3 / 3			
reaction time	0.225	interval		3.68	3.76	3.84	3.96	4.16	4.28	4.52	4.92	5.00	5.95			11.28	12.40	14.44
		velocity	7.58	9.51	9.31	9.11	8.84	8.41	8.18	7.74	7.11	7.00	6.72	8.00		9.31	8.47	7.27
H1 lead leg		strides	20	13	13	13	13	13	14	14	15	15	18.3	161.3				

Kawamura, Hideaki (JPN) (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 - 2004 Osaka Grand Prix (Osaka, JPN) *Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers*

date	08-May-04	time	6.10	9.90	13.87	17.99	22.28	26.63	31.00	35.40	39.95	44.62		50.01	/ 6			
reaction time		interval		3.80	3.97	4.12	4.29	4.35	4.37	4.40	4.55	4.67	5.39			11.89	13.01	13.62
		velocity	7.38	9.21	8.82	8.50	8.16	8.05	8.01	7.95	7.69	7.49	7.42	8.00		8.83	8.07	7.71
H1 lead leg		strides		14	14	14	14	15	15	15	15	15		131				

Bencosme, José Reynaldo (ITA) (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 - 2018 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	30-Aug-18	time	6.04	9.88	13.76		21.96	23.8	26.12	30.48		39.52	44.32		50.01	1 / 6		
reaction time	0.151	interval		3.84	3.88		8.20		4.16	4.36		9.04	4.80	5.69				13.84
		velocity	7.45	9.11	9.02		8.54	8.40	8.41	8.03		7.74	7.29	7.03	8.00			7.59
H1 lead leg	L	strides	20	13	13				13	14			15		88			

Lattin, Amere (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 Prefontaine Classic (Stanford, CA) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	30-Jun-19	time	5.73	9.43	13.33	17.26	21.26	25.50	30.10	34.80	39.53	44.36		50.01	1 / 7			
reaction time	0.183	interval		3.70	3.90	3.93	4.00	4.24	4.60	4.70	4.73	4.83	5.65			11.53	12.84	14.26
		velocity	7.85	9.46	8.97	8.91	8.75	8.25	7.61	7.45	7.40	7.25	7.08	8.00		9.11	8.18	7.36
H1 lead leg	L	strides	21	13		13	13	13	15	15		15		118				

Xie Zhiyu (CHN) (2000)

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

FINAL - 2019 Chinese National Championships (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	10-Jul-19	time	6.27	10.14	14.03	18.00	22.05	26.26	30.80	35.25	39.97	44.69		50.01	5 / 1			
reaction time	0.304	interval		3.87	3.89	3.97	4.05	4.21	4.54	4.45	4.72	4.72	5.32	PB		11.73	12.80	13.89
		velocity	7.18	9.04	9.00	8.82	8.64	8.31	7.71	7.87	7.42	7.42	7.52	8.00		8.95	8.20	7.56
H1 lead leg	L	strides	22	13	13	13	13	13	14	14	14	14	17.5	160.5				

Valle, Emilio (CUB) (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 - 1986 IAAF World Junor Championships (Athens, GRE) *Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races*

date	18-Jul-86	time	6.06	9.96	13.87	17.92	21.86		26.50	31.12	35.64	40.22	44.92		50.02	/ 1				
reaction time		interval		3.90	3.91	4.05	3.94		4.64	4.62	4.52	4.58	4.70	5.10	CR		11.86	13.20	13.80	
		velocity	7.43	8.97	8.95	8.64	8.88		7.54	7.58	7.74	7.64	7.45	7.84	8.00		8.85	7.95	7.61	
H1 lead leg		strides	21	14	14	14	14		14	15	15	15	15	18	169					

Mashchenko, Ruslan (RUS) (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 - 2002 European Championships (Munich, GER)														*Graubner (2009) - http://www.fgs.uni-halle.de*			
date 09-Aug-02 time	6.11	9.92	13.73	17.61	21.96		25.75	30.15	34.62	39.34	44.16		50.02	/ 7			
reaction time 0.184 interval		3.81	3.81	3.88	4.35		3.79	4.40	4.47	4.72	4.82	5.86			11.50	12.54	14.01
velocity	7.36	9.19	9.19	9.02	8.05		9.23	7.95	7.83	7.42	7.26	6.83	8.00		9.13	8.37	7.49
H1 lead leg strides																	

Tinsley, Michael (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 - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)														*Henson (2021) - Athlete First: major championships report*			
date 25-Aug-15 time	5.72	9.32	13.08	16.88	20.88		25.04	29.16	33.48	38.20	43.04		50.02	5 / 8			
reaction time 0.134 interval		3.60	3.76	3.80	4.00		4.16	4.12	4.32	4.72	4.84	6.98			11.16	12.28	13.88
velocity	7.87	9.72	9.31	9.21	8.75		8.41	8.50	8.10	7.42	7.23	5.73	8.00		9.41	8.55	7.56
H1 lead leg L strides	21	13	13	13	14			14	14	16	15		133				

Hussein, Kariem (SUI) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)														*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date 13-May-17 time	6.04	9.92	13.92	18.08	22.24		26.40	30.72	35.12				50.02	9 / 6			
reaction time 0.177 interval		3.88	4.00	4.16	4.16		4.16	4.32	4.40						12.04	12.64	
velocity	7.45	9.02	8.75	8.41	8.41		8.41	8.10	7.95				8.00		8.72	8.31	
H1 lead leg L strides	20	13	13	13	13		13	14	14				113				

Jackson, Bershawn (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 - 2017 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 24-Aug-17 time	5.60	9.36	13.32		21.52		25.64	29.80	34.16	38.88	43.96		50.02	2 / 8			
reaction time 0.127 interval		3.76	3.96		8.20		4.12	4.16	4.36	4.72	5.08	6.06					14.16
velocity	8.04	9.31	8.84		8.54		8.50	8.41	8.03	7.42	6.89	6.60	8.00				7.42
H1 lead leg L strides	22	15	15				15	15	15		17	20	134				

Kurokawa, Kazuki (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
Heat 1 - 2022 World Athletics Championships (Eugene, OR)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 16-Jul-22 time	5.86	9.53	13.31	17.20	21.42	23.14	25.76	30.23	34.87	39.64	44.51		50.02	3 / 4			
reaction time 0.142 interval		3.67	3.78	3.89	4.22		4.34	4.47	4.64	4.77	4.87	5.51			11.34	13.03	14.28
velocity	7.68	9.54	9.26	9.00	8.29	8.64	8.06	7.83	7.54	7.34	7.19	7.26	8.00		9.26	8.06	7.35
H1 lead leg L strides	21	13	13	13	14		14	15	15	15	15	18	166				

Fredericks, Cornel (RSA) (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 Doha Diamond League (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 04-May-18 time	5.96	9.72	13.60	17.52	21.64		25.88	30.32	34.88	39.64	44.40		50.03	1 / 5			
reaction time 0.164 interval		3.76	3.88	3.92	4.12		4.24	4.44	4.56	4.76	4.76	5.63			11.56	12.80	14.08
velocity	7.55	9.31	9.02	8.93	8.50		8.25	7.88	7.68	7.35	7.35	7.10	8.00		9.08	8.20	7.46
H1 lead leg R strides	22	14	14	14	14		14	15	15		15	19	156				

Coroller, Victor (FRA) (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 Meeting de Paris (Paris, FRA) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 05-Jul-18 time	5.96	9.72	13.64	17.64	21.72	23.5	25.92	30.36	35.04	39.76	44.56		50.03	3 / 7			
reaction time 0.165 interval		3.76	3.92	4.00	4.08		4.20	4.44	4.68	4.72	4.80	5.47			11.68	12.72	14.20
velocity	7.55	9.31	8.93	8.75	8.58	8.51	8.33	7.88	7.48	7.42	7.29	7.31	8.00		8.99	8.25	7.39
H1 lead leg R strides	21	14	14	14	14		14	14	15	15	15	18.5	168.5				

Bassitt, Trevor (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 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 26-Jun-21 time	5.88	9.64	13.51	17.45	21.55		25.76	30.20	34.87	39.54	44.38		50.03	2 / 8			
reaction time 0.206 interval		3.76	3.87	3.94	4.10		4.21	4.44	4.67	4.67	4.84	5.65			11.57	12.75	14.18
velocity	7.65	9.31	9.04	8.88	8.54		8.31	7.88	7.49	7.49	7.23	7.08	8.00		9.08	8.24	7.40
H1 lead leg R strides		13	13	13	13			14	14	14	14		108				

Hyde, Jaheel (JAM) (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 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 16-Jul-22 time	5.80	9.63	13.63	17.63	21.70	23.51	26.03	30.26	34.80	39.53	44.37		50.03	6 / 3			
reaction time 0.187 interval		3.83	4.00	4.00	4.07		4.33	4.23	4.54	4.73	4.84	5.66			11.83	12.63	14.11
velocity	7.76	9.14	8.75	8.75	8.60	8.51	8.08	8.27	7.71	7.40	7.23	7.07	8.00		8.88	8.31	7.44
H1 lead leg L strides	22	14	14	14	14		14	14	15	15	15	18	169				

Frinolli, Roberto (ITA) (1940)

	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 - 1968 Olympic Games (Mexico City, MEX) (*Altitude*)														*Jonath (1969) - wie gerhard hennige trainiert*			
date 13-Oct-68 time	6.0	10.0	14.2	18.2	22.2	23.8	26.6	30.7	35.1	39.4	44.0		49.9	/ 1			
reaction time interval		4.0	4.2	4.0	4.0		4.4	4.1	4.4	4.3	4.6	5.9	*(49.95)*		12.20	12.50	13.30
velocity	7.50	8.75	8.33	8.75	8.75	8.40	7.95	8.54	7.95	8.14	7.61	6.78	8.02		8.61	8.40	7.89
H1 lead leg strides																	

Johnson, Brandon (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
Heat 3 - 2007 USATF National Championships (Indianapolis, IN)														*USATF Men's Hurdle Development (2007)*			
date 21-Jun-07 time	5.87	9.58	13.51	17.48	21.60		25.86	30.46	35.07	39.01	44.69		50.04	5 / 1			

reaction time		interval		3.71	3.93	3.97	4.12		4.26	4.60	4.61	3.94	5.68	5.35			11.61	12.98	14.23
		velocity	7.67	9.43	8.91	8.82	8.50		8.22	7.61	7.59	8.88	6.16	7.48	7.99		9.04	8.09	7.38
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15		144				

van Zyl, L.J. (RSA) (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 - 2017 Athletissima (Lausanne, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 06-Jul-17 time	5.92	9.68	13.64	17.68	21.80		25.96	30.28	34.68	39.28	44.12		50.04	2 / 7			
reaction time 0.152 interval		3.76	3.96	4.04	4.12		4.16	4.32	4.40	4.60	4.84	5.92			11.76	12.60	13.84
velocity	7.60	9.31	8.84	8.66	8.50		8.41	8.10	7.95	7.61	7.23	6.76	7.99		8.93	8.33	7.59
H1 lead leg L strides	22	14	14	14	14		15	15	15	16	16	19.2	174.2				

Wang Yijie (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)														*CAA Hurdle Development (2019)*			
date 10-Jul-19 time	6.02	9.93	13.84	17.92	22.08		26.44	30.85	35.39	39.97	44.69		50.04	6 / ~~2~~			
reaction time 0.175 interval		3.91	3.91	4.08	4.16		4.36	4.41	4.54	4.58	4.72	5.35	DQ		11.90	12.93	13.84
velocity	7.48	8.95	8.95	8.58	8.41		8.03	7.94	7.71	7.64	7.42	7.48	7.99		8.82	8.12	7.59
H1 lead leg L strides	22	14	14	14	14		15	15	15	15	15	17.5	170.5				

Yoshida, Kazuaki (JPN) (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 - 2014 Japanese National Championships (Fukushima, JPN)									*Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions*								
date 08-Jun-14 time	5.96	9.75	13.60	17.55	21.60		25.87	30.27	34.76	39.40	44.27		50.05	9 / 5			
reaction time interval		3.79	3.85	3.95	4.05		4.27	4.40	4.49	4.64	4.87	5.78			11.59	12.72	14.00
velocity	7.55	9.23	9.09	8.86	8.64		8.20	7.95	7.80	7.54	7.19	6.92	7.99		9.06	8.25	7.50
H1 lead leg L strides	21	13	13	13	13		13	15	15	15	15	18.2	164				

Chen Chieh (TPE) (1992)

	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)										*Kobayashi (2019) - research on athlete performance and technique- 2019 data book*							
date 03-May-19 time	5.96	9.58	13.28	17.13	21.10		25.26	29.76	34.35	39.24	44.33		50.05	7 / 2			
reaction time interval		3.62	3.70	3.85	3.97		4.16	4.50	4.59	4.89	5.09	5.72			11.17	12.63	14.57
velocity	7.55	9.67	9.46	9.09	8.82		8.41	7.78	7.63	7.16	6.88	6.99	7.99		9.40	8.31	7.21
H1 lead leg L strides	21	13	13	13	13		13	14	14	15	15	18.5	162.5				

Keter, Erick (KEN) (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 - 2000 Olympic Games (Sydney, AUS)									*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*								
date 24-Sep-00 time	6.18	10.02	13.90	17.98	22.10		26.34		35.22	39.86	44.58		50.06	3 / 6			
reaction time 0.269 interval		3.84	3.88	4.08	4.12		4.24		8.88	4.64	4.72	5.48			11.80		
velocity	7.28	9.11	9.02	8.58	8.50		8.25		7.88	7.54	7.42	7.30	7.99		8.90		
H1 lead leg strides	21	13	15	15	15		15	15	15	15	15	18.1	172.1				

de Araújo, Eronilde (BRA) (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 8 - 2000 Olympic Games (Sydney, AUS)									*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*								
date 24-Sep-00 time	6.06	9.86	13.62	17.58	21.62		25.86	30.18	34.82	39.62	44.42		50.06	8 / 1			
reaction time 0.179 interval		3.80	3.76	3.96	4.04		4.24	4.32	4.64	4.80	4.80	5.64			11.52	12.60	14.24
velocity	7.43	9.21	9.31	8.84	8.66		8.25	8.10	7.54	7.29	7.29	7.09	7.99		9.11	8.33	7.37
H1 lead leg strides	21	13	13	13	13		14	14	15	15	15	17.9	163.9				

Konishi, Yuta (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 - 2015 Japanese National Championships (Niigata, JPN)											*Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan*						
date 28-Jun-15 time	6.21	10.05	14.00	18.02	22.12		26.37	30.71	35.21	39.86	44.58		50.06	4 / 3			
reaction time 0.166 interval		3.84	3.95	4.02	4.10		4.25	4.34	4.50	4.65	4.72	5.48			11.81	12.69	13.87
velocity	7.25	9.11	8.86	8.71	8.54		8.24	8.06	7.78	7.53	7.42	7.30	7.99		8.89	8.27	7.57
H1 lead leg L strides	21	13	13	13	13		14	14	15	15	15	19	165				

Guillen, Serge (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
Heat 1 - 1982 European Championships (Athens, GRE)													*(1982) - XIII championnats d'Europe d'Atlletisma, Athens 1982*				
date 08-Sep-82 time	5.9		13.9		22.0			30.6		39.6			50.07	/ 2			
reaction time interval			8.0		8.1			8.6		9.0							
velocity	7.63		8.75		8.64			8.14		7.78			7.99				
H1 lead leg strides																	

Hussein, Kariem (SUI) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 09-Aug-17 time	6.00	9.84	13.72	17.72	21.80		26.00	30.40	34.92	39.52	44.28		50.07	9 / 8			
reaction time 0.163 interval		3.84	3.88	4.00	4.08		4.20	4.40	4.52	4.60	4.76	5.79			11.72	12.68	13.88
velocity	7.50	9.11	9.02	8.75	8.58		8.33	7.95	7.74	7.61	7.35	6.91	7.99		8.96	8.28	7.56
H1 lead leg L strides	20	13	13	13	13		14	14	14	14	14	17.2	159.2				

Mano, Yutaro (JPN) (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 Japanese National Championships (Fukuoka, JPN)										*Yamanaka (2019) - research on athlete performance and technique- 2019 data book*							
date 29-Jun-19 time	6.02	9.93	13.90	17.97	22.01		26.28	30.66	35.20	39.86	44.59		50.07	2 / 6			
reaction time 0.157 interval		3.91	3.97	4.07	4.04		4.27	4.38	4.54	4.66	4.73	5.48			11.95	12.69	13.93
velocity	7.48	8.95	8.82	8.60	8.66		8.20	7.99	7.71	7.51	7.40	7.30	7.99		8.79	8.27	7.54
H1 lead leg R strides	21	14	14	14	14		15	15	15	15	15		152				

Nallet, Jean-Claude (FRA) (1947)

	H1	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 -1976 Olympic Games (Montreal, CAN)														*Behm (1995) - la tactique du 400 haies*			
date 24-Jul-76 time	5.8	9.8	13.8	17.8	22.0		26.0	30.5	35.0	39.7	44.3		50.08	4 / 5			
reaction time interval		4.00	4.00	4.00	4.15		4.05	4.50	4.50	4.70	4.60	5.78			12.00	12.70	13.80

		velocity	7.76	8.75	8.75	8.75	8.43		8.64	7.78	7.78	7.45	7.61	6.92	7.99			8.75	8.27	7.61
H1 lead leg		strides																		

Nichols, Regan (USA) (1973)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Championships (Palo Alto, CA)														*USATF Women's Sprint Development (2003)*			
date 22-Jun-03 time	5.99	9.88	13.88	17.89	21.91		26.24	30.56	35.08	39.66	44.45		50.08	8 / ~~6~~ 5			
reaction time interval		3.89	4.00	4.01	4.02		4.33	4.32	4.52	4.58	4.79	5.63			11.90	12.67	13.89
velocity	7.51	9.00	8.75	8.73	8.71		8.08	8.10	7.74	7.64	7.31	7.10	7.99		8.82	8.29	7.56
H1 lead leg strides																	

Kino, Tomoharu (JPN) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
D FINAL - 2012 Shizuoka International Athletics Meeting (Fukuroi, JPN)														*Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions*			
date 03-May-12 time	6.07	9.92	13.87	17.87	21.97		26.26	30.68	35.28	40.07	44.83		50.08	/ 1			
reaction time interval		3.85	3.95	4.00	4.10		4.29	4.42	4.60	4.79	4.76	5.25			11.80	12.81	14.15
velocity	7.41	9.09	8.86	8.75	8.54		8.16	7.92	7.61	7.31	7.35	7.62	7.99		8.90	8.20	7.42
H1 lead leg strides		13	13	13	14		14	15	15	15	15		127				

Barr, Thomas (IRL) (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 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 17-Jul-22 time	5.96	9.77	13.62	17.57	21.67	23.53	25.93	30.30	34.80	39.57	44.40		50.08	5 / 3			
reaction time 0.157 interval		3.81	3.85	3.95	4.10		4.26	4.37	4.50	4.77	4.83	5.68			11.61	12.73	14.10
velocity	7.55	9.19	9.09	8.86	8.54	8.50	8.22	8.01	7.78	7.34	7.25	7.04	7.99		9.04	8.25	7.45
H1 lead leg L strides	20	13	13	13	13		14	14	14	15	15	18	162				

Robertson, Max (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
FINAL - 1985 Great Britian vs. USA (Birmingham, GBR)														*Warden (1989) - sprinting and hurdling*			
date 21-Jun-85 time	5.9	9.7	13.5	17.3	21.2		25.2	29.4	33.8	38.7	44.3		50.09	/ 2			
reaction time interval		3.8	3.8	3.8	3.9		4.0	4.2	4.4	4.9	5.6	5.79			11.40	12.10	14.90
velocity	7.63	9.21	9.21	9.21	8.97		8.75	8.33	7.95	7.14	6.25	6.91	7.99		9.21	8.68	7.05
H1 lead leg strides	21	13	13	13	13		13	14	14	14	15	19	162				

Kakimori, Hiroshi (JPN) (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)														*Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races*			
date 18-Jul-86 time	6.21	9.92	13.94	18.30	21.95		26.08	30.48	34.98	39.68	44.50		50.09	/ 2			
reaction time interval		3.71	4.02	4.36	3.65		4.13	4.40	4.50	4.70	4.82	5.59			12.09	12.18	14.02
velocity	7.25	9.43	8.71	8.03	9.59		8.47	7.95	7.78	7.45	7.26	7.16	7.99		8.68	8.62	7.49
H1 lead leg strides	22	13	13	13	13		15	15	15	15	15	19	168				

Faye, Ibou (SEN) (1969)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2000 Olympic Games (Sydney, AUS)														*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date 24-Sep-00 time	6.02	9.74	13.62	17.58	21.66		25.90	30.38	34.90	39.62	44.46		50.09	4 / 3			
reaction time 0.188 interval		3.72	3.88	3.96	4.08		4.24	4.48	4.52	4.72	4.84	5.63			11.56	12.80	14.08
velocity	7.48	9.41	9.02	8.84	8.58		8.25	7.81	7.74	7.42	7.23	7.10	7.99		9.08	8.20	7.46
H1 lead leg strides	22	13	13	13	13		13	14	14	15	15	18	163				

Koike, Takayuki (JPN) (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 Japanese National Championships (Kawasaki, JPN)														*Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers*			
date 27-Jun-08 time	5.92	9.62	13.44	17.31	21.36		25.56	29.93	34.40	39.07	44.11		50.09	/ 3			
reaction time interval		3.70	3.82	3.87	4.05		4.20	4.37	4.47	4.67	5.04	5.98			11.39	12.62	14.18
velocity	7.60	9.46	9.16	9.04	8.64		8.33	8.01	7.83	7.49	6.94	6.69	7.99		9.22	8.32	7.40
H1 lead leg strides		13	13	13	13		13	14	14	15	15		123				

Imazeki, Yuta (JPN) (1987)

	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)														*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*			
date 03-May-10 time	6.42	10.37	14.41	18.51	22.71		26.96	31.25	35.69	40.21	44.81		50.09	/ 1			
reaction time interval		3.95	4.04	4.10	4.20		4.25	4.29	4.44	4.52	4.60	5.28			12.09	12.74	13.56
velocity	7.01	8.86	8.66	8.54	8.33		8.24	8.16	7.88	7.74	7.61	7.58	7.99		8.68	8.24	7.74
H1 lead leg strides		14	14	14	14		15	15	15	15	15		131				

McAlister, Chris (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 Memorial van Damme (Brussels, BEL) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 03-Sep-21 time	6.08	9.92	13.92	18.00	22.08	23.9	26.28	30.72	35.32	39.96	44.80		50.09	1 / 7			
reaction time 0.144 interval		3.84	4.00	4.08	4.08		4.20	4.44	4.60	4.64	4.84	5.29			11.92	12.72	14.08
velocity	7.40	9.11	8.75	8.58	8.58	8.37	8.33	7.88	7.61	7.54	7.23	7.56	7.99		8.81	8.25	7.46
H1 lead leg R strides	22	14	14	14	14		14		15	15	15		137				

Downing, Quincy (USA) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 26-Jun-22 time	5.97	9.61	13.25	17.05	20.95	22.61	25.05	29.53	34.13	39.04	44.04		50.09	3 / 8			
reaction time interval		3.64	3.64	3.80	3.90		4.10	4.48	4.60	4.91	5.00	6.05			11.08	12.48	14.51
velocity	7.54	9.62	9.62	9.21	8.97	8.85	8.54	7.81	7.61	7.13	7.00	6.61	7.99		9.48	8.41	7.24
H1 lead leg R strides	21	13	13	13	13		13	14	14	15	15		144				

Frinolli, Giorgio (ITA) (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 2 - 2000 Olympic Games (Sydney, AUS)														*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date 25-Sep-00 time	6.08	9.88	13.84	17.84	21.92		26.08	30.52	35.04	39.72	44.48		50.10	2 / 8			
reaction time 0.342 interval		3.80	3.96	4.00	4.08		4.16	4.44	4.52	4.68	4.76	5.62			11.76	12.68	13.96
velocity	7.40	9.21	8.84	8.75	8.58		8.41	7.88	7.74	7.48	7.35	7.12	7.98		8.93	8.28	7.52

H1 lead leg		strides		14	14	14	14		14	15	15	16	15							
Mužík, Jiri (CZE) (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 4 - 2000 Olympic Games (Sydney, AUS)																*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	24-Sep-00	time	6.00	9.78	13.64	17.60	21.64		25.80	30.20	34.80	39.76	44.68		50.11	8 / 1				
reaction time	0.216	interval		3.78	3.86	3.96	4.04		4.16	4.40	4.60	4.96	4.92	5.43			11.60	12.60	14.48	
		velocity	7.50	9.26	9.07	8.84	8.66		8.41	7.95	7.61	7.06	7.11	7.37	7.98		9.05	8.33	7.25	
H1 lead leg		strides	21	13	13	13	13		14	14	14	16	16	18.9	165.9					
Rawlinson, Christopher (GBR) (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 - 2001 European Championships (Bremen, GER)																*Graubner (2007) - http://www.fgs.uni-halle.de*				
date	23-Jun-01	time	6.09	9.81	13.56	17.48	21.46		25.63	30.02	34.58	39.48	44.55		50.11	/ 5				
reaction time		interval		3.72	3.75	3.92	3.98		4.17	4.39	4.56	4.90	5.07	5.56			11.39	12.54	14.53	
		velocity	7.39	9.41	9.33	8.93	8.79		8.39	7.97	7.68	7.14	6.90	7.19	7.98		9.22	8.37	7.23	
H1 lead leg		strides																		
Sańchez, Félix (DOM) (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 - 2009 IAAF World Championships (Berlin, GER)																*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*				
date	18-Aug-09	time	5.88	9.92	13.82	17.78	21.82		26.13	30.43	34.97	39.63	44.35		50.11	4 / 8				
reaction time	0.171	interval		4.04	3.90	3.96	4.04		4.31	4.30	4.54	4.66	4.72	5.76			11.90	12.65	13.92	
		velocity	7.65	8.66	8.97	8.84	8.66		8.12	8.14	7.71	7.51	7.42	6.94	7.98		8.82	8.30	7.54	
H1 lead leg	L	strides	21	15	13	13	13		14	14	15	15	15		148					
Greene, David (Dai) (GBR) (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 - 2010 European Championships (Barcelona, ESP)																*Arnold (2010) - 400mH planning and peaking*				
date	28-Jul-10	time	6.22	10.04	13.94	17.84	21.88		26.08	30.46	34.90	39.56	44.40		50.11	4 / 1				
reaction time	0.189	interval		3.82	3.90	3.90	4.04		4.20	4.38	4.44	4.66	4.84	5.71			11.62	12.62	13.94	
		velocity	7.23	9.16	8.97	8.97	8.66		8.33	7.99	7.88	7.51	7.23	7.01	7.98		9.04	8.32	7.53	
H1 lead leg	R	strides																		
Mägi, Rasmus (EST) (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 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	10-Jun-18	time	6.00	9.88	13.88	17.84	21.96		26.20	30.64	35.20	39.88	44.56		50.11	4 / 7				
reaction time	0.135	interval		3.88	4.00	3.96	4.12		4.24	4.44	4.56	4.68	4.68	5.55			11.84	12.80	13.92	
		velocity	7.50	9.02	8.75	8.84	8.50		8.25	7.88	7.68	7.48	7.48	7.21	7.98		8.87	8.20	7.54	
H1 lead leg	L	strides	21	13	13	13	13		14	14	14	14	14	17.2	160.2					
Obayashi, Masayuki (JPN) (1996)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**	
A FINAL - 2019 Kinami Memorial (Osaka, JPN)																*Matsubayashi (2019) - research on athlete performance and technique- 2019 data book*				
date	06-May-19	time	6.06	10.08	14.08	18.17	22.39		26.63	30.91	35.30	39.89	44.64		50.11	9 / 4				
reaction time		interval		4.02	4.00	4.09	4.22		4.24	4.28	4.39	4.59	4.75	5.47			12.11	12.74	13.73	
		velocity	7.43	8.71	8.75	8.56	8.29		8.25	8.18	7.97	7.63	7.37	7.31	7.98		8.67	8.24	7.65	
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19	172					
Suguimati, Mahau (BRA) (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 - 2021 Ready Steady Tokyo (Tokyo, JPN)																*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*				
date	09-May-21	time	6.09	9.86	13.76	17.82	21.99		26.38	30.78	35.26	39.87	44.64		50.11	3 / 8				
reaction time	0.130	interval		3.77	3.90	4.06	4.17		4.39	4.40	4.48	4.61	4.77	5.47			11.73	12.96	13.86	
		velocity	7.39	9.28	8.97	8.62	8.39		7.97	7.95	7.81	7.59	7.34	7.31	7.98		8.95	8.10	7.58	
H1 lead leg		strides		13	13	13	13		13	13	13	13	14		118					
Kawagoe, Hiroya (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 - 2021 Denka Athletics Challenge Cup (Niigata, JPN)																*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*				
date	06-Jun-21	time	6.09	10.03	14.03	18.07	22.19		26.51	30.88	35.35	39.97	44.68		50.11	8 / 4				
reaction time		interval		3.94	4.00	4.04	4.12		4.32	4.37	4.47	4.62	4.71	5.43			11.98	12.81	13.80	
		velocity	7.39	8.88	8.75	8.66	8.50		8.10	8.01	7.83	7.58	7.43	7.37	7.98		8.76	8.20	7.61	
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15		152					
Preis, Constantin (GER) (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 Memorial van Damme (Brussels, BEL) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	03-Sep-21	time	6.20	10.00	14.00	18.08	22.28	24.1	26.60	31.08	35.60	40.16			50.12	8 / 8				
reaction time	0.303	interval		3.80	4.00	4.08	4.20		4.32	4.48	4.52	4.56					11.88	13.00		
		velocity	7.26	9.21	8.75	8.58	8.33	8.30	8.10	7.81	7.74	7.68			7.98		8.84	8.08		
H1 lead leg	L	strides	21	13	14	14	14		15	15	15	15			136					
Preis, Constantin (GER) (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 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																*Henson (2020) - Athlete First: 2020 year end hurdle report*				
date	23-Aug-20	time	6.10		13.96	18.02	22.12	23.9	26.32		35.44	40.12	44.80		50.13	2 / 6				
reaction time	0.232	interval			7.86	4.06	4.10		4.20		9.12	4.68	4.68	5.33			11.92			
		velocity	7.38		8.91	8.62	8.54	8.37	8.33		7.68	7.48	7.48	7.50	7.98		8.81			
H1 lead leg	L	strides	21			14	14		14			15	15	18	111					
Morale, Salvatore (ITA) (1938)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**	
FINAL - 1961 Universiade (Sofia, BUL)																*Nett (1964) - Training des leichtathleten: Hürdenlauf, sprung, wurf, mehrkampf*				
date	01-Sep-61	time	5.8	9.8	13.9	18.2	22.5		26.8	31.1	35.5	40.0	44.7		50.0	/ 1				
reaction time		interval		4.0	4.1	4.3	4.3		4.3	4.3	4.4	4.5	4.7	5.3	NR		12.4	12.9	13.6	
		velocity	7.76	8.75	8.54	8.14	8.14		8.14	8.14	7.95	7.78	7.45	7.55	8.00		8.47	8.14	7.72	
H1 lead leg		strides																		

Stukalov, Dmitriy (URS) (1951)			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 European Championships (Helsinki, FIN)																*Behm (1995) - la tactique du 400 haies*			
date	12-Aug-71	time	6.0	10.2	14.3	18.3	22.4		26.6	31.0	35.5	40.2	44.8		50.0	/ 3			
reaction time		interval		4.2	4.1	4.0	4.1		4.2	4.4	4.5	4.7	4.6	5.2	PB		12.30	12.70	13.80
		velocity	7.50	8.33	8.54	8.75	8.54		8.33	7.95	7.78	7.45	7.61	7.69	8.00		8.54	8.27	7.61
H1 lead leg		strides		13	13	13	13		15	15	15	15	15		127				

Mörö, Oskari (FIN) (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 - 2014 European Championships (Zurich, SUI)															*Green (2015) - twitter.com/jackpgreen (from Behm?)*				
date	15-Aug-14	time	6.10	9.86	13.70	17.78	21.90		26.18	30.54	35.02	39.74	44.62		50.14	/ 8			
reaction time	0.149	interval		3.76	3.84	4.08	4.12		4.28	4.36	4.48	4.72	4.88	5.52			11.68	12.76	14.08
		velocity	7.38	9.31	9.11	8.58	8.50		8.18	8.03	7.81	7.42	7.17	7.25	7.98		8.99	8.23	7.46
H1 lead leg	R	strides		13	13	13	13		14	14	14	14	15		123				

Yamazaki, Kazuhiko (JPN) (1971)			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 - 2000 Olympic Games (Sydney, AUS)															*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	24-Sep-00	time	5.90	9.66	13.58	17.58	21.70		25.98		35.10	39.78	44.54		50.15	1 / 7			
reaction time	0.177	interval		3.76	3.92	4.00	4.12		4.28		9.12	4.68	4.76	5.61			11.68		
		velocity	7.63	9.31	8.93	8.75	8.50		8.18		7.68	7.48	7.35	7.13	7.98		8.99		
H1 lead leg		strides																	

Rakotoarimaindry, Yvon (MAD) (1971			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 - 2000 Olympic Games (Sydney, AUS)															*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	24-Sep-00	time	5.98	9.82	13.70	17.66	21.70		26.06		35.14	39.86	44.62		50.15	7 / 8			
reaction time	0.185	interval		3.84	3.88	3.96	4.04		4.36		9.08	4.72	4.76	5.53			11.68		
		velocity	7.53	9.11	9.02	8.84	8.66		8.03		7.71	7.42	7.35	7.23	7.98		8.99		
H1 lead leg		strides	21	14	14	14	14		14			15	15		121				

Tateno, Tetsuya (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 - 2012 Shizuoka International Athletics Meeting (Fukuroi, JPN)															*Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions*				
date	03-May-12	time	6.14	10.04	13.96	17.95	21.99		26.24	30.64	35.13	39.78	44.62		50.15	/ 2			
reaction time		interval		3.90	3.92	3.99	4.04		4.25	4.40	4.49	4.65	4.84	5.53			11.81	12.69	13.98
		velocity	7.33	8.97	8.93	8.77	8.66		8.24	7.95	7.80	7.53	7.23	7.23	7.98		8.89	8.27	7.51
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Yoshida, Kazuaki (JPN) (1987)			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 - 2014 Shizuoka International Athletics Meeting (Fukuroi, JPN)															*Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions*				
date	03-May-14	time	6.04	9.91	13.87	17.83	21.92		26.09	30.48	34.95	39.60	44.42		50.15	/ 1			
reaction time		interval		3.87	3.96	3.96	4.09		4.17	4.39	4.47	4.65	4.82	5.73			11.79	12.65	13.94
		velocity	7.45	9.04	8.84	8.84	8.56		8.39	7.97	7.83	7.53	7.26	6.98	7.98		8.91	8.30	7.53
H1 lead leg		strides		13	13	13	13		13	15	15	15	15		125				

Abe, Takatoshi (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 - 2017 Shizuoka International Athletics Meeting (Fukuroi, JPN)															*Morioka (2018) - Analysis of the race patterns of the top 400m hurdles in Japan*				
date	03-May-17	time	6.04	9.78	13.58	17.45	21.42		25.56	30.01	34.81	39.66	44.56		50.15	/ 1			
reaction time		interval		3.74	3.80	3.87	3.97		4.14	4.45	4.80	4.85	4.90	5.59			11.41	12.56	14.55
		velocity	7.45	9.36	9.21	9.04	8.82		8.45	7.87	7.29	7.22	7.14	7.16	7.98		9.20	8.36	7.22
H1 lead leg		strides		13	13	13	13		13	14	16	15	15		125				

Thomas, Eric (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
Heat 4 - 2000 Olympic Games (Sydney, AUS)															*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	24-Sep-00	time	6.08	9.88	13.72	17.64	21.60		25.72	30.20	34.76	39.64	44.60		50.16	6 / 2			
reaction time	0.170	interval		3.80	3.84	3.92	3.96		4.12	4.48	4.56	4.88	4.96	5.56			11.56	12.56	14.40
		velocity	7.40	9.21	9.11	8.93	8.84		8.50	7.81	7.68	7.17	7.06	7.19	7.97		9.08	8.36	7.29
H1 lead leg		strides	21	13	13	13	13		13	14	14	15	15	17.4	161.4				

Gaymon, Justin (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
Heat 3 - 2007 USATF National Championships (Indianapolis, IN)															*USATF Men's Hurdle Development (2007)*				
date	21-Jun-07	time	6.02	10.01	14.06	18.27	22.41		26.75	31.18	35.70	40.27	44.93		50.16	6 / 2			
reaction time		interval		3.99	4.05	4.21	4.14		4.34	4.43	4.52	4.57	4.66	5.23			12.25	12.91	13.75
		velocity	7.48	8.77	8.64	8.31	8.45		8.06	7.90	7.74	7.66	7.51	7.65	7.97		8.57	8.13	7.64
H1 lead leg	R	strides	22	15	15	14	14		15	15	15	15	15		155				

McCoy, Reuben (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
Heat 3 - 2007 USATF National Championships (Indianapolis, IN)															*USATF Men's Hurdle Development (2007)*				
date	21-Jun-07	time	6.21	9.99	13.93	18.03	22.37		26.86	31.33	35.79	40.32	44.89		50.16	8 / 3			
reaction time		interval		3.78	3.94	4.10	4.34		4.49	4.47	4.46	4.53	4.57	5.27			11.82	13.30	13.56
		velocity	7.25	9.26	8.88	8.54	8.06		7.80	7.83	7.85	7.73	7.66	7.59	7.97		8.88	7.89	7.74
H1 lead leg	R	strides	21	13	13	13	15		15	15	15	15	15		150				

Toyoda, Masaki (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 Junior Championships (Nagoya, JPN)															*Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan*				
date	18-Oct-15	time	6.28	10.32	14.42	18.76	23.10		27.40	31.58	35.98	40.45	45.02		50.16	4 / 2			
reaction time		interval		4.04	4.10	4.34	4.34		4.30	4.18	4.40	4.47	4.57	5.14	PB		12.48	12.82	13.44
		velocity	7.17	8.66	8.54	8.06	8.06		8.14	8.37	7.95	7.83	7.66	7.78	7.97		8.41	8.19	7.81
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Mucheru, Bonface (KEN) (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 Shanghai Golden Grand Prix (Shanghai, CHN)															*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	14-May-16	time	6.04	9.96	14.04	18.12	22.36		26.64	31.00	35.40				50.16	9 / 9			
reaction time	0.123	interval		3.92	4.08	4.08	4.24		4.28	4.36	4.40						12.08	12.88	
		velocity	7.45	8.93	8.58	8.58	8.25		8.18	8.03	7.95				7.97		8.69	8.15	
H1 lead leg	R	strides	22	15	15	15	15		15	15	15				127				

Sugai, Mitsuru (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
B FINAL - 2019 Kinami Memorial (Osaka, JPN)															*Matsubayashi (2019) - research on athlete performance and technique- 2019 data book*				
date	06-May-19	time	6.09	9.91	13.90	17.85	21.94		26.23	30.50	35.07	39.72	44.54		50.16	3 / 1			
reaction time		interval		3.82	3.99	3.95	4.09		4.29	4.27	4.57	4.65	4.82	5.62			11.76	12.65	14.04
		velocity	7.39	9.16	8.77	8.86	8.56		8.16	8.20	7.66	7.53	7.26	7.12	7.97		8.93	8.30	7.48
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	19	165				

Barr, Thomas (IRL) (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 Grand Prix (Birmingham, GBR) (TV Analysis)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	18-Aug-19	time	6.08	9.96	13.84	17.80	21.88	23.7	26.12	30.68	35.28	39.92			50.16	8 / 5			
reaction time	0.171	interval		3.88	3.88	3.96	4.08		4.24	4.56	4.60	4.64					11.72	12.88	
		velocity	7.40	9.02	9.02	8.84	8.58	8.44	8.25	7.68	7.61	7.54			7.97		8.96	8.15	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15			129				

Kajiki, Ryo (JPN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)															*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*				
date	01-Jun-21	time	6.04	9.79	13.61	17.60	21.64		25.88	30.35	34.90	39.69	44.58		50.16	7 / 3			
reaction time	0.248	interval		3.75	3.82	3.99	4.04		4.24	4.47	4.55	4.79	4.89	5.58			11.56	12.75	14.23
		velocity	7.45	9.33	9.16	8.77	8.66		8.25	7.83	7.69	7.31	7.16	7.17	7.97		9.08	8.24	7.38
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	15	15	18.5	161.5				

Ziegler, Rolf (FRG) (1951)			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 - 1972 Olympic Games (Munich, FRG)															*Schmidt (1973) - vorolympishces training von john akii-bua über 400 hürden*				
date	01-Sep-72	time					21.6			30.4			44.5		50.17	7 / 3			
reaction time		interval								8.80			14.10	5.67					14.10
		velocity					8.56			7.95			7.45	7.05	7.97				7.45
H1 lead leg		strides																	

Konno, Ryoma (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 Championsips (Osaka, JPN)															*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*				
date	11-Jun-22	time	6.21	10.24	14.36	18.59	22.76		27.03	31.35	35.72	40.14	44.73		50.17	9 / 1			
reaction time	0.177	interval		4.03	4.12	4.23	4.17		4.27	4.32	4.37	4.42	4.59	5.44	PB		12.38	12.76	13.38
		velocity	7.25	8.68	8.50	8.27	8.39		8.20	8.10	8.01	7.92	7.63	7.35	7.97		8.48	8.23	7.85
H1 lead leg	R	strides	21	15	15	15	15		15	15	15	15	15	18.5	174.5				

Zazini, Sokwakhana (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 Bislett Games (Oslo, NOR) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	16-Jun-22	time	5.92	9.76	13.56	17.48	21.56	23.37	25.96	30.44	34.96	39.76	44.56		50.17	8 / 7			
reaction time	0.184	interval		3.84	3.80	3.92	4.08		4.40	4.48	4.52	4.80	4.80	5.61			11.56	12.96	14.12
		velocity	7.60	9.11	9.21	8.93	8.58	8.56	7.95	7.81	7.74	7.29	7.29	7.13	7.97		9.08	8.10	7.44
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	20	186				

Mann, Ralph (USA) (1949)			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 - 1972 Olympic Games (Munich, FRG)															*Schmidt (1973) - vorolympishces training von john akii-bua über 400 hürden*				
date	01-Sep-72	time					21.8						44.6		50.18	5 / 2			
reaction time		interval											22.80	5.58					
		velocity					8.49						7.68	7.17	7.97				
H1 lead leg		strides																	

Obayashi, Masayuki (JPN) (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 Japanese National Junior Championships (Nagoya, JPN)															*Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan*				
date	18-Oct-15	time	6.10	9.94	14.08	18.28	22.62		26.89	31.26	35.76	40.30	44.94		50.18	6 / 3			
reaction time		interval		3.84	4.14	4.20	4.34		4.27	4.37	4.50	4.54	4.64	5.24	PB		12.18	12.98	13.68
		velocity	7.38	9.11	8.45	8.33	8.06		8.20	8.01	7.78	7.71	7.54	7.63	7.97		8.62	8.09	7.68
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				

Whyte, Annsert (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 - 2017 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)															*Henson (2021) - Athlete First: 2017 year end hurdle report*				
date	13-May-17	time	5.76	9.36	13.16	17.00	20.92		25.08	29.56	34.24	39.08	44.16		50.18	3 / 7			
reaction time	0.154	interval		3.60	3.80	3.84	3.92		4.16	4.48	4.68	4.84	5.08	6.02			11.24	12.56	14.60
		velocity	7.81	9.72	9.21	9.11	8.93		8.41	7.81	7.48	7.23	6.89	6.64	7.97		9.34	8.36	7.19
H1 lead leg	L	strides	21	13	14	14	13		14	15	15	15	16	19.2	169.2				

Dobek, Patryk (POL) (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)															*Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*				
date	28-Sep-19	time	6.08	9.84	13.67	17.59	21.74		26.00	30.33	34.81	39.44	44.39		50.18	8 / 7			
reaction time	0.174	interval		3.76	3.83	3.92	4.15		4.26	4.33	4.48	4.63	4.95	5.79			11.51	12.74	14.06
		velocity	7.40	9.31	9.14	8.93	8.43		8.22	8.08	7.81	7.56	7.07	6.91	7.97		9.12	8.24	7.47
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	17	17.7	160.7				

Mägi, Rasmus (EST) (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 - 2020 Golden Spike (Ostrava, CZE) (TV Analysis) *Henson (2020) - Athlete First: 2020 year end hurdle report*

date	08-Sep-20	time	6.04	9.88	17.52	21.49		30.03	34.87	39.64	44.51		50.18	5 / 3			
reaction time	0.177	interval		3.84	7.64	3.97		8.54	4.84	4.77	4.87	5.67			11.48	12.51	14.48
		velocity	7.45	9.11	9.16	8.82		8.20	7.23	7.34	7.19	7.05	7.97		9.15	8.39	7.25
H1 lead leg	L	strides	21	13		13				15	15		77				

Oda, Masaya (JPN) (1995)

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

FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	20-Sep-20	time	6.12	9.94	13.78	17.81	21.94	26.31	30.71	35.24	39.86	44.63		50.18	5 / 2			
reaction time	0.222	interval		3.82	3.84	4.03	4.13	4.37	4.40	4.53	4.62	4.77	5.55			11.69	12.90	13.92
		velocity	7.35	9.16	9.11	8.68	8.47	8.01	7.95	7.73	7.58	7.34	7.21	7.97		8.98	8.14	7.54
H1 lead leg		strides		14	14	14	14	15	15	15	15	15		131				

Clement, Kerron (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 - 2018 Doha Diamond League (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	04-May-18	time	6.16	10.00	13.88	17.88	22.08	26.40	30.76	35.24	39.96	44.76		50.19	6 / 6			
reaction time	0.276	interval		3.84	3.88	4.00	4.20	4.32	4.36	4.48	4.72	4.80	5.43			11.72	12.88	14.00
		velocity	7.31	9.11	9.02	8.75	8.33	8.10	8.03	7.81	7.42	7.29	7.37	7.97		8.96	8.15	7.50
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	14	14		139				

Suguimati, Mahau (BRA) (1984)

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

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

date	03-May-19	time	6.09	9.86	13.68	17.58	21.60	25.83	30.20	34.72	39.57	44.63		50.19	5 / 1			
reaction time		interval		3.77	3.82	3.90	4.02	4.23	4.37	4.52	4.85	5.06	5.56			11.49	12.62	14.43
		velocity	7.39	9.28	9.16	8.97	8.71	8.27	8.01	7.74	7.22	6.92	7.19	7.97		9.14	8.32	7.28
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	15	15	17.2	158.2				

Naadokila, Moitalel Mpoke (KEN) (20

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

date	16-Jul-22	time	6.03	10.00	14.03	18.10	22.16	24.03	26.50	30.90	35.46	40.20	44.83		50.19	8 / 4		
reaction time	0.177	interval		3.97	4.03	4.07	4.06		4.34	4.40	4.56	4.74	4.63	5.36			12.07	12.80	13.93
		velocity	7.46	8.82	8.68	8.60	8.62	8.32	8.06	7.95	7.68	7.38	7.56	7.46	7.97		8.70	8.20	7.54
H1 lead leg	L	strides	21	14	14	14	14		14	14	14	14	14	17	164				

Iakovákis, Periklís (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

Heat 4 - 2000 Olympic Games (Sydney, AUS) *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

date	24-Sep-00	time	6.00	9.84	13.76	17.72	21.72	25.72	30.12	34.72	39.68	44.72		50.20	1 / 3			
reaction time	0.165	interval		3.84	3.92	3.96	4.00	4.00	4.40	4.60	4.96	5.04	5.48			11.72	12.40	14.60
		velocity	7.50	9.11	8.93	8.84	8.75	8.75	7.95	7.61	7.06	6.94	7.30	7.97		8.96	8.47	7.19
H1 lead leg		strides	22	14	14	14	14	14	14	15	16	16	18.6	171.6				

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

date	03-May-21	time	5.96	9.61	13.43	17.38	21.54	25.94	30.28	34.80	39.46	44.36		50.20	6 / 1			
reaction time	0.185	interval		3.65	3.82	3.95	4.16	4.40	4.34	4.52	4.66	4.90	5.84			11.42	12.90	14.08
		velocity	7.55	9.59	9.16	8.86	8.41	7.95	8.06	7.74	7.51	7.14	6.85	7.97		9.19	8.14	7.46
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	20	166				

Jonot, Franck (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 - 1986 French National Championships (Aix les Bains, FRA) *Veney - split times from PJ*

date	10-Aug-86	time	6.05	10.02	13.86	17.80	21.94	26.03	30.53	34.95	39.57	44.39		50.21	/ 2			
reaction time		interval		3.97	3.84	3.94	4.14	4.09	4.50	4.42	4.62	4.82	5.82			11.75	12.73	13.86
		velocity	7.44	8.82	9.11	8.88	8.45	8.56	7.78	7.92	7.58	7.26	6.87	7.97		8.94	8.25	7.58
H1 lead leg		strides																

van Zyl, L.J. (RSA) (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 - 2016 Bauhaus Athletics (Stockholm, SWE) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	16-Jun-16	time	5.93	9.77		17.63	21.77	26.07	30.33	34.70	39.37	44.23		50.21	3 / 4			
reaction time	0.159	interval		3.84		7.86	4.14	4.30	4.26	4.37	4.67	4.86	5.98			11.70	12.70	13.90
		velocity	7.59	9.11		8.91	8.45	8.14	8.22	8.01	7.49	7.20	6.69	7.97		8.97	8.27	7.55
H1 lead leg	L	strides	22	14			14	14	15	15	15	15	20	144				

Bergström, Carl (SWE) (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) *Henson (2020) - Athlete First: 2020 year end hurdle report*

date	23-Aug-20	time	5.82		13.90	17.96	22.18	24.0	26.50	30.92	35.50	40.20	44.94		50.21	6 / 7		
reaction time	0.187	interval			8.08	4.06	4.22		4.32	4.42	4.58	4.70	4.74	5.27			12.14	12.96	14.02
		velocity	7.73		8.66	8.62	8.29	8.33	8.10	7.92	7.64	7.45	7.38	7.59	7.97		8.65	8.10	7.49
H1 lead leg	L	strides	21	14		14	14		15		15	15	15		123				

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

date	16-Jun-22	time	5.92	9.68	13.52	17.52	21.84	23.62	26.18	30.58	34.78	39.68	44.52		50.21	2 / 8		
reaction time	0.184	interval		3.76	3.84	4.00	4.32		4.34	4.40	4.20	4.90	4.84	5.69			11.60	13.06	13.94
		velocity	7.60	9.31	9.11	8.75	8.10	8.47	8.06	7.95	8.33	7.14	7.23	7.03	7.97		9.05	8.04	7.53
H1 lead leg	R	strides	22	14	14	14	16		15		15	15	15	18.5	158.5				

Wheeler, Quentin (USA) (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 -1976 Olympic Games (Montreal, CAN) *Behm (1995) - la tactique du 400 haies*

date	24-Jul-76	time	6.1	10.0	14.1	18.1	22.4		26.6	31.1	35.5	40.1	44.6		50.22	8 / 4			
reaction time		interval		3.87	4.15	4.01	4.29		4.24	4.41	4.41	4.60	4.54	5.62			12.03	12.94	13.55
		velocity	7.40	9.04	8.43	8.73	8.16		8.25	7.94	7.94	7.61	7.71	7.12	7.96		8.73	8.11	7.75
H1 lead leg		strides																	

Peresta, Andrew (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
Heat 3 - 2007 USATF National Championships (Indianapolis, IN)														*USATF Men's Hurdle Development (2007)*			
date 21-Jun-07	time	5.97	9.91	13.93	18.00	22.21		26.53	30.96	35.39	40.12	44.94		50.22	2 / 4			
reaction time	interval		3.94	4.02	4.07	4.21		4.32	4.43	4.43	4.73	4.82	5.28			12.03	12.96	13.98
	velocity	7.54	8.88	8.71	8.60	8.31		8.10	7.90	7.90	7.40	7.26	7.58	7.96		8.73	8.10	7.51
H1 lead leg R	strides	22	15	15	15	15		15	15	15	16	15		158				

Green, Jack (GBR) (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 - 2018 Doha Diamond League (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 04-May-18	time	6.12	10.00	13.92	18.04	22.32		26.64	31.12	35.56	40.20	44.96		50.22	8 / 7			
reaction time 0.230	interval		3.88	3.92	4.12	4.28		4.32	4.48	4.44	4.64	4.76	5.26			11.92	13.08	13.84
	velocity	7.35	9.02	8.93	8.50	8.18		8.10	7.81	7.88	7.54	7.35	7.60	7.96		8.81	8.03	7.59
H1 lead leg R	strides	22	14	13	14	14		14	14	15	15	15		150				

Obayashi, Masayuki (JPN) (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 World Athletics Trials (Fuji, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 06-Sep-20	time	5.96	9.86	13.85	18.00	22.12		26.36	30.63	35.02	39.62	44.53		50.22	/ 2			
reaction time	interval		3.90	3.99	4.15	4.12		4.24	4.27	4.39	4.60	4.91	5.69			12.04	12.63	13.90
	velocity	7.55	8.97	8.77	8.43	8.50		8.25	8.20	7.97	7.61	7.13	7.03	7.96		8.72	8.31	7.55
H1 lead leg	strides		14	14	14	15		15	15	15	15	15		132				

Zazini, Sokwakhana (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 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 17-Jul-22	time	5.87	9.66	13.56	17.30	21.26	23.04		29.90	34.57	39.50	44.37		50.22	2 / 7			
reaction time 0.153	interval		3.79	3.90	3.74	3.96			8.64	4.67	4.93	4.87	5.85			11.43	12.60	14.47
	velocity	7.67	9.23	8.97	9.36	8.84	8.68		8.10	7.49	7.10	7.19	6.84	7.96		9.19	8.33	7.26
H1 lead leg L	strides	23	15	15	15	15				16	17	17	20.2	153.2				

Morgan, Dinsdale (JAM) (1972)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2000 Olympic Games (Sydney, AUS)														*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date 25-Sep-00	time	5.86	9.54	13.34	17.30	21.42	23.02	25.70	30.02	34.70	39.46	44.42		50.23	2 / 7			
reaction time 0.166	interval		3.68	3.80	3.96	4.12		4.28	4.32	4.68	4.76	4.96	5.81			11.44	12.72	14.40
	velocity	7.68	9.51	9.21	8.84	8.50	8.69	8.18	8.10	7.48	7.35	7.06	6.88	7.96		9.18	8.25	7.29
H1 lead leg	strides	22	14	14	14	14		14	15	15	15	16	19	172				

Shao Yi (CHN) (1979)

	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 - 2003 ??? (Shanghai, CHN)														*Zhou (2003) - training of Shao Yi, national champion of men's 400m hurdles*			
date 13-Jun-03	time	6.12	9.88	13.72	17.76	21.84		26.08	30.51	35.08	39.70	44.64		50.23	/ 1			
reaction time	interval		3.76	3.84	4.04	4.08		4.24	4.43	4.57	4.62	4.94	5.59	**PB**		11.64	12.75	14.13
	velocity	7.35	9.31	9.11	8.66	8.58		8.25	7.90	7.66	7.58	7.09	7.16	7.96		9.02	8.24	7.43
H1 lead leg	strides		13	13	14	14		14	14	15	15	15		127				

