

Men's 400m Hurdles Touchdown Times - by time

LAST UPDATE: 11-Oct-24

													Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10													
<b>Warholm, Karsten (NOR) (1996)</b>																															
<b>FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)</b>																															
date 03-Aug-21													time	5.60	9.08	12.62	16.28	19.96		23.86	27.92	32.04	36.32	40.76		Henson (2021) - Athlete First: 2021 year end hurdle report					
reaction time	0.145	interval	3.48	3.54	3.66	3.68		3.90	4.06	4.12	4.28	4.44	5.18	45.94	6 / 1																
		velocity	8.04	10.06	9.89	9.56	9.51		8.97	8.62	8.50	8.18	7.88	7.72	8.71			10.68	11.64	12.84											
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	18	157																
<b>Benjamin, Rai (USA) (1997)</b>																															
<b>FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)</b>																															
date 03-Aug-21													time	5.64	9.20	12.84	16.52	20.28		24.16	28.16	32.24	36.44	40.80		Henson (2021) - Athlete First: 2021 year end hurdle report					
reaction time	0.168	interval	3.56	3.64	3.68	3.76		3.88	4.00	4.08	4.20	4.36	5.37	46.17	5 / 2																
		velocity	7.98	9.83	9.62	9.51	9.31		9.02	8.75	8.58	8.33	8.03	7.45	8.66			10.88	11.64	12.64											
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	17	154			9.65	9.02	8.31											
<b>dos Santos, Alison Brendon (BRA) (1996)</b>																															
<b>FINAL - 2022 World Athletics Championships (Eugene, OR)</b>																															
date 19-Jul-22													time	5.71	9.26	12.81	16.38	20.12	21.67	24.01	28.11	32.33	36.69	41.07		46.29	6 / 1				
reaction time	0.141	interval	3.55	3.55	3.57	3.74		3.89	4.10	4.22	4.36	4.38	5.22	CR NR	8.64			10.67	11.73	12.96											
		velocity	7.88	9.86	9.86	9.80	9.36	9.23	9.00	8.54	8.29	8.03	7.99	7.66	8.64			9.84	8.95	8.10											
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	13	13	16.2	149.2																
<b>Benjamin, Rai (USA) (1997)</b>																															
<b>FINAL - 2023 Prefontaine Classic (Eugene, OR)</b>																															
date 16-Sep-23													time	5.74	9.40	13.10	16.86	20.68		24.61	28.60	32.70	36.97	41.36		46.39	5 / 1				
reaction time	0.154	interval	3.66	3.70	3.76	3.82		3.93	3.99	4.10	4.27	4.39	5.03					11.12	11.74	12.76											
		velocity	7.84	9.56	9.46	9.31	9.16		8.91	8.77	8.54	8.20	7.97	7.95	8.62			9.44	8.94	8.23											
H1 lead leg	R	strides	20	13	13	12	12		13	13	13	13	13	17	152																
<b>Benjamin, Rai (USA) (1997)</b>																															
<b>FINAL - 2024 USA Olympic Trials (Eugene, OR)</b>																															
date 30-Jun-24													time	5.62	9.21	12.96	16.94	20.81	22.46	24.59	28.43	32.49	36.81	41.28		46.46	7 / 1				
reaction time		interval	3.59	3.75	3.98	3.87		3.78	3.84	4.06	4.32	4.47	5.18					11.32	11.49	12.85											
		velocity	8.01	9.75	9.33	8.79	9.04	8.90	9.26	9.11	8.62	8.10	7.83	7.72	8.61			9.28	9.14	8.17											
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.5	153.5																
<b>Benjamin, Rai (USA) (1997)</b>																															
<b>FINAL - 2024 Olympic Games (Paris, FRA)</b>																															
date 09-Aug-24													time	5.62	9.21	12.82	16.50	20.32		24.15	28.02	32.02	36.39	40.96		46.46	8 / 1				
reaction time	0.171	interval	3.59	3.61	3.68	3.82		3.83	3.87	4.00	4.37	4.57	5.50					10.88	11.52	12.94											
		velocity	8.01	9.75	9.70	9.51	9.16		9.14	9.04	8.75	8.01	7.66	7.27	8.61			9.65	9.11	8.11											
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	17	155																
<b>Warholm, Karsten (NOR) (1996)</b>																															
<b>FINAL - 2023 Herculis Meeting International d'Athlétisme (Monaco, MON)</b>																															
date 21-Jul-23													time	5.55	9.05	12.62	16.26	20.02		23.95	28.03	32.24	36.65	41.21		46.51	7 / 1				
reaction time	0.146	interval	3.50	3.57	3.64	3.76		3.93	4.08	4.21	4.41	4.56	5.30					10.71	11.77	13.18											
		velocity	8.11	10.00	9.80	9.62	9.31		8.91	8.58	8.31	7.94	7.68	7.55	8.60			9.80	8.92	7.97											
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	17.7	156.7																
<b>Warholm, Karsten (NOR) (1996)</b>																															
<b>FINAL - 2023 Bislett Games (Oslo, NOR)</b>																															
date 15-Jun-23													time	5.59	9.16	12.76	16.41	20.17		24.05	28.07	32.27	36.63	41.20		46.52	7 / 1				
reaction time	0.162	interval	3.57	3.60	3.65	3.76		3.88	4.02	4.20	4.36	4.57	5.32					10.82	11.66	13.13											
		velocity	8.05	9.80	9.72	9.59	9.31		9.02	8.71	8.33	8.03	7.66	7.52	8.60			9.70	9.01	8.00											
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	17.7	156.7																
<b>Warholm, Karsten (NOR) (1996)</b>																															
<b>FINAL - 2023 Prefontaine Classic (Eugene, OR)</b>																															
date 16-Sep-23													time	5.59	9.17	12.80	16.46	20.22		24.10	28.12	32.37	36.62	41.18		46.53	7 / 2				
reaction time	0.135	interval	3.58	3.63	3.66	3.76		3.88	4.02	4.25	4.25	4.56	5.35					10.87	11.66	13.06											
		velocity	8.05	9.78	9.64	9.56	9.31		9.02	8.71	8.24	8.24	7.68	7.48	8.60			9.66	9.01	8.04											
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	18	157																
<b>Benjamin, Rai (USA) (1997)</b>																															
<b>FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)</b>																															
date 09-Jul-23													time	5.81	9.44	13.14	16.92	20.75		24.70	28.69	32.76	37.00	41.47		46.62	5 / 1				
reaction time		interval	3.63	3.70	3.78	3.83		3.95	3.99	4.07	4.24	4.47	5.15					11.11	11.77	12.78											
		velocity	7.75	9.64	9.46	9.26	9.14		8.86	8.77	8.60	8.25	7.83	7.77	8.58			9.45	8.92	8.22											
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	17	154																
<b>dos Santos, Alison Brendon (BRA) (1996)</b>																															
<b>FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)</b>																															
date 30-May-24													time	5.77	9.37	12.98	16.58	20.38		24.39	28.42	32.63	36.90	41.37		46.63	5 / 1				
reaction time	0.182	interval	3.60	3.61	3.60	3.80		4.01	4.03	4.21	4.27	4.47	5.26					10.81	11.84	12.95											
		velocity	7.80	9.72	9.70	9.72	9.21		8.73	8.68	8.31	8.20	7.83	7.60	8.58			9.71	8.87	8.11											

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

H1 lead leg	L	strides	20	13	12	12	12	12	13	13	13	13	16.5	149.5						
<b>Benjamin, Rai (USA) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 USATF LA Grand Prix (Los Angeles, CA) (TV Analysis)</b>			<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																	
date	18-May-24	time	5.84	9.51	13.18	16.95	20.75		28.56	32.60	36.87	41.41		46.64	5 / 1					
reaction time	0.207	interval		3.67	3.67	3.77	3.80		7.81	4.04	4.27	4.54	5.23				11.11	11.61	12.85	
		velocity	7.71	9.54	9.54	9.28	9.21		8.96	8.66	8.20	7.71	7.65	8.58			9.45	9.04	8.17	
H1 lead leg	R	strides	20	13	13	13	13				13	13	13	17	128					
<b>Benjamin, Rai (USA) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 Herculis Meeting International d'Athlétisme (Monaco, MON)</b>			<i>Omega Timing (2024) - diamond league race analysis</i>																	
date	12-Jul-24	time	5.68	9.25	12.88	16.55	20.33		24.40	28.55	32.71	37.00	41.45		46.67	5 / 1				
reaction time	0.188	interval		3.57	3.63	3.67	3.78		4.07	4.15	4.16	4.29	4.45	5.22			10.87	12.00	12.90	
		velocity	7.92	9.80	9.64	9.54	9.26		8.60	8.43	8.41	8.16	7.87	7.66	8.57		9.66	8.75	8.14	
H1 lead leg	R	strides	20	13	13	12	13		14	13	13	13	13	17	154					
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)</b>			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	01-Jul-21	time	5.58	9.10	12.70	16.34	20.16		24.08	28.18	32.38	36.78	41.44		46.70	7 / 1				
reaction time	0.163	interval		3.52	3.60	3.64	3.82		3.92	4.10	4.20	4.40	4.66	5.26	WR		10.76	11.84	13.26	
		velocity	8.06	9.94	9.72	9.62	9.16		8.93	8.54	8.33	7.95	7.51	7.60	8.57		9.76	8.87	7.92	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	13	18	155					
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)</b>			<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																	
date	30-May-24	time	5.70	9.21	12.81	16.45	20.22		24.19	28.19	32.40	36.83	41.37		46.70	7 / 2				
reaction time	0.157	interval		3.51	3.60	3.64	3.77		3.97	4.00	4.21	4.43	4.54	5.33			10.75	11.74	13.18	
		velocity	7.89	9.97	9.72	9.62	9.28		8.82	8.75	8.31	7.90	7.71	7.50	8.57		9.77	8.94	7.97	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	18	157					
<b>dos Santos, Alison Brendon (BRA) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)</b>			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	03-Aug-21	time	5.76	9.36	13.08	16.76	20.60		24.64	28.80	33.00	37.26	41.58		46.72	7 / 3				
reaction time	0.156	interval		3.60	3.72	3.68	3.84		4.04	4.16	4.20	4.26	4.32	5.14	AR		11.00	12.04	12.78	
		velocity	7.81	9.72	9.41	9.51	9.11		8.66	8.41	8.33	8.22	8.10	7.78	8.56		9.55	8.72	8.22	
H1 lead leg	L	strides	20	13	13	12	12		13	13	13	14	13	16.2	152.2					
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 Herculis Meeting International d'Athlétisme (Monaco, MON)</b>			<i>Omega Timing (2024) - diamond league race analysis</i>																	
date	12-Jul-24	time	5.66	9.20	12.79	16.48	20.31		24.25	28.30	32.50	36.88	41.41		46.73	7 / 2				
reaction time	0.164	interval		3.54	3.59	3.69	3.83		3.94	4.05	4.20	4.38	4.53	5.32			10.82	11.82	13.11	
		velocity	7.95	9.89	9.75	9.49	9.14		8.88	8.64	8.33	7.99	7.73	7.52	8.56		9.70	8.88	8.01	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	18	157					
<b>Young, Kevin (USA) (1966)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1992 Olympic Games (Barcelona, ESP)</b>			<i>Letzelter (1995) - schrittgestaltung im 400m-hürdenlauf der jugend</i>																	
date	06-Aug-92	time	5.92	9.58	13.24	16.94	20.72		24.68	28.74	32.88	37.18	41.58		46.78	4 / 1				
reaction time		interval		3.66	3.66	3.70	3.78		3.96	4.06	4.14	4.30	4.40	5.20	WR		11.02	11.80	12.84	
		velocity	7.60	9.56	9.56	9.46	9.26		8.84	8.62	8.45	8.14	7.95	7.69	8.55		9.53	8.90	8.18	
H1 lead leg	L	strides	20	13	13	12	12		13	13	13	13	13	16.7	151.7					
<b>dos Santos, Alison Brendon (BRA) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)</b>			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																	
date	30-Jun-22	time	5.66	9.24	12.80	16.42	20.18	21.78	24.08	28.22	32.48	36.84	41.40		46.80	6 / 1				
reaction time	0.147	interval		3.58	3.56	3.62	3.76		3.90	4.14	4.26	4.36	4.56	5.40			10.76	11.80	13.18	
		velocity	7.95	9.78	9.83	9.67	9.31	9.18	8.97	8.45	8.22	8.03	7.68	7.41	8.55		9.76	8.90	7.97	
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	13	13	16.7	149.7					
<b>Benjamin, Rai (USA) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	26-Jun-21	time	5.77	9.47	13.30	17.17	21.09		25.06	29.06	33.20	37.50	41.84		46.83	5 / 1				
reaction time	0.235	interval		3.70	3.83	3.87	3.92		3.97	4.00	4.14	4.30	4.34	4.99	PB		11.40	11.89	12.78	
		velocity	7.80	9.46	9.14	9.04	8.93		8.82	8.75	8.45	8.14	8.06	8.02	8.54		9.21	8.83	8.22	
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153					
<b>dos Santos, Alison Brendon (BRA) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 Seashore Doha Meeting (Doha, QAT)</b>			<i>Omega Timing (2024) - diamond league race analysis</i>																	
date	10-May-24	time	5.67	9.24	12.89	16.61	20.53		24.58	28.66	32.88	37.18	41.61		46.86	5 / 1				
reaction time	0.148	interval		3.57	3.65	3.72	3.92		4.05	4.08	4.22	4.30	4.43	5.25			10.94	12.05	12.95	
		velocity	7.94	9.80	9.59	9.41	8.93		8.64	8.58	8.29	8.14	7.90	7.62	8.54		9.60	8.71	8.11	
H1 lead leg	L	strides	20	13	12	12	13		13	13	13	13	13	16.2	151.2					
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)</b>			<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																	
date	23-Aug-20	time	5.58	9.14	12.80	16.60	20.44	22.2	24.42	28.48	32.64	36.94	41.48		46.87	8 / 1				
reaction time	0.161	interval		3.56	3.66	3.80	3.84		3.98	4.06	4.16	4.30	4.54	5.39	AR PB		11.02	11.88	13.00	
		velocity	8.06	9.83	9.56	9.21	9.11	9.01	8.79	8.62	8.41	8.14	7.71	7.42	8.53		9.53	8.84	8.08	

H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	13	15	18	157					
<b>Benjamin, Rai (USA) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2022 World Athletics Championships (Eugene, OR)</b>			<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																	
date	19-Jul-22	time	5.76	9.33	13.03	16.75	20.45	21.97	24.32	28.38	32.60	36.94	41.47		46.89	3 / 2				
reaction time	0.157	interval	3.57	3.70	3.72	3.70		3.87	4.06	4.22	4.34	4.53	5.42				10.99	11.63	13.09	
		velocity	7.81	9.80	9.46	9.41	9.46	9.10	9.04	8.62	8.29	8.06	7.73	7.38	8.53		9.55	9.03	8.02	
H1 lead leg	R	strides	20	13	13	13	12		12	13	13	13	13	16.5	151.5					
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)</b>			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																	
date	23-Aug-23	time	5.81	9.46	12.90	16.52	20.29		24.25	28.29	32.50	36.93	41.61		46.89	7 / 1				
reaction time	0.171	interval	3.65	3.44	3.62	3.77		3.96	4.04	4.21	4.43	4.68	5.28				10.71	11.77	13.32	
		velocity	7.75	9.59	10.17	9.67	9.28		8.84	8.66	8.31	7.90	7.48	7.58	8.53		9.80	8.92	7.88	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	18	157					
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)</b>			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	29-Aug-19	time	5.66	9.16	12.76	16.40	20.22	21.9	24.18	28.32	32.56	37.08	41.62		46.92	7 / 1				
reaction time	0.140	interval	3.50	3.60	3.64	3.82		3.96	4.14	4.24	4.52	4.54	5.30	AR PB			10.74	11.92	13.30	
		velocity	7.95	10.00	9.72	9.62	9.16	9.13	8.84	8.45	8.25	7.74	7.71	7.55	8.53		9.78	8.81	7.89	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18.2	159.2					
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)</b>			<i>Omega Timing (2023) - diamond league race analysis</i>																	
date	25-Aug-24	time	5.64	9.26	12.93	16.66	20.49		24.44	28.54	32.71	37.00	41.58		46.95	8 / 1				
reaction time	0.154	interval	3.62	3.67	3.73	3.83		3.95	4.10	4.17	4.29	4.58	5.37				11.02	11.88	13.04	
		velocity	7.98	9.67	9.54	9.38	9.14		8.86	8.54	8.39	8.16	7.64	7.45	8.52		9.53	8.84	8.05	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	17.7	156.7					
<b>Samba, Abderrahmane (QAT) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2018 Meeting de Paris (Paris, FRA) (TV Analysis)</b>			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																	
date	30-Jun-18	time	5.88	9.48	13.12	16.84	20.60	22.3	24.52	28.68	32.88	37.36	41.84		46.98	5 / 1				
reaction time	0.209	interval	3.60	3.64	3.72	3.76		3.92	4.16	4.20	4.48	4.48	5.14	AR PB			10.96	11.84	13.16	
		velocity	7.65	9.72	9.62	9.41	9.31	8.97	8.93	8.41	8.33	7.81	7.81	7.78	8.51		9.58	8.87	7.98	
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14	17.2	158.2					
<b>Benjamin, Rai (USA) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)</b>			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	29-Aug-19	time	5.74	9.34	12.98	16.74	20.62	22.2	24.54	28.61	32.80	37.18	41.84		46.98	5 / 2				
reaction time	0.173	interval	3.60	3.64	3.76	3.88		3.92	4.07	4.19	4.38	4.66	5.14	PB			11.00	11.87	13.23	
		velocity	7.84	9.72	9.62	9.31	9.02	9.01	8.93	8.60	8.35	7.99	7.51	7.78	8.51		9.55	8.85	7.94	
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	17	155					
<b>dos Santos, Alison Brendon (BRA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)</b>			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																	
date	08-Sep-22	time	5.70	9.27	12.91	16.58	20.45	21.96	24.36	28.50	32.70	37.10	41.67		46.98	6 / 1				
reaction time	0.155	interval	3.57	3.64	3.67	3.87		3.91	4.14	4.20	4.40	4.57	5.31				10.88	11.92	13.17	
		velocity	7.89	9.80	9.62	9.54	9.04	9.11	8.95	8.45	8.33	7.95	7.66	7.53	8.51		9.65	8.81	7.97	
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	13	13	16	149					
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 European Athletics Championships (Roma, ITA)</b>			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																	
date	11-Jun-24	time	5.62	9.12	12.81	16.51	20.35		24.24	28.21	32.36	36.93	41.56		46.98	8 / 1				
reaction time	0.184	interval	3.50	3.69	3.70	3.84		3.89	3.97	4.15	4.57	4.63	5.42	CR			10.89	11.70	13.35	
		velocity	8.01	10.00	9.49	9.46	9.11		9.00	8.82	8.43	7.66	7.56	7.38	8.51		9.64	8.97	7.87	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	18	157					
<b>dos Santos, Alison Brendon (BRA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 Bauhaus Galan (Stockholm, SWE) (TV Analysis)</b>			<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																	
date	02-Jun-24	time	5.80	9.50	13.06	16.70	20.53		24.47	28.60	32.87	37.27	41.80		47.01	5 / 1				
reaction time	0.164	interval	3.70	3.56	3.64	3.83		3.94	4.13	4.27	4.40	4.53	5.21				10.90	11.90	13.20	
		velocity	7.76	9.46	9.83	9.62	9.14		8.88	8.47	8.20	7.95	7.73	7.68	8.51		9.63	8.82	7.95	
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	13	13	16.2	149.2					
<b>Moses, Edwin (USA) (1955)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1983 Internationale Leichtathletiksporfest (Koblenz, FRG)</b>			<i>Arnold (1992) - Hurdling</i>																	
date	31-Aug-83	time	5.9	9.6	13.4	17.1	21.0	22.7	24.9	29.0	33.1	37.4	41.9		47.02	1 / 1				
reaction time		interval	3.70	3.80	3.70	3.90		3.90	4.10	4.10	4.30	4.50	5.12	WR			11.20	11.90	12.90	
		velocity	7.63	9.46	9.21	9.46	8.97	8.81	8.97	8.54	8.14	7.78	7.81	8.51			9.38	8.82	8.14	
H1 lead leg	L	strides	19	13	13	13	13		13	13	13	13	13	16	152					
<b>Benjamin, Rai (ANT) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2018 NCAA Championships (Eugene, OR) (TV Analysis)</b>			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																	
date	08-Jun-18	time	5.83	9.56	13.33	17.06	21.00		25.00	29.03	33.23	37.46	41.90		47.02	5 / 1				
reaction time		interval	3.73	3.77	3.73	3.94		4.00	4.03	4.20	4.23	4.44	5.12	AR PB			11.23	11.97	12.87	
		velocity	7.72	9.38	9.28	9.38	8.88		8.75	8.68	8.33	8.27	7.88	7.81	8.51		9.35	8.77	8.16	



H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	15	17.2	156.2						
<b>Moses, Edwin (USA) (1955)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1980 Mario Lanzi Memorial (Milan, ITA)</b>																				
date	03-Jul-80	time	5.7	9.4	13.2	17.0	20.9		24.7	28.6	32.8	37.2	41.7		47.13		Behm (1995) - <i>la tactique du 400 haies</i>			
reaction time		interval		3.70	3.80	3.80	3.90		3.80	3.90	4.20	4.40	4.50	5.43	<b>WR</b>		11.30	11.60	13.10	
		velocity	7.89	9.46	9.21	9.21	8.97		9.21	8.97	8.33	7.95	7.78	7.37	8.49		9.29	9.05	8.02	
H1 lead leg		strides																		
<b>Benjamin, Rai (USA) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2021 USATF Golden Games (Walnut, CA) (TV Analysis)</b>																				
date	09-May-21	time	5.84	9.44	13.21	17.08	21.02		24.99	29.09	33.37	37.67	42.11		47.13		Henson (2021) - <i>Athlete First: 2021 year end hurdle report</i>			
reaction time		interval		3.60	3.77	3.87	3.94		3.97	4.10	4.28	4.30	4.44	5.02			11.24	12.01	13.02	
		velocity	7.71	9.72	9.28	9.04	8.88		8.82	8.54	8.18	8.14	7.88	7.97	8.49		9.34	8.74	8.06	
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153					
<b>Benjamin, Rai (USA) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2019 Prefontaine Classic (Stanford, CA) (TV Analysis)</b>																				
date	30-Jun-19	time	5.83	9.53	13.33	17.30	21.33		25.33	29.43	33.63	37.85	42.10		47.16		Henson (2020) - <i>Athlete First: 2019 year end hurdle report</i>			
reaction time	0.216	interval		3.70	3.80	3.97	4.03		4.00	4.10	4.20	4.22	4.25	5.06			11.47	12.13	12.67	
		velocity	7.72	9.46	9.21	8.82	8.68		8.75	8.54	8.33	8.29	8.24	7.91	8.48		9.15	8.66	8.29	
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.2	153.2					
<b>Young, Kevin (USA) (1966)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1993 IAAF World Championships (Stuttgart, GER)</b>																				
date	19-Aug-93	time	6.05	9.68	13.43	17.12	20.92		24.86	28.89	33.00	37.34	41.46		47.18		Graubner (2008) - <a href="http://www.fgs.uni-halle.de">http://www.fgs.uni-halle.de</a>			
reaction time	0.267	interval		3.63	3.75	3.69	3.80		3.94	4.03	4.11	4.34	4.12	5.72			11.07	11.77	12.57	
		velocity	7.44	9.64	9.33	9.49	9.21		8.88	8.68	8.52	8.06	8.50	6.99	8.48		9.49	8.92	8.35	
H1 lead leg	L	strides	20	13	13	12	12		13	13	13	13	13	17	152					
<b>dos Santos, Alison Brendon (BRA) (1988)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 Herculis Meeting International d'Athlétisme (Monaco, MON)</b>																				
date	12-Jul-24	time	5.72	9.23	12.78	16.44	20.22		24.25	28.41	32.69	37.08	41.63		47.18		Omega Timing (2024) - <i>diamond league race analysis</i>			
reaction time	0.161	interval		3.51	3.55	3.66	3.78		4.03	4.16	4.28	4.39	4.55	5.55			10.72	11.97	13.22	
		velocity	7.87	9.97	9.86	9.56	9.26		8.68	8.41	8.18	7.97	7.69	7.21	8.48		9.79	8.77	7.94	
H1 lead leg	L	strides	20	13	12	12	12		13	13	13	13	13	17	151					
<b>dos Santos, Alison Brendon (BRA) (1988)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 London Athletics Meet (London, GBR)</b>																				
date	20-Jul-24	time	5.82	9.42	13.04	16.69	20.50		24.51	28.68	32.92	37.30	41.80		47.18		Omega Timing (2024) - <i>diamond league race analysis</i>			
reaction time	0.178	interval		3.60	3.62	3.65	3.81		4.01	4.17	4.24	4.38	4.50	5.38			10.87	11.99	13.12	
		velocity	7.73	9.72	9.67	9.59	9.19		8.73	8.39	8.25	7.99	7.78	7.43	8.48		9.66	8.76	8.00	
H1 lead leg	L	strides	20	13	12	12	12				13	13	13	16.2	124.2					
<b>Phillips, Andre (USA) (1959)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1988 Olympic Games (Seoul, KOR)</b>																				
date	25-Sep-88	time	5.80	9.36	13.13	16.97	20.93		24.98	29.14	33.18	37.45	41.99		47.19		Brüggemann (1990) - <i>scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>			
reaction time	0.150	interval		3.56	3.77	3.84	3.96		4.05	4.16	4.04	4.27	4.54	5.20	<b>OR / PB</b>		11.17	12.17	12.85	
		velocity	7.76	9.83	9.28	9.11	8.84		8.64	8.41	8.66	8.20	7.71	7.69	8.48		9.40	8.63	8.17	
H1 lead leg	L	strides	19	13	13	13	13		13	13	13	13	13	17.9	153.9					
<b>Dia Bâ, Amadou (SEN) (1958)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1988 Olympic Games (Seoul, KOR)</b>																				
date	25-Sep-88	time	5.96	9.60	13.33	17.13	21.01		25.06	29.26	33.44	37.83	42.27		47.23		Brüggemann (1990) - <i>scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>			
reaction time	0.220	interval		3.64	3.73	3.80	3.88		4.05	4.20	4.18	4.39	4.44	4.96	<b>NR</b>		11.17	12.13	13.01	
		velocity	7.55	9.62	9.38	9.21	9.02		8.64	8.33	8.37	7.97	7.88	8.06	8.47		9.40	8.66	8.07	
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	18	159					
<b>dos Santos, Alison Brendon (BRA) (1988)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)</b>																				
date	28-May-22	time	5.75	9.36	13.00	16.73	20.56	22.33	24.54	28.70	32.93	37.53	42.00		47.23		Henson (2022) - <i>Athlete First: 2022 year end hurdle report</i>			
reaction time	0.194	interval		3.61	3.64	3.73	3.83		3.98	4.16	4.23	4.60	4.47	5.23			10.98	11.97	13.30	
		velocity	7.83	9.70	9.62	9.38	9.14	8.96	8.79	8.41	8.27	7.61	7.83	7.65	8.47		9.56	8.77	7.89	
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	14	13	16	150					
<b>Dean, Caleb (USA) (2001)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)</b>																				
date	07-Jun-24	time	5.79	9.42	13.13	16.84	20.67		24.66	28.85	33.13	37.60	42.11		47.23		Henson (2024) - <i>Athlete First: 2024 year end hurdle report</i>			
reaction time		interval		3.63	3.71	3.71	3.83		3.99	4.19	4.28	4.47	4.51	5.12	<b>PB</b>		11.05	12.01	13.26	
		velocity	7.77	9.64	9.43	9.43	9.14		8.77	8.35	8.18	7.83	7.76	7.81	8.47		9.50	8.74	7.92	
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	18	159					
<b>dos Santos, Alison Brendon (BRA) (1988)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2022 Doha Diamond League (Doha, QAT) (TV Analysis)</b>																				
date	13-May-22	time	5.70	9.37	13.11	17.12	21.20	22.9	25.36	29.44	33.63	37.83	42.14		47.24		Henson (2022) - <i>Athlete First: 2022 year end hurdle report</i>			
reaction time	0.172	interval		3.67	3.74	4.01	4.08		4.16	4.08	4.19	4.20	4.31	5.10			11.42	12.32	12.70	
		velocity	7.89	9.54	9.36	8.73	8.58	8.73	8.41	8.58	8.35	8.33	8.12	7.84	8.47		9.19	8.52	8.27	

H1 lead leg	L	strides	20	13	12	13	13	13	13	13	13	13	13	13	136						
<b>Warholm, Karsten (NOR) (1996)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>				
<b>FINAL - 2022 ISTAF (Berlin, GER) (TV Analysis)</b>																					
date	04-Sep-22	time	5.76	9.28	12.88	16.60	20.36	24.32	28.48	32.76	37.24	41.96		47.24	7 / 1						
reaction time	0.139	interval	3.52	3.60	3.72	3.76	3.96	4.16	4.28	4.48	4.72	5.28			10.84	11.88	13.48				
		velocity	7.81	9.94	9.72	9.41	9.31	8.84	8.41	8.18	7.81	7.42	7.58	8.47		9.69	8.84	7.79			
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	15	18	157							
<b>Benjamin, Rai (USA) (1997)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>				
<b>Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)</b>																					
date	21-Aug-23	time	5.77	9.54	13.08	16.92	20.82	24.82	28.93	33.21	37.61	42.14		47.24	7 / 1						
reaction time	0.169	interval	3.77	3.54	3.84	3.90	4.00	4.11	4.28	4.40	4.53	5.10			11.15	12.01	13.21				
		velocity	7.80	9.28	9.89	9.11	8.97	8.75	8.52	8.18	7.95	7.73	7.84	8.47		9.42	8.74	7.95			
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	13	16.5	153.5							
<b>Sánchez, Félix (DOM) (1977)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>				
<b>FINAL - 2003 IAAF World Championships (Paris, FRA)</b>																					
date	29-Aug-03	time	5.8	9.3	13.0	16.9	20.7	24.8	29.1	33.4	37.7	42.1		47.25	5 / 1						
reaction time	0.176	interval	3.5	3.7	3.9	3.8	4.1	4.3	4.3	4.3	4.4	5.15	AR / PB		11.10	12.20	13.00				
		velocity	7.76	10.00	9.46	8.97	9.21	8.54	8.14	8.14	8.14	7.95	7.77	8.47		9.46	8.61	8.08			
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	15	15	18	162							
<b>Taylor, Angelo (USA) (1978)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>				
<b>FINAL - 2008 Olympic Games (Beijing, CHN)</b>																					
date	18-Aug-08	time	5.7	9.4	13.1	16.7	20.6	24.6	28.8	33.1	37.5	42.0		47.25	6 / 1						
reaction time	0.164	interval	3.7	3.7	3.6	3.9	4.0	4.2	4.3	4.4	4.5	5.25	PB		11.00	12.10	13.20				
		velocity	7.89	9.46	9.46	9.72	8.97	8.75	8.33	8.14	7.95	7.78	7.62	8.47		9.55	8.68	7.95			
H1 lead leg	R	strides	21	13	13	13	13	14	14	14	14	14	17.5	160.5							
<b>Warholm, Karsten (NOR) (1996)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>				
<b>FINAL - 2019 Meeting de Paris (Paris, FRA) (TV Analysis)</b>																					
date	24-Aug-19	time	5.64	9.24	12.86	16.59	20.42	22.1	24.48	28.66	32.92	37.35	41.96		47.26	7 / 1					
reaction time	0.157	interval	3.60	3.62	3.73	3.83	4.06	4.18	4.26	4.43	4.61	5.30			10.95	12.07	13.30				
		velocity	7.98	9.72	9.67	9.38	9.14	8.62	8.37	8.22	7.90	7.59	7.55	8.46		9.59	8.70	7.89			
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	13	18	155							
<b>dos Santos, Alison Brendon (BRA) (1996)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>				
<b>FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)</b>																					
date	16-Jun-22	time	5.74	9.42	13.16	16.92	20.82	22.56	24.96	29.20	33.42	37.76	42.16		47.26	7 / 1					
reaction time	0.184	interval	3.68	3.74	3.76	3.90	4.14	4.24	4.22	4.34	4.40	5.10			11.18	12.28	12.96				
		velocity	7.84	9.51	9.36	9.31	8.97	8.87	8.45	8.25	8.29	8.06	7.95	7.84	8.46		9.39	8.55	8.10		
H1 lead leg	L	strides	20	13	12	12	12	12	12	13	13	13	16	149							
<b>McMaster, Kyron (IVB) (1997)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>				
<b>FINAL - 2023 P-T-S Meeting (Banská Bystrica, SVK) (TV Analysis)</b>																					
date	20-Jul-23	time	5.78	9.32	13.00	16.78	20.66	24.66	28.80	33.10	37.58	42.12		47.26	6 / 1						
reaction time	0.210	interval	3.54	3.68	3.78	3.88	4.00	4.14	4.30	4.48	4.54	5.14			11.00	12.02	13.32				
		velocity	7.79	9.89	9.51	9.26	9.02	8.75	8.45	8.14	7.81	7.71	7.78	8.46		9.55	8.74	7.88			
H1 lead leg	L	strides	13	13	13	13	13	13	14	14	14	14	17.2	138.2							
<b>dos Santos, Alison Brendon (BRA) (1996)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>				
<b>FINAL - 2024 Olympic Games (Paris, FRA)</b>																					
date	09-Aug-24	time	5.72	9.30	12.96	16.66	20.44	24.35	28.42	32.65	37.09	41.68		47.26	3 / 3						
reaction time	0.167	interval	3.58	3.66	3.70	3.78	3.91	4.07	4.23	4.44	4.59	5.58			10.94	11.76	13.26				
		velocity	7.87	9.78	9.56	9.46	9.26	8.95	8.60	8.27	7.88	7.63	7.17	8.46		9.60	8.93	7.92			
H1 lead leg	L	strides	20	13	12	12	12	12	13	13	13	13	16.5	137.5							
<b>Moses, Edwin (USA) (1955)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>				
<b>FINAL - 1981 ISTAF (West Berlin, FRG)</b>																					
date	21-Aug-81	time	5.7	9.4	13.3	17.1	20.9	24.9	29.0	33.3	37.7	42.1		47.27	1 / 1						
reaction time		interval	3.7	3.9	3.8	3.8	4.0	4.1	4.3	4.4	4.4	5.17			11.40	11.90	13.10				
		velocity	7.89	9.46	8.97	9.21	9.21	8.75	8.54	8.14	7.95	7.95	7.74	8.46		9.21	8.82	8.02			
H1 lead leg		strides	13	12	12	13	13	13	13	13	13	13	115								
<b>Samba, Abderrahmane (QAT) (1995)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>				
<b>FINAL - 2019 Shanghai Diamond League (Shanghai, CHN)</b>																					
date	18-May-19	time	5.80	9.60	13.36	17.20	21.13	23.0	25.26	29.40	33.58	37.83	42.13		47.27	4 / 1					
reaction time	0.201	interval	3.80	3.76	3.84	3.93	4.13	4.14	4.18	4.25	4.30	5.14			11.40	12.20	12.73				
		velocity	7.76	9.21	9.31	9.11	8.91	8.70	8.47	8.45	8.37	8.24	8.14	7.78	8.46		9.21	8.61	8.25		
H1 lead leg	R	strides	21	13	13	13	13	13	13	13	13	13	17	155							
<b>McMaster, Kyron (IVB) (1997)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>				
<b>FINAL - 2023 Weltklasse (Zürich, SUI)</b>																					
date	31-Aug-23	time	5.56	9.05	12.66	16.39	20.25	24.26	28.39	32.72	37.25	41.90		47.27	6 / 1						
reaction time	0.149	interval	3.49	3.61	3.73	3.86	4.01	4.13	4.33	4.53	4.65	5.37			10.83	12.00	13.51				
		velocity	8.09	10.03	9.70	9.38	9.07	8.73	8.47	8.08	7.73	7.53	7.45	8.46		9.70	8.75	7.77			

