Women's 400m Hurdles Touchdown Times - by time

LAST UPDATE: 16-Nov-23

McLaughlin, Sydney (USA) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	22-Jul-22	time	6.10	10.10	14.10	18.27	22.50	24.25	26.84	31.23	35.80	40.40	45.17		50.68	5 / 1			
reaction time	0.158	interval		4.00	4.00	4.17	4.23		4.34	4.39	4.57	4.60	4.77	5.51	WR		12.17	12.96	13.94
		velocity	7.38	8.75	8.75	8.39	8.27	8.25	8.06	7.97	7.66	7.61	7.34	7.26	7.89		8.63	8.10	7.53
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	15	18.7	169.7				

McLaughlin, Sydney (USA) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	25-Jun-22	time	6.20	10.14	14.21	18.48	22.85	24.63	27.36	31.89	36.53	41.31	46.08		51.41	5 / 1			
reaction time		interval		3.94	4.07	4.27	4.37		4.51	4.53	4.64	4.78	4.77	5.33	WR		12.28	13.41	14.19
		velocity	7.26	8.88	8.60	8.20	8.01	8.12	7.76	7.73	7.54	7.32	7.34	7.50	7.78		8.55	7.83	7.40
H1 lead leg	R	strides	22	14	14	14	14		14	14	14	15	15	18.2	168.2				

Bol, Femke (NED) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2023 London Athletics Meet (London, GBR)																*Omega Timing (2023) - diamond league race analysis*			
date	23-Jul-23	time	6.25	10.26	14.30	18.43	22.65		27.05	31.58	36.26	41.09	45.88		51.45	6 / 1			
reaction time	0.187	interval		4.01	4.04	4.13	4.22		4.40	4.53	4.68	4.83	4.79	5.57	AR PB		12.18	13.15	14.30
		velocity	7.20	8.73	8.66	8.47	8.29		7.95	7.73	7.48	7.25	7.31	7.18	7.77		8.62	7.98	7.34
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	19	170				

McLaughlin, Sydney (USA) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	04-Aug-21	time	6.16	10.16	14.24	18.36	22.64		27.00	31.56	36.32	41.20	46.04		51.46	4 / 1			
reaction time	0.163	interval		4.00	4.08	4.12	4.28		4.36	4.56	4.76	4.88	4.84	5.42	WR		12.20	13.20	14.48
		velocity	7.31	8.75	8.58	8.50	8.18		8.03	7.68	7.35	7.17	7.23	7.38	7.77		8.61	7.95	7.25
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	16	15	18.5	170.5				

Muhammad, Dalilah (USA) (1990)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	04-Aug-21	time	6.04	9.92	13.92	18.08	22.44		26.84	31.36	36.04	40.88	45.84		51.58	7 / 2			
reaction time	0.200	interval		3.88	4.00	4.16	4.36		4.40	4.52	4.68	4.84	4.96	5.74	PB		12.04	13.28	14.48
		velocity	7.45	9.02	8.75	8.41	8.03		7.95	7.74	7.48	7.23	7.06	6.97	7.75		8.72	7.91	7.25
H1 lead leg	R	strides	22	14	14	15	15		15	15	15	16	16	19	176				

McLaughlin, Sydney (USA) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 Music City Track Carnival (Nashville, TN) (TV Analysis) *(H5 5m long)*																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	05-Jun-22	time	5.84	10.37	14.46	18.65	23.42		27.27	31.87	36.50	41.33	46.33		51.61	5 / 1			
reaction time		interval		4.53	4.09	4.19	4.77		3.85	4.60	4.63	4.83	5.00	5.28			12.81	13.22	14.46
		velocity	7.71	7.73	8.56	8.35	8.39		9.09	7.61	7.56	7.25	7.00	7.58	7.75		8.20	7.94	7.26
H1 lead leg	R	strides		14	14	14	16		13	15	15		16		117				

McLaughlin, Sydney (USA) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	08-Aug-22	time	6.24	10.27	14.36	18.63	22.96			32.16	36.86	41.63	46.30		51.68	4 / 1			
reaction time	0.182	interval		4.03	4.09	4.27	4.33			9.20	4.70	4.77	4.67	5.38			12.39	13.53	14.14
		velocity	7.21	8.68	8.56	8.20	8.08			7.61	7.45	7.34	7.49	7.43	7.74		8.47	7.76	7.43
H1 lead leg	R	strides	22	14	14	14	14				15	15	15	18	141				

Bol, Femke (NED) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	24-Aug-23	time	6.37	10.44	14.41	18.41	22.66		27.03	31.53	36.24	41.07	46.01		51.70	6 / 1			
reaction time	0.202	interval		4.07	3.97	4.00	4.25		4.37	4.50	4.71	4.83	4.94	5.69			12.04	13.12	14.48
		velocity	7.06	8.60	8.82	8.75	8.24		8.01	7.78	7.43	7.25	7.09	7.03	7.74		8.72	8.00	7.25
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.5	169.5				

McLaughlin, Sydney (USA) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2020 USA Olympic Trials (Eugene, OR)																*Athlete Tracking (2021) - Women's 400mH - Unofficial Split Times*			
date	27-Jun-21	time	6.11	10.14	14.36	18.60	23.04	24.97	27.59	32.24	36.91	41.64	46.46		51.90	6 / 1			
reaction time	0.194	interval		4.03	4.22	4.24	4.44		4.55	4.65	4.67	4.73	4.82	5.44	WR		12.49	13.64	14.22
		velocity	7.36	8.68	8.29	8.25	7.88	8.01	7.69	7.53	7.49	7.40	7.26	7.35	7.71		8.41	7.70	7.38
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18.2	171.2				

Bol, Femke (NED) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2023 Prefontaine Classic (Eugene, OR)																*Omega Timing (2023) - diamond league race analysis*			
date	17-Sep-23	time	6.25	10.32	14.46	18.63	22.96		27.45	32.03	36.74	41.54	46.44		51.98	6 / 1			
reaction time	0.158	interval		4.07	4.14	4.17	4.33		4.49	4.58	4.71	4.80	4.90	5.54			12.38	13.40	14.41
		velocity	7.20	8.60	8.45	8.39	8.08		7.80	7.64	7.43	7.29	7.14	7.22	7.70		8.48	7.84	7.29
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.2	169.2				

Bol, Femke (NED) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	04-Aug-21	time	6.28	10.26	14.28	18.36	22.56		26.96	31.60	36.28	41.16	46.16		52.03	5 / 3			
reaction time	0.165	interval		3.98	4.02	4.08	4.20		4.40	4.64	4.68	4.88	5.00	5.87	AR		12.08	13.24	14.56
		velocity	7.17	8.79	8.71	8.58	8.33		7.95	7.54	7.48	7.17	7.00	6.81	7.69		8.69	7.93	7.21

H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176						

Bol, Femke (NED) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2023 Memorial van Damme (Brussels, BEL)																*Omega Timing (2023) - diamond league race analysis*			
date	08-Sep-23	time	6.27	10.23	14.33	18.52	22.83		27.32	32.00	36.77	41.61	46.55		52.11	5 / 1			
reaction time	0.203	interval		3.96	4.10	4.19	4.31		4.49	4.68	4.77	4.84	4.94	5.56			12.25	13.48	14.55
		velocity	7.18	8.84	8.54	8.35	8.12		7.80	7.48	7.34	7.23	7.09	7.19	7.68		8.57	7.79	7.22
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.2	169.2				

Muhammad, Dalilah (USA) (1990)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 IAAF World Championships (Doha, QAT)																*Sugimoto (2019) - world championship competition performance analysis- women's hurdles*			
date	04-Oct-19	time	6.19	10.11	14.23	18.49	22.86		27.24	31.72	36.39	41.21	46.23		52.16	6 / 1			
reaction time	0.200	interval		3.92	4.12	4.26	4.37		4.38	4.48	4.67	4.82	5.02	5.93	**WR**		12.30	13.23	14.51
		velocity	7.27	8.93	8.50	8.22	8.01		7.99	7.81	7.49	7.26	6.97	6.75	7.67		8.54	7.94	7.24
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	20	180				

McLaughlin, Sydney (USA) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	20-Jul-22	time	6.12	10.10	14.30	18.42	22.73	24.61	27.27	31.90	36.60	41.43	46.43		52.17	6 / 1			
reaction time	0.174	interval		3.98	4.20	4.12	4.31		4.54	4.63	4.70	4.83	5.00	5.74			12.30	13.48	14.53
		velocity	7.35	8.79	8.33	8.50	8.12	8.13	7.71	7.56	7.45	7.25	7.00	6.97	7.67		8.54	7.79	7.23
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	18	172				

Muhammad, Dalilah (USA) (1990)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 USATF National Championships (Des Moines, IA)																*Vazel (2019) - statistical analysis and historical context of the new 400H world record*			
date	28-Jul-19	time	6.25	10.15	14.27	18.48	22.79		27.19	31.66	36.39	41.26	46.32		52.20	4 / 1			
reaction time	0.287	interval		3.90	4.12	4.21	4.31		4.40	4.47	4.73	4.87	5.06	5.88	**WR**		12.23	13.18	14.66
		velocity	7.20	8.97	8.50	8.31	8.12		7.95	7.83	7.40	7.19	6.92	6.80	7.66		8.59	7.97	7.16
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	20	181				

McLaughlin, Sydney (USA) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	04-Oct-19	time	6.27	10.27	14.38	18.65	22.98		27.42	31.96	36.73	41.57	46.58		52.23	4 / 2			
reaction time	0.161	interval		4.00	4.11	4.27	4.33		4.44	4.54	4.77	4.84	5.01	5.65	**PB**		12.38	13.31	14.62
		velocity	7.18	8.75	8.52	8.20	8.08		7.88	7.71	7.34	7.23	6.99	7.08	7.66		8.48	7.89	7.18
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	19.2	180.2				

Bol, Femke (NED) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	30-Jun-22	time	6.36	10.38	14.46	18.64	22.94	24.75	27.42	32.02	36.70	41.48	46.40		52.27	6 / 1			
reaction time	0.203	interval		4.02	4.08	4.18	4.30		4.48	4.60	4.68	4.78	4.92	5.87			12.28	13.38	14.38
		velocity	7.08	8.71	8.58	8.37	8.14	8.08	7.81	7.61	7.48	7.32	7.11	6.81	7.65		8.55	7.85	7.30
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				

Bol, Femke (NED) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	22-Jul-22	time	6.43	10.47	14.57	18.82	23.30	24.97		32.22	36.90	41.70	46.63		52.27	4 / 2			
reaction time	0.179	interval		4.04	4.10	4.25	4.48			8.92	4.68	4.80	4.93	5.64			12.39	13.40	14.41
		velocity	7.00	8.66	8.54	8.24	7.81	8.01		7.85	7.48	7.29	7.10	7.09	7.65		8.47	7.84	7.29
H1 lead leg	L	strides	22	15	15	15	15				15	15	15	19	146				

Bol, Femke (NED) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2023 Bislett Games (Oslo, NOR)																*Omega Timing (2023) - diamond league race analysis*			
date	15-Jun-23	time	6.29	10.36	14.52	18.74	23.05		27.48	32.11	36.92	41.78	46.69		52.30	5 / 1			
reaction time	0.172	interval		4.07	4.16	4.22	4.31		4.43	4.63	4.81	4.86	4.91	5.61			12.45	13.37	14.58
		velocity	7.15	8.60	8.41	8.29	8.12		7.90	7.56	7.28	7.20	7.13	7.13	7.65		8.43	7.85	7.20
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.5	169.5				

Pechonkina, Yuliya (RUS) (1978)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2003 Russian National Championships (Tula, RUS)																*Vazel (2019) - statistical analysis and historical context of the new 400H world record*			
date	08-Aug-03	time	6.3	10.3	14.3	18.5	22.9		27.4	31.9	36.5	41.2	46.3		52.34	4 / 1			
reaction time		interval		4.0	4.0	4.2	4.4		4.5	4.5	4.6	4.7	5.1	6.04	**WR**		12.20	13.40	14.40
		velocity	7.14	8.75	8.75	8.33	7.95		7.78	7.78	7.61	7.45	6.86	6.62	7.64		8.61	7.84	7.29
H1 lead leg	L	strides	22	15	15	15	15		15	15	17	17	17	20.2	183.2				

Bol, Femke (NED) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	04-Jul-21	time	6.24	10.24	14.26	18.45	22.78	24.8	27.31	31.96	36.72	41.58	46.60		52.37	5 / 1			
reaction time	0.195	interval		4.00	4.02	4.19	4.33		4.53	4.65	4.76	4.86	5.02	5.77	**NR PB**		12.21	13.51	14.64
		velocity	7.21	8.75	8.71	8.35	8.08	8.06	7.73	7.53	7.35	7.20	6.97	6.93	7.64		8.60	7.77	7.17
H1 lead leg	L	strides		15	15	15	15		15	15	15	15	15	19	154				

Little, Shamier (USA) (1995)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	04-Jul-21	time	6.18	10.28	14.42	18.78	23.28	25.2	27.72	32.26	36.92	41.72	46.72		52.39	6 / 2			
reaction time	0.200	interval		4.10	4.14	4.36	4.50		4.44	4.54	4.66	4.80	5.00	5.67	**PB**		12.60	13.48	14.46
		velocity	7.28	8.54	8.45	8.03	7.78	7.94	7.88	7.71	7.51	7.29	7.00	7.05	7.64		8.33	7.79	7.26
H1 lead leg	R	strides		15	15	15	15		15	15	15	16	16	19.7	156.7				

Walker, Melaine (JAM) (1983)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 IAAF World Championships (Berlin, GER)														*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date 20-Aug-09 time	6.23	10.15	14.32	18.58	22.98		27.45	32.08	36.81	41.58	46.63		52.42	4 / 1			
reaction time 0.142 interval		3.92	4.17	4.26	4.40		4.47	4.63	4.73	4.77	5.05	5.79	CR / AR		12.35	13.50	14.55
velocity	7.22	8.93	8.39	8.22	7.95		7.83	7.56	7.40	7.34	6.93	6.91	7.63		8.50	7.78	7.22
H1 lead leg strides		15	15	15	15		15	16	16	16	17		140				

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 USA Olympic Trials (Eugene, OR)														*Athlete Tracking (2021) - Women's 400mH - Unofficial Split Times*			
date 27-Jun-21 time	6.08	10.03	14.21	18.52	22.95	24.91	27.48	32.04	36.70	41.58	46.53		52.42	7 / 2			
reaction time 0.167 interval		3.95	4.18	4.31	4.43		4.53	4.56	4.66	4.88	4.95	5.89			12.44	13.52	14.49
velocity	7.40	8.86	8.37	8.12	7.90	8.03	7.73	7.68	7.51	7.17	7.07	6.79	7.63		8.44	7.77	7.25
H1 lead leg R strides	22	15	15	15	15		15	15	15	16	16	19	178				

Bol, Femke (NED) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)														*Omega Timing (2023) - diamond league race analysis*			
date 02-Jun-23 time	6.27	10.35	14.48	18.63	22.90		27.28	31.96	36.76	41.63	46.64		52.43	6 / 1			
reaction time 0.170 interval		4.08	4.13	4.15	4.27		4.38	4.68	4.80	4.87	5.01	5.79			12.36	13.33	14.68
velocity	7.18	8.58	8.47	8.43	8.20		7.99	7.48	7.29	7.19	6.99	6.91	7.63		8.50	7.88	7.15
H1 lead leg L strides	22	14	14	14	14		14	14	15	15	15	19	170				

Demus, Lashinda (USA) (1983)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 IAAF World Championships (Daegu, KOR)														*Behm (2011) - Le quatrache: Démus enfin!*			
date 01-Sep-11 time	6.0	10.0	14.1	18.4	22.9		27.4	32.0	36.5	41.4	46.5		52.47	3 / 1			
reaction time 0.149 interval		4.0	4.1	4.3	4.5		4.5	4.6	4.5	4.9	5.1	6.0	AR		12.40	13.60	14.50
velocity	7.50	8.75	8.54	8.14	7.78		7.78	7.61	7.78	7.14	6.86	6.70	7.62		8.47	7.72	7.24
H1 lead leg R strides	23	15	15	15	15		15	15	15	16	16	20	180				

Batten, Kim (USA) (1969)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1995 IAAF World Championships (Göteborg, SWE)														*Behm (1999) - Les chiffres: Les podiums de tous le championnats*			
date 11-Aug-95 time					23.0								52.61	5 / 1			
reaction time interval													WR				
velocity					8.04								7.60				
H1 lead leg L strides	23	15	15	15	15		15	16	16	17	17	21	185				

Bol, Femke (NED) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 16-Jun-22 time	6.32	10.34	14.48	18.62	22.88		27.38	31.98	36.66	41.58	46.74		52.61	6 / 1			
reaction time 0.177 interval		4.02	4.14	4.14	4.26		4.50	4.60	4.68	4.92	5.16	5.87			12.30	13.36	14.76
velocity	7.12	8.71	8.45	8.45	8.22		7.78	7.61	7.48	7.11	6.78	6.81	7.60		8.54	7.86	7.11
H1 lead leg L strides	22	15	15	15	15		15	15	15	15	16	19.5	177.5				

Buford-Bailey, Tonja (USA) (1970)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1995 IAAF World Championships (Goteborg, SWE)														*Winckler/USATF (2001) - Level II: sprints, hurdles, and relays*			
date 11-Aug-95 time	6.47	10.50	14.60	18.77	23.07		27.47	32.17	36.97	41.94	47.00		52.62	3 / 2			
reaction time interval		4.03	4.10	4.17	4.30		4.40	4.70	4.80	4.97	5.06	5.62	PB		12.30	13.40	14.83
velocity	6.96	8.68	8.54	8.39	8.14		7.95	7.45	7.29	7.04	6.92	7.12	7.60		8.54	7.84	7.08
H1 lead leg L strides	23	15	15	15	15		15	16	16	17	17	19.5	183.5				

Walker, Melaine (JAM) (1983)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Olympic Games (Beijing, CHN)														*Behm (2008)- Pekin 2008: Le quatrache masculin - féminin*			
date 20-Aug-08 time	6.4	10.4	14.5	18.8	23.3		27.8	32.2	36.9	41.6	46.7		52.64	6 / 1			
reaction time 0.236 interval		4.0	4.1	4.3	4.5		4.5	4.4	4.7	4.7	5.1	5.94	OR / AR		12.40	13.40	14.50
velocity	7.03	8.75	8.54	8.14	7.78		7.78	7.95	7.45	7.45	6.86	6.73	7.60		8.47	7.84	7.24
H1 lead leg R strides	23	15	15	15	15		16	16	16	17	17	20.7	185.7				

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)														*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date 25-Jun-17 time	6.04	10.01	14.18	18.48	22.69		26.99	31.50	36.27	41.27	46.44		52.64	5 / 1			
reaction time 0.186 interval		3.97	4.17	4.30	4.21		4.30	4.51	4.77	5.00	5.17	6.20	PB		12.44	13.02	14.94
velocity	7.45	8.82	8.39	8.14	8.31		8.14	7.76	7.34	7.00	6.77	6.45	7.60		8.44	8.06	7.03
H1 lead leg R strides	23	15	15	15	15		15	15	16	16	16	20	181				

Bol, Femke (NED) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 19-Aug-22 time	6.43	10.46	14.70	18.93	23.27	25.04	27.73	32.37	37.10	41.97	46.93		52.67	3 / 1			
reaction time 0.279 interval		4.03	4.24	4.23	4.34		4.46	4.64	4.73	4.87	4.96	5.74	CR		12.50	13.44	14.56
velocity	7.00	8.68	8.25	8.27	8.06	7.99	7.85	7.54	7.40	7.19	7.06	6.97	7.59		8.40	7.81	7.21
H1 lead leg L strides	22	15	15	15	15		15	15	15	15	15	18.7	175.7				

Antyukh, Natalya (RUS) (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 08-Aug-12 time	6.26	10.39	14.47	18.65	22.89	24.89	27.35	31.85	36.55	41.40	46.63		52.70	5 / 1			
reaction time 0.167 interval		4.13	4.08	4.18	4.24		4.46	4.50	4.70	4.85	5.23	6.07	PB		12.39	13.20	14.78
velocity	7.19	8.47	8.58	8.37	8.25	8.04	7.85	7.78	7.45	7.22	6.69	6.59	7.59		8.47	7.95	7.10
H1 lead leg L strides	23	15	15	15	15		15	15	16	16	17	20	182				

Walker, Melaine (JAM) (1983)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2011 IAAF World Championships (Daegu, KOR)																*Behm (2011) - Le quatrache: Démus enfin!*			
date	01-Sep-11	time	6.2	10.2	14.3	18.6	23.0		27.4	32.0	36.7	41.5	46.6		52.73	8 / 2			
reaction time	0.219	interval		4.0	4.1	4.3	4.4		4.4	4.6	4.7	4.8	5.1	6.1			12.40	13.40	14.60
		velocity	7.26	8.75	8.54	8.14	7.95		7.95	7.61	7.45	7.29	6.86	6.53	7.59		8.47	7.84	7.19
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	17	21	184				

Gunnell, Sally (GBR) (1966)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1993 IAAF World Championships (Stuttgart, GER)																*Graubner (2008) - http://www.fgs.uni-halle.de*			
date	19-Aug-93	time	6.65	10.76	14.94	17.19	23.58		28.04	32.66	37.37	42.24	47.12		52.74	4 / 1			
reaction time	0.284	interval		4.11	4.18	2.25	6.39		4.46	4.62	4.71	4.87	4.88	5.62	**WR**		10.54	15.47	14.46
		velocity	6.77	8.52	8.37	15.56	5.48		7.85	7.58	7.43	7.19	7.17	7.12	7.58		9.96	6.79	7.26
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	20.2	182.2				

Little, Shamier (USA) (1995)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)																*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date	25-Jun-17	time	6.34		14.51				27.36	31.96	36.77	41.84	46.94		52.75	4 / 2			
reaction time	0.186	interval			8.17				12.85	4.60	4.81	5.07	5.10	5.81	**PB**				14.98
		velocity	7.10		8.57				8.17	7.61	7.28	6.90	6.86	6.88	7.58				7.01
H1 lead leg	R	strides	24							15	16	16	16	19.5	106.5				

McLaughlin, Sydney (USA) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2018 South Eastern Conference Championships (Knoxville, TN) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	13-May-18	time	6.23	10.40	14.66	18.93	23.33		27.83	32.43	37.13	42.16	47.20		52.75	5 / 1			
reaction time		interval		4.17	4.26	4.27	4.40		4.50	4.60	4.70	5.03	5.04	5.55	**WJR PB**		12.70	13.50	14.77
		velocity	7.22	8.39	8.22	8.20	7.95		7.78	7.61	7.45	6.96	6.94	7.21	7.58		8.27	7.78	7.11
H1 lead leg	R	strides		15	15	15	15		15	15	15	16	16	18.5	155.5				

Bol, Femke (NED) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2023 Athletissima (Lausanne, SUI)																*Omega Timing (2023) - diamond league race analysis*			
date	30-Jun-23	time	6.14	10.09	14.11	18.16	22.38		26.76	31.43	36.35	41.36	46.61		52.76	5 / 1			
reaction time	0.169	interval		3.95	4.02	4.05	4.22		4.38	4.67	4.92	5.01	5.25	6.15			12.02	13.27	15.18
		velocity	7.33	8.86	8.71	8.64	8.29		7.99	7.49	7.11	6.99	6.67	6.50	7.58		8.74	7.91	6.92
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	19.7	170.7				

Demus, Lashinda (USA) (1983)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2012 Olympic Games (London, GBR)																*Hillier (2012) - uka 2012 olympic games report: 400m hurdles*			
date	08-Aug-12	time	6.07	10.06	14.25	18.68	23.06	24.86	27.55	32.04	36.69	41.64	46.77		52.77	7 / 2			
reaction time	0.170	interval		3.99	4.19	4.43	4.38		4.49	4.49	4.65	4.95	5.13	6.00			12.61	13.36	14.73
		velocity	7.41	8.77	8.35	7.90	7.99	8.05	7.80	7.80	7.53	7.07	6.82	6.67	7.58		8.33	7.86	7.13
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	20	180				

Muhammad, Dalilah (USA) (1990)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	21-Aug-21	time	6.12	10.06	14.12	18.28	22.64	24.6	27.12	31.84	36.66	41.64	46.76		52.77	5 / 1			
reaction time	0.164	interval		3.94	4.06	4.16	4.36		4.48	4.72	4.82	4.98	5.12	6.01			12.16	13.56	14.92
		velocity	7.35	8.88	8.62	8.41	8.03	8.13	7.81	7.42	7.26	7.03	6.84	6.66	7.58		8.63	7.74	7.04
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19.2	179.2				

Farmer-Patrick, Sandra (USA) (1962)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1993 IAAF World Championships (Stuttgart, GER)																*Graubner (2008) - http://www.fgs.uni-halle.de*			
date	19-Aug-93	time	6.52	10.57	14.72	18.93	23.31		27.90	32.79	37.38	42.20	47.04		52.79	6 / 2			
reaction time	0.300	interval		4.05	4.15	4.21	4.38		4.59	4.89	4.59	4.82	4.84	5.75	**AR**		12.41	13.86	14.25
		velocity	6.90	8.64	8.43	8.31	7.99		7.63	7.16	7.63	7.26	7.23	6.96	7.58		8.46	7.58	7.37
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5				

Bol, Femke (NED) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2023 Galà Dei Castelli (Bellinzona, ITA) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	04-Sep-23	time	6.36	10.52	14.68	18.92	23.28		27.80	32.48	37.32	42.28	47.28		52.79	4 / 1			
reaction time		interval		4.16	4.16	4.24	4.36		4.52	4.68	4.84	4.96	5.00	5.51			12.56	13.56	14.80
		velocity	7.08	8.41	8.41	8.25	8.03		7.74	7.48	7.23	7.06	7.00	7.26	7.58		8.36	7.74	7.09
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.2	169.2				

Bol, Femke (NED) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	09-Sep-21	time	6.36	10.40		18.88	23.24	25.0	27.80	32.52	37.24	42.16	47.20		52.80	4 / 1			
reaction time	0.172	interval		4.04		8.48	4.36		4.56	4.72	4.72	4.92	5.04	5.60			12.52	13.64	14.68
		velocity	7.08	8.66		8.25	8.03	8.00	7.68	7.42	7.42	7.11	6.94	7.14	7.58		8.39	7.70	7.15
H1 lead leg	L	strides	22	15			15		15	15	15	15	15	18.7	145.7				

Little, Shamier (USA) (1995)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	24-Aug-23	time	6.24	10.41	14.58	18.68	23.02		27.46	31.96	36.64	41.54	46.81		52.80	5 / 2			
reaction time	0.181	interval		4.17	4.17	4.10	4.34		4.44	4.50	4.68	4.90	5.27	5.99			12.44	13.28	14.85
		velocity	7.21	8.39	8.39	8.54	8.06		7.88	7.78	7.48	7.14	6.64	6.68	7.58		8.44	7.91	7.07
H1 lead leg	R	strides	23	15	15	15	15		15		15	15	16	20	164				

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

FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	06-Jul-21	time	6.40	10.41	14.56	18.77	23.02		27.49	32.20	36.97	41.97	47.14		52.81	5 / 1			
reaction time	0.247	interval		4.01	4.15	4.21	4.25		4.47	4.71	4.77	5.00	5.17	5.67			12.37	13.43	14.94
		velocity	7.03	8.73	8.43	8.31	8.24		7.83	7.43	7.34	7.00	6.77	7.05	7.57		8.49	7.82	7.03
H1 lead leg	L	strides	22	15	15	15	15		15		15	15	15	19.2	161.2				

Little, Shamier (USA) (1995)

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

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

date	22-Aug-23	time	6.17	10.14	14.28	18.52	22.92		27.42	32.03	36.80	41.86	46.95		52.81	8 / 1			
reaction time	0.212	interval		3.97	4.14	4.24	4.40		4.50	4.61	4.77	5.06	5.09	5.86			12.35	13.51	14.92
		velocity	7.29	8.82	8.45	8.25	7.95		7.78	7.59	7.34	6.92	6.88	6.83	7.57		8.50	7.77	7.04
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19.2	179.2				

Clayton, Rushell (JAM) (1992)

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

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

date	24-Aug-23	time	6.31	10.39	14.42	18.36	22.59		27.06	31.63	36.43	41.47	46.68		52.81	8 / 3			
reaction time	0.147	interval		4.08	4.03	3.94	4.23		4.47	4.57	4.80	5.04	5.21	6.13	PB		12.05	13.27	15.05
		velocity	7.13	8.58	8.68	8.88	8.27		7.83	7.66	7.29	6.94	6.72	6.53	7.57		8.71	7.91	6.98
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	16	16	20	175				

Hemmings, Deon (JAM) (1968)

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

FINAL - 1996 Olympic Games (Atlanta, GA) *McFarlane (2000) - the science of hurdling and speed*

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

Halkiá, Fani (GRE) (1979)

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

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

date	25-Aug-04	time	6.37	10.52	14.61	18.79	23.19		27.65	32.12	36.86	41.89	46.98		52.82	4 / 1			
reaction time	0.295	interval		4.15	4.09	4.18	4.40		4.46	4.47	4.74	5.03	5.09	5.84			12.42	13.33	14.86
		velocity	7.06	8.43	8.56	8.37	7.95		7.85	7.83	7.38	6.96	6.88	6.85	7.57		8.45	7.88	7.07
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	20	180				

Hejnová, Zuzana (CZE) (1986)

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

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

date	15-Aug-13	time	6.34	10.42	14.57	18.73	23.04		27.42	31.96	36.73	41.69	46.73		52.83	3 / 1			
reaction time	0.149	interval		4.08	4.15	4.16	4.31		4.38	4.54	4.77	4.96	5.04	6.10			12.39	13.23	14.77
		velocity	7.10	8.58	8.43	8.41	8.12		7.99	7.71	7.34	7.06	6.94	6.56	7.57		8.47	7.94	7.11
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180				

McLaughlin, Sydney (USA) (1999)

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

FINAL - 2021 Music City Track Carnival (Nashville, TN) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

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

Bol, Femke (NED) (2000)

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

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

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

McLaughlin, Sydney (USA) (1999)

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

FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	29-Aug-19	time	6.32	10.44		19.02	23.56	25.4	28.16	32.76	37.40	42.32	47.24		52.85	3 / 1			
reaction time	0.147	interval		4.12		8.58	4.54		4.60	4.60	4.64	4.92	4.92	5.61			12.70	13.74	14.48
		velocity	7.12	8.50		8.16	7.71	7.87	7.61	7.61	7.54	7.11	7.11	7.13	7.57		8.27	7.64	7.25
H1 lead leg	R	strides	23	15			15		15	15	15	16	16	19	149				

Little, Shamier (USA) (1995)

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

FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	06-Jul-21	time	6.40	10.58	14.78	19.04	23.39		27.83	32.42	37.23	42.12	47.21		52.85	6 / 2			
reaction time	0.339	interval		4.18	4.20	4.26	4.35		4.44	4.59	4.81	4.89	5.09	5.64			12.64	13.38	14.79
		velocity	7.03	8.37	8.33	8.22	8.05		7.88	7.63	7.28	7.16	6.88	7.09	7.57		8.31	7.85	7.10
H1 lead leg	R	strides	22	15	15	15	15		15		16	16	16	19.5	164.5				

Muhammad, Dalilah (USA) (1990)

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

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

date	10-Jul-16	time	6.17	10.18	14.35	18.68	23.15		27.56	32.13	36.80	41.74	46.88		52.88	6 / 1			
reaction time	0.275	interval		4.01	4.17	4.33	4.47		4.41	4.57	4.67	4.94	5.14	6.00	PB		12.51	13.45	14.75
		velocity	7.29	8.73	8.39	8.08	7.83		7.94	7.66	7.49	7.09	6.81	6.67	7.56		8.39	7.81	7.12
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	20	180				

McLaughlin, Sydney (USA) (1999)

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

FINAL - 2019 USATF National Championships (Des Moines, IA) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	28-Jul-19	time	6.37	10.54	14.71	18.98	23.32		28.12	32.72	37.52	42.55	47.52		52.88	6 / 2	
reaction time	0.198	interval		4.17	4.17	4.27	4.34		4.80	4.60	4.80	5.03	4.97	5.36			12.61
		velocity	7.06	8.39	8.39	8.20	8.06		7.29		14.58	6.96	7.04	7.46	7.56		8.33
H1 lead leg	R	strides	23	15	15	15	15		15			16	16	18.5	148.5		

Pernía, Daimí (CUB) (1976)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1999 IAAF World Championships (Sevilla, ESP)														*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date	25-Aug-99	time	6.26	10.36	14.50	18.79	23.17		27.75	32.55	37.29	42.22	47.00		52.89	5 / 1		
reaction time	0.202	interval		4.10	4.14	4.29	4.38		4.58	4.80	4.74	4.93	4.78	5.89			12.53	13.76	14.45
		velocity	7.19	8.54	8.45	8.16	7.99		7.64	7.29	7.38	7.10	7.32	6.79	7.56		8.38	7.63	7.27
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5				

Bidouane, Nezha (MAR) (1969)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1999 IAAF World Championships (Sevilla, ESP)														*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date	25-Aug-99	time	6.25	10.41	14.61	18.91	23.28		27.77	32.56	37.19	42.05	46.96		52.90	4 / 2		
reaction time	0.170	interval		4.16	4.20	4.30	4.37		4.49	4.79	4.63	4.86	4.91	5.94	AR		12.66	13.65	14.40
		velocity	7.20	8.41	8.33	8.14	8.01		7.80	7.31	7.56	7.20	7.13	6.73	7.56		8.29	7.69	7.29
H1 lead leg	R	strides	24	16	16	16	16		16	17	17	17	17	20.5	192.5				

Pechonkina, Yuliya (RUS) (1978)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 IAAF World Championships (Helsinki, FIN)														*Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins*			
date	13-Aug-05	time	6.3	10.5	14.8	18.8	23.1		27.5	31.9	36.6	41.6	46.6		52.90	4 / 1		
reaction time	0.144	interval		4.2	4.3	4.0	4.3		4.4	4.4	4.7	5.0	5.0	6.30			12.50	13.10	14.70
		velocity	7.14	8.33	8.14	8.75	8.14		7.95	7.95	7.45	7.00	7.00	6.35	7.56		8.40	8.02	7.14
H1 lead leg	L	strides	22	15	15	15	15		15	15	17	17	17	20	183				

McLaughlin, Sydney (USA) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	24-Jun-22	time	6.26	10.26	14.40	18.73	23.20	25.04	27.83	32.60	37.46	42.30	47.23		52.90	5 / 1		
reaction time		interval		4.00	4.14	4.33	4.47		4.63	4.77	4.86	4.84	4.93	5.67			12.47	13.87	14.63
		velocity	7.19	8.75	8.45	8.08	7.83	7.99	7.56	7.34	7.20	7.23	7.10	7.05	7.56		8.42	7.57	7.18
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	18.2	172.2				

Antyukh, Natalya (RUS) (1981)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 European Championships (Barcelona, ESP)														*Graubner (2010) - http://www.fgs.uni-halle.de*			
date	30-Jul-10	time	6.43	10.52	14.66	18.93	23.19		27.60	32.18	37.03	41.95	47.01		52.92	6 / 1		
reaction time	0.182	interval		4.09	4.14	4.27	4.26		4.41	4.58	4.85	4.92	5.06	5.91	CR		12.50	13.25	14.83
		velocity	7.00	8.56	8.45	8.20	8.22		7.94	7.64	7.22	7.11	6.92	6.77	7.56		8.40	7.92	7.08
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	19.5	179.5				

Stepanova, Marina (URS) (1950)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1986 IX USSR Spartakiade (Tashkent, URS)														*Stepanova (1997) - my experiences in the 400m hurdles*			
date	17-Sep-86	time	6.55	10.65	14.80	19.05	23.38		27.81	32.49	37.34	42.15	47.19		52.94	/ 1		
reaction time		interval		4.10	4.15	4.25	4.33		4.43	4.68	4.85	4.81	5.04	5.75	WR		12.50	13.44	14.70
		velocity	6.87	8.54	8.43	8.24	8.08		7.90	7.48	7.22	7.28	6.94	6.96	7.56		8.40	7.81	7.14
H1 lead leg		strides	22	15	15	15	15		15	15	17	17	17		163				

Johnson, Sheena (USA) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 USA Olympic Trials (Sacramento, CA)														*Lyle - miscellaneous coaching notes*			
date	11-Jul-04	time	6.11	10.20	14.40	18.69	23.21		27.72	32.50	37.24	42.16	47.03		52.95	6 / 1		
reaction time		interval		4.09	4.20	4.29	4.52		4.51	4.78	4.74	4.92	4.87	5.92	PB		12.58	13.81	14.53
		velocity	7.36	8.56	8.33	8.16	7.74		7.76	7.32	7.38	7.11	7.19	6.76	7.55		8.35	7.60	7.23
H1 lead leg	L	strides	24	15	15	15	15		15	15	15	15	15	19	178				

Carter, Kori (USA) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)														*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date	25-Jun-17	time	6.34	10.31	14.25	18.28	22.49		27.09	32.13	37.10	42.04	47.08		52.95	7 / 3		
reaction time	0.244	interval		3.97	3.94	4.03	4.21		4.60	5.04	4.97	4.94	5.04	5.87	PB		11.94	13.85	14.95
		velocity	7.10	8.82	8.88	8.68	8.31		7.61	6.94	7.04	7.09	6.94	6.81	7.55		8.79	7.58	7.02
H1 lead leg	L	strides	24	15	15	15	115		17	17	17	17	17	20	289				

Bol, Femke (NED) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	26-Aug-22	time	6.27	10.36	14.55	18.97	23.40	25.25	28.00	32.67	37.34	42.30	47.33		52.95	5 / 1		
reaction time	0.155	interval		4.09	4.19	4.42	4.43		4.60	4.67	4.67	4.96	5.03	5.62			12.70	13.70	14.66
		velocity	7.18	8.56	8.35	7.92	7.90	7.92	7.61	7.49	7.49	7.06	6.96	7.12	7.55		8.27	7.66	7.16
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				

Bol, Femke (NED) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	22-Aug-23	time	6.31	10.44	14.45	18.45	22.75		27.20	31.79	36.57	41.60	46.71		52.95	8 / 1		
reaction time	0.199	interval		4.13	4.01	4.00	4.30		4.45	4.59	4.78	5.03	5.11	6.24			12.14	13.34	14.92
		velocity	7.13	8.47	8.73	8.75	8.14		7.87	7.63	7.32	6.96	6.85	6.41	7.55		8.65	7.87	7.04
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.5	169.5				

Demus, Lashinda (USA) (1983)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 IAAF World Championships (Berlin, GER)														*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date	20-Aug-09	time	6.16	10.11	14.23	18.59	23.05		27.51	32.02	36.65	41.70	46.99		52.96	5 / 2		

reaction time	0.159	interval		3.95	4.12	4.36	4.46		4.46	4.51	4.63	5.05	5.29	5.97			12.43	13.43	14.97
		velocity	7.31	8.86	8.50	8.03	7.85		7.85	7.76	7.56	6.93	6.62	6.70	7.55		8.45	7.82	7.01
H1 lead leg		strides		15	15	15	15		15	15	15	17	17		139				

Ryzhykova, Anna (UKR) (1989)

	H1	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 6.34	10.30	14.36		22.84	24.8	27.42	32.12	36.88	41.78	47.02		52.96	3 / 3			
reaction time 0.183	interval	3.96	4.06		8.48		4.58	4.70	4.76	4.90	5.24	5.94	NR PB				14.90
	velocity 7.10	8.84	8.62		8.25	8.06	7.64	7.45	7.35	7.14	6.68	6.73	7.55				7.05
H1 lead leg R	strides 22	14	14				15	15	15	15	16	19.2	145.2				

Bidouane, Nezha (MAR) (1969)

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

Privalova, Irina (RUS) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2000 Olympic Games (Sydney, AUS)														*Behm (2000) - Sydney 2000: Compte-rendu du 400m haies*			
date 27-Sep-00	time 6.4	10.5	14.7	19.0	23.3		27.7	32.2	37.0	41.9	47.1		53.02	3 / 1			
reaction time 0.178	interval	4.1	4.2	4.3	4.3		4.4	4.5	4.8	4.9	5.2	5.92	PB		12.60	13.20	14.90
	velocity 7.03	8.54	8.33	8.14	8.14		7.95	7.78	7.29	7.14	6.73	6.76	7.54		8.33	7.95	7.05
H1 lead leg L	strides 21	14	14	14	14		15	15	15	16	16	19	173				

Bol, Femke (NED) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 09-Jun-22	time 6.43	10.47	14.63	18.90	23.27	25.06	27.80	32.47	37.24	42.13	47.27		53.02	5 / 1			
reaction time 0.188	interval	4.04	4.16	4.27	4.37		4.53	4.67	4.77	4.89	5.14	5.75			12.47	13.57	14.80
	velocity 7.00	8.66	8.41	8.20	8.01	7.98	7.73	7.49	7.34	7.16	6.81	6.96	7.54		8.42	7.74	7.09
H1 lead leg L	strides 22	15	15	15			15	15	15	15	15	19.5	161.5				

McLaughlin, Sydney (USA) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 26-Jun-21	time 6.14	10.21	14.34	18.58	22.99		27.59	32.33	37.07	42.07	47.04		53.03	5 / 1			
reaction time 0.227	interval	4.07	4.13	4.24	4.41		4.60	4.74	4.74	5.00	4.97	5.99			12.44	13.75	14.71
	velocity 7.33	8.60	8.47	8.25	7.94		7.61	7.38	7.38	7.00	7.04	6.68	7.54		8.44	7.64	7.14
H1 lead leg R	strides 22	14	14	14	14		15	15	15	16	15	18.2	172.2				

McLaughlin, Sydney (USA) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 02-Aug-21	time 6.20	10.20	14.32	18.52	22.88		27.52	32.24	37.04	42.04	47.20		53.03	5 / 1			
reaction time 0.204	interval	4.00	4.12	4.20	4.36		4.64	4.72	4.80	5.00	5.16	5.83			12.32	13.72	14.96
	velocity 7.26	8.75	8.50	8.33	8.03		7.54	7.42	7.29	7.00	6.78	6.86	7.54		8.52	7.65	7.02
H1 lead leg R	strides 22	14	14	14	14		15	15	15	16	16	18.5	173.5				

Bol, Femke (NED) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 08-Sep-22	time 6.37	10.41	14.55	18.72	23.06	24.86	27.56	32.14	36.83	41.71	46.98		53.03	6 / 1			
reaction time 0.189	interval	4.04	4.14	4.17	4.34		4.50	4.58	4.69	4.88	5.27	6.05			12.35	13.42	14.84
	velocity 7.06	8.66	8.45	8.39	8.06	8.05	7.78	7.64	7.46	7.17	6.64	6.61	7.54		8.50	7.82	7.08
H1 lead leg L	strides 22	15	15	15	15		15	15	15	15	16	19	177				

Bol, Femke (NED) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 26-Aug-21	time 6.32	10.36	14.48		23.24		27.84	32.60	37.40	42.32	47.32		53.05	4 / 1			
reaction time 0.186	interval	4.04	4.12		8.76		4.60	4.76	4.80	4.92	5.00	5.73					14.72
	velocity 7.12	8.66	8.50		7.99		7.61	7.35	7.29	7.11	7.00	6.98	7.54				7.13
H1 lead leg L	strides 22	15	15				15	15	15	15	15	18.7	145.7				

Carter, Kori (USA) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 10-Aug-17	time 6.20	10.28	14.28	18.48	22.92		27.32	32.00	36.92	41.92	47.04		53.07	9 / 1			
reaction time 0.151	interval	4.08	4.00	4.20	4.44		4.40	4.68	4.92	5.00	5.12	6.03			12.28	13.52	15.04
	velocity 7.26	8.58	8.75	8.33	7.88		7.95	7.48	7.11	7.00	6.84	6.63	7.54		8.55	7.77	6.98
H1 lead leg L	strides 24	15	15	15	16		16	16	17	17	17	20	188				

Batten, Kim (USA) (1969)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 Olympic Games (Atlanta, GA)														*McFarlane (2000) - the science of hurdling and speed*			
date 31-Jul-96	time 6.38	10.50	14.70	19.00	23.40		27.80	32.40	37.20	42.00	47.10		53.08	6 / 2			
reaction time 0.283	interval	4.12	4.20	4.30	4.40		4.40	4.60	4.80	4.80	5.10	5.98			12.62	13.40	14.70
	velocity 7.05	8.50	8.33	8.14	7.95		7.95	7.61	7.29	7.29	6.86	6.69	7.54		8.32	7.84	7.14
H1 lead leg	strides 23	15	15	15	15		15	15	16	17	17		163				

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 04-Aug-21	time 6.40	10.52	14.68	18.88	23.20		27.68	32.32	37.08	42.00	47.12		53.08	6 / 4			
reaction time 0.136	interval	4.12	4.16	4.20	4.32		4.48	4.64	4.76	4.92	5.12	5.96	PB		12.48	13.44	14.80

		velocity	7.03	8.50	8.41	8.33	8.10		7.81	7.54	7.35	7.11	6.84	6.71	7.54			8.41	7.81	7.09
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	17	19.7	181.7					

Wilson, Britton (USA) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 25-Jun-22	time	6.57	10.57	14.75	19.01	23.42	25.14	27.96	32.53	37.20	42.14	47.38		53.08	6 / 2			
reaction time	interval		4.00	4.18	4.26	4.41		4.54	4.57	4.67	4.94	5.24	5.70	PB		12.44	13.52	14.85
	velocity	6.85	8.75	8.37	8.22	7.94	7.96	7.71	7.66	7.49	7.09	6.68	7.02	7.54		8.44	7.77	7.07
H1 lead leg R	strides	23	15	15	15	15		15	15	15	16	16		160				

Hemmings, Deon (JAM) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 IAAF World Championships (Athens, GRE)														*Hommel (1999) - biomechanical research project, athens 1997: final report*			
date 08-Aug-97	time	6.46	10.58	14.72	19.00	23.36		27.76	32.36	37.22	42.20	47.31		53.09	4 / 2			
reaction time 0.187	interval		4.12	4.14	4.28	4.36		4.40	4.60	4.86	4.98	5.11	5.78			12.54	13.36	14.95
	velocity	6.97	8.50	8.45	8.18	8.03		7.95	7.61	7.20	7.03	6.85	6.92	7.53		8.37	7.86	7.02
H1 lead leg	strides																	

Adekoya, Kemi (BRN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 24-Aug-23	time	6.34	10.41	14.48	18.55	22.82		27.23	31.73	36.64	41.74	47.18		53.09	7 / 4			
reaction time 0.207	interval		4.07	4.07	4.07	4.27		4.41	4.50	4.91	5.10	5.44	5.91	AR		12.21	13.18	15.45
	velocity	7.10	8.60	8.60	8.60	8.20		7.94	7.78	7.13	6.86	6.43	6.77	7.53		8.60	7.97	6.80
H1 lead leg R	strides	23	15	15	15	15		15	15	16	16	17	20	182				

Ledovskaya, Tatyana (URS) (1966)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1991 IAAF World Championships (Tokyo, JPN)														*Behm (1995) - la tactique du 400 haies*			
date 29-Aug-91	time	6.3	10.5	14.7	18.9	23.2		27.7	32.3	36.9	41.9	47.1		53.11	6 / 1			
reaction time	interval		4.2	4.2	4.2	4.3		4.5	4.6	4.6	5.0	5.2	6.01	CR / NR		12.60	13.40	14.80
	velocity	7.14	8.33	8.33	8.33	8.14		7.78	7.61	7.61	7.00	6.73	6.66	7.53		8.33	7.84	7.09
H1 lead leg R	strides	22	15	15	15	15		15	15	15	16	17	20.7	180.7				

Spencer, Ashley (USA) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 USATF National Championships (Des Moines, IA) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 28-Jul-19	time	6.57	10.74	14.98	19.32	23.76			33.13	37.60	42.44	47.34		53.11	3 / 3			
reaction time 0.202	interval		4.17	4.24	4.34	4.44			9.37	4.47	4.84	4.90	5.77	=PB		12.75	13.81	14.21
	velocity	6.85	8.39	8.25	8.06	7.88			7.47	7.83	7.23	7.14	6.93	7.53		8.24	7.60	7.39
H1 lead leg L	strides	22	15	15	15	15				15	15	15	18.2	145.2				

Bol, Femke (NED) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 IFAM Oordegem (Oordegem, BEL) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 27-May-23	time	6.40	10.53	14.73	19.03	23.40		27.96	32.67	37.43		47.63		53.12	6 / 1			
reaction time	interval		4.13	4.20	4.30	4.37		4.56	4.71	4.76		10.20	5.49			12.63	13.64	14.96
	velocity	7.03	8.47	8.33	8.14	8.01		7.68	7.43	7.35		6.86	7.29	7.53		8.31	7.70	7.02
H1 lead leg L	strides	22	14	14	14	14		14	14	15		16	19	156				

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 18-Aug-16	time	6.00	10.00	14.16	18.44	22.84		27.24	31.88	36.68	41.80	47.08		53.13	3 / 1			
reaction time 0.143	interval		4.00	4.16	4.28	4.40		4.40	4.64	4.80	5.12	5.28	6.05			12.44	13.44	15.20
	velocity	7.50	8.75	8.41	8.18	7.95		7.95	7.54	7.29	6.84	6.63	6.61	7.53		8.44	7.81	6.91
H1 lead leg R	strides	23	15	15	15	15		15	15	15	16	16	20	180				

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 22-Jul-22	time	6.17	10.13	14.23	18.66	23.17	25.03	27.70	32.28	37.03	42.17	47.23		53.13	6 / 3			
reaction time 0.162	interval		3.96	4.10	4.43	4.51		4.53	4.58	4.75	5.14	5.06	5.90			12.49	13.62	14.95
	velocity	7.29	8.84	8.54	7.90	7.76	7.99	7.73	7.64	7.37	6.81	6.92	6.78	7.53		8.41	7.71	7.02
H1 lead leg R	strides	22	14	14	15	15		15	15	15	16	16		157				

Moline, Georganne (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)														*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date 25-Jun-17	time	6.34	10.44	14.65	18.92	23.22		27.69	32.36	37.10	42.04	47.05		53.14	6 / 5			
reaction time 0.272	interval		4.10	4.21	4.27	4.30		4.47	4.67	4.74	4.94	5.01	6.09	PB		12.58	13.44	14.69
	velocity	7.10	8.54	8.31	8.20	8.14		7.83	7.49	7.38	7.09	6.99	6.57	7.53		8.35	7.81	7.15
H1 lead leg R	strides	22	15	15	15	15		15	15	15	16	16	19.7	178.7				

Gunnell, Sally (GBR) (1966)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1991 IAAF World Championships (Tokyo, JPN)														*Behm (1995) - la tactique du 400 haies*			
date 29-Aug-91	time	6.4	10.7	15.0	19.1	23.5		28.0	32.6	37.3	42.1	47.2		53.16	5 / 2			
reaction time	interval		4.3	4.3	4.1	4.4		4.5	4.6	4.7	4.8	5.1	5.96	NR		12.70	13.50	14.60
	velocity	7.03	8.14	8.14	8.54	7.95		7.78	7.61	7.45	7.29	6.86	6.71	7.52		8.27	7.78	7.19
H1 lead leg R	strides	23	15	15	15	15		15	16	16	16	17	20.5	183.5				

Hemmings, Deon (JAM) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1999 IAAF World Championships (Sevilla, ESP)														*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date 25-Aug-99	time	6.14	10.18	14.36	18.61	22.98		27.48	32.30	37.06	42.10	47.05		53.16	3 / 3			
reaction time 0.188	interval		4.04	4.18	4.25	4.37		4.50	4.82	4.76	5.04	4.95	6.11			12.47	13.69	14.75
	velocity	7.33	8.66	8.37	8.24	8.01		7.78	7.26	7.35	6.94	7.07	6.55	7.52		8.42	7.67	7.12

H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	16	20	183				

Flintoff-King, Debbie (AUS) (1960)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1988 Olympic Games (Seoul, KOR)															*Arnold (1992) - Hurdling*		
date 28-Sep-88 time	6.53	10.69	14.93	19.30	23.71	25.61	28.26	32.93	37.68	42.64	47.68		53.17	5 / 1			
reaction time 0.251 interval		4.16	4.24	4.37	4.41		4.55	4.67	4.75	4.96	5.04	5.49	OR / AR		12.77	13.63	14.75
velocity	6.89	8.41	8.25	8.01	7.94	7.81	7.69	7.49	7.37	7.06	6.94	7.29	7.52		8.22	7.70	7.12
H1 lead leg L strides	23	15	15	15	15		15	15	16	16	16	20	181				

Ledovskaya, Tatyana (URS) (1966)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1988 Olympic Games (Seoul, KOR)															*Arnold (1992) - Hurdling*		
date 28-Sep-88 time	6.36	10.41	14.49	18.69	23.06	24.96	27.61	32.41	37.27	42.29	47.44		53.18	3 / 2			
reaction time 0.245 interval		4.05	4.08	4.20	4.37		4.55	4.80	4.86	5.02	5.15	5.74	PB		12.33	13.72	15.03
velocity	7.08	8.64	8.58	8.33	8.01	8.01	7.69	7.29	7.20	6.97	6.80	6.97	7.52		8.52	7.65	6.99
H1 lead leg R strides	23	15	15	15	15		16	16	16	16	17	20	184				

Lucas, Josanne (TTO) (1984)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 IAAF World Championships (Berlin, GER)															*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*		
date 20-Aug-09 time	6.26	10.20	14.30	18.50	22.90		27.47	32.17	36.97	42.01	47.21		53.20	3 / 3			
reaction time 0.186 interval		3.94	4.10	4.20	4.40		4.57	4.70	4.80	5.04	5.20	5.99	NR		12.24	13.67	15.04
velocity	7.19	8.88	8.54	8.33	7.95		7.66	7.45	7.29	6.94	6.73	6.68	7.52		8.58	7.68	6.98
H1 lead leg strides		14	14	14	14		15	15	15	16	16		133				

Pérec, Marie-José (FRA) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1995 Weltklasse (Zurich, SUI)															*Behm (1999) - Les 4 travaux de Marie-Jo*		
date 19-Aug-95 time	6.3	10.3	14.4	18.7	23.2		27.7	32.1	36.8	42.1	47.1		53.21	6 / 2			
reaction time interval		4.0	4.1	4.3	4.5		4.5	4.4	4.7	5.3	5.0	6.11	NR / PB		12.40	13.40	15.00
velocity	7.14	8.75	8.54	8.14	7.78		7.78	7.95	7.45	6.60	7.00	6.55	7.52		8.47	7.84	7.00
H1 lead leg L strides	21	14	14	15	14		14	14	14	16	15	18.5	169.5				

Buford-Bailey, Tonja (USA) (1970)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 Olympic Games (Atlanta, GA)															*McFarlane (2000) - the science of hurdling and speed*		
date 31-Jul-96 time	6.38	10.34	14.39	18.58	22.90		27.43	32.07	36.96	41.96	47.10		53.22	4 / 3			
reaction time 0.274 interval		3.96	4.05	4.19	4.32		4.53	4.64	4.89	5.00	5.14	6.12			12.20	13.49	15.03
velocity	7.05	8.84	8.64	8.35	8.10		7.73	7.54	7.16	7.00	6.81	6.54	7.52		8.61	7.78	6.99
H1 lead leg strides	23	15	15	15	15		15	16	16	16	16		162				

Pittman, Jana (AUS) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 IAAF World Championships (Paris, FRA)															*Behm (2003) - Paris 2003:Le quatrache masculn - féminin*		
date 28-Aug-03 time	6.3	10.3	14.6	19.0	23.4		28.0	32.6	37.4	42.3	47.4		53.22	4 / 1			
reaction time 0.179 interval		4.0	4.3	4.4	4.4		4.6	4.6	4.8	4.9	5.1	5.82	PB		12.70	13.60	14.80
velocity	7.14	8.75	8.14	7.95	7.95		7.61	7.61	7.29	7.14	6.86	6.87	7.52		8.27	7.72	7.09
H1 lead leg R strides	22	13	13	13	13		15	15	15	15	16	19	169				

Gunnell, Sally (GBR) (1966)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1992 Olympic Games (Barcelona, ESP)															*Knight (1992) - 1992 Olympic report: the hurdling events*		
date 05-Aug-92 time	6.5	10.7	14.0	19.3	23.7		28.2	32.9	37.6	42.5	47.4		53.23	3 / 1			
reaction time interval		4.20	3.30	5.30	4.40		4.50	4.70	4.70	4.90	4.90	5.83			12.80	13.60	14.50
velocity	6.92	8.33	10.61	6.60	7.95		7.78	7.45	7.45	7.14	7.14	6.86	7.51		8.20	7.72	7.24
H1 lead leg L strides	23	15	15	15	15		15	15	16	16	16	20.2	181.2				

Busch, Sabine (GDR) (1962)

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

Bol, Femke (NED) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*		
date 13-Jul-21 time	6.38	10.42	14.60	18.90	23.30	25.2	27.78	32.42	37.28	42.28	47.38		53.24	5 / 1			
reaction time 0.214 interval		4.04	4.18	4.30	4.40		4.48	4.64	4.86	5.00	5.10	5.86			12.52	13.52	14.96
velocity	7.05	8.66	8.37	8.14	7.95	7.94	7.81	7.54	7.20	7.00	6.86	6.83	7.51		8.39	7.77	7.02
H1 lead leg L strides	22	15	15	15	15		15	15	15	15	15	19	176				

Walker, Melaine (JAM) (1983)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)															*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*		
date 18-Aug-09 time	6.35	10.43	14.60	18.89	23.30		27.94	32.66	37.42	42.25	47.42		53.26	6 / 1			
reaction time 0.183 interval		4.08	4.17	4.29	4.41		4.64	4.72	4.76	4.83	5.17	5.84			12.54	13.77	14.76
velocity	7.09	8.58	8.39	8.16	7.94		7.54	7.42	7.35	7.25	6.77	6.85	7.51		8.37	7.63	7.11
H1 lead leg strides																	

Demus, Lashinda (USA) (1983)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 IAAF World Championships (Helsinki, FIN)															*Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins*		
date 13-Aug-05 time	6.2	10.4	14.6	18.8	23.1		27.7	32.2	36.8	41.8	46.9		53.27	8 / 2			
reaction time 0.176 interval		4.2	4.2	4.2	4.3		4.6	4.5	4.6	5.0	5.1	6.37	PB		12.60	13.40	14.70
velocity	7.26	8.33	8.33	8.33	8.14		7.61	7.78	7.61	7.00	6.86	6.28	7.51		8.33	7.84	7.14
H1 lead leg R strides	23	15	15	15	15		15	15	15	16	16	20	180				

Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	20-Jul-22	time	6.06	10.06	14.26	18.53	23.07	25.20	27.77	32.47	37.27	42.10	47.26		53.28	4 / 1			
reaction time	0.224	interval		4.00	4.20	4.27	4.54		4.70	4.70	4.80	4.83	5.16	6.02			12.47	13.94	14.79
		velocity	7.43	8.75	8.33	8.20	7.71	7.94	7.45	7.45	7.29	7.25	6.78	6.64	7.51		8.42	7.53	7.10
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	16	19	177				

Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	02-Aug-21	time	6.04	10.00	14.08	18.36	22.88		27.40	32.12	37.00	42.04	47.24		53.30	7 / 1			
reaction time	0.186	interval		3.96	4.08	4.28	4.52		4.52	4.72	4.88	5.04	5.20	6.06			12.32	13.76	15.12
		velocity	7.45	8.84	8.58	8.18	7.74		7.74	7.42	7.17	6.94	6.73	6.60	7.50		8.52	7.63	6.94
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178				

Clayton, Rushell (JAM) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	22-Aug-23	time	6.34	10.44	14.51	18.48	22.72		27.23	31.90	36.73	41.86	47.19		53.30	5 / 1			
reaction time	0.190	interval		4.10	4.07	3.97	4.24		4.51	4.67	4.83	5.13	5.33	6.11	PB		12.14	13.42	15.29
		velocity	7.10	8.54	8.60	8.82	8.25		7.76	7.49	7.25	6.82	6.57	6.55	7.50		8.65	7.82	6.87
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	16	16	19	174				

Rawlinson, Jana (AUS) (1982)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 IAAF World Championships (Osaka, JPN)																*Ae (2008) - IAAF biomechanics team - a booklet of biomechanics data*			
date	30-Aug-07	time	6.47	10.48	14.55	18.68	22.93		27.38	31.92	36.65	41.71	47.05		53.31	5 / 1			
reaction time	0.153	interval		4.01	4.07	4.13	4.25		4.45	4.54	4.73	5.06	5.34	6.26			12.21	13.24	15.13
		velocity	6.96	8.73	8.60	8.47	8.24		7.87	7.71	7.40	6.92	6.55	6.39	7.50		8.60	7.93	6.94
H1 lead leg	R	strides	23	15	14	14	14		15	15	15	16	17	20	178				

Stepanova, Marina (URS) (1950)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1986 European Championships (Stuttgart, FRG)																*Breizer (1990) - the preparation of women for the 400m hurdles*			
date	30-Aug-86	time	6.64	10.78	15.01	19.38	23.84		28.39	33.06	37.88	42.75	47.73		53.32	/ 1			
reaction time		interval		4.14	4.23	4.37	4.46		4.55	4.67	4.82	4.87	4.98	5.59	WR		12.74	13.68	14.67
		velocity	6.78	8.45	8.27	8.01	7.85		7.69	7.49	7.26	7.19	7.03	7.16	7.50		8.24	7.68	7.16
H1 lead leg		strides	23	15	15	15	15		15	15	17	17	17	21	185				

Glover, Sandra (USA) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 IAAF World Championships (Helsinki, FIN)																*Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins*			
date	13-Aug-05	time	6.3	10.5	14.8	19.2	23.5		28.0	32.5	37.2	42.1	47.1		53.32	3 / 3			
reaction time	0.200	interval		4.2	4.3	4.4	4.3		4.5	4.5	4.7	4.9	5.0	6.22	PB		12.90	13.30	14.60
		velocity	7.14	8.33	8.14	7.95	8.14		7.78	7.78	7.45	7.14	7.00	6.43	7.50		8.14	7.89	7.19
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17	21	191				

McLaughlin, Sydney (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	12-Jul-19	time	6.26	10.44	14.74	19.08	23.54	25.4	28.06	32.68	37.60	42.58	47.68		53.32	4 / 1			
reaction time	0.151	interval		4.18	4.30	4.34	4.46		4.52	4.62	4.92	4.98	5.10	5.64			12.82	13.60	15.00
		velocity	7.19	8.37	8.14	8.06	7.85	7.87	7.74	7.58	7.11	7.03	6.86	7.09	7.50		8.19	7.72	7.00
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	18.5	179.5				

Gunnell, Sally (GBR) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1994 European Championships (Helsinki, FIN)																*Behm (1995) - la tactique du 400 haies*			
date	10-Aug-94	time	6.5	10.7	14.8	19.2	23.6		28.1	32.7	37.5	42.5	47.5		53.33	/ 1			
reaction time		interval		4.2	4.1	4.4	4.4		4.5	4.6	4.8	5.0	5.0	5.83			12.70	13.50	14.80
		velocity	6.92	8.33	8.54	7.95	7.95		7.78	7.61	7.29	7.00	7.00	6.86	7.50		8.27	7.78	7.09
H1 lead leg		strides	22	15	15	15	15		15	16	16	17	17		163				

Bol, Femke (NED) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	01-Jul-21	time	6.32	10.44	14.56	18.80	23.20		27.64	32.32	37.16	42.12	47.32		53.33	4 / 1			
reaction time	0.199	interval		4.12	4.12	4.24	4.40		4.44	4.68	4.84	4.96	5.20	6.01	NR PB		12.48	13.52	15.00
		velocity	7.12	8.50	8.50	8.25	7.95		7.88	7.48	7.23	7.06	6.73	6.66	7.50		8.41	7.77	7.00
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19.2	176.2				

Clayton, Rushell (JAM) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	10-Aug-22	time	6.30	10.33	14.53	18.77	23.07	24.92	27.50	32.10	36.93	42.07	47.30		53.33	6 / 1			
reaction time	0.179	interval		4.03	4.20	4.24	4.30		4.43	4.60	4.83	5.14	5.23	6.03	PB		12.47	13.33	15.20
		velocity	7.14	8.68	8.33	8.25	8.14	8.03	7.90	7.61	7.25	6.81	6.69	6.63	7.50		8.42	7.88	6.91
H1 lead leg	L	strides	21	15	15	15	15		15	15	16	16	17	19.7	179.7				

Bidouane, Nezha (MAR) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 IAAF World Championships (Edmonton, CAN)																*Behm (2001) - Edmonton: Le quatrache: les finales*			
date	08-Aug-01	time	6.3	10.7	15.0	19.3	23.7		28.3	32.9	37.7	42.4	47.4		53.34	4 / 1			
reaction time	0.153	interval		4.4	4.3	4.3	4.4		4.6	4.6	4.8	4.7	5.0	5.94			13.00	13.60	14.50
		velocity	7.14	7.95	8.14	8.14	7.95		7.61	7.61	7.29	7.45	7.00	6.73	7.50		8.08	7.72	7.24
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	17	17	20.5	193.5				

Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	09-Jul-23	time	6.27	10.24	14.38	18.68	23.09		27.59	32.36	37.24	42.24	47.48		53.34	5 / 1			
reaction time		interval		3.97	4.14	4.30	4.41		4.50	4.77	4.88	5.00	5.24	5.86			12.41	13.68	15.12
		velocity	7.18	8.82	8.45	8.14	7.94		7.78	7.34	7.17	7.00	6.68	6.83	7.50		8.46	7.68	6.94
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	20.2	182.2				

Cockrell, Anna (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	24-Aug-23	time	6.17	10.12	14.11	18.05	22.39		26.92	31.49		41.47	46.88		53.34	9 / 5			
reaction time	0.189	interval		3.95	3.99	3.94	4.34		4.53	4.57		9.98	5.41	6.46	PB		11.88	13.44	15.39
		velocity	7.29	8.86	8.77	8.88	8.06		7.73	7.66		7.01	6.47	6.19	7.50		8.84	7.81	6.82
H1 lead leg	R	strides	22	14	14	14	14		15	15			16	20	144				

Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	09-Sep-21	time	6.20	10.28		18.84	23.28	25.1	27.80	32.48	37.24	42.24	47.36		53.35	3 / 2			
reaction time	0.165	interval		4.08		8.56	4.44		4.52	4.68	4.76	5.00	5.12	5.99			12.64	13.64	14.88
		velocity	7.26	8.58		8.18	7.88	7.97	7.74	7.48	7.35	7.00	6.84	6.68	7.50		8.31	7.70	7.06
H1 lead leg	R	strides	22	15			15		15	15	16	16	16	20	150				

Blackett, Andrea (BAR) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1999 IAAF World Championships (Sevilla, ESP)																*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date	25-Aug-99	time	6.20	10.31	14.59	18.98	23.49		28.20	33.00	37.81	42.70	47.71		53.36	6 / 4			
reaction time	0.178	interval		4.11	4.28	4.39	4.51		4.71	4.80	4.81	4.89	5.01	5.65	NR / PB		12.78	14.02	14.71
		velocity	7.26	8.52	8.18	7.97	7.76		7.43	7.29	7.28	7.16	6.99	7.08	7.50		8.22	7.49	7.14
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	16	16	18.5	181.5				

Carter, Kori (USA) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	21-Jul-17	time	6.20	10.32	14.48	18.68	23.04		27.52	32.36	37.12	42.12	47.24		53.36	6 / 1			
reaction time	0.142	interval		4.12	4.16	4.20	4.36		4.48	4.84	4.76	5.00	5.12	6.12			12.48	13.68	14.88
		velocity	7.26	8.50	8.41	8.33	8.03		7.81	7.23	7.35	7.00	6.84	6.54	7.50		8.41	7.68	7.06
H1 lead leg	L	strides	24	15	15	15	15		15	16	16	16	16	19.2	182.2				

Tîrlea, Ionela (ROU) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 European Championships (Budapest, HUN)																*Sanchez (1998) - Budapest '98: análisis de la carreras con villas*			
date	23-Aug-98	time	6.30	10.40	14.42	18.62	23.05		27.61	32.16	36.92	42.01	47.30		53.37	6 / 1			
reaction time		interval		4.10	4.02	4.20	4.43		4.56	4.55	4.76	5.09	5.29	6.07	NR		12.32	13.54	15.14
		velocity	7.14	8.54	8.71	8.33	7.90		7.68	7.69	7.35	6.88	6.62	6.59	7.49		8.52	7.75	6.94
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	17	17	21	184				

Tîrlea, Ionela (ROU) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Olympic Games (Athens, GRE)																*Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04*			
date	25-Aug-04	time	6.40	10.56	14.61	18.88	23.09		27.62	32.30	37.17	42.21	47.30		53.38	3 / 2			
reaction time	0.292	interval		4.2	4.1	4.3	4.2		4.5	4.7	4.9	5.0	5.1	6.08			12.48	13.42	15.00
		velocity	7.03	8.41	8.64	8.20	8.31		7.73	7.48	7.19	6.94	6.88	6.58	7.49		8.41	7.82	7.00
H1 lead leg	L	strides	22	15	15	15	15		16	16	17	17	17	21	186				

Hejnová, Zuzana (CZE) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2012 Olympic Games (London, GBR)																*Hillier (2012) - uka 2012 olympic games report: 400m hurdles*			
date	08-Aug-12	time	6.63	10.82	15.07	19.42	23.78	25.58	28.16	32.70	37.42	42.30	47.45		53.38	4 / 3			
reaction time	0.163	interval		4.19	4.25	4.35	4.36		4.38	4.54	4.72	4.88	5.15	5.93			12.79	13.28	14.75
		velocity	6.79	8.35	8.24	8.05	8.03	7.82	7.99	7.71	7.42	7.17	6.80	6.75	7.49		8.21	7.91	7.12
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	20	180				

Spencer, Ashley (USA) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	27-May-17	time	6.50	10.76	15.13	19.67	24.23		28.76	33.36	38.03	42.83	47.83		53.38	6 / 1			
reaction time	0.240	interval		4.26	4.37	4.54	4.56		4.53	4.60	4.67	4.80	5.00	5.55	PB		13.17	13.69	14.47
		velocity	6.92	8.22	8.01	7.71	7.68		7.73	7.61	7.49	7.29	7.00	7.21	7.49		7.97	7.67	7.26
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18.2	175.2				

Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)																*Omega Timing (2023) - diamond league race analysis*			
date	02-Jun-23	time	6.18	10.35	14.66	19.04	23.50		27.98	32.62	37.36	42.21	47.30		53.38	4 / 2			
reaction time	0.153	interval		4.17	4.31	4.38	4.46		4.48	4.64	4.74	4.85	5.09	6.08			12.86	13.58	14.68
		velocity	7.28	8.39	8.12	7.99	7.85		7.81	7.54	7.38	7.22	6.88	6.58	7.49		8.16	7.73	7.15
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	15	16	19.2	178.2				

Knight, Andrenette (JAM) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Music City Track Carnival (Nashville, TN) (TV Analysis) *(H5 5m long)*																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	05-Jun-22	time		10.14	14.23	18.35	23.28		27.27	32.10	37.04	42.11	47.35		53.39	4 / 2			
reaction time		interval			4.09	4.12	4.93		3.99	4.83	4.94	5.07	5.24	6.04	PB		18.35	13.75	15.25
		velocity		7.89	8.56	8.50	8.11		8.77	7.25	7.09	6.90	6.68	6.62	7.49		5.72	7.64	6.89
H1 lead leg		strides			15	15	17		13	16	16		16		108				

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

Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

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

Adekoya, Kemi (BRN) (1993)

	H1	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	22-Aug-23	time	6.34	10.37	14.48	18.68	22.99			32.10	36.91	41.98	47.35		53.39	6 / 2			
reaction time	0.195	interval		4.03	4.11	4.20	4.31			9.11	4.81	5.07	5.37	6.04	AR		12.34	13.42	15.25
		velocity	7.10	8.68	8.52	8.33	8.12			7.68	7.28	6.90	6.52	6.62	7.49		8.51	7.82	6.89
H1 lead leg	R	strides	23	15	15	15	15				15	16	17	19.7	150.7				

Little, Shamier (USA) (1995)

	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	6.16	10.36	14.68	19.04	23.48		28.04	32.72	37.52	42.44	47.48		53.41	4 / 1			
reaction time	0.188	interval		4.20	4.32	4.36	4.44		4.56	4.68	4.80	4.92	5.04	5.93			12.88	13.68	14.76
		velocity	7.31	8.33	8.10	8.03	7.88		7.68	7.48	7.29	7.11	6.94	6.75	7.49		8.15	7.68	7.11
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	20	181				

Demus, Lashinda (USA) (1983)

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

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

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

Tereshchuk-Antipova, Tetyana (UKR

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

FINAL - 2004 Olympic Games (Athens, GRE) *Behm (2005) - Athènes 2004: Les Haies Basses*

date	25-Aug-04	time	6.3	10.3	14.4	18.7	23.1		27.6	32.1	37.1	42.1	47.3		53.44	1 / 3			
reaction time	0.312	interval		4.0	4.1	4.3	4.4		4.5	4.5	5.0	5.0	5.2	6.14			12.40	13.40	15.20
		velocity	7.14	8.75	8.54	8.14	7.95		7.78	7.78	7.00	7.00	6.73	6.51	7.49		8.47	7.84	6.91
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16	20	181				

Little, Shamier (USA) (1995)

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

FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	27-May-17	time	6.40	10.46	14.66	19.03	23.50		27.93	32.66	37.50	42.53	47.60		53.44	1 / 2			
reaction time	0.236	interval		4.06	4.20	4.37	4.47		4.43	4.73	4.84	5.03	5.07	5.84	PB		12.63	13.63	14.94
		velocity	7.03	8.62	8.33	8.01	7.83		7.90	7.40	7.23	6.96	6.90	6.85	7.49		8.31	7.70	7.03
H1 lead leg	R	strides	24	15	15	15	15		15	15	16	16	16	19.5	181.5				

Bol, Femke (NED) (2000)

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

FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	10-Jun-21	time	6.32	10.44	14.60	18.80	23.08	24.9	27.62	32.28	37.12	42.16	47.40		53.44	4 / 1			
reaction time	0.209	interval		4.12	4.16	4.20	4.28		4.54	4.66	4.84	5.04	5.24	6.04	NR PB		12.48	13.48	15.12
		velocity	7.12	8.50	8.41	8.33	8.18	8.03	7.71	7.51	7.23	6.94	6.68	6.62	7.49		8.41	7.79	6.94
H1 lead leg	L	strides	22	15	15		15		15	15	15	15	16	19.5	162.5				

Hemmings, Deon (JAM) (1968)

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

FINAL - 2000 Olympic Games (Sydney, AUS) *Behm (2000) - Sydney 2000: Compte-rendu du 400m haies*

date	27-Sep-00	time	6.3	10.4	14.5	18.8	23.2		27.7	32.3	37.3	42.4	47.5		53.45	6 / 2			
reaction time	0.446	interval		4.1	4.1	4.3	4.4		4.5	4.6	5.0	5.1	5.1	5.95			12.50	13.50	15.20
		velocity	7.14	8.54	8.54	8.14	7.95		7.78	7.61	7.00	6.86	6.86	6.72	7.48		8.40	7.78	6.91
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	16	20	181				

Little, Shamier (USA) (1995)

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

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

date	17-Sep-23	time	6.09	10.12	14.23	18.41	22.76		27.27	31.89	36.64	41.61	46.92		53.45	5 / 2			
reaction time	0.169	interval		4.03	4.11	4.18	4.35		4.51	4.62	4.75	4.97	5.31	6.53			12.32	13.48	15.03
		velocity	7.39	8.68	8.52	8.37	8.05		7.76	7.58	7.37	7.04	6.59	6.13	7.48		8.52	7.79	6.99
H1 lead leg	R	strides	23	15	15	14	14		15	15	15	16	16	20	178				

Russell, Janieve (JAM) (1993)

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

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

date	05-Jul-18	time	6.32	10.52	14.84	19.20	23.68		28.16	32.80	37.48	42.44	47.48		53.46	5 / 2			
reaction time	0.147	interval		4.20	4.32	4.36	4.48		4.48	4.64	4.68	4.96	5.04	5.98	PB		12.88	13.60	14.68
		velocity	7.12	8.33	8.10	8.03	7.81		7.81	7.54	7.48	7.06	6.94	6.69	7.48		8.15	7.72	7.15
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19.5	178.5				

Vickers, Janeene (USA) (1968)

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

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

date	29-Aug-91	time	6.4	10.7	14.9	19.0	23.6		28.2	32.9	37.6	42.6	47.7		53.47	7 / 3			
reaction time		interval		4.3	4.2	4.1	4.6		4.6	4.7	4.7	5.0	5.1	5.77	PB		12.60	13.90	14.80
		velocity	7.03	8.14	8.33	8.54	7.61		7.61	7.45	7.45	7.00	6.86	6.93	7.48		8.33	7.55	7.09
H1 lead leg	R	strides		15	15	15	15		15	16	16	16	16	18.7	157.7				

Ponomaryova, Margareta (RUS) (196

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

FINAL - 1993 IAAF World Championships (Stuttgart, GER) *Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)*

date	19-Aug-93	time	6.52	10.59	14.85	19.24	23.65		28.12	32.72	37.43	42.40	47.52		53.48	5 / 3					
reaction time		interval		4.07	4.26	4.39	4.41		4.47	4.60	4.71	4.97	5.12	5.96	PB			12.72	13.48	14.80	
		velocity	6.90	8.60	8.22	7.97	7.94		7.83	7.61	7.43	7.04	6.84	6.71	7.48			8.25	7.79	7.09	
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178						

Hemmings, Deon (JAM) (1968)

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

FINAL - 1995 IAAF World Championships (Göteborg, SWE) *Behm (1999) - Les chiffres: Les podiums de tous le championnats*

date	11-Aug-95	time					23.2							53.48	4 / 3						
reaction time		interval												NR							
		velocity					7.97							7.48							
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	19.7	180.7						

Ryzhykova, Anna (UKR) (1989)

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

FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	04-Aug-21	time	6.40	10.48	14.60	18.80	23.08		27.68	32.44	37.28	42.32	47.52		53.48	2 / 5					
reaction time	0.177	interval		4.08	4.12	4.20	4.28		4.60	4.76	4.84	5.04	5.20	5.96				12.40	13.64	15.08	
		velocity	7.03	8.58	8.50	8.33	8.18		7.61	7.35	7.23	6.94	6.73	6.71	7.48			8.47	7.70	6.96	
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	19.2	173.2						

Pechonkina, Yuliya (RUS) (1978)

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

FINAL - 2007 IAAF World Championships (Osaka, JPN) *Ae (2008) - IAAF biomechanics team - a booklet of biomechanics data*

date	30-Aug-07	time	6.40	10.47	14.60	18.83	23.20		27.60	32.12	36.93	42.00	47.22		53.50	6 / 2					
reaction time	0.148	interval		4.07	4.13	4.23	4.37		4.40	4.52	4.81	5.07	5.22	6.28				12.43	13.29	15.10	
		velocity	7.03	8.60	8.47	8.27	8.01		7.95	7.74	7.28	6.90	6.70	6.37	7.48			8.45	7.90	6.95	
H1 lead leg	L	strides	22	15	15	15	15		15	15	17	17	17	20	183						

Hejnová, Zuzana (CZE) (1986)

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

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

date	26-Aug-15	time	6.40	10.52	14.72	19.00	23.36		27.88	32.48	37.24	42.28	47.40		53.50	5 / 1					
reaction time	0.153	interval		4.12	4.20	4.28	4.36		4.52	4.60	4.76	5.04	5.12	6.10				12.60	13.48	14.92	
		velocity	7.03	8.50	8.33	8.18	8.03		7.74	7.61	7.35	6.94	6.84	6.56	7.48			8.33	7.79	7.04	
H1 lead leg	R	strides		15	15	15	15			15	16	16	16	19.7	142.7						

Muhammad, Dalilah (USA) (1990)

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

FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	10-Aug-17	time	5.88	9.84	14.04	18.32	22.68		27.16	31.84	36.88	41.88	47.16		53.50	4 / 2					
reaction time	0.152	interval		3.96	4.20	4.28	4.36		4.48	4.68	5.04	5.00	5.28	6.34				12.44	13.52	15.32	
		velocity	7.65	8.84	8.33	8.18	8.03		7.81	7.48	6.94	7.00	6.63	6.31	7.48			8.44	7.77	6.85	
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	20	181						

Batten, Kim (USA) (1969)

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

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

date	08-Aug-97	time	6.57	10.66	14.86	19.10	23.46		27.88	32.46	37.34	42.36	47.46		53.52	5 / 3					
reaction time	0.170	interval		4.09	4.20	4.24	4.36		4.42	4.58	4.88	5.02	5.10	6.06				12.53	13.36	15.00	
		velocity	6.85	8.56	8.33	8.25	8.03		7.92	7.64	7.17	6.97	6.86	6.60	7.47			8.38	7.86	7.00	
H1 lead leg		strides																			

Russell, Janieve (JAM) (1993)

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

FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	10-Aug-22	time	6.33	10.47	14.65	18.88	23.17	25.08	27.60		37.07	42.07	47.30		53.52	3 / 2					
reaction time	0.180	interval		4.14	4.18	4.23	4.29		4.43		9.47	5.00	5.23	6.22				12.55			
		velocity	7.11	8.45	8.37	8.27	8.16	7.97	7.90		7.39	7.00	6.69	6.43	7.47			8.37			
H1 lead leg	R	strides	23	15	15	15	15		15			16	17	20	151						

Muhammad, Dalilah (USA) (1990)

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

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

date	09-Jul-23	time	6.24	10.21	14.41	18.72	23.19		27.76	32.36	37.24	42.24	47.44		53.53	4 / 2					
reaction time		interval		3.97	4.20	4.31	4.47		4.57	4.60	4.88	5.00	5.20	6.09				12.48	13.64	15.08	
		velocity	7.21	8.82	8.33	8.12	7.83		7.66	7.61	7.17	7.00	6.73	6.57	7.47			8.41	7.70	6.96	
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19.5	178.5						

Petersen, Sara Slott (DEN) (1987)

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

FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	18-Aug-16	time	6.32	10.44	14.72	19.00	23.36		27.84	32.48	37.40	42.36	47.64		53.55	4 / 2					
reaction time	0.161	interval		4.12	4.28	4.28	4.36		4.48	4.64	4.92	4.96	5.28	5.91	NR PB			12.68	13.48	15.16	
		velocity	7.12	8.50	8.18	8.18	8.03		7.81	7.54	7.11	7.06	6.63	6.77	7.47			8.28	7.79	6.93	
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	17	20	181						

Spencer, Kaliese (JAM) (1987)

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

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

date	20-Aug-09	time	6.43	10.48	14.66	18.93	23.31		27.95	32.69	37.51	42.45	47.55		53.56	6 / 4					
reaction time	0.149	interval		4.05	4.18	4.27	4.38		4.64	4.74	4.82	4.94	5.10	6.01	PB			12.50	13.76	14.86	
		velocity	7.00	8.64	8.37	8.20	7.99		7.54	7.38	7.26	7.09	6.86	6.66	7.47			8.40	7.63	7.07	
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131						

Adekoya, Kemi (BRN) (1993)

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

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

date	21-Aug-23	time	6.40	10.30	14.36	18.37	22.73		27.30	31.90	36.73	42.00	47.38		53.56	8 / 1					

reaction time	0.191	interval		3.90	4.06	4.01	4.36		4.57	4.60	4.83	5.27	5.38	6.18	AR		11.97	13.53	15.48
		velocity	7.03	8.97	8.62	8.73	8.03		7.66	7.61	7.25	6.64	6.51	6.47	7.47		8.77	7.76	6.78
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	17	17	19.5	182.5				

Clayton, Rushell (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)														*Omega Timing (2023) - diamond league race analysis*			
date 02-Sep-23	time	6.30	10.30	14.40	18.60	22.90		27.50	32.20	37.10	42.20	47.40		53.56	5 / 1			
reaction time 0.138	interval		4.00	4.10	4.20	4.30		4.60	4.70	4.90	5.10	5.20	6.16			12.30	13.60	15.20
	velocity	7.14	8.75	8.54	8.33	8.14		7.61	7.45	7.14	6.86	6.73	6.49	7.47		8.54	7.72	6.91
H1 lead leg R	strides	23	14	15	15	15		15	15	16	16	16	19.2	179.2				

Clayton, Rushell (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Prefontaine Classic (Eugene, OR)														*Omega Timing (2023) - diamond league race analysis*			
date 17-Sep-23	time	6.25	10.22	14.25	18.43	22.88		27.51	32.30	37.29	42.36	47.53		53.56	7 / 3			
reaction time 0.138	interval		3.97	4.03	4.18	4.45		4.63	4.79	4.99	5.07	5.17	6.03			12.18	13.87	15.23
	velocity	7.20	8.82	8.68	8.37	7.87		7.56	7.31	7.01	6.90	6.77	6.63	7.47		8.62	7.57	6.89
H1 lead leg L	strides	22	14	14	14	14		15	16	16	16	16	19	176				

Bidouane, Nezha (MAR) (1969)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2000 Olympic Games (Sydney, AUS)														*Behm (2000) - Sydney 2000: Compte-rendu du 400m haies*			
date 27-Sep-00	time	6.4	10.7	15.0	19.3	23.6		28.1	32.7	37.5	42.4	47.5		53.57	4 / 3			
reaction time 0.169	interval		4.3	4.3	4.3	4.3		4.5	4.6	4.8	4.9	5.1	6.07			12.90	13.40	14.80
	velocity	7.03	8.14	8.14	8.14	8.14		7.78	7.61	7.29	7.14	6.86	6.59	7.47		8.14	7.84	7.09
H1 lead leg R	strides		16	16	16	16		16	17	17	17	17	21	169				

Busch, Sabine (GDR) (1962)

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

McLaughlin, Sydney (USA) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2018 National Relay Championships (Fayetteville, AR) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 27-Apr-18	time	6.31	10.30		19.08	23.53		28.06	32.80	37.66	42.81	47.95		53.60	5 / 1			
reaction time	interval		3.99		8.78	4.45		4.53	4.74	4.86	5.15	5.14	5.65	WJR PB		12.77	13.72	15.15
	velocity	7.13	8.77		7.97	7.87		7.73	7.38	7.20	6.80	6.81	7.08	7.46		8.22	7.65	6.93
H1 lead leg R	strides	22	15			15		15	15	15	16	16	18.5	147.5				

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Prefontaine Classic (Eugene, OR)														*Omega Timing (2023) - diamond league race analysis*			
date 17-Sep-23	time	6.30	10.42	14.57	18.74	23.10		27.69	32.48	37.37	42.27	47.41		53.60	3 / 4			
reaction time 0.140	interval		4.12	4.15	4.17	4.36		4.59	4.79	4.89	4.90	5.14	6.19			12.44	13.74	14.93
	velocity	7.14	8.50	8.43	8.39	8.03		7.63	7.31	7.16	7.14	6.81	6.46	7.46		8.44	7.64	7.03
H1 lead leg R	strides	23	15			15		15	16	16	16	16	20	152				

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 03-May-19	time	6.24	10.31	14.68	19.11	23.59	25.5	28.02	32.56	37.23	42.28	47.48		53.61	5 / 1			
reaction time 0.179	interval		4.07	4.37	4.43	4.48		4.43	4.54	4.67	5.05	5.20	6.13			12.87	13.45	14.92
	velocity	7.21	8.60	8.01	7.90	7.81	7.84	7.90	7.71	7.49	6.93	6.73	6.53	7.46		8.16	7.81	7.04
H1 lead leg R	strides	23	15	15	15	15		15	15	15	16	16	20	180				

Little, Shamier (USA) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 USATF National Champinships (Des Moines, IA) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 24-Jun-18	time	6.30	10.51	14.78	19.15	23.55		28.09	32.66	37.40	42.31	47.54		53.61	5 / 1			
reaction time	interval		4.21	4.27	4.37	4.40		4.54	4.57	4.74	4.91	5.23	6.07			12.85	13.51	14.88
	velocity	7.14	8.31	8.20	8.01	7.95		7.71	7.66	7.38	7.13	6.69	6.59	7.46		8.17	7.77	7.06
H1 lead leg R	strides	23	15	15	15	15		15	15	15	16	16	20	180				

Little, Shamier (USA) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 20-Jul-22	time	6.17	10.26	14.53	18.80	23.33	25.43	27.93	32.73	37.60	42.63	47.77		53.61	6 / 2			
reaction time 0.178	interval		4.09	4.27	4.27	4.53		4.60	4.80	4.87	5.03	5.14	5.84			12.63	13.93	15.04
	velocity	7.29	8.56	8.20	8.20	7.73	7.86	7.61	7.29	7.19	6.96	6.81	6.85	7.46		8.31	7.54	6.98
H1 lead leg R	strides	23	15	15	15	15		15	15	15	16	16	19.2	179.2				

Busch, Sabine (GDR) (1962)

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

Ledovskaya, Tatyana (URS) (1966)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1990 European Championships (Split, YUG)														*Behm (1995) - la tactique du 400 haies*			
date 31-Aug-90	time	6.2	10.4	14.5	18.7	23.0		27.5	32.1	37.1	42.1	47.5		53.62	/ 1			
reaction time	interval		4.2	4.1	4.2	4.3		4.5	4.6	5.0	5.0	5.4	6.12			12.50	13.40	15.40

		velocity	7.26	8.33	8.54	8.33	8.14		7.78	7.61	7.00	7.00	6.48	6.54	7.46			8.40	7.84	6.82
H1 lead leg		strides	23	15	15	15	15		15	15	15	16	17		161					

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)														*Henson (2021) - Athlete First: 2018 year end hurdle report*			
date 09-Sep-18	time	6.36	10.60	14.94	19.32	23.76		28.28	32.92	37.62	42.64	47.64		53.62	1 / 1			
reaction time 0.156	interval		4.24	4.34	4.38	4.44		4.52	4.64	4.70	5.02	5.00	5.98			12.96	13.60	14.72
	velocity	7.08	8.25	8.06	7.99	7.88		7.74	7.54	7.45	6.97	7.00	6.69	7.46		8.10	7.72	7.13
H1 lead leg R	strides	22	15	15	15	15		15	15	15	16	16	19.2	178.2				

Fiedler, Ellen (GDR) (1958)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1988 Olympic Games (Seoul, KOR)														*Gill (1990) - atletismo (I) carreras y marcha*			
date 28-Sep-88	time	6.33	10.37	14.49	18.76	23.22		27.77	32.43	37.25	42.39	47.59		53.63	6 / 3			
reaction time 0.172	interval		4.04	4.12	4.27	4.46		4.55	4.66	4.82	5.14	5.20	6.04	PB		12.43	13.67	15.16
	velocity	7.11	8.66	8.50	8.20	7.85		7.69	7.51	7.26	6.81	6.73	6.62	7.46		8.45	7.68	6.93
H1 lead leg R	strides	23	15	15	15	15		15	15	15	16	16	20	180				

Clayton, Rushell (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 20-Jul-22	time	6.20	10.27	14.40	18.60	23.04	25.07	27.57	32.30	37.10	42.27	47.40		53.63	8 / 3			
reaction time 0.169	interval		4.07	4.13	4.20	4.44		4.53	4.73	4.80	5.17	5.13	6.23	PB		12.40	13.70	15.10
	velocity	7.26	8.60	8.47	8.33	7.88	7.98	7.73	7.40	7.29	6.77	6.82	6.42	7.46		8.47	7.66	6.95
H1 lead leg L	strides	22	14	14	15	15		15	15	15	16	16	19.2	176.2				

Cockrell, Anna (USA) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 22-Aug-23	time	6.27	10.31	14.38	18.48	22.96		27.76	32.53	37.37	42.45	47.65		53.63	7 / 2			
reaction time 0.199	interval		4.04	4.07	4.10	4.48		4.80	4.77	4.84	5.08	5.20	5.98	PB		12.21	14.05	15.12
	velocity	7.18	8.66	8.60	8.54	7.81		7.29	7.34	7.23	6.89	6.73	6.69	7.46		8.60	7.47	6.94
H1 lead leg R	strides	22	14	14	14	14		15	15	15	15	16	19	173				

Little, Shamier (USA) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Galà Dei Castelli (Bellinzona, ITA) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 04-Sep-23	time	6.44	10.64	14.92		23.48		27.96	32.56	37.28	42.32	47.52		53.64	5 / 2			
reaction time	interval		4.20	4.28		8.56		4.48	4.60	4.72	5.04	5.20	6.12					14.96
	velocity	6.99	8.33	8.18		8.18		7.81	7.61	7.42	6.94	6.73	6.54	7.46				7.02
H1 lead leg R	strides	23	15	15				15	15	15	16	16	20	150				

Glover, Sandra (USA) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1999 IAAF World Championships (Sevilla, ESP)														*Behm (1999) - Seville 99 - 400m haies*			
date 25-Aug-99	time	6.6	10.7	15.1	19.4	23.9		28.3	33.1	37.8	42.7	47.7		53.65	1 / 5			
reaction time 0.150	interval		4.1	4.4	4.3	4.5		4.4	4.8	4.7	4.9	5.0	5.95	PB		12.80	13.70	14.60
	velocity	6.82	8.54	7.95	8.14	7.78		7.95	7.29	7.45	7.14	7.00	6.72	7.46		8.20	7.66	7.19
H1 lead leg L	strides	24	16	16	16	16		16	16	16	16	17	20	189				

Glover, Sandra (USA) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 IAAF World Championships (Paris, FRA)														*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date 28-Aug-03	time	6.44	10.64	14.97	19.30	23.83		28.37	32.99	37.64	42.55	47.60		53.65	6 / 2			
reaction time 2.060	interval		4.20	4.33	4.33	4.53		4.54	4.62	4.65	4.91	5.05	6.05			12.86	13.69	14.61
	velocity	6.99	8.33	8.08	8.08	7.73		7.71	7.58	7.53	7.13	6.93	6.61	7.46		8.16	7.67	7.19
H1 lead leg L	strides	24	16	16	16	16		16	16	17	17	17	20	191				

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 07-Jun-18	time	6.04	10.08	14.44	18.96	23.56	25.5	28.08	32.72	37.64	42.48	47.64		53.65	5 / 1			
reaction time 0.166	interval		4.04	4.36	4.52	4.60		4.52	4.64	4.92	4.84	5.16	6.01			12.92	13.76	14.92
	velocity	7.45	8.66	8.03	7.74	7.61	7.84	7.74	7.54	7.11	7.23	6.78	6.66	7.46		8.13	7.63	7.04
H1 lead leg R	strides	23	15	15	15	15		15	15	16	16	16	19.7	180.7				

Spencer, Kaliese (JAM) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2012 Olympic Games (London, GBR)														*Hillier (2012) - uka 2012 olympic games report: 400m hurdles*			
date 08-Aug-12	time	6.36	10.40	14.45	18.60	22.81	24.61	27.40	32.29	37.14	42.12	47.50		53.66	9 / 4			
reaction time 0.191	interval		4.04	4.05	4.15	4.21		4.59	4.89	4.85	4.98	5.38	6.16			12.24	13.69	15.21
	velocity	7.08	8.66	8.64	8.43	8.31	8.13	7.63	7.16	7.22	7.03	6.51	6.49	7.45		8.58	7.67	6.90
H1 lead leg R	strides	23	15	15	15	15		15	15	15	15	16	19	178				

Stepanova, Marina (URS) (1950)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1984 Women's Friendship Games (Prague, TCH)														*Stepanova (1997) - my experiences in the 400m hurdles*			
date 17-Aug-84	time	6.65	10.81	15.09	19.45	23.93		28.49	33.13		42.97	48.01		53.67	1 / 1			
reaction time	interval		4.16	4.28	4.36	4.48		4.56	4.64		9.84	5.04	5.66	PB		12.80	13.68	14.88
	velocity	6.77	8.41	8.18	8.03	7.81		7.68	7.54		7.11	6.94	7.07	7.45		8.20	7.68	7.06
H1 lead leg	strides	22	15	15	15	15		15	15	17	17	17		163				

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 06-Jun-19	time	6.24	10.26	14.58	19.10	23.76		28.40	33.00	37.68	42.58	47.70		53.67	5 / 1			
reaction time 0.147	interval		4.02	4.32	4.52	4.66		4.64	4.60	4.68	4.90	5.12	5.97			12.86	13.90	14.70
	velocity	7.21	8.71	8.10	7.74	7.51		7.54	7.61	7.48	7.14	6.84	6.70	7.45		8.16	7.55	7.14

H1 lead leg	R	strides	23	15	15	15	15		15	15	15	15	16	19.5	178.5					

Pernía, Daimí (CUB) (1976)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2000 Olympic Games (Sydney, AUS)																*Behm (2000) - Sydney 2000: Compte-rendu du 400m haies*			
date	27-Sep-00	time	6.4	10.5	14.7	19.0	23.3		27.9	32.5	37.5	42.6	47.6		53.68	5 / 4			
reaction time	0.447	interval		4.1	4.2	4.3	4.3		4.6	4.6	5.0	5.1	5.0	6.08			12.60	13.50	15.10
		velocity	7.03	8.54	8.33	8.14	8.14		7.61	7.61	7.00	6.86	7.00	6.58	7.45		8.33	7.78	6.95
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	19.5	179.5				

Russell, Janieve (JAM) (1993)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	06-Jul-21	time	6.27	10.46	14.60	18.92	23.27		27.79	32.52	37.47	42.49	47.64		53.68	4 / 3			
reaction time	0.168	interval		4.19	4.14	4.32	4.35		4.52	4.73	4.95	5.02	5.15	6.04			12.65	13.60	15.12
		velocity	7.18	8.35	8.45	8.10	8.05		7.74	7.40	7.07	6.97	6.80	6.62	7.45		8.30	7.72	6.94
H1 lead leg	R	strides	23	15	15	15	15		15		16	16	17	20	167				

Farmer-Patrick, Sandra (USA) (1962)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1992 Olympic Games (Barcelona, ESP)																*Knight (1992) - 1992 Olympic report: the hurdling events*			
date	05-Aug-92	time	6.5	10.5	13.7	19.1	23.5		28.2	33.0	37.8	42.8	47.6		53.69	4 / 2			
reaction time		interval		4.00	3.20	5.40	4.40		4.70	4.80	4.80	5.00	4.80	6.09			12.60	13.90	14.60
		velocity	6.92	8.75	10.94	6.48	7.95		7.45	7.29	7.29	7.00	7.29	6.57	7.45		8.33	7.55	7.19
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	19.2	183.2				

Woodruff, Gianna (PAN) (1993)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	20-Jul-22	time	6.30	10.47	14.70	19.10	23.62	25.60	28.23	32.93	37.86	42.73	47.83		53.69	7 / 2			
reaction time	0.211	interval		4.17	4.23	4.40	4.52		4.61	4.70	4.93	4.87	5.10	5.86	AR PB		12.80	13.83	14.90
		velocity	7.14	8.39	8.27	7.95	7.74	7.81	7.59	7.45	7.10	7.19	6.86	6.83	7.45		8.20	7.59	7.05
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	17	19.2	181.2				

Russell, Janieve (JAM) (1993)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	22-Aug-23	time	6.37	10.48	14.58	18.86	23.22			32.43	37.27	42.32	47.59		53.69	7 / 3			
reaction time	0.180	interval		4.11	4.10	4.28	4.36			9.21	4.84	5.05	5.27	6.10			12.49	13.57	15.16
		velocity	7.06	8.52	8.54	8.18	8.03			7.60	7.23	6.93	6.64	6.56	7.45		8.41	7.74	6.93
H1 lead leg	R	strides	23	15	15	15	15				16	17	17	20	153				

Tosta, Sheena (USA) (1982)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Olympic Games (Beijing, CHN)																*Behm (2008)- Pekin 2008: Le quatrache masculin - féminin*			
date	20-Aug-08	time	6.2	10.2	14.2	18.4	22.9		27.4	32.0	36.8	41.8	47.1		53.70	5 / 2			
reaction time	0.191	interval		4.0	4.0	4.2	4.5		4.5	4.6	4.8	5.0	5.3	6.60			12.20	13.60	15.10
		velocity	7.26	8.75	8.75	8.33	7.78		7.78	7.61	7.29	7.00	6.60	6.06	7.45		8.61	7.72	6.95
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	16	20	181				

Cockrell, Anna (USA) (1997)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 USA Olympic Trials (Eugene, OR)																*Athlete Tracking (2021) - Women's 400mH - Unofficial Split Times*			
date	27-Jun-21	time	6.32	10.46	14.69	19.10	23.56	25.53	28.14	32.81	37.60	42.51	47.61		53.70	9 / 3			
reaction time	0.201	interval		4.14	4.23	4.41	4.46		4.58	4.67	4.79	4.91	5.10	6.09	PB		12.78	13.71	14.80
		velocity	7.12	8.45	8.27	7.94	7.85	7.83	7.64	7.49	7.31	7.13	6.86	6.57	7.45		8.22	7.66	7.09
H1 lead leg	L	strides		15	15	15	15		15	15	15	16	16		137				

Ryzhykova, Anna (UKR) (1989)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	09-Sep-21	time	6.40	10.40	14.56	18.88	23.28	25.1	27.92	32.68	37.48	42.52	47.76		53.70	5 / 3			
reaction time	0.160	interval		4.00	4.16	4.32	4.40		4.64	4.76	4.80	5.04	5.24	5.94			12.48	13.80	15.08
		velocity	7.03	8.75	8.41	8.10	7.95	7.97	7.54	7.35	7.29	6.94	6.68	6.73	7.45		8.41	7.61	6.96
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	19.2	173.2				

Ponomaryova, Margareta (RUS) (196

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1993 IAAF World Championships (Stuttgart, GER)																*Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)*			
date	17-Aug-93	time	6.54	10.65	14.94	19.14	23.56		28.08	32.69	37.48	42.56	47.83		53.71	5 / 1			
reaction time		interval		4.11	4.29	4.20	4.42		4.52	4.61	4.79	5.08	5.27	5.88			12.60	13.55	15.14
		velocity	6.88	8.52	8.16	8.33	7.92		7.74	7.59	7.31	6.89	6.64	6.80	7.45		8.33	7.75	6.94
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178				

Pechonkina, Yuliya (RUS) (1978)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 IAAF World Championships (Paris, FRA)																*Behm (2003) - Paris 2003:Le quatrache masculn - féminin*			
date	28-Aug-03	time	6.3	10.3	14.3	18.4	22.7		27.1	31.6	36.6	41.7	47.1		53.71	5 / 3			
reaction time	0.128	interval		4.0	4.0	4.1	4.3		4.4	4.5	5.0	5.1	5.4	6.61			12.10	13.20	15.50
		velocity	7.14	8.75	8.75	8.54	8.14		7.95	7.78	7.00	6.86	6.48	6.05	7.45		8.68	7.95	6.77
H1 lead leg	L	strides	22	15	15	15	15		15	15	17	17	17	19.5	182.5				

Little, Shamier (USA) (1995)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	26-Jun-21	time	6.37	10.54	14.86	19.25	23.75		28.43	33.23	38.10	43.01	48.01		53.71	5 / 1			
reaction time	0.222	interval		4.17	4.32	4.39	4.50		4.68	4.80	4.87	4.91	5.00	5.70			12.88	13.98	14.78
		velocity	7.06	8.39	8.10	7.97	7.78		7.48	7.29	7.19	7.13	7.00	7.02	7.45		8.15	7.51	7.10
H1 lead leg	R	strides		15	15	15	15		16	16	16	16	16	19	159				

Spencer, Ashley (USA) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 18-Aug-16 time	6.52	10.84	15.24	19.60	24.12		28.72	33.40	38.16	42.96	47.92		53.72	5 / 3			
reaction time 0.172 interval		4.32	4.40	4.36	4.52		4.60	4.68	4.76	4.80	4.96	5.80	PB		13.08	13.80	14.52
velocity	6.90	8.10	7.95	8.03	7.74		7.61	7.48	7.35	7.29	7.06	6.90	7.45		8.03	7.61	7.23
H1 lead leg L strides	22	15	15	14	15		15	15	15	15	15	18.5	174.5				

Wilson, Britton (USA) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 20-Jul-22 time	6.47	10.70	15.07	19.40	24.00	26.19	28.67	33.33	38.10	42.93	47.97		53.72	5 / 4			
reaction time 0.159 interval		4.23	4.37	4.33	4.60		4.67	4.66	4.77	4.83	5.04	5.75			12.93	13.93	14.64
velocity	6.96	8.27	8.01	8.08	7.61	7.64	7.49	7.51	7.34	7.25	6.94	6.96	7.45		8.12	7.54	7.17
H1 lead leg R strides	23	15	15	15	15		15	15	15	15	16	18.2	177.2				

Woodruff, Gianna (PAN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 08-Sep-22 time	6.31	10.28			23.26	25.12	27.76	32.46		42.27	47.57		53.72	3 / 2			
reaction time 0.203 interval		3.97			12.98		4.50	4.70		9.81	5.30	6.15					15.11
velocity	7.13	8.82			8.09	7.96	7.78	7.45		7.14	6.60	6.50	7.45				6.95
H1 lead leg L strides	23	15					15	15			16	19.2	103.2				

Knight, Andrenette (JAM) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 22-Aug-23 time	6.27	10.41	14.51	18.61	22.99		27.49	32.23	37.20	42.30	47.58		53.72	7 / 2			
reaction time 0.163 interval		4.14	4.10	4.10	4.38		4.50	4.74	4.97	5.10	5.28	6.14			12.34	13.62	15.35
velocity	7.18	8.45	8.54	8.54	7.99		7.78	7.38	7.04	6.86	6.63	6.51	7.45		8.51	7.71	6.84
H1 lead leg R strides	23	15	15	15	15		15	15	16	16	17	20	182				

Little, Shamier (USA) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 05-Jul-19 time	6.12	10.24	14.50	18.88	23.32	25.3	27.90	32.74	37.72	42.80	48.00		53.73	5 / 1			
reaction time 0.223 interval		4.12	4.26	4.38	4.44		4.58	4.84	4.98	5.08	5.20	5.73			12.76	13.86	15.26
velocity	7.35	8.50	8.22	7.99	7.88	7.91	7.64	7.23	7.03	6.89	6.73	6.98	7.44		8.23	7.58	6.88
H1 lead leg L strides	23	15	15	15	15		15	16	16	16	17	19.7	182.7				

Pechonkina, Yuliya (RUS) (1978)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 IAAF World Cup (Madrid, ESP)														*Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*			
date 20-Sep-02 time	6.49	10.55	14.77	18.94	23.29		27.77	32.37	37.26	42.31	47.48		53.74	3 / 1			
reaction time 0.184 interval		4.06	4.22	4.17	4.35		4.48	4.60	4.89	5.05	5.17	6.26			12.45	13.43	15.11
velocity	6.93	8.62	8.29	8.39	8.05		7.81	7.61	7.16	6.93	6.77	6.39	7.44		8.43	7.82	6.95
H1 lead leg L strides	22	15	15	15	15		15	15	16	16	17	20	181				

Tracey, Ristananna (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 10-Aug-17 time	6.24	10.36	14.40	18.68	23.00		27.56	32.28	37.28	42.40	47.60		53.74	7 / 3			
reaction time 0.178 interval		4.12	4.04	4.28	4.32		4.56	4.72	5.00	5.12	5.20	6.14	PB		12.44	13.60	15.32
velocity	7.21	8.50	8.66	8.18	8.10		7.68	7.42	7.00	6.84	6.73	6.51	7.44		8.44	7.72	6.85
H1 lead leg L strides	23	15	15	15	15		16	16	17	17	17	20.2	186.2				

Clayton, Rushell (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 04-Oct-19 time	6.42	10.61	14.87	19.24	23.79		28.38	33.16	38.00	42.91	47.91		53.74	5 / 3			
reaction time 0.137 interval		4.19	4.26	4.37	4.55		4.59	4.78	4.84	4.91	5.00	5.83	PB		12.82	13.92	14.75
velocity	7.01	8.35	8.22	8.01	7.69		7.63	7.32	7.23	7.13	7.00	6.86	7.44		8.19	7.54	7.12
H1 lead leg L strides	23	15	15	15	15		15	16	15	16	16	19	180				

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 London Athletics Meet (London, GBR)														*Omega Timing (2023) - diamond league race analysis*			
date 23-Jul-23 time	6.33	10.46	14.62	18.91	23.27		27.85	32.60	37.40	42.33	47.49		53.75	5 / 2			
reaction time 0.148 interval		4.13	4.16	4.29	4.36		4.58	4.75	4.80	4.93	5.16	6.26			12.58	13.69	14.89
velocity	7.11	8.47	8.41	8.16	8.03		7.64	7.37	7.29	7.10	6.78	6.39	7.44		8.35	7.67	7.05
H1 lead leg R strides	23	15	15	15	15		16	16	16	16	17	20	184				

Tkachuk, Viktoriya (UKR) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 09-Sep-21 time	6.36	10.52		19.16	23.52	25.3	27.96	32.64		42.40	47.60		53.76	7 / 4			
reaction time 0.192 interval		4.16		8.64	4.36		4.44	4.68		9.76	5.20	6.16	PB		12.80	13.48	14.96
velocity	7.08	8.41		8.10	8.03	7.91	7.88	7.48		7.17	6.73	6.49	7.44		8.20	7.79	7.02
H1 lead leg L strides	20	18			15		15	15		16	16	20	135				

Little, Shamier (USA) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 22-Jul-22 time	6.33	10.53	14.73	19.17	23.68	25.52		32.96	37.67	42.60	47.77		53.76	3 / 4			
reaction time 0.147 interval		4.20	4.20	4.44	4.51			9.28	4.71	4.93	5.17	5.99			12.84	13.79	14.81
velocity	7.11	8.33	8.33	7.88	7.76	7.84		7.54	7.43	7.10	6.77	6.68	7.44		8.18	7.61	7.09
H1 lead leg R strides	22	15	15	15	15				15	15	16		128				

Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 London Athletics Meet (London, GBR)															*Omega Timing (2023) - diamond league race analysis*				
date	23-Jul-23	time	6.20	10.29	14.44	18.70	23.07		27.69	32.46	37.30	42.52	47.80		53.76	4 / 3			
reaction time	0.174	interval		4.09	4.15	4.26	4.37		4.62	4.77	4.84	5.22	5.28	5.96			12.50	13.76	15.34
		velocity	7.26	8.56	8.43	8.22	8.01		7.58	7.34	7.23	6.70	6.63	6.71	7.44		8.40	7.63	6.84
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	20	180				

Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	12-May-18	time	6.12	10.16	14.48	18.88	23.52		28.08	32.76	37.56	42.72	47.84		53.77	4 / 1			
reaction time	0.186	interval		4.04	4.32	4.40	4.64		4.56	4.68	4.80	5.16	5.12	5.93			12.76	13.88	15.08
		velocity	7.35	8.66	8.10	7.95	7.54		7.68	7.48	7.29	6.78	6.84	6.75	7.44		8.23	7.56	6.96
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19.5	179.5				

Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date	08-Sep-22	time	6.41	10.58		19.22	23.56	25.35	28.03	32.63	37.37	42.31	47.51		53.77	4 / 3			
reaction time	0.155	interval		4.17		8.64	4.34		4.47	4.60	4.74	4.94	5.20	6.26			12.81	13.41	14.88
		velocity	7.02	8.39		8.10	8.06	7.89	7.83	7.61	7.38	7.09	6.73	6.39	7.44		8.20	7.83	7.06
H1 lead leg	R	strides	23	15			15		15	15		16	17	20	136				

Gunnell, Sally (GBR) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Finals 1 - 1992 Olympic Games (Barcelona, ESP)															*Lyle (1992) - miscellaneous coaching notes*				
date	03-Aug-92	time	5.92	10.08	14.26	18.39	22.94		27.69	32.37	37.32	42.49	47.63		53.78	4 / 1			
reaction time		interval		4.16	4.18	4.13	4.55		4.75	4.68	4.95	5.17	5.14	6.15			12.47	13.98	15.26
		velocity	7.60	8.41	8.37	8.47	7.69		7.37	7.48	7.07	6.77	6.81	6.50	7.44		8.42	7.51	6.88
H1 lead leg		strides																	

Muhammad, Dalilah (USA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis)															*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date	25-Aug-16	time	6.12	10.20	14.56	18.96	23.48		28.04	32.68	37.52	42.52	47.76		53.78	5 / 1			
reaction time	0.118	interval		4.08	4.36	4.40	4.52		4.56	4.64	4.84	5.00	5.24	6.02			12.84	13.72	15.08
		velocity	7.35	8.58	8.03	7.95	7.74		7.68	7.54	7.23	7.00	6.68	6.64	7.44		8.18	7.65	6.96
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	19.7	180.7				

Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)															*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date	12-May-18	time	6.40	10.48	14.76	19.12	23.56		28.16	32.96	37.92	42.88	47.96		53.78	3 / 2			
reaction time	0.170	interval		4.08	4.28	4.36	4.44		4.60	4.80	4.96	4.96	5.08	5.82	PB		12.72	13.84	15.00
		velocity	7.03	8.58	8.18	8.03	7.88		7.61	7.29	7.06	7.06	6.89	6.87	7.44		8.25	7.59	7.00
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.5	179.5				

Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	26-Aug-21	time	6.20	10.24	14.40				27.76	32.52	37.32	42.28	47.48		53.78	3 / 2			
reaction time	0.202	interval		4.04	4.16				13.36	4.76	4.80	4.96	5.20	6.30					14.96
		velocity	7.26	8.66	8.41				7.86	7.35	7.29	7.06	6.73	6.35	7.44				7.02
H1 lead leg	R	strides	23	15	15					16	16	16	17	20	138				

Tkachuk, Viktoriya (UKR) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	04-Aug-21	time	6.40	10.56	14.80	19.06	23.40		27.88	32.56	37.48	42.60	47.80		53.79	3 / 6			
reaction time	0.206	interval		4.16	4.24	4.26	4.34		4.48	4.68	4.92	5.12	5.20	5.99	PB		12.66	13.50	15.24
		velocity	7.03	8.41	8.25	8.22	8.06		7.81	7.48	7.11	6.84	6.73	6.68	7.44		8.29	7.78	6.89
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	19.7	179.7				

Little, Shamier (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date	21-Aug-21	time	6.28	10.40	14.60	18.88	23.46	25.4	28.20	33.10	37.96	42.88	47.88		53.79	6 / 2			
reaction time	0.190	interval		4.12	4.20	4.28	4.58		4.74	4.90	4.86	4.92	5.00	5.91			12.60	14.22	14.78
		velocity	7.17	8.50	8.33	8.18	7.64	7.87	7.38	7.14	7.20	7.11	7.00	6.77	7.44		8.33	7.38	7.10
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	17	16	19	184				

Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Memorial van Damme (Brussels, BEL)															*Omega Timing (2023) - diamond league race analysis*				
date	08-Sep-23	time	6.33	10.42	14.55	18.78	23.14		27.72	32.46	37.21	42.24	47.56		53.80	7 / 2			
reaction time	0.153	interval		4.09	4.13	4.23	4.36		4.58	4.74	4.75	5.03	5.32	6.24			12.45	13.68	15.10
		velocity	7.11	8.56	8.47	8.27	8.03		7.64	7.38	7.37	6.96	6.58	6.41	7.43		8.43	7.68	6.95
H1 lead leg	R	strides	23	15	15				16	16	16	16	17	20	154				

Batten, Kim (USA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USA Olympic Trials (Atlanta, GA)															*USATF Women's Sprint Development (1996)*				
date	16-Jun-96	time	6.43	10.50	14.88	19.25	23.71	25.62	28.28	32.95	37.85	42.78	47.81		53.81	4 / 1			
reaction time		interval		4.07	4.38	4.37	4.46		4.57	4.67	4.90	4.93	5.03	6.00			12.82	13.70	14.86
		velocity	7.00	8.60	7.99	8.01	7.85	7.81	7.66	7.49	7.14	7.10	6.96	6.67	7.43		8.19	7.66	7.07
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	21	185				

Tereshchuk, Tetyana (UKR) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

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

date	08-Aug-97	time	6.44	10.58	14.80	19.14	23.56	28.08	32.72	37.54	42.60	47.78		53.81	6 / 4		
reaction time	0.156	interval		4.14	4.22	4.34	4.42	4.52	4.64	4.82	5.06	5.18	6.03	NR		12.70	13.58	15.06
		velocity	6.99	8.45	8.29	8.06	7.92	7.74	7.54	7.26	6.92	6.76	6.63	7.43		8.27	7.73	6.97
H1 lead leg		strides																

McLaughlin, Sydney (USA) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 02-Oct-19 time	6.30	10.41	14.71	19.00	23.48	27.99	32.69	37.60	42.57	47.74		53.81	5 / 1				
reaction time 0.170 interval		4.11	4.30	4.29	4.48	4.51	4.70	4.91	4.97	5.17	6.07				12.70	13.69	15.05
velocity	7.14	8.52	8.14	8.16	7.81	7.76	7.45	7.13	7.04	6.77	6.59	7.43			8.27	7.67	6.98
H1 lead leg R strides	23	15	15	15	15	15	15	15	16	16	18.5	178.5					

Stambolova, Vania (BUL) (1983)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 European Championships (Barcelona, ESP)														*Behm (2010) - les haies bases*			
date 30-Jul-10 time	6.8	11.1	15.4	19.8	24.2	28.7	33.3	38.1	43.0	48.0		53.82	5 / 2				
reaction time 0.283 interval		4.3	4.3	4.4	4.4	4.5	4.6	4.8	4.9	5.0	5.8	NR			13.00	13.50	14.70
velocity	6.62	8.14	8.14	7.95	7.95	7.78	7.61	7.29	7.14	7.00	6.87				8.08	7.78	7.14
H1 lead leg R strides	23	15	15	15	15	15	15	16	16	16		161					

McLaughlin, Sydney (USA) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)														*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date 25-Jun-17 time	6.27	10.51	14.71	18.89	23.12	27.69	32.46	37.37	42.57	47.81		53.82	8 / 6				
reaction time 0.305 interval		4.24	4.20	4.18	4.23	4.57	4.77	4.91	5.20	5.24	6.01	WJR PB			12.62	13.57	15.35
velocity	7.18	8.25	8.33	8.37	8.27	7.66	7.34	7.13	6.73	6.68	6.66	7.43			8.32	7.74	6.84
H1 lead leg R strides	23	14	14	14	14	15	15	15	16	16	18.5	174.5					

Johnson, Sheena (USA) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Olympic Games (Athens, GRE)														*Behm (2005) - Athènes 2004: Les Haies Basses*			
date 25-Aug-04 time	6.4	10.5	14.7	19.1	23.6	28.2	32.9	37.7	42.6	47.7		53.83	8 / 4				
reaction time 0.408 interval		4.1	4.2	4.4	4.5	4.6	4.7	4.8	4.9	5.1	6.13				12.70	13.80	14.80
velocity	7.03	8.54	8.33	7.95	7.78	7.61	7.45	7.29	7.14	6.86	6.53	7.43			8.27	7.61	7.09
H1 lead leg L strides	23	15	15	15	15	15	15	15	16	16		160					

Williams, Tiffany (USA) (1983)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 IAAF World Championships (Berlin, GER)														*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date 20-Aug-09 time	6.31	10.34	14.45	18.68	22.96	27.45	32.27	37.09	42.21	47.53		53.83	2 / 5				
reaction time 0.161 interval		4.03	4.11	4.23	4.28	4.49	4.82	4.82	5.12	5.32	6.30				12.37	13.59	15.26
velocity	7.13	8.68	8.52	8.27	8.18	7.80	7.26	7.26	6.84	6.58	6.35	7.43			8.49	7.73	6.88
H1 lead leg strides		15	15	15	15	15	16	16	17	17		141					

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 08-Sep-22 time	6.04	10.01	14.18	18.42	22.82	24.64	27.29	31.87	36.70	41.87	47.31		53.83	5 / 4			
reaction time 0.150 interval		3.97	4.17	4.24	4.40		4.47	4.58	4.83	5.17	5.44	6.52			12.38	13.45	15.44
velocity	7.45	8.82	8.39	8.25	7.95	8.12	7.83	7.64	7.25	6.77	6.43	6.13	7.43		8.48	7.81	6.80
H1 lead leg R strides	22	15	15	15	15		15	15	15	16	16	20	179				

Batten, Kim (USA) (1969)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1993 IAAF World Championships (Stuttgart, GER)														*Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)*			
date 19-Aug-93 time	6.40	10.56	14.89	19.19	23.76		28.12	32.99	37.86	42.87	47.93		53.84	7 / 4			
reaction time interval		4.16	4.33	4.30	4.57		4.36	4.87	4.87	5.01	5.06	5.91	PB		12.79	13.80	14.94
velocity	7.03	8.41	8.08	8.14	7.66		8.03	7.19	7.19	6.99	6.92	6.77	7.43		8.21	7.61	7.03
H1 lead leg L strides	24	16	16	16	16		16	17	17	17			155				

Nosova, Yuliya (RUS) (1978)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 European Cup (Bremen, GER)														*Graubner (2007) - http://www.fgs.uni-halle.de*			
date 23-Jun-01 time	6.62	10.74	14.90	19.12	23.51		27.99	32.76	37.66	42.70	47.83		53.84	/ 1			
reaction time interval		4.12	4.16	4.22	4.39		4.48	4.77	4.90	5.04	5.13	6.01	PB		12.50	13.64	15.07
velocity	6.80	8.50	8.41	8.29	7.97		7.81	7.34	7.14	6.94	6.82	6.66	7.43		8.40	7.70	6.97
H1 lead leg strides																	

Danvers-Smith, Tasha (GBR) (1977)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Olympic Games (Beijing, CHN)														*Behm (2008)- Pekin 2008: Le quatrache masculin - féminin*			
date 20-Aug-08 time	6.4	10.6	14.8	19.1	23.6		28.1	32.6	37.4	42.3	47.6		53.84	7 / 3			
reaction time 0.189 interval		4.2	4.2	4.3	4.5		4.5	4.5	4.8	4.9	5.3	6.24	PB		12.70	13.50	15.00
velocity	7.03	8.33	8.33	8.14	7.78		7.78	7.78	7.29	7.14	6.60	6.41	7.43		8.27	7.78	7.00
H1 lead leg R strides	22	15	15	15	15		15	15	16	17	17	21	183				

Clayton, Rushell (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Bislett Games (Oslo, NOR)														*Omega Timing (2023) - diamond league race analysis*			
date 15-Jun-23 time	6.34	10.36	14.47	18.72	23.10		27.70	32.46	37.42	42.53	47.76		53.84	6 / 2			
reaction time 0.141 interval		4.02	4.11	4.25	4.38		4.60	4.76	4.96	5.11	5.23	6.08			12.38	13.74	15.30
velocity	7.10	8.71	8.52	8.24	7.99		7.61	7.35	7.06	6.85	6.69	6.58	7.43		8.48	7.64	6.86
H1 lead leg L strides	22	15	14	14	15		15	15	16	16	16	20	178				

Antyukh, Natalya (RUS) (1981)

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

date	01-Sep-11	time	6.2	10.4	14.5	18.8	23.2		27.7	32.4	37.2	42.3	47.6		53.85	5 / 3				
reaction time	0.151	interval		4.2	4.1	4.3	4.4		4.5	4.7	4.8	5.1	5.3	6.3			12.60	13.60	15.20	
		velocity	7.26	8.33	8.54	8.14	7.95		7.78	7.45	7.29	6.86	6.60	6.40	7.43		8.33	7.72	6.91	
H1 lead leg	R	strides	22	15	15	15	15		16	16	17	17	17	20	185					

Little, Shamier (USA) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 USA Olympic Trials (Eugene, OR)														*Athlete Tracking (2021) - Women's 400mH - Unofficial Split Times*			
date 27-Jun-21	time	6.20	10.22	14.38	18.59	22.96	24.93	27.52	32.27	36.99	42.50	47.69		53.85	5 / 4			
reaction time 0.213	interval		4.02	4.16	4.21	4.37		4.56	4.75	4.72	5.51	5.19	6.16			12.39	13.68	15.42
	velocity	7.26	8.71	8.41	8.31	8.01	8.02	7.68	7.37	7.42	6.35	6.74	6.49	7.43		8.47	7.68	6.81
H1 lead leg R	strides		15	15	15	15		16	16	15	18	17		142				

Little, Shamier (USA) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)														*Henson (2021) - Athlete First: 2018 year end hurdle report*			
date 09-Sep-18	time	6.28	10.52	14.88	19.32	23.84		28.36	33.00	37.84	42.80	47.88		53.86	5 / 2			
reaction time 0.223	interval		4.24	4.36	4.44	4.52		4.52	4.64	4.84	4.96	5.08	5.98			13.04	13.68	14.88
	velocity	7.17	8.25	8.03	7.88	7.74		7.74	7.54	7.23	7.06	6.89	6.69	7.43		8.05	7.68	7.06
H1 lead leg R	strides	23	15	15	15	15		15	15	15	15	16	19.2	178.2				

Little, Shamier (USA) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 29-Aug-19	time	6.18	10.40		18.96	23.38	25.3	27.92	32.68		42.56	47.74		53.86	2 / 2			
reaction time 0.202	interval		4.22		8.56	4.42		4.54	4.76		9.88	5.18	6.12			12.78	13.72	15.06
	velocity	7.28	8.29		8.18	7.92	7.91	7.71	7.35		7.09	6.76	6.54	7.43		8.22	7.65	6.97
H1 lead leg L	strides	22	15			15		15	15			16	20	118				

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 26-Jun-21	time	6.07	10.11	14.43	18.95	23.59		28.33	33.10	37.94	42.95	48.01		53.86	6 / 2			
reaction time 0.174	interval		4.04	4.32	4.52	4.64		4.74	4.77	4.84	5.01	5.06	5.85			12.88	14.15	14.91
	velocity	7.41	8.66	8.10	7.74	7.54		7.38	7.34	7.23	6.99	6.92	6.84	7.43		8.15	7.42	7.04
H1 lead leg R	strides	22	15	15	15	15		15	15	15	16	16	18.7	177.7				

Knight, Andrenette (JAM) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)														*Omega Timing (2023) - diamond league race analysis*			
date 02-Sep-23	time	6.18	10.13	14.20	18.43	22.83		27.44	32.21	37.24	42.44	47.64		53.87	7 / 2			
reaction time 0.162	interval		3.95	4.07	4.23	4.40		4.61	4.77	5.03	5.20	5.20	6.23			12.25	13.78	15.43
	velocity	7.28	8.86	8.60	8.27	7.95		7.59	7.34	6.96	6.73	6.73	6.42	7.43		8.57	7.62	6.80
H1 lead leg R	strides	23	15	15	15	15		16	16	17	17	17	20	186				

Farmer-Patrick, Sandra (USA) (1962)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 1993 IAAF World Championships (Stuttgart, GER)														*Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)*			
date 17-Aug-93	time	6.38	10.52	14.68	18.98	23.42		27.91	32.56	37.44	42.47	47.12		53.88	3 / 1			
reaction time	interval		4.14	4.16	4.30	4.44		4.49	4.65	4.88	5.03	4.65	6.76			12.60	13.58	14.56
	velocity	7.05	8.45	8.41	8.14	7.88		7.80	7.53	7.17	6.96	7.53	5.92	7.42		8.33	7.73	7.21
H1 lead leg R	strides	23	15	15	15	15		15	16	16	16	16	19.2	181.2				

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 30-Aug-18	time	6.24	10.36	14.68	19.16	23.68	25.7	28.16	32.76	37.56	42.60	47.76		53.88	5 / 1			
reaction time 0.184	interval		4.12	4.32	4.48	4.52		4.48	4.60	4.80	5.04	5.16	6.12			12.92	13.60	15.00
	velocity	7.21	8.50	8.10	7.81	7.74	7.78	7.81	7.61	7.29	6.94	6.78	6.54	7.42		8.13	7.72	7.00
H1 lead leg R	strides	22	15	15	15	15		15	15	15	16	16	20.2	179.2				

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)														*Hirokawa (2019) - research on athlete performance and technique- 2019 data book*			
date 19-May-19	time	6.21	10.23	14.51	18.94	23.47		28.16	32.75	37.49	42.46	47.80		53.88	5 / 1			
reaction time 0.181	interval		4.02	4.28	4.43	4.53		4.69	4.59	4.74	4.97	5.34	6.08			12.73	13.81	15.05
	velocity	7.25	8.71	8.18	7.90	7.73		7.46	7.63	7.38	7.04	6.55	6.58	7.42		8.25	7.60	6.98
H1 lead leg R	strides	23	15	15	15	15		15	15	15	16	16	20	180				

Busch, Sabine (GDR) (1962)

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

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 01-Sep-17	time	6.00	10.04	14.36	18.76	23.16	25.3	27.68	32.44	37.44	42.52	47.76		53.89	6 / 1			
reaction time 0.154	interval		4.04	4.32	4.40	4.40		4.52	4.76	5.00	5.08	5.24	6.13			12.76	13.68	15.32
	velocity	7.50	8.66	8.10	7.95	7.95	7.91	7.74	7.35	7.00	6.89	6.68	6.53	7.42		8.23	7.68	6.85
H1 lead leg R	strides	23	15	15	15	15		15	15	16	16	16	20	181				

Folorunso, Ayomide (ITA) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 22-Aug-23	time	6.27	10.38	14.61	18.92	23.32			32.60	37.47	42.50	47.76		53.89	5 / 4			

reaction time	0.190	interval		4.11	4.23	4.31	4.40			9.28	4.87	5.03	5.26	6.13	NR		12.65	13.68	15.16
		velocity	7.18	8.52	8.27	8.12	7.95			7.54	7.19	6.96	6.65	6.53	7.42		8.30	7.68	6.93
H1 lead leg	L	strides	23	15	15	15	16				16	16	17	20.5	153.5				

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 22-Jul-16	time	6.10	10.23	14.53	18.90	23.53		28.00	32.70	37.50	42.53	47.83		53.90	6 / 1			
reaction time 0.138	interval		4.13	4.30	4.37	4.63		4.47	4.70	4.80	5.03	5.30	6.07			12.80	13.80	15.13
	velocity	7.38	8.47	8.14	8.01	7.56		7.83	7.45	7.29	6.96	6.60	6.59	7.42		8.20	7.61	6.94
H1 lead leg R	strides	23	15	15	15	15		15	15	15	16	16	19.5	179.5				

Spencer, Ashley (USA) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)														*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date 06-Jul-17	time	6.48	10.76	15.20	19.68	24.32		28.96	33.60	38.28	43.08	48.28		53.90	6 / 1			
reaction time 0.154	interval		4.28	4.44	4.48	4.64		4.64	4.64	4.68	4.80	5.20	5.62			13.20	13.92	14.68
	velocity	6.94	8.18	7.88	7.81	7.54		7.54	7.54	7.48	7.29	6.73	7.12	7.42		7.95	7.54	7.15
H1 lead leg L	strides	22	15	15	15	15		15	15	15	15	16	18.2	176.2				

Moline, Georganne (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 05-Jul-18	time	6.32	10.56		19.32	23.72		28.24	32.80	37.56	42.52	47.68		53.90	7 / 3			
reaction time 0.204	interval		4.24		8.76	4.40		4.52	4.56	4.76	4.96	5.16	6.22			13.00	13.48	14.88
	velocity	7.12	8.25		7.99	7.95		7.74	7.68	7.35	7.06	6.78	6.43	7.42		8.08	7.79	7.06
H1 lead leg R	strides	22	15			15		15	15	15	16	16	20	149				

Bol, Femke (NED) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 17-Sep-20	time	6.40	10.52	14.68	19.00	23.48	25.4	28.08	32.80	37.72	42.84	48.04		53.90	5 / 1			
reaction time 0.178	interval		4.12	4.16	4.32	4.48		4.60	4.72	4.92	5.12	5.20	5.86			12.60	13.80	15.24
	velocity	7.03	8.50	8.41	8.10	7.81	7.87	7.61	7.42	7.11	6.84	6.73	6.83	7.42		8.33	7.61	6.89
H1 lead leg L	strides	21	15	15	15	15		15	15	15	16	16	18.5	176.5				

Clayton, Rushell (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 30-Jun-22	time	6.46	10.68	14.84	19.08	23.44	25.32	27.96	32.66	37.58	42.58	47.80		53.90	7 / 2			
reaction time 0.143	interval		4.22	4.16	4.24	4.36		4.52	4.70	4.92	5.00	5.22	6.10			12.62	13.58	15.14
	velocity	6.97	8.29	8.41	8.25	8.03	7.90	7.74	7.45	7.11	7.00	6.70	6.56	7.42		8.32	7.73	6.94
H1 lead leg L	strides	23	15	15	15	15		15	16	16	16	16	19.7	181.7				

Bol, Femke (NED) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 19-Jul-22	time	6.26	10.36	14.50	18.66	22.93	24.95	27.46	32.10	36.93	42.17	47.47		53.90	8 / 1			
reaction time 0.191	interval		4.10	4.14	4.16	4.27		4.53	4.64	4.83	5.24	5.30	6.43			12.40	13.44	15.37
	velocity	7.19	8.54	8.45	8.41	8.20	8.02	7.73	7.54	7.25	6.68	6.60	6.22	7.42		8.47	7.81	6.83
H1 lead leg L	strides	22	15	15	15	15		15	15	15	16	16	18.7	177.7				

Little, Shamier (USA) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 USATF National Championships (Des Moines, IA) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 28-Jul-19	time	6.15	10.11	14.28	18.45	22.78		27.36	32.13	37.07	42.10	47.34		53.91	5 / 4			
reaction time 0.198	interval		3.96	4.17	4.17	4.33		4.58	4.77	4.94	5.03	5.24	6.57			12.30	13.68	15.21
	velocity	7.32	8.84	8.39	8.39	8.08		7.64	7.34	7.09	6.96	6.68	6.09	7.42		8.54	7.68	6.90
H1 lead leg L	strides	23	14	14	14	14		15	16	16	16	17	21	180				

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 02-Oct-19	time	6.14	10.07	14.25	18.55	23.08		27.63	32.36	37.30	42.37	47.64		53.91	5 / 1			
reaction time 0.167	interval		3.93	4.18	4.30	4.53		4.55	4.73	4.94	5.07	5.27	6.27			12.41	13.81	15.28
	velocity	7.33	8.91	8.37	8.14	7.73		7.69	7.40	7.09	6.90	6.64	6.38	7.42		8.46	7.60	6.87
H1 lead leg R	strides	23	15	15	15	15		15	15	16	16	16	19.2	180.2				

Bol, Femke (NED) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 02-Aug-21	time	6.48	10.60	14.76	19.04	23.40		27.92	32.56	37.32	42.24	47.32		53.91	5 / 1			
reaction time 0.215	interval		4.12	4.16	4.28	4.36		4.52	4.64	4.76	4.92	5.08	6.59			12.56	13.52	14.76
	velocity	6.94	8.50	8.41	8.18	8.03		7.74	7.54	7.35	7.11	6.89	6.07	7.42		8.36	7.77	7.11
H1 lead leg L	strides	22	15	15	15	15		15	15	15	15	15	19	176				

Pérec, Marie-José (FRA) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1995 Bislett Games (Oslo, NOR)														*Behm (1999) - Les 4 travaux de Marie-Jo*			
date 21-Jul-95	time	6.6	10.9	15.2	19.5	23.9		28.5	33.4	38.1	43.2	48.3		53.92	/ 1			
reaction time	interval		4.3	4.3	4.3	4.4		4.6	4.9	4.7	5.1	5.1	5.62	PB		12.90	13.90	14.90
	velocity	6.82	8.14	8.14	8.14	7.95		7.61	7.14	7.45	6.86	6.86	7.12	7.42		8.14	7.55	7.05
H1 lead leg	strides		14	14	14	14		14	14	14	14	15		127				