Valliant, Ludvy (FRA) (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 Prefontaine Classic (Stanford, CA) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 30-Jun-19	time	5.90	9.66	13.50	17.43	21.53		25.76	30.26	34.86	39.63	44.46		50.23	2 / 8			
reaction time 0.218	interval		3.76	3.84	3.93	4.10		4.23	4.50	4.60	4.77	4.83	5.77			11.53	12.83	14.20
	velocity	7.63	9.31	9.11	8.91	8.54		8.27	7.78	7.61	7.34	7.25	6.93	7.96		9.11	8.18	7.39
H1 lead leg R	strides	21	13		13	13		13	14	14		14		115				

Yamauchi, Hiromu (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 Shizuoka International Athletics Meeting (Fukuroi, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 03-May-21	time	6.17	10.09	14.21	18.34	22.54		26.79	31.13	35.59	40.15	44.81		50.23	3 / 2			
reaction time 0.224	interval		3.92	4.12	4.13	4.20		4.25	4.34	4.46	4.56	4.66	5.42			12.17	12.79	13.68
	velocity	7.29	8.93	8.50	8.47	8.33		8.24	8.06	7.85	7.68	7.51	7.38	7.96		8.63	8.21	7.68
H1 lead leg L	strides	21	14	14	14	14		14	14	15	15	15	19.2	169.2				

Hyde, Jaheel (JAM) (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 Doha Diamond League (Doha, QAT) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 13-May-22	time	5.87	9.67	13.71	17.81	22.05	24.2	26.52	30.96	35.40	39.90			50.23	8 / 5			
reaction time 0.167	interval		3.80	4.04	4.10	4.24		4.47	4.44	4.44	4.50					11.94	13.15	
	velocity	7.67	9.21	8.66	8.54	8.25	8.26	7.83	7.88	7.88	7.78			7.96		8.79	7.98	
H1 lead leg L	strides	22	14	14	14	14		15	14	14	14			135				

Davis, Glenn (USA) (1934)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1956 Olympic Games (Melbourne, AUS)														*Quercentani (2000). Athletics: A history of modern track and field athletics (1860-2000)*			
date 24-Nov-56	time				22.7								50.1	4 / 1			
reaction time	interval												**=OR**				
	velocity				8.15								7.98	*(50.29)*			
H1 lead leg L	strides	22	15	15	15	15		15	15	15	15	15	19	176			

Morale, Salvatore (ITA) (1938)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1964 Olympic Games (Tokyo, JPN)														*Breitschaft (1965) - die leichtathletik wettkampfe der 1964 olympischen sommerspielen - 400m hürdenlauf*			
date 16-Oct-64	time	5.8		13.8		22.0			30.8		40.0			50.1	8 / 3			

reaction time		interval		8.0		8.2			8.8		9.2		10.1						
		velocity	7.76	8.75		8.54			7.95		7.61		7.43	7.98					
H1 lead leg		strides																	

Skomorokhov, Vyacheslav (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**
Heat ?? - 1967 (Leninakan, URS) (Altitude)																*Jonath (1969) - wie gerhard hennige trainiert*			
date	02-Oct-67	time	5.8	10.0	13.9	18.1	22.2		26.6	31.1	35.6	40.1	44.7		50.1	/ 1			
reaction time		interval		4.2	3.9	4.2	4.1		4.4	4.5	4.5	4.5	4.6	5.4			12.3	13.0	13.6
		velocity	7.76	8.33	8.97	8.33	8.54		7.95	7.78	7.78	7.78	7.61	7.41	7.98		8.54	8.08	7.72
H1 lead leg		strides																	

Frinolli, Roberto (ITA) (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 - 1968 Olympic Games (Mexico City, MEX) (*Altitude*)															*Dessons (1982) - traite d'athletisme - volume 1: les courses*				
date	15-Oct-68	time	5.8	9.7	13.6	17.5	21.5	23.4	25.6	29.9	34.3	38.9	43.9		50.1	4 / 8			
reaction time		interval		3.90	3.90	3.90	4.00		4.10	4.30	4.40	4.60	5.00	6.20	*(50.13)*		11.70	12.40	14.00
		velocity	7.76	8.97	8.97	8.97	8.75	8.55	8.54	8.14	7.95	7.61	7.00	6.45	7.98		8.97	8.47	7.50
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15		157				

Königsmark, Varg (GER) (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 German National Junior Championships (Bremen, GER)															*Beck (2011) - 400-meter-hürdensprinter im aufschwung*				
date	26-Jun-11	time	6.22	10.12	14.14	18.21	22.40		26.84	31.38	35.98	40.54	45.18		50.24	/ 1			
reaction time		interval		3.90	4.02	4.07	4.19		4.44	4.54	4.60	4.56	4.64	5.06			11.99	13.17	13.80
		velocity	7.23	8.97	8.71	8.60	8.35		7.88	7.71	7.61	7.68	7.54	7.91	7.96		8.76	7.97	7.61
H1 lead leg		strides	20	13	13	13	13		14	14	14	14	14		142				

Bonvin, Julien (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 European Athletics Championships (Munich, GER) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	19-Aug-22	time	5.77	9.38		17.05	21.10	22.74	25.43	29.88	34.57	39.47	44.52		50.24	1 / 7			
reaction time	0.216	interval		3.61		7.67	4.05		4.33	4.45	4.69	4.90	5.05	5.72			11.28	12.83	14.64
		velocity	7.80	9.70		9.13	8.64	8.80	8.08	7.87	7.46	7.14	6.93	6.99	7.96		9.31	8.18	7.17
H1 lead leg	L	strides	21	13			13		14	14	15	15	15	18	138				

Zorin, Yury (URS) (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 - 1972 Olympic Games (Munich, FRG)															*Letzelter (1973) - schrittgestaltung und geschwindigkeitsverlauf beim 400-m-hürdenlauf der olympischen spiele 1972*				
date	03-Sep-72	time	6.0	9.8	13.5	17.4	21.4		25.6	30.0	34.6	39.4	44.4		50.25	3 / 8			
reaction time		interval		3.75	3.75	3.90	4.00		4.20	4.40	4.60	4.80	4.95	5.90			11.40	12.60	14.35
		velocity	7.50	9.33	9.33	8.97	8.75		8.33	7.95	7.61	7.29	7.07	6.78	7.96		9.21	8.33	7.32
H1 lead leg	L	strides	20	13	13	13	13		13	13	15	15	15		143				

Li Zhilong (CHN) (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 - 2012 Chinese National Championships (Kunshan, CHN)															*Li (2008) - research on training characteristics of Li Zhilong's of Chinese men's 400m hurdles*				
date	23-Sep-12	time	6.04	9.88	13.84	17.88	22.00		26.28	30.72	35.24	39.92	44.76		50.25	/ 1			
reaction time		interval		3.84	3.96	4.04	4.12		4.28	4.44	4.52	4.68	4.84	5.49			11.84	12.84	14.04
		velocity	7.45	9.11	8.84	8.66	8.50		8.18	7.88	7.74	7.48	7.23	7.29	7.96		8.87	8.18	7.48
H1 lead leg		strides																	

Mägi, Rasmus (EST) (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 Prefontaine Classic (Stanford, CA) (TV Analysis)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	30-Jun-19	time	6.06	9.93	13.96	18.03	22.16		26.43	31.00	35.50	40.13	44.80		50.25	4 / 9			
reaction time	0.208	interval		3.87	4.03	4.07	4.13		4.27	4.57	4.50	4.63	4.67	5.45			11.97	12.97	13.80
		velocity	7.43	9.04	8.68	8.60	8.47		8.20	7.66	7.78	7.56	7.49	7.34	7.96		8.77	8.10	7.61
H1 lead leg	L	strides	21	13	13	13	13		13	14	14		14		128				

Onodera, Shota (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 Seiko Golden Grand Prix (Tokyo, JPN)															*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*				
date	08-May-22	time	6.39	10.44	14.55	18.64	22.81		26.99	31.31	35.77	40.24	44.88		50.25	1 / 7			
reaction time	0.243	interval		4.05	4.11	4.09	4.17		4.18	4.32	4.46	4.47	4.64	5.37	**PB**		12.25	12.67	13.57
		velocity	7.04	8.64	8.52	8.56	8.39		8.37	8.10	7.85	7.83	7.54	7.45	7.96		8.57	8.29	7.74
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	15	20	177				

Derby, Brian (USA) (1981)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 1 - 2007 USATF National Championships (Indianapolis, IN)															*USATF Men's Hurdle Development (2007)*				
date	21-Jun-07	time	6.09	10.03	13.98	18.03	22.17		26.61	31.09	35.67	40.27	44.91		50.26	5 / 3			
reaction time		interval		3.94	3.95	4.05	4.14		4.44	4.48	4.58	4.60	4.64	5.35			11.94	13.06	13.82
		velocity	7.39	8.88	8.86	8.64	8.45		7.88	7.81	7.64	7.61	7.54	7.48	7.96		8.79	8.04	7.60
H1 lead leg	L	strides	21	14	13	13	13		14	14	14	14	14		144				

Nozawa, Keisuke (JPN) (1991)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)															*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*				
date	24-Oct-20	time	5.99	9.69	13.43	17.22	21.19		25.28	29.46	33.93	38.74	43.89		50.26	6 / 3			
reaction time		interval		3.70	3.74	3.79	3.97		4.09	4.18	4.47	4.81	5.15	6.37			11.23	12.24	14.43
		velocity	7.51	9.46	9.36	9.23	8.82		8.56	8.37	7.83	7.28	6.80	6.28	7.96		9.35	8.58	7.28
H1 lead leg	L	strides	21	13	13	13	14		14	14	14	15	16	20	167				

Kucej, Jožef (TCH) (1965)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1991 European Cup (Frankfurt, GER)															*Federle (2003) - http://www.fgs.uni-halle.de*				
date	29-Jun-91	time	6.09	9.93	13.82	17.82	21.96		26.24	30.55	35.04	39.75	44.63		50.27	/ 5			
reaction time		interval		3.84	3.89	4.00	4.14		4.28	4.31	4.49	4.71	4.88	5.64			11.73	12.73	14.08

		velocity	7.39	9.11	9.00	8.75	8.45		8.18	8.12	7.80	7.43	7.17	7.09	7.96			8.95	8.25	7.46
H1 lead leg		strides																		

Frinolli, Giorgio (ITA) (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 8 - 2000 Olympic Games (Sydney, AUS)														*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date 24-Sep-00	time	6.06	9.82	13.78	17.70	21.78		25.94	30.26	34.86	39.78	44.66		50.27	6 / 2			
reaction time 0.179	interval		3.76	3.96	3.92	4.08		4.16	4.32	4.60	4.92	4.88	5.61			11.64	12.56	14.40
	velocity	7.43	9.31	8.84	8.93	8.58		8.41	8.10	7.61	7.11	7.17	7.13	7.96		9.02	8.36	7.29
H1 lead leg	strides	21	14	14	14	14		14	14	15	16	16	19.2	171.2				

Takada, Kazunari (JPN) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)														*Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data*			
date 31-Jul-15	time	6.12	10.03	14.08	18.13	22.34		26.66	31.10	35.69	40.27	44.91		50.27	6 / 1			
reaction time	interval		3.91	4.05	4.05	4.21		4.32	4.44	4.59	4.58	4.64	5.36	PB		12.01	12.97	13.81
	velocity	7.35	8.95	8.64	8.64	8.31		8.10	7.88	7.63	7.64	7.54	7.46	7.96		8.74	8.10	7.60
H1 lead leg	strides		14	14	14	15		14	15	15	15	15		131				

Dobek, Patryk (POL) (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 Bislett Games (Oslo, NOR) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 09-Jun-16	time	6.00	9.80	13.64	17.56	21.76		26.00	30.48	35.00	39.68	44.52		50.27	3 / 7			
reaction time 0.174	interval		3.80	3.84	3.92	4.20		4.24	4.48	4.52	4.68	4.84	5.75			11.56	12.92	14.04
	velocity	7.50	9.21	9.11	8.93	8.33		8.25	7.81	7.74	7.48	7.23	6.96	7.96		9.08	8.13	7.48
H1 lead leg L	strides	20	13		13	13		13	14	14	14	14	17.2	145.2				

Sugai, Mitsuru (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 - 2019 Japanese National Championships (Fukuoka, JPN)														*Yamanaka (2019) - research on athlete performance and technique- 2019 data book*			
date 29-Jun-19	time	6.06	9.76	13.66	17.58	20.60		25.86	30.23	34.80	39.46	44.43		50.27	5 / 7			
reaction time 0.168	interval		3.70	3.90	3.92	3.02		5.26	4.37	4.57	4.66	4.97	5.84			11.52	12.65	14.20
	velocity	7.43	9.46	8.97	8.93	11.59		6.65	8.01	7.66	7.51	7.04	6.85	7.96		9.11	8.30	7.39
H1 lead leg R	strides	21	13	13	13	13		14	14	15	15	15		146				

Omura, Haruki (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)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 26-Jun-21	time	6.29	10.18	14.15	18.18	22.39		26.68	31.08	35.62	40.24	44.93		50.27	5 / 1			
reaction time 0.214	interval		3.89	3.97	4.03	4.21		4.29	4.40	4.54	4.62	4.69	5.34	PB		11.89	12.90	13.85
	velocity	7.15	9.00	8.82	8.68	8.31		8.16	7.95	7.71	7.58	7.46	7.49	7.96		8.83	8.14	7.58
H1 lead leg L	strides	21	13	13	13	13		14	14	15	15	15	19	165				

Iakovákis, Periklís (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 - 2001 European Championships (Bremen, GER)														*Graubner (2007) - http://www.fgs.uni-halle.de*			
date 23-Jun-01	time	6.30	10.18	14.02	18.02	21.96		26.08	30.56	35.26	40.08	44.86		50.28	/ 6			
reaction time	interval		3.88	3.84	4.00	3.94		4.12	4.48	4.70	4.82	4.78	5.42			11.72	12.54	14.30
	velocity	7.14	9.02	9.11	8.75	8.88		8.50	7.81	7.45	7.26	7.32	7.38	7.96		8.96	8.37	7.34
H1 lead leg	strides																	

Jackson, Bershawn (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 - 2017 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 18-Jun-17	time	5.72	9.52		17.68	21.80		25.92	30.12	34.64	39.36	44.08		50.28	4 / 6			
reaction time 0.135	interval		3.80		8.16	4.12		4.12	4.20	4.52	4.72	4.72	6.20			11.96	12.44	13.96
	velocity	7.87	9.21		8.58	8.50		8.50	8.33	7.74	7.42	7.42	6.45	7.96		8.78	8.44	7.52
H1 lead leg L	strides	22	15			15		15	15		16	15		113				

Barr, Thomas (IRL) (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 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 30-May-19	time	6.06	9.85	13.96	18.00	22.00	23.7	26.36	30.76	35.33	40.26	44.93		50.28	5 / 3			
reaction time 0.196	interval		3.79	4.11	4.04	4.00		4.36	4.40	4.57	4.93	4.67	5.35			11.94	12.76	14.17
	velocity	7.43	9.23	8.52	8.66	8.75	8.44	8.03	7.95	7.66	7.10	7.49	7.48	7.96		8.79	8.23	7.41
H1 lead leg L	strides	21	13	13	13	13		14	14	14	16	15	18	164				

Kendziera, Dave (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 ISTAF (Berlin, GER) (TV Analysis)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 13-Sep-20	time	5.88		13.56	17.40			25.60	29.96	34.52	39.32	44.36		50.28	4 / 3			
reaction time 0.198	interval			7.68	3.84			8.20	4.36	4.56	4.80	5.04	5.92			11.52	12.56	14.40
	velocity	7.65		9.11	9.11			8.54	8.03	7.68	7.29	6.94	6.76	7.96		9.11	8.36	7.29
H1 lead leg L	strides	21			13					14	15	15		78				

Mbaye, Amadou (SEN) (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 - 1996 French National Championships (Evry, FRA)														*Veney - split times from PJ*			
date ??	time	6.1	9.9	13.9	18.0	22.0		26.2	30.5	35.0	39.6	44.5		50.30	/ 2			
reaction time	interval		3.8	4.0	4.1	4.0		4.2	4.3	4.5	4.6	4.9	5.80			11.90	12.50	14.00
	velocity	7.38	9.21	8.75	8.54	8.75		8.33	8.14	7.78	7.61	7.14	6.90	7.95		8.82	8.40	7.50
H1 lead leg	strides	20	13	13	13	13		13	14	14	14	14		141				

Toyoda, Masaki (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
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT)														*Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships*			
date 28-Sep-19	time	6.00	9.80	13.60	17.57	21.70		26.03	30.44	35.05	39.84	44.69		50.30	2 / 8			
reaction time 0.207	interval		3.80	3.80	3.97	4.13		4.33	4.41	4.61	4.79	4.85	5.61			11.57	12.87	14.25
	velocity	7.50	9.21	9.21	8.82	8.47		8.08	7.94	7.59	7.31	7.22	7.13	7.95		9.08	8.16	7.37

H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18	168				
Copello, Yasmani (TUR) (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 - 2022 Doha Diamond League (Doha, QAT) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	13-May-22	time	5.97	9.84	13.91	18.15	22.35	24.2	26.73		35.87	40.51			50.30	5 / 6			
reaction time	0.191	interval		3.87	4.07	4.24	4.20		4.38		9.14	4.64					12.18		
		velocity	7.54	9.04	8.60	8.25	8.33	8.26	7.99		7.66	7.54			7.95		8.62		
H1 lead leg	R	strides	20	13	13	13	13		13			14			99				
Derevyagin, Aleksandr (RUS) (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)																*Behm (2006) - Göteborg 2006: Le quatrache*			
date	10-Aug-06	time	5.9	9.7	13.6	17.6	21.7		26.0	30.4	34.7	39.4	44.2		50.31	/ 8			
reaction time		interval		3.8	3.9	4.0	4.1		4.3	4.4	4.3	4.7	4.8	6.11			11.70	12.80	13.80
		velocity	7.63	9.21	8.97	8.75	8.54		8.14	7.95	8.14	7.45	7.29	6.55	7.95		8.97	8.20	7.61
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5				
Matsushita, Yuki (JPN) (1991)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)															*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*				
date	06-Jun-21	time	6.16	9.99	13.96	17.97	22.12		26.53	31.01	35.62	40.26	44.94		50.31	5 / 2			
reaction time		interval		3.83	3.97	4.01	4.15		4.41	4.48	4.61	4.64	4.68	5.37			11.81	13.04	13.93
		velocity	7.31	9.14	8.82	8.73	8.43		7.94	7.81	7.59	7.54	7.48	7.45	7.95		8.89	8.05	7.54
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.2	164.2				
Matsushita, Yuki (JPN) (1991)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 Seiko Golden Grand Prix (Tokyo, JPN)															*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*				
date	08-May-22	time	6.16	10.08	14.01	18.02	22.07		26.43	30.91	35.52	40.14	44.84		50.31	2 / 8			
reaction time	0.199	interval		3.92	3.93	4.01	4.05		4.36	4.48	4.61	4.62	4.70	5.47			11.86	12.89	13.93
		velocity	7.31	8.93	8.91	8.73	8.64		8.03	7.81	7.59	7.58	7.45	7.31	7.95		8.85	8.15	7.54
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	19	165				
Abe, Takatoshi (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)															*Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions*				
date	03-May-14	time	6.19	10.04	13.96	18.03	22.12		26.42	30.77	35.26	39.91	44.68		50.32	/ 3			
reaction time		interval		3.85	3.92	4.07	4.09		4.30	4.35	4.49	4.65	4.77	5.64			11.84	12.74	13.91
		velocity	7.27	9.09	8.93	8.60	8.56		8.14	8.05	7.80	7.53	7.34	7.09	7.95		8.87	8.24	7.55
H1 lead leg		strides		13	13	13	13		14	14	14	14	15		123				
Liu Yangyang (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 World Championship Trials (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	03-Aug-19	time	6.26	10.30	14.46	18.64	22.97		27.36	31.80	36.20	40.64	45.16		50.32	7 / 1			
reaction time	0.177	interval		4.04	4.16	4.18	4.33		4.39	4.44	4.40	4.44	4.52	5.16	PB		12.38	13.16	13.36
		velocity	7.19	8.66	8.41	8.37	8.08		7.97	7.88	7.95	7.88	7.74	7.75	7.95		8.48	7.98	7.86
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18.5	175.5				
Yoshida, Kyohei (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 - 2020 World Athletics Trials (Fuji, JPN)															*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*				
date	06-Sep-20	time	6.01	9.84	13.75	17.80	21.94		26.21	30.58	35.22	39.97	44.79		50.32	5 / 1			
reaction time		interval		3.83	3.91	4.05	4.14		4.27	4.37	4.64	4.75	4.82	5.53			11.79	12.78	14.21
		velocity	7.49	9.14	8.95	8.64	8.45		8.20	8.01	7.54	7.37	7.26	7.23	7.95		8.91	8.22	7.39
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	19	169				
Zhang Shibao (CHN) (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 - 2001 Chinese National Games (Guangzhou, CHN)															*Gong (2003) - discussion on technique of gold and silver medallist of men's 400m hurdles of the 9th National Games*				
date	22-Nov-01	time	6.09	9.93	13.77	17.77	21.97		26.25	30.65	35.07	39.69	44.57		50.33	/ 2			
reaction time		interval		3.84	3.84	4.00	4.20		4.28	4.40	4.42	4.62	4.88	5.76	NYR		11.68	12.88	13.92
		velocity	7.39	9.11	9.11	8.75	8.33		8.18	7.95	7.92	7.58	7.17	6.94	7.95		8.99	8.15	7.54
H1 lead leg		strides		13	13	15	15		15	15	15	15	15	18.5	149.5				
Kajiki, Ryo (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**
C FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)															*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*				
date	06-Jun-21	time	5.96	9.78	13.66	17.65	21.79		26.13	30.58	35.19	39.92	44.81		50.33	9 / 1			
reaction time		interval		3.82	3.88	3.99	4.14		4.34	4.45	4.61	4.73	4.89	5.52			11.69	12.93	14.23
		velocity	7.55	9.16	9.02	8.77	8.45		8.06	7.87	7.59	7.40	7.16	7.25	7.95		8.98	8.12	7.38
H1 lead leg		strides		14	14	14	14		14	14	15	15	15		129				
Yamada, Atsushi (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 - 2021 Denka Athletics Challenge Cup (Niigata, JPN)															*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*				
date	06-Jun-21	time	5.99	9.71	13.48	17.38	21.45		25.76	30.25	34.97	39.76	44.73		50.33	8 / 3			
reaction time		interval		3.72	3.77	3.90	4.07		4.31	4.49	4.72	4.79	4.97	5.60			11.39	12.87	14.48
		velocity	7.51	9.41	9.28	8.97	8.60		8.12	7.80	7.42	7.31	7.04	7.14	7.95		9.22	8.16	7.25
H1 lead leg	L	strides	21	13	13	13	14		14	14	15	15	15	19.2	166.2				
Cooper, John (GBR) (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 - 1964 Olympic Games (Tokyo, JPN)															*Breitschaft (1965) - die leichtathletik wettkampfe der 1964 olympischen sommerspielen - 400m hürdenlauf*				
date	16-Oct-64	time	5.8		13.8		22.0			30.8		40.0			50.1	4 / 2			
reaction time		interval			8.0		8.2			8.8		9.2		10.1					
		velocity	7.76		8.75		8.54			7.95		7.61		7.43	7.98				
H1 lead leg		strides																	

Sibilio, Alessandro (ITA) (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 European U20 Championships (Grosseto, ITA) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	23-Jul-17	time	6.16	10.20	14.24	18.44	22.72		27.00	31.48	35.96	40.44	45.04		50.34	5 / 2			
reaction time	0.191	interval		4.04	4.04	4.20	4.28		4.28	4.48	4.48	4.48	4.60	5.30	PB		12.28	13.04	13.56
		velocity	7.31	8.66	8.66	8.33	8.18		8.18	7.81	7.81	7.81	7.61	7.55	7.95		8.55	8.05	7.74
H1 lead leg	R	strides		15	15	15	15		15	15	15	15	15	18	153				

Inoue, Kakeru (JPN) (1996)			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)															*Kobayashi (2019) - research on athlete performance and technique- 2019 data book*				
date	03-May-19	time	6.14	9.94	13.88	17.90	21.99		26.26	30.68	35.22	39.97	44.84		50.34	8 / 3			
reaction time		interval		3.80	3.94	4.02	4.09		4.27	4.42	4.54	4.75	4.87	5.50			11.76	12.78	14.16
		velocity	7.33	9.21	8.88	8.71	8.56		8.20	7.92	7.71	7.37	7.19	7.27	7.95		8.93	8.22	7.42
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15		146				

Yamamoto, Tatsuhiro (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 Seiko Golden Grand Prix (Tokyo, JPN)															*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*				
date	23-Aug-20	time	6.01	9.86	13.80	17.77	21.87		26.16	30.61	35.17	39.92	44.79		50.34	4 / 3			
reaction time	0.137	interval		3.85	3.94	3.97	4.10		4.29	4.45	4.56	4.75	4.87	5.55			11.76	12.84	14.18
		velocity	7.49	9.09	8.88	8.82	8.54		8.16	7.87	7.68	7.37	7.19	7.21	7.95		8.93	8.18	7.40
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Matsushita, Yuki (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)															*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*				
date	24-Oct-20	time	6.07	9.93	13.80	17.63	21.60		25.78	30.11	34.68	39.47	44.44		50.34	7 / 4			
reaction time		interval		3.86	3.87	3.83	3.97		4.18	4.33	4.57	4.79	4.97	5.90			11.56	12.48	14.33
		velocity	7.41	9.07	9.04	9.14	8.82		8.37	8.08	7.66	7.31	7.04	6.78	7.95		9.08	8.41	7.33
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	19.2	165.2				

Bonvin, Julien (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 - 2023 Weltklasse (Zürich, SUI)															*Omega Timing (2023) - diamond league race analysis*				
date	31-Aug-23	time	5.76	9.44	13.22	17.10	21.12		25.37	29.85	34.53	39.50	44.57		50.34	1 / 7			
reaction time	0.149	interval		3.68	3.78	3.88	4.02		4.25	4.48	4.68	4.97	5.07	5.77			11.34	12.75	14.72
		velocity	7.81	9.51	9.26	9.02	8.71		8.24	7.81	7.48	7.04	6.90	6.93	7.95		9.26	8.24	7.13
H1 lead leg	L	strides	21	13			13		14	14					75				

Akii-Bua, John (UGA) (1949)			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 - 1972 Olympic Games (Munich, FRG)															*Schmidt (1973) - vorolympishces training von john akii-bua über 400 hürden*				
date	01-Sep-72	time					21.5			29.9			43.3		50.35	2 / 1			
reaction time		interval								8.40			13.40	7.05					13.40
		velocity					8.60			8.33			7.84	5.67	7.94				7.84
H1 lead leg		strides																	

Abe, Takatoshi (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 - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)															*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*				
date	03-May-21	time	6.02	9.66	13.46	17.33	21.29		25.49	29.85	34.40	39.16	44.09		50.35	4 / 3			
reaction time	0.166	interval		3.64	3.80	3.87	3.96		4.20	4.36	4.55	4.76	4.93	6.26			11.31	12.52	14.24
		velocity	7.48	9.62	9.21	9.04	8.84		8.33	8.03	7.69	7.35	7.10	6.39	7.94		9.28	8.39	7.37
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	19.2	165.2				

Takahashi, Yuma (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 Championsips (Osaka, JPN)															*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*				
date	11-Jun-22	time	6.12	10.04	14.06	18.15	22.36		26.63	31.04	35.62	40.22	44.91		50.35	8 / 5			
reaction time	0.197	interval		3.92	4.02	4.09	4.21		4.27	4.41	4.58	4.60	4.69	5.44			12.03	12.89	13.87
		velocity	7.35	8.93	8.71	8.56	8.31		8.20	7.94	7.64	7.61	7.46	7.35	7.94		8.73	8.15	7.57
H1 lead leg	L	strides	21	14	14	14	14		14	15	15	15	15		151				

Edlund, Oskar (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
FINAL - 2023 Bauhaus Galan (Stockholm, SWE)															*Omega Timing (2023) - diamond league race analysis*				
date	02-Jul-23	time	5.97	9.80	13.73	17.69	21.72		25.95	30.42	35.04	39.80	44.57		50.35	1 / 7			
reaction time	0.177	interval		3.83	3.93	3.96	4.03		4.23	4.47	4.62	4.76	4.77	5.78			11.72	12.73	14.15
		velocity	7.54	9.14	8.91	8.84	8.68		8.27	7.83	7.58	7.35	7.34	6.92	7.94		8.96	8.25	7.42
H1 lead leg	L	strides	21	13		13	13		13			15	15		103				

Bencosme, José Reynaldo (ITA) (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 - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	06-Jun-19	time	5.97	9.75	13.71	17.71	21.78		25.95	30.40	34.86	39.63	44.52		50.36	2 / 7			
reaction time	0.165	interval		3.78	3.96	4.00	4.07		4.17	4.45	4.46	4.77	4.89	5.84			11.74	12.69	14.12
		velocity	7.54	9.26	8.84	8.75	8.60		8.39	7.87	7.85	7.34	7.16	6.85	7.94		8.94	8.27	7.44
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	18.5	161.5				

Abe, Takatoshi (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 Müller Grand Prix (Birmingham, GBR) (TV Analysis)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	18-Aug-19	time	5.96	9.72	13.56	17.44	21.44	23.2	25.52	29.96	34.68	39.48	44.48		50.36	2 / 6			
reaction time	0.148	interval		3.76	3.84	3.88	4.00		4.08	4.44	4.72	4.80	5.00	5.88			11.48	12.52	14.52
		velocity	7.55	9.31	9.11	9.02	8.75	8.62	8.58	7.88	7.42	7.29	7.00	6.80	7.94		9.15	8.39	7.23
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	18	162				

Kawagoe, Hiroya (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 - 2022 Michitaka Kinami Memorial (Osaka, JPN)																*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date	01-May-22	time	6.02	9.84	13.85	17.92	22.07		26.39	30.88	35.47	40.14	44.91		50.36	8 / 6			
reaction time	0.167	interval		3.82	4.01	4.07	4.15		4.32	4.49	4.59	4.67	4.77	5.45			11.90	12.96	14.03
		velocity	7.48	9.16	8.73	8.60	8.43		8.10	7.80	7.63	7.49	7.34	7.34	7.94		8.82	8.10	7.48
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Shoaib, Mohamed (SUD) (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 - 2017 Doha Diamond League (Doha, QAT) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	05-May-17	time	6.03	9.86	13.80	17.70	21.70		25.86	30.16	34.66	39.26	44.16		50.37	2 / 6			
reaction time	0.206	interval		3.83	3.94	3.90	4.00		4.16	4.30	4.50	4.60	4.90	6.21			11.67	12.46	14.00
		velocity	7.46	9.14	8.88	8.97	8.75		8.41	8.14	7.78	7.61	7.14	6.44	7.94		9.00	8.43	7.50
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14	14	18	158				

Inoue, Daichi (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 Tokyo High School Championships (Tokyo, JPN)																*(2017) - tfdata-store.com/2017/05/14/post-470/*			
date	14-May-17	time	6.25	10.05	13.95	17.90	21.88		26.05	30.69	35.34	40.18	45.08		50.37	5 / 1			
reaction time		interval		3.80	3.90	3.95	3.98		4.17	4.64	4.65	4.84	4.90	5.29	PB		11.65	12.79	14.39
		velocity	7.20	9.21	8.97	8.86	8.79		8.39	7.54	7.53	7.23	7.14	7.56	7.94		9.01	8.21	7.30
H1 lead leg		strides		13	13	13	13		13	15	15	15	15		125				

Maeno, Kei (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2019 Kinami Memorial (Osaka, JPN)																*Matsubayashi (2019) - research on athlete performance and technique- 2019 data book*			
date	06-May-19	time	6.04	9.83	13.68	17.53	21.67		25.91	30.34	34.87	39.56	44.49		50.37	6 / 2			
reaction time		interval		3.79	3.85	3.85	4.14		4.24	4.43	4.53	4.69	4.93	5.88			11.49	12.81	14.15
		velocity	7.45	9.23	9.09	9.09	8.45		8.25	7.90	7.73	7.46	7.10	6.80	7.94		9.14	8.20	7.42
H1 lead leg	R	strides	21	13	13	13	14		14	15	15	15	17	19.2	169.2				

Maritz, Hardus (NAM) (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 North-West University Pukke Invitational (Sasolburg, RSA) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	28-Mar-17	time	6.08	9.96	13.88	17.92	22.12		26.36	30.68	35.12	39.88	44.76		50.38	3 / 3			
reaction time		interval		3.88	3.92	4.04	4.20		4.24	4.32	4.44	4.76	4.88	5.62			11.84	12.76	14.08
		velocity	7.40	9.02	8.93	8.66	8.33		8.25	8.10	7.88	7.35	7.17	7.12	7.94		8.87	8.23	7.46
H1 lead leg	R	strides		13	13	13	13		13	13	13	14	14		119				

Toyoda, Masaki (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)																*Hirokawa (2019) - research on athlete performance and technique- 2019 data book*			
date	19-May-19	time	6.14	9.94	13.81	17.85	22.02		26.39	30.86	35.50	40.22	44.98		50.38	3 / 1			
reaction time	0.349	interval		3.80	3.87	4.04	4.17		4.37	4.47	4.64	4.72	4.76	5.40			11.71	13.01	14.12
		velocity	7.33	9.21	9.04	8.66	8.39		8.01	7.83	7.54	7.42	7.35	7.41	7.94		8.97	8.07	7.44
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18.5	168.5				

Dobek, Patryk (POL) (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)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	06-Jun-19	time	5.90	9.66	13.50	17.46	21.56		25.76	30.23	34.88	39.73	44.71		50.38	3 / 8			
reaction time	0.153	interval		3.76	3.84	3.96	4.10		4.20	4.47	4.65	4.85	4.98	5.67			11.56	12.77	14.48
		velocity	7.63	9.31	9.11	8.84	8.54		8.33	7.83	7.53	7.22	7.03	7.05	7.94		9.08	8.22	7.25
H1 lead leg	L	strides	20	13	13	13	13		14	14	15	15	15	17.7	162.7				

Shang Shou (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 Chinese National Championships (Chongqing, CHN)																*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.46	10.53	14.63	18.83	23.08		27.47	31.82	36.28	40.82	45.38		50.38	5 / 1			
reaction time	0.212	interval		4.07	4.10	4.20	4.25		4.39	4.35	4.46	4.54	4.56	5.00			12.37	12.99	13.56
		velocity	6.97	8.60	8.54	8.33	8.24		7.97	8.05	7.85	7.71	7.68	8.00	7.94		8.49	8.08	7.74
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169				

Hyde, Jaheel (JAM) (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 Prefontaine Classic (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	28-May-22	time	5.73	9.50	13.40	17.30	21.27	23.07	25.50	29.93	34.57	39.50			50.38	2 / 7			
reaction time	0.157	interval		3.77	3.90	3.90	3.97		4.23	4.43	4.64	4.93					11.57	12.63	
		velocity	7.85	9.28	8.97	8.97	8.82	8.67	8.27	7.90	7.54	7.10			7.94		9.08	8.31	
H1 lead leg	L	strides	21	13	13	13	13		14	15	15	15			132				

Maran, Pascal (FRA) (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 - 1986 IAAF World Junor Championships (Athens, GRE)																*Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races*			
date	18-Jul-86	time	6.09	10.04	14.08	18.17	22.36		26.66	31.10	35.74	40.36	45.08		50.39	/ 3			
reaction time		interval		3.95	4.04	4.09	4.19		4.30	4.44	4.64	4.62	4.72	5.31			12.08	12.93	13.98
		velocity	7.39	8.86	8.66	8.56	8.35		8.14	7.88	7.54	7.58	7.42	7.53	7.94		8.69	8.12	7.51
H1 lead leg		strides	20	13	13	13	14		14	14	15	15	15	18	164				

Shiryayev, Vladislav (RUS) (1973)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 8 - 2000 Olympic Games (Sydney, AUS)																*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date	24-Sep-00	time	6.26	10.18	14.10	18.10	22.14		26.26	30.62	35.26	40.06	44.70		50.39	4 / 3			
reaction time	0.179	interval		3.92	3.92	4.00	4.04		4.12	4.36	4.64	4.80	4.64	5.69			11.84	12.52	14.08
		velocity	7.19	8.93	8.93	8.75	8.66		8.50	8.03	7.54	7.29	7.54	7.03	7.94		8.87	8.39	7.46
H1 lead leg		strides	20	13	13	13	13		13	14	14	15	15	18.2	161.2				

Scott, Bryan (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

Heat 1 - 2007 USATF National Championships (Indianapolis, IN) *USATF Men's Hurdle Development (2007)*

date	21-Jun-07	time	6.17	10.13	14.05	18.27	22.47		26.79	31.10	35.74	40.31	45.05		50.39	7 / 4			
reaction time		interval		3.96	3.92	4.22	4.20		4.32	4.31	4.64	4.57	4.74	5.34			12.10	12.83	13.95
		velocity	7.29	8.84	8.93	8.29	8.33		8.10	8.12	7.54	7.66	7.38	7.49	7.94		8.68	8.18	7.53
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15		151				

Kendziera, Dave (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 Doha Diamond League (Doha, QAT) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	28-May-21	time	5.90	9.84	13.85	17.88	22.02	23.7	26.26	30.60	35.20	39.94	44.74		50.39	8 / 8			
reaction time	0.197	interval		3.94	4.01	4.03	4.14		4.24	4.34	4.60	4.74	4.80	5.65			11.98	12.72	14.14
		velocity	7.63	8.88	8.73	8.68	8.45	8.44	8.25	8.06	7.61	7.38	7.29	7.08	7.94		8.76	8.25	7.43
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	14		140				

Thompson, Kemel (JAM) (1974)

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

Heat 7 - 2000 Olympic Games (Sydney, AUS) *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

date	24-Sep-00	time	6.08	9.88	13.96	18.04	22.28		26.52	30.98	35.32	39.80	44.52		50.40	7 / 4			
reaction time	0.241	interval		3.80	4.08	4.08	4.24		4.24	4.46	4.34	4.48	4.72	5.88			11.96	12.94	13.54
		velocity	7.40	9.21	8.58	8.58	8.25		8.25	7.85	8.06	7.81	7.42	6.80	7.94		8.78	8.11	7.75
H1 lead leg		strides	22	14	14	14	14		14	14	15	15	16		152				

Kato, Seiya (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

C FINAL - 2014 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions*

date	03-May-14	time	6.17	10.01	13.93	17.93	22.13		26.35	30.74	35.26	39.90	44.74		50.40	/ 1			
reaction time		interval		3.84	3.92	4.00	4.20		4.22	4.39	4.52	4.64	4.84	5.66	PB		11.76	12.81	14.00
		velocity	7.29	9.11	8.93	8.75	8.33		8.29	7.97	7.74	7.54	7.23	7.07	7.94		8.93	8.20	7.50
H1 lead leg		strides		13	13	13	14		14	15	15	15	15		127				

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

date	22-Jun-03	time	6.09	10.13	14.26	18.30	22.67		27.03	31.50	36.02	40.61	45.20		50.41	2 / ~~7~~ 6			
reaction time		interval		4.04	4.13	4.04	4.37		4.36	4.47	4.52	4.59	4.59	5.21			12.21	13.20	13.70
		velocity	7.39	8.66	8.47	8.66	8.01		8.03	7.83	7.74	7.63	7.63	7.68	7.93		8.60	7.95	7.66
H1 lead leg		strides																	

Pineda, David José (ESP) (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 - 2017 European U20 Championships (Grosseto, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	23-Jul-17	time	5.84	9.60	13.44	17.40	21.52		25.80	30.40	34.96	39.68	44.52		50.41	3 / 3			
reaction time	0.283	interval		3.76	3.84	3.96	4.12		4.28	4.60	4.56	4.72	4.84	5.89	NJR PB		11.56	13.00	14.12
		velocity	7.71	9.31	9.11	8.84	8.50		8.18	7.61	7.68	7.42	7.23	6.79	7.93		9.08	8.08	7.44
H1 lead leg	L	strides		15	15	15	15		15	17	17	17	17	21	164				

Barr, Thomas (IRL) (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 - 2020 ISTAF (Berlin, GER) (TV Analysis) *Henson (2020) - Athlete First: 2020 year end hurdle report*

date	13-Sep-20	time	6.08		13.76	17.72			26.12	30.64	35.20	40.04			50.41	3 / 4			
reaction time	0.179	interval			7.68	3.96			8.40	4.52	4.56	4.84					11.64	12.92	
		velocity	7.40		9.11	8.84			8.33	7.74	7.68	7.23			7.93		9.02	8.13	
H1 lead leg	L	strides	21			13					14	15			63				

Shirao, Yusuke (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 Gunma High School Athletics Meeting (Maebashi, JPN) *(2017) - tfdata-store.com/2017/05/20/post-584/*

date	21-May-17	time	6.15	9.89	13.73	17.72	21.85		26.07	30.42	34.99	39.74	44.70		50.42	5 / 1			
reaction time		interval		3.74	3.84	3.99	4.13		4.22	4.35	4.57	4.75	4.96	5.72	PB		11.57	12.70	14.28
		velocity	7.32	9.36	9.11	8.77	8.47		8.29	8.05	7.66	7.37	7.06	6.99	7.93		9.08	8.27	7.35
H1 lead leg	R	strides	21	13	13	14	14		14	14	15	15	15	18.5	166.5				

Madari Palliyalil, Jabir (IND) (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 Doha Diamond League (Doha, QAT) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	13-May-22	time	5.90	9.67	13.68	17.82	22.05	23.8	26.32		35.27	39.97	44.81		50.42	1 / 7			
reaction time	0.156	interval		3.77	4.01	4.14	4.23		4.27		8.95	4.70	4.84	5.61			11.92		
		velocity	7.63	9.28	8.73	8.45	8.27	8.40	8.20		7.82	7.45	7.23	7.13	7.93		8.81		
H1 lead leg	L	strides	22	15	15	15	15		15			16	16		129				

Ratnayake, Harijan (SRI) (1974)

	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 - 2000 Olympic Games (Sydney, AUS) *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

date	24-Sep-00	time	6.54	10.58	14.58	18.62	22.74		27.18	31.66	36.26				50.43	7 / 4			
reaction time	0.346	interval		4.04	4.00	4.04	4.12		4.44	4.48	4.60						12.08	13.04	
		velocity	6.88	8.66	8.75	8.66	8.50		7.88	7.81	7.61				7.93		8.69	8.05	
H1 lead leg		strides	22	14	14	13	13		14	14	14				118				

Feng Zhiqiang (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 - 2020 Chinese National Championships (Shaoxing, CHN) *CAA Hurdle Development (2020)*

date	17-Sep-20	time	5.92	9.64	13.58	17.62	21.79		26.16	30.50	35.17	39.96	44.87		50.43	6 / 1			
reaction time		interval		3.72	3.94	4.04	4.17		4.37	4.34	4.67	4.79	4.91	5.56			11.70	12.88	14.37
		velocity	7.60	9.41	8.88	8.66	8.39		8.01	8.06	7.49	7.31	7.13	7.19	7.93		8.97	8.15	7.31
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	15	17	158				

Hemery, David (GBR) (1944)

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

Heat 4 - 1968 Olympic Games (Mexico City, MEX) (*Altitude*) *Jonath (1969) - wie gerhard hennige trainiert*

date	13-Oct-68	time	6.0	10.0	14.0	18.1	22.2	23.7	26.7	30.8	35.0	39.5	44.1		50.3	/ 2			
reaction time		interval		4.0	4.0	4.1	4.1		4.5	4.1	4.2	4.5	4.6	6.2	(50.33)		12.10	12.70	13.30
		velocity	7.50	8.75	8.75	8.54	8.54	8.44	7.78	8.54	8.33	7.78	7.61	6.45	7.95		8.68	8.27	7.89
H1 lead leg		strides																	

Rodríguez, Eduardo Iván (ESP) (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 Championships (Bremen, GER) *Graubner (2007) - http://www.fgs.uni-halle.de*

date	23-Jun-01	time	6.26	10.22	14.17	18.16	22.22		26.40	30.78	35.40	40.06	44.89		50.44	/ 7			
reaction time		interval		3.96	3.95	3.99	4.06		4.18	4.38	4.62	4.66	4.83	5.55			11.90	12.62	14.11
		velocity	7.19	8.84	8.86	8.77	8.62		8.37	7.99	7.58	7.51	7.25	7.21	7.93		8.82	8.32	7.44
H1 lead leg		strides																	

Greene, Joe (USA) (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 - 2007 USATF National Championships (Indianapolis, IN) *USATF Men's Hurdle Development (2007)*

date	21-Jun-07	time	6.17	9.88	13.70	17.60	21.71		26.08	30.61	35.25	39.94	44.72		50.44	5 / 6			
reaction time		interval		3.71	3.82	3.90	4.11		4.37	4.53	4.64	4.69	4.78	5.72			11.43	13.01	14.11
		velocity	7.29	9.43	9.16	8.97	8.52		8.01	7.73	7.54	7.46	7.32	6.99	7.93		9.19	8.07	7.44
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15		146				

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

date	02-Oct-20	time	6.04	9.81	13.66	17.60	21.72		26.09	30.58	35.12	39.84	44.71		50.44	3 / 4			
reaction time	0.178	interval		3.77	3.85	3.94	4.12		4.37	4.49	4.54	4.72	4.87	5.73			11.56	12.98	14.13
		velocity	7.45	9.28	9.09	8.88	8.50		8.01	7.80	7.71	7.42	7.19	6.98	7.93		9.08	8.09	7.43
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	19.7	171.7				

Iwasaki, Takafumi (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

C FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	03-May-21	time	6.01	9.86	13.88	17.97	22.09		26.41	30.85	35.42	40.11	44.84		50.44	4 / 1			
reaction time	0.192	interval		3.85	4.02	4.09	4.12		4.32	4.44	4.57	4.69	4.73	5.60			11.96	12.88	13.99
		velocity	7.49	9.09	8.71	8.56	8.50		8.10	7.88	7.66	7.46	7.40	7.14	7.93		8.78	8.15	7.51
H1 lead leg	L	strides	21	14	14	14	14		14	15	15	15	15	19	170				

Garrett, LaBronze (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) *USATF Women's Sprint Development (2003)*

date	22-Jun-03	time	6.04	9.89	13.90	18.07	22.36		26.69	31.20	35.79	40.41	45.08		50.45	1 / ~~8~~ 7			
reaction time		interval		3.85	4.01	4.17	4.29		4.33	4.51	4.59	4.62	4.67	5.37			12.03	13.13	13.88
		velocity	7.45	9.09	8.73	8.39	8.16		8.08	7.76	7.63	7.58	7.49	7.45	7.93		8.73	8.00	7.56
H1 lead leg		strides																	

Woodward, Nathan (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 1 - 2010 European Championships (Barcelona, ESP) *Arnold (2010) - 400mH planning and peaking*

date	28-Jul-10	time	6.22	10.14	14.16	18.16	22.30		26.54	30.88	35.32	40.06	45.02		50.45	8 / 3			
reaction time	0.187	interval		3.92	4.02	4.00	4.14		4.24	4.34	4.44	4.74	4.96	5.43			11.94	12.72	14.14
		velocity	7.23	8.93	8.71	8.75	8.45		8.25	8.06	7.88	7.38	7.06	7.37	7.93		8.79	8.25	7.43
H1 lead leg	L	strides																	

Yamamoto, Ryo (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

C FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	01-Jun-21	time	6.24	10.16	14.10	18.17	22.37		26.73	31.11	35.59	40.21	44.94		50.45	8 / 1			
reaction time	0.177	interval		3.92	3.94	4.07	4.20		4.36	4.38	4.48	4.62	4.73	5.51			11.93	12.94	13.83
		velocity	7.21	8.93	8.88	8.60	8.33		8.03	7.99	7.81	7.58	7.40	7.26	7.93		8.80	8.11	7.59
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5				

Königsmark, Varg (GER) (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 DLV Junioren-Gala (Mannheim, GER) *Beck (2011) - 400-meter-hürdensprinter im aufschwung*

date	03-Jul-11	time	6.12	10.02	14.06	18.10	22.22		26.44	30.74	35.22	39.97	44.86		50.46	/ 1			
reaction time		interval		3.90	4.04	4.04	4.12		4.22	4.30	4.48	4.75	4.89	5.60			11.98	12.64	14.12
		velocity	7.35	8.97	8.66	8.66	8.50		8.29	8.14	7.81	7.37	7.16	7.14	7.93		8.76	8.31	7.44
H1 lead leg		strides	20	13	13	13	13		13	14	14	15	15		143				

Cai Jungi (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) *CAA Hurdle Development (2019)*

date	10-Jul-19	time	6.24	10.21	14.36	18.40	22.50		26.74	31.05	35.47	40.03	44.86		50.46	3 / ~~3~~ 2			
reaction time	0.196	interval		3.97	4.15	4.04	4.10		4.24	4.31	4.42	4.56	4.83	5.60			12.16	12.65	13.81
		velocity	7.21	8.82	8.43	8.66	8.54		8.25	8.12	7.92	7.68	7.25	7.14	7.93		8.63	8.30	7.60
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19.5	176.5				

Konno, Ryoma (JPN) (2004)

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

FINAL - 2022 Japanese National High School Championships (Naruto, JPN) *Kishima (2022) - national high school championships biomechanics data collection*

date	05-Aug-22	time	6.07	9.93	13.85	17.95	22.13		26.42	30.82	35.25	39.67	44.67		50.46	4 / 1			
reaction time	0.161	interval		3.86	3.92	4.10	4.18		4.29	4.40	4.43	4.42	5.00	5.79			11.88	12.87	13.85
		velocity	7.41	9.07	8.93	8.54	8.37		8.16	7.95	7.90	7.92	7.00	6.91	7.93		8.84	8.16	7.58
H1 lead leg	R	strides	21	15	15	15	15		15	15	15	15	15	19	175				

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

date	19-Aug-22	time	5.93	9.79		17.49	21.58	23.21	25.79	30.28	34.82	39.71	44.76		50.46	8 / 8			

reaction time	0.201	interval		3.86		7.70	4.09		4.21	4.49	4.54	4.89	5.05	5.70			11.56	12.79	14.48
		velocity	7.59	9.07		9.09	8.56	8.62	8.31	7.80	7.71	7.16	6.93	7.02	7.93		9.08	8.21	7.25
H1 lead leg	R	strides	21	14			14		14	15	16	16	16	19	145				

Heusse, Jean-Laurent (FRA) (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) — *Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*

date	25-Aug-99	time	5.75	9.54	13.44	17.45	21.57		25.82	30.25	34.73	39.34	44.21		50.47	1 / 8			
reaction time	0.141	interval		3.79	3.90	4.01	4.12		4.25	4.43	4.48	4.61	4.87	6.26			11.70	12.80	13.96
		velocity	7.83	9.23	8.97	8.73	8.50		8.24	7.90	7.81	7.59	7.19	6.39	7.93		8.97	8.20	7.52
H1 lead leg	R	strides	21	13	13	13	14		14	15	15	15	15	19	167				

Müller, Vít (CZE) (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 ISTAF (Berlin, GER) (TV Analysis) — *Henson (2020) - Athlete First: 2020 year end hurdle report*

date	13-Sep-20	time	6.12		13.72	17.56			25.76		35.16	40.00			50.47	2 / 5			
reaction time	0.204	interval			7.60	3.84			8.20		9.40	4.84					11.44		
		velocity	7.35		9.21	9.11			8.54		7.45	7.23			7.93		9.18		
H1 lead leg	L	strides	21			13						15			49				

Goller, Thomas (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) — *Graubner (2007) - http://www.fgs.uni-halle.de*

date	23-Jun-07	time	6.00	9.77	13.68	17.64	21.70		25.97	30.46	35.10	39.94	44.80		50.48	/ 5			
reaction time	0.143	interval		3.77	3.91	3.96	4.06		4.27	4.49	4.64	4.84	4.86	5.68			11.64	12.82	14.34
		velocity	7.50	9.28	8.95	8.84	8.62		8.20	7.80	7.54	7.23	7.20	7.04	7.92		9.02	8.19	7.32
H1 lead leg		strides																	

Hughes, David (GBR) (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 - 2010 Commonwealth Games (Dehli, IND) — *Arnold (2010) - 400mH planning and peaking*

date	10-Oct-10	time	6.0	9.9	13.7	17.8	21.9	23.7	26.1	30.6	35.3	40.1	44.9		50.48	2 / 8			
reaction time	0.170	interval		3.9	3.8	4.1	4.1		4.2	4.5	4.7	4.8	4.8	5.58			11.78	12.82	14.30
		velocity	7.50	8.97	9.21	8.58	8.50	8.44	8.33	7.78	7.45	7.29	7.29	7.17	7.92		8.91	8.19	7.34
H1 lead leg	R	strides	20	13	13	13	13		13	13	15	15	15	17.7	160.7				

van Zyl, L.J. (RSA) (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 - 2017 North-West University Pukke Invitational (Sasolburg, RSA) (TV Analysis) — *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	28-Mar-17	time	6.08	10.04	13.96	18.00	22.04		26.24	30.56	35.00	39.64	44.56		50.48	4 / 4			
reaction time		interval		3.96	3.92	4.04	4.04		4.20	4.32	4.44	4.64	4.92	5.92			11.92	12.56	14.00
		velocity	7.40	8.84	8.93	8.66	8.66		8.33	8.10	7.88	7.54	7.11	6.76	7.92		8.81	8.36	7.50
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	15		152				

Obayashi, Masayuki (JPN) (1996)

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

date	03-May-19	time	6.07	10.08	14.11	18.34	22.57		26.88	31.35	35.85	40.47	45.18		50.48	6 / 1			
reaction time		interval		4.01	4.03	4.23	4.23		4.31	4.47	4.50	4.62	4.71	5.30			12.27	13.01	13.83
		velocity	7.41	8.73	8.68	8.27	8.27		8.12	7.83	7.78	7.58	7.43	7.55	7.92		8.56	8.07	7.59
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19	172				

Monreal, Íñigo (ESP) (1974)

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

FINAL - 1998 Spanish National Championships (San Sebastián, ESP) — *Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas*

date	02-Aug-98	time	6.00	9.99	14.04	18.19	22.47		26.95	31.27	35.78	40.41	44.99		50.49	6 / 1			
reaction time		interval		3.99	4.05	4.15	4.28		4.48	4.32	4.51	4.63	4.58	5.50			12.19	13.08	13.72
		velocity	7.50	8.77	8.64	8.43	8.18		7.81	8.10	7.76	7.56	7.64	7.27	7.92		8.61	8.03	7.65
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	14	14	17	156				

Yamada, Atsushi (JPN) (1991)

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

FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN) — *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	24-Oct-20	time	5.96	9.84	13.82	17.85	21.91		26.08	30.36	34.97	39.74	44.73		50.49	3 / 5			
reaction time		interval		3.88	3.98	4.03	4.06		4.17	4.28	4.61	4.77	4.99	5.76			11.89	12.51	14.37
		velocity	7.55	9.02	8.79	8.68	8.62		8.39	8.18	7.59	7.34	7.01	6.94	7.92		8.83	8.39	7.31
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	20	170				

Onodera, Shota (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 Championsips (Osaka, JPN) — *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	11-Jun-22	time	6.32	10.24	14.30	18.42	22.56		26.74	30.96	35.42	40.11	45.03		50.49	7 / 6			
reaction time	0.192	interval		3.92	4.06	4.12	4.14		4.18	4.22	4.46	4.69	4.92	5.46			12.10	12.54	14.07
		velocity	7.12	8.93	8.62	8.50	8.45		8.37	8.29	7.85	7.46	7.11	7.33	7.92		8.68	8.37	7.46
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	17		159				