H1 lead leg	L	strides	21	13	13	13	13	13	13	13	14	14	14	17.2	158.2				
<b>Jackson, Bershawn (USA) (1983)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2005 IAAF World Championships (Helsinki, FIN)</b>																			
<i>Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers</i>																			
date	09-Aug-05	time	5.73	9.50	13.30	17.34	21.41		25.38	29.42	33.59	37.86	42.25		47.30	6 / 1			
reaction time	0.153	interval		3.77	3.80	4.04	4.07		3.97	4.04	4.17	4.27	4.39	5.05	<b>PB</b>		11.61	12.08	12.83
		velocity	7.85	9.28	9.21	8.66	8.60		8.82	8.66	8.39	8.20	7.97	7.92	8.46		9.04	8.69	8.18
H1 lead leg		strides		13	13	15	15		15	15	15	15	15	19	150				
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>Semi-Final 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)</b>																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	01-Aug-21	time	5.60	9.14	12.76	16.51	20.42		24.42	28.59	32.93	37.32	42.07		47.30	7 / 1			
reaction time	0.156	interval		3.54	3.62	3.75	3.91		4.00	4.17	4.34	4.39	4.75	5.23			10.91	12.08	13.48
		velocity	8.04	9.89	9.67	9.33	8.95		8.75	8.39	8.06	7.97	7.37	7.65	8.46		9.62	8.69	7.79
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	17.5	156.5				
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2023 Weltklasse (Zürich, SUI)</b>																			
<i>Omega Timing (2023) - diamond league race analysis</i>																			
date	31-Aug-23	time	5.63	9.23	12.94	16.69	20.55		24.50	28.55	32.78	37.30	41.91		47.30	7 / 2			
reaction time	0.169	interval		3.60	3.71	3.75	3.86		3.95	4.05	4.23	4.52	4.61	5.39			11.06	11.86	13.36
		velocity	7.99	9.72	9.43	9.33	9.07		8.86	8.64	8.27	7.74	7.59	7.42	8.46		9.49	8.85	7.86
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159				
<b>McMaster, Kyron (IVB) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2023 Prefontaine Classic (Eugene, OR)</b>																			
<i>Omega Timing (2023) - diamond league race analysis</i>																			
date	16-Sep-23	time	5.58	9.11	12.71	16.42	20.29		24.26	28.35	32.59	37.11	41.75		47.31	6 / 3			
reaction time	0.133	interval		3.53	3.60	3.71	3.87		3.97	4.09	4.24	4.52	4.64	5.56			10.84	11.93	13.40
		velocity	8.06	9.92	9.72	9.43	9.04		8.82	8.56	8.25	7.74	7.54	7.19	8.45		9.69	8.80	7.84
H1 lead leg	L	strides	21	13	13	12	13		13	13	13	14	14	17	156				
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)</b>																			
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																			
date	13-Jun-19	time	5.58	9.14	12.84	16.64	20.61	22.3	24.64	28.88	33.12	37.52	42.03		47.33	7 / 1			
reaction time	0.148	interval		3.56	3.70	3.80	3.97		4.03	4.24	4.24	4.40	4.51	5.30	<b>AR PB</b>		11.06	12.24	13.15
		velocity	8.06	9.83	9.46	9.21	8.82	8.97	8.68	8.25	8.25	7.95	7.76	7.55	8.45		9.49	8.58	7.98
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	18	157				
<b>dos Santos, Alison Brendon (BRA) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)</b>																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	04-Jul-21	time	5.74	9.40	13.16	16.86	20.70	22.5	24.76	28.80	32.94	37.30	41.92		47.34	7 / 1			
reaction time	0.160	interval		3.66	3.76	3.70	3.84		4.06	4.04	4.14	4.36	4.62	5.42	<b>AR PB</b>		11.12	11.94	13.12
		velocity	7.84	9.56	9.31	9.46	9.11	8.89	8.62	8.66	8.45	8.03	7.58	7.38	8.45		9.44	8.79	8.00
H1 lead leg	L	strides		13	13	12	12		13	13	13	13	13	17	132				
<b>McMaster, Kyron (IVB) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2022 NACAC Championships (Freeport, BAH) (TV Analysis)</b>																			
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	21-Aug-22	time	5.60	9.23	13.03	16.87	20.77		24.80	28.86	33.06	37.43		47.34	6 / 1				
reaction time		interval		3.63	3.80	3.84	3.90		4.03	4.06	4.20	4.37		<b>CR</b>			11.27	11.99	
		velocity	8.04	9.64	9.21	9.11	8.97		8.68	8.62	8.33	8.01		8.45			9.32	8.76	
H1 lead leg	L	strides		13	13	13	13		13	13	13	14		105					
<b>Clarke, Roshawn (JAM) (2004)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)</b>																			
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																			
date	21-Aug-23	time	5.77	9.48	13.08	16.61	20.42		24.49	28.66	33.01	37.54	42.14		47.34	7 / 2			
reaction time	0.198	interval		3.71	3.60	3.53	3.81		4.07	4.17	4.35	4.53	4.60	5.20	<b>WJR</b>		10.84	12.05	13.48
		velocity	7.80	9.43	9.72	9.92	9.19		8.60	8.39	8.05	7.73	7.61	7.69	8.45		9.69	8.71	7.79
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.5	164.5				
<b>McMaster, Kyron (IVB) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)</b>																			
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																			
date	23-Aug-23	time	5.67	9.33	12.80	16.45	20.26		24.28	28.39	32.78	37.33	41.98		47.34	8 / 2			
reaction time	0.151	interval		3.66	3.47	3.65	3.81		4.02	4.11	4.39	4.55	4.65	5.36			10.78	11.94	13.59
		velocity	7.94	9.56	10.09	9.59	9.19		8.71	8.52	7.97	7.69	7.53	7.46	8.45		9.74	8.79	7.73
H1 lead leg	L	strides	21	13	13	13	13		13	13	14	14	14	17.7	158.7				
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)</b>																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	09-Sep-21	time	5.72	9.28	12.96	16.72	20.56	22.1	24.56	28.68	32.88	37.44	42.08		47.35	7 / 1			
reaction time	0.150	interval		3.56	3.68	3.76	3.84		4.00	4.12	4.20	4.56	4.64	5.27			11.00	11.96	13.40
		velocity	7.87	9.83	9.51	9.31	9.11	9.05	8.75	8.50	8.33	7.68	7.54	7.59	8.45		9.55	8.78	7.84
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159				
<b>Diagana, Stéphane (FRA) (1969)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 1995 Athletissima (Luusanne, SUI)</b>																			
<i>Behm (1999) - Les deux recordmen de France: Stéphane Diagana (Vazel)</i>																			
date	05-Jul-95	time	5.86	9.54	13.30	17.10	20.97		24.94	29.09	33.25	37.67	42.16		47.37	1 / 1			
reaction time		interval		3.68	3.76	3.80	3.87		3.97	4.15	4.16	4.42	4.49	5.21	<b>AR</b>		11.24	11.99	13.07
		velocity	7.68	9.51	9.31	9.21	9.04		8.82	8.43	8.41	7.92	7.80	7.68	8.44		9.34	8.76	8.03

H1 lead leg	strides	13	13	13	13	13	14	14	15	15	123													
<b>Samba, Abderrahmane (QAT) (1995)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>							
<b>FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)</b>												<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>												
date	08-Sep-18	time	5.84	9.52	13.28	17.04	20.96	24.96	29.16	33.48	37.96	42.32	47.37	3 / 1										
reaction time	0.219	interval	3.68	3.76	3.76	3.92	4.00	4.20	4.32	4.48	4.36	5.05			11.20	12.12	13.16							
		velocity	7.71	9.51	9.31	9.31	8.93	8.75	8.33	8.10	7.81	8.03	7.92	8.44		9.38	8.66	7.98						
H1 lead leg	R	strides	21	13	13	13	13	13	13	14	14	14	17.5	158.5										
<b>Benjamin, Rai (USA) (1997)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>							
<b>Semi-Final 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)</b>												<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>												
date	01-Aug-21	time	5.57	9.11	12.78	16.51	20.45	24.42	28.56	32.86	37.30	41.92	47.37	5 / 2										
reaction time	0.184	interval	3.54	3.67	3.73	3.94	3.97	4.14	4.30	4.44	4.62	5.45			10.94	12.05	13.36							
		velocity	8.08	9.89	9.54	9.38	8.88	8.82	8.45	8.14	7.88	7.58	7.34	8.44		9.60	8.71	7.86						
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	13	16.7	153.7										
<b>Benjamin, Rai (USA) (1997)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>							
<b>FINAL - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)</b>												<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>												
date	28-May-21	time	5.80	9.54	13.38	17.38	21.39	23.0	25.44	29.53	33.73	37.97	42.24	47.38	5 / 1									
reaction time	0.203	interval	3.74	3.84	4.00	4.01	4.05	4.09	4.20	4.24	4.27	5.14			11.58	12.15	12.71							
		velocity	7.76	9.36	9.11	8.75	8.73	8.70	8.64	8.56	8.33	8.25	8.20	7.78	8.44	9.07	8.64	8.26						
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	13	16.2	140.2										
<b>dos Santos, Alison Brendon (BRA) (1995)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>							
<b>FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)</b>												<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>												
date	01-Jul-21	time	5.74	9.36	13.12	16.92	20.78	24.86	28.98	33.20	37.56	42.06	47.38	6 / 2										
reaction time	0.179	interval	3.62	3.76	3.80	3.86	4.08	4.12	4.22	4.36	4.50	5.32	AR PB		11.18	12.06	13.08							
		velocity	7.84	9.67	9.31	9.21	9.07	8.58	8.50	8.29	8.03	7.78	7.52	8.44		9.39	8.71	8.03						
H1 lead leg	L	strides	20	13	13	12	12	13	13	13	13	13	16.5	138.5										
<b>dos Santos, Alison Brendon (BRA) (1995)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>							
<b>Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)</b>												<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>												
date	21-Aug-23	time	5.87	9.61	13.24	16.78	20.65	24.76	29.00	33.28	37.65	42.17	47.38	8 / 2										
reaction time	0.182	interval	3.74	3.63	3.54	3.87	4.11	4.24	4.28	4.37	4.52	5.21			10.91	12.22	13.17							
		velocity	7.67	9.36	9.64	9.89	9.04	8.52	8.25	8.18	8.01	7.74	7.68	8.44		9.62	8.59	7.97						
H1 lead leg	L	strides	20	13	12	12	12	13	13	13	13	13	16.2	150.2										
<b>Bassitt, Trevor (USA) (1998)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>							
<b>Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)</b>												<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>												
date	21-Aug-23	time	5.87	9.71	13.41	17.08	20.92	24.87	29.00	33.28	37.56	42.37	47.38	9 / 3										
reaction time	0.187	interval	3.84	3.70	3.67	3.84	3.95	4.13	4.28	4.37	4.52	5.01	PB		11.21	11.92	13.37							
		velocity	7.67	9.11	9.46	9.54	9.11	8.86	8.47	8.18	7.95	7.70	7.98	8.44		9.37	8.81	7.85						
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	13	17	128										
<b>Clement, Kerron (USA) (1985)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>							
<b>FINAL - 2006 USATF National Championships (Indianapolis, IN)</b>												<i>USATF Men's Hurdle Development (2006)</i>												
date	24-Jun-06	time	5.97	9.65	13.38	17.15	21.05	25.06	29.19	33.40	37.80	42.41	47.39	4 / 1										
reaction time		interval	3.68	3.73	3.77	3.90	4.01	4.13	4.21	4.40	4.61	4.98			11.18	12.04	13.22							
		velocity	7.54	9.51	9.38	9.28	8.97	8.73	8.47	8.31	7.95	7.59	8.03	8.44		9.39	8.72	7.94						
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	15	17	156										
<b>Bassitt, Trevor (USA) (1998)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>							
<b>FINAL - 2022 World Athletics Championships (Eugene, OR)</b>												<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>												
date	19-Jul-22	time	5.86	9.54	13.21	16.90	20.69	22.28	24.72	28.98	33.30	37.77	42.33	47.39	8 / 3									
reaction time	0.147	interval	3.68	3.67	3.69	3.79	4.03	4.26	4.32	4.47	4.56	5.06	PB		11.04	12.08	13.35							
		velocity	7.68	9.51	9.54	9.49	9.23	8.98	8.68	8.22	8.10	7.83	7.68	7.91	8.44	9.51	8.69	7.87						
H1 lead leg	R	strides	20	13	13	12	12	13	13	13	13	13	16.2	151.2										
<b>Samba, Abderrahmane (QAT) (1995)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>							
<b>FINAL - 2018 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)</b>												<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>												
date	10-Jun-18	time	5.88	9.60	13.40	17.24	21.20	25.28	29.40	33.76	37.96	42.28	47.41	5 / 1										
reaction time	0.194	interval	3.72	3.80	3.84	3.96	4.08	4.12	4.36	4.20	4.32	5.13	AR PB		11.36	12.16	12.88							
		velocity	7.65	9.41	9.21	9.11	8.84	8.58	8.50	8.03	8.33	8.10	7.80	8.44		9.24	8.63	8.15						
H1 lead leg	R	strides	21	13	13	13	13	13	13	14	14	14	17.5	158.5										
<b>Happio, Wilfried (FRA) (1998)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>							
<b>FINAL - 2022 World Athletics Championships (Eugene, OR)</b>												<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>												
date	19-Jul-22	time	5.79	9.33	12.95	16.58	20.34	21.86	24.26	28.50	32.83	37.49	42.18	47.41	5 / 4									
reaction time	0.134	interval	3.54	3.62	3.63	3.76	3.92	4.24	4.33	4.66	4.69	5.23	PB		10.79	11.92	13.68							
		velocity	7.77	9.89	9.67	9.64	9.31	9.15	8.93	8.25	8.08	7.51	7.46	7.65	8.44	9.73	8.81	7.68						
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	15	18	159										
<b>Samba, Abderrahmane (QAT) (1995)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>							
<b>FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)</b>												<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>												
date	05-Jul-18	time	5.76	9.40	13.12	16.84	20.72	24.80	28.92	33.24	37.72	42.24	47.42	5 / 1										
reaction time	0.183	interval	3.64	3.72	3.72	3.88	4.08	4.12	4.32	4.48	4.52	5.18			11.08	12.08	13.32							
		velocity	7.81	9.62	9.41	9.41	9.02	8.58	8.5															



H1 lead leg	R	strides	21	13	13	13	13	13	13	13	13	14	14	17.2	157.2				
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2019 IAAF World Championships (Doha, QAT)</b>			<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>																
date	30-Sep-19	time	5.75	9.29	12.93	16.68	20.56		24.56	28.68	32.91	37.40	42.01		47.42	4 / 1			
reaction time	0.164	interval		3.54	3.64	3.75	3.88		4.00	4.12	4.23	4.49	4.61	5.41			10.93	12.00	13.33
		velocity	7.83	9.89	9.62	9.33	9.02		8.75	8.50	8.27	7.80	7.59	7.39	8.44		9.61	8.75	7.88
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	18.2	157.2				
<b>Ducos, Clement (FRA) (2001)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)</b>			<i>Omega Timing (2023) - diamond league race analysis</i>																
date	25-Aug-24	time	5.78	9.37	13.01	16.76	20.60		24.54	28.71	33.03	37.40	41.95		47.42	5 / 2			
reaction time	0.179	interval		3.59	3.64	3.75	3.84		3.94	4.17	4.32	4.37	4.55	5.47	PB		10.98	11.95	13.24
		velocity	7.79	9.75	9.62	9.33	9.11		8.88	8.39	8.10	8.01	7.69	7.31	8.44		9.56	8.79	7.93
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	18	161				
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2019 Norwegian National Championships (Hamar, NOR) (TV Analysis)</b>			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	02-Aug-19	time	5.76	9.40	13.16	17.02	21.00		25.08	29.28	33.56	37.96	42.36		47.43	7 / 1			
reaction time		interval		3.64	3.76	3.86	3.98		4.08	4.20	4.28	4.40	4.40	5.07			11.26	12.26	13.08
		velocity	7.81	9.62	9.31	9.07	8.79		8.58	8.33	8.18	7.95	7.95	7.89	8.43		9.33	8.56	8.03
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	13	17.2	154.2				
<b>dos Santos, Alison Brendon (BRA) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2023 Prefontaine Classic (Eugene, OR)</b>			<i>Omega Timing (2023) - diamond league race analysis</i>																
date	16-Sep-23	time	5.79	9.49	13.20	16.94	20.84		24.85	28.98	33.26	37.65	42.12		47.44	4 / 4			
reaction time	0.172	interval		3.70	3.71	3.74	3.90		4.01	4.13	4.28	4.39	4.47	5.32			11.15	12.04	13.14
		velocity	7.77	9.46	9.43	9.36	8.97		8.73	8.47	8.18	7.97	7.83	7.52	8.43		9.42	8.72	7.99
H1 lead leg	L	strides	20			12	12		12	13	13	13	13	16	124				
<b>Moses, Edwin (USA) (1955)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 1987 IAAF World Championships (Rome, ITA)</b>			<i>Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>																
date	01-Sep-87	time	5.82	9.49	13.21	16.97	20.73		24.58	28.58	32.89	37.42	42.15		47.46	3 / 1			
reaction time		interval		3.67	3.72	3.76	3.76		3.85	4.00	4.31	4.53	4.73	5.31	CR		11.15	11.61	13.57
		velocity	7.73	9.54	9.41	9.31	9.31		9.09	8.75	8.12	7.73	7.40	7.53	8.43		9.42	9.04	7.74
H1 lead leg	L	strides	19	13	13	13	13		13	13	13	13	13	16.7	152.7				
<b>Bassitt, Trevor (USA) (1998)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)</b>			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	26-Jun-22	time	5.97	9.67	13.44	17.25	21.19	22.78	25.22	29.43	33.70	38.10	42.54		47.47	5 / 2			
reaction time		interval		3.70	3.77	3.81	3.94		4.03	4.21	4.27	4.40	4.44	4.93	PB		11.28	12.18	13.11
		velocity	7.54	9.46	9.28	9.19	8.88	8.78	8.68	8.31	8.20	7.95	7.88	8.11	8.43		9.31	8.62	8.01
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153				
<b>Schmid, Harald (FRG) (1957)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 1982 European Championships (Athens, GRE)</b>			<i>Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>																
date	08-Sep-82	time	5.8	9.5	13.3	17.1	21.1		25.1	29.3	33.5	37.9	42.4		47.48	4 / 1			
reaction time		interval		3.7	3.8	3.8	4.0		4.0	4.2	4.2	4.4	4.5	5.1	AR / CR		11.30	12.20	13.10
		velocity	7.76	9.46	9.21	9.21	8.75		8.75	8.33	8.33	7.95	7.78	7.87	8.42		9.29	8.61	8.02
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	14	14	17	157				
<b>Harris, Danny (USA) (1965)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 1987 IAAF World Championships (Rome, ITA)</b>			<i>Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>																
date	01-Sep-87	time	6.07	9.20	13.44	17.22	21.09		24.98	29.17	33.35	37.76	42.42		47.48	4 / 2			
reaction time		interval		3.13	4.24	3.78	3.87		3.89	4.19	4.18	4.41	4.66	5.06	PB		11.15	11.95	13.25
		velocity	7.41	11.18	8.25	9.26	9.04		9.00	8.35	8.37	7.94	7.51	7.91	8.42		9.42	8.79	7.92
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	15	17.8	161				
<b>Schmid, Harald (FRG) (1957)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 1987 IAAF World Championships (Rome, ITA)</b>			<i>Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>																
date	01-Sep-87	time	6.00	9.69	13.45	17.29	21.17		25.06	29.02	33.22	37.73	42.32		47.48	5 / 3			
reaction time		interval		3.69	3.76	3.84	3.88		3.89	3.96	4.20	4.51	4.59	5.16	AR		11.29	11.73	13.30
		velocity	7.50	9.49	9.31	9.11	9.02		9.00	8.84	8.33	7.76	7.63	7.75	8.42		9.30	8.95	7.89
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	14	14	17.7	158				
<b>Jackson, Bershawn (USA) (1983)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2006 USATF National Championships (Indianapolis, IN)</b>			<i>USATF Men's Hurdle Development (2006)</i>																
date	24-Jun-06	time	5.72	9.49	13.31	17.25	21.29		25.16	29.23	33.32	37.64	42.16		47.48	6 / 2			
reaction time		interval		3.77	3.82	3.94	4.04		3.87	4.07	4.09	4.32	4.52	5.32			11.53	11.98	12.93
		velocity	7.87	9.28	9.16	8.88	8.66		9.04	8.60	8.56	8.10	7.74	7.52	8.42		9.11	8.76	8.12
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	15	19.7	177.7				
<b>Samba, Abderrahmane (QAT) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)</b>			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	31-May-18	time	5.76	9.44	13.20	17.04	20.92		25.04	29.24	33.56	37.96	42.36		47.48	4 / 1			
reaction time	0.158	interval		3.68	3.76	3.84	3.88		4.12	4.20	4.32	4.40	4.40	5.12	AR PB		11.28	12.20	13.12
		velocity	7.81	9.51	9.31	9.11	9.02		8.50	8.33	8.10	7.95	7.95	7.81	8.42		9.31	8.61	8.00

H1 lead leg	R	strides	21	13	13	13	13	13	13	13	14	14	17	157						
<b>Sánchez, Félix (DOM) (1977)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2001 IAAF World Championships (Edmonton, CAN)</b>																<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>				
date	10-Aug-01	time	5.7	9.3	13.1	16.9	20.8		24.8	29.1	33.5	37.9	42.3		<b>47.49</b>	5 / 1				
reaction time	0.158	interval		3.6	3.8	3.8	3.9		4.0	4.3	4.4	4.4	4.4	5.19			11.20	12.20	13.20	
		velocity	7.89	9.72	9.21	9.21	8.97		8.75	8.14	7.95	7.95	7.95	7.71	8.42		9.38	8.61	7.95	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18	162					
<b>Benjamin, Rai (USA) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2022 Doha Diamond League (Doha, QAT) (TV Analysis)</b>																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	13-May-22	time	5.60	9.18	13.01	16.98	21.12	22.8	25.24	29.30	33.56	37.87	42.27		<b>47.49</b>	6 / 2				
reaction time	0.206	interval		3.58	3.83	3.97	4.14		4.12	4.06	4.26	4.31	4.40	5.22			11.38	12.32	12.97	
		velocity	8.04	9.78	9.14	8.82	8.45	8.77	8.50	8.62	8.22	8.12	7.95	7.66	8.42		9.23	8.52	8.10	
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	137						
<b>Clarke, Roshawn (JAM) (2004)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 Weltklasse (Zürich, SUI)</b>																<i>Omega Timing (2023) - diamond league race analysis</i>				
date	05-Sep-24	time	5.67	9.31	12.99	16.73	20.55		24.53	28.65	32.92	37.39	42.02		<b>47.49</b>	3 / 1				
reaction time	0.177	interval		3.64	3.68	3.74	3.82		3.98	4.12	4.27	4.47	4.63	5.47			11.24	11.92	13.37	
		velocity	7.94	9.62	9.51	9.36	9.16		8.79	8.50	8.20	7.83	7.56	7.31	8.42		9.34	8.81	7.85	
H1 lead leg	R	strides	21	13			14		14	14	14	15	15	19	139					
<b>Moses, Edwin (USA) (1955)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1983 IAAF World Championships (Rome, ITA)</b>																<i>McFarlane (1988) - The Science of Hurdling</i>				
date	09-Aug-83	time	5.58	9.29	13.21	16.79	20.71		24.63	28.80	32.97	37.43	41.97		<b>47.50</b>	2 / 1				
reaction time		interval		3.71	3.92	3.58	3.92		3.92	4.17	4.17	4.46	4.54	5.53	<b>CR</b>		11.21	12.01	13.17	
		velocity	8.06	9.43	8.93	9.78	8.93		8.93	8.39	8.39	7.85	7.71	7.23	8.42		9.37	8.74	7.97	
H1 lead leg	L	strides	19	13	13	13	13		13	13	13	13	13	15.7	151.7					
<b>Taylor, Angelo (USA) (1978)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2000 Olympic Games (Sydney, AUS)</b>																<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>				
date	27-Sep-00	time	5.90	9.62	13.38	17.22	21.14	22.66	25.10	29.22	33.58	38.02	42.46		<b>47.50</b>	1 / 1				
reaction time	0.179	interval		3.72	3.76	3.84	3.92		3.96	4.12	4.36	4.44	4.44	5.04	<b>PB</b>		11.32	12.00	13.24	
		velocity	7.63	9.41	9.31	9.11	8.93	8.83	8.84	8.50	8.03	7.88	7.88	7.94	8.42		9.28	8.75	7.93	
H1 lead leg		strides	21	13	13	13	13		13	13	14	14	14	17.1	158.1					
<b>McMaster, Kyron (IVB) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2021 USATF Golden Games (Walnut, CA) (TV Analysis)</b>																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	09-May-21	time	5.80	9.41	13.18	17.02	20.92		24.96	29.19	33.53	37.97	42.47		<b>47.50</b>	6 / 2				
reaction time		interval		3.61	3.77	3.84	3.90		4.04	4.23	4.34	4.44	4.50	5.03	<b>NR PB</b>		11.22	12.17	13.28	
		velocity	7.76	9.70	9.28	9.11	8.97		8.66	8.27	8.06	7.88	7.78	7.95	8.42		9.36	8.63	7.91	
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	14	16.7	156.7					
<b>Sibilio, Alessandro (ITA) (1999)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 European Athletics Championships (Roma, ITA)</b>																<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	11-Jun-24	time	5.78	9.49	13.20	16.96	20.86		24.78	28.91	33.23	37.78	42.21		<b>47.50</b>	7 / 2				
reaction time	0.174	interval		3.71	3.71	3.76	3.90		3.92	4.13	4.32	4.55	4.43	5.29	<b>NR PB</b>		11.18	11.95	13.30	
		velocity	7.79	9.43	9.43	9.31	8.97		8.93	8.47	8.10	7.69	7.90	7.56	8.42		9.39	8.79	7.89	
H1 lead leg	R	strides	21	13	13				13	14	14	15	15	18	136					
<b>Samba, Abderrahmane (QAT) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2019 Asian Athletics Championships (Doha, QAT)</b>																<i>CAA Hurdle Development (2019)</i>				
date	22-Apr-19	time	5.82	9.40	13.04	16.80	20.68		24.84	29.09	33.48	37.97	42.40		<b>47.51</b>	5 / 1				
reaction time	0.179	interval		3.58	3.64	3.76	3.88		4.16	4.25	4.39	4.49	4.43	5.11	<b>CR</b>		10.98	12.29	13.31	
		velocity	7.73	9.78	9.62	9.31	9.02		8.41	8.24	7.97	7.80	7.90	7.83	8.42		9.56	8.54	7.89	
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14	17.2	158.2					
<b>dos Santos, Alison Brendon (BRA) (1971)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2021 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)</b>																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	09-Jul-21	time	5.70	9.31		16.76	20.64	22.4	24.74	28.93	33.16	37.60	42.31		<b>47.51</b>	6 / 2				
reaction time	0.177	interval		3.61		7.45	3.88		4.10	4.19	4.23	4.44	4.71	5.20			11.06	12.17	13.38	
		velocity	7.89	9.70		9.40	9.02	8.93	8.54	8.35	8.27	7.88	7.43	7.69	8.42		9.49	8.63	7.85	
H1 lead leg	L	strides	20	13	13		12		13	14		15	15	16.5	131.5					
<b>Al-Somaily, Hadi Sou'an (KSA) (1976)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2000 Olympic Games (Sydney, AUS)</b>																<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>				
date	27-Sep-00	time	5.94	9.66	13.42	17.26	21.14	22.62	25.14	29.18	33.38	37.82	42.34		<b>47.53</b>	4 / 2				
reaction time	0.437	interval		3.72	3.76	3.84	3.88		4.00	4.04	4.20	4.44	4.52	5.19	<b>AR</b>		11.32	11.92	13.16	
		velocity	7.58	9.41	9.31	9.11	9.02	8.84	8.75	8.66	8.33	7.88	7.74	7.71	8.42		9.28	8.81	7.98	
H1 lead leg		strides	22	13	13	13	13		13	13	13	13	14	17	157					
<b>Adkins, Derrick (USA) (1970)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1996 Olympic Games (Atlanta, GA)</b>																<i>McFarlane (2000) - the science of hurdling and speed</i>				
date	01-Aug-96	time	5.83	9.59	13.40	17.16	21.12		25.12	29.21	33.44	37.74	42.25		<b>47.54</b>	6 / 1				
reaction time	0.294	interval		3.76	3.81	3.76	3.96		4.00	4.09	4.23	4.30	4.51	5.29	<b>=PB</b>		11.33	12.05	13.04	
		velocity	7.72	9.31	9.19	9.31	8.84		8.75	8.56	8.27	8.14	7.76	7.56	8.41		9.27	8.71	8.05	