Buford-Bailey, Tonja (USA) (1970)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USA Olympic Trials (Atlanta, GA)														*USATF Women's Sprint Development (1996)*			
date 16-Jun-96	time	6.47	10.67	14.85	19.17	23.57	25.45	28.08	32.95	37.85	42.87	47.78		53.92	3 / 2			
reaction time	interval		4.20	4.18	4.32	4.40		4.51	4.87	4.90	5.02	4.91	6.14			12.70	13.78	14.83

		velocity	6.96	8.33	8.37	8.10	7.95	7.86	7.76	7.19	7.14	6.97	7.13	6.51	7.42		8.27	7.62	7.08
H1 lead leg	L	strides	23	15	15	15	15		15	16	17	17	17	19	184				

Pittman, Jana (AUS) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Olympic Games (Athens, GRE)														*Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04*			
date 25-Aug-04	time	6.40	10.50	14.57	18.80	23.10		27.57	32.21	37.02	42.19	47.47		53.92	5 / 5			
reaction time 0.248	interval		4.10	4.07	4.23	4.30		4.47	4.64	4.81	5.17	5.28	6.45			12.40	13.41	15.26
	velocity	7.03	8.54	8.60	8.27	8.14		7.83	7.54	7.28	6.77	6.63	6.20	7.42		8.47	7.83	6.88
H1 lead leg L	strides	22	14	14	14	14		14	15	15	16	16	18.5	172.5				

Jesień, Anna (POL) (1978)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 IAAF World Championships (Osaka, JPN)														*Ae (2008) - IAAF biomechanics team - a booklet of biomechanics data*			
date 30-Aug-07	time	6.48	10.63	14.95	19.29	23.70		28.23	32.90	37.80	42.75	47.98		53.92	7 / 3			
reaction time 0.176	interval		4.15	4.32	4.34	4.41		4.53	4.67	4.90	4.95	5.23	5.94			12.81	13.61	15.08
	velocity	6.94	8.43	8.10	8.06	7.94		7.73	7.49	7.14	7.07	6.69	6.73	7.42		8.20	7.71	6.96
H1 lead leg	strides	22	15	15	15	15		15	15	16	16	16	20.5	180.5				

Moline, Georganne (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2012 Olympic Games (London, GBR)														*Hillier (2012) - uka 2012 olympic games report: 400m hurdles*			
date 08-Aug-12	time	6.57	10.72	15.08	19.47	23.92	25.72	28.44	33.00	37.73	42.75	48.04		53.92	8 / 5			
reaction time 0.177	interval		4.15	4.36	4.39	4.45		4.52	4.56	4.73	5.02	5.29	5.88	PB		12.90	13.53	15.04
	velocity	6.85	8.43	8.03	7.97	7.87	7.78	7.74	7.68	7.40	6.97	6.62	6.80	7.42		8.14	7.76	6.98
H1 lead leg R	strides	23	15	15	15	15		15	15	15	16	16	19.2	179.2				

Hejnová, Zuzana (CZE) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 18-Aug-16	time	6.48	10.64	14.88	19.20	23.56		28.12	32.76	37.60	42.60	47.76		53.92	6 / 4			
reaction time 0.157	interval		4.16	4.24	4.32	4.36		4.56	4.64	4.84	5.00	5.16	6.16			12.72	13.56	15.00
	velocity	6.94	8.41	8.25	8.10	8.03		7.68	7.54	7.23	7.00	6.78	6.49	7.42		8.25	7.74	7.00
H1 lead leg R	strides	22	15	15	15	15		15	15	16	16	16	20	180				

Little, Shamier (USA) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 USATF National Championships (Eugene, OR)														*USATF (2022) - Results powered by Karmarush*			
date 25-Jun-22	time	6.31	10.37	14.55	18.94	23.44	25.44	28.03	32.56	37.27	42.29	47.61	*53.94*	53.92	8 / 3			
reaction time	interval		4.06	4.18	4.39	4.50		4.59	4.53	4.71	5.02	5.32	6.31			12.63	13.62	15.05
	velocity	7.13	8.62	8.37	7.97	7.78	7.86	7.63	7.73	7.43	6.97	6.58	6.34	7.42		8.31	7.71	6.98
H1 lead leg R	strides	23	15	15	15	15		15	15	15	16			144				

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 26-Aug-22	time	6.40	10.53		19.17	23.56	25.35	28.13	32.93	37.67	42.70	47.87		53.92	2 / 2			
reaction time 0.167	interval		4.13		8.64	4.39		4.57	4.80	4.74	5.03	5.17	6.05			12.77	13.76	14.94
	velocity	7.03	8.47		8.10	7.97	7.89	7.66	7.29	7.38	6.96	6.77	6.61	7.42		8.22	7.63	7.03
H1 lead leg R	strides	23	15			15		16	16	16	17	17	20	155				

Isakova, Yevgeniya (RUS) (1978)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 European Championships (Göteborg, SWE)														*Behm (2006) - Göteborg 2006: Le quatrache*			
date 09-Aug-06	time	6.5	10.6	14.7	19.1	23.5		28.0	33.0	38.0	43.0	48.2		53.93	6 / 1			
reaction time	interval		4.1	4.1	4.4	4.4		4.5	5.0	5.0	5.0	5.2	5.73	PB		12.60	13.90	15.20
	velocity	6.92	8.54	8.54	7.95	7.95		7.78	7.00	7.00	7.00	6.73	6.98	7.42		8.33	7.55	6.91
H1 lead leg L	strides	21	15	15	15	15		16	16	17	17	17	20	184				

Hejnová, Zuzana (CZE) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 01-Sep-17	time	6.40	10.64	14.88	19.20	23.64	25.7	28.16	32.84	37.72	42.76	47.88		53.93	7 / 2			
reaction time 0.156	interval		4.24	4.24	4.32	4.44		4.52	4.68	4.88	5.04	5.12	6.05			12.80	13.64	15.04
	velocity	7.03	8.25	8.25	8.10	7.88	7.78	7.74	7.48	7.17	6.94	6.84	6.61	7.42		8.20	7.70	6.98
H1 lead leg R	strides	22	15	15	15	15		15	15	16	16	16	20	180				

Little, Shamier (USA) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)														*Henson (2021) - Athlete First: major championships report*			
date 26-Aug-15	time	6.40	10.56	14.76	19.12	23.56			32.72	37.64	42.68	47.96		53.94	2 / 2			
reaction time 0.227	interval		4.16	4.20	4.36	4.44			9.16	4.92	5.04	5.28	5.98			12.72	13.60	15.24
	velocity	7.03	8.41	8.33	8.03	7.88			7.64	7.11	6.94	6.63	6.69	7.42		8.25	7.72	6.89
H1 lead leg R	strides		15		15	15				16	16	17	20	114				

Little, Shamier (USA) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 07-Jun-18	time	6.20	10.28	14.52	18.88	23.36	25.3	27.88	32.56	37.48	42.48	47.68		53.94	4 / 2			
reaction time 0.200	interval		4.08	4.24	4.36	4.48		4.52	4.68	4.92	5.00	5.20	6.26			12.68	13.68	15.12
	velocity	7.26	8.58	8.25	8.03	7.81	7.91	7.74	7.48	7.11	7.00	6.73	6.39	7.42		8.28	7.68	6.94
H1 lead leg R	strides	23	15	15	15	15		15	15	16	16	16	20	181				

Gunnell, Sally (GBR) (1966)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1993 IAAF World Championships (Stuttgart, GER)														*Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)*			
date 17-Aug-93	time	6.79	10.85	14.97	19.21	23.55		28.06	33.14	37.87	43.07	48.27		53.95	6 / 1			
reaction time	interval		4.06	4.12	4.24	4.34		4.51	5.08	4.73	5.20	5.20	5.68			12.42	13.93	15.13
	velocity	6.63	8.62	8.50	8.25	8.06		7.76	6.89	7.40	6.73	6.73	7.04	7.41		8.45	7.54	6.94

H1 lead leg	L	strides	23	15	15	15	15		15	16	17	17	17	19.5	184.5				

Bidouane, Nezha (MAR) (1969)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)																*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date	23-Aug-99	time	6.18	10.55	14.91	19.39	24.01		28.76	33.52	38.29	43.13	47.96		53.95	6 / 1			
reaction time	0.166	interval		4.37	4.36	4.48	4.62		4.75	4.76	4.77	4.84	4.83	5.99			13.21	14.13	14.44
		velocity	7.28	8.01	8.03	7.81	7.58		7.37	7.35	7.34	7.23	7.25	6.68	7.41		7.95	7.43	7.27
H1 lead leg	R	strides	24	16	16	16	16		16	17	17	17	17	20.5	192.5				

Little, Shamier (USA) (1995)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	21-Jul-18	time	6.32	10.60	14.92	19.32	23.92		28.52	33.36	38.24	43.24	48.24		53.95	5 / 1			
reaction time	0.143	interval		4.28	4.32	4.40	4.60		4.60	4.84	4.88	5.00	5.00	5.71			13.00	14.04	14.88
		velocity	7.12	8.18	8.10	7.95	7.61		7.61	7.23	7.17	7.00	7.00	7.01	7.41		8.08	7.48	7.06
H1 lead leg	L	strides	23	15	14	15	15		15	16	16	16	16	19.5	180.5				

McLaughlin, Sydney (USA) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	19-Jul-22	time	6.40	10.43	14.83	19.12	23.60	25.48	28.36		38.03	43.20	48.30		53.95	8 / 1			
reaction time	0.168	interval		4.03	4.40	4.29	4.48		4.76		9.67	5.17	5.10	5.65			12.72		
		velocity	7.03	8.68	7.95	8.16	7.81	7.85	7.35		7.24	6.77	6.86	7.08	7.41		8.25		
H1 lead leg	R	strides	22	14	14	14	14		15			16	16	18	143				

Little, Shamier (USA) (1995)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)																*Omega Timing (2023) - diamond league race analysis*			
date	28-May-23	time	6.18	10.20	14.39	18.71	23.17		27.77	32.73	37.51	42.57	47.93		53.95	4 / 1			
reaction time	0.183	interval		4.02	4.19	4.32	4.46		4.60	4.96	4.78	5.06	5.36	6.02			12.53	14.02	15.20
		velocity	7.28	8.71	8.35	8.10	7.85		7.61	7.06	7.32	6.92	6.53	6.64	7.41		8.38	7.49	6.91
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	15	16	19.5	178.5				

Han Qing (CHN) (1970)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1993 Chinese National Games (Beijing, CHN)																*Wang (2016) - hurdle rhythm characteristic analysis and athletic training considerations*			
date	09-Sep-93	time	6.24	10.41	14.69	18.95	23.38		28.18	32.99	37.78	42.77	47.78		53.96	/ 1			
reaction time		interval		4.17	4.28	4.26	4.43		4.80	4.81	4.79	4.99	5.01	6.18	**AR**		12.71	14.04	14.79
		velocity	7.21	8.39	8.18	8.22	7.90		7.29	7.28	7.31	7.01	6.99	6.47	7.41		8.26	7.48	7.10
H1 lead leg		strides	23	15	15	15	15		15	16	16	17	17		164				

Pernía, Daimí (CUB) (1976)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)																*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date	23-Aug-99	time	6.05	10.21	14.45	18.76	23.19		27.90	32.74	37.67	42.77	47.84		53.96	3 / 2			
reaction time	0.197	interval		4.16	4.24	4.31	4.43		4.71	4.84	4.93	5.10	5.07	6.12			12.71	13.98	15.10
		velocity	7.44	8.41	8.25	8.12	7.90		7.43	7.23	7.10	6.86	6.90	6.54	7.41		8.26	7.51	6.95
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	18.5	180.5				

Song Yinglan (CHN) (1975)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2001 Chinese National Games (Guangzhou, CHN)																*Lu (2002) - technical analysis of women's 400m hurdles champion and runner-up at the 9th national games*			
date	22-Nov-01	time	6.37	10.57	14.81	19.05	23.41		27.97	32.73	37.65	42.73	47.85		53.96	/ 1			
reaction time		interval		4.20	4.24	4.24	4.36		4.56	4.76	4.92	5.08	5.12	6.11	**=AR PB**		12.68	13.68	15.12
		velocity	7.06	8.33	8.25	8.25	8.03		7.68	7.35	7.11	6.89	6.84	6.55	7.41		8.28	7.68	6.94
H1 lead leg		strides																	

Rabchenyuk, Anastasiya (UKR) (198			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2008 Olympic Games (Beijing, CHN)																*Behm (2008) - Pekin 2008: Le quatrache masculin - féminin*			
date	20-Aug-08	time	6.3	10.5	14.6	19.0	23.6		28.1	33.0	37.9	43.0	48.2		53.96	4 / 4			
reaction time	0.248	interval		4.2	4.1	4.4	4.6		4.5	4.9	4.9	5.1	5.2	5.76	**PB**		12.70	14.00	15.20
		velocity	7.14	8.33	8.54	7.95	7.61		7.78	7.14	7.14	6.86	6.73	6.94	7.41		8.27	7.50	6.91
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17	17	20	185				

Russell, Janieve (JAM) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	02-Jun-16	time	6.52	10.68	14.92	19.28	23.72		28.16	32.72	37.48	42.56	47.80		53.96	7 / 1			
reaction time	0.180	interval		4.16	4.24	4.36	4.44		4.44	4.56	4.76	5.08	5.24	6.16	**PB**		12.76	13.44	15.08
		velocity	6.90	8.41	8.25	8.03	7.88		7.88	7.68	7.35	6.89	6.68	6.49	7.41		8.23	7.81	6.96
H1 lead leg	R	strides	22	14	14	15	15			15	15		16	19.5	145.5				

McLaughlin, Sydney (USA) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2018 NCAA Championships (Eugene, OR) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	09-Jun-18	time	6.43	10.53	14.63	18.90	23.20		27.73	32.43	37.33	42.60	47.93		53.96	4 / 1			
reaction time		interval		4.10	4.10	4.27	4.30		4.53	4.70	4.90	5.27	5.33	6.03			12.47	13.53	15.50
		velocity	7.00	8.54	8.54	8.20	8.14		7.73	7.45	7.14	6.64	6.57	6.63	7.41		8.42	7.76	6.77
H1 lead leg	R	strides		14	14	14	14		15	15	15	16	16	19.2	152.2				

Russell, Janieve (JAM) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	21-Jul-18	time	6.44	10.68	15.08	19.60	24.08		28.68	33.44	38.28	43.16	48.20		53.96	6 / 2			
reaction time	0.206	interval		4.24	4.40	4.52	4.48		4.60	4.76	4.84	4.88	5.04	5.76			13.16	13.84	14.76
		velocity	6.99	8.25	7.95	7.74	7.81		7.61	7.35	7.23	7.17	6.94	6.94	7.41		7.98	7.59	7.11
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.5	179.5				

Parris, Debbie-Ann (JAM) (1973)

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	31-Jul-96	time	6.6	10.7	15.0	19.3	23.7		28.3	33.1	37.9	42.8	48.1		53.97	2 / 4			
reaction time	0.217	interval		4.1	4.3	4.3	4.4		4.6	4.8	4.8	4.9	5.3	5.87	PB		12.70	13.80	15.00
		velocity	6.82	8.54	8.14	8.14	7.95		7.61	7.29	7.29	7.14	6.60	6.81	7.41		8.27	7.61	7.00
H1 lead leg		strides	24	16	16	16	16		16	16	17	17	18		172				

Wilson, Nickiesha (JAM) (1986)

Semi-Final 3 - 2007 IAAF World Championships (Osaka, JPN)

Shaver (2008) - hurdle training

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	28-Aug-07	time	6.40	10.47	14.74	19.11	23.52		28.12	32.96	37.84	42.81	48.04		53.97	7 / 2			
reaction time	0.284	interval		4.07	4.27	4.37	4.41		4.60	4.84	4.88	4.97	5.23	5.93	PB		12.71	13.85	15.08
		velocity	7.03	8.60	8.20	8.01	7.94		7.61	7.23	7.17	7.04	6.69	6.75	7.41		8.26	7.58	6.96
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	20.2	184.2				

Little, Shamier (USA) (1995)

FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	01-Sep-16	time	6.32	10.44	14.68	19.00	23.36		27.88	32.48	37.36	42.44	47.80		53.97	3 / 1			
reaction time	0.215	interval		4.12	4.24	4.32	4.36		4.52	4.60	4.88	5.08	5.36	6.17			12.68	13.48	15.32
		velocity	7.12	8.50	8.25	8.10	8.03		7.74	7.61	7.17	6.89	6.53	6.48	7.41		8.28	7.79	6.85
H1 lead leg	R	strides	23	15	15		15		15	15	16	16	17	20	167				

Moline, Georganne (USA) (1990)

FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (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	31-May-18	time	6.32	10.44	14.72	19.12	23.56		28.08	32.72	37.64	42.80	48.08		53.97	7 / 1			
reaction time	0.213	interval		4.12	4.28	4.40	4.44		4.52	4.64	4.92	5.16	5.28	5.89			12.80	13.60	15.36
		velocity	7.12	8.50	8.18	7.95	7.88		7.74	7.54	7.11	6.78	6.63	6.79	7.41		8.20	7.72	6.84
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	17	17	20	182				

Muhammad, Dalilah (USA) (1990)

Heat 5 - 2020 Olympic Games (Tokyo, JPN) (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	31-Jul-21	time	6.10	10.01	14.25	18.58	23.15		27.93	32.63	37.47	42.64	47.85		53.97	3 / 1			
reaction time	0.189	interval		3.91	4.24	4.33	4.57		4.78	4.70	4.84	5.17	5.21	6.12			12.48	14.05	15.22
		velocity	7.38	8.95	8.25	8.08	7.66		7.32	7.45	7.23	6.77	6.72	6.54	7.41		8.41	7.47	6.90
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178				

Clayton, Rushell (JAM) (1992)

FINAL - 2023 London Athletics Meet (London, GBR)

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	23-Jul-23	time	6.28	10.27	14.42	18.69	23.12		27.72	32.46	37.36	42.43	47.75		53.97	3 / 4			
reaction time	0.131	interval		3.99	4.15	4.27	4.43		4.60	4.74	4.90	5.07	5.32	6.22			12.41	13.77	15.29
		velocity	7.17	8.77	8.43	8.20	7.90		7.61	7.38	7.14	6.90	6.58	6.43	7.41		8.46	7.63	6.87
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19	178				

Clayton, Rushell (JAM) (1992)

Heat 1 - 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	6.28	10.27	14.42	18.69	23.12		27.72	32.46	37.36	42.43	47.75		53.97	3 / 4			
reaction time	0.156	interval		3.99	4.15	4.27	4.43		4.60	4.74	4.90	5.07	5.32	6.22			12.41	13.77	15.29
		velocity	7.17	8.77	8.43	8.20	7.90		7.61	7.38	7.14	6.90	6.58	6.43	7.41		8.46	7.63	6.87
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19	178				

Tereshchuk-Antipova, Tetyana (UKR

FINAL - 2000 Olympic Games (Sydney, AUS)

Behm (2000) - Sydney 2000: Compte-rendu du 400m haies

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	27-Sep-00	time	6.6	10.7	14.9	19.1	23.5		27.9	32.6	37.5	42.5	47.5		53.98	8 / 5			
reaction time	0.326	interval		4.1	4.2	4.2	4.4		4.4	4.7	4.9	5.0	5.0	6.48			12.50	13.50	14.90
		velocity	6.82	8.54	8.33	8.33	7.95		7.95	7.45	7.14	7.00	7.00	6.17	7.41		8.40	7.78	7.05
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16	17.5	178.5				

Lucas, Josanne (TTO) (1984)

Semi-Final 1 - 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	18-Aug-09	time	6.29	10.32	14.42	18.67	23.04		27.60	32.34	37.26	42.35	47.80		53.98	3 / 2			
reaction time	0.190	interval		4.03	4.10	4.25	4.37		4.56	4.74	4.92	5.09	5.45	6.18	NR		12.38	13.67	15.46
		velocity	7.15	8.68	8.54	8.24	8.01		7.68	7.38	7.11	6.88	6.42	6.47	7.41		8.48	7.68	6.79
H1 lead leg		strides																	

Cockrell, Anna (USA) (1997)

FINAL - 2022 USATF National Championships (Eugene, OR)

USATF (2022) - Results powered by Karmarush

			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-22	time	6.17	10.08	14.21	18.52	23.05	25.07	27.67	32.27	37.31	42.44	47.73	*54.03*	53.98	7 / 4			
reaction time		interval		3.91	4.13	4.31	4.53		4.62	4.60	5.04	5.13	5.29	6.25			12.35	13.75	15.46
		velocity	7.29	8.95	8.47	8.12	7.73	7.98	7.58	7.61	6.94	6.82	6.62	6.40	7.41		8.50	7.64	6.79
H1 lead leg	L	strides	22	14	14	15	15		15	16	15	16			142				

Flintoff-King, Debbie (AUS) (1960)

Semi-Final 1 - 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	26-Sep-88	time	6.58	10.76	15.05	19.39	23.90		28.45	33.27	38.17	43.13	48.42		54.00	4 / 1			
reaction time	0.268	interval		4.18	4.29	4.34	4.51		4.55	4.82	4.90	4.96	5.29	5.58	OR		12.81	13.88	15.15
		velocity	6.84	8.37	8.16	8.06	7.76		7.69	7.26	7.14	7.06	6.62	7.17	7.41		8.20	7.56	6.93
H1 lead leg		strides	23	15	15	15	15		15	16	16	16	16	19.7	181.7				

Hemmings, Deon (JAM) (1968)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)																			*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*
date	23-Aug-99	time	5.99	10.09	14.25	18.57	23.03		27.55	32.41	37.36	42.41	47.78		54.00	3 / 1			
reaction time	0.189	interval		4.10	4.16	4.32	4.46		4.52	4.86	4.95	5.05	5.37	6.22			12.58	13.84	15.37
		velocity	7.51	8.54	8.41	8.10	7.85		7.74	7.20	7.07	6.93	6.52	6.43	7.41		8.35	7.59	6.83
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	17	20	183				

Ledovskaya, Tatyana (URS) (1966)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)																			*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*
date	26-Sep-88	time	6.42	10.45	14.58	18.79	23.14		27.68	32.62	37.70	42.93	48.17		54.01	2 / 2			
reaction time	0.268	interval		4.03	4.13	4.21	4.35		4.54	4.94	5.08	5.23	5.24	5.84			12.37	13.83	15.55
		velocity	7.01	8.68	8.47	8.31	8.05		7.71	7.09	6.89	6.69	6.68	6.85	7.41		8.49	7.59	6.75
H1 lead leg		strides	24	15	15	16	16		17	17	17	17	17	20.5	191.5				

Spencer, Kaliese (JAM) (1987)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2011 IAAF World Championships (Daegu, KOR)																			*Behm (2011) - Le quatrache: Démus enfin!*
date	01-Sep-11	time	6.1	10.1	14.1	18.4	22.9		27.2	32.0	36.7	41.9	47.3		54.01	2 / 4			
reaction time	0.195	interval		4.0	4.0	4.3	4.5		4.3	4.8	4.7	5.2	5.4	6.7			12.30	13.60	15.30
		velocity	7.38	8.75	8.75	8.14	7.78		8.14	7.29	7.45	6.73	6.48	5.96	7.41		8.54	7.72	6.86
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	16	16	20	174				

Russell, Janieve (JAM) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)																			*Omega Timing (2023) - diamond league race analysis*
date	02-Sep-23	time	6.31	10.37	14.49	18.71	23.06		27.63	32.41	37.36	42.41	47.61		54.01	6 / 3			
reaction time	0.173	interval		4.06	4.12	4.22	4.35		4.57	4.78	4.95	5.05	5.20	6.40			12.40	13.70	15.20
		velocity	7.13	8.62	8.50	8.29	8.05		7.66	7.32	7.07	6.93	6.73	6.25	7.41		8.47	7.66	6.91
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	16	17	20	184				

Halkiá, Fani (GRE) (1979)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FiNAL - 2006 European Championships (Göteborg, SWE)																			*Behm (2006) - Göteborg 2006: Le quatrache*
date	09-Aug-06	time	6.4	10.6	14.7	19.1	23.5		28.1	32.8	37.9	42.8	48.0		54.02	4 / 2			
reaction time		interval		4.2	4.1	4.4	4.4		4.6	4.7	5.1	4.9	5.2	6.02			12.70	13.70	15.20
		velocity	7.03	8.33	8.54	7.95	7.95		7.61	7.45	6.86	7.14	6.73	6.64	7.40		8.27	7.66	6.91
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	17	20	182				

Tate, Cassandra (USA) (1990)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)																			*Henson (2021) - Athlete First: major championships report*
date	26-Aug-15	time	6.16	10.28	14.52	18.88	23.36		27.96	32.72	37.60	42.68	48.00		54.02	6 / 3			
reaction time	0.189	interval		4.12	4.24	4.36	4.48		4.60	4.76	4.88	5.08	5.32	6.02			12.72	13.84	15.28
		velocity	7.31	8.50	8.25	8.03	7.81		7.61	7.35	7.17	6.89	6.58	6.64	7.40		8.25	7.59	6.87
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19.7	178.7				

Spencer, Ashley (USA) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)																			*Henson (2020) - Athlete First: 2016 year end hurdle report*
date	10-Jul-16	time	6.50	10.81	15.05	19.58	24.02		28.63	33.27	38.00	42.88	48.15		54.02	8 / 2			
reaction time	0.228	interval		4.31	4.24	4.53	4.44		4.61	4.64	4.73	4.88	5.27	5.87	PB		13.08	13.69	14.88
		velocity	6.92	8.12	8.25	7.73	7.88		7.59	7.54	7.40	7.17	6.64	6.81	7.40		8.03	7.67	7.06
H1 lead leg	L	strides	22	15	14	15	14		15	15	15	15	16	18.5	174.5				

Little, Shamier (USA) (1995)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																			*Henson (2020) - Athlete First: 2017 year end hurdle report*
date	21-Jul-17	time	6.32	10.40		19.00	23.44			32.60	37.52	42.60	47.84		54.02	4 / 2			
reaction time	0.214	interval		4.08		8.60	4.44			9.16	4.92	5.08	5.24	6.18			12.68	13.60	15.24
		velocity	7.12	8.58		8.14	7.88			7.64	7.11	6.89	6.68	6.47	7.40		8.28	7.72	6.89
H1 lead leg	R	strides	24	15			15				16	16	16	19.5	121.5				

Tkachuk, Viktoriya (UKR) (1994)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)																			*Henson (2021) - Athlete First: 2021 year end hurdle report*
date	06-Jul-21	time	6.34	10.56	14.80	19.14	23.56		28.15	32.86	37.70	42.87	48.03		54.02	8 / 4			
reaction time	0.260	interval		4.22	4.24	4.34	4.42		4.59	4.71	4.84	5.17	5.16	5.99	PB		12.80	13.72	15.17
		velocity	7.10	8.29	8.25	8.06	7.92		7.63	7.43	7.23	6.77	6.78	6.68	7.40		8.20	7.65	6.92
H1 lead leg	L	strides		15	15	15	15		15		15	16	16	19.2	141.2				

Wilson, Britton (USA) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																			*Henson (2022) - Athlete First: 2022 year end hurdle report*
date	22-Jul-22	time	6.46	10.70	15.00	19.47	23.87	25.60		33.07	37.90	42.97	48.13		54.02	1 / 5			
reaction time	0.141	interval		4.24	4.30	4.47	4.40			9.20	4.83	5.07	5.16	5.89			13.01	13.60	15.06
		velocity	6.97	8.25	8.14	7.83	7.95	7.81		7.61	7.25	6.90	6.78	6.79	7.40		8.07	7.72	6.97
H1 lead leg	R	strides	23	15	15	15	15				15	16	16		130				

Gunnell, Sally (GBR) (1966)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1988 Olympic Games (Seoul, KOR)																			*Arnold (1992) - Hurdling*
date	28-Sep-88	time	6.64	10.81	15.09	19.45	23.94	25.94	28.39	33.11	38.07	43.20	48.28		54.03	2 / 5			
reaction time	0.188	interval		4.17	4.28	4.36	4.49		4.45	4.72	4.96	5.13	5.08	5.75	PB		12.81	13.66	15.17
		velocity	6.78	8.39	8.18	8.03	7.80	7.71	7.87	7.42	7.06	6.82	6.89	6.96	7.40		8.20	7.69	6.92
H1 lead leg	L	strides	23	15	15	15	15		15	15	17	17	17	20	184				

Meißner, Heike (GER) (1970)	**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**

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

date	31-Jul-96	time	6.6	10.6	14.8	19.0	23.4		28.1	32.9	37.8	42.8	48.1		54.03	1 / 5			
reaction time	0.272	interval		4.0	4.2	4.2	4.4		4.7	4.8	4.9	5.0	5.3	5.93	PB		12.40	13.90	15.20
		velocity	6.82	8.75	8.33	8.33	7.95		7.45	7.29	7.14	7.00	6.60	6.75	7.40		8.47	7.55	6.91
H1 lead leg		strides	23	15	15	15	15		15	16	16	17	17		164				

Williams, Tiffany (USA) (1983)

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	6.52	10.68	14.96	19.14	23.42		28.04	32.72	37.68	42.71	47.96		54.03	5 / 1			
reaction time		4.16	4.28	4.18	4.28		4.62	4.68	4.96	5.03	5.25	6.07			12.62	13.58	15.24
velocity	6.90	8.41	8.18	8.37	8.18		7.58	7.48	7.06	6.96	6.67	6.59	7.40		8.32	7.73	6.89
H1 lead leg L strides	24	15	15	15	15		16	16	17	17	17		167				

Abt, Gudrun (FRG) (1962)

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

	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-88 time	6.53	10.69	14.98	19.30	23.82		28.43	33.11	37.95	43.04	48.28		54.04	8 / 6			
reaction time 0.316		4.16	4.29	4.32	4.52		4.61	4.68	4.84	5.09	5.24	5.76	PB		12.77	13.81	15.17
velocity	6.89	8.41	8.16	8.10	7.74		7.59	7.48	7.23	6.88	6.68	6.94	7.40		8.22	7.60	6.92
H1 lead leg L strides	23	15	15	15	15		15	15	15	16	16	19.3	179.3				

Pechonkina, Yuliya (RUS) (1978)

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

	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-07 time	6.63	10.79	15.04	19.31	23.67		28.13	32.75	37.61	42.63	47.81		54.04	/ 1			
reaction time 0.134		4.16	4.25	4.27	4.36		4.46	4.62	4.86	5.02	5.18	6.23			12.68	13.44	15.06
velocity	6.79	8.41	8.24	8.20	8.03		7.85	7.58	7.20	6.97	6.76	6.42	7.40		8.28	7.81	6.97
H1 lead leg strides																	

Walker, Melaine (JAM) (1983)

FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER) *Graubner (2009) - http://www.fgs.uni-halle.de*

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date 14-Sep-08 time	6.61	10.67	14.81	19.20	23.73		28.39	33.07	38.03	43.00	48.19		54.06	4 / 1			
reaction time 0.279		4.06	4.14	4.39	4.53		4.66	4.68	4.96	4.97	5.19	5.87			12.59	13.87	15.12
velocity	6.81	8.62	8.45	7.97	7.73		7.51	7.48	7.06	7.04	6.74	6.81	7.40		8.34	7.57	6.94
H1 lead leg strides																	

Russell, Janieve (JAM) (1993)

FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

	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-May-18 time	6.72	10.96	15.24	19.68	24.16			33.40	38.28	43.24	48.28		54.06	5 / 1			
reaction time 0.200		4.24	4.28	4.44	4.48			9.24	4.88	4.96	5.04	5.78			12.96	13.72	14.88
velocity	6.70	8.25	8.18	7.88	7.81			7.58	7.17	7.06	6.94	6.92	7.40		8.10	7.65	7.06
H1 lead leg L strides	23	14	15	15	15				16	16	16	20	150				

Sprunger, Léa (SUI) (1990)

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

	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-Oct-19 time	6.28	10.47	14.71	19.00	23.49		28.11	32.93	37.93	42.94	48.08		54.06	9 / 4			
reaction time 0.199		4.19	4.24	4.29	4.49		4.62	4.82	5.00	5.01	5.14	5.98	NR PB		12.72	13.93	15.15
velocity	7.17	8.35	8.25	8.16	7.80		7.58	7.26	7.00	6.99	6.81	6.69	7.40		8.25	7.54	6.93
H1 lead leg R strides	23	14	14	14	14		15	15	15	15	15	18.5	172.5				

Farmer-Patrick, Sandra (USA) (1962)

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

	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-96 time	6.49	10.75	15.08	19.41	23.93	25.86	28.63	33.47	38.17	43.07	48.10		54.07	5 / 3			
reaction time		4.26	4.33	4.33	4.52		4.70	4.84	4.70	4.90	5.03	5.97			12.92	14.06	14.63
velocity	6.93	8.22	8.08	8.08	7.74	7.73	7.45	7.23	7.45	7.14	6.96	6.70	7.40		8.13	7.47	7.18
H1 lead leg R strides	24	15	15	15	15		15	16	16	16	16	19	182				

Tereshchuk-Antipova, Tetyana (UKR

FINAL - 1998 European Championships (Budapest, HUN) *Sanchez (1998) - Budapest '98: análisis de la carreras con villas*

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date 23-Aug-98 time	6.41				23.10						47.49		54.07	5 / 2			
reaction time					16.69						24.39	6.58					
velocity	7.02				8.39						7.18	6.08	7.40				
H1 lead leg L strides	22	15	15	15	15		15	15	15	16	16	21	180				

McLaughlin, Sydney (USA) (1999)

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

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

Russell, Janieve (JAM) (1993)

FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (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 31-May-18 time	6.44	10.64	14.96	19.48	24.16		28.88	33.72	38.52	43.48	48.40		54.08	5 / 2			
reaction time 0.165		4.20	4.32	4.52	4.68		4.72	4.84	4.80	4.96	4.92	5.68			13.04	14.24	14.68
velocity	6.99	8.33	8.10	7.74	7.48		7.42	7.23	7.29	7.06	7.11	7.04	7.40		8.05	7.37	7.15
H1 lead leg R strides	22	15	15	15	15		15	16	16	16	16	19.2	180.2				

Russell, Janieve (JAM) (1993)

FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	04-Jul-21	time	6.25	10.40	14.58		23.34	25.3	27.86	32.62	37.54	42.48	47.72		54.08	4 / 4			
reaction time	0.151	interval		4.15	4.18		8.76		4.52	4.76	4.92	4.94	5.24	6.36					15.10
		velocity	7.20	8.43	8.37		7.99	7.91	7.74	7.35	7.11	7.09	6.68	6.29	7.40				6.95
H1 lead leg	R	strides		15	15				15	16	16	16	16	20	129				

Folorunso, Ayomide (ITA) (1996)

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

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

date	02-Sep-23	time	6.31	10.45	14.72	19.11	23.61		28.31	33.10	38.05	43.08	48.16		54.08	3 / 4			
reaction time	0.185	interval		4.14	4.27	4.39	4.50		4.70	4.79	4.95	5.03	5.08	5.92			12.80	13.99	15.06
		velocity	7.13	8.45	8.20	7.97	7.78		7.45	7.31	7.07	6.96	6.89	6.76	7.40		8.20	7.51	6.97
H1 lead leg	L	strides	23	15	15	15	16		16	16	16	16	17	20	185				

Muhammad, Dalilah (USA) (1990)

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

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

date	15-Aug-13	time	6.11	10.23	14.28	18.69	23.04		27.54	32.19	37.11	42.23	47.65		54.09	6 / 2			
reaction time	0.165	interval		4.12	4.05	4.41	4.35		4.50	4.65	4.92	5.12	5.42	6.44			12.58	13.50	15.46
		velocity	7.36	8.50	8.64	7.94	8.05		7.78	7.53	7.11	6.84	6.46	6.21	7.40		8.35	7.78	6.79
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	20.2	181.2				

Doyle, Eilidh (GBR) (1987)

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

FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	15-Jul-16	time	6.40	10.53	14.78	18.97	23.33		27.80	32.57	37.47	42.60	47.90		54.09	3 / 1			
reaction time	0.163	interval		4.13	4.25	4.19	4.36		4.47	4.77	4.90	5.13	5.30	6.19	PB		12.57	13.60	15.33
		velocity	7.03	8.47	8.24	8.35	8.03		7.83	7.34	7.14	6.82	6.60	6.46	7.40		8.35	7.72	6.85
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	18	21.5	188.5				

Moline, Georganne (USA) (1990)

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

FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	27-May-17	time	6.53	10.73	15.13	19.60	24.13		28.76	33.63	38.60	43.60	48.60		54.09	3 / 3			
reaction time	0.285	interval		4.20	4.40	4.47	4.53		4.63	4.87	4.97	5.00	5.00	5.49			13.07	14.03	14.97
		velocity	6.89	8.33	7.95	7.83	7.73		7.56	7.19	7.04	7.00	7.00	7.29	7.40		8.03	7.48	7.01
H1 lead leg	R	strides	22	15	15	15	15		15	16	16	16	16	19	180				

Muhammad, Dalilah (USA) (1990)

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

FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	26-May-18	time	6.28	10.32	14.56	18.92	23.40			32.64	37.60	42.64	47.96		54.09	4 / 2			
reaction time	0.222	interval		4.04	4.24	4.36	4.48			9.24	4.96	5.04	5.32	6.13			12.64	13.72	15.32
		velocity	7.17	8.66	8.25	8.03	7.81			7.58	7.06	6.94	6.58	6.53	7.40		8.31	7.65	6.85
H1 lead leg	R	strides	23	15	15	15	15				16	16	17	20.2	152.2				

Knight, Jessie (GBR) (1994)

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

FINAL - 2023 London Athletics Meet (London, GBR) *Omega Timing (2023) - diamond league race analysis*

date	23-Jul-23	time	6.40	10.62	14.86	19.17	23.61		28.30	33.08	38.08	43.13	48.24		54.09	7 / 5			
reaction time	0.182	interval		4.22	4.24	4.31	4.44		4.69	4.78	5.00	5.05	5.11	5.85	=PB		12.77	13.91	15.16
		velocity	7.03	8.29	8.25	8.12	7.88		7.46	7.32	7.00	6.93	6.85	6.84	7.40		8.22	7.55	6.93
H1 lead leg	R	strides	22	14	14	14	14		15	15	15		15	19	157				

Wilson, Nickiesha (JAM) (1986)

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

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

date	30-Aug-07	time	6.36	10.43	14.67	18.97	23.41		27.96	32.73	37.65	42.72	48.04		54.10	4 / 4			
reaction time	0.193	interval		4.07	4.24	4.30	4.44		4.55	4.77	4.92	5.07	5.32	6.06			12.61	13.76	15.31
		velocity	7.08	8.60	8.25	8.14	7.88		7.69	7.34	7.11	6.90	6.58	6.60	7.39		8.33	7.63	6.86
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	17	20	182				

Clayton, Rushell (JAM) (1992)

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

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

date	08-Sep-23	time	6.19	10.12	14.19	18.38	22.77		27.44	32.25	37.17	42.32	47.77		54.10	6 / 3			
reaction time	0.141	interval		3.93	4.07	4.19	4.39		4.67	4.81	4.92	5.15	5.45	6.33			12.19	13.87	15.52
		velocity	7.27	8.91	8.60	8.35	7.97		7.49	7.28	7.11	6.80	6.42	6.32	7.39		8.61	7.57	6.77
H1 lead leg	L	strides	22	14	14	14	15		15	15	15	16	16	19.5	175.5				

Antyukh, Natalya (RUS) (1981)

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

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

date	20-Aug-09	time	6.61	10.63	14.67	18.86	23.14		27.61	32.22	37.07	42.27	47.68		54.11	7 / 6			
reaction time	0.205	interval		4.02	4.04	4.19	4.28		4.47	4.61	4.85	5.20	5.41	6.43	PB		12.25	13.36	15.46
		velocity	6.81	8.71	8.66	8.35	8.18		7.83	7.59	7.22	6.73	6.47	6.22	7.39		8.57	7.86	6.79
H1 lead leg		strides		15	15	15	15		15	16	16	17	17		141				

Hejnová, Zuzana (CZE) (1986)

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

FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	05-Jul-19	time	6.54	10.88	15.22		24.14	26.1	28.74	33.36	38.16	43.10	48.16		54.11	4 / 2			
reaction time	0.149	interval		4.34	4.34		8.92		4.60	4.62	4.80	4.94	5.06	5.95					14.80
		velocity	6.88	8.06	8.06		7.85	7.66	7.61	7.58	7.29	7.09	6.92	6.72	7.39				7.09
H1 lead leg	R	strides	22	15	15				15	15	16	16	16	19.7	149.7				

Spencer, Ashley (USA) (1993)

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

FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	05-Jul-19	time	6.44	10.62	14.90		23.94	25.9	28.60	33.22	38.00	42.96	48.24		54.11	3 / 3			

reaction time	0.146	interval		4.18	4.28		9.04		4.66	4.62	4.78	4.96	5.28	5.87					15.02
		velocity	6.99	8.37	8.18		7.74	7.72	7.51	7.58	7.32	7.06	6.63	6.81	7.39				6.99
H1 lead leg	L	strides	22	14	14				15	15	15	15	16	19	145				

McLaughlin, Sydney (USA) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 23-Jun-22	time	6.37	10.41	14.61	18.98	23.42	25.30	28.09	32.90	37.87	43.01	48.21		54.11	5 / 1			
reaction time	interval		4.04	4.20	4.37	4.44		4.67	4.81	4.97	5.14	5.20	5.90			12.61	13.92	15.31
	velocity	7.06	8.66	8.33	8.01	7.88	7.91	7.49	7.28	7.04	6.81	6.73	6.78	7.39		8.33	7.54	6.86
H1 lead leg R	strides	22	14	14	14	14		15	15	15	16	16	18.5	173.5				

Hemmings, Deon (JAM) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 1993 IAAF World Championships (Stuttgart, GER)														*Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)*			
date 17-Aug-93	time	6.36	10.52	14.71	19.09	23.54		28.03	32.75	37.84	42.93	48.13		54.12	6 / 2			
reaction time	interval		4.16	4.19	4.38	4.45		4.49	4.72	5.09	5.09	5.20	5.99	NR		12.73	13.66	15.38
	velocity	7.08	8.41	8.35	7.99	7.87		7.80	7.42	6.88	6.88	6.73	6.68	7.39		8.25	7.69	6.83
H1 lead leg L	strides	22	15	15	15	15		15	15	17	17	17	19.7	182.7				

Moline, Georganne (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 USATF National Champinships (Des Moines, IA) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 24-Jun-18	time	6.40	10.51	14.71	19.05	23.49		27.99	32.56	37.27	42.24	47.58		54.12	4 / 2			
reaction time	interval		4.11	4.20	4.34	4.44		4.50	4.57	4.71	4.97	5.34	6.54			12.65	13.51	15.02
	velocity	7.03	8.52	8.33	8.06	7.88		7.78	7.66	7.43	7.04	6.55	6.12	7.39		8.30	7.77	6.99
H1 lead leg R	strides	22	15	15	15	15		15	15	15	16	17	20.5	180.5				

Feuerbach, Cornelia (GDR) (1963)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1986 European Championships (Stuttgart, FRG)														*Behm (1995) - la tactique du 400 haies*			
date 30-Aug-86	time	6.4	10.4	14.6	18.8	23.3		28.0	32.7	37.7	42.8	48.0		54.13	/ 3			
reaction time	interval		4.0	4.2	4.2	4.5		4.7	4.7	5.0	5.1	5.2	6.13	PB		12.40	13.90	15.30
	velocity	7.03	8.75	8.33	8.33	7.78		7.45	7.45	7.00	6.86	6.73	6.53	7.39		8.47	7.55	6.86
H1 lead leg	strides	23	15	15	15	15		15	15	15	17	17		162				

Hejnová, Zuzana (CZE) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 24-Aug-17	time	6.56	10.84	15.16	19.56	24.04		28.64	33.32	38.20	43.16	48.20		54.13	5 / 1			
reaction time 0.158	interval		4.28	4.32	4.40	4.48		4.60	4.68	4.88	4.96	5.04	5.93			13.00	13.76	14.88
	velocity	6.86	8.18	8.10	7.95	7.81		7.61	7.48	7.17	7.06	6.94	6.75	7.39		8.08	7.63	7.06
H1 lead leg R	strides	22	15	15	15	15		15	15	16	16	16	19.7	179.7				

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 29-Aug-19	time	6.24	10.20	14.48	19.06	23.64	25.6	28.22	32.78	37.54	42.46	47.48		54.13	4 / 3			
reaction time 0.193	interval		3.96	4.28	4.58	4.58		4.58	4.56	4.76	4.92	5.02	6.65			12.82	13.72	14.70
	velocity	7.21	8.84	8.18	7.64	7.64	7.81	7.64	7.68	7.35	7.11	6.97	6.02	7.39		8.19	7.65	7.14
H1 lead leg R	strides	23	15	15	15	15		15	15	16	16	16	19.5	180.5				

Woodruff, Gianna (PAN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 10-Aug-22	time	6.30	10.33	14.53	18.83	23.33	25.28	27.86	32.53	37.40	42.47	47.73		54.13	4 / 3			
reaction time 0.203	interval		4.03	4.20	4.30	4.50		4.53	4.67	4.87	5.07	5.26	6.40			12.53	13.70	15.20
	velocity	7.14	8.68	8.33	8.14	7.78	7.91	7.73	7.49	7.19	6.90	6.65	6.25	7.39		8.38	7.66	6.91
H1 lead leg L	strides	23	15	15	15	15		15		16	16	17	19.5	166.5				

Fesenko-Grun, Yekaterina (URS) (19

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1983 IAAF World Championships (Rome, ITA)														*McFarlane (1988) - The Science of Hurdling*			
date 10-Aug-83	time	6.74	11.30	15.48	19.90	24.32		28.99	33.68	38.31	43.21	48.32		54.14	5 / 1			
reaction time	interval		4.56	4.18	4.42	4.42		4.67	4.69	4.63	4.90	5.11	5.82	CR / PB		13.16	13.78	14.64
	velocity	6.68	7.68	8.37	7.92	7.92		7.49	7.46	7.56	7.14	6.85	6.87	7.39		7.98	7.62	7.17
H1 lead leg L	strides	23	17	17	17	17		17	17	17	17	17	21.5	197.5				

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)														*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date 08-Jul-16	time	6.10	10.08	14.35	18.72	23.22		27.79	32.56	37.50	42.67	47.91		54.14	6 / 1			
reaction time	interval		3.98	4.27	4.37	4.50		4.57	4.77	4.94	5.17	5.24	6.23			12.62	13.84	15.35
	velocity	7.38	8.79	8.20	8.01	7.78		7.66	7.34	7.09	6.77	6.68	6.42	7.39		8.32	7.59	6.84
H1 lead leg R	strides	23	15	15	15	15		15	15	15	16	16	19.7	179.7				

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 08-Jun-17	time	6.28	10.44	14.56	18.80	23.12		27.60	32.40	37.28	42.44	47.84		54.14	8 / 1			
reaction time 0.183	interval		4.16	4.12	4.24	4.32		4.48	4.80	4.88	5.16	5.40	6.30			12.52	13.60	15.44
	velocity	7.17	8.41	8.50	8.25	8.10		7.81	7.29	7.17	6.78	6.48	6.35	7.39		8.39	7.72	6.80
H1 lead leg R	strides	22	15	15	15	15		15	16	16	17	17	20.5	183.5				

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 06-Aug-22	time	6.43	10.53	14.60	19.03	23.50	25.5	28.26	32.93	37.52	42.47	47.67		54.14	7 / 1			
reaction time 0.148	interval		4.10	4.07	4.43	4.47		4.76	4.67	4.59	4.95	5.20	6.47			12.60	13.90	14.74

		velocity	7.00	8.54	8.60	7.90	7.83	7.84	7.35	7.49	7.63	7.07	6.73	6.18	7.39		8.33	7.55	7.12
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20	184				

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 08-Aug-22	time	6.43	10.53	14.73	19.09	23.45		28.07	32.76	37.63	42.67	47.93		54.14	5 / 2			
reaction time 0.168	interval		4.10	4.20	4.36	4.36		4.62	4.69	4.87	5.04	5.26	6.21			12.66	13.67	15.17
	velocity	7.00	8.54	8.33	8.03	8.03		7.58	7.46	7.19	6.94	6.65	6.44	7.39		8.29	7.68	6.92
H1 lead leg R	strides	23	15	15	15	15				16	16	17		132				

Ambraziene, Anna (URS) (1955)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1983 IAAF World Championships (Helsinki, FIN)														*McFarlane (1988) - The Science of Hurdling*			
date 10-Aug-83	time	6.69	11.05	15.31	19.57	24.08		28.65	33.31	38.15	43.13	48.16		54.15	3 / 2			
reaction time	interval		4.36	4.26	4.26	4.51		4.57	4.66	4.84	4.98	5.03	5.99			12.88	13.74	14.85
	velocity	6.73	8.03	8.22	8.22	7.76		7.66	7.51	7.23	7.03	6.96	6.68	7.39		8.15	7.64	7.07
H1 lead leg R	strides	24	16	16	16	16		16	16	17	17	17	20	191				

Huang Xiaoxiao (CHN) (1983)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 IAAF World Championships (Osaka, JPN)														*Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers*			
date 30-Aug-07	time	6.36	10.46	14.66	18.93	23.35		27.97	32.86	37.78	42.89	48.18		54.15	8 / 5			
reaction time 0.189	interval		4.10	4.20	4.27	4.42		4.62	4.89	4.92	5.11	5.29	5.97			12.57	13.93	15.32
	velocity	7.08	8.54	8.33	8.20	7.92		7.58	7.16	7.11	6.85	6.62	6.70	7.39		8.35	7.54	6.85
H1 lead leg L	strides	23	15	15	15	15		15	16	16	17	17	20.5	184.5				

Morosanu, Angela (ROU) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)														*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date 18-Aug-09	time	6.16	10.14	14.21	18.54	23.04		27.66	32.44	37.34	42.54	47.98		54.15	5 / 3			
reaction time 0.218	interval		3.98	4.07	4.33	4.50		4.62	4.78	4.90	5.20	5.44	6.17			12.38	13.90	15.54
	velocity	7.31	8.79	8.60	8.08	7.78		7.58	7.32	7.14	6.73	6.43	6.48	7.39		8.48	7.55	6.76
H1 lead leg	strides																	

McLaughlin, Sydney (USA) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)														*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date 10-Jul-16	time	6.47	10.64	14.95	19.28	23.76		28.36	33.03	37.84	42.91	48.08		54.15	5 / 3			
reaction time 0.371	interval		4.17	4.31	4.33	4.48		4.60	4.67	4.81	5.07	5.17	6.07	WJR WYB PB		12.81	13.75	15.05
	velocity	6.96	8.39	8.12	8.08	7.81		7.61	7.49	7.28	6.90	6.77	6.59	7.39		8.20	7.64	6.98
H1 lead leg R	strides	22	15	14	14	15		15	15	15	16	16	19.7	176.7				

Tracey, Ristananna (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 18-Aug-16	time	6.44	10.56	14.80	19.08	23.48		28.16	32.96	37.96	42.96	48.20		54.15	7 / 5			
reaction time 0.213	interval		4.12	4.24	4.28	4.40		4.68	4.80	5.00	5.00	5.24	5.95	PB		12.64	13.88	15.24
	velocity	6.99	8.50	8.25	8.18	7.95		7.48	7.29	7.00	7.00	6.68	6.72	7.39		8.31	7.56	6.89
H1 lead leg L	strides	22	15	15	15	15		16	16	16	16	16	20	182				

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 01-Jul-21	time	6.48	10.56	14.68	19.00	23.44		28.12	32.84	37.72	42.68	48.04		54.15	5 / 2			
reaction time 0.185	interval		4.08	4.12	4.32	4.44		4.68	4.72	4.88	4.96	5.36	6.11	PB		12.52	13.84	15.20
	velocity	6.94	8.58	8.50	8.10	7.88		7.48	7.42	7.17	7.06	6.53	6.55	7.39		8.39	7.59	6.91
H1 lead leg R	strides	22	14	14	14	14		15	15	15	15	16	19.5	173.5				

Clayton, Rushell (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)														*Omega Timing (2023) - diamond league race analysis*			
date 28-May-23	time	6.23	10.22	14.35	18.59	23.04		27.65	32.52	37.58	42.72	47.99		54.15	5 / 2			
reaction time 0.142	interval		3.99	4.13	4.24	4.45		4.61	4.87	5.06	5.14	5.27	6.16			12.36	13.93	15.47
	velocity	7.22	8.77	8.47	8.25	7.87		7.59	7.19	6.92	6.81	6.64	6.49	7.39		8.50	7.54	6.79
H1 lead leg L	strides	23	15	15	15	15		15	16	16	16	16	19.2	181.2				

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)														*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date 22-May-16	time	6.44	10.60	14.84	19.12	23.52		28.00	32.64	37.60	42.60	47.88		54.16	4 / 1			
reaction time 0.139	interval		4.16	4.24	4.28	4.40		4.48	4.64	4.96	5.00	5.28	6.28			12.68	13.52	15.24
	velocity	6.99	8.41	8.25	8.18	7.95		7.81	7.54	7.06	7.00	6.63	6.37	7.39		8.28	7.77	6.89
H1 lead leg R	strides	22	15	15	15	15		15	15	16	16	17	20	181				

McLaughlin, Sydney (USA) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 13-Jun-19	time	6.36	10.64	14.96		23.76	25.6	28.30	33.00	38.02	43.14	48.38		54.16	4 / 1			
reaction time 0.213	interval		4.28	4.32		8.80		4.54	4.70	5.02	5.12	5.24	5.78					15.38
	velocity	7.08	8.18	8.10		7.95	7.81	7.71	7.45	6.97	6.84	6.68	6.92	7.39				6.83
H1 lead leg R	strides	23	15	15				15	15	16	16	16	19	150				

Clayton, Rushell (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 21-Jul-19	time	6.52	10.70	15.00	19.40	23.92		28.64	33.48	38.40	43.36	48.36		54.16	4 / 1			
reaction time 0.165	interval		4.18	4.30	4.40	4.52		4.72	4.84	4.92	4.96	5.00	5.80	PB		12.88	14.08	14.88
	velocity	6.90	8.37	8.14	7.95	7.74		7.42	7.23	7.11	7.06	7.00	6.90	7.39		8.15	7.46	7.06

H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5						

Salmon, Shiann (JAM) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 20-Jul-22 time	6.20	10.27	14.60	18.93	23.43	25.33	28.03		37.63	42.70	47.83		54.16	3 / 3			
reaction time 0.187 interval		4.07	4.33	4.33	4.50		4.60		9.60	5.07	5.13	6.33			12.73		
velocity	7.26	8.60	8.08	8.08	7.78	7.90	7.61		7.29	6.90	6.82	6.32	7.39		8.25		
H1 lead leg L strides	22	15	15	15	15		15			16	16	20	149				

Glover, Sandra (USA) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)														*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date 23-Aug-99 time	6.19	10.46	14.81	19.17	23.72		28.25	32.96	37.77	42.76	47.90		54.17	4 / 3			
reaction time 0.151 interval		4.27	4.35	4.36	4.55		4.53	4.71	4.81	4.99	5.14	6.27			12.98	13.79	14.94
velocity	7.27	8.20	8.05	8.03	7.69		7.73	7.43	7.28	7.01	6.81	6.38	7.38		8.09	7.61	7.03
H1 lead leg L strides	24	16	16	16	16		16	16	17	17	17	19.5	190.5				

Jesień, Anna (POL) (1978)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 IAAF World Championships (Helsinki, FIN)														*Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins*			
date 13-Aug-05 time	6.3	10.6	14.8	19.2	23.6		28.2	32.9	37.9	42.8	48.0		54.17	5 / 4			
reaction time 0.184 interval		4.3	4.2	4.4	4.4		4.6	4.7	5.0	4.9	5.2	6.17			12.90	13.70	15.10
velocity	7.14	8.14	8.33	7.95	7.95		7.61	7.45	7.00	7.14	6.73	6.48	7.38		8.14	7.66	6.95
H1 lead leg L strides	23	15	15	15	15		15	15	16	16	16		161				

Jesień, Anna (POL) (1978)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)														*Graubner (2007) - http://www.fgs.uni-halle.de*			
date 23-Sep-07 time	6.74	11.00	15.36	19.82	24.31		28.87	33.56	38.47	43.41	48.50		54.17	6 / 1			
reaction time 0.290 interval		4.26	4.36	4.46	4.49		4.56	4.69	4.91	4.94	5.09	5.67			13.08	13.74	14.94
velocity	6.68	8.22	8.03	7.85	7.80		7.68	7.46	7.13	7.09	6.88	7.05	7.38		8.03	7.64	7.03
H1 lead leg strides																	

Clayton, Rushell (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 02-Oct-19 time	6.44	10.64	14.88	19.28	23.84		28.52	33.36	38.32	43.36	48.36		54.17	7 / 1			
reaction time 0.148 interval		4.20	4.24	4.40	4.56		4.68	4.84	4.96	5.04	5.00	5.81			12.84	14.08	15.00
velocity	6.99	8.33	8.25	7.95	7.68		7.48	7.23	7.06	6.94	7.00	6.88	7.38		8.18	7.46	7.00
H1 lead leg L strides	23	15	15	15	15		15	16	16	16	16	19	181				

Blackett, Andrea (BAR) (1976)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)														*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date 23-Aug-99 time	5.99	10.11	14.38	18.84	23.39		28.23	33.21	38.14	43.16	48.13		54.18	6 / 2			
reaction time 0.144 interval		4.12	4.27	4.46	4.55		4.84	4.98	4.93	5.02	4.97	6.05			12.85	14.37	14.92
velocity	7.51	8.50	8.20	7.85	7.69		7.23	7.03	7.10	6.97	7.04	6.61	7.38		8.17	7.31	7.04
H1 lead leg L strides	23	15	15	15	16		16	16	16	16	16	19	183				

Bikert, Yekaterina (RUS) (1980)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Olympic Games (Athens, GRE)														*Behm (2005) - Athènes 2004: Les Haies Basses*			
date 25-Aug-04 time	6.6	10.7	14.9	19.4	23.9		28.6	33.3	38.3	43.3	48.5		54.18	7 / 6			
reaction time 0.322 interval		4.1	4.2	4.5	4.5		4.7	4.7	5.0	5.0	5.2	5.68			12.80	13.90	15.20
velocity	6.82	8.54	8.33	7.78	7.78		7.45	7.45	7.00	7.00	6.73	7.04	7.38		8.20	7.55	6.91
H1 lead leg L strides	21	14	14	14	14		15	15	15	15	15		152				

Huang Xiaoxiao (CHN) (1983)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 Chinese National Games (Nanjing, CHN)														*Wang (2016) - hurdle rhythm characteristic analysis and athletic training considerations*			
date 21-Oct-05 time	6.30	10.65	14.90	19.33	23.81		28.47	33.25	38.20	43.16	48.23		54.18	/ 1			
reaction time		4.35	4.25	4.43	4.48		4.66	4.78	4.95	4.96	5.07	5.95	PB		13.03	13.92	14.98
velocity	7.14	8.05	8.24	7.90	7.81		7.51	7.32	7.07	7.06	6.90	6.72	7.38		8.06	7.54	7.01
H1 lead leg strides	23	15	15	15	15		15	17	17	17	17		166				

Shakes-Drayton, Perri (GBR) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 European Championships (Barcelona, ESP)														*Arnold (2010) - 400mH planning and peaking*			
date 30-Jul-10 time	6.46	10.64	14.88	19.26	23.54		28.08	32.88	37.86	42.90	48.14		54.18	7 / 3			
reaction time 0.270 interval		4.18	4.24	4.38	4.28		4.54	4.80	4.98	5.04	5.24	6.04	PB		12.80	13.62	15.26
velocity	6.97	8.37	8.25	7.99	8.18		7.71	7.29	7.03	6.94	6.68	6.62	7.38		8.20	7.71	6.88
H1 lead leg L strides	24	16	16	16	15		15	17	17	17	17		170				

Rabchenyuk, Anastasiya (UKR) (198

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 IAAF World Championships (Daegu, KOR)														*Behm (2011) - Le quatrache: Démus enfin!*			
date 01-Sep-11 time	6.2	10.3	14.4	18.6	23.1		27.7	32.6	37.7	42.9	48.1		54.18	1 / 5			
reaction time 0.174 interval		4.1	4.1	4.2	4.5		4.6	4.9	5.1	5.2	5.2	6.1			12.40	14.00	15.50
velocity	7.26	8.54	8.54	8.33	7.78		7.61	7.14	6.86	6.73	6.73	6.58	7.38		8.47	7.50	6.77
H1 lead leg R strides	22	15	15	15	15		16	16	17	17	17		165				

Hejnová, Zuzana (CZE) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)														*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date 20-Aug-17 time	6.52	10.68	14.96	19.28	23.80		28.40	33.12	38.08	43.16	48.28		54.18	5 / 1			
reaction time 0.155 interval		4.16	4.28	4.32	4.52		4.60	4.72	4.96	5.08	5.12	5.90			12.76	13.84	15.16
velocity	6.90	8.41	8.18	8.10	7.74		7.61	7.42	7.06	6.89	6.84	6.78	7.38		8.23	7.59	6.93
H1 lead leg R strides	22	15	15	15	15		15	15	16	16	16	20	180				

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 09-Jun-22 time	6.47	10.67	15.03	19.47	23.93	25.78	28.50	33.23	37.93	42.93	48.23		54.18	6 / 2			
reaction time 0.140 interval		4.20	4.36	4.44	4.46		4.57	4.73	4.70	5.00	5.30	5.95			13.00	13.76	15.00
velocity	6.96	8.33	8.03	7.88	7.85	7.76	7.66	7.40	7.45	7.00	6.60	6.72	7.38		8.08	7.63	7.00
H1 lead leg R strides	23	15	15	15			15	16	16	17	17	20	169				

Flintoff-King, Debbie (AUS) (1960)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1987 IAAF World Championships (Rome, ITA)														*Sušanka (1990) - time analyis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*			
date 03-Sep-87 time	6.61	10.77	15.09	19.45	23.94		28.64	33.42	38.44	43.43	48.50		54.19	8 / 2			
reaction time interval		4.16	4.32	4.36	4.49		4.70	4.78	5.02	4.99	5.07	5.69			12.84	13.97	15.08
velocity	6.81	8.41	8.10	8.03	7.80		7.45	7.32	6.97	7.01	6.90	7.03	7.38		8.18	7.52	6.96
H1 lead leg L strides	23	15	15	15	15		16	16	16	16	16	19.9	182.9				

Parris, Debbie-Ann (JAM) (1973)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 IAAF World Championships (Athens, GRE)														*Hommel (1999) - biomechanical research project, athens 1997: final report*			
date 08-Aug-97 time	6.44	10.83	14.78	19.38	23.52		28.46	33.20	38.00	43.04	48.24		54.19	8 / 5			
reaction time 0.206 interval		4.39	3.95	4.60	4.14		4.94	4.74	4.80	5.04	5.20	5.95			12.94	13.82	15.04
velocity	6.99	7.97	8.86	7.61	8.45		7.09	7.38	7.29	6.94	6.73	6.72	7.38		8.11	7.60	6.98
H1 lead leg strides																	

Rawlinson, Jana (AUS) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)														*Graubner (2007) - http://www.fgs.uni-halle.de*			
date 23-Sep-07 time	6.69	10.79	14.93	19.15	23.54		28.08	32.85	37.70	42.84	48.22		54.19	4 / 2			
reaction time 0.271 interval		4.10	4.14	4.22	4.39		4.54	4.77	4.85	5.14	5.38	5.97			12.46	13.70	15.37
velocity	6.73	8.54	8.45	8.29	7.97		7.71	7.34	7.22	6.81	6.51	6.70	7.38		8.43	7.66	6.83
H1 lead leg strides																	

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 10-Jun-21 time	6.44	10.56	14.62	18.80	23.20	25.1	27.88	32.64	37.56	42.64	48.04		54.19	5 / 2			
reaction time 0.182 interval		4.12	4.06	4.18	4.40		4.68	4.76	4.92	5.08	5.40	6.15	PB		12.36	13.84	15.40
velocity	6.99	8.50	8.62	8.37	7.95	7.97	7.48	7.35	7.11	6.89	6.48	6.50	7.38		8.50	7.59	6.82
H1 lead leg R strides	22	14	14	14	14		15	15	15	15	16	19.7	173.7				

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 22-Aug-23 time	6.24	10.38	14.48	18.55	22.89		27.42	32.16	37.20	42.49	47.94		54.19	6 / 3			
reaction time 0.169 interval		4.14	4.10	4.07	4.34		4.53	4.74	5.04	5.29	5.45	6.25			12.31	13.61	15.78
velocity	7.21	8.45	8.54	8.60	8.06		7.73	7.38	6.94	6.62	6.42	6.40	7.38		8.53	7.71	6.65
H1 lead leg R strides	22	14	14	15	15		15	15	15	16	16	19.7	176.7				

Folorunso, Ayomide (ITA) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 24-Aug-23 time	6.41	10.74	15.01	19.27	23.72			33.13	38.06	43.14	48.34		54.19	2 / 6			
reaction time 0.192 interval		4.33	4.27	4.26	4.45			9.41	4.93	5.08	5.20	5.85			12.86	13.86	15.21
velocity	7.02	8.08	8.20	8.22	7.87			7.44	7.10	6.89	6.73	6.84	7.38		8.16	7.58	6.90
H1 lead leg L strides	23	15	15	15	16		16			16	17	20	153				

Fiedler, Ellen (GDR) (1958)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1983 European Cup (London, GBR)														*Ewen (1985) - hurdles*			
date 20-Aug-83 time	6.4	10.6	14.9	19.3	23.7			32.9	37.7	42.8	48.0		54.20	4 / 1			
reaction time interval		4.20	4.30	4.40	4.40			9.20	4.80	5.10	5.20	6.20	PB		12.90	13.60	15.10
velocity	7.03	8.33	8.14	7.95	7.95			7.61	7.29	6.86	6.73	6.45	7.38		8.14	7.72	6.95
H1 lead leg R strides	23	15	15	15	15		15	15	16	16	16	20	181				

Batten, Kim (USA) (1969)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1993 IAAF World Championships (Stuttgart, GER)														*Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)*			
date 17-Aug-93 time	6.58	10.85	15.19	19.56	24.11		28.76	33.51	38.39	43.33	48.39		54.20	6 / 2			
reaction time interval		4.27	4.34	4.37	4.55		4.65	4.75	4.88	4.94	5.06	5.81			12.98	13.95	14.88
velocity	6.84	8.20	8.06	8.01	7.69		7.53	7.37	7.17	7.09	6.92	6.88	7.38		8.09	7.53	7.06
H1 lead leg L strides	24	16	16	16	16		16	17	17	17	17	20.2	192.2				

Petersen, Sara Slott (DEN) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)														*Henson (2021) - Athlete First: major championships report*			
date 26-Aug-15 time	6.48		14.96	19.32	23.76		28.24	32.92	37.72	42.88	48.16		54.20	4 / 4			
reaction time 0.155 interval			8.48	4.36	4.44		4.48	4.68	4.80	5.16	5.28	6.04			12.84	13.60	15.24
velocity	6.94		8.25	8.03	7.88		7.81	7.48	7.29	6.78	6.63	6.62	7.38		8.18	7.72	6.89
H1 lead leg R strides		15		15	15			15	15	17	17	20	129				

Hejnová, Zuzana (CZE) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 10-Aug-17 time	6.36	10.52	14.68	18.92	23.28		27.76	32.36	37.20	42.24	47.64		54.20	6 / 4			
reaction time 0.151 interval		4.16	4.16	4.24	4.36		4.48	4.60	4.84	5.04	5.40	6.56			12.56	13.44	15.28
velocity	7.08	8.41	8.41	8.25	8.03		7.81	7.61	7.23	6.94	6.48	6.10	7.38		8.36	7.81	6.87
H1 lead leg R strides	22	15	15	15	15		15	15	16	16	17	20.5	181.5				

Muhammad, Dalilah (USA) (1990)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date	20-Aug-17	time	6.16	10.20	14.48	18.92	23.48		28.12	32.88	37.84	42.96	48.20		54.20	4 / 2			
reaction time	0.159	interval		4.04	4.28	4.44	4.56		4.64	4.76	4.96	5.12	5.24	6.00			12.76	13.96	15.32
		velocity	7.31	8.66	8.18	7.88	7.68		7.54	7.35	7.06	6.84	6.68	6.67	7.38		8.23	7.52	6.85
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	20	181				

Woodruff, Gianna (PAN) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	21-Aug-21	time	6.40	10.44	14.64	18.96	23.38	25.4	28.00	32.84	37.68	42.72	47.88		54.20	8 / 3			
reaction time	0.249	interval		4.04	4.20	4.32	4.42		4.62	4.84	4.84	5.04	5.16	6.32	**NR PB**		12.56	13.88	15.04
		velocity	7.03	8.66	8.33	8.10	7.92	7.87	7.58	7.23	7.23	6.94	6.78	6.33	7.38		8.36	7.56	6.98
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	19.2	179.2				

Little, Shamier (USA) (1995)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	30-Aug-18	time	6.24	10.44	14.75	19.20	23.64	25.6	28.24	32.96	37.84	42.88	48.08		54.21	3 / 2			
reaction time	0.213	interval		4.20	4.31	4.45	4.44		4.60	4.72	4.88	5.04	5.20	6.13			12.96	13.76	15.12
		velocity	7.21	8.33	8.12	7.87	7.88	7.81	7.61	7.42	7.17	6.94	6.73	6.53	7.38		8.10	7.63	6.94
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	17	20	182				

Muhammad, Dalilah (USA) (1990)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	21-Aug-23	time	6.03	10.03	14.37	18.67	23.03		27.60	32.36	37.27	42.46	47.80		54.21	5 / 2			
reaction time	0.156	interval		4.00	4.34	4.30	4.36		4.57	4.76	4.91	5.19	5.34	6.41			12.64	13.69	15.44
		velocity	7.46	8.75	8.06	8.14	8.03		7.66	7.35	7.13	6.74	6.55	6.24	7.38		8.31	7.67	6.80
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178				

Knight, Andrenette (JAM) (1996)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	21-Aug-23	time	6.20	10.00	14.03	18.13	22.50		27.16	31.98	36.96	42.23	47.60		54.21	5 / 2			
reaction time	0.165	interval		3.80	4.03	4.10	4.37		4.66	4.82	4.98	5.27	5.37	6.61			11.93	13.85	15.62
		velocity	7.26	9.21	8.68	8.54	8.01		7.51	7.26	7.03	6.64	6.52	6.05	7.38		8.80	7.58	6.72
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17	16	20	184				

Petersen, Sara Slott (DEN) (1987)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)																*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date	01-Sep-16	time	6.44	10.64	14.92	19.28	23.72		28.28	33.04	37.96	42.96	48.16		54.22	6 / 2			
reaction time	0.160	interval		4.20	4.28	4.36	4.44		4.56	4.76	4.92	5.00	5.20	6.06			12.84	13.76	15.12
		velocity	6.99	8.33	8.18	8.03	7.88		7.68	7.35	7.11	7.00	6.73	6.60	7.38		8.18	7.63	6.94
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	17	20	181				

Hejnová, Zuzana (CZE) (1986)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)																*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date	16-Jul-17	time	6.44	10.68	14.96	19.32	23.80		28.44	33.12	38.00	43.04	48.20		54.22	6 / 1			
reaction time	0.155	interval		4.24	4.28	4.36	4.48		4.64	4.68	4.88	5.04	5.16	6.02			12.88	13.80	15.08
		velocity	6.99	8.25	8.18	8.03	7.81		7.54	7.48	7.17	6.94	6.78	6.64	7.38		8.15	7.61	6.96
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180				

Cockrell, Anna (USA) (1997)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	04-Aug-21	time	6.28	10.44	14.64	19.00	23.52		28.12	32.80	37.76	42.80	47.96		*54.22*	8 / ~~7~~	*(no official time given)*		
reaction time		interval		4.16	4.20	4.36	4.52		4.60	4.68	4.96	5.04	5.16	6.26	**DQ**		12.72	13.80	15.16
		velocity	7.17	8.41	8.33	8.03	7.74		7.61	7.48	7.06	6.94	6.78	6.39	7.38		8.25	7.61	6.93
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16		160				

Johnson, Michelle (USA) (1974)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1999 IAAF World Championships (Sevilla, ESP)																*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date	25-Aug-99	time	6.53	10.67	14.96	19.32	23.73		28.25	33.12	37.92	42.98	48.09		54.23	2 / 6			
reaction time	0.291	interval		4.14	4.29	4.36	4.41		4.52	4.87	4.80	5.06	5.11	6.14			12.79	13.80	14.97
		velocity	6.89	8.45	8.16	8.03	7.94		7.74	7.19	7.29	6.92	6.85	6.51	7.38		8.21	7.61	7.01
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5				

Stambolova, Vania (BUL) (1983)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2011 IAAF World Championships (Daegu, KOR)																*Behm (2011) - Le quatrache: Démus enfin!*			
date	01-Sep-11	time	6.5	10.7	15.0	19.3	23.6		28.2	33.0	37.7	42.8	48.0		54.23	6 / 6			
reaction time	0.260	interval		4.2	4.3	4.3	4.3		4.6	4.8	4.7	5.1	5.2	6.2			12.80	13.70	15.00
		velocity	6.92	8.33	8.14	8.14	8.14		7.61	7.29	7.45	6.86	6.73	6.42	7.38		8.20	7.66	7.00
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	17	17		162				

Hejnová, Zuzana (CZE) (1986)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2011 IAAF World Championships (Daegu, KOR)																*Behm (2011) - Le quatrache: Démus enfin!*			
date	01-Sep-11	time	6.2	10.3	14.6	18.9	23.3		27.9	32.5	37.3	42.3	47.6		54.23	4 / 7			
reaction time	0.158	interval		4.1	4.3	4.3	4.4		4.6	4.6	4.8	5.0	5.3	6.6			12.70	13.60	15.10
		velocity	7.26	8.54	8.14	8.14	7.95		7.61	7.61	7.29	7.00	6.60	6.03	7.38		8.27	7.72	6.95
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180				

Hejnová, Zuzana (CZE) (1986)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**

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

date	04-Oct-19	time	6.47	10.71	14.98	19.32	23.82	28.36	33.03	37.94	42.91	48.05	54.23	8 / 5			
reaction time	0.141	interval		4.24	4.27	4.34	4.50	4.54	4.67	4.91	4.97	5.14	6.18		12.85	13.71	15.02
		velocity	6.96	8.25	8.20	8.06	7.78	7.71	7.49	7.13	7.04	6.81	6.47	7.38	8.17	7.66	6.99
H1 lead leg	R	strides	22	15	15		15	15	15	16		16	20	149			

Hailey, Nnenya (USA) (1994)

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

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

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

Tkachuk, Viktoriya (UKR) (1994)

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

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

date	20-Jul-22	time	6.43	10.50	14.82	19.03	23.43	25.36	27.98	32.67	37.70	42.84	48.20	54.24	8 / 4		
reaction time	0.212	interval		4.07	4.32	4.21	4.40		4.55	4.69	5.03	5.14	5.36	6.04		12.60	13.64	15.53
		velocity	7.00	8.60	8.10	8.31	7.95	7.89	7.69	7.46	6.96	6.81	6.53	6.62	7.37	8.33	7.70	6.76
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	20	181			

Cockrell, Anna (USA) (1997)

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

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

date	09-Jul-23	time	6.24	10.21	14.51	18.95	23.52	28.16	32.83	37.70	42.87	48.08	54.24	6 / 3			
reaction time		interval		3.97	4.30	4.44	4.57	4.64	4.67	4.87	5.17	5.21	6.16		12.71	13.88	15.25
		velocity	7.21	8.82	8.14	7.88	7.66	7.54	7.49	7.19	6.77	6.72	6.49	7.37	8.26	7.56	6.89
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	16	16	20	175			

Demus, Lashinda (USA) (1983)

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

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

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

Clayton, Rushell (JAM) (1992)

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

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

date	08-Sep-22	time	6.34	10.44		18.85	23.25	25.11	27.79	32.60	37.47	42.84	48.15	54.25	7 / 5		
reaction time	0.148	interval		4.10		8.41	4.40		4.54	4.81	4.87	5.37	5.31	6.10		12.51	13.75	15.55
		velocity	7.10	8.54		8.32	7.95	7.96	7.71	7.28	7.19	6.52	6.59	6.56	7.37	8.39	7.64	6.75
H1 lead leg	R	strides	23	15			16		15	16	16	17	17	19.2	154.2			

Tkachuk, Viktoriya (UKR) (1994)

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

FINAL - 2023 London Athletics Meet (London, GBR) *Omega Timing (2023) - diamond league race analysis*

date	23-Jul-23	time	6.33	10.50	14.77	19.07	23.46	28.02	32.80	37.72	42.80	48.02	54.25	2 / 6			
reaction time	0.152	interval		4.17	4.27	4.30	4.39	4.56	4.78	4.92	5.08	5.22	6.23		12.74	13.73	15.22
		velocity	7.11	8.39	8.20	8.14	7.97	7.68	7.32	7.11	6.89	6.70	6.42	7.37	8.24	7.65	6.90
H1 lead leg	L	strides	22	15	15	15	15			16	16	16	20.2	150.2			

Hemmings, Deon (JAM) (1968)

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

Heat 4 - 1999 IAAF World Championships (Sevilla, ESP) *Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*

date	21-Aug-99	time	6.04	10.23	14.51	18.93	23.29	27.84	32.74	37.67	42.84	48.05	54.27	5 / 1			
reaction time	0.172	interval		4.19	4.28	4.42	4.36	4.55	4.90	4.93	5.17	5.21	6.22		12.89	13.81	15.31
		velocity	7.45	8.35	8.18	7.92	8.03	7.69	7.14	7.10	6.77	6.72	6.43	7.37	8.15	7.60	6.86
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	17	17	20	184			

Nosova, Yuliya (RUS) (1978)

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

FINAL - 2001 IAAF World Championships (Edmonton, CAN) *Behm (2001) - Edmonton: Le quatrache: les finales*

date	08-Aug-01	time	6.3	10.5	14.7	19.0	23.4	27.9	32.7	37.7	42.7	47.9	54.27	5 / 2			
reaction time	0.123	interval		4.2	4.2	4.3	4.4	4.5	4.8	5.0	5.0	5.2	6.37		12.70	13.70	15.20
		velocity	7.14	8.33	8.33	8.14	7.95	7.78	7.29	7.00	7.00	6.73	6.28	7.37	8.27	7.66	6.91
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	17	20.5	182.5			

Demus, Lashinda (USA) (1983)

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

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

date	15-Aug-13	time	6.00	9.96	14.15	18.54	22.93	27.31	31.92	36.77	42.04	47.58	54.27	4 / 3			
reaction time	0.156	interval		3.96	4.19	4.39	4.39	4.38	4.61	4.85	5.27	5.54	6.69		12.54	13.38	15.66
		velocity	7.50	8.84	8.35	7.97	7.97	7.99	7.59	7.22	6.64	6.32	5.98	7.37	8.37	7.85	6.70
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	17	17	21	183			

Tkachuk, Viktoriya (UKR) (1994)

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

FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	10-Aug-22	time	6.33	10.46	14.70	18.97	23.33	25.25	27.78	32.40	37.37	42.63	48.07	54.27	8 / 4		
reaction time	0.253	interval		4.13	4.24	4.27	4.36		4.45	4.62	4.97	5.26	5.44	6.20		12.64	13.43	15.67
		velocity	7.11	8.47	8.25	8.20	8.03	7.92	7.87	7.58	7.04	6.65	6.43	6.45	7.37	8.31	7.82	6.70
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	19.7	180.7			

Knight, Jessie (GBR) (1994)

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

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

date	21-Aug-23	time	6.53	10.97	15.30	19.53	24.03		28.76	33.56	38.53	43.63	49.71		54.27	8 / 1			
reaction time	0.161	interval		4.44	4.33	4.23	4.50		4.73	4.80	4.97	5.10	5.08	5.56			13.00	14.03	15.15
		velocity	6.89	7.88	8.08	8.27	7.78		7.40	7.29	7.04	6.86	6.89	7.19	7.37		8.08	7.48	6.93
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18.5	171.5				

Roßley, Karin (GDR) (1957)

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

FiNAL - 1980 East German Spitzenklasse (Jena, GDR) *Heß (1985) - entwicklungsaspekte die leichtathletischen sprint-/hürdendisziplinen im olympiazyklus 1981/84*

date	17-May-80	time	6.49				23.87						48.58		54.28	/ 1			
reaction time		interval					17.38						24.71	5.70	WR				
		velocity	6.93				8.06						7.08	7.02	7.37				
H1 lead leg		strides																	

Fiedler, Ellen (GDR) (1958)

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

Semi-Final 2 - 1988 Olympic Games (Seoul, KOR) *Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*

date	26-Sep-88	time	6.41	10.47	14.65	19.01	23.54		28.18	32.99	38.07	43.12	48.36		54.28	4 / 1			
reaction time	0.227	interval		4.06	4.18	4.36	4.53		4.64	4.81	5.08	5.05	5.24	5.92			12.60	13.98	15.37
		velocity	7.02	8.62	8.37	8.03	7.73		7.54	7.28	6.89	6.93	6.68	6.76	7.37		8.33	7.51	6.83
H1 lead leg		strides	23	15	15	15	15		15	15	16	16	16	19.4	180.4				

Russell, Janieve (JAM) (1993)

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

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

date	24-Aug-23	time	6.34	10.44	14.54	18.55	22.79		27.29	32.00		42.21	47.78		54.28	3 / 7			
reaction time	0.152	interval		4.10	4.10	4.01	4.24		4.50	4.71		10.21	5.57	6.50			12.21	13.45	15.78
		velocity	7.10	8.54	8.54	8.73	8.25		7.78	7.43		6.86	6.28	6.15	7.37		8.60	7.81	6.65
H1 lead leg	R	strides	23	15	15	15	15		16				17	20.5	136.5				

Jesień, Anna (POL) (1978)

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

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

date	20-Aug-08	time	6.3	10.5	14.9	19.3	23.8		28.4	33.1	37.9	43.1	48.5		54.29	9 / 5			
reaction time	0.206	interval		4.2	4.4	4.4	4.5		4.6	4.7	4.8	5.2	5.4	5.79			13.00	13.80	15.40
		velocity	7.14	8.33	7.95	7.95	7.78		7.61	7.45	7.29	6.73	6.48	6.91	7.37		8.08	7.61	6.82
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16		162				

Sprunger, Léa (SUI) (1990)

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

FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	06-Jul-17	time	6.44	10.72	15.00	19.44	23.96		28.64	33.44	38.44	43.52	48.68		54.29	7 / 2			
reaction time	0.121	interval		4.28	4.28	4.44	4.52		4.68	4.80	5.00	5.08	5.16	5.61	PB		13.00	14.00	15.24
		velocity	6.99	8.18	8.18	7.88	7.74		7.48	7.29	7.00	6.89	6.78	7.13	7.37		8.08	7.50	6.89
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	18	170				

Cockrell, Anna (USA) (1997)

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

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

date	08-Sep-23	time	6.12	9.98	14.06	18.26	22.65		27.38	32.21	37.15	42.34	47.82		54.29	2 / 4			
reaction time	0.218	interval		3.86	4.08	4.20	4.39		4.73	4.83	4.94	5.19	5.48	6.47			12.14	13.95	15.61
		velocity	7.35	9.07	8.58	8.33	7.97		7.40	7.25	7.09	6.74	6.39	6.18	7.37		8.65	7.53	6.73
H1 lead leg	R	strides	22	14	14				15	15	15	15	16	19.7	145.7				

Tkachuk, Viktoriya (UKR) (1994)

	H1	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	6.30	10.50		19.07	23.47	25.33	28.06	32.77	37.70	42.83	48.10		54.30	7 / 2			
reaction time	0.195	interval		4.20		8.57	4.40		4.59	4.71	4.93	5.13	5.27	6.20			12.77	13.70	15.33
		velocity	7.14	8.33		8.17	7.95	7.90	7.63	7.43	7.10	6.82	6.64	6.45	7.37		8.22	7.66	6.85
H1 lead leg	L	strides	22	15			15		15	15	15	16	16	20	149				

Folorunso, Ayomide (ITA) (1996)

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

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

date	21-Aug-23	time	6.43	10.40	14.70	18.90	23.36		28.03	32.80	37.63	42.73	47.97		54.30	9 / 3			
reaction time	0.189	interval		3.97	4.30	4.20	4.46		4.67	4.77	4.83	5.10	5.24	6.33			12.47	13.90	15.17
		velocity	7.00	8.82	8.14	8.33	7.85		7.49	7.34	7.25	6.86	6.68	6.32	7.37		8.42	7.55	6.92
H1 lead leg	L	strides	23	15	15	15	16		16	16	16	16	17	20.2	185.2				

Ullrich, Cornelia (GDR) (1958)

	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	03-Sep-87	time	6.60	10.77	15.13	19.62	24.17		28.94	33.82	38.75	43.67	48.67		54.31	4 / 3			
reaction time		interval		4.17	4.36	4.49	4.55		4.77	4.88	4.93	4.92	5.00	5.64			13.02	14.20	14.85
		velocity	6.82	8.39	8.03	7.80	7.69		7.34	7.17	7.10	7.11	7.00	7.09	7.37		8.06	7.39	7.07
H1 lead leg	R	strides	25	15	16	16	17		17	17	17	17	17	20.2	194.2				

Vickers, Janeene (USA) (1968)

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

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

date	05-Aug-92	time	6.4	10.5	13.8	19.2	23.6		28.1	32.8	37.6	42.6	48.0		54.31	1 / 3			
reaction time		interval		4.10	3.30	5.40	4.40		4.50	4.70	4.80	5.00	5.40	6.31			12.80	13.60	15.20
		velocity	7.03	8.54	10.61	6.48	7.95		7.78	7.45	7.29	7.00	6.48	6.34	7.37		8.20	7.72	6.91
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19.7	179.7				

Walker, Melaine (JAM) (1983)

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

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

date	23-Sep-07	time	6.75	10.96	15.25	19.64	24.14		28.68	33.36	38.28	43.25	48.50		54.31	8 / 3			

reaction time	0.261	interval		4.21	4.29	4.39	4.50		4.54	4.68	4.92	4.97	5.25	5.81			12.89	13.72	15.14
		velocity	6.67	8.31	8.16	7.97	7.78		7.71	7.48	7.11	7.04	6.67	6.88	7.37		8.15	7.65	6.94
H1 lead leg		strides																	

Watson, Sage (CAN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 02-Oct-19	time	6.34	10.51	14.71		23.59		28.16	33.03	37.97	43.13	48.35		54.32	4 / 2			
reaction time 0.183	interval		4.17	4.20		8.88		4.57	4.87	4.94	5.16	5.22	5.97	NR PB				15.32
	velocity	7.10	8.39	8.33		7.88		7.66	7.19	7.09	6.78	6.70	6.70	7.36				6.85
H1 lead leg R	strides	22	15	15				15	16	16	16	16	20	151				

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 26-Aug-21	time	6.44	10.52	14.68		23.52		28.32	33.16	38.04	43.04	48.32		54.32	2 / 3			
reaction time 0.162	interval		4.08	4.16		8.84		4.80	4.84	4.88	5.00	5.28	6.00					15.16
	velocity	6.99	8.58	8.41		7.92		7.29	7.23	7.17	7.00	6.63	6.67	7.36				6.93
H1 lead leg R	strides	22	14	14				15	15	15	15	16	19	145				

Tereshchuk-Antipova, Tetyana (UKR

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1999 IAAF World Championships (Sevilla, ESP)														*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date 25-Aug-99	time	6.61	10.82	15.12	19.49	23.98		28.51	33.25	38.01	43.03	48.17		54.33	7 / 7			
reaction time 0.273	interval		4.21	4.30	4.37	4.49		4.53	4.74	4.76	5.02	5.14	6.16			12.88	13.76	14.92
	velocity	6.81	8.31	8.14	8.01	7.80		7.73	7.38	7.35	6.97	6.81	6.49	7.36		8.15	7.63	7.04
H1 lead leg L	strides	22	15	15	15	15		15	16	16	16	16	19.5	180.5				

Petersen, Sara Slott (DEN) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 22-Jul-16	time	6.43	10.73	15.06	19.46	23.96		28.56	33.30	38.16	43.26	48.40		54.33	7 / 2			
reaction time 0.157	interval		4.30	4.33	4.40	4.50		4.60	4.74	4.86	5.10	5.14	5.93			13.03	13.84	15.10
	velocity	7.00	8.14	8.08	7.95	7.78		7.61	7.38	7.20	6.86	6.81	6.75	7.36		8.06	7.59	6.95
H1 lead leg R	strides	22	15	15	15	15		15	15	16	16	16	20	180				

Moline, Georganne (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 26-May-18	time	6.72	11.00	15.16	19.36	23.68		28.08	32.64	37.52	42.60	48.04		54.33	1 / 3			
reaction time 0.219	interval		4.28	4.16	4.20	4.32		4.40	4.56	4.88	5.08	5.44	6.29			12.64	13.28	15.40
	velocity	6.70	8.18	8.41	8.33	8.10		7.95	7.68	7.17	6.89	6.43	6.36	7.36		8.31	7.91	6.82
H1 lead leg L	strides	23	16		15	15		15	15	16	16	17	20	168				

Hejnová, Zuzana (CZE) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 21-Jul-19	time	6.60	10.88	15.24	19.68	24.20		28.80	33.48	38.28	43.24	48.28		54.33	5 / 2			
reaction time 0.150	interval		4.28	4.36	4.44	4.52		4.60	4.68	4.80	4.96	5.04	6.05			13.08	13.80	14.80
	velocity	6.82	8.18	8.03	7.88	7.74		7.61	7.48	7.29	7.06	6.94	6.61	7.36		8.03	7.61	7.09
H1 lead leg R	strides	22	15	15	15	15		15	15	16	16	16	20	180				

Bol, Femke (NED) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 15-Sep-20	time	6.60	10.76	15.00	19.32	23.72		28.32	33.08	38.04	43.28	48.56		54.33	3 / 1			
reaction time	interval		4.16	4.24	4.32	4.40		4.60	4.76	4.96	5.24	5.28	5.77			12.72	13.76	15.48
	velocity	6.82	8.41	8.25	8.10	7.95		7.61	7.35	7.06	6.68	6.63	6.93	7.36		8.25	7.63	6.78
H1 lead leg L	strides	22	15	15	15	15		15	15	15	16	16	19	178				

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 30-Jun-22	time	6.44	10.56	14.72	19.08	23.54	25.44	28.20	32.98	37.86	42.88	48.26		54.33	4 / 3			
reaction time 0.165	interval		4.12	4.16	4.36	4.46		4.66	4.78	4.88	5.02	5.38	6.07			12.64	13.90	15.28
	velocity	6.99	8.50	8.41	8.03	7.85	7.86	7.51	7.32	7.17	6.97	6.51	6.59	7.36		8.31	7.55	6.87
H1 lead leg R	strides	22	14	14	14	14		15	15	15	15	16	19	173				

Knight, Andrenette (JAM) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 26-Aug-22	time	6.16	10.14		18.56	23.02	24.86	27.57	32.30	37.16	42.30	47.76		54.33	1 / 3			
reaction time 0.148	interval		3.98		8.42	4.46		4.55	4.73	4.86	5.14	5.46	6.57			12.40	13.74	15.46
	velocity	7.31	8.79		8.31	7.85	8.05	7.69	7.40	7.20	6.81	6.41	6.09	7.36		8.47	7.64	6.79
H1 lead leg R	strides	22	15			15		15	16	16	16	17	20	152				

Folorunso, Ayomide (ITA) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 20-Jul-22	time	6.40	10.67	15.03	19.33	23.80	25.75	28.33	33.10	38.00	43.03	48.23		54.34	5 / 5			
reaction time 0.188	interval		4.27	4.36	4.30	4.47		2.58	4.77	4.90	5.03	5.20	6.11	NR PB		12.93	13.77	15.13
	velocity	7.03	8.20	8.03	8.14	7.83	7.77	13.57	7.34	7.14	6.96	6.73	6.55	7.36		8.12	7.63	6.94
H1 lead leg L	strides	23	15	15	15	15		16		16	17	17	20.5	169.5				

Tîrlea, Ionela (ROU) (1976)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2000 Olympic Games (Sydney, AUS)														*Behm (2000) - Sydney 2000: Compte-rendu du 400m haies*			
date 27-Sep-00	time	6.4	10.5	14.7	19.0	23.3		28.1	32.9	37.9	42.9	48.3		54.35	7 / 6			
reaction time 0.281	interval		4.1	4.2	4.3	4.3		4.8	4.8	5.0	5.0	5.4	6.05			12.60	13.90	15.40

		velocity	7.03	8.54	8.33	8.14	8.14		7.29	7.29	7.00	7.00	6.48	6.61	7.36			8.33	7.55	6.82
H1 lead leg	L	strides	22	15	15	15	15		16	16	16	17	17		164					

Petersen, Sara Slott (DEN) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 08-Jun-17	time	6.56	10.80	15.08	19.32	23.72		28.28	32.96	37.92	43.04	48.32		54.35	4 / 2			
reaction time 0.158	interval		4.24	4.28	4.24	4.40		4.56	4.68	4.96	5.12	5.28	6.03			12.76	13.64	15.36
	velocity	6.86	8.25	8.18	8.25	7.95		7.68	7.48	7.06	6.84	6.63	6.63	7.36		8.23	7.70	6.84
H1 lead leg R	strides	22	15	15	15	15		15	15	16	16	17	20.5	181.5				

Petersen, Sara Slott (DEN) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 24-Aug-17	time	6.36	10.52	14.80	19.16	23.60		28.16	32.88		42.92	48.20		54.35	7 / 2			
reaction time 0.146	interval		4.16	4.28	4.36	4.44		4.56	4.72		10.04	5.28	6.15			12.80	13.72	15.32
	velocity	7.08	8.41	8.18	8.03	7.88		7.68	7.42		6.97	6.63	6.50	7.36		8.20	7.65	6.85
H1 lead leg R	strides	21	15	15		15		15	15			17	20.5	133.5				

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 13-Jun-19	time	6.10	10.04	14.20	18.58	23.12	25.0	27.72	32.40	37.28	42.44	47.88		54.35	5 / 2			
reaction time 0.205	interval		3.94	4.16	4.38	4.54		4.60	4.68	4.88	5.16	5.44	6.47			12.48	13.82	15.48
	velocity	7.38	8.88	8.41	7.99	7.71	8.00	7.61	7.48	7.17	6.78	6.43	6.18	7.36		8.41	7.60	6.78
H1 lead leg R	strides	23	15	15	15	15		15	15	15	16	17	20.5	181.5				

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)														*Omega Timing (2023) - diamond league race analysis*			
date 02-Sep-23	time	6.51	10.65	14.89	19.28	23.79		28.59	33.44	38.37	43.43	48.51		54.35	1 / 5			
reaction time 0.157	interval		4.14	4.24	4.39	4.51		4.80	4.85	4.93	5.06	5.08	5.84			12.77	14.16	15.07
	velocity	6.91	8.45	8.25	7.97	7.76		7.29	7.22	7.10	6.92	6.89	6.85	7.36		8.22	7.42	6.97
H1 lead leg R	strides	22	14	14	14	14		15	15	15	15	15	19	172				

Khromova, Margareta (URS) (1963)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1984 Olympischen Tag (Potsdam, GDR)														*Heß (1985) - entwicklungsaspekte die leichtathletischen sprint-/hürdendisziplinen im olympiazyklus 1981/84*			
date 21-Jul-84	time	6.74				24.13						48.56		54.36	/ 1			
reaction time	interval					17.39						24.43	5.80					
	velocity	6.68				8.05						7.16	6.90	7.36				
H1 lead leg	strides																	

Sheffield, LaTanya (USA) (1963)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)														*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*			
date 26-Sep-88	time	6.42	10.52	14.72	19.11	23.72		28.54	33.39	38.33	43.41	48.56		54.36	3 / 3			
reaction time 0.184	interval		4.10	4.20	4.39	4.61		4.82	4.85	4.94	5.08	5.15	5.80	PB		12.69	14.28	15.17
	velocity	7.01	8.54	8.33	7.97	7.59		7.26	7.22	7.09	6.89	6.80	6.90	7.36		8.27	7.35	6.92
H1 lead leg	strides	23	15	15	15	15		16	17	17	17	17	20.8	187.8				

Protti, Anita (SUI) (1964)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1990 European Championships (Split, YUG)														*Behm (1995) - la tactique du 400 haies*			
date 31-Aug-90	time	6.8	11.1	15.3	19.7	24.1		28.6	33.3	38.1	43.1	48.4		54.36	/ 2			
reaction time	interval		4.3	4.2	4.4	4.4		4.5	4.7	4.8	5.0	5.3	5.96	PB		12.90	13.60	15.10
	velocity	6.62	8.14	8.33	7.95	7.95		7.78	7.45	7.29	7.00	6.60	6.71	7.36		8.14	7.72	6.95
H1 lead leg	strides		17	17	17	17		17	17	17	19	19		157				

Doyle, Eilidh (GBR) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)														*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date 06-Jul-17	time	6.52	10.72	15.04	19.40	23.76		28.32	33.12	38.08	43.16	48.32		54.36	1 / 3			
reaction time 0.151	interval		4.20	4.32	4.36	4.36		4.56	4.80	4.96	5.08	5.16	6.04			12.88	13.72	15.20
	velocity	6.90	8.33	8.10	8.03	8.03		7.68	7.29	7.06	6.89	6.78	6.62	7.36		8.15	7.65	6.91
H1 lead leg L	strides	23	15	15	15	15		16	16	17	17	17	21.5	187.5				

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)														*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date 16-Jul-17	time	6.56	10.88	15.28	19.68	24.20		28.88	33.64	38.48	43.44	48.48		54.36	7 / 2			
reaction time 0.152	interval		4.32	4.40	4.40	4.52		4.68	4.76	4.84	4.96	5.04	5.88			13.12	13.96	14.84
	velocity	6.86	8.10	7.95	7.95	7.74		7.48	7.35	7.23	7.06	6.94	6.80	7.36		8.00	7.52	7.08
H1 lead leg L	strides	23	16	15	15	15		15	16	16	16	16	19.5	182.5				

Clayton, Rushell (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 22-Jul-22	time	6.40	10.57	14.73	19.00	23.43	25.19		32.67	37.67	42.83	48.07		54.36	2 / 6			
reaction time 0.145	interval		4.17	4.16	4.27	4.43			9.24	5.00	5.16	5.24	6.29			12.60	13.67	15.40
	velocity	7.03	8.39	8.41	8.20	7.90	7.94		7.58	7.00	6.78	6.68	6.36	7.36		8.33	7.68	6.82
H1 lead leg L	strides	22	15	15	15	15				16	16	16		130				

Spencer, Kaliese (JAM) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)														*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date 18-Aug-09	time	6.45	10.47	14.65	18.88	23.29		28.03	32.85	37.73	42.81	48.27		54.37	3 / 1			
reaction time 0.180	interval		4.02	4.18	4.23	4.41		4.74	4.82	4.88	5.08	5.46	6.10			12.43	13.97	15.42
	velocity	6.98	8.71	8.37	8.27	7.94		7.38	7.26	7.17	6.89	6.41	6.56	7.36		8.45	7.52	6.81

H1 lead leg		strides																

Buford-Bailey, Tonja (USA) (1970)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Semi-Final 1 - 1993 IAAF World Championships (Stuttgart, GER)																*Winckler (1994) - principles for development of the 400m hurdle program*			
date	17-Aug-93	time	6.83	11.06	15.39	19.79	24.32		29.03	33.75	38.66	43.60	48.81		54.38	5 / 2			
reaction time		interval		4.23	4.33	4.40	4.53		4.71	4.72	4.91	4.94	5.21	5.57	PB		12.96	13.96	15.06
		velocity	6.59	8.27	8.08	7.95	7.73		7.43	7.42	7.13	7.09	6.72	7.18	7.36		8.10	7.52	6.97
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	16	17	19.7	183.7				

Russell, Janieve (JAM) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	21-Jul-17	time	6.28	10.40		19.04	23.52			32.92	37.84	42.88	48.12		54.38	3 / 3			
reaction time	0.186	interval		4.12		8.64	4.48			9.40	4.92	5.04	5.24	6.26			12.76	13.88	15.20
		velocity	7.17	8.50		8.10	7.81			7.45	7.12	6.94	6.68	6.39	7.36		8.23	7.56	6.91
H1 lead leg	R	strides	22	15			15				16	16	16	19.7	119.7				

Russell, Janieve (JAM) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	30-Aug-18	time	6.52	10.80	15.16		24.12	26.1	28.68	33.32	38.12	43.12	48.32		54.38	6 / 3			
reaction time	0.153	interval		4.28	4.36		8.96		4.56	4.64	4.80	5.00	5.20	6.06					15.00
		velocity	6.90	8.18	8.03		7.81	7.66	7.68	7.54	7.29	7.00	6.73	6.60	7.36				7.00
H1 lead leg	R	strides	22	15	15				15	15	16		17	20	135				

Kurochkina, Tatyana (URS) (1967)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1988 Olympic Games (Seoul, KOR)																*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*			
date	28-Sep-88	time	6.52	10.57	14.73	19.05	23.46		27.98	32.67	37.59	42.79	48.18		54.39	1 / 7			
reaction time	0.231	interval		4.05	4.16	4.32	4.41		4.52	4.69	4.92	5.20	5.39	6.21	PB		12.53	13.62	15.51
		velocity	6.90	8.64	8.41	8.10	7.94		7.74	7.46	7.11	6.73	6.49	6.44	7.35		8.38	7.71	6.77
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	17	20.1	182.1				

Edeh, Rosey (CAN) (1966)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1996 Olympic Games (Atlanta, GA)																*Behm (1996) - 400m haies*			
date	31-Jul-96	time	6.6	10.7	15.0	19.4	23.9		28.4	33.2	38.1	43.1	48.5		54.39	7 / 6			
reaction time	0.324	interval		4.1	4.3	4.4	4.5		4.5	4.8	4.9	5.0	5.4	5.89			12.80	13.80	15.30
		velocity	6.82	8.54	8.14	7.95	7.78		7.78	7.29	7.14	7.00	6.48	6.79	7.35		8.20	7.61	6.86
H1 lead leg		strides	22	15	15	15	15		15	15	15	17	17		161				

Tkachuk, Viktoriya (UKR) (1994)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	04-Jul-21	time	6.34	10.46	14.68	19.15	23.70	25.8	28.42	33.28	38.16	43.16	48.32		54.39	7 / 5			
reaction time	0.254	interval		4.12	4.22	4.47	4.55		4.72	4.86	4.88	5.00	5.16	6.07	PB		12.81	14.13	15.04
		velocity	7.10	8.50	8.29	7.83	7.69	7.75	7.42	7.20	7.17	7.00	6.78	6.59	7.35		8.20	7.43	6.98
H1 lead leg	L	strides		15	15	15	15		15	16	16	16	16	19.2	158.2				

Tîrlea, Ionela (ROU) (1976)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1996 Olympic Games (Atlanta, GA)																*Behm (1996) - 400m haies*			
date	31-Jul-96	time	6.6	10.6	14.9	19.3	23.8		28.4	33.2	38.1	43.2	48.6		54.40	8 / 7			
reaction time	0.343	interval		4.0	4.3	4.4	4.5		4.6	4.8	4.9	5.1	5.4	5.80	PB		12.70	13.90	15.40
		velocity	6.82	8.75	8.14	7.95	7.78		7.61	7.29	7.14	6.86	6.48	6.90	7.35		8.27	7.55	6.82
H1 lead leg		strides	22	15	15	15	15		15	16	16	17	17		163				

Wang Xing (CHN) (1986)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2005 Chinese National Games (Nanjing, CHN)																*Wang (2016) - hurdle rhythm characteristic analysis and athletic training considerations*			
date	21-Oct-05	time	6.39	10.53	14.73	19.06	23.47		28.03	32.75	37.65	42.75	48.00		54.40	/ 2			
reaction time		interval		4.14	4.20	4.33	4.41		4.56	4.72	4.90	5.10	5.25	6.40	WJR / WYB18		12.67	13.69	15.25
		velocity	7.04	8.45	8.33	8.08	7.94		7.68	7.42	7.14	6.86	6.67	6.25	7.35		8.29	7.67	6.89
H1 lead leg		strides	23	15	15	15	15		16	16	16	17	17		165				

Little, Shamier (USA) (1995)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	06-Jun-19	time	6.28	10.44	14.72	19.12	23.64		28.32	33.08	38.04	43.12	48.30		54.40	4 / 2			
reaction time	0.215	interval		4.16	4.28	4.40	4.52		4.68	4.76	4.96	5.08	5.18	6.10			12.84	13.96	15.22
		velocity	7.17	8.41	8.18	7.95	7.74		7.48	7.35	7.06	6.89	6.76	6.56	7.35		8.18	7.52	6.90
H1 lead leg	R	strides	24	15	15	15	15		16	16	16	16	16	20	184				

Ryzhykova, Anna (UKR) (1989)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	21-Aug-21	time	6.52	10.64	14.84	19.12	23.52	25.5		33.12	38.00	43.00	48.22		54.40	3 / 4			
reaction time	0.162	interval		4.12	4.20	4.28	4.40			9.60	4.88	5.00	5.22	6.18			12.60	14.00	15.10
		velocity	6.90	8.50	8.33	8.18	7.95	7.84		7.29	7.17	7.00	6.70	6.47	7.35		8.33	7.50	6.95
H1 lead leg	R	strides	22	14	14	14	14				15	15	15	20	143				

Little, Shamier (USA) (1995)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	21-Aug-23	time	6.17	10.33	14.50	18.70	23.13		27.73	32.46	37.37	42.63	48.13		54.40	4 / 2			
reaction time	0.215	interval		4.16	4.17	4.20	4.43		4.60	4.73	4.91	5.26	5.50	6.27			12.53	13.76	15.67
		velocity	7.29	8.41	8.39	8.33	7.90		7.61	7.40	7.13	6.65	6.36	6.38	7.35		8.38	7.63	6.70
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	17	19.2	180.2				

Busch, Sabine (GDR) (1962)

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

Tîrlea, Ionela (ROU) (1976)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 IAAF World Championships (Paris, FRA)														*Behm (2003) - Paris 2003:Le quatrache masculn - féminin*			
date 28-Aug-03 time	6.2	10.2	14.4	18.8	23.2		27.9	32.8	37.9	43.2	48.4		54.41	3 / 4			
reaction time 0.170 interval		4.0	4.2	4.4	4.4		4.7	4.9	5.1	5.3	5.2	6.01			12.60	14.00	15.60
velocity	7.26	8.75	8.33	7.95	7.95		7.45	7.14	6.86	6.60	6.73	6.66	7.35		8.33	7.50	6.73
H1 lead leg L strides	22	13	13	13	13		16	16	17	17	17	20	177				

Hejnová, Zuzana (CZE) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 02-Oct-19 time	6.64	10.92	15.24	19.64	24.12		28.72	33.40	38.28	43.24	48.36		54.41	5 / 2			
reaction time 0.162 interval		4.28	4.32	4.40	4.48		4.60	4.68	4.88	4.96	5.12	6.05			13.00	13.76	14.96
velocity	6.78	8.18	8.10	7.95	7.81		7.61	7.48	7.17	7.06	6.84	6.61	7.35		8.08	7.63	7.02
H1 lead leg R strides	22	15	15	15	15		15	15	16	16	16	19.7	179.7				

Ponomaryova, Margareta (URS) (196

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1991 European Cup (Frankfurt, GER)														*Federle (2003) - http://www.fgs.uni-halle.de*			
date 29-Jun-91 time	6.71	10.78	14.99	19.35	23.77		28.25	32.86	37.63	42.81	48.40		54.42	/ 1			
reaction time interval		4.07	4.21	4.36	4.42		4.48	4.61	4.77	5.18	5.59	6.02			12.64	13.51	15.54
velocity	6.71	8.60	8.31	8.03	7.92		7.81	7.59	7.34	6.76	6.26	6.64	7.35		8.31	7.77	6.76
H1 lead leg strides																	

Spencer, Ashley (USA) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 02-Oct-19 time	6.24	10.40	14.52	18.88	23.32		27.92	32.64	37.76	42.96	48.28		54.42	8 / 3			
reaction time 0.171 interval		4.16	4.12	4.36	4.44		4.60	4.72	5.12	5.20	5.32	6.14			12.64	13.76	15.64
velocity	7.21	8.41	8.50	8.03	7.88		7.61	7.42	6.84	6.73	6.58	6.51	7.35		8.31	7.63	6.71
H1 lead leg L strides	22	15	15	15	15		15	15	16	16	16	19.2	179.2				

Hailey, Nnenya (USA) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 06-Jul-21 time	6.40	10.51	14.61	18.97	23.49		28.19		38.05	43.14	48.34		54.42	2 / 5			
reaction time 0.338 interval		4.11	4.10	4.36	4.52		4.70		9.86	5.09	5.20	6.08			12.57		
velocity	7.03	8.52	8.54	8.03	7.74		7.45		7.10	6.88	6.73	6.58	7.35		8.35		
H1 lead leg L strides		16	16	16	17		17			18	18		118				

Salmon, Shiann (JAM) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)														*Omega Timing (2023) - diamond league race analysis*			
date 28-May-23 time	6.21	10.35	14.78	19.27	23.88		28.56	33.36	38.25	43.16	48.18		54.42	3 / 3			
reaction time 0.178 interval		4.14	4.43	4.49	4.61		4.68	4.80	4.89	4.91	5.02	6.24			13.06	14.09	14.82
velocity	7.25	8.45	7.90	7.80	7.59		7.48	7.29	7.16	7.13	6.97	6.41	7.35		8.04	7.45	7.09
H1 lead leg R strides	21	15	15	14	15		15	16	16	16	16	19.7	178.7				

Hall, Anna (USA) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)														*Omega Timing (2023) - diamond league race analysis*			
date 02-Jun-23 time	6.38	10.57	14.81	19.01	23.43		27.99	32.69	37.65	42.68	48.03		54.42	8 / 3			
reaction time 0.182 interval		4.19	4.24	4.20	4.42		4.56	4.70	4.96	5.03	5.35	6.39	PB		12.63	13.68	15.34
velocity	7.05	8.35	8.25	8.33	7.92		7.68	7.45	7.06	6.96	6.54	6.26	7.35		8.31	7.68	6.84
H1 lead leg L strides	21	14	14	14	14		15	15	15	15	17	19.5	173.5				

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 22-Aug-23 time	6.55	10.84	15.01	19.21	23.66		28.36	33.15	38.07		48.41		54.42	9 / 4			
reaction time 0.186 interval		4.29	4.17	4.20	4.45		4.70	4.79	4.92		10.34	6.01			12.66	13.94	15.26
velocity	6.87	8.16	8.39	8.33	7.87		7.45	7.31	7.11		6.77	6.66	7.35		8.29	7.53	6.88
H1 lead leg R strides	22	14	14	14	14		15	15	15		15	19.2	157.2				

Folorunso, Ayomide (ITA) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Memorial van Damme (Brussels, BEL)														*Omega Timing (2023) - diamond league race analysis*			
date 08-Sep-23 time	6.29	10.42	14.73	19.09	23.61		28.28	33.09	38.06	43.17	48.42		54.42	8 / 5			
reaction time 0.213 interval		4.13	4.31	4.36	4.52		4.67	4.81	4.97	5.11	5.25	6.00			12.80	14.00	15.33
velocity	7.15	8.47	8.12	8.03	7.74		7.49	7.28	7.04	6.85	6.67	6.67	7.35		8.20	7.50	6.85
H1 lead leg L strides	24	15	15				16	16	16	16	17	20	155				

Bol, Femke (NED) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 31-Jul-21 time	6.40	10.47	14.61	18.88	23.32		27.83	32.46	37.27	42.47	47.78		54.43	8 / 1			
reaction time 0.194 interval		4.07	4.14	4.27	4.44		4.51	4.63	4.81	5.20	5.31	6.65			12.48	13.58	15.32
velocity	7.03	8.60	8.45	8.20	7.88		7.76	7.56	7.28	6.73	6.59	6.02	7.35		8.41	7.73	6.85
H1 lead leg L strides	22	15	15	15	15		15	15	15	16	16	19	178				

Woodruff, Gianna (PAN) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	28-Aug-21	time	6.33	10.52	14.92		23.92		28.53	33.28	38.07	43.12	48.35		54.44	7 / 1			
reaction time	0.206	interval		4.19	4.40		9.00		4.61	4.75	4.79	5.05	5.23	6.09					15.07
		velocity	7.11	8.35	7.95		7.78		7.59	7.37	7.31	6.93	6.69	6.57	7.35				6.97
H1 lead leg	L	strides	23	15	15	15			15	15	15	16	16	19.5	164.5				

Rieger, Silvia (GER) (1970)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1998 European Championships (Budapest, HUN)																*Sanchez (1998) - Budapest '98: análisis de la carreras con villas*			
date	23-Aug-98	time	6.49				23.35						48.17		54.45	3 / 3			
reaction time		interval					16.86						24.82	6.28					
		velocity	6.93				8.30						7.05	6.37	7.35				
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20.5	184.5				

Nugent, Leah (JAM) (1992)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)																*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date	18-Aug-16	time	6.36	10.44	14.76	19.16	23.68		28.36	33.16	38.04	43.00	48.12		54.45	2 / 6			
reaction time	0.226	interval		4.08	4.32	4.40	4.52		4.68	4.80	4.88	4.96	5.12	6.33	PB		12.80	14.00	14.96
		velocity	7.08	8.58	8.10	7.95	7.74		7.48	7.29	7.17	7.06	6.84	6.32	7.35		8.20	7.50	7.02
H1 lead leg	R	strides	23	13	14	14	14		14	15	15	15	15	19	171				

Doyle, Eilidh (GBR) (1987)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	25-Aug-16	time	6.36	10.56	14.80	19.12	23.56		28.28	33.08	38.04	43.20	48.40		54.45	3 / 2			
reaction time	0.157	interval		4.20	4.24	4.32	4.44		4.72	4.80	4.96	5.16	5.20	6.05			12.76	13.96	15.32
		velocity	7.08	8.33	8.25	8.10	7.88		7.42	7.29	7.06	6.78	6.73	6.61	7.35		8.23	7.52	6.85
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187				

McLaughlin, Sydney (USA) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																*Henson (2021) - Athlete First: 2019 year end hurdle report*			
date	01-Oct-19	time	6.48	10.64	14.92	19.40	23.92			33.40	38.52	43.44	48.52		54.45	8 / 1			
reaction time	0.176	interval		4.16	4.28	4.48	4.52			9.48	5.12	4.92	5.08	5.93			12.92	14.00	15.12
		velocity	6.94	8.41	8.18	7.81	7.74			7.38	6.84	7.11	6.89	6.75	7.35		8.13	7.50	6.94
H1 lead leg	R	strides	23	15	15	15	15				16	16	16	18.2	149.2				

Ryzhykova, Anna (UKR) (1989)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	02-Oct-19	time	6.54	10.67	14.85	19.22	23.75		28.46	33.30	38.24	43.21	48.35		54.45	6 / 3			
reaction time	0.171	interval		4.13	4.18	4.37	4.53		4.71	4.84	4.94	4.97	5.14	6.10			12.68	14.08	15.05
		velocity	6.88	8.47	8.37	8.01	7.73		7.43	7.23	7.09	7.04	6.81	6.56	7.35		8.28	7.46	6.98
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19.2	172.2				

Spencer, Ashley (USA) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	04-Oct-19	time	6.44	10.71	14.98	19.35	23.82			33.03	37.87	42.97	48.08		54.45	2 / 6			
reaction time	0.163	interval		4.27	4.27	4.37	4.47			9.21	4.84	5.10	5.11	6.37			12.91	13.68	15.05
		velocity	6.99	8.20	8.20	8.01	7.83			7.60	7.23	6.86	6.85	6.28	7.35		8.13	7.68	6.98
H1 lead leg	L	strides	22	15	15		15				15		16	19	117				

Ryzhykova, Anna (UKR) (1989)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	04-Oct-19	time	6.40	10.48	14.65	18.98	23.45		28.13	33.00	38.00	43.04	48.35		54.45	3 / 7			
reaction time	0.173	interval		4.08	4.17	4.33	4.47		4.68	4.87	5.00	5.04	5.31	6.10			12.58	14.02	15.35
		velocity	7.03	8.58	8.39	8.08	7.83		7.48	7.19	7.00	6.94	6.59	6.56	7.35		8.35	7.49	6.84
H1 lead leg	R	strides	22	14	14		14		15	15	15		16	19.2	144.2				

Muhammad, Dalilah (USA) (1990)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	19-Jul-22	time	6.26	10.43	14.76	19.17	23.76	25.73	28.48	33.30	38.36	43.50	48.70		54.45	3 / 1			
reaction time	0.169	interval		4.17	4.33	4.41	4.59		4.72	4.82	5.06	5.14	5.20	5.75			12.91	14.13	15.40
		velocity	7.19	8.39	8.08	7.94	7.63	7.77	7.42	7.26	6.92	6.81	6.73	6.96	7.35		8.13	7.43	6.82
H1 lead leg	R	strides	22	1515	15	15	15		15	15	16	16	16	19	1679				

Clayton, Rushell (JAM) (1992)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	08-Aug-22	time	6.36	10.53	14.90	19.33	23.93		28.56	33.33	38.26	43.30	48.43		54.45	7 / 3			
reaction time	0.196	interval		4.17	4.37	4.43	4.60		4.63	4.77	4.93	5.04	5.13	6.02			12.97	14.00	15.10
		velocity	7.08	8.39	8.01	7.90	7.61		7.56	7.34	7.10	6.94	6.82	6.64	7.35		8.10	7.50	6.95
H1 lead leg	L	strides	22	15	15	15	15		15		16	16	16		145				

Sutherland, Savannah (CAN) (2003)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	10-Jun-23	time	6.54	10.77	15.11	19.48	23.95		28.63	33.43	38.40	43.54	48.65		54.45	7 / 1			
reaction time		interval		4.23	4.34	4.37	4.47		4.68	4.80	4.97	5.14	5.11	5.80	PB		12.94	13.95	15.22
		velocity	6.88	8.27	8.06	8.01	7.83		7.48	7.29	7.04	6.81	6.85	6.90	7.35		8.11	7.53	6.90
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	20	182				

Kurochkina, Tatyana (URS) (1967)	**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**

Semi-Final 2 - 1988 Olympic Games (Seoul, KOR) — *Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*

date	26-Sep-88	time	6.61	10.75	15.04	19.37	23.90		28.46	33.23	38.23	43.36	48.68		54.46	3 / 2		
reaction time	0.261	interval		4.14	4.29	4.33	4.53		4.56	4.77	5.00	5.13	5.32	5.78	PB		12.76	13.86	15.45
		velocity	6.81	8.45	8.16	8.08	7.73		7.68	7.34	7.00	6.82	6.58	6.92	7.34		8.23	7.58	6.80
H1 lead leg		strides	23	15	15	15	15		15	15	16	16	17	19.5	181.5				

Glover, Sandra (USA) (1968)

	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	6.27	10.54	14.95	19.38	24.08		28.69	33.42	38.23	43.23	48.29		54.46	6 / 2			
reaction time 0.198	interval		4.27	4.41	4.43	4.70		4.61	4.73	4.81	5.00	5.06	6.17			13.11	14.04	14.87
	velocity	7.18	8.20	7.94	7.90	7.45		7.59	7.40	7.28	7.00	6.92	6.48	7.34		8.01	7.48	7.06
H1 lead leg L	strides	23	16	16	16	16		16	16	17	17	17	20	190				

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 18-Aug-16	time	6.40	10.52	14.68		23.32		27.84	32.64	37.52	42.64	48.00		54.46	8 / 7			
reaction time 0.140	interval		4.12	4.16		8.64		4.52	4.80	4.88	5.12	5.36	6.46					15.36
	velocity	7.03	8.50	8.41		8.10		7.74	7.29	7.17	6.84	6.53	6.19	7.34				6.84
H1 lead leg R	strides	22	14	14	14			15	16	16	17	17	20.2	165.2				

Spencer, Ashley (USA) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 12-Jul-19	time	6.42	10.68	15.06	19.52	24.06	26.1		33.32	38.16	43.34	48.50		54.46	3 / 2			
reaction time 0.152	interval		4.26	4.38	4.46	4.54			9.26	4.84	5.18	5.16	5.96			13.10	13.80	15.18
	velocity	7.01	8.22	7.99	7.85	7.71	7.66		7.56	7.23	6.76	6.78	6.71	7.34		8.02	7.61	6.92
H1 lead leg L	strides	22	15	15	15	15				15	16	16	18.5	147.5				

Woodruff, Gianna (PAN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Bislett Games (Oslo, NOR)														*Omega Timing (2023) - diamond league race analysis*			
date 15-Jun-23	time	6.36	10.44	14.72	19.15	23.66		28.29	33.11	38.17	43.30	48.43		54.46	4 / 3			
reaction time 0.198	interval		4.08	4.28	4.43	4.51		4.63	4.82	5.06	5.13	5.13	6.03			12.79	13.96	15.32
	velocity	7.08	8.58	8.18	7.90	7.76		7.56	7.26	6.92	6.82	6.82	6.63	7.34		8.21	7.52	6.85
H1 lead leg L	strides	22	15	15	15	15		15	15	16	16	17	19	180				

Carter, Kori (USA) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)														*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date 10-Jul-16	time	6.47	10.61	14.88	19.12	23.46		28.03	32.73	37.64	42.81	48.18		54.47	3 / 4			
reaction time 0.192	interval		4.14	4.27	4.24	4.34		4.57	4.70	4.91	5.17	5.37	6.29			12.65	13.61	15.45
	velocity	6.96	8.45	8.20	8.25	8.06		7.66	7.45	7.13	6.77	6.52	6.36	7.34		8.30	7.71	6.80
H1 lead leg L	strides	24	15	15	15	15		16	16	16	17	17	21	187				

Nel, Wenda (RSA) (1988)

	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 (2021) - Athlete First: 2016 year end hurdle report*			
date 22-Jul-16	time	6.33	10.56	14.83	19.23	23.83		28.40	33.13	37.96	43.03	48.26		54.47	8 / 3			
reaction time 0.182	interval		4.23	4.27	4.40	4.60		4.57	4.73	4.83	5.07	5.23	6.21			12.90	13.90	15.13
	velocity	7.11	8.27	8.20	7.95	7.61		7.66	7.40	7.25	6.90	6.69	6.44	7.34		8.14	7.55	6.94
H1 lead leg L	strides	23	15	15	15	16		16	17	17	17	17	21.5	189.5				

Tate, Cassandra (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 09-Sep-16	time	6.20	10.36	14.68	19.12	23.68		28.28	33.04	38.00	43.20	48.44		54.47	7 / 1			
reaction time 0.228	interval		4.16	4.32	4.44	4.56		4.60	4.76	4.96	5.20	5.24	6.03			12.92	13.92	15.40
	velocity	7.26	8.41	8.10	7.88	7.68		7.61	7.35	7.06	6.73	6.68	6.63	7.34		8.13	7.54	6.82
H1 lead leg R	strides	22	15	15	15	15		15	15	16	16	16	20	180				

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)														*Henson (2021) - Athlete First: 2018 year end hurdle report*			
date 09-Sep-18	time	6.36	10.48	14.68	19.00	23.36		28.00	32.88	37.80	43.04	48.24		54.47	8 / 3			
reaction time 0.172	interval		4.12	4.20	4.32	4.36		4.64	4.88	4.92	5.24	5.20	6.23			12.64	13.88	15.36
	velocity	7.08	8.50	8.33	8.10	8.03		7.54	7.17	7.11	6.68	6.73	6.42	7.34		8.31	7.56	6.84
H1 lead leg R	strides	22	14	14	14	14		15	15	15	16	16	19.7	174.7				

Salmon, Shiann (JAM) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 06-Aug-22	time	6.36	10.55	14.70	19.23	23.73	25.8	28.53	33.22	37.90	42.90	48.08		54.47	4 / 2			
reaction time 0.195	interval		4.19	4.15	4.53	4.50		4.80	4.69	4.68	5.00	5.18	6.39			12.87	13.99	14.86
	velocity	7.08	8.35	8.43	7.73	7.78	7.75	7.29	7.46	7.48	7.00	6.76	6.26	7.34		8.16	7.51	7.07
H1 lead leg L	strides	22	15	15	15	15		15	15	15	16	16	19.7	178.7				

van der Walt, Zenéy (RSA) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 06-Aug-22	time	6.43	10.67	14.90	19.50	24.15	26.2	29.10	33.87	38.60	43.63	48.63		54.47	6 / 3			
reaction time 0.168	interval		4.24	4.23	4.60	4.65		4.95	4.77	4.73	5.03	5.00	5.84	PB		13.07	14.37	14.76
	velocity	7.00	8.25	8.27	7.61	7.53	7.63	7.07	7.34	7.40	6.96	7.00	6.85	7.34		8.03	7.31	7.11
H1 lead leg L	strides	22	15	15	15	15		15	15	16	16	16	19	179				

Gunnell, Sally (GBR) (1966)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)														*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*			

date	26-Sep-88	time	6.87	11.12	15.56	20.07	24.70		29.23	33.86	38.57	43.58	48.72		54.48	6 / 4					
reaction time	0.219	interval		4.25	4.44	4.51	4.63		4.53	4.63	4.71	5.01	5.14	5.76			13.20	13.79	14.86		
		velocity	6.55	8.24	7.88	7.76	7.56		7.73	7.56	7.43	6.99	6.81	6.94	7.34		7.95	7.61	7.07		
H1 lead leg		strides	23	15	15	15	15		16	15	15	15	17	20.8	181.8						

Pérec, Marie-José (FRA) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1995 Gaz de France (Paris, FRA)														*Behm (1999) - Les 4 travaux de Marie-Jo*			
date 03-Jul-95 time	6.3	10.6	14.8	19.3	23.8		28.4	33.2	38.2	43.3	48.7		54.48	/ 1			
reaction time	interval		4.3	4.2	4.5	4.5		4.6	4.8	5.0	5.1	5.4	5.78	PB		13.00	13.90	15.50	
	velocity	7.14	8.14	8.33	7.78	7.78		7.61	7.29	7.00	6.86	6.48	6.92	7.34		8.08	7.55	6.77	
H1 lead leg	strides	20	14	14	14	14		14	15	15	15	15		150					

Lehikoinen, Viivi (FIN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 22-Aug-23 time	6.42	10.61	14.81	18.88	23.29		27.89	32.66	37.63	42.72	48.04		54.48	4 / 3			
reaction time 0.200	interval		4.19	4.20	4.07	4.41		4.60	4.77	4.97	5.09	5.32	6.44			12.46	13.78	15.38	
	velocity	7.01	8.35	8.33	8.60	7.94		7.61	7.34	7.04	6.88	6.58	6.21	7.34		8.43	7.62	6.83	
H1 lead leg R	strides	23	15	15	15	16		16	16	16	17	17	21	187					

Cockrell, Anna (USA) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Prefontaine Classic (Eugene, OR)														*Omega Timing (2023) - diamond league race analysis*			
date 17-Sep-23 time	6.07	10.07	14.20	18.41	22.87		27.58	32.45	37.43	42.63	48.04		54.48	4 / 5			
reaction time 0.139	interval		4.00	4.13	4.21	4.46		4.71	4.87	4.98	5.20	5.41	6.44			12.34	14.04	15.59	
	velocity	7.41	8.75	8.47	8.31	7.85		7.43	7.19	7.03	6.73	6.47	6.21	7.34		8.51	7.48	6.74	
H1 lead leg R	strides	22	14			14		15	15	15	15	16		126					

Rabchenyuk, Anastasiya (UKR) (198:

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)														*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date 18-Aug-09 time	6.51	10.69	14.97	19.39	23.89		28.66	33.59	38.57	43.57	48.73		54.49	6 / 2			
reaction time 0.188	interval		4.18	4.28	4.42	4.50		4.77	4.93	4.98	5.00	5.16	5.76			12.88	14.20	15.14	
	velocity	6.91	8.37	8.18	7.92	7.78		7.34	7.10	7.03	7.00	6.78	6.94	7.34		8.15	7.39	6.94	
H1 lead leg	strides																		

Petersen, Sara Slott (DEN) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)														*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date 06-Jul-17 time	6.56	10.76	15.04	19.36	23.76		28.32	33.00	38.00	43.16	48.40		54.49	3 / 4			
reaction time 0.133	interval		4.20	4.28	4.32	4.40		4.56	4.68	5.00	5.16	5.24	6.09			12.80	13.64	15.40	
	velocity	6.86	8.33	8.18	8.10	7.95		7.68	7.48	7.00	6.78	6.68	6.57	7.34		8.20	7.70	6.82	
H1 lead leg R	strides	22	15	15	15	15		15	15	16	16	17	20.2	181.2					

Gallego, Sara (ESP) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 20-Jul-22 time	6.27	10.40	14.87	19.33	23.92	25.94	28.53	33.30	38.20	43.18	48.37		54.49	7 / 5			
reaction time 0.136	interval		4.13	4.47	4.46	4.59		4.61	4.77	4.90	4.98	5.19	6.12			13.06	13.97	15.07	
	velocity	7.18	8.47	7.83	7.85	7.63	7.71	7.59	7.34	7.14	7.03	6.74	6.54	7.34		8.04	7.52	6.97	
H1 lead leg L	strides	24	15	16	16	16		16	16	17	17		21	174					

Isakova, Yevgeniya (RUS) (1978)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 IAAF World Championships (Osaka, JPN)														*Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers*			
date 30-Aug-07 time	6.46	10.56	14.73	19.03	23.42		28.09	32.91	38.02	43.28	48.57		54.50	3 / 6			
reaction time 0.164	interval		4.10	4.17	4.30	4.39		4.67	4.82	5.11	5.26	5.29	5.93			12.57	13.88	15.66	
	velocity	6.97	8.54	8.39	8.14	7.97		7.49	7.26	6.85	6.65	6.62	6.75	7.34		8.35	7.56	6.70	
H1 lead leg L	strides	23	15	15	15	15		16	16	17	17	17	20.5	186.5					

Hejnová, Zuzana (CZE) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 27-May-17 time	6.60	10.83	15.13	19.46	23.93		28.56	33.30	38.26	43.26	48.43		54.50	7 / 4			
reaction time 0.173	interval		4.23	4.30	4.33	4.47		4.63	4.74	4.96	5.00	5.17	6.07			12.86	13.84	15.13	
	velocity	6.82	8.27	8.14	8.08	7.83		7.56	7.38	7.06	7.00	6.77	6.59	7.34		8.16	7.59	6.94	
H1 lead leg R	strides	22	15	15	15	15		15	15	16	16	16	20	180					

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 21-Aug-21 time	6.36	10.52	14.76	19.04	23.48	25.4		33.04	37.88	42.92	48.28		54.50	4 / 5			
reaction time 0.155	interval		4.16	4.24	4.28	4.44		9.56	4.84	5.04	5.36	6.22				12.68	14.00	15.24	
	velocity	7.08	8.41	8.25	8.18	7.88	7.87	7.32	7.23	6.94	6.53	6.43	7.34			8.28	7.50	6.89	
H1 lead leg R	strides	23	15	15	15	15			16	17	18	20.5	154.5						

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 26-Aug-21 time	6.12	10.08	14.40	18.88	23.52		28.28	33.12	38.12	43.36	48.56		54.50	5 / 4			
reaction time 0.189	interval		3.96	4.32	4.48	4.64		4.76	4.84	5.00	5.24	5.20	5.94			12.76	14.24	15.44	
	velocity	7.35	8.84	8.10	7.81	7.54		7.35	7.23	7.00	6.68	6.73	6.73	7.34		8.23	7.37	6.80	
H1 lead leg R	strides	22	15	15	15	15		15	15	15	16	16	19	178					

Woodruff, Gianna (PAN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 09-Sep-21 time	6.36	10.32		18.96	23.48	25.4	28.16	32.96	37.92	43.00	48.28		54.50	2 / 5			

reaction time	0.192	interval		3.96		8.64	4.52		4.68	4.80	4.96	5.08	5.28	6.22			12.60	14.00	15.32
		velocity	7.08	8.84		8.10	7.74	7.87	7.48	7.29	7.06	6.89	6.63	6.43	7.34		8.33	7.50	6.85
H1 lead leg	L	strides	23	15			15		15	15		16	16	19.2	134.2				

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 09-Jun-22	time	6.53	10.67	14.80	19.07	23.60	25.52	28.33	33.13	38.07	43.10	48.47		54.50	4 / 3			
reaction time 0.187	interval		4.14	4.13	4.27	4.53		4.73	4.80	4.94	5.03	5.37	6.03			12.54	14.06	15.34
	velocity	6.89	8.45	8.47	8.20	7.73	7.84	7.40	7.29	7.09	6.96	6.52	6.63	7.34		8.37	7.47	6.84
H1 lead leg R	strides	22	14	14	14			15	15	15	15	16	19.5	159.5				

Pérec, Marie-José (FRA) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1995 European Cup (Villeneuve d'Ascq, FRA)														*Behm (1999) - Les 4 travaux de Marie-Jo*			
date 24-Jun-95	time	6.6	10.9	15.3	19.7	24.3		28.9	33.7	38.7	43.8	48.8		54.51	/ 1			
reaction time	interval		4.3	4.4	4.4	4.6		4.6	4.8	5.0	5.1	5.0	5.71	PB		13.10	14.00	15.10
	velocity	6.82	8.14	7.95	7.95	7.61		7.61	7.29	7.00	6.86	7.00	7.01	7.34		8.02	7.50	6.95
H1 lead leg	strides	21	14	14	14	14		14	15	15	15	15		151				

Pernía, Daimí (CUB) (1976)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 IAAF World Championships (Edmonton, CAN)														*Behm (2001) - Edmonton: Le quatrache: les finales*			
date 08-Aug-01	time	6.3	10.4	14.5	18.9	23.2		27.8	32.0	37.7	42.7	48.2		54.51	3 / 3			
reaction time 0.160	interval		4.1	4.1	4.4	4.3		4.6	4.2	5.7	5.0	5.5	6.31			12.60	13.10	16.20
	velocity	7.14	8.54	8.54	7.95	8.14		7.61	8.33	6.14	7.00	6.36	6.34	7.34		8.33	8.02	6.48
H1 lead leg L	strides	23	15	15	15	15		16	16	16	17	17	19.5	184.5				

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 20-Jul-22	time	6.46	10.66	14.97	19.33	23.90	26.03	28.70	33.47	38.37	43.34	48.47		54.51	5 / 2			
reaction time 0.175	interval		4.20	4.31	4.36	4.57		4.80	4.77	4.90	4.97	5.13	6.04			12.87	14.14	15.00
	velocity	6.97	8.33	8.12	8.03	7.66	7.68	7.29	7.34	7.14	7.04	6.82	6.62	7.34		8.16	7.43	7.00
H1 lead leg R	strides	22	14	14	14	14		15	15	15	15	15	19	172				

Knight, Jessie (GBR) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 22-Aug-23	time	6.61	11.01	15.28	19.54	23.99		28.72	33.56	38.50	43.64	48.88		54.51	8 / 4			
reaction time 0.187	interval		4.40	4.27	4.26	4.45		4.73	4.84	4.94	5.14	5.24	5.63			12.93	14.02	15.32
	velocity	6.81	7.95	8.20	8.22	7.87		7.40	7.23	7.09	6.81	6.68	7.10	7.34		8.12	7.49	6.85
H1 lead leg R	strides	22	14	14	14	14		15	15	15		16		139				