Duma, Christian (GER) (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 3 - 2002 European Championships (Munich, GER) — *Graubner (2009) - http://www.fgs.uni-halle.de*

date	07-Aug-02	time	6.03	9.97	13.90	17.86	21.98		26.21	30.64	36.34	40.16	45.02		50.50	/ 6			
reaction time		interval		3.94	3.93	3.96	4.12		4.23	4.43	5.70	3.82	4.86	5.48			11.83	12.78	14.38
		velocity	7.46	8.88	8.91	8.84	8.50		8.27	7.90	6.14	9.16	7.20	7.30	7.92		8.88	8.22	7.30
H1 lead leg		strides																	

Andersson, Isak (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 - 2017 Bauhaus Athletics (Stockholm, SWE) (TV Analysis) — *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	18-Jun-17	time	6.08	9.96		18.16	22.36		26.64	31.12	35.64	40.24	44.92		50.50	1 / 7			
reaction time	0.202	interval		3.88		8.20	4.20		4.28	4.48	4.52	4.60	4.68	5.58	PB		12.08	12.96	13.80

		velocity	7.40	9.02		8.54	8.33		8.18	7.81	7.74	7.61	7.48	7.17	7.92			8.69	8.10	7.61
H1 lead leg	R	strides	23	15			15		15	15		15	15		113					

Takada, Kazunari (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)																*Matsubayashi (2019) - research on athlete performance and technique- 2019 data book*			
date	06-May-19	time	5.89	9.79	13.66	17.48	21.60		25.88	30.21	34.80	39.56	44.63		50.50	7 / 3			
reaction time		interval		3.90	3.87	3.82	4.12		4.28	4.33	4.59	4.76	5.07	5.87			11.59	12.73	14.42
		velocity	7.64	8.97	9.04	9.16	8.50		8.18	8.08	7.63	7.35	6.90	6.81	7.92		9.06	8.25	7.28
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	20	172				

Rodger, Sebastian (GBR) (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 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	30-May-19	time	6.16	10.06	14.13	18.20	22.30	24.0	26.63	31.06	35.50	40.13	44.93		50.50	2 / 4			
reaction time	0.139	interval		3.90	4.07	4.07	4.10		4.33	4.43	4.44	4.63	4.80	5.57			12.04	12.86	13.87
		velocity	7.31	8.97	8.60	8.60	8.54	8.33	8.08	7.90	7.88	7.56	7.29	7.18	7.92		8.72	8.16	7.57
H1 lead leg	R	strides	22	14	14	14	14		14	14		15	15	19	155				

Yamauchi, Hiromu (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 - 2020 Japanese National Championships (Niigata, JPN)																*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date	02-Oct-20	time	6.16	10.08	14.16	18.27	22.49		26.78	31.15	35.64	40.26	45.01		50.50	6 / 5			
reaction time	0.185	interval		3.92	4.08	4.11	4.22		4.29	4.37	4.49	4.62	4.75	5.49			12.11	12.88	13.86
		velocity	7.31	8.93	8.58	8.52	8.29		8.16	8.01	7.80	7.58	7.37	7.29	7.92		8.67	8.15	7.58
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	19.2	169.2				

Mužík, Jirí (CZE) (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 - 1998 European Championships (Budapest, HUN)																*Sanchez (1998) - Budapest '98: análisis de la carreras con villas*			
date	20-Aug-98	time	6.01				21.40						44.30		50.51	8 / 7			
reaction time		interval					15.39						22.90	6.21					
		velocity	7.49				9.10						7.64	6.44	7.92				
H1 lead leg	R	strides	21	14	14	14	14		14	14	15	15	15	19.5	169.5				

Woodward, Nathan (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 - 2010 European Championships (Barcelona, ESP)																*Arnold (2010) - 400mH planning and peaking*			
date	29-Jul-10	time		9.96	13.86	17.86	21.86		26.06	30.38	34.90	39.72	44.70		50.51	7 / 4			
reaction time	0.214	interval			3.90	4.00	4.00		4.20	4.32	4.52	4.82	4.98	5.81				12.52	14.32
		velocity		8.03	8.97	8.75	8.75		8.33	8.10	7.74	7.26	7.03	6.88	7.92			8.39	7.33
H1 lead leg	L	strides																	

Mano, Yutaro (JPN) (1996)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2019 Kinami Memorial (Osaka, JPN)																*Matsubayashi (2019) - research on athlete performance and technique- 2019 data book*			
date	06-May-19	time	6.16	10.14	14.11	18.12	22.32		26.63	30.13	35.57	40.27	45.03		50.51	6 / 5			
reaction time		interval		3.98	3.97	4.01	4.20		4.31	3.50	5.44	4.70	4.76	5.48			11.96	12.01	14.90
		velocity	7.31	8.79	8.82	8.73	8.33		8.12	10.00	6.43	7.45	7.35	7.30	7.92		8.78	8.74	7.05
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	18.5	169.5				

Chen Tein-Wen (TAI) (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 1 - 2000 Olympic Games (Sydney, AUS)																*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date	25-Sep-00	time	5.98	9.82	13.82	17.82	21.86	23.42	25.98	30.38	34.86	39.46			50.52	8 / 8			
reaction time	0.182	interval		3.84	4.00	4.00	4.04		4.12	4.40	4.48	4.60					11.84	12.56	
		velocity	7.53	9.11	8.75	8.75	8.66	8.54	8.50	7.95	7.81	7.61			7.92		8.87	8.36	
H1 lead leg		strides	22	14	14	14	14		14	14	15	15			136				

Herbert, Llewellyn (RSA) (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)																*Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*			
date	20-Sep-02	time	6.06	9.90	13.94	17.93	21.98		26.20	30.53	35.03	39.76	44.75		50.52	2 / 7			
reaction time	0.136	interval		3.84	4.04	3.99	4.05		4.22	4.33	4.50	4.73	4.99	5.77			11.87	12.60	14.22
		velocity	7.43	9.11	8.66	8.77	8.64		8.29	8.08	7.78	7.40	7.01	6.93	7.92		8.85	8.33	7.38
H1 lead leg	L	strides	22	14	14	14	14		14	15	16	16	16	18.5	173.5				

Clement, Kerron (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 - 2017 Bislett Games (Oslo, NOR) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	15-Jun-17	time	5.90	9.53	13.16	16.93	20.83		25.03	29.53	34.36	39.20	44.46		50.52	6 / 8			
reaction time	0.164	interval		3.63	3.63	3.77	3.90		4.20	4.50	4.83	4.84	5.26	6.06			11.03	12.60	14.93
		velocity	7.63	9.64	9.64	9.28	8.97		8.33	7.78	7.25	7.23	6.65	6.60	7.92		9.52	8.33	7.03
H1 lead leg	R	strides	20	13	13	13	13		13	15	15	14	16		145				

Mägi, Rasmus (EST) (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)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	06-Jun-19	time	6.02	9.86	13.86	17.95	22.11		26.36	30.93	35.45	40.21	45.05		50.52	4 / 9			
reaction time	0.150	interval		3.84	4.00	4.09	4.16		4.25	4.57	4.52	4.76	4.84	5.47			11.93	12.98	14.12
		velocity	7.48	9.11	8.75	8.56	8.41		8.24	7.66	7.74	7.35	7.23	7.31	7.92		8.80	8.09	7.44
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	17.5	161.5				

Matsushita, Yuki (JPN) (1991)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)																*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date	03-May-21	time	6.19	10.01	13.93	17.92	22.06		26.44	30.90	35.52	40.21	44.98		50.52	9 / 2			
reaction time	0.218	interval		3.82	3.92	3.99	4.14		4.38	4.46	4.62	4.69	4.77	5.54			11.73	12.98	14.08
		velocity	7.27	9.16	8.93	8.77	8.45		7.99	7.85	7.58	7.46	7.34	7.22	7.92		8.95	8.09	7.46

H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.5	164.5				

Onodera, Shota (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 Michitaka Kinami Memorial (Osaka, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 01-May-22 time	6.31	10.28	14.35	18.47	22.62		26.79	31.03	35.57	40.24	45.10		50.52	3 / 7			
reaction time 0.210 interval		3.97	4.07	4.12	4.15		4.17	4.24	4.54	4.67	4.86	5.42			12.16	12.56	14.07
velocity	7.13	8.82	8.60	8.50	8.43		8.39	8.25	7.71	7.49	7.20	7.38	7.92		8.63	8.36	7.46
H1 lead leg strides		15	15	15	15		15	15	15	15	17		137				

Takada, Kazunari (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 Seiko Golden Grand Prix (Tokyo, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 23-Aug-20 time	6.04	9.84	13.71	17.67	21.86		26.13	30.53	35.07	39.87	44.84		50.53	2 / 4			
reaction time 0.191 interval		3.80	3.87	3.96	4.19		4.27	4.40	4.54	4.80	4.97	5.69			11.63	12.86	14.31
velocity	7.45	9.21	9.04	8.84	8.35		8.20	7.95	7.71	7.29	7.04	7.03	7.92		9.03	8.16	7.34
H1 lead leg strides		13	13	14	14		14	14	15	15	15		127				

Spencer, William (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 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 25-Jun-21 time	6.03	9.81	13.64	17.62	21.79		26.19	30.76	35.40	40.07	44.81		50.53	4 / 8			
reaction time 0.174 interval		3.78	3.83	3.98	4.17		4.40	4.57	4.64	4.67	4.74	5.72			11.59	13.14	14.05
velocity	7.46	9.26	9.14	8.79	8.39		7.95	7.66	7.54	7.49	7.38	6.99	7.92		9.06	7.99	7.47
H1 lead leg R strides		13	13	13	13			14	14	14	14	17.2	125.2				

Nakamashi, Haruki (JPN) (2004)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 26-Jun-21 time	6.17	10.16	14.18	18.30	22.48		26.78	31.16	35.62	40.34	45.08		50.53	7 / 2			
reaction time 0.181 interval		3.99	4.02	4.12	4.18		4.30	4.38	4.46	4.72	4.74	5.45	PB		12.13	12.86	13.92
velocity	7.29	8.77	8.71	8.50	8.37		8.14	7.99	7.85	7.42	7.38	7.34	7.92		8.66	8.16	7.54
H1 lead leg R strides	22	15	15	15	15		15	15	15	15	15	20.7	177.7				

Lituyev, Yury (URS) (1925)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1953 Hungary vs. USSR (Budapest, HUN)														*Quercentani (2000). Athletics: A history of modern track and field athletics (1860-2000)*			
date 20-Sep-53 time						23.5							50.4	/ 1			
reaction time interval											26.9		WR				
velocity						8.51					7.43		7.94				
H1 lead leg strides		13	13	13	13		13	13	13	15	15		121				

Knoke, Gary (AUS) (1942)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1964 Olympic Games (Tokyo, JPN)														*Breitschaft (1965) - die leichtathletik wettkampfe der 1964 olympischen sommerspielen - 400m hürdenlauf*			
date 16-Oct-64 time	5.8		13.7		21.8			30.6		40.1			50.4	2 / 4			
reaction time interval			7.9		8.1			8.8		9.5		10.3					
velocity	7.76		8.86		8.64			7.95		7.37		7.28	7.94				
H1 lead leg strides																	

Xie Zhiyu (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21 time	6.15	10.04	14.04	18.07	22.24		26.63	31.25	35.92	40.64	45.34		50.4	3 / ~~2~~	*(no official time given)*		
reaction time 0.227 interval		3.89	4.00	4.03	4.17		4.39	4.62	4.67	4.72	4.70	5.06	DQ		11.92	13.18	14.09
velocity	7.32	9.00	8.75	8.68	8.39		7.97	7.58	7.49	7.42	7.45	7.91	7.94		8.81	7.97	7.45
H1 lead leg L strides	21	13	13	13	13		13	14	14	14	14	17	159				

Fredericks, Cornel (RSA) (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 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)														*Henson (2021) - Athlete First: 2018 year end hurdle report*			
date 08-Sep-18 time	5.96	9.84	13.64	17.52	21.60		25.80	30.24	34.84	39.64	44.60		50.54	2 / 7			
reaction time 0.139 interval		3.88	3.80	3.88	4.08		4.20	4.44	4.60	4.80	4.96	5.94			11.56	12.72	14.36
velocity	7.55	9.02	9.21	9.02	8.58		8.33	7.88	7.61	7.29	7.06	6.73	7.91		9.08	8.25	7.31
H1 lead leg R strides	22	14	14	14	14			15	15	15	15	19.2	157.2				

Jordan, Quivell (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)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 11-Jun-21 time	6.00	9.75		17.73	21.80			30.57	35.20	40.00			50.54	1 / 9			
reaction time 0.166 interval		3.75		7.98	4.07			8.77	4.63	4.80					11.73	12.84	
velocity	7.50	9.33		8.77	8.60			7.98	7.56	7.29			7.91		8.95	8.18	
H1 lead leg L strides	21	13			14				15	15			78				

Chalmers, Alastair (GBR) (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)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 17-Jul-22 time	5.77	9.57	13.60	17.60	21.87	23.76	26.20	30.67	35.20	40.07	44.90		50.54	1 / 6			
reaction time 0.157 interval		3.80	4.03	4.00	4.27		4.33	4.47	4.53	4.87	4.83	5.64			11.83	13.07	14.23
velocity	7.80	9.21	8.68	8.75	8.20	8.42	8.08	7.83	7.73	7.19	7.25	7.09	7.91		8.88	8.03	7.38
H1 lead leg L strides	20	13	13	13	13		14	14	15	15	15	18	163				

Hughes, David (GBR) (1984)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2010 Commonwealth Games (Dehli, IND)														*Arnold (2010) - 400mH planning and peaking*			
date 09-Oct-10 time	5.9	9.8	13.8	17.8	21.9	23.7	26.2	30.6	35.2	40.0	44.8		50.55	6 / 3			
reaction time 0.180 interval		3.9	4.0	4.0	4.1		4.3	4.4	4.6	4.8	4.8	5.75			11.90	12.80	14.20
velocity	7.63	8.97	8.75	8.75	8.54	8.44	8.14	7.95	7.61	7.29	7.29	6.96	7.91		8.82	8.20	7.39
H1 lead leg strides																	

Cai Jungi (CHN) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																*CAA Hurdle Development (2019)*			
date	08-Apr-19	time	6.22	10.30	14.50	18.68	22.94		27.20	31.56	36.04	40.56	45.18		50.56	5 / 1			
reaction time	0.179	interval		4.08	4.20	4.18	4.26		4.26	4.36	4.48	4.52	4.62	5.38			12.46	12.88	13.62
		velocity	7.23	8.58	8.33	8.37	8.22		8.22	8.03	7.81	7.74	7.58	7.43	7.91		8.43	8.15	7.71
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				

Sugai, Mitsuru (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
C FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)																*Kobayashi (2019) - research on athlete performance and technique- 2019 data book*			
date	03-May-19	time	6.09	9.83	13.73	17.77	21.89		26.28	30.75	35.44	40.19	45.08		50.56	7 / 2			
reaction time		interval		3.74	3.90	4.04	4.12		4.39	4.47	4.69	4.75	4.89	5.48			11.68	12.98	14.33
		velocity	7.39	9.36	8.97	8.66	8.50		7.97	7.83	7.46	7.37	7.16	7.30	7.91		8.99	8.09	7.33
H1 lead leg	R	strides	22	13	13	13	13		14	14	15	15	15	18.5	165.5				

Iwamoto, Takeshi (JPN) (1996)			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 World Athletics Trials (Fuji, JPN)																*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date	06-Sep-20	time	6.14	9.98	13.93	17.92	22.09		26.36	30.83	35.41	40.32	45.28		50.56	4 / 2			
reaction time		interval		3.84	3.95	3.99	4.17		4.27	4.47	4.58	4.91	4.96	5.28			11.78	12.91	14.45
		velocity	7.33	9.11	8.86	8.77	8.39		8.20	7.83	7.64	7.13	7.06	7.58	7.91		8.91	8.13	7.27
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	16.2	155.2				

Kishimoto, Takayuki (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
B FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)																*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date	03-May-21	time	5.99	9.83	13.75	17.83	22.04		26.39	30.81	35.39	40.06	44.91		50.56	4 / 3			
reaction time	0.145	interval		3.84	3.92	4.08	4.21		4.35	4.42	4.58	4.67	4.85	5.65			11.84	12.98	14.10
		velocity	7.51	9.11	8.93	8.58	8.31		8.05	7.92	7.64	7.49	7.22	7.08	7.91		8.87	8.09	7.45
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.5	164.5				

Nozawa, Keisuke (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 - 2021 Michitaka Kinami Memorial (Osaka, JPN)																*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date	01-Jun-21	time	6.29	10.16	14.20	18.28	22.51		26.73	31.10	35.60	40.24	45.03		50.56	6 / 4			
reaction time	0.199	interval		3.87	4.04	4.08	4.23		4.22	4.37	4.50	4.64	4.79	5.53			11.99	12.82	13.93
		velocity	7.15	9.04	8.66	8.58	8.27		8.29	8.01	7.78	7.54	7.31	7.23	7.91		8.76	8.19	7.54
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	19	169				

Matsushita, Yuki (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Michitaka Kinami Memorial (Osaka, JPN)																*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date	01-May-22	time	6.14	10.01	13.98	18.07	22.17		26.34	30.95	35.54	40.19	44.99		50.56	2 / 8			
reaction time	0.139	interval		3.87	3.97	4.09	4.10		4.17	4.61	4.59	4.65	4.80	5.57			11.93	12.88	14.04
		velocity	7.33	9.04	8.82	8.56	8.54		8.39	7.59	7.63	7.53	7.29	7.18	7.91		8.80	8.15	7.48
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Duma, Christian (GER) (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)																*Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*			
date	20-Sep-02	time	5.91	9.73	13.65	17.65	21.83		26.18	30.69	35.33	40.06	44.99		50.57	5 / 8			
reaction time	0.148	interval		3.82	3.92	4.00	4.18		4.35	4.51	4.64	4.73	4.93	5.58			11.74	13.04	14.30
		velocity	7.61	9.16	8.93	8.75	8.37		8.05	7.76	7.54	7.40	7.10	7.17	7.91		8.94	8.05	7.34
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	16	19.5	172.5				

Mano, Yutaro (JPN) (1996)			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)																*Kobayashi (2019) - research on athlete performance and technique- 2019 data book*			
date	03-May-19	time	6.12	10.01	13.90	17.97	22.12		26.36	30.78	35.30	40.01	44.95		50.57	5 / 4			
reaction time		interval		3.89	3.89	4.07	4.15		4.24	4.42	4.52	4.71	4.94	5.62			11.85	12.81	14.17
		velocity	7.35	9.00	9.00	8.60	8.43		8.25	7.92	7.74	7.43	7.09	7.12	7.91		8.86	8.20	7.41
H1 lead leg	R	strides	21	16	16	16	16		17	17	17	19	19		174				

Deguchi, Haruto (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)																*Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection*			
date	06-Aug-19	time	6.25	10.21	14.25	18.39	22.76		27.24	31.65	36.05	40.62	45.28		50.57	4 / 1			
reaction time		interval		3.96	4.04	4.14	4.37		4.48	4.41	4.40	4.57	4.66	5.29	PB		12.14	13.26	13.63
		velocity	7.20	8.84	8.66	8.45	8.01		7.81	7.94	7.95	7.66	7.51	7.56	7.91		8.65	7.92	7.70
H1 lead leg		strides		13	13	13	14		14	15	15	15	15		127				

Matsushita, Yuki (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National Championsips (Osaka, JPN)																*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date	11-Jun-22	time	6.16	10.04	14.05	18.15	22.29		26.59	31.05	35.72	40.44	45.15		50.57	3 / 7			
reaction time	0.171	interval		3.88	4.01	4.10	4.14		4.30	4.46	4.67	4.72	4.71	5.42			11.99	12.90	14.10
		velocity	7.31	9.02	8.73	8.54	8.45		8.14	7.85	7.49	7.42	7.43	7.38	7.91		8.76	8.14	7.45
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15		146				

Li Guangzhen (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 - 2020 Chinese Olympic Trials (Shaoxing, CHN)																*CAA Hurdle Development (2021)*			
date	13-Jun-21	time	6.19	10.16	14.18	18.28	22.52		26.83	31.35	36.04	40.67	45.33		50.58	3 / 2			
reaction time	0.195	interval		3.97	4.02	4.10	4.24		4.31	4.52	4.69	4.63	4.66	5.25	PB		12.09	13.07	13.98
		velocity	7.27	8.82	8.71	8.54	8.25		8.12	7.74	7.46	7.56	7.51	7.62	7.91		8.68	8.03	7.51
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	17.7	170.7				

Yoshikata, Masahira (JPN) (1982)
Heat 2 - 2007 IAAF World Championships (Osaka, JPN) — *Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	25-Aug-07	time	6.02	9.76	13.61	17.55	21.67		25.92	30.41	34.96	39.70	44.67		50.59	6 / 6			
reaction time	0.187	interval		3.74	3.85	3.94	4.12		4.25	4.49	4.55	4.74	4.97	5.92			11.53	12.86	14.26
		velocity	7.48	9.36	9.09	8.88	8.50		8.24	7.80	7.69	7.38	7.04	6.76	7.91		9.11	8.16	7.36
H1 lead leg	L	strides	21	14	14	14	14		14	15	15	15	15	19.7	170.7				

Ideura, Noriuki (JPN) (1987)
C FINAL - 2014 Shizuoka International Athletics Meeting (Fukuroi, JPN) — *Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	03-May-14	time	6.36	10.40	14.47	18.61	22.78		26.95	31.22	35.59	40.19	45.01		50.59	/ 2			
reaction time		interval		4.04	4.07	4.14	4.17		4.17	4.27	4.37	4.60	4.82	5.58			12.25	12.61	13.79
		velocity	7.08	8.66	8.60	8.45	8.39		8.39	8.20	8.01	7.61	7.26	7.17	7.91		8.57	8.33	7.61
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Cui Caizhuang (CHN) (1995)
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN) — *CAA Hurdle Development (2021)*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	13-Jun-21	time	6.11	10.09	14.13	18.26	22.47		26.88	31.41	36.02	40.66	45.30		50.59	4 / 3			
reaction time	0.167	interval		3.98	4.04	4.13	4.21		4.41	4.53	4.61	4.64	4.64	5.29	PB		12.15	13.15	13.89
		velocity	7.36	8.79	8.66	8.47	8.31		7.94	7.73	7.59	7.54	7.54	7.56	7.91		8.64	7.98	7.56
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18.2	171.2				

Copello, Yasmani (TUR) (1987)
FINAL - 2023 Bauhaus Galan (Stockholm, SWE) — *Omega Timing (2023) - diamond league race analysis*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	02-Jul-23	time	5.97	9.76	13.61	17.44	21.42		25.58	30.00	34.66	39.61	44.61		50.59	2 / 8			
reaction time	0.186	interval		3.79	3.85	3.83	3.98		4.16	4.42	4.66	4.95	5.00	5.98			11.47	12.56	14.61
		velocity	7.54	9.23	9.09	9.14	8.79		8.41	7.92	7.51	7.07	7.00	6.69	7.91		9.15	8.36	7.19
H1 lead leg	R	strides	20	13		13	13		13	14		15	15		116				

Gonigam, Philippe (FRA) (1963)
FINAL - 1987 French National Championships (Annecy, FRA) — *Veney - split times from PJ*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	09-Aug-87	time	6.15	10.12	14.23	18.46	22.68		26.94	31.30	35.69	40.33	45.01		50.60	/ 2			
reaction time		interval		3.97	4.11	4.23	4.22		4.26	4.36	4.39	4.64	4.68	5.59			12.31	12.84	13.71
		velocity	7.32	8.82	8.52	8.27	8.29		8.22	8.03	7.97	7.54	7.48	7.16	7.91		8.53	8.18	7.66
H1 lead leg		strides	22	15	15	15	15		15	15	15	15	16		158				

Yoshida, Kazuaki (JPN) (1987)
FINAL - 2016 Kansai Business Championships (Osaka, JPN) — *(2017) - tfdata-store.com/2017/05/22/post-605/*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	20-May-16	time	6.20	10.12	14.08	18.08	22.27		26.71	31.11	35.58	40.21	44.99		50.60	6 / 2			
reaction time		interval		3.92	3.96	4.00	4.19		4.44	4.40	4.47	4.63	4.78	5.61			11.88	13.03	13.88
		velocity	7.26	8.93	8.84	8.75	8.35		7.88	7.95	7.83	7.56	7.32	7.13	7.91		8.84	8.06	7.56
H1 lead leg		strides		13	13	13	13		15	15	15	15	15		127				

Holmes, TJ (USA) (1995
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis) — *Henson (2020) - Athlete First: 2019 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	13-Jun-19	time	6.05	9.71	13.48		21.35	23.0	25.48	29.86	34.26	39.44	44.48		50.60	5 / 7			
reaction time	0.292	interval		3.66	3.77		7.87		4.13	4.38	4.40	5.18	5.04	6.12					14.62
		velocity	7.44	9.56	9.28		8.89	8.70	8.47	7.99	7.95	6.76	6.94	6.54	7.91				7.18
H1 lead leg	L	strides	19	13	13				13	13	13	15	15	18	132				

Matsushita, Yuki (JPN) (1991)
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN) — *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	23-Aug-20	time	6.14	9.91	13.78	17.82	22.01		26.36	30.83	35.42	40.09	44.89		50.60	7 / 5			
reaction time	0.147	interval		3.77	3.87	4.04	4.19		4.35	4.47	4.59	4.67	4.80	5.71			11.68	13.01	14.06
		velocity	7.33	9.28	9.04	8.66	8.35		8.05	7.83	7.63	7.49	7.29	7.01	7.91		8.99	8.07	7.47
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Inoue, Kakeru (JPN) (1996)
B FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN) — *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	24-Oct-20	time	6.18	10.09	14.13	18.18	22.34		26.68	31.13	35.72	40.44	45.20		50.60	1 / 1			
reaction time		interval		3.91	4.04	4.05	4.16		4.34	4.45	4.59	4.72	4.76	5.40			12.00	12.95	14.07
		velocity	7.28	8.95	8.66	8.64	8.41		8.06	7.87	7.63	7.42	7.35	7.41	7.91		8.75	8.11	7.46
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.7	164.7				

Mucheru, Bonface (KEN) (1992)
FINAL - 2017 Doha Diamond League (Doha, QAT) (TV Analysis) — *Henson (2020) - Athlete First: 2017 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	05-May-17	time	6.23	10.16	14.16	18.23	22.40		26.66	31.03	35.50	40.10	44.86		50.61	3 / 7			
reaction time	0.155	interval		3.93	4.00	4.07	4.17		4.26	4.37	4.47	4.60	4.76	5.75			12.00	12.80	13.83
		velocity	7.22	8.91	8.75	8.60	8.39		8.22	8.01	7.83	7.61	7.35	6.96	7.90		8.75	8.20	7.59
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	15	18.5	175.5				

Kawagoe, Hiroya (JPN) (1997)
FINAL - 2020 Japanese National Championships (Niigata, JPN) — *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	02-Oct-20	time	6.07	9.96	13.98	18.02	22.19		26.59	31.05	35.57	40.24	45.05		50.61	7 / 6			
reaction time	0.170	interval		3.89	4.02	4.04	4.17		4.40	4.46	4.52	4.67	4.81	5.56			11.95	13.03	14.00
		velocity	7.41	9.00	8.71	8.66	8.39		7.95	7.85	7.74	7.49	7.28	7.19	7.90		8.79	8.06	7.50
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	19	171				

Kawagoe, Hiroya (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 - 2021 Michitaka Kinami Memorial (Osaka, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	01-Jun-21	time	6.21	10.14	14.11	18.17	22.36		26.63	31.06	35.59	40.29	45.10		50.61	4 / 3			
reaction time	0.182	interval		3.93	3.97	4.06	4.19		4.27	4.43	4.53	4.70	4.81	5.51			11.96	12.89	14.04
		velocity	7.25	8.91	8.82	8.62	8.35		8.20	7.90	7.73	7.45	7.28	7.26	7.90		8.78	8.15	7.48
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5				

Jackson, Bershawn (USA) (1983)

FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	30-Aug-18	time	5.76	9.68	13.80	18.00	22.32	24.2	26.56	30.84		39.80	44.72		50.63	2 / 7			
reaction time	0.140	interval		3.92	4.12	4.20	4.32		4.24	4.28		8.96	4.92	5.91			12.24	12.84	13.88
		velocity	7.81	8.93	8.50	8.33	8.10	8.26	8.25	8.18		7.81	7.11	6.77	7.90		8.58	8.18	7.56
H1 lead leg	L	strides	22	15	15		15		15	15			16		113				

Toyoda, Masaki (JPN) (1998)

FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	20-Sep-20	time	6.22	10.16	14.18	18.42	22.66		26.91	31.10	35.64	40.34	45.05		50.63	7 / 3			
reaction time	0.242	interval		3.94	4.02	4.24	4.24		4.25	4.19	4.54	4.70	4.71	5.58			12.20	12.68	13.95
		velocity	7.23	8.88	8.71	8.25	8.25		8.24	8.35	7.71	7.45	7.43	7.17	7.90		8.61	8.28	7.53
H1 lead leg		strides		14	14	14	14		14	14	15	15	15		129				

Ozaki, Yusuke (JPN) (1994)

B FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	24-Oct-20	time	6.26	10.11	14.01	18.00	22.16		26.38	30.83	35.37	40.14	44.98		50.63	2 / 2			
reaction time		interval		3.85	3.90	3.99	4.16		4.22	4.45	4.54	4.77	4.84	5.65			11.74	12.83	14.15
		velocity	7.19	9.09	8.97	8.77	8.41		8.29	7.87	7.71	7.34	7.23	7.08	7.90		8.94	8.18	7.42
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	17	17	21	182				

Luck, Jay (USA) (1940)

FINAL - 1964 Olympic Games (Tokyo, JPN) *Breitschaft (1965) - die leichtathletik wettkampfe der 1964 olympischen sommerspielen - 400m hürdenlauf*

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	16-Oct-64	time	5.7		13.8		22.0			30.5		39.6			50.5	3 / 5			
reaction time		interval			8.1		8.2			8.5		9.1		10.9					
		velocity	7.89		8.64		8.54			8.24		7.69		6.88	7.92				
H1 lead leg		strides																	

Kishimoto, Takayuki (JPN) (1990)

FINAL - 2008 Japanese National High School Championships (Kumagaya, JPN) *Abe (2008) - 61st high school championships: JAF scientific committee - biomechanics data*

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	31-Jul-08	time	6.06	10.08	14.24	18.51	22.91		27.37	31.75	36.21	40.75	45.40		50.64	/ 1			
reaction time		interval		4.02	4.16	4.27	4.40		4.46	4.38	4.46	4.54	4.65	5.24			12.45	13.24	13.65
		velocity	7.43	8.71	8.41	8.20	7.95		7.85	7.99	7.85	7.71	7.53	7.63	7.90		8.43	7.93	7.69
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				

Cai Jungi (CHN) (1996)

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

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	25-Apr-21	time	6.26	10.34	14.50	18.70	23.03		27.38	31.80	36.27	40.80	45.33		50.64	7 / 1			
reaction time	0.178	interval		4.08	4.16	4.20	4.33		4.35	4.42	4.47	4.53	4.53	5.31			12.44	13.10	13.53
		velocity	7.19	8.58	8.41	8.33	8.08		8.05	7.92	7.83	7.73	7.73	7.53	7.90		8.44	8.02	7.76
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18.5	175.5				

Nozawa, Keisuke (JPN) (1991)

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

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	19-May-19	time	6.14	9.91	13.88	17.87	21.99		26.14	30.46	35.02	39.98	44.94		50.65	6 / 2			
reaction time	0.254	interval		3.77	3.97	3.99	4.12		4.15	4.32	4.56	4.96	4.96	5.71			11.73	12.59	14.48
		velocity	7.33	9.28	8.82	8.77	8.50		8.43	8.10	7.68	7.06	7.06	7.01	7.90		8.95	8.34	7.25
H1 lead leg	L	strides	21	14	14	14	14		14	14	14	16	15	19	169				

Shang Shou (CHN) (1995)

FINAL - 2020 Chinese National Championships (Shaoxing, CHN) *CAA Hurdle Development (2020)*

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	17-Sep-20	time	6.21	10.17	14.29	18.46	22.75		27.21	31.58	36.08	40.67	45.25		50.65	4 / 2			
reaction time		interval		3.96	4.12	4.17	4.29		4.46	4.37	4.50	4.59	4.58	5.40			12.25	13.12	13.67
		velocity	7.25	8.84	8.50	8.39	8.16		7.85	8.01	7.78	7.63	7.64	7.41	7.90		8.57	8.00	7.68
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169				

Kawakita, Naohiro (JPN) (1980)

FINAL - 2005 Japanese National Championships (Tokyo, JPN) *Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers*

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	04-Jun-05	time	6.14	10.06	14.06	18.10	22.22		26.52	31.07	35.71	40.40	45.24		50.66	/ 3			
reaction time		interval		3.92	4.00	4.04	4.12		4.30	4.55	4.64	4.69	4.84	5.42			11.96	12.97	14.17
		velocity	7.33	8.93	8.75	8.66	8.50		8.14	7.69	7.54	7.46	7.23	7.38	7.90		8.78	8.10	7.41
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Kawagoe, Hiroya (JPN) (1997)

FINAL - 2022 Seiko Golden Grand Prix (Tokyo, JPN) *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	08-May-22	time	5.97	9.73	13.70	17.67	21.79		26.21	30.76	35.40	40.12	45.01		50.66	8 / 9			
reaction time	0.177	interval		3.76	3.97	3.97	4.12		4.42	4.55	4.64	4.72	4.89	5.65			11.70	13.09	14.25
		velocity	7.54	9.31	8.82	8.82	8.50		7.92	7.69	7.54	7.42	7.16	7.08	7.90		8.97	8.02	7.37
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.2	170.2				

Kishimoto, Takayuki (JPN) (1990)

Heat 2 - 2022 World Athletics Championships (Eugene, OR) *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	16-Jul-22	time	5.99	9.81	13.75	17.82	22.06	23.76	26.39	30.83	35.47	40.17	45.03		50.66	2 / 6			
reaction time	0.117	interval		3.82	3.94	4.07	4.24		4.33	4.44	4.64	4.70	4.86	5.63			11.83	13.01	14.20
		velocity	7.51	9.16	8.88	8.60	8.25	8.42	8.08	7.88	7.54	7.45	7.20	7.10	7.90		8.88	8.07	7.39
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Schiller, Udo (GER) (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 - 1991 European Cup (Frankfurt, GER) *Federle (2003) - http://www.fgs.uni-halle.de*

date	29-Jun-91	time	6.27	10.19	14.15	18.11	22.23		26.53	31.04	35.62	40.26	45.02		50.67	/ 6			
reaction time		interval		3.92	3.96	3.96	4.12		4.30	4.51	4.58	4.64	4.76	5.65			11.84	12.93	13.98
		velocity	7.18	8.93	8.84	8.84	8.50		8.14	7.76	7.64	7.54	7.35	7.08	7.89		8.87	8.12	7.51
H1 lead leg		strides																	

Ina, Sota (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 - 2020 World Athletics Trials (Fuji, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	06-Sep-20	time	6.24	10.26	14.18	18.28	22.51		26.78	31.18	35.84	40.59	45.33		50.67	7 / 3			
reaction time		interval		4.02	3.92	4.10	4.23		4.27	4.40	4.66	4.75	4.74	5.34			12.04	12.90	14.15
		velocity	7.21	8.71	8.93	8.54	8.27		8.20	7.95	7.51	7.37	7.38	7.49	7.89		8.72	8.14	7.42
H1 lead leg	R	strides	21	13	13	14	14		14	14	15	15	15	18	166				

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

date	17-Sep-20	time	5.91	9.81			22.05	24.0		31.06	35.67	40.34	45.11		50.67	3 / 8			
reaction time	0.144	interval		3.90			12.24			9.01	4.61	4.67	4.77	5.56					14.05
		velocity	7.61	8.97			8.58	8.33		7.77	7.59	7.49	7.34	7.19	7.89				7.47
H1 lead leg	L	strides	20	13							14	14	14	17.2	92.2				

Kawamura, Hideaki (JPN) (1974)

	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 - 2000 Olympic Games (Sydney, AUS) *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

date	24-Sep-00	time	5.96	9.68	13.80	17.52	21.52		25.64	30.04	34.60	39.68	44.72		50.68	4 / 4			
reaction time	0.172	interval		3.72	4.12	3.72	4.00		4.12	4.40	4.56	5.08	5.04	5.96			11.56	12.52	14.68
		velocity	7.55	9.41	8.50	9.41	8.75		8.50	7.95	7.68	6.89	6.94	6.71	7.89		9.08	8.39	7.15
H1 lead leg		strides	21	14	14	14	14		15	15	15	17	16	20	175				

Nozawa, Keisuke (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 - 2017 Nambu Memorial (Sapporo, JPN) *(2017) - tfdata-store.com/2017/07/11/post-1019/*

date	09-Jul-17	time	5.99	9.69	13.47	17.32	21.34		25.50	29.77	34.25	39.04	44.30		50.68	8 / 6			
reaction time		interval		3.70	3.78	3.85	4.02		4.16	4.27	4.48	4.79	5.26	6.38			11.33	12.45	14.53
		velocity	7.51	9.46	9.26	9.09	8.71		8.41	8.20	7.81	7.31	6.65	6.27	7.89		9.27	8.43	7.23
H1 lead leg	L	strides	21	13	13	13	14		14	14	14	15	16	20	167				

Tsutsue, Kaito (JPN) (1998)

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

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

date	26-Jun-21	time	6.04	9.84	13.73	17.68	21.81		26.11	30.41	35.00	39.77	44.83		50.69	2 / 6			
reaction time	0.195	interval		3.80	3.89	3.95	4.13		4.30	4.30	4.59	4.77	5.06	5.86			11.64	12.73	14.42
		velocity	7.45	9.21	9.00	8.86	8.47		8.14	8.14	7.63	7.34	6.92	6.83	7.89		9.02	8.25	7.28
H1 lead leg	R	strides	23	13	13	13	14		14	14	15	15	15	19	168				

Maillard, Sébastien (FRA) (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 - 2003 IAAF World Championships (Paris, FRA) *Behm (2003) - Paris 2003:Le quatrache masculn - féminin*

date	27-Aug-03	time	5.9	9.6	13.4	17.3	21.4		25.6	30.0	34.6				50.70	8 / 8			
reaction time	0.186	interval		3.7	3.8	3.9	4.1		4.2	4.4	4.6			16.10			11.40	12.70	
		velocity	7.63	9.46	9.21	8.97	8.54		8.33	7.95	7.61			6.83	7.89		9.21	8.27	
H1 lead leg		strides	21	14	14	14	14		15	15	15	16	16	19.5	173.5				

Ferguson, Kenneth (USA) (1984)

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

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

date	22-Jun-03	time	6.34	10.39	14.51	18.73	23.14		27.36	31.39	35.60	39.96	44.68		50.70	7 / 1			
reaction time		interval		4.05	4.12	4.22	4.41		4.22	4.03	4.21	4.36	4.72	6.02			12.39	12.66	13.29
		velocity	7.10	8.64	8.50	8.29	7.94		8.29	8.68	8.31	8.03	7.42	6.64	7.89		8.47	8.29	7.90
H1 lead leg		strides																	

Wang Yijie (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 Final (Daqing, CHN) *CAA Hurdle Development (2019)*

date	23-Aug-19	time	6.12	10.05	13.95	18.03	22.27		26.64	31.16	35.70	40.35	45.11		50.70	4 / 1			
reaction time	0.218	interval		3.93	3.90	4.08	4.24		4.37	4.52	4.54	4.65	4.76	5.59			11.91	13.13	13.95
		velocity	7.35	8.91	8.97	8.58	8.25		8.01	7.74	7.71	7.53	7.35	7.16	7.89		8.82	8.00	7.53
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	18.3	171.3				

Okamura, Kunihiro (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 - 2022 Japanese National Championsips (Osaka, JPN) *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	11-Jun-22	time	6.16	9.91	13.78	17.77	21.87		26.26	30.70	35.37	40.21	45.10		50.70	2 / 8			
reaction time	0.212	interval		3.75	3.87	3.99	4.10		4.39	4.44	4.67	4.84	4.89	5.60			11.61	12.93	14.40
		velocity	7.31	9.33	9.04	8.77	8.54		7.97	7.88	7.49	7.23	7.16	7.14	7.89		9.04	8.12	7.29
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15		146				

Isakov, Erkinjon (UZB) (1974)

	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 - 2000 Olympic Games (Sydney, AUS) *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

date	24-Sep-00	time	6.10	10.14	14.14	18.30	22.62		26.70	31.18	35.74	40.34	45.02		50.71	5 / 5			

reaction time	0.182	interval		4.04	4.00	4.16	4.32		4.08	4.48	4.56	4.60	4.68	5.69			12.20	12.88	13.84
		velocity	7.38	8.66	8.75	8.41	8.10		8.58	7.81	7.68	7.61	7.48	7.03	7.89		8.61	8.15	7.59
H1 lead leg		strides	22	14	14	14	14		14	14	15	15	15		151				

Santos, Juander (DOM) (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 Meeting de Paris (Paris, FRA) (TV Analysis) — *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	05-Jul-18	time	5.92	9.72	13.60	17.64	21.72	23.5	25.92	30.36	34.96	39.84	44.80		50.71	1 / 8			
reaction time	0.168	interval		3.80	3.88	4.04	4.08		4.20	4.44	4.60	4.88	4.96	5.91			11.72	12.72	14.44
		velocity	7.60	9.21	9.02	8.66	8.58	8.51	8.33	7.88	7.61	7.17	7.06	6.77	7.89		8.96	8.25	7.27
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	16	16	19	173				

Feng Zhiqiang (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 - 2019 Asian Athletics Championships (Doha, QAT) — *CAA Hurdle Development (2019)*

date	21-Apr-19	time	5.99	9.91	13.83	17.88	22.10		26.51	31.09	35.68	40.36	45.15		50.71	7 / 6			
reaction time	0.199	interval		3.92	3.92	4.05	4.22		4.41	4.58	4.59	4.68	4.79	5.56			11.89	13.21	14.06
		velocity	7.51	8.93	8.93	8.64	8.29		7.94	7.64	7.63	7.48	7.31	7.19	7.89		8.83	7.95	7.47
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	17.5	160.5				

Paul, Jacob (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 - 2019 Müller Grand Prix (Birmingham, GBR) (TV Analysis) — *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	18-Aug-19	time	6.04	9.92	13.88	17.88	22.04	23.9	26.20		35.20	40.00	44.92		50.71	1 / 7			
reaction time	0.156	interval		3.88	3.96	4.00	4.16		4.16		9.00	4.80	4.92	5.79			11.84		
		velocity	7.45	9.02	8.84	8.75	8.41	8.37	8.41		7.78	7.29	7.11	6.91	7.89		8.87		
H1 lead leg	L	strides	21	14	14	14	14		14	14		15	15		135				

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

date	26-Jun-21	time	6.06	9.93	13.96	18.05	22.26		26.64	31.16	35.82	40.57	45.40		50.71	3 / 7			
reaction time	0.191	interval		3.87	4.03	4.09	4.21		4.38	4.52	4.66	4.75	4.83	5.31			11.99	13.11	14.24
		velocity	7.43	9.04	8.68	8.56	8.31		7.99	7.74	7.51	7.37	7.25	7.53	7.89		8.76	8.01	7.37
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15		152				

Moritaka, Sojiro (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 Championsips (Osaka, JPN) — *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	11-Jun-22	time	6.11	10.13	14.20	18.35	22.56		26.92	31.40	36.02	40.61	45.38		50.71	8 / 2			
reaction time	0.216	interval		4.02	4.07	4.15	4.21		4.36	4.48	4.62	4.59	4.77	5.33	PB		12.24	13.05	13.98
		velocity	7.36	8.71	8.60	8.43	8.31		8.03	7.81	7.58	7.63	7.34	7.50	7.89		8.58	8.05	7.51
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	20	174				

Tinsley, Michael (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 - 2016 London Anniversary Games (London, GBR) (TV Analysis) — *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	23-Jul-16	time	5.80	9.60	13.28	17.16	21.32		25.68	30.12	34.60	39.32	44.28		50.72	4 / 8			
reaction time	0.188	interval		3.80	3.68	3.88	4.16		4.36	4.44	4.48	4.72	4.96	6.44			11.36	12.96	14.16
		velocity	7.76	9.21	9.51	9.02	8.41		8.03	7.88	7.81	7.42	7.06	6.21	7.89		9.24	8.10	7.42
H1 lead leg	L	strides	21	13	13	13	14		14	14	14	14	15		145				

Feng Zhiqiang (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 - 2019 Nanjing World Challenge (Nanjing, CHN) — *CAA Hurdle Development (2019)*

date	21-May-19	time	6.20	10.06	13.96	17.93	22.10		26.46	31.10		40.56	45.40		50.72	2 / 7			
reaction time		interval		3.86	3.90	3.97	4.17		4.36	4.64		9.46	4.84	5.32			11.73	13.17	14.30
		velocity	7.26	9.07	8.97	8.82	8.39		8.03	7.54		7.40	7.23	7.52	7.89		8.95	7.97	7.34
H1 lead leg	L	strides		13	13	13	13		13	14				17.2	96.2				

Wang Yijie (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 National Championships (Shenyang, CHN) — *CAA Hurdle Development (2019)*

date	09-Jul-19	time	6.08	10.05	13.99	18.07	22.19		26.54	30.95	35.50	40.21	45.06		50.72	6 / 1			
reaction time	0.166	interval		3.97	3.94	4.08	4.12		4.35	4.41	4.55	4.71	4.85	5.66	PB		11.99	12.88	14.11
		velocity	7.40	8.82	8.88	8.58	8.50		8.05	7.94	7.69	7.43	7.22	7.07	7.89		8.76	8.15	7.44
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	18.8	171.8				

Ogawa, Daiki (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 Championsips (Osaka, JPN) — *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	11-Jun-22	time	6.12	10.14	14.18	18.26	22.46		26.76	31.11	35.74	40.57	45.41		50.72	7 / 3			
reaction time	0.173	interval		4.02	4.04	4.08	4.20		4.30	4.35	4.63	4.83	4.84	5.31			12.14	12.85	14.30
		velocity	7.35	8.71	8.66	8.58	8.33		8.14	8.05	7.56	7.25	7.23	7.53	7.89		8.65	8.17	7.34
H1 lead leg	L	strides	22	14	14	15	15		15	15	15	17	17	20.2	179.2				

Borsumato, Anthony (GBR) (1973)

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

Heat 6 - 2000 Olympic Games (Sydney, AUS) — *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

date	24-Sep-00	time	6.10	9.86	13.74	17.70	21.70		25.90	30.50	35.02	39.90			50.73	4 / 5			
reaction time	0.155	interval		3.76	3.88	3.96	4.00		4.20	4.60	4.52	4.88					11.60	12.80	
		velocity	7.38	9.31	9.02	8.84	8.75		8.33	7.61	7.74	7.17			7.88		9.05	8.20	
H1 lead leg		strides	21	13	13	13	13		14	15	15	16			133				

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

date	23-Aug-20	time	6.01	9.76	13.56	17.57	21.77		26.08	30.51	35.14	39.92	45.05		50.73	9 / 6			
reaction time	0.159	interval		3.75	3.80	4.01	4.20		4.31	4.43	4.63	4.78	5.13	5.68			11.56	12.94	14.54

		velocity	7.49	9.33	9.21	8.73	8.33	8.12	7.90	7.56	7.32	6.82	7.04	7.88		9.08	8.11	7.22
H1 lead leg		strides		14	14	14	14	14	14	15	15	16		130				

Ye Anan (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 - 2020 Chinese Olympic Trials (Shaoxing, CHN)														*CAA Hurdle Development (2021)*			
date 13-Jun-21	time	6.09	9.98	14.13	18.20	22.49	26.86	31.41	36.02	40.62	45.24		50.73	5 / 4			
reaction time 0.215	interval		3.89	4.15	4.07	4.29	4.37	4.55	4.61	4.60	4.62	5.49	PB		12.11	13.21	13.83
	velocity	7.39	9.00	8.43	8.60	8.16	8.01	7.69	7.59	7.61	7.58	7.29	7.88		8.67	7.95	7.59
H1 lead leg L	strides	22	14	14	14	14	14	15	15	15	15	18.2	170.2				

Fukamachi, Hidai (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 U20 National Championships (Osaka, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 26-Jun-21	time	6.22	10.19	14.10	18.10	22.19	26.43	30.81	35.39	40.14	45.03		50.73	4 / 3			
reaction time 0.220	interval		3.97	3.91	4.00	4.09	4.24	4.38	4.58	4.75	4.89	5.70	PB		11.88	12.71	14.22
	velocity	7.23	8.82	8.95	8.75	8.56	8.25	7.99	7.64	7.37	7.16	7.02	7.88		8.84	8.26	7.38
H1 lead leg L	strides	21	14	14	14	14	15	15	15	16	16	19.5	173.5				

Jordan-Bacot, Quivell (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)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 09-Jul-23	time	5.94	9.67	13.61	17.58	21.65	26.06		35.16	39.97	44.84		50.73	2 / 8			
reaction time	interval		3.73	3.94	3.97	4.07	4.41		9.10	4.81	4.87	5.89			11.64		
	velocity	7.58	9.38	8.88	8.82	8.60	7.94		7.69	7.28	7.19	6.79	7.88		9.02		
H1 lead leg L	strides	21	13	13	13	13				15	15		103				

Hamed, Zaid Abou (SYR) (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 7 - 2000 Olympic Games (Sydney, AUS)														*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date 24-Sep-00	time	6.08	10.08	14.20	18.36	22.76	27.04	31.60	36.04	40.68			50.74	3 / 5			
reaction time 0.117	interval		4.00	4.12	4.16	4.40	4.28	4.56	4.44	4.64					12.28	13.24	
	velocity	7.40	8.75	8.50	8.41	7.95	8.18	7.68	7.88	7.54			7.88		8.55	7.93	
H1 lead leg	strides	21	14	14	14	14	14	15	15	15			136				

Carne, Ben (GBR) (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 European Cup (Munich, GER)														*Graubner (2007) - http://www.fgs.uni-halle.de*			
date 23-Jun-07	time	6.15	10.13	14.06	18.10	22.30	26.56	30.93	35.50	40.17	45.06		50.74	/ 6			
reaction time 0.212	interval		3.98	3.93	4.04	4.20	4.26	4.37	4.57	4.67	4.89	5.68			11.95	12.83	14.13
	velocity	7.32	8.79	8.91	8.66	8.33	8.22	8.01	7.66	7.49	7.16	7.04	7.88		8.79	8.18	7.43
H1 lead leg	strides																

Baluch, Matej (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 Spike (Ostrava, CZE) (TV Analysis)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 08-Sep-20	time	6.00	9.78		17.55	21.55		30.26	35.13	40.07	45.14		50.74	4 / 4			
reaction time 0.154	interval		3.78		7.77	4.00		8.71	4.87	4.94	5.07	5.60	=PB		11.55	12.71	14.88
	velocity	7.50	9.26		9.01	8.75		8.04	7.19	7.09	6.90	7.14	7.88		9.09	8.26	7.06
H1 lead leg R	strides	23	15			15				17	17		87				

Shang Shou (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 1 (Zhaoqing, CHN)														*CAA Hurdle Development (2019)*			
date 08-Apr-19	time	6.35	10.47	14.53	18.68	22.97	27.41	31.84	36.47	41.06	45.68		50.75	7 / 2			
reaction time 0.213	interval		4.12	4.06	4.15	4.29	4.44	4.43	4.63	4.59	4.62	5.07			12.33	13.16	13.84
	velocity	7.09	8.50	8.62	8.43	8.16	7.88	7.90	7.56	7.63	7.58	7.89	7.88		8.52	7.98	7.59
H1 lead leg L	strides	22	15	16	16	16	16	16	15	15	15	18	180				

Ferguson, Kenneth (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 - 2006 USATF National Championships (Indianapolis, IN)														*USATF Men's Hurdle Development (2006)*			
date 24-Jun-06	time	5.86	9.61	13.46	17.35	21.41	25.66	30.03	34.60	39.34	44.56		50.76	1 / 7			
reaction time	interval		3.75	3.85	3.89	4.06	4.25	4.37	4.57	4.74	5.22	6.20			11.49	12.68	14.53
	velocity	7.68	9.33	9.09	9.00	8.62	8.24	8.01	7.66	7.38	6.70	6.45	7.88		9.14	8.28	7.23
H1 lead leg L	strides	22	13	15	13	13	15	15	15	15	15		151				

Robinson, Rohan (AUS) (1971)

	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 - 2000 Olympic Games (Sydney, AUS)														*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date 24-Sep-00	time	6.02	9.82	13.62	17.54	21.54	25.70	30.10	34.70	39.74	44.82		50.80	4 / 4			
reaction time 0.173	interval		3.80	3.80	3.92	4.00	4.16	4.40	4.60	5.04	5.08	5.98			11.52	12.56	14.72
	velocity	7.48	9.21	9.21	8.93	8.75	8.41	7.95	7.61	6.94	6.89	6.69	7.87		9.11	8.36	7.13
H1 lead leg	strides	21	14	14	14	14	14	14	15	16	16		152				

Whyte, Annsert (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 - 2017 Doha Diamond League (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 05-May-17	time	5.86	9.66	13.46	17.36	21.40	25.66	30.00	34.56	39.40	44.66		50.80	7 / 8			
reaction time 0.154	interval		3.80	3.80	3.90	4.04	4.26	4.34	4.56	4.84	5.26	6.14			11.50	12.64	14.66
	velocity	7.68	9.21	9.21	8.97	8.66	8.22	8.06	7.68	7.23	6.65	6.51	7.87		9.13	8.31	7.16
H1 lead leg L	strides	21	14	14	14	14	14	14	15	15	16		151				

Wang Hongwen (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)														*CAA Hurdle Development (2019)*			
date 17-Aug-19	time	6.30	10.22	14.20	18.28	22.46	26.76	31.20	35.76	40.44	45.28		50.80	7 / 2			
reaction time 0.252	interval		3.92	3.98	4.08	4.18	4.30	4.44	4.56	4.68	4.84	5.52	PB		11.98	12.92	14.08
	velocity	7.14	8.93	8.79	8.58	8.37	8.14	7.88	7.68	7.48	7.23	7.25	7.87		8.76	8.13	7.46

H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	17.3	168.3				

Hataura, Yusuke (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)																*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date	02-Oct-20	time	6.16	9.99	13.93	17.95	22.14		26.48	30.85	35.34	39.99	44.91		50.80	8 / 7			
reaction time	0.131	interval		3.83	3.94	4.02	4.19		4.34	4.37	4.49	4.65	4.92	5.89			11.79	12.90	14.06
		velocity	7.31	9.14	8.88	8.71	8.35		8.06	8.01	7.80	7.53	7.11	6.79	7.87		8.91	8.14	7.47
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15		153				

Xu Zhihang (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)																*CAA Hurdle Development (2019)*			
date	10-Jul-19	time	6.26	10.26	14.37	18.48	22.65		27.06	31.56	36.17	40.82	45.55		50.81	4 / ~~4~~ 3			
reaction time	0.167	interval		4.00	4.11	4.11	4.17		4.41	4.50	4.61	4.65	4.73	5.26			12.22	13.08	13.99
		velocity	7.19	8.75	8.52	8.52	8.39		7.94	7.78	7.59	7.53	7.40	7.60	7.87		8.59	8.03	7.51
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18	170				

Mowatt, Kemar (JAM) (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 Prefontaine Classic (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	28-May-22	time	5.80	9.56	13.36	17.33	21.34	23.20	25.56	30.07	34.73	39.73			50.81	8 / 8			
reaction time	0.157	interval		3.76	3.80	3.97	4.01		4.22	4.51	4.66	5.00					11.53	12.74	
		velocity	7.76	9.31	9.21	8.82	8.73	8.62	8.29	7.76	7.51	7.00			7.87		9.11	8.24	
H1 lead leg	L	strides	21	13	13	13	13		14	14	14	15			130				