H1 lead leg		strides		13	13	13	13	13	14	14	15	15							
													Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Benjamin, Rai (USA) (1997)</b>																			
<b>FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)</b>													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>						
date	06-Jun-19	time	5.66	9.26	12.99	16.91	20.91	24.85	28.91	33.13	37.59	42.26	47.58	6 / 1					
reaction time	0.160	interval	3.60	3.73	3.92	4.00	3.94	4.06	4.22	4.46	4.67	5.32			11.25	12.00	13.35		
		velocity	7.95	9.72	9.38	8.93	8.75	8.88	8.62	8.29	7.85	7.49	7.52	8.41		9.33	8.75	7.87	
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	14	17	155					
<b>Allen, CJ (USA) (1995)</b>																			
<b>FINAL - 2023 Bislett Games (Oslo, NOR)</b>													<i>Omega Timing (2023) - diamond league race analysis</i>						
date	15-Jun-23	time	5.64	9.28	12.99	16.80	20.68	24.64	28.75	33.09	37.50	42.06	47.58	6 / 2					
reaction time	0.170	interval	3.64	3.71	3.81	3.88	3.96	4.11	4.34	4.41	4.56	5.52	PB		11.16	11.95	13.31		
		velocity	7.98	9.62	9.43	9.19	9.02	8.84	8.52	8.06	7.94	7.68	7.25	8.41		9.41	8.79	7.89	
H1 lead leg	L	strides	22	13	13	13	13	13	14	14	14	14	17	160					
<b>Samba, Abderrahmane (QAT) (1995)</b>																			
<b>FINAL - 2024 Weltklasse (Zürich, SUI)</b>													<i>Omega Timing (2023) - diamond league race analysis</i>						
date	05-Sep-24	time	5.73	9.39	13.05	16.80	20.63	24.58	28.72	33.04	37.57	42.18	47.58	4 / 2					
reaction time	0.177	interval	3.66	3.66	3.75	3.83	3.95	4.14	4.32	4.53	4.61	5.40			11.24	11.92	13.46		
		velocity	7.85	9.56	9.56	9.33	9.14	8.86	8.45	8.10	7.73	7.59	7.41	8.41		9.34	8.81	7.80	
H1 lead leg	R	strides	21	13	13	13	13	13	13	13	14	14	17.2	131.2					
<b>Rosser, Khallifah (USA) (1995)</b>																			
<b>FINAL - 2022 NACAC Championships (Freeport, BAH) (TV Analysis)</b>													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	21-Aug-22	time	5.73	9.46	13.26	17.03	20.96	25.00	29.00	33.16	37.53	42.18	47.59	4 / 2					
reaction time		interval	3.73	3.80	3.77	3.93	4.04	4.00	4.16	4.37			PB		11.30	11.97			
		velocity	7.85	9.38	9.21	9.28	8.91	8.66	8.75	8.41	8.01			8.41		9.29	8.77		
H1 lead leg	R	strides	21	13	13	13	13	13	13	13	14			126					
<b>Matete, Samuel (ZAM) (1968)</b>																			
<b>FINAL - 1993 IAAF World Championships (Stuttgart, GER)</b>													<i>Graubner (2008) - http://www.fgs.uni-halle.de</i>						
date	19-Aug-93	time	5.96	9.67	13.42	17.26	21.20	25.16	29.30	33.64	38.13	42.63	47.60	3 / 2					
reaction time	0.265	interval	3.71	3.75	3.84	3.94	3.96	4.14	4.34	4.49	4.50	4.97			11.30	12.04	13.33		
		velocity	7.55	9.43	9.33	9.11	8.88	8.84	8.45	8.06	7.80	7.78	8.05	8.40		9.29	8.72	7.88	
H1 lead leg	L	strides	21	13	13	13	13	13	13	13	15	18	119						
<b>Jackson, Bershawn (USA) (1983)</b>																			
<b>FINAL - 2006 Osaka Grand Prix (Osaka, JPN)</b>													<i>Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers</i>						
date	06-May-06	time	6.04	10.06	14.15	18.29	22.36	26.28	30.22	34.22	38.43	42.73	47.60	1 / 1					
reaction time		interval	4.02	4.09	4.14	4.07	3.92	3.94	4.00	4.21	4.30	4.87			12.25	11.93	12.51		
		velocity	7.45	8.71	8.56	8.45	8.60	8.93	8.88	8.75	8.31	8.14	8.21	8.40		8.57	8.80	8.39	
H1 lead leg		strides	15	15	15	15	15	15	15	15	15	15	135						
<b>Samba, Abderrahmane (QAT) (1995)</b>																			
<b>FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)</b>													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	07-Jun-18	time	5.76	9.36	13.08	16.92	20.88	22.7	25.04	29.28	33.72	38.00	42.40	47.60	5 / 1				
reaction time	0.189	interval	3.60	3.72	3.84	3.96	4.16	4.24	4.44	4.28	4.40	5.20			11.16	12.36	13.12		
		velocity	7.81	9.72	9.41	9.11	8.84	8.81	8.41	8.25	7.88	8.18	7.95	7.69	8.40		9.41	8.50	8.00
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	14	14	17.2	159.2					
<b>Clement, Kerron (USA) (1985)</b>																			
<b>FINAL - 2007 IAAF World Championships (Osaka, JPN)</b>													<i>Ae (2008) - IAAF biomechanics team - a booklet of biomechanics data</i>						
date	28-Aug-07	time	5.92	9.60	13.30	16.98	20.80	24.82	28.98	33.28	37.86	42.52	47.61	4 / 1					
reaction time	0.169	interval	3.68	3.70	3.68	3.82	4.02	4.16	4.30	4.58	4.66	5.09			11.06	12.00	13.54		
		velocity	7.60	9.51	9.46	9.51	9.16	8.71	8.41	8.14	7.64	7.51	7.86	8.40		9.49	8.75	7.75	
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	15	15	16.5	157.5					
<b>Graham, Winthrop (JAM) (1965)</b>																			
<b>FINAL - 1993 IAAF World Championships (Stuttgart, GER)</b>													<i>Graubner (2008) - http://www.fgs.uni-halle.de</i>						
date	19-Aug-93	time	5.92	9.63	13.43	17.26	21.18	25.07	29.10	33.44	37.77	42.33	47.62	5 / 3					
reaction time	0.213	interval	3.71	3.80	3.83	3.92	3.89	4.03	4.34	4.33	4.56	5.29			11.34	11.84	13.23		
		velocity	7.60	9.43	9.21	9.14	8.93	9.00	8.68	8.06	8.08	7.68	7.56	8.40		9.26	8.87	7.94	
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	14	15	18	146					
<b>Warholm, Karsten (NOR) (1996)</b>																			
<b>FINAL - 2020 Golden Spike (Ostrava, CZE) (TV Analysis)</b>													<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>						
date	08-Sep-20	time	5.77	9.37	13.05	16.82	20.65	24.69	28.89	33.13	37.77	42.37	47.62	8 / 1					
reaction time	0.168	interval	3.60	3.68	3.77	3.83	4.04	4.20	4.24	4.64	4.60	5.25			11.05	12.07	13.48		
		velocity	7.80	9.72	9.51	9.28	9.14	8.66	8.33	8.25	7.54	7.61	7.62	8.40		9.50	8.70	7.79	
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	15	15	18	159					
<b>dos Santos, Alison Brendon (BRA) (1995)</b>																			
<b>FINAL - 2023 Weltklasse (Zürich, SUI)</b>													<i>Omega Timing (2023) - diamond league race analysis</i>						
date	31-Aug-23	time	5.80	9.39	13.04	16.77	20.66	24.66	28.84	33.18	37.66	42.22	47.62	5 / 3					
reaction time	0.162	interval	3.59	3.65	3.73	3.89	4.00	4.18	4.34	4.48	4.56	5.40			10.97	12.07	13.38		
		velocity	7.76	9.75	9.59	9.38	9.00	8.75	8.37	8.06	7.81	7.68	7.41	8.40		9.57	8.70	7.85	

H1 lead leg	L	strides	20	13				12	12	13				13	16.2	99.2			
<b>Sánchez, Félix (DOM) (1977)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2004 Olympic Games (Athina, GRE)</b>			<i>Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04</i>																
date	26-Aug-04	time	5.81	9.36	13.07	16.90	20.87		24.96	29.15	33.42	37.74	42.21		47.63	6 / 1			
reaction time	0.219	interval		3.55	3.71	3.83	3.97		4.09	4.19	4.27	4.32	4.47	5.42			11.09	12.25	13.06
		velocity	7.75	9.86	9.43	9.14	8.82		8.56	8.35	8.20	8.10	7.83	7.38	8.40		9.47	8.57	8.04
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18	164				
<b>Sánchez, Félix (DOM) (1977)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2012 Olympic Games (London, GBR)</b>			<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>																
date	06-Aug-12	time	5.76	9.25	12.94	16.71	20.68	22.48	24.86	29.04	33.28	37.68	42.27		47.63	7 / 1			
reaction time	0.158	interval		3.49	3.69	3.77	3.97		4.18	4.18	4.24	4.40	4.59	5.36			10.95	12.33	13.23
		velocity	7.81	10.03	9.49	9.28	8.82	8.90	8.37	8.37	8.25	7.95	7.63	7.46	8.40		9.59	8.52	7.94
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18.5	164.5				
<b>Clarke, Roshawn (JAM) (2004)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2024 London Athletics Meet (London, GBR)</b>			<i>Omega Timing (2024) - diamond league race analysis</i>																
date	20-Jul-24	time	5.64	9.30	13.10	16.91	20.79		24.84	29.08	33.34	37.81	42.35		47.63	3 / 2			
reaction time	0.187	interval		3.66	3.80	3.81	3.88		4.05	4.24	4.26	4.47	4.54	5.28			11.27	12.17	13.27
		velocity	7.98	9.56	9.21	9.19	9.02		8.64	8.25	8.22	7.83	7.71	7.58	8.40		9.32	8.63	7.91
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	15	15	18	163				
<b>Moses, Edwin (USA) (1955)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 1976 Olympic Games (Montreal, CAN)</b>			<i>McFarlane (1981) - understanding the 400m hurdles (in Jarver (ed) - the hurdles, 1981)</i>																
date	25-Jul-76	time	6.0	9.8	13.6	17.5	21.4	23.1	25.5	29.6	33.9	38.2	42.7		47.64	4 / 1			
reaction time		interval		3.80	3.80	3.90	3.90		4.10	4.10	4.30	4.30	4.50	4.94	WR		11.50	12.10	13.10
		velocity	7.50	9.21	9.21	8.97	8.97	8.66	8.54	8.54	8.14	8.14	7.78	8.10	8.40		9.13	8.68	8.02
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	13	16	153				
<b>Moses, Edwin (USA) (1955)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 1981 Weltklasse (Zurich, SUI)</b>			<i>Behm (1988) - 45-39</i>																
date	19-Aug-81	time	5.7	9.4	13.1	16.8	20.7		24.7	28.9	33.1	37.7	42.3		47.64	1 / 1			
reaction time		interval		3.7	3.7	3.7	3.9		4.0	4.2	4.2	4.6	4.6	5.34			11.10	12.10	13.40
		velocity	7.89	9.46	9.46	9.46	8.97		8.75	8.33	8.33	7.61	7.61	7.49	8.40		9.46	8.68	7.84
H1 lead leg		strides		12	12	12	12		13	13	13	13	13	113					
<b>Matete, Samuel (ZAM) (1968)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 1991 IAAF World Championships (Tokyo, JPN)</b>			<i>Behm (1995) - la tactique du 400 haies</i>																
date	27-Aug-91	time	5.8	9.4	13.1	16.7	20.4		24.3	28.5	32.8	37.4	42.1		47.64	6 / 1			
reaction time		interval		3.6	3.7	3.6	3.7		3.9	4.2	4.3	4.6	4.7	5.54			10.90	11.80	13.60
		velocity	7.76	9.72	9.46	9.72	9.46		8.97	8.33	8.14	7.61	7.45	7.22	8.40		9.63	8.90	7.72
H1 lead leg	L	strides	20	13	13	13	13		13	13	15	15	15	18.5	161.5				
<b>Diagana, Stéphane (FRA) (1969)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 1993 IAAF World Championships (Stuttgart, GER)</b>			<i>Graubner (2008) - http://www.fgs.uni-halle.de</i>																
date	19-Aug-93	time	5.87	9.42	13.10	16.89	20.74		24.74	28.91	33.18	37.66	42.26		47.64	7 / 4			
reaction time	0.206	interval		3.55	3.68	3.79	3.85		4.00	4.17	4.27	4.48	4.60	5.38	PB		11.02	12.02	13.35
		velocity	7.67	9.86	9.51	9.23	9.09		8.75	8.39	8.20	7.81	7.61	7.43	8.40		9.53	8.74	7.87
H1 lead leg	L	strides	20	13	13		13		13	14	14	15	15	19	149				
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)</b>			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	21-Jul-18	time	5.72	9.36	13.12	17.00	20.92		24.92	29.04	33.28	37.68	42.32		47.65	7 / 1			
reaction time	0.149	interval		3.64	3.76	3.88	3.92		4.00	4.12	4.24	4.40	4.64	5.33	NR PB		11.28	12.04	13.28
		velocity	7.87	9.62	9.31	9.02	8.93		8.75	8.50	8.25	7.95	7.54	7.50	8.39		9.31	8.72	7.91
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	17.5	156.5				
<b>Rosser, Khallifah (USA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)</b>			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	26-Jun-22	time	5.97	9.57	13.24	17.01	20.92	22.49	24.86	28.93	33.30	37.73	42.37		47.65	4 / 3			
reaction time		interval		3.60	3.67	3.77	3.91		3.94	4.07	4.37	4.43	4.64	5.28	PB		11.04	11.92	13.44
		velocity	7.54	9.72	9.54	9.28	8.95	8.89	8.88	8.60	8.01	7.90	7.54	7.58	8.39		9.51	8.81	7.81
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14	17.7	159.7				
<b>Graham, Winthrop (JAM) (1965)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 1992 Olympic Games (Barcelona, ESP)</b>			<i>Knight (1992) - 1992 Olympic report: the hurdling events</i>																
date	06-Aug-92	time	5.9	9.5	13.3	17.1	20.9		24.9	29.1	33.3	37.8	42.4		47.66	3 / 2			
reaction time		interval		3.60	3.80	3.80	3.80		4.00	4.20	4.20	4.50	4.60	5.26			11.20	12.00	13.30
		velocity	7.63	9.72	9.21	9.21	9.21		8.75	8.33	8.33	7.78	7.61	7.60	8.39		9.38	8.75	7.89
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	15	17.7	158.7				
<b>Benjamin, Rai (USA) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2019 IAAF World Championships (Doha, QAT)</b>			<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>																
date	30-Sep-19	time	5.78	9.35	13.03	16.83	20.80		24.84	29.01	33.24	37.57	42.15		47.66	7 / 2			
reaction time	0.205	interval		3.57	3.68	3.80	3.97		4.04	4.17	4.23	4.33	4.58	5.51			11.05	12.18	13.14
		velocity	7.79	9.80	9.51	9.21	8.82		8.66	8.39	8.27	8.08	7.64	7.26	8.39		9.50	8.62	7.99

H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	13	17	154						
<b>dos Santos, Alison Brendon (BRA)   H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10</b>																				
<b>FINAL - 2023 Herculis Meeting International d'Athlétisme (Monaco, MON)</b>															<i>Omega Timing (2023) - diamond league race analysis</i>					
date	21-Jul-23	time	5.71	9.26	12.88	16.52	20.34		24.30	28.43	32.71	37.15	41.99		47.66	6 / 2				
reaction time	0.169	interval		3.55	3.62	3.64	3.82		3.96	4.13	4.28	4.44	4.84	5.67			10.81	11.91	13.56	
		velocity	7.88	9.86	9.67	9.62	9.16		8.84	8.47	8.18	7.88	7.23	7.05	8.39		9.71	8.82	7.74	
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	13	14	17	151					
<b>Brazell, Bennie (USA) (1982) H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10</b>																				
<b>FINAL - 2005 NCAA Championships (Sacramento, CA)</b>															<i>Shaver (2008) - hurdle training</i>					
date	11-Jun-05	time	6.06	9.76	13.60	17.45	21.34		25.37	29.59	33.85	38.23	42.64		47.67	5 / 2				
reaction time		interval		3.70	3.84	3.85	3.89		4.03	4.22	4.26	4.38	4.41	5.03	PB		11.39	12.14	13.05	
		velocity	7.43	9.46	9.11	9.09	9.00		8.68	8.29	8.22	7.99	7.94	7.95	8.39		9.22	8.65	8.05	
H1 lead leg	L	strides	22	13	13	13	13		13	15	15	15	16	19	167					
<b>Warholm, Karsten (NOR) (1996) H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10</b>																				
<b>Semi-Final 1 - 2024 Olympic Games (Paris, FRA)</b>															<i>Paris 2024 Olympic Games - Results Book (2024)</i>					
date	07-Aug-24	time	5.69	9.22	12.84	16.54	20.39		24.33	28.41	32.68	37.34	42.11		47.67	7 / 1				
reaction time	0.279	interval		3.53	3.62	3.70	3.85		3.94	4.08	4.27	4.66	4.77	5.56			10.85	11.87	13.70	
		velocity	7.91	9.92	9.67	9.46	9.09		8.88	8.58	8.20	7.51	7.34	7.19	8.39		9.68	8.85	7.66	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17.2	158.2					
<b>dos Santos, Alison Brendon (BRA)   H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10</b>																				
<b>FINAL - 2021 USATF Golden Games (Walnut, CA) (TV Analysis)</b>															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	09-May-21	time	6.04	9.71	13.51	17.45	21.42		25.56	29.73	34.03	38.40	42.77		47.68	4 / 3				
reaction time		interval		3.67	3.80	3.94	3.97		4.14	4.17	4.30	4.37	4.37	4.91	AR PB		11.41	12.28	13.04	
		velocity	7.45	9.54	9.21	8.88	8.82		8.45	8.39	8.14	8.01	8.01	8.15	8.39		9.20	8.55	8.05	
H1 lead leg	L	strides	20	13	13	12	12		13	13	13	13	13	16.2	151.2					
<b>Gordon, Jehue (TTO) (1991) H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10</b>																				
<b>FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)</b>															<i>Henson (2021) - Athlete First: major championships report</i>					
date	15-Aug-13	time	5.73	9.40	13.20	17.07	20.97		24.97	29.07	33.27	37.63	42.17		47.69	6 / 1				
reaction time	0.174	interval		3.67	3.80	3.87	3.90		4.00	4.10	4.20	4.36	4.54	5.52			11.34	12.00	13.10	
		velocity	7.85	9.54	9.21	9.04	8.97		8.75	8.54	8.33	8.03	7.71	7.25	8.39		9.26	8.75	8.02	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17.7	156.7					
<b>Ducos, Clement (FRA) (2001) H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10</b>																				
<b>Heat 2 - 2024 Olympic Games (Paris, FRA)</b>															<i>Paris 2024 Olympic Games - Results Book (2024)</i>					
date	05-Aug-24	time	5.70	9.20	12.77	16.45	20.29		24.34	28.61	33.01	37.55	42.20		47.69	9 / 2				
reaction time	0.157	interval		3.50	3.57	3.68	3.84		4.05	4.27	4.40	4.54	4.65	5.49	PB		10.75	12.16	13.59	
		velocity	7.89	10.00	9.80	9.51	9.11		8.64	8.20	7.95	7.71	7.53	7.29	8.39		9.77	8.63	7.73	
H1 lead leg	L	strides	20	13	13	13	13		14	14	15	15	15	18	163					
<b>Samba, Abderrahmane (QAT) (1995) H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10</b>																				
<b>FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)</b>															<i>Omega Timing (2023) - diamond league race analysis</i>					
date	25-Aug-24	time	5.75	9.43	13.14	16.97	20.89		24.96	29.28	33.51	37.91	42.43		47.69	7 / 3				
reaction time	0.203	interval		3.68	3.71	3.83	3.92		4.07	4.32	4.23	4.40	4.52	5.26			11.22	12.31	13.15	
		velocity	7.83	9.51	9.43	9.14	8.93		8.60	8.10	8.27	7.95	7.74	7.60	8.39		9.36	8.53	7.98	
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	13	14	17	156					
<b>Diagana, Stéphane (FRA) (1969) H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10</b>																				
<b>FINAL - 1997 IAAF World Championships (Athens, GRE)</b>															<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>					
date	04-Aug-97	time	5.87	9.50	13.14	16.85	20.60		24.68	28.68	32.98	37.56	42.27		47.70	6 / 1				
reaction time	0.157	interval		3.63	3.64	3.71	3.75		4.08	4.00	4.30	4.58	4.71	5.43			10.98	11.83	13.59	
		velocity	7.67	9.64	9.62	9.43	9.33		8.58	8.75	8.14	7.64	7.43	7.37	8.39		9.56	8.88	7.73	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	19	163					
<b>Tinsley, Michael (USA) (1984) H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10</b>																				
<b>FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)</b>															<i>Henson (2021) - Athlete First: major championships report</i>					
date	15-Aug-13	time	5.63	9.13	12.80	16.57	20.43		24.50	28.67	33.03	37.57	42.20		47.70	3 / 2				
reaction time	0.133	interval		3.50	3.67	3.77	3.86		4.07	4.17	4.36	4.54	4.63	5.50	PB		10.94	12.10	13.53	
		velocity	7.99	10.00	9.54	9.28	9.07		8.60	8.39	8.03	7.71	7.56	7.27	8.39		9.60	8.68	7.76	
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18.5	164.5					
<b>Mori, Fabrizio (ITA) (1969) H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10</b>																				
<b>FINAL - 1999 IAAF World Championships (Sevilla, ESP)</b>															<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>					
date	27-Aug-99	time	5.62	9.36	13.12	16.96	20.89		24.92	29.06	33.34	37.68	42.16		47.72	3 / 1				
reaction time	0.157	interval		3.74	3.76	3.84	3.93		4.03	4.14	4.28	4.34	4.48	5.56	NR PB		11.34	12.10	13.10	
		velocity	8.01	9.36	9.31	9.11	8.91		8.68	8.45	8.18	8.06	7.81	7.19	8.38		9.26	8.68	8.02	
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169					
<b>McMaster, Kyron (IVB) (1997) H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10</b>																				
<b>Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)</b>															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	21-Aug-23	time	5.73	9.46	13.06	16.63	20.53		24.56	28.67	33.01	37.52	42.17		47.72	8 / 1				
reaction time	0.168	interval		3.73	3.60	3.57	3.90		4.03	4.11	4.34	4.51	4.65	5.55			10.90	12.04	13.50	
		velocity	7.85	9.38	9.72	9.80	8.97		8.68	8.52	8.06	7.76	7.53	7.21	8.38		9.63	8.72	7.78	

H1 lead leg	L	strides	21	13	13	13	13	13	13	13	13	14	14	17	157							
<b>Abakar, Ismail Doudai (QAT) (2004)</b>																						
<b>FINAL</b> - 2024 London Athletics Meet (London, GBR)																Official Time		Lane / Place		H1-H4 H4-H7 H7-H10		
date 20-Jul-24 time 5.78 9.36 13.00 16.68 20.55 24.66 28.77 33.05 37.51 42.15																47.72		8 / 3				
reaction time		0.198	interval	3.58	3.64	3.68	3.87	4.11	4.11	4.28	4.46	4.64	5.57	PB		10.90		12.09		13.38		
		velocity	7.79	9.78	9.62	9.51	9.04	8.52	8.52	8.18	7.85	7.54	7.18	8.38		9.63		8.68		7.85		
H1 lead leg	L	strides	20	13	13	13	13			13	13	14	17.2	129.2								
<b>Clement, Kerron (USA) (1985)</b>																						
<b>FINAL</b> - 2016 Olympic Games (Rio de Janeiro, BRA)																Official Time		Lane / Place		H1-H4 H4-H7 H7-H10		
date 18-Aug-16 time 5.6 9.2 12.8 16.6 20.5 24.4 28.7 32.9 37.4 41.9																47.73		5 / 1				
reaction time		0.227	interval	3.60	3.60	3.80	3.90	3.90	4.30	4.20	4.50	4.50	5.83			11.00		12.10		13.20		
		velocity	8.04	9.72	9.72	9.21	8.97	8.97	8.14	8.33	7.78	7.78	6.86	8.38		9.55		8.68		7.95		
H1 lead leg		strides	21	13	13	13	13	14	15	15	15	15	18	165								
<b>James-King, Malik (JAM) (1999)</b>																						
<b>FINAL</b> - 2024 Herculis Meeting International d'Athlétisme (Monaco, MON)																Official Time		Lane / Place		H1-H4 H4-H7 H7-H10		
date 12-Jul-24 time 6.02 9.78 13.47 17.22 21.01 25.00 29.06 33.22 37.52 42.00																47.73		3 / 4				
reaction time		0.150	interval	3.76	3.69	3.75	3.79	3.99	4.06	4.16	4.30	4.48	5.73			11.20		11.84		12.94		
		velocity	7.48	9.31	9.49	9.33	9.23	8.77	8.62	8.41	8.14	7.81	6.98	8.38		9.38		8.87		8.11		
H1 lead leg	L	strides	23	14	14	14	14	14		15	15	15	19.5	157.5								
<b>Graham, Winthrop (JAM) (1965)</b>																						
<b>FINAL</b> - 1991 IAAF World Championships (Tokyo, JPN)																Official Time		Lane / Place		H1-H4 H4-H7 H7-H10		
date 27-Aug-91 time 5.9 9.5 13.2 16.8 20.4 24.3 28.6 33.0 37.5 42.1																47.74		5 / 2				
reaction time			interval	3.6	3.7	3.6	3.6	3.9	4.3	4.4	4.5	4.6	5.64	NR		10.90		11.80		13.50		
		velocity	7.63	9.72	9.46	9.72	9.72	8.97	8.14	7.95	7.78	7.61	7.09	8.38		9.63		8.90		7.78		
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	14	15	18.5	159.5								
<b>Clarke, Roshawn (JAM) (2004)</b>																						
<b>FINAL</b> - 2024 Kamila Skolimowska Memorial (Silesia, POL)																Official Time		Lane / Place		H1-H4 H4-H7 H7-H10		
date 25-Aug-24 time 5.64 9.31 13.04 16.77 20.84 25.00 29.06 33.22 37.52 42.00																47.74		6 / 4				
reaction time		0.188	interval	3.67	3.73	3.73	4.07			12.68	4.40	4.51	5.31			11.53						
		velocity	7.98	9.54	9.38	9.38	8.60			8.28	7.95	7.76	7.53	8.38		9.11						
H1 lead leg	R	strides	21	13	13	13	13	14	14	14	14	15	18	162								
<b>Moses, Edwin (USA) (1955)</b>																						
<b>FINAL</b> - 1984 Olympic Games (Los Angeles, CA)																Official Time		Lane / Place		H1-H4 H4-H7 H7-H10		
date 05-Aug-84 time 5.8 9.5 13.3 17.2 21.1 25.1 29.2 33.4 37.7 42.4																47.75		6 / 1				
reaction time		0.193	interval	3.7	3.8	3.9	3.9	4.0	4.1	4.2	4.3	4.7	5.35			11.40		12.00		13.20		
		velocity	7.76	9.46	9.21	8.97	8.97	8.75	8.54	8.33	8.14	7.45	7.48	8.38		9.21		8.75		7.95		
H1 lead leg	L	strides	19	13	13	13	13	13	13	13	13	13	16.2	152.2								
<b>Rosser, Khalifah (USA) (1995)</b>																						
<b>FINAL</b> - 2022 Weltklasse (Zürich, SUI) (TV Analysis)																Official Time		Lane / Place		H1-H4 H4-H7 H7-H10		
date 08-Sep-22 time 5.74 9.27 13.04 16.77 20.84 20.69 22.22 24.66 28.73 32.93 37.47 42.17																47.76		5 / 2				
reaction time		0.169	interval	3.53			11.42	3.97	4.07	4.20	4.54	4.70	5.59							13.44		
		velocity	7.84	9.92			9.19	9.00	8.82	8.60	8.33	7.71	7.45	7.16		8.38				7.81		
H1 lead leg	R	strides	21	13				13	13	13	14	14	18	119								
<b>Ducos, Clement (FRA) (2001)</b>																						
<b>FINAL</b> - 2024 Olympic Games (Paris, FRA)																Official Time		Lane / Place		H1-H4 H4-H7 H7-H10		
date 09-Aug-24 time 5.69 9.25 12.91 16.62 20.47 24.49 28.68 32.99 37.60 42.29																47.76		5 / 4				
reaction time		0.162	interval	3.56	3.66	3.71	3.85	4.02	4.19	4.31	4.61	4.69	5.47			10.93		12.06		13.61		
		velocity	7.91	9.83	9.56	9.43	9.09	8.71	8.35	8.12	7.59	7.46	7.31	8.38		9.61		8.71		7.71		
H1 lead leg	L	strides	20	13			13	13	14	14	15	15	18	150								
<b>Matete, Samuel (ZAM) (1968)</b>																						
<b>FINAL</b> - 1996 Olympic Games (Atlanta, GA)																Official Time		Lane / Place		H1-H4 H4-H7 H7-H10		
date 01-Aug-96 time 5.84 9.61 13.43 17.29 21.24 25.22 29.30 33.44 37.74 42.25																47.78		1 / 2				
reaction time		0.184	interval	3.77	3.82	3.86	3.95	3.98	4.08	4.14	4.30	4.51	5.53			11.45		12.01		12.95		
		velocity	7.71	9.28	9.16	9.07	8.86	8.79	8.58	8.45	8.14	7.76	7.23	8.37		9.17		8.74		8.11		
H1 lead leg		strides	20	13	13	13	13	13	13	13	15	15	141									
<b>Benjamin, Rai (USA) (1997)</b>																						
<b>FINAL</b> - 2023 Doha Diamond League (Doha, QAT)																Official Time		Lane / Place		H1-H4 H4-H7 H7-H10		
date 05-May-23 time 5.63 9.27 12.97 16.86 20.80 24.81 28.99 33.29 37.80 42.42																47.78		6 / 1				
reaction time		0.169	interval	3.64	3.70	3.89	3.94	4.01	4.18	4.30	4.51	4.62	5.36			11.23		12.13		13.43		
		velocity	7.99	9.62	9.46	9.00	8.88	8.73	8.37	8.14	7.76	7.58	7.46	8.37		9.35		8.66		7.82		
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	13	17	154								
<b>dos Santos, Alison Brendon (BRA) (2004)</b>																						
<b>FINAL</b> - 2024 Meeting de Paris (Paris, FRA)																Official Time		Lane / Place		H1-H4 H4-H7 H7-H10		
date 07-Jul-24 time 5.70 9.33 12.99 16.75 20.63 24.63 28.78 33.07 37.53 42.22																47.78		6 / 1				
reaction time		0.168	interval	3.63	3.66	3.76	3.88	4.00	4.15	4.29	4.46	4.69	5.56			11.05		12.03		13.44		
		velocity	7.89	9.64	9.56	9.31	9.02	8.75	8.43	8.16	7.85	7.46	7.19	8.37		9.50		8.73		7.81		

H1 lead leg	L	strides	20	13	12	12	12	12	13	13	13	13	16.7	149.7						
<b>Bett, Nicholas (KEN) (1990)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)</b>															<i>Henson (2021) - Athlete First: major championships report</i>					
date	25-Aug-15	time	6.04	9.76	13.48	17.24	21.24		25.28	29.40	33.60	37.96	42.56		47.79	9 / 1				
reaction time	0.162	interval	3.72	3.72	3.76	4.00		4.04	4.12	4.20	4.36	4.60	5.23	<b>NR PB</b>			11.20	12.16	13.16	
		velocity	7.45	9.41	9.41	9.31	8.75		8.66	8.50	8.33	8.03	7.61	7.65	8.37		9.38	8.63	7.98	
H1 lead leg	R	strides	13	13	13	13		13	13	13	13	15	17	136						
<b>McMaster, Kyron (IVB) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 Olympic Games (Paris, FRA)</b>															<i>Paris 2024 Olympic Games - Results Book (2024)</i>					
date	09-Aug-24	time	5.64	9.24	12.93	16.67	20.55		24.53	28.69	33.07	37.65	42.27		47.79	6 / 5				
reaction time	0.143	interval	3.60	3.69	3.74	3.88		3.98	4.16	4.38	4.58	4.62	5.52				11.03	12.02	13.58	
		velocity	7.98	9.72	9.49	9.36	9.02		8.79	8.41	7.99	7.64	7.58	7.25	8.37		9.52	8.74	7.73	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17	159					
<b>McMaster, Kyron (IVB) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2017 Jamaica International Invitational (Kingston, JAM) (TV Analysis)</b>															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>					
date	20-May-17	time	9.51	13.28	17.08	21.02		24.99	29.13	33.43	37.90				47.80	5 / 1				
reaction time		interval	3.77	3.80	3.94			3.97	4.14	4.30	4.47				<b>NR PB</b>			12.05		
		velocity	8.41	9.28	9.21	8.88		8.82	8.45	8.14	7.83				8.37			8.71		
H1 lead leg	R	strides	13	13	13	13		13	13	14	14	14	14	107						
<b>Benjamin, Rai (USA) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2019 Shanghai Diamond League (Shanghai, CHN)</b>															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	18-May-19	time	5.73	9.36	13.16	17.03	21.16	23.0	25.26	29.40	33.50	37.73	42.33		47.80	5 / 2				
reaction time	0.155	interval	3.63	3.80	3.87	4.13		4.10	4.14	4.10	4.23	4.60	5.47				11.30	12.37	12.93	
		velocity	7.85	9.64	9.21	9.04	8.47	8.70	8.54	8.45	8.54	8.27	7.61	7.31	8.37		9.29	8.49	8.12	
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	17	155					
<b>dos Santos, Alison Brendon (BRA) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2022 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)</b>															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	06-Aug-22	time	5.83	9.50	13.26	17.10	21.03	22.69	25.17	29.50	33.90	38.23	42.63		47.80	6 / 1				
reaction time	0.179	interval	3.67	3.76	3.84	3.93		4.14	4.33	4.40	4.33	4.40	5.17				11.27	12.40	13.13	
		velocity	7.72	9.54	9.31	9.11	8.91	8.81	8.45	8.08	7.95	8.08	7.95	7.74	8.37		9.32	8.47	8.00	
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	13	13	16	149					
<b>Herbert, Llewellyn (RSA) (1977)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2000 Olympic Games (Sydney, AUS)</b>															<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>					
date	27-Sep-00	time	5.98	9.78	13.62	17.50	21.46	22.98	25.50	29.54	33.70	38.06	42.54		47.81	6 / 3				
reaction time	0.169	interval	3.80	3.84	3.88	3.96		4.04	4.04	4.16	4.36	4.48	5.27	<b>NR</b>			11.52	12.04	13.00	
		velocity	7.53	9.21	9.11	9.02	8.84	8.70	8.66	8.66	8.41	8.03	7.81	7.59	8.37		9.11	8.72	8.08	
H1 lead leg		strides	22	14	14	14	14		14	14	15	15	15	18.2	169.2					
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2018 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)</b>															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	10-Jun-18	time	5.68	9.36	13.20	17.08	21.12		25.20	29.36	33.68	38.00	42.44		47.81	7 / 2				
reaction time	0.134	interval	3.68	3.84	3.88	4.04		4.08	4.16	4.32	4.32	4.44	5.37	<b>NR PB</b>			11.40	12.28	13.08	
		velocity	7.92	9.51	9.11	9.02	8.66		8.58	8.41	8.10	8.10	7.88	7.45	8.37		9.21	8.55	8.03	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159					
<b>Copello, Yasmani (TUR) (1987)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)</b>															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	03-Aug-21	time	5.72	9.36	13.04	16.80	20.68		24.72	29.08	33.44	37.96	42.48		47.81	3 / 6				
reaction time	0.166	interval	3.64	3.68	3.76	3.88		4.04	4.36	4.36	4.52	4.52	5.33	<b>=NR =PB</b>			11.08	12.28	13.40	
		velocity	7.87	9.62	9.51	9.31	9.02		8.66	8.03	8.03	7.74	7.74	7.50	8.37		9.48	8.55	7.84	
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	17.2	158.2					
<b>dos Santos, Alison Brendon (BRA) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)</b>															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	09-Sep-21	time	5.80		13.24	17.04	20.92	22.6	25.00	29.12	33.36	37.80	42.44		47.81	6 / 2				
reaction time	0.181	interval	7.44	3.80	3.88			4.08	4.12	4.24	4.44	4.64	5.37				11.24	12.08	13.32	
		velocity	7.76	9.41	9.21	9.02	8.85	8.58	8.50	8.25	7.88	7.54	7.45	8.37			9.34	8.69	7.88	
H1 lead leg	L	strides	20		12	12		13	13	13	13	14	16.5	126.5						
<b>Allen, CJ (USA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 USA Olympic Trials (Eugene, OR)</b>															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>					
date	30-Jun-24	time	5.66	9.33	13.17	17.08	20.96	22.65	24.84	28.84	33.15	37.63	42.24		47.81	8 / 2				
reaction time		interval	3.67	3.84	3.91	3.88		3.88	4.00	4.31	4.48	4.61	5.57				11.42	11.76	13.40	
		velocity	7.95	9.54	9.11	8.95	9.02	8.83	9.02	8.75	8.12	7.81	7.59	7.18	8.37		9.19	8.93	7.84	
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	18	159					
<b>McMaster, Kyron (IVB) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 London Athletics Meet (London, GBR)</b>															<i>Omega Timing (2024) - diamond league race analysis</i>					
date	20-Jul-24	time	5.73	9.40	13.19	16.98	20.90		24.94	29.09	33.38	37.90	42.43		47.81	5 / 4				
reaction time	0.150	interval	3.67	3.79	3.79	3.92		4.04	4.15	4.29	4.52	4.53	5.38				11.25	12.11	13.34	
		velocity	7.85	9.54	9.23	9.23	8.93		8.66	8.43	8.16	7.74	7.73	7.43	8.37		9.33	8.67	7.87	