Abt, Gudrun (FRG) (1962)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)														*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*			
date 26-Sep-88	time	6.51	10.67	14.94	19.30	23.76		28.45	33.27	38.30	43.40	48.70		54.52	5 / 3			
reaction time 0.346	interval		4.16	4.27	4.36	4.46		4.69	4.82	5.03	5.10	5.30	5.82	PB		12.79	13.97	15.43
	velocity	6.91	8.41	8.20	8.03	7.85		7.46	7.26	6.96	6.86	6.60	6.87	7.34		8.21	7.52	6.80
H1 lead leg	strides	23	15	15	15	15		15	15	16	16	16	19.2	180.2				

Sprunger, Léa (SUI) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 02-Oct-19	time	6.37	10.47	14.75		23.55		28.25	33.10	38.10	43.21	48.45		54.52	6 / 2			
reaction time 0.191	interval		4.10	4.28		8.80		4.70	4.85	5.00	5.11	5.24	6.07					15.35
	velocity	7.06	8.54	8.18		7.95		7.45	7.22	7.00	6.85	6.68	6.59	7.34				6.84
H1 lead leg R	strides	23	14	14	14	15		15	15	15	15	15	18.5	173.5				

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 19-Jul-22	time	6.50	10.76	15.10	19.50	23.97	25.99	28.63	33.43	38.30	43.26	48.41		54.52	5 / 1			
reaction time 0.124	interval		4.26	4.34	4.40	4.47		4.66	4.80	4.87	4.96	5.15	6.11			13.00	13.93	14.98
	velocity	6.92	8.22	8.06	7.95	7.83	7.70	7.51	7.29	7.19	7.06	6.80	6.55	7.34		8.08	7.54	7.01
H1 lead leg R	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5				

Torshina, Natalya (KAZ) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1993 IAAF World Championships (Stuttgart, GER)														*Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)*			
date 17-Aug-93	time	6.53	10.79	15.12	19.52	23.93		28.57	33.43	38.40	43.45	48.65		54.53	4 / 3			
reaction time	interval		4.26	4.33	4.40	4.41		4.64	4.86	4.97	5.05	5.20	5.88	PB		12.99	13.91	15.22
	velocity	6.89	8.22	8.08	7.95	7.94		7.54	7.20	7.04	6.93	6.73	6.80	7.34		8.08	7.55	6.90
H1 lead leg L	strides	23	15	15	15	15		16	16	17	17	17	21	187				

Edeh, Rosey (CAN) (1966)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1993 IAAF World Championships (Stuttgart, GER)														*Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)*			
date 17-Aug-93	time	6.55	10.73	15.08	19.50	23.94		28.54	33.25	38.13	43.35	48.60		54.53	3 / 4			
reaction time	interval		4.18	4.35	4.42	4.44		4.60	4.71	4.88	5.22	5.25	5.93			12.95	13.75	15.35
	velocity	6.87	8.37	8.05	7.92	7.88		7.61	7.43	7.17	6.70	6.67	6.75	7.34		8.11	7.64	6.84
H1 lead leg L	strides	22	15	15	15	15		15	15	15	17	17	20.5	181.5				

Doyle, Eilidh (GBR) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 06-May-16	time	6.40	10.56	14.84	19.12	23.56		28.24	33.00	37.96	43.04	48.32		54.53	3 / 1			
reaction time 0.191	interval		4.16	4.28	4.28	4.44		4.68	4.76	4.96	5.08	5.28	6.21			12.72	13.88	15.32

		velocity	7.03	8.41	8.18	8.18	7.88		7.48	7.35	7.06	6.89	6.63	6.44	7.34		8.25	7.56	6.85
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21.2	187.2				

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 27-May-17	time	6.26	10.36	14.80	19.40	24.06		28.60	33.30	38.13	43.30	48.43		54.53	5 / 5			
reaction time 0.289	interval		4.10	4.44	4.60	4.66		4.54	4.70	4.83	5.17	5.13	6.10			13.14	13.90	15.13
	velocity	7.19	8.54	7.88	7.61	7.51		7.71	7.45	7.25	6.77	6.82	6.56	7.34		7.99	7.55	6.94
H1 lead leg R	strides	23	15	15	15	15		15	15	15	16	16	19.5	179.5				

Little, Shamier (USA) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 13-Jul-21	time	6.40	10.56	14.82	19.16	23.58	25.5	28.12	32.92	37.90	43.10	48.38		54.53	4 / 2			
reaction time 0.214	interval		4.16	4.26	4.34	4.42		4.54	4.80	4.98	5.20	5.28	6.15			12.76	13.76	15.46
	velocity	7.03	8.41	8.22	8.06	7.92	7.84	7.71	7.29	7.03	6.73	6.63	6.50	7.34		8.23	7.63	6.79
H1 lead leg L	strides	23	15	15	15	15		15	16	16	16	17	19	182				

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 10-Aug-22	time	6.46	10.53	14.70	19.00	23.40	25.37	28.06	32.96	37.93	43.10	48.40		54.53	5 / 5			
reaction time 0.189	interval		4.07	4.17	4.30	4.40		4.66	4.90	4.97	5.17	5.30	6.13			12.54	13.96	15.44
	velocity	6.97	8.60	8.39	8.14	7.95	7.88	7.51	7.14	7.04	6.77	6.60	6.53	7.34		8.37	7.52	6.80
H1 lead leg R	strides	22	14	14	14	14		15		15	15	16	19.2	158.2				

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 London Athletics Meet (London, GBR)														*Omega Timing (2023) - diamond league race analysis*			
date 23-Jul-23	time	6.37	10.42	14.61	18.84	23.18		27.83	32.67	37.61	42.76	48.12		54.53	1 / 7			
reaction time 0.166	interval		4.05	4.19	4.23	4.34		4.65	4.84	4.94	5.15	5.36	6.41			12.47	13.83	15.45
	velocity	7.06	8.64	8.35	8.27	8.06		7.53	7.23	7.09	6.80	6.53	6.24	7.34		8.42	7.59	6.80
H1 lead leg R	strides	22	14	14	14	14				15	15	16	20	144				

Krafzik, Carolina (GER) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 21-Aug-23	time	6.10	10.00	14.17	18.30	22.57		27.36	32.36	37.36	42.60	48.00		54.53	8 / 3			
reaction time 0.190	interval		3.90	4.17	4.13	4.27		4.79	5.00	5.00	5.24	5.40	6.53			12.20	14.06	15.64
	velocity	7.38	8.97	8.39	8.47	8.20		7.31	7.00	7.00	6.68	6.48	6.13	7.34		8.61	7.47	6.71
H1 lead leg L	strides	23	15	15	15	15		17	17	17		17	21.7	172.7				

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 21-Aug-23	time	6.47	10.73	14.93	19.03	23.43		28.13	32.93	37.83	42.86	48.20		54.53	4 / 1			
reaction time 0.164	interval		4.26	4.20	4.10	4.40		4.70	4.80	4.90	5.03	5.34	6.33			12.56	13.90	15.27
	velocity	6.96	8.22	8.33	8.54	7.95		7.45	7.29	7.14	6.96	6.55	6.32	7.34		8.36	7.55	6.88
H1 lead leg R	strides	23	15	15	15	15		16	16	16	16	17	20	184				

Belle, Tia Adana (BAR) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 21-Jul-19	time	6.44	10.64	14.88	19.28	23.84		28.48	33.32	38.28	43.36	48.56		54.54	7 / 3			
reaction time 0.152	interval		4.20	4.24	4.40	4.56		4.64	4.84	4.96	5.08	5.20	5.98			12.84	14.04	15.24
	velocity	6.99	8.33	8.25	7.95	7.68		7.54	7.23	7.06	6.89	6.73	6.69	7.33		8.18	7.48	6.89
H1 lead leg L	strides	23	15	15	15	15		15	16	16	16	16	19.7	181.7				

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 17-Sep-20	time	6.44	10.56	14.76	19.12	23.68	25.7	28.44	33.32	38.32	43.36	48.52		54.54	6 / 2			
reaction time 0.157	interval		4.12	4.20	4.36	4.56		4.76	4.88	5.00	5.04	5.16	6.02			12.68	14.20	15.20
	velocity	6.99	8.50	8.33	8.03	7.68	7.78	7.35	7.17	7.00	6.94	6.78	6.64	7.33		8.28	7.39	6.91
H1 lead leg R	strides	22	14	14	14	14		15	15	15	15	15	19.7	172.7				

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 21-May-22	time	6.30	10.23	14.43	18.73	23.27	25.11	28.03	33.03	38.06	43.23	48.45		54.54	4 / 1			
reaction time 0.160	interval		3.93	4.20	4.30	4.54		4.76	5.00	5.03	5.17	5.22	6.09			12.43	14.30	15.42
	velocity	7.14	8.91	8.33	8.14	7.71	7.96	7.35	7.00	6.96	6.77	6.70	6.57	7.33		8.45	7.34	6.81
H1 lead leg R	strides	22	14	15	15	15		15	16	16	16	16	20	180				

Wilson, Britton (USA) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 19-Jul-22	time	6.56	10.80	15.20	19.56	24.12	25.98	28.77		38.50	43.66	48.80		54.54	4 / 1			
reaction time 0.154	interval		4.24	4.40	4.36	4.56		4.65		9.73	5.16	5.14	5.74			13.00		
	velocity	6.86	8.25	7.95	8.03	7.68	7.70	7.53		7.19	6.78	6.81	6.97	7.33		8.08		
H1 lead leg R	strides	23	15	15	15	15		15			16	16	18	148				

Fiedler, Ellen (GDR) (1958)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1983 IAAF World Championships (Rome, ITA)														*McFarlane (1988) - The Science of Hurdling*			
date 10-Aug-83	time	6.44	10.52	14.65	18.87	23.34		28.04	32.64	37.77	42.90	48.26		54.55	1 / 3			
reaction time	interval		4.08	4.13	4.22	4.47		4.70	4.60	5.13	5.13	5.36	6.29			12.43	13.77	15.62
	velocity	6.99	8.58	8.47	8.29	7.83		7.45	7.61	6.82	6.82	6.53	6.36	7.33		8.45	7.63	6.72

H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	21	185						

Buford-Bailey, Tonja (USA) (1970)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1993 IAAF World Championships (Stuttgart, GER)																			
																Winckler (1994) - principles for development of the 400m hurdle program			
date	19-Aug-93	time	6.64	10.67	14.89	19.24	23.71		28.44	33.24	38.31	43.42	48.66		54.55	2 / 5			
reaction time		interval		4.03	4.22	4.35	4.47		4.73	4.80	5.07	5.11	5.24	5.89			12.60	14.00	15.42
		velocity	6.78	8.68	8.29	8.05	7.83		7.40	7.29	6.90	6.85	6.68	6.79	7.33		8.33	7.50	6.81
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	16	17		164				

Tereshchuk-Antipova, Tetyana (UKR			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)																			
																Sanchez (1999) - Sevilla '99: análisis de la carreras con villas			
date	23-Aug-99	time	6.24	10.43	14.66	19.11	23.54		28.13	33.00	37.97	43.00	48.14		54.55	4 / 3			
reaction time	0.182	interval		4.19	4.23	4.45	4.43		4.59	4.87	4.97	5.03	5.14	6.41			12.87	13.89	15.14
		velocity	7.21	8.35	8.27	7.87	7.90		7.63	7.19	7.04	6.96	6.81	6.24	7.33		8.16	7.56	6.94
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16	19.5	180.5				

Buford-Bailey, Tonja (USA) (1970)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2001 IAAF World Championships (Edmonton, CAN)																			
																Behm (2001) - Edmonton: Le quatrache: les finales			
date	08-Aug-01	time	6.3	10.6	14.9	19.3	23.7		28.4	33.2	38.3	43.4	48.7		54.55	6 / 4			
reaction time	0.146	interval		4.3	4.3	4.4	4.4		4.7	4.8	5.1	5.1	5.3	5.85			13.00	13.90	15.50
		velocity	7.14	8.14	8.14	7.95	7.95		7.45	7.29	6.86	6.86	6.60	6.84	7.33		8.08	7.55	6.77
H1 lead leg	L	strides	23	15	15	15	15		15	16	17	17	17	20	185				

Tereshchuk-Antipova, Tetyana (UKR			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FiNAL - 2006 European Championships (Göteborg, SWE)																			
																Behm (2006) - Göteborg 2006: Le quatrache			
date	09-Aug-06	time	6.4	10.6	15.0	19.5	24.1		28.7	33.5	38.4	43.3	48.5		54.55	3 / 3			
reaction time		interval		4.2	4.4	4.5	4.6		4.6	4.8	4.9	4.9	5.2	6.05			13.10	14.00	15.00
		velocity	7.03	8.33	7.95	7.78	7.61		7.61	7.29	7.14	7.14	6.73	6.61	7.33		8.02	7.50	7.00
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16	20.5	181.5				

Doyle, Eilidh (GBR) (1987)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)																			
																Henson (2021) - Athlete First: 2016 year end hurdle report			
date	01-Sep-16	time	6.36	10.52	14.76	19.12	23.52		28.16	33.00	37.92	43.04	48.36		54.55	4 / 3			
reaction time	0.184	interval		4.16	4.24	4.36	4.40		4.64	4.84	4.92	5.12	5.32	6.19			12.76	13.88	15.36
		velocity	7.08	8.41	8.25	8.03	7.95		7.54	7.23	7.11	6.84	6.58	6.46	7.33		8.23	7.56	6.84
H1 lead leg	L	strides	23	15	15		15		16	16	16	17	17	21	171				

Watson, Sage (CAN) (1994)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)																			
																Henson (2020) - Athlete First: 2018 year end hurdle report			
date	07-Jun-18	time	6.36	10.56	14.88		24.00	26.0	28.68	33.64	38.64	43.68	48.84		54.55	1 / 3			
reaction time	0.162	interval		4.20	4.32		9.12		4.68	4.96	5.00	5.04	5.16	5.71					15.20
		velocity	7.08	8.33	8.10		7.68	7.69	7.48	7.06	7.00	6.94	6.78	7.01	7.33				6.91
H1 lead leg	R	strides	22	15	15				15	16	16	16	16	19	150				

Hejnová, Zuzana (CZE) (1986)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																			
																Henson (2020) - Athlete First: 2019 year end hurdle report			
date	12-Jul-19	time	6.58	10.86	15.14	19.50	23.98	25.9	28.58	33.34	38.28	43.34	48.46		54.55	6 / 3			
reaction time	0.162	interval		4.28	4.28	4.36	4.48		4.60	4.76	4.94	5.06	5.12	6.09			12.92	13.84	15.12
		velocity	6.84	8.18	8.18	8.03	7.81	7.72	7.61	7.35	7.09	6.92	6.84	6.57	7.33		8.13	7.59	6.94
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20.2	180.2				

Protti, Anita (SUI) (1964)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)																			
																Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988			
date	26-Sep-88	time	6.95	11.22	15.58	20.13	24.76		29.30	33.98	38.74	43.67	48.74		54.56	5 / 5			
reaction time		interval		4.27	4.36	4.55	4.63		4.54	4.68	4.76	4.93	5.07	5.82	**PB**		13.18	13.85	14.76
		velocity	6.47	8.20	8.03	7.69	7.56		7.71	7.48	7.35	7.10	6.90	6.87	7.33		7.97	7.58	7.11
H1 lead leg		strides	26	17	17	17	17		17	17	17	18	18	21.2	202.2				

Cockrell, Anna (USA) (1997)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)																			
																Omega Timing (2023) - diamond league race analysis			
date	02-Sep-23	time	6.06	9.92	14.02	18.31	22.80		27.58	32.39	37.49	42.71	48.04		54.56	4 / 6			
reaction time	0.182	interval		3.86	4.10	4.29	4.49		4.78	4.81	5.10	5.22	5.33	6.52			12.25	14.08	15.65
		velocity	7.43	9.07	8.54	8.16	7.80		7.32	7.28	6.86	6.70	6.57	6.13	7.33		8.57	7.46	6.71
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	19.7	174.7				

Rieger, Silvia (GER) (1970)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1996 Olympic Games (Atlanta, GA)																			
																Behm (1996) - 400m haies			
date	31-Jul-96	time	6.7	10.9	15.2	19.7	24.2		28.8	33.4	38.3	43.3	48.6		54.57	3 / 8			
reaction time	0.297	interval		4.2	4.3	4.5	4.5		4.6	4.6	4.9	5.0	5.3	5.97			13.00	13.70	15.20
		velocity	6.72	8.33	8.14	7.78	7.78		7.61	7.61	7.14	7.00	6.60	6.70	7.33		8.08	7.66	6.91
H1 lead leg		strides	23	15	15	15	15		15	16	16	17	17		164				

Gunnell, Sally (GBR) (1966)			**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	6.69	10.96	15.26	19.64	24.08		28.58	33.48	38.39	43.54	48.67		54.57	/ 1			
reaction time		interval		4.27	4.30	4.38	4.44		4.50	4.90	4.91	5.15	5.13	5.90			12.95	13.84	15.19
		velocity	6.73	8.20	8.14	7.99	7.88		7.78	7.14	7.13	6.80	6.82	6.78	7.33		8.11	7.59	6.91
H1 lead leg		strides																	

Huang Xiaoxiao (CHN) (1983)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 IAAF World Championships (Helsinki, FIN)																*Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins*			
date	13-Aug-05	time	6.3	10.5	14.8	19.2	23.8		28.5	33.5	38.6	43.5	48.6		54.57	6 / 5			
reaction time	0.172	interval		4.2	4.3	4.4	4.6		4.7	5.0	5.1	4.9	5.1	5.97			12.90	14.30	15.10
		velocity	7.14	8.33	8.14	7.95	7.61		7.45	7.00	6.86	7.14	6.86	6.70	7.33		8.14	7.34	6.95
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16		162				

Tate, Cassandra (USA) (1990)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	05-Jun-16	time	6.33	10.47	14.73	19.10	23.60		28.33	33.10	38.03	43.23	48.60		54.57	4 / 1			
reaction time	0.207	interval		4.14	4.26	4.37	4.50		4.73	4.77	4.93	5.20	5.37	5.97			12.77	14.00	15.50
		velocity	7.11	8.45	8.22	8.01	7.78		7.40	7.34	7.09	6.74	6.52	6.70	7.33		8.22	7.50	6.77
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.7	179.7				

Doyle, Eilidh (GBR) (1987)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	05-Jun-16	time	6.47	10.60	14.83	19.10	23.50		28.20	32.97	37.90	43.07	48.37		54.57	5 / 2			
reaction time	0.171	interval		4.13	4.23	4.27	4.40		4.70	4.77	4.93	5.17	5.30	6.20			12.63	13.87	15.40
		velocity	6.96	8.47	8.27	8.20	7.95		7.45	7.34	7.10	6.77	6.60	6.45	7.33		8.31	7.57	6.82
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21.7	187.7				

Skoglund, Ann-Louise (SWE) (1962)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1982 European Championships (Athens, GRE)																*(1982) - XIII championnats d'Europe d'Atletisma, Athens 1982*			
date	10-Sep-82	time	6.6	10.9	15.3	19.7	24.2		28.7	33.3	38.0	43.2	48.4		54.58	/ 1			
reaction time		interval		4.3	4.4	4.4	4.5		4.5	4.6	4.7	5.2	5.2	6.18	CR / PB		13.10	13.60	15.10
		velocity	6.82	8.14	7.95	7.95	7.78		7.78	7.61	7.45	6.73	6.73	6.47	7.33		8.02	7.72	6.95
H1 lead leg		strides	23	15	15	15	15		15	15	15	17	17		162				

Nel, Wenda (RSA) (1988)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	08-Jun-17	time	6.44	10.80	15.28	19.76	24.36		29.00	33.72	38.56	43.52	48.64		54.58	6 / 3			
reaction time	0.171	interval		4.36	4.48	4.48	4.60		4.64	4.72	4.84	4.96	5.12	5.94			13.32	13.96	14.92
		velocity	6.99	8.03	7.81	7.81	7.61		7.54	7.42	7.23	7.06	6.84	6.73	7.33		7.88	7.52	7.04
H1 lead leg	L	strides	23	16	16	16	16		16	16	16	17	17	20.5	189.5				

Krafzik, Carolina (GER) (1995)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	22-Aug-23	time	6.33	10.44	14.48	18.58	22.95		27.66	32.56	37.67	42.93	48.35		54.58	5 / 5			
reaction time	0.192	interval		4.11	4.04	4.10	4.37		4.71	4.90	5.11	5.26	5.42	6.23			12.25	13.98	15.79
		velocity	7.11	8.52	8.66	8.54	8.01		7.43	7.14	6.85	6.65	6.46	6.42	7.33		8.57	7.51	6.65
H1 lead leg	L	strides	23	15	15	15	15		17	17	17	17	17	21.7	189.7				

Arnardóttir, Gudrún (ISL) (1971)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 European Championships (Budapest, HUN)																*Sanchez (1998) - Budapest '98: análisis de la carreras con villas*			
date	23-Aug-98	time	6.54				23.81						48.80		54.59	2 / 4			
reaction time		interval					17.27						24.99	5.79	NR				
		velocity	6.88				8.11						7.00	6.91	7.33				
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	19.5	183.5				

Sprunger, Léa (SUI) (1990)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	10-Aug-17	time	6.24	10.40	14.68	19.12	23.68		28.32	33.12	38.12	43.24	48.52		54.59	5 / 5			
reaction time	0.183	interval		4.16	4.28	4.44	4.56		4.64	4.80	5.00	5.12	5.28	6.07			12.88	14.00	15.40
		velocity	7.21	8.41	8.18	7.88	7.68		7.54	7.29	7.00	6.84	6.63	6.59	7.33		8.15	7.50	6.82
H1 lead leg	R	strides	21	14	14	15	15		15	15	15	15	15	18.7	172.7				

Ryzhykova, Anna (UKR) (1989)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	28-Aug-21	time	6.33	10.52	14.82		23.75		28.52	33.37	38.30	43.33	48.60		54.59	6 / 2			
reaction time	0.175	interval		4.19	4.30		8.93		4.77	4.85	4.93	5.03	5.27	5.99					15.23
		velocity	7.11	8.35	8.14		7.84		7.34	7.22	7.10	6.96	6.64	6.68	7.33				6.89
H1 lead leg	R	strides	22	14	14	14			15	15	15	15	15	19	158				

Ryzhykova, Anna (UKR) (1989)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	26-Aug-22	time	6.40	10.50		19.06	23.53	25.43	28.27	33.07	37.94	43.16	48.47		54.59	3 / 4			
reaction time	0.197	interval		4.10		8.56	4.47		4.74	4.80	4.87	5.22	5.31	6.12			12.66	14.01	15.40
		velocity	7.03	8.54		8.18	7.83	7.86	7.38	7.29	7.19	6.70	6.59	6.54	7.33		8.29	7.49	6.82
H1 lead leg	R	strides	22	14			14		15	15	15	16	16	19.2	146.2				

Woodruff, Gianna (PAN) (1993)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)																*Omega Timing (2023) - diamond league race analysis*			
date	02-Jun-23	time	6.32	10.39	14.66	19.04	23.51		28.04	32.82	37.81	42.96	48.30		54.59	3 / 4			
reaction time	0.184	interval		4.07	4.27	4.38	4.47		4.53	4.78	4.99	5.15	5.34	6.29			12.72	13.78	15.48
		velocity	7.12	8.60	8.20	7.99	7.83		7.73	7.32	7.01	6.80	6.55	6.36	7.33		8.25	7.62	6.78
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	19.5	180.5				

Ledovskaya, Tatyana (BLR) (1966)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 1993 IAAF World Championships (Stuttgart, GER)														*Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)*			
date 17-Aug-93 time	6.30	10.32	14.64	18.81	23.19		27.74	32.60	37.67	42.93	48.32		54.60	5 / 3			
reaction time interval		4.02	4.32	4.17	4.38		4.55	4.86	5.07	5.26	5.39	6.28			12.51	13.79	15.72
velocity	7.14	8.71	8.10	8.39	7.99		7.69	7.20	6.90	6.65	6.49	6.37	7.33		8.39	7.61	6.68
H1 lead leg R strides	23	15	15	15	15		16	16	17	17	17	21	187				

Harrison, Queen (USA) (1988)

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

Tate, Cassandra (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)														*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date 10-Jul-16 time	6.37	10.51	14.82	19.18	23.62		28.09	32.76	37.70	42.87	48.25		54.60	1 / 5			
reaction time 0.300 interval		4.14	4.31	4.36	4.44		4.47	4.67	4.94	5.17	5.38	6.35			12.81	13.58	15.49
velocity	7.06	8.45	8.12	8.03	7.88		7.83	7.49	7.09	6.77	6.51	6.30	7.33		8.20	7.73	6.78
H1 lead leg R strides	22	15	15	15	15		15	15	16	16	17	20	181				

Petersen, Sara Slott (DEN) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 09-Sep-16 time	6.44	10.68	15.08	19.44	23.84		28.36	33.12	38.08	43.20	48.44		54.60	5 / 2			
reaction time 0.162 interval		4.24	4.40	4.36	4.40		4.52	4.76	4.96	5.12	5.24	6.16			13.00	13.68	15.32
velocity	6.99	8.25	7.95	8.03	7.95		7.74	7.35	7.06	6.84	6.68	6.49	7.33		8.08	7.68	6.85
H1 lead leg R strides	22	15	15	15	15		15	15	16	16	17	20	181				

Lehikoinen, Viivi (FIN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 20-Jul-22 time	6.27	10.30	14.60	18.97	23.57	25.75	28.30	33.10	38.10	43.20	48.40		54.60	4 / 6			
reaction time 0.168 interval		4.03	4.30	4.37	4.60		4.73	4.80	5.00	5.10	5.20	6.20	NR PB		12.70	14.13	15.30
velocity	7.18	8.68	8.14	8.01	7.61	7.77	7.40	7.29	7.00	6.86	6.73	6.45	7.33		8.27	7.43	6.86
H1 lead leg R strides	23	15	15	15	16		16	16	17	17	17	20.2	187.2				

El Moutawakel, Nawal (MAR) (1962)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1984 Olympic Games (Los Angeles, CA)														*Behm (1995) - la tactique du 400 haies*			
date 08-Aug-84 time	6.4	10.6	14.8	19.1	23.7		28.3	33.2	38.2	43.4	48.6		54.61	3 / 1			
reaction time 0.176 interval		4.2	4.2	4.3	4.6		4.6	4.9	5.0	5.2	5.2	6.01	OR PB		12.70	14.10	15.40
velocity	7.03	8.33	8.33	8.14	7.61		7.61	7.14	7.00	6.73	6.73	6.66	7.32		8.27	7.45	6.82
H1 lead leg strides		17	17	17	17		17	17	18	18	19	22.5	179.5				

Gunnell, Sally (GBR) (1966)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1991 European Cup (Frankfurt, GER)														*Federle (2003) - http://www.fgs.uni-halle.de*			
date 29-Jun-91 time	6.61	10.76	15.00	19.36	23.83		28.31	33.16	38.25	43.55	48.89		54.61	/ 2			
reaction time interval		4.15	4.24	4.36	4.47		4.48	4.85	5.09	5.30	5.34	5.72			12.75	13.80	15.73
velocity	6.81	8.43	8.25	8.03	7.83		7.81	7.22	6.88	6.60	6.55	6.99	7.32		8.24	7.61	6.68
H1 lead leg strides																	

Tereshchuk-Antipova, Tetyana (UKR

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 IAAF World Championships (Paris, FRA)														*Behm (2003) - Paris 2003:Le quatrache masculn - féminin*			
date 28-Aug-03 time	6.4	10.6	14.8	19.2	23.6		28.3	33.0	38.0	43.2	48.5		54.61	2 / 5			
reaction time 0.230 interval		4.2	4.2	4.4	4.4		4.7	4.7	5.0	5.2	5.3	6.11			12.80	13.80	15.50
velocity	7.03	8.33	8.33	7.95	7.95		7.45	7.45	7.00	6.73	6.60	6.55	7.32		8.20	7.61	6.77
H1 lead leg L strides	22	15	15	15	15		15	15	15	16	16	20	179				

Nel, Wenda (RSA) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)														*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date 02-Jun-16 time	6.40	10.72		19.64	24.24		28.80	33.52	38.36	43.32	48.52		54.61	9 / 2			
reaction time 0.188 interval		4.32		8.92	4.60		4.56	4.72	4.84	4.96	5.20	6.09			13.24	13.88	15.00
velocity	7.03	8.10		7.85	7.61		7.68	7.42	7.23	7.06	6.73	6.57	7.32		7.93	7.56	7.00
H1 lead leg L strides	23	16			16			17	17		17	21	127				

Doyle, Eilidh (GBR) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 18-Aug-16 time	6.44	10.64	14.92	19.24	23.68		28.32	33.12	38.12	43.24	48.48		54.61	1 / 8			
reaction time 0.171 interval		4.20	4.28	4.32	4.44		4.64	4.80	5.00	5.12	5.24	6.13			12.80	13.88	15.36
velocity	6.99	8.33	8.18	8.10	7.88		7.54	7.29	7.00	6.84	6.68	6.53	7.32		8.20	7.56	6.84
H1 lead leg L strides	23	15	15	15	15		16	16	17	17	17	21	187				

Muhammad, Dalilah (USA) (1990)

	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	6.16	10.20	14.48	18.80	23.20		27.88	32.80	37.84	42.96	48.28		54.61	3 / 4			
reaction time 0.182 interval		4.04	4.28	4.32	4.40		4.68	4.92	5.04	5.12	5.32	6.33			12.64	14.00	15.48
velocity	7.31	8.66	8.18	8.10	7.95		7.48	7.11	6.94	6.84	6.58	6.32	7.32		8.31	7.50	6.78
H1 lead leg R strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5				

Goossens, Ester (NED) (1972)

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

FINAL - 1998 European Championships (Budapest, HUN) *Sanchez (1998) - Budapest '98: análisis de la carreras con villas*

date	23-Aug-98	time	6.52				24.10						48.50		54.62	8 / 5
reaction time		interval					17.58						24.40	6.12	NR	
		velocity	6.90				7.96						7.17	6.54	7.32	
H1 lead leg	L	strides	23	14	14	15	15	15	15	16	16	17	20.5	180.5		

Nosova, Yuliya (RUS) (1978)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 ISTAF (Berlin, GER)														*Graubner (2009) - http://www.fgs.uni-halle.de*			
date 31-Aug-01	time	6.62	10.78	15.03	19.36	23.78		28.30	33.11	38.09	43.21	48.62		54.62	/ 1			
reaction time 0.233	interval		4.16	4.25	4.33	4.42		4.52	4.81	4.98	5.12	5.41	6.00			12.74	13.75	15.51
	velocity	6.80	8.41	8.24	8.08	7.92		7.74	7.28	7.03	6.84	6.47	6.67	7.32		8.24	7.64	6.77
H1 lead leg	strides																	

McIntosh, Raasin (USA) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Championships (Palo Alto, CA)														*USATF Women's Sprint Development (2003)*			
date 21-Jun-03	time	6.47	10.76	15.10	19.52	23.89		28.53	33.28	38.16	43.21	48.58		54.62	6 / 1			
reaction time	interval		4.29	4.34	4.42	4.37		4.64	4.75	4.88	5.05	5.37	6.04			13.05	13.76	15.30
	velocity	6.96	8.16	8.06	7.92	8.01		7.54	7.37	7.17	6.93	6.52	6.62	7.32		8.05	7.63	6.86
H1 lead leg	strides																	

Tosta, Sheena (USA) (1982)

	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	6.31	10.46	14.83	19.25	23.84		28.55	33.32	38.41	43.58	48.82		54.62	4 / 3			
reaction time	interval		4.15	4.37	4.42	4.59		4.71	4.77	5.09	5.17	5.24	5.80			12.94	14.07	15.50
	velocity	7.13	8.43	8.01	7.92	7.63		7.43	7.34	6.88	6.77	6.68	6.90	7.32		8.11	7.46	6.77
H1 lead leg L	strides	23	15	15	15	15		15	15	16	16	16		161				

Tkachuk, Viktoriya (UKR) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 01-Jul-21	time	6.36	10.60	14.88		23.72		28.32	33.08	38.04	43.20	48.46		54.62	2 / 3			
reaction time 0.250	interval		4.24	4.28		8.84		4.60	4.76	4.96	5.16	5.26	6.16					15.38
	velocity	7.08	8.25	8.18		7.92		7.61	7.35	7.06	6.78	6.65	6.49	7.32				6.83
H1 lead leg L	strides	22	15	15		15		15	15	16	16	16	20	165				

Kloster, Line (NOR) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 10-Aug-22	time	6.20	10.28	14.53	18.90	23.32	25.26	27.90	32.63	37.56	42.90	48.30		54.62	7 / 6			
reaction time 0.156	interval		4.08	4.25	4.37	4.42		4.58	4.73	4.93	5.34	5.40	6.32			12.70	13.73	15.67
	velocity	7.26	8.58	8.24	8.01	7.92	7.92	7.64	7.40	7.10	6.55	6.48	6.33	7.32		8.27	7.65	6.70
H1 lead leg R	strides	22	15	15	15	15		15	15	15	16	16	20	179				

Arnardóttir, Gudrún (ISL) (1971)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2000 Olympic Games (Sydney, AUS)														*Behm (2000) - Sydney 2000: Compte-rendu du 400m haies*			
date 27-Sep-00	time	6.6	10.9	15.2	19.5	24.0		28.6	33.5	38.5	43.5	48.7		54.63	2 / 7			
reaction time 0.238	interval		4.3	4.3	4.3	4.5		4.6	4.9	5.0	5.0	5.2	5.93			12.90	14.00	15.20
	velocity	6.82	8.14	8.14	8.14	7.78		7.61	7.14	7.00	7.00	6.73	6.75	7.32		8.14	7.50	6.91
H1 lead leg L	strides	23	15	15	15	15		15	15	16	16	16	18.5	179.5				

Williams, Tiffany (USA) (1983)

	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 30-Aug-07	time	6.32	10.31	14.38	18.52	23.06		27.55	32.32	37.22	42.33	47.90		54.63	9 / 7			
reaction time 0.171	interval		3.99	4.07	4.14	4.54		4.49	4.77	4.90	5.11	5.57	6.73			12.20	13.80	15.58
	velocity	7.12	8.77	8.60	8.45	7.71		7.80	7.34	7.14	6.85	6.28	5.94	7.32		8.61	7.61	6.74
H1 lead leg L	strides	24	15	15	15	16		16	17	17	17	17	21.5	190.5				

Moline, Georganne (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)														*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date 05-Jun-16	time	6.47	10.60	14.90	19.40	23.90		28.57	33.27	38.27	43.40	48.63		54.63	7 / 3			
reaction time 0.214	interval		4.13	4.30	4.50	4.50		4.67	4.70	5.00	5.13	5.23	6.00			12.93	13.87	15.36
	velocity	6.96	8.47	8.14	7.78	7.78		7.49	7.45	7.00	6.82	6.69	6.67	7.32		8.12	7.57	6.84
H1 lead leg R	strides	22	15	15	15	15		15	15	16	16	16	20	180				

Tate, Cassandra (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)														*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date 15-Jul-16	time	6.20	10.50		19.17	23.70		28.30		38.07	43.30	48.63		54.63	7 / 2			
reaction time 0.234	interval		4.30		8.67	4.53		4.60		9.77	5.23	5.33	6.00			12.97		
	velocity	7.26	8.14		8.07	7.73		7.61		7.16	6.69	6.57	6.67	7.32		8.10		
H1 lead leg R	strides	22	15			15		15			16	17	19.5	119.5				

Woodruff, Gianna (PAN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Music City Track Carnival (Nashville, TN) (TV Analysis) *(H5 5m long)*														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 05-Jun-22	time	6.45	10.54	14.80	19.23	24.40		28.54	33.36	38.36	43.32			54.63	6 / 3			
reaction time	interval		4.09	4.26	4.43	5.17		4.14	4.82	5.00	4.96					12.78	14.13	
	velocity	6.98	8.56	8.22	7.90	7.74		8.45	7.26	7.00	7.06			7.32		8.22	7.43	
H1 lead leg L	strides	23	15	15	15	17		13		16	16			130				

Peeters, Cathelijn (NED) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			

date	22-Aug-23	time	6.50	10.64	14.91	19.22	23.72		33.36	38.40	43.51	48.71		54.63	4 / 5					
reaction time	0.248	interval		4.14	4.27	4.31	4.50		9.64	5.04	5.11	5.20	5.92			12.72	14.14	15.35		
		velocity	6.92	8.45	8.20	8.12	7.78		7.26	6.94	6.85	6.73	6.76	7.32		8.25	7.43	6.84		
H1 lead leg	R	strides	22	15	15	15	15		16	16	16	16	19.2	165.2						

Meißner, Heike (GER) (1970)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1993 IAAF World Championships (Stuttgart, GER)														*Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)*			
date 17-Aug-93	time	6.53	10.67	14.89	19.27	23.62		28.11	32.99	38.06	43.26	48.56		54.64	2 / 3			
reaction time	interval		4.14	4.22	4.38	4.35		4.49	4.88	5.07	5.20	5.30	6.08			12.74	13.72	15.57
	velocity	6.89	8.45	8.29	7.99	8.05		7.80	7.17	6.90	6.73	6.60	6.58	7.32		8.24	7.65	6.74
H1 lead leg R	strides	23	15	15	15	15		15	16	16	17	17	21	185				

Bidouane, Nezha (MAR) (1969)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 1999 IAAF World Championships (Sevilla, ESP)														*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date 21-Aug-99	time	6.29	10.53	14.82	19.19	23.67		28.44	33.29	38.18	43.25	48.41		54.64	5 / 1			
reaction time 0.188	interval		4.24	4.29	4.37	4.48		4.77	4.85	4.89	5.07	5.16	6.23			12.90	14.10	15.12
	velocity	7.15	8.25	8.16	8.01	7.81		7.34	7.22	7.16	6.90	6.78	6.42	7.32		8.14	7.45	6.94
H1 lead leg R	strides	24	16	16	16	16		17	17	17	17	18	21	195				

Tereshchuk-Antipova, Tetyana (UKR

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 ISTAF (Berlin, GER)														*Graubner (2009) - http://www.fgs.uni-halle.de*			
date 31-Aug-01	time	6.69	11.00	15.32	19.73	24.23		28.84	33.63	38.50	43.61	48.80		54.64	/ 2			
reaction time 0.291	interval		4.31	4.32	4.41	4.50		4.61	4.79	4.87	5.11	5.19	5.84			13.04	13.90	15.17
	velocity	6.73	8.12	8.10	7.94	7.78		7.59	7.31	7.19	6.85	6.74	6.85	7.32		8.05	7.55	6.92
H1 lead leg	strides																	

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)														*Henson (2021) - Athlete First: major championships report*			
date 26-Aug-15	time	6.44	10.56	14.80	19.08	23.52		28.12	32.92	37.84	43.00			54.64	9 / 5			
reaction time 0.165	interval		4.12	4.24	4.28	4.44		4.60	4.80	4.92	5.16			PB		12.64	13.84	
	velocity	6.99	8.50	8.25	8.18	7.88		7.61	7.29	7.11	6.78			7.32		8.31	7.59	
H1 lead leg R	strides		15	15	15	15		15	15	16	16			122				

Ryzhykova, Anna (UKR) (1989)

	H1	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 21-Jul-19	time	6.60	10.80	15.04	19.40	23.92		28.60	33.40	38.32	43.40	48.56		54.64	2 / 4			
reaction time 0.158	interval		4.20	4.24	4.36	4.52		4.68	4.80	4.92	5.08	5.16	6.08			12.80	14.00	15.16
	velocity	6.82	8.33	8.25	8.03	7.74		7.48	7.29	7.11	6.89	6.78	6.58	7.32		8.20	7.50	6.93
H1 lead leg R	strides	22	14	14	14	15		15	15	15	15	16	19.5	174.5				

Franklin, Autumne (USA) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)														*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date 10-Jul-16	time	6.54	10.78	14.98	19.32	23.66		28.23	33.03	37.97	43.14	48.48		54.65	4 / 6			
reaction time 0.172	interval		4.24	4.20	4.34	4.34		4.57	4.80	4.94	5.17	5.34	6.17	PB		12.78	13.71	15.45
	velocity	6.88	8.25	8.33	8.06	8.06		7.66	7.29	7.09	6.77	6.55	6.48	7.32		8.22	7.66	6.80
H1 lead leg R	strides	24	16	16	16	16		16	17	17	18	18	21.5	195.5				

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 31-May-18	time	6.20	10.32	14.68	19.20	23.92		28.64	33.40	38.32	43.36	48.52		54.65	4 / 3			
reaction time 0.172	interval		4.12	4.36	4.52	4.72		4.72	4.76	4.92	5.04	5.16	6.13			13.00	14.20	15.12
	velocity	7.26	8.50	8.03	7.74	7.42		7.42	7.35	7.11	6.94	6.78	6.53	7.32		8.08	7.39	6.94
H1 lead leg R	strides	22	15	15	15	15		15	15	16	16	16	19.2	179.2				

McLaughlin, Sydney (USA) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 31-Jul-21	time	6.36	10.52	14.80	19.26	23.80		28.56	33.48	38.44	43.58	48.74		54.65	5 / 1			
reaction time 0.176	interval		4.16	4.28	4.46	4.54		4.76	4.92	4.96	5.14	5.16	5.91			12.90	14.22	15.26
	velocity	7.08	8.41	8.18	7.85	7.71		7.35	7.11	7.06	6.81	6.78	6.77	7.32		8.14	7.38	6.88
H1 lead leg R	strides	22	14	14	14	14		15	15	15	16	16	18.5	173.5				

Lehikoinen, Viivi (FIN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 21-Aug-23	time	6.23	10.30	14.70		23.46		28.20	33.03	38.00	43.20	48.50		54.65	2 / 4			
reaction time 0.181	interval		4.07	4.40		8.76		4.74	4.83	4.97	5.20	5.30	6.15					15.47
	velocity	7.22	8.60	7.95		7.99		7.38	7.25	7.04	6.73	6.60	6.50	7.32				6.79
H1 lead leg R	strides	23	15	15	15			16		16	17	17	20	154				

Demus, Lashinda (USA) (1983)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2009 IAAF World Championships (Berlin, GER)														*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date 17-Aug-09	time	6.27	10.25	14.48	18.91	23.48		28.10	32.88	37.92	43.14	48.63		54.66	5 / 1			
reaction time 0.152	interval		3.98	4.23	4.43	4.57		4.62	4.78	5.04	5.22	5.49	6.03			12.64	13.97	15.75
	velocity	7.18	8.79	8.27	7.90	7.66		7.58	7.32	6.94	6.70	6.38	6.63	7.32		8.31	7.52	6.67
H1 lead leg	strides																	

Sprunger, Léa (SUI) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 24-Aug-17	time	6.36	10.56	14.92	19.36	23.88		28.64	33.60	38.68	43.84	48.96		54.66	6 / 3			

reaction time	0.124	interval		4.20	4.36	4.44	4.52		4.76	4.96	5.08	5.16	5.12	5.70			13.00	14.24	15.36
		velocity	7.08	8.33	8.03	7.88	7.74		7.35	7.06	6.89	6.78	6.84	7.02	7.32		8.08	7.37	6.84
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	18.2	170.2				

Fontanive, Petra (SUI) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 24-Aug-17	time	6.32	10.60	15.04	19.56	24.24		28.96	33.84		43.88	48.96		54.66	4 / 4			
reaction time 0.157	interval		4.28	4.44	4.52	4.68		4.72	4.88		10.04	5.08	5.70			13.24	14.28	15.12
	velocity	7.12	8.18	7.88	7.74	7.48		7.42	7.17		6.97	6.89	7.02	7.32		7.93	7.35	6.94
H1 lead leg L	strides	23	16	16		16		17	17			17	21	143				

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 13-Jul-21	time	6.30	10.48	14.76	19.08	23.54	25.5	28.14	32.94	37.94	43.10	48.40		54.66	6 / 3			
reaction time 0.106	interval		4.18	4.28	4.32	4.46		4.60	4.80	5.00	5.16	5.30	6.26			12.78	13.86	15.46
	velocity	7.14	8.37	8.18	8.10	7.85	7.84	7.61	7.29	7.00	6.78	6.60	6.39	7.32		8.22	7.58	6.79
H1 lead leg R	strides	23	15	15	15	15		15	16	16	17	17	20.5	184.5				

Folorunso, Ayomide (ITA) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 30-Jun-22	time	6.62	10.96	15.38	19.86	24.32	26.24	28.94	33.66	38.50	43.52	48.66		54.66	3 / 4			
reaction time 0.192	interval		4.34	4.42	4.48	4.46		4.62	4.72	4.84	5.02	5.14	6.00			13.24	13.80	15.00
	velocity	6.80	8.06	7.92	7.81	7.85	7.62	7.58	7.42	7.23	6.97	6.81	6.67	7.32		7.93	7.61	7.00
H1 lead leg L	strides	23	15	15	15	15		16	16	16	17	17	20.2	185.2				

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 20-Jul-22	time	6.33	10.53	14.93	19.30	23.87	25.99	28.60	33.38	38.30	43.30	48.50		54.66	6 / 3			
reaction time 0.130	interval		4.20	4.40	4.37	4.57		4.73	4.78	4.92	5.00	5.20	6.16			12.97	14.08	15.12
	velocity	7.11	8.33	7.95	8.01	7.66	7.70	7.40	7.32	7.11	7.00	6.73	6.49	7.32		8.10	7.46	6.94
H1 lead leg R	strides	23	15	15	15	15		16	16	16	16	17	20	184				

Russell, Masai (USA) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 10-Jun-23	time	6.30	10.67	15.15	19.75	24.52		29.39	34.27	39.21	44.18	49.08		54.66	5 / 2			
reaction time	interval		4.37	4.48	4.60	4.77		4.87	4.88	4.94	4.97	4.90	5.58	PB		13.45	14.52	14.81
	velocity	7.14	8.01	7.81	7.61	7.34		7.19	7.17	7.09	7.04	7.14	7.17	7.32		7.81	7.23	7.09
H1 lead leg R	strides	24	16	16	16	16		16	16	17	17	17	21	192				

Vickers, Janeene (USA) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Finals 1 - 1992 Olympic Games (Barcelona, ESP)														*Lyle (1992) - miscellaneous coaching notes*			
date 03-Aug-92	time	6.62	10.80	15.08	19.41	23.96		28.61	33.39	38.34	43.51	48.65		54.67	6 / 3			
reaction time	interval		4.18	4.28	4.33	4.55		4.65	4.78	4.95	5.17	5.14	6.02			12.79	13.98	15.26
	velocity	6.80	8.37	8.18	8.08	7.69		7.53	7.32	7.07	6.77	6.81	6.64	7.32		8.21	7.51	6.88
H1 lead leg	strides																	

Johnson, Michelle (USA) (1974)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)														*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date 23-Aug-99	time	6.15	10.30	14.47	18.79	23.25		27.85	32.85	37.75	42.78	47.99		54.67	5 / 4			
reaction time 0.188	interval		4.15	4.17	4.32	4.46		4.60	5.00	4.90	5.03	5.21	6.68			12.64	14.06	15.14
	velocity	7.32	8.43	8.39	8.10	7.85		7.61	7.00	7.14	6.96	6.72	5.99	7.32		8.31	7.47	6.94
H1 lead leg R	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5				

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)														*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date 20-Aug-17	time	6.36	10.56	14.80	19.16	23.64		28.32	33.16	38.08	43.12	48.32		54.67	6 / 3			
reaction time 0.134	interval		4.20	4.24	4.36	4.48		4.68	4.84	4.92	5.04	5.20	6.35			12.80	14.00	15.16
	velocity	7.08	8.33	8.25	8.03	7.81		7.48	7.23	7.11	6.94	6.73	6.30	7.32		8.20	7.50	6.93
H1 lead leg R	strides	22	15	15	15	15		15	16	16	16	16	20	181				

Bol, Femke (NED) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 19-Aug-20	time	6.52	10.72	15.08	19.56	24.12		28.80	33.64	38.60	43.76	48.92		54.67	4 / 1			
reaction time 0.205	interval		4.20	4.36	4.48	4.56		4.68	4.84	4.96	5.16	5.16	5.75			13.04	14.08	15.28
	velocity	6.90	8.33	8.03	7.81	7.68		7.48	7.23	7.06	6.78	6.78	6.96	7.32		8.05	7.46	6.87
H1 lead leg L	strides	22	15	15	15	15		15	15	15	16	16	19	178				

Clayton, Rushell (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 06-Aug-22	time	6.36	10.46	14.40	18.63	23.00	25.0	27.77	32.43	37.20	42.40	47.83		54.67	5 / 4			
reaction time 0.147	interval		4.10	3.94	4.23	4.37		4.77	4.66	4.77	5.20	5.43	6.84			12.27	13.80	15.40
	velocity	7.08	8.54	8.88	8.27	8.01	8.00	7.34	7.51	7.34	6.73	6.45	5.85	7.32		8.56	7.61	6.82
H1 lead leg L	strides	22	15	15	15	15		15	15	16	16	17	20	181				

Lehikoinen, Viivi (FIN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Athletissima (Lausanne, SUI)														*Omega Timing (2023) - diamond league race analysis*			
date 30-Jun-23	time	6.29	10.29	14.42	18.59	22.96		27.55	32.31	37.38	42.67	48.08		54.67	4 / 2			
reaction time 0.208	interval		4.00	4.13	4.17	4.37		4.59	4.76	5.07	5.29	5.41	6.59			12.30	13.72	15.77

		velocity	7.15	8.75	8.47	8.39	8.01		7.63	7.35	6.90	6.62	6.47	6.07	7.32			8.54	7.65	6.66
H1 lead leg	R	strides	23	15					16	16	16	17	17	21	141					

Uibel, Birgit (GDR) (1961)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FiNAL - 1984 (Dresden, GDR)														*Heß (1985) - entwicklungsaspekte die leichtathletischen sprint-/hürdendisziplinen im olympiazyklus 1981/84*			
date 19-May-84	time	6.53				23.54					48.64		54.68	/ 1			
reaction time	interval					17.01					25.10	6.04	PB				
	velocity	6.89				8.23					6.97	6.62	7.32				
H1 lead leg	strides																

Rieger, Silvia (GER) (1970)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1994 European Championships (Helsinki, FIN)														*Behm (1995) - la tactique du 400 haies*			
date 10-Aug-94	time	6.6	10.7	14.9	19.3	23.7		28.2	32.8	38.4	43.5	48.7		54.68	/ 2			
reaction time	interval		4.1	4.2	4.4	4.4		4.5	4.6	5.6	5.1	5.2	5.98	PB		12.70	13.50	15.90
	velocity	6.82	8.54	8.33	7.95	7.95		7.78	7.61	6.25	6.86	6.73	6.69	7.32		8.27	7.78	6.60
H1 lead leg	strides		15	15	15	15		15	16	17	17	17		142				

Knoroz, Anna (RUS) (1970)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1994 European Championships (Helsinki, FIN)														*Behm (1995) - la tactique du 400 haies*			
date 10-Aug-94	time	6.6	10.8	15.0	19.4	23.7		28.1	32.5	38.0	43.1	48.5		54.68	/ 3			
reaction time	interval		4.2	4.2	4.4	4.3		4.4	4.4	5.5	5.1	5.4	6.18			12.80	13.10	16.00
	velocity	6.82	8.33	8.33	7.95	8.14		7.95	7.95	6.36	6.86	6.48	6.47	7.32		8.20	8.02	6.56
H1 lead leg	strides		16	16	16	16		16	16	17	17	18		148				

Parris-Thymes, Debbie (JAM) (1973)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 IAAF World Championships (Edmonton, CAN)														*Behm (2001) - Edmonton: Le quatrache: les finales*			
date 08-Aug-01	time	6.3	10.5	14.8	19.1	23.4		27.9	32.8	37.9	42.9	48.3		54.68	1 / 5			
reaction time 0.151	interval		4.2	4.3	4.3	4.3		4.5	4.9	5.1	5.0	5.4	6.38			12.80	13.70	15.50
	velocity	7.14	8.33	8.14	8.14	8.14		7.78	7.14	6.86	7.00	6.48	6.27	7.32		8.20	7.66	6.77
H1 lead leg L	strides	23	16	16	16	16		17	17	17	17	17	21.5	193.5				

Bol, Femke (NED) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 23-Aug-20	time	6.57		15.20	19.57	24.10	26.0	28.77	33.57	38.53	43.77	48.90		54.68	4 / 1			
reaction time 0.226	interval			8.63	4.37	4.53		4.67	4.80	4.96	5.24	5.13	5.78			13.00	14.00	15.33
	velocity	6.85		8.11	8.01	7.73	7.69	7.49	7.29	7.06	6.68	6.82	6.92	7.32		8.08	7.50	6.85
H1 lead leg L	strides	21	15		15	15		15	15	15	16	16	18.5	161.5				

Cockrell, Anna (USA) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 12-Jun-21	time	6.27	10.53	14.87	19.40	24.13		28.93	33.80	38.67	43.67	48.67		54.68	6 / 1			
reaction time 0.166	interval		4.26	4.34	4.53	4.73		4.80	4.87	4.87	5.00	5.00	6.01	PB		13.13	14.40	14.87
	velocity	7.18	8.22	8.06	7.73	7.40		7.29	7.19	7.19	7.00	7.00	6.66	7.32		8.00	7.29	7.06
H1 lead leg L	strides	22	15	15	15	15		15	15	15	16	16	19.7	178.7				

Cockrell, Anna (USA) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 21-Aug-23	time	6.33	10.36	14.43	18.75	23.33		28.00	32.83	37.83	43.06	48.46		54.68	9 / 2			
reaction time 0.211	interval		4.03	4.07	4.32	4.58		4.67	4.83	5.00	5.23	5.40	6.22			12.42	14.08	15.63
	velocity	7.11	8.68	8.60	8.10	7.64		7.49	7.25	7.00	6.69	6.48	6.43	7.32		8.45	7.46	6.72
H1 lead leg R	strides	22	14	14	15	15		15	15	15	16	16	19.2	176.2				

Folorunso, Ayomide (ITA) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Prefontaine Classic (Eugene, OR)														*Omega Timing (2023) - diamond league race analysis*			
date 17-Sep-23	time	6.28	10.51	14.83	19.23	23.78		28.48	33.29	38.25	43.37	48.63		54.68	8 / 6			
reaction time 0.182	interval		4.23	4.32	4.40	4.55		4.70	4.81	4.96	5.12	5.26	6.05			12.95	14.06	15.34
	velocity	7.17	8.27	8.10	7.95	7.69		7.45	7.28	7.06	6.84	6.65	6.61	7.32		8.11	7.47	6.84
H1 lead leg L	strides	23	15	15	15	16		16	16	16				132				

Tate, Cassandra (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)														*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date 22-May-16	time	6.20	10.52	14.76	19.16	23.60		28.16	32.92	37.96	43.12	48.56		54.69	3 / 2			
reaction time 0.209	interval		4.32	4.24	4.40	4.44		4.56	4.76	5.04	5.16	5.44	6.13			12.96	13.76	15.64
	velocity	7.26	8.10	8.25	7.95	7.88		7.68	7.35	6.94	6.78	6.43	6.53	7.31		8.10	7.63	6.71
H1 lead leg R	strides	22	15	15	15	15		15	15	16	16	17	20	181				

Hejnová, Zuzana (CZE) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)														*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date 06-Jul-17	time	6.60	10.84	15.20	19.64	24.12		28.72	33.44	38.36	43.44	48.68		54.69	2 / 5			
reaction time 0.133	interval		4.24	4.36	4.44	4.48		4.60	4.72	4.92	5.08	5.24	6.01			13.04	13.80	15.24
	velocity	6.82	8.25	8.03	7.88	7.81		7.61	7.42	7.11	6.89	6.68	6.66	7.31		8.05	7.61	6.89
H1 lead leg R	strides	22	15	15	15	15		15	15	16	16	16	19.7	179.7				

Knight, Jessie (GBR) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 13-Jul-21	time	6.34	10.56	14.90	19.30	23.80	25.7	28.46	33.32	38.36	43.60	48.78		54.69	3 / 4			
reaction time 0.147	interval		4.22	4.34	4.40	4.50		4.66	4.86	5.04	5.24	5.18	5.91			12.96	14.02	15.46
	velocity	7.10	8.29	8.06	7.95	7.78	7.78	7.51	7.20	6.94	6.68	6.76	6.77	7.31		8.10	7.49	6.79

H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19	179				

Folorunso, Ayomide (ITA) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 19-Jul-22	time 6.53	10.87	15.33	19.80	24.33	26.22	29.00	33.76	38.67	43.67	48.83		54.69	5 / 2			
reaction time 0.176	interval	4.34	4.46	4.47	4.53		4.67	4.76	4.91	5.00	5.16	5.86			13.27	13.96	15.07
	velocity 6.89	8.06	7.85	7.83	7.73	7.63	7.49	7.35	7.13	7.00	6.78	6.83	7.31		7.91	7.52	6.97
H1 lead leg L	strides 23	15	15	15	15		15		16	17	17	20	168				

Morosanu, Angela (ROU) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2009 IAAF World Championships (Berlin, GER)														*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date 17-Aug-09	time 6.21	10.32	14.62	18.87	23.25		27.96	32.83	37.75	42.80	48.35		54.70	3 / 1			
reaction time 0.187	interval	4.11	4.30	4.25	4.38		4.71	4.87	4.92	5.05	5.55	6.35			12.66	13.96	15.52
	velocity 7.25	8.52	8.14	8.24	7.99		7.43	7.19	7.11	6.93	6.31	6.30	7.31		8.29	7.52	6.77
H1 lead leg	strides																

Doyle, Eilidh (GBR) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 22-Jul-16	time 6.36	10.60	14.80	19.00	23.40		27.96	32.73	37.67	42.73	48.10		54.70	4 / 4			
reaction time 0.162	interval	4.24	4.20	4.20	4.40		4.56	4.77	4.94	5.06	5.37	6.60			12.64	13.73	15.37
	velocity 7.08	8.25	8.33	8.33	7.95		7.68	7.34	7.09	6.92	6.52	6.06	7.31		8.31	7.65	6.83
H1 lead leg L	strides 23	15	15	15	15		16	16	17	17	18	22	189				

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 12-Jul-19	time 6.40	10.68	15.08	19.60	24.20	26.2		33.54	38.44	43.48	48.64		54.70	5 / 4			
reaction time 0.150	interval	4.28	4.40	4.52	4.60			9.34	4.90	5.04	5.16	6.06			13.20	13.94	15.10
	velocity 7.03	8.18	7.95	7.74	7.61	7.63		7.49	7.14	6.94	6.78	6.60	7.31		7.95	7.53	6.95
H1 lead leg R	strides 22	15	15	15	15				16	16	16	20	150				

Iuel, Amalie (NOR) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 19-Jul-22	time 6.50	10.67	14.93	19.30	23.80	25.73	28.53	33.33	38.30	43.46	48.73		54.70	7 / 3			
reaction time 0.140	interval	4.17	4.26	4.37	4.50		4.73	4.80	4.97	5.16	5.27	5.97	PB		12.80	14.03	15.40
	velocity 6.92	8.39	8.22	8.01	7.78	7.77	7.40	7.29	7.04	6.78	6.64	6.70	7.31		8.20	7.48	6.82
H1 lead leg L	strides 23	15	15	15	15		15	15	15	16	16	19	179				

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 21-Aug-23	time 6.53	10.83	14.96	19.23	23.73		28.54	33.43	38.46	43.53	48.73		54.70	7 / 3			
reaction time 0.186	interval	4.30	4.13	4.27	4.50		4.81	4.89	5.03	5.07	5.20	5.97			12.70	14.20	15.30
	velocity 6.89	8.14	8.47	8.20	7.78		7.28	7.16	6.96	6.90	6.73	6.70	7.31		8.27	7.39	6.86
H1 lead leg R	strides 22	14	14	14	14		15	15	15	15	15	19	172				

Busch, Sabine (GDR) (1962)

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

Tkachuk, Viktoriya (UKR) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)														*Omega Timing (2023) - diamond league race analysis*			
date 02-Jun-23	time 6.24	10.36	14.57	18.83	23.25		27.75	32.60	37.67	42.88	48.33		54.71	7 / 5			
reaction time 0.167	interval	4.12	4.21	4.26	4.42		4.50	4.85	5.07	5.21	5.45	6.38			12.59	13.77	15.73
	velocity 7.21	8.50	8.31	8.22	7.92		7.78	7.22	6.90	6.72	6.42	6.27	7.31		8.34	7.63	6.68
H1 lead leg L	strides 22	15	15	15	15		15	16	161	17	17	20.2	328.2				

Clayton, Rushell (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)														*Omega Timing (2023) - diamond league race analysis*			
date 02-Jun-23	time 6.38	10.55	14.82	19.13	23.62		28.21	33.05	38.04	43.26	48.53		54.71	5 / 6			
reaction time 0.133	interval	4.17	4.27	4.31	4.49		4.59	4.84	4.99	5.22	5.27	6.18			12.75	13.92	15.48
	velocity 7.05	8.39	8.20	8.12	7.80		7.63	7.23	7.01	6.70	6.64	6.47	7.31		8.24	7.54	6.78
H1 lead leg L	strides 23	15	14	14	15		15	15	16	16	16	19	178				

Woodruff, Gianna (PAN) (1993)

	H1	H2	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 22-Aug-23	time 6.44	10.57	14.68	18.86	23.29		27.92	32.70	37.73		48.41		54.71	9 / 5			
reaction time 0.208	interval	4.13	4.11	4.18	4.43		4.63	4.78	5.03		10.68	6.30			12.42	13.84	15.71
	velocity 6.99	8.47	8.52	8.37	7.90		7.56	7.32	6.96		6.55	6.35	7.31		8.45	7.59	6.68
H1 lead leg L	strides 22	15	15	15	15		15	15	16				128				

Ullrich, Cornelia (GDR) (1958)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1987 IAAF World Championships (Rome, ITA)									*Sušanka (1990) - time analyis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*								
date 01-Sep-87	time 6.67	10.77	15.03	19.24	23.68		28.32	33.18	38.18	43.38	48.64		54.72	3 / 1			
reaction time	interval	4.10	4.26	4.21	4.44		4.64	4.86	5.00	5.20	5.26	6.08			12.57	13.94	15.46
	velocity 6.75	8.54	8.22	8.31	7.88		7.54	7.20	7.00	6.73	6.65	6.58			8.35	7.53	6.79
H1 lead leg R	strides 23	15	15	15	15		15	17	17	17	17	21.1	187.1				

Titimets, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)															*Henson (2021) - Athlete First: major championships report*		
date 15-Aug-13	time 6.46	10.77	15.04	19.38	23.93		28.61		38.35	43.46	48.77		54.72	7 / ~~4~~			
reaction time 0.215	interval	4.31	4.27	4.34	4.55		4.68		9.74	5.11	5.31	5.95	DQ		12.92		
	velocity 6.97	8.12	8.20	8.06	7.69		7.48		7.19	6.85	6.59	6.72	7.31		8.13		
H1 lead leg L	strides 22	15	15	15	15		15	15		16	16	19.2	163.2				

Spencer, Ashley (USA) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)															*Henson (2020) - Athlete First: 2019 year end hurdle report*		
date 03-May-19	time 6.47	10.70	15.06	19.55	24.20	26.1	28.81	33.56	38.40	43.42	48.64		54.72	2 / 2			
reaction time 0.156	interval	4.23	4.36	4.49	4.65		4.61	4.75	4.84	5.02	5.22	6.08			13.08	14.01	15.08
	velocity 6.96	8.27	8.03	7.80	7.53	7.66	7.59	7.37	7.23	6.97	6.70	6.58	7.31		8.03	7.49	6.96
H1 lead leg L	strides 22	15	15	15	15		15	15	15	15	15	19	176				

Iuel, Amalie (NOR) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)															*Henson (2021) - Athlete First: 2019 year end hurdle report*		
date 01-Oct-19	time 6.32	10.48	14.76	19.08	23.72		28.40	33.18	38.16	43.20	48.56		54.72	5 / 1			
reaction time 0.157	interval	4.16	4.28	4.32	4.64		4.68	4.78	4.98	5.04	5.36	6.16	NR PB		12.76	14.10	15.38
	velocity 7.12	8.41	8.18	8.10	7.54		7.48	7.32	7.03	6.94	6.53	6.49	7.31		8.23	7.45	6.83
H1 lead leg L	strides 23	15	15	15			15	15	15	16	16	19	164				

Tkachuk, Viktoriya (UKR) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*		
date 30-Jun-22	time 6.46	10.64	14.88	19.22	23.64	25.56	28.20	32.90	37.84	43.06	48.50		54.72	8 / 5			
reaction time 0.244	interval	4.18	4.24	4.34	4.42		4.56	4.70	4.94	5.22	5.44	6.22			12.76	13.68	15.60
	velocity 6.97	8.37	8.25	8.06	7.92	7.82	7.68	7.45	7.09	6.70	6.43	6.43	7.31		8.23	7.68	6.73
H1 lead leg L	strides 22	15	15	15	15		15	15	16	16	17	20	181				

Shakes-Drayton, Perri (GBR) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2010 European Championships (Barcelona, ESP)															*Arnold (2010) - 400mH planning and peaking*		
date 28-Jul-10	time 6.50	10.74	15.16	19.54	24.04		28.70	33.54	38.50	43.52	48.82		54.73	3 / 3			
reaction time 0.258	interval	4.24	4.42	4.38	4.50		4.66	4.84	4.96	5.02	5.30	5.91	PB		13.04	14.00	15.28
	velocity 6.92	8.25	7.92	7.99	7.78		7.51	7.23	7.06	6.97	6.60	6.77	7.31		8.05	7.50	6.87
H1 lead leg R	strides	15	16	16	15		16	16	17	17	17						

Nielsen, Lina (GBR) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															*Henson (2022) - Athlete First: 2022 year end hurdle report*		
date 09-Jun-22	time 6.40	10.53	14.83	19.23	23.80	25.64	28.50	33.40	38.40	43.50	48.70		54.73	9 / 4			
reaction time 0.148	interval	4.13	4.30	4.40	4.57		4.70	4.90	5.00	5.10	5.20	6.03	PB		12.83	14.17	15.30
	velocity 7.03	8.47	8.14	7.95	7.66	7.80	7.45	7.14	7.00	6.86	6.73	6.63	7.31		8.18	7.41	6.86
H1 lead leg L	strides 23	15	15	15	15		16	16	16	16	16	19	182				

Ambraziene, Anna (URS) (1955)

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

Spencer, Ashley (USA) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)															*Henson (2020) - Athlete First: 2018 year end hurdle report*		
date 05-Jul-18	time 6.40	10.72		19.64	24.16		28.80	33.64	38.52	43.56	48.76		54.74	8 / 5			
reaction time 0.153	interval	4.32		8.92	4.52		4.64	4.84	4.88	5.04	5.20	5.98			13.24	14.00	15.12
	velocity 7.03	8.10		7.85	7.74		7.54	7.23	7.17	6.94	6.73	6.69	7.31		7.93	7.50	6.94
H1 lead leg L	strides 22	15			15		15	15	15	15	15		127				

Westén, Monica (SWE) (1966)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1990 European Championships (Split, YUG)															*Behm (1995) - la tactique du 400 haies*		
date 31-Aug-90	time 6.7	10.9	15.3		24.2			33.6	38.5	43.5	48.6		54.75	/ 3			
reaction time	interval	4.2	4.4		8.9			9.4	4.9	5.0	5.1	6.15					15.00
	velocity 6.72	8.33	7.95		7.87			7.45	7.14	7.00	6.86	6.50	7.31				7.00
H1 lead leg	strides	15	15	15	15		15	15	15	16	16		137				

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)															*Henson (2020) - Athlete First: 2016 year end hurdle report*		
date 05-Jun-16	time 6.27	10.40	14.70	19.20	23.83		28.43	33.17	38.10	43.23	48.53		54.75	3 / 4			
reaction time 0.131	interval	4.13	4.30	4.50	4.63		4.60	4.74	4.93	5.13	5.30	6.22			12.93	13.97	15.36
	velocity 7.18	8.47	8.14	7.78	7.56		7.61	7.38	7.10	6.82	6.60	6.43	7.31		8.12	7.52	6.84
H1 lead leg R	strides 23	15	15	15	15		15	16	16	16	16	20	182				

Doyle, Eilidh (GBR) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)															*Henson (2020) - Athlete First: 2017 year end hurdle report*		
date 21-Jul-17	time 6.32	10.44	14.68	18.92	23.24		27.88	32.60	37.52	42.68	48.20		54.75	7 / 4			
reaction time 0.196	interval	4.12	4.24	4.24	4.32		4.64	4.72	4.92	5.16	5.52	6.55			12.60	13.68	15.60
	velocity 7.12	8.50	8.25	8.25	8.10		7.54	7.42	7.11	6.78	6.34	6.11	7.31		8.33	7.68	6.73
H1 lead leg L	strides 23	15	15	15	15		16	16	17	17	18	22	189				

Hejnová, Zuzana (CZE) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 29-Aug-19 time	6.64	10.96	15.32	19.76	24.24	26.2	28.88	33.56	38.44	43.48	48.64		54.75	6 / 4			
reaction time 0.144 interval		4.32	4.36	4.44	4.48		4.64	4.68	4.88	5.04	5.16	6.11			13.12	13.80	15.08
velocity	6.78	8.10	8.03	7.88	7.81	7.63	7.54	7.48	7.17	6.94	6.78	6.55	7.31		8.00	7.61	6.96
H1 lead leg R strides	22	15	15	15	15		15	15	16	16	16	20	180				

Sprunger, Léa (SUI) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 26-Aug-21 time	6.36	10.56	14.88	19.24	23.88		28.64	33.52	38.52	43.60	48.88		54.75	7 / 5			
reaction time 0.176 interval		4.20	4.32	4.36	4.64		4.76	4.88	5.00	5.08	5.28	5.87			12.88	14.28	15.36
velocity	7.08	8.33	8.10	8.03	7.54		7.35	7.17	7.00	6.89	6.63	6.81	7.31		8.15	7.35	6.84
H1 lead leg R strides	21	14	14	14	14		15	15	15	15	15	18	170				

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 28-Aug-21 time	6.28	10.48	14.85	19.35	23.88		28.53	33.37	38.07	43.18	48.43		54.75	4 / 3			
reaction time 0.162 interval		4.20	4.37	4.50	4.53		4.65	4.84	4.70	5.11	5.25	6.32			13.07	14.02	15.06
velocity	7.17	8.33	8.01	7.78	7.73		7.53	7.23	7.45	6.85	6.67	6.33	7.31		8.03	7.49	6.97
H1 lead leg R strides	22	15	15	15	15		16	16	16	17	17	20	184				

Woodruff, Gianna (PAN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 22-Jul-22 time	6.43	10.63	14.83	19.30	23.88	25.81	28.46	33.30	38.07	43.20			54.75	7 / 7			
reaction time 0.177 interval		4.20	4.20	4.47	4.58		4.58	4.84	4.77	5.13					12.87	14.00	
velocity	7.00	8.33	8.33	7.83	7.64	7.75	7.64	7.23	7.34	6.82			7.31		8.16	7.50	
H1 lead leg R strides	23	16	15	15	15		15	16	16	16			147				

Knight, Andrenette (JAM) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Memorial van Damme (Brussels, BEL)														*Omega Timing (2023) - diamond league race analysis*			
date 08-Sep-23 time	6.09	9.97	13.98	18.10	22.43		27.03	31.79	36.78	42.09	47.77		54.75	3 / 6			
reaction time 0.153 interval		3.88	4.01	4.12	4.33		4.60	4.76	4.99	5.31	5.68	6.98			12.01	13.69	15.98
velocity	7.39	9.02	8.73	8.50	8.08		7.61	7.35	7.01	6.59	6.16	5.73	7.31		8.74	7.67	6.57
H1 lead leg R strides	24	15	15				16	16	16	17	17	20.2	156.2				

Hayes, Joanna (USA) (1976)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Championships (Palo Alto, CA)														*USATF Women's Sprint Development (2003)*			
date 21-Jun-03 time	6.36	10.46	14.67	18.92	23.42		28.11	33.05	37.99	43.06	48.47		54.76	8 / 2			
reaction time interval		4.10	4.21	4.25	4.50		4.69	4.94	4.94	5.07	5.41	6.29			12.56	14.13	15.42
velocity	7.08	8.54	8.31	8.24	7.78		7.46	7.09	7.09	6.90	6.47	6.36	7.30		8.36	7.43	6.81
H1 lead leg strides																	

Demus, Lashinda (USA) (1983)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 USA Olympic Trials (Eugene, OR)														*USATF Hurdle Development (2008)*			
date 29-Jun-08 time	6.34	10.40	14.65	18.92	23.34		27.89	32.62	37.45	42.84	48.32		54.76	6 / 4			
reaction time interval		4.06	4.25	4.27	4.42		4.55	4.73	4.83	5.39	5.48	6.44			12.58	13.70	15.70
velocity	7.10	8.62	8.24	8.20	7.92		7.69	7.40	7.25	6.49	6.39	6.21	7.30		8.35	7.66	6.69
H1 lead leg R strides	23	15	15	15	15		15	15	16	16	17		162				

Buford-Bailey, Tonja (USA) (1970)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 IAAF World Championships (Ahtens, GRE)														*Hommel (1999) - biomechanical research project, athens 1997: final report*			
date 08-Aug-97 time	6.60	10.72	14.92	19.21	23.60		28.22	32.92	37.92	43.14	48.54		54.77	2 / 6			
reaction time 0.238 interval		4.12	4.20	4.29	4.39		4.62	4.70	5.00	5.22	5.40	6.23			12.61	13.71	15.62
velocity	6.82	8.50	8.33	8.16	7.97		7.58	7.45	7.00	6.70	6.48	6.42	7.30		8.33	7.66	6.72
H1 lead leg strides																	

Little, Shamier (USA) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 19-Jul-22 time	6.33	10.43	14.63	18.97	23.50	25.53	28.17		38.03	43.27	48.63		54.77	8 / 2			
reaction time 0.165 interval		4.10	4.20	4.34	4.53		4.67		9.86	5.24	5.36	6.14			12.64		
velocity	7.11	8.54	8.33	8.06	7.73	7.83	7.49		7.10	6.68	6.53	6.51	7.30		8.31		
H1 lead leg R strides	23	15	15	15	15		15			16	16	19	149				

Stepanova, Marina (URS) (1950)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1979 VII USSR Spartakiade (Moscow, URS)														*Stepanova (1996) - my school*			
date 27-Jul-79 time	6.92	11.33	15.91	20.51	25.18		29.91	34.69	39.55	44.46	49.38		54.78	4 / 1			
reaction time interval		4.41	4.58	4.60	4.67		4.73	4.78	4.86	4.91	4.92	5.40	**WR**		13.59	14.18	14.69
velocity	6.50	7.94	7.64	7.61	7.49		7.40	7.32	7.20	7.13	7.11	7.41	7.30		7.73	7.40	7.15
H1 lead leg L strides	23	17	17	17	17		17	17	17	17	17	21	197				

Rabchenyuk, Anastasiya (UKR) (198

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 IAAF World Championships (Berlin, GER)														*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date 20-Aug-09 time	6.51	10.61	14.81	19.19	23.82		28.58	33.45	38.45	43.67	49.03		54.78	8 / 7			
reaction time 0.206 interval		4.10	4.20	4.38	4.63		4.76	4.87	5.00	5.22	5.36	5.75			12.68	14.26	15.58
velocity	6.91	8.54	8.33	7.99	7.56		7.35	7.19	7.00	6.70	6.53	6.96	7.30		8.28	7.36	6.74
H1 lead leg strides		15	15	15	16		16	16	16	17	18		144				

Child, Eilidh (GBR) (1987)

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

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

date	26-Aug-15	time	6.40	10.52	14.80	19.08	23.44		32.96	38.04	43.24	48.60		54.78	3 / 6				
reaction time	0.161	interval		4.12	4.28	4.28	4.36		9.52	5.08	5.20	5.36	6.18			12.68	13.88	15.64	
		velocity	7.03	8.50	8.18	8.18	8.03		7.35	6.89	6.73	6.53	6.47	7.30		8.28	7.56	6.71	
H1 lead leg	L	strides		15		15	15			17	18	18		98					

Hailey, Nnenya (USA) (1994)

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

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

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

Blackett, Andrea (BAR) (1976)

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

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

date	28-Aug-03	time	6.2	10.2	14.5	19.0	23.6		28.2	33.0	38.3	43.5	48.8		54.79	7 / 6			
reaction time	0.149	interval		4.0	4.3	4.5	4.6		4.6	4.8	5.3	5.2	5.3	5.99			12.80	14.00	15.80
		velocity	7.26	8.75	8.14	7.78	7.61		7.61	7.29	6.60	6.73	6.60	6.68	7.30		8.20	7.50	6.65
H1 lead leg	L	strides		13	13	13	13		16	16	16	16	17	19.5	152.5				

Williams, Tiffany (USA) (1983)

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

Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER) *Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	18-Aug-09	time	6.46	10.65	14.92	19.29	23.75		28.53	33.29	38.28	43.42	48.69		54.79	5 / 3			
reaction time	0.167	interval		4.19	4.27	4.37	4.46		4.78	4.76	4.99	5.14	5.27	6.10			12.83	14.00	15.40
		velocity	6.97	8.35	8.20	8.01	7.85		7.32	7.35	7.01	6.81	6.64	6.56	7.30		8.18	7.50	6.82
H1 lead leg		strides																	

Sprunger, Léa (SUI) (1990)

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

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

date	05-Jul-18	time	6.40	10.72		19.48	24.00		28.72	33.60	38.56	43.60	48.80		54.79	6 / 6			
reaction time	0.126	interval		4.32		8.76	4.52		4.72	4.88	4.96	5.04	5.20	5.99			13.08	14.12	15.20
		velocity	7.03	8.10		7.99	7.74		7.42	7.17	7.06	6.94	6.73	6.68	7.30		8.03	7.44	6.91
H1 lead leg	R	strides	21	14			14		15	15	15	15	15	18.5	142.5				

Hailey, Nnenya (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	27-Jun-21	time	6.24	10.24	14.44	18.82	23.29		27.89	32.63	37.50	42.61			54.79	8 / ~~5~~			
reaction time	0.251	interval		4.00	4.20	4.38	4.47		4.60	4.74	4.87	5.11			DQ		13.05	9.34	
		velocity	7.21	8.75	8.33	7.99	7.83		7.61	7.38	7.19	6.85			7.30		8.05	11.24	
H1 lead leg	L	strides		16	16	16	16		17	17	17	17			132				

Turner, Jessica (GBR) (1995)

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

FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	10-Jun-21	time	6.48	10.64	14.88	19.16	23.56	25.5	28.30	33.04	38.12	43.28	48.60		54.79	6 / 3			
reaction time	0.199	interval		4.16	4.24	4.28	4.40		4.74	4.74	5.08	5.16	5.32	6.19			12.68	13.88	15.56
		velocity	6.94	8.41	8.25	8.18	7.95	7.84	7.38	7.38	6.89	6.78	6.58	6.46	7.30		8.28	7.56	6.75
H1 lead leg	L	strides	24	15	15	15	15		16	16	17	17	17	20.2	187.2				

Tkachuk, Viktoriya (UKR) (1994)

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

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

date	08-Sep-22	time	6.27	10.38			23.19	25.05	27.73	32.43	37.40	42.67	48.29		54.79	8 / 6			
reaction time	0.216	interval		4.11			12.81		4.54	4.70	4.97	5.27	5.62	6.50					15.86
		velocity	7.18	8.52			8.20	7.98	7.71	7.45	7.04	6.64	6.23	6.15	7.30				6.62
H1 lead leg	L	strides	22	15					15	15	16	16	17	20.5	136.5				

Clayton, Rushell (JAM) (1992)

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

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

date	09-Jun-22	time	6.43	10.50	14.67	19.00	23.47	25.33	28.20	33.03	38.00	43.20	48.60		54.80	7 / 5			
reaction time	0.164	interval		4.07	4.17	4.33	4.47		4.73	4.83	4.97	5.20	5.40	6.20			12.57	14.03	15.57
		velocity	7.00	8.60	8.39	8.08	7.83	7.90	7.40	7.25	7.04	6.73	6.48	6.45	7.30		8.35	7.48	6.74
H1 lead leg	L	strides	23	15	15	15			16	16	16	17	17	20	170				

Lehikoinen, Viivi (FIN) (1999)

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

FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	30-Jun-22	time	6.40	10.60	14.84	19.18	23.66	25.58	28.36	33.20	38.22	43.36	48.64		54.80	2 / 6			
reaction time	0.180	interval		4.20	4.24	4.34	4.48		4.70	4.84	5.02	5.14	5.28	6.16	PB		12.78	14.02	15.44
		velocity	7.03	8.33	8.25	8.06	7.81	7.82	7.45	7.23	6.97	6.81	6.63	6.49	7.30		8.22	7.49	6.80
H1 lead leg	L	strides	24	16	16	16	16		16	16	16	17	17	20.5	190.5				

Parris-Thymes, Debbie (JAM) (1973)

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

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

date	23-Aug-99	time	6.16	10.47	14.88	19.42	24.08		28.87	33.51	38.32	43.28	48.34		54.81	5 / 4			
reaction time	0.155	interval		4.31	4.41	4.54	4.66		4.79	4.64	4.81	4.96	5.06	6.47			13.26	14.09	14.83
		velocity	7.31	8.12	7.94	7.71	7.51		7.31	7.54	7.28	7.06	6.92	6.18	7.30		7.92	7.45	7.08
H1 lead leg	L	strides	23	16	16	17	17		16	16	17	17	17	21	193				

Doyle, Eilidh (GBR) (1987)

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

FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	02-Jun-16	time	6.32	10.48	14.68	18.96	23.40		28.12	33.00	38.00	43.08	48.48		54.81	6 / 3				
reaction time	0.154	interval		4.16	4.20	4.28	4.44		4.72	4.88	5.00	5.08	5.40	6.33			12.64	14.04	15.48	
		velocity	7.12	8.41	8.33	8.18	7.88		7.42	7.17	7.00	6.89	6.48	6.32	7.30		8.31	7.48	6.78	
H1 lead leg	L	strides	23	15	15	15	16				17		18	20.7	139.7					

Petersen, Sara Slott (DEN) (1987) — **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis) — *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	15-Jul-16	time	6.37	10.63		19.37	23.83		28.40		38.13	43.30	48.67		54.81	6 / 3				
reaction time	0.154	interval		4.26		8.74	4.46		4.57		9.73	5.17	5.37	6.14			13.00			
		velocity	7.06	8.22		8.01	7.85		7.66		7.19	6.77	6.52	6.51	7.30		8.08			
H1 lead leg	R	strides	22	15			15		15			17	18	20.2	122.2					

Watson, Sage (CAN) (1994) — **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis) — *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	26-May-18	time	6.56	10.72	14.96	19.36	23.92			33.52	38.52	43.68	49.00		54.81	7 / 4				
reaction time	0.199	interval		4.16	4.24	4.40	4.56			9.60	5.00	5.16	5.32	5.81			12.80	14.16	15.48	
		velocity	6.86	8.41	8.25	7.95	7.68			7.29	7.00	6.78	6.58	6.88	7.30		8.20	7.42	6.78	
H1 lead leg	R	strides	22	15	15	15	15				16	16	17	19.2	150.2					

Tate, Cassandra (USA) (1990) — **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

FINAL - 2022 Music City Track Carnival (Nashville, TN) (TV Analysis) *(H5 5m long)* — *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	05-Jun-22	time	6.38	10.58	14.83	19.29	24.60		28.66	33.39	38.22	43.26	48.56		54.81	7 / 4				
reaction time		interval		4.20	4.25	4.46	5.31		4.06	4.73	4.83	5.04	5.30	6.25			12.91	14.10	15.17	
		velocity	7.05	8.33	8.24	7.85	7.53		8.62	7.40	7.25	6.94	6.60	6.40	7.30		8.13	7.45	6.92	
H1 lead leg	L	strides	21	14	14	14	17		13	15	15	15			138					

Ryzhykova, Anna (UKR) (1989) — **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

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

date	16-Jun-22	time	6.46	10.58	14.78	19.10	23.62		28.50	33.36	38.30	43.44	48.86		54.81	7 / 2				
reaction time	0.175	interval		4.12	4.20	4.32	4.52		4.88	4.86	4.94	5.14	5.42	5.95			12.64	14.26	15.50	
		velocity	6.97	8.50	8.33	8.10	7.74		7.17	7.20	7.09	6.81	6.46	6.72	7.30		8.31	7.36	6.77	
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	19.2	173.2					

Iuel, Amalie (NOR) (1994) — **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

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

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

van der Walt, Zenéy (RSA) (2000) — **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

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

date	20-Jul-22	time	6.33	10.60	14.97	19.30	23.76	25.80	28.47	33.40	38.37	43.47	48.73		54.81	3 / 4				
reaction time	0.162	interval		4.27	4.37	4.33	4.46		4.71	4.93	4.97	5.10	5.26	6.08	PB		12.97	14.10	15.33	
		velocity	7.11	8.20	8.01	8.08	7.85	7.75	7.43	7.10	7.04	6.86	6.65	6.58	7.30		8.10	7.45	6.85	
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16	19.7	180.7					

Jesień, Anna (POL) (1978) — **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER) — *Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	18-Aug-09	time	6.57	10.79	15.06	19.45	23.97		28.54	33.39	38.29	43.41	48.65		54.82	4 / 4				
reaction time	0.183	interval		4.22	4.27	4.39	4.52		4.57	4.85	4.90	5.12	5.24	6.17			12.88	13.94	15.26	
		velocity	6.85	8.29	8.20	7.97	7.74		7.66	7.22	7.14	6.84	6.68	6.48	7.30		8.15	7.53	6.88	
H1 lead leg		strides																		

Ryzhykova, Anna (UKR) (1989) — **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis) — *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	03-May-19	time	6.58	10.70	14.91	19.35	23.99	25.9	28.73	33.60	38.60	43.64	48.84		54.82	4 / 3				
reaction time	0.149	interval		4.12	4.21	4.44	4.64		4.74	4.87	5.00	5.04	5.20	5.98			12.77	14.25	15.24	
		velocity	6.84	8.50	8.31	7.88	7.54	7.72	7.38	7.19	7.00	6.94	6.73	6.69	7.30		8.22	7.37	6.89	
H1 lead leg	R	strides	22	14	14	14	15		15	15	15	15	16	19.2	174.2					

Hejnová, Zuzana (CZE) (1986) — **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) — *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	06-Jun-19	time	6.66	10.96	15.34	19.80	24.40		29.04	33.74	38.58	43.62	48.78		54.82	7 / 3				
reaction time	0.162	interval		4.30	4.38	4.46	4.60		4.64	4.70	4.84	5.04	5.16	6.04			13.14	13.94	15.04	
		velocity	6.76	8.14	7.99	7.85	7.61		7.54	7.45	7.23	6.94	6.78	6.62	7.30		7.99	7.53	6.98	
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180					

Clayton, Rushell (JAM) (1992) — **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis) — *Henson (2020) - Athlete First: 2019 year end hurdle report*

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

Watson, Sage (CAN) (1994) — **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

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

date	04-Oct-19	time	6.27	10.48	14.75	19.12	23.66		28.26	33.06	38.07	43.24	48.61		54.82	7 / 8				

reaction time	0.186	interval		4.21	4.27	4.37	4.54		4.60	4.80	5.01	5.17	5.37	6.21			12.85	13.94	15.55
		velocity	7.18	8.31	8.20	8.01	7.71		7.61	7.29	6.99	6.77	6.52	6.44	7.30		8.17	7.53	6.75
H1 lead leg	R	strides	22	15	15	15	15		15	15	16		17	20	165				

Sartori, Rebecca (ITA) (1997) — **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) — *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	21-Aug-23	time	6.26	10.36	14.80	19.15	23.50		28.26	33.20	38.23	43.40	48.77		54.82	4 / 5			
reaction time	0.203	interval		4.10	4.44	4.35	4.35		4.76	4.94	5.03	5.17	5.37	6.05	PB		12.89	14.05	15.57
		velocity	7.19	8.54	7.88	8.05	8.05		7.35	7.09	6.96	6.77	6.52	6.61	7.30		8.15	7.47	6.74
H1 lead leg	L	strides	22	15	15	15	15		16	16	16	16	17	19.7	182.7				

Folorunso, Ayomide (ITA) (1996) — **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

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

date	09-Jun-22	time	6.60	10.87	15.13	19.53	23.93	25.88	28.60	33.33	38.33	43.47	48.70		54.84	3 / 6			
reaction time	0.192	interval		4.27	4.26	4.40	4.40		4.67	4.73	5.00	5.14	5.23	6.14			12.93	13.80	15.37
		velocity	6.82	8.20	8.22	7.95	7.95	7.73	7.49	7.40	7.00	6.81	6.69	6.51	7.29		8.12	7.61	6.83
H1 lead leg	L	strides	23	15	15	15			16	16	16	17	17	20.5	170.5				

Knight, Jessie (GBR) (1994) — **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

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

date	16-Jun-22	time	6.44	10.66	14.94	19.28	23.82		28.58	33.46	38.58	43.72	48.98		54.84	4 / 3			
reaction time	0.160	interval		4.22	4.28	4.34	4.54		4.76	4.88	5.12	5.14	5.26	5.86			12.84	14.18	15.52
		velocity	6.99	8.29	8.18	8.06	7.71		7.35	7.17	6.84	6.81	6.65	6.83	7.29		8.18	7.40	6.77
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.2	179.2				

Petersen, Sara Slott (DEN) (1987) — **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis) — *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	27-May-17	time	6.53	10.76	15.06	19.46	23.93		28.56	33.53	38.56	43.66	48.90		54.85	4 / 6			
reaction time	0.409	interval		4.23	4.30	4.40	4.47		4.63	4.97	5.03	5.10	5.24	5.95			12.93	14.07	15.37
		velocity	6.89	8.27	8.14	7.95	7.83		7.56	7.04	6.96	6.86	6.68	6.72	7.29		8.12	7.46	6.83
H1 lead leg	R	strides	22	15	15	15	15		15	16	16	17	17	20.2	183.2				

Szekeres, Judit (HUN) (1966) — **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

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

date	23-Aug-99	time	6.25	10.57	15.01	19.56	24.23		28.87	33.70	38.64	43.75	48.87		54.86	7 / 5			
reaction time	0.182	interval		4.32	4.44	4.55	4.67		4.64	4.83	4.94	5.11	5.12	5.99			13.31	14.14	15.17
		velocity	7.20	8.10	7.88	7.69	7.49		7.54	7.25	7.09	6.85	6.84	6.68	7.29		7.89	7.43	6.92
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17	20.5	190.5				

Glover, Sandra (USA) (1968) — **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

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

date	23-Sep-04	time	6.61	10.91	15.26	19.73	24.22		28.82	33.47	38.34	43.48	48.74		54.86	/ 1			
reaction time		interval		4.30	4.35	4.47	4.49		4.60	4.65	4.87	5.14	5.26	6.12			13.12	13.74	15.27
		velocity	6.81	8.14	8.05	7.83	7.80		7.61	7.53	7.19	6.81	6.65	6.54	7.29		8.00	7.64	6.88
H1 lead leg		strides		16	16	16	16		16	16	17	17	17		147				

Antyukh, Natalya (RUS) (1981) — **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

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

date	18-Aug-09	time	6.80	11.05	15.35	19.74	24.20		27.78	33.53	38.42	43.34	48.91		54.86	5 / 2			
reaction time	0.176	interval		4.25	4.30	4.39	4.46		3.58	5.75	4.89	4.92	5.57	5.95			12.94	13.79	15.38
		velocity	6.62	8.24	8.14	7.97	7.85		9.78	6.09	7.16	7.11	6.28	6.72	7.29		8.11	7.61	6.83
H1 lead leg		strides																	

Child, Eilidh (GBR) (1987) — **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

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

date	15-Aug-13	time	6.31	10.38	14.65	19.08	23.58		28.19	33.08	38.08	43.23	48.61		54.86	8 / ~~5~~ 4			
reaction time	0.175	interval		4.07	4.27	4.43	4.50		4.61	4.89	5.00	5.15	5.38	6.25			12.77	14.00	15.53
		velocity	7.13	8.60	8.20	7.90	7.78		7.59	7.16	7.00	6.80	6.51	6.40	7.29		8.22	7.50	6.76
H1 lead leg	L	strides	23		16	16	16		17	17		17	18	21.2	161.2				

Muhammad, Dalilah (USA) (1990) — **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

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

date	21-Jul-18	time	6.12	10.32	14.68	19.20	23.84		28.56	33.32	38.32	43.44	48.56		54.86	4 / 3			
reaction time		interval		4.20	4.36	4.52	4.64		4.72	4.76	5.00	5.12	5.12	6.30			13.08	14.12	15.24
		velocity	7.35	8.33	8.03	7.74	7.54		7.42	7.35	7.00	6.84	6.84	6.35	7.29		8.03	7.44	6.89
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	19.7	180.7				

Sprunger, Léa (SUI) (1990) — **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis) — *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	18-Aug-18	time	6.44	10.77	15.25	19.78	24.35		29.13	34.06	39.00	44.04	49.18		54.86	4 / 1			
reaction time	0.116	interval		4.33	4.48	4.53	4.57		4.78	4.93	4.94	5.04	5.14	5.68			13.34	14.28	15.12
		velocity	6.99	8.08	7.81	7.73	7.66		7.32	7.10	7.09	6.94	6.81	7.04	7.29		7.87	7.35	6.94
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	18.2	170.2				

Ryzhykova, Anna (UKR) (1989) — **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

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

date	19-Aug-22	time	6.50	10.60		19.20	23.70	25.61	28.43	33.27	38.23	43.30	48.67		54.86	5 / 3			
reaction time	0.250	interval		4.10		8.60	4.50		4.73	4.84	4.96	5.07	5.37	6.19			12.70	14.07	15.40

		velocity	6.92	8.54		8.14	7.78	7.81	7.40	7.23	7.06	6.90	6.52	6.46	7.29		8.27	7.46	6.82
H1 lead leg	R	strides	22	14			14		15	15	15	15	16	19.5	145.5				

Pickett, Chastity (USA) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 10-Jun-23 time	6.50	10.74	15.01	19.52	24.09		28.76	33.56	38.50	43.54	48.75		54.86	8 / 3			
reaction time interval		4.24	4.27	4.51	4.57		4.67	4.80	4.94	5.04	5.21	6.11	**PB**		13.02	14.04	15.19
velocity	6.92	8.25	8.20	7.76	7.66		7.49	7.29	7.09	6.94	6.72	6.55	7.29		8.06	7.48	6.91
H1 lead leg L strides	22	14	14	14	14		15	15	15	15	15	18.2	171.2				

Williams, Trevaia (USA) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USA Olympic Trials (Atlanta, GA)														*USATF Women's Sprint Development (1996)*			
date 16-Jun-96 time	6.47	10.51	14.85	19.28	23.78	25.21	28.48	33.31	38.28	43.37	48.55		54.87	7 / 4			
reaction time interval		4.04	4.34	4.43	4.50		4.70	4.83	4.97	5.09	5.18	6.32	**PB**		12.81	14.03	15.24
velocity	6.96	8.66	8.06	7.90	7.78	7.93	7.45	7.25	7.04	6.88	6.76	6.33	7.29		8.20	7.48	6.89
H1 lead leg L strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5				

Adekoya, Kemi (BRN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 06-May-16 time	6.52	10.84	15.16	19.56	24.12		28.76	33.56	38.64	43.88	49.16		54.87	2 / 2			
reaction time 0.178 interval		4.32	4.32	4.40	4.56		4.64	4.80	5.08	5.24	5.28	5.71			13.04	14.00	15.60
velocity	6.90	8.10	8.10	7.95	7.68		7.54	7.29	6.89	6.68	6.63	7.01	7.29		8.05	7.50	6.73
H1 lead leg L strides	24	15	15	15	15		15	15	17	17	17	19.5	184.5				

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														*Henson (2021) - Athlete First: 2019 year end hurdle report*			
date 01-Oct-19 time	6.24	10.28	14.60	18.96	23.56		28.40	33.24	38.20	43.44	48.68		54.87	5 / 1			
reaction time 0.194 interval		4.04	4.32	4.36	4.60		4.84	4.84	4.96	5.24	5.24	6.19			12.72	14.28	15.44
velocity	7.21	8.66	8.10	8.03	7.61		7.23	7.23	7.06	6.68	6.68	6.46	7.29		8.25	7.35	6.80
H1 lead leg R strides	23	15	15	15	15		15	15	15	16	16	19.2	179.2				

Pernía, Daimí (CUB) (1976)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 1999 IAAF World Championships (Sevilla, ESP)														*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date 21-Aug-99 time	6.21	10.49	14.79	19.19	23.83		28.56	33.61	38.71	43.75	48.85		54.88	7 / 2			
reaction time 0.272 interval		4.28	4.30	4.40	4.64		4.73	5.05	5.10	5.04	5.10	6.03			12.98	14.42	15.24
velocity	7.25	8.18	8.14	7.95	7.54		7.40	6.93	6.86	6.94	6.86	6.63	7.29		8.09	7.28	6.89
H1 lead leg L strides	23	15	15	15	15		15	16	16	16	16	19	181				

Jesień, Anna (POL) (1978)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 European Cup (Munich, GER)														*Graubner (2007) - http://www.fgs.uni-halle.de*			
date 23-Jun-07 time	6.55	10.86	15.18	19.70	24.17		28.75	33.59	38.52	43.59	48.90		54.88	/ 2			
reaction time 0.207 interval		4.31	4.32	4.52	4.47		4.58	4.84	4.93	5.07	5.31	5.98			13.15	13.89	15.31
velocity	6.87	8.12	8.10	7.74	7.83		7.64	7.23	7.10	6.90	6.59	6.69	7.29		7.98	7.56	6.86
H1 lead leg strides																	

Nel, Wenda (RSA) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)														*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date 22-May-16 time	6.32	10.64	14.88	19.24	23.76		28.28	33.00	37.88	43.08	48.48		54.88	5 / 3			
reaction time 0.198 interval		4.32	4.24	4.36	4.52		4.52	4.72	4.88	5.20	5.40	6.40			12.92	13.76	15.48
velocity	7.12	8.10	8.25	8.03	7.74		7.74	7.42	7.17	6.73	6.48	6.25	7.29		8.13	7.63	6.78
H1 lead leg L strides	23	16	16	16	16		16	17	17	18	18	21.5	194.5				

Zelentsova, Tatyana (URS) (1948)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1978 European Championships (Prague, TCH)														*Breiser (1990) - tendencies in the development of women for 400m races with hurdles*			
date 02-Sep-78 time	6.8	11.3	15.7	20.3	24.9	26.9	29.4	34.1	38.9	43.8	48.9		54.89	4 / 1			
reaction time interval		4.50	4.40	4.60	4.60		4.50	4.70	4.80	4.90	5.10	5.99	**WR**		13.50	13.80	14.80
velocity	6.62	7.78	7.95	7.61	7.61	7.43	7.78	7.45	7.29	7.14	6.86	6.68	7.29		7.78	7.61	7.09
H1 lead leg L strides	24	17	17	17	17		17	17	17	17	17	21	198				

Wilson, Nickiesha (JAM) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2009 IAAF World Championships (Berlin, GER)														*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date 18-Aug-09 time	6.37	10.40	14.54	18.92	23.53		28.25	33.07	38.04	43.28	48.78		54.89	3 / 3			
reaction time 0.247 interval		4.03	4.14	4.38	4.61		4.72	4.82	4.97	5.24	5.50	6.11			12.55	14.15	15.71
velocity	7.06	8.68	8.45	7.99	7.59		7.42	7.26	7.04	6.68	6.36	6.55	7.29		8.37	7.42	6.68
H1 lead leg strides																	

Doyle, Eilidh (GBR) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)														*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date 20-Aug-17 time	6.36	10.56	14.80	19.04	23.40		27.96	32.88	38.08	43.36	48.72		54.89	2 / 4			
reaction time 0.158 interval		4.20	4.24	4.24	4.36		4.56	4.92	5.20	5.28	5.36	6.17			12.68	13.84	15.84
velocity	7.08	8.33	8.25	8.25	8.03		7.68	7.11	6.73	6.63	6.53	6.48	7.29		8.28	7.59	6.63
H1 lead leg L strides	23	15	15	15	15		16	17	17	18	18	22	191				

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 26-Aug-21 time	6.24	10.24	14.44	18.72	23.28		28.08	32.84	37.84	42.96	48.36		54.89	6 / 6			
reaction time 0.136 interval		4.00	4.20	4.28	4.56		4.80	4.76	5.00	5.12	5.40	6.53			12.48	14.12	15.52
velocity	7.21	8.75	8.33	8.18	7.68		7.29	7.35	7.00	6.84	6.48	6.13	7.29		8.41	7.44	6.77

H1 lead leg	R	strides	23	15	15	15	16		16	16	16	16	17	20	185				

Knight, Jessie (GBR) (1994)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	30-Jun-22	time	6.44	10.68	14.98	19.36	23.88	25.76	28.58	33.56	38.62	43.80	49.04		54.89	5 / 7			
reaction time	0.157	interval		4.24	4.30	4.38	4.52		4.70	4.98	5.06	5.18	5.24	5.85			12.92	14.20	15.48
		velocity	6.99	8.25	8.14	7.99	7.74	7.76	7.45	7.03	6.92	6.76	6.68	6.84	7.29		8.13	7.39	6.78
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178				

Pfaff, Petra (GDR) (1960)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1982 European Championships (Athens, GRE)																*(1982) - XIII championnats d'Europe d'Atlletisma, Athens 1982*			
date	10-Sep-82	time	6.8	10.9	15.3	19.5	24.0		28.7	33.6	38.6	43.9	49.2		54.90	/ 2			
reaction time		interval		4.1	4.4	4.2	4.5		4.7	4.9	5.0	5.3	5.3	5.70	PB		12.70	14.10	15.60
		velocity	6.62	8.54	7.95	8.33	7.78		7.45	7.14	7.00	6.60	6.60	7.02	7.29		8.27	7.45	6.73
H1 lead leg		strides	23	15	15	15	15		15	15	15	16	16		160				

Russell, Janieve (JAM) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	18-Aug-18	time	6.60	10.98	15.55	20.18	24.79		29.66	34.47	39.39	44.24	49.21		54.91	6 / 2			
reaction time	0.149	interval		4.38	4.57	4.63	4.61		4.87	4.81	4.92	4.85	4.97	5.70			13.58	14.29	14.74
		velocity	6.82	7.99	7.66	7.56	7.59		7.19	7.28	7.11	7.22	7.04	7.02	7.28		7.73	7.35	7.12
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.2	179.2				

Nielsen, Lina (GBR) (1996)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	16-Jun-22	time	6.36	10.44	14.58	18.86	23.34		28.14	33.02	38.08	43.36	48.68		54.91	8 / 4			
reaction time	0.147	interval		4.08	4.14	4.28	4.48		4.80	4.88	5.06	5.28	5.32	6.23			12.50	14.16	15.66
		velocity	7.08	8.58	8.45	8.18	7.81		7.29	7.17	6.92	6.63	6.58	6.42	7.28		8.40	7.42	6.70
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	16	19.2	180.2				

Salmon, Shiann (JAM) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	19-Jul-22	time	6.30		14.83	19.33	24.03	26.00		33.76	38.67	43.70	48.80		54.91	2 / 2			
reaction time	0.176	interval			8.53	4.50	4.70			9.73	4.91	5.03	5.10	6.11			13.03	14.43	15.04
		velocity	7.14		8.21	7.78	7.45	7.69		7.19	7.13	6.96	6.86	6.55	7.28		8.06	7.28	6.98
H1 lead leg	L	strides	22			15	15				16	16	16	19.7	119.7				

Russell, Janieve (JAM) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2023 Bislett Games (Oslo, NOR)																*Omega Timing (2023) - diamond league race analysis*			
date	15-Jun-23	time	6.39	10.53	14.73	19.08	23.55		28.27	33.05	38.08	43.27	48.56		54.91	3 / 4			
reaction time	0.135	interval		4.14	4.20	4.35	4.47		4.72	4.78	5.03	5.19	5.29	6.35			12.69	13.97	15.51
		velocity	7.04	8.45	8.33	8.05	7.83		7.42	7.32	6.96	6.74	6.62	6.30	7.28		8.27	7.52	6.77
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	20	185				

Rabchenyuk, Anastasiya (UKR) (198			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)																*Graubner (2009) - http://www.fgs.uni-halle.de*			
date	14-Sep-08	time	6.62	10.87	15.26	19.74	24.41		29.27	34.15	39.09	44.12	49.33		54.92	7 / 2			
reaction time	0.219	interval		4.25	4.39	4.48	4.67		4.86	4.88	4.94	5.03	5.21	5.59			13.12	14.41	15.18
		velocity	6.80	8.24	7.97	7.81	7.49		7.20	7.17	7.09	6.96	6.72	7.16	7.28		8.00	7.29	6.92
H1 lead leg		strides																	

Doyle, Eilidh (GBR) (1987)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)																*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date	16-Jul-17	time	6.48	10.68	15.00	19.40	23.92		28.64	33.48	38.52	43.64	48.80		54.92	8 / 3			
reaction time	0.157	interval		4.20	4.32	4.40	4.52		4.72	4.84	5.04	5.12	5.16	6.12			12.92	14.08	15.32
		velocity	6.94	8.33	8.10	7.95	7.74		7.42	7.23	6.94	6.84	6.78	6.54	7.28		8.13	7.46	6.85
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21.2	187.2				

Watson, Sage (CAN) (1994)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	10-Aug-17	time	6.20	10.32	14.48	18.76	23.16		27.72	32.40	37.52	42.80	48.44		54.92	8 / 6			
reaction time	0.172	interval		4.12	4.16	4.28	4.40		4.56	4.68	5.12	5.28	5.64	6.48			12.56	13.64	16.04
		velocity	7.26	8.50	8.41	8.18	7.95		7.68	7.48	6.84	6.63	6.21	6.17	7.28		8.36	7.70	6.55
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	17	20	181				

Spencer, Ashley (USA) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	01-Sep-17	time	6.32	10.60	14.92	19.40	23.96	26.2	28.60	33.32	38.24	43.28	48.68		54.92	5 / 3			
reaction time	0.167	interval		4.28	4.32	4.48	4.56		4.64	4.72	4.92	5.04	5.40	6.24			13.08	13.92	15.36
		velocity	7.12	8.18	8.10	7.81	7.68	7.63	7.54	7.42	7.11	6.94	6.48	6.41	7.28		8.03	7.54	6.84
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	16	18.7	176.7				

Little, Shamier (USA) (1995)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	13-Jun-19	time	6.32	10.42	14.62	18.88	23.38	25.3	28.06	32.90	37.86	43.10	48.50		54.92	6 / 3			
reaction time	0.273	interval		4.10	4.20	4.26	4.50		4.68	4.84	4.96	5.24	5.40	6.42			12.56	14.02	15.60
		velocity	7.12	8.54	8.33	8.22	7.78	7.91	7.48	7.23	7.06	6.68	6.48	6.23	7.28		8.36	7.49	6.73
H1 lead leg	R	strides	24	15	15	15	15		16	16	16	17	17	20	186				

Nel, Wenda (RSA) (1988)

FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (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	15-Jul-16	time	6.37	10.50		19.33	23.97		28.57	33.37	38.33	43.40	48.67		54.93	2 / 4			
reaction time	0.206	interval		4.13		8.83	4.64		4.60	4.80	4.96	5.07	5.27	6.26			12.96	14.04	15.30
		velocity	7.06	8.47		7.93	7.54		7.61	7.29	7.06	6.90	6.64	6.39	7.28		8.10	7.48	6.86
H1 lead leg	L	strides	23	15			16		16	17	17	17	17	21.5	159.5				

Tkachuk, Viktoriya (UKR) (1994)

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	6.52	10.76	15.16	19.60	24.16	26.2	28.76	33.64	38.68	43.80	49.04		54.93	9 / 3			
reaction time	0.270	interval		4.24	4.40	4.44	4.56		4.60	4.88	5.04	5.12	5.24	5.89	PB		13.08	14.04	15.40
		velocity	6.90	8.25	7.95	7.88	7.68	7.63	7.61	7.17	6.94	6.84	6.68	6.79	7.28		8.03	7.48	6.82
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16	19.7	180.7				

Tkachuk, Viktoriya (UKR) (1994)

FINAL - 2021 Meeting de Paris (Paris, FRA) (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-Aug-21	time	6.32	10.53	14.95		23.95		28.53		38.08	43.20	48.65		54.93	3 / 5			
reaction time	0.228	interval		4.21	4.42		9.00		4.58		9.55	5.12	5.45	6.28					
		velocity	7.12	8.31	7.92		7.78		7.64		7.33	6.84	6.42	6.37	7.28				
H1 lead leg	L	strides	22	15	15	15			15	15	16	16	17	20	166				

Ryzhykova, Anna (UKR) (1989)

FINAL - 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	22-Jul-22	time	6.60	10.77	14.97	19.40	23.96	25.85	28.67	33.50	38.43	43.50			54.93	8 / 8			
reaction time	0.167	interval		4.17	4.20	4.43	4.56		4.71	4.83	4.93	5.07					12.80	14.10	
		velocity	6.82	8.39	8.33	7.90	7.68	7.74	7.43	7.25	7.10	6.90			7.28		8.20	7.45	
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15			137				

Ryzhykova, Anna (UKR) (1989)

Heat 1 - 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	19-Jul-22	time	6.63	10.83	15.13	19.40	23.90	25.73	28.63		38.56	43.60	48.93		54.93	2 / 2			
reaction time	0.139	interval		4.20	4.30	4.27	4.50		4.73		9.93	5.04	5.33	6.00			12.77		
		velocity	6.79	8.33	8.14	8.20	7.78	7.77	7.40		7.05	6.94	6.57	6.67	7.28		8.22		
H1 lead leg	R	strides	22	14	14	14	14		15			15	15	19.2	142.2				

Regá, Chantal (FRA) (1955)

FINAL - 1982 European Championships (Athens, GRE) — *(1982) - XIII championnats d'Europe d'Atlletisma, Athens 1982*

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	10-Sep-82	time	6.47	10.56	14.72	18.97	23.36		27.96	32.97	38.07	43.37	48.80		54.94	/ 3			
reaction time		interval		4.09	4.16	4.25	4.39		4.60	5.01	5.10	5.30	5.43	6.14	PB		12.50	14.00	15.83
		velocity	6.96	8.56	8.41	8.24	7.97		7.61	6.99	6.86	6.60	6.45	6.51	7.28		8.40	7.50	6.63
H1 lead leg		strides	23	15	15	15	15		15	16	16	17	17	20.7	184.7				

Danvers-Smith, Tasha (GBR) (1977)

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

Nel, Wenda (RSA) (1988)

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	26-Aug-15	time	6.28	10.48	14.68	19.00	23.52		28.28	33.12	38.08	43.20			54.94	8 / 7			
reaction time	0.211	interval		4.20	4.20	4.32	4.52		4.76	4.84	4.96	5.12					12.72	14.12	
		velocity	7.17	8.33	8.33	8.10	7.74		7.35	7.23	7.06	6.84			7.28		8.25	7.44	
H1 lead leg	L	strides		16	15	15	16		16	17	17	17			129				

Tîrlea, Ionela (ROU) (1976)

FINAL - 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	6.46	10.64	14.86	19.19	23.66		28.37	33.27	38.40	43.68	49.01		54.95	/ 1			
reaction time	0.171	interval		4.18	4.22	4.33	4.47		4.71	4.90	5.13	5.28	5.33	5.94			12.73	14.08	15.74
		velocity	6.97	8.37	8.29	8.08	7.83		7.43	7.14	6.82	6.63	6.57	6.73	7.28		8.25	7.46	6.67
H1 lead leg		strides		15	15	15	15		16	16	16	17	17						

Stepter, Jaide (USA) (1994)

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	6.64	10.88	15.21	19.55	23.99		28.66	33.43	38.40	43.54	48.81		54.95	2 / 7			
reaction time	0.340	interval		4.24	4.33	4.34	4.44		4.67	4.77	4.97	5.14	5.27	6.14	PB		12.91	13.88	15.38
		velocity	6.78	8.25	8.08	8.06	7.88		7.49	7.34	7.04	6.81	6.64	6.51	7.28		8.13	7.56	6.83
H1 lead leg	L	strides	22	15	15	15	15		16	16	17	17	17	19.7	184.7				

Lehikoinen, Viivi (FIN) (1999)

Heat 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	19-Jul-22	time	6.33	10.50	14.72	19.07	23.56	25.58	28.30		38.30	43.46	48.73		54.95	3 / 3			
reaction time	0.165	interval		4.17	4.22	4.35	4.49		4.74		10.00	5.16	5.27	6.22			12.74		
		velocity	7.11	8.39	8.29	8.05	7.80	7.82	7.38		7.00	6.78	6.64	6.43	7.28		8.24		
H1 lead leg	R	strides	23	15	15	15	16		16			17	17	20.2	154.2				

Peeters, Cathelijn (NED) (1996)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	21-Aug-23	time	6.60	10.53	14.66	18.80	23.23		27.83		38.00	43.40	48.83		54.95	2 / 4			
reaction time	0.247	interval		3.93	4.13	4.14	4.43		4.60		10.17	5.40	5.43	6.12			12.20		
		velocity	6.82	8.91	8.47	8.45	7.90		7.61		6.88	6.48	6.45	6.54	7.28		8.61		
H1 lead leg	R	strides	22	15	15		15		155		16	17	17	19.7	291.7				

Claes, Hanne (BEL) (1991)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2023 Memorial van Damme (Brussels, BEL)																*Omega Timing (2023) - diamond league race analysis*			
date	08-Sep-23	time	6.37	10.45	14.70	19.07	23.57		28.22	33.11	38.19	43.37	48.70		54.95	4 / 7			
reaction time	0.205	interval		4.08	4.25	4.37	4.50		4.65	4.89	5.08	5.18	5.33	6.25			12.70	14.04	15.59
		velocity	7.06	8.58	8.24	8.01	7.78		7.53	7.16	6.89	6.76	6.57	6.40	7.28		8.27	7.48	6.74
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	21	185				

Woodruff, Gianna (PAN) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2023 Prefontaine Classic (Eugene, OR)																*Omega Timing (2023) - diamond league race analysis*			
date	17-Sep-23	time	6.39	10.53	14.84	19.27	23.82		28.51	33.42	38.45	43.52	48.79		54.95	2 / 7			
reaction time	0.192	interval		4.14	4.31	4.43	4.55		4.69	4.91	5.03	5.07	5.27	6.16			12.88	14.15	15.37
		velocity	7.04	8.45	8.12	7.90	7.69		7.46	7.13	6.96	6.90	6.64	6.49	7.28		8.15	7.42	6.83
H1 lead leg	L	strides	22	14			15		15	15			17		98				

Bikert, Yekaterina (RUS) (1980)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2008 Olympic Games (Beijing, CHN)																*Behm (2008)- Pekin 2008: Le quatrache masculin - féminin*			
date	20-Aug-08	time	6.4	10.7	15.0	19.3	23.8		28.4	33.2	38.2	43.5	48.9		54.96	2 / 6			
reaction time	0.193	interval		4.3	4.3	4.3	4.5		4.6	4.8	5.0	5.3	5.4	6.06			12.90	13.90	15.70
		velocity	7.03	8.14	8.14	8.14	7.78		7.61	7.29	7.00	6.60	6.48	6.60	7.28		8.14	7.55	6.69
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15		152				

Stepter, Jaide (USA) (1994)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)																*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date	22-Jul-16	time	6.26	10.43	14.63	18.93	23.43		28.16	33.03	38.03	43.30	48.70		54.96	3 / 5			
reaction time	0.146	interval		4.17	4.20	4.30	4.50		4.73	4.87	5.00	5.27	5.40	6.26			12.67	14.10	15.67
		velocity	7.19	8.39	8.33	8.14	7.78		7.40	7.19	7.00	6.64	6.48	6.39	7.28		8.29	7.45	6.70
H1 lead leg	L	strides	22	15	15	15	15		16	16	17	17	17	19.7	184.7				

Taylor, Brenda (USA) (1979)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2004 Olympic Games (Athens, GRE)																*Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04*			
date	25-Aug-04	time	6.07	10.21	14.47	18.69	23.10		27.70	32.51	37.56	42.87	48.30		54.97	2 / 7			
reaction time	0.184	interval		4.14	4.26	4.22	4.41		4.60	4.81	5.05	5.31	5.43	6.67			12.62	13.82	15.79
		velocity	7.41	8.45	8.22	8.29	7.94		7.61	7.28	6.93	6.59	6.45	6.00	7.28		8.32	7.60	6.65
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187				

Hejnová, Zuzana (CZE) (1986)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2008 Olympic Games (Beijing, CHN)																*Behm (2008)- Pekin 2008: Le quatrache masculin - féminin*			
date	20-Aug-08	time	6.4	10.4	14.5	19.3	23.8		28.3	33.2	38.3	43.5	48.8		54.97	3 / 7			
reaction time	0.195	interval		4.0	4.1	4.8	4.5		4.5	4.9	5.1	5.2	5.3	6.17			12.90	13.90	15.60
		velocity	7.03	8.75	8.54	7.29	7.78		7.78	7.14	6.86	6.73	6.60	6.48	7.28		8.14	7.55	6.73
H1 lead leg	R	strides	22	15	15	15	15		16	16	16	17	17		164				

Gallego, Sara (ESP) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	19-Aug-22	time	6.33	10.53		19.37	23.93	25.82	28.60	33.37	38.37	43.46	48.77		54.97	6 / 4			
reaction time	0.143	interval		4.20		8.84	4.56		4.67	4.77	5.00	5.09	5.31	6.20			13.04	14.00	15.40
		velocity	7.11	8.33		7.92	7.68	7.75	7.49	7.34	7.00	6.88	6.59	6.45	7.28		8.05	7.50	6.82
H1 lead leg	L	strides	23	15			16		16	16	17	17	17	21.7	158.7				

Woodruff, Gianna (PAN) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	26-Aug-22	time	6.33	10.26		18.90	23.36	25.26	27.97	32.86	37.90	43.13	48.56		54.97	8 / 5			
reaction time	0.193	interval		3.93		8.64	4.46		4.61	4.89	5.04	5.23	5.43	6.41			12.57	13.96	15.70
		velocity	7.11	8.91		8.10	7.85	7.92	7.59	7.16	6.94	6.69	6.45	6.24	7.28		8.35	7.52	6.69
H1 lead leg	L	strides	23	15			15		15	15	16	16	17	19.5	151.5				

Pernía, Daimí (CUB) (1976)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2001 ISTAF (Berlin, GER)																*Graubner (2009) - http://www.fgs.uni-halle.de*			
date	31-Aug-01	time	6.70	10.99	15.36	19.79	24.38		29.16	34.19	39.15	44.21	49.30		54.98	/ 3			
reaction time	0.244	interval		4.29	4.37	4.43	4.59		4.78	5.03	4.96	5.06	5.09	5.68			13.09	14.40	15.11
		velocity	6.72	8.16	8.01	7.90	7.63		7.32	6.96	7.06	6.92	6.88	7.04	7.28		8.02	7.29	6.95
H1 lead leg		strides																	

Petersen, Sara Slott (DEN) (1987)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	25-Aug-16	time	6.40	10.60	14.88	19.24	23.72		28.32	33.04	38.04	43.28	48.64		54.98	6 / 3			
reaction time	0.123	interval		4.20	4.28	4.36	4.48		4.60	4.72	5.00	5.24	5.36	6.34			12.84	13.80	15.60
		velocity	7.03	8.33	8.18	8.03	7.81		7.61	7.42	7.00	6.68	6.53	6.31	7.28		8.18	7.61	6.73
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	17	17	20.2	182.2				

Carter, Kori (USA) (1992)	**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**

FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	27-May-17	time	6.43	10.66	14.96	19.36	24.06		28.83	33.56	38.36	43.46	48.66		54.98	8 / 7			
reaction time	0.280	interval		4.23	4.30	4.40	4.70		4.77	4.73	4.80	5.10	5.20	6.32			12.93	14.20	15.10
		velocity	7.00	8.27	8.14	7.95	7.45		7.34	7.40	7.29	6.86	6.73	6.33	7.28		8.12	7.39	6.95
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	16	16	19.7	183.7				

Sprunger, Léa (SUI) (1990)

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

Heat 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2021) - Athlete First: 2019 year end hurdle report*

date	01-Oct-19	time	6.36	10.52	14.76	19.16	23.64		28.36	33.24	38.28	43.40	48.68		54.98	4 / 2			
reaction time	0.182	interval		4.16	4.24	4.40	4.48		4.72	4.88	5.04	5.12	5.28	6.30			12.80	14.08	15.44
		velocity	7.08	8.41	8.25	7.95	7.81		7.42	7.17	6.94	6.84	6.63	6.35	7.28		8.20	7.46	6.80
H1 lead leg	R	strides	21	14	14		14		15	15	15	15	15	19	157				

Sprunger, Léa (SUI) (1990)

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

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

date	15-Sep-20	time	6.48	10.80	15.16	19.56	24.08		28.80	33.60	38.68	43.72	49.00		54.98	5 / 2			
reaction time		interval		4.32	4.36	4.40	4.52		4.72	4.80	5.08	5.04	5.28	5.98			13.08	14.04	15.40
		velocity	6.94	8.10	8.03	7.95	7.74		7.42	7.29	6.89	6.94	6.63	6.69	7.28		8.03	7.48	6.82
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5				

Tkachuk, Viktoriya (UKR) (1994)

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

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

date	08-Sep-23	time	6.38	10.49	14.76	19.12	23.59		28.20	33.03	38.04	43.23	48.63		54.98	1 / 8			
reaction time	0.217	interval		4.11	4.27	4.36	4.47		4.61	4.83	5.01	5.19	5.40	6.35			12.74	13.91	15.60
		velocity	7.05	8.52	8.20	8.03	7.83		7.59	7.25	6.99	6.74	6.48	6.30	7.28		8.24	7.55	6.73
H1 lead leg	L	strides	22	15	15				15	16	16	16	17	20.5	152.5				

Ryzhykova, Anna (UKR) (1989)

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

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

date	17-Sep-23	time	6.47	10.66	14.96	19.32	23.83		28.67	33.68	38.71	43.79	48.98		54.98	1 / 8			
reaction time	0.166	interval		4.19	4.30	4.36	4.51		4.84	5.01	5.03	5.08	5.19	6.00			12.85	14.36	15.30
		velocity	6.96	8.35	8.14	8.03	7.76		7.23	6.99	6.96	6.89	6.74	6.67	7.28		8.17	7.31	6.86
H1 lead leg	R	strides	22	14			14		15	15			15		95				

Marx, Claudia (GER) (1978)

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

FiNAL - 2006 European Championships (Göteborg, SWE) *Behm (2006) - Göteborg 2006: Le quatrache*

date	09-Aug-06	time	6.4	10.6	14.7	19.2	23.6		28.3	33.2	38.3	43.5	48.8		54.99	5 / 4			
reaction time		interval		4.2	4.1	4.5	4.4		4.7	4.9	5.1	5.2	5.3	6.19			12.80	14.00	15.60
		velocity	7.03	8.33	8.54	7.78	7.95		7.45	7.14	6.86	6.73	6.60	6.46	7.27		8.20	7.50	6.73
H1 lead leg	L	strides	22	15	15	15	15		16	16	17	17	17	21	186				

Isakova, Yevgeniya (RUS) (1978)

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

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

date	23-Sep-07	time	6.59	10.78	15.13	19.55	24.07		28.81	33.69	38.81	43.99	49.16		54.99	2 / 4			
reaction time	0.187	interval		4.19	4.35	4.42	4.52		4.74	4.88	5.12	5.18	5.17	5.83			12.96	14.14	15.47
		velocity	6.83	8.35	8.05	7.92	7.74		7.38	7.17	6.84	6.76	6.77	6.86	7.27		8.10	7.43	6.79
H1 lead leg		strides																	

Hejnová, Zuzana (CZE) (1986)

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

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

date	18-Aug-09	time	6.60	10.90	15.24	19.66	24.21		28.89	33.70	38.72	43.84	49.08		54.99	4 / 4			
reaction time	0.149	interval		4.30	4.34	4.42	4.55		4.68	4.81	5.02	5.12	5.24	5.91			13.06	14.04	15.38
		velocity	6.82	8.14	8.06	7.92	7.69		7.48	7.28	6.97	6.84	6.68	6.77	7.27		8.04	7.48	6.83
H1 lead leg		strides																	

Clayton, Rushell (JAM) (1992)

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

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

date	19-Jul-22	time	6.40	10.53	14.77	19.07	23.50	25.27	28.06		37.96	43.30	48.74		54.99	2 / 4			
reaction time	0.157	interval		4.13	4.24	4.30	4.43		4.56		9.90	5.34	5.44	6.25			12.67		
		velocity	7.03	8.47	8.25	8.14	7.90	7.91	7.68		7.07	6.55	6.43	6.40	7.27		8.29		
H1 lead leg	L	strides	22	15	15	15	15		15			17	17	19.5	150.5				

Sutherland, Savannah (CAN) (2003)

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

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

date	22-Aug-23	time	6.57	10.77	15.08	19.42	23.86				38.20	43.41	48.88		54.99	2 / 6			
reaction time	0.214	interval		4.20	4.31	4.34	4.44				14.34	5.21	5.47	6.11			12.85		
		velocity	6.85	8.33	8.12	8.06	7.88				7.32	6.72	6.40	6.55	7.27		8.17		
H1 lead leg	R	strides	23	15	15	15	15					16	17	20	136				

Danvers, Tasha (GBR) (1977)

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

FINAL - 2000 Olympic Games (Sydney, AUS) *Behm (2000) - Sydney 2000: Compte-rendu du 400m haies*

date	27-Sep-00	time	6.2	10.4	14.7	19.2	23.7		28.2	33.1	38.0	43.1	48.7		55.00	1 / 8			
reaction time	0.174	interval		4.2	4.3	4.5	4.5		4.5	4.9	4.9	5.1	5.6	6.30			13.00	13.90	15.60
		velocity	7.26	8.33	8.14	7.78	7.78		7.78	7.14	7.14	6.86	6.25	6.35	7.27		8.08	7.55	6.73
H1 lead leg	L	strides	21	15	14	14	14		15	15	15	15	16	17	171				

Tate, Cassandra (USA) (1990)

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

FINAL - 2018 USATF National Champinships (Des Moines, IA) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	24-Jun-18	time	6.24	10.34	14.54	18.88	23.32		27.86	32.63	37.70	43.01	48.58		55.00	3 / 3				
reaction time		interval		4.10	4.20	4.34	4.44		4.54	4.77	5.07	5.31	5.57	6.42			12.64	13.75	15.95	
		velocity	7.21	8.54	8.33	8.06	7.88		7.71	7.34	6.90	6.59	6.28	6.23	7.27		8.31	7.64	6.58	
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	17	20	180					

Moline, Georganne (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 30-Aug-18	time	6.52	10.72	15.04		23.92	25.9	28.48	33.16		43.24	48.76		55.00	2 / 4				
reaction time 0.261	interval		4.20	4.32		8.88		4.56	4.68		10.08	5.52	6.24					15.60	
	velocity	6.90	8.33	8.10		7.88	7.72	7.68	7.48		6.94	6.34	6.41	7.27				6.73	
H1 lead leg L	strides	23	16	15				15	15			17	20.2	121.2					

Fesenko-Grun, Yekaterina (URS) (19

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1983 VIII USSR Spartakiade (Moscow, URS)														*Breizer (1985) - on the track with ekaterina fesenko, p 77*			
date 10-Jun-83	time	7.10	11.64	16.06	20.46	25.34		30.12	34.84	39.70	44.74	49.62		55.01	/ 2				
reaction time	interval		4.54	4.42	4.40	4.88		4.78	4.72	4.86	5.04	4.88	5.39			13.36	14.38	14.78	
	velocity	6.34	7.71	7.92	7.95	7.17		7.32	7.42	7.20	6.94	7.17	7.42	7.27		7.86	7.30	7.10	
H1 lead leg	strides	24	17	17	17	17		17	17	17	17	17	20.5	197.5					

Williams, Tiffany (USA) (1983)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)														*Graubner (2007) - http://www.fgs.uni-halle.de*			
date 23-Sep-07	time	6.57	10.82	15.10	19.44	23.92		28.52	33.44	38.34	43.51	48.84		55.01	5 / 5				
reaction time 0.273	interval		4.25	4.28	4.34	4.48		4.60	4.92	4.90	5.17	5.33	6.17			12.87	14.00	15.40	
	velocity	6.85	8.24	8.18	8.06	7.81		7.61	7.11	7.14	6.77	6.57	6.48	7.27		8.16	7.50	6.82	
H1 lead leg	strides																		

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)														*Henson (2021) - Athlete First: major championships report*			
date 15-Aug-13	time	6.34	10.58	14.88	19.19	23.84		28.65		38.61	43.77	49.00		55.01	1 / ~~6~~ 5				
reaction time 0.169	interval		4.24	4.30	4.31	4.65		4.81		9.96	5.16	5.23	6.01			12.85			
	velocity	7.10	8.25	8.14	8.12	7.53		7.28		7.03	6.78	6.69	6.66	7.27		8.17			
H1 lead leg L	strides	21	14	14	14	14		15			15	15	19.2	141.2					

Little, Shamier (USA) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 22-Jul-16	time	6.33	10.50	14.66	18.90	23.36		27.93	32.73	37.56	42.53	48.16		55.01	5 / 6				
reaction time 0.263	interval		4.17	4.16	4.24	4.46		4.57	4.80	4.83	4.97	5.63	6.85			12.57	13.83	15.43	
	velocity	7.11	8.39	8.41	8.25	7.85		7.66	7.29	7.25	7.04	6.22	5.84	7.27		8.35	7.59	6.80	
H1 lead leg R	strides	23	16	16	16	16		16	16	17	17	17	20.5	190.5					

Nugent, Leah (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 04-Jul-21	time	6.24	10.32	14.60		23.54	25.7	28.30		38.14	43.20	48.64		55.01	1 / 6				
reaction time 0.193	interval		4.08	4.28		8.94		4.76		9.84	5.06	5.44	6.37						
	velocity	7.21	8.58	8.18		7.83	7.78	7.35		7.11	6.92	6.43	6.28	7.27					
H1 lead leg R	strides		14	14				15			15	16	19	93					

Jíchová, Nikoleta (CZE) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 22-Aug-23	time	6.57	10.88	15.18	19.48	23.99			33.63	38.74	43.97	49.24		55.01	4 / 6				
reaction time 0.229	interval		4.31	4.30	4.30	4.51			9.64	5.11	5.23	5.27	5.77			12.91	14.15	15.61	
	velocity	6.85	8.12	8.14	8.14	7.76			7.26	6.85	6.69	6.64	6.93	7.27		8.13	7.42	6.73	
H1 lead leg R	strides	22	15	15	15	15				16	16	16	20.7	150.7					

Spencer, Kaliese (JAM) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 06-May-16	time	6.44	10.72	15.16	19.64	24.24		28.96	33.72	38.56	43.72	48.96		55.02	4 / 3				
reaction time 0.144	interval		4.28	4.44	4.48	4.60		4.72	4.76	4.84	5.16	5.24	6.06			13.20	14.08	15.24	
	velocity	6.99	8.18	7.88	7.81	7.61		7.42	7.35	7.23	6.78	6.68	6.60	7.27		7.95	7.46	6.89	
H1 lead leg L	strides	22	15	15	15	15		15	15	15	16	16	18.7	177.7					

Russell, Masai (USA) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)														*USATF (2022) - Results powered by Karmarush*			
date 24-Jun-22	time	6.33	10.51	14.87	19.50	24.20	26.32	29.05	33.94	38.89	43.97	49.02	*55.02*	55.02	6 / 2				
reaction time	interval		4.18	4.36	4.63	4.70		4.85	4.89	4.95	5.08	5.05	6.00	PB		13.17	14.44	15.08	
	velocity	7.11	8.37	8.03	7.56	7.45	7.60	7.22	7.16	7.07	6.89	6.93	6.67	7.27		7.97	7.27	6.96	
H1 lead leg R	strides	24	16	16	16	16			17	17	17			139					

Ledovskaya, Tatyana (EUN) (1966)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 1992 Olympic Games (Barcelona, ESP)														*Lyle (1992) - miscellaneous coaching notes*			
date 02-Aug-92	time	6.30	10.64	14.89	19.17	23.63		28.18	32.98	37.95	43.24	48.82		55.03	4 / 1				
reaction time	interval		4.34	4.25	4.28	4.46		4.55	4.80	4.97	5.29	5.58	6.21			12.87	13.81	15.84	
	velocity	7.14	8.06	8.24	8.18	7.85		7.69	7.29	7.04	6.62	6.27	6.44	7.27		8.16	7.60	6.63	
H1 lead leg	strides																		

Hechavarria, Zurian (CUB) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 02-Oct-19	time	6.44	10.54	14.75		23.62		28.36	33.20	38.24	43.48	48.85		55.03	7 / 4				

reaction time	0.216	interval		4.10	4.21		8.87		4.74	4.84	5.04	5.24	5.37	6.18								15.65
		velocity	6.99	8.54	8.31		7.89		7.38	7.23	6.94	6.68	6.52	6.47	7.27							6.71
H1 lead leg	L	strides	23	15	15				16	16	16	17	17	21.2	156.2							

Iuel, Amalie (NOR) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 02-Oct-19	time	6.32	10.52	14.76	19.16	23.68		28.36	33.20	38.28	43.48	48.84		55.03	4 / 4			
reaction time 0.151	interval		4.20	4.24	4.40	4.52		4.68	4.84	5.08	5.20	5.36	6.19			12.84	14.04	15.64
	velocity	7.12	8.33	8.25	7.95	7.74		7.48	7.23	6.89	6.73	6.53	6.46	7.27		8.18	7.48	6.71
H1 lead leg L	strides	23	15	15	15	15		15	15	16		16	19	164				

Glover, Sandra (USA) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2001 IAAF World Championships (Edmonton, CAN)														*Behm (2001) - profil des finales d'Edmonton*			
date 08-Aug-01	time	6.4	10.7	15.1	19.5	24.0		28.5	33.3	38.2	43.2	48.6		55.04	2 / 4			
reaction time 0.174	interval		4.3	4.4	4.4	4.5		4.5	4.8	4.9	5.0	5.4	6.44			13.10	13.80	15.30
	velocity	7.03	8.14	7.95	7.95	7.78		7.78	7.29	7.14	7.00	6.48	6.21			8.02	7.61	6.86
H1 lead leg	strides	24	16	16	16	16		17	18	18	18	18		177				

Ivanova, Natalya (RUS) (1981)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FiNAL - 2006 European Championships (Göteborg, SWE)														*Behm (2006) - Göteborg 2006: Le quatrache*			
date 09-Aug-06	time	6.5	11.0	15.5	20.0	24.6		29.4	34.2	39.1	44.2	49.2		55.04	2 / 5			
reaction time	interval		4.5	4.5	4.5	4.6		4.8	4.8	4.9	5.1	5.0	5.84			13.50	14.20	15.00
	velocity	6.92	7.78	7.78	7.78	7.61		7.29	7.29	7.14	6.86	7.00	6.85	7.27		7.78	7.39	7.00
H1 lead leg L	strides	23	15	15	15	15		15	15	15	15	15	18	176				

Morosanu, Angela (ROU) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 IAAF World Championships (Berlin, GER)														*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date 20-Aug-09	time	6.17	10.14	14.24	18.56	22.97		27.70	32.63	37.70	43.08	48.71		55.04	1 / 8			
reaction time 0.183	interval		3.97	4.10	4.32	4.41		4.73	4.93	5.07	5.38	5.63	6.33			12.39	14.07	16.08
	velocity	7.29	8.82	8.54	8.10	7.94		7.40	7.10	6.90	6.51	6.22	6.32	7.27		8.47	7.46	6.53
H1 lead leg	strides		14	14	15	14		15	15	15	16	17		135				