Shang Shou (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 4 (Luoyang, CHN)																*CAA Hurdle Development (2019)*			
date	29-May-19	time	6.50	10.61	14.68	18.88	23.25		27.71	32.16	36.67	41.22	45.77		50.82	4 / 1			
reaction time	0.267	interval		4.11	4.07	4.20	4.37		4.46	4.45	4.51	4.55	4.55	5.05			12.38	13.28	13.61
		velocity	6.92	8.52	8.60	8.33	8.01		7.85	7.87	7.76	7.69	7.69	7.92	7.87		8.48	7.91	7.71
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	17.7	168.7				

Toyoda, Masaki (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 Shizuoka International Athletics Meeting (Fukuroi, JPN)																*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date	03-May-21	time	5.97	9.83	13.86	17.97	22.19		26.53	30.85	35.35	40.06	44.99		50.82	8 / 4			
reaction time	0.197	interval		3.86	4.03	4.11	4.22		4.34	4.32	4.50	4.71	4.93	5.83			12.00	12.88	14.14
		velocity	7.54	9.07	8.68	8.52	8.29		8.06	8.10	7.78	7.43	7.10	6.86	7.87		8.75	8.15	7.43
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	19	169				

Li Guangzhen (CHN) (1995)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	09-Jul-19	time	6.45	10.51	14.59	18.73	22.86		27.15	31.53	36.02	40.62	45.36		50.83	3 / ~~1~~			
reaction time	0.276	interval		4.06	4.08	4.14	4.13		4.29	4.38	4.49	4.60	4.74	5.47	DQ		12.28	12.80	13.83
		velocity	6.98	8.62	8.58	8.45	8.47		8.16	7.99	7.80	7.61	7.38	7.31	7.87		8.55	8.20	7.59
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	17.5	168.5				

Frinolli, Roberto (ITA) (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 - 1964 Olympic Games (Tokyo, JPN)																*Breitschaft (1965) - die leichtathletik wettkampfe der 1964 olympischen sommerspielen - 400m hürdenlauf*			
date	16-Oct-64	time	5.8		13.4		21.0			29.8		39.0			50.7	7 / 6			
reaction time		interval			7.6		7.6			8.8		9.2		11.7					
		velocity	7.76		9.21		9.21			7.95		7.61		6.41	7.89				
H1 lead leg		strides																	

Paul, Jacob (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 - 2016 London Anniversary Games (London, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	23-Jul-16	time	6.04	9.84	13.76	17.76	21.92		26.24	30.68	35.36	40.16	45.12		50.84	1 / 9			
reaction time	0.136	interval		3.80	3.92	4.00	4.16		4.32	4.44	4.68	4.80	4.96	5.72			11.72	12.92	14.44
		velocity	7.45	9.21	8.93	8.75	8.41		8.10	7.88	7.48	7.29	7.06	6.99	7.87		8.96	8.13	7.27
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15		146				

Ören, Sinan (TUR) (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 - 2017 European U20 Championships (Grosseto, ITA) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	23-Jul-17	time	5.92	9.68	13.56	17.52	21.68		25.96	30.60	35.28	40.00	44.92		50.84	7 / 4			
reaction time	0.258	interval		3.76	3.88	3.96	4.16		4.28	4.64	4.68	4.72	4.92	5.92	NJR PB		11.60	13.08	14.32
		velocity	7.60	9.31	9.02	8.84	8.41		8.18	7.54	7.48	7.42	7.11	6.76	7.87		9.05	8.03	7.33
H1 lead leg	R	strides		14	14	13	13			14	15	15	15	18	131				

Rodger, Sebastian (GBR) (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 - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	21-Jul-18	time	6.08	10.00		18.16	22.36		26.56	31.00	35.56	40.20	45.08		50.84	1 / 8			
reaction time	0.161	interval		3.92		8.16	4.20		4.20	4.44	4.56	4.64	4.88	5.76			12.08	12.84	14.08
		velocity	7.40	8.93		8.58	8.33		8.33	7.88	7.68	7.54	7.17	6.94	7.87		8.69	8.18	7.46
H1 lead leg	R	strides	22	14			14		14	14	15	15	15		123				

Kučera, Martin (SVK) (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 Golden Spike (Ostrava, CZE) (TV Analysis)																*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date	08-Sep-20	time	6.17	10.08	14.11	18.12	22.25		26.59	31.06	35.90	40.57			50.84	7 / 5			
reaction time	0.185	interval		3.91	4.03	4.01	4.13		4.34	4.47	4.84	4.67					11.95	12.94	
		velocity	7.29	8.95	8.68	8.73	8.47		8.06	7.83	7.23	7.49			7.87		8.79	8.11	
H1 lead leg	R	strides	20	13		13	13			14		14			87				

Toyoda, Masaki (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)															*Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data*				
date	31-Jul-15	time	6.12	10.04	14.01	18.15	22.32		26.74	31.30	35.82	40.52	45.28		50.85	9 / 2			
reaction time		interval		3.92	3.97	4.14	4.17		4.42	4.56	4.52	4.70	4.76	5.57			12.03	13.15	13.98
		velocity	7.35	8.93	8.82	8.45	8.39		7.92	7.68	7.74	7.45	7.35	7.18	7.87		8.73	7.98	7.51
H1 lead leg		strides		14	14	14	15		15	15	15	15	15		132				

Xie Zhiyu (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)																*CAA Hurdle Development (2019)*			
date	09-Jul-19	time	6.44	10.48	14.50	18.52	22.66		26.94	31.48	35.98	40.62	45.34		50.85	7 / 2			
reaction time	0.293	interval		4.04	4.02	4.02	4.14		4.28	4.54	4.50	4.64	4.72	5.51	PB		12.08	12.96	13.86
		velocity	6.99	8.66	8.71	8.71	8.45		8.18	7.71	7.78	7.54	7.42	7.26	7.87		8.69	8.10	7.58
H1 lead leg	L	strides	22	13	13	13	13		13	14	14	14	14	17.5	160.5				

Yang Baichuan (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 World Championship Trials (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	03-Aug-19	time	6.12	10.14	14.30	18.56	22.92		27.25	31.68	36.21	40.78	45.55		50.85	6 / 2			
reaction time	0.186	interval		4.02	4.16	4.26	4.36		4.33	4.43	4.53	4.57	4.77	5.30			12.44	13.12	13.87
		velocity	7.35	8.71	8.41	8.22	8.03		8.08	7.90	7.73	7.66	7.34	7.55	7.87		8.44	8.00	7.57
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	15	20	178				

Cui Caizhuang (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 National Grand Prix (Chengdu, CHN)																*CAA Hurdle Development (2021)*			
date	02-Apr-21	time	6.16	10.16	14.26	18.41	22.61		26.94	31.42	36.02	40.75	45.52		50.85	3 / 1			
reaction time	0.193	interval		4.00	4.10	4.15	4.20		4.33	4.48	4.60	4.73	4.77	5.33	PB		12.25	13.01	14.10
		velocity	7.31	8.75	8.54	8.43	8.33		8.08	7.81	7.61	7.40	7.34	7.50	7.87		8.57	8.07	7.45
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19	172				

Chiba, Yoshihiro (JPN) (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 Osaka Grand Prix (Osaka, JPN)													*Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers*						
date	08-May-04	time	6.02	9.92	13.96	18.08	22.28		26.60	30.99	35.58	40.28	45.12		50.86	/ 9			
reaction time		interval		3.90	4.04	4.12	4.20		4.32	4.39	4.59	4.70	4.84	5.74			12.06	12.91	14.13
		velocity	7.48	8.97	8.66	8.50	8.33		8.10	7.97	7.63	7.45	7.23	6.97	7.86		8.71	8.13	7.43
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Sugai, Mitsuru (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
B FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)															*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*				
date	24-Oct-20	time	6.07	9.94	13.86	17.83	21.99		26.36	30.81	35.39	40.12	44.99		50.86	6 / 3			
reaction time		interval		3.87	3.92	3.97	4.16		4.37	4.45	4.58	4.73	4.87	5.87			11.76	12.98	14.18
		velocity	7.41	9.04	8.93	8.82	8.41		8.01	7.87	7.64	7.40	7.19	6.81	7.86		8.93	8.09	7.40
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	19	165				

Bultheel, Michaël (BEL) (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 European Cup (Munich, GER)															*Graubner (2007) - http://www.fgs.uni-halle.de*				
date	23-Jun-07	time	6.16	10.03	13.99	17.99	22.10		26.42	30.92	35.61	40.40	45.30		50.87	/ 7			
reaction time	0.149	interval		3.87	3.96	4.00	4.11		4.32	4.50	4.69	4.79	4.90	5.57			11.83	12.93	14.38
		velocity	7.31	9.04	8.84	8.75	8.52		8.10	7.78	7.46	7.31	7.14	7.18	7.86		8.88	8.12	7.30
H1 lead leg		strides																	

Suguimati, Mahau (BRA) (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 - 2019 Seiko Golden Grand Prix (Osaka, JPN)													*Hirokawa (2019) - research on athlete performance and technique- 2019 data book*						
date	19-May-19	time	6.06	9.84	13.73	17.76	21.92		26.28	30.78	35.60	40.44	45.33		50.87	2 / 3			
reaction time	0.160	interval		3.78	3.89	4.03	4.16		4.36	4.50	4.82	4.84	4.89	5.54			11.70	13.02	14.55
		velocity	7.43	9.26	9.00	8.68	8.41		8.03	7.78	7.26	7.23	7.16	7.22	7.86		8.97	8.06	7.22
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	14	17.5	157.5				

Kanno, Kohei (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)													*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*						
date	26-Jun-21	time	6.46	10.51	14.60	18.67	22.84		27.08	31.38	35.77	40.37	45.31		50.88	9 / 4			
reaction time	0.200	interval		4.05	4.09	4.07	4.17		4.24	4.30	4.39	4.60	4.94	5.57			12.21	12.71	13.93
		velocity	6.97	8.64	8.56	8.60	8.39		8.25	8.14	7.97	7.61	7.09	7.18	7.86		8.60	8.26	7.54
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	17	19.5	178.5				

Smith, Willie (NAM) (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 1 - 2000 Olympic Games (Sydney, AUS)													*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*						
date	24-Sep-00	time	6.06	9.78	13.66	17.62	21.66		25.82	30.34	35.02	39.90			50.89	5 / 5			
reaction time	0.156	interval		3.72	3.88	3.96	4.04		4.16	4.52	4.68	4.88					11.56	12.72	
		velocity	7.43	9.41	9.02	8.84	8.66		8.41	7.74	7.48	7.17			7.86		9.08	8.25	
H1 lead leg		strides	22	15	15	15	15		17	17	17	17			150				

Bennett, LaRon (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)																*USATF Hurdle Development (2008)*			
date	29-Jun-08	time	6.16	10.11	13.99	18.10	22.29		26.21	31.18	35.77	40.39	45.18		50.89	1 / 8			
reaction time		interval		3.95	3.88	4.11	4.19		3.92	4.97	4.59	4.62	4.79	5.71			11.94	13.08	14.00
		velocity	7.31	8.86	9.02	8.52	8.35		8.93	7.04	7.63	7.58	7.31	7.01	7.86		8.79	8.03	7.50
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15		153				

Schneider, Drake (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	25-Jun-21	time	6.13	9.97	13.80	17.80	21.97		26.27	30.77	35.43	40.27	45.20		50.89	9 / 6			
reaction time	0.283	interval		3.84	3.83	4.00	4.17		4.30	4.50	4.66	4.84	4.93	5.69			11.67	12.97	14.43
		velocity	7.34	9.11	9.14	8.75	8.39		8.14	7.78	7.51	7.23	7.10	7.03	7.86		9.00	8.10	7.28
H1 lead leg	R	strides		13	13	13	13		14	14	15	15	15		125				

Duvigneau, Dominique (FRA) (1960)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1987 French National Championships (Annecy, FRA)																*Veney - split times from PJ*			
date	09-Aug-87	time	6.09	10.11	14.19	18.38	22.55		26.92	31.37	36.03	40.70	45.42		50.92	/ 3			
reaction time		interval		4.02	4.08	4.19	4.17		4.37	4.45	4.66	4.67	4.72	5.50			12.29	12.99	14.05
		velocity	7.39	8.71	8.58	8.35	8.39		8.01	7.87	7.51	7.49	7.42	7.27	7.86		8.54	8.08	7.47
H1 lead leg		strides	21	14	14	14	14		14	15	15	15	15		151				

Tucker, Paul (GUY) (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 7 - 2000 Olympic Games (Sydney, AUS)															*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	24-Sep-00	time	6.00	9.80	13.76	17.76	21.88		26.04	30.48	35.04	39.92			50.92	6 / 6			
reaction time	0.354	interval		3.80	3.96	4.00	4.12		4.16	4.44	4.56	4.88					11.76	12.72	
		velocity	7.50	9.21	8.84	8.75	8.50		8.41	7.88	7.68	7.17			7.86		8.93	8.25	
H1 lead leg		strides	22	14	14	14	14		14	15	15	16			138				

Čukman, Hrvoje (CRO) (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 - 2017 European U20 Championships (Grosseto, ITA) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date	23-Jul-17	time	5.88	9.72	13.60	17.60	21.72		26.08	30.72	35.52	40.32	45.16		50.92	1 / 5			
reaction time	0.226	interval		3.84	3.88	4.00	4.12		4.36	4.64	4.80	4.80	4.84	5.76	PB		11.72	13.12	14.44
		velocity	7.65	9.11	9.02	8.75	8.50		8.03	7.54	7.29	7.29	7.23	6.94	7.86		8.96	8.00	7.27
H1 lead leg	R	strides		13	13	13	13		13	15	15	15	15	18	143				

Li Guangzhen (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 World Championship Trials (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	03-Aug-19	time	6.14	10.17	14.08	18.17	22.59		27.03	31.57	36.19	40.81	45.58		50.92	4 / 3			
reaction time	0.174	interval		4.03	3.91	4.09	4.42		4.44	4.54	4.62	4.62	4.77	5.34	PB		12.03	13.40	14.01
		velocity	7.33	8.68	8.95	8.56	7.92		7.88	7.71	7.58	7.58	7.34	7.49	7.86		8.73	7.84	7.49
H1 lead leg	L	strides	22	14	14	13	14		14	15	15	15	15	18	169				

Yang Baichuan (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 Championships (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	10-Jul-19	time	6.12	9.96	13.97	18.04	22.19		26.44	30.88	35.47	40.24	45.30		50.93	1 / ~~5~~ 4			
reaction time	0.206	interval		3.84	4.01	4.07	4.15		4.25	4.44	4.59	4.77	5.06	5.63			11.92	12.84	14.42
		velocity	7.35	9.11	8.73	8.60	8.43		8.24	7.88	7.63	7.34	6.92	7.10	7.85		8.81	8.18	7.28
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	15	20.5	178.5				

Moore, Charlie (USA) (1929)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1952 Olympic Games (Helsinki, FIN)																*Mitchell (1967) - future of the one-lap hurdles*			
date	21-Jul-52	time	6.2	10.3	14.4	18.6	22.7		27.3	31.9	36.5	41.1	45.4		50.8	6 / 1			
reaction time		interval		4.1	4.1	4.2	4.1		4.6	4.6	4.6	4.6	4.3	5.4	=OR		12.4	13.3	13.5
		velocity	7.26	8.54	8.54	8.33	8.54		7.61	7.61	7.61	7.61	8.14	7.41	7.87	*(51.06)*	8.47	7.89	7.78
H1 lead leg		strides																	

Southern, Eddie (USA) (1938)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1956 Olympic Games (Melbourne, AUS)																*Quercentani (2000). Athletics: A history of modern track and field athletics (1860-2000)*			
date	24-Nov-56	time					22.5								50.8	2 / 2			
reaction time		interval													*(50.94)*				
		velocity					8.22								7.87				
H1 lead leg	R	strides	22	15	15	13	15		15	15	15	15	15	18	173				

Shiryayev, Vladislav (RUS) (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 - 1998 European Championships (Budapest, HUN)															*Sanchez (1998) - Budapest '98: análisis de la carreras con villas*				
date	20-Aug-98	time	5.95				21.50						44.89		50.94	1 / 8			
reaction time		interval					15.55						23.39	6.05					
		velocity	7.56				9.00						7.48	6.61	7.85				
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	19	162				

Yamada, Atsushi (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)															*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*				
date	20-Sep-20	time	6.10	10.04	14.07	18.23	22.52		26.89	31.38	36.00	40.71	45.55		50.94	4 / 4			
reaction time	0.202	interval		3.94	4.03	4.16	4.29		4.37	4.49	4.62	4.71	4.84	5.39			12.13	13.15	14.17
		velocity	7.38	8.88	8.68	8.41	8.16		8.01	7.80	7.58	7.43	7.23	7.42	7.85		8.66	7.98	7.41
H1 lead leg		strides		14	14	14	14		14	14	15	15	15		129				

Jordan, Quivell (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	25-Jun-21	time	5.93	9.77	13.87	18.03	22.27		26.57	31.07	35.63	40.37	45.17		50.94	2 / 7			
reaction time	0.178	interval		3.84	4.10	4.16	4.24		4.30	4.50	4.56	4.74	4.80	5.77			12.10	13.04	14.10
		velocity	7.59	9.11	8.54	8.41	8.25		8.14	7.78	7.68	7.38	7.29	6.93	7.85		8.68	8.05	7.45
H1 lead leg	L	strides	21	13	14	14	14			15	15	15	15		136				

Li Zhilong (CHN) (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 Chinese National Grand Prix (Zhaoqing, CHN) *Li (2008) - research on training characteristics of Li Zhilong's of Chinese men's 400m hurdles*

date	28-Apr-13	time	6.24	10.16	14.20	18.28	22.44	26.72	31.16	35.76	40.48	45.44		50.95	/ 2				
reaction time		interval		3.92	4.04	4.08	4.16	4.28	4.44	4.60	4.72	4.96	5.51			12.04	12.88	14.28	
		velocity	7.21	8.93	8.66	8.58	8.41	8.18	7.88	7.61	7.42	7.06	7.26	7.85		8.72	8.15	7.35	
H1 lead leg		strides																	

Traversini, Stéphane (FRA) (197)

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

FINAL - 1992 French National Championships (Narbonne, FRA) *Veney - split times from PJ*

date	28-Jun-92	time	6.48	10.48	14.64	18.84	23.06	27.44	31.82	36.26	40.80	45.50		50.96	/ 2				
reaction time		interval		4.00	4.16	4.20	4.22	4.38	4.38	4.44	4.54	4.70	5.46			12.36	12.98	13.68	
		velocity	6.94	8.75	8.41	8.33	8.29	7.99	7.99	7.88	7.71	7.45	7.33	7.85		8.50	8.09	7.68	
H1 lead leg		strides	21	14	14	14	14	15	15	15	15	15	17.8	169.8					

Herrero, Juan (ESP) (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 - 1998 Spanish National Championships (San Sebastián, ESP) *Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas*

date	02-Aug-98	time	6.03	10.02	14.18	18.37	22.62	26.87	31.25	35.77	40.38	45.15		50.96	3 / 2				
reaction time		interval		3.99	4.16	4.19	4.25	4.25	4.38	4.52	4.61	4.77	5.81			12.34	12.88	13.90	
		velocity	7.46	8.77	8.41	8.35	8.24	8.24	7.99	7.74	7.59	7.34	6.88	7.85		8.51	8.15	7.55	
H1 lead leg	L	strides	22	14	14	14	14	14	15	15	15	15	19	171					

Small, Javonie (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 3 - 2007 USATF National Championships (Indianapolis, IN) *USATF Men's Hurdle Development (2007)*

date	21-Jun-07	time	5.96	9.83	13.84	17.91	22.07	26.66	31.28	35.85	40.47	45.30		50.96	7 / 5				
reaction time		interval		3.87	4.01	4.07	4.16	4.59	4.62	4.57	4.62	4.83	5.66			11.95	13.37	14.02	
		velocity	7.55	9.04	8.73	8.60	8.41	7.63	7.58	7.66	7.58	7.25	7.07	7.85		8.79	7.85	7.49	
H1 lead leg	R	strides	22	15	14	14	14	15	14	15	15	15		153					

Gong Debin (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 Asian Athletics Championships (Doha, QAT) *CAA Hurdle Development (2019)*

date	21-Apr-19	time	5.96	9.81	13.63	17.68	21.81	26.19	30.81	35.55	40.27	45.12		50.96	1 / 4				
reaction time	0.182	interval		3.85	3.82	4.05	4.13	4.38	4.62	4.74	4.72	4.85	5.84			11.72	13.13	14.31	
		velocity	7.55	9.09	9.16	8.64	8.47	7.99	7.58	7.38	7.42	7.22	6.85	7.85		8.96	8.00	7.34	
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18.7	170.7					

Kyotake, Taiga (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 Championsips (Osaka, JPN) *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	11-Jun-22	time	6.29	10.31	14.38	18.49	22.76	27.08	31.46	36.10	40.85	45.60		50.96	4 / 4				
reaction time	0.203	interval		4.02	4.07	4.11	4.27	4.32	4.38	4.64	4.75	4.75	5.36	PB		12.20	12.97	14.14	
		velocity	7.15	8.71	8.60	8.52	8.20	8.10	7.99	7.54	7.37	7.37	7.46	7.85		8.61	8.10	7.43	
H1 lead leg	L	strides	22	14	14	15	15	15	15	15	15	15	19	174					

Inoue, Kakeru (JPN) (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) *Hirokawa (2019) - research on athlete performance and technique- 2019 data book*

date	19-May-19	time	6.09	9.94	13.86	17.87	22.06	26.34	30.86	35.57	40.44	45.35		50.97	9 / 4				
reaction time	0.175	interval		3.85	3.92	4.01	4.19	4.28	4.52	4.71	4.87	4.91	5.62			11.78	12.99	14.49	
		velocity	7.39	9.09	8.93	8.73	8.35	8.18	7.74	7.43	7.19	7.13	7.12	7.85		8.91	8.08	7.25	
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	19	165					

Matsushita, Yuki (JPN) (1991)

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

FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	20-Sep-20	time	6.22	10.03	13.95	17.93	22.11	26.48	31.05	35.79	40.57	45.40		50.97	9 / 5				
reaction time	0.209	interval		3.81	3.92	3.98	4.18	4.37	4.57	4.74	4.78	4.83	5.57			11.71	13.12	14.35	
		velocity	7.23	9.19	8.93	8.79	8.37	8.01	7.66	7.38	7.32	7.25	7.18	7.85		8.97	8.00	7.32	
H1 lead leg		strides		13	13	13	13	14	14	15	15	15		125					

Kjerpeset, Øyrind Strømmen (NOR) (

	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 Bislett Games (Oslo, NOR) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	09-Jun-16	time	6.08	9.92	13.84	17.92	22.24	26.56	31.00	35.48	40.24	45.16		50.98	2 / 8				
reaction time	0.153	interval		3.84	3.92	4.08	4.32	4.32	4.44	4.48	4.76	4.92	5.82			11.84	13.08	14.16	
		velocity	7.40	9.11	8.93	8.58	8.10	8.10	7.88	7.81	7.35	7.11	6.87	7.85		8.87	8.03	7.42	
H1 lead leg	L	strides	21	13		13	13	14	14	14	14	15		131					

Sinčukovs, Maksims (LAT) (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 - 2017 European U20 Championships (Grosseto, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	23-Jul-17	time	5.84	9.56	13.40	17.28	21.48	25.84	30.36	34.92	39.84	44.80		50.98	4 / 6				
reaction time	0.178	interval		3.72	3.84	3.88	4.20	4.36	4.52	4.56	4.92	4.96	6.18	NJR PB		11.44	13.08	14.44	
		velocity	7.71	9.41	9.11	9.02	8.33	8.03	7.74	7.68	7.11	7.06	6.47	7.85		9.18	8.03	7.27	
H1 lead leg	L	strides		14	14	13	15	15	15	15	16	16	20	153					

Zhuang Linfei (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) *CAA Hurdle Development (2019)*

date	09-Jul-19	time	6.20	10.09	14.08	18.22	22.43	26.78	31.20	35.75	40.46	45.33		50.98	5 / 3				
reaction time	0.199	interval		3.89	3.99	4.14	4.21	4.35	4.42	4.55	4.71	4.87	5.65	PB		12.02	12.98	14.13	
		velocity	7.26	9.00	8.77	8.45	8.31	8.05	7.92	7.69	7.43	7.19	7.08	7.85		8.74	8.09	7.43	
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	19	169					

Angela, Ramsey (NED) (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 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	06-Aug-22	time	6.03	9.73	13.70	17.73	21.90	29.90				40.03			50.98	1 / 9				
reaction time	0.188	interval		3.70	3.97	4.03	4.17					18.13						11.70		
		velocity	7.46	9.46	8.82	8.68	8.39	6.69				7.72			7.85			8.97		
H1 lead leg	R	strides	22	15	15		14								66					

Zhuang Linfei (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) *CAA Hurdle Development (2019)*

date	10-Jul-19	time	6.20	10.08	14.02	18.06	22.21		26.60	31.08	35.76	40.56	45.45		50.99	7 / ~~6~~ 5				
reaction time	0.250	interval		3.88	3.94	4.04	4.15		4.39	4.48	4.68	4.80	4.89	5.54				11.86	13.02	14.37
		velocity	7.26	9.02	8.88	8.66	8.43		7.97	7.81	7.48	7.29	7.16	7.22	7.84			8.85	8.06	7.31
H1 lead leg	L	strides	21	13	13	14	14		14	14	15	15	15	17.8	165.8					

Suguimati, Mahau (BRA) (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 - 2020 Seiko Golden Grand Prix (Tokyo, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	23-Aug-20	time	6.16	9.96	13.86	17.83	21.91		26.16	30.51	35.15	40.04	45.08		50.99	8 / 7				
reaction time	0.152	interval		3.80	3.90	3.97	4.08		4.25	4.35	4.64	4.89	5.04	5.91				11.67	12.68	14.57
		velocity	7.31	9.21	8.97	8.82	8.58		8.24	8.05	7.54	7.16	6.94	6.77	7.84			9.00	8.28	7.21
H1 lead leg		strides		12	12	13	13		13	13	13	14	14		117					

Sharpe, Fred (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

Heat 3 - 2007 USATF National Championships (Indianapolis, IN) *USATF Men's Hurdle Development (2007)*

date	21-Jun-07	time	6.20	10.09	14.19	18.30	22.54		26.91	31.48	36.08	40.79	45.51		51.00	3 / 6				
reaction time		interval		3.89	4.10	4.11	4.24		4.37	4.57	4.60	4.71	4.72	5.49				12.10	13.18	14.03
		velocity	7.26	9.00	8.54	8.52	8.25		8.01	7.66	7.61	7.43	7.42	7.29	7.84			8.68	7.97	7.48
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16		162					

Hirata, Ai (JPN) (2004)

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

FINAL - 2022 Japanese National High School Championships (Naruto, JPN) *Kishima (2022) - national high school championships biomechanics data collection*

date	05-Aug-22	time	6.15	10.03	14.05	18.08	22.27		26.57	30.98	35.53	40.25	45.20		51.01	5 / 2				
reaction time	0.185	interval		3.88	4.02	4.03	4.19		4.30	4.41	4.55	4.72	4.95	5.81	PB			11.93	12.90	14.22
		velocity	7.32	9.02	8.71	8.68	8.35		8.14	7.94	7.69	7.42	7.07	6.88	7.84			8.80	8.14	7.38
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	15	20	177					

Li Guangzhen (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 Final (Daqing, CHN) *CAA Hurdle Development (2019)*

date	23-Aug-19	time	6.74	10.51	14.48	18.67	22.89		27.21	31.70	36.37	41.02	45.75		51.02	6 / 2				
reaction time	0.213	interval		3.77	3.97	4.19	4.22		4.32	4.49	4.67	4.65	4.73	5.27				11.93	13.03	14.05
		velocity	6.68	9.28	8.82	8.35	8.29		8.10	7.80	7.49	7.53	7.40	7.59	7.84			8.80	8.06	7.47
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169					

Shang Shou (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 Final (Daqing, CHN) *CAA Hurdle Development (2019)*

date	23-Aug-19	time	6.55	10.56	14.78	19.05	23.41		27.89	32.33	36.88	41.44	46.01		51.02	5 / 3				
reaction time	0.320	interval		4.01	4.22	4.27	4.36		4.48	4.44	4.55	4.56	4.57	5.01				12.50	13.28	13.68
		velocity	6.87	8.73	8.29	8.20	8.03		7.81	7.88	7.69	7.68	7.66	7.98	7.84			8.40	7.91	7.68
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169					

Serres, Jean-Michel (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 - 1986 French National Championships (Aix les Bains, FRA) *Veney - split times from PJ*

date	10-Aug-86	time	6.00	10.10	14.26	18.33	22.50		26.72	30.98	35.60	40.25	44.97		51.03	/ 6				
reaction time		interval		4.10	4.16	4.07	4.17		4.22	4.26	4.62	4.65	4.72	6.06	PB			12.33	12.65	13.99
		velocity	7.50	8.54	8.41	8.60	8.39		8.29	8.22	7.58	7.53	7.42	6.60	7.84			8.52	8.30	7.51
H1 lead leg		strides																		

McAlister, Chris (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 - 2020 ISTAF (Berlin, GER) (TV Analysis) *Henson (2020) - Athlete First: 2020 year end hurdle report*

date	13-Sep-20	time	6.24		14.28	18.44	22.64		26.88		35.84	40.56			51.03	1 / 6				
reaction time	0.188	interval			8.04	4.16	4.20		4.24		8.96	4.72						12.20		
		velocity	7.21		8.71	8.41	8.33		8.25		7.81	7.42			7.84			8.61		
H1 lead leg	R	strides	22			15			15			15			67					

Nozawa, Keisuke (JPN) (1991)

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

FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	20-Sep-20	time	6.21	10.11	14.18	18.30	22.59		26.91	31.41	36.00	40.66	45.48		51.03	3 / 6				
reaction time	0.225	interval		3.90	4.07	4.12	4.29		4.32	4.50	4.59	4.66	4.82	5.55				12.09	13.11	14.07
		velocity	7.25	8.97	8.60	8.50	8.16		8.10	7.78	7.63	7.51	7.26	7.21	7.84			8.68	8.01	7.46
H1 lead leg		strides		14	14	14	14		14	14	15	15	15		129					

Fuchiqami, Syota (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) *Kishima (2022) - national high school championships biomechanics data collection*

date	05-Aug-22	time	6.08	9.98	13.93	18.10	22.42		26.88	31.38	36.02	40.73	45.53		51.03	6 / 3				
reaction time	0.186	interval		3.90	3.95	4.17	4.32		4.46	4.50	4.64	4.71	4.80	5.50				12.02	13.28	14.15
		velocity	7.40	8.97	8.86	8.39	8.10		7.85	7.78	7.54	7.43	7.29	7.27	7.84			8.74	7.91	7.42
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19.5	172.5					

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

date	24-Sep-88	time	6.16	10.00	13.92	17.93	22.01		26.25	30.74	35.46	40.44	45.52		51.04	2 / 7				

reaction time		interval		3.84	3.92	4.01	4.08		4.24	4.49	4.72	4.98	5.08	5.52			11.77	12.81	14.78
		velocity	7.31	9.11	8.93	8.73	8.58		8.25	7.80	7.42	7.03	6.89	7.25	7.84		8.92	8.20	7.10
H1 lead leg		strides	21	13	13	13	13		14	14	15	15	15	18	164				

Maritim, Hillary (KEN)

			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 - 2000 Olympic Games (Sydney, AUS)									*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*										
date	24-Sep-00	time	6.10	9.98	13.94	17.98	22.14		26.46	30.90	35.54	40.26	45.34		51.04	3 / 6			
reaction time		interval		3.88	3.96	4.04	4.16		4.32	4.44	4.64	4.72	5.08	5.70			11.88	12.92	14.44
		velocity	7.38	9.02	8.84	8.66	8.41		8.10	7.88	7.54	7.42	6.89	7.02	7.84		8.84	8.13	7.27
H1 lead leg		strides	22	15	15	15	15		15	15	15	15	17		159				

Abe, Takatoshi (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)									*Matsuo (2009) - 62nd high school championships: JAF scientific committee - biomechanics data*										
date	31-Jul-09	time	6.11	10.05	14.17	18.39	22.76		27.15	31.62	36.22	40.96	45.76		51.04	/ 1			
reaction time		interval		3.94	4.12	4.22	4.37		4.39	4.47	4.60	4.74	4.80	5.28			12.28	13.23	14.14
		velocity	7.36	8.88	8.50	8.29	8.01		7.97	7.83	7.61	7.38	7.29	7.58	7.84		8.55	7.94	7.43
H1 lead leg		strides		13	13	13	14		14	15	15	15	15		127				

Kato, Seiya (JPN) (1992)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Japanese National High School Championships (Okinawa, JPN)									*Matsuo (2010) - 63rd high school championships: JAF scientific committee - biomechanics data*										
date	31-Jul-10	time	6.37	10.32	14.27	18.24	22.41		26.63	30.98	35.62	40.46	45.45		51.04	/ 1			
reaction time		interval		3.95	3.95	3.97	4.17		4.22	4.35	4.64	4.84	4.99	5.59			11.87	12.74	14.47
		velocity	7.06	8.86	8.86	8.82	8.39		8.29	8.05	7.54	7.23	7.01	7.16	7.84		8.85	8.24	7.26
H1 lead leg		strides		13	13	13	14		14	15	15	15	15		127				

Teles, Marcio (BRA) (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	6.04	9.91	13.81	17.75	21.95	23.8		30.73	35.27	40.00	44.95		51.04	8 / 9			
reaction time	0.150	interval		3.87	3.90	3.94	4.20			8.78	4.54	4.73	4.95	6.09			11.71	12.98	14.22
		velocity	7.45	9.04	8.97	8.88	8.33	8.40		7.97	7.71	7.40	7.07	6.57	7.84		8.97	8.09	7.38
H1 lead leg	L	strides	23	14	14	14	14				15	15	15	18.5	142.5				

Pitillas, Oscar (ESP) (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)																*Jung (2003) - http://www.fgs.uni-halle.de*			
date	21-Jun-97	time	6.28	10.21	14.18	18.24	22.35		26.66	31.20	35.98	40.54	45.46		51.05	/ 4			
reaction time		interval		3.93	3.97	4.06	4.11		4.31	4.54	4.78	4.56	4.92	5.59			11.96	12.96	14.26
		velocity	7.17	8.91	8.82	8.62	8.52		8.12	7.71	7.32	7.68	7.11	7.16	7.84		8.78	8.10	7.36
H1 lead leg		strides																	

Chen Chieh (TPE) (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 Seiko Golden Grand Prix (Osaka, JPN)															*Hirokawa (2019) - research on athlete performance and technique- 2019 data book*				
date	19-May-19	time	5.92	9.58	13.37	17.18	21.20		25.41	30.03	35.00	40.09	45.20		51.05	8 / 5			
reaction time	0.190	interval		3.66	3.79	3.81	4.02		4.21	4.62	4.97	5.09	5.11	5.85			11.26	12.85	15.17
		velocity	7.60	9.56	9.23	9.19	8.71		8.31	7.58	7.04	6.88	6.85	6.84	7.84		9.33	8.17	6.92
H1 lead leg	L	strides	21	13	13	13	13		13	14	15	16	15	19	165				

Rawlinson, Christopher (GBR) (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)																*Jung (2003) - http://www.fgs.uni-halle.de*			
date	21-Jun-97	time	6.12	9.92	13.86	17.90	22.12		26.50	31.07	35.80	40.62	45.62		51.06	/ 5			
reaction time		interval		3.80	3.94	4.04	4.22		4.38	4.57	4.73	4.82	5.00	5.44			11.78	13.17	14.55
		velocity	7.35	9.21	8.88	8.66	8.29		7.99	7.66	7.40	7.26	7.00	7.35	7.83		8.91	7.97	7.22
H1 lead leg		strides																	

Omodiale, Sylvester (NGR) (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 - 2000 Olympic Games (Sydney, AUS)									*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*										
date	24-Sep-00	time	5.98	9.78	13.70	17.78	22.06		26.30	30.62	35.30	40.10	45.14		51.06	2 / 7			
reaction time	0.189	interval		3.80	3.92	4.08	4.28		4.24	4.32	4.68	4.80	5.04	5.92			11.80	12.84	14.52
		velocity	7.53	9.21	8.93	8.58	8.18		8.25	8.10	7.48	7.29	6.94	6.76	7.83		8.90	8.18	7.23
H1 lead leg		strides	22	15	15	15	15		15	15	16	16	17		161				

Zadoinov, Vadim (MAD) (1969)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2000 Olympic Games (Sydney, AUS)									*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*										
date	24-Sep-00	time	6.04	9.84	13.84	17.84	21.84		26.00	30.44	35.16	40.28			51.08	7 / 5			
reaction time	0.173	interval		3.80	4.00	4.00	4.00		4.16	4.44	4.72	5.12					11.80	12.60	
		velocity	7.45	9.21	8.75	8.75	8.75		8.41	7.88	7.42	6.84			7.83		8.90	8.33	
H1 lead leg		strides	20	13	13	13	13		13	13	14	15			127				

Bett, Nicholas (KEN) (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 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)															*Henson (2021) - Athlete First: 2017 year end hurdle report*				
date	13-May-17	time	6.04	9.72	13.52	17.40	21.40		25.52	30.00	34.64	39.52			51.09	5 / 8			
reaction time	0.189	interval		3.68	3.80	3.88	4.00		4.12	4.48	4.64	4.88					11.36	12.60	
		velocity	7.45	9.51	9.21	9.02	8.75		8.50	7.81	7.54	7.17			7.83		9.24	8.33	
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	15	15		142				

Inoue, Kakeru (JPN) (1996)

			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 World Athletics Trials (Fuji, JPN)															*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*				
date	06-Sep-20	time	6.12	10.01	13.96	18.03	22.17		26.43	30.86	35.49	40.31	45.31		51.11	6 / 4			
reaction time		interval		3.89	3.95	4.07	4.14		4.26	4.43	4.63	4.82	5.00	5.80			11.91	12.83	14.45

		velocity	7.35	9.00	8.86	8.60	8.45		8.22	7.90	7.56	7.26	7.00	6.90	7.83			8.82	8.18	7.27
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.7	164.7					

Takada, Kazunari (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 World Athletics Trials (Fuji, JPN)										*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*									
date	06-Sep-20	time	6.04	9.81	13.71	17.77	21.92		26.16	30.56	35.14	39.94	45.10		51.11	/ 3			
reaction time		interval		3.77	3.90	4.06	4.15		4.24	4.40	4.58	4.80	5.16	6.01			11.73	12.79	14.54
		velocity	7.45	9.28	8.97	8.62	8.43		8.25	7.95	7.64	7.29	6.78	6.66	7.83		8.95	8.21	7.22
H1 lead leg		strides		13	13	14	14		14	14	15	15	16		128				

Abe, Takatoshi (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 Seiko Golden Grand Prix (Tokyo, JPN)										*Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions*									
date	11-May-14	time	6.14	9.94	13.78	17.70	21.74		25.84	30.28	34.87	39.82	44.94		51.14	/ 7			
reaction time		interval		3.80	3.84	3.92	4.04		4.10	4.44	4.59	4.95	5.12	6.20			11.56	12.58	14.66
		velocity	7.33	9.21	9.11	8.93	8.66		8.54	7.88	7.63	7.07	6.84	6.45	7.82		9.08	8.35	7.16
H1 lead leg		strides		13	13	13	13		14	14	14	15	16		125				

Bett, Nicholas (KEN) (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 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)															*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	16-Jun-16	time	6.20	9.93		17.73	21.87		26.07	30.43	34.87	39.67	44.93		51.14	2 / 5			
reaction time	0.159	interval		3.73		7.80	4.14		4.20	4.36	4.44	4.80	5.26	6.21			11.53	12.70	14.50
		velocity	7.26	9.38		8.97	8.45		8.33	8.03	7.88	7.29	6.65	6.44	7.82		9.11	8.27	7.24
H1 lead leg	R	strides	21	13			13		13	13		15	15	17.5	120.5				

Selmon, Kenny (USA) (1996)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	30-May-19	time	6.13	10.10	14.10	18.06	22.16	23.8	26.46	30.90	35.40	40.40	45.43		51.15	4 / 5			
reaction time	0.185	interval		3.97	4.00	3.96	4.10		4.30	4.44	4.50	5.00	5.03	5.72			11.93	12.84	14.53
		velocity	7.34	8.82	8.75	8.84	8.54	8.40	8.14	7.88	7.78	7.00	6.96	6.99	7.82		8.80	8.18	7.23
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	15	15		145				

Lattin, Amere (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 Müller Grand Prix (Birmingham, GBR) (TV Analysis)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	18-Aug-19	time	5.76	9.64	13.48	17.32	21.28	23.1	25.60	30.04	34.64	39.48	44.88		51.15	5 / 8			
reaction time	0.145	interval		3.88	3.84	3.84	3.96		4.32	4.44	4.60	4.84	5.40	6.27			11.56	12.72	14.84
		velocity	7.81	9.02	9.11	9.11	8.84	8.66	8.10	7.88	7.61	7.23	6.48	6.38	7.82		9.08	8.25	7.08
H1 lead leg	L	strides	20	13	13	13	13		14	14	14	15	16		145				

Wang Hongwen (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)																*CAA Hurdle Development (2020)*			
date	17-Sep-20	time	6.08	10.08	14.08	18.25	22.54		26.96	31.42	36.00	40.75	45.58		51.15	7 / 3			
reaction time		interval		4.00	4.00	4.17	4.29		4.42	4.46	4.58	4.75	4.83	5.57			12.17	13.17	14.16
		velocity	7.40	8.75	8.75	8.39	8.16		7.92	7.85	7.64	7.37	7.25	7.18	7.82		8.63	7.97	7.42
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18	168				

Ye Anan (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 East China District Meeting (Zhaoqing, CHN)																*CAA Hurdle Development (2021)*			
date	25-Apr-21	time	6.21	10.21	14.33	18.47	22.82		27.16	31.68	36.24	41.04	45.79		51.15	5 / 2			
reaction time	0.221	interval		4.00	4.12	4.14	4.35		4.34	4.52	4.56	4.80	4.75	5.36	PB		12.26	13.21	14.11
		velocity	7.25	8.75	8.50	8.45	8.05		8.06	7.74	7.68	7.29	7.37	7.46	7.82		8.56	7.95	7.44
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.5	169.5				

Blondel, Alain (FRA) (1962)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1987 French National Championships (Annecy, FRA)																*Veney - split times from PJ*			
date	09-Aug-87	time	6.00	10.20	14.50	18.70	22.90		27.20	31.50	36.05	40.70	45.40		51.16	/ 4			
reaction time		interval		4.20	4.30	4.20	4.20		4.30	4.30	4.55	4.65	4.70	5.76			12.70	12.80	13.90
		velocity	7.50	8.33	8.14	8.33	8.33		8.14	8.14	7.69	7.53	7.45	6.94	7.82		8.27	8.20	7.55
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				

Shoaib, Mohamed (SUD) (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 Doha Diamond League (Doha, QAT) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	28-May-21	time	6.10	10.10	14.27	18.57	23.10	25.1	27.53	31.97	36.40	41.00	45.70		51.16	8 / 2			
reaction time	0.191	interval		4.00	4.17	4.30	4.53		4.43	4.44	4.43	4.60	4.70	5.46			12.47	13.40	13.73
		velocity	7.38	8.75	8.39	8.14	7.73	7.97	7.90	7.88	7.90	7.61	7.45	7.33	7.82		8.42	7.84	7.65
H1 lead leg	R	strides	21	13	13	14	14		14		14	14	14	17.2	148.2				

Deguchi, Haruto (JPN) (2001)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)										*Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection*									
date	04-Aug-18	time	6.26	10.36	14.66	19.04	23.52		27.98	32.47	36.95	41.45	46.01		51.17	4 / 1			
reaction time		interval		4.10	4.30	4.38	4.48		4.46	4.49	4.48	4.50	4.56	5.16	PB		12.78	13.43	13.54
		velocity	7.19	8.54	8.14	7.99	7.81		7.85	7.80	7.81	7.78	7.68	7.75	7.82		8.22	7.82	7.75
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				

Li Guangzhen (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 Philippe Cup Athletics Invitational (Wuhan, CHN)																*CAA Hurdle Development (2021)*			
date	20-May-21	time	6.47	10.49	14.48	18.55	22.76		27.19	31.75	36.37	41.02	45.86		51.17	7 / 1			
reaction time	0.210	interval		4.02	3.99	4.07	4.21		4.43	4.56	4.62	4.65	4.84	5.31			12.08	13.20	14.11
		velocity	6.96	8.71	8.77	8.60	8.31		7.90	7.68	7.58	7.53	7.23	7.53	7.82		8.69	7.95	7.44

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	strides	22	14	14	14	14		14	14	15	15	15	18	169			

Holúbek, Radoslav (SVK) (1975)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 7 - 2000 Olympic Games (Sydney, AUS)																*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date	24-Sep-00	time	6.04	10.08	14.16	18.36	22.56		26.88	31.36	35.92	40.68			51.18	2 / 7			
reaction time	0.127	interval		4.04	4.08	4.20	4.20		4.32	4.48	4.56	4.76					12.32	13.00	
		velocity	7.45	8.66	8.58	8.33	8.33		8.10	7.81	7.68	7.35			7.82		8.52	8.08	
H1 lead leg		strides	22	14	14	14	14		14	14	15	15			136				

Wang Hongwen (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 Final (Daqing, CHN)																*CAA Hurdle Development (2019)*			
date	23-Aug-19	time	6.34	10.33	14.27	18.40	22.69		27.07	31.58	36.27	41.01	45.80		51.18	2 / 4			
reaction time	0.270	interval		3.99	3.94	4.13	4.29		4.38	4.51	4.69	4.74	4.79	5.38			12.06	13.18	14.22
		velocity	7.10	8.77	8.88	8.47	8.16		7.99	7.76	7.46	7.38	7.31	7.43	7.82		8.71	7.97	7.38
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	18	169				

Pochanis, Konstantinos (CYP) (1973

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 6 - 2000 Olympic Games (Sydney, AUS)																*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date	24-Sep-00	time	6.22	10.02	13.94	17.94	21.98		26.34	30.98	35.70	40.54			51.20	3 / 6			
reaction time	0.244	interval		3.80	3.92	4.00	4.04		4.36	4.64	4.72	4.84					11.72	13.04	
		velocity	7.23	9.21	8.93	8.75	8.66		8.03	7.54	7.42	7.23			7.81		8.96	8.05	
H1 lead leg		strides	22	14	14	14	14		15	16	16	16			141				

Yang Baichuan (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 1 - 2019 Chinese National Championships (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	09-Jul-19	time	6.32	10.36	14.59	18.84	23.11		27.39	31.80	36.27	40.89	45.76		51.20	1 / 4			
reaction time	0.218	interval		4.04	4.23	4.25	4.27		4.28	4.41	4.47	4.62	4.87	5.44			12.52	12.96	13.96
		velocity	7.12	8.66	8.27	8.24	8.20		8.18	7.94	7.83	7.58	7.19	7.35	7.81		8.39	8.10	7.52
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	15	20.3	178.3				

Wang Daojun (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)																*CAA Hurdle Development (2019)*			
date	09-Jul-19	time	6.14	10.18	14.18	18.30	22.51		26.90	31.48	36.05	40.79	45.61		51.20	2 / 5			
reaction time	0.218	interval		4.04	4.00	4.12	4.21		4.39	4.58	4.57	4.74	4.82	5.59	PB		12.16	13.18	14.13
		velocity	7.33	8.66	8.75	8.50	8.31		7.97	7.64	7.66	7.38	7.26	7.16	7.81		8.63	7.97	7.43
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5				

Xu Zhihang (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 - 2019 Chinese National Championships (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	09-Jul-19	time	6.22	10.20	14.28	18.39	22.58		26.96	31.42	35.96	40.64	45.56		51.20	7 / ~~2~~ 1			
reaction time	0.158	interval		3.98	4.08	4.11	4.19		4.38	4.46	4.54	4.68	4.92	5.64			12.17	13.03	14.14
		velocity	7.23	8.79	8.58	8.52	8.35		7.99	7.85	7.71	7.48	7.11	7.09	7.81		8.63	8.06	7.43
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	16	19	172				

Shao Yi (CHN) (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 - 2002 Chinese National Grand Prix Final (Tiantai, CHN)																*Zhou (2003) - training of Shao Yi, national champion of men's 400m hurdles*			
date	27-Oct-02	time	6.19	10.15	14.05	18.12	22.31		26.56	30.94	35.60	40.41	45.37		51.21	/ 2			
reaction time		interval		3.96	3.90	4.07	4.19		4.25	4.38	4.66	4.81	4.96	5.84	PB		11.93	12.82	14.43
		velocity	7.27	8.84	8.97	8.60	8.35		8.24	7.99	7.51	7.28	7.06	6.85	7.81		8.80	8.19	7.28
H1 lead leg		strides		14	14	14	14		14	14	15	15	15		129				

Cai Jungi (CHN) (1996)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	09-Jul-19	time	6.35	10.41	14.49	18.69	22.90		27.21	31.60	36.06	40.62	45.36		51.22	6 / ~~3~~ 2			
reaction time	0.189	interval		4.06	4.08	4.20	4.21		4.31	4.39	4.46	4.56	4.74	5.86			12.34	12.91	13.76
		velocity	7.09	8.62	8.58	8.33	8.31		8.12	7.97	7.85	7.68	7.38	6.83	7.81		8.51	8.13	7.63
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19.5	176.5				

Köhrbrück, Carsten (FRG) (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)																*Warburton (1985) - 1985 european junior championships - hurdles*			
date	25-Aug-85	time	6.46	10.09	14.09	18.37	22.66		27.21	31.50	36.24	40.78	45.63		51.23	/ 3			
reaction time		interval		3.63	4.00	4.28	4.29		4.55	4.29	4.74	4.54	4.85	5.60			11.91	13.13	14.13
		velocity	6.97	9.64	8.75	8.18	8.16		7.69	8.16	7.38	7.71	7.22	7.14	7.81		8.82	8.00	7.43
H1 lead leg		strides																	

Wang Daojun (CHN) (2000)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Championships (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	10-Jul-19	time	6.12	10.17	14.25	18.40	22.59		26.96	31.56	36.22	40.94	45.70		51.23	2 / ~~7~~ 6			
reaction time	0.216	interval		4.05	4.08	4.15	4.19		4.37	4.60	4.66	4.72	4.76	5.53			12.28	13.16	14.14
		velocity	7.35	8.64	8.58	8.43	8.35		8.01	7.61	7.51	7.42	7.35	7.23	7.81		8.55	7.98	7.43
H1 lead leg	L	strides	22	15	15	14	14		15	15	15	15	15	18.3	173.3				

Reibert, Werner (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 - 1975 West German National Championships (Gelsenkirchen, FRG)																*Helbig (1975) - 400-m-hürdenlauf*			
date	28-Jun-75	time	6.3	10.2	14.5	18.5	22.6	24.6	27.0	31.8	36.3	40.9	45.4		51.25	6 / 1			
reaction time		interval		3.97	4.24	3.99	4.09		4.44	4.81	4.50	4.55	4.58	5.81			12.20	13.34	13.63
		velocity	7.18	8.82	8.25	8.77	8.56	8.14	7.88	7.28	7.78	7.69	7.64	6.88	7.80		8.61	7.87	7.70
H1 lead leg		strides																	

Keter, Erick (KEN) (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 - 2000 Olympic Games (Sydney, AUS)															*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	25-Sep-00	time	6.14	9.90	13.70	17.70	21.98		26.26	30.74	35.34				51.25	7 / 8			
reaction time	0.202	interval		3.76	3.80	4.00	4.28		4.28	4.48	4.60						11.56	13.04	
		velocity	7.33	9.31	9.21	8.75	8.18		8.18	7.81	7.61				7.80		9.08	8.05	
H1 lead leg		strides	21	13	13	15	15		15	15	15				122				

Angela, Ramsey (NED) (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 ISTAF (Berlin, GER) (TV Analysis)															*Henson (2020) - Athlete First: 2020 year end hurdle report*				
date	13-Sep-20	time	5.96	9.84	13.68	17.72	22.00		26.36	30.88	35.52	40.36			51.25	8 / 7			
reaction time	0.195	interval		3.88	3.84	4.04	4.28		4.36	4.52	4.64	4.84					11.76	13.16	
		velocity	7.55	9.02	9.11	8.66	8.18		8.03	7.74	7.54	7.23			7.80		8.93	7.98	
H1 lead leg	R	strides	22	14	14	14	14		15	15		14			122				

Aberkan, Saïd (MOR) (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 - 1992 French National Championships (Narbonne, FRA)															*Veney - split times from PJ*				
date	28-Jun-92	time	6.44	10.38	14.32	18.36	22.42		26.64	31.04	35.56	40.22	45.36		51.27	/ 3			
reaction time		interval		3.94	3.94	4.04	4.06		4.22	4.40	4.52	4.66	5.14	5.91			11.92	12.68	14.32
		velocity	6.99	8.88	8.88	8.66	8.62		8.29	7.95	7.74	7.51	6.81	6.77	7.80		8.81	8.28	7.33
H1 lead leg		strides	21	14	14	14	14		14	15	15	15	16	19.3	171.3				

Beckenham, Matt (AUS) (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 6 - 2000 Olympic Games (Sydney, AUS)															*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	24-Sep-00	time	6.18	10.10	14.26	18.42	22.74		27.30	31.86	36.38				51.27	8 / 7			
reaction time	0.176	interval		3.92	4.16	4.16	4.32		4.56	4.56	4.52						12.24	13.44	
		velocity	7.28	8.93	8.41	8.41	8.10		7.68	7.68	7.74				7.80		8.58	7.81	
H1 lead leg		strides	21	14	14	14	14		15	15	15				122				

Friedrich, Dieter (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 - 1975 West German National Championships (Gelsenkirchen, FRG)															*Helbig (1975) - 400-m-hürdenlauf*				
date	28-Jun-75	time	6.0	10.0	14.1	18.3	22.6	24.6	27.0	31.4	36.2	40.6	45.3		51.29	5 / 2			
reaction time		interval		4.00	4.04	4.20	4.32		4.39	4.42	4.77	4.45	4.71	5.96			12.24	13.13	13.93
		velocity	7.46	8.75	8.66	8.33	8.10	8.13	7.97	7.92	7.34	7.87	7.43	6.71	7.80		8.58	8.00	7.54
H1 lead leg		strides																	

Paul, Jacob (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 - 2019 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)															*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date	30-May-19	time	6.06	9.96	14.20	18.33	22.56	24.3	26.97	31.50	36.10	40.96	45.80		51.29	1 / 6			
reaction time	0.185	interval		3.90	4.24	4.13	4.23		4.41	4.53	4.60	4.86	4.84	5.49			12.27	13.17	14.30
		velocity	7.43	8.97	8.25	8.47	8.27	8.23	7.94	7.73	7.61	7.20	7.23	7.29	7.80		8.56	7.97	7.34
H1 lead leg	L	strides	21	14	14	14	14		14			15	15		121				