H1 lead leg	L	strides	21	13	13	13	13	13	13	13	14	14	17	157						
<b>Akii-Bua, John (UGA) (1949)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1972 Olympic Games (Munich, FRG)</b>																				
date	03-Sep-72	time	6.1	9.8	13.6	17.4	21.3	23.0	25.4	29.5	33.7	38.1	42.6		47.82	1 / 1				
reaction time		interval		3.70	3.80	3.80	3.90		4.10	4.10	4.20	4.40	4.50	5.22	WR		11.30	12.10	13.10	
		velocity	7.38	9.46	9.21	9.21	8.97	8.70	8.54	8.54	8.33	7.95	7.78	7.66	8.36		9.29	8.68	8.02	
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	15	15	18	163					
<b>Akabusi, Kriss (GBR) (1958)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1992 Olympic Games (Barcelona, ESP)</b>																				
date	06-Aug-92	time	6.0	9.7	13.6	17.4	21.3	23.1	25.4	29.5	33.8	38.2	42.7		47.82	5 / 3				
reaction time		interval		3.70	3.90	3.80	3.90		4.10	4.10	4.30	4.40	4.50	5.12	NR		11.40	12.10	13.20	
		velocity	7.50	9.46	8.97	9.21	8.97	8.66	8.54	8.54	8.14	7.95	7.78	7.81	8.36		9.21	8.68	7.95	
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	15	18	159					
<b>Iakovákis, Periklís (GRE) (1979)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2006 Osaka Grand Prix (Osaka, JPN)</b>																				
date	06-May-06	time	6.06	9.70	13.44	17.21	21.04		25.08	29.23	33.49	37.93	42.60		47.82	/ 2				
reaction time		interval		3.64	3.74	3.77	3.83		4.04	4.15	4.26	4.44	4.67	5.22	NR		11.15	12.02	13.37	
		velocity	7.43	9.62	9.36	9.28	9.14		8.66	8.43	8.22	7.88	7.49	7.66	8.36		9.42	8.74	7.85	
H1 lead leg		strides		13	13	13	13		14	14	14	14	15	123						
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)</b>																				
date	31-May-18	time	5.68	9.24	12.92	16.76	20.68		24.80	28.96	33.24	37.68	42.40		47.82	7 / 2				
reaction time	0.155	interval		3.56	3.68	3.84	3.92		4.12	4.16	4.28	4.44	4.72	5.42	NR PB		11.08	12.20	13.44	
		velocity	7.92	9.83	9.51	9.11	8.93		8.50	8.41	8.18	7.88	7.42	7.38	8.36		9.48	8.61	7.81	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	14	17.5	155.5					
<b>McMaster, Kyron (IVB) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)</b>																				
date	28-May-21	time	5.70	9.37	13.21	17.15	21.19	22.9	25.31	29.53	33.87	38.24	42.64		47.82	3 / 3				
reaction time	0.199	interval		3.67	3.84	3.94	4.04		4.12	4.22	4.34	4.37	4.40	5.18			11.45	12.38	13.11	
		velocity	7.89	9.54	9.11	8.88	8.66	8.73	8.50	8.29	8.06	8.01	7.95	7.72	8.36		9.17	8.48	8.01	
H1 lead leg	R	strides	20	13	13	13			13	13	14	14	14	17	144					
<b>Bassitt, Trevor (USA) (1998)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 USA Olympic Trials (Eugene, OR)</b>																				
date	30-Jun-24	time	5.79	9.47	13.21	17.07	21.00	22.70	24.89	29.03	33.38	37.91	42.49		47.82	6 / 3				
reaction time		interval		3.68	3.74	3.86	3.93		3.89	4.14	4.35	4.53	4.58	5.33			11.28	11.96	13.46	
		velocity	7.77	9.51	9.36	9.07	8.91	8.81	9.00	8.45	8.05	7.73	7.64	7.50	8.36		9.31	8.78	7.80	
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	14	14	17	156					
<b>Happio, Wilfried (FRA) (1998)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2023 Prefontaine Classic (Eugene, OR)</b>																				
date	16-Sep-23	time	5.88	9.56	13.26	17.03	20.93		24.96	29.07	33.36	37.91	42.52		47.83	3 / 5				
reaction time	0.173	interval		3.68	3.70	3.77	3.90		4.03	4.11	4.29	4.55	4.61	5.31			11.15	12.04	13.45	
		velocity	7.65	9.51	9.46	9.28	8.97		8.68	8.52	8.16	7.69	7.59	7.53	8.36		9.42	8.72	7.81	
H1 lead leg	L	strides	20			13	13		13	13	13	15	15	18	133					
<b>Allen, CJ (USA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2023 Herculis Meeting International d'Athlétisme (Monaco, MON)</b>																				
date	21-Jul-23	time	5.64	9.25	12.92	16.67	20.54		24.53	28.66	32.99	37.55	42.29		47.84	5 / 3				
reaction time	0.148	interval		3.61	3.67	3.75	3.87		3.99	4.13	4.33	4.56	4.74	5.55			11.03	11.99	13.63	
		velocity	7.98	9.70	9.54	9.33	9.04		8.77	8.47	8.08	7.68	7.38	7.21	8.36		9.52	8.76	7.70	
H1 lead leg	L	strides	20	13	13	13				13	14	14	15	115						
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2019 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)</b>																				
date	30-May-19	time	5.73	9.33	13.10	17.00	20.93	22.5	25.00	29.16	33.40	37.86	42.48		47.85	7 / 1				
reaction time	0.146	interval		3.60	3.77	3.90	3.93		4.07	4.16	4.24	4.46	4.62	5.37			11.27	12.16	13.32	
		velocity	7.85	9.72	9.28	8.97	8.91	8.89	8.60	8.41	8.25	7.85	7.58	7.45	8.36		9.32	8.63	7.88	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	17.7	156.7					
<b>Burrell, Sean (USA) (2002)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)</b>																				
date	11-Jun-21	time	5.87	9.70		17.43	21.33		29.56	33.97	38.40	42.83		47.85	8 / 1					
reaction time	0.194	interval		3.83		7.73	3.90		8.23	4.41	4.43	4.43	5.02	WR			11.56	12.13	13.27	
		velocity	7.67	9.14		9.06	8.97		8.51	7.94	7.90	7.90	7.97	8.36			9.08	8.66	7.91	
H1 lead leg	L	strides	22	14			14				15	15	15	18.2	113.2					
<b>dos Santos, Alison Brendon (BRA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)</b>																				
date	17-Jul-22	time	5.73	9.43	13.14	16.86	20.76	22.49	24.86	29.16	33.53	38.03	42.56		47.85	5 / 1				
reaction time	0.166	interval		3.70	3.71	3.72	3.90		4.10	4.30	4.37	4.50	4.53	5.29			11.13	12.30	13.40	
		velocity	7.85	9.46	9.43	9.41	8.97	8.89	8.54	8.14	8.01	7.78	7.73	7.56	8.36		9.43	8.54	7.84	

H1 lead leg	L	strides	20	13	12	12	12	12	13	13	13	13	16	149						
<b>Valliant, Ludvy (FRA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2023 Herculis Meeting International d'Athlétisme (Monaco, MON)</b>																				
date	21-Jul-23	time	5.73	9.32	12.98	16.74	20.61		24.63	28.82	33.23	37.76	42.39		47.85	2 / 4				
reaction time	0.158	interval	3.59	3.66	3.76	3.87		4.02	4.19	4.41	4.53	4.63	5.46		PB		11.01	12.08	13.57	
		velocity	7.85	9.75	9.56	9.31	9.04		8.71	8.35	7.94	7.73	7.56	7.33	8.36		9.54	8.69	7.74	
H1 lead leg	R	strides	21	13	13	13			14	14	14	14	18	134						
<b>Ducos, Clement (FRA) (2001)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 1 - 2024 Olympic Games (Paris, FRA)</b>																				
date	07-Aug-24	time	5.71	9.28	12.90	16.61	20.46		24.51	28.75	33.08	37.61	42.27		47.85	6 / 2				
reaction time	0.173	interval	3.57	3.62	3.71	3.85		4.05	4.24	4.33	4.53	4.66	5.58				10.90	12.14	13.52	
		velocity	7.88	9.80	9.67	9.43	9.09		8.64	8.25	8.08	7.73	7.51	7.17	8.36		9.63	8.65	7.77	
H1 lead leg	L	strides	20	13	13	13	13		14	14	15	15	15	18	163					
<b>Benjamin, Rai (USA) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 3 - 2024 Olympic Games (Paris, FRA)</b>																				
date	07-Aug-24	time	5.68	9.31	12.97	16.64	20.48		24.42	28.46	32.67	37.23	42.08		47.85	5 / 1				
reaction time	0.155	interval	3.63	3.66	3.67	3.84		3.94	4.04	4.21	4.56	4.85	5.77				10.96	11.82	13.62	
		velocity	7.92	9.64	9.56	9.54	9.11		8.88	8.66	8.31	7.68	7.22	6.93	8.36		9.58	8.88	7.71	
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	17	155					
<b>Akabusi, Kriss (GBR) (1958)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1991 IAAF World Championships (Tokyo, JPN)</b>																				
date	27-Aug-91	time	6.0	9.7	13.4	17.2	21.1		25.1	29.1	33.4	37.8	42.3		47.86	4 / 3				
reaction time		interval	3.7	3.7	3.8	3.9		4.0	4.0	4.3	4.4	4.5	5.56		NR		11.20	11.90	13.20	
		velocity	7.50	9.46	9.46	9.21	8.97		8.75	8.75	8.14	7.95	7.78	7.19	8.36		9.38	8.82	7.95	
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14	19	160					
<b>Herbert, Llewellyn (RSA) (1977)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1997 IAAF World Championships (Athens, GRE)</b>																				
date	04-Aug-97	time	5.96	9.62	13.46	17.32	21.48		25.64	29.86	34.14	38.48	42.87		47.86	1 / 2				
reaction time	0.147	interval	3.66	3.84	3.86	4.16		4.16	4.22	4.28	4.34	4.39	4.99		NR		11.36	12.54	13.01	
		velocity	7.55	9.56	9.11	9.07	8.41		8.41	8.29	8.18	8.06	7.97	8.02	8.36		9.24	8.37	8.07	
H1 lead leg		strides																		
<b>Bronson, Bryan (USA) (1972)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1997 IAAF World Championships (Athens, GRE)</b>																				
date	04-Aug-97	time	6.03	9.66	13.32	17.08	20.95		25.08	29.28	33.62	38.08	42.62		47.88	3 / 3				
reaction time	0.247	interval	3.63	3.66	3.76	3.87		4.13	4.20	4.34	4.46	4.54	5.26				11.05	12.20	13.34	
		velocity	7.46	9.64	9.56	9.31	9.04		8.47	8.33	8.06	7.85	7.71	7.60	8.35		9.50	8.61	7.87	
H1 lead leg		strides																		
<b>Copello, Yasmani (TUR) (1987)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)</b>																				
date	01-Aug-21	time	5.77	9.41	13.14	16.95	20.89		24.92	29.23	33.57	38.04	42.54		47.88	4 / 3				
reaction time	0.183	interval	3.64	3.73	3.81	3.94		4.03	4.31	4.34	4.47	4.50	5.34				11.18	12.28	13.31	
		velocity	7.80	9.62	9.38	9.19	8.88		8.68	8.12	8.06	7.83	7.78	7.49	8.35		9.39	8.55	7.89	
H1 lead leg	R	strides	20	13	13	13	13		13	14	14		14	17.2	144.2					
<b>Rosser, Khallifah (USA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2022 World Athletics Championships (Eugene, OR)</b>																				
date	19-Jul-22	time	5.89	9.59	13.38	17.15	21.02	22.60	24.99	29.16	33.48	38.00	42.59		47.88	1 / 5				
reaction time	0.176	interval	3.70	3.79	3.77	3.87		3.97	4.17	4.32	4.52	4.59	5.29				12.01	13.43		
		velocity	7.64	9.46	9.23	9.28	9.04	8.85	8.82	8.39	8.10	7.74	7.63	7.56	8.35		8.74	7.82		
H1 lead leg		strides	13	13	13	13	13	13	13	13	14	14	14	17.5	137.5					
<b>Rosser, Khallifah (USA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2022 Memorial van Damme (Brussels, BEL) (TV Analysis)</b>																				
date	02-Sep-22	time	5.87	9.51	13.21		20.89	22.60	24.96	29.09	33.43	37.97	42.57		47.88	4 / 2				
reaction time	0.232	interval	3.64	3.70		7.68		2.36	4.13	4.34	4.54	4.60	5.31						13.48	
		velocity	7.67	9.62	9.46	9.11	8.85	14.83	8.47	8.06	7.71	7.61	7.53	8.35						7.79
H1 lead leg	R	strides	21	13	13			13	13	14	14	14	17.7	132.7						
<b>Moses, Edwin (USA) (1955)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)</b>																				
date	24-Sep-88	time	5.95	9.72	13.68	17.64	21.60		25.65	29.78	33.94	38.35	42.79		47.89	3 / 1				
reaction time		interval	3.77	3.96	3.96	3.96		4.05	4.13	4.16	4.41	4.44	5.10				11.69	12.14	13.01	
		velocity	7.56	9.28	8.84	8.84	8.84		8.64	8.47	8.41	7.94	7.88	7.84	8.35		8.98	8.65	8.07	
H1 lead leg		strides	19	13	13	13	13		13	13	13	13	16.5	152.5						
<b>Tamesue, Dai (JPN) (1978)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2001 IAAF World Championships (Edmonton, CAN)</b>																				
date	10-Aug-01	time	5.85	9.50	13.22	17.04	20.94		24.94	29.09	33.42	37.89	42.56		47.89	3 / 3				
reaction time	0.222	interval	3.65	3.72	3.82	3.90		4.00	4.15	4.33	4.47	4.67	5.33		NR / PB		11.19	12.05	13.47	
		velocity	7.69	9.59	9.41	9.16	8.97		8.75	8.43	8.08	7.83	7.49	7.50	8.35		9.38	8.71	7.80	

H1 lead leg	L	strides	20	13	13	13	13	14	14	15	15	15	19	164						
<b>Clement, Kerron (USA) (1985)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>			
<b>FINAL</b> - 2009 IAAF World Championships (Berlin, GER)																				
date	18-Aug-09	time	5.92	9.60	13.32	17.15	21.09	25.26	29.49	33.85	38.35	42.90	47.91	3 / 1						
reaction time	0.176	interval	3.68	3.72	3.83	3.94	4.17	4.23	4.36	4.50	4.55	5.01			11.23	12.34	13.41			
		velocity	7.60	9.51	9.41	9.14	8.88	8.39	8.27	8.03	7.78	7.69	7.98	8.35		9.35	8.51	7.83		
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	13	16.2	153.2						
<b>Tinsley, Michael (USA) (1984)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>			
<b>FINAL</b> - 2012 Olympic Games (London, GBR)																				
date	06-Aug-12	time	5.79	9.39	13.06	16.87	20.87	22.67	25.08	29.26	33.49	37.97	42.43	47.91	6 / 2					
reaction time	0.184	interval	3.60	3.67	3.81	4.00	4.21	4.18	4.23	4.48	4.46	5.48	PB		11.08	12.39	13.17			
		velocity	7.77	9.72	9.54	9.19	8.75	8.82	8.31	8.37	8.27	7.81	7.85	7.30	8.35	9.48	8.47	7.97		
H1 lead leg	L	strides	21	13	13	13	14	14	14	14	15	15	18	164						
<b>Akabusi, Kriss (GBR) (1958)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>			
<b>FINAL</b> - 1990 European Championships (Split, CRO)																				
date	29-Aug-90	time	6.0	9.7	13.6	17.4	21.3	23.1	25.4	29.5	33.8	38.2	42.7	47.92	5 / 1					
reaction time		interval	3.70	3.90	3.80	3.90	4.10	4.10	4.30	4.40	4.50	5.22	NR		11.40	12.10	13.20			
		velocity	7.50	9.46	8.97	9.21	8.97	8.66	8.54	8.54	8.14	7.95	7.78	7.66	8.35	9.21	8.68	7.95		
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	14	15	16	157						
<b>Iakovákis, Periklís (GRE) (1979)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>			
<b>FINAL</b> - 2006 IAAF World Athletic Final (Stuttgart, GER) (TV Analysis)																				
date	10-Sep-06	time	5.97	9.65	13.39	17.23	21.17	25.22	29.44	33.75	38.19	42.77	47.92	3 / 1						
reaction time	0.158	interval	3.68	3.74	3.84	3.94	4.05	4.22	4.31	4.44	4.58	5.15			11.26	12.21	13.33			
		velocity	7.54	9.51	9.36	9.11	8.88	8.64	8.29	8.12	7.88	7.64	7.77	8.35		9.33	8.60	7.88		
H1 lead leg		strides																		
<b>Allen, CJ (USA) (1995)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>			
<b>FINAL</b> - 2023 Meeting de Paris (Paris, FRA)																				
date	09-Jun-23	time	5.72	9.43	13.27	17.20	21.14	25.08	29.10	33.34	37.78	42.36	47.92	7 / 1						
reaction time	0.138	interval	3.71	3.84	3.93	3.94	3.94	4.02	4.24	4.44	4.58	5.56			11.48	11.90	13.26			
		velocity	7.87	9.43	9.11	8.91	8.88	8.88	8.71	8.25	7.88	7.64	7.19	8.35		9.15	8.82	7.92		
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	14	14	17	157						
<b>Narisako, Kenji (JPN) (1984)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>			
<b>FINAL</b> - 2006 Osaka Grand Prix (Osaka, JPN)																				
date	06-May-06	time	5.95	9.63	13.41	17.23	21.10	25.12	29.44	33.77	38.17	42.72	47.93	/ 3						
reaction time		interval	3.68	3.78	3.82	3.87	4.02	4.32	4.33	4.40	4.55	5.21	PB		11.28	12.21	13.28			
		velocity	7.56	9.51	9.26	9.16	9.04	8.71	8.10	8.08	7.95	7.69	7.68	8.35		9.31	8.60	7.91		
H1 lead leg		strides																		
<b>Allen, CJ (USA) (1995)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>			
<b>FINAL</b> - 2023 Doha Diamond League (Doha, QAT)																				
date	05-May-23	time	5.66	9.29	13.06	16.93	20.89	24.94	29.12	33.47	37.96	42.49	47.93	3 / 2						
reaction time	0.144	interval	3.63	3.77	3.87	3.96	4.05	4.18	4.35	4.49	4.53	5.44	PB		11.27	12.19	13.37			
		velocity	7.95	9.64	9.28	9.04	8.84	8.64	8.37	8.05	7.80	7.73	7.35	8.35		9.32	8.61	7.85		
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	14	14	17	157						
<b>Valliant, Ludvy (FRA) (1995)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>			
<b>FINAL</b> - 2023 Prefontaine Classic (Eugene, OR)																				
date	16-Sep-23	time	5.85	9.49	13.18	16.88	20.67	24.61	28.73	33.04	37.54	42.26	47.93	1 / 6						
reaction time	0.138	interval	3.64	3.69	3.70	3.79	3.94	4.12	4.31	4.50	4.72	5.67			11.03	11.85	13.53			
		velocity	7.69	9.62	9.49	9.46	9.23	8.88	8.50	8.12	7.78	7.42	7.05	8.35		9.52	8.86	7.76		
H1 lead leg	R	strides	21																	
<b>dos Santos, Alison Brendon (BRA) (1995)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>			
<b>FINAL</b> - 2024 Memorial van damme (Brussels, BEL)																				
date	14-Sep-24	time	5.72	9.38	13.14	16.86	20.84	24.92	29.14	33.42	37.83	42.44	47.93	6 / 1						
reaction time	0.151	interval	3.66	3.76	3.72	3.98	4.08	4.22	4.28	4.41	4.61	5.49			11.46	12.28	13.30			
		velocity	7.87	9.56	9.31	9.41	8.79	8.58	8.29	8.18	7.94	7.59	7.29	8.35		9.16	8.55	7.89		
H1 lead leg	L	strides	20	13	12	12	12	12	13	13	13	13	16	149						
<b>Young, Kevin (USA) (1966)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>			
<b>FINAL</b> - 1988 Olympic Games (Seoul, KOR)																				
date	25-Sep-88	time	6.07	9.72	13.40	17.20	21.09	25.13	29.25	33.46	37.94	42.61	47.94	2 / 4						
reaction time	0.214	interval	3.65	3.68	3.80	3.89	4.04	4.12	4.21	4.48	4.67	5.33			11.13	12.05	13.36			
		velocity	7.41	9.59	9.51	9.21	9.00	8.66	8.50	8.31	7.81	7.49	7.50	8.34		9.43	8.71	7.86		
H1 lead leg	L	strides	20	12	12	12	12	13	13	13	13	14	17	151						
<b>Warholm, Karsten (NOR) (1996)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>			
<b>FINAL</b> - 2018 Athletissima (Lausanne, SUI) (TV Analysis)																				
date	05-Jul-18	time	5.72	9.32	13.00	16.84	20.76	24.84	29.04	33.32	37.88	42.52	47.94	6 / 2						
reaction time	0.133	interval	3.60	3.68	3.84	3.92	4.08	4.20	4.28	4.56	4.64	5.42			11.12	12.20	13.48			
		velocity	7.87	9.72	9.51	9.11	8.93	8.58	8.33	8.18	7.68	7.54	7.38	8.34		9.44	8.61	7.79		

H1 lead leg	L	strides	20	13	13	13	13	13	13	13	15	15	18	159						
<b>Mägi, Rasmus (EST) (1992)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL</b> - 2024 Meeting de Paris (Paris, FRA)															<i>Omega Timing (2024) - diamond league race analysis</i>					
date	07-Jul-24	time	5.83	9.62	13.50	17.36	21.24		25.23	29.34	33.62	38.15	42.66		47.95	3 / 2				
reaction time	0.168	interval		3.79	3.88	3.86	3.88		3.99	4.11	4.28	4.53	4.51	5.29			11.53	11.98	13.32	
		velocity	7.72	9.23	9.02	9.07	9.02		8.77	8.52	8.18	7.73	7.76	7.56	8.34		9.11	8.76	7.88	
H1 lead leg	R	strides	20	13	13	13	13				13	14	14	17	130					
<b>dos Santos, Alison Brendon (BRA) (1992)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 1</b> - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>					
date	07-Aug-24	time	5.76	9.37	12.98	16.69	20.61		24.66	28.81	33.11	37.61	42.30		47.95	9 / 3				
reaction time	0.210	interval		3.61	3.61	3.71	3.92		4.05	4.15	4.30	4.50	4.69	5.65			10.93	12.12	13.49	
		velocity	7.81	9.70	9.70	9.43	8.93		8.64	8.43	8.14	7.78	7.46	7.08	8.34		9.61	8.66	7.78	
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	13	13	17	150					
<b>Davis, Calvin (USA) (1972)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL</b> - 1996 Olympic Games (Atlanta, GA)															<i>McFarlane (2000) - the science of hurdling and speed</i>					
date	01-Aug-96	time	6.02	9.85	13.62	17.38	21.34		25.48	29.70	33.90	38.35	42.82		47.96	5 / 3				
reaction time	0.267	interval		3.83	3.77	3.76	3.96		4.14	4.22	4.20	4.45	4.47	5.14			11.36	12.32	13.12	
		velocity	7.48	9.14	9.28	9.31	8.84		8.45	8.29	8.33	7.87	7.83	7.78	8.34		9.24	8.52	8.00	
H1 lead leg		strides	23	15	15	15	15		15	15	15	15	15	158						
<b>Allen, CJ (USA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL</b> - 2022 Memorial van Damme (Brussels, BEL) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	02-Sep-22	time	5.80	9.47	13.28		21.12	22.77	25.19	29.29	33.56	38.04	42.61		47.96	2 / 3				
reaction time	0.178	interval		3.67	3.81		7.84		2.42	4.10	4.27	4.48	4.57	5.35	DQ				13.32	
		velocity	7.76	9.54	9.19		8.93	8.78	14.46	8.54	8.20	7.81	7.66	7.48	8.34				7.88	
H1 lead leg	L	strides	20	13	13				13	13	13	14	14	17	130					
<b>Robinson, Chris (USA) (2001)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL</b> - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>					
date	30-Jun-24	time	5.78	9.34	13.01	16.74	20.53	22.30	24.59	28.95	33.35	37.92	42.45		47.96	4 / 4				
reaction time		interval		3.56	3.67	3.73	3.79		4.06	4.36	4.40	4.57	4.53	5.51			10.96	12.21	13.50	
		velocity	7.79	9.83	9.54	9.38	9.23	8.97	8.62	8.03	7.95	7.66	7.73	7.26	8.34		9.58	8.60	7.78	
H1 lead leg	R	strides		13	13	13	13		14	14	15	15	15	18.5	143.5					
<b>Benjamin, Rai (USA) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 3</b> - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>					
date	28-Jun-24	time	5.74	9.26	12.90	16.79	20.74	22.56	24.76	28.86	33.15	37.62	42.24		47.97	7 / 1				
reaction time		interval		3.52	3.64	3.89	3.95		4.02	4.10	4.29	4.47	4.62	5.73			11.05	12.07	13.38	
		velocity	7.84	9.94	9.62	9.00	8.86	8.87	8.71	8.54	8.16	7.83	7.58	6.98	8.34		9.50	8.70	7.85	
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	17	154					
<b>Mägi, Rasmus (EST) (1992)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL</b> - 2024 Kamila Skolimowska Memorial (Silesia, POL)															<i>Omega Timing (2023) - diamond league race analysis</i>					
date	25-Aug-24	time	5.89	9.57	13.25	17.04	20.92		25.00	29.29	33.73	38.17	42.66		47.97	9 / 5				
reaction time	0.178	interval		3.68	3.68	3.79	3.88		4.08	4.29	4.44	4.44	4.49	5.31			11.35	12.25	13.37	
		velocity	7.64	9.51	9.51	9.23	9.02		8.58	8.16	7.88	7.88	7.80	7.53	8.34		9.25	8.57	7.85	
H1 lead leg	R	strides	20	13	13	13	13		13	13			14	17	129					
<b>Bronson, Bryan (USA) (1972)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL</b> - 1996 USA Olympic Trials (Atlanta, GA)															<i>McNichols - Hurdle technique study through video analysis</i>					
date	16-Jun-96	time	6.01	9.69	13.37	17.03	20.97	22.78	25.23	29.39	33.67	38.11	42.67		47.98	8 / 1				
reaction time		interval		3.68	3.68	3.66	3.94		4.26	4.16	4.28	4.44	4.56	5.31	PB		11.02	12.36	13.28	
		velocity	7.49	9.51	9.51	9.56	8.88	8.78	8.22	8.41	8.18	7.88	7.68	7.53	8.34		9.53	8.50	7.91	
H1 lead leg	R	strides	21	13	13	13	13		15	15	15	15	15	148						
<b>Nylander, Sven (SWE) (1962)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL</b> - 1996 Olympic Games (Atlanta, GA)															<i>Behm (1996) - 400m haies</i>					
date	01-Aug-96	time	6.0	9.7	13.5	17.3	21.3		25.3	29.4	33.8	38.3	42.9		47.98	4 / 4				
reaction time	0.225	interval		3.7	3.8	3.8	4.0		4.0	4.1	4.4	4.5	4.6	5.08	NR		11.30	12.10	13.50	
		velocity	7.50	9.46	9.21	9.21	8.75		8.75	8.54	7.95	7.78	7.61	7.87	8.34		9.29	8.68	7.78	
H1 lead leg		strides	20	13	13	13	13		13	13	13	14	14	139						
<b>Adkins, Derrick (USA) (1970)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL</b> - 1995 IAAF World Championships (Göteborg, SWE)															<i>Behm (1999) - Les chiffres: Les podiums de tous le championnats</i>					
date	10-Aug-95	time					20.8								47.98	4 / 1				
reaction time		interval																		
		velocity					8.89								8.34					
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	18.7	159.7					
<b>Clement, Kerron (USA) (1985)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL</b> - 2008 Olympic Games (Beijing, CHN)															<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>					
date	18-Aug-08	time	5.9	9.5	13.1	16.9	20.7		24.7	28.9	33.2	37.7	42.5		47.98	4 / 2				
reaction time	0.265	interval		3.6	3.6	3.8	3.8		4.0	4.2	4.3	4.5	4.8	5.48			11.00	12.00	13.60	
		velocity	7.63	9.72	9.72	9.21	9.21		8.75	8.33	8.14	7.78	7.29	7.30	8.34		9.55	8.75	7.72	