Doyle, Eilidh (GBR) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 01-Sep-17	time	6.32	10.52	14.84	19.28	23.76	25.9	28.40	33.16	38.20	43.32	48.64		55.04	4 / 4			
reaction time 0.196	interval		4.20	4.32	4.44	4.48		4.64	4.76	5.04	5.12	5.32	6.40			12.96	13.88	15.48
	velocity	7.12	8.33	8.10	7.88	7.81	7.72	7.54	7.35	6.94	6.84	6.58	6.25	7.27		8.10	7.56	6.78
H1 lead leg L	strides	23	15	15	15	15		16	16	17	17	17	22	188				

Iuel, Amalie (NOR) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 01-Jul-21	time	6.44	10.58	14.84		23.78		28.50	33.34	38.36	43.50	48.84		55.04	7 / 4			
reaction time 0.150	interval		4.14	4.26		8.94		4.72	4.84	5.02	5.14	5.34	6.20					15.50
	velocity	6.99	8.45	8.22		7.83		7.42	7.23	6.97	6.81	6.55	6.45	7.27				6.77
H1 lead leg L	strides	23	15	15		15		15	15	16	16	16	19.2	165.2				

Spencer, Kaliese (JAM) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 09-Sep-16	time	6.44	10.68	15.04	19.56	24.20		28.88	33.68	38.64	43.76	49.04		55.05	6 / 3			
reaction time 0.182	interval		4.24	4.36	4.52	4.64		4.68	4.80	4.96	5.12	5.28	6.01			13.12	14.12	15.36
	velocity	6.99	8.25	8.03	7.74	7.54		7.48	7.29	7.06	6.84	6.63	6.66	7.27		8.00	7.44	6.84
H1 lead leg L	strides	22	14	14	15	15		15	15	15	16	16	18.7	175.7				

Doyle, Eilidh (GBR) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 30-Aug-18	time	6.52	10.76	15.08		23.96	26.0	28.68	33.48		43.64	48.92		55.05	7 / 5			
reaction time 0.176	interval		4.24	4.32		8.88		4.72	4.80		10.16	5.28	6.13					15.44
	velocity	6.90	8.25	8.10		7.88	7.69	7.42	7.29		6.89	6.63	6.53	7.27				6.80
H1 lead leg L	strides	23	15	15				16	16			17	21	123				

Hailey, Nnenya (USA) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 25-Jun-21	time	6.33	10.40	14.60	19.10	23.76		28.47	33.23	38.17	43.37	48.63		55.05	8 / 2			
reaction time 0.291	interval		4.07	4.20	4.50	4.66		4.71	4.76	4.94	5.20	5.26	6.42			12.77	14.13	15.40
	velocity	7.11	8.60	8.33	7.78	7.51		7.43	7.35	7.09	6.73	6.65	6.23	7.27		8.22	7.43	6.82
H1 lead leg L	strides		16	16	17	17		17	17	17	18	18	22.2	175.2				

van der Walt, Zenéy (RSA) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 19-Jul-22	time	6.20	10.56	14.97	19.36	23.97	26.11	28.73	33.63	38.67	43.97	49.20		55.05	7 / 2			
reaction time 0.160	interval		4.36	4.41	4.39	4.61		4.76	4.90	5.04	5.30	5.23	5.85			13.16	14.27	15.57
	velocity	7.26	8.03	7.94	7.97	7.59	7.66	7.35	7.14	6.94	6.60	6.69	6.84	7.27		7.98	7.36	6.74
H1 lead leg L	strides	22	15	15	15	15		15	15	16	16	16	19	179				

Tkachuk, Viktoriya (UKR) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 21-Aug-23	time	6.37	10.66	15.00	19.23	23.76		28.40	33.26	38.36	43.56	49.03		55.05	6 / 2			
reaction time 0.201	interval		4.29	4.34	4.23	4.53		28.40	4.86	5.10	5.20	5.47	6.02			12.86	14.03	15.77

		velocity	7.06	8.16	8.06	8.27	7.73		1.23	7.20	6.86	6.73	6.40	6.64	7.27		8.16	7.48	6.66
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	17	20	182				

Blackett, Andrea (BAR) (1976)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 IAAF World Championships (Helsinki, FIN)														*Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins*			
date 13-Aug-05	time	6.3	10.5	14.7	19.1	23.7		28.3	33.1	38.2	43.4	48.8		55.06	2 / 6			
reaction time 0.146	interval		4.2	4.2	4.4	4.6		4.6	4.8	5.1	5.2	5.4	6.26			12.80	14.00	15.70
	velocity	7.14	8.33	8.33	7.95	7.61		7.61	7.29	6.86	6.73	6.48	6.39	7.26		8.20	7.50	6.69
H1 lead leg L	strides	23	15	15	15	15		16	16	16	16	17		164				

Hailey, Nnenya (USA) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 09-Sep-21	time	6.36	10.48			23.68	25.5	28.28	32.96	37.68	42.84	48.28		55.06	1 / 6			
reaction time 0.183	interval		4.12			13.20		4.60	4.68	4.72	5.16	5.44	6.78					15.32
	velocity	7.08	8.50			7.95	7.84	7.61	7.48	7.42	6.78	6.43	5.90	7.26				6.85
H1 lead leg L	strides	23	16					17	17		18	18	23	132				

Iuel, Amalie (NOR) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 16-Jun-22	time	6.36	10.54	14.92	19.32	23.90		28.64	33.58	38.52	43.64	48.92		55.06	2 / 5			
reaction time 0.148	interval		4.18	4.38	4.40	4.58		4.74	4.94	4.94	5.12	5.28	6.14			12.96	14.26	15.34
	velocity	7.08	8.37	7.99	7.95	7.64		7.38	7.09	7.09	6.84	6.63	6.51	7.26		8.10	7.36	6.84
H1 lead leg L	strides	23	15	15	15	15		16	16	16	16	17	19.7	183.7				

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 08-Sep-22	time	6.34	10.38			23.49	25.42	28.26	33.10		43.31	48.68		55.06	2 / 7			
reaction time 0.167	interval		4.04			13.11		4.77	4.84		10.21	5.37	6.38					15.58
	velocity	7.10	8.66			8.01	7.87	7.34	7.23		6.86	6.52	6.27	7.26				6.74
H1 lead leg R	strides	22	14					15	15			16	19.7	101.7				

Brown, T'erea (USA) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2012 Olympic Games (London, GBR)														*Hillier (2012) - uka 2012 olympic games report: 400m hurdles*			
date 08-Aug-12	time	6.39	10.44	14.68	19.06	23.50		28.07	33.05	38.10	43.34	48.67		55.07	2 / 6			
reaction time 0.201	interval		4.05	4.24	4.38	4.44		4.57	4.98	5.05	5.24	5.33	6.40			12.67	13.99	15.62
	velocity	7.04	8.64	8.25	7.99	7.88		7.66	7.03	6.93	6.68	6.57	6.25	7.26		8.29	7.51	6.72
H1 lead leg R	strides	23	15	15	15	15		15	16	17	17	18		166				

Sprunger, Léa (SUI) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 07-Jun-18	time	6.36	10.64	15.00		24.16		28.88	33.76	38.80	43.96	49.24		55.07	3 / 4			
reaction time 0.138	interval		4.28	4.36		9.16		4.72	4.88	5.04	5.16	5.28	5.83					15.48
	velocity	7.08	8.18	8.03		7.64		7.42	7.17	6.94	6.78	6.63	6.86	7.26				6.78
H1 lead leg R	strides	21	14	14				15	15	15	16	16	18.5	144.5				

Flintoff-King, Debbie (AUS) (1960)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1987 IAAF World Championships (Rome, ITA)														*Sušanka (1990) - time analyis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*			
date 01-Sep-87	time	6.60	10.76	14.97	19.24	23.69		28.42	33.28	38.34	43.62	49.04		55.08	8 / 2			
reaction time	interval		4.16	4.21	4.27	4.45		4.73	4.86	5.06	5.28	5.42	6.04			12.64	14.04	15.76
	velocity	6.82	8.41	8.31	8.20	7.87		7.40	7.20	6.92	6.63	6.46	6.62			8.31	7.48	6.66
H1 lead leg L	strides	23	15	15	15	15		16	16	16	17	17	19.4	184.4				

Tîrlea, Ionela (ROU) (1976)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 European Cup (Bremen, GER)														*Graubner (2007) - http://www.fgs.uni-halle.de*			
date 23-Jun-01	time	6.43	10.56	14.77	19.05	23.54		28.12	33.07	38.27	43.71	49.21		55.08	/ 2			
reaction time	interval		4.13	4.21	4.28	4.49		4.58	4.95	5.20	5.44	5.50	5.87			12.62	14.02	16.14
	velocity	7.00	8.47	8.31	8.18	7.80		7.64	7.07	6.73	6.43	6.36	6.81	7.26		8.32	7.49	6.51
H1 lead leg	strides																	

Tereshchuk-Antipova, Tetyana (UKR

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 IAAF World Championships (Helsinki, FIN)														*Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins*			
date 13-Aug-05	time	6.4	10.7	15.2	19.7	24.2		28.8	33.6	38.5	43.6	48.9		55.09	7 / 7			
reaction time 0.209	interval		4.3	4.5	4.5	4.5		4.6	4.8	4.9	5.1	5.3	6.19			13.30	13.90	15.30
	velocity	7.03	8.14	7.78	7.78	7.78		7.61	7.29	7.14	6.86	6.60	6.46	7.26		7.89	7.55	6.86
H1 lead leg L	strides	22	15	15	15	15		15	16	16	16	16		161				

Doyle, Eilidh (GBR) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 24-Aug-17	time	6.36	10.52	14.80	19.16	23.68		28.40	33.28		43.40	48.80		55.09	3 / 5			
reaction time 0.163	interval		4.16	4.28	4.36	4.52		4.72	4.88		10.12	5.40	6.29			12.80	14.12	15.52
	velocity	7.08	8.41	8.18	8.03	7.74		7.42	7.17		6.92	6.48	6.36	7.26		8.20	7.44	6.77
H1 lead leg L	strides	23	15	15		15		16	16			18	21.7	139.7				

Carter, Kori (USA) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 06-Jun-19	time	6.32	10.36	14.60	18.92	23.44		28.12	33.00	38.08	43.20	48.56		55.09	2 / 4			
reaction time 0.153	interval		4.04	4.24	4.32	4.52		4.68	4.88	5.08	5.12	5.36	6.53			12.60	14.08	15.56
	velocity	7.12	8.66	8.25	8.10	7.74		7.48	7.17	6.89	6.84	6.53	6.13	7.26		8.33	7.46	6.75

H1 lead leg	L	strides	23	15	16	16	16		16	16	17	17	18	21	191				

Gallego, Sara (ESP) (2000)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	19-Jul-22	time	6.50	10.70	15.03	19.53	24.20	26.08	28.90	33.70	38.70	43.76	48.96		55.09	7 / 3			
reaction time	0.125	interval		4.20	4.33	4.50	4.67		4.70	4.80	5.00	5.06	5.20	6.13			13.03	14.17	15.26
		velocity	6.92	8.33	8.08	7.78	7.49	7.67	7.45	7.29	7.00	6.92	6.73	6.53	7.26		8.06	7.41	6.88
H1 lead leg	L	strides	23	15	16	16	16		16	16	17	17	17	20.2	189.2				

Titimets, Anna (UKR) (1989)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	22-May-16	time	6.48	10.76	15.08	19.40	23.80		28.32	33.00	38.04	43.36	48.88		55.10	7 / 4			
reaction time	0.208	interval		4.28	4.32	4.32	4.40		4.52	4.68	5.04	5.32	5.52	6.22			12.92	13.60	15.88
		velocity	6.94	8.18	8.10	8.10	7.95		7.74	7.48	6.94	6.58	6.34	6.43	7.26		8.13	7.72	6.61
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	17	17	20	182				

Little, Shamier (USA) (1995)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)																*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date	06-Jul-17	time	6.48	10.80	15.24	19.64	24.12		28.72	33.36	38.16	43.28	48.64		55.10	4 / 6			
reaction time	0.230	interval		4.32	4.44	4.40	4.48		4.60	4.64	4.80	5.12	5.36	6.46			13.16	13.72	15.28
		velocity	6.94	8.10	7.88	7.95	7.81		7.61	7.54	7.29	6.84	6.53	6.19	7.26		7.98	7.65	6.87
H1 lead leg	R	strides	24	15	15	15	15		15	15	15	16	16	20	181				

Cockrell, Anna (USA) (1997)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	26-Jun-21	time	6.30	10.51	14.91	19.45	24.15		29.06	33.96	38.97	43.94	49.01		55.10	8 / 3			
reaction time	0.177	interval		4.21	4.40	4.54	4.70		4.91	4.90	5.01	4.97	5.07	6.09			13.15	14.51	15.05
		velocity	7.14	8.31	7.95	7.71	7.45		7.13	7.14	6.99	7.04	6.90	6.57	7.26		7.98	7.24	6.98
H1 lead leg	L	strides		15	15	15	15		16	15	16	16	16		139				

Jíchová, Nikoleta (CZE) (2000)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	21-Aug-23	time	6.43	10.83	15.13	19.50	24.16			33.93	39.03	44.16	49.36		55.10	3 / 4			
reaction time	0.206	interval		4.40	4.30	4.37	4.66			9.77	5.10	5.13	5.20	5.74			13.07	14.43	15.43
		velocity	7.00	7.95	8.14	8.01	7.51			7.16	6.86	6.82	6.73	6.97	7.26		8.03	7.28	6.80
H1 lead leg	R	strides	22	15	15	15	15				16	17	17	21	153				

Knight, Jessie (GBR) (1994)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	06-Aug-22	time	6.40	10.50	14.53	18.90	23.47	25.5	28.33	33.23	38.20	43.37	48.73		55.11	8 / 5			
reaction time	0.160	interval		4.10	4.03	4.37	4.57		4.86	4.90	4.97	5.17	5.36	6.38			12.50	14.33	15.50
		velocity	7.03	8.54	8.68	8.01	7.66	7.84	7.20	7.14	7.04	6.77	6.53	6.27	7.26		8.40	7.33	6.77
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.2	179.2				

Chen Juying (CHN) (1963)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1990 Asian Games Test (Beijing, CHN)																*Guo (2007) - study on relationship between the rhythm and performance of 400m hurdles*			
date	24-Jun-90	time	6.56	10.82	15.19	19.71	24.30		29.02	33.87	38.89	44.05	49.28		55.12	/ 1			
reaction time		interval		4.26	4.37	4.52	4.59		4.72	4.85	5.02	5.16	5.23	5.84			13.15	14.16	15.41
		velocity	6.86	8.22	8.01	7.74	7.63		7.42	7.22	6.97	6.78	6.69	6.85	7.26		7.98	7.42	6.81
H1 lead leg		strides	23	15	15	15	15		15	15	15	17	17		162				

Farmer-Patrick, Sandra (USA) (1962)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 1992 Olympic Games (Barcelona, ESP)																*Lyle (1992) - miscellaneous coaching notes*			
date	02-Aug-92	time	6.90	11.11	15.46	19.91	24.51		29.21	33.95	39.07	44.13	49.33		55.12	6 / 1			
reaction time		interval		4.21	4.35	4.45	4.60		4.70	4.74	5.12	5.06	5.20	5.79			13.01	14.04	15.38
		velocity	6.52	8.31	8.05	7.87	7.61		7.45	7.38	6.84	6.92	6.73	6.91	7.26		8.07	7.48	6.83
H1 lead leg		strides																	

Glover, Sandra (USA) (1968)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Championships (Palo Alto, CA)																*USATF Women's Sprint Development (2003)*			
date	21-Jun-03	time	6.36	10.58	14.82	19.22	23.62		28.32	32.85	37.57	42.68	48.20		55.12	3 / 3			
reaction time		interval		4.22	4.24	4.40	4.40		4.70	4.53	4.72	5.11	5.52	6.92			12.86	13.63	15.35
		velocity	7.08	8.29	8.25	7.95	7.95		7.45	7.73	7.42	6.85	6.34	5.78	7.26		8.16	7.70	6.84
H1 lead leg		strides																	

Spencer, Kaliese (JAM) (1987)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2009 IAAF World Championships (Berlin, GER)																*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date	17-Aug-09	time	6.45	10.59	14.87	19.17	23.67		28.11	33.03	38.01	43.32	48.87		55.12	3 / 1			
reaction time	0.188	interval		4.14	4.28	4.30	4.50		4.44	4.92	4.98	5.31	5.55	6.25			12.72	13.86	15.84
		velocity	6.98	8.45	8.18	8.14	7.78		7.88	7.11	7.03	6.59	6.31	6.40	7.26		8.25	7.58	6.63
H1 lead leg		strides																	

Hejnová, Zuzana (CZE) (1986)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)																*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date	09-Sep-16	time	6.56	10.80	15.08	19.48	23.92		28.48	33.24	38.24	43.40	48.76		55.12	3 / 4			
reaction time	0.159	interval		4.24	4.28	4.40	4.44		4.56	4.76	5.00	5.16	5.36	6.36			12.92	13.76	15.52
		velocity	6.86	8.25	8.18	7.95	7.88		7.68	7.35	7.00	6.78	6.53	6.29	7.26		8.13	7.63	6.77
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	20.5	181.5				

Folorunso, Ayomide (ITA) (1996)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2023 Athletissima (Lausanne, SUI)																*Omega Timing (2023) - diamond league race analysis*			
date	30-Jun-23	time	6.26	10.41	14.66	19.04	23.53		28.17	33.01	38.07	43.23	48.66		55.12	8 / 3			
reaction time	0.222	interval		4.15	4.25	4.38	4.49		4.64	4.84	5.06	5.16	5.43	6.46			12.78	13.97	15.65
		velocity	7.19	8.43	8.24	7.99	7.80		7.54	7.23	6.92	6.78	6.45	6.19	7.26		8.22	7.52	6.71
H1 lead leg	L	strides	23	15			15		15	16	16	17	17	21	155				

Tîrlea, Ionela (ROU) (1976)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2001 ISTAF (Berlin, GER)																*Graubner (2009) - http://www.fgs.uni-halle.de*			
date	31-Aug-01	time	6.47	10.68	14.99	19.34	23.92		28.76	33.71	38.86	44.08	49.30		55.13	/ 4			
reaction time	0.202	interval		4.21	4.31	4.35	4.58		4.84	4.95	5.15	5.22	5.22	5.83			12.87	14.37	15.59
		velocity	6.96	8.31	8.12	8.05	7.64		7.23	7.07	6.80	6.70	6.70	6.86	7.26		8.16	7.31	6.74
H1 lead leg		strides																	

Russell, Janieve (JAM) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	05-Jul-19	time	6.56	10.80	15.20		24.20	26.1	28.88	33.60	38.44	43.64	49.04		55.13	2 / 4			
reaction time	0.150	interval		4.24	4.40		9.00		4.68	4.72	4.84	5.20	5.40	6.09					15.44
		velocity	6.86	8.25	7.95		7.78	7.66	7.48	7.42	7.23	6.73	6.48	6.57	7.26				6.80
H1 lead leg	R	strides	22	15	15				15	15	15	17	17	19.5	150.5				

Gonzalez, Melissa (COL) (1994)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	20-Jul-22	time	6.40	10.53	14.93	19.23	23.67	25.60	28.35	33.27	38.30	43.63	49.00		55.13	1 / 7			
reaction time	0.143	interval		4.13	4.40	4.30	4.44		4.68	4.92	5.03	5.33	5.37	6.13			12.83	14.04	15.73
		velocity	7.03	8.47	7.95	8.14	7.88	7.81	7.48	7.11	6.96	6.57	6.52	6.53	7.26		8.18	7.48	6.68
H1 lead leg	L	strides	23	15	15	15	15		16		16	17	17	20	169				

Knight, Jessie (GBR) (1994)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2023 Athletissima (Lausanne, SUI)																*Omega Timing (2023) - diamond league race analysis*			
date	30-Jun-23	time	6.42	10.66	15.02	19.36	23.85		28.48	33.36	38.52	43.79	49.13		55.13	3 / 4			
reaction time	0.178	interval		4.24	4.36	4.34	4.49		4.63	4.88	5.16	5.27	5.34	6.00			12.94	14.00	15.77
		velocity	7.01	8.25	8.03	8.06	7.80		7.56	7.17	6.78	6.64	6.55	6.67	7.26		8.11	7.50	6.66
H1 lead leg	R	strides	22	14			14		15	15		16	16	19	131				

Claes, Hanne (BEL) (1991)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	21-Aug-23	time	6.43	10.76	15.16	19.43	23.96				38.64	43.86	49.16		55.13	1 / 3			
reaction time	0.193	interval		4.33	4.40	4.27	4.53				14.68	5.22	5.30	5.97			13.00		
		velocity	7.00	8.08	7.95	8.20	7.73				7.15	6.70	6.60	6.70	7.26		8.08		
H1 lead leg	R	strides	23		15	15	15		15			17	17	20.5	137.5				

Hollmann, Silvia (FRG) (1955)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1978 European Championships (Prague, TCH)																*Behm (1995) - la tactique du 400 haies*			
date	02-Sep-78	time	6.5	10.8	15.2	19.6	24.2	26.2	28.7	33.2	38.1	43.1	48.5		55.14	6 / 2			
reaction time		interval		4.3	4.4	4.4	4.6		4.5	4.5	4.9	5.0	5.4	6.64			13.10	13.60	15.30
		velocity	6.92	8.14	7.95	7.95	7.61	7.63	7.78	7.78	7.14	7.00	6.48	6.02	7.25		8.02	7.72	6.86
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	17	20	182				

Tate, Cassandra (USA) (1990)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	25-Aug-16	time	6.32	10.52	14.96	19.52	24.32		29.04	33.96	38.88	44.08	49.32		55.14	8 / 4			
reaction time	0.235	interval		4.20	4.44	4.56	4.80		4.72	4.92	4.92	5.20	5.24	5.82			13.20	14.44	15.36
		velocity	7.12	8.33	7.88	7.68	7.29		7.42	7.11	7.11	6.73	6.68	6.87	7.25		7.95	7.27	6.84
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178				

Russell, Janieve (JAM) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	21-Jul-19	time	6.52	10.72	15.12	19.64	24.16		28.84	33.52	38.44	43.48	48.76		55.14	6 / 5			
reaction time	0.162	interval		4.20	4.40	4.52	4.52		4.68	4.68	4.92	5.04	5.28	6.38			13.12	13.88	15.24
		velocity	6.90	8.33	7.95	7.74	7.74		7.48	7.48	7.11	6.94	6.63	6.27	7.25		8.00	7.56	6.89
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	17	20.2	181.2				

Sprunger, Léa (SUI) (1990)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	29-Aug-19	time	6.32	10.48		19.04	23.48	25.4	28.16	33.00	38.00	43.12	48.60		55.14	7 / 5			
reaction time	0.140	interval		4.16		8.56	4.44		4.68	4.84	5.00	5.12	5.48	6.54			12.72	13.96	15.60
		velocity	7.12	8.41		8.18	7.88	7.87	7.48	7.23	7.00	6.84	6.39	6.12	7.25		8.25	7.52	6.73
H1 lead leg	R	strides	21	14			14		15	15		15	16	20	130				

Huang Xiaoxiao (CHN) (1983)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2001 Chinese National Games (Guangzhou, CHN)																*Lu (2002) - technical analysis of women's 400m hurdles champion and runner-up at the 9th national games*			
date	22-Nov-01	time	6.31	10.55	14.79	19.11	23.51		28.10	33.02	38.02	43.26	48.66		55.15	/ 2			
reaction time		interval		4.24	4.24	4.32	4.40		4.59	4.92	5.00	5.24	5.40	6.49	**PB**		12.80	13.91	15.64
		velocity	7.13	8.25	8.25	8.10	7.95		7.63	7.11	7.00	6.68	6.48	6.16	7.25		8.20	7.55	6.71
H1 lead leg		strides																	

Pittman, Jana (AUS) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 IAAF World Cup (Madrid, ESP)														*Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*			
date 20-Sep-02 time	6.45	10.70	15.11	19.60	24.24		28.82	33.60	38.60	43.73	48.89		55.15	9 / 3			
reaction time 0.189 interval		4.25	4.41	4.49	4.64		4.58	4.78	5.00	5.13	5.16	6.26			13.15	14.00	15.29
velocity	6.98	8.24	7.94	7.80	7.54		7.64	7.32	7.00	6.82	6.78	6.39	7.25		7.98	7.50	6.87
H1 lead leg R strides	22	15	15	15	15		15	15	16	16	16	18.5	178.5				

Nel, Wenda (RSA) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 01-Sep-16 time	6.40	10.68	15.04	19.52	24.04		28.60	33.28	38.24	43.40	48.84		55.15	5 / 4			
reaction time 0.193 interval		4.28	4.36	4.48	4.52		4.56	4.68	4.96	5.16	5.44	6.31			13.12	13.76	15.56
velocity	7.03	8.18	8.03	7.81	7.74		7.68	7.48	7.06	6.78	6.43	6.34	7.25		8.00	7.63	6.75
H1 lead leg L strides	23	15	15		16		16	16	17	17	17	21.5	173.5				

Tkachuk, Viktoriya (UKR) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 15-Sep-20 time	6.44	10.76	15.32	19.80	24.32		29.08	33.88	38.96	44.08	49.28		55.15	4 / 3			
reaction time interval		4.32	4.56	4.48	4.52		4.76	4.80	5.08	5.12	5.20	5.87			13.36	14.08	15.40
velocity	6.99	8.10	7.68	7.81	7.74		7.35	7.29	6.89	6.84	6.73	6.81	7.25		7.86	7.46	6.82
H1 lead leg L strides	22	15	15	15	15		15	15	16	16	16	19.5	179.5				

Ennadi, Noura (MAR) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 22-Aug-23 time	6.61	11.07	15.41	19.68	24.25			34.06	39.07	44.21	49.34		55.15	2 / 6			
reaction time 0.184 interval		4.46	4.34	4.27	4.57			9.81	5.01	5.14	5.13	5.81			13.07	14.38	15.28
velocity	6.81	7.85	8.06	8.20	7.66			7.14	6.99	6.81	6.82	6.88	7.25		8.03	7.30	6.87
H1 lead leg L strides	24		15		15				17	17	17		105				

Jesień, Anna (POL) (1978)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FiNAL - 2006 European Championships (Göteborg, SWE)														*Behm (2006) - Göteborg 2006: Le quatrache*			
date 09-Aug-06 time	6.4	10.7	14.9	19.4	24.1		28.8	33.5	38.5	43.6	49.0		55.16	7 / 6			
reaction time interval		4.3	4.2	4.5	4.7		4.7	4.7	5.0	5.1	5.4	6.16			13.00	14.10	15.50
velocity	7.03	8.14	8.33	7.78	7.45		7.45	7.45	7.00	6.86	6.48	6.49	7.25		8.08	7.45	6.77
H1 lead leg L strides	23	15	15	15	15		15	16	16	16	17	20.5	183.5				

Williams, Tiffany (USA) (1983)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)														*Graubner (2009) - http://www.fgs.uni-halle.de*			
date 14-Sep-08 time	6.57	10.84	15.23	19.71	24.25		29.13	33.95	38.94	44.09	49.33		55.16	3 / 3			
reaction time 0.151 interval		4.27	4.39	4.48	4.54		4.88	4.82	4.99	5.15	5.24	5.83			13.14	14.24	15.38
velocity	6.85	8.20	7.97	7.81	7.71		7.17	7.26	7.01	6.80	6.68	6.86	7.25		7.99	7.37	6.83
H1 lead leg strides																	

Folorunso, Ayomide (ITA) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 31-May-18 time	6.48	10.76	15.12	19.56	24.08		28.76	33.68	38.64	43.80	49.08		55.16	2 / 4			
reaction time 0.182 interval		4.28	4.36	4.44	4.52		4.68	4.92	4.96	5.16	5.28	6.08	PB		13.08	14.12	15.40
velocity	6.94	8.18	8.03	7.88	7.74		7.48	7.11	7.06	6.78	6.63	6.58	7.25		8.03	7.44	6.82
H1 lead leg R strides	23	16	16	16	16		16	16	17	17	17	20.7	190.7				

Hejnová, Zuzana (CZE) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 07-Jun-18 time	6.56	10.80	15.16	19.64	24.20	26.2	28.76	33.52	38.44	43.50	48.80		55.16	7 / 5			
reaction time 0.145 interval		4.24	4.36	4.48	4.56		4.56	4.76	4.92	5.06	5.30	6.36			13.08	13.88	15.28
velocity	6.86	8.25	8.03	7.81	7.68	7.63	7.68	7.35	7.11	6.92	6.60	6.29	7.25		8.03	7.56	6.87
H1 lead leg R strides	22	15	15	15	15		15	15	16	16	16	20.2	180.2				

Watson, Sage (CAN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Pan American Games (Lima, PER) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 08-Aug-19 time	6.34	10.52	14.76	19.10			28.20	33.03	38.13	43.33	48.82		55.16	6 / 1			
reaction time 0.220 interval		4.18	4.24	4.34			9.10	4.83	5.10	5.20	5.49	6.34			12.76	13.93	15.79
velocity	7.10	8.37	8.25	8.06			7.69	7.25	6.86	6.73	6.38	6.31	7.25		8.23	7.54	6.65
H1 lead leg L strides	22	15	15	15				15	16	16	17	20	151				

Salmon, Shiann (JAM) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 02-Oct-19 time	6.34	10.57	14.95		24.09		28.82	33.73	38.68	43.81	48.98		55.16	7 / 3			
reaction time 0.186 interval		4.23	4.38		9.14		4.73	4.91	4.95	5.13	5.17	6.18	PB				15.25
velocity	7.10	8.27	7.99		7.66		7.40	7.13	7.07	6.82	6.77	6.47	7.25				6.89
H1 lead leg R strides	22	15	15				15	16	16		17	20.5	136.5				

Hailey, Nnenya (USA) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 13-Jul-21 time	6.30	10.44	14.82	19.28	23.84	25.8	28.58	33.44	38.38	43.46	48.98		55.16	7 / 5			
reaction time 0.181 interval		4.14	4.38	4.46	4.56		4.74	4.86	4.94	5.08	5.52	6.18			12.98	14.16	15.54
velocity	7.14	8.45	7.99	7.85	7.68	7.75	7.38	7.20	7.09	6.89	6.34	6.47	7.25		8.09	7.42	6.76
H1 lead leg L strides	24	16	16	16	16		16	17	18	17	18	21.7	195.7				

Hailey, Nnenya (USA) (1994)

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

FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	21-Aug-21	time	6.12	10.24	14.52	18.88	23.24	25.2		37.60	42.72	48.48		55.16	1 / 6			
reaction time	0.153	interval		4.12	4.28	4.36	4.36			14.36	5.12	5.76	6.68			12.76		
		velocity	7.35	8.50	8.18	8.03	8.03	7.94		7.31	6.84	6.08	5.99	7.25		8.23		
H1 lead leg	L	strides	24	16	16	16	16				17	19	23	147				

Diouf, Tacko (SEN) (1976)

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

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

date	23-Aug-99	time	6.15	10.46	14.85	19.29	23.93		28.86	33.75	38.63	43.48	48.63		55.17	7 / 5			
reaction time	0.218	interval		4.31	4.39	4.44	4.64		4.93	4.89	4.88	4.85	5.15	6.54			13.14	14.46	14.88
		velocity	7.32	8.12	7.97	7.88	7.54		7.10	7.16	7.17	7.22	6.80	6.12	7.25		7.99	7.26	7.06
H1 lead leg	R	strides	22	16	16	16	16		17	17	17	17	18	22	194				

Walker, Melaine (JAM) (1983)

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

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

date	17-Aug-09	time	6.33	10.39	14.65	19.06	23.70		28.52	33.41	38.59	43.91	49.16		55.17	6 / 1			
reaction time	0.155	interval		4.06	4.26	4.41	4.64		4.82	4.89	5.18	5.32	5.25	6.01			12.73	14.35	15.75
		velocity	7.11	8.62	8.22	7.94	7.54		7.26	7.16	6.76	6.58	6.67	6.66	7.25		8.25	7.32	6.67
H1 lead leg		strides																	

Nel, Wenda (RSA) (1988)

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

FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	06-May-16	time	6.24	10.44	14.76	19.12	23.72		28.48	33.36	38.36	43.56	48.92		55.17	6 / 4			
reaction time	0.184	interval		4.20	4.32	4.36	4.60		4.76	4.88	5.00	5.20	5.36	6.25			12.88	14.24	15.56
		velocity	7.21	8.33	8.10	8.03	7.61		7.35	7.17	7.00	6.73	6.53	6.40	7.25		8.15	7.37	6.75
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18	21.5	195.5				

Tkachuk, Viktoriya (UKR) (1994)

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

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

date	16-Jun-22	time	6.30	10.44	14.70	19.06	23.50		28.26	33.16	38.14	43.50	48.90		55.18	5 / 6			
reaction time	0.142	interval		4.14	4.26	4.36	4.44		4.76	4.90	4.98	5.36	5.40	6.28			12.76	14.10	15.74
		velocity	7.14	8.45	8.22	8.03	7.88		7.35	7.14	7.03	6.53	6.48	6.37	7.25		8.23	7.45	6.67
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	17	17	20	183				

Ryzhykova, Anna (UKR) (1989)

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

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

date	23-Aug-20	time	6.50	10.67	15.00	19.37	24.00	26.0	28.87	33.77	38.63	43.80	49.10		55.19	2 / 2			
reaction time	0.156	interval		4.17	4.33	4.37	4.63		4.87	4.90	4.86	5.17	5.30	6.09			12.87	14.40	15.33
		velocity	6.92	8.39	8.08	8.01	7.56	7.69	7.19	7.14	7.20	6.77	6.60	6.57	7.25		8.16	7.29	6.85
H1 lead leg	R	strides	21	14		14	15		15	15	16	15	16	19.5	160.5				

Spencer, Ashley (USA) (1993)

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

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

date	24-Jun-22	time	6.28	10.46	14.81	19.44	24.15	26.23	28.92	33.77	38.78	43.87	49.03	*55.19*	55.19	4 / 3			
reaction time		interval		4.18	4.35	4.63	4.71		4.77	4.85	5.01	5.09	5.16	6.16			13.16	14.33	15.26
		velocity	7.17	8.37	8.05	7.56	7.43	7.62	7.34	7.22	6.99	6.88	6.78	6.49	7.25		7.98	7.33	6.88
H1 lead leg	L	strides	22	15	15	15	15			15	15	15			127				

Brown-King, Judi (USA) (1961)

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

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

date	08-Aug-84	time	6.7	11.2	15.7	20.4	25.0		29.6	34.5	39.5	44.6	49.7		55.20	8 / 2			
reaction time	0.188	interval		4.5	4.5	4.7	4.6		4.6	4.9	5.0	5.1	5.1	5.50			13.70	14.10	15.20
		velocity	6.72	7.78	7.78	7.45	7.61		7.61	7.14	7.00	6.86	6.86	7.27	7.25		7.66	7.45	6.91
H1 lead leg		strides	21	14	14	14	14		14	14	15	15	15	18	168				

Smith-Walsh, Susan (IRL) (1971)

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

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

date	23-Aug-99	time	6.12	10.38	14.86	19.35	23.89		28.50	33.24	38.21	43.29	48.51		55.20	1 / 6			
reaction time	0.176	interval		4.26	4.48	4.49	4.54		4.61	4.74	4.97	5.08	5.22	6.69			13.23	13.89	15.27
		velocity	7.35	8.22	7.81	7.80	7.71		7.59	7.38	7.04	6.89	6.70	5.98	7.25		7.94	7.56	6.88
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	21	185				

Little, Shamier (USA) (1995)

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

FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	25-Aug-16	time	6.40	10.60	14.92	19.32	23.80		28.48	33.36	38.28	43.52	49.04		55.20	4 / 5			
reaction time	0.249	interval		4.20	4.32	4.40	4.48		4.68	4.88	4.92	5.24	5.52	6.16			12.92	14.04	15.68
		velocity	7.03	8.33	8.10	7.95	7.81		7.48	7.17	7.11	6.68	6.34	6.49	7.25		8.13	7.48	6.70
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17	17	20	185				

Beesley, Meghan (GBR) (1989)

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

FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	21-Jul-19	time	6.44	10.64	15.00	19.40	23.92		28.60	33.44	38.48	43.80	49.12		55.20	8 / 6			
reaction time	0.152	interval		4.20	4.36	4.40	4.52		4.68	4.84	5.04	5.32	5.32	6.08			12.96	14.04	15.68
		velocity	6.99	8.33	8.03	7.95	7.74		7.48	7.23	6.94	6.58	6.58	6.58	7.25		8.10	7.48	6.70
H1 lead leg	R	strides	24	16	16	16	16			17	17	18	18	22.5	180.5				

Petersen, Sara Slott (DEN) (1987)

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

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

date	17-Sep-20	time	6.36	10.52	14.72	19.08		25.6	28.24	33.12	38.24	43.56	48.96		55.20	3 / 4			
reaction time	0.114	interval		4.16	4.20	4.36			9.16	4.88	5.12	5.32	5.40	6.24			12.72	14.04	15.84
		velocity	7.08	8.41	8.33	8.03		7.81	7.64	7.17	6.84	6.58	6.48	6.41	7.25		8.25	7.48	6.63
H1 lead leg	R	strides	22	15	15	15	15			16	16	17	17	21	169				

Nel, Wenda (RSA) (1988)

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

FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis) — *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	10-Jun-21	time	6.36	10.76	15.20	19.68	24.20	26.2	28.96	33.76	38.72	43.80	49.08		55.20	8 / 4			
reaction time	0.182	interval		4.40	4.44	4.48	4.52		4.76	4.80	4.96	5.08	5.28	6.12			13.32	14.08	15.32
		velocity	7.08	7.95	7.88	7.81	7.74	7.63	7.35	7.29	7.06	6.89	6.63	6.54	7.25		7.88	7.46	6.85
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	17	21.5	192.5				

Krafzik, Carolina (GER) (1995)

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

FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis) — *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	04-Jul-21	time	6.22	10.18	14.30		23.18	25.3	27.96	32.98	38.14	43.32	48.78		55.20	2 / 7			
reaction time	0.187	interval		3.96	4.12		8.88		4.78	5.02	5.16	5.18	5.46	6.42					15.80
		velocity	7.23	8.84	8.50		7.88	7.91	7.32	6.97	6.78	6.76	6.41	6.23	7.25				6.65
H1 lead leg	L	strides	22	15	15				16	17	17	17	19	21.7	159.7				

Knight, Andrenette (JAM) (1996)

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

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

date	24-Aug-23	time	6.24	10.37	14.44	18.52	22.92		27.49	32.29	37.30	42.67	48.31		55.20	4 / 8			
reaction time	0.158	interval		4.13	4.07	4.08	4.40		4.57	4.80	5.01	5.37	5.64	6.89			12.28	13.77	16.02
		velocity	7.21	8.47	8.60	8.58	7.95		7.66	7.29	6.99	6.52	6.21	5.81	7.25		8.55	7.63	6.55
H1 lead leg	R	strides	23	15	15	15	15		16			17	17	20.7	153.7				

Petersen, Sara Slott (DEN) (1987)

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

FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis) — *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	10-Jun-21	time	6.44	10.68	14.96	19.32	23.70	25.7		33.08	38.16	43.48	48.96		55.21	2 / 5			
reaction time	0.144	interval		4.24	4.28	4.36	4.38			9.38	5.08	5.32	5.48	6.25			12.88	13.76	15.88
		velocity	6.99	8.25	8.18	8.03	7.99	7.78		7.46	6.89	6.58	6.39	6.40	7.25		8.15	7.63	6.61
H1 lead leg	R	strides	22	15	15		15				16	17	17	20.7	137.7				

Woodruff, Gianna (PAN) (1993)

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

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

date	19-Jul-22	time	6.33	10.46	14.73	19.07	23.53	25.56	28.10	32.96	37.97	43.27	48.70		55.21	6 / 3			
reaction time	0.185	interval		4.13	4.27	4.34	4.46		4.57	4.86	5.01	5.30	5.43	6.51			12.74	13.89	15.74
		velocity	7.11	8.47	8.20	8.06	7.85	7.82	7.66	7.20	6.99	6.60	6.45	6.14	7.25		8.24	7.56	6.67
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	20	184				

van der Walt, Zenéy (RSA) (2000)

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

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

date	21-Aug-23	time	6.58	10.70	15.03	19.37	23.96		28.63	33.40	38.36	43.67	48.96		55.21	7 / 5			
reaction time	0.203	interval		4.12	4.33	4.34	4.59		4.67	4.77	4.96	5.31	5.29	6.25			12.79	14.03	15.56
		velocity	6.84	8.50	8.08	8.06	7.63		7.49	7.34	7.06	6.59	6.62	6.40	7.25		8.21	7.48	6.75
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	16	19.2	180.2				

Ennadi, Noura (MAR) (1999)

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

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

date	21-Aug-23	time	6.67	11.16	15.50	19.77	24.36			34.03	39.03	44.10	49.26		55.21	2 / 5			
reaction time	0.178	interval		4.49	4.34	4.27	4.59			9.67	5.00	5.07	5.16	5.95			13.10	14.26	15.23
		velocity	6.75	7.80	8.06	8.20	7.63			7.24	7.00	6.90	6.78	6.72	7.25		8.02	7.36	6.89
H1 lead leg	L	strides	24		15	15	15				17	17	17	20	140				

Sprunger, Léa (SUI) (1990)

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

FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis) — *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	16-Jul-17	time	6.44	10.72	15.20	19.68	24.40		29.28	34.20	39.24	44.40	49.56		55.22	4 / 4			
reaction time	0.130	interval		4.28	4.48	4.48	4.72		4.88	4.92	5.04	5.16	5.16	5.66			13.24	14.52	15.36
		velocity	6.99	8.18	7.81	7.81	7.42		7.17	7.11	6.94	6.78	6.78	7.07	7.24		7.93	7.23	6.84
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	18.2	170.2				

Little, Shamier (USA) (1995)

	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	25-Jun-21	time	6.53	10.80	15.16	19.66	24.30		29.06	33.93	38.76	43.86	49.10		55.22	7 / 1			
reaction time	0.301	interval		4.27	4.36	4.50	4.64		4.76	4.87	4.83	5.10	5.24	6.12			13.13	14.27	15.17
		velocity	6.89	8.20	8.03	7.78	7.54		7.35	7.19	7.25	6.86	6.68	6.54	7.24		8.00	7.36	6.92
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	16	16	19	183				

Pérez, Cristina (ESP) (1965)

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

Semi-Final 2 - 1988 Olympic Games (Seoul, KOR) — *Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*

date	26-Sep-88	time	6.51	10.72	15.07	19.52	24.12		28.89	33.81	38.80	43.97	49.28		55.23	6 / 5			
reaction time	0.258	interval		4.21	4.35	4.45	4.60		4.77	4.92	4.99	5.17	5.31	5.95	NR		13.01	14.29	15.47
		velocity	6.91	8.31	8.05	7.87	7.61		7.34	7.11	7.01	6.77	6.59	6.72	7.24		8.07	7.35	6.79
H1 lead leg		strides	23	16	16	16	16		16	17	17	17	17	20.3	191.3				

Rieger, Silvia (GER) (1970)

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

FINAL - 1997 European Cup (Munich, GER) — *Jung (2003) - http://www.fgs.uni-halle.de*

date	21-Jun-97	time	6.80	11.05	15.33	19.71	24.19		28.88	33.83	39.02	44.21	49.34		55.23	/ 2			

reaction time		interval		4.25	4.28	4.38	4.48		4.69	4.95	5.19	5.19	5.13	5.89			12.91	14.12	15.51
		velocity	6.62	8.24	8.18	7.99	7.81		7.46	7.07	6.74	6.74	6.82	6.79	7.24		8.13	7.44	6.77
H1 lead leg		strides																	

Isakova, Yevgeniya (RUS) (1978)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)														*Graubner (2009) - http://www.fgs.uni-halle.de*			
date 14-Sep-08	time	6.63	10.85	15.16	19.55	24.12		28.87	33.80	38.85	44.03	49.29		55.23	2 / 4			
reaction time 0.186	interval		4.22	4.31	4.39	4.57		4.75	4.93	5.05	5.18	5.26	5.94			12.92	14.25	15.49
	velocity	6.79	8.29	8.12	7.97	7.66		7.37	7.10	6.93	6.76	6.65	6.73	7.24		8.13	7.37	6.78
H1 lead leg	strides																	

Watson, Sage (CAN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 12-May-18	time	6.44	10.68	15.00	19.44	23.96		28.64	33.44	38.44	43.72	49.12		55.23	7 / 3			
reaction time 0.180	interval		4.24	4.32	4.44	4.52		4.68	4.80	5.00	5.28	5.40	6.11			13.00	14.00	15.68
	velocity	6.99	8.25	8.10	7.88	7.74		7.48	7.29	7.00	6.63	6.48	6.55	7.24		8.08	7.50	6.70
H1 lead leg R	strides	22	15	15	15	15		15	15	16	17	17		162				

Little, Shamier (USA) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 26-May-18	time	6.44	10.52	14.64	18.88	23.28		27.88	32.68	37.72	43.12	48.72		55.23	2 / 5			
reaction time 0.249	interval		4.08	4.12	4.24	4.40		4.60	4.80	5.04	5.40	5.60	6.51			12.44	13.80	16.04
	velocity	6.99	8.58	8.50	8.25	7.95		7.61	7.29	6.94	6.48	6.25	6.14	7.24		8.44	7.61	6.55
H1 lead leg R	strides	23	15	15	15	15		15	16	16	17	17	20	184				

Clayton, Rushell (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														*Henson (2021) - Athlete First: 2019 year end hurdle report*			
date 01-Oct-19	time	6.60	10.76	15.04	19.36	23.88			33.60	38.68	43.88	49.16		55.23	7 / 1			
reaction time 0.176	interval		4.16	4.28	4.32	4.52			9.72	5.08	5.20	5.28	6.07			12.76	14.24	15.56
	velocity	6.82	8.41	8.18	8.10	7.74			7.20	6.89	6.73	6.63	6.59	7.24		8.23	7.37	6.75
H1 lead leg L	strides	23	15	15	15	15				16	16	16	19	135				

Kloster, Line (NOR) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 21-Aug-23	time	6.26	10.53	14.70	18.93	23.46		28.16	32.96	38.03	43.46	48.96		55.23	9 / 4			
reaction time 0.170	interval		4.27	4.17	4.23	4.53		4.70	4.80	5.07	5.43	5.50	6.27			12.67	14.03	16.00
	velocity	7.19	8.20	8.39	8.27	7.73		7.45	7.29	6.90	6.45	6.36	6.38	7.24		8.29	7.48	6.56
H1 lead leg R	strides	22	14	14	15	15		15	15	15	16	16	19.5	176.5				

Vickers, Janeene (USA) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 1992 Olympic Games (Barcelona, ESP)														*Lyle (1992) - miscellaneous coaching notes*			
date 02-Aug-92	time	6.63	10.91	15.32	19.75	24.25		28.97	33.86	38.82	43.99	49.40		55.24	4 / 1			
reaction time	interval		4.28	4.41	4.43	4.50		4.72	4.89	4.96	5.17	5.41	5.84			13.12	14.11	15.54
	velocity	6.79	8.18	7.94	7.90	7.78		7.42	7.16	7.06	6.77	6.47	6.85	7.24		8.00	7.44	6.76
H1 lead leg	strides																	

Williams, Tiffany (USA) (1983)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2009 IAAF World Championships (Berlin, GER)														*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date 17-Aug-09	time	6.38	10.51	14.69	18.95	23.61		28.29	33.27	38.23	43.47	48.94		55.24	7 / 2			
reaction time 0.163	interval		4.13	4.18	4.26	4.66		4.68	4.98	4.96	5.24	5.47	6.30			12.57	14.32	15.67
	velocity	7.05	8.47	8.37	8.22	7.51		7.48	7.03	7.06	6.68	6.40	6.35	7.24		8.35	7.33	6.70
H1 lead leg	strides																	

Sprunger, Léa (SUI) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 05-Jul-19	time	6.44	10.64	14.96	19.44	24.00	26.0	28.80	33.68	38.68	43.96	49.32		55.24	7 / 5			
reaction time 0.125	interval		4.20	4.32	4.48	4.56		4.80	4.88	5.00	5.28	5.36	5.92			13.00	14.24	15.64
	velocity	6.99	8.33	8.10	7.81	7.68	7.69	7.29	7.17	7.00	6.63	6.53	6.76	7.24		8.08	7.37	6.71
H1 lead leg R	strides	21	14	14	14	14		15	15	15	16	16		154				

Tate, Cassandra (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 26-Jun-21	time	6.27	10.37	14.58	18.92	23.49		28.22	33.21	38.24	43.47	48.91		55.24	6 / 3			
reaction time 0.211	interval		4.10	4.21	4.34	4.57		4.73	4.99	5.03	5.23	5.44	6.33			12.65	14.29	15.70
	velocity	7.18	8.54	8.31	8.06	7.66		7.40	7.01	6.96	6.69	6.43	6.32	7.24		8.30	7.35	6.69
H1 lead leg R	strides	22	14	14	14	15		15	16	15	16	16		157				

Smith, Susan (IRL) (1971)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 IAAF World Championships (Athens, GRE)														*Hommel (1999) - biomechanical research project, athens 1997: final report*			
date 08-Aug-97	time	6.43	10.58	14.78	19.06	23.88		28.06	32.84	37.92	43.18	48.74		55.25	7 / 7			
reaction time 0.135	interval		4.15	4.20	4.28	4.82		4.18	4.78	5.08	5.26	5.56	6.51			12.63	13.78	15.90
	velocity	7.00	8.43	8.33	8.18	7.26		8.37	7.32	6.89	6.65	6.29	6.14	7.24		8.31	7.62	6.60
H1 lead leg	strides																	

Claes, Hanne (BEL) (1991)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 02-Oct-19	time	6.34	10.47	14.71		23.56			33.10	38.10	43.34	48.81		55.25	3 / 5			
reaction time 0.159	interval		4.13	4.24		8.85			9.54	5.00	5.24	5.47	6.44					15.71

		velocity	7.10	8.47	8.25		7.91			7.34	7.00	6.68	6.40	6.21	7.24			6.68
H1 lead leg	R	strides	23	15	15							17	17	21	108			

Spencer, Ashley (USA) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)													*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date 26-Jun-21	time	6.40	10.67	15.11	19.72	24.42		29.18	34.03	38.87	43.84	49.01		55.25	7 / 4			
reaction time 0.208	interval		4.27	4.44	4.61	4.70		4.76	4.85	4.84	4.97	5.17	6.24			13.32	14.31	14.98
	velocity	7.03	8.20	7.88	7.59	7.45		7.35	7.22	7.23	7.04	6.77	6.41	7.24		7.88	7.34	7.01
H1 lead leg L	strides	22	15	15	15	15			15	15	15	15		142				

Tkachuk, Viktoriya (UKR) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)													*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date 21-May-22	time	6.50		14.96	19.30	23.80	25.60	28.43	33.33	38.40	43.57	49.00		55.25	3 / 2			
reaction time 0.188	interval			8.46	4.34	4.50		4.63	4.90	5.07	5.17	5.43	6.25			12.80	14.03	15.67
	velocity	6.92		8.27	8.06	7.78	7.81	7.56	7.14	6.90	6.77	6.45	6.40	7.24		8.20	7.48	6.70
H1 lead leg L	strides	22			15	15		15	16	16	17	17	20.7	153.7				

Tkachuk, Viktoriya (UKR) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)													*Omega Timing (2023) - diamond league race analysis*				
date 02-Sep-23	time	6.31	10.47	14.77	19.14	23.60		28.21	33.04	38.16	43.48	48.90		55.25	8 / 7			
reaction time 0.201	interval		4.16	4.30	4.37	4.46		4.61	4.83	5.12	5.32	5.42	6.35			12.83	13.90	15.86
	velocity	7.13	8.41	8.14	8.01	7.85		7.59	7.25	6.84	6.58	6.46	6.30	7.24		8.18	7.55	6.62
H1 lead leg L	strides	22	15	15	15	15		15	16	16	17			146				

Torshina, Natalya (KAZ) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)													*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*				
date 23-Aug-99	time	6.16	10.49	14.76	19.15	23.69		28.34	33.25	38.24	43.48	48.74		55.26	8 / 7			
reaction time 0.256	interval		4.33	4.27	4.39	4.54		4.65	4.91	4.99	5.24	5.26	6.52			12.99	14.10	15.49
	velocity	7.31	8.08	8.20	7.97	7.71		7.53	7.13	7.01	6.68	6.65	6.13	7.24		8.08	7.45	6.78
H1 lead leg R	strides	22	15	15	15	15		15	16	17	17	17	20.5	184.5				

Doyle, Eilidh (GBR) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)													*Henson (2021) - Athlete First: 2016 year end hurdle report*				
date 09-Sep-16	time	6.36	10.48	14.68	18.96	23.40		28.04	32.92	38.00	43.28	48.72		55.26	4 / 5			
reaction time 0.204	interval		4.12	4.20	4.28	4.44		4.64	4.88	5.08	5.28	5.44	6.54			12.60	13.96	15.80
	velocity	7.08	8.50	8.33	8.18	7.88		7.54	7.17	6.89	6.63	6.43	6.12	7.24		8.33	7.52	6.65
H1 lead leg L	strides	23	15	15	15	15		16	17	17	18	18	21.5	190.5				

Iuel, Amalie (NOR) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)													*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date 07-Jun-18	time	6.44	10.60	15.04		24.20	26.3	28.92	33.88	38.96	44.04	49.20		55.26	8 / 6			
reaction time 0.140	interval		4.16	4.44		9.16		4.72	4.96	5.08	5.08	5.16	6.06	NR PB				15.32
	velocity	6.99	8.41	7.88		7.64	7.60	7.42	7.06	6.89	6.89	6.78	6.60	7.24				6.85
H1 lead leg L	strides	23	15	15				15	15	16	16	16		131				

Child, Eilidh (GBR) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2010 European Championships (Barcelona, ESP)													*Arnold (2010) - 400mH planning and peaking*				
date 28-Jul-10	time	6.48	10.78	15.10	19.50	23.96		28.64	33.48	38.38	43.64	49.20		55.27	4 / 4			
reaction time 0.169	interval		4.30	4.32	4.40	4.46		4.68	4.84	4.90	5.26	5.56	6.07			13.02	13.98	15.72
	velocity	6.94	8.14	8.10	7.95	7.85		7.48	7.23	7.14	6.65	6.29	6.59	7.24		8.06	7.51	6.68
H1 lead leg L	strides																	

Rosolová, Denisa (CZE) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2012 Olympic Games (London, GBR)													*Hillier (2012) - uka 2012 olympic games report: 400m hurdles*				
date 08-Aug-12	time	6.67	11.00	15.37	19.78	24.23	26.03	28.73	33.43	38.27	43.40	48.97		55.27	3 / 7			
reaction time 0.244	interval		4.33	4.37	4.41	4.45		4.50	4.70	4.84	5.13	5.57	6.30			13.11	13.65	15.54
	velocity	6.75	8.08	8.01	7.94	7.87	7.68	7.78	7.45	7.23	6.82	6.28	6.35	7.24		8.01	7.69	6.76
H1 lead leg R	strides	23	15	15	15	15		15	15	16	16	17		162				

Hejnová, Zuzana (CZE) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)													*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date 08-Jun-17	time	6.52	10.68	15.00	19.40	23.84		28.52	33.24	38.12	43.36	48.84		55.27	5 / 4			
reaction time 0.152	interval		4.16	4.32	4.40	4.44		4.68	4.72	4.88	5.24	5.48	6.43			12.88	13.84	15.60
	velocity	6.90	8.41	8.10	7.95	7.88		7.48	7.42	7.17	6.68	6.39	6.22	7.24		8.15	7.59	6.73
H1 lead leg R	strides	22	15	15	15	15		15	15	16	17	17	20.2	182.2				

Iuel, Amalie (NOR) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)													*Henson (2020) - Athlete First: 2020 year end hurdle report*				
date 17-Sep-20	time	6.40	10.64	14.96	19.36	23.88	25.9	28.52	33.28	38.44	43.72	49.16		55.27	8 / 5			
reaction time 0.143	interval		4.24	4.32	4.40	4.52		4.64	4.76	5.16	5.28	5.44	6.11			12.96	13.92	15.88
	velocity	7.03	8.25	8.10	7.95	7.74	7.72	7.54	7.35	6.78	6.63	6.43	6.55	7.24		8.10	7.54	6.61
H1 lead leg L	strides	23	15	15	15	15		15	15	16	16	16	19	180				

Sprunger, Léa (SUI) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)													*Henson (2021) - Athlete First: 2021 year end hurdle report*				
date 04-Jul-21	time	6.20	10.30	14.56		23.56	25.6	28.26	33.04		43.28	48.90		55.27	8 / 8			
reaction time 0.186	interval		4.10	4.26		9.00		4.70	4.78		10.24	5.62	6.37					15.86
	velocity	7.26	8.54	8.22		7.78	7.81	7.45	7.32		6.84	6.23	6.28	7.24				6.62

H1 lead leg	R	strides		15	14				15	15	15		16		90				

Tkachuk, Viktoriya (UKR) (1994)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	19-Jul-22	time	6.40	10.63	14.96	19.37	23.90	25.96	28.65		38.70	44.03	49.33		55.27	2 / 4			
reaction time	0.199	interval		4.23	4.33	4.41	4.53		4.75		10.05	5.33	5.30	5.94			12.97		
		velocity	7.03	8.27	8.08	7.94	7.73	7.70	7.37		6.97	6.57	6.60	6.73	7.24		8.10		
H1 lead leg	L	strides		15	15	15	15		15			17	17	19.2	128.2				

Adekoya, Kemi (BRN) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	05-Jun-16	time	6.43	10.63	15.00	19.37	23.87		28.67	33.57	38.70	43.97	49.27		55.28	6 / 5			
reaction time	0.195	interval		4.20	4.37	4.37	4.50		4.80	4.90	5.13	5.27	5.30	6.01			12.94	14.20	15.70
		velocity	7.00	8.33	8.01	8.01	7.78		7.29	7.14	6.82	6.64	6.60	6.66	7.24		8.11	7.39	6.69
H1 lead leg	R	strides	24	15	16	16	16		16	16	17	17	17	20	190				

Petersen, Sara Slott (DEN) (1987)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date	20-Aug-17	time	6.64	10.92	15.20	19.60	24.04		28.64	33.44	38.40	43.64	48.96		55.28	7 / 5			
reaction time	0.154	interval		4.28	4.28	4.40	4.44		4.60	4.80	4.96	5.24	5.32	6.32			12.96	13.84	15.52
		velocity	6.78	8.18	8.18	7.95	7.88		7.61	7.29	7.06	6.68	6.58	6.33	7.24		8.10	7.59	6.77
H1 lead leg	R	strides	22	15	15	15	15		15	16	16	17	17	20.5	183.5				

Russell, Janieve (JAM) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	03-May-19	time	6.60	10.78	15.08	19.52	23.99	26.0	28.63	33.46	38.47	43.64	48.92		55.28	6 / 4			
reaction time	0.131	interval		4.18	4.30	4.44	4.47		4.64	4.83	5.01	5.17	5.28	6.36			12.92	13.94	15.46
		velocity	6.82	8.37	8.14	7.88	7.83	7.69	7.54	7.25	6.99	6.77	6.63	6.29	7.24		8.13	7.53	6.79
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	20	185				

Ryzhykova, Anna (UKR) (1989)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	29-Aug-19	time	6.48	10.64		19.24	23.88	25.9	28.72	33.68	38.72	43.88	49.20		55.28	1 / 6			
reaction time	0.149	interval		4.16		8.60	4.64		4.84	4.96	5.04	5.16	5.32	6.08			12.76	14.44	15.52
		velocity	6.94	8.41		8.14	7.54	7.72	7.23	7.06	6.94	6.78	6.58	6.58	7.24		8.23	7.27	6.77
H1 lead leg	R	strides	22	14			15		15	15		15	16	19.7	131.7				

Hall, Anna (USA) (2001)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2023 Bislett Games (Oslo, NOR)																*Omega Timing (2023) - diamond league race analysis*			
date	15-Jun-23	time	6.28	10.39	14.61	18.91	23.42		28.12	33.02	38.01	43.32	49.09		55.28	8 / 5			
reaction time	0.212	interval		4.11	4.22	4.30	4.51		4.70	4.90	4.99	5.31	5.77	6.19			12.63	14.11	16.07
		velocity	7.17	8.52	8.29	8.14	7.76		7.45	7.14	7.01	6.59	6.07	6.46	7.24		8.31	7.44	6.53
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	17			139				

Tkachuk, Viktoriya (UKR) (1994)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	26-Aug-22	time	6.27	10.33		18.80	23.20	25.05	27.73	32.53	37.46	42.80	48.60		55.29	7 / 6			
reaction time	0.211	interval		4.06		8.47	4.40		4.53	4.80	4.93	5.34	5.80	6.69			12.53	13.73	16.07
		velocity	7.18	8.62		8.26	7.95	7.98	7.73	7.29	7.10	6.55	6.03	5.98	7.23		8.38	7.65	6.53
H1 lead leg	L	strides	22	15			15		15	15	16	17	18	20.7	153.7				

Demes, Eileen (GER) (1997)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	21-Aug-23	time	6.50	10.73	14.90	19.06	23.56		28.20	33.00	38.06	43.30	48.94		55.29	5 / 5			
reaction time	0.169	interval		4.23	4.17	4.16	4.50		4.64	4.80	5.06	5.24	5.64	6.35	**PB**		12.56	13.94	15.94
		velocity	6.92	8.27	8.39	8.41	7.78		7.54	7.29	6.92	6.68	6.21	6.30	7.23		8.36	7.53	6.59
H1 lead leg	R	strides	22	14	14	14	15		15	15	16	16	17	20	178				

Churakova, Yelena (RUS) (1986)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2011 IAAF World Championships (Daegu, KOR)																*Behm (2011) - Le quatrache: Démus enfin!*			
date	01-Sep-11	time	6.4	10.7	15.2	19.6	24.1		28.8	33.6	38.6				55.31	7 / 8			
reaction time	0.173	interval		4.3	4.5	4.4	4.5		4.7	4.8	5.0						13.20	14.00	
		velocity	7.03	8.14	7.78	7.95	7.78		7.45	7.29	7.00				7.23		7.95	7.50	
H1 lead leg	R	strides	22	15	15	16	15		15	15	15				128				

Odumosu, Ajoke (NGR) (1987)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2012 Olympic Games (London, GBR)																*Hillier (2012) - uka 2012 olympic games report: 400m hurdles*			
date	08-Aug-12	time	6.77	10.88	15.13	19.48	24.00	25.80	28.87	33.83	38.67	44.05	49.50		55.31	6 / 8			
reaction time	0.270	interval		4.11	4.25	4.35	4.52		4.87	4.96	4.84	5.38	5.45	5.81			12.71	14.35	15.67
		velocity	6.65	8.52	8.24	8.05	7.74	7.75	7.19	7.06	7.23	6.51	6.42	6.88	7.23		8.26	7.32	6.70
H1 lead leg	L	strides	23	15	15	16	15		17	17	17	17	17		169				

Nel, Wenda (RSA) (1988)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)																*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date	16-Jul-17	time	6.40	10.80	15.28	19.80	24.52		29.20	34.04	38.96	44.00	49.20		55.31	2 / 5			
reaction time	0.189	interval		4.40	4.48	4.52	4.72		4.68	4.84	4.92	5.04	5.20	6.11			13.40	14.24	15.16
		velocity	7.03	7.95	7.81	7.74	7.42		7.48	7.23	7.11	6.94	6.73	6.55	7.23		7.84	7.37	6.93
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	17	21	192				

Woodruff, Gianna (PAN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 21-Aug-23 time	6.46	10.80	15.00	19.23	23.80		28.50	33.40	38.37	43.60	49.03		55.31	2 / 3			
reaction time 0.171 interval		4.34	4.20	4.23	4.57		4.70	4.90	4.97	5.23	5.43	6.28			12.77	14.17	15.63
velocity	6.97	8.06	8.33	8.27	7.66		7.45	7.14	7.04	6.69	6.45	6.37	7.23		8.22	7.41	6.72
H1 lead leg L strides	22	15	15	15	15		15	16	16	17	17	19.7	182.7				

Sheffield, LaTanya (USA) (1963)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1988 Olympic Games (Seoul, KOR)														*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*			
date 28-Sep-88 time	6.44	10.53	14.73	19.09	23.74		28.55	33.37	38.31	43.44	48.88		55.32	4 / 8			
reaction time 0.202 interval		4.09	4.20	4.36	4.65		4.81	4.82	4.94	5.13	5.44	6.44			12.65	14.28	15.51
velocity	6.99	8.56	8.33	8.03	7.53		7.28	7.26	7.09	6.82	6.43	6.21	7.23		8.30	7.35	6.77
H1 lead leg R strides	23	15	15	15	17		17	17	17	17	17	21.2	191.2				

Watson, Sage (CAN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 21-Jul-19 time	6.40	10.56	14.80	19.12	23.52		28.20	33.08	38.20	43.60	49.12		55.32	9 / 7			
reaction time 0.180 interval		4.16	4.24	4.32	4.40		4.68	4.88	5.12	5.40	5.52	6.20			12.72	13.96	16.04
velocity	7.03	8.41	8.25	8.10	7.95		7.48	7.17	6.84	6.48	6.34	6.45	7.23		8.25	7.52	6.55
H1 lead leg R strides	22	15	15	15	15			16	16	17	17	20	168				

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 10-Sep-19 time	6.54	10.67	14.88	19.18	23.65		28.42	33.40	38.47	43.71	49.01		55.32	6 / 1			
reaction time interval		4.13	4.21	4.30	4.47		4.77	4.98	5.07	5.24	5.30	6.31			12.64	14.22	15.61
velocity	6.88	8.47	8.31	8.14	7.83		7.34	7.03	6.90	6.68	6.60	6.34	7.23		8.31	7.38	6.73
H1 lead leg R strides		14	14	14	14		15	15	15	16	16	19.7	152.7				

Wilson, Britton (USA) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 24-Jun-22 time	6.70	10.96	15.40	19.93	24.70	26.66	29.50	34.36	39.40	44.43	49.56		55.32	6 / 1			
reaction time interval		4.26	4.44	4.53	4.77		4.80	4.86	5.04	5.03	5.13	5.76			13.23	14.43	15.20
velocity	6.72	8.22	7.88	7.73	7.34	7.50	7.29	7.20	6.94	6.96	6.82	6.94	7.23		7.94	7.28	6.91
H1 lead leg L strides	24	16	16	16	16		16	16	16	16	16	18.5	186.5				

Iuel, Amalie (NOR) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 19-Aug-22 time	6.40	10.50		19.20	23.67	25.62	28.36	33.20	38.30	43.47	48.80		55.32	1 / 5			
reaction time 0.186 interval		4.10		8.70	4.47		4.69	4.84	5.10	5.17	5.33	6.52			12.80	14.00	15.60
velocity	7.03	8.54		8.05	7.83	7.81	7.46	7.23	6.86	6.77	6.57	6.13	7.23		8.20	7.50	6.73
H1 lead leg L strides	23	15			15		15	15	16	16	16	20	151				

Meißner, Heike (GER) (1970)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 European Cup (Bremen, GER)														*Graubner (2007) - http://www.fgs.uni-halle.de*			
date 23-Jun-01 time	6.73	10.93	15.27	19.71	24.20		28.85	33.71	38.83	44.07	49.37		55.33	/ 3			
reaction time interval		4.20	4.34	4.44	4.49		4.65	4.86	5.12	5.24	5.30	5.96			12.98	14.00	15.66
velocity	6.69	8.33	8.06	7.88	7.80		7.53	7.20	6.84	6.68	6.60	6.71	7.23		8.09	7.50	6.70
H1 lead leg strides																	

Tosta, Sheena (USA) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)														*Graubner (2009) - http://www.fgs.uni-halle.de*			
date 14-Sep-08 time	6.40	10.55	14.83	19.27	23.93		28.73	33.57	38.51	43.79	49.20		55.33	5 / 5			
reaction time 0.153 interval		4.15	4.28	4.44	4.66		4.80	4.84	4.94	5.28	5.41	6.13			12.87	14.30	15.63
velocity	7.03	8.43	8.18	7.88	7.51		7.29	7.23	7.09	6.63	6.47	6.53	7.23		8.16	7.34	6.72
H1 lead leg strides																	

Adekoya, Kemi (BRN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)														*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date 22-May-16 time	6.40	10.76	15.12	19.56	24.04		28.72	33.60	38.72	43.92	49.28		55.33	6 / 5			
reaction time 0.180 interval		4.36	4.36	4.44	4.48		4.68	4.88	5.12	5.20	5.36	6.05			13.16	14.04	15.68
velocity	7.03	8.03	8.03	7.88	7.81		7.48	7.17	6.84	6.73	6.53	6.61	7.23		7.98	7.48	6.70
H1 lead leg L strides	24	16	16	16	16		16	17	17	17	17	20.2	192.2				

Van Der Walt, Zeney (RSA) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 IAAF World Junior Championships (Tampere, FIN) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 13-Jul-18 time	6.50	10.66	15.03	19.40	23.96		28.66	33.53	38.66	43.80	49.16		55.34	5 / 1			
reaction time 0.206 interval		4.16	4.37	4.37	4.56		4.70	4.87	5.13	5.14	5.36	6.18			12.90	14.13	15.63
velocity	6.92	8.41	8.01	8.01	7.68		7.45	7.19	6.82	6.81	6.53	6.47	7.23		8.14	7.43	6.72
H1 lead leg L strides	23	15	15	15	15		15	16	17	17	17	20.5	185.5				

Folorunso, Ayomide (ITA) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)														*Omega Timing (2023) - diamond league race analysis*			
date 02-Jun-23 time	6.25	10.33	14.61	18.87	23.23		27.69	32.49	37.55	42.91	48.64		55.34	2 / 7			
reaction time 0.190 interval		4.08	4.28	4.26	4.36		4.46	4.80	5.06	5.36	5.73	6.70			12.62	13.62	16.15
velocity	7.20	8.58	8.18	8.22	8.03		7.85	7.29	6.92	6.53	6.11	5.97	7.23		8.32	7.71	6.50
H1 lead leg L strides	23	15	15	15	15		15	16	16	16	17	21.2	184.2				

Shakes-Drayton, Perri (GBR) (1988)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 1 - 2010 European Championships (Barcelona, ESP)																*Arnold (2010) - 400mH planning and peaking*			
date	27-Jul-10	time	6.54	10.74	15.04	19.42	23.92		28.54	33.54	38.62	44.00	49.36		55.35	4 / 2			
reaction time	0.189	interval		4.20	4.30	4.38	4.50		4.62	5.00	5.08	5.38	5.36	5.99			12.88	14.12	15.82
		velocity	6.88	8.33	8.14	7.99	7.78		7.58	7.00	6.89	6.51	6.53	6.68	7.23		8.15	7.44	6.64
H1 lead leg	R	strides		15	16	16	15		16	16	17	17	17						

Tate, Cassandra (USA) (1990)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	02-Jun-16	time	6.20	10.36		19.24	23.80			33.32	38.36	43.60	49.08		55.35	5 / 4			
reaction time	0.219	interval		4.16		8.88	4.56			9.52	5.04	5.24	5.48	6.27			13.04	14.08	15.76
		velocity	7.26	8.41		7.88	7.68			7.35	6.94	6.68	6.39	6.38	7.23		8.05	7.46	6.66
H1 lead leg	R	strides	22	15			15				15		16	20	103				

Roßley, Karin (GDR) (1957)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1978 European Championships (Prague, TCH)																*Behm (1995) - la tactique du 400 haies*			
date	02-Sep-78	time	6.5	10.5	14.8	19.2	23.9	25.7	28.8	33.9	39.0	44.2	49.5		55.36	1 / 3			
reaction time		interval		4.0	4.3	4.4	4.7		4.9	5.1	5.1	5.2	5.3	5.86	NR		12.70	14.70	15.60
		velocity	6.92	8.75	8.14	7.95	7.45	7.78	7.14	6.86	6.86	6.73	6.60	6.83	7.23		8.27	7.14	6.73
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187				

Tîrlea, Ionela (ROU) (1976)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2001 IAAF World Championships (Edmonton, CAN)																*Behm (2001) - Edmonton: Le quatrache: les finales*			
date	08-Aug-01	time	6.2	10.3	14.6	18.8	23.2		27.8	32.7	38.0	43.4	48.8		55.36	7 / 6			
reaction time	0.164	interval		4.1	4.3	4.2	4.4		4.6	4.9	5.3	5.4	5.4	6.56			12.60	13.90	16.10
		velocity	7.26	8.54	8.14	8.33	7.95		7.61	7.14	6.60	6.48	6.48	6.10	7.23		8.33	7.55	6.52
H1 lead leg	R	strides	23	16	16	16	16		17	17	17	17	17	20.5	192.5				

Hejnová, Zuzana (CZE) (1986)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	26-May-18	time	6.80	11.08	15.40	19.80	24.32			33.76	38.68	43.80	49.08		55.36	6 / 6			
reaction time	0.190	interval		4.28	4.32	4.40	4.52			9.44	4.92	5.12	5.28	6.28			13.00	13.96	15.32
		velocity	6.62	8.18	8.10	7.95	7.74			7.42	7.11	6.84	6.63	6.37	7.23		8.08	7.52	6.85
H1 lead leg	R	strides	22	15	15	15	15				16	16	16	20	150				

Sprunger, Léa (SUI) (1990)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	30-Aug-18	time	6.52	10.84	15.20	19.72	24.20	26.2	28.96	33.84	38.84	44.00	49.44		55.36	4 / 6			
reaction time	0.174	interval		4.32	4.36	4.52	4.48		4.76	4.88	5.00	5.16	5.44	5.92			13.20	14.12	15.60
		velocity	6.90	8.10	8.03	7.74	7.81	7.63	7.35	7.17	7.00	6.78	6.43	6.76	7.23		7.95	7.44	6.73
H1 lead leg	R	strides	21	14	14	14	14		15	15	15		17	18.5	157.5				

Folorunso, Ayomide (ITA) (1996)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	02-Oct-19	time	6.52	10.68	14.92	19.24	23.68		28.40	33.28	38.40	43.52	48.92		55.36	6 / 5			
reaction time	0.198	interval		4.16	4.24	4.32	4.44		4.72	4.88	5.12	5.12	5.40	6.44			12.72	14.04	15.64
		velocity	6.90	8.41	8.25	8.10	7.88		7.42	7.17	6.84	6.84	6.48	6.21	7.23		8.25	7.48	6.71
H1 lead leg	R	strides	22	15	15	15	15		16	17	17	17	17	21	187				

Tkachuk, Viktoriya (UKR) (1994)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2023 Bislett Games (Oslo, NOR)																*Omega Timing (2023) - diamond league race analysis*			
date	15-Jun-23	time	6.29	10.55	14.75	19.07	23.57		28.28	33.22	38.40	43.70	49.10		55.36	7 / 6			
reaction time	0.171	interval		4.26	4.20	4.32	4.50		4.71	4.94	5.18	5.30	5.40	6.26			12.78	14.15	15.88
		velocity	7.15	8.22	8.33	8.10	7.78		7.43	7.09	6.76	6.60	6.48	6.39	7.23		8.22	7.42	6.61
H1 lead leg	L	strides	24	15	15	15	15		15	16	16	17			148				

Wilson, Nickiesha (JAM) (1986)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 2 - 2009 IAAF World Championships (Berlin, GER)																*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date	17-Aug-09	time	6.31	10.29	14.43	18.75	23.28		28.07	32.92	37.92	43.30	48.93		55.37	2 / 1			
reaction time	0.173	interval		3.98	4.14	4.32	4.53		4.79	4.85	5.00	5.38	5.63	6.44			12.44	14.17	16.01
		velocity	7.13	8.79	8.45	8.10	7.73		7.31	7.22	7.00	6.51	6.22	6.21	7.22		8.44	7.41	6.56
H1 lead leg		strides																	

Nugent, Leah (JAM) (1992)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	01-Jul-21	time	6.44	10.68	15.00	19.72	24.44		29.16	33.92	38.88	44.12	49.28		55.37	3 / 5			
reaction time	0.233	interval		4.24	4.32	4.72	4.72		4.72	4.76	4.96	5.24	5.16	6.09			13.28	14.20	15.36
		velocity	6.99	8.25	8.10	7.42	7.42		7.42	7.35	7.06	6.68	6.78	6.57	7.22		7.91	7.39	6.84
H1 lead leg	R	strides	22	14	14		14		15	14	15	15	15	18.7	156.7				

Ryzhykova, Anna (UKR) (1989)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	21-May-22	time	6.53	10.66	14.83	19.17	23.70	25.61	28.67	33.63	38.80	44.07	49.43		55.37	5 / 3			
reaction time	0.173	interval		4.13	4.17	4.34	4.53		4.97	4.96	5.17	5.27	5.36	5.94			12.64	14.46	15.80
		velocity	6.89	8.47	8.39	8.06	7.73	7.81	7.04	7.06	6.77	6.64	6.53	6.73	7.22		8.31	7.26	6.65
H1 lead leg	R	strides	22	14	14	14	14		15	15	16	16	16	19.2	175.2				

Tkachuk, Viktoriya (UKR) (1994)	**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**

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

date	09-Jun-22	time	6.43	10.60	14.93	19.30	23.83	25.73	28.50	33.30	38.33	43.60	49.03		55.37	8 / 7		
reaction time	0.193	interval		4.17	4.33	4.37	4.53		4.67	4.80	5.03	5.27	5.43	6.34			12.87	14.00	15.73
		velocity	7.00	8.39	8.08	8.01	7.73	7.77	7.49	7.29	6.96	6.64	6.45	6.31	7.22		8.16	7.50	6.68
H1 lead leg	L	strides	22	15	15	15			15	15	16	16	17	20	166				

Urbansky, Ulrike (GER) (1977)

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

FINAL - 1998 European Championships (Budapest, HUN) *Sanchez (1998) - Budapest '98: análisis de la carreras con villas*

date	23-Aug-98	time	6.67				23.85					49.90		55.38	7 / 6			
reaction time		interval					17.18					26.05	5.48					
		velocity	6.75				8.15					6.72	7.30	7.22				
H1 lead leg	R	strides	24	15	15	15	15		15	16	16	17	17	20.5	185.5				

Linkiewicz, Joanna (POL) (1990)

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

Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	02-Oct-19	time	6.48	10.72	15.04	19.56	24.24		29.04	33.96	38.92	44.00	49.24		55.38	9 / 6			
reaction time	0.166	interval		4.24	4.32	4.52	4.68		4.80	4.92	4.96	5.08	5.24	6.14			13.08	14.40	15.28
		velocity	6.94	8.25	8.10	7.74	7.48		7.29	7.11	7.06	6.89	6.68	6.51	7.22		8.03	7.29	6.87
H1 lead leg	L	strides	24	16	16	16	16		17	17	17		17	20.5	176.5				

Sprunger, Léa (SUI) (1990)

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

FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	13-Jul-21	time	6.30	10.52	14.82	19.20	23.78	25.7	28.46	33.34	38.50	43.72	49.18		55.39	8 / 6			
reaction time	0.123	interval		4.22	4.30	4.38	4.58		4.68	4.88	5.16	5.22	5.46	6.21			12.90	14.14	15.84
		velocity	7.14	8.29	8.14	7.99	7.64	7.78	7.48	7.17	6.78	6.70	6.41	6.44	7.22		8.14	7.43	6.63
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	16	16	19	173				

Meisberger, Shannon (USA) (1999)

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

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

date	25-Jun-22	time	6.42	10.46	14.57	18.86	23.27	25.34	28.03	32.89	38.21	43.67	49.67	*55.42*	55.39	9 / 5			
reaction time		interval		4.04	4.11	4.29	4.41		4.76	4.86	5.32	5.46	6.00	5.72	PB		12.44	14.03	16.78
		velocity	7.01	8.67	8.52	8.16	7.94	7.89	7.35	7.20	6.58	6.41	5.83	6.99	7.22		8.44	7.48	6.26
H1 lead leg	L	strides	22	15	15	15	15		16	16	16				130				

Knight, Andrenette (JAM) (1996)

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

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

date	20-Jul-22	time	6.37	10.60	15.07	19.50	24.10	26.19	28.90	33.73	38.80		49.40		55.39	2 / 7			
reaction time	0.148	interval		4.23	4.47	4.43	4.60		4.80	4.83	5.07		10.60	5.99			13.13	14.23	15.67
		velocity	7.06	8.27	7.83	7.90	7.61	7.64	7.29	7.25	6.90		6.60	6.68	7.22		8.00	7.38	6.70
H1 lead leg	R	strides	22	15	15	15	15		15	15	15			19	146				

Antyukh, Natalya (RUS) (1981)

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

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

date	17-Aug-09	time	6.84	11.19	15.53	19.93	24.43		29.03	33.88	38.92	44.03	49.27		55.40	3 / 2			
reaction time	0.215	interval		4.35	4.34	4.40	4.50		4.60	4.85	5.04	5.11	5.24	6.13			13.09	13.95	15.39
		velocity	6.58	8.05	8.06	7.95	7.78		7.61	7.22	6.94	6.85	6.68	6.53	7.22		8.02	7.53	6.82
H1 lead leg		strides																	

Pedroso, Yadisleidis (ITA) (1987)

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

Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	02-Oct-19	time	6.54	10.84	15.18		24.26		28.93	33.76	38.74	43.84	49.15		55.40	8 / 4			
reaction time	0.208	interval		4.30	4.34		9.08		4.67	4.83	4.98	5.10	5.31	6.25					15.39
		velocity	6.88	8.14	8.06		7.71		7.49	7.25	7.03	6.86	6.59	6.40	7.22				6.82
H1 lead leg	R	strides	24	16	16				16	16	17		17	21	143				

Nielsen, Lina (GBR) (1996)

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

FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	21-May-22	time	6.43	10.67	15.03	19.43	24.07	25.94	28.93	33.90		44.17	49.47		55.40	8 / 4			
reaction time	0.156	interval		4.24	4.36	4.40	4.64		4.86	4.97		10.27	5.30	5.93			13.00	14.47	15.57
		velocity	7.00	8.25	8.03	7.95	7.54	7.71	7.20	7.04		6.82	6.60	6.75	7.22		8.08	7.26	6.74
H1 lead leg	L	strides	23	15	15	15	15		16	16			16	19.2	150.2				

Cojocaru, Christina (ROU) (1962)

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

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

date	08-Aug-84	time	6.3	10.6	15.0	19.4	24.1		28.8	33.5	38.7	44.0	49.3		55.41	2 / 3			
reaction time	0.237	interval		4.3	4.4	4.4	4.7		4.7	4.7	5.2	5.3	5.3	6.11			13.10	14.10	15.80
		velocity	7.14	8.14	7.95	7.95	7.45		7.45	7.45	6.73	6.60	6.60	6.55	7.22		8.02	7.45	6.65
H1 lead leg		strides	22	15	15	15	15		15	15	16	16	17	21	182				

Lucas, Josanne (TTO) (1984)

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

Heat 1 - 2009 IAAF World Championships (Berlin, GER) *Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	17-Aug-09	time	6.40	10.46	14.62	18.89	23.35		28.04	32.98	38.27	43.63	49.23		55.41	8 / 2			
reaction time	0.173	interval		4.06	4.16	4.27	4.46		4.69	4.94	5.29	5.36	5.60	6.18			12.49	14.09	16.25
		velocity	7.03	8.62	8.41	8.20	7.85		7.46	7.09	6.62	6.53	6.25	6.47	7.22		8.41	7.45	6.46
H1 lead leg		strides																	

Linkiewicz, Joanna (POL) (1990)

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

FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	05-Jun-16	time	6.67	11.03	15.47	20.00	24.73		29.63	34.43	39.43	44.40	49.47		55.41	8 / 6					
reaction time	0.165	interval		4.36	4.44	4.53	4.73		4.90	4.80	5.00	4.97	5.07	5.94			13.33	14.43	15.04		
		velocity	6.75	8.03	7.88	7.73	7.40		7.14	7.29	7.00	7.04	6.90	6.73	7.22		7.88	7.28	6.98		
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17		173						

Nel, Wenda (RSA) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 09-Sep-16 time	6.44	10.64	14.96	19.40	24.04		28.64	33.48	38.44	43.56	48.96		55.41	2 / 6			
reaction time 0.186 interval		4.20	4.32	4.44	4.64		4.60	4.84	4.96	5.12	5.40	6.45			12.96	14.08	15.48
velocity	6.99	8.33	8.10	7.88	7.54		7.61	7.23	7.06	6.84	6.48	6.20	7.22		8.10	7.46	6.78
H1 lead leg L strides	23	15	15	16	16		16	17	17	17	17	22	191				

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)														*Omega Timing (2023) - diamond league race analysis*			
date 28-May-23 time	6.41	10.62	14.90	19.33	23.88		28.56	33.51	38.63	43.85	49.12		55.41	7 / 4			
reaction time 0.160 interval		4.21	4.28	4.43	4.55		4.68	4.95	5.12	5.22	5.27	6.29			12.92	14.18	15.61
velocity	7.02	8.31	8.18	7.90	7.69		7.48	7.07	6.84	6.70	6.64	6.36	7.22		8.13	7.40	6.73
H1 lead leg L strides	23	15	15	15	15		16	16			17	20	152				

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Athletissima (Lausanne, SUI)														*Omega Timing (2023) - diamond league race analysis*			
date 30-Jun-23 time	6.46	10.60	14.87	19.22	23.71		28.44	33.37	38.48	43.73	49.21		55.41	2 / 5			
reaction time 0.175 interval		4.14	4.27	4.35	4.49		4.73	4.93	5.11	5.25	5.48	6.20			12.76	14.15	15.84
velocity	6.97	8.45	8.20	8.05	7.80		7.40	7.10	6.85	6.67	6.39	6.45	7.22		8.23	7.42	6.63
H1 lead leg R strides	22	14			14		15	15		15	16	19.5	130.5				

Sprunger, Léa (SUI) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)														*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date 15-Jul-16 time	6.47	10.83		19.57	24.13		28.87		38.77	43.97	49.43		55.42	8 / 5			
reaction time 0.133 interval		4.36		8.74	4.56		4.74		9.90	5.20	5.46	5.99			13.10		
velocity	6.96	8.03		8.01	7.68		7.38		7.07	6.73	6.41	6.68	7.22		8.02		
H1 lead leg R strides	21	15			15		15			15	17	18.5	116.5				

Belle, Tia Adana (BAR) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)														*Hirokawa (2019) - research on athlete performance and technique- 2019 data book*			
date 19-May-19 time	6.51	10.64	14.85	19.24	23.77		28.56	33.60	38.66	43.88	49.23		55.42	6 / 2			
reaction time 0.177 interval		4.13	4.21	4.39	4.53		4.79	5.04	5.06	5.22	5.35	6.19			12.73	14.36	15.63
velocity	6.91	8.47	8.31	7.97	7.73		7.31	6.94	6.92	6.70	6.54	6.46	7.22		8.25	7.31	6.72
H1 lead leg L strides	23	15	15	15	15		15	16	16	16	16	20	182				

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 06-Jun-19 time	6.64	10.88	15.20	19.56	24.08		28.84	33.68	38.68	43.88	49.20		55.42	3 / 5			
reaction time 0.173 interval		4.24	4.32	4.36	4.52		4.76	4.84	5.00	5.20	5.32	6.22			12.92	14.12	15.52
velocity	6.78	8.25	8.10	8.03	7.74		7.35	7.23	7.00	6.73	6.58	6.43	7.22		8.13	7.44	6.77
H1 lead leg L strides	23	15	15	15	15		16	16	16	17	17	20	185				

Couckuyt, Paulien (BEL) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 19-Jul-22 time	6.40	10.53	14.80	19.03	23.50	25.35	28.30	33.17	38.37	43.70	49.13		55.42	5 / 4			
reaction time 0.168 interval		4.13	4.27	4.23	4.47		4.80	4.87	5.20	5.33	5.43	6.29			12.63	14.14	15.96
velocity	7.03	8.47	8.20	8.27	7.83	7.89	7.29	7.19	6.73	6.57	6.45	6.36	7.22		8.31	7.43	6.58
H1 lead leg L strides	23	15	15	15	15		16	16	17	17	17	21	187				

Couckuyt, Paulien (BEL) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 20-Jul-22 time	6.30	10.33	14.63	18.90	23.36	25.42	28.13	32.93	38.20	43.50	48.96		55.42	8 / 5			
reaction time 0.201 interval		4.03	4.30	4.27	4.46		4.77	4.80	5.27	5.30	5.46	6.46			12.60	14.03	16.03
velocity	7.14	8.68	8.14	8.20	7.85	7.87	7.34	7.29	6.64	6.60	6.41	6.19	7.22		8.33	7.48	6.55
H1 lead leg L strides	23	15	15	15	15		16	16	17	17	17	21	187				

Tate, Cassandra (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 10-Aug-17 time	6.24	10.36	14.68	19.00	23.48		28.08	32.88	37.88	43.32	48.88		55.43	3 / 7			
reaction time 0.216 interval		4.12	4.32	4.32	4.48		4.60	4.80	5.00	5.44	5.56	6.55			12.76	13.88	16.00
velocity	7.21	8.50	8.10	8.10	7.81		7.61	7.29	7.00	6.43	6.29	6.11	7.22		8.23	7.56	6.56
H1 lead leg R strides	22		15	15	15		15	15	15	17	17	20	166				

Pedroso, Yadisleidis (ITA) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 31-May-18 time	6.48	10.80	15.20	19.76	24.44		29.16	34.04	39.00	44.08	49.28		55.43	8 / 5			
reaction time 0.226 interval		4.32	4.40	4.56	4.68		4.72	4.88	4.96	5.08	5.20	6.15			13.28	14.28	15.24
velocity	6.94	8.10	7.95	7.68	7.48		7.42	7.17	7.06	6.89	6.73	6.50	7.22		7.91	7.35	6.89
H1 lead leg L strides	23	16	16	16	16		16	17	17	17	17	20.7	191.7				

Carli, Sarah (AUS) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 02-Oct-19 time	6.36	10.52	14.80	19.24	23.88		28.76	33.68	38.72	44.00	49.36		55.43	2 / 7			

reaction time	0.167	interval		4.16	4.28	4.44	4.64		4.88	4.92	5.04	5.28	5.36	6.07	PB		12.88	14.44	15.68
		velocity	7.08	8.41	8.18	7.88	7.54		7.17	7.11	6.94	6.63	6.53	6.59	7.22		8.15	7.27	6.70
H1 lead leg	L	strides	23	15	15	15	15		16	16	16		17	20	168				

Woodruff, Gianna (PAN) (1993)

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

FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis) — *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	21-May-22	time	6.50	10.50	14.80	19.17	23.80	25.62	28.57	33.50	38.70	43.87	49.25		55.43	7 / 5			
reaction time	0.218	interval		4.00	4.30	4.37	4.63		4.77	4.93	5.20	5.17	5.38	6.18			12.67	14.33	15.75
		velocity	6.92	8.75	8.14	8.01	7.56	7.81	7.34	7.10	6.73	6.77	6.51	6.47	7.22		8.29	7.33	6.67
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	17	20	182				

Tkachuk, Viktoriya (UKR) (1994)

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

Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) — *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	22-Aug-23	time	6.40	10.71	15.01	19.25	23.79		28.59	33.63	38.67	43.94	49.38		55.43	6 / 7			
reaction time	0.209	interval		4.31	4.30	4.24	4.54		4.80	5.04	5.04	5.27	5.44	6.05			12.85	14.38	15.75
		velocity	7.03	8.12	8.14	8.25	7.71		7.29	6.94	6.94	6.64	6.43	6.61	7.22		8.17	7.30	6.67
H1 lead leg	L	strides	22	15	15	15	15		16	16	16	16	17		163				

Kloster, Line (NOR) (1990)

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

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

date	22-Aug-23	time	6.30	10.57	14.78	19.08	23.52				38.23	43.51	49.08		55.43	2 / 7			
reaction time	0.152	interval		4.27	4.21	4.30	4.44				14.71	5.28	5.57	6.35			12.78		
		velocity	7.14	8.20	8.31	8.14	7.88				7.14	6.63	6.28	6.30	7.22		8.22		
H1 lead leg	R	strides	22	14	14	15	15				16	16	17	20	149				

Jesień, Anna (POL) (1978)

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

FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER) — *Graubner (2009) - http://www.fgs.uni-halle.de*

date	14-Sep-08	time	6.61	10.75	15.04	19.38	23.87		28.65	33.52	38.61	43.87	49.32		55.44	1 / 6			
reaction time	0.151	interval		4.14	4.29	4.34	4.49		4.78	4.87	5.09	5.26	5.45	6.12			12.77	14.14	15.80
		velocity	6.81	8.45	8.16	8.06	7.80		7.32	7.19	6.88	6.65	6.42	6.54	7.22		8.22	7.43	6.65
H1 lead leg		strides																	

Lehikoinen, Viivi (FIN) (1999)

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

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

date	02-Sep-23	time	6.31	10.42	14.67	19.13	23.74		28.55	33.39	38.48	43.71	49.08		55.44	2 / 8			
reaction time	0.215	interval		4.11	4.25	4.46	4.61		4.81	4.84	5.09	5.23	5.37	6.36			12.82	14.26	15.69
		velocity	7.13	8.52	8.24	7.85	7.59		7.28	7.23	6.88	6.69	6.52	6.29	7.22		8.19	7.36	6.69
H1 lead leg	R	strides	23	15	15	16	16		16	16	16	17	17		167				

Tate, Cassandra (USA) (1990)

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

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

date	05-Jul-18	time	6.28	10.40		19.16	23.64		28.32	33.28	38.40	43.56	49.00		55.45	2 / 7			
reaction time	0.208	interval		4.12		8.76	4.48		4.68	4.96	5.12	5.16	5.44	6.45			12.88	14.12	15.72
		velocity	7.17	8.50		7.99	7.81		7.48	7.06	6.84	6.78	6.43	6.20	7.21		8.15	7.44	6.68
H1 lead leg	R	strides	22	15			15		15	16	16	16	16	20	151				

Tate, Cassandra (USA) (1990)

	H1	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	6.34	10.38	14.58	19.17	23.89		28.65	33.52	38.44	43.66	49.18		55.45	8 / 3			
reaction time	0.233	interval		4.04	4.20	4.59	4.72		4.76	4.87	4.92	5.22	5.52	6.27			12.83	14.35	15.66
		velocity	7.10	8.66	8.33	7.63	7.42		7.35	7.19	7.11	6.70	6.34	6.38	7.21		8.18	7.32	6.70
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19.7	178.7				

Woodruff, Gianna (PAN) (1993)

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

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

date	02-Sep-23	time	6.40	10.40	14.62	18.99	23.53		28.20	33.04	38.11	43.49	48.85		55.45	9 / 9			
reaction time	0.219	interval		4.00	4.22	4.37	4.54		4.67	4.84	5.07	5.38	5.36	6.60			12.59	14.05	15.81
		velocity	7.03	8.75	8.29	8.01	7.71		7.49	7.23	6.90	6.51	6.53	6.06	7.21		8.34	7.47	6.64
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16			145				

Sprunger, Léa (SUI) (1990)

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

FINAL - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis) — *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	10-Sep-19	time	6.47	10.71		19.41	23.92		28.69		38.77	44.07	49.45		55.46	4 / 2			
reaction time		interval		4.24		8.70	4.51		4.77		10.08	5.30	5.38	6.01			12.94		
		velocity	6.96	8.25		8.05	7.76		7.34		6.94	6.60	6.51	6.66	7.21		8.11		
H1 lead leg	R	strides		14	14		14		15			16	16	18.5	107.5				

Sprunger, Léa (SUI) (1990)

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

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

date	01-Jul-21	time	6.40	10.64	14.90	19.32	23.84		28.52	33.40	38.48	43.72	49.26		55.46	6 / 6			
reaction time	0.152	interval		4.24	4.26	4.42	4.52		4.68	4.88	5.08	5.24	5.54	6.20			12.92	14.08	15.86
		velocity	7.03	8.25	8.22	7.92	7.74		7.48	7.17	6.89	6.68	6.32	6.45	7.21		8.13	7.46	6.62
H1 lead leg	R	strides	22	15	14	14	15		15	15	15	16	16	19	176				

Knoroz, Anna (RUS) (1970)

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

FINAL - 1998 European Championships (Budapest, HUN) — *Sanchez (1998) - Budapest '98: análisis de la carreras con villas*

date	23-Aug-98	time	6.60				23.90						49.32		55.47	1 / 7			
reaction time		interval					17.30						25.42	6.15					

| | | |

H1 lead leg strides

Cockrell, Anna (USA) (1997)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Pan American Games (Lima, PER) (TV Analysis)																			
																Henson (2020) - Athlete First: 2019 year end hurdle report			
date	08-Aug-19	time	6.34	10.38	14.83	19.38	24.03		28.79	33.72	38.76	43.89			55.50	8 / 2			
reaction time	0.247	interval		4.04	4.45	4.55	4.65		4.76	4.93	5.04	5.13					13.04	14.34	
		velocity	7.10	8.66	7.87	7.69	7.53		7.35	7.10	6.94	6.82			7.21		8.05	7.32	
H1 lead leg	L	strides	22	14	15	15	15		15	15	16	16			143				

Knight, Jessie (GBR) (1994)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)																			
																Henson (2022) - Athlete First: 2022 year end hurdle report			
date	21-May-22	time	6.43		15.03	19.47	24.03	25.82	28.83	33.73	39.00	44.23	49.63		55.50	2 / 6			
reaction time	0.147	interval			8.60	4.44	4.56		4.80	4.90	5.27	5.23	5.40	5.87			13.04	14.26	15.90
		velocity	7.00		8.14	7.88	7.68	7.75	7.29	7.14	6.64	6.69	6.48	6.81	7.21		8.05	7.36	6.60
H1 lead leg	R	strides	22			15	15		15	15	16	16	16	19.2	149.2				

Overholt, Brooke (CAN) (2000)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)																			
																Henson (2023) - Athlete First: 2023 year end hurdle report			
date	10-Jun-23	time	6.50	10.67	14.98	19.48	24.12		28.96	33.90	39.00	44.21	49.52		55.50	4 / 4			
reaction time		interval		4.17	4.31	4.50	4.64		4.84	4.94	5.10	5.21	5.31	5.98	PB		12.98	14.42	15.62
		velocity	6.92	8.39	8.12	7.78	7.54		7.23	7.09	6.86	6.72	6.59	6.69	7.21		8.09	7.28	6.72
H1 lead leg	L	strides	24	15	15	15	15		16	16	17	17	17	20	187				

Busch, Sabine (GDR) (1962)

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

Child, Eilidh (GBR) (1987)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 European Championships (Barcelona, ESP)																			
																Arnold (2010) - 400mH planning and peaking			
date	30-Jul-10	time		10.64	15.04	19.42	24.02		28.76	33.62	38.76	44.08	49.50		55.51	2 / 8			
reaction time	0.199	interval			4.40	4.38	4.60		4.74	4.86	5.14	5.32	5.42	6.01				14.20	15.88
		velocity		7.52	7.95	7.99	7.61		7.38	7.20	6.81	6.58	6.46	6.66	7.21			7.39	6.61
H1 lead leg	L	strides	24	16	16	16	17		17	17	17	18	18		176				

Spencer, Kaliese (JAM) (1987)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)																			
																Henson (2020) - Athlete First: 2016 year end hurdle report			
date	02-Jun-16	time	6.40	10.60		19.48	24.00			33.48	38.56	43.80	49.20		55.51	3 / 6			
reaction time	0.158	interval		4.20		8.88	4.52			9.48	5.08	5.24	5.40	6.31			13.08	14.00	15.72
		velocity	7.03	8.33		7.88	7.74			7.38	6.89	6.68	6.48	6.34	7.21		8.03	7.50	6.68
H1 lead leg	L	strides	22	14			15				16		16	19	102				

Muhammad, Dalilah (USA) (1990)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																			
																Henson (2021) - Athlete First: 2021 year end hurdle report			
date	25-Jun-21	time	6.03	10.06	14.40	18.80	23.40		28.13	33.10	38.30	43.60	49.03		55.51	3 / 1			
reaction time	0.184	interval		4.03	4.34	4.40	4.60		4.73	4.97	5.20	5.30	5.43	6.48			12.77	14.30	15.93
		velocity	7.46	8.68	8.06	7.95	7.61		7.40	7.04	6.73	6.60	6.45	6.17	7.21		8.22	7.34	6.59
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178				

Huang Xiaoxiao (CHN) (1983)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2009 IAAF World Championships (Berlin, GER)																*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date	17-Aug-09	time	6.54	10.85	15.28	19.81	24.40		29.11	34.11	39.13	44.33	49.61		55.52	5 / 3			
reaction time	0.169	interval		4.31	4.43	4.53	4.59		4.71	5.00	5.02	5.20	5.28	5.91			13.27	14.30	15.50
		velocity	6.88	8.12	7.90	7.73	7.63		7.43	7.00	6.97	6.73	6.63	6.77	7.20		7.91	7.34	6.77
H1 lead leg		strides																	

Woodruff, Gianna (PAN) (1993)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 London Athletics Meet (London, GBR)																			
																Omega Timing (2023) - diamond league race analysis			
date	23-Jul-23	time	6.37	10.35	14.44	18.73	23.19		27.90	32.71	37.67	42.92	48.38		55.52	8 / 8			
reaction time	0.201	interval		3.98	4.09	4.29	4.46		4.71	4.81	4.96	5.25	5.46	7.14			12.36	13.98	15.67
		velocity	7.06	8.79	8.56	8.16	7.85		7.43	7.28	7.06	6.67	6.41	5.60	7.20		8.50	7.51	6.70
H1 lead leg	L	strides	23	15	15	15	15		15	15	16		17	21	167				

Clayton, Rushell (JAM) (1992)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Pan American Games (Lima, PER) (TV Analysis)																			
																Henson (2020) - Athlete First: 2019 year end hurdle report			
date	08-Aug-19	time	6.38	10.44	14.65	18.96			28.24	33.14	38.27	43.58	49.00		55.53	4 / 3			
reaction time	0.188	interval		4.06	4.21	4.31			9.28	4.90	5.13	5.31	5.42	6.53			12.58	14.18	15.86
		velocity	7.05	8.62	8.31	8.12			7.54	7.14	6.82	6.59	6.46	6.13	7.20		8.35	7.40	6.62
H1 lead leg	L	strides	23	15	15	15				16	16	17	17	21.2	155.2				

Bing, Portia (NZL) (1993)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	20-Jul-22	time	6.57	10.83	15.30	19.66	24.16	26.21	28.90		38.76	43.94	49.32		55.53	1 / 6			
reaction time	0.191	interval		4.26	4.47	4.36	4.50		4.74		9.86	5.18	5.38	6.21			13.09		
		velocity	6.85	8.22	7.83	8.03	7.78	7.63	7.38		7.10	6.76	6.51	6.44	7.20		8.02		
H1 lead leg	R	strides	22	14	14	14	14		15			16	16	19	144				

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Bislett Games (Oslo, NOR)													*Omega Timing (2023) - diamond league race analysis*				
date 15-Jun-23 time	6.52	10.68	14.96	19.34	23.87		28.65	33.54	38.57	43.80	49.25		55.53	1 / 7			
reaction time 0.202 interval		4.16	4.28	4.38	4.53		4.78	4.89	5.03	5.23	5.45	6.28			12.82	14.20	15.71
velocity	6.90	8.41	8.18	7.99	7.73		7.32	7.16	6.96	6.69	6.42	6.37	7.20		8.19	7.39	6.68
H1 lead leg R strides	22	14	14	14	14		15	15	15	15	16		154				

Usha, P.T. (IND) (1964)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1984 Olympic Games (Los Angeles, CA)													*Arnold (1984) - 1984 olympic games - hurdles*				
date 06-Aug-84 time	6.6	11.5	15.9	20.5	25.1	27.1	29.8	34.5	39.4	44.4	49.6		55.54	2 / 1			
reaction time interval		4.9	4.4	4.6	4.6		4.7	4.7	4.9	5.0	5.2	5.94	PB		13.90	14.00	15.10
velocity	6.82	7.14	7.95	7.61	7.61	7.38	7.45	7.45	7.14	7.00	6.73	6.73	7.20		7.55	7.50	6.95
H1 lead leg L strides		17	17	17					17	17	17	20.7	122.7				

Petersen, Sara Slott (DEN) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)													*Henson (2020) - Athlete First: 2017 year end hurdle report*				
date 01-Sep-17 time	6.36	10.52	14.84	19.20	23.64	25.8	28.20	32.96	38.08	43.40	49.04		55.54	3 / 5			
reaction time 0.216 interval		4.16	4.32	4.36	4.44		4.56	4.76	5.12	5.32	5.64	6.50			12.84	13.76	16.08
velocity	7.08	8.41	8.10	8.03	7.88	7.75	7.68	7.35	6.84	6.58	6.21	6.15	7.20		8.18	7.63	6.53
H1 lead leg R strides	22	15	15	15	15		15	15	16	17	18	21	184				

Payne, Kymber (USA) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 USATF National Champinships (Des Moines, IA) (TV Analysis)													*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date 24-Jun-18 time	6.47	10.67	14.91	19.32	23.75		28.46	33.30	38.27	43.44	48.91		55.54	6 / 4			
reaction time interval		4.20	4.24	4.41	4.43		4.71	4.84	4.97	5.17	5.47	6.63			12.85	13.98	15.61
velocity	6.96	8.33	8.25	7.94	7.90		7.43	7.23	7.04	6.77	6.40	6.03	7.20		8.17	7.51	6.73
H1 lead leg L strides	24	15	15	15	15		16	16	17	17	17	20	187				

Jamal, Aminat (BRN) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)													*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date 02-Oct-19 time	6.37	10.54	14.85		23.76			33.43	38.54	43.88	49.28		55.54	4 / 5			
reaction time 0.210 interval		4.17	4.31		8.91			9.67	5.11	5.34	5.40	6.26					15.85
velocity	7.06	8.39	8.12		7.86			7.24	6.85	6.55	6.48	6.39	7.20				6.62
H1 lead leg R strides	22	15	15						16		17	19.7	104.7				

Cockrell, Anna (USA) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)													*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date 24-Jun-22 time	6.23	10.23	14.50	19.06	23.83	25.85	28.76	33.80	38.83	44.00	49.26		55.54	5 / 2			
reaction time interval		4.00	4.27	4.56	4.77		4.93	5.04	5.03	5.17	5.26	6.28			12.83	14.74	15.46
velocity	7.22	8.75	8.20	7.68	7.34	7.74	7.10	6.94	6.96	6.77	6.65	6.37	7.20		8.18	7.12	6.79
H1 lead leg L strides	22	14	14	15	15		15	16	16	16	16	20	179				

Huart, Hélène (FRA) (1965)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1987 French National Championships (Annecy, FRA)													*Veney - split times from PJ*				
date 09-Aug-87 time	6.54	10.86	15.28	19.85	24.45		29.16	34.04	39.09	44.25	49.52		55.55	/ 1			
reaction time interval		4.32	4.42	4.57	4.60		4.71	4.88	5.05	5.16	5.27	6.03	PB		13.31	14.19	15.48
velocity	6.88	8.10	7.92	7.66	7.61		7.43	7.17	6.93	6.78	6.64	6.63	7.20		7.89	7.40	6.78
H1 lead leg strides	22	15	15	15	15		15	15	16	16	17		161				

Carter, Kori (USA) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)													*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date 05-Jul-19 time	6.36	10.56	14.84	19.20	23.72	25.8	28.60	33.52	38.68	43.96	49.28		55.55	6 / 7			
reaction time 0.129 interval		4.20	4.28	4.36	4.52		4.88	4.92	5.16	5.28	5.32	6.27			12.84	14.32	15.76
velocity	7.08	8.33	8.18	8.03	7.74	7.75	7.17	7.11	6.78	6.63	6.58	6.38	7.20		8.18	7.33	6.66
H1 lead leg L strides	23	15	15	15	15		16	16	16	17	17		165				

Losch, Susanne (GDR) (1966)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)													*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*				
date 26-Sep-88 time	6.53	10.55	14.83	19.36	24.05		28.85	33.78	38.74	43.94	49.41		55.56	8 / 6			
reaction time 0.213 interval		4.02	4.28	4.53	4.69		4.80	4.93	4.96	5.20	5.47	6.15			12.83	14.42	15.63
velocity	6.89	8.71	8.18	7.73	7.46		7.29	7.10	7.06	6.73	6.40	6.50	7.20		8.18	7.28	6.72
H1 lead leg strides	23	15	15	15	15		15	16	16	17	17	20	184				

Danvers, Tasha (GBR) (1977)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FiNAL - 2006 European Championships (Göteborg, SWE)													*Behm (2006) - Göteborg 2006: Le quatrache*				
date 09-Aug-06 time	6.4	10.5	14.7	19.3	23.9		28.7	33.6	38.6	43.8	49.3		55.56	1 / 7			
reaction time interval		4.1	4.2	4.6	4.6		4.8	4.9	5.0	5.2	5.5	6.26			12.90	14.30	15.70
velocity	7.03	8.54	8.33	7.61	7.61		7.29	7.14	7.00	6.73	6.36	6.39	7.20		8.14	7.34	6.69
H1 lead leg R strides	22	14	14	15	15		15	15	15	16	17	20	178				

Petersen, Sara Slott (DEN) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)													*Henson (2021) - Athlete First: 2017 year end hurdle report*				
date 16-Jul-17 time	6.48	10.68	15.04	19.48	24.04		28.72	33.60	38.68	43.92	49.32		55.56	5 / 6			
reaction time 0.155 interval		4.20	4.36	4.44	4.56		4.68	4.88	5.08	5.24	5.40	6.24			13.00	14.12	15.72
velocity	6.94	8.33	8.03	7.88	7.68		7.48	7.17	6.89	6.68	6.48	6.41	7.20		8.08	7.44	6.68
H1 lead leg R strides	22	15	15	15	15		15	15	16	17	17	20.5	182.5				

Niederstätter, Monika (ITA) (1974)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)														*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date 23-Aug-99 time	6.24	10.55	14.95	19.46	24.10		28.86	33.70	38.67	43.79	49.05		55.57	2 / 8			
reaction time 0.214 interval		4.31	4.40	4.51	4.64		4.76	4.84	4.97	5.12	5.26	6.52			13.22	14.24	15.35
velocity	7.21	8.12	7.95	7.76	7.54		7.35	7.23	7.04	6.84	6.65	6.13	7.20		7.94	7.37	6.84
H1 lead leg R strides	23	16	16	16	16		16	17	17	17	17	22	193				

Tîrlea, Ionela (ROU) (1976)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2002 European Championships (Munich, GER)														*Graubner (2009) - http://www.fgs.uni-halle.de*			
date 07-Aug-02 time	6.48	10.67	14.95					33.71	38.95	44.25	49.59		55.57	/ 1			
reaction time 0.196 interval		4.19	4.28					18.76	5.24	5.30	5.34	5.98					15.88
velocity	6.94	8.35	8.18					7.46	6.68	6.60	6.55	6.69	7.20				6.61
H1 lead leg strides																	

Jesień, Anna (POL) (1978)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2009 IAAF World Championships (Berlin, GER)														*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date 17-Aug-09 time	6.67	11.07	15.61	20.13	24.75		29.51	34.46	39.48	44.57	49.75		55.57	8 / 3			
reaction time 0.170 interval		4.40	4.54	4.52	4.62		4.76	4.95	5.02	5.09	5.18	5.82			13.46	14.33	15.29
velocity	6.75	7.95	7.71	7.74	7.58		7.35	7.07	6.97	6.88	6.76	6.87	7.20		7.80	7.33	6.87
H1 lead leg strides																	

Tate, Cassandra (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 06-May-16 time	6.32	10.56	14.92	19.36	23.96		28.72	33.60	38.76	44.00	49.40		55.57	5 / 5			
reaction time 0.230 interval		4.24	4.36	4.44	4.60		4.76	4.88	5.16	5.24	5.40	6.17			13.04	14.24	15.80
velocity	7.12	8.25	8.03	7.88	7.61		7.35	7.17	6.78	6.68	6.48	6.48	7.20		8.05	7.37	6.65
H1 lead leg R strides	22	15	15	15	15		15	15	16	16	16	20	180				

Watson, Sage (CAN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 30-Aug-18 time	6.52	10.80	15.08		23.96	26.0	28.56	33.44		43.84			55.57	8 / 7			
reaction time 0.184 interval		4.28	4.28		8.88		4.60	4.88		10.40							
velocity	6.90	8.18	8.18		7.88	7.69	7.61	7.17		6.73			7.20				
H1 lead leg R strides	22	15	15				15	16					83				

Rudakova, Vera (ANA) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 02-Oct-19 time	6.50	10.74	15.05	19.55	24.22		28.99	33.90	38.94	44.14	49.38		55.57	8 / 6			
reaction time 0.246 interval		4.24	4.31	4.50	4.67		4.77	4.91	5.04	5.20	5.24	6.19			13.05	14.35	15.48
velocity	6.92	8.25	8.12	7.78	7.49		7.34	7.13	6.94	6.73	6.68	6.46	7.20		8.05	7.32	6.78
H1 lead leg L strides	21	15	15		15		15	15	16	16	16		144				

Whyte, Rhonda (JAM) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 21-Aug-21 time	6.44	10.72	15.08	19.60	24.36	26.4	29.32	34.36	39.36	44.52			55.57	7 / 7			
reaction time 0.153 interval		4.28	4.36	4.52	4.76		4.96	5.04	5.00	5.16					13.16	14.76	
velocity	6.99	8.18	8.03	7.74	7.35	7.58	7.06	6.94	7.00	6.78			7.20		7.98	7.11	
H1 lead leg L strides	23	15	15	15	16			16	16	17			133				

Carli, Sarah (AUS) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 20-Jul-22 time	6.40	10.66	15.10	19.53	24.17	26.39	29.13	34.10	39.16	44.36	49.63		55.57	7 / 7			
reaction time 0.257 interval		4.26	4.44	4.43	4.64		4.96	4.97	5.06	5.20	5.27	5.94			13.13	14.57	15.53
velocity	7.03	8.22	7.88	7.90	7.54	7.58	7.06	7.04	6.92	6.73	6.64	6.73	7.20		8.00	7.21	6.76
H1 lead leg L strides	23	15	15	15	16		16	16	17	17	17	19.7	186.7				

Pskit, Małgorzata (POL) (1976)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 IAAF World Championships (Helsinki, FIN)														*Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins*			
date 13-Aug-05 time	6.3	10.7	15.2	19.7	24.2		28.8	33.4	38.5	43.6	48.9		55.58	1 / 8			
reaction time 0.181 interval		4.4	4.5	4.5	4.5		4.6	4.6	5.1	5.1	5.3	6.68			13.40	13.70	15.50
velocity	7.14	7.95	7.78	7.78	7.78		7.61	7.61	6.86	6.86	6.60	5.99	7.20		7.84	7.66	6.77
H1 lead leg L strides	22	15	15	15	15		15	15	16	16	16		160				

Spencer, Ashley (USA) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 26-May-18 time	6.56	10.84	15.12	19.56	24.16		28.80	33.56	38.56	43.96	49.36		55.58	3 / 7			
reaction time 0.183 interval		4.28	4.28	4.44	4.60		4.64	4.76	5.00	5.40	5.40	6.22			13.00	14.00	15.80
velocity	6.86	8.18	8.18	7.88	7.61		7.54	7.35	7.00	6.48	6.48	6.43	7.20		8.08	7.50	6.65
H1 lead leg L strides	22	15	15	15	15		15	15	15	16	16	19	178				

Beesley, Meghan (GBR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)														*Henson (2021) - Athlete First: 2018 year end hurdle report*			
date 09-Sep-18 time	6.24	10.44	14.84	19.20	23.72		28.40	33.32	38.52	43.96	49.40		55.58	4 / 4			
reaction time 0.170 interval		4.20	4.40	4.36	4.52		4.68	4.92	5.20	5.44	5.44	6.18			12.96	14.12	16.08
velocity	7.21	8.33	7.95	8.03	7.74		7.48	7.11	6.73	6.43	6.43	6.47	7.20		8.10	7.44	6.53
H1 lead leg L strides	24	16	16	16	16		16	17	17	18	18	22	196				

Knight, Jessie (GBR) (1994)

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

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

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

Lehikoinen, Viivi (FIN) (1999)

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

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

date	19-Aug-22	time	6.57	10.76	15.07	19.36	23.83	25.69	28.57	33.43	38.63	43.83	49.20		55.58	4 / 6		
reaction time	0.291	interval		4.19	4.31	4.29	4.47		4.74	4.86	5.20	5.20	5.37	6.38			12.79	14.07	15.77
		velocity	6.85	8.35	8.12	8.16	7.83	7.79	7.38	7.20	6.73	6.73	6.52	6.27	7.20		8.21	7.46	6.66
H1 lead leg	R	strides	25	16	16	16	16		16	17	17	17	17	20.5	193.5				

Bellamy, Shani'a (USA) (2002)

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

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

date	10-Jun-23	time	6.44	10.51	14.85	19.35	24.06		28.86	33.96	39.14	44.42	49.71		55.58	1 / 5		
reaction time		interval		4.07	4.34	4.50	4.71		4.80	5.10	5.18	5.28	5.29	5.87	PB		12.91	14.61	15.75
		velocity	6.99	8.60	8.06	7.78	7.43		7.29	6.86	6.76	6.63	6.62	6.81	7.20		8.13	7.19	6.67
H1 lead leg	R	strides	22	14	15	15	15		15	16	16	16	16	18.5	178.5				

Graham, Lashanna (JAM) (2000)

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

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

date	10-Jun-23	time	6.71	10.94	15.31	19.99	24.76		29.56	34.47	39.54	44.41	49.75		55.59	9 / 6		
reaction time		interval		4.23	4.37	4.68	4.77		4.80	4.91	5.07	4.87	5.34	5.84	PB		13.28	14.48	15.28
		velocity	6.71	8.27	8.01	7.48	7.34		7.29	7.13	6.90	7.19	6.55	6.85	7.20		7.91	7.25	6.87
H1 lead leg	L	strides	22.14	15	15	15	15		15	15	16	15	16		159.14				

Taylor, Brenda (USA) (1979)

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

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

date	21-Jun-03	time	6.34	10.43	14.70	19.07	23.61		28.20	32.82	37.82	43.06	48.67		55.60	5 / 4		
reaction time		interval		4.09	4.27	4.37	4.54		4.59	4.62	5.00	5.24	5.61	6.93			12.73	13.75	15.85
		velocity	7.10	8.56	8.20	8.01	7.71		7.63	7.58	7.00	6.68	6.24	5.77	7.19		8.25	7.64	6.62
H1 lead leg		strides																	

Meißner, Heike (GER) (1970)

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

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

date	28-Aug-03	time	6.5	10.8	15.1	19.6	24.2		28.9	33.7	38.8	44.2	49.6		55.60	1 / 7		
reaction time	0.233	interval		4.3	4.3	4.5	4.6		4.7	4.8	5.1	5.4	5.4	6.00			13.10	14.10	15.90
		velocity	6.92	8.14	8.14	7.78	7.61		7.45	7.29	6.86	6.48	6.48	6.67	7.19		8.02	7.45	6.60
H1 lead leg	R	strides	23	13	13	13	13		13	16	16	16	17		153				

Ivanova, Natalya (RUS) (1981)

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

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

date	23-Sep-07	time	6.71	11.13	15.58	20.09	24.78		29.56	34.49	39.53	44.68	49.87		55.60	1 / 6		
reaction time	0.165	interval		4.42	4.45	4.51	4.69		4.78	4.93	5.04	5.15	5.19	5.73			13.38	14.40	15.38
		velocity	6.71	7.92	7.87	7.76	7.46		7.32	7.10	6.94	6.80	6.74	6.98	7.19		7.85	7.29	6.83
H1 lead leg		strides																	

Russell, Janieve (JAM) (1993)

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

FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	01-Sep-17	time	6.32	10.52	14.84	19.24	23.80	26.0	28.40	33.24	38.32	43.52	49.04		55.60	9 / 6		
reaction time	0.178	interval		4.20	4.32	4.40	4.56		4.60	4.84	5.08	5.20	5.52	6.56			12.92	14.00	15.80
		velocity	7.12	8.33	8.10	7.95	7.68	7.69	7.61	7.23	6.89	6.73	6.34	6.10	7.19		8.13	7.50	6.65
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	17	20.2	181.2				

Boden, Lauren (AUS) (1988)

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

FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	03-May-19	time	6.54	10.74	15.05	19.48	23.96	25.9	28.56	33.30	38.34	43.54	49.01		55.60	9 / 5		
reaction time	0.147	interval		4.20	4.31	4.43	4.48		4.60	4.74	5.04	5.20	5.47	6.59			12.94	13.82	15.71
		velocity	6.88	8.33	8.12	7.90	7.81	7.72	7.61	7.38	6.94	6.73	6.40	6.07	7.19		8.11	7.60	6.68
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	21	182				

Sprunger, Léa (SUI) (1990)

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

FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	12-Jul-19	time	6.44	10.72	15.08	19.48	24.04	26.0		33.76	38.88	44.24	49.60		55.60	2 / 6		
reaction time	0.143	interval		4.28	4.36	4.40	4.56			9.72	5.12	5.36	5.36	6.00			13.04	14.28	15.84
		velocity	6.99	8.18	8.03	7.95	7.68	7.69		7.20	6.84	6.53	6.53	6.67	7.19		8.05	7.35	6.63
H1 lead leg	R	strides	21	14	14	14	14				15	16	16	18.7	142.7				

Little, Shamier (USA) (1995)

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

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

date	24-Jun-22	time	6.50	10.70	15.10	19.66	24.36	26.35	29.16	34.20	39.33	44.46	49.73		55.60	7 / 3		
reaction time		interval		4.20	4.40	4.56	4.70		4.80	5.04	5.13	5.13	5.27	5.87			13.16	14.54	15.53
		velocity	6.92	8.33	7.95	7.68	7.45	7.59	7.29	6.94	6.82	6.82	6.64	6.81	7.19		7.98	7.22	6.76
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	20	182				

Smith, Susan (IRL) (1971)

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

FINAL - 1998 European Championships (Budapest, HUN) *Sanchez (1998) - Budapest '98: análisis de la carreras con villas*

date	23-Aug-98	time	6.50				23.45						48.91		55.61	4 / 8
reaction time		interval					16.95						25.46	6.70		
		velocity	6.92				8.26						6.87	5.97	7.19	
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	21.5	185.5	

Woodruff, Gianna (PAN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 02-Oct-19	time	6.34	10.37	14.61		23.59			33.50	38.57	43.78	49.21		55.61	2 / 6			
reaction time 0.223	interval		4.03	4.24		8.98			9.91	5.07	5.21	5.43	6.40	AR			15.71
	velocity	7.10	8.68	8.25		7.80			7.06	6.90	6.72	6.45	6.25	7.19			6.68
H1 lead leg L	strides	23	15	15						16	17	17	20	123			

Zapletalová, Emma (SVK) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 28-Aug-21	time	6.42	10.70	15.12		23.95		28.50	33.23	38.20	43.46	49.00		55.61	8 / 6			
reaction time 0.138	interval		4.28	4.42		8.83		4.55	4.73	4.97	5.26	5.54	6.61				15.77
	velocity	7.01	8.18	7.92		7.93		7.69	7.40	7.04	6.65	6.32	6.05	7.19			6.66
H1 lead leg R	strides	23	15	15	15			15	15		16	16	20.2	150.2			

Meisberger, Shannon (USA) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)														*USATF (2022) - Results powered by Karmarush*			
date 24-Jun-22	time	6.37	10.30	14.39	18.79	23.29	25.34	28.02	32.90	38.12	43.43	49.03	*55.61*	55.61	8 / 4		
reaction time	interval		3.93	4.09	4.40	4.50		4.73	4.88	5.22	5.31	5.60	6.58	PB		12.42	14.11	16.13
	velocity	7.06	8.91	8.56	7.95	7.78	7.89	7.40	7.17	6.70	6.59	6.25	6.08	7.19		8.45	7.44	6.51
H1 lead leg L	strides	22	15	15	15	15		16	16	16	17			147				

Child, Eilidh (GBR) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Commonwealth Games (Dehli, IND)														*Arnold (2010) - 400mH planning and peaking*			
date 10-Oct-10	time	6.5	10.8	15.2	19.7	24.2	26.2	28.8	33.7	38.7	44.1	49.5		55.62	5 / 2			
reaction time 0.238	interval		4.3	4.4	4.5	4.5		4.6	4.9	5.0	5.4	5.4	6.12			13.20	14.00	15.80
	velocity	6.92	8.14	7.95	7.78	7.78	7.63	7.61	7.14	7.00	6.48	6.48	6.54	7.19		7.95	7.50	6.65
H1 lead leg L	strides	24	16	16	16	16		16	17	17	18	18	21.5	195.5				

Stepter, Jaide (USA) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 08-Jun-17	time	6.40	10.52	14.72	19.04	23.48		28.04	32.92	38.28	43.72	49.24		55.62	9 / 5			
reaction time 0.134	interval		4.12	4.20	4.32	4.44		4.56	4.88	5.36	5.44	5.52	6.38			12.64	13.88	16.32
	velocity	7.03	8.50	8.33	8.10	7.88		7.68	7.17	6.53	6.43	6.34	6.27	7.19		8.31	7.56	6.43
H1 lead leg L	strides	23	15	15	15	15		15	15	17	17	17	20.2	184.2				

Roßley, Karin (GDR) (1957)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1977 European Cup (Helsinki, FIN)														*McFarlane (1979) - le 400 m haies feminin*			
date 13-Aug-77	time	6.5	10.9	15.4	19.8	24.5	26.5	29.4	34.2	39.3	44.5	49.7		55.63	/ 1			
reaction time	interval		4.40	4.50	4.40	4.70		4.90	4.80	5.10	5.20	5.20	5.93	WR		13.30	14.40	15.50
	velocity	6.92	7.95	7.78	7.95	7.45	7.55	7.14	7.29	6.86	6.73	6.73	6.75	7.19		7.89	7.29	6.77
H1 lead leg	strides																	

Adekoya, Kemi (BRN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 08-Jun-17	time	6.36	10.64	14.96	19.56	24.20		29.04	34.16	39.36	44.60	49.92		55.63	2 / 6			
reaction time 0.169	interval		4.28	4.32	4.60	4.64		4.84	5.12	5.20	5.24	5.32	5.71			13.20	14.60	15.76
	velocity	7.08	8.18	8.10	7.61	7.54		7.23	6.84	6.73	6.68	6.58	7.01	7.19		7.95	7.19	6.66
H1 lead leg R	strides	23	15	16	16	16		17	17	17	17	17	19.7	190.7				

Nel, Wenda (RSA) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 12-May-18	time	6.44	10.84	15.44	20.08	24.88		29.64	34.52	39.44				55.63	8 / 4			
reaction time 0.184	interval		4.40	4.60	4.64	4.80		4.76	4.88	4.92						13.64	14.44	
	velocity	6.99	7.95	7.61	7.54	7.29		7.35	7.17	7.11				7.19		7.70	7.27	
H1 lead leg L	strides	23	16	16	16	16		16	17	17				137				

Carter, Kori (USA) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 12-Jul-19	time	6.28	10.48	14.80	19.16	23.72	25.7		33.44	38.56	43.80	49.20		55.63	7 / 7			
reaction time 0.140	interval		4.20	4.32	4.36	4.56			9.72	5.12	5.24	5.40	6.43			12.88	14.28	15.76
	velocity	7.17	8.33	8.10	8.03	7.68	7.78		7.20	6.84	6.68	6.48	6.22	7.19		8.15	7.35	6.66
H1 lead leg L	strides	23	15	15	15	15				17	17	17	20.2	154.2				

Olivieri, Linda (ITA) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 10-Jun-21	time	6.48	10.88	15.30	19.80	24.44	26.5	29.32	34.20	39.20	44.28	49.52		55.63	7 / 6			
reaction time 0.134	interval		4.40	4.42	4.50	4.64		4.88	4.88	5.00	5.08	5.24	6.11	PB		13.32	14.40	15.32
	velocity	6.94	7.95	7.92	7.78	7.54	7.55	7.17	7.17	7.00	6.89	6.68	6.55	7.19		7.88	7.29	6.85
H1 lead leg R	strides	23	15	15	15	15		16	16	16	16	17	20.2	184.2				

Meißner, Heike (GER) (1970)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1991 European Cup (Frankfurt, GER)														*Federle (2003) - http://www.fgs.uni-halle.de*			
date 29-Jun-91	time	6.57	10.76	15.12	19.54	24.01		28.60	33.42	38.59	44.03	49.53		55.64	/ 3			

reaction time		interval		4.19	4.36	4.42	4.47		4.59	4.82	5.17	5.44	5.50	6.11			12.97	13.88	16.11
		velocity	6.85	8.35	8.03	7.92	7.83		7.63	7.26	6.77	6.43	6.36	6.55	7.19		8.10	7.56	6.52
H1 lead leg		strides																	

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 06-Jun-19	time	6.44	10.64	14.92	19.40	24.08		28.96	33.84	38.80	44.00	49.40		55.64	8 / 6			
reaction time 0.157	interval		4.20	4.28	4.48	4.68		4.88	4.88	4.96	5.20	5.40	6.24			12.96	14.44	15.56
	velocity	6.99	8.33	8.18	7.81	7.48		7.17	7.17	7.06	6.73	6.48	6.41	7.19		8.10	7.27	6.75
H1 lead leg R	strides	22	14	14	14	15		15	15	15	15	16	19.5	174.5				

Bellamy, Shani'a (USA) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 09-Jul-23	time	6.24	10.71	15.08	19.55	24.12		28.86	33.70	38.87	44.04			55.64	3 / 4			
reaction time	interval		4.47	4.37	4.47	4.57		4.74	4.84	5.17	5.17		11.60			13.31	14.15	
	velocity	7.21	7.83	8.01	7.83	7.66		7.38	7.23	6.77	6.77		6.47	7.19		7.89	7.42	
H1 lead leg L	strides	23	15	15	15	15			15		16			114				

Taylor, Brenda (USA) (1979)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 SDSU (San Diego, CA)														*Henson (2004) USATF OTC sport science*			
date 20-Mar-04	time	6.35	10.67	15.18	19.73	24.35		29.14	33.95	39.00	44.19	49.53		55.65	/ 1			
reaction time	interval		4.32	4.51	4.55	4.62		4.79	4.81	5.05	5.19	5.34	6.12			13.38	14.22	15.58
	velocity	7.09	8.10	7.76	7.69	7.58		7.31	7.28	6.93	6.74	6.55	6.54	7.19		7.85	7.38	6.74
H1 lead leg	strides																	

Yusuf Jamal, Aminat (BRN) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)														*Henson (2021) - Athlete First: 2018 year end hurdle report*			
date 09-Sep-18	time	6.20	10.32	14.52	18.72	23.04		27.64	32.64	37.80	43.16	48.84		55.65	3 / 5			
reaction time 0.194	interval		4.12	4.20	4.20	4.32		4.60	5.00	5.16	5.36	5.68	6.81			12.52	13.92	16.20
	velocity	7.26	8.50	8.33	8.33	8.10		7.61	7.00	6.78	6.53	6.16	5.87	7.19		8.39	7.54	6.48
H1 lead leg R	strides	23	15	15	15	15		15	16	17	17	18	21.5	187.5				

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 12-Jul-19	time	6.56	10.80	15.10	19.52		26.3	29.04	34.08	39.16	44.36	49.64		55.65	8 / 8			
reaction time 0.170	interval		4.24	4.30	4.42			9.52	5.04	5.08	5.20	5.28	6.01			12.96	14.56	15.56
	velocity	6.86	8.25	8.14	7.92		7.60	7.35	6.94	6.89	6.73	6.63	6.66	7.19		8.10	7.21	6.75
H1 lead leg R	strides	22	14	14	14				15	15	15	16		125				

Bakhvalova, Yekaterina (RUS) (1972)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 European Cup (Munich, GER)														*Jung (2003) - http://www.fgs.uni-halle.de*			
date 21-Jun-97	time	6.78	11.14	15.52	20.03	24.72		29.50	34.45	39.57	44.83	50.01		55.66	/ 3			
reaction time	interval		4.36	4.38	4.51	4.69		4.78	4.95	5.12	5.26	5.18	5.65			13.25	14.42	15.56
	velocity	6.64	8.03	7.99	7.76	7.46		7.32	7.07	6.84	6.65	6.76	7.08	7.19		7.92	7.28	6.75
H1 lead leg	strides																	

Bookman, Deonca (USA) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 26-Jun-21	time	6.54	10.71	15.11	19.52	24.15		28.89	33.66	38.54	43.74			55.66	9 / 4			
reaction time 0.338	interval		4.17	4.40	4.41	4.63		4.74	4.77	4.88	5.20			PB		12.98	14.14	
	velocity	6.88	8.39	7.95	7.94	7.56		7.38	7.34	7.17	6.73			7.19		8.09	7.43	
H1 lead leg R	strides		17	17	17	17		17	17	17	18	18		155				

Russell, Masai (USA) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 USATF National Championships (Eugene, OR)														*USATF (2022) - Results powered by Karmarush*			
date 25-Jun-22	time	6.40	10.59	14.92	19.41	24.08	26.17	28.89	33.79	38.84	44.00	49.32	*55.66*	55.66	4 / 6			
reaction time	interval		4.19	4.33	4.49	4.67		4.81	4.90	5.05	5.16	5.32	6.34			13.01	14.38	15.53
	velocity	7.03	8.35	8.08	7.80	7.49	7.64	7.28	7.14	6.93	6.78	6.58	6.31	7.19		8.07	7.30	6.76
H1 lead leg R	strides	24	16	16	16	16			17	17	17			139				

Meißner, Heike (GER) (1970)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2002 European Championships (Munich, GER)														*Graubner (2009) - http://www.fgs.uni-halle.de*			
date 07-Aug-02	time	6.75	11.04	15.35	19.75	24.23		29.09	33.97	39.97	44.13	49.47		55.67	/ 2			
reaction time 0.160	interval		4.29	4.31	4.40	4.48		4.86	4.88	6.00	4.16	5.34	6.20			13.00	14.22	15.50
	velocity	6.67	8.16	8.12	7.95	7.81		7.20	7.17	5.83	8.41	6.55	6.45	7.19		8.08	7.38	6.77
H1 lead leg	strides																	

Nel, Wenda (RSA) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 21-Jul-18	time	6.40	10.72	15.16	19.68	24.32		29.04	33.92	38.96	44.04	49.32		55.67	1 / 5			
reaction time 0.179	interval		4.32	4.44	4.52	4.64		4.72	4.88	5.04	5.08	5.28	6.35			13.28	14.24	15.40
	velocity	7.03	8.10	7.88	7.74	7.54		7.42	7.17	6.94	6.89	6.63	6.30	7.19		7.91	7.37	6.82
H1 lead leg L	strides	23	16	16	16	16		16	17	17	17	17	21.7	192.7				

Carter, Kori (USA) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 13-Jun-19	time	6.24	10.28	14.40		23.08	25.0	27.76	32.80	38.00	43.44	49.12		55.67	3 / 4			
reaction time 0.137	interval		4.04	4.12		8.68		4.68	5.04	5.20	5.44	5.68	6.55					16.32

		velocity	7.21	8.66	8.50		8.06	8.00	7.48	6.94	6.73	6.43	6.16	6.11	7.19					6.43
H1 lead leg	L	strides	23	15	15				16	17	17	18	18	20.7	159.7					

Chen Dongmei (CHN) (1963)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1990 Asian Games Test (Beijing, CHN)														*Fan (1992) - implementing Chen Dongmei's four-year training plan: regularities of 400m hurdles*			
date 24-Jun-90 time	6.40	10.86	15.07	19.46	23.92		28.82	33.50	38.58	43.84	49.19		55.68	/ 2			
reaction time interval		4.46	4.21	4.39	4.46		4.90	4.68	5.08	5.26	5.35	6.49			13.06	14.04	15.69
velocity	7.03	7.85	8.31	7.97	7.85		7.14	7.48	6.89	6.65	6.54	6.16	7.18		8.04	7.48	6.69
H1 lead leg strides	23	16	16	16	16		17	17	17	17	18	22	195				