Rawlinson, Christopher (GBR) (1972			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 - 2000 Olympic Games (Sydney, AUS)															*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	24-Sep-00	time	5.96	9.60	13.36	17.16	21.08		25.16	29.52	34.36	39.80	45.16		51.30	3 / 1			
reaction time	0.184	interval		3.64	3.76	3.80	3.92		4.08	4.36	4.84	5.44	5.36	6.14			11.20	12.36	15.64
		velocity	7.55	9.62	9.31	9.21	8.93		8.58	8.03	7.23	6.43	6.53	6.51	7.80		9.38	8.50	6.71
H1 lead leg		strides	22	14	14	14	14		14	14	15	17	17	20	175				

Dobrovolskiy, Sergey (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 - 1985 European Junior Championships (Cottbus, GDR)															*Warburton (1985) - 1985 european junior championships - hurdles*				
date	25-Aug-85	time		9.90	13.82	18.20	22.39		26.83	31.28	35.94	40.57	45.20		51.31	/ 4			
reaction time		interval			3.92	4.38	4.19		4.44	4.45	4.66	4.63	4.63	6.11				13.08	13.92
		velocity		8.08	8.93	7.99	8.35		7.88	7.87	7.51	7.56	7.56	6.55	7.80			8.03	7.54
H1 lead leg		strides																	

Wang Hongwen (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 World Championship Trials (Shenyang, CHN)															*CAA Hurdle Development (2019)*				
date	03-Aug-19	time	6.27	10.22	14.21	18.27	22.42		26.82	31.36	36.00	40.74	45.63		51.31	2 / 4			
reaction time	0.217	interval		3.95	3.99	4.06	4.15		4.40	4.54	4.64	4.74	4.89	5.68	PB		12.00	13.09	14.27
		velocity	7.18	8.86	8.77	8.62	8.43		7.95	7.71	7.54	7.38	7.16	7.04	7.80		8.75	8.02	7.36
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	18	169				

Shang Shou (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 1 - 2021 Chinese National Championships (Chongqing, CHN)															*CAA Hurdle Development (2021)*				
date	26-Jun-21	time	6.42	10.65	14.88	19.19	23.54		28.02	32.51	37.07	41.66	46.27		51.31	6 / 2			
reaction time	0.236	interval		4.23	4.23	4.31	4.35		4.48	4.49	4.56	4.59	4.61	5.04			12.77	13.32	13.76
		velocity	7.01	8.27	8.27	8.12	8.05		7.81	7.80	7.68	7.63	7.59	7.94	7.80		8.22	7.88	7.63
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169				

Monreal, Íñigo (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
Heat 8 - 2000 Olympic Games (Sydney, AUS)															*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	24-Sep-00	time	6.18	9.94	13.86	17.90	22.02		26.30	30.74	35.58	40.66	45.90		51.32	5 / 4			
reaction time	0.502	interval		3.76	3.92	4.04	4.12		4.28	4.44	4.84	5.08	5.24	5.42			11.72	12.84	15.16
		velocity	7.28	9.31	8.93	8.66	8.50		8.18	7.88	7.23	6.89	6.68	7.38	7.79		8.96	8.18	6.93
H1 lead leg		strides	20	13	13	13	13		13	14	15	15	15		144				

Yamamoto, Tatsuhiro (JPN) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)														*Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data*			
date 31-Jul-15 time	6.19	10.13	14.25	18.37	22.62		27.06	31.60	36.14	40.77	45.63		51.32	7 / 3			
reaction time interval		3.94	4.12	4.12	4.25		4.44	4.54	4.54	4.63	4.86	5.69	PB		12.18	13.23	14.03
velocity	7.27	8.88	8.50	8.50	8.24		7.88	7.71	7.71	7.56	7.20	7.03	7.79		8.62	7.94	7.48
H1 lead leg strides		14	14	14	15		15	15	15	15	15		132				

Liu Yangyang (CHN) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 09-Jul-19 time	6.36	10.39	14.56	18.81	23.17		27.58	32.14	36.77	41.46	46.13		51.32	2 / ~~4~~ 3			
reaction time 0.216 interval		4.03	4.17	4.25	4.36		4.41	4.56	4.63	4.69	4.67	5.19	PB		12.45	13.33	13.99
velocity	7.08	8.68	8.39	8.24	8.03		7.94	7.68	7.56	7.46	7.49	7.71	7.79		8.43	7.88	7.51
H1 lead leg L strides	22	15	15	15	15		15	15	15	15	15	18.5	175.5				

Yamamoto, Tatsuhiro (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 - 2021 Japanese National Championships (Osaka, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 26-Jun-21 time	5.97	9.68	13.41	17.25	21.25		25.48	29.90	34.42	39.17	44.39		51.32	9 / 8			
reaction time 0.164 interval		3.71	3.73	3.84	4.00		4.23	4.42	4.52	4.75	5.22	6.93			11.28	12.65	14.49
velocity	7.54	9.43	9.38	9.11	8.75		8.27	7.92	7.74	7.37	6.70	5.77	7.79		9.31	8.30	7.25
H1 lead leg R strides	21	14	14	14	14		14	15	15	15	15	19.7	170.7				

Song Jiahui (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)														*CAA Hurdle Development (2021)*			
date 26-Jun-21 time	6.31	10.33	14.44	18.66	22.91		27.23	31.61	36.23	40.99	45.82		51.32	7 / ~~3~~ 2			
reaction time 0.191 interval		4.02	4.11	4.22	4.25		4.32	4.38	4.62	4.76	4.83	5.50	PB		12.35	12.95	14.21
velocity	7.13	8.71	8.52	8.29	8.24		8.10	7.99	7.58	7.35	7.25	7.27	7.79		8.50	8.11	7.39
H1 lead leg L strides	20	13	13	13	13		13	13	14	14	15	18	159				

Graham, John (CAN) (1965)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)														*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*			
date 24-Sep-88 time	6.05	10.05	14.09	18.14	22.38		26.75	31.16	35.79	40.68	45.68		51.33	7 / 8			
reaction time interval		4.00	4.04	4.05	4.24		4.37	4.41	4.63	4.89	5.00	5.65			12.09	13.02	14.52
velocity	7.44	8.75	8.66	8.64	8.25		8.01	7.94	7.56	7.16	7.00	7.08	7.79		8.68	8.06	7.23
H1 lead leg strides	21	14	14	14	14		14	15	15	15	16	18.5	170.5				

Bett, Nicholas (KEN) (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 Prefontaine Classic (Eugene, OR) (TV Analysis)								*(H8 5m short)*						*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date 28-May-16 time	6.24	10.04	13.88	17.96	22.20		26.52	31.00	35.08	40.48	45.44		51.33	5 / 8			
reaction time interval		3.80	3.84	4.08	4.24		4.32	4.48	4.08	5.40	4.96	5.89			11.72	13.04	14.44
velocity	7.21	9.21	9.11	8.58	8.25		8.10	7.81	7.35	7.41	7.06	6.79	7.79		8.96	8.05	7.27
H1 lead leg R strides	21	13	13	13	13		13		13	17	15		131				

Lin Zhikai (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)														*CAA Hurdle Development (2020)*			
date 17-Sep-20 time	6.08	10.21	14.29	18.42	22.75		27.21	31.75	36.42	41.08	45.87		51.33	3 / 4			
reaction time interval		4.13	4.08	4.13	4.33		4.46	4.54	4.67	4.66	4.79	5.46			12.34	13.33	14.12
velocity	7.40	8.47	8.58	8.47	8.08		7.85	7.71	7.49	7.51	7.31	7.33	7.79		8.51	7.88	7.44
H1 lead leg L strides	22	15	15	15	15		15	15	15	15	15	18	175				

Li Guangzhen (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 4 - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21 time	6.16	10.11	14.26	18.57	23.07		27.68	32.25	36.89	41.57	46.16		51.33	5 / 1			
reaction time 0.183 interval		3.95	4.15	4.31	4.50		4.61	4.57	4.64	4.68	4.59	5.17			12.41	13.68	13.91
velocity	7.31	8.86	8.43	8.12	7.78		7.59	7.66	7.54	7.48	7.63	7.74	7.79		8.46	7.68	7.55
H1 lead leg L strides	22	14	14	14	14		15	15	14	15	15	17.2	169.2				

Fujii, Ryusei (JPN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)														*Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data*			
date 31-Jul-15 time	6.19	10.24	14.55	18.97	23.37		27.78	32.23	36.69	41.27	45.96		51.34	4 / 4			
reaction time interval		4.05	4.31	4.42	4.40		4.41	4.45	4.46	4.58	4.69	5.38	PB		12.78	13.26	13.73
velocity	7.27	8.64	8.12	7.92	7.95		7.94	7.87	7.85	7.64	7.46	7.43	7.79		8.22	7.92	7.65
H1 lead leg strides		14	15	15	15		15	15	15	15	15		134				

Bergström, Carl (SWE) (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 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 30-May-19 time	5.93	9.83	14.00	18.13	22.43	24.2	26.86		35.96	40.90	45.76		51.35	8 / 7			
reaction time 0.190 interval		3.90	4.17	4.13	4.30		4.43		9.10	4.94	4.86	5.59			12.20		
velocity	7.59	8.97	8.39	8.47	8.14	8.26	7.90		7.69	7.09	7.20	7.16	7.79		8.61		
H1 lead leg L strides	22	14	14	14	14		15			15	15		123				

Zbinden, Carlos (CHI) (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 - 2000 Olympic Games (Sydney, AUS)														*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date 24-Sep-00 time	6.10	9.90	13.82	17.70	21.70		25.94	30.38	34.98	40.02			51.36	6 / 6			
reaction time 0.180 interval		3.80	3.92	3.88	4.00		4.24	4.44	4.60	5.04					11.60	12.68	
velocity	7.38	9.21	8.93	9.02	8.75		8.25	7.88	7.61	6.94			7.79		9.05	8.28	
H1 lead leg strides	21	13	13	13	13		14	14	15	16			132				

Inoue, Daichi (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

U19 FINAL - 2016 National Sports Festival (Kitakami, JPN) *(2017) - tfdata-store.com/2017/05/14/post-470/*

date	08-Oct-16	time	6.26	10.01	13.94	18.09	22.44		27.02	31.70	36.47	41.21	45.98		51.36	7 / 1			
reaction time		interval		3.75	3.93	4.15	4.35		4.58	4.68	4.77	4.74	4.77	5.38	PB		11.83	13.61	14.28
		velocity	7.19	9.33	8.91	8.43	8.05		7.64	7.48	7.34	7.38	7.34	7.43	7.79		8.88	7.71	7.35
H1 lead leg	R	strides	21	13	13	14	14		15	15	15	15	15	19	169				

Porras, Aleix (ESP) (1999)

FINAL - 2017 European U20 Championships (Grosseto, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	23-Jul-17	time	5.80	9.76	13.60	17.60	21.84		26.24	30.92	35.60	40.40	45.32		51.36	8 / 7			
reaction time	0.231	interval		3.96	3.84	4.00	4.24		4.40	4.68	4.68	4.80	4.92	6.04			11.80	13.32	14.40
		velocity	7.76	8.84	9.11	8.75	8.25		7.95	7.48	7.48	7.29	7.11	6.62	7.79		8.90	7.88	7.29
H1 lead leg	R	strides		14	14	15	15			15	15	15	15	18	136				

Köhler, Hermann (FRG) (1950)

FINAL - 1975 West German National Championships (Gelsenkirchen, FRG) *Helbig (1975) - 400-m-hürdenlauf*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	28-Jun-75	time	6.1	10.2	14.2	18.3	22.6	24.6	27.0	32.0	36.1	40.8	45.6		51.37	3 / 3			
reaction time		interval		4.11	4.02	4.13	4.26		4.38	5.00	4.16	4.65	4.78	5.82			12.26	13.64	13.59
		velocity	7.43	8.52	8.71	8.47	8.22	8.14	7.99	7.00	8.41	7.53	7.32	6.87	7.79		8.56	7.70	7.73
H1 lead leg		strides																	

Leger, Stéphane (FRA) (1968)

FINAL - 1987 European Junior Championships (Birmingham, GBR) *Veney - split times from PJ*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	09-Aug-87	time	6.26	10.18	14.30	18.33	22.49		26.72	31.34	35.88	40.72	46.02		51.37	/ 3			
reaction time		interval		3.92	4.12	4.03	4.16		4.23	4.62	4.54	4.84	5.30	5.35			12.07	13.01	14.68
		velocity	7.19	8.93	8.50	8.68	8.41		8.27	7.58	7.71	7.23	6.60	7.48	7.79		8.70	8.07	7.15
H1 lead leg		strides		15	15	15	15		15	15	15	15	16		136				

Hackelbusch, Henning (GER) (1982)

Heat 2 - 2002 European Championships (Munich, GER) *Graubner (2009) - http://www.fgs.uni-halle.de*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	07-Aug-02	time	6.21	10.13	14.09	18.10	22.23		26.67	31.23	35.97	40.80	45.71		51.37	/ 7			
reaction time		interval		3.92	3.96	4.01	4.13		4.44	4.56	4.74	4.83	4.91	5.66			11.89	13.13	14.48
		velocity	7.25	8.93	8.84	8.73	8.47		7.88	7.68	7.38	7.25	7.13	7.07	7.79		8.83	8.00	7.25
H1 lead leg		strides																	

Iwabuchi, Soya (JPN)

FINAL - 2018 Japanese National High School Championships (Nagoya, JPN) *Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	04-Aug-18	time	6.34	10.51	14.86	19.18	23.53		28.04	32.50	36.97	41.47	46.08		51.37	5 / 2			
reaction time		interval		4.17	4.35	4.32	4.35		4.51	4.46	4.47	4.50	4.61	5.29	PB		12.84	13.32	13.58
		velocity	7.10	8.39	8.05	8.10	8.05		7.76	7.85	7.83	7.78	7.59	7.56	7.79		8.18	7.88	7.73
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				

Miyako, Kohei (JPN) (1997)

FINAL - 2019 Japanese National Championships (Fukuoka, JPN) *Yamanaka (2019) - research on athlete performance and technique- 2019 data book*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	29-Jun-19	time	6.17	10.08	14.20	18.32	22.56		26.96	31.53	36.10	40.82	45.88		51.37	9 / 8			
reaction time	0.149	interval		3.91	4.12	4.12	4.24		4.40	4.57	4.57	4.72	5.06	5.49			12.15	13.21	14.35
		velocity	7.29	8.95	8.50	8.50	8.25		7.95	7.66	7.66	7.42	6.92	7.29	7.79		8.64	7.95	7.32
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15		157				

Boino, Mowen (PNG) (1979)

Heat 7 - 2000 Olympic Games (Sydney, AUS) *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	24-Sep-00	time	6.16	10.28	14.52	18.76	23.04		27.52	32.08	36.48				51.38	4 / 8			
reaction time	0.406	interval		4.12	4.24	4.24	4.28		4.48	4.56	4.40				NR		12.60	13.32	
		velocity	7.31	8.50	8.25	8.25	8.18		7.81	7.68	7.95				7.79		8.33	7.88	
H1 lead leg		strides	22	15	15	15	15		15	15	15				127				

Sdad, Mustapha (MAR) (1970)

Heat 4 - 2000 Olympic Games (Sydney, AUS) *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	24-Sep-00	time	6.04	10.16	14.20	18.36	22.56		26.88	31.36	36.04	40.96	45.92		51.39	2 / 6			
reaction time	0.216	interval		4.12	4.04	4.16	4.20		4.32	4.48	4.68	4.92	4.96	5.47			12.32	13.00	14.56
		velocity	7.45	8.50	8.66	8.41	8.33		8.10	7.81	7.48	7.11	7.06	7.31	7.78		8.52	8.08	7.21
H1 lead leg		strides	21	15	15	15	15		15	15	15	17	17		160				

Holmes, TJ (USA) (1995

FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	30-Aug-18	time	5.76	9.32	13.08	16.96	21.00	22.8	25.16	29.44	34.00	39.04	44.48		51.39	6 / 8			
reaction time	0.186	interval		3.56	3.76	3.88	4.04		4.16	4.28	4.56	5.04	5.44	6.91			11.20	12.48	15.04
		velocity	7.81	9.83	9.31	9.02	8.66	8.77	8.41	8.18	7.68	6.94	6.43	5.79	7.78		9.38	8.41	6.98
H1 lead leg	L	strides	20	13	13	13	13		13	13	14		16		128				

Long Wei (CHN) (1997)

Heat 1 - 2019 Chinese National Championships (Shenyang, CHN) *CAA Hurdle Development (2019)*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	09-Jul-19	time	6.04	10.08	14.15	18.28	22.54		26.89	31.28	35.85	40.61	45.58		51.39	4 / 6			
reaction time	0.188	interval		4.04	4.07	4.13	4.26		4.35	4.39	4.57	4.76	4.97	5.81	PB		12.24	13.00	14.30
		velocity	7.45	8.66	8.60	8.47	8.22		8.05	7.97	7.66	7.35	7.04	6.88	7.78		8.58	8.08	7.34
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	15	15	18.8	174.8				

Januszewski, Paweł (POL) (1972)

Heat 5 - 2000 Olympic Games (Sydney, AUS) *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

date	24-Sep-00	time	6.08	9.88	13.64	17.48	21.44		25.60	30.08	34.80	40.04	45.28		51.40	2 / 2			
reaction time	0.163	interval		3.80	3.76	3.84	3.96		4.16	4.48	4.72	5.24	5.24	6.12			11.40	12.60	15.20
		velocity	7.40	9.21	9.31	9.11	8.84		8.41	7.81	7.42	6.68	6.68	6.54	7.78		9.21	8.33	6.91
H1 lead leg		strides	22	14	14	14	14		14	14	15	15	15	19.7	170.7				

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

date	31-Jul-16	time	6.31	10.28	14.45	18.77	23.21		27.71	32.23	36.79	41.42	46.11		51.40	7 / 1			
reaction time	0.192	interval		3.97	4.17	4.32	4.44		4.50	4.52	4.56	4.63	4.69	5.29			12.46	13.46	13.88
		velocity	7.13	8.82	8.39	8.10	7.88		7.78	7.74	7.68	7.56	7.46	7.56	7.78		8.43	7.80	7.56
H1 lead leg		strides		13	13	14	14		15	15	15	15	15		129				

Hussein, Kariem (SUI) (1989)

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

FINAL - 2018 Doha Diamond League (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	04-May-18	time	6.04	9.88	13.84	17.88	22.00		26.28	30.72	35.36	40.32			51.40	7 / 8			
reaction time	0.230	interval		3.84	3.96	4.04	4.12		4.28	4.44	4.64	4.96					11.84	12.84	
		velocity	7.45	9.11	8.84	8.66	8.50		8.18	7.88	7.54	7.06			7.78		8.87	8.18	
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	15		141				

Abdalmujied, Amor Ebed (QAT) (200

	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 Doha Diamond League (Doha, QAT) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	28-May-21	time	6.10	9.93	14.00	18.20	22.53	24.5	26.97	31.70	36.37	41.17	45.97		51.40	3 / 3			
reaction time	0.168	interval		3.83	4.07	4.20	4.33		4.44	4.73	4.67	4.80	4.80	5.43	PB		12.10	13.50	14.27
		velocity	7.38	9.14	8.60	8.33	8.08	8.16	7.88	7.40	7.49	7.29	7.29	7.37	7.78		8.68	7.78	7.36
H1 lead leg	L	strides	22	14	14	14	14		14		15	15	15	18.7	155.7				

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

date	13-Jun-21	time	6.41	10.53	14.73	19.02	23.29		27.74	32.26	36.79	41.41	46.06		51.40	7 / 5			
reaction time	0.185	interval		4.12	4.20	4.29	4.27		4.45	4.52	4.53	4.62	4.65	5.34			12.61	13.24	13.80
		velocity	7.02	8.50	8.33	8.16	8.20		7.87	7.74	7.73	7.58	7.53	7.49	7.78		8.33	7.93	7.61
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169				

Nezir, Ismail (TUR) (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 Doha Diamond League (Doha, QAT) *Omega Timing (2023) - diamond league race analysis*

date	05-May-23	time	6.16	10.10	14.19	18.37	22.62		27.08	31.79	36.37	41.13	45.91		51.40	2 / 8			
reaction time	0.195	interval		3.94	4.09	4.18	4.25		4.46	4.71	4.58	4.76	4.78	5.49			12.21	13.42	14.12
		velocity	7.31	8.88	8.56	8.37	8.24		7.85	7.43	7.64	7.35	7.32	7.29	7.78		8.60	7.82	7.44
H1 lead leg	L	strides	20	13	13	13	13		13		14	14	14		127				

Mizuno, Tatsuhiko (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) *Abe (2008) - 61st high school championships: JAF scientific committee - biomechanics data*

date	31-Jul-08	time	6.14	10.08	14.20	18.33	22.61		27.12	31.69	36.27	40.96	45.72		51.41	/ 2			
reaction time		interval		3.94	4.12	4.13	4.28		4.51	4.57	4.58	4.69	4.76	5.69			12.19	13.36	14.03
		velocity	7.33	8.88	8.50	8.47	8.18		7.76	7.66	7.64	7.46	7.35	7.03	7.78		8.61	7.86	7.48
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Li Zhilong (CHN) (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 Chinese National Championships (Suzhou, CHN) *Li (2008) - research on training characteristics of Li Zhilong's of Chinese men's 400m hurdles*

date	30-May-13	time	6.08	9.96	13.96	18.00	22.16		26.48	30.92	35.52	40.32	45.56		51.41	/ 3			
reaction time		interval		3.88	4.00	4.04	4.16		4.32	4.44	4.60	4.80	5.24	5.85			11.92	12.92	14.64
		velocity	7.40	9.02	8.75	8.66	8.41		8.10	7.88	7.61	7.29	6.68	6.84	7.78		8.81	8.13	7.17
H1 lead leg		strides																	

Wang Daojun (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) *CAA Hurdle Development (2020)*

date	17-Sep-20	time	5.96	10.00	14.08	18.29	22.58		26.92	31.42	35.96	40.71	45.54		51.41	5 / 5			
reaction time		interval		4.04	4.08	4.21	4.29		4.34	4.50	4.54	4.75	4.83	5.87			12.33	13.13	14.12
		velocity	7.55	8.66	8.58	8.31	8.16		8.06	7.78	7.71	7.37	7.25	6.81	7.78		8.52	8.00	7.44
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5				

van Zyl, L.J. (RSA) (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 - 2017 Bauhaus Athletics (Stockholm, SWE) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	18-Jun-17	time	5.88	9.64		17.40	21.44		25.60	30.00		39.04	43.88		51.42	2 / 8			
reaction time	0.143	interval		3.76		7.76	4.04		4.16	4.40		9.04	4.84	7.54			11.52	12.60	13.88
		velocity	7.65	9.31		9.02	8.66		8.41	7.95		7.74	7.23	5.31	7.78		9.11	8.33	7.56
H1 lead leg	L	strides	22	14			14		14	15			16		95				

Mikołajewski, Gabriel (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

FINAL - 2020 Golden Spike (Ostrava, CZE) (TV Analysis) *Henson (2020) - Athlete First: 2020 year end hurdle report*

date	08-Sep-20	time	6.14	10.04	14.14	18.12				31.13	35.97	40.84			51.42	3 / 6			
reaction time	0.145	interval		3.90	4.10	3.98				13.01	4.84	4.87					11.98	13.01	
		velocity	7.33	8.97	8.54	8.79				8.07	7.23	7.19			7.78		8.76	8.07	
H1 lead leg	L	strides	21	14		14	14					15			78				

Wang Daojun (CHN) (2000)

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

Heat 2 - 2021 Chinese National Championships (Chongqing, CHN) *CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.18	10.21	14.31	18.57	22.91		27.41	32.05	36.67	41.34	46.06		51.42	5 / 1			

reaction time	0.201	interval		4.03	4.10	4.26	4.34		4.50	4.64	4.62	4.67	4.72	5.36			12.39	13.48	14.01
		velocity	7.28	8.68	8.54	8.22	8.06		7.78	7.54	7.58	7.49	7.42	7.46	7.78		8.47	7.79	7.49
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18	170				

Wang Gouzhong (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 1 - 2021 Chinese National Championships (Chongqing, CHN)																*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.10	10.11	14.26	18.52	22.90		27.37	31.96	36.58	41.28	46.05		51.43	7 / 3			
reaction time	0.152	interval		4.01	4.15	4.26	4.38		4.47	4.59	4.62	4.70	4.77	5.38			12.42	13.44	14.09
		velocity	7.38	8.73	8.43	8.22	7.99		7.83	7.63	7.58	7.45	7.34	7.43	7.78		8.45	7.81	7.45
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	15	15	18.5	174.5				

Morioka, Yuuki (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 Championsips (Osaka, JPN)																*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date	11-Jun-22	time	6.36	10.41	14.51	18.77	23.10		27.48	32.00	36.74	41.39	46.15		51.43	5 / 5			
reaction time	0.208	interval		4.05	4.10	4.26	4.33		4.38	4.52	4.74	4.65	4.76	5.28			12.41	13.23	14.15
		velocity	7.08	8.64	8.54	8.22	8.08		7.99	7.74	7.38	7.53	7.35	7.58	7.78		8.46	7.94	7.42
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	15	18.7	169.7				

Shirao, Yusuke (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 Chamionships (Yamagata, JPN)																*Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data*			
date	31-Jul-17	time	6.26	10.11	14.13	18.25	22.64		27.08	31.55	36.12	40.89	45.78		51.44	6 / 1			
reaction time	0.172	interval		3.85	4.02	4.12	4.39		4.44	4.47	4.57	4.77	4.89	5.66			11.99	13.30	14.23
		velocity	7.19	9.09	8.71	8.50	7.97		7.88	7.83	7.66	7.34	7.16	7.07	7.78		8.76	7.89	7.38
H1 lead leg		strides		13	13	13	14		14	15	15	15	15		127				

Yamamoto, Takeshi (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 - 2020 World Athletics Trials (Fuji, JPN)																*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date	06-Sep-20	time	6.09	9.96	13.91	17.95	22.09		26.38	30.75	35.30	40.16	45.40		51.44	3 / 5			
reaction time		interval		3.87	3.95	4.04	4.14		4.29	4.37	4.55	4.86	5.24	6.04			11.86	12.80	14.65
		velocity	7.39	9.04	8.86	8.66	8.45		8.16	8.01	7.69	7.20	6.68	6.62	7.78		8.85	8.20	7.17
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	17	20	175				

Song Jiahui (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 3 - 2021 Chinese National Championships (Chongqing, CHN)																*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.36	10.36	14.45	18.62	22.83		27.10	31.68	36.26	41.01	45.87		51.44	8 / 1			
reaction time	0.234	interval		4.00	4.09	4.17	4.21		4.27	4.58	4.58	4.75	4.86	5.57	PB		12.26	13.06	14.19
		velocity	7.08	8.75	8.56	8.39	8.31		8.20	7.64	7.64	7.37	7.20	7.18	7.78		8.56	8.04	7.40
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	18.5	161.5				

Wang Siqing (CHN) (1999)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)																*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.30	10.35	14.46	18.65	22.97		27.33	31.78	36.31	41.03	45.87		51.44	7 / 2			
reaction time	0.222	interval		4.05	4.11	4.19	4.32		4.36	4.45	4.53	4.72	4.84	5.57	PB		12.35	13.13	14.09
		velocity	7.14	8.64	8.52	8.35	8.10		8.03	7.87	7.73	7.42	7.23	7.18	7.78		8.50	8.00	7.45
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19.5	178.5				

Mfomkpa, Alain-Hervé (SUI) (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 - 2017 Athletissima (Lausanne, SUI) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	06-Jul-17	time	6.04	9.80	13.72	17.64	21.68		25.96	30.36	35.04	40.00	45.24		51.45	1 / 8			
reaction time	0.156	interval		3.76	3.92	3.92	4.04		4.28	4.40	4.68	4.96	5.24	6.21			11.60	12.72	14.88
		velocity	7.45	9.31	8.93	8.93	8.66		8.18	7.95	7.48	7.06	6.68	6.44	7.77		9.05	8.25	7.06
H1 lead leg	L	strides	21	13	13	13	13		14	14	14	15	16		146				

Obayashi, Masayuki (JPN) (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)																*Hirokawa (2019) - research on athlete performance and technique- 2019 data book*			
date	19-May-19	time	6.04	9.96	13.91	18.04	22.21		26.48	30.83	35.40	40.22	45.35		51.45	4 / 6			
reaction time	0.157	interval		3.92	3.95	4.13	4.17		4.27	4.35	4.57	4.82	5.13	6.10			12.00	12.79	14.52
		velocity	7.45	8.93	8.86	8.47	8.39		8.20	8.05	7.66	7.26	6.82	6.56	7.77		8.75	8.21	7.23
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	17	20.7	175.7				

Muto, Yuhi (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 Championsips (Osaka, JPN)																*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date	11-Jun-22	time	6.39	10.33	14.41	18.52	22.86		27.29	31.82	36.47	41.21	46.06		51.46	3 / 6			
reaction time	0.189	interval		3.94	4.08	4.11	4.34		4.43	4.53	4.65	4.74	4.85	5.40	PB		12.13	13.30	14.24
		velocity	7.04	8.88	8.58	8.52	8.06		7.90	7.73	7.53	7.38	7.22	7.41	7.77		8.66	7.89	7.37
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	15	19	176				

Ziegler, Rolf (FRG) (1951)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1975 West German National Championships (Gelsenkirchen, FRG)																*Helbig (1975) - 400-m-hürdenlauf*			
date	28-Jun-75	time	6.2	10.2	14.2	18.4	22.6	24.6	27.0	31.5	36.1	40.8	45.4		51.47	7 / 4			
reaction time		interval		4.06	4.01	4.14	4.19		4.41	4.49	4.64	4.71	4.59	6.07			12.21	13.09	13.94
		velocity	7.31	8.62	8.73	8.45	8.35	8.14	7.94	7.80	7.54	7.43	7.63	6.59	7.77		8.60	8.02	7.53
H1 lead leg		strides																	

Yamada, Nao (JPN) (2004)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)																*Kishima (2022) - national high school championships biomechanics data collection*			
date	05-Aug-22	time	6.18	10.18	14.28	18.40	22.62		26.90	31.33	35.95	40.90	45.85		51.48	3 / 4			
reaction time	0.184	interval		4.00	4.10	4.12	4.22		4.28	4.43	4.62	4.95	4.95	5.63	PB		12.22	12.93	14.52

		velocity	7.28	8.75	8.54	8.50	8.29	8.18	7.90	7.58	7.07	7.07	7.10	7.77		8.59	8.12	7.23
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	17	17	20	182				

Valentian, Jean-Pascal (FRA) (1960)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1987 French National Championships (Annecy, FRA)														*Veney - split times from PJ*			
date 09-Aug-87 time	6.25	10.22	14.27	18.54	22.81		26.99	31.59	36.14	40.91	45.79		51.49	/ 5			
reaction time interval		3.97	4.05	4.27	4.27		4.18	4.60	4.55	4.77	4.88	5.70			12.29	13.05	14.20
velocity	7.20	8.82	8.64	8.20	8.20		8.37	7.61	7.69	7.34	7.17	7.02	7.77		8.54	8.05	7.39
H1 lead leg strides		14															

Copello, Yasmani (TUR) (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 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 17-Jul-22 time	5.93	9.80	13.80	17.77	22.00	23.97	26.40	30.97	35.56	40.48	45.46		51.49	2 / 7			
reaction time 0.166 interval		3.87	4.00	3.97	4.23		4.40	4.57	4.59	4.92	4.98	6.03			11.84	13.20	14.49
velocity	7.59	9.04	8.75	8.82	8.27	8.34	7.95	7.66	7.63	7.11	7.03	6.63	7.77		8.87	7.95	7.25
H1 lead leg L strides	20	13	13	13	13		14	14	14	15	14	18	161				

Houston, Victor (BAR) (1974)

	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 - 2000 Olympic Games (Sydney, AUS)														*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date 24-Sep-00 time	5.90	9.58	13.34	17.22	21.22		25.54	30.10	34.86	39.98	45.34		51.51	2 / 7			
reaction time 0.179 interval		3.68	3.76	3.88	4.00		4.32	4.56	4.76	5.12	5.36	6.17			11.32	12.88	15.24
velocity	7.63	9.51	9.31	9.02	8.75		8.10	7.68	7.35	6.84	6.53	6.48	7.77		9.28	8.15	6.89
H1 lead leg strides		13	13	13	13		14	14	15	15	16		126				

Bédi, Tibor (HUN) (1974)

	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 - 2000 Olympic Games (Sydney, AUS)														*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date 24-Sep-00 time	5.92	9.68	13.64	17.64	21.80		26.00	30.36	35.04	40.24	45.48		51.54	7 / 3			
reaction time 0.169 interval		3.76	3.96	4.00	4.16		4.20	4.36	4.68	5.20	5.24	6.06			11.72	12.72	15.12
velocity	7.60	9.31	8.84	8.75	8.41		8.33	8.03	7.48	6.73	6.68	6.60	7.76		8.96	8.25	6.94
H1 lead leg strides	21	13	14	14	14		14	15	15	17	17	20.9	174.9				

Lu Shengjing (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 - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21 time	6.34	10.37	14.62	18.98	23.39		27.73	32.12	36.60	41.25	46.03		51.54	8 / 2			
reaction time 0.228 interval		4.03	4.25	4.36	4.41		4.34	4.39	4.48	4.65	4.78	5.51	=PB		12.64	13.14	13.91
velocity	7.10	8.68	8.24	8.03	7.94		8.06	7.97	7.81	7.53	7.32	7.26	7.76		8.31	7.99	7.55
H1 lead leg L strides	22	15	15	15	15		15	15	15	15	15	19	176				

Wang Hongwen (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 - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21 time	6.27	10.25	14.26	18.40	22.61		27.03	31.49	36.15	40.99	45.97		51.56	6 / 3			
reaction time 0.242 interval		3.98	4.01	4.14	4.21		4.42	4.46	4.66	4.84	4.98	5.59			12.13	13.09	14.48
velocity	7.18	8.79	8.73	8.45	8.31		7.92	7.85	7.51	7.23	7.03	7.16	7.76		8.66	8.02	7.25
H1 lead leg L strides	21	14	14	14	14		14	14	15	15	15	18	168				

Song Jiahui (CHN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)														*CAA Hurdle Development (2021)*			
date 13-Jun-21 time	6.24	10.34	14.46	18.55	22.77		27.08	31.53	36.07	40.89	45.83		51.57	8 / 6			
reaction time 0.198 interval		4.10	4.12	4.09	4.22		4.31	4.45	4.54	4.82	4.94	5.74			12.31	12.98	14.30
velocity	7.21	8.54	8.50	8.56	8.29		8.12	7.87	7.71	7.26	7.09	6.97	7.76		8.53	8.09	7.34
H1 lead leg L strides	20	13	13	13	13		13	13	13	14	14	18	157				

Mfomkpa, Alain-Hervé (SUI) (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 Athletissime (Laussane, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date 25-Aug-16 time	5.96	9.83	13.73	17.73	22.10		26.47	30.93	35.67	40.57			51.58	8 / 6			
reaction time 0.182 interval		3.87	3.90	4.00	4.37		4.37	4.46	4.74	4.90					11.77	13.20	
velocity	7.55	9.04	8.97	8.75	8.01		8.01	7.85	7.38	7.14			7.75		8.92	7.95	
H1 lead leg L strides	21	13	13	13	14		14	15	15	15			133				

Yang Baichuan (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 - 2020 Chinese National Championships (Shaoxing, CHN)														*CAA Hurdle Development (2020)*			
date 17-Sep-20 time	6.08	10.12	14.25	18.50	22.83		27.25	31.75	36.42	41.12	45.92		51.58	2 / 6			
reaction time interval		4.04	4.13	4.25	4.33		4.42	4.50	4.67	4.70	4.80	5.66			12.42	13.25	14.17
velocity	7.40	8.66	8.47	8.24	8.08		7.92	7.78	7.49	7.45	7.29	7.07	7.75		8.45	7.92	7.41
H1 lead leg L strides	23	15	15	15	15		15	15	15	15	15	20	178				

Yamada, Nao (JPN) (2004)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)														*Kishima (2022) - national high school championships biomechanics data collection*			
date 05-Aug-22 time	6.18	10.18	14.28	18.40	22.62		26.90	31.33	35.95	40.90	45.85		51.48	3 / 4			
reaction time 0.184 interval		4.00	4.10	4.12	4.22		4.28	4.43	4.62	4.95	4.95	5.63	PB		12.22	12.93	14.52
velocity	7.28	8.75	8.54	8.50	8.29		8.18	7.90	7.58	7.07	7.07	7.10	7.77		8.59	8.12	7.23
H1 lead leg strides		15	15	15	15		15	15	15	17	17		139				

Wang Yijie (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 1 (Zhaoqing, CHN)														*CAA Hurdle Development (2019)*			
date 08-Apr-19 time	6.20	10.22	14.28	18.44	22.64		26.96	31.46	36.10	40.88	45.78		51.60	3 / 3			
reaction time 0.280 interval		4.02	4.06	4.16	4.20		4.32	4.50	4.64	4.78	4.90	5.82			12.24	13.02	14.32
velocity	7.26	8.71	8.62	8.41	8.33		8.10	7.78	7.54	7.32	7.14	6.87	7.75		8.58	8.06	7.33

H1 lead leg	L	strides	21	16	16	16	16		15	15	15	15	15	18.5	178.5				

Wang Yijie (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)																*CAA Hurdle Development (2019)*			
date	29-May-19	time	6.20	10.14	14.18	18.35	22.68		27.14	31.66	36.22	41.04	45.86		51.60	7 / 2			
reaction time	0.260	interval		3.94	4.04	4.17	4.33		4.46	4.52	4.56	4.82	4.82	5.74			12.15	13.31	14.20
		velocity	7.26	8.88	8.66	8.39	8.08		7.85	7.74	7.68	7.26	7.26	6.97	7.75		8.64	7.89	7.39
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	18.5	171.5				

Zhuang Linfei (CHN) (1996)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	03-Aug-19	time	6.28	10.20	14.22	18.38	22.66		27.12	31.65	36.31	41.06	45.98		51.60	8 / ~~5~~			
reaction time	0.256	interval		3.92	4.02	4.16	4.28		4.46	4.53	4.66	4.75	4.92	5.62	DQ		12.10	13.27	14.33
		velocity	7.17	8.93	8.71	8.41	8.18		7.85	7.73	7.51	7.37	7.11	7.12	7.75		8.68	7.91	7.33
H1 lead leg	L	strides	21	13	13	14	14		14	14	15	15	15	18.5	166.5				

Cai Jungi (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 4 - 2021 Chinese National Championships (Chongqing, CHN)																*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.32	10.31	14.38	18.59	22.94		27.39	31.85	36.37	40.99	45.73		51.60	3 / 3			
reaction time	0.229	interval		3.99	4.07	4.21	4.35		4.45	4.46	4.52	4.62	4.74	5.87			12.27	13.26	13.88
		velocity	7.12	8.77	8.60	8.31	8.05		7.87	7.85	7.74	7.58	7.38	6.81	7.75		8.56	7.92	7.56
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18.5	175.5				

Shang Shou (CHN) (1995)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																*CAA Hurdle Development (2019)*			
date	22-Aug-19	time	6.49	10.63	14.80	19.05	23.36		27.83	32.30	36.84	41.42	46.16		51.62	6 / 1			
reaction time	0.275	interval		4.14	4.17	4.25	4.31		4.47	4.47	4.54	4.58	4.74	5.46			12.56	13.25	13.86
		velocity	6.93	8.45	8.39	8.24	8.12		7.83	7.83	7.71	7.64	7.38	7.33	7.75		8.36	7.92	7.58
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169				

Wang Daojun (CHN) (2000)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																*CAA Hurdle Development (2019)*			
date	17-Aug-19	time	6.18	10.26	14.32	18.55	22.90		27.46	32.20	36.92	41.64	46.35		51.64	5 / 3			
reaction time	0.188	interval		4.08	4.06	4.23	4.35		4.56	4.74	4.72	4.72	4.71	5.29			12.37	13.65	14.15
		velocity	7.28	8.58	8.62	8.27	8.05		7.68	7.38	7.42	7.42	7.43	7.56	7.75		8.49	7.69	7.42
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18	170				

Ye Anan (CHN) (2004)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)																*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.37	10.44	14.64	18.83	23.19		27.69	32.22	36.91	41.57	46.24		51.64	5 / 4			
reaction time	0.272	interval		4.07	4.20	4.19	4.36		4.50	4.53	4.69	4.66	4.67	5.40			12.46	13.39	14.02
		velocity	7.06	8.60	8.33	8.35	8.03		7.78	7.73	7.46	7.51	7.49	7.41	7.75		8.43	7.84	7.49
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.2	169.2				

Rodríguez, Eduardo Iván (ESP) (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 - 1998 Spanish National Championships (San Sebastián, ESP)																*Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas*			
date	02-Aug-98	time	6.10	10.22	14.34	18.52	22.90		27.32	31.89	36.58	41.41	46.24		51.65	7 / 3			
reaction time		interval		4.12	4.12	4.18	4.38		4.42	4.57	4.69	4.83	4.83	5.41			12.42	13.37	14.35
		velocity	7.38	8.50	8.50	8.37	7.99		7.92	7.66	7.46	7.25	7.25	7.39	7.74		8.45	7.85	7.32
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	16	15	18.5	171.5				

Reinberg, Jan (GER) (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 - 2001 European Championships (Bremen, GER)																*Graubner (2007) - http://www.fgs.uni-halle.de*			
date	23-Jun-01	time	6.30	10.21	14.19	18.32	22.48		26.84	31.32	35.98	40.96	45.85		51.66	/ 8			
reaction time		interval		3.91	3.98	4.13	4.16		4.36	4.48	4.66	4.98	4.89	5.81			12.02	13.00	14.53
		velocity	7.14	8.95	8.79	8.47	8.41		8.03	7.81	7.51	7.03	7.16	6.88	7.74		8.74	8.08	7.23
H1 lead leg		strides																	

Boino, Mowen (PNG) (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 - 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	6.14	10.18	14.34	18.47	22.65		27.01	31.43	36.00	40.70	45.57		51.66	9 / 9			
reaction time	0.058	interval		4.04	4.16	4.13	4.18		4.36	4.42	4.57	4.70	4.87	6.09			12.33	12.96	14.14
		velocity	7.33	8.66	8.41	8.47	8.37		8.03	7.92	7.66	7.45	7.19	6.57	7.74		8.52	8.10	7.43
H1 lead leg	R	strides	21	15	15	15	15		15	15	15	15	15	18	174				

Motima, Satoshi (JPN)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)																*Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection*			
date	04-Aug-18	time	6.21	10.24	14.40	18.57	22.92		27.43	31.93	36.54	41.21	46.15		51.66	8 / 3			
reaction time		interval		4.03	4.16	4.17	4.35		4.51	4.50	4.61	4.67	4.94	5.51	PB		12.36	13.36	14.22
		velocity	7.25	8.68	8.41	8.39	8.05		7.76	7.78	7.59	7.49	7.09	7.26	7.74		8.50	7.86	7.38
H1 lead leg		strides		15	15	15	15		15	15	15	15	16		136				

Song Haotian (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 Philippe Cup Athletics Invitational (Wuhan, CHN)																*CAA Hurdle Development (2021)*			
date	20-May-21	time	6.29	10.29	14.31	18.42	22.62		27.04	31.68	36.32	41.11	46.18		51.66	5 / 2			
reaction time	0.242	interval		4.00	4.02	4.11	4.20		4.42	4.64	4.64	4.79	5.07	5.48	PB		12.13	13.26	14.50
		velocity	7.15	8.75	8.71	8.52	8.33		7.92	7.54	7.54	7.31	6.90	7.30	7.74		8.66	7.92	7.24
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	19.5	172.5				

Zhuang Linfei (CHN) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																*CAA Hurdle Development (2019)*			
date	23-Aug-19	time	6.20	10.04	14.03	18.18	22.48		27.00	31.60	36.24	41.11	46.02		51.67	7 / 5			
reaction time	0.220	interval		3.84	3.99	4.15	4.30		4.52	4.60	4.64	4.87	4.91	5.65			11.98	13.42	14.42
		velocity	7.26	9.11	8.77	8.43	8.14		7.74	7.61	7.54	7.19	7.13	7.08	7.74		8.76	7.82	7.28
H1 lead leg	L	strides	13	13	14	14	14		14	15	15	15	15	18.5	160.5				

Fueki, Yasuhiro (JPN) (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 - 2014 Seiko Golden Grand Prix (Tokyo, JPN)																*Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions*			
date	11-May-14	time	6.01	9.90	13.80	17.72	21.77		25.92	30.39	35.04	39.98	45.25		51.68	/ 8			
reaction time		interval		3.89	3.90	3.92	4.05		4.15	4.47	4.65	4.94	5.27	6.43			11.71	12.67	14.86
		velocity	7.49	9.00	8.97	8.93	8.64		8.43	7.83	7.53	7.09	6.64	6.22	7.74		8.97	8.29	7.07
H1 lead leg		strides		14	14	14	14		14	14	15	15	16		130				

Cai Jungi (CHN) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																*CAA Hurdle Development (2019)*			
date	23-Aug-19	time	6.34	10.31	14.30	18.40	22.66		26.98	31.42	36.02	40.76	45.70		51.69	3 / 6			
reaction time	0.201	interval		3.97	3.99	4.10	4.26		4.32	4.44	4.60	4.74	4.94	5.99			12.06	13.02	14.28
		velocity	7.10	8.82	8.77	8.54	8.22		8.10	7.88	7.61	7.38	7.09	6.68	7.74		8.71	8.06	7.35
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19.5	176.5				

Takahashi, Ryosuke (JPN) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)																*Shibayama (2021) - national high school and U20 national championhsips*			
date	30-Jul-21	time	6.17	10.14	14.41	18.64	22.97		27.46	32.02	36.72	41.57	46.46		51.69	6 / 1			
reaction time	0.161	interval		3.97	4.27	4.23	4.33		4.49	4.56	4.70	4.85	4.89	5.23			12.47	13.38	14.44
		velocity	7.29	8.82	8.20	8.27	8.08		7.80	7.68	7.45	7.22	7.16	7.65	7.74		8.42	7.85	7.27
H1 lead leg		strides		14	15	14	14		15	15	16	16	16		135				

Naito, Genichiro (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)																*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date	26-Jun-21	time	6.27	10.24	14.21	18.30	22.54		26.96	31.53	36.17	40.96	45.98		51.70	6 / 5			
reaction time	0.183	interval		3.97	3.97	4.09	4.24		4.42	4.57	4.64	4.79	5.02	5.72			12.03	13.23	14.45
		velocity	7.18	8.82	8.82	8.56	8.25		7.92	7.66	7.54	7.31	6.97	6.99	7.74		8.73	7.94	7.27
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15		152				

Lin Zhikai (CHN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)																*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.23	10.23	14.27	18.43	22.70		27.11	31.63	36.29	41.09	46.05		51.70	6 / 2			
reaction time	0.187	interval		4.00	4.04	4.16	4.27		4.41	4.52	4.66	4.80	4.96	5.65			12.20	13.20	14.42
		velocity	7.22	8.75	8.66	8.41	8.20		7.94	7.74	7.51	7.29	7.06	7.08	7.74		8.61	7.95	7.28
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18.2	175.2				

Nakamashi, Haruki (JPN) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)																*Shibayama (2021) - national high school and U20 national championhsips*			
date	30-Jul-21	time	6.07	10.04	14.28	18.60	22.97		27.43	31.92	36.50	41.42	46.36		51.70	4 / 2			
reaction time	0.145	interval		3.97	4.24	4.32	4.37		4.46	4.49	4.58	4.92	4.94	5.34			12.53	13.32	14.44
		velocity	7.41	8.82	8.25	8.10	8.01		7.85	7.80	7.64	7.11	7.09	7.49	7.74		8.38	7.88	7.27
H1 lead leg		strides		15	15	15	15		15	15	15	17	17		139				

Juránek, Martin (CZE) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Golden Spike (Ostrava, CZE) (TV Analysis)																*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date	08-Sep-20	time	6.10	10.04	13.98	17.95	22.09			30.63	35.30	40.24			51.71	2 / 7			
reaction time	0.166	interval		3.94	3.94	3.97	4.14			8.54	4.67	4.94					11.85	12.68	
		velocity	7.38	8.88	8.88	8.82	8.45			8.20	7.49	7.09			7.74		8.86	8.28	
H1 lead leg	L	strides	22	15		15	15					17	17		101				

Okada, Sohei (JPN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Japanese National High School Championships (Kitakami, JPN)																*Abe (2011) - 64th high school championships: JAF scientific committee - biomechanics data*			
date	05-Aug-11	time	6.15	10.17	14.27	18.44	22.60		26.86	31.44	36.26	41.26	46.26		51.72	7 / 1			
reaction time		interval		4.02	4.10	4.17	4.16		4.26	4.58	4.82	5.00	5.00	5.46			12.29	13.00	14.82
		velocity	7.32	8.71	8.54	8.39	8.41		8.22	7.64	7.26	7.00	7.00	7.33	7.73		8.54	8.08	7.09
H1 lead leg		strides																	

Li Guangzhen (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 Chinese National Championships (Chongqing, CHN)																*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.40	10.51	14.65	18.83	23.24		27.86	32.51	37.27	42.01	46.66		51.72	4 / ~~4~~ 3			
reaction time	0.218	interval		4.11	4.14	4.18	4.41		4.62	4.65	4.76	4.74	4.65	5.06			12.43	13.68	14.15
		velocity	7.03	8.52	8.45	8.37	7.94		7.58	7.53	7.35	7.38	7.53	7.91	7.73		8.45	7.68	7.42
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	17.2	169.2				

McGuick, Tom (IRL)			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 - 2000 Olympic Games (Sydney, AUS)																*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date	24-Sep-00	time	5.96	9.80	13.72	17.72	21.84		25.92	30.48	35.40	40.48	45.72		51.73	3 / 7			
reaction time	0.183	interval		3.84	3.92	4.00	4.12		4.08	4.56	4.92	5.08	5.24	6.01			11.76	12.76	15.24
		velocity	7.55	9.11	8.93	8.75	8.50		8.58	7.68	7.11	6.89	6.68	6.66	7.73		8.93	8.23	6.89
H1 lead leg		strides	22	14	14	14	14		15	17	16	17	18		161				

Walker, Adrian (USA) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)																*USATF Women's Sprint Development (2003)*			
date	22-Jun-03	time	6.09	9.96	13.91	17.92	22.09		26.39	31.00	35.70	40.44	45.56		51.73	4 / 2			
reaction time		interval		3.87	3.95	4.01	4.17		4.30	4.61	4.70	4.74	5.12	6.17			11.83	13.08	14.56
		velocity	7.39	9.04	8.86	8.73	8.39		8.14	7.59	7.45	7.38	6.84	6.48	7.73		8.88	8.03	7.21
H1 lead leg		strides																	

Lu Shengjing (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 Chinese National Championships (Chongqing, CHN)																*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.24	10.29	14.55	18.88	23.37		27.91	32.45	37.02	41.71	46.48		51.78	1 / ~~5~~ 4			
reaction time	0.187	interval		4.05	4.26	4.33	4.49		4.54	4.54	4.57	4.69	4.77	5.30			12.64	13.57	14.03
		velocity	7.21	8.64	8.22	8.08	7.80		7.71	7.71	7.66	7.46	7.34	7.55	7.72		8.31	7.74	7.48
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18.5	175.5				

Pitillas, Oscar (ESP) (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 Spanish National Championships (San Sebastián, ESP)																*Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas*			
date	02-Aug-98	time	5.97	9.96	13.89	17.95	22.15		26.58	31.26	35.91	40.79	45.78		51.79	5 / 4			
reaction time		interval		3.99	3.93	4.06	4.20		4.43	4.68	4.65	4.88	4.99	6.01			11.98	13.31	14.52
		velocity	7.54	8.77	8.91	8.62	8.33		7.90	7.48	7.53	7.17	7.01	6.66	7.72		8.76	7.89	7.23
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	18	161				

Garnier, Philippe (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 - 1987 French National Championships (Annecy, FRA)																*Veney - split times from PJ*			
date	09-Aug-87	time	6.07	10.18	14.43	18.59	22.64		26.96	31.33	35.85	40.59	45.67		51.80	/ 6			
reaction time		interval		4.11	4.25	4.16	4.05		4.32	4.37	4.52	4.74	5.08	6.13			12.52	12.74	14.34
		velocity	7.41	8.52	8.24	8.41	8.64		8.10	8.01	7.74	7.38	6.89	6.53	7.72		8.39	8.24	7.32
H1 lead leg		strides																	

Arisaka, Tomotaka (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)																*Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection*			
date	31-Jul-16	time	6.21	10.23	14.48	18.85	23.17		27.71	32.33	37.07	41.81	46.48		51.81	2 / 2			
reaction time	0.147	interval		4.02	4.25	4.37	4.32		4.54	4.62	4.74	4.74	4.67	5.33			12.64	13.48	14.15
		velocity	7.25	8.71	8.24	8.01	8.10		7.71	7.58	7.38	7.38	7.49	7.50	7.72		8.31	7.79	7.42
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Lin Zhikai (CHN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																*CAA Hurdle Development (2021)*			
date	25-Apr-21	time	6.30	10.28	14.35	18.50	22.79		27.17	31.72	36.40	41.19	46.13		51.81	3 / 3			
reaction time	0.201	interval		3.98	4.07	4.15	4.29		4.38	4.55	4.68	4.79	4.94	5.68			12.20	13.22	14.41
		velocity	7.14	8.79	8.60	8.43	8.16		7.99	7.69	7.48	7.31	7.09	7.04	7.72		8.61	7.94	7.29
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18.5	175.5				

Lahoulou, Abdelmalik (ALG) (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 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	30-May-19	time	6.06	9.80	13.80	17.93	22.06	23.7	26.40	31.00	35.66	40.80	45.86		51.82	3 / 8			
reaction time	0.151	interval		3.74	4.00	4.13	4.13		4.34	4.60	4.66	5.14	5.06	5.96			11.87	13.07	14.86
		velocity	7.43	9.36	8.75	8.47	8.47	8.44	8.06	7.61	7.51	6.81	6.92	6.71	7.72		8.85	8.03	7.07
H1 lead leg	L	strides	22	13	14	14	14		14	15		15	15		136				

Ye Anan (CHN) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)																*CAA Hurdle Development (2021)*			
date	25-Apr-21	time	6.28	10.24	14.48	18.72	23.10		27.61	32.11	36.70	41.47	46.31		51.82	6 / 1			
reaction time	0.299	interval		3.96	4.24	4.24	4.38		4.51	4.50	4.59	4.77	4.84	5.51	PB		12.44	13.39	14.20
		velocity	7.17	8.84	8.25	8.25	7.99		7.76	7.78	7.63	7.34	7.23	7.26	7.72		8.44	7.84	7.39
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	19	172				

Harnden, Ken (ZIM) (1973)			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 - 2000 Olympic Games (Sydney, AUS)																*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date	24-Sep-00	time	6.28	10.00	13.92	17.84	21.88		26.00	30.40	35.24	40.48	45.72		51.83	5 / 4			
reaction time	0.435	interval		3.72	3.92	3.92	4.04		4.12	4.40	4.84	5.24	5.24	6.11			11.56	12.56	15.32
		velocity	7.17	9.41	8.93	8.93	8.66		8.50	7.95	7.23	6.68	6.68	6.55	7.72		9.08	8.36	6.85
H1 lead leg		strides	22	13	13	13	13		13	13	15	17	17	19.7	168.7				

Lu Shengjing (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)																*CAA Hurdle Development (2021)*			
date	20-May-21	time	6.17	10.24	14.35	18.53	22.81		27.21	31.68	36.33	41.04	46.06		51.83	6 / 3			
reaction time	0.189	interval		4.07	4.11	4.18	4.28		4.40	4.47	4.65	4.71	5.02	5.77	PB		12.36	13.15	14.38
		velocity	7.29	8.60	8.52	8.37	8.18		7.95	7.83	7.53	7.43	6.97	6.93	7.72		8.50	7.98	7.30
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				