H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	13	15	17	156					
<b>Robinson, Chris (USA) (2001)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)</b>			<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																	
date	07-Jun-24	time	5.90	9.52	13.20	16.93	20.82		24.77	29.03	33.32	37.76	42.38		47.98	8 / 2				
reaction time		interval		3.62	3.68	3.73	3.89		3.95	4.26	4.29	4.44	4.62	5.60			11.03	12.10	13.35	
		velocity	7.63	9.67	9.51	9.38	9.00		8.86	8.22	8.16	7.88	7.58	7.14	8.34		9.52	8.68	7.87	
H1 lead leg	R	strides		13	13	13	13		13	14	14	15	15	18.5	141.5					
<b>Samba, Abderrahmane (QAT) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 Olympic Games (Paris, FRA)</b>			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	
date	09-Aug-24	time	5.74	9.48	13.28	17.11	20.98		24.99	29.16	33.52	38.14	42.67		47.98	2 / 6				
reaction time	0.169	interval		3.74	3.80	3.83	3.87		4.01	4.17	4.36	4.62	4.53	5.31			11.37	12.05	13.51	
		velocity	7.84	9.36	9.21	9.14	9.04		8.73	8.39	8.03	7.58	7.73	7.53	8.34		9.23	8.71	7.77	
H1 lead leg	R	strides	21	13		13	13		13	13	13	14	14	17	144					
<b>Young, Kevin (USA) (1966)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 3 - 1993 IAAF World Championships (Stuttgart, GER)</b>			<i>Letzelter (1995) - schrittgestaltung im 400m-hürdenlauf der jugend</i>																	
date	17-Aug-93	time	5.92	9.64	13.42	17.18	20.98		25.04	29.16	33.48	37.86	42.40		47.99	3 / 1				
reaction time		interval		3.72	3.78	3.76	3.80		4.06	4.12	4.32	4.38	4.54	5.59			11.26	11.98	13.24	
		velocity	7.60	9.41	9.26	9.31	9.21		8.62	8.50	8.10	7.99	7.71	7.16	8.34		9.33	8.76	7.93	
H1 lead leg	L	strides	20	13	13	12	12		13	13	13	13	13	16	151					
<b>Al-Somaily, Hadi Sou'an (KSA) (1976)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2001 IAAF World Championships (Edmonton, CAN)</b>			<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>																	
date	10-Aug-01	time	5.8	9.4	13.1	16.9	20.9		24.9	28.9	33.1	37.7	42.4		47.99	1 / 4				
reaction time	0.164	interval		3.6	3.7	3.8	4.0		4.0	4.0	4.2	4.6	4.7	5.59			11.10	12.00	13.50	
		velocity	7.76	9.72	9.46	9.21	8.75		8.75	8.75	8.33	7.61	7.45	7.16	8.34		9.46	8.75	7.78	
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	13	14	17.5	156.5					
<b>Mägi, Rasmus (EST) (1992)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2023 Prefontaine Classic (Eugene, OR)</b>			<i>Omega Timing (2023) - diamond league race analysis</i>																	
date	16-Sep-23	time	5.96	9.70	13.46	17.26	21.18		25.26	29.46	33.82	38.28	42.74		47.99	9 / 7				
reaction time	0.155	interval		3.74	3.76	3.80	3.92		4.08	4.20	4.36	4.46	4.46	5.25			11.30	12.20	13.28	
		velocity	7.55	9.36	9.31	9.21	8.93		8.58	8.33	8.03	7.85	7.85	7.62	8.34		9.29	8.61	7.91	
H1 lead leg	R	strides	21			13	13		13	13	14			87						
<b>Clement, Kerron (USA) (1985)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)</b>			<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																	
date	16-Aug-09	time	5.97	9.72	13.44	17.22	21.12		25.24	29.48	33.82	38.28	42.89		48.00	3 / 1				
reaction time	0.158	interval		3.75	3.72	3.78	3.90		4.12	4.24	4.34	4.46	4.61	5.11			11.25	12.26	13.41	
		velocity	7.54	9.33	9.41	9.26	8.97		8.50	8.25	8.06	7.85	7.59	7.83	8.33		9.33	8.56	7.83	
H1 lead leg		strides							13	13	13	13	13	16	81					
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)</b>			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																	
date	17-Jul-22	time	5.63	9.10	12.86	16.40	20.20	21.83	24.13	28.30	32.66	37.40	42.20		48.00	5 / 1				
reaction time	0.169	interval		3.47	3.76	3.54	3.80		3.93	4.17	4.36	4.74	4.80	5.80			10.77	11.90	13.90	
		velocity	7.99	10.09	9.31	9.89	9.21	9.16	8.91	8.39	8.03	7.38	7.29	6.90	8.33		9.75	8.82	7.55	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17.7	158.7					
<b>Sánchez, Félix (DOM) (1977)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2007 IAAF World Championships (Osaka, JPN)</b>			<i>Ae (2008) - IAAF biomechanics team - a booklet of biomechanics data</i>																	
date	28-Aug-07	time	5.95	9.65	13.38	17.18	21.10		25.25	29.52	33.83	38.23	42.72		48.01	5 / 2				
reaction time	0.164	interval		3.70	3.73	3.80	3.92		4.15	4.27	4.31	4.40	4.49	5.29			11.23	12.34	13.20	
		velocity	7.56	9.46	9.38	9.21	8.93		8.43	8.20	8.12	7.95	7.80	7.56	8.33		9.35	8.51	7.95	
H1 lead leg	L	strides	21	13	13	13	13		14	15	15	15	15	18.5	165.5					
<b>Bett, Nicholas (KEN) (1990)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2016 Meeting Paris (Saint-Denis, FRA) (TV Analysis)</b>			<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																	
date	27-Aug-16	time	6.04	9.72	13.48	17.32	21.24		25.24	29.28	33.52	37.96	42.72		48.01	7 / 1				
reaction time	0.167	interval		3.68	3.76	3.84	3.92		4.00	4.04	4.24	4.44	4.76	5.29			11.28	11.96	13.44	
		velocity	7.45	9.51	9.31	9.11	8.93		8.75	8.66	8.25	7.88	7.35	7.56	8.33		9.31	8.78	7.81	
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	13	15	17	157					
<b>Clement, Kerron (USA) (1985)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2017 Müller's Anniversary Games (London, GBR) (TV Analysis)</b>			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																	
date	09-Jul-17	time	6.00	9.72	13.44	17.24	21.24		25.48	29.80	34.16	38.60	43.08		48.02	7 / 1				
reaction time	0.157	interval		3.72	3.72	3.80	4.00		4.24	4.32	4.36	4.44	4.48	4.94			11.24	12.56	13.28	
		velocity	7.50	9.41	9.41	9.21	8.75		8.25	8.10	8.03	7.88	7.81	8.10	8.33		9.34	8.36	7.91	
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153					
<b>Mägi, Rasmus (EST) (1992)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 Weltklasse (Zürich, SUI)</b>			<i>Omega Timing (2023) - diamond league race analysis</i>																	
date	05-Sep-24	time	5.89	9.59	13.39	17.21	21.14		25.16	29.35	33.76	38.28	42.81		48.02	8 / 3				
reaction time	0.175	interval		3.70	3.80	3.82	3.93		4.02	4.19	4.41	4.52	4.53	5.21			11.55	12.14	13.46	
		velocity	7.64	9.46	9.21	9.16	8.91		8.71	8.35	7.94	7.74	7.73	7.68	8.33		9.09	8.65	7.80	

H1 lead leg	R	strides	20	13				13	13	13	14	14	17	117						
<b>Ducos, Clement (FRA) (2001)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 Weltklasse (Zürich, SUI)</b>																				
date	05-Sep-24	time	5.72	9.28	12.91	16.65	20.54		24.54	28.78	33.14	37.57	42.30		48.02	5 / 4				
reaction time	0.162	interval		3.56	3.63	3.74	3.89		4.00	4.24	4.36	4.43	4.73	5.72			11.26	12.13	13.52	
		velocity	7.87	9.83	9.64	9.36	9.00		8.75	8.25	8.03	7.90	7.40	6.99	8.33		9.33	8.66	7.77	
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	18	161					
<b>Matete, Samuel (ZAM) (1968)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1995 IAAF World Championships (Göteborg, SWE)</b>																				
date	10-Aug-95	time					21.0								48.03	3 / 2				
reaction time		interval																		
		velocity					8.81								8.33					
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18.5	159.5					
<b>Samba, Abderrahmane (QAT) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2019 IAAF World Championships (Doha, QAT)</b>																				
date	30-Sep-19	time	5.97	9.65	13.40	17.27	21.22		25.29	29.52	33.85	38.30	42.80		48.03	9 / 3				
reaction time	0.198	interval		3.68	3.75	3.87	3.95		4.07	4.23	4.33	4.45	4.50	5.23			11.30	12.25	13.28	
		velocity	7.54	9.51	9.33	9.04	8.86		8.60	8.27	8.08	7.87	7.78	7.65	8.33		9.29	8.57	7.91	
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	14	14	17.5	156.5					
<b>Hyde, Jaheel (JAM) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2022 World Athletics Championships (Eugene, OR)</b>																				
date	19-Jul-22	time	5.71	9.26	12.86	16.52	20.25	21.86	24.27	28.40	32.83	37.47	42.33		48.03	7 / 6				
reaction time	0.149	interval		3.55	3.60	3.66	3.73		4.02	4.13	4.43	4.64	4.86	5.70	PB		10.81	11.88	13.93	
		velocity	7.88	9.86	9.72	9.56	9.38	9.15	8.71	8.47	7.90	7.54	7.20	7.02	8.33		9.71	8.84	7.54	
H1 lead leg	L	strides	22	13	13	13	13		14	14	15	15	15	18.2	165.2					
<b>Graham, Winthrop (JAM) (1965)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1988 Olympic Games (Seoul, KOR)</b>																				
date	25-Sep-88	time	6.15	9.96	13.79	17.68	21.57		25.61	29.69	34.02	38.40	42.95		48.04	4 / 5				
reaction time	0.191	interval		3.81	3.83	3.89	3.89		4.04	4.08	4.33	4.38	4.55	5.09	PB		11.53	12.01	13.26	
		velocity	7.32	9.19	9.14	9.00	9.00		8.66	8.58	8.08	7.99	7.69	7.86	8.33		9.11	8.74	7.92	
H1 lead leg	L	strides	21	14	13	14	13		14	14	14	14	14	17.3	162.3					
<b>Carter, James (USA) (1978)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2000 Olympic Games (Sydney, AUS)</b>																				
date	27-Sep-00	time	5.78	9.50	13.26	17.10	21.06	22.58	25.14	29.26	33.62	38.02	42.62		48.04	5 / 4				
reaction time	0.421	interval		3.72	3.76	3.84	3.96		4.08	4.12	4.36	4.40	4.60	5.42	PB		11.32	12.16	13.36	
		velocity	7.79	9.41	9.31	9.11	8.84	8.86	8.58	8.50	8.03	7.95	7.61	7.38	8.33		9.28	8.63	7.86	
H1 lead leg		strides	21	13	13	13	13		13	14	14	14	14	17	159					
<b>Mori, Fabrizio (ITA) (1969)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1997 IAAF World Championships (Athens, GRE)</b>																				
date	04-Aug-97	time	6.14	10.02	13.78	17.72	21.72		25.85	30.04	34.40	38.78	43.18		48.05	4 / 4				
reaction time	0.156	interval		3.88	3.76	3.94	4.00		4.13	4.19	4.36	4.38	4.40	4.87	NR		11.58	12.32	13.14	
		velocity	7.33	9.02	9.31	8.88	8.75		8.47	8.35	8.03	7.99	7.95	8.21	8.32		9.07	8.52	7.99	
H1 lead leg		strides																		
<b>Bekrić, Emir (SRB) (1991)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)</b>																				
date	15-Aug-13	time	5.90	9.50	13.20	17.00	20.87		24.93	29.23	33.63	38.20	42.73		48.05	8 / 3				
reaction time	0.202	interval		3.60	3.70	3.80	3.87		4.06	4.30	4.40	4.57	4.53	5.32	NR PB		11.10	12.23	13.50	
		velocity	7.63	9.72	9.46	9.21	9.04		8.62	8.14	7.95	7.66	7.73	7.52	8.32		9.46	8.59	7.78	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	16.7	158.7					
<b>Kudryavtsev, Denis (RUS) (1992)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)</b>																				
date	25-Aug-15	time	5.84	9.48	13.20	16.96	20.84		24.84	29.08	33.40	37.96	42.68		48.05	6 / 2				
reaction time	0.146	interval		3.64	3.72	3.76	3.88		4.00	4.24	4.32	4.56	4.72	5.37	NR PB		11.12	12.12	13.60	
		velocity	7.71	9.62	9.41	9.31	9.02		8.75	8.25	8.10	7.68	7.42	7.45	8.32		9.44	8.66	7.72	
H1 lead leg	L	strides		13	13	13	13		13	14	14	15	15	19	142					
<b>McMaster, Kyron (IVB) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 Bauhaus Galan (Stockholm, SWE) (TV Analysis)</b>																				
date	02-Jun-24	time	5.83	9.46	13.16	16.93	20.87		24.96	29.17	33.66	38.18	42.77		48.05	7 / 2				
reaction time	0.157	interval		3.63	3.70	3.77	3.94		4.09	4.21	4.49	4.52	4.59	5.28			11.10	12.24	13.60	
		velocity	7.72	9.64	9.46	9.28	8.88		8.56	8.31	7.80	7.74	7.63	7.58	8.32		9.46	8.58	7.72	
H1 lead leg	L	strides	21	13	13	13	13		13	13	14	14	14	17.2	158.2					
<b>Tverdokhle, Oleg (UKR) (1969)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1994 European Championships (Helsinki, FIN)</b>																				
date	10-Aug-94	time	5.9	9.6	13.4	17.3	21.2		25.3	29.3	33.6	38.0	42.6		48.06	1 / 1				
reaction time		interval		3.7	3.8	3.9	3.9		4.1	4.0	4.3	4.4	4.6	5.46	NR		11.40	12.00	13.30	
		velocity	7.63	9.46	9.21	8.97	8.97		8.54	8.75	8.14	7.95	7.61	7.33	8.32		9.21	8.75	7.89	

H1 lead leg	strides	20	13	13	13	13	13	13	13	15	15	15	143							
<b>Jackson, Bershawn (USA) (1983)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>			
<b>FINAL - 2008 Olympic Games (Beijing, CHN)</b>													<i>Behm (2008) - Pekin 2008: Le quadrache masculin - féminin</i>							
date	18-Aug-08	time	5.6	9.2	13.2	17.3	21.5	25.5	29.5	33.7	38.0	42.6	48.06	7 / 3						
reaction time	0.145	interval	3.6	4.0	4.1	4.2	4.0	4.0	4.2	4.3	4.6	5.46			11.70	12.20	13.10			
		velocity	8.04	9.72	8.75	8.54	8.33	8.75	8.75	8.33	8.14	7.61	7.33	8.32		8.97	8.61	8.02		
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	15	15	19.5	177.5						
<b>Warholm, Karsten (NOR) (1996)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>			
<b>FINAL - 2018 Meeting de Paris (Paris, FRA) (TV Analysis)</b>													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>							
date	30-Jun-18	time	5.72	9.32	13.04	16.84	20.72	22.5	24.76	28.84	33.08	37.44	42.44	48.06	7 / 3					
reaction time	0.158	interval	3.60	3.72	3.80	3.88	4.04	4.08	4.24	4.36	5.00	5.62			11.12	12.00	13.60			
		velocity	7.87	9.72	9.41	9.21	9.02	8.89	8.66	8.58	8.25	8.03	7.00	7.12	8.32	9.44	8.75	7.72		
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	15	17.7	156.7						
<b>McMaster, Kyron (IVB) (1997)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>			
<b>FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)</b>													<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>							
date	24-Jun-17	time	5.72	9.42	13.16	17.20	21.00	25.08	29.32	33.76	38.24	42.88	48.07	4 / 1						
reaction time	0.153	interval	3.70	3.74	3.74	3.88	4.08	4.24	4.44	4.48	4.64	5.19					13.56			
		velocity	7.87	9.46	9.36	9.33	8.93	8.58	8.25	7.88	7.81	7.54	7.71	8.32			7.74			
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	14	14	17.2	131.2						
<b>Clarke, Roshawn (JAM) (2004)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>			
<b>FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)</b>													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>							
date	23-Aug-23	time	5.71	9.46	12.97	16.65	20.52	24.92	29.18	33.44	38.08	42.69	48.07	5 / 4						
reaction time	0.164	interval	3.75	3.51	3.68	3.87	4.04	4.24	4.44	4.57	4.71	5.39			10.94	12.31	13.72			
		velocity	7.88	9.33	9.97	9.51	9.04	8.29	7.88	7.66	7.43	7.42	8.32		9.60	8.53	7.65			
H1 lead leg	R	strides	21	13	13	13	13	14	15	15	15	18.2	150.2							
<b>Sibilio, Alessandro (ITA) (1999)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>			
<b>Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)</b>													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>							
date	10-Jun-24	time	5.83	9.59	13.45	17.20	20.98	24.92	29.18	33.44	38.08	42.69	48.07	7 / 1						
reaction time	0.161	interval	3.76	3.86	3.75	3.78	3.94	4.26	4.26	4.64	4.61	5.38			11.37	11.98	13.51			
		velocity	7.72	9.31	9.07	9.33	9.26	8.88	8.22	8.22	7.54	7.59	7.43	8.32		9.23	8.76	7.77		
H1 lead leg		strides											0							
<b>McMaster, Kyron (IVB) (1997)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>			
<b>FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)</b>													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>							
date	30-Aug-18	time	5.80	9.50	13.30	17.16	22.9	25.24	29.44	33.84	38.32	42.88	48.08	3 / 1						
reaction time	0.178	interval	3.70	3.80	3.80	3.86	4.08	4.20	4.40	4.48	4.56	5.20					13.44			
		velocity	7.76	9.46	9.21	8.91	8.73	8.58	8.33	7.95	7.81	7.68	7.69	8.32			7.81			
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	14	14	17	131						
<b>Selmon, Kenny (USA) (1996)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>			
<b>FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>							
date	26-Jun-21	time	5.90	9.61	13.35	17.20	21.12	25.19	29.36	33.63	38.10	42.74	48.08	6 / 2						
reaction time	0.212	interval	3.71	3.74	3.85	3.92	4.07	4.17	4.27	4.47	4.64	5.34	PB		11.30	12.16	13.38			
		velocity	7.63	9.43	9.36	9.09	8.93	8.60	8.39	8.20	7.83	7.54	7.49	8.32		9.29	8.63	7.85		
H1 lead leg	R	strides	21	13	13	13	13	13	13	13	14	14	17	157						
<b>Warholm, Karsten (NOR) (1996)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>			
<b>FINAL - 2021 ISTAF (Berlin, GER) (TV Analysis)</b>													<i>Henson (2021) - Athlete First: 2021 Karsten Warholm 400m Hurdles World Record Season</i>							
date	12-Sep-21	time	5.76	9.28	12.96	16.70	20.56	24.56	28.76	33.12	37.80	42.54	48.08	7 / 1						
reaction time	0.189	interval	3.52	3.68	3.74	3.86	4.00	4.20	4.36	4.68	4.74	5.54			10.94	12.06	13.78			
		velocity	7.81	9.94	9.51	9.36	9.07	8.75	8.33	8.03	7.48	7.38	7.22	8.32		9.60	8.71	7.62		
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	15	15	18.5	159.5					
<b>Culson, Javier (PUR) (1984)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>			
<b>FINAL - 2009 IAAF World Championships (Berlin, GER)</b>													<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>							
date	18-Aug-09	time	5.97	9.67	13.45	17.37	21.49	25.60	29.87	34.17	38.56	43.03	48.09	8 / 2						
reaction time	0.187	interval	3.70	3.78	3.92	4.12	4.11	4.27	4.30	4.39	4.47	5.06	NR		11.40	12.50	13.16			
		velocity	7.54	9.46	9.26	8.93	8.50	8.52	8.20	8.14	7.97	7.83	7.91	8.32		9.21	8.40	7.98		
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	14	14	16.7	155.7						
<b>Tamesue, Dai (JPN) (1978)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>			
<b>FINAL - 2005 IAAF World Championships (Helsinki, FIN)</b>													<i>Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers</i>							
date	09-Aug-05	time	5.79	9.38	13.08	16.92	20.82	24.87	29.01	33.35	37.94	42.68	48.10	7 / 3						
reaction time	0.189	interval	3.59	3.70	3.84	3.90	4.05	4.14	4.34	4.59	4.74	5.42			11.13	12.09	13.67			
		velocity	7.77	9.75	9.46	9.11	8.97	8.64	8.45	8.06	7.63	7.38	7.38	8.32		9.43	8.68	7.68		
H1 lead leg		strides	13	13	13	13	13	14	14	15	15	15	17.5	142.5						
<b>Culson, Javier (PUR) (1984)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>			
<b>FINAL - 2012 Olympic Games (London, GBR)</b>													<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>							
date	06-Aug-12	time	5.68	9.19	12.84	16.56	20.47	22.27	24.46	28.72	33.20	37.69	42.40	48.10	5 / 3					
reaction time	0.196	interval	3.51	3.65	3.72	3.91	3.99	4.26	4.48	4.49	4.71	5.70			10.88	12.16	13.68			
		velocity	7.92	9.97	9.59	9.41	8.95	8.98	8.77	8.22	7.81	7.80	7.43	7.02	8.32	9.65	8.63	7.68		

H1 lead leg	L	strides	21	13	13	13	13	13	13	13	14	14	14	17.5	158.5				
<b>Dutch, Johnny (USA) (1989)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2016 Racers Grand Prix (Kingston, JAM) (TV Analysis)</b>			<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	11-Jun-16	time	5.67	9.33	13.13	17.03	21.10		25.27	29.43	33.77	38.17	42.70		48.10	5 / 1			
reaction time		interval	3.66	3.80	3.90	4.07		4.17	4.16	4.34	4.40	4.53	5.40				11.36	12.40	13.27
		velocity	7.94	9.56	9.21	8.97	8.60		8.39	8.41	8.06	7.95	7.73	7.41	8.32		9.24	8.47	7.91
H1 lead leg	R	strides	22	13	13	13	13		14	14	15	15	15	18.2	165.2				
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)</b>			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	30-Aug-18	time	5.64	9.28	13.00	16.84	20.84	22.6	24.92	29.16	33.52	38.12	42.80		48.10	5 / 2			
reaction time	0.135	interval	3.64	3.72	3.84	4.00		4.08	4.24	4.36	4.60	4.68	5.30				11.20	12.32	13.64
		velocity	7.98	9.62	9.41	9.11	8.75	8.85	8.58	8.25	8.03	7.61	7.48	7.55	8.32		9.38	8.52	7.70
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159				
<b>McMaster, Kyron (IVB) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2019 IAAF World Championships (Doha, QAT)</b>			<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>																
date	30-Sep-19	time	5.75	9.33	13.02	16.78	20.64		24.67	28.85	33.25	37.72	42.49		48.10	2 / 4			
reaction time	0.171	interval	3.58	3.69	3.76	3.86		4.03	4.18	4.40	4.47	4.77	5.61				11.03	12.07	13.64
		velocity	7.83	9.78	9.49	9.31	9.07		8.68	8.37	7.95	7.83	7.34	7.13	8.32		9.52	8.70	7.70
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	18.2	160.2				
<b>Rosser, Khalfifah (USA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)</b>			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	28-May-22	time	5.70	9.33	13.06	16.90	20.87	22.62	24.90	29.06	33.33	37.90	42.56		48.10	4 / 2			
reaction time	0.158	interval	3.63	3.73	3.84	3.97		4.03	4.16	4.27	4.57	4.66	5.54		PB		11.20	12.16	13.50
		velocity	7.89	9.64	9.38	9.11	8.82	8.84	8.68	8.41	8.20	7.66	7.51	7.22	8.32		9.38	8.63	7.78
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	18	162				
<b>Hall, Quincy (USA) (1998)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)</b>			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	28-May-22	time	5.80	9.53	13.30	17.16	21.10	23.83	25.20	29.46	33.73	38.37	43.00		48.10	6 / 3			
reaction time	0.213	interval	3.73	3.77	3.86	3.94		4.10	4.26	4.27	4.64	4.63	5.10		PB		11.36	12.30	13.54
		velocity	7.76	9.38	9.28	9.07	8.88	8.39	8.54	8.22	8.20	7.54	7.56	7.84	8.32		9.24	8.54	7.75
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14	14	16	156				
<b>dos Santos, Alison Brendon (BRA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)</b>			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	23-Aug-23	time	5.81	9.56	12.96	16.62	20.49		24.48	28.60	32.90	37.55	42.21		48.10	9 / 5			
reaction time	0.164	interval	3.75	3.40	3.66	3.87		3.99	4.12	4.30	4.65	4.66	5.89				10.81	11.98	13.61
		velocity	7.75	9.33	10.29	9.56	9.04		8.77	8.50	8.14	7.53	7.51	6.79	8.32		9.71	8.76	7.71
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	14	14	17.2	152.2				
<b>Moses, Edwin (USA) (1955)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>Semi-Final 1 - 1983 IAAF World Championships (Rome, ITA)</b>			<i>Lyle - miscellaneous coaching notes</i>																
date	08-Aug-83	time	5.59	9.38	13.30	17.18	21.03		25.01	29.16	33.50	37.91	42.32		48.11	1 / 1			
reaction time		interval	3.79	3.92	3.88	3.85		3.98	4.15	4.34	4.41	4.41	5.79				11.59	11.98	13.16
		velocity	8.05	9.23	8.93	9.02	9.09		8.79	8.43	8.06	7.94	7.94	6.91	8.31		9.06	8.76	7.98
H1 lead leg	L	strides	19	13	13	13	13		13	13	13	13	13	15.5	151.5				
<b>Matete, Samuel (ZAM) (1968)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 1997 IAAF World Championships (Athens, GRE)</b>			<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>																
date	04-Aug-97	time	5.98	9.66	13.41	17.24	21.16		25.18	29.20	33.62	38.10	42.70		48.11	8 / 5			
reaction time	0.237	interval	3.68	3.75	3.83	3.92		4.02	4.02	4.42	4.48	4.60	5.41				11.26	11.96	13.50
		velocity	7.53	9.51	9.33	9.14	8.93		8.71	8.71	7.92	7.81	7.61	7.39	8.31		9.33	8.78	7.78
H1 lead leg		strides																	
<b>McFarlane, Danny (JAM) (1972)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2004 Olympic Games (Athina, GRE)</b>			<i>Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04</i>																
date	26-Aug-04	time	6.02	9.52	13.23	17.17	21.19		25.21	29.50	33.62	38.23	42.88		48.11	5 / 2			
reaction time	0.256	interval	3.50	3.71	3.94	4.02		4.02	4.29	4.12	4.61	4.65	5.23				11.15	12.33	13.38
		velocity	7.48	10.00	9.43	8.88	8.71		8.71	8.16	8.50	7.59	7.53	7.65	8.31		9.42	8.52	7.85
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	15	18	161				
<b>Mägi, Rasmus (EST) (1992)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)</b>			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	03-Aug-21	time	5.92	9.60	13.32	17.16	21.12		25.28	29.56	33.96	38.44	42.88		48.11	9 / 7			
reaction time	0.167	interval	3.68	3.72	3.84	3.96		4.16	4.28	4.40	4.48	4.44	5.23				11.24	12.40	13.32
		velocity	7.60	9.51	9.41	9.11	8.84		8.41	8.18	7.95	7.81	7.88	7.65	8.31		9.34	8.47	7.88
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	14	140					
<b>Clarke, Roshawn (JAM) (2004)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2024 USATF LA Grand Prix (Los Angeles, CA) (TV Analysis)</b>			<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																
date	18-May-24	time	5.84	9.51	13.18	16.98	20.98		29.29	33.60	38.10	42.74		48.11	6 / 2				
reaction time	0.245	interval	3.67	3.67	3.80	4.00		8.31	4.31	4.50	4.64	5.37					11.14	12.31	13.45
		velocity	7.71	9.54	9.54	9.21	8.75		8.42	8.12	7.78	7.54	7.45	8.31			9.43	8.53	7.81





H1 lead leg	R	strides	21	13	13	13	13	13	13	13	14	15	17	158						
<b>Diagana, Stéphane (FRA) (1969)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1992 Olympic Games (Barcelona, ESP)</b>															<i>Belloc (1992) - Diagana: 45.18 / 48.13 : 3" d'ecart; incompressibles?</i>					
date	06-Aug-92	time	5.90	9.60	13.35	17.15	21.00		25.20	29.40	33.65	38.05	42.70		48.13	6 / 4				
reaction time		interval		3.70	3.75	3.80	3.85		4.20	4.20	4.25	4.40	4.65	5.43	<b>PB</b>		11.25	12.25	13.30	
		velocity	7.63	9.46	9.33	9.21	9.09		8.33	8.33	8.24	7.95	7.53	7.37	8.31		9.33	8.57	7.89	
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18.3	164.3					
<b>Schelbert, Marcel (SUI) (1976)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1999 IAAF World Championships (Sevilla, ESP)</b>															<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>					
date	27-Aug-99	time	5.66	9.42	13.18	17.02	21.17		25.14	29.32	33.70	38.19	42.70		48.13	7 / 3				
reaction time	0.125	interval		3.76	3.76	3.84	4.15		3.97	4.18	4.38	4.49	4.51	5.43	<b>NR PB</b>		11.36	12.30	13.38	
		velocity	7.95	9.31	9.31	9.11	8.43		8.82	8.37	7.99	7.80	7.76	7.37	8.31		9.24	8.54	7.85	
H1 lead leg	L	strides	22	13	13	13	14		14	14	14	15	15	18.5	165.5					
<b>de Araújo, Eronilde (BRA) (1970)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1999 IAAF World Championships (Sevilla, ESP)</b>															<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>					
date	27-Aug-99	time	5.72	9.39	13.13	16.93	20.85		24.84	29.06	33.37	37.85	42.46		48.13	8 / 4				
reaction time	0.205	interval		3.67	3.74	3.80	3.92		3.99	4.22	4.31	4.48	4.61	5.67			11.21	12.13	13.40	
		velocity	7.87	9.54	9.36	9.21	8.93		8.77	8.29	8.12	7.81	7.59	7.05	8.31		9.37	8.66	7.84	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	15	17.5	160.5					
<b>Jackson, Bershawn (USA) (1983)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2007 Osaka Grand Prix (Osaka, JPN)</b>															<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>					
date	05-May-07	time	5.71	9.40	13.29	17.36	21.48		25.47	29.57	33.81	38.23	42.88		48.13	/ 1				
reaction time		interval		3.69	3.89	4.07	4.12		3.99	4.10	4.24	4.42	4.65	5.25			11.65	12.21	13.31	
		velocity	7.88	9.49	9.00	8.60	8.50		8.77	8.54	8.25	7.92	7.53	7.62	8.31		9.01	8.60	7.89	
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135					
<b>Happio, Wilfried (FRA) (1998)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2023 Bislett Games (Oslo, NOR)</b>															<i>Omega Timing (2023) - diamond league race analysis</i>					
date	15-Jun-23	time	5.82	9.47	13.16	16.95	20.88		24.93	29.11	33.48	38.00	42.70		48.13	5 / 3				
reaction time	0.159	interval		3.65	3.69	3.79	3.93		4.05	4.18	4.37	4.52	4.70	5.43			11.13	12.16	13.59	
		velocity	7.73	9.59	9.49	9.23	8.91		8.64	8.37	8.01	7.74	7.45	7.37	8.31		9.43	8.63	7.73	
H1 lead leg	L	strides	20			13	13		13			13	15	17	104					
<b>Mägi, Rasmus (EST) (1992)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 European Athletics Championships (Roma, ITA)</b>															<i>European Athletics (2024) - 2024 european athletics championships - results book</i>					
date	11-Jun-24	time	5.83	9.54	13.38	17.19	21.12		25.15	29.25	33.65	38.22	42.73		48.13	5 / 4				
reaction time	0.138	interval		3.71	3.84	3.81	3.93		4.03	4.10	4.40	4.57	4.51	5.40			11.36	12.06	13.48	
		velocity	7.72	9.43	9.11	9.19	8.91		8.68	8.54	7.95	7.66	7.76	7.41	8.31		9.24	8.71	7.79	
H1 lead leg	R	strides	20	13	13		13		13	13	14	14	14	17.2	144.2					
<b>Diagana, Stéphane (FRA) (1969)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1995 IAAF World Championships (Göteborg, SWE)</b>															<i>Behm (1999) - Les chiffres: Les podiums de tous le championnats</i>					
date	10-Aug-95	time					21.1								48.14	6 / 3				
reaction time		interval																		
		velocity					8.77								8.31					
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	19.2	162.2					
<b>Al-Somaily, Hadi Sou'an (KSA) (1976)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 1 - 2000 Olympic Games (Sydney, AUS)</b>															<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>					
date	25-Sep-00	time	5.94	9.74	13.58	17.46	21.42	22.94	25.50	29.62	33.94	39.30	42.82		48.14	6 / 1				
reaction time	0.316	interval		3.80	3.84	3.88	3.96		4.08	4.12	4.32	5.36	5.32	5.32	<b>AR</b>		11.52	12.16	13.20	
		velocity	7.58	9.21	9.11	9.02	8.84	8.72	8.58	8.50	8.10	6.53	9.94	7.52	8.31		9.11	8.63	7.95	
H1 lead leg		strides	21	13	13	13	13		13	13	13	13	14	17	156					
<b>Happio, Wilfried (FRA) (1998)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)</b>															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	17-Jul-22	time	5.76	9.40	13.20	16.90	20.76	22.44	24.80	29.06	33.46	38.07	42.73		48.14	6 / 2				
reaction time	0.136	interval		3.64	3.80	3.70	3.86		4.04	4.26	4.40	4.61	4.66	5.41	<b>PB</b>		11.14	12.16	13.67	
		velocity	7.81	9.62	9.21	9.46	9.07	8.91	8.66	8.22	7.95	7.59	7.51	7.39	8.31		9.43	8.63	7.68	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159					
<b>Akçam, Berke (TUR) (2002)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)</b>															<i>European Athletics (2024) - 2024 european athletics championships - results book</i>					
date	10-Jun-24	time	5.87	9.66	13.50	17.36	21.28		25.36	29.60	33.89	38.40	42.93		48.14	4 / 2				
reaction time	0.160	interval		3.79	3.84	3.86	3.92		4.08	4.24	4.29	4.51	4.53	5.21			11.49	12.24	13.33	
		velocity	7.67	9.23	9.11	9.07	8.93		8.58	8.25	8.16	7.76	7.73	7.68	8.31		9.14	8.58	7.88	
H1 lead leg		strides													0					
<b>McMaster, Kyron (IVB) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 2 - 2024 Olympic Games (Paris, FRA)</b>															<i>Paris 2024 Olympic Games - Results Book (2024)</i>					
date	07-Aug-24	time	5.70	9.33	13.07	16.86	20.74		24.77	28.95	33.40	37.92	42.49		48.15	4 / 1				
reaction time	0.160	interval		3.63	3.74	3.79	3.88		4.03	4.18	4.45	4.52	4.57	5.66			11.16	12.09	13.54	
		velocity	7.89	9.64	9.36	9.23	9.02		8.68	8.37	7.87	7.74	7.66	7.07	8.31		9.41	8.68	7.75	