Buchanan, Rebecca (USA) (1970)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USA Olympic Trials (Atlanta, GA)														*USATF Women's Sprint Development (1996)*			
date 16-Jun-96 time	6.43	10.70	15.05	19.60	24.27	26.26	29.07	34.05	39.17	44.37	49.51		55.69	6 / 5			
reaction time interval		4.27	4.35	4.55	4.67		4.80	4.98	5.12	5.20	5.14	6.18			13.17	14.45	15.46
velocity	7.00	8.20	8.05	7.69	7.49	7.62	7.29	7.03	6.84	6.73	6.81	6.47	7.18		7.97	7.27	6.79
H1 lead leg R strides	23	15	15	16	16		16	16	16	17	17	20	187				

Dudgeon, Sinead (GBR) (1976)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)														*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date 23-Aug-99 time	6.06	10.27	14.60	18.98	23.59		28.46	33.48	38.73	43.97	49.38		55.69	2 / 6			
reaction time 0.173 interval		4.21	4.33	4.38	4.61		4.87	5.02	5.25	5.24	5.41	6.31			12.92	14.50	15.90
velocity	7.43	8.31	8.08	7.99	7.59		7.19	6.97	6.67	6.68	6.47	6.34	7.18		8.13	7.24	6.60
H1 lead leg R strides	23	15	15	15	15		16	16	17	17	17	20	186				

Folorunso, Ayomide (ITA) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 01-Sep-16 time	6.56	10.96	15.40	20.04	24.68		29.44	34.32	39.48	44.60	49.84		55.69	1 / 5			
reaction time 0.203 interval		4.40	4.44	4.64	4.64		4.76	4.88	5.16	5.12	5.24	5.85			13.48	14.28	15.52
velocity	6.86	7.95	7.88	7.54	7.54		7.35	7.17	6.78	6.84	6.68	6.84	7.18		7.79	7.35	6.77
H1 lead leg R strides	23	16	16		16		16	17	17	17	17	20	175				

Tkachuk, Viktoriya (UKR) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 31-May-18 time	6.52	10.76	15.12	19.64	24.24		29.00	33.96	39.08	44.32	49.64		55.69	9 / 6			
reaction time 0.251 interval		4.24	4.36	4.52	4.60		4.76	4.96	5.12	5.24	5.32	6.05			13.12	14.32	15.68
velocity	6.90	8.25	8.03	7.74	7.61		7.35	7.06	6.84	6.68	6.58	6.61	7.18		8.00	7.33	6.70
H1 lead leg L strides	22	15	15	15	15		15	16	16	17	17	20	183				

Tkachuk, Viktoriya (UKR) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Athletissima (Lausanne, SUI)														*Omega Timing (2023) - diamond league race analysis*			
date 30-Jun-23 time	6.24	10.36	14.59	18.93	23.40		28.01	32.85	38.00	43.44	49.07		55.69	7 / 6			
reaction time 0.196 interval		4.12	4.23	4.34	4.47		4.61	4.84	5.15	5.44	5.63	6.62			12.69	13.92	16.22
velocity	7.21	8.50	8.27	8.06	7.83		7.59	7.23	6.80	6.43	6.22	6.04	7.18		8.27	7.54	6.47
H1 lead leg L strides	22	15		15	15		15	15	16	18	17	21	169				

Pedroso, Yadisleidis (ITA) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 08-Jun-17 time	6.52	10.80	15.24	19.76	24.40		29.32	34.16	39.12	44.28	49.56		55.70	7 / 7			
reaction time 0.200 interval		4.28	4.44	4.52	4.64		4.92	4.84	4.96	5.16	5.28	6.14			13.24	14.40	15.40
velocity	6.90	8.18	7.88	7.74	7.54		7.11	7.23	7.06	6.78	6.63	6.51	7.18		7.93	7.29	6.82
H1 lead leg R strides	24	16	16	16	16		16	16	17	18	18	21	194				

Tate, Cassandra (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)														*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date 16-Jul-17 time	6.44	10.64	14.96	19.36	23.96		28.68	33.64	38.76	44.00	49.40		55.70	1 / 7			
reaction time 0.213 interval		4.20	4.32	4.40	4.60		4.72	4.96	5.12	5.24	5.40	6.30			12.92	14.28	15.76
velocity	6.99	8.33	8.10	7.95	7.61		7.42	7.06	6.84	6.68	6.48	6.35	7.18		8.13	7.35	6.66
H1 lead leg R strides	22	15	15	15	15		15	15	16	16	16	19.7	179.7				

Meisberger, Shannon (USA) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 12-Jun-21 time	6.60	10.97	15.17	19.60	24.17			33.87	38.83	44.03	49.40		55.70	8 / 2			
reaction time 0.275 interval		4.37	4.20	4.43	4.57			9.70	4.96	5.20	5.37	6.30	PB		13.00	14.27	15.53
velocity	6.82	8.01	8.33	7.90	7.66			7.22	7.06	6.73	6.52	6.35	7.18		8.08	7.36	6.76
H1 lead leg R strides	23	15	15	15	16					17	17	20.5	138.5				

Sprunger, Léa (SUI) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 01-Sep-16 time	6.60	10.96	15.40	19.88	24.56		29.32	34.24	39.32	44.64			55.71	7 / 6			
reaction time 0.127 interval		4.36	4.44	4.48	4.68		4.76	4.92	5.08	5.32					13.28	14.36	
velocity	6.82	8.03	7.88	7.81	7.48		7.35	7.11	6.89	6.58			7.18		7.91	7.31	
H1 lead leg R strides	22	15	15	15	15		15	15	15	16			143				

Doyle, Eilidh (GBR) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 10-Aug-17 time	6.32		14.80	19.16	23.68		28.32	33.24	38.40	43.68	49.16		55.71	2 / 8			
reaction time 0.157 interval			8.48	4.36	4.52		4.64	4.92	5.16	5.28	5.48	6.55			12.84	14.08	15.92
velocity	7.12		8.25	8.03	7.74		7.54	7.11	6.78	6.63	6.39	6.11	7.18		8.18	7.46	6.60

H1 lead leg	L	strides	23			15	15		16	17	17	18	18	21.5	160.5					

Cockrell, Anna (USA) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 NCAA Championships (Eugene, OR) (TV Analysis)													*Henson (2020) - Athlete First: 2018 year end hurdle report*				
date 09-Jun-18 time	6.43	10.43		19.16	23.73		28.56	33.63	38.80	44.06	49.40		55.71	5 / 2			
reaction time interval		4.00		8.73	4.57		4.83	5.07	5.17	5.26	5.34	6.31			12.73	14.47	15.77
velocity	7.00	8.75		8.02	7.66		7.25	6.90	6.77	6.65	6.55	6.34	7.18		8.25	7.26	6.66
H1 lead leg L strides		14			15		16	16	16		16	20.5	113.5				

Watson, Sage (CAN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)													*Henson (2020) - Athlete First: 2019 year end hurdle report*				
date 06-Jun-19 time	6.52	10.80	15.20	19.72	24.32		29.00	33.92	38.96	44.20	49.60		55.71	1 / 7			
reaction time 0.171 interval		4.28	4.40	4.52	4.60		4.68	4.92	5.04	5.24	5.40	6.11			13.20	14.20	15.68
velocity	6.90	8.18	7.95	7.74	7.61		7.48	7.11	6.94	6.68	6.48	6.55	7.18		7.95	7.39	6.70
H1 lead leg R strides	22	15	15	15	15		15	16	16	16	17	19.7	181.7				

Krafzik, Carolina (GER) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)													*Omega Timing (2023) - diamond league race analysis*				
date 02-Jul-23 time	6.24	10.31	14.49	18.83	23.37		28.15	33.09	38.17	43.50	49.09		55.71	5 / 1			
reaction time 0.178 interval		4.07	4.18	4.34	4.54		4.78	4.94	5.08	5.33	5.59	6.62			12.59	14.26	16.00
velocity	7.21	8.60	8.37	8.06	7.71		7.32	7.09	6.89	6.57	6.26	6.04	7.18		8.34	7.36	6.56
H1 lead leg strides																	

Zheng Liyuan (CHN) (1974)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1993 Chinese National Games (Beijing, CHN)													*Xu (1993) - training about Zhen Liyuan in 400m hurdles*				
date 09-Sep-93 time	6.56	10.90	15.39	19.80	24.51		29.29	34.25	39.19	44.26	49.69		55.72	/ 5			
reaction time interval		4.34	4.49	4.41	4.71		4.78	4.96	4.94	5.07	5.43	6.03			13.24	14.45	15.44
velocity	6.86	8.06	7.80	7.94	7.43		7.32	7.06	7.09	6.90	6.45	6.63	7.18		7.93	7.27	6.80
H1 lead leg strides	23	15	15	15	15		16	16	17	17	17		166				

Beesley, Meghan (GBR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)													*Henson (2021) - Athlete First: 2016 year end hurdle report*				
date 06-May-16 time	6.32	10.52	14.84	19.28	23.88		28.72	33.64	38.68	43.96	49.40		55.72	7 / 6			
reaction time 0.166 interval		4.20	4.32	4.44	4.60		4.84	4.92	5.04	5.28	5.44	6.32			12.96	14.36	15.76
velocity	7.12	8.33	8.10	7.88	7.61		7.23	7.11	6.94	6.63	6.43	6.33	7.18		8.10	7.31	6.66
H1 lead leg L strides	24	16	16	16	16		17	17	17	18	18	22	197				

Titimets, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)													*Henson (2021) - Athlete First: 2016 year end hurdle report*				
date 01-Sep-16 time	6.52	10.76	15.20	19.68	24.32		29.00	33.84	38.80	44.08	49.52		55.72	2 / 7			
reaction time 0.180 interval		4.24	4.44	4.48	4.64		4.68	4.84	4.96	5.28	5.44	6.20			13.16	14.16	15.68
velocity	6.90	8.25	7.88	7.81	7.54		7.48	7.23	7.06	6.63	6.43	6.45	7.18		7.98	7.42	6.70
H1 lead leg L strides	22	15	15		15		15	15	15	16	16	20	164				

Muhammad, Dalilah (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)													*Omega Timing (2023) - diamond league race analysis*				
date 28-May-23 time	6.18	10.28	14.58	19.13	23.79		28.53	33.54	38.67	43.85	49.26		55.72	6 / 5			
reaction time 0.170 interval		4.10	4.30	4.55	4.66		4.74	5.01	5.13	5.18	5.41	6.46			12.95	14.41	15.72
velocity	7.28	8.54	8.14	7.69	7.51		7.38	6.99	6.82	6.76	6.47	6.19	7.18		8.11	7.29	6.68
H1 lead leg R strides	22	14	14	15	15		15	15			16	20	146				

Regá, Chantal (FRA) (1955)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1982 European Championships (Athens, GRE)													*(1982) - XIII championnats d'Europe d'Atlletisma, Athens 1982*				
date 09-Sep-82 time	6.5		14.7		23.4			32.6		43.7			55.73	/ 1			
reaction time interval			8.2		8.7			9.2		11.1							
velocity	6.92		8.54		8.05			7.61		6.31			7.18				
H1 lead leg strides																	

Little, Shamier (USA) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)													*Henson (2020) - Athlete First: 2016 year end hurdle report*				
date 15-Jul-16 time	6.33	10.43	14.80	19.27	23.77		28.60	33.47	38.57	43.93	49.40		55.73	5 / 6			
reaction time 0.243 interval		4.10	4.37	4.47	4.50		4.83	4.87	5.10	5.36	5.47	6.33			12.94	14.20	15.93
velocity	7.11	8.54	8.01	7.83	7.78		7.25	7.19	6.86	6.53	6.40	6.32	7.18		8.11	7.39	6.59
H1 lead leg L strides	24	15	15	15	15		16	16	16	17	17	20	186				

Woodruff, Gianna (PAN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)													*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date 08-Aug-22 time	6.50	10.53	14.93	19.47	24.10		28.83	33.73	38.90	44.10	49.46		55.73	6 / 4			
reaction time 0.234 interval		4.03	4.40	4.54	4.63		4.73	4.90	5.17	5.20	5.36	6.27			12.97	14.26	15.73
velocity	6.92	8.68	7.95	7.71	7.56		7.40	7.14	6.77	6.73	6.53	6.38	7.18		8.10	7.36	6.68
H1 lead leg L strides	23	15	15	15	15			15	16	16	17		147				

Rabchenyuk, Anastasiya (UKR) (198:

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FiNAL - 2006 European Championships (Göteborg, SWE)													*Behm (2006) - Göteborg 2006: Le quatrache*				
date 09-Aug-06 time	6.4	10.5	14.7	19.3	24.0		28.9	33.8	38.9	44.2	49.7		55.74	8 / 8			
reaction time interval		4.1	4.2	4.6	4.7		4.9	4.9	5.1	5.3	5.5	6.04			12.90	14.50	15.90
velocity	7.03	8.54	8.33	7.61	7.45		7.14	7.14	6.86	6.60	6.36	6.62	7.18		8.14	7.24	6.60
H1 lead leg R strides	22	15	15	15	16		16	16	17	17	17		166				

Urbansky, Ulrike (GER) (1977)

FINAL - 2007 European Cup (Munich, 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-07	time	6.63	10.94	15.33	19.93	24.46		29.21	34.07	39.07	44.13	49.54		55.74	/ 3			
reaction time	0.142	interval		4.31	4.39	4.60	4.53		4.75	4.86	5.00	5.06	5.41	6.20			13.30	14.14	15.47
		velocity	6.79	8.12	7.97	7.61	7.73		7.37	7.20	7.00	6.92	6.47	6.45	7.18		7.89	7.43	6.79
H1 lead leg		strides																	

Spence, Christine (USA) (1981)

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	6.51	10.71	15.08	19.45	23.92		28.51	33.42	38.42	43.82	49.27		55.74	3 / 5			
reaction time		interval		4.20	4.37	4.37	4.47		4.59	4.91	5.00	5.40	5.45	6.47			12.94	13.97	15.85
		velocity	6.91	8.33	8.01	8.01	7.83		7.63	7.13	7.00	6.48	6.42	6.18	7.18		8.11	7.52	6.62
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17		165				

Russell, Janieve (JAM) (1993)

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

			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	6.44	10.68	15.00	19.40	23.84	25.7	28.56	33.48	38.48	43.84			55.74	6 / 7			
reaction time	0.145	interval		4.24	4.32	4.40	4.44		4.72	4.92	5.00	5.36					12.96	14.08	
		velocity	6.99	8.25	8.10	7.95	7.88	7.78	7.42	7.11	7.00	6.53			7.18		8.10	7.46	
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17			148				

Woodruff, Gianna (PAN) (1993)

FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR) — *Omega Timing (2023) - diamond league race analysis*

			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-23	time	6.34	10.32	14.55	19.04	23.67		28.45	33.58	38.86	44.14	49.53		55.74	2 / 6			
reaction time	0.201	interval		3.98	4.23	4.49	4.63		4.78	5.13	5.28	5.28	5.39	6.21			12.70	14.54	15.95
		velocity	7.10	8.79	8.27	7.80	7.56		7.32	6.82	6.63	6.63	6.49	6.44	7.18		8.27	7.22	6.58
H1 lead leg	R	strides	22	14		15	15		15	16			16	19	132				

Bakhvalova, Yekaterina (RUS) (1972)

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	23-Aug-99	time	6.23	10.56	14.97	19.12	24.19		29.08	34.05	38.93	44.18	49.63		55.76	8 / 7			
reaction time	0.151	interval		4.33	4.41	4.15	5.07		4.89	4.97	4.88	5.25	5.45	6.13			12.89	14.93	15.58
		velocity	7.22	8.08	7.94	8.43	6.90		7.16	7.04	7.17	6.67	6.42	6.53	7.17		8.15	7.03	6.74
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	16	18	176				

Danvers-Smith, Tasha (GBR) (1977)

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

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

Pechonkina, Yuliya (RUS) (1978)

FINAL - 2004 Olympic Games (Athens, GRE) — *Behm (2005) - Athènes 2004: Les Haies Basses*

			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-04	time	6.4	10.5	14.7	18.9	23.3		27.9	32.5	37.7	42.9	48.5		55.79	6 / 8			
reaction time	0.244	interval		4.1	4.2	4.2	4.4		4.6	4.6	5.2	5.2	5.6	7.29			12.50	13.60	16.00
		velocity	7.03	8.54	8.33	8.33	7.95		7.61	7.61	6.73	6.73	6.25	5.49	7.17		8.40	7.72	6.56
H1 lead leg	L	strides	22	15	15	15	15		15	15	17	17	17		163				

Spencer, Ashley (USA) (1993)

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

			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-22	time	6.57	10.87	15.21	19.75	24.39	26.30	29.13	33.96	39.04	44.21	49.51		55.79	4 / 2			
reaction time		interval		4.30	4.34	4.54	4.64		4.74	4.83	5.08	5.17	5.30	6.28			13.18	14.21	15.55
		velocity	6.85	8.14	8.06	7.71	7.54	7.60	7.38	7.25	6.89	6.77	6.60	6.37	7.17		7.97	7.39	6.75
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18.2	175.2				

Iuel, Amalie (NOR) (1994)

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	6.36	10.52	14.84	19.24	23.88	25.9	28.68	33.72	38.72	44.04	49.48		55.80	8 / 5			
reaction time	0.169	interval		4.16	4.32	4.40	4.64		4.80	5.04	5.00	5.32	5.44	6.32			12.88	14.48	15.76
		velocity	7.08	8.41	8.10	7.95	7.54	7.72	7.29	6.94	7.00	6.58	6.43	6.33	7.17		8.15	7.25	6.66
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19.2	181.2				

Urbansky, Ulrike (GER) (1977)

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	23-Aug-99	time	6.28	10.51	14.79	19.13	23.56		28.22	33.45	38.71	43.89	49.26		55.81	1 / 8			
reaction time	0.239	interval		4.23	4.28	4.34	4.43		4.66	5.23	5.26	5.18	5.37	6.55			12.85	14.32	15.81
		velocity	7.17	8.27	8.18	8.06	7.90		7.51	6.69	6.65	6.76	6.52	6.11	7.17		8.17	7.33	6.64
H1 lead leg	R	strides	23	15	15	15	15		15	17	17	17	17	20	186				

Rabchenyuk, Anastasiya (UKR) (198:

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	6.52	10.74	15.09	19.53	24.28		29.12	34.23	39.42	44.66	49.90		55.81	/ 1			
reaction time		interval		4.22	4.35	4.44	4.75		4.84	5.11	5.19	5.24	5.24	5.91			13.01	14.70	15.67
		velocity	6.90	8.29	8.05	7.88	7.37		7.23	6.85	6.74	6.68	6.68	6.77	7.17		8.07	7.14	6.70
H1 lead leg		strides		15	15	15	16		16	17	17	17	17		145				

Kubokura, Satomi (JPN) (1982)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2011 Japanese National Championships (Kumagaya, JPN)																			
date	12-Jun-11	time	6.51	10.91	15.36	19.95	24.55		29.37	34.22	39.19	44.30	49.61		55.81	/ 1			
reaction time		interval		4.40	4.45	4.59	4.60		4.82	4.85	4.97	5.11	5.31	6.20			13.44	14.27	15.39
		velocity	6.91	7.95	7.87	7.63	7.61		7.26	7.22	7.04	6.85	6.59	6.45	7.17		7.81	7.36	6.82
H1 lead leg		strides		16	16	16	16		17	17	17	17	17		149				

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

Knight, Andrenette (JAM) (1996)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)																			
date	12-Jun-21	time	6.40		14.83	19.23	23.97			33.73	38.70	43.97	49.47		55.81	4 / 3			
reaction time	0.178	interval			8.43	4.40	4.74			9.76	4.97	5.27	5.50	6.34			12.83	14.50	15.74
		velocity	7.03		8.30	7.95	7.38			7.17	7.04	6.64	6.36	6.31	7.17		8.18	7.24	6.67
H1 lead leg	R	strides	23			15	16					17	17	20.2	108.2				

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

Glover, Sandra (USA) (1968)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)																			
date	23-Sep-07	time	6.88	11.34	15.84	20.50	25.14		29.88	34.68	39.65	44.70	49.85		55.82	7 / 8			
reaction time	0.332	interval		4.46	4.50	4.66	4.64		4.74	4.80	4.97	5.05	5.15	5.97			13.62	14.18	15.17
		velocity	6.54	7.85	7.78	7.51	7.54		7.38	7.29	7.04	6.93	6.80	6.70	7.17		7.71	7.40	6.92
H1 lead leg		strides																	

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

Child, Eilidh (GBR) (1987)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 3 - 2010 European Championships (Barcelona, ESP)																			
date	27-Jul-10	time	6.56	10.82	15.20	19.56	24.04		28.70	33.52	38.54	44.06	49.70		55.82	8 / 2			
reaction time	0.331	interval		4.26	4.38	4.36	4.48		4.66	4.82	5.02	5.52	5.64	6.12			13.00	13.96	16.18
		velocity	6.86	8.22	7.99	8.03	7.81		7.51	7.26	6.97	6.34	6.21	6.54	7.17		8.08	7.52	6.49
H1 lead leg	L	strides																	

Arnold (2010) - 400mH planning and peaking

Carli, Sarah (AUS) (1994)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)																			
date	06-Aug-22	time	6.47	10.50	14.60	19.07	23.63	25.6	28.57	33.53	38.50	43.80	49.23		55.82	2 / 6			
reaction time	0.263	interval		4.03	4.10	4.47	4.56		4.94	4.96	4.97	5.30	5.43	6.59			12.60	14.46	15.70
		velocity	6.96	8.68	8.54	7.83	7.68	7.81	7.09	7.06	7.04	6.60	6.45	6.07	7.17		8.33	7.26	6.69
H1 lead leg	L	strides	23	15	15	15	16		16	16	17	17	17	21	188				

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

Hemmings, Deon (JAM) (1968)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2001 IAAF World Championships (Edmonton, CAN)																			
date	08-Aug-01	time	6.3	10.6	15.0	19.3	23.8		28.6	33.7	38.9	44.0	49.3		55.83	8 / 7			
reaction time	0.179	interval		4.3	4.4	4.3	4.5		4.8	5.1	5.2	5.1	5.3	6.53			13.00	14.40	15.60
		velocity	7.14	8.14	7.95	8.14	7.78		7.29	6.86	6.73	6.86	6.60	6.13	7.16		8.08	7.29	6.73
H1 lead leg	L	strides	23	15	15	15	15		15	17	16	16	17		164				

Behm (2001) - Edmonton: Le quatrache: les finales

Kubokura, Satomi (JPN) (1982)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2010 Japanese National Championships (Marugume, JPN)																			
date	06-Jun-10	time	6.47	10.76	15.25	19.82	24.44		29.23	34.22	39.36	44.52	49.73		55.83	/ 1			
reaction time	0.183	interval		4.29	4.49	4.57	4.62		4.79	4.99	5.14	5.16	5.21	6.10			13.35	14.40	15.51
		velocity	6.96	8.16	7.80	7.66	7.58		7.31	7.01	6.81	6.78	6.72	6.56	7.16		7.87	7.29	6.77
H1 lead leg		strides		15	16	16	16		16	16	17	17	17		146				

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

Caravelli, Marzia (ITA) (1981)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																			
date	08-Jun-17	time	6.60	10.88	15.36	20.00	24.68		29.56	34.32	39.16	44.40	49.68		55.83	1 / 8			
reaction time	0.170	interval		4.28	4.48	4.64	4.68		4.88	4.76	4.84	5.24	5.28	6.15			13.40	14.32	15.36
		velocity	6.82	8.18	7.81	7.54	7.48		7.17	7.35	7.23	6.68	6.63	6.50	7.16		7.84	7.33	6.84
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19.5	178.5				

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

Beesley, Meghan (GBR) (1989)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																			
date	18-Aug-18	time	6.37	10.64	15.11	19.65	24.22		29.13	34.06	39.17	44.41	49.68		55.83	7 / 3			
reaction time	0.168	interval		4.27	4.47	4.54	4.57		4.91	4.93	5.11	5.24	5.27	6.15			13.28	14.41	15.62
		velocity	7.06	8.20	7.83	7.71	7.66		7.13	7.10	6.85	6.68	6.64	6.50	7.16		7.91	7.29	6.72
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	18	22	197				

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

Ennadi, Noura (MAR) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)																			
date	28-May-23	time	6.44	10.66	15.02	19.55	24.31		29.31	34.37	39.41	44.52	49.71		55.83	1 / 7			
reaction time	0.183	interval		4.22	4.36	4.53	4.76		5.00	5.06	5.04	5.11	5.19	6.12	PB		13.11	14.82	15.34
		velocity	6.99	8.29	8.03	7.73	7.35		7.00	6.92	6.94	6.85	6.74	6.54	7.16		8.01	7.09	6.84
H1 lead leg	R	strides	23	15		15	15		17			17	17	20	139				

Omega Timing (2023) - diamond league race analysis

Linkiewicz, Joanna (POL) (1990)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)																			
date	12-May-18	time	6.60	10.92	15.32	19.84	24.44		29.24	34.12	39.08	44.24	49.60		55.84	2 / 5			
reaction time	0.138	interval		4.32	4.40	4.52	4.60		4.80	4.88	4.96	5.16	5.36	6.24			13.24	14.28	15.48
		velocity	6.82	8.10	7.95	7.74	7.61		7.29	7.17	7.06	6.78	6.53	6.41	7.16		7.93	7.35	6.78
H1 lead leg	L	strides	25	16	16	16	16		17	17	17	17	18		175				

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

Seymour, Kiah (USA) (1994)	**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**

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

date	26-Jun-21	time	6.50	10.67	14.98	19.35	23.92		28.72	33.63	38.57	43.81			55.84	7 / 5			
reaction time	0.204	interval		4.17	4.31	4.37	4.57		4.80	4.91	4.94	5.24					12.85	14.28	
		velocity	6.92	8.39	8.12	8.01	7.66		7.29	7.13	7.09	6.68			7.16		8.17	7.35	
H1 lead leg	R	strides	24	16	16	16	16			17	17	17	18		157				

Woodruff, Gianna (PAN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																	
Henson (2021) - Athlete First: 2021 year end hurdle report																	
date 04-Aug-21	time	6.44	10.54	14.84	19.32	23.88		28.52	33.40	38.44				55.84	9 / ~~8~~ 7			
reaction time 0.235	interval		4.10	4.30	4.48	4.56		4.64	4.88	5.04						12.88	14.08	
	velocity	6.99	8.54	8.14	7.81	7.68		7.54	7.17	6.94				7.16		8.15	7.46	
H1 lead leg L	strides	23	15	15	15	15		15	15	15				128				

Wallace, Latosha (USA) (1985)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 USA Olympic Trials (Eugene, OR)																	
USATF Men's Hurdle Development (2008)																	
date 29-Jun-08	time	6.46	10.71	15.13	19.67	24.17		28.99	34.02	39.22	44.46	49.77		55.85	2 / 6			
reaction time	interval		4.25	4.42	4.54	4.50		4.82	5.03	5.20	5.24	5.31	6.08	PB		13.21	14.35	15.75
	velocity	6.97	8.24	7.92	7.71	7.78		7.26	6.96	6.73	6.68	6.59	6.58	7.16		7.95	7.32	6.67
H1 lead leg R	strides	24	15	16	16	15		16	16	17	17	17		169				

Sutherland, Savannah (CAN) (2003)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																	
Henson (2023) - Athlete First: 2023 year end hurdle report																	
date 21-Aug-23	time	6.80	11.26	15.63	19.93	24.43		29.23	34.20	39.23	44.57	50.00		55.85	5 / 4			
reaction time 0.227	interval		4.46	4.37	4.30	4.50		4.80	4.97	5.03	5.34	5.43	5.85			13.13	14.27	15.80
	velocity	6.62	7.85	8.01	8.14	7.78		7.29	7.04	6.96	6.55	6.45	6.84	7.16		8.00	7.36	6.65
H1 lead leg R	strides	23	15	15	15	15		16	16	16	17	17	20	185				

Spencer, Ashley (USA) (1993)

	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	6.56	10.84	15.24	19.76	24.40		29.04	33.88	38.88	44.28	49.80		55.86	2 / 6			
reaction time 0.159	interval		4.28	4.40	4.52	4.64		4.64	4.84	5.00	5.40	5.52	6.06			13.20	14.12	15.92
	velocity	6.86	8.18	7.95	7.74	7.54		7.54	7.23	7.00	6.48	6.34	6.60	7.16		7.95	7.44	6.60
H1 lead leg L	strides	22	15	15	15	15		15	15	15	16	16	18.2	177.2				

Doyle, Eilidh (GBR) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																	
Henson (2020) - Athlete First: 2017 year end hurdle report																	
date 08-Jun-17	time	6.48	10.64	14.88	19.20	23.56		28.28	33.08	38.08	43.48	49.28		55.86	3 / 9			
reaction time 0.165	interval		4.16	4.24	4.32	4.36		4.72	4.80	5.00	5.40	5.80	6.58			12.72	13.88	16.20
	velocity	6.94	8.41	8.25	8.10	8.03		7.42	7.29	7.00	6.48	6.03	6.08	7.16		8.25	7.56	6.48
H1 lead leg L	strides	23	15	15	15	15		16	16	17	19	19	22	192				

Nel, Wenda (RSA) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)																	
Henson (2020) - Athlete First: 2017 year end hurdle report																	
date 24-Aug-17	time	6.48	10.80	15.28	19.84	24.52		29.20	34.12		44.24	49.60		55.86	2 / 6			
reaction time 0.198	interval		4.32	4.48	4.56	4.68		4.68	4.92		10.12	5.36	6.26			13.36	14.28	15.48
	velocity	6.94	8.10	7.81	7.68	7.48		7.48	7.11		6.92	6.53	6.39	7.16		7.86	7.35	6.78
H1 lead leg L	strides	23	16	16		16		16	17			17	21.2	142.2				

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)																	
Henson (2020) - Athlete First: 2020 year end hurdle report																	
date 19-Aug-20	time	6.44	10.56	14.88	19.32	24.00		28.92	33.92	39.08	44.40	49.88		55.86	3 / 2			
reaction time 0.162	interval		4.12	4.32	4.44	4.68		4.92	5.00	5.16	5.32	5.48	5.98			12.88	14.60	15.96
	velocity	6.99	8.50	8.10	7.88	7.48		7.11	7.00	6.78	6.58	6.39	6.69	7.16		8.15	7.19	6.58
H1 lead leg R	strides	22	14	14	14	15		15	15	15	16	16	19.5	175.5				

Nugent, Leah (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)																	
Henson (2021) - Athlete First: 2021 year end hurdle report																	
date 21-Aug-21	time	6.32	10.52	14.72	19.08	23.64	25.7	28.44	33.36	38.48	43.84			55.86	9 / 8			
reaction time 0.228	interval		4.20	4.20	4.36	4.56		4.80	4.92	5.12	5.36					12.76	14.28	
	velocity	7.12	8.33	8.33	8.03	7.68	7.78	7.29	7.11	6.84	6.53			7.16		8.23	7.35	
H1 lead leg R	strides	22	15	15	15	15		15	15	15	16			143				

Folorunso, Ayomide (ITA) (1996)

	H1	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	6.34	10.44			23.46	25.33	28.03	32.86		43.21	48.88		55.86	1 / 8			
reaction time 0.179	interval		4.10			13.02		4.57	4.83		10.35	5.67	6.98					16.02
	velocity	7.10	8.54			8.06	7.90	7.66	7.25		6.76	6.17	5.73	7.16				6.55
H1 lead leg L	strides	23	15			15		16	16			17	22	124				

Russell, Janieve (JAM) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)																	
Henson (2020) - Athlete First: 2019 year end hurdle report																	
date 29-Aug-19	time	6.60	10.92		19.92	24.60	26.5	29.40	34.36	39.36				55.87	8 / 7			
reaction time 0.144	interval		4.32		9.00	4.68		4.80	4.96	5.00						13.32	14.44	
	velocity	6.82	8.10		7.78	7.48	7.55	7.29	7.06	7.00				7.16		7.88	7.27	
H1 lead leg R	strides	23	15			15		16	16	16				101				

Turner, Jessica (GBR) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																	
Henson (2020) - Athlete First: 2019 year end hurdle report																	

date	02-Oct-19	time	6.60	11.08	15.58		24.72		29.46	34.20	39.14	44.34	49.65		55.87	9 / 7		
reaction time	0.189	interval		4.48	4.50		9.14		4.74	4.74	4.94	5.20	5.31	6.22				15.45
		velocity	6.82	7.81	7.78		7.66		7.38	7.38	7.09	6.73	6.59	6.43	7.16			6.80
H1 lead leg	L	strides	24	16	16				16	16	17		17	20.7	142.7			

Sprunger, Léa (SUI) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 09-Sep-21 time	6.64	10.92		19.76	24.36	26.2	29.08	34.00	38.96				55.87	8 / 8			
reaction time 0.155 interval		4.28		8.84	4.60		4.72	4.92	4.96						13.12	14.24	
velocity	6.78	8.18		7.92	7.61	7.63	7.42	7.11	7.06				7.16		8.00	7.37	
H1 lead leg R strides	23	15			15		15	15		15			98				

Stepter, Jaide (USA) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 09-Sep-16 time	6.48	10.72	14.96	19.32	23.84		28.52	33.52	38.56	43.84	49.44		55.88	9 / 7			
reaction time 0.235 interval		4.24	4.24	4.36	4.52		4.68	5.00	5.04	5.28	5.60	6.44			12.84	14.20	15.92
velocity	6.94	8.25	8.25	8.03	7.74		7.48	7.00	6.94	6.63	6.25	6.21	7.16		8.18	7.39	6.60
H1 lead leg L strides	22	15	15	15	15		15	16	16	16	17	20	182				

Meißner, Heike (GER) (1970)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 European Championships (Munich, GER)														*Graubner (2009) - http://www.fgs.uni-halle.de*			
date 08-Aug-02 time	6.74	10.91	15.16	19.51	24.07		28.84	33.73	38.83	44.15	49.59		55.89	/ 2			
reaction time 0.180 interval		4.17	4.25	4.35	4.56		4.77	4.89	5.10	5.32	5.44	6.30			12.77	14.22	15.86
velocity	6.68	8.39	8.24	8.05	7.68		7.34	7.16	6.86	6.58	6.43	6.35	7.16		8.22	7.38	6.62
H1 lead leg strides		15	15	15	16		16	16	16	17	17						

Carli, Sarah (AUS) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 19-Jul-22 time	6.53	10.90	15.43	19.93	24.73	26.74		34.50	39.53	44.70	49.90		55.89	4 / 3			
reaction time 0.279 interval		4.37	4.53	4.50	4.80			9.77	5.03	5.17	5.20	5.99			13.40	14.57	15.40
velocity	6.89	8.01	7.73	7.78	7.29	7.48		7.16	6.96	6.77	6.73	6.68	7.16		7.84	7.21	6.82
H1 lead leg L strides	23	15	15	15	16				16	17	17	19.2	153.2				

Febbraio, Surita (RSA) (1973)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 IAAF World Championships (Paris, FRA)														*Behm (2003) - Paris 2003:Le quatrache masculn - féminin*			
date 28-Aug-03 time	6.4	10.5	14.7	19.2	23.7		28.4	33.2	38.1	43.4	49.0		55.90	8 / 8			
reaction time 0.168 interval		4.1	4.2	4.5	4.5		4.7	4.8	4.9	5.3	5.6	6.90			12.80	14.00	15.80
velocity	7.03	8.54	8.33	7.78	7.78		7.45	7.29	7.14	6.60	6.25	5.80	7.16		8.20	7.50	6.65
H1 lead leg L strides	23	15	15	16	16		17	17	18	18	19	21	195				

Taylor, Brenda (USA) (1979)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FiNAL - 2004 Seiko Super Grand Prix (Yokohama, JPN)														*Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers*			
date 23-Sep-04 time	6.38	10.60	15.04	19.53	24.10		28.79	33.63	38.69	44.10	49.56		55.90	/ 2			
reaction time interval		4.22	4.44	4.49	4.57		4.69	4.84	5.06	5.41	5.46	6.34			13.15	14.10	15.93
velocity	7.05	8.29	7.88	7.80	7.66		7.46	7.23	6.92	6.47	6.41	6.31	7.16		7.98	7.45	6.59
H1 lead leg strides		15	15	15	15		15	16	16	17	17		141				

Nel, Wenda (RSA) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 21-Jul-17 time	6.44	10.68		19.60	24.12			33.68	38.76	43.96	49.52		55.90	2 /5			
reaction time 0.213 interval		4.24		8.92	4.52			9.56	5.08	5.20	5.56	6.38			13.16	14.08	15.84
velocity	6.99	8.25		7.85	7.74			7.32	6.89	6.73	6.29	6.27	7.16		7.98	7.46	6.63
H1 lead leg L strides	23	16			16				17	17	18		107				

Sartori, Rebecca (ITA) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 20-Jul-22 time	6.38	10.60	15.06	19.40	24.00	26.10	28.92	33.93	39.20	44.53	49.86		55.90	2 / 8			
reaction time 0.199 interval		4.22	4.46	4.34	4.60		4.92	5.01	5.27	5.33	5.33	6.04			13.02	14.53	15.93
velocity	7.05	8.29	7.85	8.06	7.61	7.66	7.11	6.99	6.64	6.57	6.57	6.62	7.16		8.06	7.23	6.59
H1 lead leg L strides	22	15	15	15	15		16		17	17	17	19.5	168.5				

McLaughlin, Elaine (GBR) (1963)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)														*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*			
date 26-Sep-88 time	6.77	11.13	15.59	20.14	24.78		29.66	34.65	39.69	44.82	50.01		55.91	2 / 6			
reaction time 0.168 interval		4.36	4.46	4.55	4.64		4.88	4.99	5.04	5.13	5.19	5.90			13.37	14.51	15.36
velocity	6.65	8.03	7.85	7.69	7.54		7.17	7.01	6.94	6.82	6.74	6.78	7.15		7.85	7.24	6.84
H1 lead leg strides	25	16	16	16	16		16	16	17	17	17	19.5	191.5				

Folorunso, Ayomide (ITA) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 19-Aug-22 time	6.40	10.70		19.50	24.00	25.91	28.67	33.47	38.50	43.66	49.10		55.91	2 / 7			
reaction time 0.197 interval		4.30		8.80	4.50		4.67	4.80	5.03	5.16	5.44	6.81			13.10	13.97	15.63
velocity	7.03	8.14		7.95	7.78	7.72	7.49	7.29	6.96	6.78	6.43	5.87	7.15		8.02	7.52	6.72
H1 lead leg L strides	23	15			15		16	16	16	17	17	21.5	156.5				

Titimets, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 09-Sep-16 time	6.52	10.76	15.08	19.52	24.12		28.84	33.80	39.00	44.28	49.72		55.92	1 / 8			

reaction time	0.205	interval		4.24	4.32	4.44	4.60		4.72	4.96	5.20	5.28	5.44	6.20			13.00	14.28	15.92
		velocity	6.90	8.25	8.10	7.88	7.61		7.42	7.06	6.73	6.63	6.43	6.45	7.15		8.08	7.35	6.60
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	20	180				

Spencer, Ashley (USA) (1993)

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

FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis) — *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	21-Jul-17	time	6.36	10.56		19.36	23.88			33.20	38.20	43.60	49.44		55.92	5 / 6			
reaction time	0.180	interval		4.20		8.80	4.52			9.32	5.00	5.40	5.84	6.48			13.00	13.84	16.24
		velocity	7.08	8.33		7.95	7.74			7.51	7.00	6.48	5.99	6.17	7.15		8.08	7.59	6.47
H1 lead leg	L	strides	22	15			15				15	16	17		100				

Iuel, Amalie (NOR) (1994)

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

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

date	23-Aug-20	time	6.47	10.67	15.03	19.53	24.17	26.2	28.97	33.93	39.07	44.33	49.63		55.92	8 / 3			
reaction time	0.162	interval		4.20	4.36	4.50	4.64		4.80	4.96	5.14	5.26	5.30	6.29			13.06	14.40	15.70
		velocity	6.96	8.33	8.03	7.78	7.54	7.63	7.29	7.06	6.81	6.65	6.60	6.36	7.15		8.04	7.29	6.69
H1 lead leg	L	strides	22	15		15	15		15	15	16	16	16	19	164				

Spencer, Ashley (USA) (1993)

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

Heat 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis) — *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	25-Jun-21	time	6.36	10.70	15.16	19.63	24.26		29.03	33.93	38.93	44.16	49.60		55.92	8 / 2			
reaction time	0.182	interval		4.34	4.46	4.47	4.63		4.77	4.90	5.00	5.23	5.44	6.32			13.27	14.30	15.67
		velocity	7.08	8.06	7.85	7.83	7.56		7.34	7.14	7.00	6.69	6.43	6.33	7.15		7.91	7.34	6.70
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18	175				

Wilson, Britton (USA) (2000)

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

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

date	10-Jun-23	time	6.87	11.14	15.58	20.09	24.69		29.33	34.27	39.34	44.51	49.75		55.92	6 / 7			
reaction time		interval		4.27	4.44	4.51	4.60		4.64	4.94	5.07	5.17	5.24	6.17			13.22	14.18	15.48
		velocity	6.55	8.20	7.88	7.76	7.61		7.54	7.09	6.90	6.77	6.68	6.48	7.15		7.94	7.40	6.78
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16		162				

Williams, Tonya (USA) (1974)

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

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

date	16-Jun-96	time	6.20	10.38	14.71	19.25	23.83	25.79	28.60	33.58	38.68	44.07			55.94	1 / 6			
reaction time		interval		4.18	4.33	4.54	4.58		4.77	4.98	5.10	5.39					13.05	14.33	
		velocity	7.26	8.37	8.08	7.71	7.64	7.75	7.34	7.03	6.86	6.49			7.15		8.05	7.33	
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	19.5	183.5				

Boden, Lauren (AUS) (1988)

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

Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) — *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	02-Oct-19	time	6.47	10.71	15.01		23.86			33.33	38.47	43.78	49.31		55.94	3 / 8			
reaction time	0.173	interval		4.24	4.30		8.85			9.47	5.14	5.31	5.53	6.63					15.98
		velocity	6.96	8.25	8.14		7.91			7.39	6.81	6.59	6.33	6.03	7.15				6.57
H1 lead leg	L	strides	22	15	15						16	16	17	20.5	121.5				

Spencer, Kaliese (JAM) (1987)

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

FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis) — *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	05-Jun-16	time	6.57	10.83	15.37	19.90	24.60		29.43	34.23	39.40	44.63	50.00		55.96	2 / 7			
reaction time	0.157	interval		4.26	4.54	4.53	4.70		4.83	4.80	5.17	5.23	5.37	5.96			13.33	14.33	15.77
		velocity	6.85	8.22	7.71	7.73	7.45		7.25	7.29	6.77	6.69	6.52	6.71	7.15		7.88	7.33	6.66
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16		160				

Tate, Cassandra (USA) (1990)

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

FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis) — *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	26-May-18	time	6.52	10.76	15.08	19.64	24.16			33.88	39.00	44.28			55.97	8 / 8			
reaction time	0.256	interval		4.24	4.32	4.56	4.52			9.72	5.12	5.28					13.12	14.24	
		velocity	6.90	8.25	8.10	7.68	7.74			7.20	6.84	6.63			7.15		8.00	7.37	
H1 lead leg	R	strides	22	15	15	15	15				16	16			114				

Brown, Edna (USA) (1960)

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

FINAL - 1987 TAC Championships (San Jose, CA) — *Mann (1987) - the elite athlete program biomechanical analysis of the long hurdles: tac championship meet*

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

Kubokura, Satomi (JPN) (1982)

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

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

date	10-Jun-12	time	6.59	10.93	15.40	19.97	24.67		29.47	34.51	39.62	44.69	49.85		55.98	7 / 1			
reaction time		interval		4.34	4.47	4.57	4.70		4.80	5.04	5.11	5.07	5.16	6.13			13.38	14.54	15.34
		velocity	6.83	8.06	7.83	7.66	7.45		7.29	6.94	6.85	6.90	6.78	6.53	7.15		7.85	7.22	6.84
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	17	21	192				

Sprunger, Léa (SUI) (1990)

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

FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis) — *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	01-Sep-17	time	6.40	10.76	15.16	19.60	24.20	26.4	28.92	33.84	38.92	44.24	49.80		55.98	8 / 7			
reaction time	0.165	interval		4.36	4.40	4.44	4.60		4.72	4.92	5.08	5.32	5.56	6.18			13.20	14.24	15.96

		velocity	7.03	8.03	7.95	7.88	7.61	7.58	7.42	7.11	6.89	6.58	6.29	6.47	7.15		7.95	7.37	6.58
H1 lead leg	R	strides	21	14	14	14	14		14	14	15	15	17		152				

Sartori, Rebecca (ITA) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 22-Aug-23	time	6.40	10.71	15.01	19.22	23.72			33.56	38.84	44.41			55.98	3 / 8			
reaction time 0.213	interval		4.31	4.30	4.21	4.50			9.84	5.28	5.57		11.57			12.82	14.34	
	velocity	7.03	8.12	8.14	8.31	7.78			7.11	6.63	6.28		6.48	7.15		8.19	7.32	
H1 lead leg L	strides	22	15	15	15	15				17	17	17		133				

Fesenko-Grun, Yekaterina (URS) (19

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1983 IAAF World Championships (Rome, ITA)														*Lyle - miscellaneous coaching notes*			
date 09-Aug-83	time	6.70	10.90	15.40	19.98	24.57		29.36	34.21	39.17	44.38	49.48		55.99	6 / 2			
reaction time	interval		4.20	4.50	4.58	4.59		4.79	4.85	4.96	5.21	5.10	6.51			13.28	14.23	15.27
	velocity	6.72	8.33	7.78	7.64	7.63		7.31	7.22	7.06	6.72	6.86	6.14	7.14		7.91	7.38	6.88
H1 lead leg L	strides	24	17	17	17	17		17	17	17	17	17	21	198				

Tago, Miyabi (JPN) (1988)

	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	6.76	11.08	15.50	19.97	24.56		29.38	34.32	39.38	44.55	49.86		55.99	/ 3			
reaction time	interval		4.32	4.42	4.47	4.59		4.82	4.94	5.06	5.17	5.31	6.13	PB		13.21	14.35	15.54
	velocity	6.66	8.10	7.92	7.83	7.63		7.26	7.09	6.92	6.77	6.59	6.53	7.14		7.95	7.32	6.76
H1 lead leg	strides		15	15	15	15		16	16	16	16	17		141				

Titimets, Anna (UKR) (1989)

	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	6.60	10.92	15.32	19.88	24.52		29.32	34.20	39.24	44.48	49.88		55.99	1 / 7			
reaction time 0.188	interval		4.32	4.40	4.56	4.64		4.80	4.88	5.04	5.24	5.40	6.11			13.28	14.32	15.68
	velocity	6.82	8.10	7.95	7.68	7.54		7.29	7.17	6.94	6.68	6.48	6.55	7.14		7.91	7.33	6.70
H1 lead leg L	strides	22	15	15	15	15		15	15	15	16	16	19.5	178.5				

Folorunso, Ayomide (ITA) (1996)

	H1	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	6.56	10.84	15.20	19.68	24.28		29.04	33.88	38.88	44.04	49.60		55.99	9 / 8			
reaction time 0.194	interval		4.28	4.36	4.48	4.60		4.76	4.84	5.00	5.16	5.56	6.39			13.12	14.20	15.72
	velocity	6.86	8.18	8.03	7.81	7.61		7.35	7.23	7.00	6.78	6.29	6.26	7.14		8.00	7.39	6.68
H1 lead leg R	strides	23	16	16	16	16		16	16	17	17	17	21	191				

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)														*Omega Timing (2023) - diamond league race analysis*			
date 02-Jun-23	time	6.43	10.55	14.83	19.21	23.74		28.48	33.45	38.49	43.79	49.38		55.99	1 / 8			
reaction time 0.155	interval		4.12	4.28	4.38	4.53		4.74	4.97	5.04	5.30	5.59	6.61			12.78	14.24	15.93
	velocity	7.00	8.50	8.18	7.99	7.73		7.38	7.04	6.94	6.60	6.26	6.05	7.14		8.22	7.37	6.59
H1 lead leg R	strides	22	14	14	14	14					16	16	20	130				

Tosta, Sheena (USA) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2009 IAAF World Championships (Berlin, GER)														*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date 17-Aug-09	time	6.19	10.21	14.33	18.67	23.18		27.91	32.81	38.01	43.41	49.21		56.00	5 / 4			
reaction time 0.154	interval		4.02	4.12	4.34	4.51		4.73	4.90	5.20	5.40	5.80	6.79			12.48	14.14	16.40
	velocity	7.27	8.71	8.50	8.06	7.76		7.40	7.14	6.73	6.48	6.03	5.89	7.14		8.41	7.43	6.40
H1 lead leg	strides																	

Whyte, Rhonda (JAM) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)														*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date 16-Jul-17	time	6.52	10.80	15.24	19.68	24.36		29.28	34.40	39.64	44.84	50.08		56.00	3 / 8			
reaction time 0.146	interval		4.28	4.44	4.44	4.68		4.92	5.12	5.24	5.20	5.24	5.92			13.16	14.72	15.68
	velocity	6.90	8.18	7.88	7.88	7.48		7.11	6.84	6.68	6.73	6.68	6.76	7.14		7.98	7.13	6.70
H1 lead leg L	strides	23	15	15	15	15		16	17	17	16	17	19.7	185.7				

Hoffman, Lauren (USA) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 USATF National Championships (Eugene, OR)														*USATF (2022) - Results powered by Karmarush*			
date 25-Jun-22	time	6.44	10.45	14.58	18.81	23.37	25.47	28.13	33.03	38.27	43.78	49.36	*56.00*	56.00	2 / 7			
reaction time	interval		4.01	4.13	4.23	4.56		4.76	4.90	5.24	5.51	5.58	6.64			12.37	14.22	16.33
	velocity	6.99	8.73	8.47	8.27	7.68	7.85	7.35	7.14	6.68	6.35	6.27	6.02	7.14		8.49	7.38	6.43
H1 lead leg L	strides	23	15	15	15	16			16	17	18			135				

Barber, Kaila (USA) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2022 USATF National Championships (Eugene, OR)														*USATF (2022) - Results powered by Karmarush*			
date 24-Jun-22	time	6.40	10.54	14.84	19.32	23.85	25.71	28.66	33.56	38.84	44.21	49.65		56.00	6 / 3			
reaction time	interval		4.14	4.30	4.48	4.53		4.81	4.90	5.28	5.37	5.44	6.35			12.92	14.24	16.09
	velocity	7.03	8.45	8.14	7.81	7.73	7.78	7.28	7.14	6.63	6.52	6.43	6.30	7.14		8.13	7.37	6.53
H1 lead leg L	strides	23	15	15	15	15		16	16	17	17	17	20	186				

Beesley, Meghan (GBR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 03-May-19	time	6.34	10.51	14.88	19.18	23.79	25.7	28.53	33.50	38.84	44.28	49.75		56.01	3 / 6			
reaction time 0.157	interval		4.17	4.37	4.30	4.61		4.74	4.97	5.34	5.44	5.47	6.26			12.84	14.32	16.25
	velocity	7.10	8.39	8.01	8.14	7.59	7.78	7.38	7.04	6.55	6.43	6.40	6.39	7.14		8.18	7.33	6.46

H1 lead leg	L	strides	24	16	16	16	16		17	17	18	18	18	22.7	198.7				

Glynn, Abbey (USA) (2001)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	10-Jun-23	time	6.74	11.04	15.55	20.18	24.89		29.66	34.60	39.57	44.85	50.18		56.01	3 / 8			
reaction time		interval		4.30	4.51	4.63	4.71		4.77	4.94	4.97	5.28	5.33	5.83			13.44	14.42	15.58
		velocity	6.68	8.14	7.76	7.56	7.43		7.34	7.09	7.04	6.63	6.57	6.86	7.14		7.81	7.28	6.74
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	17	17		161				

Zapletalová, Emma (SVK) (2000)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date	17-Sep-20	time	6.48	10.72	15.00	19.40	23.96	26.0	28.60	33.52	38.68	44.16	49.72		56.02	7 / 7			
reaction time	0.135	interval		4.24	4.28	4.40	4.56		4.64	4.92	5.16	5.48	5.56	6.30			12.92	14.12	16.20
		velocity	6.94	8.25	8.18	7.95	7.68	7.69	7.54	7.11	6.78	6.39	6.29	6.35	7.14		8.13	7.44	6.48
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	19.7	183.7				

Krafzik, Carolina (GER) (1995)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	19-Aug-22	time	6.26	10.30		18.66	23.07	24.97	27.80	32.66	37.73	43.00	48.80		56.02	8 / 8			
reaction time	0.215	interval		4.04		8.36	4.41		4.73	4.86	5.07	5.27	5.80	7.22			12.40	14.00	16.14
		velocity	7.19	8.66		8.37	7.94	8.01	7.40	7.20	6.90	6.64	6.03	5.54	7.14		8.47	7.50	6.51
H1 lead leg	L	strides	23	15			15		16	16	17	17	19	22.5	160.5				

Kubokura, Satomi (JPN) (1982)

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

Muhammad, Dalilah (USA) (1990)

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

Olivieri, Linda (ITA) (1998)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	20-Jul-22	time	6.40	10.70	15.10	19.57	24.20	26.32	29.03	33.97	39.00		49.57		56.04	1 / 8			
reaction time	0.135	interval		4.30	4.40	4.47	4.63		4.83	4.94	5.03		10.57	6.47			13.17	14.40	15.60
		velocity	7.03	8.14	7.95	7.83	7.56	7.60	7.25	7.09	6.96		6.62	6.18	7.14		7.97	7.29	6.73
H1 lead leg	R	strides	23	15	15	15	15		15	16	16				130				

Molnár, Janka (HUN) (2001)

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

Sprunger, Léa (SUI) (1990)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis)																*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date	25-Aug-16	time	6.56	10.92	15.32	19.84	24.52		29.32	34.28	39.36	44.68	50.20		56.05	7 / 8			
reaction time	0.136	interval		4.36	4.40	4.52	4.68		4.80	4.96	5.08	5.32	5.52	5.85			13.28	14.44	15.92
		velocity	6.86	8.03	7.95	7.74	7.48		7.29	7.06	6.89	6.58	6.34	6.84	7.14		7.91	7.27	6.60
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	18	177				

Warden, Christine (GBR) (1950)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1979 AAA Women's National Championships (London, GBR)																*Warden (1989) - sprinting and hurdling*			
date	28-Jul-79	time	6.7	11.1	15.5	20.1	24.5	26.7	29.3	34.1	39.3	44.5	49.8		56.06	/ 1			
reaction time		interval		4.4	4.4	4.6	4.4		4.8	4.8	5.2	5.2	5.3	6.26	**NR**		13.40	14.00	15.70
		velocity	6.72	7.95	7.95	7.61	7.95	7.49	7.29	7.29	6.73	6.73	6.60	6.39	7.14		7.84	7.50	6.69
H1 lead leg		strides	23	16	16	16	16		16	17	17	17	17	22	193				

Claes, Hanne (BEL) (1991)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	22-Aug-23	time	6.34	10.34	14.48	18.72	23.15		27.91	32.84		43.51	49.25		56.06	9 / 7			
reaction time	0.208	interval		4.00	4.14	4.24	4.43		4.76	4.93		10.67	5.74	6.81			12.38	14.12	16.41
		velocity	7.10	8.75	8.45	8.25	7.90		7.35	7.10		6.56	6.10	5.87	7.14		8.48	7.44	6.40
H1 lead leg	R	strides	23	15	15	15	15		16	16		16	18	21	170				

Pedroso, Yadisleidis (ITA) (1987)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2014 European Championships (Zurich, SUI)																*Incalza (2014) - FIDAL - https://www.youtube.com/watch?v=EnXl2yLcGsg&list=UU7691fXeyNFIMROfkJ-WWUg*			
date	14-Aug-14	time	6.69	11.01	15.53	20.00	24.53	26.42	29.17	34.03	39.08	44.25	49.70		56.07	8 / 3			
reaction time	0.188	interval		4.32	4.52	4.47	4.53		4.64	4.86	5.05	5.17	5.45	6.37			13.31	14.03	15.67
		velocity	6.73	8.10	7.74	7.83	7.73	7.57	7.54	7.20	6.93	6.77	6.42	6.28	7.13		7.89	7.48	6.70
H1 lead leg	R	strides	25	16	16	16	16		16	16	17	17	18	21.5	194.5				

Tracey, Ristananna (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 21-Jul-18 time	6.44	10.68	14.96	19.36	24.00		28.84	33.88	39.12	44.48	49.80		56.07	9 / 6			
reaction time 0.204 interval		4.24	4.28	4.40	4.64		4.84	5.04	5.24	5.36	5.32	6.27			12.92	14.52	15.92
velocity	6.99	8.25	8.18	7.95	7.54		7.23	6.94	6.68	6.53	6.58	6.38	7.13		8.13	7.23	6.60
H1 lead leg L strides	23	15	15	15	16		16	16	17	17	17	20.5	187.5				

Kloster, Line (NOR) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 16-Jun-22 time	6.28	10.40	14.78	19.18	23.72		28.54	33.54	38.64	44.08	49.66		56.07	3 / 7			
reaction time 0.135 interval		4.12	4.38	4.40	4.54		4.82	5.00	5.10	5.44	5.58	6.41			12.90	14.36	16.12
velocity	7.17	8.50	7.99	7.95	7.71		7.26	7.00	6.86	6.43	6.27	6.24	7.13		8.14	7.31	6.51
H1 lead leg R strides	22	14	15	15	15		15	16	16	17	17	20	182				

Hoffman, Lauren (USA) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2022 USATF National Championships (Eugene, OR)														*USATF (2022) - Results powered by Karmarush*			
date 23-Jun-22 time	6.54	10.64	14.91	19.32	23.92	25.84	28.69	33.66	38.94	44.41	49.88		56.08	3 / 4			
reaction time interval		4.10	4.27	4.41	4.60		4.77	4.97	5.28	5.47	5.47	6.20			12.78	14.34	16.22
velocity	6.88	8.54	8.20	7.94	7.61	7.74	7.34	7.04	6.63	6.40	6.40	6.45	7.13		8.22	7.32	6.47
H1 lead leg L strides	23	15	15	15	16		16	17	18	18	18	22	193				

Kubokura, Satomi (JPN) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FiNAL - 2007 Japanese National Championships (Osaka, JPN)														*Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers*			
date 01-Jul-07 time	6.56	10.99	15.43	20.00	24.64		29.40	34.28	39.31	44.48	49.93		56.09	/ 1			
reaction time interval		4.43	4.44	4.57	4.64		4.76	4.88	5.03	5.17	5.45	6.16			13.44	14.28	15.65
velocity	6.86	7.90	7.88	7.66	7.54		7.35	7.17	6.96	6.77	6.42	6.49	7.13		7.81	7.35	6.71
H1 lead leg strides		16	16	16	16		17	17	17	17	18		150				

Tate, Cassandra (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 31-May-18 time	6.24	10.44	14.76	19.28	24.00		28.80	33.80	38.92	44.28	49.76		56.09	3 / 7			
reaction time 0.228 interval		4.20	4.32	4.52	4.72		4.80	5.00	5.12	5.36	5.48	6.33			13.04	14.52	15.96
velocity	7.21	8.33	8.10	7.74	7.42		7.29	7.00	6.84	6.53	6.39	6.32	7.13		8.05	7.23	6.58
H1 lead leg R strides	22	15	15	15	15		15	15	16	16	16	20	180				

Tate, Cassandra (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 09-Jul-23 time	6.44	10.51	14.78	19.28	23.82		28.46	33.23	38.40				56.09	7 / 5			
reaction time interval		4.07	4.27	4.50	4.54		4.64	4.77	5.17			17.69			12.84	13.95	
velocity	6.99	8.60	8.20	7.78	7.71		7.54	7.34	6.77			5.94	7.13		8.18	7.53	
H1 lead leg R strides	22	14	14	15	15		15	15	15				125				

Salmon, Shiann (JAM) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 IAAF World Junior Championships (Tampere, FIN) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 13-Jul-18 time	6.13	10.33	14.73	19.30	23.90		28.70	33.70	38.70	43.86	49.36		56.11	4 / 2			
reaction time 0.167 interval		4.20	4.40	4.57	4.60		4.80	5.00	5.00	5.16	5.50	6.75			13.17	14.40	15.66
velocity	7.34	8.33	7.95	7.66	7.61		7.29	7.00	7.00	6.78	6.36	5.93	7.13		7.97	7.29	6.70
H1 lead leg R strides	22	15	15	15	15		15	16	16	16	17	21	183				

Tate, Cassandra (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 25-Jun-21 time	6.36	10.43	14.80	19.36	24.00		28.70	33.60	38.90	44.26	49.75		56.11	2 / 1			
reaction time 0.230 interval		4.07	4.37	4.56	4.64		4.70	4.90	5.30	5.36	5.49	6.36			13.00	14.24	16.15
velocity	7.08	8.60	8.01	7.68	7.54		7.45	7.14	6.60	6.53	6.38	6.29	7.13		8.08	7.37	6.50
H1 lead leg R strides		14	14	15	15		15	15	16	16	16	19.2	155.2				

Addy, Megan (USA) (1978)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 UCLA (Los Angeles, CA)														*Henson (2004) USATF OTC sport science*			
date 10-Apr-04 time	7.10	11.22	15.51	19.86	24.35		28.97	33.66	38.67	43.96	49.41		56.13	/ 2			
reaction time interval		4.12	4.29	4.35	4.49		4.62	4.69	5.01	5.29	5.45	6.72	PB		12.76	13.80	15.75
velocity	6.34	8.50	8.16	8.05	7.80		7.58	7.46	6.99	6.62	6.42	5.95	7.13		8.23	7.61	6.67
H1 lead leg strides																	

Hoffman, Lauren (USA) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 09-Jul-23 time	6.54	10.64	14.95	19.42	23.99		28.73	33.66	38.77				56.13	8 / 6			
reaction time interval		4.10	4.31	4.47	4.57		4.74	4.93	5.11			17.36			12.88	14.24	
velocity	6.88	8.54	8.12	7.83	7.66		7.38	7.10	6.85			6.05	7.13		8.15	7.37	
H1 lead leg L strides	23	15	15	16	16		16	18	18				137				

Kubokura, Satomi (JPN) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Seiko Golden Grand Prix (Kawasaki, JPN)														*Morioka (2016) - race pattern of top 400m hurdlers in japan*			
date 08-May-16 time	6.63	10.93	15.38	19.93	24.65		29.50	34.51	39.62	44.83	50.07		56.14	4 / 2			
reaction time 0.176 interval		4.30	4.45	4.55	4.72		4.85	5.01	5.11	5.21	5.24	6.07			13.30	14.58	15.56
velocity	6.79	8.14	7.87	7.69	7.42		7.22	6.99	6.85	6.72	6.68	6.59	7.13		7.89	7.20	6.75
H1 lead leg L strides	23	16	16	16	16		16	17	17	17	17	21	192				

Cockrell, Anna (USA) (1997)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2018 USATF National Champinships (Des Moines, IA) (TV Analysis)																			*Henson (2020) - Athlete First: 2018 year end hurdle report*
date	24-Jun-18	time	6.17	10.17	14.34	18.68	23.29			33.06	38.30	43.74	49.45		56.14	8 / 5			
reaction time		interval		4.00	4.17	4.34	4.61			9.77	5.24	5.44	5.71	6.69			12.51	14.38	16.39
		velocity	7.29	8.75	8.39	8.06	7.59			7.16	6.68	6.43	6.13	5.98	7.13		8.39	7.30	6.41
H1 lead leg	L	strides	22	14	15	15	15				16	17	17		131				

Blackett, Andrea (BAR) (1976)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FiNAL - 2005 Osaka Grand Prix (Osaka, JPN)																			*Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers*
date	07-May-05	time	6.42	10.59	15.06	19.63	24.35		29.17	34.16	39.47	44.96	50.23		56.15	/ 1			
reaction time		interval		4.17	4.47	4.57	4.72		4.82	4.99	5.31	5.49	5.27	5.92			13.21	14.53	16.07
		velocity	7.01	8.39	7.83	7.66	7.42		7.26	7.01	6.59	6.38	6.64	6.76	7.12		7.95	7.23	6.53
H1 lead leg		strides		15	15	15	15		16	16	16	17	18		143				

Child, Eilidh (GBR) (1987)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 2 - 2010 Commonwealth Games (Dehli, IND)																			*Arnold (2010) - 400mH planning and peaking*
date	09-Oct-10	time	6.3	10.7	15.1	19.5	24.0	26.0	28.8	33.8	39.1	44.5	49.9		56.16	7 / 2			
reaction time	0.202	interval		4.4	4.4	4.4	4.5		4.8	5.0	5.3	5.4	5.4	6.26			13.20	14.30	16.10
		velocity	7.14	7.95	7.95	7.95	7.78	7.69	7.29	7.00	6.60	6.48	6.48	6.39	7.12		7.95	7.34	6.52
H1 lead leg		strides																	

Nel, Wenda (RSA) (1988)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)																			*Henson (2020) - Athlete First: 2019 year end hurdle report*
date	03-May-19	time	6.54	10.88	15.35	19.95	24.62	26.5	29.23	34.10	39.10	44.21	49.75		56.16	7 / 7			
reaction time	0.206	interval		4.34	4.47	4.60	4.67		4.61	4.87	5.00	5.11	5.54	6.41			13.41	14.15	15.65
		velocity	6.88	8.06	7.83	7.61	7.49	7.55	7.59	7.19	7.00	6.85	6.32	6.24	7.12		7.83	7.42	6.71
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	18	22	194				

Kurochkina, Tatyana (BLR) (1967)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2001 European Cup (Bremen, GER)																			*Graubner (2007) - http://www.fgs.uni-halle.de*
date	23-Jun-01	time	6.70	11.01	15.27	19.69	24.77		29.13	34.17	39.33	44.67	50.11		56.17	/ 5			
reaction time		interval		4.31	4.26	4.42	5.08		4.36	5.04	5.16	5.34	5.44	6.06			12.99	14.48	15.94
		velocity	6.72	8.12	8.22	7.92	6.89		8.03	6.94	6.78	6.55	6.43	6.60	7.12		8.08	7.25	6.59
H1 lead leg		strides																	

Tîrlea, Ionela (ROU) (1976)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2002 IAAF World Cup (Madrid, ESP)																			*Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*
date	20-Sep-02	time	6.29	10.59	14.96	19.37	24.11		29.03	34.18	39.44	44.80	50.15		56.17	4 / 4			
reaction time	0.161	interval		4.30	4.37	4.41	4.74		4.92	5.15	5.26	5.36	5.35	6.02			13.08	14.81	15.97
		velocity	7.15	8.14	8.01	7.94	7.38		7.11	6.80	6.65	6.53	6.54	6.64	7.12		8.03	7.09	6.57
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	18	18	20	194				

Olichwierczuk, Anna (POL) (1978)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2002 European Championships (Munich, GER)																			*Graubner (2009) - http://www.fgs.uni-halle.de*
date	08-Aug-02	time	6.61	10.79	15.01	19.31	23.79		28.53	33.37	38.51	43.91	49.57		56.18	/ 3			
reaction time	0.185	interval		4.18	4.22	4.30	4.48		4.74	4.84	5.14	5.40	5.66	6.61			12.70	14.06	16.20
		velocity	6.81	8.37	8.29	8.14	7.81		7.38	7.23	6.81	6.48	6.18	6.05	7.12		8.27	7.47	6.48
H1 lead leg		strides		15	15	15	15		16	16	16	17	18						

Doyle, Eilidh (GBR) (1987)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)																			*Henson (2020) - Athlete First: 2018 year end hurdle report*
date	21-Jul-18	time	6.40	10.68	15.16	19.52	24.00		28.72	33.64	38.76	44.32	49.68		56.18	8 / 7			
reaction time	0.149	interval		4.28	4.48	4.36	4.48		4.72	4.92	5.12	5.56	5.36	6.50			13.12	14.12	16.04
		velocity	7.03	8.18	7.81	8.03	7.81		7.42	7.11	6.84	6.29	6.53	6.15	7.12		8.00	7.44	6.55
H1 lead leg	L	strides	23	16	16	15	15		16	17	17	18	18	22	193				

Russell, Masai (USA) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)																			*Henson (2021) - Athlete First: 2021 year end hurdle report*
date	12-Jun-21	time	6.37		15.00	19.63	24.40				39.30	44.47	49.87		56.18	5 / 4			
reaction time	0.335	interval			8.63	4.63	4.77				14.90	5.17	5.40	6.31	PB		13.26		
		velocity	7.06		8.11	7.56	7.34				7.05	6.77	6.48	6.34	7.12		7.92		
H1 lead leg	R	strides	24			15	16					16	17	21	109				

Kurochkina, Tatyana (BLR) (1967)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1997 European Cup (Munich, GER)																			*Jung (2003) - http://www.fgs.uni-halle.de*
date	21-Jun-97	time	6.85		15.46	19.88	24.44		29.16	34.09	39.15	44.37	49.82		56.19	/ 4			
reaction time		interval			8.61	4.42	4.56		4.72	4.93	5.06	5.22	5.45	6.37			13.03	14.21	15.73
		velocity	6.57		8.13	7.92	7.68		7.42	7.10	6.92	6.70	6.42	6.28	7.12		8.06	7.39	6.68
H1 lead leg		strides																	

Kubokura, Satomi (JPN) (1982)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FiNAL - 2006 Seiko Super Grand Prix (Yokohama, JPN)																			*Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers*
date	24-Sep-06	time	6.59	10.88	15.38	19.92	24.69		29.48	34.47	39.53	44.72	50.03		56.19	/ 2			
reaction time		interval		4.29	4.50	4.54	4.77		4.79	4.99	5.06	5.19	5.31	6.16			13.33	14.55	15.56
		velocity	6.83	8.16	7.78	7.71	7.34		7.31	7.01	6.92	6.74	6.59	6.49	7.12		7.88	7.22	6.75
H1 lead leg		strides		16	16	16	16		16	17	17	17	17		148				

Hoffman, Lauren (USA) (1999)	**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**

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

date	24-Jun-22	time	6.51	10.62	14.85	19.33	23.85	26.06	28.75	33.73	38.94	44.25	49.79	*56.19*	56.19	9 / 5		
reaction time		interval		4.11	4.23	4.48	4.52		4.90	4.98	5.21	5.31	5.54	6.40			12.82	14.40	16.06
		velocity	6.91	8.52	8.27	7.81	7.74	7.67	7.14	7.03	6.72	6.59	6.32	6.25	7.12		8.19	7.29	6.54
H1 lead leg	L	strides	23	15	15	15	16		16	16	17				133				

Anacharsis, Phara (FRA) (1983)

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

FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	15-Jul-16	time	6.60	10.77		19.40	23.87		28.47		38.37	43.87	49.50		56.20	1 / 7			
reaction time	0.183	interval		4.17		8.63	4.47		4.60		9.90	5.50	5.63	6.70			12.80		
		velocity	6.82	8.39		8.11	7.83		7.61		7.07	6.36	6.22	5.97	7.12		8.20		
H1 lead leg	L	strides		15			15		15			17	17	20	99				

Kubokura, Satomi (JPN) (1982)

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

FINAL - 2008 Japanese National Championships (Kawasaki, JPN) *Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers*

date	27-Jun-08	time	6.56	10.76	15.15	19.64	24.24		28.98	33.85	38.94	44.18	49.69		56.21	/ 1			
reaction time		interval		4.20	4.39	4.49	4.60		4.74	4.87	5.09	5.24	5.51	6.52			13.08	14.21	15.84
		velocity	6.86	8.33	7.97	7.80	7.61		7.38	7.19	6.88	6.68	6.35	6.13	7.12		8.03	7.39	6.63
H1 lead leg		strides		16	16	16	16		16	17	17	17	17		148				

Russell, Janieve (JAM) (1993)

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

FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	27-May-17	time	6.73	11.03	15.46	19.93	24.56		29.20	34.20	39.23	44.40	49.96		56.21	2 / 8			
reaction time	0.223	interval		4.30	4.43	4.47	4.63		4.64	5.00	5.03	5.17	5.56	6.25			13.20	14.27	15.76
		velocity	6.69	8.14	7.90	7.83	7.56		7.54	7.00	6.96	6.77	6.29	6.40	7.12		7.95	7.36	6.66
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	17		163				

Watson, Sage (CAN) (1994)

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

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

date	21-Jul-18	time	6.44	10.72	15.04	19.44	24.00		28.80	33.82	38.88	44.20	49.80		56.21	2 / 8			
reaction time	0.174	interval		4.28	4.32	4.40	4.56		4.80	5.02	5.06	5.32	5.60	6.41			13.00	14.38	15.98
		velocity	6.99	8.18	8.10	7.95	7.68		7.29	6.97	6.92	6.58	6.25	6.24	7.12		8.08	7.30	6.57
H1 lead leg	R	strides	22	15	15	15	15		16	16	16	17	17	20	184				

Russell, Janieve (JAM) (1993)

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

FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	21-May-22	time	6.35	10.40	14.50	18.83	23.40	25.18	28.17	33.10	38.30	43.70	49.33		56.21	6 / 7			
reaction time	0.135	interval		4.05	4.10	4.33	4.57		4.77	4.93	5.20	5.40	5.63	6.88			12.48	14.27	16.23
		velocity	7.09	8.64	8.54	8.08	7.66	7.94	7.34	7.10	6.73	6.48	6.22	5.81	7.12		8.41	7.36	6.47
H1 lead leg	R	strides	23	15	15	15	16		16	16	17	17	17	21	188				

Bartl, Claudia (GDR) (1968)

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

FINAL - 1985 European Junior Championships (Cottbus, GDR) *Warburton (1985) - 1985 european junior championships - hurdles*

date	25-Aug-85	time	6.57		14.88	19.39	24.30		29.11	33.98	39.11	44.48	49.80		56.22	/ 1			
reaction time		interval			8.31	4.51	4.91		4.81	4.87	5.13	5.37	5.32	6.42			12.82	14.59	15.82
		velocity	6.85		8.42	7.76	7.13		7.28	7.19	6.82	6.52	6.58	6.23	7.11		8.19	7.20	6.64
H1 lead leg		strides																	

Perkins, Angel (USA) (1984)

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

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

date	29-Jun-08	time	6.44	10.59	14.99	19.49	24.02		28.95	34.07	39.31	44.54	49.83		56.23	1 / 7			
reaction time		interval		4.15	4.40	4.50	4.53		4.93	5.12	5.24	5.23	5.29	6.40			13.05	14.58	15.76
		velocity	6.99	8.43	7.95	7.78	7.73		7.10	6.84	6.68	6.69	6.62	6.25	7.11		8.05	7.20	6.66
H1 lead leg	L	strides	24	16	16	16	15		17	17	17	17	17		172				

Tracey, Ristananna (JAM) (1992)

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

FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	06-Jul-17	time	6.72	11.00	15.32	19.68	24.12		28.88	33.80	38.92	44.28			56.23	8 / 7			
reaction time	0.206	interval		4.28	4.32	4.36	4.44		4.76	4.92	5.12	5.36					12.96	14.12	
		velocity	6.70	8.18	8.10	8.03	7.88		7.35	7.11	6.84	6.53			7.11		8.10	7.44	
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17			148				

Young, Milan (USA) (1999)

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

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

date	12-Jun-21	time	6.47		15.13	19.73	24.50				38.90	43.83	49.13		56.23	9 / 5			
reaction time	0.218	interval			8.66	4.60	4.77				14.40	4.93	5.30	7.10	PB		13.26		
		velocity	6.96		8.08	7.61	7.34				7.29	7.10	6.60	5.63	7.11		7.92		
H1 lead leg	R	strides	23			15	15					15	16	21.5	105.5				

Parris-Thymes, Debbie (JAM) (1973)

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

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

date	25-Aug-99	time	6.53	10.91	15.33	19.91	24.57		29.46	34.41	39.35	44.47	49.77		56.24	8 / 8			
reaction time	0.239	interval		4.38	4.42	4.58	4.66		4.89	4.95	4.94	5.12	5.30	6.47			13.38	14.50	15.36
		velocity	6.89	7.99	7.92	7.64	7.51		7.16	7.07	7.09	6.84	6.60	6.18	7.11		7.85	7.24	6.84
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	17	20.5	197.5				

Sallins, Melinda (USA) (1973)

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

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

date	21-Jun-03	time	6.52	10.74	15.12	19.49	23.94		28.58	33.53	38.54	43.81	49.50		56.24	1 / 5				
reaction time		interval		4.22	4.38	4.37	4.45		4.64	4.95	5.01	5.27	5.69	6.74			12.97	14.04	15.97	
		velocity	6.90	8.29	7.99	8.01	7.87		7.54	7.07	6.99	6.64	6.15	5.93	7.11		8.10	7.48	6.57	
H1 lead leg		strides																		

Linkiewicz, Joanna (POL) (1990)

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

FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	01-Sep-16	time	6.56	10.92	15.40	20.00	24.76		29.68	34.64	39.72	44.84			56.24	8 / 8				
reaction time	0.183	interval		4.36	4.48	4.60	4.76		4.92	4.96	5.08	5.12					13.44	14.64		
		velocity	6.86	8.03	7.81	7.61	7.35		7.11	7.06	6.89	6.84			7.11		7.81	7.17		
H1 lead leg	L	strides	24	16	16		16		17	17	17	17			140					

Sprunger, Léa (SUI) (1990)

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

FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	06-Jul-21	time	6.30	10.53	14.80	19.12	23.64		28.44	33.40	38.67	44.19			56.24	7 / 6				
reaction time	0.224	interval		4.23	4.27	4.32	4.52		4.80	4.96	5.27	5.52					12.82	14.28		
		velocity	7.14	8.27	8.20	8.10	7.74		7.29	7.06	6.64	6.34			7.11		8.19	7.35		
H1 lead leg	R	strides		15	14	14	15		15		16	16	17		122					

Bookman, Deonca (USA) (1995)

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

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

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

Gonzalez, Melissa (COL) (1994)

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

Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	19-Jul-22	time	6.57	10.90	15.23	19.60	24.30	26.20	29.13	34.10	39.36	44.73	50.00		56.24	5 / 4				
reaction time	0.143	interval		4.33	4.33	4.37	4.70		4.83	4.97	5.26	5.37	5.27	6.24			13.03	14.50	15.90	
		velocity	6.85	8.08	8.08	8.01	7.45	7.63	7.25	7.04	6.65	6.52	6.64	6.41	7.11		8.06	7.24	6.60	
H1 lead leg	L	strides	23	15	15	15	16		16	16	17	17	17	20	187					

Shakes-Drayton, Perri (GBR) (1988)

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

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

date	15-Aug-13	time	6.15	10.19	14.34	18.61	23.04		27.69	32.54	37.65	43.00	48.65		56.25	5 / ~~7~~ 6				
reaction time	0.188	interval		4.04	4.15	4.27	4.43		4.65	4.85	5.11	5.35	5.65	7.60			12.46	13.93	16.11	
		velocity	7.32	8.66	8.43	8.20	7.90		7.53	7.22	6.85	6.54	6.19	5.26	7.11		8.43	7.54	6.52	
H1 lead leg	L	strides	24	16	16	16	16		17	17		18	18	23	181					

Olivieri, Linda (ITA) (1998)

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

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

date	09-Jun-22	time	6.63	10.93	15.33		24.53	26.50	29.40	34.40	39.60	44.83	50.13		56.25	2 / 8				
reaction time	0.150	interval		4.30	4.40		9.20		4.87	5.00	5.20	5.23	5.30	6.12					15.73	
		velocity	6.79	8.14	7.95		7.61	7.55	7.19	7.00	6.73	6.69	6.60	6.54	7.11				6.68	
H1 lead leg	R	strides	23	15	15	15			15	15	17	17	17		149					

Ryzhykova, Anna (UKR) (1989)

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

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

date	13-Jun-19	time	6.52	10.72	14.96		24.20	26.2	29.04	34.04	39.04	44.28	49.80		56.26	2 / 6				
reaction time	0.178	interval		4.20	4.24		9.24		4.84	5.00	5.00	5.24	5.52	6.46					15.76	
		velocity	6.90	8.33	8.25		7.58	7.63	7.23	7.00	7.00	6.68	6.34	6.19	7.11				6.66	
H1 lead leg	R	strides	22	14	14				15	15	15	15	16	21	147					

Tate, Cassandra (USA) (1990)

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

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

date	24-Jun-22	time	6.40	10.40	14.60	19.10	23.70	25.56	28.40	33.20	38.33	43.70	49.43		56.26	4 / 4				
reaction time		interval		4.00	4.20	4.50	4.60		4.70	4.80	5.13	5.37	5.73	6.83			12.70	14.10	16.23	
		velocity	7.03	8.75	8.33	7.78	7.61	7.82	7.45	7.29	6.82	6.52	6.11	5.86	7.11		8.27	7.45	6.47	
H1 lead leg	R	strides	22	14	14	15	15		15	15	15	16	17	21	179					

Jémaa, Dora (FRA) (1985)

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

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

date	23-Jun-07	time	6.92	11.32	15.91	20.64	25.23		29.91	34.79	39.87	45.03	50.33		56.27	/ 4				
reaction time	0.308	interval		4.40	4.59	4.73	4.59		4.68	4.88	5.08	5.16	5.30	5.94	PB		13.72	14.15	15.54	
		velocity	6.50	7.95	7.63	7.40	7.63		7.48	7.17	6.89	6.78	6.60	6.73	7.11		7.65	7.42	6.76	
H1 lead leg		strides																		

Mo Jiadie (CHN) (2000)

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

FINAL - 2021 Chinese National Championships (Chongqing, CHN) *CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.66	10.96	15.42	19.98	24.62		29.44	34.50	39.62	44.88	50.26		56.27	5 / 1				
reaction time	0.296	interval		4.30	4.46	4.56	4.64		4.82	5.06	5.12	5.26	5.38	6.01	PB		13.32	14.52	15.76	
		velocity	6.76	8.14	7.85	7.68	7.54		7.26	6.92	6.84	6.65	6.51	6.66	7.11		7.88	7.23	6.66	
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	18	21.2	195.2					

Townsend, Sydni (USA) (2000)

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

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

date	10-Jun-23	time	6.50	10.77	15.25	19.82	24.59		29.43	34.43	39.47	44.75	49.98		56.27	2 / 9				

reaction time		interval		4.27	4.48	4.57	4.77		4.84	5.00	5.04	5.28	5.23	6.29			13.32	14.61	15.55
		velocity	6.92	8.20	7.81	7.66	7.34		7.23	7.00	6.94	6.63	6.69	6.36	7.11		7.88	7.19	6.75
H1 lead leg	L	strides	23	16	16	16	16		17	18	17	18	18		175				

Kubokura, Satomi (JPN) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Osaka Grand Prix (Osaka, JPN)														*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*			
date 08-May-10	time	6.34	10.58	14.95	19.32	23.94		28.61	33.58	38.79	44.18	49.72		56.29	/ 4			
reaction time	interval		4.24	4.37	4.37	4.62		4.67	4.97	5.21	5.39	5.54	6.57			12.98	14.26	16.14
	velocity	7.10	8.25	8.01	8.01	7.58		7.49	7.04	6.72	6.49	6.32	6.09	7.11		8.09	7.36	6.51
H1 lead leg	strides		16	16	16	16		16	17	17	17	17		148				

Brown, T'erea (USA) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)														*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date 10-Jul-16	time	6.30	10.41	14.58	18.92	23.39		28.06	32.97	37.97	43.21	48.88		56.29	7 / 8			
reaction time 0.243	interval		4.11	4.17	4.34	4.47		4.67	4.91	5.00	5.24	5.67	7.41			12.62	14.05	15.91
	velocity	7.14	8.52	8.39	8.06	7.83		7.49	7.13	7.00	6.68	6.17	5.40	7.11		8.32	7.47	6.60
H1 lead leg L	strides	23	15	15	15	15		15	17	17	17	18		167				

Watson, Sage (CAN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 19-Aug-20	time	6.40	10.60	14.92	19.36	23.92		28.72	33.76	39.00	44.52	50.04		56.29	5 / 3			
reaction time 0.199	interval		4.20	4.32	4.44	4.56		4.80	5.04	5.24	5.52	5.52	6.25			12.96	14.40	16.28
	velocity	7.03	8.33	8.10	7.88	7.68		7.29	6.94	6.68	6.34	6.34	6.40	7.11		8.10	7.29	6.45
H1 lead leg R	strides	22	15	15	15	15		16	16	16	17	17	20	184				

Nel, Wenda (RSA) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 01-Sep-17	time	6.32	10.52	14.88	19.40	24.00	26.1	28.64	33.52	38.68	44.08	49.72		56.30	2 / 8			
reaction time 0.219	interval		4.20	4.36	4.52	4.60		4.64	4.88	5.16	5.40	5.64	6.58			13.08	14.12	16.20
	velocity	7.12	8.33	8.03	7.74	7.61	7.66	7.54	7.17	6.78	6.48	6.21	6.08	7.10		8.03	7.44	6.48
H1 lead leg L	strides	23	16	16	16	16		16	17	17	18	18	22	195				

Petersen, Sara Slott (DEN) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 23-Aug-20	time	6.50		15.17	19.57	24.07	26.1	28.87	33.80	38.87	44.27	49.83		56.30	5 / 4			
reaction time 0.209	interval			8.67	4.40	4.50		4.80	4.93	5.07	5.40	5.56	6.47			13.07	14.23	16.03
	velocity	6.92		8.07	7.95	7.78	7.66	7.29	7.10	6.90	6.48	6.29	6.18	7.10		8.03	7.38	6.55
H1 lead leg R	strides	21	15		15	15		16	16	17	18	18	21.5	172.5				

Flintoff-King, Debbie (AUS) (1960)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 1987 IAAF World Championships (Rome, ITA)														*Sušanka (1990) - time analyis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*			
date 31-Aug-87	time	6.55	10.68	14.96	19.32	23.81		28.74	33.83	39.10	44.46	49.92		56.31	/ 2			
reaction time	interval		4.13	4.28	4.36	4.49		4.93	5.09	5.27	5.36	5.46	6.39			12.77	14.51	16.09
	velocity	6.87	8.47	8.18	8.03	7.80		7.10	6.88	6.64	6.53	6.41	6.26			8.22	7.24	6.53
H1 lead leg	strides	23	15	15	15	15		16	17	17	17	18	20	188				

Tago, Miyabi (JPN) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Japanese National Championships (Marugume, JPN)														*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*			
date 06-Jun-10	time	6.84	11.19	15.68	20.20	24.79		29.66	34.63	39.74	44.86	50.17		56.31	/ 2			
reaction time 0.184	interval		4.35	4.49	4.52	4.59		4.87	4.97	5.11	5.12	5.31	6.14			13.36	14.43	15.54
	velocity	6.58	8.05	7.80	7.74	7.63		7.19	7.04	6.85	6.84	6.59	6.51	7.10		7.86	7.28	6.76
H1 lead leg	strides		15	15	15	15		16	16	16	16	16		140				

Watson, Sage (CAN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 23-Aug-20	time	6.40	10.67	15.00	19.40	23.97	26.0	28.87	33.93	39.03	44.47	50.07		56.31	3 / 5			
reaction time 0.208	interval		4.27	4.33	4.40	4.57		4.90	5.06	5.10	5.44	5.60	6.24			13.00	14.53	16.14
	velocity	7.03	8.20	8.08	7.95	7.66	7.69	7.14	6.92	6.86	6.43	6.25	6.41	7.10		8.08	7.23	6.51
H1 lead leg R	strides	21	15		15	15		16	16	16	17	17	20	168				

Giger, Yasmin (SUI) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 20-Jul-22	time	6.53	10.84	15.30	19.73	24.40	26.41		34.20	39.33	44.70			56.31	2 / 8			
reaction time 0.154	interval		4.31	4.46	4.43	4.67			9.80	5.13	5.37					13.20	14.47	
	velocity	6.89	8.12	7.85	7.90	7.49	7.57		7.14	6.82	6.52			7.10		7.95	7.26	
H1 lead leg R	strides	23	15	15	15	15				16	17			116				

Watson, Sage (CAN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 06-Jul-21	time	6.34			19.17	23.69		28.43		38.84	44.36	49.98		56.32	1 / 7			
reaction time 0.167	interval				12.83	4.52		4.74		10.41	5.52	5.62	6.34			12.83		
	velocity	7.10			8.18	7.74		7.38		6.72	6.34	6.23	6.31	7.10		8.18		
H1 lead leg R	strides					15		15			17	17		64				

Tolbert, Ryan (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 21-Jun-03	time	6.57	10.76	15.14	19.75	24.29		29.01	33.83	38.79	43.96	49.48		56.33	7 / 6			
reaction time	interval		4.19	4.38	4.61	4.54		4.72	4.82	4.96	5.17	5.52	6.85			13.18	14.08	15.65

		velocity	6.85	8.35	7.99	7.59	7.71		7.42	7.26	7.06	6.77	6.34	5.84	7.10			7.97	7.46	6.71
H1 lead leg		strides																		

Niederstätter, Monika (ITA) (1974)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2002 European Championships (Munich, GER)																*Graubner (2009) - http://www.fgs.uni-halle.de*			
date	08-Aug-02	time	6.89	11.25	15.71	20.21	24.82		29.59	34.55	39.65	44.85	50.21		56.34	/ 4			
reaction time	0.206	interval		4.36	4.46	4.50	4.61		4.77	4.96	5.10	5.20	5.36	6.13			13.32	14.34	15.66
		velocity	6.53	8.03	7.85	7.78	7.59		7.34	7.06	6.86	6.73	6.53	6.53	7.10		7.88	7.32	6.70
H1 lead leg		strides																	

Buford-Bailey, Tonja (USA) (1970)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 4 - 1992 Olympic Games (Barcelona, ESP)																*Lyle (1992) - miscellaneous coaching notes*			
date	02-Aug-92	time	6.54	10.71	14.94	19.30	23.89		28.78	33.77	38.89	44.23	49.89		56.35	2 / 3			
reaction time		interval		4.17	4.23	4.36	4.59		4.89	4.99	5.12	5.34	5.66	6.46			12.76	14.47	16.12
		velocity	6.88	8.39	8.27	8.03	7.63		7.16	7.01	6.84	6.55	6.18	6.19	7.10		8.23	7.26	6.51
H1 lead leg		strides																	

Aoki, Sayaka (JPN) (1986)			**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) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*			
date	24-Jun-17	time	6.52	10.91	15.31	19.85	24.52		29.39	34.36	39.37	44.56	49.95		56.35	/ 1			
reaction time	0.186	interval		4.39	4.40	4.54	4.67		4.87	4.97	5.01	5.19	5.39	6.40			13.33	14.51	15.59
		velocity	6.90	7.97	7.95	7.71	7.49		7.19	7.04	6.99	6.74	6.49	6.25	7.10		7.88	7.24	6.74
H1 lead leg		strides		16	16	16	16		17	17	17	17	17		149				

Linkiewicz, Joanna (POL) (1990)			**H1**	**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	6.56	10.84	15.30	19.81	24.57		29.51	34.52	39.57	44.76	50.07		56.35	7 / 4			
reaction time	0.112	interval		4.28	4.46	4.51	4.76		4.94	5.01	5.05	5.19	5.31	6.28			13.25	14.71	15.55
		velocity	6.86	8.18	7.85	7.76	7.35		7.09	6.99	6.93	6.74	6.59	6.37	7.10		7.92	7.14	6.75
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	21	194				

Sprunger, Léa (SUI) (1990)			**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	6.40	10.68	15.00	19.44	24.08		28.80	33.72	39.04	44.48	50.08		56.36	6 / 8			
reaction time	0.147	interval		4.28	4.32	4.44	4.64		4.72	4.92	5.32	5.44	5.60	6.28			13.04	14.28	16.36
		velocity	7.03	8.18	8.10	7.88	7.54		7.42	7.11	6.58	6.43	6.25	6.37	7.10		8.05	7.35	6.42
H1 lead leg	R	strides	21	14	14	14	14		15	15	17	17	17	19	177				

Sprunger, Léa (SUI) (1990)			**H1**	**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	6.48	10.80	15.20	19.76	24.44		29.32	34.32	39.34	44.72	50.24		56.36	6 / 9			
reaction time	0.143	interval		4.32	4.40	4.56	4.68		4.88	5.00	5.02	5.38	5.52	6.12			13.28	14.56	15.92
		velocity	6.94	8.10	7.95	7.68	7.48		7.17	7.00	6.97	6.51	6.34	6.54	7.10		7.91	7.21	6.60
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	16	16	19	173				

Couckuyt, Paulien (BEL) (1997)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	28-Aug-21	time	6.37	10.48	14.82		23.95		28.75	33.71	38.95	44.30	49.95		56.36	2 / 7			
reaction time	0.169	interval		4.11	4.34		9.13		4.80	4.96	5.24	5.35	5.65	6.41					16.24
		velocity	7.06	8.52	8.06		7.67		7.29	7.06	6.68	6.54	6.19	6.24	7.10				6.47
H1 lead leg	L	strides	23	15	15	16			16	16	16	17	18	21	173				

Bing, Portia (NZL) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	06-Aug-22	time	6.53	10.63	14.63	18.97	23.43	25.6	28.32	33.22	38.17	43.47	49.17		56.36	9 / 7			
reaction time	0.173	interval		4.10	4.00	4.34	4.46		4.89	4.90	4.95	5.30	5.70	7.19			12.44	14.25	15.95
		velocity	6.89	8.54	8.75	8.06	7.85	7.81	7.16	7.14	7.07	6.60	6.14	5.56	7.10		8.44	7.37	6.58
H1 lead leg	R	strides	22	14	14	14	14		15	15	16		17	20.5	161.5				

Bol, Femke (NED) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	02-Oct-19	time	6.64	10.88	15.18	19.65	24.26			33.97	39.00	44.48	49.98		56.37	2 / 7			
reaction time	0.219	interval		4.24	4.30	4.47	4.61			9.71	5.03	5.48	5.50	6.39			13.01	14.32	16.01
		velocity	6.78	8.25	8.14	7.83	7.59			7.21	6.96	6.39	6.36	6.26	7.10		8.07	7.33	6.56
H1 lead leg	L	strides	22				15					16	16		69				

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

Yamamoto, Ami (JPN) (2002)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 Japanese National Championsips (Osaka, JPN)																*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date	12-Jun-22	time	6.82	11.24	15.75	20.37	25.03		29.81	34.77	39.81	44.93	50.20		56.38	6 / 1			
reaction time	0.219	interval		4.42	4.51	4.62	4.66		4.78	4.96	5.04	5.12	5.27	6.18	PB		13.55	14.40	15.43
		velocity	6.60	7.92	7.76	7.58	7.51		7.32	7.06	6.94	6.84	6.64	6.47	7.09		7.75	7.29	6.80

H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	21	194						

Bakhvalova, Yekaterina (RUS) (1972)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 European Championships (Munich, GER)																*Graubner (2009) - http://www.fgs.uni-halle.de*			
date	08-Aug-02	time	6.61	10.83	15.11	19.61	24.30		29.15	34.21	39.53	44.90	50.35		56.39	/ 5			
reaction time	0.250	interval		4.22	4.28	4.50	4.69		4.85	5.06	5.32	5.37	5.45	6.04			13.00	14.60	16.14
		velocity	6.81	8.29	8.18	7.78	7.46		7.22	6.92	6.58	6.52	6.42	6.62	7.09		8.08	7.19	6.51
H1 lead leg		strides																	

Kubokura, Satomi (JPN) (1982)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 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	6.61	10.95	15.49	20.01	24.71		29.41	34.38	39.47	44.68	50.02		56.39	4 / 1			
reaction time		interval		4.34	4.54	4.52	4.70		4.70	4.97	5.09	5.21	5.34	6.37			13.40	14.37	15.64
		velocity	6.81	8.06	7.71	7.74	7.45		7.45	7.04	6.88	6.72	6.55	6.28	7.09		7.84	7.31	6.71
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	17	21.5	193				

Nel, Wenda (RSA) (1988)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	21-Jul-19	time	6.60	10.96	15.44	20.04	24.68		29.36	34.28	39.28	44.48	50.04		56.39	1 / 8			
reaction time	0.175	interval		4.36	4.48	4.60	4.64		4.68	4.92	5.00	5.20	5.56	6.35			13.44	14.24	15.76
		velocity	6.82	8.03	7.81	7.61	7.54		7.48	7.11	7.00	6.73	6.29	6.30	7.09		7.81	7.37	6.66
H1 lead leg	L	strides	23	16		16	16		16	17	17	17	18		156				

Leng Xueyan (CHN) (1972)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1992 ??? (???)																*Cui (2008) - research on the rhythm characteristics of outstanding female 400m hurdlers in China*			
date	???	time	6.44	10.80	15.29	19.92	24.53		29.03	34.06	39.49	44.68	49.90		56.40	???			
reaction time		interval		4.36	4.49	4.63	4.61		4.50	5.03	5.43	5.19	5.22	6.50			13.48	14.14	15.84
		velocity	6.99	8.03	7.80	7.56	7.59		7.78	6.96	6.45	6.74	6.70	6.15	7.09		7.79	7.43	6.63
H1 lead leg		strides	23	16	16	16	16		16	16	17	17	17	22.5	192.5				

Sprunger, Léa (SUI) (1990)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date	23-Aug-20	time	6.50	10.87	15.27	19.77	24.43	26.3	29.20	34.20	39.27	44.73	50.23		56.40	6 / 6			
reaction time	0.151	interval		4.37	4.40	4.50	4.66		4.77	5.00	5.07	5.46	5.50	6.17			13.27	14.43	16.03
		velocity	6.92	8.01	7.95	7.78	7.51	7.60	7.34	7.00	6.90	6.41	6.36	6.48	7.09		7.91	7.28	6.55
H1 lead leg	R	strides	20	14	14	14	14		15	15	15	16	16	19	172				

Krafzik, Carolina (GER) (1995)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	02-Oct-19	time	6.36	10.44	14.64	19.04	23.60		28.52	33.56	38.80	44.20	49.88		56.41	3 / 8			
reaction time	0.191	interval		4.08	4.20	4.40	4.56		4.92	5.04	5.24	5.40	5.68	6.53			12.68	14.52	16.32
		velocity	7.08	8.58	8.33	7.95	7.68		7.11	6.94	6.68	6.48	6.16	6.13	7.09		8.28	7.23	6.43
H1 lead leg	L	strides	23	15	15	15	15		16	17	17		18		151				

Nugent, Leah (JAM) (1992)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	26-Aug-21	time	6.24	10.44	14.84		24.24		28.96	33.80	38.96	44.16	49.76		56.41	1 / 7			
reaction time	0.202	interval		4.20	4.40		9.40		4.72	4.84	5.16	5.20	5.60	6.65					15.96
		velocity	7.21	8.33	7.95		7.45		7.42	7.23	6.78	6.73	6.25	6.02	7.09				6.58
H1 lead leg	R	strides	22	15	15				15	15	15	15	16	19	147				

Giger, Yasmin (SUI) (1999)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis)																*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date	15-Sep-20	time	6.60	10.92	15.36				29.68	34.72		45.20	50.52		56.42	2 / 4			
reaction time		interval		4.32	4.44				14.32	5.04		10.48	5.32	5.90					15.80
		velocity	6.82	8.10	7.88				7.33	6.94		6.68	6.58	6.78	7.09				6.65
H1 lead leg	R	strides	23	15	15					16			17	20.2	106.2				

Hantzí-Neag, Hristína (GRE) (1976)

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

Kloster, Line (NOR) (1990)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Bislett Games (Oslo, NOR)																*Omega Timing (2023) - diamond league race analysis*			
date	15-Jun-23	time	6.27	10.42	14.75	19.10	23.57		28.22	33.14	38.50	43.91	49.63		56.44	2 / 8			
reaction time	0.150	interval		4.15	4.33	4.35	4.47		4.65	4.92	5.36	5.41	5.72	6.81			12.83	14.04	16.49
		velocity	7.18	8.43	8.08	8.05	7.83		7.53	7.11	6.53	6.47	6.12	5.87	7.09		8.18	7.48	6.37
H1 lead leg	R	strides	22	15	15	15	15		15	16	16	17	17		163				

van der Walt, Zeney (RSA) (2000)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	03-May-19	time	6.54	10.88			24.52	26.5	29.36		39.54	44.91	50.35		56.45	1 / 8			
reaction time	0.167	interval		4.34			13.64		4.84		10.18	5.37	5.44	6.10					
		velocity	6.88	8.06			7.70	7.55	7.23		6.88	6.52	6.43	6.56	7.09				
H1 lead leg	L	strides	23	15					16			17	17	20.5	108.5				

Spencer, Ashley (USA) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)																	
date 15-Jul-16 time	6.47	10.77	15.07	19.73	24.43		29.10	33.93	38.90	44.07	49.93		56.46	4 / 8			
reaction time 0.167 interval		4.30	4.30	4.66	4.70		4.67	4.83	4.97	5.17	5.86	6.53			13.26	14.20	16.00
velocity	6.96	8.14	8.14	7.51	7.45		7.49	7.25	7.04	6.77	5.97	6.13	7.08		7.92	7.39	6.56
H1 lead leg L strides	22	15	14	15	15		15	15	15	15	17	18.7	176.7				

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

Sprunger, Léa (SUI) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)																	
date 13-Jun-19 time	6.40	10.64	15.04	19.44	24.08	26.1	28.92	33.96	39.08	44.48	50.16		56.46	7 / 7			
reaction time 0.179 interval		4.24	4.40	4.40	4.64		4.84	5.04	5.12	5.40	5.68	6.30			13.04	14.52	16.20
velocity	7.03	8.25	7.95	7.95	7.54	7.66	7.23	6.94	6.84	6.48	6.16	6.35	7.08		8.05	7.23	6.48
H1 lead leg R strides	21	14	14	14	14		15	15	15	16	16	19.2	173.2				

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

Flintoff-King, Debbie (AUS) (1960)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 1983 IAAF World Championships (Helsinki, FIN)																	
date 08-Aug-83 time	6.81	11.22	15.80	20.54	25.42		30.09	35.02	40.04	45.23	50.59		56.47	/ 1			
reaction time interval		4.41	4.58	4.74	4.88		4.67	4.93	5.02	5.19	5.36	5.88	PB		13.73	14.48	15.57
velocity	6.61	7.94	7.64	7.38	7.17		7.49	7.10	6.97	6.74	6.53	6.80	7.08		7.65	7.25	6.74
H1 lead leg strides																	

Knoke (1984) - the hurdles

Lenskaya, Irina (UKR) (1971)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 European Cup (Munich, GER)																	
date 21-Jun-97 time	6.70	10.96	15.22	19.63	24.12		28.93	33.99	39.24	44.67	50.09		56.47	/ 5			
reaction time interval		4.26	4.26	4.41	4.49		4.81	5.06	5.25	5.43	5.42	6.38			12.93	14.36	16.10
velocity	6.72	8.22	8.22	7.94	7.80		7.28	6.92	6.67	6.45	6.46	6.27	7.08		8.12	7.31	6.52
H1 lead leg strides																	

Jung (2003) - http://www.fgs.uni-halle.de

Kloster, Line (NOR) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)																	
date 07-Jun-18 time	6.56	10.84	15.28		24.84	26.9	29.68	34.64	39.76	44.96	50.24		56.48	2 / 8			
reaction time 0.190 interval		4.28	4.44		9.56		4.84	4.96	5.12	5.20	5.28	6.24					15.60
velocity	6.86	8.18	7.88		7.32	7.43	7.23	7.06	6.84	6.73	6.63	6.41	7.08				6.73
H1 lead leg R strides	23	15	15				16	16		17	17		119				

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

Ross, Faith (USA) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)																	
date 12-Jun-21 time	6.37		14.90	19.23	23.97				39.23	44.57	49.97		56.49	3 / 6			
reaction time 0.227 interval			8.53	4.33	4.74				15.26	5.34	5.40	6.52	PB		12.86		
velocity	7.06		8.21	8.08	7.38				6.88	6.55	6.48	6.13	7.08		8.16		
H1 lead leg L strides	24			15	15					17	17	21.2	109.2				

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

Petkova, Zhivka (BUL) (1967)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1985 European Junior Championships (Cottbus, GDR)																	
date 25-Aug-85 time		10.73	15.24	19.85	24.72		29.60	34.49	39.51	44.62	49.93		56.50	/ 2			
reaction time interval			4.51	4.61	4.87		4.88	4.89	5.02	5.11	5.31	6.57	PB			14.64	15.44
velocity		7.46	7.76	7.59	7.19		7.17	7.16	6.97	6.85	6.59	6.09	7.08			7.17	6.80
H1 lead leg strides																	

Warburton (1985) - 1985 european junior championships - hurdles

Kubokura, Satomi (JPN) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Race A - 2010 Shizuoka International Athletics Meeting (Fukuroi, JPN)																	
date 03-May-10 time	6.46	10.73	15.23	19.78	24.47		29.15	34.07	39.13	44.39	49.98		56.50	/ 2			
reaction time interval		4.27	4.50	4.55	4.69		4.68	4.92	5.06	5.26	5.59	6.52			13.32	14.29	15.91
velocity	6.97	8.20	7.78	7.69	7.46		7.48	7.11	6.92	6.65	6.26	6.13	7.08		7.88	7.35	6.60
H1 lead leg strides		16	16	16	16		16	17	17	17	17		148				

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

Rosolová, Denisa (CZE) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)																	
date 05-Jun-16 time		10.83	15.20	19.57	24.07		28.80	33.77	38.87	44.20	49.83		56.50	1 / 8			
reaction time 0.152 interval			4.37	4.37	4.50		4.73	4.97	5.10	5.33	5.63	6.67				14.20	16.06
velocity		7.39	8.01	8.01	7.78		7.40	7.04	6.86	6.57	6.22	6.00	7.08			7.39	6.54
H1 lead leg strides			15	15	15		15	16	16	17	17		126				

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

Ibrahim, Ayesya (JPN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese National Championships (Niigata, JPN)																	
date 03-Oct-20 time	6.59	10.79	15.12	19.60	24.24		29.11	34.05	39.24	44.66	50.13		56.50	6 / 1			
reaction time 0.220 interval		4.20	4.33	4.48	4.64		4.87	4.94	5.19	5.42	5.47	6.37	PB		13.01	14.45	16.08
velocity	6.83	8.33	8.08	7.81	7.54		7.19	7.09	6.74	6.46	6.40	6.28	7.08		8.07	7.27	6.53
H1 lead leg R strides	22	15	15	15	15		15	15	15	16	16	20	179				

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

Utsunomiya, Eri (JPN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)																	
date 09-May-21 time	6.52	10.78	15.13	19.60	24.17		29.11	34.20	39.42	44.69	50.12		56.50	6 / 1			
reaction time 0.178 interval		4.26	4.35	4.47	4.57		4.94	5.09	5.22	5.27	5.43	6.38	PB		13.08	14.60	15.92
velocity	6.90	8.22	8.05	7.83	7.66		7.09	6.88	6.70	6.64	6.45	6.27	7.08		8.03	7.19	6.60
H1 lead leg R strides	23	15	15	15	15		16	16	17	17	17	21	187				

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

Tate, Cassandra (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																	
date 27-Jun-21 time	6.30	10.38	14.63	19.05	23.69		28.39	33.40		44.11			56.51	4 / ~~6~~ 5			
reaction time 0.194 interval		4.08	4.25	4.42	4.64		4.70	5.01		10.71					13.31	9.71	
velocity	7.14	8.58	8.24	7.92	7.54		7.45	6.99		6.54			7.08		7.89	10.81	
H1 lead leg R strides		14	14	14	15			16					73				

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

Kubokura, Satomi (JPN) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Asian Championships (Kobe, JPN)																	
date 10-Jul-11 time	6.47	10.82	15.39	20.04	24.88		29.62	34.63	39.75	44.92	50.34		56.52	/ 1			
reaction time 0.198 interval		4.35	4.57	4.65	4.84		4.74	5.01	5.12	5.17	5.42	6.18			13.57	14.59	15.71
velocity	6.96	8.05	7.66	7.53	7.23		7.38	6.99	6.84	6.77	6.46	6.47	7.08		7.74	7.20	6.68
H1 lead leg strides		16	16	16	16		16	17	17	17	18		149				

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

Watson, Sage (CAN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)																	
date 01-Jul-21 time	6.44	10.60	14.88		23.76		28.52	33.48	38.56	44.04	49.84		56.52	8 / 7			
reaction time 0.204 interval		4.16	4.28		8.88		4.76	4.96	5.08	5.48	5.80	6.68					16.36
velocity	6.99	8.41	8.18		7.88		7.35	7.06	6.89	6.39	6.03	5.99	7.08				6.42
H1 lead leg R strides	22	15	15		16		16	16	16	17	18	20.5	171.5				

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

Watson, Sage (CAN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)																	
date 21-Aug-21 time	6.48	10.80	15.16	19.64	24.24	26.3			39.64	44.96			56.52	2 / 9			
reaction time 0.163 interval		4.32	4.36	4.48	4.60				15.40	5.32					13.16		
velocity	6.94	8.10	8.03	7.81	7.61	7.60			6.82	6.58			7.08		7.98		
H1 lead leg R strides	22	15	15	15	15					16			98				

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

Giger, Yasmin (SUI) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																	
date 09-Jun-22 time	6.53	10.83	15.30		24.70	26.64	29.57	34.60	39.70	45.13			56.52	1 / 9			
reaction time 0.155 interval		4.30	4.47		9.40		4.87	5.03	5.10	5.43							
velocity	6.89	8.14	7.83		7.45	7.51	7.19	6.96	6.86	6.45			7.08				
H1 lead leg R strides	23	15	15	15			15	16	16	17			132				

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

Alimzhanova, Natalya (KAZ) (1968)

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

Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers

Tkachuk, Viktoriya (UKR) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)																	
date 26-Aug-21 time	6.36	10.56	14.92	19.36	24.04		28.92	34.04		44.72			56.53	8 / 8			
reaction time 0.190 interval		4.20	4.36	4.44	4.68		4.88	5.12		10.68					13.00	14.68	
velocity	7.08	8.33	8.03	7.88	7.48		7.17	6.84		6.55			7.08		8.08	7.15	
H1 lead leg L strides	22	15	15	15	15		16	16	16				130				

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

Debois, Nadine (FRA) (1961)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1987 Meeting International de Dijon (Dijon, FRA)																	
date 13-Jun-87 time	7.2	11.7	16.3	21.0	25.8		30.7	35.6	40.5	45.4	50.7		56.54	/ 2			
reaction time interval		4.5	4.6	4.7	4.8		4.9	4.9	4.9	4.9	5.3	5.84			13.80	14.60	15.10
velocity	6.25	7.78	7.61	7.45	7.29		7.14	7.14	7.14	7.14	6.60	6.85	7.07		7.61	7.19	6.95
H1 lead leg strides																	

Veney - split times from PJ

Nel, Wenda (RSA) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)																	
date 09-Sep-18 time	6.32	10.56	15.04	19.52	24.12		28.80	33.68	38.76	44.12	49.80		56.54	2 / 6			
reaction time 0.192 interval		4.24	4.48	4.48	4.60		4.68	4.88	5.08	5.36	5.68	6.74			13.20	14.16	16.12
velocity	7.12	8.25	7.81	7.81	7.61		7.48	7.17	6.89	6.53	6.16	5.93	7.07		7.95	7.42	6.51
H1 lead leg L strides	23	16	16	16	16		16	17	17	18	19	22.5	196.5				

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

Barber, Kaila (USA) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)																	
date 03-May-22 time	6.32	10.44	14.75	19.25	23.99		28.85	33.88	39.04	44.38	50.02		56.55	4 / 1			
reaction time 0.181 interval		4.12	4.31	4.50	4.74		4.86	5.03	5.16	5.34	5.64	6.53			12.93	14.63	16.14
velocity	7.12	8.50	8.12	7.78	7.38		7.20	6.96	6.78	6.55	6.21	6.13	7.07		8.12	7.18	6.51
H1 lead leg L strides	23	15	15	15	16		16	17	17	17	18	21	190				

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

Tago, Miyabi (JPN) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2012 Shizuoka International Athletics Meeting (Fukuroi, JPN)																	
date 03-May-12 time	6.77	11.21	15.71	20.26	24.91		29.71	34.82	39.96	45.18	50.49		56.57	/ 3			
reaction time interval		4.44	4.50	4.55	4.65		4.80	5.11	5.14	5.22	5.31	6.08			13.49	14.56	15.67
velocity	6.65	7.88	7.78	7.69	7.53		7.29	6.85	6.81	6.70	6.59	6.58	7.07		7.78	7.21	6.70
H1 lead leg strides		15	15	15	15		15	16	16	16	16		139				

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

Williams, Tiffany (USA) (1983)

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

FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	06-May-16	time	6.52	10.68	15.00	19.44	24.08	28.80	33.68	38.72	44.00	49.68		56.57	8 / 7		
reaction time	0.225	interval		4.16	4.32	4.44	4.64	4.72	4.88	5.04	5.28	5.68	6.89			12.92	14.24	16.00
		velocity	6.90	8.41	8.10	7.88	7.54	7.42	7.17	6.94	6.63	6.16	5.81	7.07		8.13	7.37	6.56
H1 lead leg	L	strides	24	15	15	15	16	16	17	17	17	18	22	192				

Tilgner, Jonna (GER) (1984)

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

Heat 3 - 2009 German National Championships (Ulm, GER) *Killing (2009) - der rhythmus is entscheidend*

date	04-Jul-09	time	6.48	10.61	14.90	19.40	24.05	28.86	34.00	39.36	44.81	50.30		56.58	/ 1		
reaction time	0.237	interval		4.13	4.29	4.50	4.65	4.81	5.14	5.36	5.45	5.49	6.28			12.92	14.60	16.30
		velocity	6.94	8.47	8.16	7.78	7.53	7.28	6.81	6.53	6.42	6.38	6.37	7.07		8.13	7.19	6.44
H1 lead leg		strides		15	15	15	15	16	16	17	17	17						

Folorunso, Ayomide (ITA) (1996)

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

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

date	17-Sep-20	time	6.60	10.96	15.36	19.84	26.5	29.08	33.84	38.72	43.92	50.08		56.58	4 / 8		
reaction time	0.187	interval		4.36	4.40	4.48		9.24	4.76	4.88	5.20	6.16	6.50			13.24	14.00	16.24
		velocity	6.82	8.03	7.95	7.81	7.55	7.58	7.35	7.17	6.73	5.68	6.15	7.07		7.93	7.50	6.47
H1 lead leg	L	strides	23	16	16	16			15	15	15	19	21	156				

Lee, Tonya (USA) (1969)

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

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

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

Addy, Megan (USA) (1978)

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

FINAL - 2004 Modesto Relays (Modesto, CA) *Henson (2004) USATF OTC sport science*

date	08-May-04	time	6.06	10.92	15.38	19.91	24.65	29.47	34.48	39.53	44.87	50.33		56.59	/ 1		
reaction time		interval		4.86	4.46	4.53	4.74	4.82	5.01	5.05	5.34	5.46	6.26			13.85	14.57	15.85
		velocity	7.43	7.20	7.85	7.73	7.38	7.26	6.99	6.93	6.55	6.41	6.39	7.07		7.58	7.21	6.62
H1 lead leg		strides																

Nelson, Carole (FRA) (1971)

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

FINAL - 1992 U23 European Cup (Villeneuve d'Ascq, FRA) *Veney - split times from PJ*

date	18-Jul-92	time	6.75	11.10	15.59	20.17	24.93	29.70	34.45	39.37	44.67	49.99		56.61	/ 1		
reaction time		interval		4.35	4.49	4.58	4.76	4.77	4.75	4.92	5.30	5.32	6.62			13.42	14.28	15.54
		velocity	6.67	8.05	7.80	7.64	7.35	7.34	7.37	7.11	6.60	6.58	6.04	7.07		7.82	7.35	6.76
H1 lead leg		strides	23	16	16	16	16	17	17	17	18	18	22	196				

Doyle, Eilidh (GBR) (1987)

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

FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	18-Aug-18	time	6.47	10.74	15.21	19.85	24.69	29.59	34.63	39.74	45.01	50.38		56.61	3 / 4		
reaction time	0.159	interval		4.27	4.47	4.64	4.84	4.90	5.04	5.11	5.27	5.37	6.23			13.38	14.78	15.75
		velocity	6.96	8.20	7.83	7.54	7.23	7.14	6.94	6.85	6.64	6.52	6.42	7.07		7.85	7.10	6.67
H1 lead leg	L	strides	23	15	15	16	16	16	17	17	18	18	21	192				

Yoneda, Tomomi (JPN) (1990)

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

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

date	10-Jun-12	time	6.91	11.31	15.80	20.30	24.92	29.64	34.54	39.60	44.84	50.25		56.62	6 / 2		
reaction time		interval		4.40	4.49	4.50	4.62	4.72	4.90	5.06	5.24	5.41	6.37			13.39	14.24	15.71
		velocity	6.51	7.95	7.80	7.78	7.58	7.42	7.14	6.92	6.68	6.47	6.28	7.06		7.84	7.37	6.68
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	16	17	21	185				

Kubokura, Satomi (JPN) (1982)

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

FINAL - 2016 Japanese National Championships (Nagoya, JPN) *Morioka (2016) - race pattern of top 400m hurdlers in japan*

date	26-Jun-16	time	6.67	11.02	15.56	20.23	25.10	30.04	35.16	40.33	45.51	50.72		56.62	5 / 2		
reaction time	0.176	interval		4.35	4.54	4.67	4.87	4.94	5.12	5.17	5.18	5.21	5.90			13.56	14.93	15.56
		velocity	6.75	8.05	7.71	7.49	7.19	7.09	6.84	6.77	6.76	6.72	6.78	7.06		7.74	7.03	6.75
H1 lead leg		strides		16	16	16	16	16	17	17	17	17		148				

Nielsen, Lina (GBR) (1996)

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

FINAL - 2023 Athletissima (Lausanne, SUI) *Omega Timing (2023) - diamond league race analysis*

date	30-Jun-23	time	6.31	10.46	14.87	19.35	23.94	28.71	33.77	39.21	44.74	50.29		56.62	1 / 7		
reaction time	0.141	interval		4.15	4.41	4.48	4.59	4.77	5.06	5.44	5.53	5.55	6.33			13.04	14.42	16.52
		velocity	7.13	8.43	7.94	7.81	7.63	7.34	6.92	6.43	6.33	6.31	6.32	7.06		8.05	7.28	6.36
H1 lead leg	L	strides	22	15			15	15	15		16	16		114				

Flintoff-King, Debbie (AUS) (1960)

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

Semi-Final 1 - 1983 IAAF World Championships (Helsinki, FIN) *Knoke (1984) - the hurdles*

date	09-Aug-83	time	6.60	11.04	15.54	20.26	25.09	29.55	35.02	40.04	45.24	50.53		56.63	3 / 5		
reaction time		interval		4.44	4.50	4.72	4.83	4.46	5.47	5.02	5.20	5.29	6.10			13.66	14.76	15.51
		velocity	6.82	7.88	7.78	7.42	7.25	7.85	6.40	6.97	6.73	6.62	6.56	7.06		7.69	7.11	6.77
H1 lead leg	L	strides	23	15	15			16	16	16	16	17	20	154				

Chen Dongmei (CHN) (1963)

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

FINAL - 1989 ??? (???) *Fan (1992) - implementing Chen Dongmei's four-year training plan: regularities of 400m hurdles*

date	???	time	6.63	11.17	15.75	20.48	25.14		30.16	35.01	40.09	45.32	50.48		56.63	???					
reaction time		interval		4.54	4.58	4.73	4.66		5.02	4.85	5.08	5.23	5.16	6.15	NR			13.85	14.53	15.47	
		velocity	6.79	7.71	7.64	7.40	7.51		6.97	7.22	6.89	6.69	6.78	6.50	7.06			7.58	7.23	6.79	
H1 lead leg		strides	24	17	17	17	17		17	17	17	18	17	22	200						

Sprunger, Léa (SUI) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 19-Aug-20	time	6.56	10.96	15.44	19.96	24.64		29.52	34.60	39.84	45.24	50.72		56.65	6 / 4			
reaction time 0.207	interval		4.40	4.48	4.52	4.68		4.88	5.08	5.24	5.40	5.48	5.93			13.40	14.64	16.12
	velocity	6.86	7.95	7.81	7.74	7.48		7.17	6.89	6.68	6.48	6.39	6.75	7.06		7.84	7.17	6.51
H1 lead leg R	strides	21	14	14	14	14		15	15	15	16	16		154				

Morley, Sue (GBR) (1957)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1984 Olympic Games (Los Angeles, CA)														*Arnold (1984) - 1984 olympic games - hurdles*			
date 06-Aug-84	time	6.5	10.6	15.4	19.5	24.0	26.0	28.8	33.8	39.1	44.5	50.3		56.67	8 / 7			
reaction time	interval		4.1	4.8	4.1	4.5		4.8	5.0	5.3	5.4	5.8	6.37			13.00	14.30	16.50
	velocity	6.92	8.54	7.29	8.54	7.78	7.69	7.29	7.00	6.60	6.48	6.03	6.28	7.06		8.08	7.34	6.36
H1 lead leg L	strides		15	15	15	15		16	16	17				109				

Zapletalová, Emma (SVK) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 19-Aug-20	time	6.60			19.76	24.32		29.04	33.92	39.36	44.96	50.44		56.68	1 / 5			
reaction time 0.129	interval				13.16	4.56		4.72	4.88	5.44	5.60	5.48	6.24	NR NUR		13.16	14.16	16.52
	velocity	6.82			7.98	7.68		7.42	7.17	6.43	6.25	6.39	6.41	7.06		7.98	7.42	6.36
H1 lead leg R	strides	23				15		15	15	16	17	16	20	137				

Tate, Cassandra (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 30-Jun-22	time	6.34	10.46	14.68	19.10	23.68	25.63	28.52	33.42	38.58	44.00	49.76		56.68	1 / 8			
reaction time 0.214	interval		4.12	4.22	4.42	4.58		4.84	4.90	5.16	5.42	5.76	6.92			12.76	14.32	16.34
	velocity	7.10	8.50	8.29	7.92	7.64	7.80	7.23	7.14	6.78	6.46	6.08	5.78	7.06		8.23	7.33	6.43
H1 lead leg L	strides	22	14	14	14	14		15	15	16	16	17	20	177				

Woodruff, Gianna (PAN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Athletissima (Lausanne, SUI)														*Omega Timing (2023) - diamond league race analysis*			
date 30-Jun-23	time	6.42	10.48	14.75	19.13	23.61		28.11	32.91	38.70	44.01	49.67		56.68	6 / 8			
reaction time 0.227	interval		4.06	4.27	4.38	4.48		4.50	4.80	5.79	5.31	5.66	7.01			12.71	13.78	16.76
	velocity	7.01	8.62	8.20	7.99	7.81		7.78	7.29	6.04	6.59	6.18	5.71	7.06		8.26	7.62	6.26
H1 lead leg L	strides	22	15	15				15	15	17	17	17		133				

Kubokura, Satomi (JPN) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 Japanese National Championships (Hiroshima, JPN)														*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*			
date 27-Jun-09	time	6.54	10.88	15.50	20.19	25.09		29.94	34.96	40.12	45.36	50.62		56.70	4 / 1			
reaction time	interval		4.34	4.62	4.69	4.90		4.85	5.02	5.16	5.24	5.26	6.08			13.65	14.77	15.66
	velocity	6.88	8.06	7.58	7.46	7.14		7.22	6.97	6.78	6.68	6.65	6.58	7.05		7.69	7.11	6.70
H1 lead leg	strides		16	16	16	16		16	17	17	17	17		148				

Mo Jiadie (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Championships (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 10-Jul-19	time	6.61	10.89	15.28	19.87	24.55		29.46	34.47	39.59	44.93	50.61		56.70	3 / 1			
reaction time 0.293	interval		4.28	4.39	4.59	4.68		4.91	5.01	5.12	5.34	5.68	6.09	PB		13.26	14.60	16.14
	velocity	6.81	8.18	7.97	7.63	7.48		7.13	6.99	6.84	6.55	6.16	6.57	7.05		7.92	7.19	6.51
H1 lead leg L	strides	24	16	16	16	16		17	17	17	18	18	21.5	196.5				

Williams, Schowonda (USA) (1966)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)														*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*			
date 26-Sep-88	time	6.44	10.64	14.95	19.40	24.09		28.90	33.74	38.80	44.14	49.90		56.71	8 / 7			
reaction time 0.157	interval		4.20	4.31	4.45	4.69		4.81	4.84	5.06	5.34	5.76	6.81			12.96	14.34	16.16
	velocity	6.99	8.33	8.12	7.87	7.46		7.28	7.23	6.92	6.55	6.08	5.87	7.05		8.10	7.32	6.50
H1 lead leg	strides	24	16	16	16	17		17	17	18	18	18	22.9	199.9				

Kloster, Line (NOR) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 15-Sep-20	time	6.36	10.60	15.04	19.52	24.20		29.00	34.04		44.80	50.32		56.71	6 / 5			
reaction time	interval		4.24	4.44	4.48	4.68		4.80	5.04		10.76	5.52	6.39			13.16	14.52	16.28
	velocity	7.08	8.25	7.88	7.81	7.48		7.29	6.94		6.51	6.34	6.26	7.05		7.98	7.23	6.45
H1 lead leg R	strides	22	15	15	15	15		16	16			17	20	151				

Demes, Eileen (GER) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 22-Aug-23	time	6.44	10.51	14.71	19.04	23.52			32.96	38.14	43.84	49.88		56.71	3 / 8			
reaction time 0.166	interval		4.07	4.20	4.33	4.48			9.44	5.18	5.70	6.04	6.83			12.60	13.92	16.92
	velocity	6.99	8.60	8.33	8.08	7.81			7.42	6.76	6.14	5.79	5.86	7.05		8.33	7.54	6.21
H1 lead leg R	strides	22	14	14	14	14				16	17	17	20	148				

Taylor, Gladys (GBR) (1953)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1984 Olympic Games (Los Angeles, CA)														*Arnold (1984) - 1984 olympic games - hurdles*			
date 06-Aug-84	time	6.5	11.1	15.1	19.2	23.6	25.6	28.4	33.2	38.5	44.2	50.2		56.72	1 / 5			

reaction time		interval		4.6	4.0	4.1	4.4		4.8	4.8	5.3	5.7	6.0	6.52	PB		12.70	14.00	17.00
		velocity	6.92	7.61	8.75	8.54	7.95	7.81	7.29	7.29	6.60	6.14	5.83	6.13	7.05		8.27	7.50	6.18
H1 lead leg	L	strides		15	15	15	15				17	19	19	21.5	136.5				

Kubokura, Satomi (JPN) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2014 Shizuoka International Athletics Meeting (Fukuroi, JPN)																	
Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions																	
date 03-May-14	time	6.56	10.83	15.33	19.90	24.65		29.45	34.54	39.65	44.91	50.28		56.72	/ 1			
reaction time	interval		4.27	4.50	4.57	4.75		4.80	5.09	5.11	5.26	5.37	6.44			13.34	14.64	15.74
	velocity	6.86	8.20	7.78	7.66	7.37		7.29	6.88	6.85	6.65	6.52	6.21	7.05		7.87	7.17	6.67
H1 lead leg	strides		16	16	16	16		16	17	17	17	17		148				

Kubokura, Satomi (JPN) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 Osaka Grand Prix (Osaka, JPN)																	
Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11																	
date 09-May-09	time	6.52	10.81	15.33	19.88	24.57		29.34	34.29	39.46	44.73	50.22		56.73	/ 4			
reaction time	interval		4.29	4.52	4.55	4.69		4.77	4.95	5.17	5.27	5.49	6.51			13.36	14.41	15.93
	velocity	6.90	8.16	7.74	7.69	7.46		7.34	7.07	6.77	6.64	6.38	6.14	7.05		7.86	7.29	6.59
H1 lead leg	strides		16	16	16	16		16	17	17	17	18		149				

Tilgner, Jonna (GER) (1984)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2009 IAAF World Championships (Berlin, GER)																	
Graubner (2009) - biomechanical analyses at the 12th IAAF world championships																	
date 17-Aug-09	time	6.45	10.50	14.77	19.20	23.88		28.76	33.97	39.32	44.98	50.62		56.73	4 / 5			
reaction time 0.211	interval		4.05	4.27	4.43	4.68		4.88	5.21	5.35	5.66	5.64	6.11			12.75	14.77	16.65
	velocity	6.98	8.64	8.20	7.90	7.48		7.17	6.72	6.54	6.18	6.21	6.55	7.05		8.24	7.11	6.31
H1 lead leg	strides																	

Mo Jiadie (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																	
CAA Hurdle Development (2021)																	
date 25-Apr-21	time	6.56	10.89	15.35	19.94	24.66		29.60	34.68	39.89	45.28	50.83		56.73	5 / 1			
reaction time 0.258	interval		4.33	4.46	4.59	4.72		4.94	5.08	5.21	5.39	5.55	5.90			13.38	14.74	16.15
	velocity	6.86	8.08	7.85	7.63	7.42		7.09	6.89	6.72	6.49	6.31	6.78	7.05		7.85	7.12	6.50
H1 lead leg L	strides	24	16	16	16	16		17	17	17	18	18	21	196				

Lindley, Ashton (USA) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)																	
Henson (2021) - Athlete First: 2021 year end hurdle report																	
date 12-Jun-21	time	6.57		15.40	19.97	24.73				39.97	45.13	50.50		56.74	2 / 7			
reaction time 0.213	interval			8.83	4.57	4.76				15.24	5.16	5.37	6.24	PB		13.40		
	velocity	6.85		7.93	7.66	7.35				6.89	6.78	6.52	6.41	7.05		7.84		
H1 lead leg L	strides	23			16	16					17	17		89				

Ullrich, Cornelia (GDR) (1958)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 1987 IAAF World Championships (Rome, ITA)																	
Sušanka (1990) - time analyis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)																	
date 31-Aug-87	time	6.75	10.99	15.44	20.04	24.68		29.54	34.57	39.76	45.12	50.46		56.75	/ 1			
reaction time	interval		4.24	4.45	4.60	4.64		4.86	5.03	5.19	5.36	5.34	6.29			13.29	14.53	15.89
	velocity	6.67	8.25	7.87	7.61	7.54		7.20	6.96	6.74	6.53	6.55	6.36			7.90	7.23	6.61
H1 lead leg	strides	23	15	15	15	15		17	17	17	17	17	21	189				

Ishizuka, Haruko (JPN) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Seiko Golden Grand Prix (Kawasaki, JPN)																	
Morioka (2016) - race pattern of top 400m hurdlers in japan																	
date 08-May-16	time	6.55	10.74	15.04	19.41	24.18		29.20	34.31	39.50	45.01	50.62		56.75	/ 3			
reaction time 0.158	interval		4.19	4.30	4.37	4.77		5.02	5.11	5.19	5.51	5.61	6.13	NJR / PB		12.86	14.90	16.31
	velocity	6.87	8.35	8.14	8.01	7.34		6.97	6.85	6.74	6.35	6.24	6.53	7.05		8.16	7.05	6.44
H1 lead leg R	strides	23	15	15	15	16		16	17	17	18	18	21	191				

Hejnová, Zuzana (CZE) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																	
Henson (2020) - Athlete First: 2020 year end hurdle report																	
date 23-Aug-20	time	6.70	11.03	15.40	19.87	24.50	26.5	29.37	34.33	39.33	44.73	50.23		56.75	7 / 7			
reaction time 0.151	interval		4.33	4.37	4.47	4.63		4.87	4.96	5.00	5.40	5.50	6.52			13.17	14.46	15.90
	velocity	6.72	8.08	8.01	7.83	7.56	7.55	7.19	7.06	7.00	6.48	6.36	6.13	7.05		7.97	7.26	6.60
H1 lead leg R	strides	21	15	15	15	15		16	16	16	17	17	20.5	183.5				

Bartl, Claudia (GDR) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1986 IAAF World Junor Championships (Athens, GRE)																	
Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races																	
date 18-Jul-86	time	6.49	10.77	15.25	19.73	24.49		29.51	34.57	40.05	45.30	50.69		56.76	/ 1			
reaction time	interval		4.28	4.48	4.48	4.76		5.02	5.06	5.48	5.25	5.39	6.07	CR		13.24	14.84	16.12
	velocity	6.93	8.18	7.81	7.81	7.35		6.97	6.92	6.39	6.67	6.49	6.59	7.05		7.93	7.08	6.51
H1 lead leg	strides	23	15	15	15	16		17	17	17	17	17	20	189				

Blaszak, Genowefa (POL) (1957)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)																	
Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988																	
date 26-Sep-88	time	6.67	10.86	15.16	19.56	24.37		29.25	34.24	39.34	44.60	50.13		56.76	7 / 7			
reaction time	interval		4.19	4.30	4.40	4.81		4.88	4.99	5.10	5.26	5.53	6.63			12.89	14.68	15.89
	velocity	6.75	8.35	8.14	7.95	7.28		7.17	7.01	6.86	6.65	6.33	6.03	7.05		8.15	7.15	6.61
H1 lead leg	strides	23	16	15	15	16		16	17	16	17	17	21.1	189.1				

Pskit, Małgorzata (POL) (1976)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 European Championships (Munich, GER)																	
Graubner (2009) - http://www.fgs.uni-halle.de																	
date 08-Aug-02	time	6.72	10.91	15.13	19.51	24.03		28.75	33.73	38.87	44.35	50.11		56.76	/ 6			
reaction time 0.202	interval		4.19	4.22	4.38	4.52		4.72	4.98	5.14	5.48	5.76	6.65			12.79	14.22	16.38

		velocity	6.70	8.35	8.29	7.99	7.74		7.42	7.03	6.81	6.39	6.08	6.02	7.05		8.21	7.38	6.41
H1 lead leg		strides																	

Mo Jiadie (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)														*CAA Hurdle Development (2020)*			
date 17-Sep-20	time	6.46	10.79	15.17	19.67	24.25		29.04	34.08	39.37	44.92	50.37		56.77	4 / 1			
reaction time	interval		4.33	4.38	4.50	4.58		4.79	5.04	5.29	5.55	5.45	6.40			13.21	14.41	16.29
	velocity	6.97	8.08	7.99	7.78	7.64		7.31	6.94	6.62	6.31	6.42	6.25	7.05		7.95	7.29	6.45
H1 lead leg L	strides	24	16	16	16	16		17	17	18	18	18	21.5	197.5				

Chen Juying (CHN) (1963)

	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 ??? (???)														*Cui (2008) - research on the rhythm characteristics of outstanding female 400m hurdlers in China*			
date ???	time	6.80	11.25	15.61	20.12	24.72		29.50	34.53	39.80	45.15	50.48		56.78	???			
reaction time	interval		4.45	4.36	4.51	4.60		4.78	5.03	5.27	5.35	5.33	6.30			13.32	14.41	15.95
	velocity	6.62	7.87	8.03	7.76	7.61		7.32	6.96	6.64	6.54	6.57	6.35	7.04		7.88	7.29	6.58
H1 lead leg	strides	23	15	15	15	15		15	17	17	17	17	22	188				

Umehara, Satsuki (JPN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Japanese University Championships (Kumagaya, JPN)														*(2016.09.04) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en*			
date 03-Sep-16	time	6.71	11.08	15.49	20.02	24.69		29.58	34.58	39.69	45.07	50.50		56.79	6 / 1			
reaction time 0.170	interval		4.37	4.41	4.53	4.67		4.89	5.00	5.11	5.38	5.43	6.29	PB		13.31	14.56	15.92
	velocity	6.71	8.01	7.94	7.73	7.49		7.16	7.00	6.85	6.51	6.45	6.36	7.04		7.89	7.21	6.60
H1 lead leg R	strides	24	16	16	16	16		17	17	17	18	18	22	197				