Chevychalov, Georgiy (URS) (1935)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1961 Universiade (Sofia, BUL)																*Bartusek (1969) - 400-meter training and technique*			
date	01-Sep-61	time	5.8	10.1	14.1	18.1	22.4		26.9	31.5	36.0	40.6	45.8		51.7	/ 2			
reaction time		interval		4.3	4.0	4.0	4.3		4.5	4.6	4.5	4.6	5.2	5.9			12.3	13.4	14.3
		velocity	7.76	8.14	8.75	8.75	8.14		7.78	7.61	7.78	7.61	6.73	6.78	7.74		8.54	7.84	7.34
H1 lead leg		strides																	

Viarshynin, Leanid (BLR) (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 5 - 2000 Olympic Games (Sydney, AUS) *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

date	24-Sep-00	time	6.08	9.92	13.84	17.80	21.80	25.96	30.28	34.92	40.28	45.64		51.84	4 / 5			
reaction time	0.151	interval		3.84	3.92	3.96	4.00	4.16	4.32	4.64	5.36	5.36	6.20			11.72	12.48	15.36
		velocity	7.40	9.11	8.93	8.84	8.75	8.41	8.10	7.54	6.53	6.53	6.45	7.72		8.96	8.41	6.84
H1 lead leg		strides	21	13	13	13	13	14	14	15	17	17	20	170				

Liu Shuang (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)														*CAA Hurdle Development (2019)*			
date 17-Aug-19 time	6.20	10.08	14.02	18.10	22.32		26.66	31.16	35.88	40.76	46.04		51.84	9 / 4			
reaction time 0.173 interval		3.88	3.94	4.08	4.22		4.34	4.50	4.72	4.88	5.28	5.80	PB		11.90	13.06	14.88
velocity	7.26	9.02	8.88	8.58	8.29		8.06	7.78	7.42	7.17	6.63	6.90	7.72		8.82	8.04	7.06
H1 lead leg L strides	23	15	15	15	15		15	15	15	15	17	19.5	179.5				

Xu Zhihang (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 - 2021 National Grand Prix (Chengdu, CHN)														*CAA Hurdle Development (2021)*			
date 01-Apr-21 time	6.18	10.14	14.18	18.28	22.42		26.80	31.28	36.02	41.00	46.08		51.84	2 / 1			
reaction time 0.217 interval		3.96	4.04	4.10	4.14		4.38	4.48	4.74	4.98	5.08	5.76			12.10	13.00	14.80
velocity	7.28	8.84	8.66	8.54	8.45		7.99	7.81	7.38	7.03	6.89	6.94	7.72		8.68	8.08	7.09
H1 lead leg L strides	21	14	14	14	14		15	15	16	16	16	19.5	174.5				

Fuchiqami, Syota (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)														*Kishima (2022) - national high school championships biomechanics data collection*			
date 05-Aug-22 time	6.16	10.09	14.11	18.31	22.69		27.16	31.70	36.49	41.36	46.25		51.86	2 / 7			
reaction time 0.187 interval		3.93	4.02	4.20	4.38		4.47	4.54	4.79	4.87	4.89	5.61			12.15	13.39	14.55
velocity	7.31	8.91	8.71	8.33	7.99		7.83	7.71	7.31	7.19	7.16	7.13	7.71		8.64	7.84	7.22
H1 lead leg R strides	22	14	14	14	14		15	15	15	15	15	19.2	172.2				

Long Wei (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)														*CAA Hurdle Development (2019)*			
date 29-May-19 time	6.22	10.21	14.36	18.58	22.92		27.42	32.04	36.70	41.47	46.34		51.87	2 / 3			
reaction time 0.208 interval		3.99	4.15	4.22	4.34		4.50	4.62	4.66	4.77	4.87	5.53	PB		12.36	13.46	14.30
velocity	7.23	8.77	8.43	8.29	8.06		7.78	7.58	7.51	7.34	7.19	7.23	7.71		8.50	7.80	7.34
H1 lead leg L strides	23	15	15	15	15		15	15	15	15	15	18.2	176.2				

Li Guangzhen (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 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 03-Aug-19 time	6.40	10.63	14.88	19.12	23.40		27.75	32.13	36.64	41.60	46.52		51.88	6 / 1			
reaction time 0.186 interval		4.23	4.25	4.24	4.28		4.35	4.38	4.51	4.96	4.92	5.36	PB		12.72	13.01	14.39
velocity	7.03	8.27	8.24	8.25	8.18		8.05	7.99	7.76	7.06	7.11	7.46	7.71		8.25	8.07	7.30
H1 lead leg L strides	22	14	14	14	14		15	15	15	15	15	18	171				

Cai Jungi (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 - 2021 East China District Meeting (Zhaoqing, CHN)														*CAA Hurdle Development (2021)*			
date 25-Apr-21 time	6.38	10.52	14.84	19.20	23.62		28.06	32.54	36.98	41.50	46.08		51.88	6 / 1			
reaction time 0.204 interval		4.14	4.32	4.36	4.42		4.44	4.48	4.44	4.52	4.58	5.80			12.82	13.34	13.54
velocity	7.05	8.45	8.10	8.03	7.92		7.88	7.81	7.88	7.74	7.64	6.90	7.71		8.19	7.87	7.75
H1 lead leg L strides	22	15	15	15	15		15	15	15	15	15	19	176				

Willis, Matthew (USA) (1984)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)														*USATF Women's Sprint Development (2003)*			
date 22-Jun-03 time	6.09	10.06	14.31	18.52	22.79		27.34	32.10	36.87	41.59	46.46		51.89	2 / 3			
reaction time interval		3.97	4.25	4.21	4.27		4.55	4.76	4.77	4.72	4.87	5.43			12.43	13.58	14.36
velocity	7.39	8.82	8.24	8.31	8.20		7.69	7.35	7.34	7.42	7.19	7.37	7.71		8.45	7.73	7.31
H1 lead leg strides																	

Cui Caizhuang (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 World Championship Trials (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 03-Aug-19 time	6.21	10.18	14.20	18.35	22.56		27.01	31.70	36.48	41.31	46.28		51.89	1 / ~~6~~ 5			
reaction time 0.194 interval		3.97	4.02	4.15	4.21		4.45	4.69	4.78	4.83	4.97	5.61			12.14	13.35	14.58
velocity	7.25	8.82	8.71	8.43	8.31		7.87	7.46	7.32	7.25	7.04	7.13	7.71		8.65	7.87	7.20
H1 lead leg R strides	22	14	14	14	14		15	15	15	15	15	18.8	171.8				

Kajiki, Ryo (JPN) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 20-Sep-20 time	6.14	9.99	13.95	18.02	22.24		26.66	31.13	35.89	40.86	46.01		51.89	8 / 7			
reaction time 0.258 interval		3.85	3.96	4.07	4.22		4.42	4.47	4.76	4.97	5.15	5.88			11.88	13.11	14.88
velocity	7.33	9.09	8.84	8.60	8.29		7.92	7.83	7.35	7.04	6.80	6.80	7.71		8.84	8.01	7.06
H1 lead leg strides		13	13	13	13		13	14	14	15	15		123				

Angela, Ramsey (NED) (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 Bauhaus Galan (Stockholm, SWE) (TV Analysis)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 23-Aug-20 time	6.16		13.90	17.94	22.12	24.0	26.44		35.58	40.42	45.50		51.90	1 / 8			
reaction time 0.210 interval			7.74	4.04	4.18		4.32		9.14	4.84	5.08	6.40			11.78		
velocity	7.31		9.04	8.66	8.37	8.33	8.10		7.66	7.23	6.89	6.25	7.71		8.91		
H1 lead leg R strides	21	14		14	14		15			15	16		109				

Burton, Jereme (USA) (1984)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)														*USATF Women's Sprint Development (2003)*			

date	22-Jun-03	time	6.16	10.04	14.01	18.00	22.21		26.56	31.08	35.80	40.79	45.91		51.92	5 / 4				
reaction time		interval		3.88	3.97	3.99	4.21		4.35	4.52	4.72	4.99	5.12	6.01	PB		11.84	13.08	14.83	
		velocity	7.31	9.02	8.82	8.77	8.31		8.05	7.74	7.42	7.01	6.84	6.66	7.70		8.87	8.03	7.08	
H1 lead leg		strides																		

Tashiro, Masahito (JPN) (1997)

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

FINAL - 2015 Japanese National High School Championships (Wakayama, JPN) *Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data*

date	31-Jul-15	time	6.12	10.01	14.03	18.13	22.37		26.74	31.21	35.85	40.76	46.15		51.92	8 / 5				
reaction time		interval		3.89	4.02	4.10	4.24		4.37	4.47	4.64	4.91	5.39	5.77			12.01	13.08	14.94	
		velocity	7.35	9.00	8.71	8.54	8.25		8.01	7.83	7.54	7.13	6.49	6.93	7.70		8.74	8.03	7.03	
H1 lead leg		strides		14	15	15	15		15	15	15	15	17		136					

Cui Caizhuang (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 1 - 2021 National Grand Prix (Chengdu, CHN) *CAA Hurdle Development (2021)*

date	01-Apr-21	time	6.22	10.22	14.32	18.54	22.82		27.26	31.90	36.66	41.52	46.42		51.93	4 / 1				
reaction time	0.194	interval		4.00	4.10	4.22	4.28		4.44	4.64	4.76	4.86	4.90	5.51			12.32	13.36	14.52	
		velocity	7.23	8.75	8.54	8.29	8.18		7.88	7.54	7.35	7.20	7.14	7.26	7.70		8.52	7.86	7.23	
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18.5	171.5					

Obayashi, Masayuki (JPN) (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 - 2017 Osaka University Athletics Championships (Osaka, JPN) *(2017.04.13) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en*

date	05-Apr-17	time	6.02	9.82	13.79	17.86	22.09		26.46	31.03	35.82	40.69	46.01		51.94	7 / 1				
reaction time		interval		3.80	3.97	4.07	4.23		4.37	4.57	4.79	4.87	5.32	5.93			11.84	13.17	14.98	
		velocity	7.48	9.21	8.82	8.60	8.27		8.01	7.66	7.31	7.19	6.58	6.75	7.70		8.87	7.97	7.01	
H1 lead leg		strides																		

Lin Zhikai (CHN) (2001)

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

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

date	17-Aug-19	time	6.44	10.58	14.79	19.02	23.38		27.90	32.50	37.22	41.96	46.74		51.95	2 / 5				
reaction time	0.203	interval		4.14	4.21	4.23	4.36		4.52	4.60	4.72	4.74	4.78	5.21	PB		12.58	13.48	14.24	
		velocity	6.99	8.45	8.31	8.27	8.03		7.74	7.61	7.42	7.38	7.32	7.68	7.70		8.35	7.79	7.37	
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18	175					

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

date	26-Jun-21	time	6.12	10.03	13.95	17.93	22.02		26.28	30.71	35.35	40.37	45.66		51.95	3 / 6				
reaction time	0.190	interval		3.91	3.92	3.98	4.09		4.26	4.43	4.64	5.02	5.29	6.29			11.81	12.78	14.95	
		velocity	7.35	8.95	8.93	8.79	8.56		8.22	7.90	7.54	6.97	6.62	6.36	7.70		8.89	8.22	7.02	
H1 lead leg	L	strides	21	14	14	14	15		15	15	15	16	16		155					

Tille, Fritz (FRG) (1951)

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

FINAL - 1975 West German National Championships (Gelsenkirchen, FRG) *Helbig (1975) - 400-m-hürdenlauf*

date	28-Jun-75	time	6.2	10.2	14.4	18.5	22.7	24.7	27.0	31.7	36.5	41.1	46.1		51.96	1 / 5				
reaction time		interval		4.03	4.13	4.12	4.19		4.36	4.65	4.78	4.66	5.00	5.84			12.28	13.20	14.44	
		velocity	7.26	8.68	8.47	8.50	8.35	8.11	8.03	7.53	7.32	7.51	7.00	6.85	7.70		8.55	7.95	7.27	
H1 lead leg		strides																		

Lu Shengjing (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 East China District Meeting (Zhaoqing, CHN) *CAA Hurdle Development (2021)*

date	25-Apr-21	time	6.47	10.64	14.98	19.37	23.79		28.23	32.78	37.33	41.99	46.71		51.96	3 / 2				
reaction time	0.240	interval		4.17	4.34	4.39	4.42		4.44	4.55	4.55	4.66	4.72	5.25	PB		12.90	13.41	13.93	
		velocity	6.96	8.39	8.06	7.97	7.92		7.88	7.69	7.69	7.51	7.42	7.62	7.70		8.14	7.83	7.54	
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18	175					

Wang Siqing (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 Philippe Cup Athletics Invitational (Wuhan, CHN) *CAA Hurdle Development (2021)*

date	20-May-21	time	6.30	10.38	14.50	18.70	23.04		27.39	31.86		41.32	46.36		51.96	3 / 4				
reaction time	0.201	interval		4.08	4.12	4.20	4.34		4.35	4.47		9.46	5.04	5.60	PB		12.40	13.16	14.50	
		velocity	7.14	8.58	8.50	8.33	8.06		8.05	7.83		7.40	6.94	7.14	7.70		8.47	7.98	7.24	
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	20	179					

Yamauchi, Hiromu (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 Chamionships (Yamagata, JPN) *Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data*

date	31-Jul-17	time	6.19	10.18	14.30	18.55	22.97		27.59	32.13	36.77	41.56	46.66		51.97	9 / 2				
reaction time	0.168	interval		3.99	4.12	4.25	4.42		4.62	4.54	4.64	4.79	5.10	5.31			12.36	13.58	14.53	
		velocity	7.27	8.77	8.50	8.24	7.92		7.58	7.71	7.54	7.31	6.86	7.53	7.70		8.50	7.73	7.23	
H1 lead leg		strides		14	14	14	14		15	15	15	15	16		132					

Hamada, Hiroshi (JPN) (2001)

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

FINAL - 2018 Japanese National High School Championships (Nagoya, JPN) *Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection*

date	04-Aug-18	time	6.41	10.56	14.81	19.10	23.46		27.79	32.25	36.82	41.61	46.50		51.98	9 / 4				
reaction time		interval		4.15	4.25	4.29	4.36		4.33	4.46	4.57	4.79	4.89	5.48	PB		12.69	13.15	14.25	
		velocity	7.02	8.43	8.24	8.16	8.03		8.08	7.85	7.66	7.31	7.16	7.30	7.70		8.27	7.98	7.37	
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135					

Iwasaka, Shuto (JPN) (2001)

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

FINAL - 2019 Japanese National High School Championships (Okinawa, JPN) *Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection*

date	06-Aug-19	time	6.26	10.46	14.73	19.13	23.52		28.08	32.48	36.97	41.64	46.55		51.99	6 / 2				

reaction time		interval		4.20	4.27	4.40	4.39		4.56	4.40	4.49	4.67	4.91	5.44			12.87	13.35	14.07
		velocity	7.19	8.33	8.20	7.95	7.97		7.68	7.95	7.80	7.49	7.13	7.35	7.69		8.16	7.87	7.46
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				

Wang Hongwen (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 - 2019 Chinese National Championships (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	09-Jul-19	time	6.47	10.41	14.43	18.55	22.76		27.09	31.78	36.50	41.36	46.33		52.00	1 / ~~5~~ 4			
reaction time	0.256	interval		3.94	4.02	4.12	4.21		4.33	4.69	4.72	4.86	4.97	5.67			12.08	13.23	14.55
		velocity	6.96	8.88	8.71	8.50	8.31		8.08	7.46	7.42	7.20	7.04	7.05	7.69		8.69	7.94	7.22
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	18	169				

Liu Yangyang (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 Championships (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	10-Jul-19	time	6.45	10.56	14.80	19.22	23.70		28.28	32.83	37.46	42.06	46.70		52.00	8 / ~~8~~ 7			
reaction time	0.313	interval		4.11	4.24	4.42	4.48		4.58	4.55	4.63	4.60	4.64	5.30			12.77	13.61	13.87
		velocity	6.98	8.52	8.25	7.92	7.81		7.64	7.69	7.56	7.61	7.54	7.55	7.69		8.22	7.71	7.57
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	17.8	174.8				

Gong Debin (CHN) (1997)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)																*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.11	10.08	14.10	18.42	22.79		27.33	32.02	36.84	41.74	46.58		52.00	4 / 4			
reaction time	0.271	interval		3.97	4.02	4.32	4.37		4.54	4.69	4.82	4.90	4.84	5.42			12.31	13.60	14.56
		velocity	7.36	8.82	8.71	8.10	8.01		7.71	7.46	7.26	7.14	7.23	7.38	7.69		8.53	7.72	7.21
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5				

Moumoulídis, Konstadínos (GRE) (1

			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)																*Jung (2003) - http://www.fgs.uni-halle.de*			
date	21-Jun-97	time	6.22	10.13	14.10	18.19	22.42		26.81	31.29	36.04	41.03	46.20		52.01	/ 6			
reaction time		interval		3.91	3.97	4.09	4.23		4.39	4.48	4.75	4.99	5.17	5.81			11.97	13.10	14.91
		velocity	7.23	8.95	8.82	8.56	8.27		7.97	7.81	7.37	7.01	6.77	6.88	7.69		8.77	8.02	7.04
H1 lead leg		strides																	

Nagano, Yuichi (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 - 2010 Japanese National High School Championships (Okinawa, JPN)																*Matsuo (2010) - 63rd high school championships: JAF scientific committee - biomechanics data*			
date	31-Jul-10	time	6.44	10.41	14.45	18.52	22.67		26.97	31.37	35.91	40.90	46.09		52.03	/ 2			
reaction time		interval		3.97	4.04	4.07	4.15		4.30	4.40	4.54	4.99	5.19	5.94			12.08	12.85	14.72
		velocity	6.99	8.82	8.66	8.60	8.43		8.14	7.95	7.71	7.01	6.74	6.73	7.69		8.69	8.17	7.13
H1 lead leg		strides		13	13	13	13		14	14	14	15	15		124				

Zhuang Linfei (CHN) (1996)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																*CAA Hurdle Development (2019)*			
date	22-Aug-19	time	6.33	10.28	14.34	18.55	22.94		27.51	32.08	36.85	41.69	46.55		52.04	8 / 2			
reaction time	0.233	interval		3.95	4.06	4.21	4.39		4.57	4.57	4.77	4.84	4.86	5.49			12.22	13.53	14.47
		velocity	7.11	8.86	8.62	8.31	7.97		7.66	7.66	7.34	7.23	7.20	7.29	7.69		8.59	7.76	7.26
H1 lead leg	L	strides	21	13	13	14	14		14	14	15	15	15	18	166				

Yang Baichuan (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 1 (Zhaoqing, CHN)																*CAA Hurdle Development (2019)*			
date	08-Apr-19	time	6.20	10.12	14.20	18.38	22.60		26.88	31.36	36.10	41.04	46.24		52.06	2 / 4			
reaction time	0.202	interval		3.92	4.08	4.18	4.22		4.28	4.48	4.74	4.94	5.20	5.82			12.18	12.98	14.88
		velocity	7.26	8.93	8.58	8.37	8.29		8.18	7.81	7.38	7.09	6.73	6.87	7.68		8.62	8.09	7.06
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	16	20.5	179.5				

Melero, Julio (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)																*Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas*			
date	02-Aug-98	time	6.07	10.16	14.27	18.50	22.86		27.34	31.86	36.55	41.29	46.08		52.08	4 / 5			
reaction time		interval		4.09	4.11	4.23	4.36		4.48	4.52	4.69	4.74	4.79	6.00			12.43	13.36	14.22
		velocity	7.41	8.56	8.52	8.27	8.03		7.81	7.74	7.46	7.38	7.31	6.67	7.68		8.45	7.86	7.38
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	18	170				

Chen Chieh (TPE) (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 Ready Steady Tokyo (Tokyo, JPN)																*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date	09-May-21	time	6.17	10.16	14.18	18.34	22.62		27.14	31.78	36.57	41.44	46.43		52.08	1 / 9			
reaction time	0.177	interval		3.99	4.02	4.16	4.28		4.52	4.64	4.79	4.87	4.99	5.65			12.17	13.44	14.65
		velocity	7.29	8.77	8.71	8.41	8.18		7.74	7.54	7.31	7.19	7.01	7.08	7.68		8.63	7.81	7.17
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				

Feng Zhiqiang (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 - 2019 Shanghai Diamond League (Shanghai, CHN)																*CAA Hurdle Development (2019)*			
date	18-May-19	time	6.20	10.12	14.19	18.29	22.63	24.4	27.19	31.93	36.70	41.70	46.63		52.11	2 / 8			
reaction time	0.195	interval		3.92	4.07	4.10	4.34		4.56	4.74	4.77	5.00	4.93	5.48			12.09	13.64	14.70
		velocity	7.26	8.93	8.60	8.54	8.06	8.20	7.68	7.38	7.34	7.00	7.10	7.30	7.68		8.68	7.70	7.14
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	17	161				

Touati, Mohamed Amin (TUN) (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 Doha Diamond League (Doha, QAT) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	28-May-21	time	5.93	9.73	13.60	17.67	21.77	23.7	26.13	30.60	35.17	39.77	45.67		52.11	6 / 4			
reaction time	0.155	interval		3.80	3.87	4.07	4.10		4.36	4.47	4.57	4.60	5.90	6.44			11.74	12.93	15.07

		velocity	7.59	9.21	9.04	8.60	8.54	8.44	8.03	7.83	7.66	7.61	5.93	6.21	7.68		8.94	8.12	6.97
H1 lead leg	L	strides	21	14	13	14	14		14	14	14	14	16	18	166				

Kono, Shoma (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 - 2018 Japanese National High School Championships (Nagoya, JPN)														*Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection*			
date 04-Aug-18 time	6.39	10.58	14.98	19.37	23.81		28.28	32.83	37.42	42.09	46.88		52.12	3 / 5			
reaction time interval		4.19	4.40	4.39	4.44		4.47	4.55	4.59	4.67	4.79	5.24			12.98	13.46	14.05
velocity	7.04	8.35	7.95	7.97	7.88		7.83	7.69	7.63	7.49	7.31	7.63	7.67		8.09	7.80	7.47
H1 lead leg strides		15	15	15	15		15	15	15	15	15		135				

Wang Siqing (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 09-Jul-19 time	6.37	10.41	14.65	18.94	23.31		27.79	32.32	36.99	41.76	46.58		52.12	4 / ~~6~~ 5			
reaction time 0.197 interval		4.04	4.24	4.29	4.37		4.48	4.53	4.67	4.77	4.82	5.54	PB		12.57	13.38	14.26
velocity	7.06	8.66	8.25	8.16	8.01		7.81	7.73	7.49	7.34	7.26	7.22	7.67		8.35	7.85	7.36
H1 lead leg L strides	22	15	15	15	15		15	15	15	15	16	19.2	177.2				

Lin Zhikai (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)														*CAA Hurdle Development (2021)*			
date 13-Jun-21 time	6.19	10.19	14.30	18.45	22.74		27.16		36.39	41.24	46.21		52.13	2 / 7			
reaction time 0.168 interval		4.00	4.11	4.15	4.29		4.42		9.23	4.85	4.97	5.92			12.26		
velocity	7.27	8.75	8.52	8.43	8.16		7.92		7.58	7.22	7.04	6.76	7.67		8.56		
H1 lead leg L strides	22	15	15	15	15		15	15	15	15	15	18.5	175.5				

Dlouhy, Manfred (FRG) (1952)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1975 West German National Championships (Gelsenkirchen, FRG)														*Helbig (1975) - 400-m-hürdenlauf*			
date 28-Jun-75 time	6.3	10.3	14.4	18.7	23.0	25.0	27.1	31.6	36.7	41.4	46.4		52.14	2 / 6			
reaction time interval		4.04	4.09	4.25	4.33		4.07	4.57	5.07	4.69	5.00	5.75			12.38	12.97	14.76
velocity	7.17	8.66	8.56	8.24	8.08	8.00	8.60	7.66	6.90	7.46	7.00	6.96	7.67		8.48	8.10	7.11
H1 lead leg strides																	

Pesa, Sinisa (YUG) (1973)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 8 - 2000 Olympic Games (Sydney, AUS)														*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date 24-Sep-00 time	6.06	9.82	13.70	17.62	21.74		25.98	30.38	35.18	40.26			52.14	7 / 5			
reaction time 0.165 interval		3.76	3.88	3.92	4.12		4.24	4.40	4.80	5.08					11.56	12.76	
velocity	7.43	9.31	9.02	8.93	8.50		8.25	7.95	7.29	6.89			7.67		9.08	8.23	
H1 lead leg strides	20	13	13	13	14		14	14	14	16	16		147				

Muto, Yuhi (JPN) (2004)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)														*Kishima (2022) - national high school championships biomechanics data collection*			
date 05-Aug-22 time	6.47	10.43	14.48	18.67	23.03		27.52	32.05	36.63	41.62	46.57		52.14	8 / 5			
reaction time 0.199 interval		3.96	4.05	4.19	4.36		4.49	4.53	4.58	4.99	4.95	5.57			12.20	13.38	14.52
velocity	6.96	8.84	8.64	8.35	8.03		7.80	7.73	7.64	7.01	7.07	7.18	7.67		8.61	7.85	7.23
H1 lead leg R strides	22	15	15	15	15		15	15	15	15	17		159				

Abe, Takatoshi (JPN) (1991)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Japanese National High School Championships (Kumagaya, JPN)														*Abe (2008) - 61st high school championships: JAF scientific committee - biomechanics data*			
date 31-Jul-08 time	6.42	10.57	14.76	19.00	23.25		27.56	32.01	36.57	41.37	46.41		52.16	/ 3			
reaction time interval		4.15	4.19	4.24	4.25		4.31	4.45	4.56	4.80	5.04	5.75			12.58	13.01	14.40
velocity	7.01	8.43	8.35	8.25	8.24		8.12	7.87	7.68	7.29	6.94	6.96	7.67		8.35	8.07	7.29
H1 lead leg strides		14	14	14	14		15	15	15	15	15		131				

Kawagoe, Hiroya (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 Seiko Golden Grand Prix (Tokyo, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 23-Aug-20 time	5.92	9.76	13.65	17.63	21.74		26.01	30.38	34.87	39.56	44.93		52.17	3 / 8			
reaction time 0.142 interval		3.84	3.89	3.98	4.11		4.27	4.37	4.49	4.69	5.37	7.24			11.71	12.75	14.55
velocity	7.60	9.11	9.00	8.79	8.52		8.20	8.01	7.80	7.46	6.52	5.52	7.67		8.97	8.24	7.22
H1 lead leg strides		14	14	14	14		15	15	15	15	17		133				

Deguchi, Haruto (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 25-Oct-20 time	6.41	10.49	14.70	19.00	23.51		28.06	32.60	37.22	41.89	46.68		52.17	4 / 1			
reaction time 0.195 interval		4.08	4.21	4.30	4.51		4.55	4.54	4.62	4.67	4.79	5.49			12.59	13.60	14.08
velocity	7.02	8.58	8.31	8.14	7.76		7.69	7.71	7.58	7.49	7.31	7.29	7.67		8.34	7.72	7.46
H1 lead leg L strides	21	13	13	13	14		14	15	15	15	15	17.7	165.7				

Weakley, Ian (JAM) (1974)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 6 - 2000 Olympic Games (Sydney, AUS)														*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date 24-Sep-00 time	6.02	9.86	13.90	17.94	22.06		26.34	30.74	35.34	40.22			52.18	2 / 8			
reaction time 0.179 interval		3.84	4.04	4.04	4.12		4.28	4.40	4.60	4.88					11.92	12.80	
velocity	7.48	9.11	8.66	8.66	8.50		8.18	7.95	7.61	7.17			7.67		8.81	8.20	
H1 lead leg strides	22	14	15	14	15		15	15	15	16			141				

Suzuki, Taiga (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)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 23-Aug-20 time	6.01	9.86	13.78	17.85	22.02		26.44	31.05	35.79	40.74	45.90		52.19	1 / 9			
reaction time 0.152 interval		3.85	3.92	4.07	4.17		4.42	4.61	4.74	4.95	5.16	6.29			11.84	13.20	14.85
velocity	7.49	9.09	8.93	8.60	8.39		7.92	7.59	7.38	7.07	6.78	6.36	7.66		8.87	7.95	7.07

H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				
Li Guangzhen (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 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																*CAA Hurdle Development (2019)*			
date	22-Aug-19	time	6.66	10.90	15.12	19.50	23.95		28.45	32.96	37.67	42.36	47.05		52.20	9 / 1			
reaction time	0.258	interval		4.24	4.22	4.38	4.45		4.50	4.51	4.71	4.69	4.69	5.15			12.84	13.46	14.09
		velocity	6.76	8.25	8.29	7.99	7.87		7.78	7.76	7.43	7.46	7.46	7.77	7.66		8.18	7.80	7.45
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169				
Suzuki, Taiga (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)																*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date	25-Oct-20	time	6.11	10.04	14.18	18.30	22.47		26.83	31.36	36.14	41.24	46.45		52.20	4 / 2			
reaction time	0.173	interval		3.93	4.14	4.12	4.17		4.36	4.53	4.78	5.10	5.21	5.75			12.19	13.06	15.09
		velocity	7.36	8.91	8.45	8.50	8.39		8.03	7.73	7.32	6.86	6.72	6.96	7.66		8.61	8.04	6.96
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	17	17	19.2	175.2				
Shang Shou (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 1 - 2019 Chinese National Championships (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	09-Jul-19	time	6.54	10.71	14.92	19.04	23.11		27.54	32.06	36.75	41.49	46.46		52.22	8 / 7			
reaction time	0.225	interval		4.17	4.21	4.12	4.07		4.43	4.52	4.69	4.74	4.97	5.76			12.50	13.02	14.40
		velocity	6.88	8.39	8.31	8.50	8.60		7.90	7.74	7.46	7.38	7.04	6.94	7.66		8.40	8.06	7.29
H1 lead leg	L	strides	22	15	15	15	14		15	14	15	15	15	18	173				
Wang Gouzhong (CHN) (1995)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																*CAA Hurdle Development (2021)*			
date	25-Apr-21	time	5.96	9.98	14.11	18.35	22.71		27.14	31.83	36.64	41.53	46.53		52.22	2 / 4			
reaction time	0.177	interval		4.02	4.13	4.24	4.36		4.43	4.69	4.81	4.89	5.00	5.69			12.39	13.48	14.70
		velocity	7.55	8.71	8.47	8.25	8.03		7.90	7.46	7.28	7.16	7.00	7.03	7.66		8.47	7.79	7.14
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	15	15	18	174				
Feng Zhiqiang (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)																*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.29	10.22	14.23	18.38	22.72		27.21	32.05	36.80	41.62	46.48		52.24	3 / 3			
reaction time	0.268	interval		3.93	4.01	4.15	4.34		4.49	4.84	4.75	4.82	4.86	5.76			12.09	13.67	14.43
		velocity	7.15	8.91	8.73	8.43	8.06		7.80	7.23	7.37	7.26	7.20	6.94	7.66		8.68	7.68	7.28
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18	162				
Cui Caizhuang (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 Final (Daqing, CHN)																*CAA Hurdle Development (2019)*			
date	23-Aug-19	time	6.22	10.22	14.31	18.55	22.90		27.39	32.02	36.81	41.66	46.59		52.25	9 / 7			
reaction time	0.216	interval		4.00	4.09	4.24	4.35		4.49	4.63	4.79	4.85	4.93	5.66			12.33	13.47	14.57
		velocity	7.23	8.75	8.56	8.25	8.05		7.80	7.56	7.31	7.22	7.10	7.07	7.66		8.52	7.80	7.21
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18.5	171.5				
Oyama, Takumi (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)																*Matsuo (2009) - 62nd high school championships: JAF scientific committee - biomechanics data*			
date	31-Jul-09	time	6.39	10.51	14.83	19.23	23.64		28.24	32.88	37.52	42.26	47.01		52.26	/ 2			
reaction time		interval		4.12	4.32	4.40	4.41		4.60	4.64	4.64	4.74	4.75	5.25			12.84	13.65	14.13
		velocity	7.04	8.50	8.10	7.95	7.94		7.61	7.54	7.54	7.38	7.37	7.62	7.65		8.18	7.69	7.43
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				
Wang Yijie (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 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																*CAA Hurdle Development (2019)*			
date	22-Aug-19	time	6.24	10.28	14.41	18.64	23.07		27.61	32.18	36.82	41.64	46.59		52.26	4 / 3			
reaction time	0.222	interval		4.04	4.13	4.23	4.43		4.54	4.57	4.64	4.82	4.95	5.67			12.40	13.54	14.41
		velocity	7.21	8.66	8.47	8.27	7.90		7.71	7.66	7.54	7.26	7.07	7.05	7.65		8.47	7.75	7.29
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	18.5	171.5				
Kurokawa, Kazuki (JPN) (2001)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)																*Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection*			
date	06-Aug-19	time	6.18	10.23	14.33	18.78	23.43		28.29	32.97	37.69	42.43	47.17		52.27	5 / 3			
reaction time		interval		4.05	4.10	4.45	4.65		4.86	4.68	4.72	4.74	4.74	5.10			12.60	14.19	14.20
		velocity	7.28	8.64	8.54	7.87	7.53		7.20	7.48	7.42	7.38	7.38	7.84	7.65		8.33	7.40	7.39
H1 lead leg		strides		13	13	14	14		14	14	14	14	15		125				
Zheng Pan (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)																*CAA Hurdle Development (2021)*			
date	02-Apr-21	time	6.15	10.08	14.06	18.11	22.33		26.69	31.27	36.05	41.17	46.40		52.27	7 / 2			
reaction time	0.187	interval		3.93	3.98	4.05	4.22		4.36	4.58	4.78	5.12	5.23	5.87			11.96	13.16	15.13
		velocity	7.32	8.91	8.79	8.64	8.29		8.03	7.64	7.32	6.84	6.69	6.81	7.65		8.78	7.98	6.94
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19	178				
Fu Jiaho (CHN) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	09-Jul-19	time	6.37	10.43	14.64	18.88	23.22		27.69	32.32	37.05	41.79	46.65		52.29	5 / ~~7~~ 6			
reaction time	0.232	interval		4.06	4.21	4.24	4.34		4.47	4.63	4.73	4.74	4.86	5.64			12.51	13.44	14.33
		velocity	7.06	8.62	8.31	8.25	8.06		7.83	7.56	7.40	7.38	7.20	7.09	7.65		8.39	7.81	7.33
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	16	20	174				

Liu Yangyang (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 1 (Zhaoqing, CHN)																*CAA Hurdle Development (2019)*			
date	08-Apr-19	time	6.52	10.51	15.15	19.59	24.06		28.71	33.41	38.02	42.62	47.26		52.30	8 / 5			
reaction time	0.207	interval		3.99	4.64	4.44	4.47		4.65	4.70	4.61	4.60	4.64	5.04			13.07	13.82	13.85
		velocity	6.90	8.77	7.54	7.88	7.83		7.53	7.45	7.59	7.61	7.54	7.94	7.65		8.03	7.60	7.58
H1 lead leg	L	strides	22	15	16	16	16		15	15	15	15	15	18	178				

Cui Caizhuang (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 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																*CAA Hurdle Development (2019)*			
date	22-Aug-19	time	6.38	10.48	14.64	18.93	23.25		27.82	32.47	37.24	42.08	46.91		52.30	8 / 2			
reaction time	0.223	interval		4.10	4.16	4.29	4.32		4.57	4.65	4.77	4.84	4.83	5.39			12.55	13.54	14.44
		velocity	7.05	8.54	8.41	8.16	8.10		7.66	7.53	7.34	7.23	7.25	7.42	7.65		8.37	7.75	7.27
H1 lead leg	R	strides	24	14	14	14	14		15	15	15	15	15	18.3	173.3				

Cao Xiong (CHN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																*CAA Hurdle Development (2019)*			
date	17-Aug-19	time	6.28	10.46	14.54	18.68	22.96		27.52	32.14	36.87	41.79	46.88		52.31	8 / 6			
reaction time	0.203	interval		4.18	4.08	4.14	4.28		4.56	4.62	4.73	4.92	5.09	5.43	PB		12.40	13.46	14.74
		velocity	7.17	8.37	8.58	8.45	8.18		7.68	7.58	7.40	7.11	6.88	7.37	7.65		8.47	7.80	7.12
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	16	19	177				

Wang Daojun (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 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																*CAA Hurdle Development (2019)*			
date	22-Aug-19	time	6.24	10.38	14.52	18.71	23.08		27.52	32.07	36.69	41.54	46.66		52.31	9 / 4			
reaction time	0.219	interval		4.14	4.14	4.19	4.37		4.44	4.55	4.62	4.85	5.12	5.66			12.47	13.36	14.59
		velocity	7.21	8.45	8.45	8.35	8.01		7.88	7.69	7.58	7.22	6.84	7.07	7.65		8.42	7.86	7.20
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5				

Wang Siqing (CHN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)																*CAA Hurdle Development (2021)*			
date	25-Apr-21	time	6.30	10.30	14.34	18.52	22.80		27.14	31.64	36.38	41.26	46.36		52.32	8 / 1			
reaction time	0.230	interval		4.00	4.04	4.18	4.28		4.34	4.50	4.74	4.88	5.10	5.96			12.22	13.12	14.72
		velocity	7.14	8.75	8.66	8.37	8.18		8.06	7.78	7.38	7.17	6.86	6.71	7.65		8.59	8.00	7.13
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	20.5	180.5				

Fu Jiaho (CHN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																*CAA Hurdle Development (2019)*			
date	08-Apr-19	time	6.44	10.51	14.73	18.88	23.19		27.64	32.26	36.93	41.79	46.86		52.33	6 / 6			
reaction time	0.218	interval		4.07	4.22	4.15	4.31		4.45	4.62	4.67	4.86	5.07	5.47			12.44	13.38	14.6
		velocity	6.99	8.60	8.29	8.43	8.12		7.87	7.58	7.49	7.20	6.90	7.31	7.64		8.44	7.85	7.19
H1 lead leg	L	strides	22	16	16	16	16		16	17	17	17	17	19.5	189.5				

Long Wei (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)																*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.13	10.08	14.10	18.20	22.47		26.92	31.51	36.18	41.06	46.24		52.33	8 / 5			
reaction time	0.227	interval		3.95	4.02	4.10	4.27		4.45	4.59	4.67	4.88	5.18	6.09			12.07	13.31	14.73
		velocity	7.34	8.86	8.71	8.54	8.20		7.87	7.63	7.49	7.17	6.76	6.57	7.64		8.70	7.89	7.13
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	15	15	19	175				

Matsumoto, Takahiro (JPN) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Japanese National High School Championships (Kitakami, JPN)																*Abe (2011) - 64th high school championships: JAF scientific committee - biomechanics data*			
date	05-Aug-11	time	6.22	10.40	14.69	19.02	23.37		27.77	32.19	36.82	41.71	46.74		52.34	6 / 2			
reaction time		interval		4.18	4.29	4.33	4.35		4.40	4.42	4.63	4.89	5.03	5.60			12.80	13.17	14.55
		velocity	7.23	8.37	8.16	8.08	8.05		7.95	7.92	7.56	7.16	6.96	7.14	7.64		8.20	7.97	7.22
H1 lead leg		strides																	

Bai Jiarui (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)																*CAA Hurdle Development (2021)*			
date	25-Apr-21	time	6.41	10.58	14.83	19.13	23.49		27.93	32.51	37.17	42.04	46.96		52.34	5 / 3			
reaction time	0.233	interval		4.17	4.25	4.30	4.36		4.44	4.58	4.66	4.87	4.92	5.38			12.72	13.38	14.45
		velocity	7.02	8.39	8.24	8.14	8.03		7.88	7.64	7.51	7.19	7.11	7.43	7.64		8.25	7.85	7.27
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	17	168				

Lu Shengjing (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 East China District Meeting (Zhaoqing, CHN)																*CAA Hurdle Development (2021)*			
date	25-Apr-21	time	6.36	10.48	14.77	19.14	23.59		28.06	32.78	37.59	42.39	47.13		52.34	4 / 5			
reaction time	0.217	interval		4.12	4.29	4.37	4.45		4.47	4.72	4.81	4.80	4.74	5.21			12.78	13.64	14.35
		velocity	7.08	8.50	8.16	8.01	7.87		7.83	7.42	7.28	7.29	7.38	7.68	7.64		8.22	7.70	7.32
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	15	15	18	177				

Zheng Pan (CHN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)																*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.38	10.34	14.33	18.38	22.61		27.11	31.73	36.48	41.49	46.59		52.36	7 / 4			
reaction time	0.203	interval		3.96	3.99	4.05	4.23		4.50	4.62	4.75	5.01	5.10	5.77			12.00	13.35	14.86
		velocity	7.05	8.84	8.77	8.64	8.27		7.78	7.58	7.37	6.99	6.86	6.93	7.64		8.75	7.87	7.07
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	16	16	19	174				

Tonoyama, Ryohei (JPN) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)																*Shibayama (2021) - national high school and U20 national championhsips*			
date	30-Jul-21	time	6.07	10.09	14.38	18.75	23.22		27.86	32.55	37.29	42.03	46.86		52.36	3 / 3			
reaction time	0.190	interval		4.02	4.29	4.37	4.47		4.64	4.69	4.74	4.74	4.83	5.50			12.68	13.80	14.31
		velocity	7.41	8.71	8.16	8.01	7.83		7.54	7.46	7.38	7.38	7.25	7.27	7.64		8.28	7.61	7.34
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				

Wang Hongwen (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 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																*CAA Hurdle Development (2019)*			
date	22-Aug-19	time	6.39	10.44	14.58	18.85	23.27		27.79	32.40	37.12	41.96	46.90		52.37	5 / 5			
reaction time	0.246	interval		4.05	4.14	4.27	4.42		4.52	4.61	4.72	4.84	4.94	5.47			12.46	13.55	14.50
		velocity	7.04	8.64	8.45	8.20	7.92		7.74	7.59	7.42	7.23	7.09	7.31	7.64		8.43	7.75	7.24
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	17.5	168.5				

Juricic, Darko (CRO) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2000 Olympic Games (Sydney, AUS)																*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date	24-Sep-00	time	6.04	9.92	13.76	17.72	21.80		25.96	30.64	35.60	40.88	46.16		52.39	1 / 6			
reaction time	0.167	interval		3.88	3.84	3.96	4.08		4.16	4.68	4.96	5.28	5.28	6.23			11.68	12.92	15.52
		velocity	7.45	9.02	9.11	8.84	8.58		8.41	7.48	7.06	6.63	6.63	6.42	7.64		8.99	8.13	6.77
H1 lead leg		strides	22	14	14	14	14		14	16	17	18	18	21.9	182.9				

Wang Hongwen (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)																*CAA Hurdle Development (2021)*			
date	25-Apr-21	time	6.22	10.19	14.23	18.50	22.87		27.36	31.95	36.69	41.53	46.55		52.39	4 / 2			
reaction time	0.242	interval		3.97	4.04	4.27	4.37		4.49	4.59	4.74	4.84	5.02	5.84			12.28	13.45	14.60
		velocity	7.23	8.82	8.66	8.20	8.01		7.80	7.63	7.38	7.23	6.97	6.85	7.64		8.55	7.81	7.19
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18	168				

Juan, Jaime (ESP) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)																*Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas*			
date	02-Aug-98	time	6.22	10.26	14.35	18.57	22.96		27.51	32.00	36.51	41.27	46.19		52.40	8 / 6			
reaction time		interval		4.04	4.09	4.22	4.39		4.55	4.49	4.51	4.76	4.92	6.21			12.35	13.43	14.19
		velocity	7.23	8.66	8.56	8.29	7.97		7.69	7.80	7.76	7.35	7.11	6.44	7.63		8.50	7.82	7.40
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5				

Tanabe, Jo (JPN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)																*Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data collection*			
date	31-Jul-17	time	6.41	10.43	14.53	18.75	23.14		27.64	32.25	37.05	41.89	46.88		52.41	8 / 3			
reaction time	0.187	interval		4.02	4.10	4.22	4.39		4.50	4.61	4.80	4.84	4.99	5.53			12.34	13.50	14.63
		velocity	7.02	8.71	8.54	8.29	7.97		7.78	7.59	7.29	7.23	7.01	7.23	7.63		8.51	7.78	7.18
H1 lead leg		strides		15	14	15	14		15	15	15	15	15		133				

Wang Hongwen (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)																*CAA Hurdle Development (2021)*			
date	25-Apr-21	time	6.29	10.37	14.50	18.76	23.18		27.70	32.46	37.25	42.15	47.10		52.41	9 / 6			
reaction time	0.202	interval		4.08	4.13	4.26	4.42		4.52	4.76	4.79	4.90	4.95	5.31			12.47	13.70	14.64
		velocity	7.15	8.58	8.47	8.22	7.92		7.74	7.35	7.31	7.14	7.07	7.53	7.63		8.42	7.66	7.17
H1 lead leg	L	strides	21	14	14	14	14		14	15	15	15	15	17.5	168.5				

Geiger, Karl (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 - 1975 West German National Championships (Gelsenkirchen, FRG)																*Helbig (1975) - 400-m-hürdenlauf*			
date	28-Jun-75	time	6.3	10.3	14.4	18.6	23.4	25.4	27.8	32.4	37.1	41.8	46.7		52.42	4 / 7			
reaction time		interval		4.02	4.11	4.18	4.86		4.40	4.60	4.63	4.68	4.97	5.70			12.31	13.86	14.28
		velocity	7.18	8.71	8.52	8.37	7.20	7.86	7.95	7.61	7.56	7.48	7.04	7.02	7.63		8.53	7.58	7.35
H1 lead leg		strides																	

Kato, Seiya (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 - 2009 Japanese National High School Championships (Nara, JPN)																*Matsuo (2009) - 62nd high school championships: JAF scientific committee - biomechanics data*			
date	31-Jul-09	time	6.32	10.46	14.73	19.05	23.45		28.05	32.74	37.47	42.24	47.00		52.42	/ 3			
reaction time		interval		4.14	4.27	4.32	4.40		4.60	4.69	4.73	4.77	4.76	5.42			12.73	13.69	14.26
		velocity	7.12	8.45	8.20	8.10	7.95		7.61	7.46	7.40	7.34	7.35	7.38	7.63		8.25	7.67	7.36
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Xie Zhiyu (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 - 2019 Chinese World Championship Trials (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	03-Aug-19	time	6.44	10.63	14.77	19.04	23.42		27.91	32.72	37.45	42.23	47.05		52.42	4 / 1			
reaction time	0.228	interval		4.19	4.14	4.27	4.38		4.49	4.81	4.73	4.78	4.82	5.37			12.60	13.68	14.33
		velocity	6.99	8.35	8.45	8.20	7.99		7.80	7.28	7.40	7.32	7.26	7.45	7.63		8.33	7.68	7.33
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17	159				

Cai Jungi (CHN) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																*CAA Hurdle Development (2019)*			
date	22-Aug-19	time	6.39	10.53	14.80	19.17	23.54		27.99	32.57	37.17	41.91	46.76		52.42	6 / 3			
reaction time	0.199	interval		4.14	4.27	4.37	4.37		4.45	4.58	4.60	4.74	4.85	5.66			12.78	13.40	14.19
		velocity	7.04	8.45	8.20	8.01	8.01		7.87	7.64	7.61	7.38	7.22	7.07	7.63		8.22	7.84	7.40
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				

Liu Yangyang (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 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN) *CAA Hurdle Development (2019)*

date	22-Aug-19	time	6.45	10.59	14.85	19.24	23.67	28.22	32.87	37.64	42.44	47.25		52.44	5 / 4			
reaction time	0.200	interval		4.14	4.26	4.39	4.43	4.55	4.65	4.77	4.80	4.81	5.19			12.79	13.63	14.38
		velocity	6.98	8.45	8.22	7.97	7.90	7.69	7.53	7.34	7.29	7.28	7.71	7.63		8.21	7.70	7.30
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18.5	175.5				

Yang Baichuan (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 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN) *CAA Hurdle Development (2019)*

date	22-Aug-19	time	6.37	10.48	14.75	19.15	23.59	28.09	32.67	37.32	42.13	46.98		52.44	7 / 5			
reaction time	0.166	interval		4.11	4.27	4.40	4.44	4.50	4.58	4.65	4.81	4.85	5.46			12.78	13.52	14.31
		velocity	7.06	8.52	8.20	7.95	7.88	7.78	7.64	7.53	7.28	7.22	7.33	7.63		8.22	7.77	7.34
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	15	15	20	178				

Young, Curt (PAN) (1974)

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

Heat 8 - 2000 Olympic Games (Sydney, AUS) *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

date	24-Sep-00	time	6.02	9.74	13.54	17.54	21.74	25.98	30.58	35.50	40.78	46.18		52.46	2 / 6			
reaction time	0.164	interval		3.72	3.80	4.00	4.20	4.24	4.60	4.92	5.28	5.40	6.28			11.52	13.04	15.60
		velocity	7.48	9.41	9.21	8.75	8.33	8.25	7.61	7.11	6.63	6.48	6.37	7.62		9.11	8.05	6.73
H1 lead leg		strides	21	13	13	13	13	14	15	15	16	16		149				

Kurokawa, Kazuki (JPN) (2001)

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

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

date	02-Oct-20	time	6.09	9.94	13.93	18.00	22.26	26.71	31.26	36.02	41.04	46.15		52.46	2 / 8			
reaction time	0.184	interval		3.85	3.99	4.07	4.26	4.45	4.55	4.76	5.02	5.11	6.31			11.91	13.26	14.89
		velocity	7.39	9.09	8.77	8.60	8.22	7.87	7.69	7.35	6.97	6.85	6.34	7.62		8.82	7.92	7.05
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15		146				

Chiba, Yuto (JPN) (1992)

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

FINAL - 2010 Japanese National High School Championships (Okinawa, JPN) *Matsuo (2010) - 63rd high school championships: JAF scientific committee - biomechanics data*

date	31-Jul-10	time	6.37	10.37	14.46	18.61	22.86	27.25	31.82	36.61	41.70	46.87		52.47	/ 3			
reaction time		interval		4.00	4.09	4.15	4.25	4.39	4.57	4.79	5.09	5.17	5.60			12.24	13.21	15.05
		velocity	7.06	8.75	8.56	8.43	8.24	7.97	7.66	7.31	6.88	6.77	7.14	7.62		8.58	7.95	6.98
H1 lead leg		strides		15	15	15	15	15	15	15	16	16		137				

Sato, Yota (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 - 2011 Japanese National High School Championships (Kitakami, JPN) *Abe (2011) - 64th high school championships: JAF scientific committee - biomechanics data*

date	05-Aug-11	time	6.22	10.24	14.40	18.62	22.85	27.24	31.79	36.64	41.84	47.06		52.48	8 / 3			
reaction time		interval		4.02	4.16	4.22	4.23	4.39	4.55	4.85	5.20	5.22	5.42			12.40	13.17	15.27
		velocity	7.23	8.71	8.41	8.29	8.27	7.97	7.69	7.22	6.73	6.70	7.38	7.62		8.47	7.97	6.88
H1 lead leg		strides																

Koech, Haron (KEN) (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) *Hirokawa (2019) - research on athlete performance and technique- 2019 data book*

date	19-May-19	time	6.46	10.44	14.51	18.65	22.89	27.34	31.92	36.72	41.65	46.63		52.48	5 / 7			
reaction time	0.174	interval		3.98	4.07	4.14	4.24	4.45	4.58	4.80	4.93	4.98	5.85			12.19	13.27	14.71
		velocity	6.97	8.79	8.60	8.45	8.25	7.87	7.64	7.29	7.10	7.03	6.84	7.62		8.61	7.91	7.14
H1 lead leg	R	strides	23	13	15	13	13	15	15	15	15	15	18.7	170.7				

López, Guillermo (ESP) (1977)

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

FINAL - 1998 Spanish National Championships (San Sebastián, ESP) *Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas*

date	02-Aug-98	time	6.19	10.32	14.39	18.54	22.87	27.28	31.88	36.59	41.52	46.57		52.50	1 / 7			
reaction time		interval		4.13	4.07	4.15	4.33	4.41	4.60	4.71	4.93	5.05	5.93			12.35	13.34	14.69
		velocity	7.27	8.47	8.60	8.43	8.08	7.94	7.61	7.43	7.10	6.93	6.75	7.62		8.50	7.87	7.15
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	16	20	181				

Wang Gouzhong (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 Chinese National Championships (Chongqing, CHN) *CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.25	10.35	14.56	18.87	23.30	27.78	32.35	37.04	41.84	46.87		52.51	8 / ~~6~~ 5			
reaction time	0.217	interval		4.10	4.21	4.31	4.43	4.48	4.57	4.69	4.80	5.03	5.64			12.62	13.48	14.52
		velocity	7.20	8.54	8.31	8.12	7.90	7.81	7.66	7.46	7.29	6.96	7.09	7.62		8.32	7.79	7.23
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	15	15	17.5	173.5				

Song Haotian (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) *CAA Hurdle Development (2021)*

date	02-Apr-21	time	6.31	10.38	14.38	18.58	22.91	27.46	32.22	37.00	42.10	47.17		52.54	8 / 3			
reaction time	0.250	interval		4.07	4.00	4.20	4.33	4.55	4.76	4.78	5.10	5.07	5.37	PB		12.27	13.64	14.95
		velocity	7.13	8.60	8.75	8.33	8.08	7.69	7.35	7.32	6.86	6.90	7.45	7.61		8.56	7.70	7.02
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	16	16	19	174				

Luo Xinyu (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 National Grand Prix (Chengdu, CHN) *CAA Hurdle Development (2021)*

date	02-Apr-21	time	6.21	10.31	14.56	18.83	23.16	27.72	32.44	37.22	42.24	47.17		52.54	6 / 4			
reaction time	0.198	interval		4.10	4.25	4.27	4.33	4.56	4.72	4.78	5.02	4.93	5.37	PB		12.62	13.61	14.73
		velocity	7.25	8.54	8.24	8.20	8.08	7.68	7.42	7.32	6.97	7.10	7.45	7.61		8.32	7.71	7.13
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18.5	170.5				

Lin Zhikai (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 (Zhaoqing, CHN) *CAA Hurdle Development (2021)*

date	25-Apr-21	time	6.30	10.34	14.46	18.66	23.00		27.42	31.98	36.62	41.42	46.42		52.54	7 / 2			
reaction time	0.203	interval		4.04	4.12	4.20	4.34		4.42	4.56	4.64	4.80	5.00	6.12			12.36	13.32	14.44
		velocity	7.14	8.66	8.50	8.33	8.06		7.92	7.68	7.54	7.29	7.00	6.54	7.61		8.50	7.88	7.27
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				

Cui Caizhuang (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 4 (Luoyang, CHN) *CAA Hurdle Development (2019)*

date	29-May-19	time	6.22	10.24	14.36	18.55	22.89		27.44	32.13	36.83	41.77	46.84		52.55	5 / 4			
reaction time	0.195	interval		4.02	4.12	4.19	4.34		4.55	4.69	4.70	4.94	5.07	5.71			12.33	13.58	14.71
		velocity	7.23	8.71	8.50	8.35	8.06		7.69	7.46	7.45	7.09	6.90	7.01	7.61		8.52	7.73	7.14
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	18.5	171.5				

Tonoyama, Ryohei (JPN) (2003)

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

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

date	26-Jun-21	time	6.26	10.23	14.25	18.45	22.77		27.28	31.90	36.65	41.47	46.61		52.55	2 / 7			
reaction time	0.202	interval		3.97	4.02	4.20	4.32		4.51	4.62	4.75	4.82	5.14	5.94			12.19	13.45	14.71
		velocity	7.19	8.82	8.71	8.33	8.10		7.76	7.58	7.37	7.26	6.81	6.73	7.61		8.61	7.81	7.14
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	17		159				