H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14	18	160						
<b>Allen, CJ (USA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)</b>																				
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																				
date	28-Jun-24	time	5.86	9.46	13.10	16.92	20.83	22.61	24.77	28.92	33.34	37.89	42.52		48.16	5 / 2				
reaction time		interval	3.60	3.64	3.82	3.91		3.94	4.15	4.42	4.55	4.63	5.64				11.06	12.00	13.60	
		velocity	7.68	9.72	9.62	9.16	8.95	8.85	8.88	8.43	7.92	7.69	7.56	7.09	8.31		9.49	8.75	7.72	
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	14	14	15	17.2	158.2					
<b>Mägi, Rasmus (EST) (1992)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 2 - 2024 Olympic Games (Paris, FRA)</b>																				
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																				
date	07-Aug-24	time	5.94	9.69	13.49	17.36	21.33		25.37	29.57	33.97	38.42	42.89		48.16	7 / 2				
reaction time	0.156	interval	3.75	3.80	3.87	3.97		4.04	4.20	4.40	4.45	4.47	5.27				11.42	12.21	13.32	
		velocity	7.58	9.33	9.21	9.04	8.82		8.66	8.33	7.95	7.87	7.83	7.59	8.31		9.19	8.60	7.88	
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	14	14	14	17	158					
<b>Januszewski, Paweł (POL) (1972)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1998 European Championships (Budapest, HUN)</b>																				
<i>Behm (1998) - analyse et commentaires: le 400m haies: Pavel la surprise!</i>																				
date	20-Aug-98	time	5.9	9.8	13.6	17.4	21.2		25.2	29.3	33.6	38.1	42.7		48.17	3 / 1				
reaction time		interval	3.9	3.8	3.8	3.8		4.0	4.1	4.3	4.5	4.6	5.47		NR / PB		11.50	11.90	13.40	
		velocity	7.63	8.97	9.21	9.21	9.21		8.75	8.54	8.14	7.78	7.61	7.31	8.30		9.13	8.82	7.84	
H1 lead leg	L	strides	21	14	14	14	14	13	14	14	15	15	18.5	166.5						
<b>Jackson, Bershawn (USA) (1983)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2008 USA Olympic Trials (Eugene, OR)</b>																				
<i>USATF Hurdle Development (2008)</i>																				
date	29-Jun-08	time	5.79	9.54	13.61	17.87	22.19		26.18	30.25	34.45	38.71	43.13		48.17	4 / 1				
reaction time		interval	3.75	4.07	4.26	4.32		3.99	4.07	4.20	4.26	4.42	5.04				12.08	12.38	12.88	
		velocity	7.77	9.33	8.60	8.22	8.10		8.77	8.60	8.33	8.22	7.92	7.94	8.30		8.69	8.48	8.15	
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	15	15	15	158						
<b>Gibson, Jeffery (BAH) (1990)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)</b>																				
<i>Henson (2021) - Athlete First: major championships report</i>																				
date	25-Aug-15	time	5.88	9.64	13.36	17.16	21.12		25.08	29.28	33.60	38.08	42.72		48.17	7 / 3				
reaction time	0.184	interval	3.76	3.72	3.80	3.96		3.96	4.20	4.32	4.48	4.64	5.45		NR PB		11.28	12.12	13.44	
		velocity	7.65	9.31	9.41	9.21	8.84		8.84	8.33	8.10	7.81	7.54	7.34	8.30		9.31	8.66	7.81	
H1 lead leg	R	strides		13	13	12	13		13	13	14	14	14	17.5	136.5					
<b>Allen, CJ (USA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)</b>																				
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																				
date	26-Jun-22	time	6.04	9.77	13.61	17.51	21.52	23.15	25.55	29.76	34.03	38.44	42.94		48.17	8 / 4				
reaction time		interval	3.73	3.84	3.90	4.01		4.03	4.21	4.27	4.41	4.50	5.23		PB		11.47	12.25	13.18	
		velocity	7.45	9.38	9.11	8.97	8.73	8.64	8.68	8.31	8.20	7.94	7.78	7.65	8.30		9.15	8.57	7.97	
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	14	14	14	17.5	158.5					
<b>Bassitt, Trevor (USA) (1998)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)</b>																				
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																				
date	17-Jul-22	time	5.83	9.63	13.37	17.13	21.10	22.80	25.17	29.43	33.83	38.30	42.83		48.17	7 / 2				
reaction time	0.144	interval	3.80	3.74	3.76	3.97		4.07	4.26	4.40	4.47	4.53	5.34				11.30	12.30	13.40	
		velocity	7.72	9.21	9.36	9.31	8.82	8.77	8.60	8.22	7.95	7.83	7.73	7.49	8.30		9.29	8.54	7.84	
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	13	13	16	153					
<b>Akçam, Berke (TUR) (2002)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 European Athletics Championships (Roma, ITA)</b>																				
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																				
date	11-Jun-24	time	5.84	9.56	13.43	17.25	21.21		25.26	29.38	33.72	38.23	42.82		48.17	6 / 5				
reaction time	0.172	interval	3.72	3.87	3.82	3.96		4.05	4.12	4.34	4.51	4.59	5.35				11.41	12.13	13.44	
		velocity	7.71	9.41	9.04	9.16	8.84		8.64	8.50	8.06	7.76	7.63	7.48	8.30		9.20	8.66	7.81	
H1 lead leg	L	strides	21	13	13	13	13	13	13	14	14	15	15	19	150					
<b>Clarke, Roshawn (JAM) (2004)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Heat 4 - 2024 Olympic Games (Paris, FRA)</b>																				
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																				
date	05-Aug-24	time	5.66	9.30	13.04	16.87	20.79		24.95	29.12	33.53	38.18	42.81		48.17	8 / 1				
reaction time	0.191	interval	3.64	3.74	3.83	3.92		4.16	4.17	4.41	4.65	4.63	5.36				11.21	12.25	13.69	
		velocity	7.95	9.62	9.36	9.14	8.93		8.41	8.39	7.94	7.53	7.56	7.46	8.30		9.37	8.57	7.67	
H1 lead leg	R	strides	21	13	14	13	13	14	14	15	15	15	15	18	165					
<b>Matete, Samuel (ZAM) (1968)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 2 - 1993 IAAF World Championships (Stuttgart, GER)</b>																				
<i>Letzelter (1995) - schrittgestaltung im 400m-hürdenlauf der jugend</i>																				
date	17-Aug-93	time	5.74	9.44	13.18	16.96	20.82		24.78	28.96	33.46	38.12	42.74		48.18	3 / 1				
reaction time		interval	3.70	3.74	3.78	3.86		3.96	4.18	4.50	4.66	4.62	5.44				11.22	12.00	13.78	
		velocity	7.84	9.46	9.36	9.26	9.07		8.84	8.37	7.78	7.51	7.58	7.35	8.30		9.36	8.75	7.62	
H1 lead leg	L	strides	21	13	13	13	13	13	13	13	15	15	15	17.5	161.5					
<b>Adkins, Derrick (USA) (1970)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1996 USA Olympic Trials (Atlanta, GA)</b>																				
<i>McNichols - Hurdle technique study through video analysis</i>																				
date	16-Jun-96	time	5.77	9.45	13.17	16.88	20.76	21.43	24.82	29.07	33.47	37.98	42.65		48.18	5 / 2				
reaction time		interval	3.68	3.72	3.71	3.88		4.06	4.25	4.40	4.51	4.67	5.53				11.11	12.19	13.58	
		velocity	7.80	9.51	9.41	9.43	9.02	9.33	8.62	8.24	7.95	7.76	7.49	7.23	8.30		9.45	8.61	7.73	

H1 lead leg	L	strides	20	13	13	13	13	13	14	14	14	14	14	141						
<b>Diagana, Stéphane (FRA) (1969)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)</b>															<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>					
date	25-Aug-99	time	5.57	9.24	13.03	16.81	20.72		24.73	28.98	33.39	37.91	42.46		<b>48.18</b>	4 / 1				
reaction time	0.161	interval	3.67	3.79	3.78	3.91		4.01	4.25	4.41	4.52	4.55	5.72				11.24	12.17	13.48	
		velocity	8.08	9.54	9.23	9.26	8.95		8.73	8.24	7.94	7.74	7.69	6.99	8.30		9.34	8.63	7.79	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18	162					
<b>Woody, Joey (USA) (1973)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2003 IAAF World Championships (Paris, FRA)</b>															<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>					
date	29-Aug-03	time	5.9	9.5	13.4	17.2	21.0		25.3	29.5	33.7	38.2	42.8		<b>48.18</b>	6 / 2				
reaction time	0.167	interval	3.6	3.9	3.8	3.8		4.3	4.2	4.2	4.5	4.6	5.38				11.30	12.30	13.30	
		velocity	7.63	9.72	8.97	9.21	9.21		8.14	8.33	8.33	7.78	7.61	7.43	8.30		9.29	8.54	7.89	
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	18	162					
<b>Clement, Kerron (USA) (1985)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)</b>															<i>Henson (2015) - Athlete First: major championships report</i>					
date	25-Aug-15	time	5.96	9.68	13.40	17.16	21.12		25.20	29.32	33.60	38.16	42.96		<b>48.18</b>	8 / 4				
reaction time	0.174	interval	3.72	3.72	3.76	3.96		4.08	4.12	4.28	4.56	4.80	5.22				11.20	12.16	13.64	
		velocity	7.55	9.41	9.41	9.31	8.84		8.58	8.50	8.18	7.68	7.29	7.66	8.30		9.38	8.63	7.70	
H1 lead leg	R	strides		13	13	13	13		13	13	13	15	15	17	138					
<b>Futch, Eric (USA) (1993)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)</b>															<i>Henson (2017) - Athlete First: 2017 year end hurdle report</i>					
date	25-Jun-17	time	5.96	9.79	13.65	17.58	21.65		25.65	29.82	34.03	38.34	42.79		<b>48.18</b>	4 / 1				
reaction time		interval	3.83	3.86	3.93	4.07		4.00	4.17	4.21	4.31	4.45	5.39		<b>PB</b>		11.62	12.24	12.97	
		velocity	7.55	9.14	9.07	8.91	8.60		8.75	8.39	8.31	8.12	7.87	7.42	8.30		9.04	8.58	8.10	
H1 lead leg	R	strides	22	14	14	13	13			14	15	15	15	18	153					
<b>Allen, CJ (USA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)</b>															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	09-Jul-23	time	5.87	9.54	13.24	17.01	20.82		24.79	28.86	33.23	37.80	42.54		<b>48.18</b>	4 / 2				
reaction time		interval	3.67	3.70	3.77	3.81		3.97	4.07	4.37	4.57	4.74	5.64				11.14	11.85	13.68	
		velocity	7.67	9.54	9.46	9.28	9.19		8.82	8.60	8.01	7.66	7.38	7.09	8.30		9.43	8.86	7.68	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17.7	156.7					
<b>Schmid, Harald (FRG) (1957)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1984 Olympic Games (Los Angeles, CA)</b>															<i>Behm (1995) - la tactique du 400 haies</i>					
date	05-Aug-84	time	6.0	9.8	13.7	17.6	21.6		25.7	29.8	34.0	38.5	43.0		<b>48.19</b>	5 / 3				
reaction time	0.180	interval	3.8	3.9	3.9	4.0		4.1	4.1	4.2	4.5	4.5	5.19				11.60	12.20	13.20	
		velocity	7.50	9.21	8.97	8.97	8.75		8.54	8.54	8.33	7.78	7.78	7.71	8.30		9.05	8.61	7.95	
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	14	14	17.2	157.2					
<b>Phillips, Andre (USA) (1959)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)</b>															<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>					
date	24-Sep-88	time	5.92	9.61	13.44	17.37	21.34		25.42	29.63	33.86	38.22	42.91		<b>48.19</b>	5 / 1				
reaction time		interval	3.69	3.83	3.93	3.97		4.08	4.21	4.23	4.36	4.69	5.28				11.45	12.26	13.28	
		velocity	7.60	9.49	9.14	8.91	8.82		8.58	8.31	8.27	8.03	7.46	7.58	8.30		9.17	8.56	7.91	
H1 lead leg		strides	19	13	13	13	13		13	13	13	13	14	18	155					
<b>Januszewski, Paweł (POL) (1972)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1999 IAAF World Championships (Sevilla, ESP)</b>															<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>					
date	27-Aug-99	time	5.54	9.24	13.00	16.77	20.74		24.77	29.00	33.21	37.64	42.27		<b>48.19</b>	4 / 5				
reaction time	0.138	interval	3.70	3.76	3.77	3.97		4.03	4.23	4.21	4.43	4.63	5.92				11.23	12.23	13.27	
		velocity	8.12	9.46	9.31	9.28	8.82		8.68	8.27	8.31	7.90	7.56	6.76	8.30		9.35	8.59	7.91	
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18.5	168.5					
<b>Greene, David (Dai) (GBR) (1986)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 1 - 2012 Olympic Games (London, GBR)</b>															<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>					
date	04-Aug-12	time	5.91	9.54	13.28	17.13	21.07	22.67	25.17	29.38	33.67	38.17	42.79		<b>48.19</b>	7 / 4				
reaction time	0.181	interval	3.63	3.74	3.85	3.94		4.10	4.21	4.29	4.50	4.62	5.40				11.22	12.25	13.41	
		velocity	7.61	9.64	9.36	9.09	8.88	8.82	8.54	8.31	8.16	7.78	7.58	7.41	8.30		9.36	8.57	7.83	
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	15	152						
<b>Clement, Kerron (USA) (1985)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2016 Meeting Paris (Saint-Denis, FRA) (TV Analysis)</b>															<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>					
date	27-Aug-16	time	5.88	9.60	13.32	17.08	21.00		25.08	29.24	33.56	38.04	42.92		<b>48.19</b>	6 / 2				
reaction time	0.137	interval	3.72	3.72	3.76	3.92		4.08	4.16	4.32	4.48	4.88	5.27				11.20	12.16	13.68	
		velocity	7.65	9.41	9.41	9.31	8.93		8.58	8.41	8.10	7.81	7.17	7.59	8.30		9.38	8.63	7.68	
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	16.7	154.7					
<b>Copello, Yasmani (TUR) (1987)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)</b>															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	04-Jul-21	time	5.76	9.48	13.36	17.24	21.20	22.9	25.20	29.52	33.88	38.36	42.88		<b>48.19</b>	4 / 2				
reaction time	0.167	interval	3.72	3.88	3.88	3.96		4.00	4.32	4.36	4.48	4.52	5.31				11.48	12.28	13.36	
		velocity	7.81	9.41	9.02	9.02	8.84	8.73	8.75	8.10	8.03	7.81	7.74	7.53	8.30		9.15	8.55	7.86	

H1 lead leg	R	strides	20	13	13	13	13	13	14	14	14	14	14	17.7	158.7					
<b>Holmes, TJ (USA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2019 IAAF World Championships (Doha, QAT)</b>																				
<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>																				
date	30-Sep-19	time	6.00	9.63	13.36	17.08	20.96		25.06	29.34	33.76	38.48	43.10		48.20	3 / 5				
reaction time	0.193	interval		3.63	3.73	3.72	3.88		4.10	4.28	4.42	4.72	4.62	5.10	<b>PB</b>		11.08	12.26	13.76	
		velocity	7.50	9.64	9.38	9.41	9.02		8.54	8.18	7.92	7.42	7.58	7.84	8.30		9.48	8.56	7.63	
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	14	17	157					
<b>Samba, Abderrahmane (QAT) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 2 - 2024 Olympic Games (Paris, FRA)</b>																				
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																				
date	07-Aug-24	time	5.78	9.51	13.25	17.02	20.90		24.91	29.13	33.58	38.23	42.86		48.20	5 / 3				
reaction time	0.216	interval		3.73	3.74	3.77	3.88		4.01	4.22	4.45	4.65	4.63	5.34			11.24	12.11	13.73	
		velocity	7.79	9.38	9.36	9.28	9.02		8.73	8.29	7.87	7.53	7.56	7.49	8.30		9.34	8.67	7.65	
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	14	14	17.5	157.5					
<b>Allen, CJ (USA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 Weltklasse (Zürich, SUI)</b>																				
<i>Omega Timing (2023) - diamond league race analysis</i>																				
date	05-Sep-24	time	5.78	9.50	13.28	17.15	21.09		25.10	29.18	33.46	37.94	42.58		48.20	2 / 5				
reaction time	0.131	interval		3.72	3.78	3.87	3.94		4.01	4.08	4.28	4.48	4.64	5.62			11.59	12.03	13.40	
		velocity	7.79	9.41	9.26	9.04	8.88		8.73	8.58	8.18	7.81	7.54	7.12	8.30		9.06	8.73	7.84	
H1 lead leg	L	strides	20	13			13		13	13			14	15	17.7	118.7				
<b>Samba, Abderrahmane (QAT) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 Memorial van damme (Brussels, BEL)</b>																				
<i>Omega Timing (2023) - diamond league race analysis</i>																				
date	14-Sep-24	time	5.73	9.47	13.25	16.96	20.88		25.00	29.19	33.57	38.09	42.75		48.20	4 / 2				
reaction time	0.170	interval		3.74	3.78	3.71	3.92		4.12	4.19	4.38	4.52	4.66	5.45			11.41	12.23	13.56	
		velocity	7.85	9.36	9.26	9.43	8.93		8.50	8.35	7.99	7.74	7.51	7.34	8.30		9.20	8.59	7.74	
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14	17.2	158.2					
<b>Allen, CJ (USA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)</b>																				
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																				
date	08-Sep-22	time	5.74	9.41		17.05	20.92	22.43	24.89	28.96	33.30	37.80	42.64		48.21	3 / 3				
reaction time	0.159	interval		3.67		7.64	3.87		3.97	4.07	4.34	4.50	4.84	5.57			11.31	11.91	13.68	
		velocity	7.84	9.54		9.16	9.04	8.92	8.82	8.60	8.06	7.78	7.23	7.18	8.30		9.28	8.82	7.68	
H1 lead leg	L	strides	20	13			13		13	13	14	14	15	17.5	132.5					
<b>James-King, Malik (JAM) (1999)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Heat 5 - 2024 Olympic Games (Paris, FRA)</b>																				
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																				
date	05-Aug-24	time	5.94	9.64	13.38	17.08	20.93		25.04	29.31	33.71	38.32	42.90		48.21	2 / 1				
reaction time	0.150	interval		3.70	3.74	3.70	3.85		4.11	4.27	4.40	4.61	4.58	5.31			11.14	12.23	13.59	
		velocity	7.58	9.46	9.36	9.46	9.09		8.52	8.20	7.95	7.59	7.64	7.53	8.30		9.43	8.59	7.73	
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	16	15	18	171					
<b>Nylander, Sven (SWE) (1962)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 1994 European Championships (Helsinki, FIN)</b>																				
<i>Behm (1995) - la tactique du 400 haies</i>																				
date	10-Aug-94	time	5.9	9.5	13.3	17.2	21.1		25.3	29.3	33.6	38.2	42.8		48.22	1 / 2				
reaction time		interval		3.6	3.8	3.9	3.9		4.2	4.0	4.3	4.6	4.6	5.42	<b>PB</b>		11.30	12.10	13.50	
		velocity	7.63	9.72	9.21	8.97	8.97		8.33	8.75	8.14	7.61	7.61	7.38	8.30		9.29	8.68	7.78	
H1 lead leg		strides	20	13	13	13	13		14	14	14	14	14	142						
<b>Carter, James (USA) (1978)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2007 Osaka Grand Prix (Osaka, JPN)</b>																				
<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>																				
date	05-May-07	time	5.79	9.49	13.24	17.21	21.28		25.40	29.62	33.94	38.36	42.95		48.22	1 / 2				
reaction time		interval		3.70	3.75	3.97	4.07		4.12	4.22	4.32	4.42	4.59	5.27			11.42	12.41	13.33	
		velocity	7.77	9.46	9.33	8.82	8.60		8.50	8.29	8.10	7.92	7.63	7.59	8.30		9.19	8.46	7.88	
H1 lead leg		strides		13	13	13	13		13	14	14	14	14	121						
<b>Sánchez, Félix (DOM) (1977)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)</b>																				
<i>Henson (2021) - Athlete First: major championships report</i>																				
date	15-Aug-13	time	5.80	9.40	13.26	17.17	21.23		25.37	29.60	33.90	38.33	42.90		48.22	4 / 5				
reaction time	0.175	interval		3.60	3.86	3.91	4.06		4.14	4.23	4.30	4.43	4.57	5.32			11.37	12.43	13.30	
		velocity	7.76	9.72	9.07	8.95	8.62		8.45	8.27	8.14	7.90	7.66	7.52	8.30		9.23	8.45	7.89	
H1 lead leg	L	strides	22	13	14	13	14		14	14			15	15	18	152				
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)</b>																				
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																				
date	24-Aug-17	time	5.76	9.32	13.00	16.80	20.76		24.84	29.08	33.52	38.28	43.00		48.22	6 / 2				
reaction time	0.164	interval		3.56	3.68	3.80	3.96		4.08	4.24	4.44	4.76	4.72	5.22	<b>NR PB</b>		11.04	12.28	13.92	
		velocity	7.81	9.83	9.51	9.21	8.84		8.58	8.25	7.88	7.35	7.42	7.66	8.30		9.51	8.55	7.54	
H1 lead leg	L	strides	20	13	13	13	13		13	13	15			15	17.7	145.7				
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)</b>																				
<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																				
date	07-Jun-18	time	5.68	9.24	12.96	16.80	20.80	22.6	24.88	29.16	33.48	37.92	42.64		48.22	7 / 2				
reaction time	0.165	interval		3.56	3.72	3.84	4.00		4.08	4.28	4.32	4.44	4.72	5.58			11.12	12.36	13.48	
		velocity	7.92	9.83	9.41	9.11	8.75	8.85	8.58	8.18	8.10	7.88	7.42	7.17	8.30		9.44	8.50	7.79	





H1 lead leg	R	strides	20	13	13	13	13	13	13	13	14	14	15	18	159					
<b>Rosser, Khalifah (USA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)</b>			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																	
date	05-Jun-22	time	5.67	9.23	12.97	16.77	20.67	22.38	24.73	28.93	33.40	37.97	42.70		48.25	6 / 1				
reaction time	0.166	interval	3.56	3.74	3.80	3.90		4.06	4.20	4.47	4.57	4.73	5.55				11.10	12.16	13.77	
		velocity	7.94	9.83	9.36	9.21	8.97	8.94	8.62	8.33	7.83	7.66	7.40	7.21	8.29		9.46	8.63	7.63	
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	15		143					
<b>Happio, Wilfried (FRA) (1998)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2023 Herculis Meeting International d'Athlétisme (Monaco, MON)</b>			<i>Omega Timing (2023) - diamond league race analysis</i>																	
date	21-Jul-23	time	5.80	9.44	13.14	16.91	20.82		24.89	29.09	33.44	38.09	42.79		48.25	4 / 5				
reaction time	0.149	interval	3.64	3.70	3.77	3.91		4.07	4.20	4.35	4.65	4.70	5.46				11.11	12.18	13.70	
		velocity	7.76	9.62	9.46	9.28	8.95		8.60	8.33	8.05	7.53	7.45	7.33	8.29		9.45	8.62	7.66	
H1 lead leg	L	strides	20	13	13	13				13	13	15	15		115					
<b>Taylor, Angelo (USA) (1978)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2000 ISTAF (Berlin, GER)</b>			<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																	
date	01-Sep-00	time	6.03	9.84	13.67	17.53	21.55		25.72	30.06	34.34	38.72	43.27		48.26	/ 1				
reaction time		interval	3.81	3.83	3.86	4.02		4.17	4.34	4.28	4.38	4.55	4.99				11.50	12.53	13.21	
		velocity	7.46	9.19	9.14	9.07	8.71		8.39	8.06	8.18	7.99	7.69	8.02	8.29		9.13	8.38	7.95	
H1 lead leg		strides																		
<b>Keita, Naman (FRA) (1978)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2004 Olympic Games (Athens, GRE)</b>			<i>Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04</i>																	
date	26-Aug-04	time	6.00	9.62	13.46	17.26	21.41		25.50	29.68	33.99	38.32	42.92		48.26	7 / 3				
reaction time	0.268	interval	3.62	3.84	3.80	4.15		4.09	4.18	4.31	4.33	4.60	5.34				11.26	12.42	13.24	
		velocity	7.50	9.67	9.11	9.21	8.43		8.56	8.37	8.12	8.08	7.61	7.49	8.29		9.33	8.45	7.93	
H1 lead leg	R	strides	20	12	12	12	13		13	13	13	13	13	17	151					
<b>Gordon, Jehue (TTO) (1991)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2009 IAAF World Championships (Berlin, GER)</b>			<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																	
date	18-Aug-09	time	6.04	9.76	13.60	17.40	21.32		25.36	29.59	33.96	38.44	43.00		48.26	2 / 4				
reaction time	0.172	interval	3.72	3.84	3.80	3.92		4.04	4.23	4.37	4.48	4.56	5.26	NR			11.36	12.19	13.41	
		velocity	7.45	9.41	9.11	9.21	8.93		8.66	8.27	8.01	7.81	7.68	7.60	8.29		9.24	8.61	7.83	
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	14	14	17	157					
<b>Greene, David (Dai) (GBR) (1986)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2011 IAAF World Championships (Daegu, KOR)</b>			<i>Behm (2011) - Le quatrache: Démus enfin!</i>																	
date	01-Sep-11	time	5.9	9.6	13.3	17.2	21.1		25.2	29.4	33.8	38.3	42.9		48.26	6 / 1				
reaction time	0.153	interval	3.7	3.7	3.9	3.9		4.1	4.2	4.4	4.5	4.6	5.4				11.30	12.20	13.50	
		velocity	7.63	9.46	9.46	8.97	8.97		8.54	8.33	7.95	7.78	7.61	7.46	8.29		9.29	8.61	7.78	
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	18.5	169.5					
<b>Stigler, Michael (USA) (1992)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)</b>			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																	
date	25-Jun-17	time	6.10	9.79	13.58	17.38	21.31		29.89	34.20	38.55	43.07		48.26	8 / 2					
reaction time		interval	3.69	3.79	3.80	3.93		8.58	4.31	4.35	4.52	5.19	PB				11.28	12.51	13.18	
		velocity	7.38	9.49	9.23	9.21	8.91		8.16	8.12	8.05	7.74	7.71	8.29			9.31	8.39	7.97	
H1 lead leg	R	strides	22	13	13	13	13				15	15	15	18.2	137.2					
<b>Samba, Abderrahmane (QAT) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)</b>			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	28-May-21	time	5.87	9.71	13.61	17.58	21.59	23.3	25.66	29.99	34.27	38.60	42.91		48.26	4 / 4				
reaction time	0.153	interval	3.84	3.90	3.97	4.01		4.07	4.33	4.28	4.33	4.31	5.35				11.71	12.41	12.92	
		velocity	7.67	9.11	8.97	8.82	8.73	8.58	8.60	8.08	8.18	8.08	8.12	7.48	8.29		8.97	8.46	8.13	
H1 lead leg	R	strides	21	13	13	13			13	13	13	14	14	17	144					
<b>Valliant, Ludvy (FRA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2022 ISTAF (Berlin, GER) (TV Analysis)</b>			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																	
date	04-Sep-22	time	5.88				21.04		25.08	29.40	33.84	38.40	43.04		48.26	6 / 2				
reaction time	0.120	interval				15.16		4.04	4.32	4.44	4.56	4.64	5.22	PB					13.64	
		velocity	7.65			9.23		8.66	8.10	7.88	7.68	7.54	7.66	8.29					7.70	
H1 lead leg	R	strides	21					13	14	14	14	14	17	107						
<b>Happio, Wilfried (FRA) (1998)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2023 Meeting de Paris (Paris, FRA)</b>			<i>Omega Timing (2023) - diamond league race analysis</i>																	
date	09-Jun-23	time	5.76	9.37	13.06	16.85	20.77		24.79	28.96	33.32	38.00	42.81		48.26	6 / 2				
reaction time	0.156	interval	3.61	3.69	3.79	3.92		4.02	4.17	4.36	4.68	4.81	5.45				11.09	12.11	13.85	
		velocity	7.81	9.70	9.49	9.23	8.93		8.71	8.39	8.03	7.48	7.28	7.34	8.29		9.47	8.67	7.58	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159					
<b>Bassitt, Trevor (USA) (1998)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)</b>			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																	
date	09-Jul-23	time	5.94	9.64	13.38	17.18	21.15		25.25	29.49	33.80	38.30	43.01		48.26	6 / 3				
reaction time		interval	3.70	3.74	3.80	3.97		4.10	4.24	4.31	4.50	4.71	5.25				11.24	12.31	13.52	
		velocity	7.58	9.46	9.36	9.21	8.82		8.54	8.25	8.12	7.78	7.43	7.62	8.29		9.34	8.53	7.77	



H1 lead leg	R	strides	20	13	13	12	12	13	13	13	14	14	17	154						
<b>Happio, Wilfried (FRA) (1998)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 London Athletics Meet (London, GBR)</b>															<i>Omega Timing (2024) - diamond league race analysis</i>					
date	20-Jul-24	time	5.84	9.49	13.19	16.95	20.82		24.87	29.08	33.43	38.06	42.90		48.26	4 / 5				
reaction time	0.153	interval	3.65	3.70	3.76	3.87		4.05	4.21	4.35	4.63	4.84	5.36				11.11	12.13	13.82	
		velocity	7.71	9.59	9.46	9.31	9.04		8.64	8.31	8.05	7.56	7.23	7.46	8.29		9.45	8.66	7.60	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17.2	156.2					
<b>Mägi, Rasmus (EST) (1992)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 Memorial van damme (Brussels, BEL)</b>															<i>Omega Timing (2023) - diamond league race analysis</i>					
date	14-Sep-24	time	5.88	9.62	13.45	17.25	21.27		25.38	29.57	33.93	38.40	42.97		48.26	8 / 3				
reaction time	0.160	interval	3.74	3.83	3.80	4.02		4.11	4.19	4.36	4.47	4.57	5.29				11.65	12.32	13.40	
		velocity	7.65	9.36	9.14	9.21	8.71		8.52	8.35	8.03	7.83	7.66	7.56	8.29		9.01	8.52	7.84	
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	14	17	157					
<b>Carter, James (USA) (1978)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2002 IAAF World Cup (Madrid, ESP)</b>															<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>					
date	20-Sep-02	time	5.65	9.42	13.23	17.04	21.00		25.09	29.36	33.68	38.27	42.89		48.27	6 / 1				
reaction time	0.131	interval	3.77	3.81	3.81	3.96		4.09	4.27	4.32	4.59	4.62	5.38				11.39	12.32	13.53	
		velocity	7.96	9.28	9.19	9.19	8.84		8.56	8.20	8.10	7.63	7.58	7.43	8.29		9.22	8.52	7.76	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.5	159.5					
<b>Greene, David (Dai) (GBR) (1986)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)</b>															<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>					
date	16-Aug-09	time	6.05	9.79	13.65	17.51	21.54		25.66	29.94	34.24	38.62	43.10		48.27	4 / 2				
reaction time	0.156	interval	3.74	3.86	3.86	4.03		4.12	4.28	4.30	4.38	4.48	5.17		PB		11.46	12.43	13.16	
		velocity	7.44	9.36	9.07	9.07	8.68		8.50	8.18	8.14	7.99	7.81	7.74	8.29		9.16	8.45	7.98	
H1 lead leg		strides							14	14	15	15	15	18.7	91.7					
<b>Valliant, Ludvy (FRA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)</b>															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	20-Aug-23	time	5.83	9.60	13.23	16.80	20.63		24.60	28.80	33.23	37.76	42.60		48.27	3 / 2				
reaction time	0.182	interval	3.77	3.63	3.57	3.83		3.97	4.20	4.43	4.53	4.84	5.67				10.97	12.00	13.80	
		velocity	7.72	9.28	9.64	9.80	9.14		8.82	8.33	7.90	7.73	7.23	7.05	8.29		9.57	8.75	7.61	
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14	17.7	159.7					
<b>Samba, Abderrahmane (QAT) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2024 Herculis Meeting International d'Athlétisme (Monaco, MON)</b>															<i>Omega Timing (2024) - diamond league race analysis</i>					
date	12-Jul-24	time	5.83	9.54	13.28	17.14	21.18		25.33	29.55	33.92	38.47	43.08		48.27	8 / 5				
reaction time	0.179	interval	3.71	3.74	3.86	4.04		4.15	4.22	4.37	4.55	4.61	5.19				11.31	12.41	13.53	
		velocity	7.72	9.43	9.36	9.07	8.66		8.43	8.29	8.01	7.69	7.59	7.71	8.29		9.28	8.46	7.76	
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	13	14	17	156					
<b>Warholm, Karsten (NOR) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT)</b>															<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>					
date	28-Sep-19	time	5.73	9.33	13.00	16.74	20.60		24.68	28.91	33.24	37.88	42.61		48.28	4 / 1				
reaction time	0.154	interval	3.60	3.67	3.74	3.86		4.08	4.23	4.33	4.64	4.73	5.67				11.01	12.17	13.70	
		velocity	7.85	9.72	9.54	9.36	9.07		8.58	8.27	8.08	7.54	7.40	7.05	8.29		9.54	8.63	7.66	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17.2	158.2					
<b>dos Santos, Alison Brendon (BRA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2019 IAAF World Championships (Doha, QAT)</b>															<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>					
date	30-Sep-19	time	6.07	9.89	13.77	17.60	21.54		25.55	29.73	33.96	38.39	42.99		48.28	5 / 7				
reaction time	0.208	interval	3.82	3.88	3.83	3.94		4.01	4.18	4.23	4.43	4.60	5.29		AJR PB		11.53	12.13	13.26	
		velocity	7.41	9.16	9.02	9.14	8.88		8.73	8.37	8.27	7.90	7.61	7.56	8.29		9.11	8.66	7.92	
H1 lead leg	L	strides	20	13	13	12	12		13	13	13	14	14	16	153					
<b>Allen, CJ (USA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)</b>															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	30-Jun-22	time	5.86	9.64	13.46	17.38	21.34	22.98	25.38	29.54	33.84	38.22	42.86		48.28	3 / 2				
reaction time	0.138	interval	3.78	3.82	3.92	3.96		4.04	4.16	4.30	4.38	4.64	5.42				11.52	12.16	13.32	
		velocity	7.68	9.26	9.16	8.93	8.84	8.70	8.66	8.41	8.14	7.99	7.54	7.38	8.29		9.11	8.63	7.88	
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	15	17.5	158.5					
<b>Bassitt, Trevor (USA) (1998)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2023 Meeting de Paris (Paris, FRA)</b>															<i>Omega Timing (2023) - diamond league race analysis</i>					
date	09-Jun-23	time	5.69	9.35	13.18	17.09	21.13		25.19	29.34	33.69	38.22	42.87		48.28	4 / 3				
reaction time	0.164	interval	3.66	3.83	3.91	4.04		4.06	4.15	4.35	4.53	4.65	5.41				11.40	12.25	13.53	
		velocity	7.91	9.56	9.14	8.95	8.66		8.62	8.43	8.05	7.73	7.53	7.39	8.29		9.21	8.57	7.76	
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	17	155					
<b>Allen, CJ (USA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL - 2023 Weltklasse (Zürich, SUI)</b>															<i>Omega Timing (2023) - diamond league race analysis</i>					
date	31-Aug-23	time	5.64	9.23	12.94	16.74	20.64		24.63	28.73	33.07	37.63	42.36		48.28	3 / 4				
reaction time	0.141	interval	3.59	3.71	3.80	3.90		3.99	4.10	4.34	4.56	4.73	5.92				11.10	11.99	13.63	
		velocity	7.98	9.75	9.43	9.21	8.97		8.77	8.54	8.06	7.68	7.40	6.76	8.29		9.46	8.76	7.70	