Roberts, Kellie (USA) (1969)

	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	6.73	11.11	15.51	20.08	24.87		29.87	34.98	40.19	45.39	50.75		56.80	/ 2			
reaction time	interval		4.38	4.40	4.57	4.79		5.00	5.11	5.21	5.20	5.36	6.05			13.35	14.90	15.77
	velocity	6.69	7.99	7.95	7.66	7.31		7.00	6.85	6.72	6.73	6.53	6.61	7.04		7.87	7.05	6.66
H1 lead leg	strides	24	16	16	16	18		17	17	17	17	17	21	196				

Yoneda, Tomomi (JPN) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2012 Shizuoka International Athletics Meeting (Fukuroi, JPN)														*Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions*			
date 03-May-12	time	6.92	11.39	15.98	20.58	25.22		30.02	34.99	40.10	45.36	50.68		56.80	/ 4			
reaction time	interval		4.47	4.59	4.60	4.64		4.80	4.97	5.11	5.26	5.32	6.12	PB		13.66	14.41	15.69
	velocity	6.50	7.83	7.63	7.61	7.54		7.29	7.04	6.85	6.65	6.58	6.54	7.04		7.69	7.29	6.69
H1 lead leg	strides		15	15	15	15		16	16	16	16	17		141				

Ishizuka, Haruko (JPN) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Japanese University Championships (Kumagaya, JPN)														*(2016.09.04) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en*			
date 03-Sep-16	time	6.64	10.81	15.15	19.57	24.33		29.23	34.25	39.47	44.81	50.47		56.81	7 / 2			
reaction time 0.197	interval		4.17	4.34	4.42	4.76		4.90	5.02	5.22	5.34	5.66	6.34			12.93	14.68	16.22
	velocity	6.78	8.39	8.06	7.92	7.35		7.14	6.97	6.70	6.55	6.18	6.31	7.04		8.12	7.15	6.47
H1 lead leg R	strides	23	15	15	15	16		16	17	17	17	18	22	191				

Renaud, Anne (FRA) (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 Tarare, FRA														*Veney - split times from PJ*			
date 06-Jul-96	time	7.1	11.5	15.8	20.2	24.9		29.8	34.8	39.8	45.0	50.6		56.82	/ 1			
reaction time	interval		4.4	4.3	4.4	4.7		4.9	5.0	5.0	5.2	5.6	6.22			13.10	14.60	15.80
	velocity	6.34	7.95	8.14	7.95	7.45		7.14	7.00	7.00	6.73	6.25	6.43	7.04		8.02	7.19	6.65
H1 lead leg	strides	22	15	15	15	15		15	16	16	16	16		161				

Kubokura, Satomi (JPN) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Race 2 - 2008 Shizuoka International Athletics Meeting (Fukuroi, JPN)														*Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers*			
date 03-May-08	time	6.61	10.96	15.40	19.92	24.61		29.43	34.40	39.52	44.93	50.50		56.83	/ 1			
reaction time	interval		4.35	4.44	4.52	4.69		4.82	4.97	5.12	5.41	5.57	6.33			13.31	14.48	16.10
	velocity	6.81	8.05	7.88	7.74	7.46		7.26	7.04	6.84	6.47	6.28	6.32	7.04		7.89	7.25	6.52
H1 lead leg	strides		16	16	16	16		17	17	17	18	18		151				

Adekoya, Kemi (BRN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 31-May-18	time	6.40	10.56	14.80	19.12	23.72		28.84	34.16	39.60	45.12	50.68		56.83	1 / 9			
reaction time 0.186	interval		4.16	4.24	4.32	4.60		5.12	5.32	5.44	5.52	5.56	6.15			12.72	15.04	16.52
	velocity	7.03	8.41	8.25	8.10	7.61		6.84	6.58	6.43	6.34	6.29	6.50	7.04		8.25	6.98	6.36
H1 lead leg R	strides	23	15	15	15	16		17	17	17	17	17		169				

Cockrell, Anna (USA) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 25-Jun-21	time	6.40	10.70	15.20	19.73	24.50		29.46	34.70	39.73	44.90	50.26		56.83	7 / 2			
reaction time 0.196	interval		4.30	4.50	4.53	4.77		4.96	5.24	5.03	5.17	5.36	6.57			13.33	14.97	15.56
	velocity	7.03	8.14	7.78	7.73	7.34		7.06	6.68	6.96	6.77	6.53	6.09	7.04		7.88	7.01	6.75
H1 lead leg L	strides	22	15	15	15	15		15	16	15	16	16	20	180				

Niederstätter, Monika (ITA) (1974)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 European Cup (Bremen, GER)														*Graubner (2007) - http://www.fgs.uni-halle.de*			
date 23-Jun-01	time	6.85	11.22	15.67	20.15	24.77		29.51	34.53	39.63	44.86	50.47		56.85	/ 6			
reaction time	interval		4.37	4.45	4.48	4.62		4.74	5.02	5.10	5.23	5.61	6.38			13.30	14.38	15.94
	velocity	6.57	8.01	7.87	7.81	7.58		7.38	6.97	6.86	6.69	6.24	6.27	7.04		7.89	7.30	6.59

H1 lead leg strides

Payne, Kymber (USA) (1996)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 NCAA Championships (Eugene, OR) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	09-Jun-18	time	6.73	10.93	15.20	19.53	23.96		28.73	33.70		44.33	50.03		56.88	6 / 3			
reaction time		interval		4.20	4.27	4.33	4.43		4.77	4.97		10.63	5.70	6.85			12.80	14.17	16.33
		velocity	6.69	8.33	8.20	8.08	7.90		7.34	7.04		6.59	6.14	5.84	7.03		8.20	7.41	6.43
H1 lead leg	L	strides	24	15		15	15		16	16	17		18		136				

Beesley, Meghan (GBR) (1989)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	02-Oct-19	time	6.34	10.54	14.81		23.82		28.59	33.46	38.70	44.28	50.05		56.89	9 / 8			
reaction time	0.173	interval		4.20	4.27		9.01		4.77	4.87	5.24	5.58	5.77	6.84					16.59
		velocity	7.10	8.33	8.20		7.77		7.34	7.19	6.68	6.27	6.07	5.85	7.03				6.33
H1 lead leg	L	strides	24	16	16		16			17		19	19		127				

Aoki, Sayaka (JPN) (1986)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Japanese National Championships (Marugume, JPN)																*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*			
date	06-Jun-10	time	6.55	10.99	15.44	20.01	24.65		29.49	34.55	39.66	44.87	50.29		56.90	/ 3			
reaction time		interval		4.44	4.45	4.57	4.64		4.84	5.06	5.11	5.21	5.42	6.61			13.46	14.54	15.74
		velocity	6.87	7.88	7.87	7.66	7.54		7.23	6.92	6.85	6.72	6.46	6.05	7.03		7.80	7.22	6.67
H1 lead leg		strides		16	16	16	16		17	17	17	17	17		149				

Tago, Miyabi (JPN) (1988)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Japanese National Championships (Kumagaya, JPN)																*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*			
date	12-Jun-11	time	6.79	11.16	15.55	20.00	24.55		29.22	34.14	39.15	44.42	50.26		56.90	/ 2			
reaction time		interval		4.37	4.39	4.45	4.55		4.67	4.92	5.01	5.27	5.84	6.64			13.21	14.14	16.12
		velocity	6.63	8.01	7.97	7.87	7.69		7.49	7.11	6.99	6.64	5.99	6.02	7.03		7.95	7.43	6.51
H1 lead leg		strides		15	15	15	15		15	16	16	16	18		141				

Tate, Cassandra (USA) (1990)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	05-Jul-19	time	6.36	10.40	14.76		23.72	25.7	28.60	33.56	38.76	44.24	50.00		56.90	1 / 8			
reaction time	0.201	interval		4.04	4.36		8.96		4.88	4.96	5.20	5.48	5.76	6.90					16.44
		velocity	7.08	8.66	8.03		7.81	7.78	7.17	7.06	6.73	6.39	6.08	5.80	7.03				6.39
H1 lead leg	R	strides	22	14	15				16	15	16	17	17		132				

Spencer, Ashley (USA) (1993)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)																*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date	29-Aug-19	time	6.44	10.68	15.00	19.52	24.16	26.2	28.96	33.92	39.04	44.48			56.90	5 / 8			
reaction time	0.132	interval		4.24	4.32	4.52	4.64		4.80	4.96	5.12	5.44					13.08	14.40	
		velocity	6.99	8.25	8.10	7.74	7.54	7.63	7.29	7.06	6.84	6.43			7.03		8.03	7.29	
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16			144				

Bookman, Deonca (USA) (1995)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	27-Jun-21	time	6.54	10.64	14.84	19.18	23.79		28.49	33.46		44.17			56.90	2 / ~~7~~ 6			
reaction time	0.349	interval		4.10	4.20	4.34	4.61		4.70	4.97		10.71					13.15	9.67	
		velocity	6.88	8.54	8.33	8.06	7.59		7.45	7.04		6.54			7.03		7.98	10.86	
H1 lead leg	R	strides		16	16	16	17			18					83				

Utsunomiya, Eri (JPN) (1993)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National Championsips (Osaka, JPN)																*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date	12-Jun-22	time	6.62	10.93	15.41	19.99	24.64		29.53	34.52	39.74	44.99	50.45		56.90	4 / 2			
reaction time	0.206	interval		4.31	4.48	4.58	4.65		4.89	4.99	5.22	5.25	5.46	6.45			13.37	14.53	15.93
		velocity	6.80	8.12	7.81	7.64	7.53		7.16	7.01	6.70	6.67	6.41	6.20	7.03		7.85	7.23	6.59
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	22	188				

Spencer, Ashley (USA) (1993)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	06-Jul-21	time	6.44	10.61	14.90	19.20	23.76		28.63		39.07	44.64	50.30		56.91	3 / 8			
reaction time	0.204	interval		4.17	4.29	4.30	4.56		4.87		10.44	5.57	5.66	6.61			12.76		
		velocity	6.99	8.39	8.16	8.14	7.68		7.19		6.70	6.28	6.18	6.05	7.03		8.23		
H1 lead leg	L	strides		15	15	14	14		15			16	16		105				

Miki, Shiori (JPN) (1991)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Japanese National Championships (Kumagaya, JPN)																*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*			
date	12-Jun-11	time	6.61	11.08	15.67	20.34	25.19		30.18	35.24	40.38	45.64	50.93		56.92	/ 3			
reaction time		interval		4.47	4.59	4.67	4.85		4.99	5.06	5.14	5.26	5.29	5.99	**PB**		13.73	14.90	15.69
		velocity	6.81	7.83	7.63	7.49	7.22		7.01	6.92	6.81	6.65	6.62	6.68	7.03		7.65	7.05	6.69
H1 lead leg		strides		16	16	16	16		17	17	17	17	17		149				

Folorunso, Ayomide (ITA) (1996)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	10-Jun-21	time	6.36	10.60	14.92	19.32	23.88	25.9		33.64	38.96	44.44	50.24		56.92	3 / 7			
reaction time	0.193	interval		4.24	4.32	4.40	4.56			9.76	5.32	5.48	5.80	6.68			12.96	14.32	16.60
		velocity	7.08	8.25	8.10	7.95	7.68	7.72		7.17	6.58	6.39	6.03	5.99	7.03		8.10	7.33	6.33
H1 lead leg	L	strides	23	15	15		15				17	17	18		120				

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

Danvers, Tasha (GBR) (1977)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 European Championships (Munich, GER)														*Graubner (2009) - http://www.fgs.uni-halle.de*			
date 08-Aug-02 time	6.65	10.83	15.11	19.59	24.17		28.91	33.89	39.19	44.69	50.35		56.93	/ 7			
reaction time 0.244 interval		4.18	4.28	4.48	4.58		4.74	4.98	5.30	5.50	5.66	6.58			12.94	14.30	16.46
velocity	6.77	8.37	8.18	7.81	7.64		7.38	7.03	6.60	6.36	6.18	6.08	7.03		8.11	7.34	6.38
H1 lead leg strides																	

Aoki, Sayaka (JPN) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Japanese National Championships (Kawasaki, JPN)														*Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers*			
date 27-Jun-08 time	6.47	10.79	15.29	19.83	24.42		29.29	34.30	39.37	44.64	50.18		56.93	/ 2			
reaction time interval		4.32	4.50	4.54	4.59		4.87	5.01	5.07	5.27	5.54	6.75			13.36	14.47	15.88
velocity	6.96	8.10	7.78	7.71	7.63		7.19	6.99	6.90	6.64	6.32	5.93	7.03		7.86	7.26	6.61
H1 lead leg strides		16	16	16	16		17	17	17	17	17		149				

Beaugeant, Chantal (FRA) (1961)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)														*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*			
date 26-Sep-88 time	6.68	10.95	15.35	19.90	24.54		29.46	34.61	39.87	45.24	50.80		56.94	1 / 8			
reaction time 0.215 interval		4.27	4.40	4.55	4.64		4.92	5.15	5.26	5.37	5.56	6.14			13.22	14.71	16.19
velocity	6.74	8.20	7.95	7.69	7.54		7.11	6.80	6.65	6.52	6.29	6.51	7.02		7.94	7.14	6.49
H1 lead leg strides	22	15	15	15	15		16	16	16	17	17	20	184				

Langley-Walker, Madison (USA) (199

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 09-Jul-23 time	6.54	10.88	15.48	20.02	24.75		29.83		40.24				56.94	2 / 7			
reaction time interval		4.34	4.60	4.54	4.73		5.08		10.41			16.70			13.48		
velocity	6.88	8.06	7.61	7.71	7.40		6.89		6.72			6.29	7.02		7.79		
H1 lead leg R strides	24	16	17	16	16								89				

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)														*Omega Timing (2023) - diamond league race analysis*			
date 28-May-23 time	6.61	10.93	15.33	19.84	24.51		29.40	34.51	39.74	45.11	50.64		56.97	8 / 8			
reaction time 0.268 interval		4.32	4.40	4.51	4.67		4.89	5.11	5.23	5.37	5.53	6.33			13.23	14.67	16.13
velocity	6.81	8.10	7.95	7.76	7.49		7.16	6.85	6.69	6.52	6.33	6.32	7.02		7.94	7.16	6.51
H1 lead leg R strides	22	14	14	14	14		15	15		16	16	19	159				

Giger, Yasmin (SUI) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 IAAF World Junior Championships (Tampere, FIN) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 13-Jul-18 time	6.40	10.70	15.06	19.66	24.36		29.20	34.16	39.30	44.66	50.40		56.98	8 / 3			
reaction time 0.179 interval		4.30	4.36	4.60	4.70		4.84	4.96	5.14	5.36	5.74	6.58			13.26	14.50	16.24
velocity	7.03	8.14	8.03	7.61	7.45		7.23	7.06	6.81	6.53	6.10	6.08	7.02		7.92	7.24	6.47
H1 lead leg R strides	23	15	15	15	15		15	16	16		17		147				

Spencer, Ashley (USA) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 21-Jul-18 time	6.60	10.88	15.24	19.76	24.40		29.20	34.04	39.20	44.64	50.24		57.00	3 / 9			
reaction time 0.164 interval		4.28	4.36	4.52	4.64		4.80	4.84	5.16	5.44	5.60	6.76			13.16	14.28	16.20
velocity	6.82	8.18	8.03	7.74	7.54		7.29	7.23	6.78	6.43	6.25	5.92	7.02		7.98	7.35	6.48
H1 lead leg L strides	22	15	15	15	15		15	15	16	16	16	19.5	179.5				

Kubokura, Satomi (JPN) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2007 IAAF World Championships (Osaka, JPN)														*Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers*			
date 27-Aug-07 time	6.57	10.90	15.44	20.06	24.83		29.77	34.86	40.00	45.26	50.77		57.01	2 / 6			
reaction time 0.202 interval		4.33	4.54	4.62	4.77		4.94	5.09	5.14	5.26	5.51	6.24			13.49	14.80	15.91
velocity	6.85	8.08	7.71	7.58	7.34		7.09	6.88	6.81	6.65	6.35	6.41	7.02		7.78	7.09	6.60
H1 lead leg strides		16	16	16	16		16	18	17	17	18		150				

Utsunomiya, Eri (JPN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 06-Jun-21 time	6.51	10.78	15.10	19.54	24.22		29.06	34.08	39.37	44.79	50.43		57.03	5 / 1			
reaction time interval		4.27	4.32	4.44	4.68		4.84	5.02	5.29	5.42	5.64	6.60			13.03	14.54	16.35
velocity	6.91	8.20	8.10	7.88	7.48		7.23	6.97	6.62	6.46	6.21	6.06	7.01		8.06	7.22	6.42
H1 lead leg R strides	23	15	15	15	15		16	16	17	17	17	22	188				

Yamamoto, Ami (JPN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 Japanese National Championships (Osaka, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 26-Jun-21 time	6.86	11.34	15.83	20.39	25.06		30.00	35.14	40.32	45.60	51.00		57.04	6 / 1			
reaction time 0.232 interval		4.48	4.49	4.56	4.67		4.94	5.14	5.18	5.28	5.40	6.04	PB		13.53	14.75	15.86
velocity	6.56	7.81	7.80	7.68	7.49		7.09	6.81	6.76	6.63	6.48	6.62	7.01		7.76	7.12	6.62
H1 lead leg L strides	24	16	16	16	16		17	17	17	17	17	20.7	193.7				

Beesley, Meghan (GBR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 13-Jul-21 time	6.38	10.64	15.02	19.42	24.00	26.0	28.76	33.80	39.06	44.72	50.40		57.04	1 / 7			
reaction time 0.145 interval		4.26	4.38	4.40	4.58		4.76	5.04	5.26	5.66	5.68	6.64			13.04	14.38	16.60
velocity	7.05	8.22	7.99	7.95	7.64	7.69	7.35	6.94	6.65	6.18	6.16	6.02	7.01		8.05	7.30	6.33
H1 lead leg L strides	24	16	16	16	16		17	18	18	19	19	23	202				

Forcadell, Laia (ESP) (1982)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2007 European Cup (Munich, GER)																*Graubner (2007) - http://www.fgs.uni-halle.de*			
date	23-Jun-07	time	6.93	11.29	15.74	20.42	25.22		30.22	35.42	40.61	45.87	51.21		57.05	/ 6			
reaction time	0.258	interval		4.36	4.45	4.68	4.80		5.00	5.20	5.19	5.26	5.34	5.84	PB		13.49	15.00	15.79
		velocity	6.49	8.03	7.87	7.48	7.29		7.00	6.73	6.74	6.65	6.55	6.85	7.01		7.78	7.00	6.65
H1 lead leg		strides																	

Utsunomiya, Eri (JPN) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
A FINAL - 2019 Kinami Memorial (Osaka, JPN)																*Matsubayashi (2019) - research on athlete performance and technique- 2019 data book*			
date	06-May-19	time	6.52	10.83	15.30	19.90	24.69		29.75	34.82	40.05	45.40	50.79		57.05	7 / 1			
reaction time		interval		4.31	4.47	4.60	4.79		5.06	5.07	5.23	5.35	5.39	6.26			13.38	14.92	15.97
		velocity	6.90	8.12	7.83	7.61	7.31		6.92	6.90	6.69	6.54	6.49	6.39	7.01		7.85	7.04	6.57
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	21	187				

Dherbecourt, Isabelle (FRA) (1973)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1996 Tarare, FRA																*Veney - split times from PJ*			
date	06-Jul-96	time	7.1	11.6	16.0	20.5	25.2		30.0	35.0	40.2	45.4	51.1		57.06	/ 2			
reaction time		interval		4.5	4.4	4.5	4.7		4.8	5.0	5.2	5.2	5.7	5.96			13.40	14.50	16.10
		velocity	6.34	7.78	7.95	7.78	7.45		7.29	7.00	6.73	6.73	6.14	6.71	7.01		7.84	7.24	6.52
H1 lead leg		strides	24	16	16	16	16		16	17	17	18	18		174				

Ishizuka, Haruko (JPN) (1997)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)																*Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data*			
date	31-Jul-15	time	6.67	11.01	15.52	20.07	24.79		29.81	34.92	40.16	45.50	50.97		57.09	4 / 1			
reaction time	0.158	interval		4.34	4.51	4.55	4.72		5.02	5.11	5.24	5.34	5.47	6.12	NJR / PB		13.40	14.85	16.05
		velocity	6.75	8.06	7.76	7.69	7.42		6.97	6.85	6.68	6.55	6.40	6.54	7.01		7.84	7.07	6.54
H1 lead leg		strides		15	15	15	15		16	16	17	17	17		143				

Ito, Akiko (JPN) (1995)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)																*Yamanaka (2019) - research on athlete performance and technique- 2019 data book*			
date	30-Jun-19	time	6.47	10.73	15.17	19.74	24.44		29.28	34.28	39.51	44.91	50.52		57.09	4 / 1			
reaction time	0.151	interval		4.26	4.44	4.57	4.70		4.84	5.00	5.23	5.40	5.61	6.57	PB		13.27	14.54	16.24
		velocity	6.96	8.22	7.88	7.66	7.45		7.23	7.00	6.69	6.48	6.24	6.09	7.01		7.91	7.22	6.47
H1 lead leg	L	strides	23	15	15	15	16		16	16	17	17	17	21.2	188.2				

Utsunomiya, Eri (JPN) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2020 Japanese National Championships (Niigata, JPN)																*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date	03-Oct-20	time	6.61	10.98	15.52	20.15	24.91		29.90	34.93	40.17	45.53	50.90		57.09	9 / 2			
reaction time	0.169	interval		4.37	4.54	4.63	4.76		4.99	5.03	5.24	5.36	5.37	6.19			13.54	14.78	15.97
		velocity	6.81	8.01	7.71	7.56	7.35		7.01	6.96	6.68	6.53	6.52	6.46	7.01		7.75	7.10	6.57
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	21	187				

Wright, Jessica (USA) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)																*USATF (2022) - Results powered by Karmarush*			
date	24-Jun-22	time	6.74	11.03	15.57	20.41	25.25	27.34	30.13	35.01	40.17	45.53	50.85	57.09	57.09	3 / 7			
reaction time		interval		4.29	4.54	4.84	4.84		4.88	4.88	5.16	5.36	5.32	6.24			13.67	14.60	15.84
		velocity	6.68	8.16	7.71	7.23	7.23	7.32	7.17	7.17	6.78	6.53	6.58	6.41	7.01		7.68	7.19	6.63
H1 lead leg	R	strides	24	16	17	17	17			17	18				126				

Kubokura, Satomi (JPN) (1982)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FiNAL - 2005 Osaka Grand Prix (Osaka, JPN)																*Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers*			
date	07-May-05	time	6.67	11.16	15.75	20.44	25.34		30.19	35.14	40.13	45.42	50.89		57.10	/ 2			
reaction time		interval		4.49	4.59	4.69	4.90		4.85	4.95	4.99	5.29	5.47	6.21			13.77	14.70	15.75
		velocity	6.75	7.80	7.63	7.46	7.14		7.22	7.07	7.01	6.62	6.40	6.44	7.01		7.63	7.14	6.67
H1 lead leg		strides		16	16	15	17		17	17	17	17	18		150				

Molnár, Janka (HUN) (2001)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)																*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date	19-Aug-20	time	6.80			20.24	24.92		29.76	34.76	39.96	45.28	50.76		57.10	2 / 6			
reaction time	0.218	interval				13.44	4.68		4.84	5.00	5.20	5.32	5.48	6.34			13.44	14.52	16.00
		velocity	6.62			7.81	7.48		7.23	7.00	6.73	6.58	6.39	6.31	7.01		7.81	7.23	6.56
H1 lead leg	R	strides	24				16		16	17	17	17	17		124				

Tilgner, Jonna (GER) (1984)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Semi-Final 3 - 2009 IAAF World Championships (Berlin, GER)																*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date	18-Aug-09	time	6.45	10.48	14.68	19.10	23.88		28.74	34.02	39.40	44.92	50.71		57.11	2 / 8			
reaction time	0.179	interval		4.03	4.20	4.42	4.78		4.86	5.28	5.38	5.52	5.79	6.40			12.65	14.92	16.69
		velocity	6.98	8.68	8.33	7.92	7.32		7.20	6.63	6.51	6.34	6.04	6.25	7.00		8.30	7.04	6.29
H1 lead leg		strides																	

Gallego, Sara (ESP) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2018 IAAF World Junior Championships (Tampere, FIN) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	13-Jul-18	time	6.76	11.20	15.66	20.26	25.00		29.86	34.86	39.93	45.26	50.73		57.11	6 / 4			
reaction time	0.190	interval		4.44	4.46	4.60	4.74		4.86	5.00	5.07	5.33	5.47	6.38	NJR PB		13.50	14.60	15.87
		velocity	6.66	7.88	7.85	7.61	7.38		7.20	7.00	6.90	6.57	6.40	6.27	7.00		7.78	7.19	6.62
H1 lead leg	R	strides	24	17	17	17	17		17	17	17		18		161				

Watson, Sage (CAN) (1994)	**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**

FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	18-Aug-18	time	6.50	10.84	15.41	19.99	24.79		29.76	34.83	40.07	45.44			57.11	8 / 5			
reaction time	0.174	interval		4.34	4.57	4.58	4.80		4.97	5.07	5.24	5.37					13.49	14.84	
		velocity	6.92	8.06	7.66	7.64	7.29		7.04	6.90	6.68	6.52			7.00		7.78	7.08	
H1 lead leg	R	strides	21	15	16	16			16	16	17	17			134				

Linkiewicz, Joanna (POL) (1990)

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

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

date	19-Aug-20	time	6.64	11.08	15.64	20.28	25.08		30.08	35.24	40.32	45.56			57.11	8 / 7			
reaction time	0.175	interval		4.44	4.56	4.64	4.80		5.00	5.16	5.08	5.24					13.64	14.96	
		velocity	6.78	7.88	7.68	7.54	7.29		7.00	6.78	6.89	6.68			7.00		7.70	7.02	
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17			156				

Beesley, Meghan (GBR) (1989)

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

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

date	13-Jun-19	time	6.40	10.64	15.00		24.16	26.1	28.80	33.96	39.12	44.64	50.36		57.13	1 / 8			
reaction time	0.166	interval		4.24	4.36		9.16		4.64	5.16	5.16	5.52	5.72	6.77					16.40
		velocity	7.03	8.25	8.03		7.64	7.66	7.54	6.78	6.78	6.34	6.12	5.91	7.00				6.40
H1 lead leg	R	strides	24	16	16				16	17	17	18	19	23.5	166.5				

Stubler, Bianca (USA) (1999)

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

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

date	24-Jun-22	time	6.93	11.20	15.63	20.23	25.00	26.96	29.93	34.96	40.23	45.60	51.03		57.15	2 / 5			
reaction time		interval		4.27	4.43	4.60	4.77		4.93	5.03	5.27	5.37	5.43	6.12			13.30	14.73	16.07
		velocity	6.49	8.20	7.90	7.61	7.34	7.42	7.10	6.96	6.64	6.52	6.45	6.54	7.00		7.89	7.13	6.53
H1 lead leg	L	strides	24	16	16	16	16			17	17	17	17	20	176				

Kron, Tina (GER) (1981)

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

Heat 1 - 2009 German National Championships (Ulm, GER) *Killing (2009) - der rhythmus ist entscheidend*

date	04-Jul-09	time	6.54	10.71	14.98	19.30	23.80		28.54	33.73	39.17	44.77	50.52		57.18	/ 1			
reaction time	0.187	interval		4.17	4.27	4.32	4.50		4.74	5.19	5.44	5.60	5.75	6.66			12.76	14.43	16.79
		velocity	6.88	8.39	8.20	8.10	7.78		7.38	6.74	6.43	6.25	6.09	6.01	7.00		8.23	7.28	6.25
H1 lead leg		strides		15	15	15	15		16	16	18	18	18						

Little, Shamier (USA) (1995)

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

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

date	28-Aug-21	time	6.27	10.63	15.22	19.75	24.32		28.98	33.85	38.90	44.37	50.10		57.18	5 / 8			
reaction time	0.222	interval		4.36	4.59	4.53	4.57		4.66	4.87	5.05	5.47	5.73	7.08			13.48	14.10	16.25
		velocity	7.18	8.03	7.63	7.73	7.66		7.51	7.19	6.93	6.40	6.11	5.65	7.00		7.79	7.45	6.46
H1 lead leg	R	strides	23	16	16	15	15		16	16	16	17	17	20.2	187.2				

Pedroso, Yadisleidis (ITA) (1987)

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

FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	03-May-19	time	6.71	11.08	15.51	20.12	24.72	26.8	29.46	34.37	39.44	44.64	50.38		57.20	8 / 9			
reaction time	0.257	interval		4.37	4.43	4.61	4.60		4.74	4.91	5.07	5.20	5.74	6.82			13.41	14.25	16.01
		velocity	6.71	8.01	7.90	7.59	7.61	7.46	7.38	7.13	6.90	6.73	6.10	5.87	6.99		7.83	7.37	6.56
H1 lead leg	R	strides	24	16	16	16	16		16	16	17	17	18	22	194				

Meisberger, Shannon (USA) (1999)

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

Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

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

Ankiewicz, Emilia (POL) (1990)

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

FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	22-May-16	time	6.64	11.12	15.72	20.36	25.12		29.96	35.00	40.32	45.64	51.08		57.25	2 / 6			
reaction time	0.148	interval		4.48	4.60	4.64	4.76		4.84	5.04	5.32	5.32	5.44	6.17			13.72	14.64	16.08
		velocity	6.78	7.81	7.61	7.54	7.35		7.23	6.94	6.58	6.58	6.43	6.48	6.99		7.65	7.17	6.53
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17	20.5	190.5				

Kubokura, Satomi (JPN) (1982)

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

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

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

Kira, Manami (JPN) (1991)

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

FINAL - 2014 Japanese National Championships (Fukushima, JPN) *Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions*

date	08-Jun-14	time	6.72	11.06	15.45	19.92	24.52		29.41	34.38	39.52	44.96	50.60		57.27	6 / 2			
reaction time		interval		4.34	4.39	4.47	4.60		4.89	4.97	5.14	5.44	5.64	6.67			13.20	14.46	16.22
		velocity	6.70	8.06	7.97	7.83	7.61		7.16	7.04	6.81	6.43	6.21	6.00	6.98		7.95	7.26	6.47
H1 lead leg	L	strides	23	15	15	15	15		16	17	17	17	18	22.2	190				

Yoshida, Makiko (JPN) (1976)

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

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

date	07-May-05	time	6.76	11.18	15.77	20.51	25.43		30.44	35.46	40.53	45.74	51.18		57.29	/ 3				
reaction time		interval		4.42	4.59	4.74	4.92		5.01	5.02	5.07	5.21	5.44	6.11			13.75	14.95	15.72	
		velocity	6.66	7.92	7.63	7.38	7.11		6.99	6.97	6.90	6.72	6.43	6.55	6.98		7.64	7.02	6.68	
H1 lead leg		strides		16	16	16	16		17	17	17	17	18		150					

Yamamoto, Ami (JPN) (2002)

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

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

date	27-Jun-21	time	6.82	11.29	15.85	20.49	25.24		30.11	35.09	40.22	45.63	51.15		57.30	5 / 1				
reaction time	0.193	interval		4.47	4.56	4.64	4.75		4.87	4.98	5.13	5.41	5.52	6.15			13.67	14.60	16.06	
		velocity	6.60	7.83	7.68	7.54	7.37		7.19	7.03	6.82	6.47	6.34	6.50	6.98		7.68	7.19	6.54	
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	21.5	196.5					

Utsunomiya, Eri (JPN) (1993)

	H1	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	6.52	10.82	15.33	19.87	24.56		29.60	34.70	39.96	45.33	50.83		57.31	9 / 5				
reaction time	0.167	interval		4.30	4.51	4.54	4.69		5.04	5.10	5.26	5.37	5.50	6.48			13.35	14.83	16.13	
		velocity	6.90	8.14	7.76	7.71	7.46		6.94	6.86	6.65	6.52	6.36	6.17	6.98		7.87	7.08	6.51	
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	21.2	187.2					

Yoshida, Makiko (JPN) (1976)

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

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

date	23-Sep-04	time	6.76	11.13	15.72	20.39	25.18		30.12	35.13	40.32	45.58	51.05		57.32	/ 5				
reaction time		interval		4.37	4.59	4.67	4.79		4.94	5.01	5.19	5.26	5.47	6.27			13.63	14.74	15.92	
		velocity	6.66	8.01	7.63	7.49	7.31		7.09	6.99	6.74	6.65	6.40	6.38	6.98		7.70	7.12	6.60	
H1 lead leg		strides		16	16	16	16		17	17	17	17	18		150					

Chaboudez, Aurelie (FRA) (1993)

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

FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis) — *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	21-Jul-17	time	6.40	10.64		19.68	24.44			34.24	39.44	44.84	50.64		57.32	1 / 7				
reaction time	0.202	interval		4.24		9.04	4.76			9.80	5.20	5.40	5.80	6.68			13.28	14.56	16.40	
		velocity	7.03	8.25		7.74	7.35			7.14	6.73	6.48	6.03	5.99	6.98		7.91	7.21	6.40	
H1 lead leg	L	strides	24	16			16				17	17	18		108					

Moelo, Annie (FRA) (1962)

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

FINAL - 1987 French National Championships (Annecy, FRA) — *Veney - split times from PJ*

date	09-Aug-87	time	6.85	11.15	15.65	20.40	25.10		30.00	35.05	40.05	45.20	50.60		57.33	/ 2				
reaction time		interval		4.30	4.50	4.75	4.70		4.90	5.05	5.00	5.15	5.40	6.73			13.55	14.65	15.55	
		velocity	6.57	8.14	7.78	7.37	7.45		7.14	6.93	7.00	6.80	6.48	5.94	6.98		7.75	7.17	6.75	
H1 lead leg		strides																		

Aoki, Sayaka (JPN) (1986)

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

Race 2 - 2008 Shizuoka International Athletics Meeting (Fukuroi, JPN) — *Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers*

date	03-May-08	time	6.63	11.10	15.62	20.16	24.91		29.86	34.90	40.14	45.46	50.93		57.33	/ 2				
reaction time		interval		4.47	4.52	4.54	4.75		4.95	5.04	5.24	5.32	5.47	6.40			13.53	14.74	16.03	
		velocity	6.79	7.83	7.74	7.71	7.37		7.07	6.94	6.68	6.58	6.40	6.25	6.98		7.76	7.12	6.55	
H1 lead leg		strides		16	16	16	16		17	17	17	17	17		149					

Sekimoto, Moeka (JPN) (2000)

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

FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN) — *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	03-May-21	time	6.71	11.08	15.58	20.10	24.76		29.56	34.42	39.44	44.73	50.34		57.33	6 / 1				
reaction time	0.216	interval		4.37	4.50	4.52	4.66		4.80	4.86	5.02	5.29	5.61	6.99			13.39	14.32	15.92	
		velocity	6.71	8.01	7.78	7.74	7.51		7.29	7.20	6.97	6.62	6.24	5.72	6.98		7.84	7.33	6.60	
H1 lead leg	R	strides	22	15	15	15	15		16	16	17	17	17	22	187					

Wilson, Nickiesha (JAM) (1986)

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

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

date	15-Aug-13	time	6.34	10.54	14.77	19.19	23.88		28.69		38.84	44.31	50.11		57.34	2 / ~~8~~ 7				
reaction time	0.276	interval		4.20	4.23	4.42	4.69		4.81		10.15	5.47	5.80	7.23			12.85			
		velocity	7.10	8.33	8.27	7.92	7.46		7.28		6.90	6.40	6.03	5.53	6.98		8.17			
H1 lead leg	L	strides	23	15	15	16	16		16			17	17	21	156					

Ito, Akiko (JPN) (1995)

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

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

date	03-Oct-20	time	6.52	10.86	15.37	20.00	24.77		29.75	34.72	40.02	45.46	50.92		57.34	7 / 3				
reaction time	0.147	interval		4.34	4.51	4.63	4.77		4.98	4.97	5.30	5.44	5.46	6.42			13.48	14.72	16.20	
		velocity	6.90	8.06	7.76	7.56	7.34		7.03	7.04	6.60	6.43	6.41	6.23	6.98		7.79	7.13	6.48	
H1 lead leg	L	strides	23	15	15	16	16		16	16	17	17	17	21.2	189.2					

Granat, Moa (SWE) (2004)

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

National FINAL - 2023 Bauhaus Galan (Stockholm, SWE) — *Omega Timing (2023) - diamond league race analysis*

date	02-Jul-23	time	6.41	10.61	14.97	19.44	24.01		28.75	33.74	38.97	44.47	50.29		57.34	4 / 2				
reaction time	0.144	interval		4.20	4.36	4.47	4.57		4.74	4.99	5.23	5.50	5.82	7.05			13.03	14.30	16.55	
		velocity	7.02	8.33	8.03	7.83	7.66		7.38	7.01	6.69	6.36	6.01	5.67	6.98		8.06	7.34	6.34	
H1 lead leg		strides																		

Lhabze, Lamiae (MAR) (1984)

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

FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis) — *Henson (2021) - Athlete First: 2018 year end hurdle report*

date	09-Sep-18	time	6.44	10.76	15.20	19.72	24.40		29.28	34.36		45.04	50.68		57.35	6 / 7				

reaction time	0.158	interval		4.32	4.44	4.52	4.68		4.88	5.08		10.68	5.64	6.67			13.28	14.64	16.32
		velocity	6.99	8.10	7.88	7.74	7.48		7.17	6.89		6.55	6.21	6.00	6.97		7.91	7.17	6.43
H1 lead leg	L	strides	23	15	15	15	15		15	16			17	19.5	150.5				

Parris-Thymes, Debbie (JAM) (1973)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 IAAF World Cup (Madrid, ESP)														*Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*			
date 20-Sep-02	time	6.49	10.86	15.38	19.90	24.72		29.51	34.70	39.87	45.32	50.96		57.36	1 / 6			
reaction time 0.154	interval		4.37	4.52	4.52	4.82		4.79	5.19	5.17	5.45	5.64	6.40			13.41	14.80	16.26
	velocity	6.93	8.01	7.74	7.74	7.26		7.31	6.74	6.77	6.42	6.21	6.25	6.97		7.83	7.09	6.46
H1 lead leg R	strides	25	17	17	17	17		17	17	17	18	19	21.5	202.5				

Utsunomiya, Eri (JPN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National Championships (Yamaguchi, JPN)														*Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*			
date 24-Jun-18	time	6.50	10.85	15.37	20.09	25.10		30.21	35.38	40.62	45.94	51.28		57.37	6 / 1			
reaction time 0.178	interval		4.35	4.52	4.72	5.01		5.11	5.17	5.24	5.32	5.34	6.09			13.59	15.29	15.90
	velocity	6.92	8.05	7.74	7.42	6.99		6.85	6.77	6.68	6.58	6.55	6.57	6.97		7.73	6.87	6.60
H1 lead leg R	strides	23	15	15	15	16		16	17	17	17	17	21	189				

Meißner, Heike (GER) (1970)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 IAAF World Cup (Madrid, ESP)														*Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*			
date 20-Sep-02	time	6.72	11.45	16.08	20.50	25.21		30.01	35.10	40.23	45.65	51.06		57.40	5 / 7			
reaction time 0.177	interval		4.73	4.63	4.42	4.71		4.80	5.09	5.13	5.42	5.41	6.34			13.78	14.60	15.96
	velocity	6.70	7.40	7.56	7.92	7.43		7.29	6.88	6.82	6.46	6.47	6.31	6.97		7.62	7.19	6.58
H1 lead leg R	strides	23	16	16	15	15		15	16	17	17	17	20.5	187.5				

Barber, Kaila (USA) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 24-Jun-22	time	6.26	10.23	14.43	18.86	23.66	25.76		33.80	39.10	44.70	50.46		57.41	3 / 6			
reaction time	interval		3.97	4.20	4.43	4.80			10.14	5.30	5.60	5.76	6.95			12.60	14.94	16.66
	velocity	7.19	8.82	8.33	7.90	7.29	7.76		6.90	6.60	6.25	6.08	5.76	6.97		8.33	7.03	6.30
H1 lead leg L	strides	23	15	15	15	16				17	17	17	21	156				

Little, Shamier (USA) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)														*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date 20-Aug-17	time	6.48	10.64	14.88	19.20	23.76		28.56	33.56	38.80	44.32	50.24		57.42	3 / 6			
reaction time 0.220	interval		4.16	4.24	4.32	4.56		4.80	5.00	5.24	5.52	5.92	7.18			12.72	14.36	16.68
	velocity	6.94	8.41	8.25	8.10	7.68		7.29	7.00	6.68	6.34	5.91	5.57	6.97		8.25	7.31	6.29
H1 lead leg R	strides	24	15	15	15	15		16	16	16	17	18		167				

Yamamoto, Ami (JPN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese National Championships (Niigata, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 03-Oct-20	time	6.57	11.01	15.53	20.14	24.91		29.90	34.97	40.21	45.63	51.12		57.43	5 / 4			
reaction time 0.156	interval		4.44	4.52	4.61	4.77		4.99	5.07	5.24	5.42	5.49	6.31	PB		13.57	14.83	16.15
	velocity	6.85	7.88	7.74	7.59	7.34		7.01	6.90	6.68	6.46	6.38	6.34	6.97		7.74	7.08	6.50
H1 lead leg L	strides	24	16	16	16	16		17	17	17	18	18	22	197				

Utsunomiya, Eri (JPN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 03-May-22	time	6.67	10.96	15.47	20.07	24.82		29.86	34.92	40.14	45.53	51.08		57.43	9 / 2			
reaction time 0.217	interval		4.29	4.51	4.60	4.75		5.04	5.06	5.22	5.39	5.55	6.35			13.40	14.85	16.16
	velocity	6.75	8.16	7.76	7.61	7.37		6.94	6.92	6.70	6.49	6.31	6.30	6.97		7.84	7.07	6.50
H1 lead leg R	strides	23	15	15	15	15		16	16	17	17	17	21	187				

Turner, Jessica (GBR) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 21-May-22	time	6.67	10.70	14.83	19.03	23.62	25.49	28.40	33.40		44.33	50.40		57.43	9 / 8			
reaction time 0.240	interval		4.03	4.13	4.20	4.59		4.78	5.00		10.93	6.07	7.03			12.36	14.37	17.00
	velocity	6.75	8.68	8.47	8.33	7.63	7.85	7.32	7.00		6.40	5.77	5.69	6.97		8.50	7.31	6.18
H1 lead leg L	strides	25	15	15	15	16		16	17			19		138				

Brown, Tonya (USA) (1960)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1987 TAC Championships (San Jose, CA)														*Mann (1987) - the elite athlete program biomechanical analysis of the long hurdles: tac championship meet*			
date 26-Jun-87	time	6.36	11.12	15.66	19.96	24.78		29.54	34.70	39.98	45.44	51.14		57.44	??			
reaction time	interval		4.76	4.54	4.30	4.82		4.76	5.16	5.28	5.46	5.70	6.30			13.60	14.74	16.44
	velocity	7.08	7.35	7.71	8.14	7.26		7.35	6.78	6.63	6.41	6.14	6.35	6.96		7.72	7.12	6.39
H1 lead leg	strides																	

Koyama, Kana (JPN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese National Championships (Niigata, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 03-Oct-20	time	6.74	11.16	15.72	20.42	25.28		30.18	35.32	40.56	45.91	51.32		57.44	4 / 5			
reaction time 0.158	interval		4.42	4.56	4.70	4.86		4.90	5.14	5.24	5.35	5.41	6.12	PB		13.68	14.90	16.00
	velocity	6.68	7.92	7.68	7.45	7.20		7.14	6.81	6.68	6.54	6.47	6.54	6.96		7.68	7.05	6.56
H1 lead leg L	strides	22	15	15	15	16		16	17	17	17	17	21	188				

Boden, Lauren (AUS) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 Telstra A Series (Canberra, AUS)														*Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler*			
date 26-Jan-06	time	6.78	11.18	15.66	20.26	24.96		29.80	34.76	40.01	45.36	50.96		57.45	/ 3			
reaction time	interval		4.40	4.48	4.60	4.70		4.84	4.96	5.25	5.35	5.60	6.49	PB		13.48	14.50	16.20

		velocity	6.64	7.95	7.81	7.61	7.45		7.23	7.06	6.67	6.54	6.25	6.16	6.96		7.79	7.24	6.48
H1 lead leg		strides																	

Koyama, Kana (JPN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)														*Hirokawa (2019) - research on athlete performance and technique- 2019 data book*			
date 19-May-19 time	6.67	10.99	15.53	20.29	25.21		30.18	35.25	40.42	45.85	51.32		57.45	3 / 6			
reaction time 0.173 interval		4.32	4.54	4.76	4.92		4.97	5.07	5.17	5.43	5.47	6.13	PB		13.62	14.96	16.07
velocity	6.75	8.10	7.71	7.35	7.11		7.04	6.90	6.77	6.45	6.40	6.53	6.96		7.71	7.02	6.53
H1 lead leg L strides	22	15	15	15	16		16	17	17	17	17	22	189				

Barber, Kaila (USA) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 30-Apr-22 time	6.31	10.38	14.68	19.14	24.04		29.05	34.30	39.61	45.11	50.92		57.45	7 / 1			
reaction time 0.181 interval		4.07	4.30	4.46	4.90		5.01	5.25	5.31	5.50	5.81	6.53			12.83	15.16	16.62
velocity	7.13	8.60	8.14	7.85	7.14		6.99	6.67	6.59	6.36	6.02	6.13	6.96		8.18	6.93	6.32
H1 lead leg L strides	23	15	15	15	16		16	17	17	17	18	21.2	190.2				

Cho, Stephanie (CAN) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 12-Jun-21 time	6.67		15.63	20.30	25.17				40.73	46.07			57.48	1 / 8			
reaction time 0.298 interval			8.96	4.67	4.87				15.56	5.34			PB		13.63		
velocity	6.75		7.81	7.49	7.19				6.75	6.55			6.96		7.70		
H1 lead leg R strides	22			15	15					16			68				

Mo Jiadie (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Chinese Student Games (Qingdao, CHN)														*CAA Hurdle Development (2021)*			
date 14-Jul-21 time	6.74	11.17	15.61	20.28	25.05		29.99	35.09	40.43	45.80	51.23		57.50	5 / 1			
reaction time interval		4.43	4.44	4.67	4.77		4.94	5.10	5.34	5.37	5.43	6.27			13.54	14.81	16.14
velocity	6.68	7.90	7.88	7.49	7.34		7.09	6.86	6.55	6.52	6.45	6.38	6.96		7.75	7.09	6.51
H1 lead leg L strides	24	16	16	16	16		17	17	18	18	18	21.2	197.2				

Nel, Wenda (RSA) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 18-Aug-18 time	6.40	10.71	15.18	19.82	24.62		29.43	34.43	39.57	45.08	50.85		57.51	2 / 6			
reaction time 0.183 interval		4.31	4.47	4.64	4.80		4.81	5.00	5.14	5.51	5.77	6.66			13.42	14.61	16.42
velocity	7.03	8.12	7.83	7.54	7.29		7.28	7.00	6.81	6.35	6.07	6.01	6.96		7.82	7.19	6.39
H1 lead leg L strides	23	16	16	16	16		16	17	17	18	18	22	195				

Sekimoto, Moeka (JPN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 23-Aug-20 time	6.62	11.01	15.50	20.14	24.89		29.68	34.65	39.81	45.20	50.80		57.51	7 / 1			
reaction time 0.174 interval		4.39	4.49	4.64	4.75		4.79	4.97	5.16	5.39	5.60	6.71			13.52	14.51	16.15
velocity	6.80	7.97	7.80	7.54	7.37		7.31	7.04	6.78	6.49	6.25	5.96	6.96		7.77	7.24	6.50
H1 lead leg strides		15	15	15	15		15	16	16	17	17		141				

Yamamoto, Ami (JPN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 25-Oct-20 time	6.69	11.11	15.72	20.34	25.06		30.05	35.25	40.44	45.83	51.32		57.51	3 / 1			
reaction time 0.208 interval		4.42	4.61	4.62	4.72		4.99	5.20	5.19	5.39	5.49	6.19			13.65	14.91	16.07
velocity	6.73	7.92	7.59	7.58	7.42		7.01	6.73	6.74	6.49	6.38	6.46	6.96		7.69	7.04	6.53
H1 lead leg strides		16	16	16	16		17	17	17	18	18		151				

Humphrey, Brittley (USA) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 12-Jun-21 time	6.47	10.60	14.87	19.43	24.20		29.23	34.33	39.63	45.07			57.51	7 / 9			
reaction time 0.177 interval		4.13	4.27	4.56	4.77		5.03	5.10	5.30	5.44					12.96	14.90	
velocity	6.96	8.47	8.20	7.68	7.34		6.96	6.86	6.60	6.43			6.96		8.10	7.05	
H1 lead leg L strides	23	15	15	15	15		16	16	16	16			147				

Barber, Kaila (USA) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 09-Jul-23 time	6.44	10.64	15.05	19.65	24.32		29.26		39.57				57.51	1 / 8			
reaction time interval		4.20	4.41	4.60	4.67		4.94		10.31			17.94			13.21		
velocity	6.99	8.33	7.94	7.61	7.49		7.09		6.79			5.85	6.96		7.95		
H1 lead leg R strides	23	15	15	15	15					17			100				

Jolivet, Rosa (USA) (1974)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USA Olympic Trials (Atlanta, GA)														*USATF Women's Sprint Development (1996)*			
date 16-Jun-96 time	6.67	10.97	15.31	19.81	24.43	26.41	29.33	34.47	39.80				57.53	2 / 8			
reaction time interval		4.30	4.34	4.50	4.62		4.90	5.14	5.33						13.14	14.66	
velocity	6.75	8.14	8.06	7.78	7.58	7.57	7.14	6.81	6.57				6.95		7.99	7.16	
H1 lead leg L strides	24	15	15	15	15		16	16	17	17	17	20	187				

Utsunomiya, Eri (JPN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 National Sports Festival (Fukui, JPN)														*Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*			
date 06-Oct-18 time	6.50	10.84	15.28	19.88	24.83		29.80	34.87	40.06	45.43	51.10		57.54	7 / 1			
reaction time 0.159 interval		4.34	4.44	4.60	4.95		4.97	5.07	5.19	5.37	5.67	6.44			13.38	14.99	16.23
velocity	6.92	8.06	7.88	7.61	7.07		7.04	6.90	6.74	6.52	6.17	6.21	6.95		7.85	7.00	6.47

H1 lead leg		strides		15	15	15	16		16	17	17	17	17		145						

Williams, Tiffany (USA) (1983)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2008 Olympic Games (Beijing, CHN)																*Behm (2008)- Pekin 2008: Le quatrache masculin - féminin*			
date	20-Aug-08	time	6.3	10.4	14.7	19.0	23.7		28.3	33.1	38.3	43.7	49.3		57.55	8 / 8			
reaction time	0.236	interval		4.1	4.3	4.3	4.7		4.6	4.8	5.2	5.4	5.6	8.25			12.70	14.10	16.20
		velocity	7.14	8.54	8.14	8.14	7.45		7.61	7.29	6.73	6.48	6.25	4.85	6.95		8.27	7.45	6.48
H1 lead leg	L	strides	22	15	15	15	16		16	16	17	18			150				

Aoki, Sayaka (JPN) (1986)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2009 Japanese National Championships (Hiroshima, JPN)																*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*			
date	27-Jun-09	time	6.64	11.16	15.81	20.60	25.42		30.43	35.45	40.62	45.84	51.18		57.56	6 / 2			
reaction time		interval		4.52	4.65	4.79	4.82		5.01	5.02	5.17	5.22	5.34	6.38			13.96	14.85	15.73
		velocity	6.78	7.74	7.53	7.31	7.26		6.99	6.97	6.77	6.70	6.55	6.27	6.95		7.52	7.07	6.68
H1 lead leg		strides		16	16	16	16		17	17	17	17	17		149				

Utsunomiya, Eri (JPN) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)																*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date	01-Jun-21	time	6.58	10.83	15.22	19.70	24.34		29.16	34.23	39.49	44.94	50.68		57.56	5 / 1			
reaction time	0.242	interval		4.25	4.39	4.48	4.64		4.82	5.07	5.26	5.45	5.74	6.88			13.12	14.53	16.45
		velocity	6.84	8.24	7.97	7.81	7.54		7.26	6.90	6.65	6.42	6.10	5.81	6.95		8.00	7.23	6.38
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	22	188				

Tromp, Gretha (NED) (1964)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)																*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*			
date	26-Sep-88	time	6.54	10.68	14.98	19.41	24.07		28.99	34.13	39.39	45.03	50.97		57.57	1 / 8			
reaction time	0.241	interval		4.14	4.30	4.43	4.66		4.92	5.14	5.26	5.64	5.94	6.60			12.87	14.72	16.84
		velocity	6.88	8.45	8.14	7.90	7.51		7.11	6.81	6.65	6.21	5.89	6.06	6.95		8.16	7.13	6.24
H1 lead leg		strides	23	15	16	15	16		16	15	17	18	18	21.3	190.3				

Utsunomiya, Eri (JPN) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)																*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date	03-May-21	time	6.56	10.86	15.35	19.84	24.47		29.48	34.55	39.89	45.28	50.98		57.57	4 / 2			
reaction time	0.196	interval		4.30	4.49	4.49	4.63		5.01	5.07	5.34	5.39	5.70	6.59			13.28	14.71	16.43
		velocity	6.86	8.14	7.80	7.80	7.56		6.99	6.90	6.55	6.49	6.14	6.07	6.95		7.91	7.14	6.39
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	22	188				

Matsuoka, Moe (JPN) (2003)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 Japanese National Championsips (Osaka, JPN)																*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date	12-Jun-22	time	6.82	11.46	16.20	21.02	25.91		30.98	36.05	41.26	46.51	51.75		57.57	9 / 3			
reaction time	0.215	interval		4.64	4.74	4.82	4.89		5.07	5.07	5.21	5.25	5.24	5.82	PB		14.20	15.03	15.70
		velocity	6.60	7.54	7.38	7.26	7.16		6.90	6.90	6.72	6.67	6.68	6.87	6.95		7.39	6.99	6.69
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	17	17		173				

Hoffman, Lauren (USA) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	26-Jun-21	time	6.47	10.57	14.98	19.38	23.99		28.89	34.00	39.33	44.84			57.59	3 / 6			
reaction time	0.224	interval		4.10	4.41	4.40	4.61		4.90	5.11	5.33	5.51					12.91	14.62	
		velocity	6.96	8.54	7.94	7.95	7.59		7.14	6.85	6.57	6.35			6.95		8.13	7.18	
H1 lead leg	L	strides		15	16	16	16			17	18	18			116				

Sutherland, Liz (GBR) (1947)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 3 - 1978 European Championships (Prague, TCH)																*McFarlane (1980) - understanding the 400m hurdles*			
date	01-Sep-78	time	6.9	11.5	16.1	20.9	25.7	27.7	30.5	35.5	40.6	45.7	51.6		57.60	/ 1			
reaction time		interval		4.6	4.6	4.8	4.8		4.8	5.0	5.1	5.1	5.9	6.00			14.00	14.60	16.10
		velocity	6.52	7.61	7.61	7.29	7.29	7.22	7.29	7.00	6.86	6.86	5.93	6.67	6.94		7.50	7.19	6.52
H1 lead leg		strides		15	15	15	15		15	16	17	17	17		142				

Rücklová, Alena (CZE) (1981)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2001 European Cup (Bremen, GER)																*Graubner (2007) - http://www.fgs.uni-halle.de*			
date	23-Jun-01	time	6.92	11.36	15.91	20.48	25.24		30.21	35.29	40.45		51.45		57.60	/ 7			
reaction time		interval		4.44	4.55	4.57	4.76		4.97	5.08	5.16		11.00	6.15	PB		13.56	14.81	16.16
		velocity	6.50	7.88	7.69	7.66	7.35		7.04	6.89	6.78		6.36	6.50	6.94		7.74	7.09	6.50
H1 lead leg		strides																	

Huang Yan (CHN) (1996)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)																*Henson (2018) - coaching observations*			
date	16-Sep-18	time	6.73	11.20	15.77	20.39	25.13		29.95	35.09	40.26	45.60	51.25		57.61	5 / 1			
reaction time		interval		4.47	4.57	4.62	4.74		4.82	5.14	5.17	5.34	5.65	6.36			13.66	14.70	16.16
		velocity	6.69	7.83	7.66	7.58	7.38		7.26	6.81	6.77	6.55	6.19	6.29	6.94		7.69	7.14	6.50
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	18	19	23	205				

Ito, Akiko (JPN) (1995)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)																*Hirokawa (2019) - research on athlete performance and technique- 2019 data book*			
date	19-May-19	time	6.49	10.79	15.25	19.95	24.82		29.86	34.87	40.14	45.63	51.16		57.61	2 / 7			
reaction time	0.141	interval		4.30	4.46	4.70	4.87		5.04	5.01	5.27	5.49	5.53	6.45	PB		13.46	14.92	16.29
		velocity	6.93	8.14	7.85	7.45	7.19		6.94	6.99	6.64	6.38	6.33	6.20	6.94		7.80	7.04	6.45
H1 lead leg	L	strides	23	15	15	16	16		16	16	17	17	17	21	189				

Koyama, Kana (JPN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)														*Yamanaka (2019) - research on athlete performance and technique- 2019 data book*			
date 30-Jun-19 time	6.77	11.16	15.65	20.32	25.18		30.03	35.14	40.44	45.85	51.40		57.61	6 / 2			
reaction time 0.172 interval		4.39	4.49	4.67	4.86		4.85	5.11	5.30	5.41	5.55	6.21			13.55	14.82	16.26
velocity	6.65	7.97	7.80	7.49	7.20		7.22	6.85	6.60	6.47	6.31	6.44	6.94		7.75	7.09	6.46
H1 lead leg L strides	22	15	15	15	16		16	17	17	17	17	20.7	187.7				

Mátó, Sára (HUN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 19-Aug-20 time	6.64	11.04	15.60	20.20	24.96		29.88	35.04	40.12	45.48			57.61	7 / 8			
reaction time 0.195 interval		4.40	4.56	4.60	4.76		4.92	5.16	5.08	5.36					13.56	14.84	
velocity	6.78	7.95	7.68	7.61	7.35		7.11	6.78	6.89	6.53			6.94		7.74	7.08	
H1 lead leg L strides	22	15	15	15	16		16	16	16	17			148				

Umehara, Satsuki (JPN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 03-May-22 time	6.86	11.33	15.87	20.52	25.26		30.16	35.20	40.29	45.66	51.22		57.61	5 / 3			
reaction time 0.229 interval		4.47	4.54	4.65	4.74		4.90	5.04	5.09	5.37	5.56	6.39			13.66	14.68	16.02
velocity	6.56	7.83	7.71	7.53	7.38		7.14	6.94	6.88	6.52	6.29	6.26	6.94		7.69	7.15	6.55
H1 lead leg L strides	24	16	16	16	17		17	17	17	18	18	22.2	198.2				

Umehara, Satsuki (JPN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National Championsips (Osaka, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 12-Jun-22 time	6.79	11.28	15.82	20.52	25.31		30.20	35.22	40.41	45.75	51.23		57.61	8 / 4			
reaction time 0.231 interval		4.49	4.54	4.70	4.79		4.89	5.02	5.19	5.34	5.48	6.38			13.73	14.70	16.01
velocity	6.63	7.80	7.71	7.45	7.31		7.16	6.97	6.74	6.55	6.39	6.27	6.94		7.65	7.14	6.56
H1 lead leg R strides	23	16	16	17	17		17	17	17	18	18		176				

Zou Yifan (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)														*CAA Hurdle Development (2021)*			
date 20-May-21 time	6.81	11.21	15.76	20.37	25.17		30.06	35.15	40.39	45.73	51.32		57.62	3 / 1			
reaction time 0.242 interval		4.40	4.55	4.61	4.80		4.89	5.09	5.24	5.34	5.59	6.30	PB		13.56	14.78	16.17
velocity	6.61	7.95	7.69	7.59	7.29		7.16	6.88	6.68	6.55	6.26	6.35	6.94		7.74	7.10	6.49
H1 lead leg L strides	24	17	17	17	17		17	17	17	17	17	21	198				

Zou Yifan (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)														*CAA Hurdle Development (2021)*			
date 25-Apr-21 time	6.76	11.21	15.72	20.32	25.09		30.01	35.08	40.26	45.81	51.43		57.63	4 / 1			
reaction time 0.247 interval		4.45	4.51	4.60	4.77		4.92	5.07	5.18	5.55	5.62	6.20	PB		13.56	14.76	16.35
velocity	6.66	7.87	7.76	7.61	7.34		7.11	6.90	6.76	6.31	6.23	6.45	6.94		7.74	7.11	6.42
H1 lead leg L strides	24	17	17	17	17		17	17	17	18	18	21	200				

Aoki, Sayaka (JPN) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National Championships (Yamaguchi, JPN)														*Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*			
date 24-Jun-18 time	6.54	10.99	15.61	20.26	25.11		30.08	35.12	40.26	45.55	51.09		57.64	5 / 2			
reaction time 0.175 interval		4.45	4.62	4.65	4.85		4.97	5.04	5.14	5.29	5.54	6.55			13.72	14.86	15.97
velocity	6.88	7.87	7.58	7.53	7.22		7.04	6.94	6.81	6.62	6.32	6.11	6.94		7.65	7.07	6.57
H1 lead leg L	24	16	16	16	16		17	17	17	17	17	21.5	194.5				

Utsunomiya, Eri (JPN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 30-Apr-22 time	6.54	10.79	15.20	19.80	24.56		29.56	34.77	40.12	45.58	51.22		57.64	4 / 2			
reaction time 0.175 interval		4.25	4.41	4.60	4.76		5.00	5.21	5.35	5.46	5.64	6.42			13.26	14.97	16.45
velocity	6.88	8.24	7.94	7.61	7.35		7.00	6.72	6.54	6.41	6.21	6.23	6.94		7.92	7.01	6.38
H1 lead leg R strides	23	15	15	15	15		16	16	17	17	17	21.5	187.5				

Barbosa, Vera (POR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 08-Aug-22 time	6.73	11.07	15.56	20.23			29.87		40.26	45.73			57.66	1 / 6			
reaction time 0.248 interval		4.34	4.49	4.67			29.87		10.39	5.47					13.50		
velocity	6.69	8.06	7.80	7.49			1.17		6.74	6.40			6.94		7.78		
H1 lead leg L strides	24	16	16	16	16					18			106				

Smith, Shauna (USA) (1983)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Championships (Palo Alto, CA)														*USATF Women's Sprint Development (2003)*			
date 21-Jun-03 time	6.82	11.18	15.62	20.24	24.95		29.83	35.04	40.39	45.85	51.40		57.69	2 / 7			
reaction time interval		4.36	4.44	4.62	4.71		4.88	5.21	5.35	5.46	5.55	6.29			13.42	14.80	16.36
velocity	6.60	8.03	7.88	7.58	7.43		7.17	6.72	6.54	6.41	6.31	6.36	6.93		7.82	7.09	6.42
H1 lead leg strides																	

Kira, Manami (JPN) (1991)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2014 Shizuoka International Athletics Meeting (Fukuroi, JPN)														*Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions*			
date 03-May-14 time	6.81	11.25	15.79	20.42	25.07		29.94	35.00	40.14	45.50	51.12		57.69	/ 2			
reaction time interval		4.44	4.54	4.63	4.65		4.87	5.06	5.14	5.36	5.62	6.57			13.61	14.58	16.12
velocity	6.61	7.88	7.71	7.56	7.53		7.19	6.92	6.81	6.53	6.23	6.09	6.93		7.71	7.20	6.51
H1 lead leg strides		15	15	15	15		16	16	16	16	17		141				

Kira, Manami (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Seiko Golden Grand Prix (Kawasaki, JPN)																*Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan*			
date	10-May-15	time	6.66	11.00	15.39	19.89	24.49		29.36	34.48	39.75	45.21	51.20		57.73	4 / 2			
reaction time		interval		4.34	4.39	4.50	4.60		4.87	5.12	5.27	5.46	5.99	6.53			13.23	14.59	16.72
		velocity	6.76	8.06	7.97	7.78	7.61		7.19	6.84	6.64	6.41	5.84	6.13	6.93		7.94	7.20	6.28
H1 lead leg		strides		15	15	15	15		16	16	16	16	17	22	163				

Sekimoto, Moeka (JPN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)																*Yamanaka (2019) - research on athlete performance and technique- 2019 data book*			
date	30-Jun-19	time	6.75	11.11	15.55	20.15	24.84		29.70	34.65	39.81	45.18	50.88		57.73	5 / 3			
reaction time	0.182	interval		4.36	4.44	4.60	4.69		4.86	4.95	5.16	5.37	5.70	6.85	PB		13.40	14.50	16.23
		velocity	6.67	8.03	7.88	7.61	7.46		7.20	7.07	6.78	6.52	6.14	5.84	6.93		7.84	7.24	6.47
H1 lead leg		strides		15	15	15	15		16	16	17	17	17		143				

Mo Jiadie (CHN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																*CAA Hurdle Development (2019)*			
date	17-Aug-19	time	6.66	11.08	15.66	20.38	25.26		30.26	35.42	40.58	46.04	51.58		57.76	6 / 1			
reaction time	0.241	interval		4.42	4.58	4.72	4.88		5.00	5.16	5.16	5.46	5.54	6.18			13.72	15.04	16.16
		velocity	6.76	7.92	7.64	7.42	7.17		7.00	6.78	6.78	6.41	6.32	6.47	6.93		7.65	6.98	6.50
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18	20.8	194.8				

Ito, Akiko (JPN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)																*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date	09-May-21	time	6.57	10.91	15.45	20.12	24.94		29.98	35.04	40.31	45.70	51.17		57.76	4 / 2			
reaction time	0.153	interval		4.34	4.54	4.67	4.82		5.04	5.06	5.27	5.39	5.47	6.59			13.55	14.92	16.13
		velocity	6.85	8.06	7.71	7.49	7.26		6.94	6.92	6.64	6.49	6.40	6.07	6.93		7.75	7.04	6.51
H1 lead leg	L	strides	23	15	15	15	16		18	17	17	17	18	21	192				

Delaune, Florence (FRA) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 European Cup (Munich, GER)																*Jung (2003) - http://www.fgs.uni-halle.de*			
date	21-Jun-97	time	7.21	11.94	16.70	21.45	26.27		31.21	36.09	41.25	46.71	52.04		57.77	/ 6			
reaction time		interval		4.73	4.76	4.75	4.82		4.94	4.88	5.16	5.46	5.33	5.73			14.24	14.64	15.95
		velocity	6.24	7.40	7.35	7.37	7.26		7.09	7.17	6.78	6.41	6.57	6.98	6.92		7.37	7.17	6.58
H1 lead leg		strides																	

Boden, Lauren (AUS) (1988)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2006 Commonwealth Games (Melbourne, AUS)																*Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler*			
date	22-Mar-06	time	6.76	11.12	15.72	20.32	25.08		29.88	35.00	40.36	45.88	51.38		57.77	/ 5			
reaction time		interval		4.36	4.60	4.60	4.76		4.80	5.12	5.36	5.52	5.50	6.39			13.56	14.68	16.38
		velocity	6.66	8.03	7.61	7.61	7.35		7.29	6.84	6.53	6.34	6.36	6.26	6.92		7.74	7.15	6.41
H1 lead leg		strides																	

Koyama, Kana (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2019 Kinami Memorial (Osaka, JPN)																*Matsubayashi (2019) - research on athlete performance and technique- 2019 data book*			
date	06-May-19	time	6.76	11.11	15.57	20.24	25.14		30.11	35.09	40.22	45.62	51.20		57.77	3 / 2			
reaction time		interval		4.35	4.46	4.67	4.90		4.97	4.98	5.13	5.40	5.58	6.57	PB		13.48	14.85	16.11
		velocity	6.66	8.05	7.85	7.49	7.14		7.04	7.03	6.82	6.48	6.27	6.09	6.92		7.79	7.07	6.52
H1 lead leg		strides		15	15	15	16		16	17	17	17	17	21.5	166.5				

Yamamoto, Ami (JPN) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Youth FINAL - 2019 National Sports Festival (Hitachinaka, JPN)																*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date	05-Oct-19	time	6.71	11.19	15.82	20.54	25.38		30.35	35.44	40.61	46.03	51.53		57.77	4 / 1			
reaction time	0.211	interval		4.48	4.63	4.72	4.84		4.97	5.09	5.17	5.42	5.50	6.24	PB		13.83	14.90	16.09
		velocity	6.71	7.81	7.56	7.42	7.23		7.04	6.88	6.77	6.46	6.36	6.41	6.92		7.59	7.05	6.53
H1 lead leg		strides		17	17	17	17		17	17	17	18	18		155				

Barbarino, Carla (ITA) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 European Cup (Munich, GER)																*Jung (2003) - http://www.fgs.uni-halle.de*			
date	21-Jun-97	time	6.94	11.29	15.67	20.15	24.82		29.83	34.95	40.32	45.77	51.35		57.78	/ 7			
reaction time		interval		4.35	4.38	4.48	4.67		5.01	5.12	5.37	5.45	5.58	6.43			13.21	14.80	16.40
		velocity	6.48	8.05	7.99	7.81	7.49		6.99	6.84	6.52	6.42	6.27	6.22	6.92		7.95	7.09	6.40
H1 lead leg		strides																	

Zou Yifan (CHN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																*CAA Hurdle Development (2021)*			
date	25-Apr-21	time	6.74	11.26	15.85	20.57	25.47		30.56	35.79	41.02	46.33	51.77		57.78	6 / 2			
reaction time	0.243	interval		4.52	4.59	4.72	4.90		5.09	5.23	5.23	5.31	5.44	6.01			13.83	15.22	15.98
		velocity	6.68	7.74	7.63	7.42	7.14		6.88	6.69	6.69	6.59	6.43	6.66	6.92		7.59	6.90	6.57
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	17	20	197				

Koyama, Kana (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)																*Kobayashi (2019) - research on athlete performance and technique- 2019 data book*			
date	03-May-19	time	6.77	11.13	15.55	20.14	25.03		29.86	34.95	40.24	45.78	51.45		57.80	/ 1			
reaction time		interval		4.36	4.42	4.59	4.89		4.83	5.09	5.29	5.54	5.67	6.35	=PB		13.37	14.81	16.50
		velocity	6.65	8.03	7.92	7.63	7.16		7.25	6.88	6.62	6.32	6.17	6.30	6.92		7.85	7.09	6.36
H1 lead leg		strides		15	15	15	16		16	17	17	17	17		145				

Cavalleri, Valentina (ITA) (1995)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

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

date	15-Sep-20	time	6.76	11.20	15.88			30.42	35.32		46.08	51.60		57.80	1 / 6		
reaction time		interval		4.44	4.68			14.54	4.90		10.76	5.52	6.20				16.28
		velocity	6.66	7.88	7.48			7.22	7.14		6.51	6.34	6.45	6.92			6.45
H1 lead leg	L	strides	23	16	16				16			17	20.5	108.5			

Ono, Mizuna (JPN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*																	
date 25-Oct-20	time	6.64	11.08	15.58	20.15	24.92	29.96	35.19	40.47	46.00	51.55		57.81	8 / 2			
reaction time 0.159	interval		4.44	4.50	4.57	4.77	5.04	5.23	5.28	5.53	5.55	6.26			13.51	15.04	16.36
	velocity	6.78	7.88	7.78	7.66	7.34	6.94	6.69	6.63	6.33	6.31	6.39	6.92		7.77	6.98	6.42
H1 lead leg	strides		16	16	16	16	16	17	17	17	17		148				

Sekimoto, Moeka (JPN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 National Sports Festival (Hitachinaka, JPN) *Enomoto (2019) - research on athlete performance and technique- 2019 data book*																	
date 05-Oct-19	time	6.67	10.94	15.40	19.97	24.64	29.53	34.57	39.82	45.15	50.92		57.83	5 / 1			
reaction time 0.204	interval		4.27	4.46	4.57	4.67	4.89	5.04	5.25	5.33	5.77	6.91			13.30	14.60	16.35
	velocity	6.75	8.20	7.85	7.66	7.49	7.16	6.94	6.67	6.57	6.07	5.79	6.92		7.89	7.19	6.42
H1 lead leg R	strides	22	15	15	15	15	16	16	17	17	17	22	187				

Utsunomiya, Eri (JPN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese National Championships (Osaka, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*																	
date 27-Jun-21	time	6.57	10.84	15.23	19.77	24.37	29.28	34.38	39.66	45.20	50.97		57.83	4 / 2			
reaction time 0.194	interval		4.27	4.39	4.54	4.60	4.91	5.10	5.28	5.54	5.77	6.86			13.20	14.61	16.59
	velocity	6.85	8.20	7.97	7.71	7.61	7.13	6.86	6.63	6.32	6.07	5.83	6.92		7.95	7.19	6.33
H1 lead leg R	strides	23	15	15	15	15	16	16	17	17	17	22	188				

Kubokura, Satomi (JPN) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Osaka Grand Prix (Osaka, JPN) *Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers*																	
date 10-May-08	time	6.77	11.23	15.70	20.43	25.18	30.08	35.20	40.41	45.82	51.49		57.84	8 / 4			
reaction time	interval		4.46	4.47	4.73	4.75	4.90	5.12	5.21	5.41	5.67	6.35			13.66	14.77	16.29
	velocity	6.65	7.85	7.83	7.40	7.37	7.14	6.84	6.72	6.47	6.17	6.30	6.92		7.69	7.11	6.45
H1 lead leg	strides		16	16	16	16	17	17	17	18	18		151				

Mo Jiadie (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Chinese National Championships (Taiyuan, CHN) *Henson (2018) - coaching observations*																	
date 16-Sep-18	time	6.76	11.18	15.68	20.32	25.09	30.08	35.28	40.69	46.18	51.78		57.86	3 / 2			
reaction time	interval		4.42	4.50	4.64	4.77	4.99	5.20	5.41	5.49	5.60	6.08	PB		13.56	14.96	16.50
	velocity	6.66	7.92	7.78	7.54	7.34	7.01	6.73	6.47	6.38	6.25	6.58	6.91		7.74	7.02	6.36
H1 lead leg L	strides	24	16	16	16	16	17	17	18	18	18	21.5	197.5				

Lu Zhangwei (CHN) (2001)

	H1	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	6.54	11.00	15.42	20.12	24.83	29.75	34.83	40.04	45.58	51.29		57.89	3 / 2			
reaction time	interval		4.46	4.42	4.70	4.71	4.92	5.08	5.21	5.54	5.71	6.60			13.58	14.71	16.46
	velocity	6.88	7.85	7.92	7.45	7.43	7.11	6.89	6.72	6.32	6.13	6.06	6.91		7.73	7.14	6.38
H1 lead leg R	strides	24	16	16	16	16	17	17	17	18	18	22	197				

Sekimoto, Moeka (JPN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese National Championships (Niigata, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*																	
date 03-Oct-20	time	6.76	11.24	15.83	20.55	25.41	30.45	35.49	40.69	45.95	51.38		57.89	3 / 6			
reaction time 0.200	interval		4.48	4.59	4.72	4.86	5.04	5.04	5.20	5.26	5.43	6.51			13.79	14.94	15.89
	velocity	6.66	7.81	7.63	7.42	7.20	6.94	6.94	6.73	6.65	6.45	6.14	6.91		7.61	7.03	6.61
H1 lead leg R	strides	22	15	15	15	15	16	16	17	17	17	21.2	186.2				

Ledecká, Daniela (SVK) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*																	
date 08-Aug-22	time	6.67	10.96	15.43	19.90	24.63	29.66	34.83	40.07	45.70			57.89	8 / 7			
reaction time 0.146	interval		4.29	4.47	4.47	4.73	5.03	5.17	5.24	5.63					13.23	14.93	
	velocity	6.75	8.16	7.83	7.83	7.40	6.96	6.77	6.68	6.22			6.91		7.94	7.03	
H1 lead leg R	strides	23	15	15	15	15	16	16	16	17			148				

Kubokura, Satomi (JPN) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Morioka (2016) - race pattern of top 400m hurdlers in japan*																	
date 03-May-16	time	6.56	10.88	15.42	20.06	24.83	29.63	34.84	40.18	45.62	51.39		57.91	/ 2			
reaction time	interval		4.32	4.54	4.64	4.77	4.80	5.21	5.34	5.44	5.77	6.52			13.50	14.78	16.55
	velocity	6.86	8.10	7.71	7.54	7.34	7.29	6.72	6.55	6.43	6.07	6.13	6.91		7.78	7.10	6.34
H1 lead leg	strides		16	16	16	16	16	17	17	17	18		149				

Lukashevich, Svetlana (URS) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1986 IAAF World Junor Championships (Athens, GRE) *Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races*																	
date 18-Jul-86	time	6.75	11.13	15.72	20.29	24.98	29.91	35.58	40.93	46.47	51.95		57.92	/ 3			
reaction time	interval		4.38	4.59	4.57	4.69	4.93	5.67	5.35	5.54	5.48	5.97			13.54	15.29	16.37
	velocity	6.67	7.99	7.63	7.66	7.46	7.10	6.17	6.54	6.32	6.39	6.70	6.91		7.75	6.87	6.41
H1 lead leg	strides	23	15	15	15	15	15	15	17	17	17	21	185				

Kira, Manami (JPN) (1991)

	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	6.71	11.13	15.54	20.04	24.66		29.46	34.41	39.63	45.00	50.77		57.92	7 / 1					
reaction time	0.178	interval		4.42	4.41	4.50	4.62		4.80	4.95	5.22	5.37	5.77	7.15			13.33	14.37	16.36		
		velocity	6.71	7.92	7.94	7.78	7.58		7.29	7.07	6.70	6.52	6.07	5.59	6.91		7.88	7.31	6.42		
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	18	22.7	190						

Ito, Akiko (JPN) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 06-Jun-21	time	6.64	10.99	15.48	20.09	24.82		29.78	34.83	40.17	45.61	51.22		57.93	4 / 2					
reaction time	interval		4.35	4.49	4.61	4.73		4.96	5.05	5.34	5.44	5.61	6.71			13.45	14.74	16.39		
	velocity	6.78	8.05	7.80	7.59	7.40		7.06	6.93	6.55	6.43	6.24	5.96	6.90		7.81	7.12	6.41		
H1 lead leg L	strides	23	15	15	15	15		16	16	17	17	17	21.7	187.7						

Koyama, Kana (JPN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National Championships (Yamaguchi, JPN)														*Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*			
date 24-Jun-18	time	6.62	10.97	15.52	20.41	25.35		30.37	35.49	40.75	46.14	51.63		57.94	4 / 3					
reaction time 0.164	interval		4.35	4.55	4.89	4.94		5.02	5.12	5.26	5.39	5.49	6.31			13.79	15.08	16.14		
	velocity	6.80	8.05	7.69	7.16	7.09		6.97	6.84	6.65	6.49	6.38	6.34	6.90		7.61	6.96	6.51		
H1 lead leg L		22	15	15	16	16		17	17	17	17	17	21	190						

Boden, Lauren (AUS) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2006 IAAF Junior World Championships (Beijing, CHN)														*Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler*			
date 15-Aug-06	time	6.66	10.95	15.40	19.95	24.54		29.29	34.31	39.67	45.23	51.10		57.95	3 / 2					
reaction time 0.194	interval		4.29	4.45	4.55	4.59		4.75	5.02	5.36	5.56	5.87	6.85			13.29	14.36	16.79		
	velocity	6.76	8.16	7.87	7.69	7.63		7.37	6.97	6.53	6.29	5.96	5.84	6.90		7.90	7.31	6.25		
H1 lead leg	strides																			

Zou Yifan (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21	time	6.74	11.23	15.81	20.50	25.32		30.30	35.42	40.69	46.04	51.68		57.97	4 / 2					
reaction time 0.257	interval		4.49	4.58	4.69	4.82		4.98	5.12	5.27	5.35	5.64	6.29			13.76	14.92	16.26		
	velocity	6.68	7.80	7.64	7.46	7.26		7.03	6.84	6.64	6.54	6.21	6.36	6.90		7.63	7.04	6.46		
H1 lead leg L	strides	24	17	17	17	17		17	17	17	17	18	21	199						

Taneru, Asuruhan Marino (JPN) (200

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)														*Shibayama (2021) - national high school and U20 national championhsips*			
date 30-Jul-21	time	6.69	11.21	15.98	20.75	25.59		30.86	36.09	41.36	46.68	52.04		57.98	4 / 1					
reaction time 0.151	interval		4.52	4.77	4.77	4.84		5.27	5.23	5.27	5.32	5.36	5.94	PB		14.06	15.34	15.95		
	velocity	6.73	7.74	7.34	7.34	7.23		6.64	6.69	6.64	6.58	6.53	6.73	6.90		7.47	6.84	6.58		
H1 lead leg	strides		16	16	16	16		17	17	18	18	18		152						

Yamamoto, Ami (JPN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 03-May-22	time	6.86	11.39	16.10	20.87	25.76		30.81	36.04	41.21	46.46	51.77		57.98	6 / 4					
reaction time 0.220	interval		4.53	4.71	4.77	4.89		5.05	5.23	5.17	5.25	5.31	6.21			14.01	15.17	15.73		
	velocity	6.56	7.73	7.43	7.34	7.16		6.93	6.69	6.77	6.67	6.59	6.44	6.90		7.49	6.92	6.68		
H1 lead leg L	strides	23	16	16	16	16		17	17	17	17	17	21	193						

Yokota, Karen (JPN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 09-May-21	time	6.74	11.26	15.88	20.66	25.56		30.48	35.54	40.71	45.98	51.50		58.00	3 / 3					
reaction time 0.178	interval		4.52	4.62	4.78	4.90		4.92	5.06	5.17	5.27	5.52	6.50	PB		13.92	14.88	15.96		
	velocity	6.68	7.74	7.58	7.32	7.14		7.11	6.92	6.77	6.64	6.34	6.15	6.90		7.54	7.06	6.58		
H1 lead leg L	strides	23	16	16	17	17		17	17	17	17	17	21.7	195.7						

Russell, Masai (USA) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 26-Jun-21	time	6.44	10.77	15.15	19.89	24.89		30.03		40.44	45.81			58.00	3 / 6					
reaction time 0.332	interval		4.33	4.38	4.74	5.00		5.14		10.41	5.37					13.45				
	velocity	6.99	8.08	7.99	7.38	7.00		6.81		6.72	6.52			6.90		7.81				
H1 lead leg R	strides		16	16	16	16					17			81						

Iburahimu, Aisya (JPN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 01-Jun-21	time	6.82	11.11	15.48	20.05	24.84		29.76	34.82	40.01	45.52	51.29		58.01	7 / 2					
reaction time 0.251	interval		4.29	4.37	4.57	4.79		4.92	5.06	5.19	5.51	5.77	6.72			13.23	14.77	16.47		
	velocity	6.60	8.16	8.01	7.66	7.31		7.11	6.92	6.74	6.35	6.07	5.95	6.90		7.94	7.11	6.38		
H1 lead leg R	strides	22	15	15	15	15		15	15	15	16	16	20.2	179.2						

Urbansky, Ulrike (GER) (1977)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 1995 European Junior Championships (Nyiregyhaza, HUN)														*Hommel (2007) - Sprinttechnik beobachten und analysieren!*			
date 28-Jul-95	time	6.95	11.27	15.67	20.24	24.95		29.86	35.18	40.62	46.04	51.66		58.02	3 / 1					
reaction time	interval		4.32	4.40	4.57	4.71		4.91	5.32	5.44	5.42	5.62	6.36			13.29	14.94	16.48		
	velocity	6.47	8.10	7.95	7.66	7.43		7.13	6.58	6.43	6.46	6.23	6.29	6.89		7.90	7.03	6.37		
H1 lead leg	strides																			

Seymour, Katrina (BAH) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)														*Hirokawa (2019) - research on athlete performance and technique- 2019 data book*			
date 19-May-19	time	6.72	11.23	15.80	20.59	25.51		30.56	35.52	40.56	45.85	51.42		58.04	4 / 8					

reaction time	0.163	interval		4.51	4.57	4.79	4.92		5.05	4.96	5.04	5.29	5.57	6.62			13.87	14.93	15.90
		velocity	6.70	7.76	7.66	7.31	7.11		6.93	7.06	6.94	6.62	6.28	6.04	6.89		7.57	7.03	6.60
H1 lead leg	R	strides	22	15	15	15	15		16	16	16	16	17	20.2	183.2				

Zhou Yu (CHN) (1999)

	H1	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	6.72	11.14	15.80	20.53	25.39		30.30	35.35	40.52	46.00	51.60		58.04	5 / 2			
reaction time 0.210 interval		4.42	4.66	4.73	4.86		4.91	5.05	5.17	5.48	5.60	6.44	PB		13.81	14.82	16.25
velocity	6.70	7.92	7.51	7.40	7.20		7.13	6.93	6.77	6.39	6.25	6.21	6.89		7.60	7.09	6.46
H1 lead leg L strides	24	16	16	16	16		16	17	17	18	18	22.2	196.2				

Lindley, Ashton (USA) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 26-Jun-21 time	6.54	11.04	15.65	20.32	25.15		30.26		40.83	46.21			58.04	2 / 7			
reaction time 0.288 interval		4.50	4.61	4.67	4.83		5.11		10.57	5.38					13.78		
velocity	6.88	7.78	7.59	7.49	7.25		6.85		6.62	6.51			6.89		7.62		
H1 lead leg L strides		16	16	16	16					17			81				

Boden, Lauren (AUS) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2006 IAAF Junior World Championships (Beijing, CHN)														*Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler*			
date 16-Aug-06 time	6.42	10.75	15.22	19.72	24.44		29.34	34.40	39.34	45.18	50.97		58.05	6 / 7			
reaction time 0.172 interval		4.33	4.47	4.50	4.72		4.90	5.06	4.94	5.84	5.79	7.08			13.30	14.68	16.57
velocity	7.01	8.08	7.83	7.78	7.42		7.14	6.92	7.09	5.99	6.04	5.65	6.89		7.89	7.15	6.34
H1 lead leg strides																	

Wehrsen, Claudia (GER) (1984)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2009 German National Championships (Ulm, GER)														*Killing (2009) - der rhythmus is entscheidend*			
date 04-Jul-09 time	6.77	11.07	15.52	20.12	24.88		29.97	35.20	40.63	46.13	51.74		58.07	/ 1			
reaction time 0.230 interval		4.30	4.45	4.60	4.76		5.09	5.23	5.43	5.50	5.61	6.33			13.35	15.08	16.54
velocity	6.65	8.14	7.87	7.61	7.35		6.88	6.69	6.45	6.36	6.24	6.32	6.89		7.87	6.96	6.35
H1 lead leg strides		15	15	15	15		16	16	17	17	17						

Nugent, Leah (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 21-Jul-17 time	6.48	10.72	15.20	19.80	24.56			34.16	39.20	44.68	50.68		58.07	8 / 8			
reaction time 0.241 interval		4.24	4.48	4.60	4.76			9.60	5.04	5.48	6.00	7.39			13.32	14.36	16.52
velocity	6.94	8.25	7.81	7.61	7.35			7.29	6.94	6.39	5.83	5.41	6.89		7.88	7.31	6.36
H1 lead leg R strides	22	15		15	15				15	16	16		114				

Mo Jiadie (CHN) (2000)

	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	6.83	11.22	15.77	20.45	25.20		30.16	35.35	40.64	46.14	51.77		58.07	5 / 1			
reaction time 0.321 interval		4.39	4.55	4.68	4.75		4.96	5.19	5.29	5.50	5.63	6.30			13.62	14.90	16.42
velocity	6.59	7.97	7.69	7.48	7.37		7.06	6.74	6.62	6.36	6.22	6.35	6.89		7.71	7.05	6.39
H1 lead leg L strides	24	16	16	16	16		17	17	17	18	18	21	196				

Ito, Akiko (JPN) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)														*Kobayashi (2019) - research on athlete performance and technique- 2019 data book*			
date 03-May-19 time	6.62	11.01	15.53	20.22	25.13		30.15	35.10	40.39	45.90	51.55		58.08	/ 2			
reaction time interval		4.39	4.52	4.69	4.91		5.02	4.95	5.29	5.51	5.65	6.53			13.60	14.88	16.45
velocity	6.80	7.97	7.74	7.46	7.13		6.97	7.07	6.62	6.35	6.19	6.13	6.89		7.72	7.06	6.38
H1 lead leg strides		15	15	16	16		16	16	17	17	17		145				

Iburahimu, Aisya (JPN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2019 Kinami Memorial (Osaka, JPN)														*Matsubayashi (2019) - research on athlete performance and technique- 2019 data book*			
date 06-May-19 time	6.71	11.13	15.72	20.35	25.19		30.18	35.35	40.57	46.08	51.69		58.09	9 / 1			
reaction time interval		4.42	4.59	4.63	4.84		4.99	5.17	5.22	5.51	5.61	6.40	PB		13.64	15.00	16.34
velocity	6.71	7.92	7.63	7.56	7.23		7.01	6.77	6.70	6.35	6.24	6.25	6.89		7.70	7.00	6.43
H1 lead leg R strides		15	15	15	15		15	15	15	16	16	19.7	156.7				

Sekimoto, Moeka (JPN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 24-Oct-20 time	6.64	11.03	15.48	19.99	24.62		29.60	34.73	39.92	45.38	51.08		58.09	3 / 1			
reaction time interval		4.39	4.45	4.51	4.63		4.98	5.13	5.19	5.46	5.70	7.01			13.35	14.74	16.35
velocity	6.78	7.97	7.87	7.76	7.56		7.03	6.82	6.74	6.41	6.14	5.71	6.89		7.87	7.12	6.42
H1 lead leg strides		15	15	15	15		16	16	17	17	17		143				

Huang Yan (CHN) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Championships (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 10-Jul-19 time	6.77	11.26	15.83	20.45	25.21		30.08	35.05	40.32	45.88	51.53		58.11	4 / 3			
reaction time 0.199 interval		4.49	4.57	4.62	4.76		4.87	4.97	5.27	5.56	5.65	6.58			13.68	14.60	16.48
velocity	6.65	7.80	7.66	7.58	7.35		7.19	7.04	6.64	6.29	6.19	6.08	6.88		7.68	7.19	6.37
H1 lead leg L strides	24	17	17	17	17		17	17	18	19	19	23.2	205.2				

Ibrahim, Ayesya (JPN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 23-Aug-20 time	6.66	10.94	15.30	19.87	24.67		29.65	34.75	40.14	45.68	51.47		58.11	4 / 2			
reaction time 0.192 interval		4.28	4.36	4.57	4.80		4.98	5.10	5.39	5.54	5.79	6.64			13.21	14.88	16.72

		velocity	6.76	8.18	8.03	7.66	7.29		7.03	6.86	6.49	6.32	6.04	6.02	6.88			7.95	7.06	6.28
H1 lead leg		strides		15	15	15	15		15	15	16	16	17		139					

Yamamoto, Ami (JPN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 30-Apr-22	time	6.79	11.23	15.85	20.51	25.36		30.51	35.77	41.12	46.53	51.94		58.11	5 / 3			
reaction time 0.182	interval		4.44	4.62	4.66	4.85		5.15	5.26	5.35	5.41	5.41	6.17			13.72	15.26	16.17
	velocity	6.63	7.88	7.58	7.51	7.22		6.80	6.65	6.54	6.47	6.47	6.48	6.88		7.65	6.88	6.49
H1 lead leg L	strides	24	16	16	16	16		17	17	17	17	17	21	194				

Utsunomiya, Eri (JPN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 20-Sep-20	time	6.76	11.14	15.67	20.35	25.31		30.41	35.67	41.04	46.40	51.85		58.12	6 / 1			
reaction time 0.260	interval		4.38	4.53	4.68	4.96		5.10	5.26	5.37	5.36	5.45	6.27			13.59	15.32	16.18
	velocity	6.66	7.99	7.73	7.48	7.06		6.86	6.65	6.52	6.53	6.42	6.38	6.88		7.73	6.85	6.49
H1 lead leg	strides		15	15	15	16		16	17	17	17	17		145				

Tîrlea, Ionela (ROU) (1976)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 European Cup (Munich, GER)														*Jung (2003) - http://www.fgs.uni-halle.de*			
date 21-Jun-97	time	6.69	11.01	15.65	20.49	25.45		30.51	35.65	40.90	46.39	52.04		58.14	/ 8			
reaction time	interval		4.32	4.64	4.84	4.96		5.06	5.14	5.25	5.49	5.65	6.10			13.80	15.16	16.39
	velocity	6.73	8.10	7.54	7.23	7.06		6.92	6.81	6.67	6.38	6.19	6.56	6.88		7.61	6.93	6.41
H1 lead leg	strides																	

Tsugawa, Rui (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)														*Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection*			
date 06-Aug-19	time	6.85	11.38	16.03	20.82	25.66		30.65	35.60	40.60	46.03	51.73		58.14	3 / 1			
reaction time	interval		4.53	4.65	4.79	4.84		4.99	4.95	5.00	5.43	5.70	6.41	PB		13.97	14.78	16.13
	velocity	6.57	7.73	7.53	7.31	7.23		7.01	7.07	7.00	6.45	6.14	6.24	6.88		7.52	7.10	6.51
H1 lead leg	strides		17	17	17	17		17	17	17	19	19		157				

Koyama, Kana (JPN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 23-Aug-20	time	6.74	11.24	15.85	20.60	25.49		30.60	35.75	41.07	46.48	52.00		58.14	8 / 3			
reaction time 0.146	interval		4.50	4.61	4.75	4.89		5.11	5.15	5.32	5.41	5.52	6.14			13.86	15.15	16.25
	velocity	6.68	7.78	7.59	7.37	7.16		6.85	6.80	6.58	6.47	6.34	6.51	6.88		7.58	6.93	6.46
H1 lead leg	strides		15	15	15	15		16	16	17	17	17		143				

Leng Xueyan (CHN) (1972)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1991 ??? (???)														*Cui (2008) - research on the rhythm characteristics of outstanding female 400m hurdlers in China*			
date ???	time	6.55	11.13	15.67	20.46	25.33		30.37	35.82	41.09	46.35	51.71		58.15	???			
reaction time	interval		4.58	4.54	4.79	4.87		5.04	5.45	5.27	5.26	5.36	6.44			13.91	15.36	15.89
	velocity	6.87	7.64	7.71	7.31	7.19		6.94	6.42	6.64	6.65	6.53	6.21	6.88		7.55	6.84	6.61
H1 lead leg	strides	24	16	16	16	16		17	17	17	17	17	23	196				

Ibrahim, Ayesya (JPN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese National Championships (Osaka, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 27-Jun-21	time	6.71	10.98	15.42	19.97	24.71		29.65	34.72	40.02	45.58	51.43		58.16	9 / 3			
reaction time 0.270	interval		4.27	4.44	4.55	4.74		4.94	5.07	5.30	5.56	5.85	6.73			13.26	14.75	16.71
	velocity	6.71	8.20	7.88	7.69	7.38		7.09	6.90	6.60	6.29	5.98	5.94	6.88		7.92	7.12	6.28
H1 lead leg R	strides	22	14	15	15	15		15	15	15	16	17	21	180				

Shibata, Haruka (JPN) (1991)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)														*Yamanaka (2019) - research on athlete performance and technique- 2019 data book*			
date 30-Jun-19	time	6.72	11.19	15.83	20.57	25.43		30.45	35.60	40.86	46.28	51.82		58.18	3 / 4			
reaction time 0.174	interval		4.47	4.64	4.74	4.86		5.02	5.15	5.26	5.42	5.54	6.36			13.85	15.03	16.22
	velocity	6.70	7.83	7.54	7.38	7.20		6.97	6.80	6.65	6.46	6.32	6.29	6.88		7.58	6.99	6.47
H1 lead leg L	strides	24	16	16	16	16		16	17	17	17	17	21.2	193.2				

Zou Yifan (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)														*CAA Hurdle Development (2021)*			
date 13-Jun-21	time	6.76	11.34	16.00	20.72	25.56		30.48	35.57	40.86	46.43	52.08		58.18	5 / 1			
reaction time 0.208	interval		4.58	4.66	4.72	4.84		4.92	5.09	5.29	5.57	5.65	6.10			13.96	14.85	16.51
	velocity	6.66	7.64	7.51	7.42	7.23		7.11	6.88	6.62	6.28	6.19	6.56	6.88		7.52	7.07	6.36
H1 lead leg L	strides	24	17	17	17	17		17	17	17	18	18	20.7	199.7				

Ito, Akiko (JPN) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National Championsips (Osaka, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 12-Jun-22	time	6.62	10.99	15.55	20.25	24.97		29.82	34.78	40.09	45.58	51.23		58.18	5 / 5			
reaction time 0.198	interval		4.37	4.56	4.70	4.72		4.85	4.96	5.31	5.49	5.65	6.95			13.63	14.53	16.45
	velocity	6.80	8.01	7.68	7.45	7.42		7.22	7.06	6.59	6.38	6.19	5.76	6.88		7.70	7.23	6.38
H1 lead leg L	strides	23	16	16	16	16		16	16	17	17	17		170				

Zupin, Agata (SLO) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)														*Omega Timing (2023) - diamond league race analysis*			
date 02-Jul-23	time	6.31	10.60	14.99	19.53	24.24		29.08	34.14	39.49	45.24	51.26		58.18	7 / 3			
reaction time 0.164	interval		4.29	4.39	4.54	4.71		4.84	5.06	5.35	5.75	6.02	6.92			13.22	14.61	17.12
	velocity	7.13	8.16	7.97	7.71	7.43		7.23	6.92	6.54	6.09	5.81	5.78	6.88		7.94	7.19	6.13

H1 lead leg		strides																		

Boden, Lauren (AUS) (1988)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Semi-Final 1 - 2005 IAAF Youth World Championships (Marrakech, MAR)																			
date	14-Jul-05	time	6.68	11.19	15.70	20.39	25.23		30.21	35.42	40.86	46.27	51.81		58.19	3 / 1			
reaction time	0.170	interval		4.51	4.51	4.69	4.84		4.98	5.21	5.44	5.41	5.54	6.38	PB		13.71	15.03	16.39
		velocity	6.74	7.76	7.76	7.46	7.23		7.03	6.72	6.43	6.47	6.32	6.27	6.87		7.66	6.99	6.41
H1 lead leg		strides																	

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

Tsugawa, Rui (JPN) (2001)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2020 Japanese National Championships (Niigata, JPN)																			
date	03-Oct-20	time	6.94	11.59	16.35	21.19	26.18		31.20	36.25	41.37	46.66	52.00		58.21	8 / 7			
reaction time	0.184	interval		4.65	4.76	4.84	4.99		5.02	5.05	5.12	5.29	5.34	6.21			14.25	15.06	15.75
		velocity	6.48	7.53	7.35	7.23	7.01		6.97	6.93	6.84	6.62	6.55	6.44	6.87		7.37	6.97	6.67
H1 lead leg	L	strides	23	17	17	17	17		17	17	17	17	17	21.2	197.2				

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

Shibata, Haruka (JPN) (1991)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
B FINAL - 2019 Kinami Memorial (Osaka, JPN)																			
date	06-May-19	time	6.67	11.09	15.56	20.27	25.21		30.18	35.32	40.54	46.10	51.85		58.24	8 / 2			
reaction time		interval		4.42	4.47	4.71	4.94		4.97	5.14	5.22	5.56	5.75	6.39			13.60	15.05	16.53
		velocity	6.75	7.92	7.83	7.43	7.09		7.04	6.81	6.70	6.29	6.09	6.26	6.87		7.72	6.98	6.35
H1 lead leg	L	strides	24	16	16	17	17		17	17	17	18	18	21.2	198.2				

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

Arashima, Yuri (JPN) (1997)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2012 Japanese National High School Championships (Niigata, JPN)																			
date	31-Jul-12	time	6.61	10.96	15.53	20.25	25.04		30.13	35.27	40.64	46.13	51.79		58.27	/ 1			
reaction time		interval		4.35	4.57	4.72	4.79		5.09	5.14	5.37	5.49	5.66	6.48	PB		13.64	15.02	16.52
		velocity	6.81	8.05	7.66	7.42	7.31		6.88	6.81	6.52	6.38	6.18	6.17	6.86		7.70	6.99	6.36
H1 lead leg		strides		17	17	17	17		18	18	19	19	19		161				

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

Mo Jiadie (CHN) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 1 - 2019 Asian Athletics Championships (Doha, QAT)																			
date	21-Apr-19	time	6.64	11.02	15.58	20.23	25.12		30.23	35.42	40.70	46.31	51.92		58.28	6 / 3			
reaction time	0.224	interval		4.38	4.56	4.65	4.89		5.11	5.19	5.28	5.61	5.61	6.36			13.59	15.19	16.50
		velocity	6.78	7.99	7.68	7.53	7.16		6.85	6.74	6.63	6.24	6.24	6.29	6.86		7.73	6.91	6.36
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	21.2	196.2				

CAA Hurdle Development (2019)

Huang Yan (CHN) (1996)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Asian Athletics Championships (Doha, QAT)																			
date	22-Apr-19	time	6.80	11.33	16.01	20.73	25.61		30.72	36.00	41.27	46.64	52.06		58.29	8 / 7			
reaction time	0.194	interval		4.53	4.68	4.72	4.88		5.11	5.28	5.27	5.37	5.42	6.23			13.93	15.27	16.06
		velocity	6.62	7.73	7.48	7.42	7.17		6.85	6.63	6.64	6.52	6.46	6.42	6.86		7.54	6.88	6.54
H1 lead leg	L	strides	24	17	17	17	17		18	18	18	18	18	22	204				

CAA Hurdle Development (2019)

Kawachi, Sena (JPN) (2003)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)																			
date	30-Jul-21	time	6.77	11.31	16.10	21.01	26.06		31.10	36.19	41.57	46.97	52.43		58.32	3 / 2			
reaction time	0.192	interval		4.54	4.79	4.91	5.05		5.04	5.09	5.38	5.40	5.46	5.89			14.24	15.18	16.24
		velocity	6.65	7.71	7.31	7.13	6.93		6.94	6.88	6.51	6.48	6.41	6.79	6.86		7.37	6.92	6.47
H1 lead leg		strides		16	16	16	17		17	17	17	18	18		152				

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

Dauwens, Axelle (BEL) (1990)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)																			
date	09-Sep-16	time	6.48	10.72	15.08	19.52	24.08		28.92	34.04	39.40	44.92	50.88		58.34	8 / 9			
reaction time	0.172	interval		4.24	4.36	4.44	4.56		4.84	5.12	5.36	5.52	5.96	7.46			13.04	14.52	16.84
		velocity	6.94	8.25	8.03	7.88	7.68		7.23	6.84	6.53	6.34	5.87	5.36	6.86		8.05	7.23	6.24
H1 lead leg	L	strides	22	15	15	15	15		16	17	17	17	18		167				

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

Mo Jiadie (CHN) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			
date	08-Apr-19	time	6.84	11.31	15.88	20.62	25.44		30.44	35.58	40.87	46.48	52.12		58.34	7 / 1			
reaction time	0.283	interval		4.47	4.57	4.74	4.82		5.00	5.14	5.29	5.61	5.64	6.22			13.78	14.96	16.54
		velocity	6.58	7.83	7.66	7.38	7.26		7.00	6.81	6.62	6.24	6.21	6.43	6.86		7.62	7.02	6.35
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	21.5	196.5				

CAA Hurdle Development (2019)

Mo Jiadie (CHN) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)																			
date	13-Jun-21	time	6.69	11.14	15.82	20.42	25.21		30.13	35.25	40.42	45.88	51.62		58.34	4 / 2			
reaction time	0.254	interval		4.45	4.68	4.60	4.79		4.92	5.12	5.17	5.46	5.74	6.72			13.73	14.83	16.37
		velocity	6.73	7.87	7.48	7.61	7.31		7.11	6.84	6.77	6.41	6.10	5.95	6.86		7.65	7.08	6.41
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	21	196				

CAA Hurdle Development (2021)

Huang Yan (CHN) (1996)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																			
date	26-Jun-21	time	6.68	11.10	15.76	20.44	25.27		30.18	35.26	40.44	46.10	51.92		58.34	8 / 3			
reaction time	0.320	interval		4.42	4.66	4.68	4.83		4.91	5.08	5.18	5.66	5.82	6.42			13.76	14.82	16.66
		velocity	6.74	7.92	7.51	7.48	7.25		7.13	6.89	6.76	6.18	6.01	6.23	6.86		7.63	7.09	6.30
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	19	19	22	203				

CAA Hurdle Development (2021)

Belle, Tia Adana (BAR) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 10-Jun-21 time	6.72	11.20		20.68		27.6		35.56	40.92	46.48	52.08		58.36	1 / 8			
reaction time 0.172 interval		4.48		9.48				14.88	5.36	5.56	5.60	6.28			13.96	14.88	16.52
velocity	6.70	7.81		7.38		7.25		7.06	6.53	6.29	6.25	6.37	6.85		7.52	7.06	6.36
H1 lead leg R strides	24	16							17	17	17		91				

Yokota, Karen (JPN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 06-Jun-21 time	6.81	11.39	16.05	20.85	25.83		30.80	35.87	41.11	46.53	52.05		58.37	8 / 3			
reaction time interval		4.58	4.66	4.80	4.98		4.97	5.07	5.24	5.42	5.52	6.32			14.04	15.02	16.18
velocity	6.61	7.64	7.51	7.29	7.03		7.04	6.90	6.68	6.46	6.34	6.33	6.85		7.48	6.99	6.49
H1 lead leg R strides	24	16	16	16	17		17	17	17	17	17		174				

Yokota, Karen (JPN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 03-May-22 time	6.74	11.26	15.92	20.72	25.59		30.61	35.70	40.91	46.28	51.90		58.37	8 / 5			
reaction time 0.183 interval		4.52	4.66	4.80	4.87		5.02	5.09	5.21	5.37	5.62	6.47			13.98	14.98	16.20
velocity	6.68	7.74	7.51	7.29	7.19		6.97	6.88	6.72	6.52	6.23	6.18	6.85		7.51	7.01	6.48
H1 lead leg L strides	23	16	16	16	16		17	17	17	17	17		172				

Watkins, Tawana (USA) (1984)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)														*USATF Women's Sprint Development (2003)*			
date 22-Jun-03 time	6.59	11.08	15.80	20.42	25.31		30.44	35.62	40.97	46.23	51.90		58.38	6 / 1			
reaction time interval		4.49	4.72	4.62	4.89		5.13	5.18	5.35	5.26	5.67	6.48			13.83	15.20	16.28
velocity	6.83	7.80	7.42	7.58	7.16		6.82	6.76	6.54	6.65	6.17	6.17	6.85		7.59	6.91	6.45
H1 lead leg strides																	

Kawamura, Yuka (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese National Championships (Niigata, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 03-Oct-20 time	6.96	11.51	16.18	20.99	25.84		30.85	36.00	41.29	46.68	52.17		58.38	2 / 8			
reaction time 0.212 interval		4.55	4.67	4.81	4.85		5.01	5.15	5.29	5.39	5.49	6.21	PB		14.03	15.01	16.17
velocity	6.47	7.69	7.49	7.28	7.22		6.99	6.80	6.62	6.49	6.38	6.44	6.85		7.48	7.00	6.49
H1 lead leg R strides	23	16	16	16	16		17	17	17	17	17	21	193				

Aoki, Honoka (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National Championsips (Osaka, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 12-Jun-22 time	6.64	10.96	15.48	20.05	24.79		29.73	34.98	40.37	46.00	51.75		58.38	3 / 6			
reaction time 0.220 interval		4.32	4.52	4.57	4.74		4.94	5.25	5.39	5.63	5.75	6.63			13.41	14.93	16.77
velocity	6.78	8.10	7.74	7.66	7.38		7.09	6.67	6.49	6.22	6.09	6.03	6.85		7.83	7.03	6.26
H1 lead leg L strides	24	16	16	16	16		17	17	17	18	17		174				

Knebes, Riley (USA) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2022 USATF National Championships (Eugene, OR)														*USATF (2022) - Results powered by Karmarush*			
date 24-Jun-22 time	6.59	10.92	15.44	20.03	24.84	27.02	29.86	35.02	40.42	45.94	51.59	*58.38*	58.38	9 / 5			
reaction time interval		4.33	4.52	4.59	4.81		5.02	5.16	5.40	5.52	5.65	6.79			13.44	14.99	16.57
velocity	6.83	8.08	7.74	7.63	7.28	7.40	6.97	6.78	6.48	6.34	6.19	5.89	6.85		7.81	7.00	6.34
H1 lead leg L strides	24	16	16	16	17		17	17	18				141				

Hill, MacKenzie (USA) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)														*USATF Women's Sprint Development (2003)*			
date 22-Jun-03 time	6.61	10.91	15.43	20.05	25.13		30.74	36.15	41.58	46.86	52.37		58.39	7 / 2			
reaction time interval		4.30	4.52	4.62	5.08		5.61	5.41	5.43	5.28	5.51	6.02	PB		13.44	16.10	16.22
velocity	6.81	8.14	7.74	7.58	6.89		6.24	6.47	6.45	6.63	6.35	6.64	6.85		7.81	6.52	6.47
H1 lead leg strides																	

Huang Yan (CHN) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 03-Aug-19 time	6.96	11.51	16.23	21.00	25.89		30.95	36.14	41.42	46.85	52.29		58.39	1 / 1			
reaction time 0.263 interval		4.55	4.72	4.77	4.89		5.06	5.19	5.28	5.43	5.44	6.10			14.04	15.14	16.15
velocity	6.47	7.69	7.42	7.34	7.16		6.92	6.74	6.63	6.45	6.43	6.56	6.85		7.48	6.94	6.50
H1 lead leg L strides	24	17	17	17	17		17	18	18	18	18	22	203				

Sekimoto, Moeka (JPN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2019 Kinami Memorial (Osaka, JPN)														*Matsubayashi (2019) - research on athlete performance and technique- 2019 data book*			
date 06-May-19 time	6.72	11.21	15.72	20.32	25.11		30.04	35.04	40.26	45.74	51.53		58.40	6 / 3			
reaction time interval		4.49	4.51	4.60	4.79		4.93	5.00	5.22	5.48	5.79	6.87	PB		13.60	14.72	16.49
velocity	6.70	7.80	7.76	7.61	7.31		7.10	7.00	6.70	6.39	6.04	5.82	6.85		7.72	7.13	6.37
H1 lead leg R strides	22	15	15	15	15		16	16	17	17	17	22	187				

Umehara, Satsuki (JPN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 30-Apr-22 time	6.72	11.18	15.80	20.50	25.36		30.30	35.42	40.62	46.18	51.84		58.41	8 / 4			
reaction time 0.163 interval		4.46	4.62	4.70	4.86		4.94	5.12	5.20	5.56	5.66	6.57			13.78	14.92	16.42
velocity	6.70	7.85	7.58	7.45	7.20		7.09	6.84	6.73	6.29	6.18	6.09	6.85		7.62	7.04	6.39
H1 lead leg R strides	24	16	16	17	17		17	17	17	18	18		177				

Deniau, Lydie (FRA) (1971)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1992 French National Championships (Narbonne, FRA)																	*Veney - split times from PJ*
date 28-Jun-92 time	6.96	11.60	16.28	20.96	25.76		30.76	35.76	40.96	46.16	51.76		58.42	/ 2			
reaction time interval		4.64	4.68	4.68	4.80		5.00	5.00	5.20	5.20	5.60	6.66			14.00	14.80	16.00
velocity	6.47	7.54	7.48	7.48	7.29		7.00	7.00	6.73	6.73	6.25	6.01	6.85		7.50	7.09	6.56
H1 lead leg strides	23	15	16	16	16		17	17	17	17	18	22	194				

Robin, Sandrine (FRA)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1992 French National Championships (Narbonne, FRA)																	*Veney - split times from PJ*
date 28-Jun-92 time	7.00	11.64	16.30	21.00	25.90		31.00	36.20	41.44	46.88	52.32		58.42	/ 3			
reaction time interval		4.64	4.66	4.70	4.90		5.10	5.20	5.24	5.44	5.44	6.10			14.00	15.20	16.12
velocity	6.43	7.54	7.51	7.45	7.14		6.86	6.73	6.68	6.43	6.43	6.56	6.85		7.50	6.91	6.51
H1 lead leg strides	24	16	16	16	16		17	17	17	18	18	22	197				

Tao Xue (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)																	*CAA Hurdle Development (2021)*
date 13-Jun-21 time	6.71	11.13	15.55	20.05	24.69		29.63	34.83	40.26	45.88	51.65		58.42	3 / 3			
reaction time 0.278 interval		4.42	4.42	4.50	4.64		4.94	5.20	5.43	5.62	5.77	6.77	PB		13.34	14.78	16.82
velocity	6.71	7.92	7.92	7.78	7.54		7.09	6.73	6.45	6.23	6.07	5.91	6.85		7.87	7.10	6.24
H1 lead leg L strides	23	15	15	15	15		16	16	17	17	17	20.5	186.5				

Ono, Mizuna (JPN) (2002)

	H1	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	6.66	11.04	15.67	20.42	25.26		30.31	35.47	40.88	46.34	51.90		58.43	5 / 4			
reaction time 0.149 interval		4.38	4.63	4.75	4.84		5.05	5.16	5.41	5.46	5.56	6.53			13.76	15.05	16.43
velocity	6.76	7.99	7.56	7.37	7.23		6.93	6.78	6.47	6.41	6.29	6.13	6.85		7.63	6.98	6.39
H1 lead leg L strides	23	15	16	16	16		16	16	17	17	17	21	190				

Ito, Akiko (JPN) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)																	*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*
date 30-Apr-22 time	6.64	11.14	15.78	20.59	25.46		30.45	35.52	40.77	46.18	51.79		58.43	9 / 5			
reaction time 0.131 interval		4.50	4.64	4.81	4.87		4.99	5.07	5.25	5.41	5.61	6.64			13.95	14.93	16.27
velocity	6.78	7.78	7.54	7.28	7.19		7.01	6.90	6.67	6.47	6.24	6.02	6.85		7.53	7.03	6.45
H1 lead leg L strides	23	16	16	16	16		16	16	17	17	17		170				

Huang Yan (CHN) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																	*CAA Hurdle Development (2019)*
date 23-Aug-19 time	6.80	11.28	15.94	20.62	25.44		30.40	35.56	40.86	46.28	51.97		58.44	7 / 1			
reaction time 0.238 interval		4.48	4.66	4.68	4.82		4.96	5.16	5.30	5.42	5.69	6.47			13.82	14.94	16.41
velocity	6.62	7.81	7.51	7.48	7.26		7.06	6.78	6.60	6.46	6.15	6.18	6.84		7.60	7.03	6.40
H1 lead leg L strides	24	17	17	17	17		17	18	18	18	19	23	205				

Aoki, Honoka (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)																	*Hirokawa (2019) - research on athlete performance and technique- 2019 data book*
date 19-May-19 time	6.74	11.09	15.65	20.35	25.28		30.43	35.62	40.97	46.55	52.17		58.45	1 / 9			
reaction time 0.167 interval		4.35	4.56	4.70	4.93		5.15	5.19	5.35	5.58	5.62	6.28	PB		13.61	15.27	16.55
velocity	6.68	8.05	7.68	7.45	7.10		6.80	6.74	6.54	6.27	6.23	6.37	6.84		7.71	6.88	6.34
H1 lead leg R strides	23	16	17	17	17		17	17	18	18	19	21	200				

Huang Yan (CHN) (1996)

	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	6.57	11.06	15.70	20.40	25.22		30.13	35.38	40.71	46.18	51.87		58.46	6 / 3			
reaction time 0.180 interval		4.49	4.64	4.70	4.82		4.91	5.25	5.33	5.47	5.69	6.59			13.83	14.98	16.49
velocity	6.85	7.80	7.54	7.45	7.26		7.13	6.67	6.57	6.40	6.15	6.07	6.84		7.59	7.01	6.37
H1 lead leg L strides	24	17	17	17	17		17	18	18	18	19	22.5	204.5				

Bellamy, Shani'a (USA) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)																	*USATF (2022) - Results powered by Karmarush*
date 24-Jun-22 time	6.42	10.73	15.23	19.82	24.72	26.82	29.59	34.70	40.09	45.50	51.69	*58.47*	58.47	2 / 8			
reaction time interval		4.31	4.50	4.59	4.90		4.87	5.11	5.39	5.41	6.19	6.78			13.40	14.88	16.99
velocity	7.01	8.12	7.78	7.63	7.14	7.46	7.19	6.85	6.49	6.47	5.65	5.90	6.84		7.84	7.06	6.18
H1 lead leg L strides	23	15	15	15	15			16	16				115				

Zhou Yu (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)																	*CAA Hurdle Development (2019)*
date 29-May-19 time	6.95	11.52	16.14	20.77	25.57		30.54	35.83	41.17	46.74	52.33		58.48	6 / 1			
reaction time interval		4.57	4.62	4.63	4.80		4.97	5.29	5.34	5.57	5.59	6.15	PB		13.82	15.06	16.50
velocity	6.47	7.66	7.58	7.56	7.29		7.04	6.62	6.55	6.28	6.26	6.50	6.84		7.60	6.97	6.36
H1 lead leg L strides	24	16	16	16	16		16	17	17	18	18	21.2	195.2				

Lan Tianlu (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)																	*CAA Hurdle Development (2019)*
date 03-Aug-19 time	6.88	11.56	16.26	21.08	26.04		31.22	36.42	41.70	46.98	52.36		58.48	7 / 2			
reaction time 0.256 interval		4.68	4.70	4.82	4.96		5.18	5.20	5.28	5.28	5.38	6.12	PB		14.20	15.34	15.94
velocity	6.54	7.48	7.45	7.26	7.06		6.76	6.73	6.63	6.63	6.51	6.54	6.84		7.39	6.84	6.59
H1 lead leg L strides	23	16	16	16	16		17	17	17	17	17	21	193				

Yamamoto, Ami (JPN) (2002)

	H1	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	6.84	11.34	15.89	20.59	25.43		30.45	35.64	40.89	46.45	52.12		58.48	2 / 3			
reaction time	0.257	interval		4.50	4.55	4.70	4.84		5.02	5.19	5.25	5.56	5.67	6.36			13.75	15.05	16.48
		velocity	6.58	7.78	7.69	7.45	7.23		6.97	6.74	6.67	6.29	6.17	6.29	6.84		7.64	6.98	6.37
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	21.5	196.5				

Lu Zhangwei (CHN) (2001)

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

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

date	17-Aug-19	time	6.84	11.32	15.96	20.74	25.62		30.64	35.88	41.18	46.70	52.28		58.53	5 / 2			
reaction time	0.206	interval		4.48	4.64	4.78	4.88		5.02	5.24	5.30	5.52	5.58	6.25	PB		13.90	15.14	16.40
		velocity	6.58	7.81	7.54	7.32	7.17		6.97	6.68	6.60	6.34	6.27	6.40	6.83		7.55	6.94	6.40
H1 lead leg	R	strides	24	17	17	17	17		17	17	17	18	18	21.5	200.5				

Takino, Miku (JPN) (2005)

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

FINAL - 2022 Japanese National High School Championships (Naruto, JPN) *Kishima (2022) - national high school championships biomechanics data collection*

date	05-Aug-22	time	6.87	11.48	16.13	21.02	26.02		31.25	36.53	41.77	47.12	52.45		58.54	6 / 1			
reaction time	0.188	interval		4.61	4.65	4.89	5.00		5.23	5.28	5.24	5.35	5.33	6.09	PB		14.15	15.51	15.92
		velocity	6.55	7.59	7.53	7.16	7.00		6.69	6.63	6.68	6.54	6.57	6.57	6.83		7.42	6.77	6.60
H1 lead leg	R	strides	23	16	16	16	16		17	17	17	17	17	20.7	192.7				

Ito, Akiko (JPN) (1995)

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

FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	23-Aug-20	time	6.57	10.88	15.42	20.12	25.03		30.01	35.00	40.34	45.95	51.74		58.56	5 / 4			
reaction time	0.136	interval		4.31	4.54	4.70	4.91		4.98	4.99	5.34	5.61	5.79	6.82			13.55	14.88	16.74
		velocity	6.85	8.12	7.71	7.45	7.13		7.03	7.01	6.55	6.24	6.04	5.87	6.83		7.75	7.06	6.27
H1 lead leg		strides		15	15	16	16		16	16	17	17	17		145				

Palmqvist, Hanna (SWE) (1996)

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

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

date	23-Aug-20	time	6.23	10.47	14.80	19.37	24.23	26.4	29.30		39.77	45.47	51.47		58.56	1 / 8			
reaction time	0.168	interval		4.24	4.33	4.57	4.86		5.07		10.47	5.70	6.00	7.09			13.14		
		velocity	7.22	8.25	8.08	7.66	7.20	7.58	6.90		6.69	6.14	5.83	5.64	6.83		7.99		
H1 lead leg	L	strides	21	15		15	16		16			18	18	22.2	141.2				

Aoki, Honoka (JPN) (2001)

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

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

date	03-May-22	time	6.76	11.18	15.67	20.29	25.06		29.98	35.24	40.52	46.15	51.97		58.56	2 / 6			
reaction time	0.215	interval		4.42	4.49	4.62	4.77		4.92	5.26	5.28	5.63	5.82	6.59			13.53	14.95	16.73
		velocity	6.66	7.92	7.80	7.58	7.34		7.11	6.65	6.63	6.22	6.01	6.07	6.83		7.76	7.02	6.28
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18		174				

Boden, Lauren (AUS) (1988)

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

FINAL - 2005 Australian National Championships (Sydney, AUS) *Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler*

date	06-Mar-05	time	7.32	11.98	16.68	21.50	26.48		31.58	36.82	42.04	47.34	52.68		58.59	/ 1			
reaction time		interval		4.66	4.70	4.82	4.98		5.10	5.24	5.22	5.30	5.34	5.91	PB		14.18	15.32	15.86
		velocity	6.15	7.51	7.45	7.26	7.03		6.86	6.68	6.70	6.60	6.55	6.77	6.83		7.40	6.85	6.62
H1 lead leg		strides																	

Oshiden, Moe (JPN) (1993)

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

FINAL - 2019 Japanese National Championships (Fukuoka, JPN) *Yamanaka (2019) - research on athlete performance and technique- 2019 data book*

date	30-Jun-19	time	6.77	11.24	15.90	20.67	25.53		30.53	35.64	40.91	46.40	52.07		58.60	2 / 5			
reaction time	0.151	interval		4.47	4.66	4.77	4.86		5.00	5.11	5.27	5.49	5.67	6.53			13.90	14.97	16.43
		velocity	6.65	7.83	7.51	7.34	7.20		7.00	6.85	6.64	6.38	6.17	6.13	6.83		7.55	7.01	6.39
H1 lead leg	R	strides	23	16	16	16	16		17	17	17	17	17	21.7	193.7				

Tawa, Rina (JPN) (2002)

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

FINAL - 2019 Japanese National High School Championships (Okinawa, JPN) *Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection*

date	06-Aug-19	time	6.88	11.48	16.07	20.79	25.88		30.93	36.20	41.54	46.92	52.43		58.60	4 / 2			
reaction time		interval		4.60	4.59	4.72	5.09		5.05	5.27	5.34	5.38	5.51	6.17	PB		13.91	15.41	16.23
		velocity	6.54	7.61	7.63	7.42	6.88		6.93	6.64	6.55	6.51	6.35	6.48	6.83		7.55	6.81	6.47
H1 lead leg		strides		16	16	16	17		17	18	18	18	18		154				

Tsujii, Mio (JPN) (1999)

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

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

date	12-Jun-22	time	6.77	11.28	15.93	20.65	25.53		30.56	35.77	41.11	46.60	52.20		58.60	2 / 7			
reaction time	0.244	interval		4.51	4.65	4.72	4.88		5.03	5.21	5.34	5.49	5.60	6.40	=PB		13.88	15.12	16.43
		velocity	6.65	7.76	7.53	7.42	7.17		6.96	6.72	6.55	6.38	6.25	6.25	6.83		7.56	6.94	6.39
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	18		175				

Cazier, Marie-Christine (FRA) (1963)

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

FINAL - 1990 Eight Nations (Milano, ITA) *Veney - split times from PJ*

date	05-Jun-90	time	6.0	10.1	14.3	18.7	23.2		28.2	33.6	39.6	45.0	51.1		58.63	/ 7			
reaction time		interval		4.1	4.2	4.4	4.5		5.0	5.4	6.0	5.4	6.2	7.53			12.67	14.92	17.51
		velocity	7.50	8.58	8.27	8.03	7.71		6.97	6.53	5.83	6.53	5.69	5.31	6.82		8.29	7.04	6.00
H1 lead leg		strides																	

Sykora, Maria (AUT) (1946)

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

FINAL - 1973 British International Games (Edinburgh, GBR) *Ewen (1976) - 400m haies feminin*

date	16-Jun-73	time	6.6	11.0	15.4	20.4	25.5		30.8	36.3	41.5	46.7	52.5	*(58.53)*	58.5	/ 1					
reaction time		interval		4.4	4.4	5.0	5.1		5.3	5.5	5.2	5.2	5.8	6.0	WR			13.80	15.90	16.20	
		velocity	6.82	7.95	7.95	7.00	6.86		6.60	6.36	6.73	6.73	6.03	6.67	6.84			7.61	6.60	6.48	
H1 lead leg		strides																			

Wu Xueting (CHN) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)														*Henson (2018) - coaching observations*			
date 16-Sep-18 time	6.86	11.27	15.75	20.37	25.23		30.28	35.47	40.82	46.31	52.00		58.65	4 / 3			
reaction time interval		4.41	4.48	4.62	4.86		5.05	5.19	5.35	5.49	5.69	6.65			13.51	15.10	16.53
velocity	6.56	7.94	7.81	7.58	7.20		6.93	6.74	6.54	6.38	6.15	6.02	6.82		7.77	6.95	6.35
H1 lead leg L strides	22	15	15	15	16		16	17	17	17	18	21.5	189.5				

Koyama, Kana (JPN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 24-Oct-20 time	6.81	11.16	15.63	20.25	25.09		30.30	35.59	40.89	46.48	52.17		58.65	4 / 2			
reaction time interval		4.35	4.47	4.62	4.84		5.21	5.29	5.30	5.59	5.69	6.48			13.44	15.34	16.58
velocity	6.61	8.05	7.83	7.58	7.23		6.72	6.62	6.60	6.26	6.15	6.17	6.82		7.81	6.84	6.33
H1 lead leg strides		15	15	15	16		16	17	17	17	17		145				

Ito, Akiko (JPN) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 03-May-21 time	6.62	10.99	15.62	20.39	25.23		30.26	35.32	40.64	46.20	51.92		58.65	7 / 3			
reaction time 0.166 interval		4.37	4.63	4.77	4.84		5.03	5.06	5.32	5.56	5.72	6.73			13.77	14.93	16.60
velocity	6.80	8.01	7.56	7.34	7.23		6.96	6.92	6.58	6.29	6.12	5.94	6.82		7.63	7.03	6.33
H1 lead leg L strides	23	15	15	16	16		16	16	17	17	17		168				

Weinstein, Erika (FRG) (1950)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)														*Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973*			
date 28-Jul-73 time	6.7	11.4	16.1	21.1	26.0		31.0	36.2	41.3	46.6	52.4		58.66	/ 1			
reaction time interval		4.73	4.69	4.98	4.84		5.09	5.12	5.12	5.35	5.81	6.22	NR		14.40	15.05	16.28
velocity	6.71	7.40	7.46	7.03	7.23		6.88	6.84	6.84	6.54	6.02	6.43	6.82		7.29	6.98	6.45
H1 lead leg strides	23	17	17	17	17		17	17	17	9	19		170				

Huang Yan (CHN) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN)														*Henson (2018) - coaching observations*			
date 15-Sep-18 time	6.74	11.21	15.82	20.45	25.18		30.05	35.23	40.57	46.05	51.80		58.67	7 / 1			
reaction time interval		4.47	4.61	4.63	4.73		4.87	5.18	5.34	5.48	5.75	6.87			13.71	14.78	16.57
velocity	6.68	7.83	7.59	7.56	7.40		7.19	6.76	6.55	6.39	6.09	5.82	6.82		7.66	7.10	6.34
H1 lead leg L strides	24	17	17	17	17		17	18	18	18	19	23	205				

Watson, Vanessa (USA) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR)														*USATF (2022) - Results powered by Karmarush*			
date 24-Jun-22 time	6.57	10.90	15.40	20.20	25.20	27.46	30.27	35.40	40.84	46.22	51.75	*58.67*	58.67	9 / 7			
reaction time interval		4.33	4.50	4.80	5.00		5.07	5.13	5.44	5.38	5.53	6.92			13.63	15.20	16.35
velocity	6.85	8.08	7.78	7.29	7.00	7.28	6.90	6.82	6.43	6.51	6.33	5.78	6.82		7.70	6.91	6.42
H1 lead leg R strides	24	16	16	16	17		17	17	17				140				

Lebreton, Catherine (FRA) (1960)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1987 French National Championships (Annecy, FRA)														*Veney - split times from PJ*			
date 09-Aug-87 time	7.10	12.00	16.70	21.55	26.60		31.70	36.85	42.00	47.30	52.60		58.68	/ 4			
reaction time interval		4.90	4.70	4.85	5.05		5.10	5.15	5.15	5.30	5.30	6.08			14.45	15.30	15.75
velocity	6.34	7.14	7.45	7.22	6.93		6.86	6.80	6.80	6.60	6.60	6.58	6.82		7.27	6.86	6.67
H1 lead leg strides																	

Utsunomiya, Eri (JPN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)														*Kobayashi (2019) - research on athlete performance and technique- 2019 data book*			
date 03-May-19 time	6.52	10.81	15.28	19.85	24.69		29.71	34.87	40.26	45.81	51.72		58.68	/ 3			
reaction time interval		4.29	4.47	4.57	4.84		5.02	5.16	5.39	5.55	5.91	6.96			13.33	15.02	16.85
velocity	6.90	8.16	7.83	7.66	7.23		6.97	6.78	6.49	6.31	5.92	5.75	6.82		7.88	6.99	6.23
H1 lead leg strides		15	15	15	15		16	16	17	17	18		144				

Huang Yan (CHN) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)														*CAA Hurdle Development (2020)*			
date 17-Sep-20 time	6.62	11.00	15.42	20.12	24.92		29.87	35.08	40.46	46.08	51.92		58.68	6 / 3			
reaction time interval		4.38	4.42	4.70	4.80		4.95	5.21	5.38	5.62	5.84	6.76			13.50	14.96	16.84
velocity	6.80	7.99	7.92	7.45	7.29		7.07	6.72	6.51	6.23	5.99	5.92	6.82		7.78	7.02	6.24
H1 lead leg R strides	24		16	17			17	18	18	19	19	23	171				

Talbot, Melissa (USA) (1984)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)														*USATF Women's Sprint Development (2003)*			
date 22-Jun-03 time	6.67	11.09	15.67	20.27	25.14		30.30	35.87	41.27	46.76	52.42		58.69	5 / 3			
reaction time interval		4.42	4.58	4.60	4.87		5.16	5.57	5.40	5.49	5.66	6.27	PB		13.60	15.60	16.55
velocity	6.75	7.92	7.64	7.61	7.19		6.78	6.28	6.48	6.38	6.18	6.38	6.82		7.72	6.73	6.34
H1 lead leg strides																	

Zhou Yu (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 09-Jul-19 time	6.82	11.32	15.98	20.72	25.57		30.53	35.68	41.00	46.56	52.17		58.71	8 / 1			

reaction time	0.239	interval		4.50	4.66	4.74	4.85		4.96	5.15	5.32	5.56	5.61	6.54			13.90	14.96	16.49
		velocity	6.60	7.78	7.51	7.38	7.22		7.06	6.80	6.58	6.29	6.24	6.12	6.81		7.55	7.02	6.37
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	18	18	21.5	195.5				

Yokota, Karen (JPN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 01-Jun-21 time	6.69	11.21	15.87	20.67	25.56		30.63	35.82	41.09	46.50	52.15		58.71	3 / 1			
reaction time 0.189 interval		4.52	4.66	4.80	4.89		5.07	5.19	5.27	5.41	5.65	6.56			13.98	15.15	16.33
velocity	6.73	7.74	7.51	7.29	7.16		6.90	6.74	6.64	6.47	6.19	6.10	6.81		7.51	6.93	6.43
H1 lead leg L strides	23	16	16	16	17		17	17	17	17	17	21.7	194.7				

Zou Yifan (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21 time	6.94	11.44	16.10	20.80	25.62		30.65	35.75	41.02	46.58	52.27		58.74	3 / 1			
reaction time 0.348 interval		4.50	4.66	4.70	4.82		5.03	5.10	5.27	5.56	5.69	6.47			13.86	14.95	16.52
velocity	6.48	7.78	7.51	7.45	7.26		6.96	6.86	6.64	6.29	6.15	6.18	6.81		7.58	7.02	6.36
H1 lead leg L strides	24	17	17	17	17		17	17	17	18	18	21	200				

Krafzik, Carolina (GER) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 16-Jun-22 time	6.34	10.42	14.64	19.02	23.72		28.74	33.84	39.10	44.82	51.06		58.74	1 / 8			
reaction time 0.170 interval		4.08	4.22	4.38	4.70		5.02	5.10	5.26	5.72	6.24	7.68			12.68	14.82	17.22
velocity	7.10	8.58	8.29	7.99	7.45		6.97	6.86	6.65	6.12	5.61	5.21	6.81		8.28	7.09	6.10
H1 lead leg L strides	23	15	15	15	17		17	17		18	20		157				

Mo Jiadie (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 09-Jul-19 time	6.70	11.18	15.71	20.42	25.21		30.23	35.42	40.81	46.51	52.27		58.75	4 / 1			
reaction time 0.295 interval		4.48	4.53	4.71	4.79		5.02	5.19	5.39	5.70	5.76	6.48			13.72	15.00	16.85
velocity	6.72	7.81	7.73	7.43	7.31		6.97	6.74	6.49	6.14	6.08	6.17	6.81		7.65	7.00	6.23
H1 lead leg L strides	24	16	16	16	16		17	17	17	18	18	21.2	196.2				

Arashima, Yuri (JPN) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2014 Japanese National High School Championships (Kofu, JPN)														*Yanagiya (2014) - research on athlete performance and technique- 2014 data book*			
date 01-Aug-14 time	6.77	11.19	15.66	20.18	24.92		30.03	35.35	40.79	46.41	52.17		58.76	/ 1			
reaction time interval		4.42	4.47	4.52	4.74		5.11	5.32	5.44	5.62	5.76	6.59	PB		13.41	15.17	16.82
velocity	6.65	7.92	7.83	7.74	7.38		6.85	6.58	6.43	6.23	6.08	6.07	6.81		7.83	6.92	6.24
H1 lead leg strides		15	15	15	15		17	17	17	17	17		145				

Takeishi, Konomi (JPN) (1991)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)														*Yamanaka (2019) - research on athlete performance and technique- 2019 data book*			
date 30-Jun-19 time	6.66	11.14	15.88	20.82	25.81		30.90	36.30	41.86	47.28	52.69		58.76	8 / 6			
reaction time 0.148 interval		4.48	4.74	4.94	4.99		5.09	5.40	5.56	5.42	5.41	6.07			14.16	15.48	16.39
velocity	6.76	7.81	7.38	7.09	7.01		6.88	6.48	6.29	6.46	6.47	6.59	6.81		7.42	6.78	6.41
H1 lead leg R strides	23	15	15	16	16		16	17	18	17	17		170				