Onodera, Shota (JPN) (1999)

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

FINAL - 2017 Japanese National High School Championships (Yamagata, JPN) *Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data collection*

date	31-Jul-17	time	6.42	10.51	14.66	19.04	23.59		28.13	32.68	37.34	42.28	47.30		52.56	7 / 4			
reaction time	0.183	interval		4.09	4.15	4.38	4.55		4.54	4.55	4.66	4.94	5.02	5.26			12.62	13.64	14.62
		velocity	7.01	8.56	8.43	7.99	7.69		7.71	7.69	7.51	7.09	6.97	7.60	7.61		8.32	7.70	7.18
H1 lead leg		strides		14	14	14	16		15	15	15	17	17		137				

Goto, Sota (JPN)

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

FINAL - 2018 Japanese National High School Championships (Nagoya, JPN) *Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection*

date	04-Aug-18	time	6.22	10.24	14.46	18.77	23.21		27.71	32.30	36.94	41.89	46.88		52.56	6 / 6			
reaction time		interval		4.02	4.22	4.31	4.44		4.50	4.59	4.64	4.95	4.99	5.68			12.55	13.53	14.58
		velocity	7.23	8.71	8.29	8.12	7.88		7.78	7.63	7.54	7.07	7.01	7.04	7.61		8.37	7.76	7.20
H1 lead leg		strides		15	15	15	15		15	15	15	16	16		137				

Yoneda, Taiyo (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 - 2020 Japanese U20 National Championships (Hiroshima, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	25-Oct-20	time	6.22	10.28	14.46	18.72	23.09		27.61	32.32	37.14	42.03	47.00		52.56	4 / 1			
reaction time	0.163	interval		4.06	4.18	4.26	4.37		4.52	4.71	4.82	4.89	4.97	5.56			12.50	13.60	14.68
		velocity	7.23	8.62	8.37	8.22	8.01		7.74	7.43	7.26	7.16	7.04	7.19	7.61		8.40	7.72	7.15
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	19	171				

Arisaka, Tomotaka (JPN) (1999)

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

FINAL - 2017 Japanese National High School Championships (Yamagata, JPN) *Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data*

date	31-Jul-17	time	6.26	10.36	14.56	18.94	23.47		28.13	32.75	37.49	42.29	47.13		52.58	4 / 5			
reaction time	0.200	interval		4.10	4.20	4.38	4.53		4.66	4.62	4.74	4.80	4.84	5.45			12.68	13.81	14.38
		velocity	7.19	8.54	8.33	7.99	7.73		7.51	7.58	7.38	7.29	7.23	7.34	7.61		8.28	7.60	7.30
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Liu Yangyang (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) *CAA Hurdle Development (2019)*

date	12-Apr-19	time	6.50	10.68	15.10	19.58	24.10		28.70	33.36	38.06	42.76	47.46		52.58	4 / 1			
reaction time	0.204	interval		4.18	4.42	4.48	4.52		4.60	4.66	4.70	4.70	4.70	5.12			13.08	13.78	14.10
		velocity	6.92	8.37	7.92	7.81	7.74		7.61	7.51	7.45	7.45	7.45	7.81	7.61		8.03	7.62	7.45
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	15	15	19.2	175.2				

Wang Daojun (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 Final (Daqing, CHN) *CAA Hurdle Development (2019)*

date	23-Aug-19	time	6.08	10.12	14.18	18.40	22.76		27.40	32.18	37.04	41.98	46.98		52.58	8 / 8			
reaction time	0.178	interval		4.04	4.06	4.22	4.36		4.64	4.78	4.86	4.94	5.00	5.60			12.32	13.78	14.80
		velocity	7.40	8.66	8.62	8.29	8.03		7.54	7.32	7.20	7.09	7.00	7.14	7.61		8.52	7.62	7.09
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5				

Michishita, Koya (JPN) (1998)

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

FINAL - 2016 Japanese National High School Championships (Okayama, JPN) *Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection*

date	31-Jul-16	time	6.31	10.56	14.80	19.22	23.69		28.28	32.97	37.65	42.43	47.26		52.60	5 / 3			
reaction time	0.168	interval		4.25	4.24	4.42	4.47		4.59	4.69	4.68	4.78	4.83	5.34			12.91	13.75	14.29
		velocity	7.13	8.24	8.25	7.92	7.83		7.63	7.46	7.48	7.32	7.25	7.49	7.60		8.13	7.64	7.35
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Lee Doo-Yeon (KOR) (1975)

	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 - 2000 Olympic Games (Sydney, AUS) *Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*

date	24-Sep-00	time	6.12	10.04	14.04	18.16	22.32		26.60	31.40	36.20				52.61	5 / 8			
reaction time	0.192	interval		3.92	4.00	4.12	4.16		4.28	4.80	4.80						12.04	13.24	
		velocity	7.35	8.93	8.75	8.50	8.41		8.18	7.29	7.29				7.60		8.72	7.93	
H1 lead leg		strides	21	13	13	13	13		13	15	15				116				

Li Guancheng (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 - 2021 National Grand Prix (Chengdu, CHN) *CAA Hurdle Development (2021)*

date	01-Apr-21	time	6.12	10.32	14.64	19.04	23.48		27.92	32.40	36.98	41.82	46.88		52.61	5 / 2			

reaction time	0.212	interval		4.20	4.32	4.40	4.44	4.44	4.48	4.58	4.84	5.06	5.73	PB		12.92	13.36	14.48
		velocity	7.35	8.33	8.10	7.95	7.88	7.88	7.81	7.64	7.23	6.92	6.98	7.60		8.13	7.86	7.25
H1 lead leg	L	strides	21	14	14	14	14	14	14	14	15	15	18	167				

McMaster, Kyron (IVB) (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)															*Henson (2021) - Athlete First: 2018 year end hurdle report*				
date	08-Sep-18	time	5.80	9.52	13.28	17.20	21.28		25.44	29.76	34.56	40.00			52.62	5 / 8			
reaction time	0.166	interval		3.72	3.76	3.92	4.08		4.16	4.32	4.80	5.44					11.40	12.56	
		velocity	7.76	9.41	9.31	8.93	8.58		8.41	8.10	7.29	6.43			7.60		9.21	8.36	
H1 lead leg	R	strides	20	13	12	13	13		13	13	14	15	15		141				

Luo Xinyu (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 National Grand Prix (Chengdu, CHN)																*CAA Hurdle Development (2021)*			
date	01-Apr-21	time	6.28	10.36	14.60	18.90	23.30		27.84	32.44	37.26	42.22	47.14		52.62	4 / 2			
reaction time	0.235	interval		4.08	4.24	4.30	4.40		4.54	4.60	4.82	4.96	4.92	5.48	PB		12.62	13.54	14.70
		velocity	7.17	8.58	8.25	8.14	7.95		7.71	7.61	7.26	7.06	7.11	7.30	7.60		8.32	7.75	7.14
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5				

Wang Gouzhong (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 1 - 2021 East China District Meeting (Zhaoqing, CHN)																*CAA Hurdle Development (2021)*			
date	25-Apr-21	time	5.99	9.96	14.20	18.62	23.16		27.76	32.45	37.17	42.01	47.00		52.63	3 / 3			
reaction time	0.185	interval		3.97	4.24	4.42	4.54		4.60	4.69	4.72	4.84	4.99	5.63			12.63	13.83	14.55
		velocity	7.51	8.82	8.25	7.92	7.71		7.61	7.46	7.42	7.23	7.01	7.10	7.60		8.31	7.59	7.22
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	15	15	18	174				

Al-Nubi, Mubarak Sultan (QAT) (197

			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)															*Behm (2003) - Paris 2003:Le quatrache masculn - féminin*				
date	29-Aug-03	time	6.0	9.7	13.7	17.7	21.7		25.9	30.4	35.2	40.1	44.7		52.64	1 / 7			
reaction time	0.164	interval		3.7	4.0	4.0	4.0		4.2	4.5	4.8	4.9	4.6	7.94			11.70	12.70	14.30
		velocity	7.50	9.46	8.75	8.75	8.75		8.33	7.78	7.29	7.14	7.61	5.04	7.60		8.97	8.27	7.34
H1 lead leg	R	strides	21	13	13	13	13		13	13	15	15	15		144				

Moratomi, Kotaro (JPN) (1998)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)															*Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection*				
date	31-Jul-16	time	6.17	10.23	14.40	18.70	23.09		27.58	32.33	37.09	41.92	46.93		52.68	4 / 4			
reaction time	0.178	interval		4.06	4.17	4.30	4.39		4.49	4.75	4.76	4.83	5.01	5.75			12.53	13.63	14.60
		velocity	7.29	8.62	8.39	8.14	7.97		7.80	7.37	7.35	7.25	6.99	6.96	7.59		8.38	7.70	7.19
H1 lead leg		strides		14	14	14	14		14	15	15	15	15		130				

Al-Najem, Zahirudin (SYR) (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 5 - 2000 Olympic Games (Sydney, AUS)															*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*				
date	24-Sep-00	time	6.00	9.84	13.72	17.68	21.76		26.00	30.68	35.60	41.16			52.70	6 / 7			
reaction time	0.160	interval		3.84	3.88	3.96	4.08		4.24	4.68	4.92	5.56					11.68	17.92	
		velocity	7.50	9.11	9.02	8.84	8.58		8.25	7.48	7.11	6.29			7.59		8.99	5.86	
H1 lead leg		strides	21	13	13	13	13		13	14	16	16			132				

Zhuang Linfei (CHN) (1996)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																*CAA Hurdle Development (2019)*			
date	08-Apr-19	time	6.32	10.30	14.36	18.48	22.74		27.18	31.82	36.70	41.70	46.84		52.70	4 / 7			
reaction time	0.240	interval		3.98	4.06	4.12	4.26		4.44	4.64	4.88	5.00	5.14	5.86			12.16	13.34	15.02
		velocity	7.12	8.79	8.62	8.50	8.22		7.88	7.54	7.17	7.00	6.81	6.83	7.59		8.63	7.87	6.99
H1 lead leg	L	strides	21	16	16	16	16		15	15	15	15	15	19	179				

Hamada, Hiroshi (JPN) (2001)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)															*Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection*				
date	06-Aug-19	time	6.26	10.28	14.41	18.69	23.02		27.46	31.92	36.53	41.54	46.85		52.71	3 / 4			
reaction time		interval		4.02	4.13	4.28	4.33		4.44	4.46	4.61	5.01	5.31	5.86			12.43	13.23	14.93
		velocity	7.19	8.71	8.47	8.18	8.08		7.88	7.85	7.59	6.99	6.59	6.83	7.59		8.45	7.94	7.03
H1 lead leg		strides		15	15	15	15		15	15	15	16	17		138				

Wang Daojun (CHN) (2000)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)																*CAA Hurdle Development (2019)*			
date	17-Aug-19	time	6.20	10.34	14.40	18.58	22.98		27.50	32.14	36.96	41.85	46.80		52.72	6 / 1			
reaction time	0.181	interval		4.14	4.06	4.18	4.40		4.52	4.64	4.82	4.89	4.95	5.92			12.38	13.56	14.66
		velocity	7.26	8.45	8.62	8.37	7.95		7.74	7.54	7.26	7.16	7.07	6.76	7.59		8.48	7.74	7.16
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18	170				

Long Wei (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 1 (Zhaoqing, CHN)																*CAA Hurdle Development (2019)*			
date	08-Apr-19	time	6.21	10.29	14.46	18.68	22.97		27.44	32.08	36.90	41.82	46.86		52.73	9 / 8			
reaction time	0.271	interval		4.08	4.17	4.22	4.29		4.47	4.64	4.82	4.92	5.04	5.87			12.47	13.40	14.78
		velocity	7.25	8.58	8.39	8.29	8.16		7.83	7.54	7.26	7.11	6.94	6.81	7.59		8.42	7.84	7.10
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	15	15	19	175				

Cui Caizhuang (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)																*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.38	10.49	14.65	19.00	23.39		27.91	32.51	37.29	42.16	47.11		52.73	5 / 5			
reaction time	0.171	interval		4.11	4.16	4.35	4.39		4.52	4.60	4.78	4.87	4.95	5.62			12.62	13.51	14.60

		velocity	7.05	8.52	8.41	8.05	7.97	7.74	7.61	7.32	7.19	7.07	7.12	7.59			8.32	7.77	7.19
H1 lead leg	R	strides	22	14	14	14	14	14	15	15	15	15	18	170					

Song Haotian (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21	time	6.31	10.37	14.43	18.67	23.12	27.73	32.34	37.18	42.05	47.12		52.72	7 / 4			
reaction time 0.209	interval		4.06	4.06	4.24	4.45	4.61	4.61	4.84	4.87	5.07	5.60			12.36	13.67	14.78
	velocity	7.13	8.62	8.62	8.25	7.87	7.59	7.59	7.23	7.19	6.90	7.14	7.59		8.50	7.68	7.10
H1 lead leg L	strides	22	14	14	14	15	15	15	15	15	16	19	174				

Salmerón, Fernando (ESP) (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 - 1998 Spanish National Championships (San Sebastián, ESP)														*Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas*			
date 02-Aug-98	time	6.18	10.27	14.57	18.74	23.20	27.72	32.28	36.79	41.74	46.72		52.75	2 / 8			
reaction time	interval		4.09	4.30	4.17	4.46	4.52	4.56	4.51	4.95	4.98	6.03			12.56	13.54	14.44
	velocity	7.28	8.56	8.14	8.39	7.85	7.74	7.68	7.76	7.07	7.03	6.63	7.58		8.36	7.75	7.27
H1 lead leg L	strides	22	14	15	14	15	15	15	15	17	16	20	178				

Nylander, Viktor (SWE) (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 - 2017 European U20 Championships (Grosseto, ITA) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 23-Jul-17	time	5.88	9.76	13.68	17.80	22.04	26.52	31.24	36.08	41.08	46.24		52.76	2 / 8			
reaction time 0.187	interval		3.88	3.92	4.12	4.24	4.48	4.72	4.84	5.00	5.16	6.52			11.92	13.44	15.00
	velocity	7.65	9.02	8.93	8.50	8.25	7.81	7.42	7.23	7.00	6.78	6.13	7.58		8.81	7.81	7.00
H1 lead leg R	strides		13	14	14	14	14	15	15	15	15	19	148				

Zhuang Linfei (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 4 (Luoyang, CHN)														*CAA Hurdle Development (2019)*			
date 29-May-19	time	6.42	10.46		18.86	23.34	27.95	32.64	37.43	42.35	47.28		52.76	8 / 5			
reaction time 0.298	interval		4.04		8.40	4.48	4.61	4.69	4.79	4.92	4.93	5.48			12.44	13.78	14.64
	velocity	7.01	8.66		8.33	7.81	7.59	7.46	7.31	7.11	7.10	7.30	7.58		8.44	7.62	7.17
H1 lead leg L	strides	21	14			14	15	15	15	15	15	18	142				

Oda, Atuya (JPN) (2003)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 26-Jun-21	time	6.31	10.26	14.23	18.28	22.57	27.08	31.72	36.55	41.57	46.91		52.76	8 / 8			
reaction time 0.166	interval		3.95	3.97	4.05	4.29	4.51	4.64	4.83	5.02	5.34	5.85			11.97	13.44	15.19
	velocity	7.13	8.86	8.82	8.64	8.16	7.76	7.54	7.25	6.97	6.55	6.84	7.58		8.77	7.81	6.91
H1 lead leg R	strides	22	15	15	15	15	15	15	15	15	17		159				

Zheng Pan (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 National Grand Prix (Chengdu, CHN)														*CAA Hurdle Development (2021)*			
date 01-Apr-21	time	6.46	10.58	14.80	19.00	23.28	27.70	32.22	36.92	41.98	47.14		52.78	3 / 3			
reaction time 0.203	interval		4.12	4.22	4.20	4.28	4.42	4.52	4.70	5.06	5.16	5.64	PB		12.54	13.22	14.92
	velocity	6.97	8.50	8.29	8.33	8.18	7.92	7.74	7.45	6.92	6.78	7.09	7.58		8.37	7.94	7.04
H1 lead leg L	strides	22	15	15	15	15	15	15	15	16	16	19	178				

Wang Gouzhong (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)														*CAA Hurdle Development (2019)*			
date 12-Apr-19	time	6.24	10.38	14.71	19.19	23.77	28.31	33.00	37.70	42.43	47.26		52.79	8 / 2			
reaction time 0.208	interval		4.14	4.33	4.48	4.58	4.54	4.69	4.70	4.73	4.83	5.53			12.95	13.81	14.26
	velocity	7.21	8.45	8.08	7.81	7.64	7.71	7.46	7.45	7.40	7.25	7.23	7.58		8.11	7.60	7.36
H1 lead leg L	strides	21	15	15	15	15	15	15	15	15	15	19.5	175.5				

Fu Jiaho (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 03-Aug-19	time	6.30	10.36	14.56	18.79	23.16	27.70	32.38	37.10	41.90	46.91		52.81	5 / ~~7~~ 6			
reaction time 0.193	interval		4.06	4.20	4.23	4.37	4.54	4.68	4.72	4.80	5.01	5.90			12.49	13.59	14.53
	velocity	7.14	8.62	8.33	8.27	8.01	7.71	7.48	7.42	7.29	6.99	6.78	7.57		8.41	7.73	7.23
H1 lead leg L	strides	22	14	14	14	14	15	15	15	15	16	20	174				

Long Wei (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 2 (Huangshi, CHN)														*CAA Hurdle Development (2019)*			
date 12-Apr-19	time	6.19	10.19	14.45	18.71	23.14	27.68	32.30	37.09	42.04	47.06		52.83	9 / 3			
reaction time 0.250	interval		4.00	4.26	4.26	4.43	4.54	4.62	4.79	4.95	5.02	5.77			12.52	13.59	14.76
	velocity	7.27	8.75	8.22	8.22	7.90	7.71	7.58	7.31	7.07	6.97	6.93	7.57		8.39	7.73	7.11
H1 lead leg L	strides	21	15	15	15	15	15	15	15	15	15	19	175				

Fu Jiaho (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)														*CAA Hurdle Development (2019)*			
date 03-Aug-19	time	6.35	10.54	14.85	19.14	23.46	28.09	32.82	37.52	42.32	47.33		52.83	3 / 2			
reaction time 0.183	interval		4.19	4.31	4.29	4.32	4.63	4.73	4.70	4.80	5.01	5.50			12.79	13.68	14.51
	velocity	7.09	8.35	8.12	8.16	8.10	7.56	7.40	7.45	7.29	6.99	7.27	7.57		8.21	7.68	7.24
H1 lead leg L	strides	22	14	14	14	15	15	16	15	16	16	18.5	175.5				

Wang Siqing (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 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21	time	6.40	10.54	14.78	19.07	23.51	28.03	32.56	37.22	42.09	47.11		52.84	2 / ~~7~~ 6			
reaction time 0.214	interval		4.14	4.24	4.29	4.44	4.52	4.53	4.66	4.87	5.02	5.73			12.67	13.49	14.55
	velocity	7.03	8.45	8.25	8.16	7.88	7.74	7.73	7.51	7.19	6.97	6.98	7.57		8.29	7.78	7.22

H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19	178				
Song Haotian (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 - 2021 National Grand Prix (Chengdu, CHN)																*CAA Hurdle Development (2021)*			
date	01-Apr-21	time	6.40	10.60	14.88	19.20	23.70		28.30	33.00	37.76	42.62	47.48		52.85	7 / 3			
reaction time	0.192	interval		4.20	4.28	4.32	4.50		4.60	4.70	4.76	4.86	4.86	5.37	PB		12.80	13.80	14.48
		velocity	7.03	8.33	8.18	8.10	7.78		7.61	7.45	7.35	7.20	7.20	7.45	7.57		8.20	7.61	7.25
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18.5	175.5				
Wang Hongwen (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 3 - 2019 Chinese National Youth Games (Taiyuan, CHN)																*CAA Hurdle Development (2019)*			
date	17-Aug-19	time	6.40	10.32	14.42	18.62	22.95		27.39	31.99	36.67	41.49	46.50		52.86	6 / 1			
reaction time		interval		3.92	4.10	4.20	4.33		4.44	4.60	4.68	4.82	5.01	6.36			12.22	13.37	14.51
		velocity	7.03	8.93	8.54	8.33	8.08		7.88	7.61	7.48	7.26	6.99	6.29	7.57		8.59	7.85	7.24
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	18.3	169.3				
Sun Yao (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) (84cm)																*CAA Hurdle Development (2019)*			
date	17-Aug-19	time	6.40	10.47	14.64	18.86	23.28		27.82	32.50	37.26	42.16	47.12		52.86	4 / 1			
reaction time	0.223	interval		4.07	4.17	4.22	4.42		4.54	4.68	4.76	4.90	4.96	5.74			12.46	13.64	14.62
		velocity	7.03	8.60	8.39	8.29	7.92		7.71	7.48	7.35	7.14	7.06	6.97	7.57		8.43	7.70	7.18
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	20	180				
Maruyama, Tomoyo (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)																*Kishima (2022) - national high school championships biomechanics data collection*			
date	05-Aug-22	time	6.17	10.22	14.27	18.52	22.95		27.48	32.02	36.77	41.65	46.73		52.86	7 / 6			
reaction time	0.187	interval		4.05	4.05	4.25	4.43		4.53	4.54	4.75	4.88	5.08	6.13			12.35	13.50	14.71
		velocity	7.29	8.64	8.64	8.24	7.90		7.73	7.71	7.37	7.17	6.89	6.53	7.57		8.50	7.78	7.14
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	17	17		161				
Hanaoka, Kazuma (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 Chamionships (Yamagata, JPN)																*Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data*			
date	31-Jul-17	time	6.31	10.39	14.53	18.74	23.09		27.59	32.20	36.97	41.99	47.18		52.88	5 / 6			
reaction time	0.192	interval		4.08	4.14	4.21	4.35		4.50	4.61	4.77	5.02	5.19	5.70			12.43	13.46	14.98
		velocity	7.13	8.58	8.45	8.31	8.05		7.78	7.59	7.34	6.97	6.74	7.02	7.56		8.45	7.80	7.01
H1 lead leg		strides		15	15	15	15		15	15	15	17	17		139				
Zhu Yizheng (CHN) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)																*CAA Hurdle Development (2019)*			
date	17-Aug-19	time	6.47	10.50	14.56	18.74	23.04		27.54	32.10	36.90	41.96	47.10		52.90	5 / 2			
reaction time	0.209	interval		4.03	4.06	4.18	4.30		4.50	4.56	4.80	5.06	5.14	5.80	PB		12.27	13.36	15.00
		velocity	6.96	8.68	8.62	8.37	8.14		7.78	7.68	7.29	6.92	6.81	6.90	7.56		8.56	7.86	7.00
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	16	16	19	174				
Liu Yangyang (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)																*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.42	10.59	14.85	19.22	23.81		28.40	33.17	37.82	42.63	47.50		52.90	3 / 6			
reaction time	0.222	interval		4.17	4.26	4.37	4.59		4.59	4.77	4.65	4.81	4.87	5.40			12.80	13.95	14.33
		velocity	7.01	8.39	8.22	8.01	7.63		7.63	7.34	7.53	7.28	7.19	7.41	7.56		8.20	7.53	7.33
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				
Nataura, Yusuke (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 - 2016 Japanese National High School Championships (Okayama, JPN)																*Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection*			
date	31-Jul-16	time	6.27	10.41	14.73	19.17	23.62		28.06	32.53	37.12	41.83	46.88		52.93	8 / 5			
reaction time	0.151	interval		4.14	4.32	4.44	4.45		4.44	4.47	4.59	4.71	5.05	6.05			12.90	13.36	14.35
		velocity	7.18	8.45	8.10	7.88	7.87		7.88	7.83	7.63	7.43	6.93	6.61	7.56		8.14	7.86	7.32
H1 lead leg		strides		15	15	15	15		15	15	15	15	16		136				
Toyoda, Ken (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)																*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date	25-Oct-20	time	6.12	10.06	14.13	18.23	22.46		26.94	31.68	36.64	41.71	46.91		52.96	3 / 5			
reaction time	0.175	interval		3.94	4.07	4.10	4.23		4.48	4.74	4.96	5.07	5.20	6.05			12.11	13.45	15.23
		velocity	7.35	8.88	8.60	8.54	8.27		7.81	7.38	7.06	6.90	6.73	6.61	7.55		8.67	7.81	6.89
H1 lead leg	R	strides	20	13	13	13	13		14	14	15	15	15	18.7	163.7				
Williams, Derrick (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 - 2007 IAAF World Championships (Osaka, JPN)																*Behm (2007) - Osaka 2007: Le quatrache*			
date	28-Aug-07	time	5.7	9.4	13.2	17.3	21.4		25.8	30.3	34.9	39.6			52.97	8 / 7			
reaction time	0.159	interval		3.7	3.8	4.1	4.1		4.4	4.5	4.6	4.7					11.60	13.00	
		velocity	7.89	9.46	9.21	8.54	8.54		7.95	7.78	7.61	7.45			7.55		9.05	8.08	
H1 lead leg	R	strides	20	13	14	14	14		14	15	15	15			134				
Gong Debin (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 East China District Meeting (Zhaoqing, CHN)																*CAA Hurdle Development (2021)*			
date	25-Apr-21	time	6.24	10.29	14.64	18.94	23.54		28.14	32.85	37.67	42.54	47.36		52.97	5 / 3			
reaction time	0.300	interval		4.05	4.35	4.30	4.60		4.60	4.71	4.82	4.87	4.82	5.61			12.70	13.91	14.51
		velocity	7.21	8.64	8.05	8.14	7.61		7.61	7.43	7.26	7.19	7.26	7.13	7.55		8.27	7.55	7.24
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18	170				

Hinti, Saad (MAR) (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 - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	05-Jun-22	time	5.83	9.63	13.57	17.67	22.00	23.85	26.43	31.00	35.63				52.98	3 / 6			
reaction time	0.191	interval		3.80	3.94	4.10	4.33		4.43	4.57	4.63						11.84	13.33	
		velocity	7.72	9.21	8.88	8.54	8.08	8.39	7.90	7.66	7.56				7.55		8.87	7.88	
H1 lead leg	R	strides	21	14	14	15	15		15	15	15				124				

Noda, Keisuke (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
Heat 1 - 2016 Japanese National Youth Championships (Mizuho, JPN)										*(2016.11.17) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en*									
date	23-Oct-16	time	6.49	10.65	14.85	19.10	23.43		27.86	32.49	37.47	42.48	47.45		52.99	8 / 1			
reaction time		interval		4.16	4.20	4.25	4.33		4.43	4.63	4.98	5.01	4.97	5.54			12.61	13.39	14.96
		velocity	6.93	8.41	8.33	8.24	8.08		7.90	7.56	7.03	6.99	7.04	7.22	7.55		8.33	7.84	7.02
H1 lead leg		strides																	

Inoue, Kakeru (JPN) (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 All Japan Corporate Championships (Kumagaya, JPN)											*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*								
date	20-Sep-20	time	6.17	10.06	14.00	18.07	22.41		26.88	31.61	36.54	41.66	46.93		53.05	2 / 8			
reaction time	0.220	interval		3.89	3.94	4.07	4.34		4.47	4.73	4.93	5.12	5.27	6.12			11.90	13.54	15.32
		velocity	7.29	9.00	8.88	8.60	8.06		7.83	7.40	7.10	6.84	6.64	6.54	7.54		8.82	7.75	6.85
H1 lead leg		strides		13	13	13	14		14	15	15	15	15		127				

Xu Guoyu (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 2 (Huangshi, CHN)															*CAA Hurdle Development (2019)*				
date	12-Apr-19	time	6.38	10.59	14.80	19.19	23.71		28.38	33.10	37.90	42.71	47.51		53.06	7 / 4			
reaction time	0.215	interval		4.21	4.21	4.39	4.52		4.67	4.72	4.80	4.81	4.80	5.55			12.81	13.91	14.41
		velocity	7.05	8.31	8.31	7.97	7.74		7.49	7.42	7.29	7.28	7.29	7.21	7.54		8.20	7.55	7.29
H1 lead leg	R	strides	21	15	15	15	15		15	15	15	15	16	21	178				

Saifeldin, Muhand Khamis (QAT) (19			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 Doha Diamond League (Doha, QAT) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	28-May-21	time	6.10	10.13	14.27	18.60	23.07	25.1	27.73	32.47	37.33	42.17	47.27		53.06	4 / 5			
reaction time	0.127	interval		4.03	4.14	4.33	4.47		4.66	4.74	4.86	4.84	5.10	5.79			12.50	13.87	14.80
		velocity	7.38	8.68	8.45	8.08	7.83	7.97	7.51	7.38	7.20	7.23	6.86	6.91	7.54		8.40	7.57	7.09
H1 lead leg	L	strides	22	14	14	14	14		14		14	14	15		135				

Gong Debin (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 - 2020 Chinese Olympic Trials (Shaoxing, CHN)															*CAA Hurdle Development (2021)*				
date	13-Jun-21	time	5.95	9.96	13.95	18.28	22.65		27.41	32.23	37.09	41.98	47.01		53.07	1 / 8			
reaction time	0.257	interval		4.01	3.99	4.33	4.37		4.76	4.82	4.86	4.89	5.03	6.06			12.33	13.95	14.78
		velocity	7.56	8.73	8.77	8.08	8.01		7.35	7.26	7.20	7.16	6.96	6.60	7.54		8.52	7.53	7.10
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	19	171				

Morioka, Yuuki (JPN) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)													*Shibayama (2021) - national high school and U20 national championhsips*						
date	30-Jul-21	time	6.37	10.64	15.18	19.65	24.27		28.95	33.65	38.41	43.16	47.95		53.10	7 / 4			
reaction time	0.154	interval		4.27	4.54	4.47	4.62		4.68	4.70	4.76	4.75	4.79	5.15			13.28	14.00	14.30
		velocity	7.06	8.20	7.71	7.83	7.58		7.48	7.45	7.35	7.37	7.31	7.77	7.53		7.91	7.50	7.34
H1 lead leg		strides		14	15	14	15		15	15	15	15	15		133				

Liu Shuang (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 3 - 2019 Chinese National Youth Games (Taiyuan, CHN)															*CAA Hurdle Development (2019)*				
date	17-Aug-19	time	6.41	10.41	14.46	18.64	22.96		27.41	32.05	36.78	41.73	47.06		53.11	5 / 2			
reaction time	0.203	interval		4.00	4.05	4.18	4.32		4.45	4.64	4.73	4.95	5.33	6.05	PB		12.23	13.41	15.01
		velocity	7.02	8.75	8.64	8.37	8.10		7.87	7.54	7.40	7.07	6.57	6.61	7.53		8.59	7.83	7.00
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	17	19.5	179.5				

Lin Zhikai (CHN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)															*CAA Hurdle Development (2019)*				
date	17-Aug-19	time	6.65	10.98	15.24	19.58	24.00		28.56	33.14	37.84	42.62	47.56		53.12	7 / 3			
reaction time	0.197	interval		4.33	4.26	4.34	4.42		4.56	4.58	4.70	4.78	4.94	5.56			12.93	13.56	14.42
		velocity	6.77	8.08	8.22	8.06	7.92		7.68	7.64	7.45	7.32	7.09	7.19	7.53		8.12	7.74	7.28
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	15	17.8	175.8				

Yang Baichuan (CHN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)															*CAA Hurdle Development (2019)*				
date	03-Aug-19	time	6.29	10.36	14.56	18.80	23.21		27.80	32.47	37.23	42.10	47.26		53.14	7 / 2			
reaction time	0.194	interval		4.07	4.20	4.24	4.41		4.59	4.67	4.76	4.87	5.16	5.88			12.51	13.67	14.79
		velocity	7.15	8.60	8.33	8.25	7.94		7.63	7.49	7.35	7.19	6.78	6.80	7.53		8.39	7.68	7.10
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	15	20	178				

Pan Feng (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) (84cm)															*CAA Hurdle Development (2019)*				
date	17-Aug-19	time	6.52	10.74	15.02	19.38	23.82		28.38	32.98	37.68	42.48	47.48		53.17	6 / 2			
reaction time	0.183	interval		4.22	4.28	4.36	4.44		4.56	4.60	4.70	4.80	5.00	5.69			12.86	13.60	14.50
		velocity	6.90	8.29	8.18	8.03	7.88		7.68	7.61	7.45	7.29	7.00	7.03	7.52		8.16	7.72	7.24
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	15	16	19.5	176.5				

Lin Yingxian (CHN) (2002)

U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) (84cm) — *CAA Hurdle Development (2019)*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	17-Aug-19	time	6.50	10.65	14.90	19.16	23.62		28.26	33.02	37.68	42.68	47.62		53.18	5 / 3			
reaction time	0.211	interval		4.15	4.25	4.26	4.46		4.64	4.76	4.66	5.00	4.94	5.56			12.66	13.86	14.60
		velocity	6.92	8.43	8.24	8.22	7.85		7.54	7.35	7.51	7.00	7.09	7.19	7.52		8.29	7.58	7.19
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	15	19.5	177.5				

Oda, Atuya (JPN) (2003)

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	30-Jul-21	time	6.26	10.39	14.76	19.20	23.77		28.48	33.25	38.19	43.13	48.01		53.18	5 / 5			
reaction time	0.173	interval		4.13	4.37	4.44	4.57		4.71	4.77	4.94	4.94	4.88	5.17			12.94	14.05	14.76
		velocity	7.19	8.47	8.01	7.88	7.66		7.43	7.34	7.09	7.09	7.17	7.74	7.52		8.11	7.47	7.11
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				

Hamamura, Kazuki (JPN) (1997)

FINAL - 2015 Japanese National High School Championships (Wakayama, JPN) — *Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	31-Jul-15	time	6.16	10.33	14.43	18.64	22.96		27.38	31.97	36.75	41.86	47.31		53.19	3 / 6			
reaction time		interval		4.17	4.10	4.21	4.32		4.42	4.59	4.78	5.11	5.45	5.88			12.48	13.33	15.34
		velocity	7.31	8.39	8.54	8.31	8.10		7.92	7.63	7.32	6.85	6.42	6.80	7.52		8.41	7.88	6.84
H1 lead leg		strides		15	15	15	15		15	16	15	17	17		140				

Sato, Shunma (JPN) (1998)

FINAL - 2016 Japanese National High School Championships (Okayama, JPN) — *Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	31-Jul-16	time	6.47	10.58	14.90	19.25	23.79		28.29	32.88	37.69	42.66	47.71		53.19	9 / 6			
reaction time	0.197	interval		4.11	4.32	4.35	4.54		4.50	4.59	4.81	4.97	5.05	5.48			12.78	13.63	14.83
		velocity	6.96	8.52	8.10	8.05	7.71		7.78	7.63	7.28	7.04	6.93	7.30	7.52		8.22	7.70	7.08
H1 lead leg		strides		14	15	15	16		15	15	15	16	16		137				

Shen Kunhao (CHN) (2004)

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	25-Apr-21	time	6.42	10.54	14.72	19.05	23.54		28.26	33.05	37.85	42.83	47.78		53.19	5 / 4			
reaction time	0.198	interval		4.12	4.18	4.33	4.49		4.72	4.79	4.80	4.98	4.95	5.41			12.63	14.00	14.73
		velocity	7.01	8.50	8.37	8.08	7.80		7.42	7.31	7.29	7.03	7.07	7.39	7.52		8.31	7.50	7.13
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18	170				

Wilburn, Glenn (USA)

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	22-Jun-03	time	6.16	10.14	14.16	18.40	22.86		27.14	31.88	36.57	41.54	46.68		53.20	8 / 5			
reaction time		interval		3.98	4.02	4.24	4.46		4.28	4.74	4.69	4.97	5.14	6.52			12.24	13.48	14.80
		velocity	7.31	8.79	8.71	8.25	7.85		8.18	7.38	7.46	7.04	6.81	6.13	7.52		8.58	7.79	7.09
H1 lead leg		strides																	

Ogawa, Daiki (JPN) (2003)

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	30-Jul-21	time	6.29	10.51	14.88	19.30	23.86		28.53	33.23	38.04	42.98	47.96		53.22	2 / 6			
reaction time	0.154	interval		4.22	4.37	4.42	4.56		4.67	4.70	4.81	4.94	4.98	5.26			13.01	13.93	14.73
		velocity	7.15	8.29	8.01	7.92	7.68		7.49	7.45	7.28	7.09	7.03	7.60	7.52		8.07	7.54	7.13
H1 lead leg		strides		14	14	15	15		15	15	15	17	17		137				

Honma, Ryota (JPN)

FINAL - 2016 Japanese National High School Championships (Okayama, JPN) — *Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	31-Jul-16	time	6.47	10.63	14.90	19.24	23.62		28.23	32.86	37.89	42.98	47.98		53.23	3 / 7			
reaction time	0.167	interval		4.16	4.27	4.34	4.38		4.61	4.63	5.03	5.09	5.00	5.25			12.77	13.62	15.12
		velocity	6.96	8.41	8.20	8.06	7.99		7.59	7.56	6.96	6.88	7.00	7.62	7.51		8.22	7.71	6.94
H1 lead leg		strides		15	15	15	15		15	15	17	17	17		141				

Salmerón, Fernando (ESP) (1978)

Semi-Final 2 - 1998 Spanish National Championships (San Sebastián, ESP) — *Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	01-Aug-98	time	6.20	10.25	14.38	18.62	22.92		27.37	31.92	36.94	42.01	47.14		53.24	3 / ??			
reaction time		interval		4.05	4.13	4.24	4.30		4.45	4.55	5.02	5.07	5.13	6.10			12.42	13.30	15.22
		velocity	7.26	8.64	8.47	8.25	8.14		7.87	7.69	6.97	6.90	6.82	6.56	7.51		8.45	7.89	6.90
H1 lead leg	L	strides	22	14	14	14	14		15	15	16	16	16	20	176				

Takahashi, Rui (JPN) (1997)

FINAL - 2015 Japanese National High School Championships (Wakayama, JPN) — *Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	31-Jul-15	time	6.32	10.44	14.75	19.04	23.34		27.64	32.12	36.60	41.21	46.33		53.24	5 / 7			
reaction time		interval		4.12	4.31	4.29	4.30		4.30	4.48	4.48	4.61	5.12	6.91			12.72	13.08	14.21
		velocity	7.12	8.50	8.12	8.16	8.14		8.14	7.81	7.81	7.59	6.84	5.79	7.51		8.25	8.03	7.39
H1 lead leg		strides		15	15	15	15		15	17	15	17	16		140				

Yamada, Hiromasa (JPN)

FINAL - 2017 Japanese National High School Championships (Yamagata, JPN) — *Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data collection*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	31-Jul-17	time	6.37	10.43	14.65	19.00	23.66		28.45	33.25	38.10	43.09	47.98		53.24	3 / 7			
reaction time	0.243	interval		4.06	4.22	4.35	4.66		4.79	4.80	4.85	4.99	4.89	5.26			12.63	14.25	14.73
		velocity	7.06	8.62	8.29	8.05	7.51		7.31	7.29	7.22	7.01	7.16	7.60	7.51		8.31	7.37	7.13
H1 lead leg		strides		14	14	14	15		15	15	15	16	16		134				

Miyazaki, Takumi (JPN) (2001)

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

FINAL - 2019 Japanese National High School Championships (Okinawa, JPN) *Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data*

date	06-Aug-19	time	6.37	10.61	14.96	19.38	23.92	28.60	33.15	37.91	42.80	47.69		53.26	2 / 5				
reaction time		interval		4.24	4.35	4.42	4.54	4.68	4.55	4.76	4.89	4.89	5.57			13.01	13.77	14.54	
		velocity	7.06	8.25	8.05	7.92	7.71	7.48	7.69	7.35	7.16	7.16	7.18	7.51		8.07	7.63	7.22	
H1 lead leg		strides		15	15	15	15	15	15	15	15	15		135					

Ido, Takahiro (JPN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN) *Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data collection*																	
date 31-Jul-17	time	6.21	10.36	14.61	19.00	23.56	28.28	32.87	37.75	42.69	47.80		53.27	2 / 8			
reaction time 0.143	interval		4.15	4.25	4.39	4.56	4.72	4.59	4.88	4.94	5.11	5.47			12.79	13.87	14.93
	velocity	7.25	8.43	8.24	7.97	7.68	7.42	7.63	7.17	7.09	6.85	7.31	7.51		8.21	7.57	7.03
H1 lead leg	strides		15	15	15	15	15	15	15	15	15		135				

Shimura, Takeshi (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) *Kishima (2022) - national high school championships biomechanics data collection*																	
date 05-Aug-22	time	6.17	10.12	14.40	18.80	23.33	28.10	32.93	37.88	42.85	47.88		53.35	2 / 7			
reaction time 0.138	interval		3.95	4.28	4.40	4.53	4.77	4.83	4.95	4.97	5.03	5.47			12.63	14.13	14.95
	velocity	7.29	8.86	8.18	7.95	7.73	7.34	7.25	7.07	7.04	6.96	7.31	7.50		8.31	7.43	7.02
H1 lead leg R	strides	22	15	15	15	15	15	15	15	15	15		157				

Odate, Yuya (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 - 2018 Japanese National High School Championships (Nagoya, JPN) *Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection*																	
date 04-Aug-18	time	6.46	10.56	14.81	19.12	23.57	28.16	32.87	37.69	42.78	47.88		53.37	2 / 7			
reaction time	interval		4.10	4.25	4.31	4.45	4.59	4.71	4.82	5.09	5.10	5.49			12.66	13.75	15.01
	velocity	6.97	8.54	8.24	8.12	7.87	7.63	7.43	7.26	6.88	6.86	7.29	7.49		8.29	7.64	7.00
H1 lead leg	strides		15	15	15	15	15	15	15	16	16		137				

Wang Siqing (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese National Championships (Shaoxing, CHN) *CAA Hurdle Development (2020)*																	
date 17-Sep-20	time	6.25		14.67	19.04	23.50	28.12	32.79	37.75	42.50	47.50		53.38	1 / 7			
reaction time	interval			8.42	4.37	4.46	4.62	4.67	4.96	4.75	5.00	5.88			12.79	13.75	14.71
	velocity	7.20		8.31	8.01	7.85	7.58	7.49	7.06	7.37	7.00	6.80	7.49		8.21	7.64	7.14
H1 lead leg L	strides	22			15	15	15	16	16	16	16	19	150				

Campbell, Basil (USA) (1985)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA) *USATF Women's Sprint Development (2003)*																	
date 22-Jun-03	time	6.12	10.23	14.41	18.48	22.86	27.51	32.06	36.72	41.65	46.88		53.41	6 / 6			
reaction time	interval		4.11	4.18	4.07	4.38	4.65	4.55	4.66	4.93	5.23	6.53			12.36	13.58	14.82
	velocity	7.35	8.52	8.37	8.60	7.99	7.53	7.69	7.51	7.10	6.69	6.13	7.49		8.50	7.73	7.09
H1 lead leg	strides																

Miyoshi, Ren (JPN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Japanese National High School Championships (Okayama, JPN) *Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection*																	
date 31-Jul-16	time	6.33	10.36	14.48	18.72	23.11	27.63	32.33	37.30	42.39	47.60		53.42	6 / 8			
reaction time 0.200	interval		4.03	4.12	4.24	4.39	4.52	4.70	4.97	5.09	5.21	5.82			12.39	13.61	15.27
	velocity	7.11	8.68	8.50	8.25	7.97	7.74	7.45	7.04	6.88	6.72	6.87	7.49		8.47	7.71	6.88
H1 lead leg	strides		15	15	15	15	15	15	17	17	17		141				

Siwemuke, Marcus (USA) (1984)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA) *USATF Women's Sprint Development (2003)*																	
date 22-Jun-03	time	6.17	10.12	14.21	18.42	22.87	27.41	32.20	37.15	42.22	47.48		53.44	9 / 7			
reaction time	interval		3.95	4.09	4.21	4.45	4.54	4.79	4.95	5.07	5.26	5.96			12.25	13.78	15.28
	velocity	7.29	8.86	8.56	8.31	7.87	7.71	7.31	7.07	6.90	6.65	6.71	7.49		8.57	7.62	6.87
H1 lead leg	strides																

Yang Baichuan (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) *CAA Hurdle Development (2019)*																	
date 12-Apr-19	time	6.27	10.41	14.71	19.05	23.44	27.93	32.47	37.14	42.08	47.46		53.44	5 / 5			
reaction time 0.181	interval		4.14	4.30	4.34	4.39	4.49	4.54	4.67	4.94	5.38	5.98			12.78	13.42	14.99
	velocity	7.18	8.45	8.14	8.06	7.97	7.80	7.71	7.49	7.09	6.51	6.69	7.49		8.22	7.82	7.00
H1 lead leg L	strides	21	15	15	15	15	15	15	15	15	17	20	178				

Leng Ziheng (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 3 - 2019 Chinese National Youth Games (Taiyuan, CHN) *CAA Hurdle Development (2019)*																	
date 17-Aug-19	time	6.35	10.55	14.83	19.20	23.68	28.33	33.10	37.88	43.02	48.03		53.51	3 / 3			
reaction time 0.202	interval		4.20	4.28	4.37	4.48	4.65	4.77	4.78	5.14	5.01	5.48	PB		12.85	13.90	14.93
	velocity	7.09	8.33	8.18	8.01	7.81	7.53	7.34	7.32	6.81	6.99	7.30	7.48		8.17	7.55	7.03
H1 lead leg L	strides	21	15	15	15	15	15	15	15	16	16	19.5	177.5				

Zhu Yizheng (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) *CAA Hurdle Development (2019)*																	
date 17-Aug-19	time	6.41	10.46	14.54	18.74	23.11	27.70	32.44	37.34	42.46	47.66		53.54	4 / 7			
reaction time 0.223	interval		4.05	4.08	4.20	4.37	4.59	4.74	4.90	5.12	5.20	5.88			12.33	13.70	15.22
	velocity	7.02	8.64	8.58	8.33	8.01	7.63	7.38	7.14	6.84	6.73	6.80	7.47		8.52	7.66	6.90
H1 lead leg L	strides	22	14	14	14	14	15	15	15	16	16	19	174				

Machida, Reo (JPN) (2003)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese High School National Championships (Fukui, JPN) *Shibayama (2021) - national high school and U20 national championhsips*																	

date	30-Jul-21	time	6.57	10.79	15.32	19.82	24.41		28.98	33.62	38.41	43.34	48.25		53.54	8 / 7			
reaction time	0.202	interval		4.22	4.53	4.50	4.59		4.57	4.64	4.79	4.93	4.91	5.29			13.25	13.80	14.63
		velocity	6.85	8.29	7.73	7.78	7.63		7.66	7.54	7.31	7.10	7.13	7.56	7.47		7.92	7.61	7.18
H1 lead leg		strides		15	15	15	15		15	15	15	17	17		139				

Long Wei (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 National Grand Prix Final (Daqing, CHN) *CAA Hurdle Development (2019)*

date	22-Aug-19	time	6.36	10.58	14.81	19.12	23.59		28.19	32.88	37.65	42.61	47.68		53.57	3 / 6			
reaction time	0.219	interval		4.22	4.23	4.31	4.47		4.60	4.69	4.77	4.96	5.07	5.89			12.76	13.76	14.80
		velocity	7.08	8.29	8.27	8.12	7.83		7.61	7.46	7.34	7.06	6.90	6.79	7.47		8.23	7.63	7.09
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				

Carbe, Jonathan (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) *Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*

date	12-Jun-11	time	6.44	10.58	14.84	19.26	23.70		28.42	33.16	37.94	42.94	47.94		53.59	/ 1			
reaction time		interval		4.14	4.26	4.42	4.44		4.72	4.74	4.78	5.00	5.00	5.65			12.82	13.90	14.78
		velocity	6.99	8.45	8.22	7.92	7.88		7.42	7.38	7.32	7.00	7.00	7.08	7.46		8.19	7.55	7.10
H1 lead leg	L	strides		14	14	14	14		15	15	15	15	15	19	150				

Harada, Hibiki (JPN) (2003)

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

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

date	30-Jul-21	time	6.19	10.08	14.32	18.84	23.36		28.01	32.83	37.74	42.91	48.06		53.82	1 / 8			
reaction time	0.162	interval		3.89	4.24	4.52	4.52		4.65	4.82	4.91	5.17	5.15	5.76			12.65	13.99	15.23
		velocity	7.27	9.00	8.25	7.74	7.74		7.53	7.26	7.13	6.77	6.80	6.94	7.43		8.30	7.51	6.89
H1 lead leg		strides		14	14	15	15		15	15	15	16	16		135				

Liang Chao (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) *CAA Hurdle Development (2021)*

date	25-Apr-21	time	6.22	10.34	14.54	18.92	23.38		28.06	32.85	37.74	42.81	48.01		53.86	8 / 5			
reaction time	0.168	interval		4.12	4.20	4.38	4.46		4.68	4.79	4.89	5.07	5.20	5.85			12.70	13.93	15.16
		velocity	7.23	8.50	8.33	7.99	7.85		7.48	7.31	7.16	6.90	6.73	6.84	7.43		8.27	7.54	6.93
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	19	171				

Lan Jie (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 3 - 2019 Chinese National Youth Games (Taiyuan, CHN) *CAA Hurdle Development (2019)*

date	17-Aug-19	time	6.32	10.45	14.72	18.95	23.26		27.69	32.30	37.28	42.45	47.78		53.70	7 / 4			
reaction time	0.203	interval		4.13	4.27	4.23	4.31		4.43	4.61	4.98	5.17	5.33	5.92			12.63	13.35	15.48
		velocity	7.12	8.47	8.20	8.27	8.12		7.90	7.59	7.03	6.77	6.57	6.76	7.45		8.31	7.87	6.78
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	20.5	181.5				

Christensson, Jim (SWE) (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 - 2011 Poks Memorial (Hässleholm, SWE) *Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*

date	12-Jun-11	time	6.60	10.90	15.36	19.80	24.28		28.84	33.44	38.16	43.16	48.16		53.73	/ 2			
reaction time		interval		4.30	4.46	4.44	4.48		4.56	4.60	4.72	5.00	5.00	5.57			13.20	13.64	14.72
		velocity	6.82	8.14	7.85	7.88	7.81		7.68	7.61	7.42	7.00	7.00	7.18	7.44		7.95	7.70	7.13
H1 lead leg	L	strides		15	15	15	15		15	15	15	16	16	19	156				

Zhuang Linfei (CHN) (1996)

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

Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	03-Aug-19	time	6.57	10.76	15.16	19.67	24.36		29.29	34.18	38.94	43.72	48.45		53.76	5 / 3			
reaction time	0.260	interval		4.19	4.40	4.51	4.69		4.93	4.89	4.76	4.78	4.73	5.31			13.10	14.51	14.27
		velocity	6.85	8.35	7.95	7.76	7.46		7.10	7.16	7.35	7.32	7.40	7.53	7.44		8.02	7.24	7.36
H1 lead leg	L	strides	21	13	13	14	14		15	15	15	15	15	17.5	167.5				

Kageyama, Ayata (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 - 2018 Japanese National High School Championships (Nagoya, JPN) *Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection*

date	04-Aug-18	time	6.49	10.73	15.28	19.92	24.61		29.31	34.00	38.61	43.36	48.25		53.79	7 / 8			
reaction time		interval		4.24	4.55	4.64	4.69		4.70	4.69	4.61	4.75	4.89	5.54			13.43	14.08	14.25
		velocity	6.93	8.25	7.69	7.54	7.46		7.45	7.46	7.59	7.37	7.16	7.22	7.44		7.82	7.46	7.37
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				

Wu Jinhong (CHN) (2005)

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

FINAL - 2021 National Grand Prix (Chengdu, CHN) *CAA Hurdle Development (2021)*

date	02-Apr-21	time	6.30	10.40	14.66	18.98	23.44		28.19	32.99	37.97	43.09	48.27		53.86	2 / 5			
reaction time	0.205	interval		4.10	4.26	4.32	4.46		4.75	4.80	4.98	5.12	5.18	5.59			12.68	14.01	15.28
		velocity	7.14	8.54	8.22	8.10	7.85		7.37	7.29	7.03	6.84	6.76	7.16	7.43		8.28	7.49	6.87
H1 lead leg	R	strides	22	15	15	15	15		16	16	17	17	17	20	185				

Zhou Chao (CHN) (2000)

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

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

date	17-Aug-19	time	6.42	10.56	14.86	19.16	23.64		28.18	32.78	37.84	42.96	48.14		53.90	3 / 4			
reaction time	0.208	interval		4.14	4.30	4.30	4.48		4.54	4.60	5.06	5.12	5.18	5.76	PB		12.74	13.62	15.36
		velocity	7.01	8.45	8.14	8.14	7.81		7.71	7.61	6.92	6.84	6.76	6.94	7.42		8.24	7.71	6.84
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	19	179				

Kong Jie (CHN) (2003)

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

Heat 1 - 2021 National Grand Prix (Chengdu, CHN) *CAA Hurdle Development (2021)*

date	01-Apr-21	time	6.28	10.46	14.80	19.08	23.54		28.10	32.82	37.68	42.70	47.96		53.91	6 / 4			

reaction time	0.233	interval		4.18	4.34	4.28	4.46	4.56	4.72	4.86	5.02	5.26	5.95			12.80	13.74	15.14
		velocity	7.17	8.37	8.06	8.18	7.85	7.68	7.42	7.20	6.97	6.65	6.72	7.42		8.20	7.64	6.94
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	15	15	18	174				

Wang Hongwen (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 - 2019 Chinese World Championship Trials (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	03-Aug-19	time	6.71	11.06	15.48	19.96	24.50		29.11	33.98	38.87	43.70	48.54		53.92	6 / 4			
reaction time	0.268	interval		4.35	4.42	4.48	4.54		4.61	4.87	4.89	4.83	4.84	5.38			13.25	14.02	14.56
		velocity	6.71	8.05	7.92	7.81	7.71		7.59	7.19	7.16	7.25	7.23	7.43	7.42		7.92	7.49	7.21
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	18	169				

Bai Jiarui (CHN) (1995)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																*CAA Hurdle Development (2021)*			
date	25-Apr-21	time	6.51	10.76	15.09	19.56	24.10		28.75	33.50	38.40	43.38	48.40		53.92	8 / 7			
reaction time	0.279	interval		4.25	4.33	4.47	4.54		4.65	4.75	4.90	4.98	5.02	5.52			13.05	13.94	14.90
		velocity	6.91	8.24	8.08	7.83	7.71		7.53	7.37	7.14	7.03	6.97	7.25	7.42		8.05	7.53	7.05
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	17	168				

Liu Yunlang (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) (84cm)																*CAA Hurdle Development (2019)*			
date	17-Aug-19	time	6.34	10.48	14.72	19.06	23.56		28.24	32.96	37.66	42.60	47.90		53.96	7 / 4			
reaction time	0.190	interval		4.14	4.24	4.34	4.50		4.68	4.72	4.70	4.94	5.30	6.06			12.72	13.90	14.94
		velocity	7.10	8.45	8.25	8.06	7.78		7.48	7.42	7.45	7.09	6.60	6.60	7.41		8.25	7.55	7.03
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	17	19.5	178.5				

Cao Xiong (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)																*CAA Hurdle Development (2020)*			
date	17-Sep-20	time	6.05	10.17	14.37	18.66	23.12		27.79	32.62	37.62		48.08		53.96	8 / 8			
reaction time		interval		4.12	4.20	4.29	4.46		4.67	4.83	5.00		10.46	5.88			12.61	13.96	15.46
		velocity	7.44	8.50	8.33	8.16	7.85		7.49	7.25	7.00		6.69	6.80	7.41		8.33	7.52	6.79
H1 lead leg	L	strides		15	15	15	15		15	15	16			18.5	125				