H1 lead leg	L	strides	20	13			13	13	13	13	14	18	104							
<b>Allen, CJ (USA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL</b> - 2024 Herculis Meeting International d'Athlétisme (Monaco, MON)															<i>Omega Timing (2024) - diamond league race analysis</i>					
date	12-Jul-24	time	5.77	9.48	13.28	17.11	21.03		25.09	29.26	33.61	38.10	42.80		<b>48.28</b>	2 / 6				
reaction time	0.160	interval		3.71	3.80	3.83	3.92		4.06	4.17	4.35	4.49	4.70	5.48			11.34	12.15	13.54	
		velocity	7.80	9.43	9.21	9.14	8.93		8.62	8.39	8.05	7.80	7.45	7.30	8.29		9.26	8.64	7.75	
H1 lead leg	L	strides	20	13	13	13	13		13	14	15	15	17.7	146.7						
<b>Mori, Fabrizio (ITA) (1969)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 2</b> - 1999 IAAF World Championships (Sevilla, ESP)															<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>					
date	25-Aug-99	time	5.78	9.51	13.31	17.21	21.10		25.14	29.39	33.74	38.12	42.64		<b>48.29</b>	5 / 2				
reaction time	0.164	interval		3.73	3.80	3.90	3.89		4.04	4.25	4.35	4.38	4.52	5.65			11.43	12.18	13.25	
		velocity	7.79	9.38	9.21	8.97	9.00		8.66	8.24	8.05	7.99	7.74	7.08	8.28		9.19	8.62	7.92	
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169					
<b>Bassitt, Trevor (USA) (1998)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 1</b> - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>					
date	07-Aug-24	time	5.87	9.59	13.38	17.14	21.04		25.08	29.25	33.57	38.19	42.88		<b>48.29</b>	2 / 4				
reaction time	0.182	interval		3.72	3.79	3.76	3.90		4.04	4.17	4.32	4.62	4.69	5.41			11.27	12.11	13.63	
		velocity	7.67	9.41	9.23	9.31	8.97		8.66	8.39	8.10	7.58	7.46	7.39	8.28		9.32	8.67	7.70	
H1 lead leg	R	strides	20			13	13		13	13	13	14	14	16.5	129.5					
<b>Robinson, Rohan (AUS) (1971)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL</b> - 1996 Olympic Games (Atlanta, GA)															<i>Behm (1996) - 400m haies</i>					
date	01-Aug-96	time	6.0	9.7	13.5	17.3	21.3		25.3	29.5	33.8	38.3	43.0		<b>48.30</b>	8 / 5				
reaction time	0.283	interval		3.7	3.8	3.8	4.0		4.0	4.2	4.3	4.5	4.7	5.30			11.30	12.20	13.50	
		velocity	7.50	9.46	9.21	9.21	8.75		8.75	8.33	8.14	7.78	7.45	7.55	8.28		9.29	8.61	7.78	
H1 lead leg		strides	21	14	14	14	14		14	14	15	15	15	150						
<b>McFarlane, Danny (JAM) (1972)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL</b> - 2003 IAAF World Championships (Paris, FRA)															<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>					
date	29-Aug-03	time	5.9	9.6	13.5	17.3	21.2		25.3	29.6	33.9	38.5	43.1		<b>48.30</b>	7 / 4				
reaction time	0.165	interval		3.7	3.9	3.8	3.9		4.1	4.3	4.3	4.6	4.6	5.20	<b>PB</b>		11.40	12.30	13.50	
		velocity	7.63	9.46	8.97	9.21	8.97		8.54	8.14	8.14	7.61	7.61	7.69	8.28		9.21	8.54	7.78	
H1 lead leg	L	strides	21	13	13	13	13		14	14	14	15	15	18	163					
<b>McFarlane, Danny (JAM) (1972)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL</b> - 2008 Olympic Games (Beijing, CHN)															<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>					
date	18-Aug-08	time	5.8	9.4	13.2	17.0	20.8		24.9	29.2	33.5	38.0	42.8		<b>48.30</b>	5 / 4				
reaction time	0.213	interval		3.6	3.8	3.8	3.8		4.1	4.3	4.3	4.5	4.8	5.50			11.20	12.20	13.60	
		velocity	7.76	9.72	9.21	9.21	9.21		8.54	8.14	8.14	7.78	7.29	7.27	8.28		9.38	8.61	7.72	
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	15	15	17	162					
<b>Holmes, TJ (USA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL</b> - 2018 Meeting de Paris (Paris, FRA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	30-Jun-18	time	5.96	9.60	13.32	17.12	21.04	22.8	25.16	29.48	33.92	38.56	43.12		<b>48.30</b>	4 / 4				
reaction time	0.230	interval		3.64	3.72	3.80	3.92		4.12	4.32	4.44	4.64	4.56	5.18	<b>PB</b>		11.16	12.36	13.64	
		velocity	7.55	9.62	9.41	9.21	8.93	8.77	8.50	8.10	7.88	7.54	7.68	7.72	8.28		9.41	8.50	7.70	
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17	158					
<b>Valliant, Ludvy (FRA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL</b> - 2019 Meeting de Paris (Paris, FRA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	24-Aug-19	time	5.86	9.48	13.18	16.94	20.80	22.5	24.88	29.12	33.52	38.14	42.86		<b>48.30</b>	2 / 2				
reaction time	0.155	interval		3.62	3.70	3.76	3.86		4.08	4.24	4.40	4.62	4.72	5.44	<b>PB</b>		11.08	12.18	13.74	
		velocity	7.68	9.67	9.46	9.31	9.07	8.89	8.58	8.25	7.95	7.58	7.42	7.35	8.28		9.48	8.62	7.64	
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14	18	160					
<b>Rosser, Khallifah (USA) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL</b> - 2022 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	06-Aug-22	time	5.87	9.53	13.33	17.17	21.16	22.84		29.36	33.73	38.23	42.86		<b>48.30</b>	4 / 2				
reaction time	0.177	interval		3.66	3.80	3.84	3.99		8.20	4.37	4.50	4.63	5.44				11.30	12.19	13.50	
		velocity	7.67	9.56	9.21	9.11	8.77	8.76		8.54	8.01	7.78	7.56	7.35	8.28		9.29	8.61	7.78	
H1 lead leg	R	strides	21	13	13		13			14	14	14	18	120						
<b>Mägi, Rasmus (EST) (1992)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>Semi-Final 1</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	21-Aug-23	time	6.07	10.03	13.77	17.53	21.43		25.50	29.68	34.03		43.13		<b>48.30</b>	7 / 2				
reaction time	0.180	interval		3.96	3.74	3.76	3.90		4.07	4.18	4.35		9.10	5.17			11.46	12.15	13.45	
		velocity	7.41	8.84	9.36	9.31	8.97		8.60	8.37	8.05		7.69	7.74	8.28		9.16	8.64	7.81	
H1 lead leg	R	strides	21	13	13	13	13		13	13	14			17.5	130.5					
<b>Samba, Abderrahmane (QAT) (1995)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>	
<b>FINAL</b> - 2017 North-West University Pukke Invitational (Sasolburg, RSA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>					
date	28-Mar-17	time	5.92	9.60	13.32	17.12	21.00		25.08	29.40	33.84	38.44	43.00		<b>48.31</b>	5 / 1				
reaction time		interval		3.68	3.72	3.80	3.88		4.08	4.32	4.44	4.60	4.56	5.31	<b>PB</b>		11.20	12.28	13.	

H1 lead leg	R	strides	13	13	13	13	13	13	13	14	14	14	17.5	137.5					
<b>McMaster, Kyron (IVB) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2021 Memorial van Damme (Brussels, BEL) (TV Analysis)</b>			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	03-Sep-21	time	5.76	9.40	13.20	17.04	21.00	22.7	25.12	29.40	33.68	38.16	42.96		48.31	5 / 2			
reaction time	0.176	interval	3.64	3.80	3.84	3.96		4.12	4.28	4.28	4.48	4.80	5.35				11.28	12.36	13.56
		velocity	7.81	9.62	9.21	9.11	8.84	8.81	8.50	8.18	8.18	7.81	7.29	7.48	8.28		9.31	8.50	7.74
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	14	14	15	17.5	159.5				
<b>Davis, Calvin (USA) (1972)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 1996 USA Olympic Trials (Atlanta, GA)</b>			<i>McNichols - Hurdle technique study through video analysis</i>																
date	16-Jun-96	time	6.03	9.88	13.71	17.65	21.60	22.28	25.67	29.98	34.23	38.68	43.21		48.32	3 / 3			
reaction time		interval	3.85	3.83	3.94	3.95		4.07	4.31	4.25	4.45	4.53	5.11		PB		11.62	12.33	13.23
		velocity	7.46	9.09	9.14	8.88	8.86	8.98	8.60	8.12	8.24	7.87	7.73	7.83	8.28		9.04	8.52	7.94
H1 lead leg	R	strides	23	13	14	14	14	14	14	14	15	15	15	15	151				
<b>Stigler, Michael (USA) (1992)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2017 Müller's Anniversary Games (London, GBR) (TV Analysis)</b>			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	09-Jul-17	time	6.04	9.72	13.56	17.40	21.40		25.64	29.96	34.36	38.72	43.16		48.32	4 / 4			
reaction time	0.199	interval	3.68	3.84	3.84	4.00		4.24	4.32	4.40	4.36	4.44	5.16				11.36	12.56	13.20
		velocity	7.45	9.51	9.11	9.11	8.75		8.25	8.10	7.95	8.03	7.88	7.75	8.28		9.24	8.36	7.95
H1 lead leg	R	strides	22	13	13	13	13	13	15	15	15	15	15	18	165				
<b>Abuaku, Joshua (GER) (1996)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)</b>			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	20-Aug-23	time	6.03	9.83	13.50	17.27	21.03		25.10		33.77	38.36	43.03		48.32	5 / 1			
reaction time	0.207	interval	3.80	3.67	3.77	3.76		4.07		8.67	4.59	4.67	5.29		PB		11.24		
		velocity	7.46	9.21	9.54	9.28	9.31		8.60		8.07	7.63	7.49	7.56	8.28		9.34		
H1 lead leg	L	strides	20	13	13	13	13	13	13			14	14	18	131				
<b>Adkins, Derrick (USA) (1970)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>Semi-Final 1 - 1996 USA Olympic Trials (Atlanta, GA)</b>			<i>Lyle - miscellaneous coaching notes</i>																
date	15-Jun-96	time	5.51	9.32	13.24	17.09	21.11		25.18	29.42	33.96	38.44	42.81		48.33	1 / 1			
reaction time		interval	3.81	3.92	3.85	4.02		4.07	4.24	4.54	4.48	4.37	5.52				11.58	12.33	13.39
		velocity	8.17	9.19	8.93	9.09	8.71		8.60	8.25	7.71	7.81	8.01	7.25	8.28		9.07	8.52	7.84
H1 lead leg		strides																	
<b>Mucheru, Bonface (KEN) (1992)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)</b>			<i>Henson (2021) - Athlete First: major championships report</i>																
date	25-Aug-15	time	5.96		13.56	17.32	21.20		25.32	29.64	34.04	38.48	43.00		48.33	4 / 5			
reaction time	0.164	interval	7.60		7.60	3.76	3.88		4.12	4.32	4.40	4.44	4.52	5.33			11.36	12.32	13.36
		velocity	7.55		9.21	9.31	9.02		8.50	8.10	7.95	7.88	7.74	7.50	8.28		9.24	8.52	7.86
H1 lead leg	R	strides		15		13	13			15	15	15	15	18.5	119.5				
<b>McMaster, Kyron (IVB) (1997)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2019 Meeting de Paris (Paris, FRA) (TV Analysis)</b>			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	24-Aug-19	time	5.78	9.48	13.24	17.02	20.92	22.6	24.92	29.12	33.44	38.00	42.72		48.33	8 / 3			
reaction time	0.172	interval	3.70	3.76	3.78	3.90		4.00	4.20	4.32	4.56	4.72	5.61				11.24	12.10	13.60
		velocity	7.79	9.46	9.31	9.26	8.97	8.85	8.75	8.33	8.10	7.68	7.42	7.13	8.28		9.34	8.68	7.72
H1 lead leg	L	strides	21	13	13	13	13	13	13	14	14	14	14	18	160				
<b>Hall, Quincy (USA) (1998)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)</b>			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	26-Jun-22	time	6.10	9.81	13.61	17.55	21.62	23.22	25.76	29.96	34.26	38.77	43.34		48.33	6 / 5			
reaction time		interval	3.71	3.80	3.94	4.07		4.14	4.20	4.30	4.51	4.57	4.99				11.45	12.41	13.38
		velocity	7.38	9.43	9.21	8.88	8.60	8.61	8.45	8.33	8.14	7.76	7.66	8.02	8.28		9.17	8.46	7.85
H1 lead leg	R	strides	21	13	13	13	13	13	13	13	13	14	14	16	156				
<b>Mägi, Rasmus (EST) (1992)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)</b>			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	23-Aug-23	time	6.04	9.86	13.45	17.18	21.09		29.36	33.83	38.41	43.09		48.33	4 / 7				
reaction time	0.161	interval	3.82	3.59	3.73	3.91		8.27	4.47	4.58	4.68	5.24					11.14	12.18	13.73
		velocity	7.45	9.16	9.75	9.38	8.95		8.46	7.83	7.64	7.48	7.63	8.28			9.43	8.62	7.65
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	14	14	17.2	132.2					
<b>de Araújo, Eronilde (BRA) (1970)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>FINAL - 2000 Olympic Games (Sydney, AUS)</b>			<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	27-Sep-00	time	5.98	9.66	13.38	17.14	21.06	22.62	25.10	29.38	33.78	38.26	43.94		48.34	8 / 5			
reaction time	0.190	interval	3.68	3.72	3.76	3.92		4.04	4.28	4.40	4.48	5.68	4.40				11.16	12.24	14.56
		velocity	7.53	9.51	9.41	9.31	8.93	8.84	8.66	8.18	7.95	7.81	6.16	9.09	8.27		9.41	8.58	7.21
H1 lead leg		strides	21	13	13	13	13	13	13	14	14	14	14	17.3	159.3				
<b>Sánchez, Félix (DOM) (1977)</b>			<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>
<b>Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)</b>			<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	16-Aug-09	time	5.93	9.58	13.35	17.20	21.18		25.29	29.56	33.94	38.42	43.02		48.34	1 / 2			
reaction time	0.154	interval	3.65	3.77	3.85	3.98		4.11	4.27	4.38	4.48	4.60	5.32				11.27	12.36	13.46
		velocity	7.59	9.59	9.28	9.09	8.79		8.52	8.20	7.99	7.81	7.61	7.52	8.27		9.32	8.50	7.80

H1 lead leg	strides	13	13	13	13	13	14	14	15	15	18.5	141.5									
<b>Rosser, Khalifah (USA) (1995)</b>																					
<b>Semi-Final 3</b> - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)												<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>									
date	17-Jul-22	time	5.73	9.36	13.17	16.87	20.70	22.41			28.93	33.47	38.00	42.73		48.34	3 / 3				
reaction time	0.141	interval	3.63	3.81	3.70	3.83					8.23	4.54	4.53	4.73	5.61			11.14	12.06	13.80	
		velocity	7.85	9.64	9.19	9.46	9.14	8.92			8.51	7.71	7.73	7.40	7.13	8.27			9.43	8.71	7.61
H1 lead leg	R	strides	21	13	13	13	13				14	14	14	18	133						
<b>Gucek, Matic Ian (SLO) (2003)</b>																					
<b>Semi-Final 3</b> - 2024 European Athletics Championships (Roma, ITA)												<i>European Athletics (2024) - 2024 european athletics championships - results book</i>									
date	10-Jun-24	time	5.86	9.59	13.42	17.23	21.12				25.18	29.34	33.60	38.17	42.85		48.34	8 / 3			
reaction time	0.186	interval	3.73	3.83	3.81	3.89					4.06	4.16	4.26	4.57	4.68	5.49	NR PB		11.37	12.11	13.51
		velocity	7.68	9.38	9.14	9.19	9.00				8.62	8.41	8.22	7.66	7.48	7.29	8.27		9.23	8.67	7.77
H1 lead leg		strides																			
<b>Clarke, Roshawn (JAM) (2004)</b>																					
<b>Semi-Final 3</b> - 2024 Olympic Games (Paris, FRA)												<i>Paris 2024 Olympic Games - Results Book (2024)</i>									
date	07-Aug-24	time	5.71	9.48	13.18	16.88	20.74				24.84	29.01	33.40	38.06	42.78		48.34	8 / 2			
reaction time	0.184	interval	3.77	3.70	3.70	3.86					4.10	4.17	4.39	4.66	4.72	5.56			11.17	12.13	13.77
		velocity	7.88	9.28	9.46	9.46	9.07				8.54	8.39	7.97	7.51	7.42	7.19	8.27		9.40	8.66	7.63
H1 lead leg	L	strides	22	13	13	13	13				14	14	15	15	15	18	165				
<b>Iakovákis, Periklís (GRE) (1979)</b>																					
<b>FINAL</b> - 2007 European Cup (Munich, GER)												<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>									
date	23-Jun-07	time	6.13	9.95	13.73	17.54	21.42				25.48	29.70	34.02	38.44	43.03		48.35	1 / 1			
reaction time	0.165	interval	3.82	3.78	3.81	3.88					4.06	4.22	4.32	4.42	4.59	5.32			11.41	12.16	13.33
		velocity	7.34	9.16	9.26	9.19	9.02				8.62	8.29	8.10	7.92	7.63	7.52	8.27		9.20	8.63	7.88
H1 lead leg		strides																			
<b>Plawgo, Marek (POL) (1981)</b>																					
<b>FINAL</b> - 2007 IAAF World Athletics Final (Stuttgart, GER)												<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>									
date	22-Sep-07	time	5.88	9.62	13.44	17.26	21.36				25.56	30.00	34.43	38.88	43.36		48.35	4 / 1			
reaction time	0.130	interval	3.74	3.82	3.82	4.10					4.20	4.44	4.43	4.45	4.48	4.99			11.38	12.74	13.36
		velocity	7.65	9.36	9.16	9.16	8.54				8.33	7.88	7.90	7.87	7.81	8.02	8.27		9.23	8.24	7.86
H1 lead leg		strides																			
<b>Clement, Kerron (USA) (1985)</b>																					
<b>FINAL</b> - 2007 IAAF World Athletics Final (Stuttgart, GER)												<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>									
date	22-Sep-07	time	6.26	9.80	13.54	17.36	21.32				25.44	29.85	34.43	38.96	43.57		48.35	6 / 2			
reaction time	0.178	interval	3.54	3.74	3.82	3.96					4.12	4.41	4.58	4.53	4.61	4.78			11.10	12.49	13.72
		velocity	7.19	9.89	9.36	9.16	8.84				8.50	7.94	7.64	7.73	7.59	8.37	8.27		9.46	8.41	7.65
H1 lead leg		strides																			
<b>Warholm, Karsten (NOR) (1996)</b>																					
<b>FINAL</b> - 2017 IAAF World Championships (London, GBR) (TV Analysis)												<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>									
date	09-Aug-17	time	5.68	9.32	13.04	16.80	20.64				24.72	28.96	33.40	38.04	42.84		48.35	5 / 1			
reaction time	0.175	interval	3.64	3.72	3.76	3.84					4.08	4.24	4.44	4.64	4.80	5.51			11.12	12.16	13.88
		velocity	7.92	9.62	9.41	9.31	9.11				8.58	8.25	7.88	7.54	7.29	7.26	8.27		9.44	8.63	7.56
H1 lead leg	L	strides	20	13	13	13	13				13	13	13	15	15	18.5	159.5				
<b>dos Santos, Alison Brendon (BRA) (1995)</b>																					
<b>Semi-Final 1</b> - 2019 IAAF World Championships (Doha, QAT)												<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>									
date	28-Sep-19	time	6.12	9.84	13.68	17.51	21.49				25.56	29.76	34.13	38.65	43.25		48.35	6 / 1			
reaction time	0.211	interval	3.72	3.84	3.83	3.98					4.07	4.20	4.37	4.52	4.60	5.10	AJR PB		11.39	12.25	13.49
		velocity	7.35	9.41	9.11	9.14	8.79				8.60	8.33	8.01	7.74	7.61	7.84	8.27		9.22	8.57	7.78
H1 lead leg	L	strides	20	13	13	13	12				12	13	13	14	14	16.5	153.5				
<b>Benjamin, Rai (USA) (1997)</b>																					
<b>Heat 5</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)												<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>									
date	20-Aug-23	time	5.83	9.60	13.46	17.37	21.23				25.33	29.40	33.66	38.23	42.96		48.35	5 / 1			
reaction time	0.176	interval	3.77	3.86	3.91	3.86					4.10	4.07	4.26	4.57	4.73	5.39			11.54	12.03	13.56
		velocity	7.72	9.28	9.07	8.95	9.07				8.54	8.60	8.22	7.66	7.40	7.42	8.27		9.10	8.73	7.74
H1 lead leg	R	strides	20	13	13	13	13				13	13	13	13	13	16.7	153.7				
<b>Samba, Abderrahmane (QAT) (1995)</b>																					
<b>Heat 2</b> - 2024 Olympic Games (Paris, FRA)												<i>Paris 2024 Olympic Games - Results Book (2024)</i>									
date	05-Aug-24	time	5.92	9.67	13.44	17.38	21.34				25.29	29.44	33.84	38.40	42.99		48.35	7 / 3			
reaction time	0.182	interval	3.75	3.77	3.94	3.96					3.95	4.15	4.40	4.56	4.59	5.36			11.46	12.06	13.55
		velocity	7.60	9.33	9.28	8.88	8.84				8.86	8.43	7.95	7.68	7.63	7.46	8.27		9.16	8.71	7.75
H1 lead leg	R	strides	21	13	12	12	13				13	13	13	14	14	17	155				
<b>Clement, Kerron (USA) (1985)</b>																					
<b>FINAL</b> - 2006 Seiko Super Grand Prix (Yokohama, JPN)												<i>Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers</i>									
date	24-Sep-06	time	6.01	9.83	13.67	17.51	21.55				25.70	29.94	34.26	38.68	43.24		48.36	1 / 1			
reaction time		interval	3.82	3.84	3.84	4.04					4.15	4.24	4.32	4.42	4.56	5.12			11.50	12.43	13.30
		velocity	7.49	9.16	9.11	9.11	8.66				8.43	8.25	8.10	7.92	7.68	7.81	8.27		9.13	8.45	7.89

H1 lead leg	strides	13	13	13	13	13	13	13	13	13	13	13	117						
<b>Carter, James (USA) (1978)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>		
<b>FINAL - 2007 IAAF World Athletics Final (Stuttgart, GER)</b>																			
<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																			
date	22-Sep-07	time	6.00	9.52	13.35	17.14	21.18	25.30	29.54	33.92	38.52	43.16	48.36	5 / 3					
reaction time	0.132	interval	3.52	3.83	3.79	4.04	4.12	4.24	4.38	4.60	4.64	5.20			11.14	12.40	13.62		
		velocity	7.50	9.94	9.14	9.23	8.66	8.50	8.25	7.99	7.61	7.54	7.69	8.27		9.43	8.47	7.71	
H1 lead leg	strides																		
<b>Clement, Kerron (USA) (1985)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>		
<b>FINAL - 2008 USA Olympic Trials (Eugene, OR)</b>																			
<i>USATF Hurdle Development (2008)</i>																			
date	29-Jun-08	time	6.04	9.78	13.55	17.50	21.60	25.74	30.03	34.45	38.87	43.43	48.36	5 / 2					
reaction time		interval	3.74	3.77	3.95	4.10	4.14	4.29	4.42	4.42	4.56	4.93			11.46	12.53	13.40		
		velocity	7.45	9.36	9.28	8.86	8.54	8.45	8.16	7.92	7.92	7.68	8.11	8.27		9.16	8.38	7.84	
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	15	139						
<b>Allen, CJ (USA) (1995)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>		
<b>Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)</b>																			
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																			
date	20-Aug-23	time	5.90	9.73	13.50	17.36	21.13	25.17		33.70	38.23	42.90	48.36	9 / 2					
reaction time	0.167	interval	3.83	3.77	3.86	3.77	4.04		8.53	4.53	4.67	5.46			11.46				
		velocity	7.63	9.14	9.28	9.07	9.28	8.66		8.21	7.73	7.49	7.33	8.27		9.16			
H1 lead leg	L	strides	20	13	13	13	13	13		14	14	17	130						
<b>Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)</b>																			
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																			
date	10-Jun-24	time	5.97	9.68	13.53	17.35	21.24	25.26	29.33	33.67	38.27	42.94	48.36	6 / 4					
reaction time	0.197	interval	3.71	3.85	3.82	3.89	4.02	4.07	4.34	4.60	4.67	5.42	PB		11.38	11.98	13.61		
		velocity	7.54	9.43	9.09	9.16	9.00	8.71	8.60	8.06	7.61	7.49	7.38	8.27		9.23	8.76	7.71	
H1 lead leg		strides											0						
<b>Graham, Winthrop (JAM) (1965)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>		
<b>Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)</b>																			
<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																			
date	24-Sep-88	time	6.00	9.85	13.77	17.72	21.70	25.78	29.95	34.27	38.74	43.32	48.37	6 / 2					
reaction time		interval	3.85	3.92	3.95	3.98	4.08	4.17	4.32	4.47	4.58	5.05			11.72	12.23	13.37		
		velocity	7.50	9.09	8.93	8.86	8.79	8.58	8.39	8.10	7.83	7.64	7.92	8.27		8.96	8.59	7.85	
H1 lead leg		strides	21	14	14	13	13	14	14	14	14	15	17.5	163.5					
<b>James-King, Malik (JAM) (1999)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>		
<b>FINAL - 2024 Meeting de Paris (Paris, FRA)</b>																			
<i>Omega Timing (2024) - diamond league race analysis</i>																			
date	07-Jul-24	time	5.92	9.69	13.44	17.28	21.34	25.42	29.60	34.00	38.39	42.89	48.37	7 / 3					
reaction time	0.172	interval	3.77	3.75	3.84	4.06	4.08	4.18	4.40	4.39	4.50	5.48			11.36	12.32	13.29		
		velocity	7.60	9.28	9.33	9.11	8.62	8.58	8.37	7.95	7.97	7.78	7.30	8.27		9.24	8.52	7.90	
H1 lead leg	R	strides	22	14	14	14	14	14	15	15	15	15	170						
<b>Happio, Wilfried (FRA) (1998)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>		
<b>FINAL - 2024 Herculis Meeting International d'Athlétisme (Monaco, MON)</b>																			
<i>Omega Timing (2024) - diamond league race analysis</i>																			
date	12-Jul-24	time	5.92	9.61	13.35	17.12	21.02	25.11	29.31	33.68	38.36	43.06	48.37	1 / 7					
reaction time	0.161	interval	3.69	3.74	3.77	3.90	4.09	4.20	4.37	4.68	4.70	5.31			11.20	12.19	13.75		
		velocity	7.60	9.49	9.36	9.28	8.97	8.56	8.33	8.01	7.48	7.45	7.53	8.27		9.38	8.61	7.64	
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	14	14	17.2	143.2					
<b>Moses, Edwin (USA) (1955)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>		
<b>Semi-Final 2 - 1987 IAAF World Championships (Rome, ITA)</b>																			
<i>Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>																			
date	31-Aug-87	time	5.92	9.61	13.37	17.17	21.14	25.26	29.47	33.82	38.37	43.07	48.38	6 / 1					
reaction time		interval	3.69	3.76	3.80	3.97	4.12	4.21	4.35	4.55	4.70	5.31			11.25	12.30	13.60		
		velocity	7.60	9.49	9.31	9.21	8.82	8.50	8.31	8.05	7.69	7.45	7.53	8.27		9.33	8.54	7.72	
H1 lead leg	L	strides	19	13	13	13	13	13	13	13	13	13	16	152					
<b>Matete, Samuel (ZAM) (1968)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>		
<b>FINAL - 2000 ISTAF (Berlin, GER)</b>																			
<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																			
date	01-Sep-00	time	6.21	10.08	13.98	17.92	21.90	25.98	30.18	34.41	38.78	43.26	48.38	1 / 2					
reaction time		interval	3.87	3.90	3.94	3.98	4.08	4.20	4.23	4.37	4.48	5.12			11.71	12.26	13.08		
		velocity	7.25	9.04	8.97	8.88	8.79	8.58	8.33	8.27	8.01	7.81	7.81	8.27		8.97	8.56	8.03	
H1 lead leg		strides																	
<b>Herbert, Llewellyn (RSA) (1977)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>		
<b>Semi-Final 2 - 2000 Olympic Games (Sydney, AUS)</b>																			
<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																			
date	25-Sep-00	time	5.96	9.80	13.80	17.72	21.72	23.38	25.80	29.96	34.16	38.56	43.12	48.38	4 / 1				
reaction time	0.153	interval	3.84	4.00	3.92	4.00	4.08	4.16	4.20	4.40	4.56	5.26			11.76	12.24	13.16		
		velocity	7.55	9.11	8.75	8.93	8.75	8.55	8.58	8.41	8.33	7.95	7.68	7.60	8.27		8.93	8.58	7.98
H1 lead leg		strides	13	13	13	14	14	14	14	15	15	15	18.2	144.2					
<b>Culson, Javier (PUR) (1984)</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200m</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>Run-In</b>	<b>Official Time</b>	<b>Lane / Place</b>	<b>H1-H4</b>	<b>H4-H7</b>	<b>H7-H10</b>		
<b>FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)</b>																			
<i>Henson (2021) - Athlete First: major championships report</i>																			
date	15-Aug-13	time	5.70	9.33	13.00	16.70	20.60	24.63	28.87	33.27	37.87	42.60	48.38	7 / 6					
reaction time	0.189	interval	3.63	3.67	3.70	3.90	4.03	4.24	4.40	4.60	4.73	5.78			11.00	12.17	13.73		
		velocity	7.89	9.64	9.54	9.46	8.97	8.68	8.25	7.95	7.61	7.40	6.92	8.27		9.55	8.63	7.65	
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	14	14	17.2	156.2					