Ito, Akiko (JPN) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese National Championships (Osaka, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 27-Jun-21 time	6.59	10.96	15.57	20.35	25.31		30.31	35.44	40.76	46.33	52.07		58.76	7 / 4			
reaction time 0.166 interval		4.37	4.61	4.78	4.96		5.00	5.13	5.32	5.57	5.74	6.69			13.76	15.09	16.63
velocity	6.83	8.01	7.59	7.32	7.06		7.00	6.82	6.58	6.28	6.10	5.98	6.81		7.63	6.96	6.31
H1 lead leg L strides	23	15	15	16	16		16	16	17	17	17	21.2	189.2				

Aoki, Honoka (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 01-Jun-21 time	6.76	11.19	15.75	20.42	25.31		30.38	35.69	41.22	46.78	52.47		58.77	7 / 2			
reaction time 0.189 interval		4.43	4.56	4.67	4.89		5.07	5.31	5.53	5.56	5.69	6.30			13.66	15.27	16.78
velocity	6.66	7.90	7.68	7.49	7.16		6.90	6.59	6.33	6.29	6.15	6.35	6.81		7.69	6.88	6.26
H1 lead leg L strides	24	16	16	17	17		17	18	18	18	18	21.5	200.5				

Haye-Smith, Yanique (TKS) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 06-Aug-22 time	6.38	10.53	14.70	19.23	23.90	26.0	29.07	34.20	39.43	45.20			58.78	3 / 8			
reaction time 0.170 interval		4.15	4.17	4.53	4.67		5.17	5.13	5.23	5.77					12.85	14.97	
velocity	7.05	8.43	8.39	7.73	7.49	7.69	6.77	6.82	6.69	6.07			6.81		8.17	7.01	
H1 lead leg R strides	24	16	16	16	16		17	17	18	18			158				

Miki, Shiori (JPN) (1991)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Japanese National High School Championships (Kumagaya, JPN)														*Abe (2008) - 61st high school championships: JAF scientific committee - biomechanics data*			
date 31-Jul-08 time	7.01	11.73	16.62	21.47	26.46		31.68	36.95	42.24	47.55	52.79		58.79	/ 1			
reaction time interval		4.72	4.89	4.85	4.99		5.22	5.27	5.29	5.31	5.24	6.00			14.46	15.48	15.84
velocity	6.42	7.42	7.16	7.22	7.01		6.70	6.64	6.62	6.59	6.68	6.67	6.80		7.26	6.78	6.63
H1 lead leg strides		16	16	16	16		17	17	17	17	17		149				

Lan Tianlu (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Championships (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 10-Jul-19 time	6.87	11.47	16.10	20.73	25.52		30.56	35.67	40.97	46.41	52.23		58.79	6 / 4			
reaction time 0.203 interval		4.60	4.63	4.63	4.79		5.04	5.11	5.30	5.44	5.82	6.56	PB		13.86	14.94	16.56

		velocity	6.55	7.61	7.56	7.56	7.31		6.94	6.85	6.60	6.43	6.01	6.10	6.80			7.58	7.03	6.34
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	18	21.7	194.7					

Murakami, Natsumi (JPN) (1999)

	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	6.91	11.31	15.85	20.64	25.51		30.55	35.77	41.11	46.58	52.30		58.79	5 / 3			
reaction time 0.231	interval		4.40	4.54	4.79	4.87		5.04	5.22	5.34	5.47	5.72	6.49			13.73	15.13	16.53
	velocity	6.51	7.95	7.71	7.31	7.19		6.94	6.70	6.55	6.40	6.12	6.16	6.80		7.65	6.94	6.35
H1 lead leg R	strides	24	15	15	16	16		17	17	17	17	17	22.2	193.2				

Yokota, Karen (JPN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese National Championships (Osaka, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 27-Jun-21	time	6.66	11.16	15.72	20.47	25.33		30.33	35.47	40.79	46.30	52.09		58.79	6 / 5			
reaction time 0.182	interval		4.50	4.56	4.75	4.86		5.00	5.14	5.32	5.51	5.79	6.70			13.81	15.00	16.62
	velocity	6.76	7.78	7.68	7.37	7.20		7.00	6.81	6.58	6.35	6.04	5.97	6.80		7.60	7.00	6.32
H1 lead leg L	strides	23	16	16	16	16		17	17	17	17	17	21.7	193.7				

Ou Ying (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)														*CAA Hurdle Development (2020)*			
date 17-Sep-20	time	6.87	11.46	16.04	20.71	25.46		30.54	35.79	41.17	46.71	52.38		58.80	5 / 4			
reaction time	interval		4.59	4.58	4.67	4.75		5.08	5.25	5.38	5.54	5.67	6.42	PB		13.84	15.08	16.59
	velocity	6.55	7.63	7.64	7.49	7.37		6.89	6.67	6.51	6.32	6.17	6.23	6.80		7.59	6.96	6.33
H1 lead leg L	strides	24	17	17	17	17		17	17	17	18	19	21	201				

Wu Xueting (CHN) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)														*Henson (2018) - coaching observations*			
date 15-Sep-18	time	6.86	11.26	15.83	20.51	25.41		30.53	35.87	41.32	46.85	52.47		58.81	5 / 1			
reaction time	interval		4.40	4.57	4.68	4.90		5.12	5.34	5.45	5.53	5.62	6.34			13.65	15.36	16.60
	velocity	6.56	7.95	7.66	7.48	7.14		6.84	6.55	6.42	6.33	6.23	6.31	6.80		7.69	6.84	6.33
H1 lead leg L	strides	22	15	15	15	16		16	17	17	17	17	21	188				

Aoki, Honoka (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese National Championships (Osaka, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 27-Jun-21	time	6.76	11.21	15.75	20.44	25.24		30.23	35.49	40.87	46.51	52.34		58.82	2 / 6			
reaction time 0.236	interval		4.45	4.54	4.69	4.80		4.99	5.26	5.38	5.64	5.83	6.48			13.68	15.05	16.85
	velocity	6.66	7.87	7.71	7.46	7.29		7.01	6.65	6.51	6.21	6.00	6.17	6.80		7.68	6.98	6.23
H1 lead leg L	strides	24	16	16	16	16		17	17	17	18	18	21.7	196.7				

Shibata, Haruka (JPN) (1991)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Japanese National High School Championships (Kumagaya, JPN)														*Abe (2008) - 61st high school championships: JAF scientific committee - biomechanics data*			
date 31-Jul-08	time	7.09	11.83	16.68	21.60	26.63		31.72	36.97	42.24	47.53	52.89		58.83	/ 2			
reaction time	interval		4.74	4.85	4.92	5.03		5.09	5.25	5.27	5.29	5.36	5.94			14.51	15.37	15.92
	velocity	6.35	7.38	7.22	7.11	6.96		6.88	6.67	6.64	6.62	6.53	6.73	6.80		7.24	6.83	6.60
H1 lead leg	strides		17	17	17	17		17	17	17	17	17		153				

Jiang Liyunzhe (CHN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)														*CAA Hurdle Development (2021)*			
date 20-May-21	time	6.71	11.16	15.70	20.42	25.17		30.11	35.23	40.37	46.11	52.05		58.83	6 / 2			
reaction time 0.187	interval		4.45	4.54	4.72	4.75		4.94	5.12	5.14	5.74	5.94	6.78	PB		13.71	14.81	16.82
	velocity	6.71	7.87	7.71	7.42	7.37		7.09	6.84	6.81	6.10	5.89	5.90	6.80		7.66	7.09	6.24
H1 lead leg L	strides	24	16	16	16	16		17	17	17	18	18	22	197				

Higa, Kazuki (JPN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 06-Jun-21	time	6.86	11.35	15.97	20.67	25.56		30.65	35.85	41.16	46.55	52.14		58.83	6 / 1			
reaction time	interval		4.49	4.62	4.70	4.89		5.09	5.20	5.31	5.39	5.59	6.69			13.81	15.18	16.29
	velocity	6.56	7.80	7.58	7.45	7.16		6.88	6.73	6.59	6.49	6.26	5.98	6.80		7.60	6.92	6.45
H1 lead leg L	strides	24	16	16	16	16		17	17	17	17	17	22	195				

Wu Fangfang (CHN) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Championships (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 10-Jul-19	time	6.92	11.51	16.15	20.90	25.72		30.78	35.98	41.34	46.79	52.45		58.84	1 / 5			
reaction time 0.225	interval		4.59	4.64	4.75	4.82		5.06	5.20	5.36	5.45	5.66	6.39	PB		13.98	15.08	16.47
	velocity	6.50	7.63	7.54	7.37	7.26		6.92	6.73	6.53	6.42	6.18	6.26	6.80		7.51	6.96	6.38
H1 lead leg L	strides	24	16	16	16	16		17	17	17	17	17	22	195				

Aoki, Honoka (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 30-Apr-22	time	6.66	11.13	15.67	20.35	25.19		30.31	35.57	40.96	46.58	52.32		58.85	7 / 1			
reaction time 0.181	interval		4.47	4.54	4.68	4.84		5.12	5.26	5.39	5.62	5.74	6.53			13.69	15.22	16.75
	velocity	6.76	7.83	7.71	7.48	7.23		6.84	6.65	6.49	6.23	6.10	6.13	6.80		7.67	6.90	6.27
H1 lead leg L	strides	24	16	16	16	16		17	17	17	18	18	22	197				

Ito, Akiko (JPN) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 01-Jun-21	time	6.64	10.94	15.33	19.85	24.51		29.51	34.63	39.99	45.68	51.72		58.86	8 / 4			
reaction time 0.180	interval		4.30	4.39	4.52	4.66		5.00	5.12	5.36	5.69	6.04	7.14			13.21	14.78	17.09
	velocity	6.78	8.14	7.97	7.74	7.51		7.00	6.84	6.53	6.15	5.79	5.60	6.80		7.95	7.10	6.14

H1 lead leg	L	strides	23	15	15	15	15		16	16	17	18	18	22	190					

Murakami, Mizuki (JPN) (1998)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2015 Japanese National Youth Championships (Nagoya, JPN)																	*Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan*		
date	18-Oct-15	time	6.88	11.38	16.05	20.99	25.96		31.13	36.39	41.68	47.12	52.63		58.87	/ 1			
reaction time		interval		4.50	4.67	4.94	4.97		5.17	5.26	5.29	5.44	5.51	6.24	**PB**		14.11	15.40	16.24
		velocity	6.54	7.78	7.49	7.09	7.04		6.77	6.65	6.62	6.43	6.35	6.41	6.79		7.44	6.82	6.47
H1 lead leg		strides		15	15	16	16		16	17	17	17	17		146				

Oshiden, Moe (JPN) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
A FINAL - 2019 Kinami Memorial (Osaka, JPN)																	*Matsubayashi (2019) - research on athlete performance and technique- 2019 data book*		
date	06-May-19	time	6.87	11.44	16.20	20.95	25.96		31.08	36.32	41.57	46.96	52.45		58.88	2 / 4			
reaction time		interval		4.57	4.76	4.75	5.01		5.12	5.24	5.25	5.39	5.49	6.43			14.08	15.37	16.13
		velocity	6.55	7.66	7.35	7.37	6.99		6.84	6.68	6.67	6.49	6.38	6.22	6.79		7.46	6.83	6.51
H1 lead leg		strides		16	16	16	16		17	17	17	17	17	21	170				

Carothers, Keina (JPN) (1997)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
B FINAL - 2019 Kinami Memorial (Osaka, JPN)																	*Matsubayashi (2019) - research on athlete performance and technique- 2019 data book*		
date	06-May-19	time	6.81	11.34	16.00	20.77	25.59		30.63	35.77	41.14	46.61	52.32		58.90	3 / 3			
reaction time		interval		4.53	4.66	4.77	4.82		5.04	5.14	5.37	5.47	5.71	6.58	**PB**		13.96	15.00	16.55
		velocity	6.61	7.73	7.51	7.34	7.26		6.94	6.81	6.52	6.40	6.13	6.08	6.79		7.52	7.00	6.34
H1 lead leg	R	strides		16	16	16	16		17	17	17	17	17	21.7	170.7				

Lu Zhangwei (CHN) (2001)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)																	*CAA Hurdle Development (2019)*		
date	03-Aug-19	time	6.88	11.38	15.98	20.72	25.62		30.72	35.94	41.30	46.92	52.54		58.90	6 / 3			
reaction time	0.275	interval		4.50	4.60	4.74	4.90		5.10	5.22	5.36	5.62	5.62	6.36	**PB**		13.84	15.22	16.60
		velocity	6.54	7.78	7.61	7.38	7.14		6.86	6.70	6.53	6.23	6.23	6.29	6.79		7.59	6.90	6.33
H1 lead leg	R	strides	24	17	17	17	17		17	17	17	18	18	22.2	201.2				

Kodama, Saki (JPN) (1997)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2015 Japanese National Junior Championships (Nagoya, JPN)																	*Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan*		
date	18-Oct-15	time	6.82	11.42	16.06	20.85	25.87		31.01	36.22	41.46	47.13	52.70		58.91	/ 1			
reaction time		interval		4.60	4.64	4.79	5.02		5.14	5.21	5.24	5.67	5.57	6.21	**PB**		14.03	15.37	16.48
		velocity	6.60	7.61	7.54	7.31	6.97		6.81	6.72	6.68	6.17	6.28	6.44	6.79		7.48	6.83	6.37
H1 lead leg		strides		16	16	16	17		17	17	17	18	18		152				

Utsunomiya, Eri (JPN) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)																	*Henson (2021) - Athlete First: 2018 year end hurdle report*		
date	09-Sep-18	time	6.24	10.48	14.92	19.48	24.36		29.72	34.96	40.32	45.96			58.92	7 / 8			
reaction time	0.181	interval		4.24	4.44	4.56	4.88		5.36	5.24	5.36	5.64					13.24	15.48	
		velocity	7.21	8.25	7.88	7.68	7.17		6.53	6.68	6.53	6.21			6.79		7.93	6.78	
H1 lead leg	L	strides	23	15	15	15	16		18	17		18			137				

Nakano, Nano (JPN) (2001)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)																	*Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection*		
date	06-Aug-19	time	6.95	11.56	16.27	21.09	26.03		31.21	36.40	41.68	47.19	52.70		58.92	5 / 3			
reaction time		interval		4.61	4.71	4.82	4.94		5.18	5.19	5.28	5.51	5.51	6.22	**PB**		14.14	15.31	16.30
		velocity	6.47	7.59	7.43	7.26	7.09		6.76	6.74	6.63	6.35	6.35	6.43	6.79		7.43	6.86	6.44
H1 lead leg		strides		17	17	17	17		19	19	19	19	19		163				

Foster, Charlynna (USA) (1980)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1996 USATF National Junior Championships (Delaware, OH)																	*USATF Women's Sprint Development (1996)*		
date	29-Jun-08	time	6.74	11.22	15.91	20.73	25.53		30.58	35.84	41.08	46.71	52.56		58.93	5 / 1			
reaction time		interval		4.48	4.69	4.82	4.80		5.05	5.26	5.24	5.63	5.85	6.37	**PB**		13.99	15.11	16.72
		velocity	6.68	7.81	7.46	7.26	7.29		6.93	6.65	6.68	6.22	5.98	6.28	6.79		7.51	6.95	6.28
H1 lead leg		strides																	

Tsuha, Aiki (JPN) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)																	*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*		
date	01-Jun-21	time	6.74	11.19	15.83	20.65	25.61		30.60	35.77	41.06	46.56	52.27		58.93	9 / 5			
reaction time	0.179	interval		4.45	4.64	4.82	4.96		4.99	5.17	5.29	5.50	5.71	6.66			13.91	15.12	16.50
		velocity	6.68	7.87	7.54	7.26	7.06		7.01	6.77	6.62	6.36	6.13	6.01	6.79		7.55	6.94	6.36
H1 lead leg	L	strides	25	17	17	17	17		17	18	18	19	19	23.2	207.2				

Aoki, Honoka (JPN) (2001)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)																	*Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection*		
date	06-Aug-19	time	6.83	11.39	16.05	20.80	25.78		30.91	36.07	41.42	46.97	52.71		58.94	8 / 4			
reaction time		interval		4.56	4.66	4.75	4.98		5.13	5.16	5.35	5.55	5.74	6.23			13.97	15.27	16.64
		velocity	6.59	7.68	7.51	7.37	7.03		6.82	6.78	6.54	6.31	6.10	6.42	6.79		7.52	6.88	6.31
H1 lead leg		strides		17	17	17	17		17	17	18	18	18		156				

Nakano, Nano (JPN) (2001)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)																	*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*		
date	25-Oct-20	time	6.96	11.61	16.38	21.19	26.14		31.35	36.65	42.11	47.46	52.84		58.94	6 / 1			
reaction time	0.211	interval		4.65	4.77	4.81	4.95		5.21	5.30	5.46	5.35	5.38	6.10			14.23	15.46	16.19
		velocity	6.47	7.53	7.34	7.28	7.07		6.72	6.60	6.41	6.54	6.51	6.56	6.79		7.38	6.79	6.49
H1 lead leg		strides		17	17	17	17		17	19	19	19	19		161				

Korzuch, Julia (POL) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)														*Omega Timing (2023) - diamond league race analysis*			
date 02-Jul-23 time	6.67	11.13	15.63	20.23	24.98		29.94	35.14	40.54	46.15	52.08		58.94	3 / 4			
reaction time 0.138 interval		4.46	4.50	4.60	4.75		4.96	5.20	5.40	5.61	5.93	6.86			13.56	14.91	16.94
velocity	6.75	7.85	7.78	7.61	7.37		7.06	6.73	6.48	6.24	5.90	5.83	6.79		7.74	7.04	6.20
H1 lead leg strides																	

Murakami, Mizuki (JPN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)														*Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data*			
date 31-Jul-15 time	6.84	11.33	16.00	20.80	25.83		30.88	36.25	41.61	46.95	52.50		58.95	2 / 2			
reaction time interval		4.49	4.67	4.80	5.03		5.05	5.37	5.36	5.34	5.55	6.45	PB		13.96	15.45	16.25
velocity	6.58	7.80	7.49	7.29	6.96		6.93	6.52	6.53	6.55	6.31	6.20	6.79		7.52	6.80	6.46
H1 lead leg strides		15	15	15	16		16	17	17	17	17		145				

Humphrey, Brittley (USA) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 26-Jun-21 time	6.44	10.67	15.15	19.89	24.79		29.93		40.67	46.38			58.95	2 / 7			
reaction time 0.190 interval		4.23	4.48	4.74	4.90		5.14		10.74	5.71					13.45		
velocity	6.99	8.27	7.81	7.38	7.14		6.81		6.52	6.13			6.79		7.81		
H1 lead leg L strides		15	15	15	15					17			77				

Miki, Shiori (JPN) (1991)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 Japanese National High School Championships (Nara, JPN)														*Matsuo (2009) - 62nd high school championships: JAF scientific committee - biomechanics data*			
date 31-Jul-09 time	6.87	11.64	16.43	21.40	26.51		31.82	37.19	42.56	47.83	53.09		58.96	/ 1			
reaction time interval		4.77	4.79	4.97	5.11		5.31	5.37	5.37	5.27	5.26	5.87			14.53	15.79	15.90
velocity	6.55	7.34	7.31	7.04	6.85		6.59	6.52	6.52	6.64	6.65	6.81	6.78		7.23	6.65	6.60
H1 lead leg strides		17	16	16	16		17	17	17	17	17		150				

Kawamura, Yuka (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 03-May-21 time	7.02	11.64	16.42	21.20	26.06		31.15	36.29	41.56	46.95	52.50		58.96	3 / 4			
reaction time 0.214 interval		4.62	4.78	4.78	4.86		5.09	5.14	5.27	5.39	5.55	6.46			14.18	15.09	16.21
velocity	6.41	7.58	7.32	7.32	7.20		6.88	6.81	6.64	6.49	6.31	6.19	6.78		7.40	6.96	6.48
H1 lead leg R strides	23	16	16	16	16		17	17	17	17	17		172				

Arashima, Yuri (JPN) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National Junior Championships (Nagoya, JPN)														*Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan*			
date 18-Oct-15 time	6.90	11.37	15.95	20.62	25.41		30.43	35.70	41.11	46.68	52.45		58.97	/ 2			
reaction time interval		4.47	4.58	4.67	4.79		5.02	5.27	5.41	5.57	5.77	6.52			13.72	15.08	16.75
velocity	6.52	7.83	7.64	7.49	7.31		6.97	6.64	6.47	6.28	6.07	6.13	6.78		7.65	6.96	6.27
H1 lead leg strides		15	15	15	15		17	17	17	17	17		145				

Kudo, Mei (JPN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 27-Jun-21 time	6.99	11.59	16.43	21.39	26.46		31.53	36.64	41.86	47.43	53.05		58.97	6 / 1			
reaction time 0.186 interval		4.60	4.84	4.96	5.07		5.07	5.11	5.22	5.57	5.62	5.92	PB		14.40	15.25	16.41
velocity	6.44	7.61	7.23	7.06	6.90		6.90	6.85	6.70	6.28	6.23	6.76	6.78		7.29	6.89	6.40
H1 lead leg L strides	24	17	17	17	17		17	17	17	18	18	21.2	200.2				

Viadzernikava, Krystsina (BLR) (1983

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 European Cup (Munich, GER)														*Graubner (2007) - http://www.fgs.uni-halle.de*			
date 23-Jun-07 time	6.78	11.37	15.95	20.71	25.57		30.54	35.90	41.35		52.77		58.99	/ 7			
reaction time 0.250 interval		4.59	4.58	4.76	4.86		4.97	5.36	5.45		11.42	6.22			13.93	15.19	16.87
velocity	6.64	7.63	7.64	7.35	7.20		7.04	6.53	6.42		6.13	6.43	6.78		7.54	6.91	6.22
H1 lead leg strides																	

Arashima, Yuri (JPN) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)														*Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data*			
date 31-Jul-15 time	6.71	11.08	15.53	20.12	24.86		29.95	35.24	40.66	46.35	52.24		58.99	6 / 3			
reaction time interval		4.37	4.45	4.59	4.74		5.09	5.29	5.42	5.69	5.89	6.75			13.41	15.12	17.00
velocity	6.71	8.01	7.87	7.63	7.38		6.88	6.62	6.46	6.15	5.94	5.93	6.78		7.83	6.94	6.18
H1 lead leg strides		15	15	15	15		17	17	17	17	17		145				

Saito, Mayu (JPN) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 06-Jun-21 time	6.40	10.66	15.02	19.69	24.57		29.65	35.00	40.49	46.20	52.20		58.99	7 / 2			
reaction time interval		4.26	4.36	4.67	4.88		5.08	5.35	5.49	5.71	6.00	6.79			13.29	15.31	17.20
velocity	7.03	8.22	8.03	7.49	7.17		6.89	6.54	6.38	6.13	5.83	5.89	6.78		7.90	6.86	6.10
H1 lead leg L strides	24	16	16	17	17		17	18	18	19	19	23.2	204.2				

Paniagua, Eva (ESP) (1974)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)														*Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas*			
date 02-Aug-98 time	6.74	11.30	15.86	20.52	25.40		30.36	35.58	40.96	46.51	52.24		59.00	5 / 1			
reaction time interval		4.56	4.56	4.66	4.88		4.96	5.22	5.38	5.55	5.73	6.76			13.78	15.06	16.66
velocity	6.68	7.68	7.68	7.51	7.17		7.06	6.70	6.51	6.31	6.11	5.92	6.78		7.62	6.97	6.30
H1 lead leg L strides	23	15	15	15	15		15	16	16	17	17	20.5	184.5				

Oike, Saori (JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)																	*Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection*		
date	04-Aug-18	time	7.04	11.71	16.45	21.32	26.31		31.38	36.45	41.63	46.95	52.65		59.00	5 / 1			
reaction time		interval		4.67	4.74	4.87	4.99		5.07	5.07	5.18	5.32	5.70	6.35	PB		14.28	15.13	16.20
		velocity	6.39	7.49	7.38	7.19	7.01		6.90	6.90	6.76	6.58	6.14	6.30	6.78		7.35	6.94	6.48
H1 lead leg		strides		17	17	17	17		17	17	17	17	19		155				

Zapletalová, Emma (SVK) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)																	*Henson (2022) - Athlete First: 2022 year end hurdle report*		
date	08-Aug-22	time	6.57	11.03	15.57	20.27			29.93		40.50	46.17			59.00	2 / 8			
reaction time	0.160	interval		4.46	4.54	4.70			29.93		10.57	5.67					13.70		
		velocity	6.85	7.85	7.71	7.45			1.17		6.62	6.17			6.78		7.66		
H1 lead leg	R	strides	23	16	16	16	16					17			104				

Smith, Christina (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)																	*USATF Women's Sprint Development (2003)*		
date	22-Jun-03	time	6.42	10.76	15.24	19.90	24.93		30.28	35.84	41.22	46.73	52.27		59.01	9 / 4			
reaction time		interval		4.34	4.48	4.66	5.03		5.35	5.56	5.38	5.51	5.54	6.74	PB		13.48	15.94	16.43
		velocity	7.01	8.06	7.81	7.51	6.96		6.54	6.29	6.51	6.35	6.32	5.93	6.78		7.79	6.59	6.39
H1 lead leg		strides																	

Aoki, Honoka (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)																	*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*		
date	25-Oct-20	time	6.94	11.53	16.20	21.02	26.06		31.16	36.42	41.89	47.45	52.92		59.02	5 / 2			
reaction time	0.202	interval		4.59	4.67	4.82	5.04		5.10	5.26	5.47	5.56	5.47	6.10			14.08	15.40	16.50
		velocity	6.48	7.63	7.49	7.26	6.94		6.86	6.65	6.40	6.29	6.40	6.56	6.78		7.46	6.82	6.36
H1 lead leg		strides		16	16	17	17		17	17	18	18	18		154				

Higa, Kazuki (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2019 Kinami Memorial (Osaka, JPN)																	*Matsubayashi (2019) - research on athlete performance and technique- 2019 data book*		
date	06-May-19	time	6.97	11.53	16.22	20.99	25.88		30.91	36.04	41.32	46.78	52.43		59.03	5 / 5			
reaction time		interval		4.56	4.69	4.77	4.89		5.03	5.13	5.28	5.46	5.65	6.60			14.02	15.05	16.39
		velocity	6.46	7.68	7.46	7.34	7.16		6.96	6.82	6.63	6.41	6.19	6.06	6.78		7.49	6.98	6.41
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	21.7	194.7				

Lu Zhangwei (CHN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)																	*CAA Hurdle Development (2021)*		
date	26-Jun-21	time	6.83	11.26	15.80	20.61	25.49		30.55	35.75	41.07	46.67	52.47		59.03	5 / 1			
reaction time	0.261	interval		4.43	4.54	4.81	4.88		5.06	5.20	5.32	5.60	5.80	6.56			13.78	15.14	16.72
		velocity	6.59	7.90	7.71	7.28	7.17		6.92	6.73	6.58	6.25	6.03	6.10	6.78		7.62	6.94	6.28
H1 lead leg	L	strides	24	16	16	17	17		17	17	17	18	18	21	198				

Ito, Akiko (JPN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)																	*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*		
date	20-Sep-20	time	6.74	11.13	15.75	20.59	25.53		30.61	35.74	41.17	46.65	52.29		59.04	5 / 2			
reaction time	0.205	interval		4.39	4.62	4.84	4.94		5.08	5.13	5.43	5.48	5.64	6.75			13.85	15.15	16.55
		velocity	6.68	7.97	7.58	7.23	7.09		6.89	6.82	6.45	6.39	6.21	5.93	6.78		7.58	6.93	6.34
H1 lead leg		strides		15	15	16	16		16	16	17	17	17		145				

Tsujii, Mio (JPN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
C Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)																	*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*		
date	30-Apr-22	time	6.81	11.31	15.95	20.79	25.73		30.80	35.94	41.17	46.75	52.40		59.04	6 / 1			
reaction time	0.185	interval		4.50	4.64	4.84	4.94		5.07	5.14	5.23	5.58	5.65	6.64	PB		13.98	15.15	16.46
		velocity	6.61	7.78	7.54	7.23	7.09		6.90	6.81	6.69	6.27	6.19	6.02	6.78		7.51	6.93	6.38
H1 lead leg	R	strides	24	16	16	17	17		17	17	17	18	18	22.7	199.7				

Demus, Lashinda (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Championships (Palo Alto, CA)																	*USATF Women's Sprint Development (2003)*		
date	21-Jun-03	time	6.34	10.51	14.75	19.09	23.49		27.98	32.77	37.75	43.28	49.38		59.05	4 / 8			
reaction time		interval		4.17	4.24	4.34	4.40		4.49	4.79	4.98	5.53	6.10	9.67			12.75	13.68	16.61
		velocity	7.10	8.39	8.25	8.06	7.95		7.80	7.31	7.03	6.33	5.74	4.14	6.77		8.24	7.68	6.32
H1 lead leg		strides																	

Lu Zhangwei (CHN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Championships (Shenyang, CHN)																	*CAA Hurdle Development (2019)*		
date	10-Jul-19	time	6.84	11.24	15.85	20.58	25.44		30.48	35.67	41.02	46.70	52.48		59.05	2 / 6			
reaction time	0.273	interval		4.40	4.61	4.73	4.86		5.04	5.19	5.35	5.68	5.78	6.57	PB		13.74	15.09	16.81
		velocity	6.58	7.95	7.59	7.40	7.20		6.94	6.74	6.54	6.16	6.06	6.09	6.77		7.64	6.96	6.25
H1 lead leg	R	strides	24	17	17	17	17		17	17	17	18	18	22.5	201.5				

Shimizu, Hana (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)																	*Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection*		
date	06-Aug-19	time	6.80	11.33	15.97	20.79	25.85		31.01	36.14	41.31	46.85	52.55		59.07	6 / 5			
reaction time		interval		4.53	4.64	4.82	5.06		5.16	5.13	5.17	5.54	5.70	6.52	PB		13.99	15.35	16.41
		velocity	6.62	7.73	7.54	7.26	6.92		6.78	6.82	6.77	6.32	6.14	6.13	6.77		7.51	6.84	6.40
H1 lead leg		strides		17	17	17	17		17	17	17	19	19		157				

Taneru, Asuruhan Marino (JPN) (200	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

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

date	27-Jun-21	time	6.71	11.21	15.87	20.77	25.79		30.95	36.32	41.79	47.31	52.94		59.07	7 / 2				
reaction time	0.152	interval		4.50	4.66	4.90	5.02		5.16	5.37	5.47	5.52	5.63	6.13	PB		14.06	15.55	16.62	
		velocity	6.71	7.78	7.51	7.14	6.97		6.78	6.52	6.40	6.34	6.22	6.53	6.77		7.47	6.75	6.32	
H1 lead leg	L	strides	24	16	16	17	17		17	18	18	18	19	22	202					

Aoki, Honoka (JPN) (2001)

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

FINAL - 2018 Japanese National High School Championships (Nagoya, JPN) — *Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection*

date	04-Aug-18	time	7.01	11.64	16.43	21.32	26.33		31.48	36.70	41.99	47.40	52.95		59.08	6 / 2				
reaction time		interval		4.63	4.79	4.89	5.01		5.15	5.22	5.29	5.41	5.55	6.13	PB		14.31	15.38	16.25	
		velocity	6.42	7.56	7.31	7.16	6.99		6.80	6.70	6.62	6.47	6.31	6.53	6.77		7.34	6.83	6.46	
H1 lead leg		strides		17	17	17	17		17	17	18	18	18		156					

Oshiden, Moe (JPN) (1993)

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

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

date	06-Jun-21	time	6.89	11.51	16.20	20.92	25.78		30.78	35.94	41.24	46.78	52.45		59.09	5 / 1				
reaction time		interval		4.62	4.69	4.72	4.86		5.00	5.16	5.30	5.54	5.67	6.64			14.03	15.02	16.51	
		velocity	6.53	7.58	7.46	7.42	7.20		7.00	6.78	6.60	6.32	6.17	6.02	6.77		7.48	6.99	6.36	
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	17	21.7	192.7					

Kashiwagura, Umi (JPN) (2004)

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

FINAL - 2022 Japanese National High School Championships (Naruto, JPN) — *Kishima (2022) - national high school championships biomechanics data collection*

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

Lachgar, Zahra (MAR) (1977)

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

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

date	20-Sep-02	time	7.01	11.54	16.24	20.95	25.94		31.02	36.41	41.83	47.32	52.95		59.14	2 / 8				
reaction time	0.260	interval		4.53	4.70	4.71	4.99		5.08	5.39	5.42	5.49	5.63	6.19			13.94	15.46	16.54	
		velocity	6.42	7.73	7.45	7.43	7.01		6.89	6.49	6.46	6.38	6.22	6.46	6.76		7.53	6.79	6.35	
H1 lead leg	R	strides	24	16	16	16	16		17	17	18	19	19	21.5	199.5					

Sekimoto, Moeka (JPN) (2000)

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

FINAL - 2016 Japanese National High School Championships (Okayama, JPN) — *Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection*

date	31-Jul-16	time	6.61	10.93	15.49	20.32	25.39		30.43	35.62	40.94	46.58	52.35		59.14	4 / 1				
reaction time	0.158	interval		4.32	4.56	4.83	5.07		5.04	5.19	5.32	5.64	5.77	6.79			13.71	15.30	16.73	
		velocity	6.81	8.10	7.68	7.25	6.90		6.94	6.74	6.58	6.21	6.07	5.89	6.76		7.66	6.86	6.28	
H1 lead leg		strides		15	15	15	16		16	16	16	17	17		143					

Kashima, Himari (JPN)

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

FINAL - 2009 Japanese National High School Championships (Nara, JPN) — *Matsuo (2009) - 62nd high school championships: JAF scientific committee - biomechanics data collection*

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

Ou Ying (CHN) (2001)

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

Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN) — *Henson (2018) - coaching observations*

date	15-Sep-18	time	7.02	11.61	16.37	21.10	26.00		31.10	36.28	41.57	47.01	52.69		59.16	6 / 2				
reaction time		interval		4.59	4.76	4.73	4.90		5.10	5.18	5.29	5.44	5.68	6.47	PB		14.08	15.18	16.41	
		velocity	6.41	7.63	7.35	7.40	7.14		6.86	6.76	6.62	6.43	6.16	6.18	6.76		7.46	6.92	6.40	
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	18	21.7	199.7					

Mitzuguchi, Moe (JPN) (2002)

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

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

date	25-Oct-20	time	6.62	10.94	15.45	20.05	24.74		29.78	35.02	40.32	45.98	52.14		59.16	7 / 4				
reaction time	0.192	interval		4.32	4.51	4.60	4.69		5.04	5.24	5.30	5.66	6.16	7.02			13.43	14.97	17.12	
		velocity	6.80	8.10	7.76	7.61	7.46		6.94	6.68	6.60	6.18	5.68	5.70	6.76		7.82	7.01	6.13	
H1 lead leg		strides		16	16	17	17		17	17	17	18	19		154					

Kudo, Mei (JPN) (2002)

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

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

date	12-Jun-22	time	6.87	11.51	16.13	20.92	25.88		30.93	36.16	41.57	47.10	52.71		59.16	7 / 8				
reaction time	0.213	interval		4.64	4.62	4.79	4.96		5.05	5.23	5.41	5.53	5.61	6.45			14.05	15.24	16.55	
		velocity	6.55	7.54	7.58	7.31	7.06		6.93	6.69	6.47	6.33	6.24	6.20	6.76		7.47	6.89	6.34	
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	18		174					

Koyama, Kana (JPN) (1998)

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

FINAL - 2016 Japanese National High School Championships (Okayama, JPN) — *Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection*

date	31-Jul-16	time	6.79	11.29	16.02	21.00	26.06		31.06	36.15	41.39	46.78	52.55		59.18	5 / 2				
reaction time		interval		4.50	4.73	4.98	5.06		5.00	5.09	5.24	5.39	5.77	6.63			14.21	15.15	16.40	
		velocity	6.63	7.78	7.40	7.03	6.92		7.00	6.88	6.68	6.49	6.07	6.03	6.76		7.39	6.93	6.40	
H1 lead leg		strides		15	15	16	16		17	17	17	17	17		147					

Liu Xin (CHN) (1992)

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

Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN) — *Henson (2018) - coaching observations*

date	15-Sep-18	time	7.04	11.58	16.16	20.90	25.76		30.83	36.07	41.41	46.98	52.67		59.18	3 / 3					
reaction time		interval		4.54	4.58	4.74	4.86		5.07	5.24	5.34	5.57	5.69	6.51				13.86	15.17	16.60	
		velocity	6.39	7.71	7.64	7.38	7.20		6.90	6.68	6.55	6.28	6.15	6.14	6.76			7.58	6.92	6.33	
H1 lead leg	L	strides	25	17	17	17	17		17	18	18	19	19	25.3	209.3						

Murakami, Natsumi (JPN) (1999)

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

FINAL - 2016 Japanese National High School Championships (Okayama, JPN) *Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection*

date	31-Jul-16	time	6.84	11.34	16.11	20.97	25.94		30.95	35.94	41.19	46.83	52.64		59.19	7 / 3					
reaction time		interval		4.50	4.77	4.86	4.97		5.01	4.99	5.25	5.64	5.81	6.55	PB			14.13	14.97	16.70	
		velocity	6.58	7.78	7.34	7.20	7.04		6.99	7.01	6.67	6.21	6.02	6.11	6.76			7.43	7.01	6.29	
H1 lead leg		strides		17	17	17	17		17	17	17	19	19		157						

Takagi, Rina (JPN) (1999)

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

FINAL - 2017 Japanese National High School Championships (Yamagata, JPN) *Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data*

date	31-Jul-17	time	6.82	11.18	15.73	20.55	25.49		30.71	36.09	41.46	46.98	52.70		59.20	6 / 1					
reaction time	0.213	interval		4.36	4.55	4.82	4.94		5.22	5.38	5.37	5.52	5.72	6.50				13.73	15.54	16.61	
		velocity	6.60	8.03	7.69	7.26	7.09		6.70	6.51	6.52	6.34	6.12	6.15	6.76			7.65	6.76	6.32	
H1 lead leg		strides		16	16	16	16		17	17	17	17	18		150						

Mo Jiadie (CHN) (2000)

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

FINAL - 2019 Asian Athletics Championships (Doha, QAT) *CAA Hurdle Development (2019)*

date	22-Apr-19	time	6.89	11.39	15.96	20.72	25.55		30.53	35.68	41.04	46.78	52.56		59.20	9 / 8					
reaction time	0.181	interval		4.50	4.57	4.76	4.83		4.98	5.15	5.36	5.74	5.78	6.64				13.83	14.96	16.88	
		velocity	6.53	7.78	7.66	7.35	7.25		7.03	6.80	6.53	6.10	6.06	6.02	6.76			7.59	7.02	6.22	
H1 lead leg	L	strides	24	16	16	16	16		17	17	18	18	18	21.5	197.5						

Chen Liying (CHN) (1994)

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

Heat 4 - 2021 Chinese National Championships (Chongqing, CHN) *CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.79	11.33	15.99	20.74	25.59		30.64	35.88	41.26	46.81	52.70		59.20	7 / 2					
reaction time	0.208	interval		4.54	4.66	4.75	4.85		5.05	5.24	5.38	5.55	5.89	6.50	PB			13.95	15.14	16.82	
		velocity	6.63	7.71	7.51	7.37	7.22		6.93	6.68	6.51	6.31	5.94	6.15	6.76			7.53	6.94	6.24	
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	19	21.7	197.7						

Ono, Mizuna (JPN) (2002)

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

FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	03-May-21	time	6.79	11.44	16.22	21.05	26.09		31.15	36.30	41.57	46.98	52.57		59.21	8 / 5					
reaction time	0.161	interval		4.65	4.78	4.83	5.04		5.06	5.15	5.27	5.41	5.59	6.64				14.26	15.25	16.27	
		velocity	6.63	7.53	7.32	7.25	6.94		6.92	6.80	6.64	6.47	6.26	6.02	6.76			7.36	6.89	6.45	
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	17		171						

Lu Zhangwei (CHN) (2001)

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

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

date	08-Apr-19	time	6.91	11.44	16.03	20.75	25.71		30.84	36.08	41.48	47.21	52.88		59.22	6 / 2					
reaction time	0.260	interval		4.53	4.59	4.72	4.96		5.13	5.24	5.40	5.73	5.67	6.34	PB			13.84	15.33	16.80	
		velocity	6.51	7.73	7.63	7.42	7.06		6.82	6.68	6.48	6.11	6.17	6.31	6.75			7.59	6.85	6.25	
H1 lead leg	R	strides	24	17	17	17	17		17	17	17	18	18	22	201						

Okawa, Sumika (JPN) (2003)

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

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

date	27-Jun-21	time	6.86	11.31	15.93	20.74	25.63		30.68	35.95	41.31	46.81	52.64		59.22	2 / 3					
reaction time	0.190	interval		4.45	4.62	4.81	4.89		5.05	5.27	5.36	5.50	5.83	6.58				13.88	15.21	16.69	
		velocity	6.56	7.87	7.58	7.28	7.16		6.93	6.64	6.53	6.36	6.00	6.08	6.75			7.56	6.90	6.29	
H1 lead leg	R	strides	23	15	15	16	16		16	16	17	17	18	22.2	191.2						

Ou Ying (CHN) (2001)

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

Heat 4 - 2021 Chinese National Championships (Chongqing, CHN) *CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.98	11.46	16.07	20.71	25.50		30.57	35.84	41.32	46.89	52.56		59.24	6 / 3					
reaction time	0.240	interval		4.48	4.61	4.64	4.79		5.07	5.27	5.48	5.57	5.67	6.68				13.73	15.13	16.72	
		velocity	6.45	7.81	7.59	7.54	7.31		6.90	6.64	6.39	6.28	6.17	5.99	6.75			7.65	6.94	6.28	
H1 lead leg	L	strides	24	17	17	17	17		17	17	18	18	18	22	202						

Aoki, Honoka (JPN) (2001)

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

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

date	03-May-19	time	7.01	11.49	16.10	20.80	25.66		30.78	36.14	41.71	47.38	53.07		59.25	/ 1					
reaction time		interval		4.48	4.61	4.70	4.86		5.12	5.36	5.57	5.67	5.69	6.18				13.79	15.34	16.93	
		velocity	6.42	7.81	7.59	7.45	7.20		6.84	6.53	6.28	6.17	6.15	6.47	6.75			7.61	6.84	6.20	
H1 lead leg		strides		17	17	17	17		17	18	18	18	18		157						

Wu Xueting (CHN) (1995)

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

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

date	25-Apr-21	time	6.94	11.46	16.16	20.92	25.94		31.11	36.52	42.04	47.55	53.07		59.25	2 / 3					
reaction time	0.239	interval		4.52	4.70	4.76	5.02		5.17	5.41	5.52	5.51	5.52	6.18				13.98	15.60	16.55	
		velocity	6.48	7.74	7.45	7.35	6.97		6.77	6.47	6.34	6.35	6.34	6.47	6.75			7.51	6.73	6.34	
H1 lead leg	L	strides	22	15	15	15	16		16	17	17	17	17	20	187						

Huang Yan (CHN) (1996)

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

Heat 1 - 2021 Chinese National Championships (Chongqing, CHN) *CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.81	11.37	16.10	20.83	25.74		30.73	35.79	41.14	46.79	52.63		59.27	5 / 2					

reaction time	0.318	interval		4.56	4.73	4.73	4.91		4.99	5.06	5.35	5.65	5.84	6.64			14.02	14.96	16.84
		velocity	6.61	7.68	7.40	7.40	7.13		7.01	6.92	6.54	6.19	5.99	6.02	6.75		7.49	7.02	6.24
H1 lead leg	L	strides	24	17	17	17	17		17	17	18	19	19	22	204				

Ou Ying (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Championships (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 10-Jul-19	time	6.94	11.52	16.18	20.94	25.89		31.06	36.37	41.77	47.26	52.93		59.30	7 / 7			
reaction time 0.245	interval		4.58	4.66	4.76	4.95		5.17	5.31	5.40	5.49	5.67	6.37			14.00	15.43	16.56
	velocity	6.48	7.64	7.51	7.35	7.07		6.77	6.59	6.48	6.38	6.17	6.28	6.75		7.50	6.80	6.34
H1 lead leg L	strides	24	17	17	17	17		17	17	17	17	18	21.2	199.2				

Lu Zhangwei (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)														*CAA Hurdle Development (2019)*			
date 23-Aug-19	time	6.87	11.23	15.85	20.64	25.48		30.60	35.65	41.01	46.65	52.57		59.30	5 / 2			
reaction time 0.247	interval		4.36	4.62	4.79	4.84		5.12	5.05	5.36	5.64	5.92	6.73			13.77	15.01	16.92
	velocity	6.55	8.03	7.58	7.31	7.23		6.84	6.93	6.53	6.21	5.91	5.94	6.75		7.63	7.00	6.21
H1 lead leg R	strides	24	17	17	17	17		17	17	17	18	18	23	202				

Utsunomiya, Eri (JPN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 24-Oct-20	time	6.61	11.01	15.48	20.09	24.92		30.15	35.52	41.01	46.66	52.39		59.32	5 / 3			
reaction time	interval		4.40	4.47	4.61	4.83		5.23	5.37	5.49	5.65	5.73	6.93			13.48	15.43	16.87
	velocity	6.81	7.95	7.83	7.59	7.25		6.69	6.52	6.38	6.19	6.11	5.77	6.74		7.79	6.80	6.22
H1 lead leg	strides		15	15	15	15		16	16	17	17	17		143				

Ito, Akiko (JPN) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 03-May-22	time	6.71	11.14	15.73	20.62	25.54		30.43	35.55	40.87	46.43	52.34		59.32	3 / 7			
reaction time 0.170	interval		4.43	4.59	4.89	4.92		4.89	5.12	5.32	5.56	5.91	6.98			13.91	14.93	16.79
	velocity	6.71	7.90	7.63	7.16	7.11		7.16	6.84	6.58	6.29	5.92	5.73	6.74		7.55	7.03	6.25
H1 lead leg L	strides	23	15	15	16	16		16	16	17	17	17		168				

Nishimura, Neneka (JPN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)														*Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data*			
date 31-Jul-17	time	6.81	11.26	15.83	20.59	25.43		30.48	35.74	41.22	46.93	52.67		59.33	4 / 2			
reaction time 0.218	interval		4.45	4.57	4.76	4.84		5.05	5.26	5.48	5.71	5.74	6.66			13.78	15.15	16.93
	velocity	6.61	7.87	7.66	7.35	7.23		6.93	6.65	6.39	6.13	6.10	6.01	6.74		7.62	6.93	6.20
H1 lead leg	strides		17	17	17	17		17	18	19	19	19		160				

Huang Yan (CHN) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 09-Jul-19	time	6.85	11.41	16.13	20.89	25.71		30.64	35.92	41.24	46.88	52.65		59.33	4 / 1			
reaction time 0.225	interval		4.56	4.72	4.76	4.82		4.93	5.28	5.32	5.64	5.77	6.68			14.04	15.03	16.73
	velocity	6.57	7.68	7.42	7.35	7.26		7.10	6.63	6.58	6.21	6.07	5.99	6.74		7.48	6.99	6.28
H1 lead leg L	strides	24	17	17	17	17		17	18	18	19	19	23	206				

Zhou Xiaohan (CHN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)														*CAA Hurdle Development (2019)*			
date 17-Aug-19	time	6.82	11.36	16.16	20.98	25.92		31.00	36.20	41.72	47.22	52.82		59.37	5 / 1			
reaction time 0.236	interval		4.54	4.80	4.82	4.94		5.08	5.20	5.52	5.50	5.60	6.55			14.16	15.22	16.62
	velocity	6.60	7.71	7.29	7.26	7.09		6.89	6.73	6.34	6.36	6.25	6.11	6.74		7.42	6.90	6.32
H1 lead leg R	strides	24	16	16	17	17		17	18	18	18	19	23	203				

Dudgeon, Sinead (GBR) (1976)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 European Championships (Munich, GER)														*Graubner (2009) - http://www.fgs.uni-halle.de*			
date 08-Aug-02	time	6.61	11.16	15.65	20.22	24.99		29.99	35.23	40.76	46.56			59.39	/ 8			
reaction time 0.184	interval		4.55	4.49	4.57	4.77		5.00	5.24	5.53	5.80					13.61	15.01	
	velocity	6.81	7.69	7.80	7.66	7.34		7.00	6.68	6.33	6.03			6.74		7.71	7.00	
H1 lead leg	strides																	

Higa, Kazuki (JPN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)														*Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection*			
date 31-Jul-16	time	6.84	11.33	16.07	20.87	25.89		30.86	35.94	41.51	47.23	53.03		59.39	6 / 4			
reaction time	interval		4.49	4.74	4.80	5.02		4.97	5.08	5.57	5.72	5.80	6.36			14.03	15.07	17.09
	velocity	6.58	7.80	7.38	7.29	6.97		7.04	6.89	6.28	6.12	6.03	6.29	6.74		7.48	6.97	6.14
H1 lead leg	strides		17	17	17	17		17	17	19	19	19		159				

Lu Zhangwei (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)														*CAA Hurdle Development (2019)*			
date 22-Aug-19	time	6.84	11.33	15.97	20.75	25.68		30.74	35.97	41.46	47.08	52.85		59.39	6 / 1			
reaction time 0.256	interval		4.49	4.64	4.78	4.93		5.06	5.23	5.49	5.62	5.77	6.54			13.91	15.22	16.88
	velocity	6.58	7.80	7.54	7.32	7.10		6.92	6.69	6.38	6.23	6.07	6.12	6.74		7.55	6.90	6.22
H1 lead leg R	strides	24	17	17	17	17		17	17	18	18	19	22.5	203.5				

Young, Milan (USA) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 26-Jun-21	time	6.40	10.57	14.95	19.45	24.19		29.06	34.26	39.60	45.38			59.39	4 / 8			
reaction time 0.187	interval		4.17	4.38	4.50	4.74		4.87	5.20	5.34	5.78					13.05	14.81	

		velocity	7.03	8.39	7.99	7.78	7.38		7.19	6.73	6.55	6.06		6.74		8.05	7.09		
H1 lead leg	R	strides	22	15	15	15	15			16	16	17		131					

Yokota, Karen (JPN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 30-Apr-22 time	6.62	11.03	15.60	20.30	25.14		30.21	35.42	40.77	46.35	52.45		59.39	6 / 6			
reaction time 0.158 interval		4.41	4.57	4.70	4.84		5.07	5.21	5.35	5.58	6.10	6.94			13.68	15.12	17.03
velocity	6.80	7.94	7.66	7.45	7.23		6.90	6.72	6.54	6.27	5.74	5.76	6.74		7.68	6.94	6.17
H1 lead leg L strides	23	16	16	16	16		17	17	17	17	18		173				

Lan Tianlu (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 09-Jul-19 time	6.90	11.52	16.16	20.99	25.86		30.90	36.03	41.34	46.88	52.68		59.40	7 / 2			
reaction time 0.228 interval		4.62	4.64	4.83	4.87		5.04	5.13	5.31	5.54	5.80	6.72	PB		14.09	15.04	16.65
velocity	6.52	7.58	7.54	7.25	7.19		6.94	6.82	6.59	6.32	6.03	5.95	6.73		7.45	6.98	6.31
H1 lead leg L strides	23	16	16	16	16		17	17	17	17	18	21.5	194.5				

Naito, Kano (JPN) (2004)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese U20 National Championsips (Osaka, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 12-Jun-22 time	6.86	11.39	16.10	21.05	26.04		31.05	36.24	41.59	47.26	53.04		59.40	6 / 1			
reaction time 0.203 interval		4.53	4.71	4.95	4.99		5.01	5.19	5.35	5.67	5.78	6.36			14.19	15.19	16.80
velocity	6.56	7.73	7.43	7.07	7.01		6.99	6.74	6.54	6.17	6.06	6.29	6.73		7.40	6.91	6.25
H1 lead leg R strides	24	16	16	16	16		17	17	17	18	18	22	197				

Tsuha, Aiki (JPN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese National Championships (Osaka, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 27-Jun-21 time	6.86	11.38	16.00	20.72	25.64		30.63	35.74	41.32	46.96	52.72		59.41	3 / 7			
reaction time 0.324 interval		4.52	4.62	4.72	4.92		4.99	5.11	5.58	5.64	5.76	6.69			13.86	15.02	16.98
velocity	6.56	7.74	7.58	7.42	7.11		7.01	6.85	6.27	6.21	6.08	5.98	6.73		7.58	6.99	6.18
H1 lead leg L strides	25	17	17	17	17		17	17	19	19	19		184				

Kuki, Yurie (JPN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 06-Jun-21 time	6.86	11.26	15.82	20.47	25.44		30.48	35.84	41.34	47.01	52.92		59.42	4 / 3			
reaction time interval		4.40	4.56	4.65	4.97		5.04	5.36	5.50	5.67	5.91	6.50			13.61	15.37	17.08
velocity	6.56	7.95	7.68	7.53	7.04		6.94	6.53	6.36	6.17	5.92	6.15	6.73		7.71	6.83	6.15
H1 lead leg R strides	23	15	15	15	16		16	17	17	17	18	22.2	191.2				

Wise, Deshae (USA) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR)														*USATF (2022) - Results powered by Karmarush*			
date 24-Jun-22 time	6.49	10.79	15.21	19.88	24.83	26.91	29.86	35.02	40.60	46.34	52.22	*59.42*	59.42	8 / 8			
reaction time interval		4.30	4.42	4.67	4.95		5.03	5.16	5.58	5.74	5.88	7.20			13.39	15.14	17.20
velocity	6.93	8.14	7.92	7.49	7.07	7.43	6.96	6.78	6.27	6.10	5.95	5.56	6.73		7.84	6.94	6.10
H1 lead leg R strides	24	16	16	16	16		16	17	17				138				

Iburahimu, Aisya (JPN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)														*Yamanaka (2019) - research on athlete performance and technique- 2019 data book*			
date 30-Jun-19 time	6.76	11.19	15.80	20.49	25.31		30.35	35.57	41.09	46.98	52.90		59.43	9 / 7			
reaction time interval		4.43	4.61	4.69	4.82		5.04	5.22	5.52	5.89	5.92	6.53			13.73	15.08	17.33
velocity	6.66	7.90	7.59	7.46	7.26		6.94	6.70	6.34	5.94	5.91	6.13	6.73		7.65	6.96	6.06
H1 lead leg R strides	22	15	15	15	15		15	15	16	17	16		161				

Huang Yan (CHN) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)														*CAA Hurdle Development (2019)*			
date 22-Aug-19 time	6.80	11.30	15.92	20.59	25.41		30.31	35.55	41.14	46.95	52.80		59.43	4 / 2			
reaction time 0.255 interval		4.50	4.62	4.67	4.82		4.90	5.24	5.59	5.81	5.85	6.63			13.79	14.96	17.25
velocity	6.62	7.78	7.58	7.49	7.26		7.14	6.68	6.26	6.02	5.98	6.03	6.73		7.61	7.02	6.09
H1 lead leg L strides	24	17	17	17	17		17	18	19	19	19	22.5	206.5				

Kawabata, Szuka (JPN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 24-Oct-20 time	6.64	10.99	15.58	20.30	25.26		30.53	35.82	41.11	46.93	52.97		59.45	7 / 1			
reaction time interval		4.35	4.59	4.72	4.96		5.27	5.29	5.29	5.82	6.04	6.48			13.66	15.52	17.15
velocity	6.78	8.05	7.63	7.42	7.06		6.64	6.62	6.62	6.01	5.79	6.17	6.73		7.69	6.77	6.12
H1 lead leg strides		15	16	16	17		17	17	17	19	19		153				

Minamisawa, Akane (JPN) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 06-Jun-21 time	6.97	11.54	16.10	20.70	25.59		30.55	35.72	41.04	46.56	52.45		59.45	5 / 4			
reaction time interval		4.57	4.56	4.60	4.89		4.96	5.17	5.32	5.52	5.89	7.00			13.73	15.02	16.73
velocity	6.46	7.66	7.68	7.61	7.16		7.06	6.77	6.58	6.34	5.94	5.71	6.73		7.65	6.99	6.28
H1 lead leg L strides	23	16	16	16	16		16	17	17	17	18	22.7	194.7				

Powell, Shontel (USA) (1979)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USATF National Junior Championships (Delaware, OH)														*USATF Women's Sprint Development (1996)*			
date 29-Jun-96 time	6.89	11.51	16.04	20.61	25.25		30.18	35.68	41.38	46.94	52.70		59.46	4 / 2			
reaction time interval		4.62	4.53	4.57	4.64		4.93	5.50	5.70	5.56	5.76	6.76			13.72	15.07	17.02
velocity	6.53	7.58	7.73	7.66	7.54		7.10	6.36	6.14	6.29	6.08	5.92	6.73		7.65	6.97	6.17

H1 lead leg		strides																	
Hu Lihong (CHN) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)																	*Henson (2018) - coaching observations*		
date	15-Sep-18	time	6.94	11.48	16.25	21.04	25.93		31.00	36.20	41.51	47.00	52.69		59.46	2 / 2			
reaction time		interval		4.54	4.77	4.79	4.89		5.07	5.20	5.31	5.49	5.69	6.77	PB		14.10	15.16	16.49
		velocity	6.48	7.71	7.34	7.31	7.16		6.90	6.73	6.59	6.38	6.15	5.91	6.73		7.45	6.93	6.37
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	20.5	192.5				
Saka, Nozomi (JPN) (2001)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)																	*Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection*		
date	06-Aug-19	time	6.67	11.16	15.75	20.47	25.38		30.53	35.72	41.02	46.60	52.63		59.48	2 / 6			
reaction time		interval		4.49	4.59	4.72	4.91		5.15	5.19	5.30	5.58	6.03	6.85	PB		13.80	15.25	16.91
		velocity	6.75	7.80	7.63	7.42	7.13		6.80	6.74	6.60	6.27	5.80	5.84	6.72		7.61	6.89	6.21
H1 lead leg		strides		16	16	16	16		17	17	17	17	19		151				
Kudo, Mei (JPN) (2002)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)																	*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*		
date	03-May-22	time	7.01	11.68	16.38	21.34	26.46		31.70	36.97	42.29	47.71	53.37		59.49	7 / 8			
reaction time	0.205	interval		4.67	4.70	4.96	5.12		5.24	5.27	5.32	5.42	5.66	6.12			14.33	15.63	16.40
		velocity	6.42	7.49	7.45	7.06	6.84		6.68	6.64	6.58	6.46	6.18	6.54	6.72		7.33	6.72	6.40
H1 lead leg	L	strides	24	16	16	17	17		17	17	17	17	18		176				
Dille, Monique (FRA)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1986 French National Championships (Aix les Bains, FRA)																	*Veney - split times from PJ*		
date	10-Aug-86	time	6.9	11.3	16.1	20.9	25.9		30.9	36.2	41.6	47.2	52.9		59.50	/ 6			
reaction time		interval		4.4	4.8	4.8	5.0		5.0	5.3	5.4	5.6	5.7	6.60			14.00	15.30	16.70
		velocity	6.52	7.95	7.29	7.29	7.00		7.00	6.60	6.48	6.25	6.14	6.06	6.72		7.50	6.86	6.29
H1 lead leg		strides																	
Oshiden, Moe (JPN) (1993)			**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	6.87	11.41	16.15	20.97	25.94		31.11	36.37	41.73	47.31	53.17		59.54	/ 1			
reaction time		interval		4.54	4.74	4.82	4.97		5.17	5.26	5.36	5.58	5.86	6.37			14.10	15.40	16.80
		velocity	6.55	7.71	7.38	7.26	7.04		6.77	6.65	6.53	6.27	5.97	6.28	6.72		7.45	6.82	6.25
H1 lead leg		strides		16	16	16	16		17	17	17	17	17		149				
Sekimoto, Moeka (JPN) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
B FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)																	*Kobayashi (2019) - research on athlete performance and technique- 2019 data book*		
date	03-May-19	time	6.89	11.31	15.82	20.42	25.13		30.00	35.22	40.64	46.41	52.64		59.55	/ 2			
reaction time		interval		4.42	4.51	4.60	4.71		4.87	5.22	5.42	5.77	6.23	6.91			13.53	14.80	17.42
		velocity	6.53	7.92	7.76	7.61	7.43		7.19	6.70	6.46	6.07	5.62	5.79	6.72		7.76	7.09	6.03
H1 lead leg		strides		15	15	15	15		15	16	16	17	18		142				
Zou Yifan (CHN) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																	*CAA Hurdle Development (2019)*		
date	17-Aug-19	time	7.14	11.66	16.18	20.82	25.66		30.74	36.08	41.68	47.38	53.22		59.56	4 / 3			
reaction time	0.314	interval		4.52	4.52	4.64	4.84		5.08	5.34	5.60	5.70	5.84	6.34	PB		13.68	15.26	17.14
		velocity	6.30	7.74	7.74	7.54	7.23		6.89	6.55	6.25	6.14	5.99	6.31	6.72		7.68	6.88	6.13
H1 lead leg	R	strides	24	16	17	17	17		17	18	18	18	18	21	201				
Tao Xue (CHN) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																	*CAA Hurdle Development (2019)*		
date	12-Apr-19	time	7.12	11.66	16.35	21.14	26.04		31.36	36.47	41.89	47.36	53.04		59.57	6 / 1			
reaction time	0.287	interval		4.54	4.69	4.79	4.90		5.32	5.11	5.42	5.47	5.68	6.53			14.02	15.33	16.57
		velocity	6.32	7.71	7.46	7.31	7.14		6.58	6.85	6.46	6.40	6.16	6.13	6.71		7.49	6.85	6.34
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	18	21.2	194.2				
Mo Jiadie (CHN) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)																	*CAA Hurdle Development (2021)*		
date	25-Apr-21	time	6.84	11.28	15.83	20.44	25.22		30.28	35.65	41.19	47.01	53.00		59.57	3 / 1			
reaction time	0.312	interval		4.44	4.55	4.61	4.78		5.06	5.37	5.54	5.82	5.99	6.57			13.60	15.21	17.35
		velocity	6.58	7.88	7.69	7.59	7.32		6.92	6.52	6.32	6.01	5.84	6.09	6.71		7.72	6.90	6.05
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	21	196				
Mo Jiadie (CHN) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)																	*Henson (2018) - coaching observations*		
date	15-Sep-18	time	6.74	11.08	15.58	20.13	24.99		30.12	35.55	41.26	47.15	53.17		59.60	5 / 1			
reaction time		interval		4.34	4.50	4.55	4.86		5.13	5.43	5.71	5.89	6.02	6.43			13.39	15.42	17.62
		velocity	6.68	8.06	7.78	7.69	7.20		6.82	6.45	6.13	5.94	5.81	6.22	6.71		7.84	6.81	5.96
H1 lead leg	L	strides	24	16	16	16	16		17	18	18	19	19	21.5	200.5				
Shimizu, Hana (JPN) (2001)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)																	*Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection*		
date	04-Aug-18	time	6.77	11.38	16.12	20.97	26.08		31.21	36.42	41.74	47.43	53.14		59.61	4 / 3			
reaction time		interval		4.61	4.74	4.85	5.11		5.13	5.21	5.32	5.69	5.71	6.47	PB		14.20	15.45	16.72
		velocity	6.65	7.59	7.38	7.22	6.85		6.82	6.72	6.58	6.15	6.13	6.18	6.71		7.39	6.80	6.28
H1 lead leg		strides		17	17	17	17		17	17	17	19	19		157				

Ou Ying (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 09-Jul-19 time	7.19	11.86	16.65	21.52	26.57		31.80	37.03	42.34	47.81	53.40		59.61	8 / 2			
reaction time 0.299 interval		4.67	4.79	4.87	5.05		5.23	5.23	5.31	5.47	5.59	6.21			14.33	15.51	16.37
velocity	6.26	7.49	7.31	7.19	6.93		6.69	6.69	6.59	6.40	6.26	6.44	6.71		7.33	6.77	6.41
H1 lead leg L strides	24	17	17	17	17		17	17	17	17	18	21.2	199.2				

Hu Lihong (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)														*Henson (2018) - coaching observations*			
date 16-Sep-18 time	6.96	11.51	16.25	20.97	25.93		31.03	36.27	41.65	47.18	52.92		59.62	7 / 4			
reaction time interval		4.55	4.74	4.72	4.96		5.10	5.24	5.38	5.53	5.74	6.70			14.01	15.30	16.65
velocity	6.47	7.69	7.38	7.42	7.06		6.86	6.68	6.51	6.33	6.10	5.97	6.71		7.49	6.86	6.31
H1 lead leg L strides	23	16	16	16	16		17	17	17	17	17	20.5	192.5				

Tsuha, Aiki (JPN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 03-May-21 time	6.76	11.41	16.17	20.92	25.83		30.73	35.89	41.14	46.70	52.60		59.62	5 / 1			
reaction time 0.174 interval		4.65	4.76	4.75	4.91		4.90	5.16	5.25	5.56	5.90	7.02			14.16	14.97	16.71
velocity	6.66	7.53	7.35	7.37	7.13		7.14	6.78	6.67	6.29	5.93	5.70	6.71		7.42	7.01	6.28
H1 lead leg L strides	25	17	17	17	17		17	18	18	18	18	24	206				

Oshiro, Funa (JPN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)														*Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data*			
date 31-Jul-17 time	7.16	11.90	16.73	21.69	26.68		32.07	37.27	42.58	47.93	53.47		59.63	7 / 3			
reaction time 0.285 interval		4.74	4.83	4.96	4.99		5.39	5.20	5.31	5.35	5.54	6.16			14.53	15.58	16.20
velocity	6.28	7.38	7.25	7.06	7.01		6.49	6.73	6.59	6.54	6.32	6.49	6.71		7.23	6.74	6.48
H1 lead leg strides		17	17	17	17		18	18	18	18	18		158				

Ding Yirui (CHN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 03-Aug-19 time	6.84	11.33	15.98	20.69	25.64		30.86	36.24	41.77	47.50	53.12		59.63	2 / 4			
reaction time 0.245 interval		4.49	4.65	4.71	4.95		5.22	5.38	5.53	5.73	5.62	6.51	PB		13.85	15.55	16.88
velocity	6.58	7.80	7.53	7.43	7.07		6.70	6.51	6.33	6.11	6.23	6.14	6.71		7.58	6.75	6.22
H1 lead leg L strides	23	15	15	15	16		16	17	17	17	17	21	189				

Wu Xueting (CHN) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21 time	7.10	11.67	16.30	21.06	26.01		31.20	36.58	42.05	47.61	53.25		59.63	5 / 1			
reaction time 0.248 interval		4.57	4.63	4.76	4.95		5.19	5.38	5.47	5.56	5.64	6.38			13.96	15.52	16.67
velocity	6.34	7.66	7.56	7.35	7.07		6.74	6.51	6.40	6.29	6.21	6.27	6.71		7.52	6.77	6.30
H1 lead leg L strides	22	15	15	15	16		16	17	17	17	17	20.5	187.5				

Wu Fangfang (CHN) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 09-Jul-19 time	6.99	11.71	16.41	21.28	26.24		31.40	36.62	41.94	47.64	53.13		59.64	5 / 3			
reaction time 0.226 interval		4.72	4.70	4.87	4.96		5.16	5.22	5.32	5.70	5.49	6.51			14.29	15.34	16.51
velocity	6.44	7.42	7.45	7.19	7.06		6.78	6.70	6.58	6.14	6.38	6.14	6.71		7.35	6.84	6.36
H1 lead leg L strides	24	16	16	16	16		17	17	17	17	17	21.5	194.5				

Liu Hongjuan (CHN) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														*CAA Hurdle Development (2019)*			
date 08-Apr-19 time	6.88	11.40	15.96	20.76	25.64		30.82	36.06	41.54	47.12	52.92		59.65	4 / 3			
reaction time 0.250 interval		4.52	4.56	4.80	4.88		5.18	5.24	5.48	5.58	5.80	6.73			13.88	15.30	16.86
velocity	6.54	7.74	7.68	7.29	7.17		6.76	6.68	6.39	6.27	6.03	5.94	6.71		7.56	6.86	6.23
H1 lead leg L strides	23	16	16	16	16		17	17	18	18	19	22.5	198.5				

Kozaki, Haruka (JPN)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)														*Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data*			
date 31-Jul-17 time	6.86	11.38	16.08	20.97	25.98		31.16	36.65	42.18	47.68	53.29		59.67	8 / 4			
reaction time 0.185 interval		4.52	4.70	4.89	5.01		5.18	5.49	5.53	5.50	5.61	6.38			14.11	15.68	16.64
velocity	6.56	7.74	7.45	7.16	6.99		6.76	6.38	6.33	6.36	6.24	6.27	6.70		7.44	6.70	6.31
H1 lead leg strides		17	17	17	17		17	17	17	17	17		153				

Jiang Liyunzhe (CHN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 09-Jul-19 time	6.79	11.47	16.20	21.20	26.16		31.24	36.42	41.67	47.23	53.08		59.69	6 / ~~3~~			
reaction time 0.180 interval		4.68	4.73	5.00	4.96		5.08	5.18	5.25	5.56	5.85	6.61	DQ		14.41	15.22	16.66
velocity	6.63	7.48	7.40	7.00	7.06		6.89	6.76	6.67	6.29	5.98	6.05	6.70		7.29	6.90	6.30
H1 lead leg L strides	24	16	16	16	16		17	17	17	17	18	20.5	194.5				

Urcelay, Maite (ESP) (1972)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)														*Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas*			
date 02-Aug-98 time	6.98	11.70	16.52	21.40	26.42		31.60	36.70	41.95	47.48	53.16		59.70	3 / 2			
reaction time interval		4.72	4.82	4.88	5.02		5.18	5.10	5.25	5.53	5.68	6.54			14.42	15.30	16.46
velocity	6.45	7.42	7.26	7.17	6.97		6.76	6.86	6.67	6.33	6.16	6.12	6.70		7.28	6.86	6.38
H1 lead leg L strides	23	16	16	16	16		17	17	17	18	18	21	195				

Zhou Yu (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																	*CAA Hurdle Development (2019)*
date 22-Aug-19 time	7.00	11.53	16.28	21.09	26.01		31.08	36.44	41.89	47.56	53.29		59.70	4 / 1			
reaction time 0.233 interval		4.53	4.75	4.81	4.92		5.07	5.36	5.45	5.67	5.73	6.41			14.09	15.35	16.85
velocity	6.43	7.73	7.37	7.28	7.11		6.90	6.53	6.42	6.17	6.11	6.24	6.70		7.45	6.84	6.23
H1 lead leg L strides	24	16	16	16	16		16	17	17	18	18	21.8	195.8				

Nakagama, Sawako (JPN) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)															*Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data*		
date 31-Jul-15 time	6.87	11.41	16.07	20.80	25.69		30.93	36.40	41.83	47.43	53.27		59.71	7 / 4			
reaction time interval		4.54	4.66	4.73	4.89		5.24	5.47	5.43	5.60	5.84	6.44	PB		13.93	15.60	16.87
velocity	6.55	7.71	7.51	7.40	7.16		6.68	6.40	6.45	6.25	5.99	6.21	6.70		7.54	6.73	6.22
H1 lead leg strides		16	16	16	16		18	17	17	17	18		151				

Ou Ying (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)															*CAA Hurdle Development (2019)*		
date 29-May-19 time	7.07	11.73	16.48	21.27	26.32		31.56	36.88	42.31	47.88	53.55		59.71	4 / 2			
reaction time interval		4.66	4.75	4.79	5.05		5.24	5.32	5.43	5.57	5.67	6.16			14.20	15.61	16.67
velocity	6.36	7.51	7.37	7.31	6.93		6.68	6.58	6.45	6.28	6.17	6.49	6.70		7.39	6.73	6.30
H1 lead leg L strides	24	17	17	17	17		17	17	17	18	18	21	200				

Fukushima, Eriko (JPN)

	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	6.94	11.49	16.22	21.05	26.04		31.38	36.77	42.29	47.91	53.54		59.75	9 / 5			
reaction time 0.218 interval		4.55	4.73	4.83	4.99		5.34	5.39	5.52	5.62	5.63	6.21			14.11	15.72	16.77
velocity	6.48	7.69	7.40	7.25	7.01		6.55	6.49	6.34	6.23	6.22	6.44	6.69		7.44	6.68	6.26
H1 lead leg strides		17	17	17	17		18	18	19	19	19		161				

Kong Yingying (CHN) (2003)

	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)														*CAA Hurdle Development (2021)*		
date 13-Jun-21 time	6.87	11.51	16.35	21.17	26.19	31.38	36.67	42.04	47.66	53.39		59.75	7 / 4			
reaction time 0.360 interval		4.64	4.84	4.82	5.02	5.19	5.29	5.37	5.62	5.73	6.36	PB		14.30	15.50	16.72
velocity	6.55	7.54	7.23	7.26	6.97	6.74	6.62	6.52	6.23	6.11	6.29	6.69		7.34	6.77	6.28
H1 lead leg L strides	24	16	16	16	16	17	17	17	18	18	21	196				

Ding Yirui (CHN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)															*CAA Hurdle Development (2021)*		
date 26-Jun-21 time	6.95	11.50	16.26	21.10	26.22		31.40	36.81	42.34	47.98	53.61		59.78	8 / 4			
reaction time 0.331 interval		4.55	4.76	4.84	5.12		5.18	5.41	5.53	5.64	5.63	6.17			14.15	15.71	16.80
velocity	6.47	7.69	7.35	7.23	6.84		6.76	6.47	6.33	6.21	6.22	6.48	6.69		7.42	6.68	6.25
H1 lead leg L strides	22	15	15	15	16		16	17	17	17	17	19.5	186.5				

Montero, Beatriz (ESP) (1977)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 IAAF World Cup (Madrid, ESP)															*Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*		
date 20-Sep-02 time	6.69	11.18	15.76	20.50	25.42		30.56	35.88	41.34	47.11	52.87		59.79	8 / 9			
reaction time 0.181 interval		4.49	4.58	4.74	4.92		5.14	5.32	5.46	5.77	5.76	6.92			13.81	15.38	16.99
velocity	6.73	7.80	7.64	7.38	7.11		6.81	6.58	6.41	6.07	6.08	5.78	6.69		7.60	6.83	6.18
H1 lead leg R strides	24	16	16	16	17		17	18	18	19	19	22.5	202.5				

Liu Xin (CHN) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)															*Henson (2018) - coaching observations*		
date 16-Sep-18 time	7.11	11.72	16.48	21.30	26.21		31.18	36.42	41.94	47.54	53.34		59.80	1 / 5			
reaction time interval		4.61	4.76	4.82	4.91		4.97	5.24	5.52	5.60	5.80	6.46			14.19	15.12	16.92
velocity	6.33	7.59	7.35	7.26	7.13		7.04	6.68	6.34	6.25	6.03	6.19	6.69		7.40	6.94	6.21
H1 lead leg L strides	25	17	17	17	17		17	18	19	19	20	23.5	209.5				

Huang Yan (CHN) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)															*CAA Hurdle Development (2021)*		
date 25-Apr-21 time	6.77	11.23	15.80	20.65	25.69		30.76	36.12	41.99	47.63	53.29		59.80	4 / 4			
reaction time 0.236 interval		4.46	4.57	4.85	5.04		5.07	5.36	5.87	5.64	5.66	6.51			13.88	15.47	17.17
velocity	6.65	7.85	7.66	7.22	6.94		6.90	6.53	5.96	6.21	6.18	6.14	6.69		7.56	6.79	6.12
H1 lead leg L strides	24	16	16	17	17		17	18	19	18	18	21	201				

Kuki, Yurie (JPN) (1993)

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

Naito, Kano (JPN) (2004)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)															*Kishima (2022) - national high school championships biomechanics data collection*		
date 05-Aug-22 time	6.75	11.18	15.87	20.68	25.72		30.82	36.07	41.45	46.98	52.78		59.80	5 / 3			
reaction time 0.156 interval		4.43	4.69	4.81	5.04		5.10	5.25	5.38	5.53	5.80	7.02			13.93	15.39	16.71
velocity	6.67	7.90	7.46	7.28	6.94		6.86	6.67	6.51	6.33	6.03	5.70	6.69		7.54	6.82	6.28
H1 lead leg R strides	23	16	16	16	16		17	17	17	18	18	22.2	196.2				

Jinks, Asia (USA) (1999)

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

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

date	24-Jun-22	time	6.69	10.93	15.53	20.27	25.23	27.52	30.38	35.80	41.49	47.20	52.97	*59.80*	59.80	7 / 6		
reaction time		interval		4.24	4.60	4.74	4.96		5.15	5.42	5.69	5.71	5.77	6.83			13.58	15.53	17.17
		velocity	6.73	8.25	7.61	7.38	7.06	7.27	6.80	6.46	6.15	6.13	6.07	5.86	6.69		7.73	6.76	6.12
H1 lead leg	R	strides	24	16	16	16	17		17	18	18				142				

Lu Zhangwei (CHN) (2001)

	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	6.90	11.48	16.26	21.12	26.16		31.46	36.78	42.16	47.74	53.38		59.81	6 / 1		
reaction time	0.229	interval		4.58	4.78	4.86	5.04		5.30	5.32	5.38	5.58	5.64	6.43			14.22	15.66	16.60
		velocity	6.52	7.64	7.32	7.20	6.94		6.60	6.58	6.51	6.27	6.21	6.22	6.69		7.38	6.70	6.33
H1 lead leg	R	strides	24	17	17	17	17		17	17	17	18	18	21.5	200.5				

Ou Ying (CHN) (2001)

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

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

date	22-Aug-19	time	7.04	11.60	16.25	20.97	25.89		31.13	36.47	41.99	47.65	53.49		59.81	6 / 2		
reaction time	0.249	interval		4.56	4.65	4.72	4.92		5.24	5.34	5.52	5.66	5.84	6.32			13.93	15.50	17.02
		velocity	6.39	7.68	7.53	7.42	7.11		6.68	6.55	6.34	6.18	5.99	6.33	6.69		7.54	6.77	6.17
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	18	18	21	200				

Aoki, Sayaka (JPN) (1986)

	H1	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	6.97	11.70	16.52	21.49	26.53		31.68	36.92	42.29	47.75	53.40		59.81	3 / 3		
reaction time	0.252	interval		4.73	4.82	4.97	5.04		5.15	5.24	5.37	5.46	5.65	6.41			14.52	15.43	16.48
		velocity	6.46	7.40	7.26	7.04	6.94		6.80	6.68	6.52	6.41	6.19	6.24	6.69		7.23	6.80	6.37
H1 lead leg		strides		16	16	17	17		17	17	17	17	17		151				

Ou Ying (CHN) (2001)

	H1	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	6.98	11.58	16.28	21.00	25.90		31.06	36.26	41.68	47.46	53.42		59.81	7 / 4		
reaction time	0.192	interval		4.60	4.70	4.72	4.90		5.16	5.20	5.42	5.78	5.96	6.39			14.02	15.26	17.16
		velocity	6.45	7.61	7.45	7.42	7.14		6.78	6.73	6.46	6.06	5.87	6.26	6.69		7.49	6.88	6.12
H1 lead leg	L	strides	24	17	17	17	17		17	17	18	19	19	22	204				

Tao Xue (CHN) (1999)

	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	6.94	11.26	15.75	20.35	25.11		30.23	35.70	41.49	47.23	53.18		59.81	3 / 2		
reaction time	0.252	interval		4.32	4.49	4.60	4.76		5.12	5.47	5.79	5.74	5.95	6.63			13.41	15.35	17.48
		velocity	6.48	8.10	7.80	7.61	7.35		6.84	6.40	6.04	6.10	5.88	6.03	6.69		7.83	6.84	6.01
H1 lead leg	L	strides	23	15	15	15	15		16	18	18	18	18	20.2	191.2				

Lan Tianlu (CHN) (1999)

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

Heat 4 - 2021 Chinese National Championships (Chongqing, CHN) *CAA Hurdle Development (2021)*

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

Hatanaka, Yuki (JPN) (1991)

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

FINAL - 2009 Japanese National High School Championships (Nara, JPN) *Matsuo (2009) - 62nd high school championships: JAF scientific committee - biomechanics data*

date	31-Jul-09	time	6.96	11.76	16.65	21.74	26.88		32.10	37.29	42.55	48.04	53.70		59.83	/ 3		
reaction time		interval		4.80	4.89	5.09	5.14		5.22	5.19	5.26	5.49	5.66	6.13			14.78	15.55	16.41
		velocity	6.47	7.29	7.16	6.88	6.81		6.70	6.74	6.65	6.38	6.18	6.53	6.69		7.10	6.75	6.40
H1 lead leg		strides		17	17	17	17		17	17	17	18	18		155				

Sekimoto, Moeka (JPN) (2000)

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

FINAL - 2017 Japanese National High School Championships (Yamagata, JPN) *Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data*

date	31-Jul-17	time	6.86	11.29	15.97	20.89	26.08		31.26	36.74	42.16	47.75	53.32		59.83	2 / 6		
reaction time	0.187	interval		4.43	4.68	4.92	5.19		5.18	5.48	5.42	5.59	5.57	6.51			14.03	15.85	16.58
		velocity	6.56	7.90	7.48	7.11	6.74		6.76	6.39	6.46	6.26	6.28	6.14	6.69		7.48	6.62	6.33
H1 lead leg		strides		15	15	15	16		16	16	16	17	17		143				

Yokota, Karen (JPN) (1999)

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

B FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	03-May-21	time	6.84	11.51	16.27	21.17	26.18		31.18	36.34	41.59	47.20	53.09		59.83	7 / 2		
reaction time	0.185	interval		4.67	4.76	4.90	5.01		5.00	5.16	5.25	5.61	5.89	6.74			14.33	15.17	16.75
		velocity	6.58	7.49	7.35	7.14	6.99		7.00	6.78	6.67	6.24	5.94	5.93	6.69		7.33	6.92	6.27
H1 lead leg	L	strides	23	16	16	17	17		17	17	17	17	17	22.2	196.2				

Yang Qi (CHN) (2000)

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

Heat 1 - 2021 Chinese National Championships (Chongqing, CHN) *CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.81	11.45	16.19	21.05	26.01		31.33	36.68	42.00	47.76	53.53		59.85	6 / 3		
reaction time	0.194	interval		4.64	4.74	4.86	4.96		5.32	5.35	5.32	5.76	5.77	6.32			14.24	15.63	16.85
		velocity	6.61	7.54	7.38	7.20	7.06		6.58	6.54	6.58	6.08	6.07	6.33	6.68		7.37	6.72	6.23
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	21	196				

Liu Xin (CHN) (1992)

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

Heat 1 - 2019 Chinese National Championships (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	09-Jul-19	time	7.19	11.78	16.40	21.12	25.92		30.93	36.07	41.39	46.96	52.75		59.86	7 / 2				
reaction time	0.281	interval		4.59	4.62	4.72	4.80		5.01	5.14	5.32	5.57	5.79	7.11			13.93	14.95	16.68	
		velocity	6.26	7.63	7.58	7.42	7.29		6.99	6.81	6.58	6.28	6.04	5.63	6.68		7.54	7.02	6.29	
H1 lead leg	L	strides	25	17	17	17	17		18	18	19	19	19	24	210					

Utsunomiya, Eri (JPN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 23-Aug-20	time	6.62	11.03	15.60	20.30	25.29		30.31	35.45	40.97	47.01	53.12		59.86	6 / 5			
reaction time 0.190	interval		4.41	4.57	4.70	4.99		5.02	5.14	5.52	6.04	6.11	6.74			13.68	15.15	17.67
	velocity	6.80	7.94	7.66	7.45	7.01		6.97	6.81	6.34	5.79	5.73	5.93	6.68		7.68	6.93	5.94
H1 lead leg	strides		15	15	15	16		16	16	17	20	19		149				

Kawabata, Szuka (JPN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)														*Kobayashi (2019) - research on athlete performance and technique- 2019 data book*			
date 03-May-19	time	6.76	11.21	15.87	20.64	25.58		30.66	36.05	41.68	47.36	53.32		59.87	/ 3			
reaction time	interval		4.45	4.66	4.77	4.94		5.08	5.39	5.63	5.68	5.96	6.55			13.88	15.41	17.27
	velocity	6.66	7.87	7.51	7.34	7.09		6.89	6.49	6.22	6.16	5.87	6.11	6.68		7.56	6.81	6.08
H1 lead leg	strides		15	16	16	16		16	17	18	18	19		151				

Kong Yingying (CHN) (2003)

	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)													*CAA Hurdle Development (2021)*			
date 20-May-21	time	6.99	11.46	16.06	20.85	25.77	30.88	36.32	41.81	47.51	53.44		59.87	5 / 3			
reaction time 0.305	interval		4.47	4.60	4.79	4.92	5.11	5.44	5.49	5.70	5.93	6.43	PB		13.86	15.47	17.12
	velocity	6.44	7.83	7.61	7.31	7.11	6.85	6.43	6.38	6.14	5.90	6.22	6.68		7.58	6.79	6.13
H1 lead leg L	strides	24	16	16	17	17	17	18	18	18	19	21.5	201.5				

Wu Fangfang (CHN) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)														*Henson (2018) - coaching observations*			
date 15-Sep-18	time	7.00	11.60	16.27	21.05	26.00		31.28	36.74	42.21	47.81	53.52		59.88	3 / 3			
reaction time	interval		4.60	4.67	4.78	4.95		5.28	5.46	5.47	5.60	5.71	6.36			14.05	15.69	16.78
	velocity	6.43	7.61	7.49	7.32	7.07		6.63	6.41	6.40	6.25	6.13	6.29	6.68		7.47	6.69	6.26
H1 lead leg L	strides	24	16	16	16	16		17	17	17	17	17	21.5	194.5				

Ding Yirui (CHN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21	time	6.86	11.36	16.11	20.95	26.07		31.50	36.97	42.42	48.05	53.77		59.88	2 / 5			
reaction time 0.238	interval		4.50	4.75	4.84	5.12		5.43	5.47	5.45	5.63	5.72	6.11			14.09	16.02	16.80
	velocity	6.56	7.78	7.37	7.23	6.84		6.45	6.40	6.42	6.22	6.12	6.55	6.68		7.45	6.55	6.25
H1 lead leg L	strides	22	15	15	15	16		16	16	16	17	17	19.5	184.5				

Lu Zhangwei (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														*CAA Hurdle Development (2019)*			
date 07-Apr-19	time	6.85	11.38	15.96	20.62	25.47		30.51	35.71	41.12	46.90	53.02		59.89	6 / 1			
reaction time 0.220	interval		4.53	4.58	4.66	4.85		5.04	5.20	5.41	5.78	6.12	6.87			13.77	15.09	17.31
	velocity	6.57	7.73	7.64	7.51	7.22		6.94	6.73	6.47	6.06	5.72	5.82	6.68		7.63	6.96	6.07
H1 lead leg R	strides	24	17	17	17	17		17	17	17	19	19	23	204				

Wang Jiaqi (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)														*CAA Hurdle Development (2019)*			
date 17-Aug-19	time	6.88	11.40	16.08	20.92	25.90		31.02	36.42	41.98	47.62	53.38		59.89	8 / 4			
reaction time 0.255	interval		4.52	4.68	4.84	4.98		5.12	5.40	5.56	5.64	5.76	6.51	PB		14.04	15.50	16.96
	velocity	6.54	7.74	7.48	7.23	7.03		6.84	6.48	6.29	6.21	6.08	6.14	6.68		7.48	6.77	6.19
H1 lead leg R	strides	24	17	17	17	17		17	18	18	18	18	22	203				

Yoshida, Kasumi (JPN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)														*Kobayashi (2019) - research on athlete performance and technique- 2019 data book*			
date 03-May-19	time	6.77	11.28	15.82	20.54	25.44		30.50	35.74	41.21	47.03	53.07		59.90	/ 4			
reaction time	interval		4.51	4.54	4.72	4.90		5.06	5.24	5.47	5.82	6.04	6.83			13.77	15.20	17.33
	velocity	6.65	7.76	7.71	7.42	7.14		6.92	6.68	6.40	6.01	5.79	5.86	6.68		7.63	6.91	6.06
H1 lead leg	strides		16	16	16	16		17	17	17	19	19		153				

Kawamura, Yuka (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)														*Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection*			
date 06-Aug-19	time	6.83	11.46	16.18	20.97	25.95		31.16	36.37	41.61	47.20	53.00		59.91	7 / 7			
reaction time	interval		4.63	4.72	4.79	4.98		5.21	5.21	5.24	5.59	5.80	6.91			14.14	15.40	16.63
	velocity	6.59	7.56	7.42	7.31	7.03		6.72	6.72	6.68	6.26	6.03	5.79	6.68		7.43	6.82	6.31
H1 lead leg	strides		17	17	17	17		17	17	18	18	19		157				

Kuki, Yurie (JPN) (1993)

	H1	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	6.97	11.54	16.30	21.17	26.29		31.43	36.79	42.28	47.80	53.40		59.94	7 / 4			
reaction time 0.192	interval		4.57	4.76	4.87	5.12		5.14	5.36	5.49	5.52	5.60	6.54			14.20	15.62	16.61
	velocity	6.46	7.66	7.35	7.19	6.84		6.81	6.53	6.38	6.34	6.25	6.12	6.67		7.39	6.72	6.32
H1 lead leg	strides		15	15	15	16		16	17	17	17	17		145				

Tsuha, Aiki (JPN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
C FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 24-Oct-20	time	6.72	11.28	15.97	21.14	26.38		31.51	36.67	42.03	47.73	53.40		59.94	6 / 1			

reaction time		interval		4.56	4.69	5.17	5.24		5.13	5.16	5.36	5.70	5.67	6.54			14.42	15.53	16.73
		velocity	6.70	7.68	7.46	6.77	6.68		6.82	6.78	6.53	6.14	6.17	6.12	6.67		7.28	6.76	6.28
H1 lead leg		strides		17	17	17	17		17	17	17	19	19		157				

Chen Liying (CHN) (1994)

	H1	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	6.86	11.40	16.06	20.84	25.74		30.88	36.24	41.66	47.36	53.36		59.94	6 / 6			
reaction time 0.202 interval		4.54	4.66	4.78	4.90		5.14	5.36	5.42	5.70	6.00	6.58			13.98	15.40	17.12
velocity	6.56	7.71	7.51	7.32	7.14		6.81	6.53	6.46	6.14	5.83	6.08	6.67		7.51	6.82	6.13
H1 lead leg R strides	24	16	16	16	16		17	17	17	18	19	21.7	197.7				

Yoneda, Tomomi (JPN) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Japanese National High School Championships (Kumagaya, JPN)														*Abe (2008) - 61st high school championships: JAF scientific committee - biomechanics data*			
date 31-Jul-08 time	7.06	11.75	16.58	21.45	26.48		31.58	36.94	42.39	47.95	53.59		59.95	/ 3			
reaction time interval		4.69	4.83	4.87	5.03		5.10	5.36	5.45	5.56	5.64	6.36			14.39	15.49	16.65
velocity	6.37	7.46	7.25	7.19	6.96		6.86	6.53	6.42	6.29	6.21	6.29	6.67		7.30	6.78	6.31
H1 lead leg strides		17	17	17	17		17	17	17	18	18		155				

Jiang Liyunzhe (CHN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21 time	6.77	11.36	16.08	20.99	26.01		31.11	36.22	41.57	47.23	53.07		59.95	4 / 2			
reaction time 0.286 interval		4.59	4.72	4.91	5.02		5.10	5.11	5.35	5.66	5.84	6.88			14.22	15.23	16.85
velocity	6.65	7.63	7.42	7.13	6.97		6.86	6.85	6.54	6.18	5.99	5.81	6.67		7.38	6.89	6.23
H1 lead leg L strides	24	16	16	16	16		17	17	17	18	18	22	197				

Umemoto, Rina (JPN) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Japanese National High School Championships (Okinawa, JPN)														*Matsuo (2010) - 63rd high school championships: JAF scientific committee - biomechanics data*			
date 31-Jul-10 time	7.11	11.73	16.47	21.26	26.20		31.07	36.33	41.70	47.44	53.31		59.96	/ 1			
reaction time interval		4.62	4.74	4.79	4.94		4.87	5.26	5.37	5.74	5.87	6.65	PB		14.15	15.07	16.98
velocity	6.33	7.58	7.38	7.31	7.09		7.19	6.65	6.52	6.10	5.96	6.02	6.67		7.42	6.97	6.18
H1 lead leg strides		17	17	17	17		17	18	18	19	20		160				

Kawano, Shiho (JPN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)														*Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data*			
date 31-Jul-17 time	6.84	11.43	16.13	21.17	26.29		31.58	36.92	42.29	47.88	53.55		59.96	5 / 7			
reaction time 0.240 interval		4.59	4.70	5.04	5.12		5.29	5.34	5.37	5.59	5.67	6.41			14.33	15.75	16.63
velocity	6.58	7.63	7.45	6.94	6.84		6.62	6.55	6.52	6.26	6.17	6.24	6.67		7.33	6.67	6.31
H1 lead leg strides		16	16	17	17		17	17	17	18	18		153				

Ban, Nozomi (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)														*Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection*			
date 04-Aug-18 time	6.97	11.64	16.38	21.34	26.43		31.61	36.90	42.31	47.83	53.50		59.96	8 / 4			
reaction time interval		4.67	4.74	4.96	5.09		5.18	5.29	5.41	5.52	5.67	6.46			14.37	15.56	16.60
velocity	6.46	7.49	7.38	7.06	6.88		6.76	6.62	6.47	6.34	6.17	6.19	6.67		7.31	6.75	6.33
H1 lead leg strides		16	16	17	17		17	17	17	17	17		151				

Shiomi, Mikoto (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)														*Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection*			
date 06-Aug-19 time	6.93	11.75	16.60	21.62	26.77		32.08	37.50	42.88	48.38	54.04		59.96	1 / 8			
reaction time interval		4.82	4.85	5.02	5.15		5.31	5.42	5.38	5.50	5.66	5.92			14.69	15.88	16.54
velocity	6.49	7.26	7.22	6.97	6.80		6.59	6.46	6.51	6.36	6.18	6.76	6.67		7.15	6.61	6.35
H1 lead leg strides		17	17	17	17		18	18	18	18	18		158				

Tsukamoto, Moeno (JPN) (2004)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese U20 National Championsips (Osaka, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 12-Jun-22 time	6.89	11.41	16.10	21.10	26.19		31.28	36.50	41.93	47.55	53.29		59.96	7 / 2			
reaction time 0.180 interval		4.52	4.69	5.00	5.09		5.09	5.22	5.43	5.62	5.74	6.67			14.21	15.40	16.79
velocity	6.53	7.74	7.46	7.00	6.88		6.88	6.70	6.45	6.23	6.10	6.00	6.67		7.39	6.82	6.25
H1 lead leg R strides	24	17	17	17	17		17	18	18	19	19	23	206				

Saito, Mayu (JPN) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 24-Oct-20 time	6.62	11.03	15.57	20.39	25.41		30.81	36.47	41.86	47.61	53.45		59.97	4 / 2			
reaction time interval		4.41	4.54	4.82	5.02		5.40	5.66	5.39	5.75	5.84	6.52			13.77	16.08	16.98
velocity	6.80	7.94	7.71	7.26	6.97		6.48	6.18	6.49	6.09	5.99	6.13	6.67		7.63	6.53	6.18
H1 lead leg strides		16	16	17	17		17	18	18	19	19		157				

Zhou Yu (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)														*CAA Hurdle Development (2019)*			
date 12-Apr-19 time	6.97	11.66	16.50	21.39	26.39		31.63	36.91	42.17	47.71	53.54		59.98	9 / 1			
reaction time 0.252 interval		4.69	4.84	4.89	5.00		5.24	5.28	5.26	5.54	5.83	6.44	PB		14.42	15.52	16.63
velocity	6.46	7.46	7.23	7.16	7.00		6.68	6.63	6.65	6.32	6.00	6.21	6.67		7.28	6.77	6.31
H1 lead leg L strides	24	16	16	16	16		17	17	17	18	19	22.2	198.2				

Kawabata, Szuka (JPN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 20-Sep-20 time	6.76	11.18	15.90	20.72	25.73		30.88	36.19	41.84	47.58	53.50		59.98	2 / 5			
reaction time 0.198 interval		4.42	4.72	4.82	5.01		5.15	5.31	5.65	5.74	5.92	6.48			13.96	15.47	17.31

		velocity	6.66	7.92	7.42	7.26	6.99		6.80	6.59	6.19	6.10	5.91	6.17	6.67			7.52	6.79	6.07
H1 lead leg		strides		15	16	16	17		17	17	18	18	19		153					

Qiu Zhangyan (CHN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21	time	7.14	11.84	16.73	21.65	26.65		31.70	36.90	42.19	47.78	53.53		59.99	8 / 3			
reaction time 0.364	interval		4.70	4.89	4.92	5.00		5.05	5.20	5.29	5.59	5.75	6.46	PB		14.51	15.25	16.63
	velocity	6.30	7.45	7.16	7.11	7.00		6.93	6.73	6.62	6.26	6.09	6.19	6.67		7.24	6.89	6.31
H1 lead leg L	strides	24	17	18	17	17		17	17	17	18	18	21.7	201.7				

Takisawa, Aya (JPN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Japanese National High School Championships (Kitakami, JPN)														*Abe (2011) - 64th high school championships: JAF scientific committee - biomechanics data*			
date 05-Aug-11	time	6.82	11.32	15.99	20.75	25.66		30.64	35.91	41.54	47.56	53.59		60.01	3 / 1			
reaction time	interval		4.50	4.67	4.76	4.91		4.98	5.27	5.63	6.02	6.03	6.42			13.93	15.16	17.68
	velocity	6.60	7.78	7.49	7.35	7.13		7.03	6.64	6.22	5.81	5.80	6.23	6.67		7.54	6.93	5.94
H1 lead leg	strides																	

Wu Fangfang (CHN) (1997)

	H1	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	6.96	11.65	16.32	21.12	26.11		31.35	36.65	42.16	47.73	53.52		60.01	5 / 5			
reaction time 0.244	interval		4.69	4.67	4.80	4.99		5.24	5.30	5.51	5.57	5.79	6.49			14.16	15.53	16.87
	velocity	6.47	7.46	7.49	7.29	7.01		6.68	6.60	6.35	6.28	6.04	6.16	6.67		7.42	6.76	6.22
H1 lead leg L	strides	24	16	16	16	16		17	17	17	17	17	21.5	194.5				

Kamada, Saki (JPN) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)														*Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data*			
date 31-Jul-15	time	6.81	11.44	16.22	20.95	25.89		31.21	36.50	42.09	47.65	53.52		60.04	8 / 5			
reaction time	interval		4.63	4.78	4.73	4.94		5.32	5.29	5.59	5.56	5.87	6.52			14.14	15.55	17.02
	velocity	6.61	7.56	7.32	7.40	7.09		6.58	6.62	6.26	6.29	5.96	6.13	6.66		7.43	6.75	6.17
H1 lead leg	strides		17	17	17	17		18	18	18	18	19		159				

Lan Tianlu (CHN) (1999)

	H1	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	6.80	11.28	15.92	20.82	25.80		30.94	36.14	41.41	47.06	53.10		60.04	8 / 3			
reaction time 0.228	interval		4.48	4.64	4.90	4.98		5.14	5.20	5.27	5.65	6.04	6.94			14.02	15.32	16.96
	velocity	6.62	7.81	7.54	7.14	7.03		6.81	6.73	6.64	6.19	5.79	5.76	6.66		7.49	6.85	6.19
H1 lead leg L	strides	23	16	16	17	17		17	17	17	18	19	22.5	199.5				

Huang Yan (CHN) (1996)

	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	6.82	11.38	15.98	20.82	25.83		30.91	36.14	41.69	47.30	53.15		60.05	4 / 1			
reaction time 0.232	interval		4.56	4.60	4.84	5.01		5.08	5.23	5.55	5.61	5.85	6.90			14.00	15.32	17.01
	velocity	6.60	7.68	7.61	7.23	6.99		6.89	6.69	6.31	6.24	5.98	5.80	6.66		7.50	6.85	6.17
H1 lead leg L	strides	24	16	16	17	17		17	17	18	18	19	22	201				

Wang Jiaqi (CHN) (2000)

	H1	H2	H3	H4	H5		H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21	time	7.02	11.47	16.11	20.81	25.77		30.97	36.31	41.83	47.64	53.51		60.07	7 / 3			
reaction time 0.238	interval		4.45	4.64	4.70	4.96		5.20	5.34	5.52	5.81	5.87	6.56			13.79	15.50	17.20
	velocity	6.41	7.87	7.54	7.45	7.06		6.73	6.55	6.34	6.02	5.96	6.10	6.66		7.61	6.77	6.10
H1 lead leg L	strides	24	17	17	17	17		17	17	18	18	18	22	202				

Alonso, Mariam (ESP) (1970)

	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	6.63	11.23	15.82	20.60	25.60		30.67	35.92	41.38	47.09	52.94		60.10	6 / 3			
reaction time	interval		4.60	4.59	4.78	5.00		5.07	5.25	5.46	5.71	5.85	7.16			13.97	15.32	17.02
	velocity	6.79	7.61	7.63	7.32	7.00		6.90	6.67	6.41	6.13	5.98	5.59	6.66		7.52	6.85	6.17
H1 lead leg L	strides	23	16	16	16	16		16	17	17	18	18	22	195				

Kong Yingying (CHN) (2003)

	H1	H2	H3	H4	H5		H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21	time	6.93	11.55	16.26	21.08	26.12		31.30	36.55	42.04	47.75	53.48		60.10	7 / 4			
reaction time 0.272	interval		4.62	4.71	4.82	5.04		5.18	5.25	5.49	5.71	5.73	6.62			14.15	15.47	16.93
	velocity	6.49	7.58	7.43	7.26	6.94		6.76	6.67	6.38	6.13	6.11	6.04	6.66		7.42	6.79	6.20
H1 lead leg R	strides	23	16	16	16	17		17	17	18	18	18	22	198				

Lu Zhangwei (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 09-Jul-19	time	6.90	11.39	15.96	20.75	25.67		30.81	36.15	41.50	47.17	53.13		60.11	6 / 4			
reaction time 0.244	interval		4.49	4.57	4.79	4.92		5.14	5.34	5.35	5.67	5.96	6.98			13.85	15.40	16.98
	velocity	6.52	7.80	7.66	7.31	7.11		6.81	6.55	6.54	6.17	5.87	5.73	6.65		7.58	6.82	6.18
H1 lead leg R	strides	24	17	17	17	17		17	17	17	18	19	23	203				

Kagawa, Yumeka (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 25-Oct-20	time	7.02	11.70	16.55	21.45	26.51		31.78	37.17	42.74	48.31	53.89		60.11	3 / 3			
reaction time 0.230	interval		4.68	4.85	4.90	5.06		5.27	5.39	5.57	5.57	5.58	6.22			14.43	15.72	16.72
	velocity	6.41	7.48	7.22	7.14	6.92		6.64	6.49	6.28	6.28	6.27	6.43	6.65		7.28	6.68	6.28

H1 lead leg		strides		16	16	16	16		17	17	17	17	17		149						

Okawa, Sumika (JPN) (2003)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)																		
															Shibayama (2021) - national high school and U20 national championhsips			
date	30-Jul-21	time	6.72	11.11	15.73	20.65	25.66		30.73	36.02	41.62	47.32	53.35		60.11	6 / 3			
reaction time	0.168	interval		4.39	4.62	4.92	5.01		5.07	5.29	5.60	5.70	6.03	6.76			13.93	15.37	17.33
		velocity	6.70	7.97	7.58	7.11	6.99		6.90	6.62	6.25	6.14	5.80	5.92	6.65		7.54	6.83	6.06
H1 lead leg		strides		15	15	16	16		16	16	17	17	17		145				

Tao Xue (CHN) (1999)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 4 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)															*CAA Hurdle Development (2019)*			
date	12-Apr-19	time	7.17	11.77	16.55	21.30	26.26		31.34	36.70	42.24	47.81	53.50		60.12	8 / 1			
reaction time	0.349	interval		4.60	4.78	4.75	4.96		5.08	5.36	5.54	5.57	5.69	6.62			14.13	15.40	16.80
		velocity	6.28	7.61	7.32	7.37	7.06		6.89	6.53	6.32	6.28	6.15	6.04	6.65		7.43	6.82	6.25
H1 lead leg	R	strides	24	16	16	16	16		16	17	17	17	17	21.2	193.2				

Okawa, Nazuna (JPN) (2001)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)															*Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection*			
date	04-Aug-18	time	7.26	12.08	17.00	21.94	26.94		32.10	37.27	42.51	47.95	53.79		60.12	2 / 5			
reaction time		interval		4.82	4.92	4.94	5.00		5.16	5.17	5.24	5.44	5.84	6.33			14.68	15.33	16.52
		velocity	6.20	7.26	7.11	7.09	7.00		6.78	6.77	6.68	6.43	5.99	6.32	6.65		7.15	6.85	6.36
H1 lead leg		strides		17	17	17	17		17	17	17	17	19		155				

Nishida, Ayaka (JPN) (1993)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2011 Japanese National High School Championships (Kitakami, JPN)															*Abe (2011) - 64th high school championships: JAF scientific committee - biomechanics data*			
date	05-Aug-11	time	7.04	11.88	16.73	21.69	26.73		31.95	37.20	42.69	48.43	54.17		60.13	6 / 2			
reaction time		interval		4.84	4.85	4.96	5.04		5.22	5.25	5.49	5.74	5.74	5.96			14.65	15.51	16.97
		velocity	6.39	7.23	7.22	7.06	6.94		6.70	6.67	6.38	6.10	6.10	6.71	6.65		7.17	6.77	6.19
H1 lead leg		strides																	

Chen Liying (CHN) (1994)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)															*CAA Hurdle Development (2019)*			
date	03-Aug-19	time	6.84	11.45	16.07	20.82	25.68		30.76	36.07	41.54	47.29	53.34		60.13	4 / 6			
reaction time	0.185	interval		4.61	4.62	4.75	4.86		5.08	5.31	5.47	5.75	6.05	6.79	PB		13.98	15.25	17.27
		velocity	6.58	7.59	7.58	7.37	7.20		6.89	6.59	6.40	6.09	5.79	5.89	6.65		7.51	6.89	6.08
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	19	22.2	198.2				

Barber, Kaila (USA) (1993)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	26-Jun-21	time	6.30	10.54	15.01	19.58	24.45		29.63	34.93	40.54	46.35			60.14	4 / 8			
reaction time	0.174	interval		4.24	4.47	4.57	4.87		5.18	5.30	5.61	5.81					13.28	15.35	
		velocity	7.14	8.25	7.83	7.66	7.19		6.76	6.60	6.24	6.02			6.65		7.91	6.84	
H1 lead leg	R	strides		16	16	16	16			17		18			99				

Koyama, Kana (JPN) (1998)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)															*Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data*			
date	31-Jul-15	time	7.01	11.66	16.47	21.35	26.38		31.48	36.75	42.16	47.88	53.70		60.15	5 / 6			
reaction time		interval		4.65	4.81	4.88	5.03		5.10	5.27	5.41	5.72	5.82	6.45			14.34	15.40	16.95
		velocity	6.42	7.53	7.28	7.17	6.96		6.86	6.64	6.47	6.12	6.01	6.20	6.65		7.32	6.82	6.19
H1 lead leg		strides		17	17	17	17		17	17	17	18	18		155				

Shibata, Haruka (JPN) (1991)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)															*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date	23-Aug-20	time	6.91	11.54	16.30	21.37	26.59		31.82	37.04	42.43	47.96	53.72		60.15	9 / 6			
reaction time	0.161	interval		4.63	4.76	5.07	5.22		5.23	5.22	5.39	5.53	5.76	6.43			14.46	15.67	16.68
		velocity	6.51	7.56	7.35	6.90	6.70		6.69	6.70	6.49	6.33	6.08	6.22	6.65		7.26	6.70	6.29
H1 lead leg		strides		16	16	17	17		17	17	17	17	19		153				

Wang Hongyan (CHN) (1998)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)															*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.97	11.64	16.39	21.21	26.26		31.55	36.97	42.49	48.20	53.89		60.16	6 / 4			
reaction time	0.204	interval		4.67	4.75	4.82	5.05		5.29	5.42	5.52	5.71	5.69	6.27			14.24	15.76	16.92
		velocity	6.46	7.49	7.37	7.26	6.93		6.62	6.46	6.34	6.13	6.15	6.38	6.65		7.37	6.66	6.21
H1 lead leg	L	strides	25	16	17	17	17		18	18	18	19	19	22.7	206.7				

Wang Hongyan (CHN) (1998)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)															*CAA Hurdle Development (2020)*			
date	17-Sep-20	time		11.42	16.08	20.83	25.71		30.79	36.04	41.54	47.42	53.29		60.17	8 / 5			
reaction time		interval			4.66	4.75	4.88		5.08	5.25	5.50	5.88	5.87	6.88				15.21	17.25
		velocity		7.01	7.51	7.37	7.17		6.89	6.67	6.36	5.95	5.96	5.81	6.65			6.90	6.09
H1 lead leg		strides			17				17	18	18		19	23	112				

Nakano, Nano (JPN) (2001)		**H1**	**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	6.86	11.54	16.33	21.22	26.28		31.48	36.92	42.41	48.00	53.67		60.17	9 / 6			
reaction time	0.154	interval		4.68	4.79	4.89	5.06		5.20	5.44	5.49	5.59	5.67	6.50			14.36	15.70	16.75
		velocity	6.56	7.48	7.31	7.16	6.92		6.73	6.43	6.38	6.26	6.17	6.15	6.65		7.31	6.69	6.27
H1 lead leg	L	strides	24	17	17	17	17		17	19	19	19	19		185				

Barnes, Miriam (USA) (1983)

	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	6.80	10.94	15.23	19.47	23.83		28.30	33.30	38.21	43.28	*fell on H9*		60.18	7 / ~~8~~			
reaction time interval		4.14	4.29	4.24	4.36		4.47	5.00	4.91	5.07			DQ		12.67	13.83	
velocity	6.62	8.45	8.16	8.25	8.03		7.83	7.00	7.13	6.90			6.65		8.29	7.59	
H1 lead leg R strides	23	15	15	15	15		15	16	16	17	17		164				

Hu Lihong (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)														*CAA Hurdle Development (2019)*			
date 22-Aug-19 time	7.06	11.72	16.54	21.38	26.38		31.38	36.52	41.98	47.56	53.37		60.18	9 / 3			
reaction time 0.216 interval		4.66	4.82	4.84	5.00		5.00	5.14	5.46	5.58	5.81	6.81			14.32	15.14	16.85
velocity	6.37	7.51	7.26	7.23	7.00		7.00	6.81	6.41	6.27	6.02	5.87	6.65		7.33	6.94	6.23
H1 lead leg L strides	23	16	16	16	16		16	16	17	17	17	20.8	190.8				

Dulin, Mandie (USA) (1977)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USATF National Junior Championships (Delaware, OH)														*USATF Women's Sprint Development (1996)*			
date 29-Jun-96 time	7.11	11.77	16.35	21.12	25.94		31.10	36.49	42.21	47.94	53.70		60.19	6 / 3			
reaction time interval		4.66	4.58	4.77	4.82		5.16	5.39	5.72	5.73	5.76	6.49			14.01	15.37	17.21
velocity	6.33	7.51	7.64	7.34	7.26		6.78	6.49	6.12	6.11	6.08	6.16	6.65		7.49	6.83	6.10
H1 lead leg strides																	

Mo Jiadie (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														*CAA Hurdle Development (2019)*			
date 07-Apr-19 time	7.00	11.53	16.20	21.04	26.02		31.18	36.47	42.19	47.90	53.69		60.19	8 / 1			
reaction time 0.319 interval		4.53	4.67	4.84	4.98		5.16	5.29	5.72	5.71	5.79	6.50			14.04	15.43	17.22
velocity	6.43	7.73	7.49	7.23	7.03		6.78	6.62	6.12	6.13	6.04	6.15	6.65		7.48	6.80	6.10
H1 lead leg L strides	24	16	16	16	16		17	17	18	18	18	21	197				

Liu Hongjuan (CHN) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)														*CAA Hurdle Development (2019)*			
date 12-Apr-19 time	6.86	11.43	16.19	21.10	26.06		31.30	36.57	42.04	47.69	53.48		60.19	7 / 2			
reaction time 0.227 interval		4.57	4.76	4.91	4.96		5.24	5.27	5.47	5.65	5.79	6.71			14.24	15.47	16.91
velocity	6.56	7.66	7.35	7.13	7.06		6.68	6.64	6.40	6.19	6.04	5.96	6.65		7.37	6.79	6.21
H1 lead leg L strides	23	16	16	16	16		17	17	18	19	19	22.5	199.5				

Spencer, Ashley (USA) (1993)

	H1	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 27-Jun-21 time	6.37	10.61	14.88	19.38	24.25		28.99	33.93		44.71			60.19	3 / ~~8~~ 7			
reaction time 0.222 interval		4.24	4.27	4.50	4.87		4.74	4.94		10.78					13.64	9.68	
velocity	7.06	8.25	8.20	7.78	7.19		7.38	7.09		6.49			6.65		7.70	10.85	
H1 lead leg L strides		15	15	15	15			15					75				

Wilson, Simone (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 - 2022 USATF National Championships (Eugene, OR)														*USATF (2022) - Results powered by Karmarush*			
date 24-Jun-22 time	7.11	11.53	16.09	20.88	25.80	28.06	31.03	36.59	42.22	48.07	53.77	*60.20*	60.20	8 / 7			
reaction time interval		4.42	4.56	4.79	4.92		5.23	5.56	5.63	5.85	5.70	6.43			13.77	15.71	17.18
velocity	6.33	7.92	7.68	7.31	7.11	7.13	6.69	6.29	6.22	5.98	6.14	6.22	6.64		7.63	6.68	6.11
H1 lead leg R strides	25	16	16	16	16		17	17					123				

Granqvist, Emilia (SWE) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Fridrott (Stockholm, SWE)														*Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*			
date 07-Jun-11 time	6.94	11.48	16.12	21.04	26.10		31.24	36.50	41.90	47.68	53.44		60.25	/ 1			
reaction time interval		4.54	4.64	4.92	5.06		5.14	5.26	5.40	5.78	5.76	6.81			14.10	15.46	16.94
velocity	6.48	7.71	7.54	7.11	6.92		6.81	6.65	6.48	6.06	6.08	5.87	6.64		7.45	6.79	6.20
H1 lead leg L strides		16	16	17	17		17	17	17	18	18	22	175				

Fei Jiayu (CHN) (2000)

	H1	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	7.02	11.58	16.15	21.00	25.86		30.96	36.27	41.72		53.49		60.25	4 / 4			
reaction time 0.213 interval		4.56	4.57	4.85	4.86		5.10	5.31	5.45		11.77	6.76	PB		13.98	15.27	17.22
velocity	6.41	7.68	7.66	7.22	7.20		6.86	6.59	6.42		5.95	5.92	6.64		7.51	6.88	6.10
H1 lead leg R strides	24	16	16	16	16		17	17	17		18	21.5	178.5				

Chen Liying (CHN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 09-Jul-19 time	6.90	11.48	16.13	20.83	25.66		30.69	35.94	41.41	47.16	53.37		60.26	6 / 3			
reaction time 0.194 interval		4.58	4.65	4.70	4.83		5.03	5.25	5.47	5.75	6.21	6.89	PB		13.93	15.11	17.43
velocity	6.52	7.64	7.53	7.45	7.25		6.96	6.67	6.40	6.09	5.64	5.81	6.64		7.54	6.95	6.02
H1 lead leg R strides	24	16	16	16	16		17	17	17	18	20	22.5	199.5				

Zhou Lin (CHN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21 time	6.89	11.48	16.17	20.94	25.85		30.91	36.34	41.74	47.32	53.14		60.26	8 / 4			
reaction time 0.224 interval		4.59	4.69	4.77	4.91		5.06	5.43	5.40	5.58	5.82	7.12			14.05	15.40	16.80
velocity	6.53	7.63	7.46	7.34	7.13		6.92	6.45	6.48	6.27	6.01	5.62	6.64		7.47	6.82	6.25
H1 lead leg L strides	23	16	16	16	16		16	17	17	17	18	22	194				

Ortiz, Yamelis (USA) (1978)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USATF National Junior Championships (Delaware, OH)														*USATF Women's Sprint Development (1996)*			
date 29-Jun-96 time	7.01	11.61	16.11	20.85	25.60		30.63	36.09	41.81	47.76	53.58		60.28	2 / 4			
reaction time interval		4.60	4.50	4.74	4.75		5.03	5.46	5.72	5.95	5.82	6.70			13.84	15.24	17.49
velocity	6.42	7.61	7.78	7.38	7.37		6.96	6.41	6.12	5.88	6.01	5.97	6.64		7.59	6.89	6.00
H1 lead leg strides																	

Natsume, Saaya (JPN) (2004)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese U20 National Championsips (Osaka, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 12-Jun-22 time	6.87	11.38	16.06	20.99	25.98		31.05	36.27	41.94	47.80	53.67		60.28	5 / 3			
reaction time 0.162 interval		4.51	4.68	4.93	4.99		5.07	5.22	5.67	5.86	5.87	6.61			14.12	15.28	17.40
velocity	6.55	7.76	7.48	7.10	7.01		6.90	6.70	6.17	5.97	5.96	6.05	6.64		7.44	6.87	6.03
H1 lead leg L strides	25	17	17	17	17		17	17	19	19	19	22.5	206.5				

Wu Fangfang (CHN) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21 time	7.06	11.79	16.62	21.56	26.63		31.96	37.42	42.91	48.48	54.15		60.29	4 / 5			
reaction time 0.308 interval		4.73	4.83	4.94	5.07		5.33	5.46	5.49	5.57	5.67	6.14			14.50	15.86	16.73
velocity	6.37	7.40	7.25	7.09	6.90		6.57	6.41	6.38	6.28	6.17	6.51	6.63		7.24	6.62	6.28
H1 lead leg L strides	24	16	16	16	16		17	17	17	17	17	21	194				

Naito, Kano (JPN) (2004)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 27-Jun-21 time	6.77	11.29	16.02	20.89	25.94		31.08	36.60	42.21	47.88	53.65		60.30	5 / 4			
reaction time 0.231 interval		4.52	4.73	4.87	5.05		5.14	5.52	5.61	5.67	5.77	6.65	PB		14.12	15.71	17.05
velocity	6.65	7.74	7.40	7.19	6.93		6.81	6.34	6.24	6.17	6.07	6.02	6.63		7.44	6.68	6.16
H1 lead leg R strides	25	17	17	17	17		17	19	19	19	19	22	208				

Liu Hongjuan (CHN) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)														*CAA Hurdle Development (2021)*			
date 25-Apr-21 time	6.66	11.18	15.82	20.68	25.68		30.94	36.40	41.90	47.74	53.58		60.33	7 / 5			
reaction time 0.240 interval		4.52	4.64	4.86	5.00		5.26	5.46	5.50	5.84	5.84	6.75			14.02	15.72	17.18
velocity	6.76	7.74	7.54	7.20	7.00		6.65	6.41	6.36	5.99	5.99	5.93	6.63		7.49	6.68	6.11
H1 lead leg L strides	23	16	16	16	16		17	17	17	18	18	22	196				

Chen Liying (CHN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 03-Aug-19 time	6.92	11.63	16.31	21.08	25.93		31.08	36.52	42.07	47.70	53.55		60.34	1 / 2			
reaction time 0.193 interval		4.71	4.68	4.77	4.85		5.15	5.44	5.55	5.63	5.85	6.79			14.16	15.44	17.03
velocity	6.50	7.43	7.48	7.34	7.22		6.80	6.43	6.31	6.22	5.98	5.89	6.63		7.42	6.80	6.17
H1 lead leg R strides	24	16	16	16	16		17	18	18	18	18	22	199				

Hu Lihong (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 03-Aug-19 time	7.02	11.66	16.36	21.08	26.00		31.02	36.22	41.60	47.22	53.10		60.34	8 / 7			
reaction time 0.231 interval		4.64	4.70	4.72	4.92		5.02	5.20	5.38	5.62	5.88	7.24			14.06	15.14	16.88
velocity	6.41	7.54	7.45	7.42	7.11		6.97	6.73	6.51	6.23	5.95	5.52	6.63		7.47	6.94	6.22
H1 lead leg L strides	23	16	16	16	16		16	16	17	17	17	21	191				

Mo Jiadie (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)														*CAA Hurdle Development (2019)*			
date 17-Aug-19 time	6.78	11.34	16.10	20.94	25.94		31.14	36.54	41.94	47.78	53.66		60.37	6 / 1			
reaction time 0.222 interval		4.56	4.76	4.84	5.00		5.20	5.40	5.40	5.84	5.88	6.71			14.16	15.60	17.12
velocity	6.64	7.68	7.35	7.23	7.00		6.73	6.48	6.48	5.99	5.95	5.96	6.63		7.42	6.73	6.13
H1 lead leg L strides	24	16	16	16	16		17	17	17	18	18	21	196				

Karlsson, Hanna (SWE) (2003)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)														*Omega Timing (2023) - diamond league race analysis*			
date 02-Jul-23 time	6.77	11.27	15.84	20.56	25.50		30.64	35.92	41.48	47.32	53.34		60.37	6 / 5			
reaction time 0.163 interval		4.50	4.57	4.72	4.94		5.14	5.28	5.56	5.84	6.02	7.03			13.79	15.36	17.42
velocity	6.65	7.78	7.66	7.42	7.09		6.81	6.63	6.29	5.99	5.81	5.69	6.63		7.61	6.84	6.03
H1 lead leg strides																	

Liang Yina (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN)														*Henson (2018) - coaching observations*			
date 15-Sep-18 time	7.02	11.56	16.23	20.99	25.92		31.03	36.43	41.93	47.66	53.69		60.38	5 / 4			
reaction time interval		4.54	4.67	4.76	4.93		5.11	5.40	5.50	5.73	6.03	6.69			13.97	15.44	17.26
velocity	6.41	7.71	7.49	7.35	7.10		6.85	6.48	6.36	6.11	5.80	5.98	6.62		7.52	6.80	6.08
H1 lead leg L strides	25	17	17	17	17		17	18	18	18			164				

White, Yvette (USA) (1977)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USATF National Junior Championships (Delaware, OH)														*USATF Women's Sprint Development (1996)*			
date 29-Jun-96 time	7.11	11.81	16.61	21.42	26.24		31.36	36.60	42.14	47.76	53.59		60.39	7 / 5			
reaction time interval		4.70	4.80	4.81	4.82		5.12	5.24	5.54	5.62	5.83	6.80			14.31	15.18	16.99
velocity	6.33	7.45	7.29	7.28	7.26		6.84	6.68	6.32	6.23	6.00	5.88	6.62		7.34	6.92	6.18
H1 lead leg strides																	

Hu Lihong (CHN) (1999)

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

Heat 2 - 2019 Chinese National Championships (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	09-Jul-19	time	6.94	11.51	16.26	21.05	25.96		31.13	36.33	41.66	47.29	53.35		60.39	5 / ~~4~~ 3			
reaction time	0.211	interval		4.57	4.75	4.79	4.91		5.17	5.20	5.33	5.63	6.06	7.04			14.11	15.28	17.02
		velocity	6.48	7.66	7.37	7.31	7.13		6.77	6.73	6.57	6.22	5.78	5.68	6.62		7.44	6.87	6.17
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	21	193				

Iwata, Honoka (JPN) (1997)

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

FINAL - 2015 Japanese National High School Championships (Wakayama, JPN) *Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data*

date	31-Jul-15	time	6.92	11.53	16.35	21.27	26.34		31.40	36.72	42.19	47.83	53.75		60.40	3 / 7			
reaction time		interval		4.61	4.82	4.92	5.07		5.06	5.32	5.47	5.64	5.92	6.65			14.35	15.45	17.03
		velocity	6.50	7.59	7.26	7.11	6.90		6.92	6.58	6.40	6.21	5.91	6.02	6.62		7.32	6.80	6.17
H1 lead leg		strides		16	16	17	17		17	17	17	18	19		154				

Ou Ying (CHN) (2001)

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

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

date	16-Sep-18	time	7.00	11.65	16.42	21.28	26.26		31.46	36.78	42.16	47.78	53.67		60.42	6 / 6			
reaction time		interval		4.65	4.77	4.86	4.98		5.20	5.32	5.38	5.62	5.89	6.75			14.28	15.50	16.89
		velocity	6.43	7.53	7.34	7.20	7.03		6.73	6.58	6.51	6.23	5.94	5.93	6.62		7.35	6.77	6.22
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	18	22	200				

Xiao Xia (CHN) (1991)

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

Heat 2 - 2021 Chinese National Championships (Chongqing, CHN) *CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.76	11.38	16.25	21.30	26.41		31.76	37.17	42.71	48.35	53.97		60.42	3 / 5			
reaction time	0.296	interval		4.62	4.87	5.05	5.11		5.35	5.41	5.54	5.64	5.62	6.45			14.54	15.87	16.80
		velocity	6.66	7.58	7.19	6.93	6.85		6.54	6.47	6.32	6.21	6.23	6.20	6.62		7.22	6.62	6.25
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	20.5	192.5				

Murakami, Natsumi (JPN) (1999)

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

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

date	27-Jun-21	time	6.84	11.24	15.83	20.64	25.49		30.58	35.84	41.34	47.24	53.37		60.42	8 / 8			
reaction time	0.219	interval		4.40	4.59	4.81	4.85		5.09	5.26	5.50	5.90	6.13	7.05			13.80	15.20	17.53
		velocity	6.58	7.95	7.63	7.28	7.22		6.88	6.65	6.36	5.93	5.71	5.67	6.62		7.61	6.91	5.99
H1 lead leg	R	strides	23	15	15	16	16		17	17	17	18	18		172				

Wu Fangfang (CHN) (1997)

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

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

date	16-Sep-18	time	7.06	11.70	16.36	21.14	26.07		31.23	36.64	42.21	47.81	58.36		60.44	2 / 7			
reaction time		interval		4.64	4.66	4.78	4.93		5.16	5.41	5.57	5.60	10.55	2.08			14.08	15.50	21.72
		velocity	6.37	7.54	7.51	7.32	7.10		6.78	6.47	6.28	6.25	3.32	19.23	6.62		7.46	6.77	4.83
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	19	23	197				

Hu Lihong (CHN) (1999)

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

Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	03-Aug-19	time	7.08	11.80	16.68	21.54	26.54		31.72	36.88	42.26	47.84	53.62		60.44	8 / 3			
reaction time	0.229	interval		4.72	4.88	4.86	5.00		5.18	5.16	5.38	5.58	5.78	6.82			14.46	15.34	16.74
		velocity	6.36	7.42	7.17	7.20	7.00		6.76	6.78	6.51	6.27	6.06	5.87	6.62		7.26	6.84	6.27
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17	20.7	190.7				

Kusaka, Ayana (JPN) (2003)

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

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

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

Hayes, Jernail (USA) (1988)

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

FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	06-May-16	time	6.44	10.88	15.40	20.12	24.96		30.00	35.32	40.84	46.72			60.48	1 / 8			
reaction time	0.146	interval		4.44	4.52	4.72	4.84		5.04	5.32	5.52	5.88					13.68	15.20	
		velocity	6.99	7.88	7.74	7.42	7.23		6.94	6.58	6.34	5.95			6.61		7.68	6.91	
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18			156				

Zou Yifan (CHN) (2000)

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

Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN) *Henson (2018) - coaching observations*

date	15-Sep-18	time	7.06	11.68	16.42	21.17	26.03		31.11	36.40	42.00	47.88	53.94		60.48	4 / 5			
reaction time		interval		4.62	4.74	4.75	4.86		5.08	5.29	5.60	5.88	6.06	6.54			14.11	15.23	17.54
		velocity	6.37	7.58	7.38	7.37	7.20		6.89	6.62	6.25	5.95	5.78	6.12	6.61		7.44	6.89	5.99
H1 lead leg	L	strides	24	17	17	17	17		17	17	18	20			164				

Tao Xue (CHN) (1999)

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

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

date	15-Sep-18	time	6.95	11.51	16.17	20.85	25.79		31.03	36.40	42.09	47.92	53.82		60.48	7 / 2			
reaction time		interval		4.56	4.66	4.68	4.94		5.24	5.37	5.69	5.83	5.90	6.66			13.90	15.55	17.42
		velocity	6.47	7.68	7.51	7.48	7.09		6.68	6.52	6.15	6.00	5.93	6.01	6.61		7.55	6.75	6.03
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18	21	195				

Lan Tianlu (CHN) (1999)

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

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

date	22-Aug-19	time	7.02	11.63	16.38	21.29	26.24		31.45	36.70	42.06	47.56	53.55		60.49	7 / 3				
reaction time	0.306	interval		4.61	4.75	4.91	4.95		5.21	5.25	5.36	5.50	5.99	6.94			14.27	15.41	16.85	
		velocity	6.41	7.59	7.37	7.13	7.07		6.72	6.67	6.53	6.36	5.84	5.76	6.61		7.36	6.81	6.23	
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	18	22	195					

Mitzuguchi, Moe (JPN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 23-Aug-20	time	6.86	11.53	16.37	21.10	25.99		31.15	36.45	42.09	47.98	53.90		60.50	2 / 7				
reaction time 0.156	interval		4.67	4.84	4.73	4.89		5.16	5.30	5.64	5.89	5.92	6.60			14.24	15.35	17.45	
	velocity	6.56	7.49	7.23	7.40	7.16		6.78	6.60	6.21	5.94	5.91	6.06	6.61		7.37	6.84	6.02	
H1 lead leg	strides		16	17	16	17		17	17	18	18	18		154					

Yokota, Karen (JPN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 24-Oct-20	time	6.79	11.36	16.05	20.94	25.96		31.20	36.49	41.89	47.65	53.69		60.50	3 / 6				
reaction time	interval		4.57	4.69	4.89	5.02		5.24	5.29	5.40	5.76	6.04	6.81			14.15	15.55	17.20	
	velocity	6.63	7.66	7.46	7.16	6.97		6.68	6.62	6.48	6.08	5.79	5.87	6.61		7.42	6.75	6.10	
H1 lead leg	strides		16	16	17	17		17	17	17	17	19		153					

Kusaka, Ayana (JPN) (2003)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese U20 National Championsips (Osaka, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 12-Jun-22	time	7.01	11.54	16.27	21.25	26.29		31.48	36.87	42.53	48.37	54.24		60.50	8 / 4				
reaction time 0.196	interval		4.53	4.73	4.98	5.04		5.19	5.39	5.66	5.84	5.87	6.26			14.24	15.62	17.37	
	velocity	6.42	7.73	7.40	7.03	6.94		6.74	6.49	6.18	5.99	5.96	6.39	6.61		7.37	6.72	6.04	
H1 lead leg	strides		17	17	17	17		17	17	19	19	19		159					

Omori, Nanase (JPN) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Japanese National High School Championships (Okinawa, JPN)														*Matsuo (2010) - 63rd high school championships: JAF scientific committee - biomechanics data*			
date 31-Jul-10	time	6.76	11.23	15.95	20.75	25.69		30.71	35.90	41.31	47.13	53.25		60.51	/ 2				
reaction time	interval		4.47	4.72	4.80	4.94		5.02	5.19	5.41	5.82	6.12	7.26			13.99	15.15	17.35	
	velocity	6.66	7.83	7.42	7.29	7.09		6.97	6.74	6.47	6.01	5.72	5.51	6.61		7.51	6.93	6.05	
H1 lead leg	strides		17	17	17	17		17	17	17	18	19		156					

Qiu Zhangyan (CHN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)														*Henson (2018) - coaching observations*			
date 15-Sep-18	time	7.04	11.70	16.53	21.42	26.46		31.56	36.80	42.24	47.93	53.79		60.51	2 / 3				
reaction time	interval		4.66	4.83	4.89	5.04		5.10	5.24	5.44	5.69	5.86	6.72			14.38	15.38	16.99	
	velocity	6.39	7.51	7.25	7.16	6.94		6.86	6.68	6.43	6.15	5.97	5.95	6.61		7.30	6.83	6.18	
H1 lead leg L	strides	24	17	17	17	17		17	17	18	18	19	23	204					

Huang Yan (CHN) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 03-Aug-19	time	6.96	11.79	16.55	21.31	26.26		31.50	36.85	42.24	47.98	53.89		60.51	3 / 4				
reaction time 0.212	interval		4.83	4.76	4.76	4.95		5.24	5.35	5.39	5.74	5.91	6.62			14.35	15.54	17.04	
	velocity	6.47	7.25	7.35	7.35	7.07		6.68	6.54	6.49	6.10	5.92	6.04	6.61		7.32	6.76	6.16	
H1 lead leg L	strides	25	17	17	17	17		18	18	18	19	19	21.7	206.7					

Nakahara, Minami (JPN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)														*Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data*			
date 31-Jul-15	time	7.02	11.66	16.35	21.17	26.11		31.31	36.60	42.04	47.83	53.77		60.52	9 / 8				
reaction time	interval		4.64	4.69	4.82	4.94		5.20	5.29	5.44	5.79	5.94	6.75			14.15	15.43	17.17	
	velocity	6.41	7.54	7.46	7.26	7.09		6.73	6.62	6.43	6.04	5.89	5.93	6.61		7.42	6.80	6.12	
H1 lead leg	strides		17	17	17	17		17	17	17	17	19		155					

Tsugawa, Rui (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 03-May-21	time	7.07	11.81	16.72	21.62	26.71		31.80	36.97	42.23	47.60	53.27		60.52	9 / 6				
reaction time 0.230	interval		4.74	4.91	4.90	5.09		5.09	5.17	5.26	5.37	5.67	7.25			14.55	15.35	16.30	
	velocity	6.36	7.38	7.13	7.14	6.88		6.88	6.77	6.65	6.52	6.17	5.52	6.61		7.22	6.84	6.44	
H1 lead leg L	strides	23	17	17	17	17		17	17	17	17	18		177					

Di Chengqian (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														*CAA Hurdle Development (2019)*			
date 07-Apr-19	time	6.74	11.33	16.03	20.80	25.78		31.03	36.48	42.06	47.92	53.75		60.53	6 / 1				
reaction time 0.273	interval		4.59	4.70	4.77	4.98		5.25	5.45	5.58	5.86	5.83	6.78			14.06	15.68	17.27	
	velocity	6.68	7.63	7.45	7.34	7.03		6.67	6.42	6.27	5.97	6.00	5.90	6.61		7.47	6.70	6.08	
H1 lead leg L	strides	23	16	16	16	16		17	17	17	17	17	21	193					

Fu Yijia (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21	time	7.06	11.71	16.48	21.39	26.49		31.69	36.95	42.20	47.85	54.01		60.54	7 / 5				
reaction time 0.243	interval		4.65	4.77	4.91	5.10		5.20	5.26	5.25	5.65	6.16	6.53			14.33	15.56	17.06	
	velocity	6.37	7.53	7.34	7.13	6.86		6.73	6.65	6.67	6.19	5.68	6.13	6.61		7.33	6.75	6.15	
H1 lead leg R	strides	24	16	16	17	17		17	17	17	18	19	21.5	199.5					

Liu Hongjuan (CHN) (1996)

	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	6.82	11.36	16.00	20.82	25.78		31.05	36.44	42.04	47.78	53.75		60.54	7 / 2				

reaction time	0.249	interval		4.54	4.64	4.82	4.96		5.27	5.39	5.60	5.74	5.97	6.79			14.00	15.62	17.31
		velocity	6.60	7.71	7.54	7.26	7.06		6.64	6.49	6.25	6.10	5.86	5.89	6.61		7.50	6.72	6.07
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	19	22	197				

Naito, Kano (JPN) (2004)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)														*Shibayama (2021) - national high school and U20 national championhsips*			
date 30-Jul-21	time	6.68	11.16	15.93	20.94	26.18		31.63	37.02	42.90	48.74	54.54		60.54	5 / 5			
reaction time 0.196	interval		4.48	4.77	5.01	5.24		5.45	5.39	5.88	5.84	5.80	6.00			14.26	16.08	17.52
	velocity	6.74	7.81	7.34	6.99	6.68		6.42	6.49	5.95	5.99	6.03	6.67	6.61		7.36	6.53	5.99
H1 lead leg	strides		17	17	17	17		19	17	19	19	19		161				