Xie Zhiyu (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)																*CAA Hurdle Development (2019)*			
date	17-Aug-19	time	6.30	10.32	14.33	18.48	22.70		27.05	31.86	37.19	42.46	47.66		53.98	5 / 1			
reaction time	0.209	interval		4.02	4.01	4.15	4.22		4.35	4.81	5.33	5.27	5.20	6.32			12.18	13.38	15.80
		velocity	7.14	8.71	8.73	8.43	8.29		8.05	7.28	6.57	6.64	6.73	6.33	7.41		8.62	7.85	6.65
H1 lead leg	L	strides	21	13	13	13	13		13	14	15	15	15	17.8	162.8				

Holmes, TJ (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)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	25-Jun-21	time	6.07	9.93	13.73	17.53	21.53		25.83	30.57	35.33	40.43	45.93		53.98	5 / 8			
reaction time	0.189	interval		3.86	3.80	3.80	4.00		4.30	4.74	4.76	5.10	5.50	8.05			11.46	13.04	15.36
		velocity	7.41	9.07	9.21	9.21	8.75		8.14	7.38	7.35	6.86	6.36	4.97	7.41		9.16	8.05	6.84
H1 lead leg	L	strides	19	12	12	13	13		13	14	14	14	15		139				

Imanishi, Ryota (JPN) (2004)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)																*Kishima (2022) - national high school championships biomechanics data collection*			
date	05-Aug-22	time	6.27	10.18	14.08	18.27	22.67		27.15	31.73	36.55	41.65	47.10		54.00	9 / 8			
reaction time	0.181	interval		3.91	3.90	4.19	4.40		4.48	4.58	4.82	5.10	5.45	6.90			12.00	13.46	15.37
		velocity	7.18	8.95	8.97	8.35	7.95		7.81	7.64	7.26	6.86	6.42	5.80	7.41		8.75	7.80	6.83
H1 lead leg	L	strides	22	14	14	15	15		15	15	15	15	16		156				

Harnden, Iain (ZIM) (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 8 - 2000 Olympic Games (Sydney, AUS)																*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date	24-Sep-00	time	6.26	10.10	13.98	17.98	22.18		26.62	31.22	36.26	41.74			54.01	3 / 7			
reaction time	0.287	interval		3.84	3.88	4.00	4.20		4.44	4.60	5.04	5.48					11.72	13.24	
		velocity	7.19	9.11	9.02	8.75	8.33		7.88	7.61	6.94	6.39			7.41		8.96	7.93	
H1 lead leg		strides	21	13	13	13	13		14	14	15	16			132				

Cui Caizhuang (CHN) (1995)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	03-Aug-19	time	6.52	10.78	15.12	19.56	24.08		28.84	33.68	38.55	43.46	48.46		54.03	8 / 5			
reaction time	0.228	interval		4.26	4.34	4.44	4.52		4.76	4.84	4.87	4.91	5.00	5.57			13.04	14.12	14.78
		velocity	6.90	8.22	8.06	7.88	7.74		7.35	7.23	7.19	7.13	7.00	7.18	7.40		8.05	7.44	7.10
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	15	20	177				

Lunn, Atle (NOR) (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 European Cup (Munich, GER)																*Jung (2003) - http://www.fgs.uni-halle.de*			
date	21-Jun-97	time	6.30	10.24	14.29	18.56	22.98		27.62	32.47	36.40	42.56	47.94		54.09	/ 7			
reaction time		interval		3.94	4.05	4.27	4.42		4.64	4.85	3.93	6.16	5.38	6.15			12.26	13.91	15.47
		velocity	7.14	8.88	8.64	8.20	7.92		7.54	7.22	8.91	5.68	6.51	6.50	7.40		8.56	7.55	6.79
H1 lead leg		strides																	

Li Guancheng (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 National Grand Prix (Chengdu, CHN)																*CAA Hurdle Development (2021)*			
date	02-Apr-21	time	6.21	10.40	14.68	19.03	23.46		27.99	32.59	37.32	42.35	47.83		54.09	4 / 6			
reaction time	0.204	interval		4.19	4.28	4.35	4.43		4.53	4.60	4.73	5.03	5.48	6.26			12.82	13.56	15.24

		velocity	7.25	8.35	8.18	8.05	7.90		7.73	7.61	7.40	6.96	6.39	6.39	7.40			8.19	7.74	6.89
H1 lead leg	L	strides	21	14	14	13	13		14	14	14	14	15	18	164					

Gong Debin (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 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																*CAA Hurdle Development (2019)*			
date	22-Aug-19	time	6.36	10.53	14.71	19.07	23.62		28.24	33.12	38.15	43.18	48.20		54.11	7 / 6			
reaction time	0.325	interval		4.17	4.18	4.36	4.55		4.62	4.88	5.03	5.03	5.02	5.91			12.71	14.05	15.08
		velocity	7.08	8.39	8.37	8.03	7.69		7.58	7.17	6.96	6.96	6.97	6.77	7.39		8.26	7.47	6.96
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	16	19	172				

Han Mingkun (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 1 - 2021 East China District Meeting (Zhaoqing, CHN)																*CAA Hurdle Development (2021)*			
date	25-Apr-21	time	6.46	10.54	14.78	19.26	23.91		28.66	33.42	38.19	43.04	48.16		54.11	7 / 6			
reaction time	0.205	interval		4.08	4.24	4.48	4.65		4.75	4.76	4.77	4.85	5.12	5.95			12.80	14.16	14.74
		velocity	6.97	8.58	8.25	7.81	7.53		7.37	7.35	7.34	7.22	6.84	6.72	7.39		8.20	7.42	7.12
H1 lead leg	L	strides	21	14	14	15	15		15	15	15	15	16	19	174				

Zeng Lingxian (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) (84cm)																*CAA Hurdle Development (2019)*			
date	17-Aug-19	time	6.42	10.58	14.90	19.24	23.72		28.34	33.08	37.92	43.00	48.30		54.14	9 / 5			
reaction time	0.203	interval		4.16	4.32	4.34	4.48		4.62	4.74	4.84	5.08	5.30	5.84			12.82	13.84	15.22
		velocity	7.01	8.41	8.10	8.06	7.81		7.58	7.38	7.23	6.89	6.60	6.85	7.39		8.19	7.59	6.90
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	17	21	180				

Zhuang Linfei (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)																*CAA Hurdle Development (2019)*			
date	12-Apr-19	time	6.48	10.54	14.82	19.22	23.76		28.38	33.26	38.18	43.28	48.48		54.17	2 / 6			
reaction time	0.225	interval		4.06	4.28	4.40	4.54		4.62	4.88	4.92	5.10	5.20	5.69			12.74	14.04	15.22
		velocity	6.94	8.62	8.18	7.95	7.71		7.58	7.17	7.11	6.86	6.73	7.03	7.38		8.24	7.48	6.90
H1 lead leg	L	strides	21	16	16	16	16		16	16	15	15	16	19	182				

Nathaniel, Ezekiel (NGR) (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 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	17-Jul-22	time	5.97	10.33	14.36	18.40	22.60	24.53		31.80	36.77				54.18	7 / 8			
reaction time	0.176	interval		4.36	4.03	4.04	4.20			9.20	4.97						12.43	13.40	
		velocity	7.54	8.03	8.68	8.66	8.33	8.15		7.61	7.04				7.38		8.45	7.84	
H1 lead leg	R	strides	21	15	14	13	13			14	14				104				

Bai Jiarui (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 Chinese National Championships (Chongqing, CHN)																*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.63	10.87	15.15	19.53	24.00		28.74	33.65	38.52				54.19	8 / 5			
reaction time	0.299	interval		4.24	4.28	4.38	4.47		4.74	4.91	4.87						12.90	14.12	
		velocity	6.79	8.25	8.18	7.99	7.83		7.38	7.13	7.19				7.38		8.14	7.44	
H1 lead leg	L	strides	22	14	14	14	14		14	14	15				121				

Sun Ke (CHN) (2001)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)																*CAA Hurdle Development (2019)*			
date	17-Aug-19	time	6.14	10.18	14.28	18.44	22.80		27.26	31.90	36.82	42.16	47.68		54.20	4 / 5			
reaction time	0.176	interval		4.04	4.10	4.16	4.36		4.46	4.64	4.92	5.34	5.52	6.52			12.30	13.46	15.78
		velocity	7.33	8.66	8.54	8.41	8.03		7.85	7.54	7.11	6.55	6.34	6.13	7.38		8.54	7.80	6.65
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	20	177				

Cao Xiong (CHN) (2001)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)																*CAA Hurdle Development (2019)*			
date	17-Aug-19	time	6.46	10.73	15.00	19.32	23.70		28.37	33.07	37.84	42.86	48.06		54.20	7 / 2			
reaction time	0.197	interval		4.27	4.27	4.32	4.38		4.67	4.70	4.77	5.02	5.20	6.14			12.86	13.75	14.99
		velocity	6.97	8.20	8.20	8.10	7.99		7.49	7.45	7.34	6.97	6.73	6.51	7.38		8.16	7.64	7.00
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	16	19	177				

Nilsson, Anton (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 Poks Memorial (Hässleholm, SWE)																*Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*			
date	12-Jun-11	time	6.42	10.52	14.82	19.14	23.66		28.24	33.02	37.88	42.90	48.24		54.22	/ 3			
reaction time		interval		4.10	4.30	4.32	4.52		4.58	4.78	4.86	5.02	5.34	5.98			12.72	13.88	15.22
		velocity	7.01	8.54	8.14	8.10	7.74		7.64	7.32	7.20	6.97	6.55	6.69	7.38		8.25	7.56	6.90
H1 lead leg	L	strides		14	14	14	14		14	15	15	15	16	19	150				

Ikwaukor, Akovunndu (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)																*USATF Women's Sprint Development (2003)*			
date	22-Jun-03	time	6.01	9.88	13.93	18.01	22.30		27.03	31.70	36.62	41.81	47.31		54.25	3 / 8			
reaction time		interval		3.87	4.05	4.08	4.29		4.73	4.67	4.92	5.19	5.50	6.94			12.00	13.69	15.61
		velocity	7.49	9.04	8.64	8.58	8.16		7.40	7.49	7.11	6.74	6.36	5.76	7.37		8.75	7.67	6.73
H1 lead leg		strides																	

Fukamachi, Hidai (JPN) (2001)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)																*Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data*			
date	06-Aug-19	time	6.31	10.39	14.51	18.74	23.13		27.79	32.52	37.37	42.60	47.96		54.32	8 / 6			
reaction time		interval		4.08	4.12	4.23	4.39		4.66	4.73	4.85	5.23	5.36	6.36			12.43	13.78	15.44
		velocity	7.13	8.58	8.50	8.27	7.97		7.51	7.40	7.22	6.69	6.53	6.29	7.36		8.45	7.62	6.80

H1 lead leg		strides		15	15	15	15		16	16	16	17	17		142				
Dzhivondov, Ilya (BUL) (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 5 - 2000 Olympic Games (Sydney, AUS)																*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date	24-Sep-00	time	6.08	9.88	13.80	17.80	22.00		26.36	30.92	35.88				54.36	8 / 8			
reaction time	0.279	interval		3.80	3.92	4.00	4.20		4.36	4.56	4.96						11.72	13.12	
		velocity	7.40	9.21	8.93	8.75	8.33		8.03	7.68	7.06				7.36		8.96	8.00	
H1 lead leg		strides	22	13	13	13	14		14	15	15				119				
Zhuang Linfei (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 - 2021 Chinese National Championships (Chongqing, CHN)																*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.24	10.23	14.33	18.59	22.97		27.61	32.34	37.27	42.46	47.98		54.37	4 / 5			
reaction time	0.183	interval		3.99	4.10	4.26	4.38		4.64	4.73	4.93	5.19	5.52	6.39			12.35	13.75	15.64
		velocity	7.21	8.77	8.54	8.22	7.99		7.54	7.40	7.10	6.74	6.34	6.26	7.36		8.50	7.64	6.71
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	17	20	174				
Fu Jiaho (CHN) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																*CAA Hurdle Development (2019)*			
date	12-Apr-19	time	6.60	10.84	15.16	19.62	24.20		28.90	33.78	38.58	43.36	48.62		54.39	3 / 7			
reaction time	0.200	interval		4.24	4.32	4.46	4.58		4.70	4.88	4.80	4.78	5.26	5.77			13.02	14.16	14.84
		velocity	6.82	8.25	8.10	7.85	7.64		7.45	7.17	7.29	7.32	6.65	6.93	7.35		8.06	7.42	7.08
H1 lead leg	L	strides	21	16	16	16	16		15	15	15	15	15	19.2	179.2				
Forsberg, Anton (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 Poks Memorial (Hässleholm, SWE)																*Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*			
date	12-Jun-11	time		10.76	15.06	19.36	23.78			33.10	37.88	42.84	48.08		54.40	/ 4			
reaction time		interval			4.30	4.30	4.42			9.32	4.78	4.96	5.24	6.32	**PB**			13.74	14.98
		velocity		7.43	8.14	8.14	7.92			7.51	7.32	7.06	6.68	6.33	7.35			7.64	7.01
H1 lead leg	R	strides		14	14	14	14		15	15	15	15	15	19	150				
Liu Yangyang (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 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	03-Aug-19	time	6.66	10.90	15.28	19.68	24.20		28.90	33.58	38.32	43.10	48.08		54.44	8 / 3			
reaction time	0.333	interval		4.24	4.38	4.40	4.52		4.70	4.68	4.74	4.78	4.98	6.36			13.02	13.90	14.50
		velocity	6.76	8.25	7.99	7.95	7.74		7.45	7.48	7.38	7.32	7.03	6.29	7.35		8.06	7.55	7.24
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18.5	175.5				
Zou Haichao (CHN) (2001)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)																*CAA Hurdle Development (2019)*			
date	17-Aug-19	time	6.28	10.42	14.73	19.13	23.62		28.23	32.89	37.72	42.91	48.34		54.46	6 / 3			
reaction time	0.181	interval		4.14	4.31	4.40	4.49		4.61	4.66	4.83	5.19	5.43	6.12			12.85	13.76	15.45
		velocity	7.17	8.45	8.12	7.95	7.80		7.59	7.51	7.25	6.74	6.45	6.54	7.34		8.17	7.63	6.80
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	17	17	19.3	180.3				
Rhodes, Calvin (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 (Indianapolis, IN)																*USATF Women's Sprint Development (2003)*			
date	22-Jun-03	time	6.16	10.41	14.68	19.10	23.67		28.43	33.30	38.17	43.18	48.43		54.53	1 / 9			
reaction time		interval		4.25	4.27	4.42	4.57		4.76	4.87	4.87	5.01	5.25	6.10			12.94	14.20	15.13
		velocity	7.31	8.24	8.20	7.92	7.66		7.35	7.19	7.19	6.99	6.67	6.56	7.34		8.11	7.39	6.94
H1 lead leg		strides																	
Reinke, Ulrich (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 - 1975 West German National Championships (Gelsenkirchen, FRG)																*Helbig (1975) - 400-m-hürdenlauf*			
date	28-Jun-75	time	6.2	10.2	14.5	18.7	23.1	25.1	27.6	32.3	37.2	42.1	47.6		54.54	8 / 8			
reaction time		interval		4.02	4.22	4.20	4.43		4.47	4.70	4.98	4.81	5.57	6.92			12.44	13.60	15.36
		velocity	7.23	8.71	8.29	8.33	7.90	7.97	7.83	7.45	7.03	7.28	6.28	5.78	7.33		8.44	7.72	6.84
H1 lead leg		strides																	
Minato, Ozora (JPN) (1997)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)																*Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data*			
date	31-Jul-15	time	6.47	10.53	14.70	18.85	23.16		27.66	32.45	37.60	43.04	48.43		54.55	2 / 8			
reaction time		interval		4.06	4.17	4.15	4.31		4.50	4.79	5.15	5.44	5.39	6.12			12.38	13.60	15.98
		velocity	6.96	8.62	8.39	8.43	8.12		7.78	7.31	6.80	6.43	6.49	6.54	7.33		8.48	7.72	6.57
H1 lead leg		strides		15	15	15	15		17	17	16	17	17		144				
Bäckman, Mattias (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)																*Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*			
date	07-Jun-11	time	6.72	11.00	15.44	19.78	24.34		29.02	33.90	38.66	43.90	49.04		54.66	/ 1			
reaction time		interval		4.28	4.44	4.34	4.56		4.68	4.88	4.76	5.24	5.14	5.62			13.06	14.12	15.14
		velocity	6.70	8.18	7.88	8.06	7.68		7.48	7.17	7.35	6.68	6.81	7.12	7.32		8.04	7.44	6.94
H1 lead leg	L	strides		15	15	15	15		15	15	15	15	15	19	154				
Fu Jiaho (CHN) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)																*CAA Hurdle Development (2019)*			
date	29-May-19	time	6.67	11.05	15.45	19.80	24.34		29.01	33.76	38.52	43.47	48.88		54.71	1 / 6			
reaction time	0.208	interval		4.38	4.40	4.35	4.54		4.67	4.75	4.76	4.95	5.41	5.83			13.13	13.96	15.12
		velocity	6.75	7.99	7.95	8.05	7.71		7.49	7.37	7.35	7.07	6.47	6.86	7.31		8.00	7.52	6.94
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	17	19.5	174.5				

Nilsson, Anton (SWE) (1992)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Fridrott (Stockholm, SWE)																*Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*			
date	07-Jun-11	time	6.40	10.60	14.84	19.14	23.56		28.16	32.86	37.78	43.20	48.62		54.86	/ 2			
reaction time		interval		4.20	4.24	4.30	4.42		4.60	4.70	4.92	5.42	5.42	6.24			12.74	13.72	15.76
		velocity	7.03	8.33	8.25	8.14	7.92		7.61	7.45	7.11	6.46	6.46	6.41	7.29		8.24	7.65	6.66
H1 lead leg	L	strides		14	14	14	14		14	15	15	16	16	19	151				

Nagiko, Kazushi (JPN)

			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 - 2016 Japanese National Youth Championships (Mizuho, JPN)																*(2016.11.17) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en*			
date	23-Oct-16	time	6.53	10.87	15.16	19.47	23.86		28.36	32.99	37.95	43.20	48.69		54.86	8 / 1			
reaction time		interval		4.34	4.29	4.31	4.39		4.50	4.63	4.96	5.25	5.49	6.17			12.94	13.52	15.70
		velocity	6.89	8.06	8.16	8.12	7.97		7.78	7.56	7.06	6.67	6.38	6.48	7.29		8.11	7.77	6.69
H1 lead leg		strides																	

Kong Jie (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 National Grand Prix (Chengdu, CHN)																*CAA Hurdle Development (2021)*			
date	02-Apr-21	time	6.33	10.43	14.71	19.08	23.48		28.09	32.92	37.90	43.07	48.43		54.89	1 / 7			
reaction time	0.264	interval		4.10	4.28	4.37	4.40		4.61	4.83	4.98	5.17	5.36	6.46			12.75	13.84	15.51
		velocity	7.11	8.54	8.18	8.01	7.95		7.59	7.25	7.03	6.77	6.53	6.19	7.29		8.24	7.59	6.77
H1 lead leg	L	strides	21	17	15	15	15		15	15	15	15	15	19	177				

Yu Zhiyou (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 (Taiyuan, CHN) (84cm)																*CAA Hurdle Development (2019)*			
date	17-Aug-19	time	6.44	10.56	14.76	19.08	23.54		28.32	33.28	38.40	43.68	49.04		54.92	2 / 6			
reaction time	0.201	interval		4.12	4.20	4.32	4.46		4.78	4.96	5.12	5.28	5.36	5.88			12.64	14.20	15.76
		velocity	6.99	8.50	8.33	8.10	7.85		7.32	7.06	6.84	6.63	6.53	6.80	7.28		8.31	7.39	6.66
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187				

Wu Yuze (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) (84cm)																*CAA Hurdle Development (2019)*			
date	17-Aug-19	time	6.46	10.58	14.74	19.02	23.50		28.12	32.82	37.74	43.02	48.82		54.99	8 / 7			
reaction time	0.206	interval		4.12	4.16	4.28	4.48		4.62	4.70	4.92	5.28	5.80	6.17			12.56	13.80	16.00
		velocity	6.97	8.50	8.41	8.18	7.81		7.58	7.45	7.11	6.63	6.03	6.48	7.27		8.36	7.61	6.56
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	18	20.5	181.5				

Sun Wanhao (CHN) (2001)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)																*CAA Hurdle Development (2019)*			
date	17-Aug-19	time	6.54	10.76	15.08	19.42	23.85		28.50	33.38	38.40	43.62	49.12		55.04	8 / 6			
reaction time	0.216	interval		4.22	4.32	4.34	4.43		4.65	4.88	5.02	5.22	5.50	5.92	PB		12.88	13.96	15.74
		velocity	6.88	8.29	8.10	8.06	7.90		7.53	7.17	6.97	6.70	6.36	6.76	7.27		8.15	7.52	6.67
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	17	20	182				

Ito, Masahiro (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
Heat 2 - 2016 Japanese National Youth Championships (Mizuho, JPN)																*(2016.11.17) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en*			
date	23-Oct-16	time					23.65				38.41				55.05	7 / 2			
reaction time		interval									14.76								
		velocity					7.82				7.11				7.27				
H1 lead leg		strides																	

Takeda, Kai (JPN)

			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 - 2016 Japanese National Youth Championships (Mizuho, JPN)																*(2016.11.17) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en*			
date	23-Oct-16	time					24.21				38.17				55.10	7 / 2			
reaction time		interval									13.96								
		velocity					7.64				7.52				7.26				
H1 lead leg		strides																	

Ehrnsprenger, Klaus (GER) (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 - 1997 European Cup (Munich, GER)																*Jung (2003) - http://www.fgs.uni-halle.de*			
date	21-Jun-97	time	6.56	10.77	15.15	19.62	24.23		28.92	33.77	38.71	43.99	49.46		55.13	/ 8			
reaction time		interval		4.21	4.38	4.47	4.61		4.69	4.85	4.94	5.28	5.47	5.67			13.06	14.15	15.69
		velocity	6.86	8.31	7.99	7.83	7.59		7.46	7.22	7.09	6.63	6.40	7.05	7.26		8.04	7.42	6.69
H1 lead leg		strides																	

Takahasi, Ryosuke (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 - 2019 Japanese National High School Championships (Okinawa, JPN)																*Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data*			
date	06-Aug-19	time	6.25	10.43	14.70	19.06	23.65		28.43	33.22	38.12	43.20	48.56		55.14	7 / 7			
reaction time		interval		4.18	4.27	4.36	4.59		4.78	4.79	4.90	5.08	5.36	6.58			12.81	14.16	15.34
		velocity	7.20	8.37	8.20	8.03	7.63		7.32	7.31	7.14	6.89	6.53	6.08	7.25		8.20	7.42	6.84
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Zhuang Zhixiong (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 East China District Meeting (Zhaoqing, CHN)																*CAA Hurdle Development (2021)*			
date	25-Apr-21	time	6.39	10.51	14.76	19.15	23.64		28.33	33.22	38.25	43.56	49.03		55.17	4 / 4			
reaction time	0.199	interval		4.12	4.25	4.39	4.49		4.69	4.89	5.03	5.31	5.47	6.14			12.76	14.07	15.81
		velocity	7.04	8.50	8.24	7.97	7.80		7.46	7.16	6.96	6.59	6.40	6.51	7.25		8.23	7.46	6.64
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	17	17	19.5	181.5				

Yamashina, Shinnosuke (JPN) (2001)
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN) — *Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	06-Aug-19	time	6.33	10.56	14.78	19.11	23.70		28.56	33.50	38.49	43.69	49.11		55.20	1 / 8			
reaction time		interval		4.23	4.22	4.33	4.59		4.86	4.94	4.99	5.20	5.42	6.09			12.78	14.39	15.61
		velocity	7.11	8.27	8.29	8.08	7.63		7.20	7.09	7.01	6.73	6.46	6.57	7.25		8.22	7.30	6.73
H1 lead leg		strides		14	14	14	14		15	15	15	15	16		132				

Gianessi, Paolo (ITA)
FINAL - 1993 Urbino, ITA — *Partipilo (1994) - la distribuzione dello sforzo nei 400m ad ostacoli*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	08-Sep-93	time	6.7	11.1	15.6	21.2	24.8	26.9	29.4	34.3	39.2	44.2	49.4		55.2	???			
reaction time		interval		4.4	4.5	5.6	3.6		4.6	4.9	4.9	5.0	5.2	5.8			14.50	13.10	15.10
		velocity	6.72	7.95	7.78	6.25	9.72	7.43	7.61	7.14	7.14	7.00	6.73	6.90	7.25		7.24	8.02	6.95
H1 lead leg		strides	22	15	15	15	15		15	15	15	15	15		157				

Leng Ziheng (CHN) (2000)
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) — *CAA Hurdle Development (2019)*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	17-Aug-19	time	6.40	10.64	15.01	19.34	23.80		28.48	33.28	38.18	43.58	49.16		55.34	3 / 8			
reaction time	0.195	interval		4.24	4.37	4.33	4.46		4.68	4.80	4.90	5.40	5.58	6.18			12.94	13.94	15.88
		velocity	7.03	8.25	8.01	8.08	7.85		7.48	7.29	7.14	6.48	6.27	6.47	7.23		8.11	7.53	6.61
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	17	17	19	179				

Gianessi, Paolo (ITA)
FINAL - 1993 Bergamo, ITA — *Partipilo (1994) - la distribuzione dello sforzo nei 400m ad ostacoli*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	03-Oct-93	time	6.49	10.73	14.96	19.38	23.81	25.8	28.51	33.37	38.35	43.81	49.17		55.47	???			
reaction time		interval		4.24	4.23	4.42	4.43		4.70	4.86	4.98	5.46	5.36	6.30			12.89	13.99	15.80
		velocity	6.93	8.25	8.27	7.92	7.90	7.75	7.45	7.20	7.03	6.41	6.53	6.35	7.21		8.15	7.51	6.65
H1 lead leg		strides	22	15	15	15	15		15	15	15	16	16		159				

Du Yuanpeng (CHN) (2000)
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN) — *CAA Hurdle Development (2021)*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	25-Apr-21	time	6.61	10.76	15.03	19.42	24.02		28.74	33.72	38.75	44.08	49.72		55.53	4 / 4			
reaction time	0.225	interval		4.15	4.27	4.39	4.60		4.72	4.98	5.03	5.33	5.64	5.81			12.81	14.30	16.00
		velocity	6.81	8.43	8.20	7.97	7.61		7.42	7.03	6.96	6.57	6.21	6.88	7.20		8.20	7.34	6.56
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	16	17	18.5	174.5				

Zheng Hao (CHN) (2001)
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN) — *CAA Hurdle Development (2019)*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	17-Aug-19	time	6.40	10.61	14.95	19.36	23.89		28.56	33.51	38.76	44.17	49.76		55.58	3 / 4			
reaction time	0.208	interval		4.21	4.34	4.41	4.53		4.67	4.95	5.25	5.41	5.59	5.82	PB		12.96	14.15	16.25
		velocity	7.03	8.31	8.06	7.94	7.73		7.49	7.07	6.67	6.47	6.26	6.87	7.20		8.10	7.42	6.46
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	17	19.5	181.5				

Yang Pengjun (CHN) (2002)
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN) — *CAA Hurdle Development (2021)*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	25-Apr-21	time	6.34	10.36	14.58	18.88	23.32		27.78	32.58	37.82	43.53	49.83		55.58	6 / 5			
reaction time	0.230	interval		4.02	4.22	4.30	4.44		4.46	4.80	5.24	5.71	6.30	5.75			12.54	13.70	17.25
		velocity	7.10	8.71	8.29	8.14	7.88		7.85	7.29	6.68	6.13	5.56	6.96	7.20		8.37	7.66	6.09
H1 lead leg	L	strides	22	15	15	15	15		15	17	17	19	19	19	188				

Lü Baoliang (CHN) (2000)
U20 Heat 3 - 2019 Chinese National Youth Games (Taiyuan, CHN) — *CAA Hurdle Development (2019)*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	17-Aug-19	time	6.65	10.98	15.36	19.84	24.41		29.28	34.32	39.37	44.68	49.90		55.71	8 / 5			
reaction time	0.200	interval		4.33	4.38	4.48	4.57		4.87	5.04	5.05	5.31	5.22	5.81			13.19	14.48	15.58
		velocity	6.77	8.08	7.99	7.81	7.66		7.19	6.94	6.93	6.59	6.70	6.88	7.18		7.96	7.25	6.74
H1 lead leg	L	strides	22	15	15	15	15		16	16	16	17	17	19	183				

Sjöstedt, Carl (SWE) (1994)
FINAL - 2011 Fridrott (Stockholm, SWE) (84cm) — *Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	07-Jun-11	time	6.80	11.20	15.58	20.10	24.74		29.54	34.54	39.58	44.86	50.08		55.82	/ 3			
reaction time		interval		4.40	4.38	4.52	4.64		4.80	5.00	5.04	5.28	5.22	5.74			13.30	14.44	15.54
		velocity	6.62	7.95	7.99	7.74	7.54		7.29	7.00	6.94	6.63	6.70	6.97	7.17		7.89	7.27	6.76
H1 lead leg	L	strides		15	15	15	15		15	16	16	17	17	19	160				

Shikota, Ryomi (JPN)
Heat 2 - 2016 Japanese National Youth Championships (Mizuho, JPN) — *(2016.11.17) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	23-Oct-16	time					23.93				38.96				55.84	3 / 3			
reaction time		interval									15.03								
		velocity					7.73				6.99				7.16				
H1 lead leg		strides																	

Imaka, Kaito (JPN)
Heat 1 - 2016 Japanese National Youth Championships (Mizuho, JPN) — *(2016.11.17) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	23-Oct-16	time					24.08				38.27				55.86	6 / 3			
reaction time		interval									14.19								
		velocity					7.68				7.40				7.16				
H1 lead leg		strides																	

Wei Pinyang (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 Philippe Cup Athletics Invitational (Wuhan, CHN) *CAA Hurdle Development (2021)*

date	20-May-21	time	6.17	10.14	14.38	18.67	23.21		27.91	32.77	37.77	43.19		55.87	4 / 5			
reaction time	0.234	interval		3.97	4.24	4.29	4.54		4.70	4.86	5.00	10.42				12.50	14.10	
		velocity	7.29	8.82	8.25	8.16	7.71		7.45	7.20	7.00	6.72		7.16		8.40	7.45	
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	17		143				

Franca, Matteo (ITA)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1993 Pesaro, ITA													*Partipilo (1994) - la distribuzione dello sforzo nei 400m ad ostacoli*				
date 10-Oct-93 time	6.80	11.19	15.49	20.08	24.85	26.9	29.77	34.58	39.63	44.83	50.17		56.10	???			
reaction time interval		4.39	4.30	4.59	4.77		4.92	4.81	5.05	5.20	5.34	5.93	PB		13.28	14.50	15.59
velocity	6.62	7.97	8.14	7.63	7.34	7.43	7.11	7.28	6.93	6.73	6.55	6.75	7.13		7.91	7.24	6.74
H1 lead leg strides	23	15	15	15	17		17	17	17	17	17		170				

Sato, Shoki (JPN)

	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 - 2016 Japanese National Youth Championships (Mizuho, JPN)													*(2016.11.17) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en*				
date 23-Oct-16 time					24.74				39.51				56.15	2 / 4			
reaction time interval									14.77								
velocity					7.48				7.11				7.12				
H1 lead leg strides																	

Wang Ziming (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 2 (Huangshi, CHN)														*CAA Hurdle Development (2019)*			
date 12-Apr-19 time	6.37	10.51	14.75	19.09	23.66		28.48	33.44	38.54	43.81	49.30		56.18	6 / 8			
reaction time 0.242 interval		4.14	4.24	4.34	4.57		4.82	4.96	5.10	5.27	5.49	6.88			12.72	14.35	15.86
velocity	7.06	8.45	8.25	8.06	7.66		7.26	7.06	6.86	6.64	6.38	5.81	7.12		8.25	7.32	6.62
H1 lead leg L strides	21	16	16	16	16		15	16	16	16	16	18.7	182.7				

Kanbara, Daichi (JPN)

	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 - 2016 Japanese National Youth Championships (Mizuho, JPN)													*(2016.11.17) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en*				
date 23-Oct-16 time					23.85				38.93				56.20	5 / 4			
reaction time interval									15.08								
velocity					7.76				6.96				7.12				
H1 lead leg strides																	

Gotoh, Keita (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
Heat 2 - 2016 Japanese National Youth Championships (Mizuho, JPN)													*(2016.11.17) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en*				
date 23-Oct-16 time					24.01				39.19				56.49	4 / 5			
reaction time interval									15.18								
velocity					7.71				6.92				7.08				
H1 lead leg strides																	

Gianessi, Paolo (ITA)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1992 Corridonia, ITA													*Partipilo (1994) - la distribuzione dello sforzo nei 400m ad ostacoli*				
date 31-May-92 time	6.84	11.47	16.18	20.93	25.67	27.7	30.50	35.51	40.51	45.63	50.80		56.70	???			
reaction time interval		4.63	4.71	4.75	4.74		4.83	5.01	5.00	5.12	5.17	5.90			14.09	14.58	15.29
velocity	6.58	7.56	7.43	7.37	7.38	7.22	7.25	6.99	7.00	6.84	6.77	6.78	7.05		7.45	7.20	6.87
H1 lead leg strides	22	15	15	15	15		15	15	15	15	15		157				

Mizuguchi, Kai (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 - 2020 Japanese U20 National Championships (Hiroshima, JPN)													*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*				
date 25-Oct-20 time	6.41	10.64	14.96	19.34	23.89		28.81	34.03	39.37	44.94	50.53		56.84	2 / 4			
reaction time 0.198 interval		4.23	4.32	4.38	4.55		4.92	5.22	5.34	5.57	5.59	6.31			12.93	14.69	16.50
velocity	7.02	8.27	8.10	7.99	7.69		7.11	6.70	6.55	6.28	6.26	6.34	7.04		8.12	7.15	6.36
H1 lead leg R strides	21	14	14	14	14		15	15	15	17	16		155				

Song Weiwei (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) (84cm)														*CAA Hurdle Development (2019)*			
date 17-Aug-19 time	6.63	10.82	15.18	19.54	24.20		29.28	34.48	39.80	45.12	50.68		56.87	3 / 8			
reaction time 0.186 interval		4.19	4.36	4.36	4.66		5.08	5.20	5.32	5.32	5.56	6.19			12.91	14.94	16.20
velocity	6.79	8.35	8.03	8.03	7.51		6.89	6.73	6.58	6.58	6.29	6.46	7.03		8.13	7.03	6.48
H1 lead leg L strides	22	15	15	15	15		17	17	17	17	17	21	188				

Zhang Hongxi (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 3 - 2019 Chinese National Youth Games (Taiyuan, CHN)														*CAA Hurdle Development (2019)*			
date 17-Aug-19 time	6.64	10.82	15.17	19.70	24.35		29.10	34.27	39.64	45.23	50.86		57.30	4 / 6			
reaction time 0.239 interval		4.18	4.35	4.53	4.65		4.75	5.17	5.37	5.59	5.63	6.44			13.06	14.57	16.59
velocity	6.78	8.37	8.05	7.73	7.53		7.37	6.77	6.52	6.26	6.22	6.21	6.98		8.04	7.21	6.33
H1 lead leg R strides	23	15	15	15	15		15	17	17	17	17		166				

Franca, Matteo (ITA)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1993 Bologna, ITA													*Partipilo (1994) - la distribuzione dello sforzo nei 400m ad ostacoli*				
date 01-Jul-93 time	6.79	11.17	15.71	20.31	25.36	27.5	30.34	35.41	40.57	46.09	51.40		57.40	???			
reaction time interval		4.38	4.54	4.60	5.05		4.98	5.07	5.16	5.52	5.31	6.00			13.52	15.10	15.99
velocity	6.63	7.99	7.71	7.61	6.93	7.27	7.03	6.90	6.78	6.34	6.59	6.67	6.97		7.77	6.95	6.57
H1 lead leg strides	23	15	15	15	15		17	17	17	17	17		168				

Franca, Matteo (ITA)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1993 Bologna, ITA													*Partipilo (1994) - la distribuzione dello sforzo nei 400m ad ostacoli*				

date	09-Sep-93	time	6.87	11.55	16.16	20.91	25.96	28.1	31.07	36.30	41.43	46.53	51.83		57.40	???			
reaction time		interval		4.68	4.61	4.75	5.05		5.11	5.23	5.13	5.10	5.30	5.57			14.04	15.39	15.53
		velocity	6.55	7.48	7.59	7.37	6.93	7.12	6.85	6.69	6.82	6.86	6.60	7.18	6.97		7.48	6.82	6.76
H1 lead leg		strides	23	15	15	15	15		16	16	17	17	17		166				

Widlund, Hampus (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
FINAL - 2011 Fridrott (Stockholm, SWE)																*Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*			
date	07-Jun-11	time	6.72	11.10	15.64	20.24	24.94		29.74	34.82	39.96	45.28	50.84		57.57	/ 4			
reaction time		interval		4.38	4.54	4.60	4.70		4.80	5.08	5.14	5.32	5.56	6.73			13.52	14.58	16.02
		velocity	6.70	7.99	7.71	7.61	7.45		7.29	6.89	6.81	6.58	6.29	5.94	6.95		7.77	7.20	6.55
H1 lead leg	R	strides		14	14	14	14		15		15	15	17	19	137				

Kawaguchi, Takuto (JPN)

			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 - 2016 Japanese National Youth Championships (Mizuho, JPN)																*(2016.11.17) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en*			
date	23-Oct-16	time					24.15				39.79				58.08	6 / 6			
reaction time		interval									15.64								
		velocity					7.66				6.71				6.89				
H1 lead leg		strides																	

Li Guancheng (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 - 2021 Chinese National Championships (Chongqing, CHN)																*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.22	10.43	14.81	19.28	23.96		28.56	33.68	39.41				58.41	2 / 6			
reaction time	0.211	interval		4.21	4.38	4.47	4.68		4.60	5.12	5.73						13.06	14.40	
		velocity	7.23	8.31	7.99	7.83	7.48		7.62	6.83	6.11				6.85		8.04	7.29	
H1 lead leg	L	strides	21	14	14	14	14		14	16					107				

Wang Yijie (CHN) (1997)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	03-Aug-19	time	6.85	11.40	16.12	20.75	25.58		30.50	35.52	40.58	45.70	51.28		58.62	7 / 4			
reaction time	0.318	interval		4.55	4.72	4.63	4.83		4.92	5.02	5.06	5.12	5.58	7.34			13.90	14.77	15.76
		velocity	6.57	7.69	7.42	7.56	7.25		7.11	6.97	6.92	6.84	6.27	5.45	6.82		7.55	7.11	6.66
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	15	21	179				

Wang Daojun (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 World Championship Trials (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	03-Aug-19	time	6.28	10.47	14.61	18.78	23.00		27.38	31.86	36.42	42.82	50.44		58.75	5 / 5			
reaction time	0.229	interval		4.19	4.14	4.17	4.22		4.38	4.48	4.56	6.40	7.62	8.31			12.50	13.08	18.58
		velocity	7.17	8.35	8.45	8.39	8.29		7.99	7.81	7.68	5.47	4.59	4.81	6.81		8.40	8.03	5.65
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	17	19	21.5	179.5				

Wang Yijie (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 4 - 2021 Chinese National Championships (Chongqing, CHN)																*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.48	11.11	15.79	20.77	25.86			36.19					59.46	6 / 6			
reaction time	0.162	interval		4.63	4.68	4.98	5.09			10.33							14.29	15.42	
		velocity	6.94	7.56	7.48	7.03	6.88			6.78					6.73		7.35	6.81	
H1 lead leg	L	strides	24	17	17	17	17								92				

Xu Xin (MAC) (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)																*CAA Hurdle Development (2019)*			
date	17-Aug-19	time	6.34	10.62	15.00	19.52	24.23		29.38	34.80	40.40	46.16	52.40		59.60	4 / 5			
reaction time	0.176	interval		4.28	4.38	4.52	4.71		5.15	5.42	5.60	5.76	6.24	7.20			13.18	15.28	17.60
		velocity	7.10	8.18	7.99	7.74	7.43		6.80	6.46	6.25	6.08	5.61	5.56	6.71		7.97	6.87	5.97
H1 lead leg	L	strides	23	15	15	15	15		15	15	17	17	19		166				

Long Wei (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 - 2019 Chinese World Championship Trials (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	03-Aug-19	time	7.01	11.70	16.40	21.15	26.09		31.31	36.89	42.34		53.38		59.62	3 / 6			
reaction time	0.252	interval		4.69	4.70	4.75	4.94		5.22	5.58	5.45		11.04	6.24			14.14	15.74	16.49
		velocity	6.42	7.46	7.45	7.37	7.09		6.70	6.27	6.42		6.34	6.41	6.71		7.43	6.67	6.37
H1 lead leg	L	strides	22	15	15	15	15		15	17	17			19.2	150.2				

Tamesue, Dai (JPN) (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 8 - 2000 Olympic Games (Sydney, AUS)																*Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games*			
date	24-Sep-00	time	5.78	9.38	13.14	16.98	20.98		25.18	29.66	34.30	fell down			61.81	1 / 8			
reaction time	0.256	interval		3.60	3.76	3.84	4.00		4.20	4.48	4.64						11.20	12.68	
		velocity	7.79	9.72	9.31	9.11	8.75		8.33	7.81	7.54				6.47		9.38	8.28	
H1 lead leg		strides		13	13	13	13		14	14	15	17			112				

Bellaabouss, Fadil (FRA) (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 European Championships (Barcelona, ESP)																*Behm (2010) - les haies bases*			
date	31-Jul-10	time	6.2	10.3	14.5										62.94	8 / 8			
reaction time	0.180	interval		4.1	4.2														
		velocity	7.26	8.54	8.33										6.36				
H1 lead leg	L	strides	21	14	14										49				

Mucheru, Bonface (KEN) (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 Athletissime (Laussane, SUI) (TV Analysis)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	25-Aug-16	time	5.96	9.67	13.46	17.30	21.20		25.26	29.56	34.00	38.50	44.73		68.05	5 / 7			

reaction time	0.153	interval		3.71	3.79	3.84	3.90		4.06	4.30	4.44	4.50	6.23	23.32			11.34	12.26	15.17
		velocity	7.55	9.43	9.23	9.11	8.97		8.62	8.14	7.88	7.78	5.62	1.72	5.88		9.26	8.56	6.92
H1 lead leg	R	strides	22	13	13	13	13		13	15	15	15	17		149				

Herbert, Llewellyn (RSA) (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 - 2003 IAAF World Championships (Paris, FRA) *Behm (2003) - Paris 2003:Le quatrache masculn - féminin*

date	29-Aug-03	time	6.1	9.8	13.7	17.6	21.6		25.5	29.6	33.7	38.0	42.8		72.10	8 / 8			
reaction time	0.149	interval		3.7	3.9	3.9	4.0		3.9	4.1	4.1	4.3	4.8	29.30			11.50	12.00	13.20
		velocity	7.38	9.46	8.97	8.97	8.75		8.97	8.54	8.54	8.14	7.29	1.37	5.55		9.13	8.75	7.95
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	16		152				

Büttner, Dieter (FRG) (1949)

	H1	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 - 1972 Olympic Games (Munich, FRG) *Schmidt (1973) - vorolympishces training von john akii-bua über 400 hürden*

date	02-Sep-72	time					21.4			30.2			44.7		dnf	2 / --			
reaction time		interval								8.80			14.50						14.50
		velocity					8.64			7.95			7.24						7.24
H1 lead leg		strides																	

Moses, Edwin (USA) (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 - 1987 Meeting BNP D'Athletisme (Paris, FRA) *Behm (1988) - 45-39*

date	16-Jul-87	time	5.8	9.4	13.0	16.7	20.4		24.3	28.4	32.8	37.7			dnf	/ --			
reaction time		interval		3.6	3.6	3.7	3.7		3.9	4.2	4.4	5.0			*fell*		10.90	11.76	
		velocity	7.83	9.67	9.70	9.54	9.41		9.00	8.43	8.03	7.04					9.63	8.93	
H1 lead leg		strides																	

Yego, Gideon (KEN) (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 - 1988 Olympic Games (Seoul, KOR) *Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*

date	24-Sep-88	time	6.20	10.14	14.07	18.06	22.17		26.30	30.55	34.93	39.60				8 / --			
reaction time		interval		3.94	3.93	3.99	4.11		4.13	4.25	4.38	4.67			**DQ**		11.86	12.49	
		velocity	7.26	8.88	8.91	8.77	8.52		8.47	8.24	7.99	7.49					8.85	8.41	
H1 lead leg		strides	22	15	15	15	15		15	15	15	15			142				

Rawlinson, Christopher (GBR) (1972

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

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

date	09-Aug-02	time	6.30	10.24	14.28										dnf	/ --			
reaction time	0.160	interval		3.94	4.04														
		velocity	7.14	8.88	8.66														
H1 lead leg		strides																	

Williams, Derrick (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 - 2006 USATF National Championships (Indianapolis, IN) *USATF Men's Hurdle Development (2006)*

date	24-Jun-06	time	5.92	9.61	13.48	17.35	21.34		25.51	29.81	34.23	38.79	43.63		dnf	7 / --			
reaction time		interval		3.69	3.87	3.87	3.99		4.17	4.30	4.42	4.56	4.84				11.43	12.46	13.82
		velocity	7.60	9.49	9.04	9.04	8.77		8.39	8.14	7.92	7.68	7.23				9.19	8.43	7.60
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16		154				

Prince, Damian (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

Heat 1 - 2007 USATF National Championships (Indianapolis, IN) *USATF Men's Hurdle Development (2007)*

date	21-Jun-07	time	6.01	9.79	13.66	17.65	21.89		26.38	30.83	35.48	40.55			dnf	8 / --			
reaction time		interval		3.78	3.87	3.99	4.24		4.49	4.45	4.65	5.07					11.64	13.18	
		velocity	7.49	9.26	9.04	8.77	8.25		7.80	7.87	7.53	6.90					9.02	7.97	
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	16			139				

Kunkel, Adam (CAN) (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 Championships (Osaka, JPN) *Behm (2007) - Osaka 2007: Le quatrache*

date	28-Aug-07	time	5.8	9.5	13.3	17.3	21.9								dnf	3 / --			
reaction time	0.181	interval		3.7	3.8	4.0	4.6										11.50		
		velocity	7.76	9.46	9.21	8.75	7.61										9.13		
H1 lead leg	L	strides	21	13	14	14	14								76				

Green, Jack (GBR) (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 - 2016 European Championships (Amsterdam, NED) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	08-Jul-16	time	6.08	10.00	13.96	18.12	22.24								dnf	2 / --			
reaction time	0.187	interval		3.92	3.96	4.16	4.12										12.04		
		velocity	7.40	8.93	8.84	8.41	8.50										8.72		
H1 lead leg	L	strides	22	14		14	14								64				

Mucheru, Bonface (KEN) (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 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	01-Sep-16	time	6.24												dnf	5 / 8			
reaction time	0.132	interval																	
		velocity	7.21																
H1 lead leg	R	strides	22												22				

Lambrughi, Mario (ITA) (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 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	31-May-18	time	5.84	9.80	13.76	17.88									dnf	1 / --			
reaction time	0.135	interval		3.96	3.96	4.12											12.04		

		velocity	7.71	8.84	8.84	8.50											8.72		
H1 lead leg	R	strides	22	14	14	14									64				

McMaster, Kyron (IVB) (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 Athletissima (Lausanne, SUI) (TV Analysis)																			*Henson (2020) - Athlete First: 2018 year end hurdle report*
date	05-Jul-18	time	5.60	9.16	12.76	16.48									dnf	4 / --			
reaction time	0.162	interval		3.56	3.60	3.72											10.88		
		velocity	8.04	9.83	9.72	9.41											9.65		
H1 lead leg	L	strides	21	13	13	13									60				

Green, Jack (GBR) (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 - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)																			*Henson (2020) - Athlete First: 2018 year end hurdle report*
date	21-Jul-18	time	6.08	9.96											dnf	2 / --			
reaction time	0.180	interval		3.88															
		velocity	7.40	9.02															
H1 lead leg	R	strides	22	14											36				

McMaster, Kyron (IVB) (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 Müller Anniversary Games (London, GBR) (TV Analysis)																			*Henson (2020) - Athlete First: 2019 year end hurdle report*
date	20-Jul-19	time	5.88												dnf	6 / --			
reaction time	0.190	interval																	
		velocity	7.65																
H1 lead leg	L	strides	21												21				

Xu Zhihang (CHN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)																			*CAA Hurdle Development (2019)*
date	03-Aug-19	time	6.72	11.31											dnf	4 / --			
reaction time		interval		4.59															
		velocity	6.70	7.63															
H1 lead leg	L	strides	22	15											37				

Preis, Constantin (GER) (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 ISTAF (Berlin, GER) (TV Analysis)																			*Henson (2020) - Athlete First: 2020 year end hurdle report*
date	13-Sep-20	time	6.04		13.92	17.88			26.20						dnf	5 / --			
reaction time	0.240	interval			7.88	3.96			8.32								11.84		
		velocity	7.45		8.88	8.84			8.41								8.87		
H1 lead leg	L	strides	22			14									36				

Xu Zhihang (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 - 2021 National Grand Prix (Chengdu, CHN)																			*CAA Hurdle Development (2021)*
date	02-Apr-21	time	6.41	10.65	15.01	19.43	23.98		28.71	33.61	38.82	44.03			nt	5 / 8			
reaction time	0.264	interval		4.24	4.36	4.42	4.55		4.73	4.90	5.21	5.21					13.02	14.18	
		velocity	7.02	8.25	8.03	7.92	7.69		7.40	7.14	6.72	6.72					8.06	7.40	
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15			135				

Pirjahan, Mahdi (IRI) (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 Doha Diamond League (Doha, QAT) (TV Analysis)																			*Henson (2021) - Athlete First: 2021 year end hurdle report*
date	28-May-21	time	5.97	9.93	13.93	17.97	22.17	24.1	26.50	30.90	35.30	39.90			dnf	7 / --			
reaction time	0.138	interval		3.96	4.00	4.04	4.20		4.33	4.40	4.40	4.60					12.00	12.93	
		velocity	7.54	8.84	8.75	8.66	8.33	8.30	8.08	7.95	7.95	7.61					8.75	8.12	
H1 lead leg	L	strides	20	14	13	13	13		13	13	13	13			125				

Yang Baichuan (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 Chinese National Championships (Chongqing, CHN)																			*CAA Hurdle Development (2021)*
date	26-Jun-21	time	6.25	10.19	14.33	18.50	22.70		27.09	31.61	36.27	41.11	46.34	fell		4 / --			
reaction time	0.176	interval		3.94	4.14	4.17	4.20		4.39	4.52	4.66	4.84	5.23		**DQ**		12.25	13.11	14.73
		velocity	7.20	8.88	8.45	8.39	8.33		7.97	7.74	7.51	7.23	6.69				8.57	8.01	7.13
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	17		160				

Valliant, Ludvy (FRA) (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 Bislett Games (Oslo, NOR) (TV Analysis)																			*Henson (2021) - Athlete First: 2021 year end hurdle report*
date	01-Jul-21	time	5.96	9.66	13.44	17.40	21.46		25.68		34.62				dnf	8 / --			
reaction time	0.245	interval		3.70	3.78	3.96	4.06		4.22		8.94						11.44		
		velocity	7.55	9.46	9.26	8.84	8.62		8.29		7.83						9.18		
H1 lead leg	R	strides	21	13	13	13	13		13						86				

Barr, Thomas (IRL) (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)																			*Henson (2021) - Athlete First: 2021 year end hurdle report*
date	01-Jul-21	time	5.98	9.78											dnf	4 / --			
reaction time	0.147	interval		3.80															
		velocity	7.53	9.21															
H1 lead leg	R	strides	21	14											35				

McMaster, Kyron (IVB) (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 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																			*Henson (2021) - Athlete First: 2021 year end hurdle report*
date	04-Jul-21	time	5.60	9.08	12.76	16.52	20.36	22.1	24.32	28.44	32.80	37.68	42.84		dnf	6 / --			
reaction time	0.177	interval		3.48	3.68	3.76	3.84		3.96	4.12	4.36	4.88	5.16				10.92	11.92	14.40
		velocity	8.04	10.06	9.51	9.31	9.11	9.05	8.84	8.50	8.03	7.17	6.78				9.62	8.81	7.29

H1 lead leg	L	strides		13	13	13	13		13	13	14	15	15		122			

Bailey, Aldrich (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 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	09-Jul-21	time	5.94	9.64	13.44	17.31	21.33	23.4	25.52	29.96	34.40				dnf	8 / --			
reaction time	0.225	interval		3.70	3.80	3.87	4.02		4.19	4.44	4.44						11.37	12.65	
		velocity	7.58	9.46	9.21	9.04	8.71	8.55	8.35	7.88	7.88						9.23	8.30	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14				114				

Warholm, Karsten (NOR) (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 - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	05-Jun-22	time	5.67												dnf	7 / --			
reaction time	0.163	interval																	
		velocity	7.94																
H1 lead leg	L	strides	20												20				

Sibilio, Alessandro (ITA) (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 Herculis Meeting International d'Athlétisme (Monaco, MON)															*Omega Timing (2023) - diamond league race analysis*				
date	21-Jul-23	time	5.76	9.43	13.21	17.00									dnf	3 / --			
reaction time	0.126	interval		3.67	3.78	3.79											11.24		
		velocity	7.81	9.54	9.26	9.23											9.34		
H1 lead leg	R	strides	21	13	13	13									60				

Clarke, Roshawn (JAM) (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 Weltklasse (Zürich, SUI)															*Omega Timing (2023) - diamond league race analysis*				
date	31-Aug-23	time	5.70	9.48	13.31	17.18	21.21		26.79						dnf	4 / --			
reaction time	0.175	interval		3.78	3.83	3.87	4.03		5.58								11.48		
		velocity	7.89	9.26	9.14	9.04	8.68		6.27								9.15		
H1 lead leg	L	strides	22	14			14								50				

Men's 300m Hurdles Touchdown Times - by time

Warholm, Karsten (NOR) (1996)

			H1	H2	H3	H4	H5	200m	H6	H7	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bislett Night of Highlights (Oslo, NOR) (TV Analysis) (300m Hurdles)											*Henson (2021) - Athlete First: 2021 Karsten Warholm 400m Hurdles World Record Season*					
date	04-Jun-21	time	6.12	9.60	13.16	16.78	20.60		24.52	28.58		33.26	7 / 1			
reaction time		interval		3.48	3.56	3.62	3.82		3.92	4.06	4.68	**WB PB**		10.66	11.80	
		velocity	8.17	10.06	9.83	9.67	9.16		8.93	8.62	8.55	9.02		9.85	8.90	
H1 lead leg	L	strides	23	13	13	13	13		13	13	17	118				

Warholm, Karsten (NOR) (1996)

			H1	H2	H3	H4	H5	200m	H6	H7	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Impossible Games (Oslo, NOR) (TV Analysis) (300m Hurdles)												*Henson (2020) - Athlete First: 2020 year end hurdle report*				
date	11-Jun-20	time	6.24	9.74	13.38	17.15	21.02		25.02	29.13		33.78	7 / 1			
reaction time	0.182	interval		3.50	3.64	3.77	3.87		4.00	4.11	4.65	**WB PB**		10.91	11.98	
		velocity	8.01	10.00	9.62	9.28	9.04		8.75	8.52	8.60	8.88		9.62	8.76	
H1 lead leg	L	strides	20	13	13	13	13		13	13	16.5	114.5				