Liu Hongjuan (CHN) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														*CAA Hurdle Development (2019)*			
date 07-Apr-19	time	6.99	11.63	16.35	21.25	26.13		31.35	36.78	42.37	48.15	53.99		60.55	7 / 1			
reaction time 0.278	interval		4.64	4.72	4.90	4.88		5.22	5.43	5.59	5.78	5.84	6.56			14.26	15.53	17.21
	velocity	6.44	7.54	7.42	7.14	7.17		6.70	6.45	6.26	6.06	5.99	6.10	6.61		7.36	6.76	6.10
H1 lead leg L	strides	23	16	16	16	16		17	18	18	19	19	22.5	200.5				

Chen Liying (CHN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)														*CAA Hurdle Development (2021)*			
date 25-Apr-21	time	6.87	11.41	16.10	20.84	25.74		30.85	36.10	41.61	47.63	53.75		60.55	3 / 3			
reaction time 0.214	interval		4.54	4.69	4.74	4.90		5.11	5.25	5.51	6.02	6.12	6.80			13.97	15.26	17.65
	velocity	6.55	7.71	7.46	7.38	7.14		6.85	6.67	6.35	5.81	5.72	5.88	6.61		7.52	6.88	5.95
H1 lead leg R	strides	24	16	16	16	16		17	17	18	19	19	22	200				

Liu Hongjuan (CHN) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 09-Jul-19	time	6.94	11.58	16.25	21.10	26.04		31.21	36.48	41.89	47.71	53.58		60.57	3 / 4			
reaction time 0.291	interval		4.64	4.67	4.85	4.94		5.17	5.27	5.41	5.82	5.87	6.99			14.16	15.38	17.10
	velocity	6.48	7.54	7.49	7.22	7.09		6.77	6.64	6.47	6.01	5.96	5.72	6.60		7.42	6.83	6.14
H1 lead leg L	strides	23	16	16	16	16		17	17	17	18	18	22.5	196.5				

Benjabala, Mina (JPN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Japanese National High School Championships (Kitakami, JPN)														*Abe (2011) - 64th high school championships: JAF scientific committee - biomechanics data*			
date 05-Aug-11	time	7.17	12.08	16.93	21.94	27.01		32.08	37.15	42.66	48.45	54.27		60.58	7 / 3			
reaction time	interval		4.91	4.85	5.01	5.07		5.07	5.07	5.51	5.79	5.82	6.31			14.77	15.21	17.12
	velocity	6.28	7.13	7.22	6.99	6.90		6.90	6.90	6.35	6.04	6.01	6.34	6.60		7.11	6.90	6.13
H1 lead leg	strides																	

Liu Wei (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21	time	7.21	12.00	16.93	21.97	27.08		32.35	37.59	43.06	48.53	54.15		60.62	2 / 6			
reaction time 0.343	interval		4.79	4.93	5.04	5.11		5.27	5.24	5.47	5.47	5.62	6.47			14.76	15.62	16.56
	velocity	6.24	7.31	7.10	6.94	6.85		6.64	6.68	6.40	6.40	6.23	6.18	6.60		7.11	6.72	6.34
H1 lead leg L	strides	23	17	17	17	17		17	17	17	18	18	21.2	199.2				

Hirahara, Kyoka (JPN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)														*Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection*			
date 31-Jul-16	time	7.07	11.76	16.68	21.91	27.14		32.40	37.67	43.13	48.63	54.32		60.61	8 / 5			
reaction time	interval		4.69	4.92	5.23	5.23		5.26	5.27	5.46	5.50	5.69	6.29			14.84	15.76	16.65
	velocity	6.36	7.46	7.11	6.69	6.69		6.65	6.64	6.41	6.36	6.15	6.36	6.60		7.08	6.66	6.31
H1 lead leg	strides		16	16	18	17		17	17	17	17	18		153				

Ou Ying (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)														*CAA Hurdle Development (2021)*			
date 25-Apr-21	time	7.16	11.79	16.57	21.37	26.31		31.41	36.84	42.48	48.30	54.10		60.65	3 / 2			
reaction time 0.255	interval		4.63	4.78	4.80	4.94		5.10	5.43	5.64	5.82	5.80	6.55			14.21	15.47	17.26
	velocity	6.28	7.56	7.32	7.29	7.09		6.86	6.45	6.21	6.01	6.03	6.11	6.60		7.39	6.79	6.08
H1 lead leg L	strides	24	17	17	17	17		17	18	18	19	19	22	205				

Nakahara, Minami (JPN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)														*Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection*			
date 31-Jul-16	time	6.82	11.31	16.05	21.07	26.23		31.38	36.69	42.23	48.00	54.10		60.69	9 / 6			
reaction time	interval		4.49	4.74	5.02	5.16		5.15	5.31	5.54	5.77	6.10	6.59			14.25	15.62	17.41
	velocity	6.60	7.80	7.38	6.97	6.78		6.80	6.59	6.32	6.07	5.74	6.07	6.59		7.37	6.72	6.03
H1 lead leg	strides		15	15	17	16		16	17	17	17	19		149				

Minamisawa, Akane (JPN) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 20-Sep-20	time	7.16	12.00	16.87	21.82	26.83		32.03	37.52	43.03	48.58	54.29		60.69	4 / 6			
reaction time 0.243	interval		4.84	4.87	4.95	5.01		5.20	5.49	5.51	5.55	5.71	6.40			14.66	15.70	16.77
	velocity	6.28	7.23	7.19	7.07	6.99		6.73	6.38	6.35	6.31	6.13	6.25	6.59		7.16	6.69	6.26
H1 lead leg	strides		16	16	16	16		16	17	17	17	18		149				

Chen Lin (CHN) (2004)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 National Grand Prix (Chengdu, CHN)														*CAA Hurdle Development (2021)*			
date 02-Apr-21	time	6.95	11.63	16.46	21.46	26.56		31.77	37.29	42.87	48.52	54.17		60.69	3 / 1			
reaction time 0.207	interval		4.68	4.83	5.00	5.10		5.21	5.52	5.58	5.65	5.65	6.52			14.51	15.83	16.88

		velocity	6.47	7.48	7.25	7.00	6.86		6.72	6.34	6.27	6.19	6.19	6.13	6.59		7.24	6.63	6.22
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	18	18	22	203				

Aruga, Chiharu (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 25-Oct-20	time	6.99	11.64	16.42	21.34	26.54		32.00	37.64	43.46	49.12	54.60		60.72	4 / 5			
reaction time 0.174	interval		4.65	4.78	4.92	5.20		5.46	5.64	5.82	5.66	5.48	6.12			14.35	16.30	16.96
	velocity	6.44	7.53	7.32	7.11	6.73		6.41	6.21	6.01	6.18	6.39	6.54	6.59		7.32	6.44	6.19
H1 lead leg	strides		17	17	17	17		18	19	20	19	19		163				

Marcinkiewicz, Eva (SWE) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B-Race - 2011 Poks Memorial (Hässleholm, SWE)														*Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*			
date 12-Jun-11	time	7.12	11.84	16.66	21.66	26.74		31.98	37.46	43.10	48.78	54.52		60.75	/ 1			
reaction time	interval		4.72	4.82	5.00	5.08		5.24	5.48	5.64	5.68	5.74	6.23			14.54	15.80	17.06
	velocity	6.32	7.42	7.26	7.00	6.89		6.68	6.39	6.21	6.16	6.10	6.42	6.58		7.22	6.65	6.15
H1 lead leg R	strides		17	17	17	17		17	17	18	18	18	22	178				

Hu Lihong (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)														*CAA Hurdle Development (2019)*			
date 29-May-19	time	7.02	11.64	16.35	21.17	26.17		31.33	36.70	42.12	47.86	53.87		60.75	5 / 3			
reaction time	interval		4.62	4.71	4.82	5.00		5.16	5.37	5.42	5.74	6.01	6.88			14.15	15.53	17.17
	velocity	6.41	7.58	7.43	7.26	7.00		6.78	6.52	6.46	6.10	5.82	5.81	6.58		7.42	6.76	6.12
H1 lead leg L	strides	23	16	16	16	16		17	17	17	17	17	20.7	192.7				

Kuki, Yurie (JPN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
C FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 24-Oct-20	time	6.82	11.33	15.90	20.87	26.29		31.65	36.99	42.38	48.03	53.80		60.75	3 / 2			
reaction time	interval		4.51	4.57	4.97	5.42		5.36	5.34	5.39	5.65	5.77	6.95			14.05	16.12	16.81
	velocity	6.60	7.76	7.66	7.04	6.46		6.53	6.55	6.49	6.19	6.07	5.76	6.58		7.47	6.51	6.25
H1 lead leg	strides		15	15	16	17		18	17	17	17	17		149				

Kudo, Mei (JPN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 25-Oct-20	time	6.92	11.58	16.45	21.40	26.51		31.77	37.24	42.93	48.87	54.79		60.75	6 / 7			
reaction time 0.210	interval		4.66	4.87	4.95	5.11		5.26	5.47	5.69	5.94	5.92	5.96			14.48	15.84	17.55
	velocity	6.50	7.51	7.19	7.07	6.85		6.65	6.40	6.15	5.89	5.91	6.71	6.58		7.25	6.63	5.98
H1 lead leg	strides		17	18	17	17		17	17	17	19	19		158				

Hamachiyo, Rinka (JPN) (2003)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 27-Jun-21	time	7.06	11.78	16.52	21.40	26.46		31.61	37.09	42.69	48.62	54.60		60.75	4 / 5			
reaction time 0.191	interval		4.72	4.74	4.88	5.06		5.15	5.48	5.60	5.93	5.98	6.15	PB		14.34	15.69	17.51
	velocity	6.37	7.42	7.38	7.17	6.92		6.80	6.39	6.25	5.90	5.85	6.50	6.58		7.32	6.69	6.00
H1 lead leg L	strides	25	17	17	17	17		17	18	18	19	19		184				

Lan Tianlu (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														*CAA Hurdle Development (2019)*			
date 07-Apr-19	time	6.97	11.62	16.48	21.25	26.10		31.18	36.67	42.39	48.23	54.03		60.76	5 / 2			
reaction time 0.256	interval		4.65	4.86	4.77	4.85		5.08	5.49	5.72	5.84	5.80	6.73			14.28	15.42	17.36
	velocity	6.46	7.53	7.20	7.34	7.22		6.89	6.38	6.12	5.99	6.03	5.94	6.58		7.35	6.81	6.05
H1 lead leg L	strides	23	16	16	16	16		17	17	18	18	18	22	197				

Medina, Celia (ESP) (1977)

	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	6.75	11.61	16.49	21.56	26.70		31.80	37.08	42.36	47.99	53.86		60.80	4 / 4			
reaction time	interval		4.86	4.88	5.07	5.14		5.10	5.28	5.28	5.63	5.87	6.94			14.81	15.52	16.78
	velocity	6.67	7.20	7.17	6.90	6.81		6.86	6.63	6.63	6.22	5.96	5.76	6.58		7.09	6.77	6.26
H1 lead leg L	strides	22	16	16	17	17		17	17	17	18	18	21	196				

Liu Xin (CHN) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														*CAA Hurdle Development (2019)*			
date 07-Apr-19	time	7.14	11.86	16.75	21.62	26.63		31.75	37.00	42.49	48.13	54.00		60.80	6 / 2			
reaction time 0.247	interval		4.72	4.89	4.87	5.01		5.12	5.25	5.49	5.64	5.87	6.80			14.48	15.38	17.00
	velocity	6.30	7.42	7.16	7.19	6.99		6.84	6.67	6.38	6.21	5.96	5.88	6.58		7.25	6.83	6.18
H1 lead leg L	strides	24	17	17	17	17		18	18	19	19	20	24	210				

Jiang Liyunzhe (CHN) (2002)

	H1	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	6.72	11.30	16.00	20.83	25.86		30.94	36.26	41.76	47.71	53.88		60.80	3 / 4			
reaction time 0.194	interval		4.58	4.70	4.83	5.03		5.08	5.32	5.50	5.95	6.17	6.92	PB		14.11	15.43	17.62
	velocity	6.70	7.64	7.45	7.25	6.96		6.89	6.58	6.36	5.88	5.67	5.78	6.58		7.44	6.80	5.96
H1 lead leg L	strides	24	16	16	16	16		17	17	17	18	18	21.5	196.5				

Nakamura, Makoto (JPN) (2005)

	H1	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	6.82	11.37	16.08	21.02	26.12		31.32	36.57	42.10	47.92	53.85		60.80	3 / 4			
reaction time 0.171	interval		4.55	4.71	4.94	5.10		5.20	5.25	5.53	5.82	5.93	6.95			14.20	15.55	17.28
	velocity	6.60	7.69	7.43	7.09	6.86		6.73	6.67	6.33	6.01	5.90	5.76	6.58		7.39	6.75	6.08

H1 lead leg	R	strides	23	16	17	17	17		17	17	18	19	19	23	203				

Masuko, Meri (JPN) (2003)

	H1	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 12-Jun-22 time	6.99	11.56	16.35	21.20	26.18		31.35	36.64	42.18	48.15	54.29		60.81	9 / 5			
reaction time 0.162 interval		4.57	4.79	4.85	4.98		5.17	5.29	5.54	5.97	6.14	6.52			14.21	15.44	17.65
velocity	6.44	7.66	7.31	7.22	7.03		6.77	6.62	6.32	5.86	5.70	6.13	6.58		7.39	6.80	5.95
H1 lead leg R strides	24	17	17	17	17		17	17	17	18	19	22	202				

Natsume, Saaya (JPN) (2004)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)														*Kishima (2022) - national high school championships biomechanics data collection*			
date 05-Aug-22 time	6.97	11.60	16.37	21.35	26.50		31.87	37.47	43.13	48.87	54.58		60.81	9 / 5			
reaction time 0.204 interval		4.63	4.77	4.98	5.15		5.37	5.60	5.66	5.74	5.71	6.23			14.38	16.12	17.11
velocity	6.46	7.56	7.34	7.03	6.80		6.52	6.25	6.18	6.10	6.13	6.42	6.58		7.30	6.51	6.14
H1 lead leg L strides	24	17	17	17	17		17	19	19	19	19		185				

Chen Liying (CHN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)														*CAA Hurdle Development (2019)*			
date 29-May-19 time	7.05	11.61	16.28	20.95	25.79		30.88	36.28	42.01	47.86	53.95		60.83	7 / 4			
reaction time interval		4.56	4.67	4.67	4.84		5.09	5.40	5.73	5.85	6.09	6.88			13.90	15.33	17.67
velocity	6.38	7.68	7.49	7.49	7.23		6.88	6.48	6.11	5.98	5.75	5.81	6.58		7.55	6.85	5.94
H1 lead leg L strides	24	16	16	16	16		17	17	19	18	19	22	200				

Ogasawara, Arisa (JPN) (2004)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)														*Kishima (2022) - national high school championships biomechanics data collection*			
date 05-Aug-22 time	7.20	12.00	16.87	22.07	27.33		32.60	37.90	43.27	48.73	54.27		60.83	8 / 6			
reaction time 0.220 interval		4.80	4.87	5.20	5.26		5.27	5.30	5.37	5.46	5.54	6.56	PB		14.87	15.83	16.37
velocity	6.25	7.29	7.19	6.73	6.65		6.64	6.60	6.52	6.41	6.32	6.10	6.58		7.06	6.63	6.41
H1 lead leg L strides	24	16	16	17	17		17	17	17	17	17		175				

Ding Yirui (CHN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 03-Aug-19 time	6.84	11.46	16.33	21.29	26.44		31.95	37.29	42.71	48.26	54.09		60.85	4 / 5			
reaction time 0.250 interval		4.62	4.87	4.96	5.15		5.51	5.34	5.42	5.55	5.83	6.76			14.45	16.00	16.80
velocity	6.58	7.58	7.19	7.06	6.80		6.35	6.55	6.46	6.31	6.00	5.92	6.57		7.27	6.56	6.25
H1 lead leg L strides	23	15	16	16	17		17	17	17	17	18	21.2	194.2				

Saihara, Mai (JPN)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)														*Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection*			
date 04-Aug-18 time	6.86	11.49	16.25	21.26	26.43		31.82	37.47	43.14	48.98	54.67		60.86	9 / 6			
reaction time interval		4.63	4.76	5.01	5.17		5.39	5.65	5.67	5.84	5.69	6.19			14.40	16.21	17.20
velocity	6.56	7.56	7.35	6.99	6.77		6.49	6.19	6.17	5.99	6.15	6.46	6.57		7.29	6.48	6.10
H1 lead leg strides		17	17	17	17		17	18	18	19	19		159				

Tsugawa, Rui (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)														*Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection*			
date 04-Aug-18 time	6.97	11.63	16.53	21.57	26.74		32.05	37.35	42.99	48.87	54.77		60.89	7 / 7			
reaction time interval		4.66	4.90	5.04	5.17		5.31	5.30	5.64	5.88	5.90	6.12			14.60	15.78	17.42
velocity	6.46	7.51	7.14	6.94	6.77		6.59	6.60	6.21	5.95	5.93	6.54	6.57		7.19	6.65	6.03
H1 lead leg strides		17	17	17	17		17	17	19	19	19		159				

Hu Lihong (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)														*CAA Hurdle Development (2019)*			
date 23-Aug-19 time	7.00	11.60	16.42	21.30	26.30		31.38	36.66	42.14	47.81	53.79		60.89	9 / 4			
reaction time 0.217 interval		4.60	4.82	4.88	5.00		5.08	5.28	5.48	5.67	5.98	7.10			14.30	15.36	17.13
velocity	6.43	7.61	7.26	7.17	7.00		6.89	6.63	6.39	6.17	5.85	5.63	6.57		7.34	6.84	6.13
H1 lead leg L strides	23	16	16	16	16		16	16	17	17	17	21	191				

Moriwaki, Kanami (JPN) (2004)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)														*Kishima (2022) - national high school championships biomechanics data collection*			
date 05-Aug-22 time	6.85	11.40	16.27	21.32	26.58		32.03	37.50	42.93	48.50	54.27		60.89	1 / 7			
reaction time 0.166 interval		4.55	4.87	5.05	5.26		5.45	5.47	5.43	5.57	5.77	6.62	PB		14.47	16.18	16.77
velocity	6.57	7.69	7.19	6.93	6.65		6.42	6.40	6.45	6.28	6.07	6.04	6.57		7.26	6.49	6.26
H1 lead leg L strides	24	16	17	17	17		17	17	17	17	17	22	198				

Wu Xueting (CHN) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)														*CAA Hurdle Development (2019)*			
date 12-Apr-19 time	7.00	11.52	16.34	21.24	26.30		31.44	36.88	42.70	48.50	54.42		60.92	4 / 2			
reaction time 0.224 interval		4.52	4.82	4.90	5.06		5.14	5.44	5.82	5.80	5.92	6.50			14.24	15.64	17.54
velocity	6.43	7.74	7.26	7.14	6.92		6.81	6.43	6.01	6.03	5.91	6.15	6.57		7.37	6.71	5.99
H1 lead leg L strides	23	16	16	16	16		16	17	18	18	18	21	195				

Simizu, Serina (JPN) (2005)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)														*Kishima (2022) - national high school championships biomechanics data collection*			
date 05-Aug-22 time	6.80	11.32	16.15	21.15	26.43		31.82	37.45	43.07	48.73	54.55		60.92	2 / 8			
reaction time 0.291 interval		4.52	4.83	5.00	5.28		5.39	5.63	5.62	5.66	5.82	6.37	PB		14.35	16.30	17.10
velocity	6.62	7.74	7.25	7.00	6.63		6.49	6.22	6.23	6.18	6.01	6.28	6.57		7.32	6.44	6.14
H1 lead leg L strides	24	17	17	17	17		17	19	19	19	19	22	207				

Ndiwabene, Nuulu (SWE) (1984)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Fridrott (Stockholm, SWE)														*Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*			
date 07-Jun-11 time	6.80	11.44	16.16	21.12	26.10		31.28	36.70	42.30	48.04	53.96		60.94	/ 2			
reaction time interval		4.64	4.72	4.96	4.98		5.18	5.42	5.60	5.74	5.92	6.98			14.32	15.58	17.26
velocity	6.62	7.54	7.42	7.06	7.03		6.76	6.46	6.25	6.10	5.91	5.73	6.56		7.33	6.74	6.08
H1 lead leg L strides		17	17	18	18		18	19	19	19	21	22	188				

Hu Lihong (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														*CAA Hurdle Development (2019)*			
date 07-Apr-19 time	7.04	11.63	16.40	21.27	26.29		31.50	36.87	42.42	48.11	54.04		60.94	7 / 2			
reaction time 0.186 interval		4.59	4.77	4.87	5.02		5.21	5.37	5.55	5.69	5.93	6.90			14.23	15.60	17.17
velocity	6.39	7.63	7.34	7.19	6.97		6.72	6.52	6.31	6.15	5.90	5.80	6.56		7.38	6.73	6.12
H1 lead leg L strides	24	16	16	16	16		17	17	17	17	17	21	194				

Wang Hongyan (CHN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)														*Henson (2018) - coaching observations*			
date 15-Sep-18 time	7.04	11.73	16.53	21.46	26.41		31.69	37.12	42.71	48.50	54.39		60.96	7 / 4			
reaction time interval		4.69	4.80	4.93	4.95		5.28	5.43	5.59	5.79	5.89	6.57			14.42	15.66	17.27
velocity	6.39	7.46	7.29	7.10	7.07		6.63	6.45	6.26	6.04	5.94	6.09	6.56		7.28	6.70	6.08
H1 lead leg L strides	25	17	17	17	17		18	18	18	19	19	22.7	207.7				

Jiang Liyunzhe (CHN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														*CAA Hurdle Development (2019)*			
date 07-Apr-19 time	6.84	11.62	16.37	21.30	26.36		31.68	37.07	42.59	48.52	54.45		60.97	1 / 3			
reaction time 0.217 interval		4.78	4.75	4.93	5.06		5.32	5.39	5.52	5.93	5.93	6.52	PB		14.46	15.77	17.38
velocity	6.58	7.32	7.37	7.10	6.92		6.58	6.49	6.34	5.90	5.90	6.13	6.56		7.26	6.66	6.04
H1 lead leg L strides	24	16	16	16	16		17	17	17	18	18	21	196				

Liu Xin (CHN) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)														*CAA Hurdle Development (2019)*			
date 12-Apr-19 time	7.42	12.22	16.96	21.76	26.76		31.98	37.32	42.86	48.62	54.40		60.97	2 / 3			
reaction time 0.355 interval		4.80	4.74	4.80	5.00		5.22	5.34	5.54	5.76	5.78	6.57			14.34	15.56	17.08
velocity	6.06	7.29	7.38	7.29	7.00		6.70	6.55	6.32	6.08	6.06	6.09	6.56		7.32	6.75	6.15
H1 lead leg L strides	25	17	17	17	17		18	18	19	19	19	23.5	209.5				

Wang Jiahui (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 09-Jul-19 time	6.95	11.64	16.46	21.42	26.52		31.76	37.25	42.92	48.66	54.49		60.97	7 / 5			
reaction time 0.213 interval		4.69	4.82	4.96	5.10		5.24	5.49	5.67	5.74	5.83	6.48	PB		14.47	15.83	17.24
velocity	6.47	7.46	7.26	7.06	6.86		6.68	6.38	6.17	6.10	6.00	6.17	6.56		7.26	6.63	6.09
H1 lead leg R strides	23	17	17	17	17		17	18	18	19	19	22.2	204.2				

Muramatsu, Luna (JPN) (2006)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)														*Kishima (2022) - national high school championships biomechanics data collection*			
date 05-Aug-22 time	7.10	11.68	16.43	21.33	26.60		31.97	37.47	42.98	48.60	54.38		60.97	4 / 9			
reaction time 0.199 interval		4.58	4.75	4.90	5.27		5.37	5.50	5.51	5.62	5.78	6.59	=PB		14.23	16.14	16.91
velocity	6.34	7.64	7.37	7.14	6.64		6.52	6.36	6.35	6.23	6.06	6.07	6.56		7.38	6.51	6.21
H1 lead leg L strides	24	16	17	17	18		17	18	18	19	19	23	206				

Young, Natalie (USA)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)														*USATF Women's Sprint Development (2003)*			
date 22-Jun-03 time	6.76	11.19	15.88	20.45	25.23		30.36	35.94	41.89	47.85			60.99	2 / 5			
reaction time interval		4.43	4.69	4.57	4.78		5.13	5.58	5.95	5.96					13.69	15.49	
velocity	6.66	7.90	7.46	7.66	7.32		6.82	6.27	5.88	5.87			6.56		7.67	6.78	
H1 lead leg strides																	

Wu Xueting (CHN) (1995)

	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	7.00	11.60	16.25	21.02	26.06		31.31	36.72	42.28	48.02	54.04		60.99	7 / 2			
reaction time 0.265 interval		4.60	4.65	4.77	5.04		5.25	5.41	5.56	5.74	6.02	6.95			14.02	15.70	17.32
velocity	6.43	7.61	7.53	7.34	6.94		6.67	6.47	6.29	6.10	5.81	5.76	6.56		7.49	6.69	6.06
H1 lead leg L strides	22	15	15	15	16		16	17	17	17	18	21	189				

Hu Lihong (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21 time	6.88	11.44	16.21	21.03	26.01		31.12	36.42	41.90	47.64	53.69		60.99	6 / 6			
reaction time 0.167 interval		4.56	4.77	4.82	4.98		5.11	5.30	5.48	5.74	6.05	7.30			14.15	15.39	17.27
velocity	6.54	7.68	7.34	7.26	7.03		6.85	6.60	6.39	6.10	5.79	5.48	6.56		7.42	6.82	6.08
H1 lead leg L strides	23	16	16	16	16		17	17	17	17	17	21	193				

Chen Liying (CHN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)														*Henson (2018) - coaching observations*			
date 15-Sep-18 time	7.00	11.60	16.32	21.17	26.34		31.59	36.97	42.63	48.34	54.28		61.00	4 / 4			
reaction time interval		4.60	4.72	4.85	5.17		5.25	5.38	5.66	5.71	5.94	6.72			14.17	15.80	17.31
velocity	6.43	7.61	7.42	7.22	6.77		6.67	6.51	6.18	6.13	5.89	5.95	6.56		7.41	6.65	6.07
H1 lead leg L strides	24	16	16	17	17		17	17	18	18	19	22	201				

Chen Liying (CHN) (1994)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 5 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																*CAA Hurdle Development (2019)*			
date	07-Apr-19	time	7.05	11.75	16.43	21.19	26.06		31.21	36.47	41.92	47.80	54.04		61.01	8 / 3			
reaction time	0.194	interval		4.70	4.68	4.76	4.87		5.15	5.26	5.45	5.88	6.24	6.97			14.14	15.28	17.57
		velocity	6.38	7.45	7.48	7.35	7.19		6.80	6.65	6.42	5.95	5.61	5.74	6.56		7.43	6.87	5.98
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	20	23	200				

Ou Ying (CHN) (2001)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																*CAA Hurdle Development (2021)*			
date	25-Apr-21	time	6.98	11.64	16.42	21.32	26.38		31.66	37.20	42.86	48.54	54.32		61.01	8 / 6			
reaction time	0.237	interval		4.66	4.78	4.90	5.06		5.28	5.54	5.66	5.68	5.78	6.69			14.34	15.88	17.12
		velocity	6.45	7.51	7.32	7.14	6.92		6.63	6.32	6.18	6.16	6.06	5.98	6.56		7.32	6.61	6.13
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	18	19	22	204				

Liu Hongjuan (CHN) (1996)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	03-Aug-19	time	7.02	11.78	16.57	21.44	26.46		31.68	37.02	42.61	48.28	54.20		61.02	3 / 8			
reaction time	0.251	interval		4.76	4.79	4.87	5.02		5.22	5.34	5.59	5.67	5.92	6.82			14.42	15.58	17.18
		velocity	6.41	7.35	7.31	7.19	6.97		6.70	6.55	6.26	6.17	5.91	5.87	6.56		7.28	6.74	6.11
H1 lead leg	L	strides	23	16	16	16	16		17	17	18	18	19	22.2	198.2				

Kudo, Mitsuki (JPN) (2004)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)																*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date	27-Jun-21	time	7.07	11.61	16.22	20.94	25.99		31.33	36.67	42.23	47.91	54.05		61.02	9 / 6			
reaction time	0.206	interval		4.54	4.61	4.72	5.05		5.34	5.34	5.56	5.68	6.14	6.97			13.87	15.73	17.38
		velocity	6.36	7.71	7.59	7.42	6.93		6.55	6.55	6.29	6.16	5.70	5.74	6.56		7.57	6.68	6.04
H1 lead leg	R	strides	26	17	17	17	19		19	19	19	19	21		193				

Ndiwabene, Nuulu (SWE) (1984)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
B-Race - 2011 Poks Memorial (Hässleholm, SWE)																*Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*			
date	12-Jun-11	time	6.76	11.26	15.86	20.62	25.50		30.66	36.12	41.86	47.78	54.08		61.03	/ 2			
reaction time		interval		4.50	4.60	4.76	4.88		5.16	5.46	5.74	5.92	6.30	6.95			13.86	15.50	17.96
		velocity	6.66	7.78	7.61	7.35	7.17		6.78	6.41	6.10	5.91	5.56	5.76	6.55		7.58	6.77	5.85
H1 lead leg	L	strides		17	17	17	18		18	19	20	19	21	22	188				

Jiang Liyunzhe (CHN) (2002)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)																*CAA Hurdle Development (2021)*			
date	25-Apr-21	time	6.84	11.48	16.24	21.18	26.24		31.38	36.72	42.26	48.36	54.40		61.03	8 / 3			
reaction time	0.246	interval		4.64	4.76	4.94	5.06		5.14	5.34	5.54	6.10	6.04	6.63			14.34	15.54	17.68
		velocity	6.58	7.54	7.35	7.09	6.92		6.81	6.55	6.32	5.74	5.79	6.03	6.55		7.32	6.76	5.94
H1 lead leg	L	strides	24	16	16	17	17		17	17	17	19	19	21	200				

Wu Fangfang (CHN) (1997)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 3 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																*CAA Hurdle Development (2019)*			
date	07-Apr-19	time	7.12	11.91	16.74	21.67	26.69		32.00	37.49	43.11	48.76	54.76		61.04	7 / 1			
reaction time	0.319	interval		4.79	4.83	4.93	5.02		5.31	5.49	5.62	5.65	6.00	6.28			14.55	15.82	17.27
		velocity	6.32	7.31	7.25	7.10	6.97		6.59	6.38	6.23	6.19	5.83	6.37	6.55		7.22	6.64	6.08
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	19	22	197				

Lan Tianlu (CHN) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																*CAA Hurdle Development (2019)*			
date	08-Apr-19	time	6.85	11.26	15.88	20.60	25.47		30.56	35.83	41.47	47.44	53.76		61.06	9 / 5			
reaction time	0.303	interval		4.41	4.62	4.72	4.87		5.09	5.27	5.64	5.97	6.32	7.30			13.75	15.23	17.93
		velocity	6.57	7.94	7.58	7.42	7.19		6.88	6.64	6.21	5.86	5.54	5.48	6.55		7.64	6.89	5.86
H1 lead leg	L	strides	23	16	16	16	16		17	17	18	19	19	23	200				

Yang Qi (CHN) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)																*CAA Hurdle Development (2021)*			
date	13-Jun-21	time	6.67	11.43	16.10	20.85	25.73		31.06	36.45	42.11	48.40	54.60		61.08	6 / 5			
reaction time	0.261	interval		4.76	4.67	4.75	4.88		5.33	5.39	5.66	6.29	6.20	6.48			14.18	15.60	18.15
		velocity	6.75	7.35	7.49	7.37	7.17		6.57	6.49	6.18	5.56	5.65	6.17	6.55		7.40	6.73	5.79
H1 lead leg	L	strides	24	16	16	16	16		16	17	18	19	19	21.5	198.5				

Jiang Liyunzhe (CHN) (2002)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																*CAA Hurdle Development (2019)*			
date	12-Apr-19	time	7.02	11.76	16.63	21.67	26.81		32.01	37.30	42.74	48.42	54.38		61.11	8 / 4			
reaction time	0.264	interval		4.74	4.87	5.04	5.14		5.20	5.29	5.44	5.68	5.96	6.73			14.65	15.63	17.08
		velocity	6.41	7.38	7.19	6.94	6.81		6.73	6.62	6.43	6.16	5.87	5.94	6.55		7.17	6.72	6.15
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	18	21.2	195.2				

Zhou Yu (CHN) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																*CAA Hurdle Development (2019)*			
date	12-Apr-19	time	6.95	11.63	16.40	21.29	26.24		31.38	36.60	41.97	47.53	53.40		61.11	7 / 5			
reaction time	0.205	interval		4.68	4.77	4.89	4.95		5.14	5.22	5.37	5.56	5.87	7.71			14.34	15.31	16.80
		velocity	6.47	7.48	7.34	7.16	7.07		6.81	6.70	6.52	6.29	5.96	5.19	6.55		7.32	6.86	6.25
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	19	23	199				

Chen Liying (CHN) (1994)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**

FINAL - 2020 Chinese National Championships (Shaoxing, CHN) *CAA Hurdle Development (2020)*

date	17-Sep-20	time	6.75	11.25	16.00	20.83		30.96	36.33	42.21	48.12	54.25		61.14	2 / 6		
reaction time		interval		4.50	4.75	4.83		30.96	5.37	5.88	5.91	6.13	6.89			14.08	15.50	17.92
		velocity	6.67	7.78	7.37	7.25		1.13	6.52	5.95	5.92	5.71	5.81	6.54		7.46	6.77	5.86
H1 lead leg	R	strides	14		16				18	19	18	19	22	126				

Ding Yirui (CHN) (2002)

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

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

date	13-Jun-21	time	6.84	11.41	16.25	21.34	26.53	31.90	37.29	42.89	48.63	54.47		61.13	8 / 6		
reaction time	0.247	interval		4.57	4.84	5.09	5.19	5.37	5.39	5.60	5.74	5.84	6.66			14.50	15.95	17.18
		velocity	6.58	7.66	7.23	6.88	6.74	6.52	6.49	6.25	6.10	5.99	6.01	6.54		7.24	6.58	6.11
H1 lead leg	L	strides	22	15	15	16	16	16	16	17	17	17	19.2	186.2				

Zou Yifan (CHN) (2000)

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

U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN) *CAA Hurdle Development (2019)*

date	17-Aug-19	time	7.24	11.86	16.54	21.32	26.26	31.38	36.78	42.30	48.20	54.36		61.15	4 / 1		
reaction time	0.269	interval		4.62	4.68	4.78	4.94	5.12	5.40	5.52	5.90	6.16	6.79			14.08	15.46	17.58
		velocity	6.22	7.58	7.48	7.32	7.09	6.84	6.48	6.34	5.93	5.68	5.89	6.54		7.46	6.79	5.97
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	19	19	21.2	202.2				

Hindrikes, Evelin (SWE) (1991)

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

B-Race - 2011 Poks Memorial (Hässleholm, SWE) *Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*

date	12-Jun-11	time	7.20	11.89	16.60	21.42	26.38	31.64	37.32	43.08	48.90	54.74		61.20	/ 3		
reaction time		interval		4.69	4.71	4.82	4.96	5.26	5.68	5.76	5.82	5.84	6.46			14.22	15.90	17.42
		velocity	6.25	7.46	7.43	7.26	7.06	6.65	6.16	6.08	6.01	5.99	6.19	6.54		7.38	6.60	6.03
H1 lead leg	L	strides		17	17	17	17	17	18	18	18	18	22	179				

Kusaka, Ayana (JPN) (2003)

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

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

date	27-Jun-21	time	6.81	11.28	15.90	20.59	25.51	30.76	36.40	42.18	48.11	54.29		61.20	3 / 7		
reaction time	0.194	interval		4.47	4.62	4.69	4.92	5.25	5.64	5.78	5.93	6.18	6.91			13.78	15.81	17.89
		velocity	6.61	7.83	7.58	7.46	7.11	6.67	6.21	6.06	5.90	5.66	5.79	6.54		7.62	6.64	5.87
H1 lead leg	R	strides	24	17	17	17	17	17	19	19	19	19		185				

Sugiyama, Manaho (JPN) (1992)

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

FINAL - 2010 Japanese National High School Championships (Okinawa, JPN) *Matsuo (2010) - 63rd high school championships: JAF scientific committee - biomechanics data*

date	31-Jul-10	time	6.91	11.63	16.48	21.35	26.37	31.41	36.58	41.89	47.63	53.94		61.21	/ 3		
reaction time		interval		4.72	4.85	4.87	5.02	5.04	5.17	5.31	5.74	6.31	7.27			14.44	15.23	17.36
		velocity	6.51	7.42	7.22	7.19	6.97	6.94	6.77	6.59	6.10	5.55	5.50	6.53		7.27	6.89	6.05
H1 lead leg		strides		17	17	17	17	17	17	17	18	20		157				

Kuritani, Mizuki (JPN) (1998)

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

FINAL - 2016 Japanese National High School Championships (Okayama, JPN) *Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection*

date	31-Jul-16	time	6.79	11.29	16.23	21.35	26.74	32.18	37.70	43.31	49.05	54.85		61.21	3 / 7		
reaction time		interval		4.50	4.94	5.12	5.39	5.44	5.52	5.61	5.74	5.80	6.36			14.56	16.35	17.15
		velocity	6.63	7.78	7.09	6.84	6.49	6.43	6.34	6.24	6.10	6.03	6.29	6.53		7.21	6.42	6.12
H1 lead leg		strides		17	17	17	17	18	18	18	18	18		158				

Tokuhara, Kyoka (JPN) (1999)

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

FINAL - 2016 Japanese National High School Championships (Okayama, JPN) *Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection*

date	31-Jul-16	time	7.07	11.70	16.67	21.96	27.34	32.85	38.37	43.99	49.57	55.11		61.23	2 / 8		
reaction time		interval		4.63	4.97	5.29	5.38	5.51	5.52	5.62	5.58	5.54	6.12			14.89	16.41	16.74
		velocity	6.36	7.56	7.04	6.62	6.51	6.35	6.34	6.23	6.27	6.32	6.54	6.53		7.05	6.40	6.27
H1 lead leg		strides		17	17	19	19	19	19	19	19	19		167				

Dyson, Sandra (GBR) (1944)

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

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

date	15-May-71	time	6.8	11.4	16.2	21.2	26.7	32.0	37.6	43.4	49.2	54.9		61.1	/ 1		
reaction time		interval		4.6	4.8	5.0	5.5	5.3	5.6	5.8	5.8	5.7	6.2			14.40	16.40	17.30
		velocity	6.62	7.61	7.29	7.00	6.36	6.60	6.25	6.03	6.03	6.14	6.45	6.55		7.29	6.40	6.07
H1 lead leg		strides	24	17	17	17	19	19	19	19	19	19		189				

Wu Xueting (CHN) (1995)

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

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

date	12-Apr-19	time	7.03	11.63	16.47	21.40	26.51	31.73	37.12	42.76	48.63	54.54		61.24	9 / 1		
reaction time	0.309	interval		4.60	4.84	4.93	5.11	5.22	5.39	5.64	5.87	5.91	6.70			14.37	15.72	17.42
		velocity	6.40	7.61	7.23	7.10	6.85	6.70	6.49	6.21	5.96	5.92	5.97	6.53		7.31	6.68	6.03
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	18	18	21.2	194.2				

Beppu, Riho (JPN) (2003)

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

FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	23-Aug-20	time	6.86	11.51	16.33	21.27	26.31	31.50	37.02	42.59	48.40	54.47		61.24	1 / 8		
reaction time	0.132	interval		4.65	4.82	4.94	5.04	5.19	5.52	5.57	5.81	6.07	6.77	PB		14.41	15.75	17.45
		velocity	6.56	7.53	7.26	7.09	6.94	6.74	6.34	6.28	6.02	5.77	5.91	6.53		7.29	6.67	6.02
H1 lead leg		strides		16	16	17	17	17	18	18	19	19		157				

Wang Jiaqi (CHN) (2000)

	H1	H2	H3	H4	H5		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	7.06	11.51	16.20	20.99	25.93		31.00	36.37	42.06	48.00	54.17		61.24	2 / 5				
reaction time	0.246	interval		4.45	4.69	4.79	4.94		5.07	5.37	5.69	5.94	6.17	7.07			13.93	15.38	17.80	
		velocity	6.37	7.87	7.46	7.31	7.09		6.90	6.52	6.15	5.89	5.67	5.66	6.53		7.54	6.83	5.90	
H1 lead leg	R	strides	24	17	17	17	17		17	18	18	18	19		182					

Fei Jiayu (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21 time	7.12	11.86	16.75	21.77	26.79		32.10	37.60	43.23	48.90	54.65		61.26	2 / 6			
reaction time 0.239 interval		4.74	4.89	5.02	5.02		5.31	5.50	5.63	5.67	5.75	6.61			14.65	15.83	17.05
velocity	6.32	7.38	7.16	6.97	6.97		6.59	6.36	6.22	6.17	6.09	6.05	6.53		7.17	6.63	6.16
H1 lead leg R strides	24	16	16	16	16		17	17	17	17	17	20.5	193.5				

Chen Liying (CHN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)														*CAA Hurdle Development (2021)*			
date 13-Jun-21 time	6.56	10.98	15.70	20.62	25.71		30.86	36.29	41.91	47.96	54.22		61.27	2 / 7			
reaction time 0.168 interval		4.42	4.72	4.92	5.09		5.15	5.43	5.62	6.05	6.26	7.05			14.06	15.67	17.93
velocity	6.86	7.92	7.42	7.11	6.88		6.80	6.45	6.23	5.79	5.59	5.67	6.53		7.47	6.70	5.86
H1 lead leg R strides	23	15	16	16	17		17	17	18	19	19	22	199				

Lu Zhangwei (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)														*CAA Hurdle Development (2019)*			
date 12-Apr-19 time	6.98	11.52	16.12	20.84	25.74		30.94	36.56	42.20	48.04	54.20		61.28	3 / 3			
reaction time 0.237 interval		4.54	4.60	4.72	4.90		5.20	5.62	5.64	5.84	6.16	7.08			13.86	15.72	17.64
velocity	6.45	7.71	7.61	7.42	7.14		6.73	6.23	6.21	5.99	5.68	5.65	6.53		7.58	6.68	5.95
H1 lead leg R strides		17	17	17	17		17	18	18	19	19	22.5	181.5				

Ling Jiayu (CHN) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21 time	6.96	11.53	16.26	21.07	26.02		31.16	36.70	42.57	48.60	54.70		61.28	2 / 6			
reaction time 0.186 interval		4.57	4.73	4.81	4.95		5.14	5.54	5.87	6.03	6.10	6.58			14.11	15.63	18.00
velocity	6.47	7.66	7.40	7.28	7.07		6.81	6.32	5.96	5.80	5.74	6.08	6.53		7.44	6.72	5.83
H1 lead leg R strides	24	17	17	17	17		17	19	19	19	19	21	206				

Tao Xue (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														*CAA Hurdle Development (2019)*			
date 07-Apr-19 time	7.04	11.56	16.21	20.97	25.93		31.00	36.52	42.31	48.34	54.42		61.29	2 / 2			
reaction time 0.307 interval		4.52	4.65	4.76	4.96		5.07	5.52	5.79	6.03	6.08	6.87			13.93	15.55	17.90
velocity	6.39	7.74	7.53	7.35	7.06		6.90	6.34	6.04	5.80	5.76	5.82	6.53		7.54	6.75	5.87
H1 lead leg L strides	23	16	16	16	16		16	17	18	18	18	21	195				

Liu Hongjuan (CHN) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)														*CAA Hurdle Development (2019)*			
date 12-Apr-19 time	6.98	11.57	16.34	21.30	26.32		31.58	37.18	42.92	48.72	54.62		61.30	5 / 6			
reaction time 0.265 interval		4.59	4.77	4.96	5.02		5.26	5.60	5.74	5.80	5.90	6.68			14.32	15.88	17.44
velocity	6.45	7.63	7.34	7.06	6.97		6.65	6.25	6.10	6.03	5.93	5.99	6.53		7.33	6.61	6.02
H1 lead leg L strides	23	16	16	16	16		17	18	18	19	19	22.2	200.2				

Craft, Angela (USA)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USATF National Junior Championships (Delaware, OH)														*USATF Women's Sprint Development (1996)*			
date 29-Jun-96 time	7.27	12.14	16.98	21.73	26.52		31.66	36.94	42.34	48.07	54.06		61.31	8 / 6			
reaction time interval		4.87	4.84	4.75	4.79		5.14	5.28	5.40	5.73	5.99	7.25			14.46	15.21	17.12
velocity	6.19	7.19	7.23	7.37	7.31		6.81	6.63	6.48	6.11	5.84	5.52	6.52		7.26	6.90	6.13
H1 lead leg strides																	

Liu Wei (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 National Grand Prix (Chengdu, CHN)														*CAA Hurdle Development (2021)*			
date 02-Apr-21 time	7.13	11.83	16.56	21.36	26.31		31.29	36.54	42.10	47.93	53.95		61.31	5 / 2			
reaction time 0.298 interval		4.70	4.73	4.80	4.95		4.98	5.25	5.56	5.83	6.02	7.36			14.23	15.18	17.41
velocity	6.31	7.45	7.40	7.29	7.07		7.03	6.67	6.29	6.00	5.81	5.43	6.52		7.38	6.92	6.03
H1 lead leg L strides	24	17	17	17	17		17	18	19	19	19	24	208				

Jiang Liyunzhe (CHN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)														*CAA Hurdle Development (2019)*			
date 22-Aug-19 time	6.76	11.44	16.30	21.32	26.40		31.65	37.02	42.53	48.20	54.29		61.32	8 / 4			
reaction time 0.171 interval		4.68	4.86	5.02	5.08		5.25	5.37	5.51	5.67	6.09	7.03			14.56	15.70	17.27
velocity	6.66	7.48	7.20	6.97	6.89		6.67	6.52	6.35	6.17	5.75	5.69	6.52		7.21	6.69	6.08
H1 lead leg L strides	24	16	16	16	16		17	17	17	17	18	21.5	195.5				

Wasada, Mahiro (JPN) (2004)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese U20 National Championsips (Osaka, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 12-Jun-22 time	6.99	11.61	16.33	21.22	26.28		31.53	36.95	42.61	48.57	54.60		61.34	4 / 6			
reaction time 0.175 interval		4.62	4.72	4.89	5.06		5.25	5.42	5.66	5.96	6.03	6.74			14.23	15.73	17.65
velocity	6.44	7.58	7.42	7.16	6.92		6.67	6.46	6.18	5.87	5.80	5.93	6.52		7.38	6.68	5.95
H1 lead leg L strides	24	17	17	17	17		17	17	17	19	19	22	203				

Bley, Sara (SWE) (1991)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Fridrott (Stockholm, SWE)														*Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*			
date 07-Jun-11 time	7.16	11.82	16.56	21.56	26.80		32.04	37.38	42.94	48.80	54.64		61.35	/ 3			

reaction time		interval		4.66	4.74	5.00	5.24		5.24	5.34	5.56	5.86	5.84	6.71			14.40	15.82	17.26
		velocity	6.28	7.51	7.38	7.00	6.68		6.68	6.55	6.29	5.97	5.99	5.96	6.52		7.29	6.64	6.08
H1 lead leg	L	strides		16	16	17	17		17	17	17	18	18	22	175				

Liang Yina (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)														*CAA Hurdle Development (2019)*			
date 17-Aug-19	time	6.94	11.52	16.20	21.04	26.14		31.54	37.10	42.74	48.54	54.48		61.35	7 / 5			
reaction time 0.364	interval		4.58	4.68	4.84	5.10		5.40	5.56	5.64	5.80	5.94	6.87			14.10	16.06	17.38
	velocity	6.48	7.64	7.48	7.23	6.86		6.48	6.29	6.21	6.03	5.89	5.82	6.52		7.45	6.54	6.04
H1 lead leg L	strides	24	17	17	17	17		18	18	18	18	18	22	204				

Manabe, Ayana (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 25-Oct-20	time	7.27	12.20	17.22	22.37	27.58		32.90	38.39	43.99	49.53	55.12		61.35	2 / 6			
reaction time 0.202	interval		4.93	5.02	5.15	5.21		5.32	5.49	5.60	5.54	5.59	6.23			15.10	16.02	16.73
	velocity	6.19	7.10	6.97	6.80	6.72		6.58	6.38	6.25	6.32	6.26	6.42	6.52		6.95	6.55	6.28
H1 lead leg	strides		16	16	16	16		16	17	17	17	17		148				

Jiang Liyunzhe (CHN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)														*CAA Hurdle Development (2019)*			
date 12-Apr-19	time	7.04	11.71	16.58	21.57	26.63		31.67	36.90	42.32	48.16	54.23		61.37	7 / 2			
reaction time 0.188	interval		4.67	4.87	4.99	5.06		5.04	5.23	5.42	5.84	6.07	7.14			14.53	15.33	17.33
	velocity	6.39	7.49	7.19	7.01	6.92		6.94	6.69	6.46	5.99	5.77	5.60	6.52		7.23	6.85	6.06
H1 lead leg L	strides	24	16	16	16	16		17	17	18	18	18	22	198				

Kawamura, Yuka (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)														*Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection*			
date 04-Aug-18	time	6.77	11.39	16.37	21.34	26.46		31.66	37.07	42.83	49.00	54.79		61.38	3 / 8			
reaction time	interval		4.62	4.98	4.97	5.12		5.20	5.41	5.76	6.17	5.79	6.59			14.57	15.73	17.72
	velocity	6.65	7.58	7.03	7.04	6.84		6.73	6.47	6.08	5.67	6.04	6.07	6.52		7.21	6.68	5.93
H1 lead leg	strides		17	17	17	17		17	17	19	19	19		159				

Zhuang Yilan (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)														*Henson (2018) - coaching observations*			
date 15-Sep-18	time	6.87	11.38	16.11	21.00	26.11		31.38	36.85	42.55	48.41	54.52		61.38	6 / 5			
reaction time	interval		4.51	4.73	4.89	5.11		5.27	5.47	5.70	5.86	6.11	6.86			14.13	15.85	17.67
	velocity	6.55	7.76	7.40	7.16	6.85		6.64	6.40	6.14	5.97	5.73	5.83	6.52		7.43	6.62	5.94
H1 lead leg L	strides	25	15	17	17	17		17	17	17	19	19	21.5	201.5				

Svantesson, Ebba (SWE) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)														*Omega Timing (2023) - diamond league race analysis*			
date 02-Jul-23	time	6.70	11.32	16.01	20.76	25.75		31.01	36.48	42.17	48.06	54.20		61.38	2 / 6			
reaction time 0.176	interval		4.62	4.69	4.75	4.99		5.26	5.47	5.69	5.89	6.14	7.18			14.06	15.72	17.72
	velocity	6.72	7.58	7.46	7.37	7.01		6.65	6.40	6.15	5.94	5.70	5.57	6.52		7.47	6.68	5.93
H1 lead leg	strides																	

Mitzuguchi, Moe (JPN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 09-May-21	time	6.96	11.64	16.48	21.30	26.33		31.51	37.14	42.81	48.57	54.59		61.41	1 / 7			
reaction time 0.194	interval		4.68	4.84	4.82	5.03		5.18	5.63	5.67	5.76	6.02	6.82			14.34	15.84	17.45
	velocity	6.47	7.48	7.23	7.26	6.96		6.76	6.22	6.17	6.08	5.81	5.87	6.51		7.32	6.63	6.02
H1 lead leg R	strides	24	16	17	16	17		17	18	18	18	18		179				

Higuchi, Ayane (JPN) (2004)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)														*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date 27-Jun-21	time	7.02	11.70	16.50	21.42	26.54		31.85	37.19	42.83	48.72	54.79		61.44	8 / 8			
reaction time 0.186	interval		4.68	4.80	4.92	5.12		5.31	5.34	5.64	5.89	6.07	6.65			14.40	15.77	17.60
	velocity	6.41	7.48	7.29	7.11	6.84		6.59	6.55	6.21	5.94	5.77	6.02	6.51		7.29	6.66	5.97
H1 lead leg L	strides	23	16	16	16	16		17	17	18	19	19		177				

Hamachiyo, Rinka (JPN) (2003)

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

Gooden, Dianna (USA) (1985)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)														*USATF Women's Sprint Development (2003)*			
date 22-Jun-03	time	6.81	11.34	16.08	20.99	26.06		31.33	36.95	42.80	48.78			61.47	4 / 6			
reaction time	interval		4.53	4.74	4.91	5.07		5.27	5.62	5.85	5.98					14.18	15.96	
	velocity	6.61	7.73	7.38	7.13	6.90		6.64	6.23	5.98	5.85			6.51		7.40	6.58	
H1 lead leg	strides																	

Hill, Sierra (USA) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)														*USATF Women's Sprint Development (2003)*			
date 22-Jun-03	time	7.07	11.83	16.67	21.64	26.76		32.26	37.85	43.53	49.20			61.48	3 / 7			
reaction time	interval		4.76	4.84	4.97	5.12		5.50	5.59	5.68	5.67					14.57	16.21	

		velocity	6.36	7.35	7.23	7.04	6.84		6.36	6.26	6.16	6.17			6.51			7.21	6.48	
H1 lead leg		strides																		

Derycke, Sylvaine (FRA) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2001 European Junior Championships (Grosseto, ITA)														*Leynier (2001) - Athl'haies - Championnats d'Europe Juniors*			
date 20-Jul-01	time	6.6	11.3	16.1	21.1	26.4		31.7	37.1	42.7	48.4	54.3		61.52	/ 5			
reaction time	interval		4.7	4.8	5.0	5.3		5.3	5.4	5.6	5.7	5.9	7.2			14.50	16.00	17.20
	velocity	6.82	7.45	7.29	7.00	6.60		6.60	6.48	6.25	6.14	5.93	5.54	6.50		7.24	6.56	6.10
H1 lead leg	strides																	

Ou Ying (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														*CAA Hurdle Development (2019)*			
date 07-Apr-19	time	6.97	11.63	16.43	21.25	26.31		31.55	36.95	42.52	48.23	54.29		61.52	4 / 3			
reaction time 0.280	interval		4.66	4.80	4.82	5.06		5.24	5.40	5.57	5.71	6.06	7.23			14.28	15.70	17.34
	velocity	6.46	7.51	7.29	7.26	6.92		6.68	6.48	6.28	6.13	5.78	5.53	6.50		7.35	6.69	6.06
H1 lead leg L	strides	24	17	17	17	17		17	17	17	18	19	22.5	202.5				

Fu Yijia (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)														*CAA Hurdle Development (2021)*			
date 13-Jun-21	time	6.84	11.58	16.38	21.42	26.63		31.93	37.30	42.86	48.81	54.79		61.52	1 / 8			
reaction time 0.244	interval		4.74	4.80	5.04	5.21		5.30	5.37	5.56	5.95	5.98	6.73			14.58	15.88	17.49
	velocity	6.58	7.38	7.29	6.94	6.72		6.60	6.52	6.29	5.88	5.85	5.94	6.50		7.20	6.61	6.00
H1 lead leg R	strides	23	16	16	17	17		17	17	17	18	18	21.7	197.7				

Tao Xue (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)														*Henson (2018) - coaching observations*			
date 16-Sep-18	time	7.12	11.71	16.35	21.12	26.04		31.23	36.65	42.21	48.16	54.30		61.55	8 / 8			
reaction time	interval		4.59	4.64	4.77	4.92		5.19	5.42	5.56	5.95	6.14	7.25			14.00	15.53	17.65
	velocity	6.32	7.63	7.54	7.34	7.11		6.74	6.46	6.29	5.88	5.70	5.52	6.50		7.50	6.76	5.95
H1 lead leg L	strides	24	16	16	16	16		17	17	17	18	18	21.5	196.5				

Tao Xue (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 09-Jul-19	time	7.09	11.73	16.43	21.18	26.07		31.21	36.53	42.03	47.84	53.95		61.55	3 / ~~5~~ 4			
reaction time 0.286	interval		4.64	4.70	4.75	4.89		5.14	5.32	5.50	5.81	6.11	7.60			14.09	15.35	17.42
	velocity	6.35	7.54	7.45	7.37	7.16		6.81	6.58	6.36	6.02	5.73	5.26	6.50		7.45	6.84	6.03
H1 lead leg L	strides	23	16	16	16	16		17	17	17	17	18	22	195				

Ding Xiaoxue (CHN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)														*Henson (2018) - coaching observations*			
date 15-Sep-18	time	6.90	11.66	16.31	21.12	26.11		31.28	36.60	42.16	48.01	54.22		61.56	6 / 5			
reaction time	interval		4.76	4.65	4.81	4.99		5.17	5.32	5.56	5.85	6.21	7.34			14.22	15.48	17.62
	velocity	6.52	7.35	7.53	7.28	7.01		6.77	6.58	6.29	5.98	5.64	5.45	6.50		7.38	6.78	5.96
H1 lead leg L	strides	25	18	17	17	17		17	18	19	19	20	24	211				

Ban, Nozomi (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 25-Oct-20	time	6.87	11.53	16.35	21.32	26.49		31.72	37.14	42.66	48.55	54.70		61.65	1 / 8			
reaction time 0.176	interval		4.66	4.82	4.97	5.17		5.23	5.42	5.52	5.89	6.15	6.95			14.45	15.82	17.56
	velocity	6.55	7.51	7.26	7.04	6.77		6.69	6.46	6.34	5.94	5.69	5.76	6.49		7.27	6.64	5.98
H1 lead leg	strides		16	16	17	17		17	17	17	19	19		155				

Tao Xue (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)														*CAA Hurdle Development (2019)*			
date 22-Aug-19	time	7.26	11.90	16.73	21.59	26.64		32.00	37.54	43.16	49.03	54.92		61.66	7 / 4			
reaction time 0.317	interval		4.64	4.83	4.86	5.05		5.36	5.54	5.62	5.87	5.89	6.74			14.33	15.95	17.38
	velocity	6.20	7.54	7.25	7.20	6.93		6.53	6.32	6.23	5.96	5.94	5.93	6.49		7.33	6.58	6.04
H1 lead leg L	strides	23	16	16	16	16		17	17	17	18	18	21	195				

Fei Jiayu (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)														*CAA Hurdle Development (2021)*			
date 25-Apr-21	time	7.17	11.96	16.80	21.74	26.81		32.01	37.37	42.90	48.80	54.80		61.67	6 / 4			
reaction time 0.222	interval		4.79	4.84	4.94	5.07		5.20	5.36	5.53	5.90	6.00	6.87			14.57	15.63	17.43
	velocity	6.28	7.31	7.23	7.09	6.90		6.73	6.53	6.33	5.93	5.83	5.82	6.49		7.21	6.72	6.02
H1 lead leg R	strides	24	16	16	17	17		17	17	17	18	18	21.5	198.5				

Wang Jiaqi (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)														*CAA Hurdle Development (2019)*			
date 12-Apr-19	time	7.10	11.64	16.34	21.26	26.42		31.94	37.62	43.30	49.18	55.05		61.69	3 / 1			
reaction time 0.265	interval		4.54	4.70	4.92	5.16		5.52	5.68	5.68	5.88	5.87	6.64			14.16	16.36	17.43
	velocity	6.34	7.71	7.45	7.11	6.78		6.34	6.16	6.16	5.95	5.96	6.02	6.48		7.42	6.42	6.02
H1 lead leg R	strides		17	17	17	18		18	19	19	19	19	22.2	185.2				

Liu Hongjuan (CHN) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 03-Aug-19	time	7.09	11.84	16.70	21.70	26.83		32.22	37.74	43.24	49.02	54.87		61.69	4 / 1			
reaction time 0.228	interval		4.75	4.86	5.00	5.13		5.39	5.52	5.50	5.78	5.85	6.82			14.61	16.04	17.13
	velocity	6.35	7.37	7.20	7.00	6.82		6.49	6.34	6.36	6.06	5.98	5.87	6.48		7.19	6.55	6.13

H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18	21.2	195.2					

Granqvist, Emilia (SWE) (1990)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2011 Poks Memorial (Hässleholm, SWE)																			
date	12-Jun-11	time	6.90	11.44	16.24	21.14	26.20		31.56	37.06	42.88	48.82	54.92		61.70	/ 3			
reaction time		interval		4.54	4.80	4.90	5.06		5.36	5.50	5.82	5.94	6.10	6.78			14.24	15.92	17.86
		velocity	6.52	7.71	7.29	7.14	6.92		6.53	6.36	6.01	5.89	5.74	5.90	6.48		7.37	6.60	5.88
H1 lead leg	L	strides		16	17	17	17		18	18	19	19	19		160				

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

Lu Zhangwei (CHN) (2001)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)																			
date	17-Aug-19	time	7.06	11.68	16.44	21.26	26.26		31.42	36.72	42.20	48.06	54.18		61.70	7 / 2			
reaction time	0.191	interval		4.62	4.76	4.82	5.00		5.16	5.30	5.48	5.86	6.12	7.52			14.20	15.46	17.46
		velocity	6.37	7.58	7.35	7.26	7.00		6.78	6.60	6.39	5.97	5.72	5.32	6.48		7.39	6.79	6.01
H1 lead leg	R	strides	23	17	17	17	17		17	17	17	18	20	23	203				

CAA Hurdle Development (2019)

Liu Xin (CHN) (1992)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			
date	08-Apr-19	time	7.16	11.85	16.68	21.53	26.66		32.06	37.48	43.04	48.78	54.65		61.71	8 / 6			
reaction time	0.269	interval		4.69	4.83	4.85	5.13		5.40	5.42	5.56	5.74	5.87	7.06			14.37	15.95	17.17
		velocity	6.28	7.46	7.25	7.22	6.82		6.48	6.46	6.29	6.10	5.96	5.67	6.48		7.31	6.58	6.12
H1 lead leg	L	strides	25	17	17	17	18		18	19	19	19	20	24	213				

CAA Hurdle Development (2019)

Tao Xue (CHN) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																			
date	23-Aug-19	time	7.14	11.68	16.33	21.15	26.16		31.38	36.80	42.71	48.70	54.82		61.74	3 / 5			
reaction time	0.294	interval		4.54	4.65	4.82	5.01		5.22	5.42	5.91	5.99	6.12	6.92			14.01	15.65	18.02
		velocity	6.30	7.71	7.53	7.26	6.99		6.70	6.46	5.92	5.84	5.72	5.78	6.48		7.49	6.71	5.83
H1 lead leg	L	strides	23	16	16	16	16		17	17	18	18	18	21	196				

CAA Hurdle Development (2019)

Wu Fangfang (CHN) (1997)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)																			
date	29-May-19	time	7.29	11.99	16.71	21.58	26.59		31.86	37.38	43.06	48.90	55.18		61.76	8 / 5			
reaction time		interval		4.70	4.72	4.87	5.01		5.27	5.52	5.68	5.84	6.28	6.58			14.29	15.80	17.80
		velocity	6.17	7.45	7.42	7.19	6.99		6.64	6.34	6.16	5.99	5.57	6.08	6.48		7.35	6.65	5.90
H1 lead leg	L	strides	24	16	16	17	16		17	17	17	17	19	21.2	197.2				

CAA Hurdle Development (2019)

Lan Tianlu (CHN) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)																			
date	17-Sep-20	time		10.92	15.33	19.87	24.54		29.54	34.83	40.50	46.75	53.54		61.76	7 / 7			
reaction time		interval			4.41	4.54	4.67		5.00	5.29	5.67	6.25	6.79	8.22				14.96	18.71
		velocity		7.33	7.94	7.71	7.49		7.00	6.62	6.17	5.60	5.15	4.87	6.48			7.02	5.61
H1 lead leg		strides			16				17	17	18	19	20	24	131				

CAA Hurdle Development (2020)

Hurkmans, Jennie (SWE) (1984)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
B-Race - 2011 Poks Memorial (Hässleholm, SWE)																			
date	12-Jun-11	time	7.10	11.74	16.60	21.70	26.84			37.84	43.06	48.94	55.06		61.79	/ 4			
reaction time		interval		4.64	4.86	5.10	5.14			11.00	5.22	5.88	6.12	6.73	PB		14.60	16.14	17.22
		velocity	6.34	7.54	7.20	6.86	6.81			6.36	6.70	5.95	5.72	5.94	6.47		7.19	6.51	6.10
H1 lead leg	R	strides	16	16	17	17	17				17	18	19	21	158				

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

Liu Hongjuan (CHN) (1996)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)																			
date	15-Sep-18	time	7.06	11.61	16.25	21.07	26.01		31.20	36.72	42.36	48.27	54.57		61.85	3 / 6			
reaction time		interval		4.55	4.64	4.82	4.94		5.19	5.52	5.64	5.91	6.30	7.28			14.01	15.65	17.85
		velocity	6.37	7.69	7.54	7.26	7.09		6.74	6.34	6.21	5.92	5.56	5.49	6.47		7.49	6.71	5.88
H1 lead leg	L	strides	23	16	16	16	16		17	18	18	19	20	23	202				

Henson (2018) - coaching observations

Liu Xin (CHN) (1992)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 5 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																			
date	12-Apr-19	time	7.09	11.71	16.55	21.52	26.72		32.25	37.77	43.36	49.20	55.07		61.85	8 / 2			
reaction time	0.310	interval		4.62	4.84	4.97	5.20		5.53	5.52	5.59	5.84	5.87	6.78			14.43	16.25	17.30
		velocity	6.35	7.58	7.23	7.04	6.73		6.33	6.34	6.26	5.99	5.96	5.90	6.47		7.28	6.46	6.07
H1 lead leg	L	strides	25	17	17	17	18		19	19	19	20	20	24	215				

CAA Hurdle Development (2019)

Chen Liying (CHN) (1994)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																			
date	25-Apr-21	time	6.96	11.72	16.48	21.38	26.42		31.76	37.34	43.16	49.18	55.12		61.86	9 / 7			
reaction time	0.199	interval		4.76	4.76	4.90	5.04		5.34	5.58	5.82	6.02	5.94	6.74			14.42	15.96	17.78
		velocity	6.47	7.35	7.35	7.14	6.94		6.55	6.27	6.01	5.81	5.89	5.93	6.47		7.28	6.58	5.91
H1 lead leg	R	strides	24	16	16	16	16		17	17	18	18	19	21.5	198.5				

CAA Hurdle Development (2021)

Landin, Tyra (SWE) (2002)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)																			
date	02-Jul-23	time	6.89	11.53	16.34	21.27	26.33		31.45	36.69	42.20	48.04	54.43		61.90	8 / 7			
reaction time	0.174	interval		4.64	4.81	4.93	5.06		5.12	5.24	5.51	5.84	6.39	7.47			14.38	15.42	17.74
		velocity	6.53	7.54	7.28	7.10	6.92		6.84	6.68	6.35	5.99	5.48	5.35	6.46		7.30	6.81	5.92
H1 lead leg		strides																	

Omega Timing (2023) - diamond league race analysis

Ye Xiulan (CHN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														*CAA Hurdle Development (2019)*			
date 07-Apr-19 time	6.99	11.60	16.50	21.39	26.53		31.78	37.37	43.12	48.93	54.89		61.91	3 / 4			
reaction time 0.252 interval		4.61	4.90	4.89	5.14		5.25	5.59	5.75	5.81	5.96	7.02			14.40	15.98	17.52
velocity	6.44	7.59	7.14	7.16	6.81		6.67	6.26	6.09	6.02	5.87	5.70	6.46		7.29	6.57	5.99
H1 lead leg R strides	24	16	17	16	17		17	18	18	18	18	22.5	201.5				

Zhuang Dongmei (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)														*CAA Hurdle Development (2019)*			
date 29-May-19 time	6.82	11.42	16.06	20.82	25.88		31.09	36.57	42.42	48.78	55.30		61.94	2 / 6			
reaction time interval		4.60	4.64	4.76	5.06		5.21	5.48	5.85	6.36	6.52	6.64			14.00	15.75	18.73
velocity	6.60	7.61	7.54	7.35	6.92		6.72	6.39	5.98	5.50	5.37	6.02	6.46		7.50	6.67	5.61
H1 lead leg L strides	24	17	17	17	17		17	17	19	20	20	22.2	207.2				

Wang Jiaqi (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)														*CAA Hurdle Development (2019)*			
date 12-Apr-19 time	7.20	11.74	16.42	21.24	26.46		31.88	37.50	43.34	49.20	55.24		61.96	3 / 7			
reaction time 0.300 interval		4.54	4.68	4.82	5.22		5.42	5.62	5.84	5.86	6.04	6.72			14.04	16.26	17.74
velocity	6.25	7.71	7.48	7.26	6.70		6.46	6.23	5.99	5.97	5.79	5.95	6.46		7.48	6.46	5.92
H1 lead leg R strides	24	17	17	17	18		18	19	19	19	19	22.2	209.2				

Xiao Xia (CHN) (1991)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)														*CAA Hurdle Development (2019)*			
date 12-Apr-19 time	7.04	11.82	16.75	21.82	26.94		32.41	37.92	43.67	49.46	55.17		61.97	9 / 1			
reaction time 0.399 interval		4.78	4.93	5.07	5.12		5.47	5.51	5.75	5.79	5.71	6.80			14.78	16.10	17.25
velocity	6.39	7.32	7.10	6.90	6.84		6.40	6.35	6.09	6.04	6.13	5.88	6.45		7.10	6.52	6.09
H1 lead leg L strides	23	16	16	16	16		17	17	17	17	17	21.2	193.2				

Liang Yina (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														*CAA Hurdle Development (2019)*			
date 07-Apr-19 time	7.06	11.73	16.55	21.45	26.54		31.83	37.52	43.29	49.22	55.39		62.02	8 / 2			
reaction time 0.376 interval		4.67	4.82	4.90	5.09		5.29	5.69	5.77	5.93	6.17	6.63			14.39	16.07	17.87
velocity	6.37	7.49	7.26	7.14	6.88		6.62	6.15	6.07	5.90	5.67	6.03	6.45		7.30	6.53	5.88
H1 lead leg L strides	24	17	17	17	17		18	18	18	19	19	22	206				

Hu Lihong (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														*CAA Hurdle Development (2019)*			
date 08-Apr-19 time	6.98	11.50	16.20	21.00	26.02		31.24	36.68	42.30	48.22	54.46		62.02	2 / 7			
reaction time 0.191 interval		4.52	4.70	4.80	5.02		5.22	5.44	5.62	5.92	6.24	7.56			14.02	15.68	17.78
velocity	6.45	7.74	7.45	7.29	6.97		6.70	6.43	6.23	5.91	5.61	5.29	6.45		7.49	6.70	5.91
H1 lead leg L strides	23	16	16	16	16		17	17	17	17	17	22	194				

Hurkmans, Jennie (SWE) (1984)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Fridrott (Stockholm, SWE)														*Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*			
date 07-Jun-11 time	6.94	11.80	16.64	21.68	26.88		32.38	37.90	43.58	49.40	55.46		62.04	/ 4			
reaction time interval		4.86	4.84	5.04	5.20		5.50	5.52	5.68	5.82	6.06	6.58			14.74	16.22	17.56
velocity	6.48	7.20	7.23	6.94	6.73		6.36	6.34	6.16	6.01	5.78	6.08	6.45		7.12	6.47	5.98
H1 lead leg R strides		16	16	16	16		17	17	17	17	18	21	171				

Otsu, Yui (JPN) (2004)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)														*Shibayama (2021) - national high school and U20 national championhsips*			
date 30-Jul-21 time	6.90	11.54	16.48	21.57	26.80		32.22	37.79	43.62	49.50	55.49		62.06	1 / 7			
reaction time 0.190 interval		4.64	4.94	5.09	5.23		5.42	5.57	5.83	5.88	5.99	6.57			14.67	16.22	17.70
velocity	6.52	7.54	7.09	6.88	6.69		6.46	6.28	6.00	5.95	5.84	6.09	6.45		7.16	6.47	5.93
H1 lead leg strides		16	17	17	18		18	18	19	19	19		161				

Chen Liying (CHN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)														*CAA Hurdle Development (2019)*			
date 22-Aug-19 time	6.96	11.56	16.34	21.28	26.36		31.50	36.99	42.94	48.98	55.14		62.07	9 / 5			
reaction time 0.226 interval		4.60	4.78	4.94	5.08		5.14	5.49	5.95	6.04	6.16	6.93			14.32	15.71	18.15
velocity	6.47	7.61	7.32	7.09	6.89		6.81	6.38	5.88	5.79	5.68	5.77	6.44		7.33	6.68	5.79
H1 lead leg R strides	24	18	17	17	17		17	18	19	19	19	22	207				

Liu Hongjuan (CHN) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21 time	6.94	11.56	16.26	21.24	26.32		31.70	37.32	43.04	48.97	55.07		62.11	4 / 7			
reaction time 0.250 interval		4.62	4.70	4.98	5.08		5.38	5.62	5.72	5.93	6.10	7.04			14.30	16.08	17.75
velocity	6.48	7.58	7.45	7.03	6.89		6.51	6.23	6.12	5.90	5.74	5.68	6.44		7.34	6.53	5.92
H1 lead leg L strides	23	16	16	16	16		17	18	18	19	19	22.2	200.2				

Ellenberger, Gisela (FRG) (1950)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)														*Keydel (1971) - die 400m hürden machten das rennen*			
date 15-May-71 time	7.4	12.6	17.7	22.8	28.0		33.7	39.8	45.6	51.3	56.9		62.0	/ 2			
reaction time interval		5.2	5.1	5.1	5.2		5.7	6.1	5.8	5.7	5.6	5.1			15.40	17.00	17.10
velocity	6.08	6.73	6.86	6.86	6.73		6.14	5.74	6.03	6.14	6.25	7.84	6.45		6.82	6.18	6.14
H1 lead leg strides	24	17	17	17	17		19	19	19	19	19		187				

Kovacev, Mirjana (FRG)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)													*Keydel (1971) - die 400m hürden machten das rennen*				
date 15-May-71 time	7.2	12.0	17.2	22.4	27.8		33.2	39.0	44.8	50.5	56.2		62.0	/ 3			
reaction time interval		4.8	5.2	5.2	5.4		5.4	5.8	5.8	5.7	5.7	5.8			15.20	16.60	17.20
velocity	6.25	7.29	6.73	6.73	6.48		6.48	6.03	6.03	6.14	6.14	6.90	6.45		6.91	6.33	6.10
H1 lead leg strides	23	17	17	17	17		17	19	19	19	19		184				

Saito, Mayu (JPN) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)													*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*				
date 20-Sep-20 time	6.59	10.94	15.45	20.22	25.26		30.53	36.14	42.04	48.30	54.70		62.14	8 / 7			
reaction time 0.217 interval		4.35	4.51	4.77	5.04		5.27	5.61	5.90	6.26	6.40	7.44			13.63	15.92	18.56
velocity	6.83	8.05	7.76	7.34	6.94		6.64	6.24	5.93	5.59	5.47	5.38	6.44		7.70	6.60	5.66
H1 lead leg strides		16	16	17	17		17	18	18	19	19		157				

Helberg, Amanda (USA) (1978)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USATF National Junior Championships (Delaware, OH)													*USATF Women's Sprint Development (1996)*				
date 29-Jun-96 time	7.27	11.96	16.57	21.28	26.11		31.30	36.91	42.71	48.70	54.92		62.17	3 / 7			
reaction time interval		4.69	4.61	4.71	4.83		5.19	5.61	5.80	5.99	6.22	7.25			14.01	15.63	18.01
velocity	6.19	7.46	7.59	7.43	7.25		6.74	6.24	6.03	5.84	5.63	5.52	6.43		7.49	6.72	5.83
H1 lead leg strides																	

Chen Zhuo (CHN) (2001)

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

Arita, Asaki (JPN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)													*Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data collection*				
date 31-Jul-17 time	6.94	11.59	16.42	21.44	26.71		32.22	38.12	43.96	49.80	55.72		62.23	3 / 8			
reaction time 0.176 interval		4.65	4.83	5.02	5.27		5.51	5.90	5.84	5.84	5.92	6.51			14.50	16.68	17.60
velocity	6.48	7.53	7.25	6.97	6.64		6.35	5.93	5.99	5.99	5.91	6.14	6.43		7.24	6.29	5.97
H1 lead leg strides		17	17	17	17		17	19	19	19	19		161				

Lu Zhangwei (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)													*CAA Hurdle Development (2019)*				
date 12-Apr-19 time	7.04	11.53						36.58	42.46	48.53	54.75		62.25	9 / 8			
reaction time 0.326 interval		4.49						25.05	5.88	6.07	6.22	7.50					18.17
velocity	6.39	7.80						6.99	5.95	5.77	5.63	5.33	6.43				5.78
H1 lead leg R strides	24	17							19	19	19	23	121				

Hu Lihong (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)													*CAA Hurdle Development (2019)*				
date 12-Apr-19 time	6.97	11.53	16.25	21.02	26.02		31.31	36.73	42.41	48.36	54.65		62.30	7 / 2			
reaction time 0.210 interval		4.56	4.72	4.77	5.00		5.29	5.42	5.68	5.95	6.29	7.65			14.05	15.71	17.92
velocity	6.46	7.68	7.42	7.34	7.00		6.62	6.46	6.16	5.88	5.56	5.23	6.42		7.47	6.68	5.86
H1 lead leg L strides	23	16	16	16	16		17	17	17	17	18	22	195				

Wang Chen (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)													*CAA Hurdle Development (2019)*				
date 07-Apr-19 time	6.92	11.56	16.43	21.44	26.53		31.86	37.47	43.63	49.74	55.74		62.33	4 / 3			
reaction time 0.235 interval		4.64	4.87	5.01	5.09		5.33	5.61	6.16	6.11	6.00	6.59			14.52	16.03	18.27
velocity	6.50	7.54	7.19	6.99	6.88		6.57	6.24	5.68	5.73	5.83	6.07	6.42		7.23	6.55	5.75
H1 lead leg L strides	24	17	17	17	17		17	17	19	19	19	22.5	205.5				

Jiang Liyunzhe (CHN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)													*CAA Hurdle Development (2019)*				
date 03-Aug-19 time	7.02	11.97	17.02	22.26	27.58		33.10	38.52	44.02	49.66	55.60		62.33	7 / 6			
reaction time 0.179 interval		4.95	5.05	5.24	5.32		5.52	5.42	5.50	5.64	5.94	6.73			15.24	16.26	17.08
velocity	6.41	7.07	6.93	6.68	6.58		6.34	6.46	6.36	6.21	5.89	5.94	6.42		6.89	6.46	6.15
H1 lead leg L strides	24	16	16	16	16		17	17	17	17	17	20.5	193.5				

Wu Xueting (CHN) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)													*CAA Hurdle Development (2019)*				
date 07-Apr-19 time	6.94	11.60	16.50	21.45	26.59		31.87	37.44	43.21	49.09	55.32		62.34	9 / 4			
reaction time 0.345 interval		4.66	4.90	4.95	5.14		5.28	5.57	5.77	5.88	6.23	7.02			14.51	15.99	17.88
velocity	6.48	7.51	7.14	7.07	6.81		6.63	6.28	6.07	5.95	5.62	5.70	6.42		7.24	6.57	5.87
H1 lead leg L strides	22	16	16	16	16		16	17	18	18	18	21.5	194.5				

Liang Yina (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)													*CAA Hurdle Development (2019)*				
date 17-Aug-19 time	6.98	11.70	16.58	21.56	26.80		32.32	38.08	43.84	49.84	55.92		62.37	7 / 2			
reaction time 0.241 interval		4.72	4.88	4.98	5.24		5.52	5.76	5.76	6.00	6.08	6.45			14.58	16.52	17.84
velocity	6.45	7.42	7.17	7.03	6.68		6.34	6.08	6.08	5.83	5.76	6.20	6.41		7.20	6.36	5.89
H1 lead leg R strides	25	16	17	17	17		18	18	18	19	19	21.5	205.5				

Xiong Yiqi (CHN) (2002)

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

U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) *CAA Hurdle Development (2019)*

date	17-Aug-19	time	7.20	12.02	16.92	21.92	27.14		32.64	38.26	44.00	49.90	55.78		62.41	8 / 2			
reaction time	0.223	interval		4.82	4.90	5.00	5.22		5.50	5.62	5.74	5.90	5.88	6.63			14.72	16.34	17.52
		velocity	6.25	7.26	7.14	7.00	6.70		6.36	6.23	6.10	5.93	5.95	6.03	6.41		7.13	6.43	5.99
H1 lead leg	L	strides	25	17	17	17	17		19	19	19	19	19	23.2	211.2				

Kudo, Mitsuki (JPN) (2004)

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

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

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

Chen Leyi (CHN) (2003)

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

U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) *CAA Hurdle Development (2019)*

date	17-Aug-19	time	7.24	11.94	16.80	21.76	26.82		32.20	37.70	43.48	49.40	55.42		62.45	4 / 3			
reaction time	0.397	interval		4.70	4.86	4.96	5.06		5.38	5.50	5.78	5.92	6.02	7.03			14.52	15.94	17.72
		velocity	6.22	7.45	7.20	7.06	6.92		6.51	6.36	6.06	5.91	5.81	5.69	6.41		7.23	6.59	5.93
H1 lead leg	R	strides	26	17	17	17	17		18	18	19	19	19	23	210				

Chen Zhuo (CHN) (2001)

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

Heat 3 - 2021 Chinese National Championships (Chongqing, CHN) *CAA Hurdle Development (2021)*

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

Beermann, Elke (FRG)

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

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

date	15-May-71	time	7.5	13.0	18.6	24.2	29.8		35.3	40.8	46.3	51.6	56.9		62.6	/ 4			
reaction time		interval		5.5	5.6	5.6	5.6		5.5	5.5	5.5	5.3	5.3	5.7			16.70	16.60	16.10
		velocity	6.00	6.36	6.25	6.25	6.25		6.36	6.36	6.36	6.60	6.60	7.02	6.39		6.29	6.33	6.52
H1 lead leg		strides	24	19	19	19	19		19	19	19	19	19		195				

Zhou Yu (CHN) (1999)

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

Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	03-Aug-19	time	7.09	11.86	16.75	21.71	26.78		32.23	37.76	43.57	49.56	55.67		62.55	5 / 7			
reaction time	0.236	interval		4.77	4.89	4.96	5.07		5.45	5.53	5.81	5.99	6.11	6.88			14.62	16.05	17.91
		velocity	6.35	7.34	7.16	7.06	6.90		6.42	6.33	6.02	5.84	5.73	5.81	6.39		7.18	6.54	5.86
H1 lead leg	R	strides	25	16	16	16	16		17	17	18	19	19	22	201				

Liu Xin (CHN) (1992)

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

Heat 4 - 2021 Chinese National Championships (Chongqing, CHN) *CAA Hurdle Development (2021)*

date	26-Jun-21	time	7.11	11.71	16.52	21.45	26.51		31.91	37.49	43.21	49.20	55.39		62.59	4 / 7			
reaction time	0.255	interval		4.60	4.81	4.93	5.06		5.40	5.58	5.72	5.99	6.19	7.20			14.34	16.04	17.90
		velocity	6.33	7.61	7.28	7.10	6.92		6.48	6.27	6.12	5.84	5.65	5.56	6.39		7.32	6.55	5.87
H1 lead leg	L	strides	25	17	17	17	17		18	19	19	20	20	23.5	212.5				

Pérez, Susana (ESP) (1974)

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

FINAL - 1998 Spanish National Championships (San Sebastián, ESP) *Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas*

date	02-Aug-98	time	6.95	11.78	16.85	21.92	27.25		32.68	38.07	43.84	50.10	56.08		62.62	2 / 5			
reaction time		interval		4.83	5.07	5.07	5.33		5.43	5.39	5.77	6.26	5.98	6.54			14.97	16.15	18.01
		velocity	6.47	7.25	6.90	6.90	6.57		6.45	6.49	6.07	5.59	5.85	6.12	6.39		7.01	6.50	5.83
H1 lead leg	L	strides	23	16	17	16	17		17	17	18	19	18	20.5	198.5				

Ye Xiulan (CHN) (1998)

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

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

date	20-May-21	time	7.11	11.76	16.68	21.62	26.71		32.10	37.57	43.46	49.31			62.68	7 / 6			
reaction time	0.338	interval		4.65	4.92	4.94	5.09		5.39	5.47	5.89	5.85					14.51	15.95	
		velocity	6.33	7.53	7.11	7.09	6.88		6.49	6.40	5.94	5.98			6.38		7.24	6.58	
H1 lead leg	R	strides	24	16	17	17	17		18	18	18	18			163				

Ogasawara, Arisa (JPN) (2004)

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

FINAL - 2022 Japanese U20 National Championsips (Osaka, JPN) *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	12-Jun-22	time	7.22	12.01	16.78	21.89	27.16		32.40	37.87	43.58	49.33	55.64		62.72	2 / 7			
reaction time	0.201	interval		4.79	4.77	5.11	5.27		5.24	5.47	5.71	5.75	6.31	7.08			14.67	15.98	17.77
		velocity	6.23	7.31	7.34	6.85	6.64		6.68	6.40	6.13	6.09	5.55	5.65	6.38		7.16	6.57	5.91
H1 lead leg	L	strides	24	16	16	17	17		17	18	18	18	19		180				

Hu Lihong (CHN) (1999)

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

FINAL - 2021 National Grand Prix (Chengdu, CHN) *CAA Hurdle Development (2021)*

date	02-Apr-21	time	6.91	11.48	16.13	20.86	25.79		30.96	36.35	42.17	48.38	54.90		62.74	6 / 3			
reaction time	0.154	interval		4.57	4.65	4.73	4.93		5.17	5.39	5.82	6.21	6.52	7.84			13.95	15.49	18.55
		velocity	6.51	7.66	7.53	7.40	7.10		6.77	6.49	6.01	5.64	5.37	5.10	6.38		7.53	6.78	5.66
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18	22.7	196.7				

Zhuang Dongmei (CHN) (2000)

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

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

date	25-Apr-21	time	6.82	11.41	16.17	21.10	26.28		31.78	37.70	43.66	49.90	56.12		62.82	5 / 5						
reaction time	0.216	interval		4.59	4.76	4.93	5.18		5.50	5.92	5.96	6.24	6.22	6.70			14.28	16.60	18.42			
		velocity	6.60	7.63	7.35	7.10	6.76		6.36	5.91	5.87	5.61	5.63	5.97	6.37		7.35	6.33	5.70			
H1 lead leg	L	strides	24	17	17	17	17		19	19	19	19	19	21	208							

Wang Jiaqi (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)														*CAA Hurdle Development (2019)*			
date 17-Aug-19 time	7.18	11.70	16.34	21.10	26.10		31.40	37.02	42.96	49.18	55.78		62.86	3 / 3			
reaction time 0.394 interval		4.52	4.64	4.76	5.00		5.30	5.62	5.94	6.22	6.60	7.08			13.92	15.92	18.76
velocity	6.27	7.74	7.54	7.35	7.00		6.60	6.23	5.89	5.63	5.30	5.65	6.36		7.54	6.60	5.60
H1 lead leg R strides	24	17	17	17	17		18	18	19	19	21	22.5	209.5				

Petersen, Elke (FRG) (1948)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)														*Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973*			
date 28-Jul-73 time	7.0	11.9	16.9	21.8	26.9		32.2	38.1	43.8	49.9	55.9		62.90	/ 4			
reaction time interval		4.85	5.00	4.96	5.07		5.28	5.86	5.73	6.10	5.98	7.04			14.81	16.21	17.81
velocity	6.40	7.22	7.00	7.06	6.90		6.63	5.97	6.11	5.74	5.85	5.68	6.36		7.09	6.48	5.90
H1 lead leg strides	24	17	17	17	17		18	18	19	19	19		185				

Danvers, Tasha (GBR) (1977)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 European Cup (Bremen, GER)														*Graubner (2007) - http://www.fgs.uni-halle.de*			
date 23-Jun-01 time	6.56	10.69	14.87	19.21	23.69		28.53	33.53	38.67	43.98	54.86		62.97	/ 8			
reaction time interval		4.13	4.18	4.34	4.48		4.84	5.00	5.14	5.31	10.88	8.11			12.65	14.32	21.33
velocity	6.86	8.47	8.37	8.06	7.81		7.23	7.00	6.81	6.59	3.22	4.93	6.35		8.30	7.33	4.92
H1 lead leg strides																	

Fu Yijia (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)														*CAA Hurdle Development (2019)*			
date 17-Aug-19 time	7.06	11.92	16.90	21.94	27.14		32.46	38.02	43.72	49.80	55.90		63.00	5 / 3			
reaction time 0.258 interval		4.86	4.98	5.04	5.20		5.32	5.56	5.70	6.08	6.10	7.10			14.88	16.08	17.88
velocity	6.37	7.20	7.03	6.94	6.73		6.58	6.29	6.14	5.76	5.74	5.63	6.35		7.06	6.53	5.87
H1 lead leg L strides	24	17	17	17	17		17	18	18	19	19	21.2	204.2				

Masferrer, Cristina (ESP) (1977)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)														*Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas*			
date 02-Aug-98 time	7.27	12.18	17.17	22.22	27.52		32.89	38.38	44.09	49.90	55.99		63.01	7 / 6			
reaction time interval		4.91	4.99	5.05	5.30		5.37	5.49	5.71	5.81	6.09	7.02			14.95	16.16	17.61
velocity	6.19	7.13	7.01	6.93	6.60		6.52	6.38	6.13	6.02	5.75	5.70	6.35		7.02	6.50	5.96
H1 lead leg L strides	24	17	17	17	17		17	18	18	18	19	23	205				

Xiao Xia (CHN) (1991)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														*CAA Hurdle Development (2019)*			
date 07-Apr-19 time	7.11	11.96	17.12	22.41	27.86		33.42	39.12	44.85	50.47	56.27		63.02	1 / 6			
reaction time 0.370 interval		4.85	5.16	5.29	5.45		5.56	5.70	5.73	5.62	5.80	6.75			15.30	16.71	17.15
velocity	6.33	7.22	6.78	6.62	6.42		6.29	6.14	6.11	6.23	6.03	5.93	6.35		6.86	6.28	6.12
H1 lead leg L strides	22	16	16	17	17		17	17	17	17	17	21	194				

Jiang Liyunzhe (CHN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)														*CAA Hurdle Development (2019)*			
date 23-Aug-19 time	6.72	11.26	15.83	20.65	25.68		30.95	36.27	41.86	48.03	54.77		63.02	2 / 6			
reaction time 0.224 interval		4.54	4.57	4.82	5.03		5.27	5.32	5.59	6.17	6.74	8.25			13.93	15.62	18.50
velocity	6.70	7.71	7.66	7.26	6.96		6.64	6.58	6.26	5.67	5.19	4.85	6.35		7.54	6.72	5.68
H1 lead leg L strides	24	16	16	16	16		17	17	17	18	20	23.5	200.5				

Hattori, Rira (JPN) (2004)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese U20 National Championsips (Osaka, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 12-Jun-22 time	7.01	11.85	16.70	21.81	27.16		32.55	38.14	43.98	49.90	56.11		63.08	3 / 8			
reaction time 0.199 interval		4.84	4.85	5.11	5.35		5.39	5.59	5.84	5.92	6.21	6.97			14.80	16.33	17.97
velocity	6.42	7.23	7.22	6.85	6.54		6.49	6.26	5.99	5.91	5.64	5.74	6.34		7.09	6.43	5.84
H1 lead leg L strides	24	17	17	17	18		18	19	19	19	19		187				

Hu Lihong (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)														*CAA Hurdle Development (2020)*			
date 17-Sep-20 time	6.92		16.46					37.54	43.25	49.25	55.67		63.09	1 / 8			
reaction time interval			9.54					21.08	5.71	6.00	6.42	7.42					18.13
velocity	6.50		7.34					6.64	6.13	5.83	5.45	5.39	6.34				5.79
H1 lead leg L strides	24								17	17	18	21	97				

Jernbeck, Therese (SWE) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Fridrott (Stockholm, SWE)														*Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*			
date 07-Jun-11 time		12.32	17.36	22.56	28.00		33.64	39.36	45.44	51.28	57.06		63.13	/ 4			
reaction time interval			5.04	5.20	5.44		5.64	5.72	6.08	5.84	5.78	6.07				16.80	17.70
velocity		6.49	6.94	6.73	6.43		6.21	6.12	5.76	5.99	6.06	6.59	6.34			6.25	5.93
H1 lead leg strides			16	16	16		16	16	17	16	16	19	148				

Chen Leyi (CHN) (2003)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)														*CAA Hurdle Development (2021)*			
date 25-Apr-21 time	7.10	11.81	16.77	22.02	27.46		33.06	38.92	44.80	50.68	56.64		63.15	6 / 3			

reaction time	0.339	interval		4.71	4.96	5.25	5.44		5.60	5.86	5.88	5.88	5.96	6.51			14.92	16.90	17.72
		velocity	6.34	7.43	7.06	6.67	6.43		6.25	5.97	5.95	5.95	5.87	6.14	6.33		7.04	6.21	5.93
H1 lead leg	L	strides	25	17	17	18	18		18	19	19	19	19	22	211				

Oshiden, Moe (JPN) (1993)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)														*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date 23-Aug-20	time	6.92	11.68	16.60	21.52	26.61		31.87	37.30	42.89	48.92	55.59		63.18	3 / 9			
reaction time 0.164	interval		4.76	4.92	4.92	5.09		5.26	5.43	5.59	6.03	6.67	7.59			14.60	15.78	18.29
	velocity	6.50	7.35	7.11	7.11	6.88		6.65	6.45	6.26	5.80	5.25	5.27	6.33		7.19	6.65	5.74
H1 lead leg	strides		16	16	16	16		17	17	17	18	20		153				

Kovacev, Mirjana (FRG)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)														*Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973*			
date 28-Jul-73	time	6.7	11.4	16.3	21.2	26.2		31.3	37.0	43.2	49.5	55.9		63.20	/ 2			
reaction time	interval		4.65	4.91	4.91	4.97		5.14	5.74	6.20	6.23	6.40	7.33			14.47	15.85	18.83
	velocity	6.70	7.53	7.13	7.13	7.04		6.81	6.10	5.65	5.62	5.47	5.46	6.33		7.26	6.62	5.58
H1 lead leg	strides	23	17	17	17	17		17	17	17	19	19		180				

Hardiway, Korey (USA) (1986)

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

Zhuang Yilan (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21	time	6.83	11.40	16.21	21.04	26.14		31.43	36.99	42.90	49.16	55.66		63.20	8 / 7			
reaction time 0.293	interval		4.57	4.81	4.83	5.10		5.29	5.56	5.91	6.26	6.50	7.54			14.21	15.95	18.67
	velocity	6.59	7.66	7.28	7.25	6.86		6.62	6.29	5.92	5.59	5.38	5.31	6.33		7.39	6.58	5.62
H1 lead leg L	strides	24	17	17	17	17		17	17	19	19	19	23	206				

Chen Zhuo (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)														*CAA Hurdle Development (2019)*			
date 17-Aug-19	time	6.88	11.64	16.52	21.50	26.68		32.10	37.80	43.72	49.94	56.24		63.25	3 / 4			
reaction time 0.172	interval		4.76	4.88	4.98	5.18		5.42	5.70	5.92	6.22	6.30	7.01			14.62	16.30	18.44
	velocity	6.54	7.35	7.17	7.03	6.76		6.46	6.14	5.91	5.63	5.56	5.71	6.32		7.18	6.44	5.69
H1 lead leg L	strides	23	17	17	17	17		17	17	17	18	19	21.5	200.5				

Liu Hongjuan (CHN) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)														*CAA Hurdle Development (2019)*			
date 22-Aug-19	time	7.10	11.78	16.54	21.52	26.71		32.28	37.95	43.96	50.03	56.19		63.27	8 / 5			
reaction time 0.284	interval		4.68	4.76	4.98	5.19		5.57	5.67	6.01	6.07	6.16	7.08			14.42	16.43	18.24
	velocity	6.34	7.48	7.35	7.03	6.74		6.28	6.17	5.82	5.77	5.68	5.65	6.32		7.28	6.39	5.76
H1 lead leg L	strides	23	16	16	16	16		18	18	19	19	19	22.2	202.2				

Sund, Maja (SWE) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)														*Omega Timing (2023) - diamond league race analysis*			
date 02-Jul-23	time	7.12	11.99	17.00	22.12	27.33		32.79	38.49	44.26	50.42	56.44		63.29	1 / 8			
reaction time 0.171	interval		4.87	5.01	5.12	5.21		5.46	5.70	5.77	6.16	6.02	6.85			15.00	16.37	17.95
	velocity	6.32	7.19	6.99	6.84	6.72		6.41	6.14	6.07	5.68	5.81	5.84	6.32		7.00	6.41	5.85
H1 lead leg	strides																	

Tao Xue (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)														*CAA Hurdle Development (2021)*			
date 25-Apr-21	time	6.92	11.23	15.63	20.10	24.67		29.56	34.68	40.11	45.90	51.87		63.30	2 / 5			
reaction time 0.292	interval		4.31	4.40	4.47	4.57		4.89	5.12	5.43	5.79	5.97	11.43			13.18	14.58	17.19
	velocity	6.50	8.12	7.95	7.83	7.66		7.16	6.84	6.45	6.04	5.86	3.50	6.32		7.97	7.20	6.11
H1 lead leg L	strides	23	15	15	15	15		16	16	17	18	18		168				

Tang Ziying (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)														*CAA Hurdle Development (2021)*			
date 25-Apr-21	time	7.26	12.26	17.30	22.39	27.63		33.00	38.54	44.22	50.02	56.30		63.44	8 / 4			
reaction time 0.257	interval		5.00	5.04	5.09	5.24		5.37	5.54	5.68	5.80	6.28	7.14			15.13	16.15	17.76
	velocity	6.20	7.00	6.94	6.88	6.68		6.52	6.32	6.16	6.03	5.57	5.60	6.31		6.94	6.50	5.91
H1 lead leg L	strides	24	17	17	17	17		17	17	17	17	19	22	201				

Dou Lingyu (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)														*CAA Hurdle Development (2019)*			
date 17-Aug-19	time	6.82	11.40	16.14	20.98	26.16		31.62	37.38	43.34	49.56	55.90		63.46	2 / 5			
reaction time 0.188	interval		4.58	4.74	4.84	5.18		5.46	5.76	5.96	6.22	6.34	7.56	PB		14.16	16.40	18.52
	velocity	6.60	7.64	7.38	7.23	6.76		6.41	6.08	5.87	5.63	5.52	5.29	6.30		7.42	6.40	5.67
H1 lead leg L	strides	25	17	17	17	18		18	19	19	20	20	24	214				

Li Yirong (CHN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)														*CAA Hurdle Development (2019)*			
date 17-Aug-19	time	7.08	11.86	16.78	21.82	26.92		32.24	37.66	43.40	49.50	55.94		63.46	6 / 4			
reaction time 0.188	interval		4.78	4.92	5.04	5.10		5.32	5.42	5.74	6.10	6.44	7.52			14.74	15.84	18.28

		velocity	6.36	7.32	7.11	6.94	6.86		6.58	6.46	6.10	5.74	5.43	5.32	6.30		7.12	6.63	5.74
H1 lead leg	L	strides	25	17	17	17	17		18	18	19	20	21	24.5	213.5				

Wang Yuanyuan (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)														*CAA Hurdle Development (2019)*			
date 17-Aug-19	time	7.32	12.12	17.00	22.04	27.28		32.80	38.54	44.48	50.70	56.90		63.49	5 / 4			
reaction time 0.191	interval		4.80	4.88	5.04	5.24		5.52	5.74	5.94	6.22	6.20	6.59			14.72	16.50	18.36
	velocity	6.15	7.29	7.17	6.94	6.68		6.34	6.10	5.89	5.63	5.65	6.07	6.30		7.13	6.36	5.72
H1 lead leg L	strides	24	17	17	17	18		18	18	19	19	19	22	208				

Di Chengqian (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														*CAA Hurdle Development (2019)*			
date 08-Apr-19	time	6.88	11.50	16.26	21.24	26.42		31.86	37.50	43.26	49.56			63.58	5 / 8			
reaction time 0.197	interval		4.62	4.76	4.98	5.18		5.44	5.64	5.76	6.30					14.36	16.26	
	velocity	6.54	7.58	7.35	7.03	6.76		6.43	6.21	6.08	5.56			6.29		7.31	6.46	
H1 lead leg L	strides	23	16	16	16	16		17	17	17	19			157				

Wang Chen (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN)														*Henson (2018) - coaching observations*			
date 15-Sep-18	time	6.79	11.31	15.98	20.77	25.79		31.06	36.78	42.92				63.63	2 / 6			
reaction time	interval		4.52	4.67	4.79	5.02		5.27	5.72	6.14						13.98	16.01	
	velocity	6.63	7.74	7.49	7.31	6.97		6.64	6.12	5.70				6.29		7.51	6.56	
H1 lead leg L	strides	23	17	17	17	17		17	18	19				145				

Coleman, Ayana (USA) (1979)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USATF National Junior Championships (Delaware, OH)														*USATF Women's Sprint Development (1996)*			
date 29-Jun-96	time	7.04	11.73	16.48	21.33	26.29		31.35	37.05	43.08	49.16	55.44		63.74	1 / 8			
reaction time	interval		4.69	4.75	4.85	4.96		5.06	5.70	6.03	6.08	6.28	8.30			14.29	15.72	18.39
	velocity	6.39	7.46	7.37	7.22	7.06		6.92	6.14	5.80	5.76	5.57	4.82	6.28		7.35	6.68	5.71
H1 lead leg	strides																	

Fu Yijia (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)														*CAA Hurdle Development (2019)*			
date 17-Aug-19	time	7.12	11.84	16.72	21.70	26.88		32.30	37.98	43.78	49.92	56.58		63.84	9 / 6			
reaction time 0.408	interval		4.72	4.88	4.98	5.18		5.42	5.68	5.80	6.14	6.66	7.26			14.58	16.28	18.60
	velocity	6.32	7.42	7.17	7.03	6.76		6.46	6.16	6.03	5.70	5.26	5.51	6.27		7.20	6.45	5.65
H1 lead leg L	strides	24	17	17	17	17		17	18	18	19	20	22	206				

Wang Chen (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)														*CAA Hurdle Development (2019)*			
date 12-Apr-19	time	7.09	11.81	16.72	21.83	27.01		32.35	37.84	43.67	49.80	56.86		63.98	8 / 4			
reaction time 0.259	interval		4.72	4.91	5.11	5.18		5.34	5.49	5.83	6.13	7.06	7.12			14.74	16.01	19.02
	velocity	6.35	7.42	7.13	6.85	6.76		6.55	6.38	6.00	5.71	4.96	5.62	6.25		7.12	6.56	5.52
H1 lead leg L	strides	24	17	17	17	17		17	17	18	20	21	23	208				

Pan Jianan (CHN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)														*CAA Hurdle Development (2019)*			
date 17-Aug-19	time	6.92	11.32	16.20	21.16	26.34		31.70	37.22	43.32	49.60	55.98		63.98	9 / 5			
reaction time 0.249	interval		4.40	4.88	4.96	5.18		5.36	5.52	6.10	6.28	6.38	8.00			14.24	16.06	18.76
	velocity	6.50	7.95	7.17	7.06	6.76		6.53	6.34	5.74	5.57	5.49	5.00	6.25		7.37	6.54	5.60
H1 lead leg L	strides	23	15	17	17	17		17	17	19	19	19	24.2	204.2				

Huo Xinghua (CHN) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 09-Jul-19	time	6.94	11.39	16.08	20.97	26.06		31.50	37.13	43.19	49.60	56.17		64.20	3 / 6			
reaction time 0.371	interval		4.45	4.69	4.89	5.09		5.44	5.63	6.06	6.41	6.57	8.03			14.03	16.16	19.04
	velocity	6.48	7.87	7.46	7.16	6.88		6.43	6.22	5.78	5.46	5.33	4.98	6.23		7.48	6.50	5.51
H1 lead leg L	strides	23	15	16	16	16		17	17	18	19	19	24	200				

Chen Lin (CHN) (2004)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)														*CAA Hurdle Development (2021)*			
date 20-May-21	time	7.47	12.33	17.33	22.42	27.66		33.23	38.94	44.79	50.85			64.20	8 / 7			
reaction time 0.243	interval		4.86	5.00	5.09	5.24		5.57	5.71	5.85	6.06					14.95	16.52	
	velocity	6.02	7.20	7.00	6.88	6.68		6.28	6.13	5.98	5.78			6.23		7.02	6.36	
H1 lead leg R	strides	25	17	17	17	17		18	18	18	19			166				

Feng Meiya (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)														*CAA Hurdle Development (2021)*			
date 25-Apr-21	time	7.02	11.70	16.50	21.45	26.74		32.35	38.25	44.50				64.33	4 / 6			
reaction time 0.231	interval		4.68	4.80	4.95	5.29		5.61	5.90	6.25						14.43	16.80	
	velocity	6.41	7.48	7.29	7.07	6.62		6.24	5.93	5.60				6.22		7.28	6.25	
H1 lead leg L	strides	24	17	17	17	17		18	19	20				149				

Chen Zhuo (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)														*CAA Hurdle Development (2019)*			
date 22-Aug-19	time	7.12	11.95	16.88	22.01	27.36		32.90	38.82	44.90	51.17	57.49		64.44	3 / 6			
reaction time 0.223	interval		4.83	4.93	5.13	5.35		5.54	5.92	6.08	6.27	6.32	6.95			14.89	16.81	18.67
	velocity	6.32	7.25	7.10	6.82	6.54		6.32	5.91	5.76	5.58	5.54	5.76	6.21		7.05	6.25	5.62

H1 lead leg	L	strides	23	17	17	17	17		17	18	18	19	19	22	204					

Montero, Beatriz (ESP) (1977)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)																			*Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas*
date	02-Aug-98	time	6.84	11.76	16.88	22.17	27.70		33.17	38.89	44.70	50.64	56.74		64.54	8 / 7			
reaction time		interval		4.92	5.12	5.29	5.53		5.47	5.72	5.81	5.94	6.10	7.80			15.33	16.72	17.85
		velocity	6.58	7.11	6.84	6.62	6.33		6.40	6.12	6.02	5.89	5.74	5.13	6.20		6.85	6.28	5.88
H1 lead leg	L	strides	23	16	17	17	17		17	18	18	18	18	23.5	202.5				

Liu Xin (CHN) (1992)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Chinese National Championships (Shenyang, CHN)																			*CAA Hurdle Development (2019)*
date	10-Jul-19	time	7.20	11.86	16.82	21.95	27.32		33.01	38.72	44.56				64.88	8 / 8			
reaction time	0.428	interval		4.66	4.96	5.13	5.37		5.69	5.71	5.84						14.75	16.77	
		velocity	6.25	7.51	7.06	6.82	6.52		6.15	6.13	5.99				6.17		7.12	6.26	
H1 lead leg	L	strides	25	17	17	17	18		18	19	19				150				

Zhuang Dongmei (CHN) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)																			*CAA Hurdle Development (2019)*
date	09-Jul-19	time	6.70	11.19	15.78	20.49	25.44		30.76	36.40	42.39	49.03	56.07		64.93	5 / 5			
reaction time	0.250	interval		4.49	4.59	4.71	4.95		5.32	5.64	5.99	6.64	7.04	8.86			13.79	15.91	19.67
		velocity	6.72	7.80	7.63	7.43	7.07		6.58	6.21	5.84	5.27	4.97	4.51	6.16		7.61	6.60	5.34
H1 lead leg	L	strides	24	17	17	17	17		18	18	19	20	20	25.7	212.7				

Horlacher, Ester (FRG)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)																			*Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973*
date	28-Jul-73	time	7.3	12.3	17.3	22.7	28.2		34.2	40.1	46.2	52.2	58.1		65.00	/ 5			
reaction time		interval		4.95	5.03	5.37	5.50		6.03	5.90	6.08	6.08	5.88	6.88			15.35	17.43	18.04
		velocity	6.16	7.07	6.96	6.52	6.36		5.80	5.93	5.76	5.76	5.95	5.81	6.15		6.84	6.02	5.82
H1 lead leg		strides	24	17	17	17	17		17	17	19	19	19		183				

Gerhard, Heidi (FRG) (1941)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)																			*Keydel (1971) - die 400m hürden machten das rennen*
date	15-May-71	time	7.4	12.6	17.7	22.9	28.2		33.9	39.7	45.6	51.5	57.5		65.0	/ 5			
reaction time		interval		5.2	5.1	5.2	5.3		5.7	5.8	5.9	5.9	6.0	7.5			15.50	16.80	17.80
		velocity	6.08	6.73	6.86	6.73	6.60		6.14	6.03	5.93	5.93	5.83	5.33	6.15		6.77	6.25	5.90
H1 lead leg		strides	23	17	17	17	17		19	19	19	19	19		186				

Chen Qian (CHN) (2002)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																			*CAA Hurdle Development (2019)*
date	17-Aug-19	time	7.22	12.06	17.00	21.96	27.12		32.46	38.22	44.30	50.64	57.20		65.02	2 / 6			
reaction time	0.144	interval		4.84	4.94	4.96	5.16		5.34	5.76	6.08	6.34	6.56	7.82			14.74	16.26	18.98
		velocity	6.23	7.23	7.09	7.06	6.78		6.55	6.08	5.76	5.52	5.34	5.12	6.15		7.12	6.46	5.53
H1 lead leg	L	strides	24	17	17	17	17		17	18	19	20	20	24	210				

Teng Xinyao (CHN) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 National Grand Prix (Chengdu, CHN)																			*CAA Hurdle Development (2021)*
date	02-Apr-21	time	7.40	12.29	17.28	22.37	27.72		33.40	39.40	45.62	51.93			65.12	4 / 4			
reaction time	0.290	interval		4.89	4.99	5.09	5.35		5.68	6.00	6.22	6.31					14.97	17.03	
		velocity	6.08	7.16	7.01	6.88	6.54		6.16	5.83	5.63	5.55			6.14		7.01	6.17	
H1 lead leg	R	strides	24	17	17	17	17		19	19	19	19			168				

Chen Zhuo (CHN) (2001)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																			*CAA Hurdle Development (2019)*
date	17-Aug-19	time	7.08	11.80	16.66	21.82	27.34		33.06	39.12	45.38	51.74	58.22		65.23	2 / 7			
reaction time	0.198	interval		4.72	4.86	5.16	5.52		5.72	6.06	6.26	6.36	6.48	7.01			14.74	17.30	19.10
		velocity	6.36	7.42	7.20	6.78	6.34		6.12	5.78	5.59	5.50	5.40	5.71	6.13		7.12	6.07	5.50
H1 lead leg	L	strides	23	16	16	16	17		17	18	18	19	19	22	201				

Tang Chan (CHN) (2003)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)																			*CAA Hurdle Development (2021)*
date	25-Apr-21	time	7.28	12.16	17.28	22.53	28.00		33.60	39.61	46.00	52.42	58.80		65.39	7 / 5			
reaction time	0.331	interval		4.88	5.12	5.25	5.47		5.60	6.01	6.39	6.42	6.38	6.59			15.25	17.08	19.19
		velocity	6.18	7.17	6.84	6.67	6.40		6.25	5.82	5.48	5.45	5.49	6.07	6.12		6.89	6.15	5.47
H1 lead leg	L	strides	24	17	17	17	17		17	17	19		19	21	185				

Obeck, Waltraud (FRG) (1947)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)																			*Keydel (1971) - die 400m hürden machten das rennen*
date	15-May-71	time	7.5	12.5	17.5	22.6	27.9		33.4	38.8	45.0	51.6	58.0		65.3	/ 6			
reaction time		interval		5.0	5.0	5.1	5.3		5.5	5.4	6.2	6.6	6.4	7.3			15.10	16.20	19.20
		velocity	6.00	7.00	7.00	6.86	6.60		6.36	6.48	5.65	5.30	5.47	5.48	6.13		6.95	6.48	5.47
H1 lead leg		strides	24	17	17	17	17		19	19	19	21	21		191				

Wu Fangfang (CHN) (1997)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)																			*CAA Hurdle Development (2019)*
date	03-Aug-19	time	7.19	12.04	17.00	22.09	27.68		33.58	39.51	45.71	52.10	58.41		65.54	5 / 2			
reaction time	0.247	interval		4.85	4.96	5.09	5.59		5.90	5.93	6.20	6.39	6.31	7.13			14.90	17.42	18.90
		velocity	6.26	7.22	7.06	6.88	6.26		5.93	5.90	5.65	5.48	5.55	5.61	6.10		7.05	6.03	5.56
H1 lead leg	L	strides	24	16	16	16	18		19	17	19	19	19	21.2	204.2				

Yang Xinyue (CHN) (2001)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)																*CAA Hurdle Development (2019)*			
date	17-Aug-19	time	7.10	11.96	16.90	21.82	26.96		32.32	38.12	44.34	50.68	57.28		65.56	8 / 6			
reaction time	0.174	interval		4.86	4.94	4.92	5.14		5.36	5.80	6.22	6.34	6.60	8.28			14.72	16.30	19.16
		velocity	6.34	7.20	7.09	7.11	6.81		6.53	6.03	5.63	5.52	5.30	4.83	6.10		7.13	6.44	5.48
H1 lead leg	L	strides	24	17	17	17	17		17	19	19	19	19		185				

Dou Lingyu (CHN) (2000)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																*CAA Hurdle Development (2019)*			
date	17-Aug-19	time	6.94	11.52	16.34	21.36	26.72		32.44	38.56	45.16	51.80	58.52		66.01	3 / 8			
reaction time	0.203	interval		4.58	4.82	5.02	5.36		5.72	6.12	6.60	6.64	6.72	7.49			14.42	17.20	19.96
		velocity	6.48	7.64	7.26	6.97	6.53		6.12	5.72	5.30	5.27	5.21	5.34	6.06		7.28	6.10	5.26
H1 lead leg	L	strides	25	17	17	17	18		18	19	20	20	21	24	216				

Di Chengqian (CHN) (1999)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																*CAA Hurdle Development (2019)*			
date	22-Aug-19	time	7.07	11.95	16.93	22.12	27.49		33.20	39.12	45.46		59.00		66.19	3 / 6			
reaction time	0.228	interval		4.88	4.98	5.19	5.37		5.71	5.92	6.34		13.54	7.19			15.05	17.00	19.88
		velocity	6.36	7.17	7.03	6.74	6.52		6.13	5.91	5.52		5.17	5.56	6.04		6.98	6.18	5.28
H1 lead leg	L	strides	23	16	16	16	16		17	17	19			21.2	161.2				

Song Zhixin (CHN) (2005)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)																*CAA Hurdle Development (2021)*			
date	25-Apr-21	time	7.50	12.46	17.48	22.69	28.10		33.77	39.79					66.25	8 / 6			
reaction time	0.312	interval		4.96	5.02	5.21	5.41		5.67	6.02							15.19	17.10	
		velocity	6.00	7.06	6.97	6.72	6.47		6.17	5.81					6.04		6.91	6.14	
H1 lead leg	L	strides	24	17	17	17	17		17	18					127				

Ou Ying (CHN) (2001)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)																*CAA Hurdle Development (2019)*			
date	17-Aug-19	time	7.26	11.98	16.76	21.82	26.88		32.14	37.40	42.80	53.34	59.54		66.39	6 / 5			
reaction time	0.246	interval		4.72	4.78	5.06	5.06		5.26	5.26	5.40	10.54	6.20	6.85			14.56	15.58	22.14
		velocity	6.20	7.42	7.32	6.92	6.92		6.65	6.65	6.48	3.32	5.65	5.84	6.03		7.21	6.74	4.74
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	*fell*	19	21.5	183.5				

Lan Tianlu (CHN) (1999)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	03-Aug-19	time	7.16	12.16	17.21	22.51	27.91		33.67	39.97	46.15	52.55	58.93		66.40	2 / 3			
reaction time	0.269	interval		5.00	5.05	5.30	5.40		5.76	6.30	6.18	6.40	6.38	7.47			15.35	17.46	18.96
		velocity	6.28	7.00	6.93	6.60	6.48		6.08	5.56	5.66	5.47	5.49	5.35	6.02		6.84	6.01	5.54
H1 lead leg	L	strides	23	16	16	16	16		17	18	18	18	18	22	198				

Ohms, Sabine (FRG) (1953)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)																*Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973*			
date	28-Jul-73	time	6.9	12.0	17.0	22.2	27.7		33.7	39.8	46.0	52.4	59.0		66.85	/ 6			
reaction time		interval		5.07	4.99	5.15	5.59		5.91	6.18	6.18	6.40	6.55	7.89			15.21	17.68	19.13
		velocity	6.48	6.90	7.01	6.80	6.26		5.92	5.66	5.66	5.47	5.34	5.07	5.98		6.90	5.94	5.49
H1 lead leg		strides	24	17	17	17	17		19	19	18	19	19		186				

Ma Jie (CHN) (1998)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)																*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.96	11.65	16.45	21.52	26.79		32.45	38.65	45.25				66.91	1 / 8			
reaction time	0.262	interval		4.69	4.80	5.07	5.27		5.66	6.20	6.60						14.56	17.13	
		velocity	6.47	7.46	7.29	6.90	6.64		6.18	5.65	5.30				5.98		7.21	6.13	
H1 lead leg	L	strides	23	16	16	16	16		17	19	19				142				

Ding Xiaoxue (CHN) (1998)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																*CAA Hurdle Development (2019)*			
date	07-Apr-19	time	7.11	11.93	16.92	22.06	27.44		33.10	39.06	45.48				67.07	2 / 9			
reaction time	0.295	interval		4.82	4.99	5.14	5.38		5.66	5.96	6.42						14.95	17.00	
		velocity	6.33	7.26	7.01	6.81	6.51		6.18	5.87	5.45				5.96		7.02	6.18	
H1 lead leg	L	strides	25	17	17	17	18		18	19	20				151				

Wang Shuzhen (CHN) (2002)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																*CAA Hurdle Development (2019)*			
date	17-Aug-19	time	7.20	12.36	17.40	22.44	27.76		33.36	39.32	45.72	52.32	59.06		67.12	3 / 7			
reaction time	0.204	interval		5.16	5.04	5.04	5.32		5.60	5.96	6.40	6.60	6.74	8.06			15.24	16.88	19.74
		velocity	6.25	6.78	6.94	6.94	6.58		6.25	5.87	5.47	5.30	5.19	4.96	5.96		6.89	6.22	5.32
H1 lead leg	L	strides	24	17	17	17	17		17	18	19	19	19	23	207				

Ma Jie (CHN) (1998)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																*CAA Hurdle Development (2019)*			
date	12-Apr-19	time	7.10	11.82	16.70	22.00	27.66		33.56						67.77	2 / 7			
reaction time	0.335	interval		4.72	4.88	5.30	5.66		5.90								14.90		
		velocity	6.34	7.42	7.17	6.60	6.18		5.93						5.90		7.05		
H1 lead leg	L	strides		16	16	17	17		17						83				

Ma Jie (CHN) (1998)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			*CAA Hurdle Development (2019)*
date	07-Apr-19	time	6.79	11.36	16.15	21.25	26.88		32.95	39.39	46.25				67.91	4 / 8			
reaction time	0.211	interval		4.57	4.79	5.10	5.63		6.07	6.44	6.86						14.46	18.14	
		velocity	6.63	7.66	7.31	6.86	6.22		5.77	5.43	5.10				5.89		7.26	5.79	
H1 lead leg	L	strides	23	16	16	16	16		17	19	19				142				

Heitmann, Kersten (FRG)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)																			*Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973*
date	28-Jul-73	time	7.3	12.4	17.5	23.0	28.6		34.6	40.7	46.9	53.5			68.30	/ 7			
reaction time		interval		5.10	5.10	5.47	5.59		6.05	6.09	6.21	6.57					15.67	17.73	
		velocity	6.16	6.86	6.86	6.40	6.26		5.79	5.75	5.64	5.33			5.86		6.70	5.92	
H1 lead leg		strides	24	17	17	17	17		17	17	18	18	19		181				

Linz, Christine (FRG) (1940)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)																			*Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973*
date	28-Jul-73	time	7.2	12.7	18.2	23.9	29.5		35.6	41.6	47.7	54.6	61.2		68.31	/ 8			
reaction time		interval		5.41	5.54	5.66	5.69		6.09	5.94	6.15	6.85	6.64	7.10			16.61	17.72	19.64
		velocity	6.22	6.47	6.32	6.18	6.15		5.75	5.89	5.69	5.11	5.27	5.63	5.86		6.32	5.93	5.35
H1 lead leg		strides	25	17	17	17	17		17	17	19	19	21		186				

Ou Ying (CHN) (2001)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																			*CAA Hurdle Development (2019)*
date	23-Aug-19	time	7.04	11.56	16.22	20.94	25.93		31.03	36.39	42.04	fell			68.86	4 / --			
reaction time	0.234	interval		4.52	4.66	4.72	4.99		5.10	5.36	5.65				DQ		13.90	15.45	
		velocity	6.39	7.74	7.51	7.42	7.01		6.86	6.53	6.19				5.81		7.55	6.80	
H1 lead leg	L	strides	24	17	17	17	17		17	17	17				143				

Lin Zixin (CHN) (2004)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)																			*CAA Hurdle Development (2021)*
date	25-Apr-21	time	7.54	12.70	18.08	23.61									72.25	5 / 6			
reaction time	0.223	interval		5.16	5.38	5.53											16.07		
		velocity	5.97	6.78	6.51	6.33									5.54		6.53		
H1 lead leg	L	strides	24	17	17	17									75				

Lu Zhangwei (CHN) (2001)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																			*CAA Hurdle Development (2021)*
date	26-Jun-21	time	6.82	11.21	15.73	20.40	25.16		30.41	fell					74.02	3 / 7			
reaction time	0.259	interval		4.39	4.52	4.67	4.76		5.25								13.58		
		velocity	6.60	7.97	7.74	7.49	7.35		6.67						5.40		7.73		
H1 lead leg	R	strides	24	16	16	16	16		17						105				

Di Chengqian (CHN) (1999)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)																			*Henson (2018) - coaching observations*
date	15-Sep-18	time	6.89	11.48	16.27	21.47									74.18	4 / 6			
reaction time		interval		4.59	4.79	5.20											14.58		
		velocity	6.53	7.63	7.31	6.73									5.39		7.20		
H1 lead leg	L	strides	23	16	16	18									73				

Huang Yan (CHN) (1996)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			*CAA Hurdle Development (2019)*
date	07-Apr-19	time	6.72	11.26	15.98	20.64	25.48		30.60	36.17	41.74	47.56	55.35		74.88	9 / 8			
reaction time	0.319	interval		4.54	4.72	4.66	4.84		5.12	5.57	5.57	5.82	7.79	19.53			13.92	15.53	19.18
		velocity	6.70	7.71	7.42	7.51	7.23		6.84	6.28	6.28	6.01	4.49	2.05	5.34		7.54	6.76	5.47
H1 lead leg	L	strides	24	17	17	17	17		18	19	19	19	23	27	217				

Xie Hanmeng (CHN) (2001)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)																			*CAA Hurdle Development (2019)*
date	17-Aug-19	time	7.36	12.16	17.20	22.58	28.38		34.82	41.86			66.74		76.27	2 / 6			
reaction time	0.232	interval		4.80	5.04	5.38	5.80		6.44	7.04			24.88	9.53			15.22	19.28	24.88
		velocity	6.11	7.29	6.94	6.51	6.03		5.43	4.97			4.22	4.20	5.24		6.90	5.45	4.22
H1 lead leg	L	strides	24	17	17	17	18		19	20	21				153				

Oprya, Maryna (UKR) (1982)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 European Cup (Munich, GER)																			*Graubner (2007) - http://www.fgs.uni-halle.de*
date	23-Jun-07	time	6.86	11.17	15.65	20.19	24.71		29.54	34.65	39.95	45.25	50.62						
reaction time	0.203	interval		4.31	4.48	4.54	4.52		4.83	5.11	5.30	5.30	5.37		DQ		13.33	14.46	15.97
		velocity	6.56	8.12	7.81	7.71	7.74		7.25	6.85	6.60	6.60	6.52				7.88	7.26	6.57
H1 lead leg		strides																	

Muhammad, Dalilah (USA) (1990)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)																			*Henson (2021) - Athlete First: 2017 year end hurdle report*
date	06-Jul-17	time	6.56												dnf	5 / --			
reaction time	0.280	interval																	
		velocity	6.86																
H1 lead leg	R	strides	23												23				

Tao Xue (CHN) (1999)

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

FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN) *CAA Hurdle Development (2019)*

date	29-May-19	time	6.92	11.29	15.78	20.40								dnf	1 / --			
reaction time		interval		4.37	4.49	4.62										13.48		
		velocity	6.50	8.01	7.80	7.58										7.79		
H1 lead leg	L	strides	13	15	15	16								59				

He Xueying (CHN) (2002)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																	*CAA Hurdle Development (2019)*	
date	17-Aug-19	time	6.80	11.56	16.44	21.40	26.52		31.62	36.70	41.94	*fell*			dnf	7 / --			
reaction time		interval		4.76	4.88	4.96	5.12		5.10	5.08	5.24						14.60	15.30	
		velocity	6.62	7.35	7.17	7.06	6.84		6.86	6.89	6.68						7.19	6.86	
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	19			162				

Luo Ouxuan (CHN) (2000)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)																	*CAA Hurdle Development (2019)*	
date	17-Aug-19	time	7.32	12.26	17.24	22.36									dnf	9 / --			
reaction time		interval		4.94	4.98	5.12											15.04		
		velocity	6.15	7.09	7.03	6.84											6.98		
H1 lead leg	R	strides	24	16	16	16								72					

Zhou Yu (CHN) (1999)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																	*CAA Hurdle Development (2019)*	
date	23-Aug-19	time	6.91	11.41	fell										dnf	6 / --			
reaction time	0.238	interval		4.50															
		velocity	6.51	7.78															
H1 lead leg	L	strides	24	16										40					

Spencer, Ashley (USA) (1993)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis)																	*Henson (2020) - Athlete First: 2019 year end hurdle report*	
date	10-Sep-19	time	6.47	10.71	15.05	19.48	23.99		28.66	33.43	38.50	43.61	48.88		dnf	5 / --			
reaction time		interval		4.24	4.34	4.43	4.51		4.67	4.77	5.07	5.11	5.27				13.01	13.95	15.45
		velocity	6.96	8.25	8.06	7.90	7.76		7.49	7.34	6.90	6.85	6.64				8.07	7.53	6.80
H1 lead leg	L	strides		15	15		15		15	15	16	16	16	123					

Huang Jie (CHN) (2005)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 National Grand Prix (Chengdu, CHN)																	*CAA Hurdle Development (2021)*	
date	02-Apr-21	time	7.23	11.93	16.71	21.71	26.99		32.66	38.87	45.58				dnf	8 / --			
reaction time	0.312	interval		4.70	4.78	5.00	5.28		5.67	6.21	6.71						14.48	17.16	
		velocity	6.22	7.45	7.32	7.00	6.63		6.17	5.64	5.22						7.25	6.12	
H1 lead leg	L	strides	25	17	17	17	17		17	19	19			148					

Spencer, Ashley (USA) (1993)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)																	*Henson (2022) - Athlete First: 2022 year end hurdle report*	
date	25-Jun-22	time	6.67												dnf	3 / --			
reaction time		interval																	
		velocity	6.75																
H1 lead leg	R	strides	23											23					

Clayton, Rushell (JAM) (1992)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)																	*Henson (2022) - Athlete First: 2022 year end hurdle report*	
date	26-Aug-22	time	6.36	10.53	14.76	19.13	23.57		28.13	32.88	37.90	*fell*			dnf	6 / --			
reaction time	0.161	interval		4.17	4.23	4.37	4.44		4.56	4.75	5.02						12.77	13.75	
		velocity	7.08	8.39	8.27	8.01	7.88		7.68	7.37	6.97						8.22	7.64	
H1 lead leg	R	strides	22	15	15	15	15		15	15	16			128					

Women's 300m Hurdles Touchdown Times - by time

Bol, Femke (NED) (2000)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)															*Henson (2022) - Athlete First: 2022 year end hurdle report*
date	31-May-22	time	6.87	10.50		18.57	22.78		27.27	31.77		36.86	5 / 1			
reaction time	0.215	interval		3.63		8.07	4.21		4.49	4.50	5.09	**WB PB**		11.70	13.20	
		velocity	7.28	9.64		8.67	8.31		7.80	7.78	7.86	8.14		8.97	7.95	
H1 lead leg	L	strides	24	15			15		15	15	18.5	102.5				

Hejnová, Zuzana (CZE) (1986)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2013 Velká Cena Mesta Chebu (Cheb, CZE) (300m Hurdles)															
date	02-Aug-13	time									38.16				
reaction time		interval		No Information Available							**WB PB**				
		velocity													
H1 lead leg		strides													

Tkachuk, Viktoriya (UKR) (1994)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)															*Henson (2022) - Athlete First: 2022 year end hurdle report*
date	31-May-22	time	6.90	10.70	14.83	19.07	23.50		28.25	32.88		38.24	3 / 2			
reaction time	0.246	interval		3.80	4.13	4.24	4.43		4.75	4.63	5.36	**NR PB**		12.17	13.81	

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

		velocity	7.25	9.21	8.47	8.25	7.90		7.37	7.56	7.46	7.85		8.63	7.60	
H1 lead leg	L	strides	24	15	15	15	15			15	19	118				

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)										*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date 31-May-22 time	7.20	11.05	15.17	19.37	23.73		28.46	33.20		38.36	6 / 3			
reaction time 0.208 interval		3.85	4.12	4.20	4.36		4.73	4.74	5.16	**PB**		12.17	13.83	
velocity	6.94	9.09	8.50	8.33	8.03		7.40	7.38	7.75	7.82		8.63	7.59	
H1 lead leg R strides	24	14		14	14			15	18	99				

Lehikoinen, Viivi (FIN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)										*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date 31-May-22 time	6.90			19.03	23.45		28.28	33.03		38.50	7 / 4			
reaction time 0.202 interval				12.13	4.42		4.83	4.75	5.47	**NR PB**		12.13	14.00	
velocity	7.25			8.66	7.92		7.25	7.37	7.31	7.79		8.66	7.50	
H1 lead leg R strides	26			16	16			16	19.7	93.7				

Knight, Jessie (GBR) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)										*Henson (2022) - Athlete First: 2022 year end hurdle report*				
date 31-May-22 time	6.97	10.87	15.03	19.40	23.90		28.77	33.50		38.84	4 / 5			
reaction time 0.170 interval		3.90	4.16	4.37	4.50		4.87	4.73	5.34	**NR PB**		12.43	14.10	
velocity	7.17	8.97	8.41	8.01	7.78		7.19	7.40	7.49	7.72		8.45	7.45	
H1 lead leg R strides	24	15	15	15	15			15	18.2	117.2				

Moline, Georganne (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Inspiration Games (Zürich, SUI) (TV Analysis) (300m Hurdles)										*Henson (2020) - Athlete First: 2020 year end hurdle report*				
date 09-Jul-20 time	6.20	10.10	14.20	18.46	22.86		27.50	32.46		39.08	3 / 1			
reaction time interval		3.90	4.10	4.26	4.40		4.64	4.96	6.62	*(Walnut, CA)*		12.76	14.00	
velocity	8.06	8.97	8.54	8.22	7.95		7.54	7.06	6.04	7.68		8.23	7.50	
H1 lead leg R strides	22	15	15	15	15		16	16	22.5	136.5				

Sprunger, Léa (SUI) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Inspiration Games (Zürich, SUI) (TV Analysis) (300m Hurdles)										*Henson (2020) - Athlete First: 2020 year end hurdle report*				
date 09-Jul-20 time	6.36	10.56	14.80	19.23	23.80		28.53	33.33		39.25	5 / 2			
reaction time interval		4.20	4.24	4.43	4.57		4.73	4.80	5.92	*(Zürich, SUI)*		13.24	14.10	
velocity	7.86	8.33	8.25	7.90	7.66		7.40	7.29	6.76	7.64		7.93	7.45	
H1 lead leg R strides	21	14	14	14	14		15	15	20	127				

Petersen, Sara Slott (DEN) (1987)

	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	7.04	11.14	15.38	19.72	24.22		28.96	34.00		39.42	4 / 1			
reaction time 0.125 interval		4.10	4.24	4.34	4.50		4.74	5.04	5.42			13.08	9.78	
velocity	7.10	8.54	8.25	8.06	7.78		7.38	6.94	7.38	7.61		8.03	10.74	
H1 lead leg R strides	25	15	15	15	15		15	17	20	137				

Iuel, Amalie (NOR) (1994)

	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	7.00	11.08	15.45	19.89	24.42		29.09	33.90		39.44	8 / 2			
reaction time 0.137 interval		4.08	4.37	4.44	4.53		4.67	4.81	5.54			13.34	9.48	
velocity	7.14	8.58	8.01	7.88	7.73		7.49	7.28	7.22	7.61		7.87	11.08	
H1 lead leg L strides	25	15	15	15	15		15	15	18.7	133.7				

Sprunger, Léa (SUI) (1990)

	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	6.94	11.04	15.28	19.85	24.49		29.30	34.27		39.86	6 / 3			
reaction time 0.151 interval		4.10	4.24	4.57	4.64		4.81	4.97	5.59			13.45	9.78	
velocity	7.20	8.54	8.25	7.66	7.54		7.28	7.04	7.16	7.53		7.81	10.74	
H1 lead leg R strides	23	13	13	14	14		15	15	18.2	125.2				

Sprunger, Léa (SUI) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Hürden-und Sprintmeeting (Basel, SUI) (300m Hurdles)										*Swiss Athletics (2016) - sprint and hurdle analysis*				
date 07-May-16 time	6.66	10.96	15.40	20.00	24.76		29.52	34.32		40.23	/ 1			
reaction time interval		4.30	4.44	4.60	4.76		4.76	4.80	5.91			13.34	14.32	
velocity	6.76	8.14	7.88	7.61	7.35		7.35	7.29	7.61	7.46		7.87	7.33	
H1 lead leg strides														

Hejnová, Zuzana (CZE) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Inspiration Games (Zürich, SUI) (TV Analysis) (300m Hurdles)										*Henson (2020) - Athlete First: 2020 year end hurdle report*				
date 09-Jul-20 time	7.33	11.63	16.03	20.53	25.30		30.20	35.13		40.97	3 / 3			
reaction time interval		4.30	4.40	4.50	4.77		4.90	4.93	5.84	*(Papendal, NED)*		13.67	14.60	
velocity	6.82	8.14	7.95	7.78	7.34		7.14	7.10	6.85	7.32		7.68	7.19	
H1 lead leg R strides	25	15	15	15	16		16	16	20	138				

Schürmann, Robine (SUI) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Hürden-und Sprintmeeting (Basel, SUI) (300m Hurdles)										*Swiss Athletics (2016) - sprint and hurdle analysis*				
date 07-May-16 time	6.74	11.16	15.70	20.42	25.28		30.22	35.14		41.31	/ 2			
reaction time interval		4.42	4.54	4.72	4.86		4.94	4.92	6.17			13.68	14.72	
velocity	6.68	7.92	7.71	7.42	7.20		7.09	7.11	7.29	7.26		7.68	7.13	

H1 lead leg		strides																
Fontanive, Petra (SUI) (1988)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**				**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2016 Hürden-und Sprintmeeting (Basel, SUI) (300m Hurdles)															*Swiss Athletics (2016) - sprint and hurdle analysis*				
date	07-May-16	time	6.70	11.08	15.56	20.20	25.16		30.24	35.14					41.38	/ 3			
reaction time		interval		4.38	4.48	4.64	4.96		5.08	4.90				6.24			13.50	14.94	
		velocity	6.72	7.99	7.81	7.54	7.06		6.89	7.14				7.21	7.25		7.78	7.03	
H1 lead leg		strides																	

Women's 300m Hurdles Touchdown Times - by time

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

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

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

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

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