<b>Kendziera, Dave (USA) (1994)</b>	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</b> - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)													Henson (2021) - Athlete First: 2021 year end hurdle report						
date	26-Jun-21	time	5.80	9.57	13.41	17.38	21.38	25.52	29.73	34.16	38.57	43.06	48.38	4 / 3					
reaction time	0.172	interval	3.77	3.84	3.97	4.00	4.14	4.21	4.43	4.41	4.49	5.32	PB		11.58	12.35	13.33		
		velocity	7.76	9.28	9.11	8.82	8.75	8.45	8.31	7.90	7.94	7.80	7.52	8.27		9.07	8.50	7.88	
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	14	14	18.2	158.2					
<b>Nathaniel, Ezekiel (NGR) (2003)</b>	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>Heat 4</b> - 2024 Olympic Games (Paris, FRA)													Paris 2024 Olympic Games - Results Book (2024)						
date	05-Aug-24	time	5.84	9.46	13.15	16.93	20.85	25.00	29.32	33.82	38.51	43.10	48.38	3 / 2					
reaction time	0.181	interval	3.62	3.69	3.78	3.92	4.15	4.32	4.50	4.69	4.59	5.28			11.09	12.39	13.78		
		velocity	7.71	9.67	9.49	9.26	8.93	8.43	8.10	7.78	7.46	7.63	7.58	8.27		9.47	8.47	7.62	
H1 lead leg	R	strides	21	13	13	13	13	13	13	14	14	14	17	158					
<b>Akubusi, Kriss (GBR) (1958)</b>	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</b> - 1991 European Cup (Frankfurt, GER)													Federle (2003) - http://www.fgs.uni-halle.de						
date	29-Jun-91	time	6.13	9.90	13.73	17.52	21.41	25.43	29.53	33.85	38.41	43.04	48.39	1 / 1					
reaction time		interval	3.77	3.83	3.79	3.89	4.02	4.10	4.32	4.56	4.63	5.35			11.39	12.01	13.51		
		velocity	7.34	9.28	9.14	9.23	9.00	8.71	8.54	8.10	7.68	7.56	7.48	8.27		9.22	8.74	7.77	
H1 lead leg		strides																	
<b>Clement, Kerron (USA) (1985)</b>	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>Heat 3</b> - 2009 IAAF World Championships (Berlin, GER)													Graubner (2009) - biomechanical analyses at the 12th IAAF world championships						
date	15-Aug-09	time	6.07	9.83	13.64	17.49	21.47	25.63	29.89	34.17	38.71	43.33	48.39	5 / 1					
reaction time	0.169	interval	3.76	3.81	3.85	3.98	4.16	4.26	4.28	4.54	4.62	5.06			11.42	12.40	13.44		
		velocity	7.41	9.31	9.19	9.09	8.79	8.41	8.22	8.18	7.71	7.58	7.91	8.27		9.19	8.47	7.81	
H1 lead leg		strides																	
<b>Copello, Yasmani (TUR) (1987)</b>	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>Semi-Final 1</b> - 2019 IAAF World Championships (Doha, QAT)													Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships						
date	28-Sep-19	time	5.97	9.66	13.46	17.32	21.29	25.41	29.61	34.03	38.41	43.08	48.39	3 / 2					
reaction time	0.232	interval	3.69	3.80	3.86	3.97	4.12	4.20	4.42	4.38	4.67	5.31			11.35	12.29	13.47		
		velocity	7.54	9.49	9.21	9.07	8.82	8.50	8.33	7.92	7.99	7.49	7.53	8.27		9.25	8.54	7.80	
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	15	15	18	161					
<b>Lahoulou, Abdelmalik (ALG) (1992)</b>	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>Semi-Final 2</b> - 2019 IAAF World Championships (Doha, QAT)													Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships						
date	28-Sep-19	time	6.05	9.67	13.30	17.03	20.93	25.05	29.38	33.90	38.48	43.11	48.39	6 / 2					
reaction time	0.159	interval	3.62	3.63	3.73	3.90	4.12	4.33	4.52	4.58	4.63	5.28	NR PB		10.98	12.35	13.73		
		velocity	7.44	9.67	9.64	9.38	8.97	8.50	8.08	7.74	7.64	7.56	7.58	8.27		9.56	8.50	7.65	
H1 lead leg	L	strides	22	13	13	13	13	13	13	14	14	14	18	160					
<b>Clarke, Roshawn (JAM) (2004)</b>	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>Heat 4</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													Henson (2023) - Athlete First: 2023 year end hurdle report						
date	20-Aug-23	time	5.83	9.70	13.53	17.53	21.43	25.46	29.67	33.90	38.36	43.06	48.39	3 / 3					
reaction time	0.183	interval	3.87	3.83	4.00	3.90	4.03	4.21	4.23	4.46	4.70	5.33			11.70	12.14	13.39		
		velocity	7.72	9.04	9.14	8.75	8.97	8.68	8.31	8.27	7.85	7.45	7.50	8.27		8.97	8.65	7.84	
H1 lead leg	L	strides	22	14	14	13	14	14	14	14	15	15	18.2	167.2					
<b>Abuaku, Joshua (GER) (1996)</b>	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>Semi-Final 3</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													Henson (2023) - Athlete First: 2023 year end hurdle report						
date	21-Aug-23	time	5.90	9.68	13.31	16.92	20.79	24.83	29.19	33.63		43.01	48.39	8 / 4					
reaction time	0.179	interval	3.78	3.63	3.61	3.87	4.04	4.36	4.44		9.38	5.38			11.02	12.27	13.82		
		velocity	7.63	9.26	9.64	9.70	9.04	8.66	8.03	7.88		7.46	7.43	8.27		9.53	8.56	7.60	
H1 lead leg	L	strides	20	13	13	13	13	13	14	14		18	131						
<b>Allen, CJ (USA) (1995)</b>	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</b> - 2024 Seashore Doha Meeting (Doha, QAT)													Omega Timing (2024) - diamond league race analysis						
date	10-May-24	time	5.63	9.27	12.97	16.79	20.72	24.73	28.87	33.28	37.87	42.66	48.39	6 / 2					
reaction time	0.139	interval	3.64	3.70	3.82	3.93	4.01	4.14	4.41	4.59	4.79	5.73			11.16	12.08	13.79		
		velocity	7.99	9.62	9.46	9.16	8.91	8.73	8.45	7.94	7.63	7.31	6.98	8.27		9.41	8.69	7.61	
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	14	15	17.5	158.5					
<b>Mori, Fabrizio (ITA) (1969)</b>	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>Semi-Final 1</b> - 2000 Olympic Games (Sydney, AUS)													Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games						
date	25-Sep-00	time	6.14	10.10	13.90	17.82	21.82	23.42	25.98	30.14	34.50	38.90	43.34	48.40	4 / 2				
reaction time		interval	3.96	3.80	3.92	4.00	4.16	4.16	4.36	4.40	4.44	5.06			11.68	12.32	13.20		
		velocity	7.33	8.84	9.21	8.93	8.75	8.54	8.41	8.41	8.03	7.95	7.88	7.91	8.26		8.99	8.52	7.95
H1 lead leg		strides	22	14	14	14	14	14	14	15	15	15	19	170					
<b>Horbenko, Hennadiy (UKR) (1975)</b>	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>Semi-Final 1</b> - 2000 Olympic Games (Sydney, AUS)													Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games						
date	25-Sep-00	time	5.94	9.86	13.70	17.62	21.82	23.10	25.62	29.66	34.10	38.50	43.18	48.40	5 / 3				
reaction time	0.478	interval	3.92	3.84	3.92	4.20	4.30	3.80	4.04	4.44	4.40	4.68	5.22	PB		11.68	12.04	13.52	
		velocity	7.58	8.93	9.11	8.93	8.33	8.66	9.21	8.66	7.88	7.95	7.48	7.66	8.26		8.99	8.72	7.77
H1 lead leg		strides	21	13	13	13	13	13	13	13	14	14	14	17.4	158.4				



														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Taylor, Angelo (USA) (1978)</b>																															
<b>FINAL - 2008 USA Olympic Trials (Eugene, OR)</b>														<i>USATF Hurdle Development (2008)</i>																	
date	29-Jun-08	time	6.07	9.71	13.43	17.40	21.67		25.96	30.28	34.64	39.02	43.47		48.42	3 / 3															
reaction time		interval		3.64	3.72	3.97	4.27		4.29	4.32	4.36	4.38	4.45	4.95				11.33	12.88	13.19											
		velocity	7.41	9.62	9.41	8.82	8.20		8.16	8.10	8.03	7.99	7.87	8.08	8.26			9.27	8.15	7.96											
H1 lead leg	L	strides	21	13	13	13	14		14	14	14	14	14	14	144																
<b>van Zyl, L.J. (RSA) (1985)</b>																															
<b>FINAL - 2008 Olympic Games (Beijing, CHN)</b>														<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>																	
date	18-Aug-08	time	5.7	9.6	13.3	17.5	21.6		25.7	29.9	34.2	38.6	43.3		48.42	8 / 5															
reaction time	0.253	interval		3.9	3.7	4.2	4.1		4.1	4.2	4.3	4.4	4.7	5.12				11.80	12.40	13.40											
		velocity	7.89	8.97	9.46	8.33	8.54		8.54	8.33	8.14	7.95	7.45	7.81	8.26			8.90	8.47	7.84											
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18	170																
<b>Iakovákis, Perikís (GRE) (1979)</b>																															
<b>FINAL - 2009 IAAF World Championships (Berlin, GER)</b>														<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																	
date	18-Aug-09	time	6.17	9.89	13.67	17.55	21.57		25.71	29.94	34.24	38.63	43.15		48.42	7 / 5															
reaction time	0.189	interval		3.72	3.78	3.88	4.02		4.14	4.23	4.30	4.39	4.52	5.27				11.38	12.39	13.21											
		velocity	7.29	9.41	9.26	9.02	8.71		8.45	8.27	8.14	7.97	7.74	7.59	8.26			9.23	8.47	7.95											
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	14	15	18.5	162.5																
<b>Copello, Yasmani (TUR) (1987)</b>																															
<b>Heat 2 - 2016 European Championships (Amsterdam, NED) (TV Analysis)</b>														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																	
date	07-Jul-16	time	5.84	9.48	13.28	17.28	21.20		25.08	29.28	33.64	38.16	42.80		48.42	5 / 1															
reaction time	0.173	interval		3.64	3.80	4.00	3.92		3.88	4.20	4.36	4.52	4.64	5.62	NR PB			11.44	12.00	13.52											
		velocity	7.71	9.62	9.21	8.75	8.93		9.02	8.33	8.03	7.74	7.54	7.12	8.26			9.18	8.75	7.77											
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	18	159																
<b>Kendziera, Dave (USA) (1994)</b>																															
<b>FINAL - 2018 NCAA Championships (Eugene, OR) (TV Analysis)</b>														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																	
date	08-Jun-18	time	5.86		13.43	17.20	21.03		25.06			38.43	43.03		48.42	3 / 3															
reaction time		interval			7.57	3.77	3.83		4.03			13.37	4.60	5.39	PB			11.34													
		velocity	7.68		9.25	9.28	9.14		8.68			7.85	7.61	7.42	8.26			9.26													
H1 lead leg	R	strides				13	13		13				15	19	73																
<b>Warholm, Karsten (NOR) (1996)</b>																															
<b>FINAL - 2022 World Athletics Championships (Eugene, OR)</b>														<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																	
date	19-Jul-22	time	5.71	9.19	12.71	16.32	19.99	21.50	23.81	27.96	32.48	37.35	42.38		48.42	4 / 7															
reaction time	0.140	interval		3.48	3.52	3.61	3.67		3.82	4.15	4.52	4.87	5.03	6.04				10.61	11.64	14.42											
		velocity	7.88	10.06	9.94	9.70	9.54	9.30	9.16	8.43	7.74	7.19	6.96	6.62	8.26			9.90	9.02	7.28											
H1 lead leg	L	strides	20	13	13	13	13		13	13	15	15	15	18.5	161.5																
<b>Happio, Wilfried (FRA) (1998)</b>																															
<b>FINAL - 2023 Weltklasse (Zürich, SUI)</b>														<i>Omega Timing (2023) - diamond league race analysis</i>																	
date	31-Aug-23	time	6.09	9.69	13.37	17.16	21.08		25.15	29.33	33.73	38.35	43.05		48.42	2 / 5															
reaction time	0.469	interval		3.60	3.68	3.79	3.92		4.07	4.18	4.40	4.62	4.70	5.37				11.07	12.17	13.72											
		velocity	7.39	9.72	9.51	9.23	8.93		8.60	8.37	7.95	7.58	7.45	7.45	8.26			9.49	8.63	7.65											
H1 lead leg	L	strides	20	13			13		13	13			15	17.2	104.2																
<b>Bassitt, Trevor (USA) (1998)</b>																															
<b>FINAL - 2023 Prefontaine Classic (Eugene, OR)</b>														<i>Omega Timing (2023) - diamond league race analysis</i>																	
date	16-Sep-23	time	5.89	9.70	13.54	17.53	21.61		25.76	29.99	34.34	38.81	43.29		48.42	8 / 8															
reaction time	0.154	interval		3.81	3.84	3.99	4.08		4.15	4.23	4.35	4.47	4.48	5.13				11.64	12.46	13.30											
		velocity	7.64	9.19	9.11	8.77	8.58		8.43	8.27	8.05	7.83	7.81	7.80	8.26			9.02	8.43	7.89											
H1 lead leg	R	strides	20	13	13	13	13		13	13	13			111																	
<b>Agyekum, Emil (GER) (1999)</b>																															
<b>FINAL - 2024 European Athletics Championships (Roma, ITA)</b>														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																	
date	11-Jun-24	time	5.93	9.60	13.34	17.23	21.15		25.19	29.34	33.74	38.40	43.05		48.42	3 / 6															
reaction time	0.179	interval		3.67	3.74	3.89	3.92		4.04	4.15	4.40	4.66	4.65	5.37				11.30	12.11	13.71											
		velocity	7.59	9.54	9.36	9.00	8.93		8.66	8.43	7.95	7.51	7.53	7.45	8.26			9.29	8.67	7.66											
H1 lead leg	L	strides	20	13	13		13		13	13	14	14	15	17.5	145.5																
<b>Happio, Wilfried (FRA) (1998)</b>																															
<b>Heat 4 - 2024 Olympic Games (Paris, FRA)</b>														<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	
date	05-Aug-24	time	5.73	9.30	12.95	16.73	20.67		24.74	29.06	33.56	38.39	43.07		48.42	7 / 3															
reaction time	0.152	interval		3.57	3.65	3.78	3.94		4.07	4.32	4.50	4.83	4.68	5.35				11.00	12.33	14.01											
		velocity	7.85	9.80	9.59	9.26	8.88		8.60	8.10	7.78	7.25	7.48	7.48	8.26			9.55	8.52	7.49											
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17.7	158.7																
<b>Nylander, Sven (SWE) (1962)</b>																															
<b>FINAL - 1990 European Championships (Split, YUG)</b>														<i>Behm (1995) - la tactique du 400 haies</i>																	
date	29-Aug-90	time	6.1	9.8	13.6	17.5	21.5		25.6	29.9	34.4	38.8	43.3		48.43	6 / 2															
reaction time		interval		3.7	3.8	3.9	4.0		4.1	4.3	4.5	4.4	4.5	5.13				11.40	12.40	13.40											
		velocity	7.38	9.46	9.21	8.97	8.75		8.54	8.14	7.78	7.95	7.78	7.80	8.26			9.21	8.47	7.84											
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	14	17.2	155.2																



		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Mužik, Jiri (CZE) (1976)</b>																		
<b>FINAL - 2002 European Championships (Munich, GER)</b>		Graubner (2009) - <a href="http://www.fgs.uni-halle.de">http://www.fgs.uni-halle.de</a>																
date	09-Aug-02	time	6.08	9.90	13.80	17.75	21.76	25.80	29.90	34.18	38.60	43.12		48.43	1/2			
reaction time	0.160	interval		3.82	3.90	3.95	4.01	4.04	4.10	4.28	4.42	4.52	5.31			11.67	12.15	13.22
		velocity	7.40	9.16	8.97	8.86	8.73	8.66	8.54	8.18	7.92	7.74	7.53	8.26		9.00	8.64	7.94
H1 lead leg		strides		14	14	14	14	14	14	14	14	15	15					
<b>Culson, Javier (PUR) (1984)</b>																		
<b>Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)</b>		Graubner (2009) - <i>biomechanical analyses at the 12th IAAF world championships</i>																
date	16-Aug-09	time	5.91	9.55	13.32	17.22	21.25	25.35	29.56	33.88	38.38	43.06		48.43	5/3			
reaction time	0.176	interval		3.64	3.77	3.90	4.03	4.10	4.21	4.32	4.50	4.68	5.37			11.31	12.34	13.50
		velocity	7.61	9.62	9.28	8.97	8.68	8.54	8.31	8.10	7.78	7.48	7.45	8.26		9.28	8.51	7.78
H1 lead leg	L	strides		13	13	13	13	13	13	13	13	14	14	17	136			
<b>Sibilio, Alessandro (ITA) (1999)</b>																		
<b>Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)</b>		Henson (2023) - <i>Athlete First: 2023 year end hurdle report</i>																
date	21-Aug-23	time	5.99	9.94	17.55	21.45		29.83	34.30		43.79			48.43	2/5			
reaction time	0.152	interval		3.95		7.61	3.90	8.38	4.47	9.49	4.64					11.56	12.28	13.96
		velocity	7.51	8.86	9.20	8.97		8.35	7.83	7.38	8.62	8.26				9.08	8.55	7.52
H1 lead leg	R	strides	21	13		13			15		18	80						
<b>Mägi, Rasmus (EST) (1992)</b>																		
<b>Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)</b>		European Athletics (2024) - <i>2024 european athletics championships - results book</i>																
date	10-Jun-24	time	5.88	9.54	13.41	17.32	21.30	25.44	29.60	33.91	38.55	43.17		48.43	7/1			
reaction time	0.185	interval		3.66	3.87	3.91	3.98	4.14	4.16	4.31	4.64	4.62	5.26			11.44	12.28	13.57
		velocity	7.65	9.56	9.04	8.95	8.79	8.45	8.41	8.12	7.54	7.58	7.60	8.26		9.18	8.55	7.74
H1 lead leg		strides											0					
<b>Sibilio, Alessandro (ITA) (1999)</b>																		
<b>Heat 4 - 2024 Olympic Games (Paris, FRA)</b>		Paris 2024 Olympic Games - <i>Results Book (2024)</i>																
date	05-Aug-24	time	5.93	9.72	13.56	17.48	21.44	25.54	29.83	34.27	38.82	43.36		48.43	4/4			
reaction time	0.157	interval		3.79	3.84	3.92	3.96	4.10	4.29	4.44	4.55	4.54	5.07			11.55	12.35	13.53
		velocity	7.59	9.23	9.11	8.93	8.84	8.54	8.16	7.88	7.69	7.71	7.89	8.26		9.09	8.50	7.76
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	15	18	162				
<b>Januszewski, Paweł (POL) (1972)</b>																		
<b>FINAL - 2000 Olympic Games (Sydney, AUS)</b>		Ditroilo (2001) - <i>analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	27-Sep-00	time	5.98	9.86	13.66	17.50	21.46	22.94	25.62	29.82	34.10	38.66	43.18		48.44	2/6		
reaction time	0.149	interval		3.88	3.80	3.84	3.96	4.16	4.20	4.28	4.56	4.52	5.26			11.52	12.32	13.36
		velocity	7.53	9.02	9.21	9.11	8.84	8.72	8.41	8.33	8.18	7.68	7.74	7.60	8.26	9.11	8.52	7.86
H1 lead leg		strides	22	14	14	14	14	14	14	15	15	15	18.1	169.1				
<b>Carter, James (USA) (1978)</b>																		
<b>FINAL - 2006 USATF National Championships (Indianapolis, IN)</b>		USATF Men's Hurdle Development (2006)																
date	24-Jun-06	time	5.99	9.76	13.58	17.45	21.46	25.53	29.76	34.07	38.52	43.11		48.44	3/3			
reaction time		interval		3.77	3.82	3.87	4.01	4.07	4.23	4.31	4.45	4.59	5.33			11.46	12.31	13.35
		velocity	7.51	9.28	9.16	9.04	8.73	8.60	8.27	8.12	7.87	7.63	7.50	8.26		9.16	8.53	7.87
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14	17	159				
<b>Narisako, Kenji (JPN) (1984)</b>																		
<b>Semi-Final 1 - 2007 IAAF World Championships (Osaka, JPN)</b>		Yasunori (2008) - <i>race pattern analysis of the world and Japanese top 400m hurdlers</i>																
date	26-Aug-07	time	6.02	9.71	13.45	17.24	21.18	25.27	29.58	33.90	38.42	43.04		48.44	7/5			
reaction time	0.179	interval		3.69	3.74	3.79	3.94	4.09	4.31	4.32	4.52	4.62	5.40			11.22	12.34	13.46
		velocity	7.48	9.49	9.36	9.23	8.88	8.56	8.12	8.10	7.74	7.58	7.41	8.26		9.36	8.51	7.80
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	15	19.2	163.2				
<b>Culson, Javier (PUR) (1984)</b>																		
<b>FINAL - 2011 IAAF World Championships (Daegu, KOR)</b>		Behm (2011) - <i>Le quatrache: Démus enfin!</i>																
date	01-Sep-11	time	5.8	9.4	13.1	16.9	20.9	24.9	29.2	33.5	38.1	42.8		48.44	3/2			
reaction time	0.190	interval		3.6	3.7	3.8	4.0	4.0	4.3	4.3	4.6	4.7	5.6			11.10	12.30	13.60
		velocity	7.76	9.72	9.46	9.21	8.75	8.75	8.14	8.14	7.61	7.45	7.09	8.26		9.46	8.54	7.72
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	14	14	18	157				
<b>Samba, Abderrahmane (QAT) (1995)</b>																		
<b>FINAL - 2017 Doha Diamond League (Doha, QAT) (TV Analysis)</b>		Henson (2020) - <i>Athlete First: 2017 year end hurdle report</i>																
date	05-May-17	time	5.80	9.43	13.03	16.66	20.43	24.40	28.56	32.96	37.66	42.60		48.44	4/1			
reaction time	0.185	interval		3.63	3.60	3.63	3.77	3.97	4.16	4.40	4.70	4.94	5.84			10.86	11.90	14.04
		velocity	7.76	9.64	9.72	9.64	9.28	8.82	8.41	7.95	7.45	7.09	6.85	8.26		9.67	8.82	7.48
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	14	14	15	18	159			
<b>Copello, Yasmani (TUR) (1987)</b>																		
<b>FINAL - 2017 Bislett Games (Oslo, NOR) (TV Analysis)</b>		Henson (2020) - <i>Athlete First: 2017 year end hurdle report</i>																
date	15-Jun-17	time	5.96	9.70	13.53	17.46	21.50	25.60	30.00	34.30	38.76	43.20		48.44	4/2			
reaction time	0.188	interval		3.74	3.83	3.93	4.04	4.10	4.40	4.30	4.46	4.44	5.24			11.50	12.54	13.20
		velocity	7.55	9.36	9.14	8.91	8.66	8.54	7.95	8.14	7.85	7.88	7.63	8.26		9.13	8.37	7.95
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	14	14	17.5	158.5				

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Holmes, TJ (USA) (1995)</b>																			
<b>FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)</b>			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	25-Jun-17	time	5.93	9.65	13.41	17.07	20.93		24.86	29.31	33.65	38.34	43.14		48.44	2 / 3			
reaction time		interval		3.72	3.76	3.66	3.86		3.93	4.45	4.34	4.69	4.80	5.30	<b>PB</b>		11.14	12.24	13.83
		velocity	7.59	9.41	9.31	9.56	9.07		8.91	7.87	8.06	7.46	7.29	7.55	8.26		9.43	8.58	7.59
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	18	161				
<b>Copello, Yasmani (TUR) (1987)</b>																			
<b>FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)</b>			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	21-Jul-18	time	5.88	9.60			21.28		25.36	29.56	33.96	38.48	43.12		48.44	5 / 2			
reaction time	0.151	interval		3.72			11.68		4.08	4.20	4.40	4.52	4.64	5.32					13.56
		velocity	7.65	9.41			8.99		8.58	8.33	7.95	7.74	7.54	7.52	8.26				7.74
H1 lead leg	R	strides	20	13					13	13	14	14	14	17.5	118.5				
<b>Benjamin, Rai (USA) (1997)</b>																			
<b>Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)</b>			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	17-Jul-22	time	5.73	9.40	13.35	17.33	21.47	23.22	25.56	29.73	33.97	38.33	42.87		48.44	6 / 1			
reaction time	0.181	interval		3.67	3.95	3.98	4.14		4.09	4.17	4.24	4.36	4.54	5.57			11.60	12.40	13.14
		velocity	7.85	9.54	8.86	8.79	8.45	8.61	8.56	8.39	8.25	8.03	7.71	7.18	8.26		9.05	8.47	7.99
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153				
<b>Allen, CJ (USA) (1995)</b>																			
<b>Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)</b>			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	21-Aug-23	time	5.83	9.73	13.43	17.07	20.93		25.00	29.23	33.56	38.17	42.96		48.44	6 / 3			
reaction time	0.152	interval		3.90	3.70	3.64	3.86		4.07	4.23	4.33	4.61	4.79	5.48			11.24	12.16	13.73
		velocity	7.72	8.97	9.46	9.62	9.07		8.60	8.27	8.08	7.59	7.31	7.30	8.26		9.34	8.63	7.65
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17.2	158.2				
<b>Allen, CJ (USA) (1995)</b>																			
<b>Semi-Final 2 - 2024 Olympic Games (Paris, FRA)</b>			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	07-Aug-24	time	5.68	9.35	13.14	16.97	20.88		24.84	28.99	33.33	37.93	42.69		48.44	8 / 4			
reaction time	0.154	interval		3.67	3.79	3.83	3.91		3.96	4.15	4.34	4.60	4.76	5.75			11.29	12.02	13.70
		velocity	7.92	9.54	9.23	9.14	8.95		8.84	8.43	8.06	7.61	7.35	6.96	8.26		9.30	8.74	7.66
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	15	15	17.7	159.7				
<b>Hussein, Kariem (SUI) (1989)</b>																			
<b>FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)</b>			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	24-Aug-17	time	6.00	9.72	13.56		21.56		25.68	29.84	34.20	38.60	43.12		48.45	3 / 3			
reaction time	0.148	interval		3.72	3.84		8.00		4.12	4.16	4.36	4.40	4.52	5.33	<b>=PB</b>				13.28
		velocity	7.50	9.41	9.11		8.75		8.50	8.41	8.03	7.95	7.74	7.50	8.26				7.91
H1 lead leg	L	strides	20	13	13				14	14	14	14	14	17.2	133.2				
<b>dos Santos, Alison Brendon (BRA) (1995)</b>																			
<b>FINAL - 2019 Pan American Games (Lima, PER) (TV Analysis)</b>			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	08-Aug-19	time	5.90	9.67	13.51	17.45			25.36	29.52	33.82	38.23	42.97		48.45	5 / 1			
reaction time	0.160	interval		3.77	3.84	3.94			7.91	4.16	4.30	4.41	4.74	5.48	<b>AJR PB</b>		11.55	12.07	13.45
		velocity	7.63	9.28	9.11	8.88			8.85	8.41	8.14	7.94	7.38	7.30	8.26		9.09	8.70	7.81
H1 lead leg	L	strides	20	13	13	13				13	13	13	14	17	129				
<b>Copello, Yasmani (TUR) (1987)</b>																			
<b>FINAL - 2021 Memorial van Damme (Brussels, BEL) (TV Analysis)</b>			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	03-Sep-21	time	5.84	9.56	13.32	17.24	21.20		25.32	29.72	34.12	38.60	43.16		48.45	4 / 3			
reaction time	0.149	interval		3.72	3.76	3.92	3.96		4.12	4.40	4.40	4.48	4.56	5.29			11.40	12.48	13.44
		velocity	7.71	9.41	9.31	8.93	8.84		8.50	7.95	7.95	7.81	7.68	7.56	8.26		9.21	8.41	7.81
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	17.7	158.7				
<b>Mužik, Jiri (CZE) (1976)</b>																			
<b>Semi-Final 1 - 2002 European Championships (Munich, GER)</b>			<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																
date	08-Aug-02	time	6.15	10.01	13.87	17.81	21.83		25.94	30.08	34.31	38.71	43.25		48.46	1 / 1			
reaction time		interval		3.86	3.86	3.94	4.02		4.11	4.14	4.23	4.40	4.54	5.21			11.66	12.27	13.17
		velocity	7.32	9.07	9.07	8.88	8.71		8.52	8.45	8.27	7.95	7.71	7.68	8.25		9.01	8.56	7.97
H1 lead leg		strides																	
<b>Januszewski, Paweł (POL) (1972)</b>																			
<b>FINAL - 2002 European Championships (Munich, GER)</b>			<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																
date	09-Aug-02	time	6.10	9.93	13.69	17.49	21.37		25.45	29.61	33.98	38.46	43.12		48.46	1 / 3			
reaction time	0.145	interval		3.83	3.76	3.80	3.88		4.08	4.16	4.37	4.48	4.66	5.34			11.39	12.12	13.51
		velocity	7.38	9.14	9.31	9.21	9.02		8.58	8.41	8.01	7.81	7.51	7.49	8.25		9.22	8.66	7.77
H1 lead leg		strides		14	14	14	14		14	14	14	15	15						
<b>Iakovákis, Periklís (GRE) (1979)</b>																			
<b>FINAL - 2006 European Championships (Göteborg, SWE)</b>			<i>Behm (2006) - Göteborg 2006: Le quatrache</i>																
date	10-Aug-06	time	5.8	9.4	13.0	16.8	20.7		24.7	29.0	33.4	37.8	42.8		48.46	1 / 1			
reaction time		interval		3.6	3.6	3.8	3.9		4.0	4.3	4.4	4.4	5.0	5.66			11.00	12.20	13.80
		velocity	7.76	9.72	9.72	9.21	8.97		8.75	8.14	7.95	7.95	7.00	7.07	8.25		9.55	8.61	7.61
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	14	15	19	163				

Gaymon, Justin (USA) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2008 USA Olympic Trials (Eugene, OR) <i>USATF Hurdle Development (2008)</i>																		
date	29-Jun-08	time	6.07	9.97	13.73	17.73	21.70	25.82	30.09	34.50	38.87	43.32		48.46	8 / 4			
reaction time		interval		3.90	3.76	4.00	3.97	4.12	4.27	4.41	4.37	4.45	5.14	PB		11.66	12.36	13.23
		velocity	7.41	8.97	9.31	8.75	8.82	8.50	8.20	7.94	8.01	7.87	7.78	8.25		9.01	8.50	7.94
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15		153				
Whyte, Annsert (JAM) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis) <i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>																		
date	08-Sep-18	time	5.76	9.36	13.04	16.84	20.80		29.08	33.48	38.16	42.96		48.46	1 / 2			
reaction time	0.168	interval		3.60	3.68	3.80	3.96		8.28	4.40	4.68	4.80	5.50			11.08	12.24	13.88
		velocity	7.81	9.72	9.51	9.21	8.84		8.45	7.95	7.48	7.29	7.27	8.25		9.48	8.58	7.56
H1 lead leg	L	strides		13	13	13	13		14	14	15	15	18.5	128.5				
Dean, Caleb (USA) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2024 Herculis Meeting International d'Athlétisme (Monaco, MON) <i>Omega Timing (2024) - diamond league race analysis</i>																		
date	12-Jul-24	time	5.82	9.52	13.24	16.96	20.80	24.86	29.17	33.67	38.25	42.94		48.46	4 / 8			
reaction time	0.174	interval		3.70	3.72	3.72	3.84	4.06	4.31	4.50	4.58	4.69	5.52			11.14	12.21	13.77
		velocity	7.73	9.46	9.41	9.41	9.11	8.62	8.12	7.78	7.64	7.46	7.25	8.25		9.43	8.60	7.63
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	15	17.7	161.7				
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Meeting de Paris (Paris, FRA) (TV Analysis) <i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	24-Aug-19	time	5.78	9.42	13.18	17.04	21.00	22.7	25.08	29.32	33.74	38.28	43.00		48.47	4 / 4		
reaction time	0.192	interval		3.64	3.76	3.86	3.96	4.08	4.24	4.42	4.54	4.72	5.47			11.26	12.28	13.68
		velocity	7.79	9.62	9.31	9.07	8.84	8.81	8.58	8.25	7.92	7.71	7.42	7.31	8.25	9.33	8.55	7.68
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	14	14	17.7	157.7				
McMaster, Kyron (IVB) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) <i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	20-Aug-23	time	5.80	9.50		16.83		24.70	28.90	33.33	38.00	42.90		48.47	4 / 1			
reaction time	0.156	interval		3.70		7.33		7.87	4.20	4.43	4.67	4.90	5.57			11.03	12.07	14.00
		velocity	7.76	9.46		9.55		8.89	8.33	7.90	7.49	7.14	7.18	8.25		9.52	8.70	7.50
H1 lead leg	L	strides	21	13	13				13	14	14	14	17.2	119.2				
Nathaniel, Ezekiel (NGR) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 4</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) <i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	20-Aug-23	time	6.10	10.03	13.83	17.56	21.33	25.33	29.53	33.90	38.53	43.23		48.47	8 / 4			
reaction time	0.210	interval		3.93	3.80	3.73	3.77	4.00	4.20	4.37	4.63	4.70	5.24			11.46	11.97	13.70
		velocity	7.38	8.91	9.21	9.38	9.28	8.75	8.33	8.01	7.56	7.45	7.63	8.25		9.16	8.77	7.66
H1 lead leg	R	strides	21	13	13	13	13	13	13	14	14	14	17	158				
Dia Bâ, Amadou (SEN) (1958)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2</b> - 1988 Olympic Games (Seoul, KOR) <i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																		
date	24-Sep-88	time	6.16	10.00	13.91	17.73	21.78	25.89	30.18	34.49	38.99	43.48		48.48	4 / 3			
reaction time		interval		3.84	3.91	3.82	4.05	4.11	4.29	4.31	4.50	4.49	5.00			11.57	12.45	13.30
		velocity	7.31	9.11	8.95	9.16	8.64	8.52	8.16	8.12	7.78	7.80	8.00	8.25		9.08	8.43	7.89
H1 lead leg		strides	20	13	13	13	13	13	14	14	14	14	17	158				
Carter, James (USA) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 3</b> - 2000 Olympic Games (Sydney, AUS) <i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																		
date	25-Sep-00	time	5.70	9.46	13.14	16.90	20.86	22.38	24.90	29.14	33.54	38.10	42.96		48.48	3 / 1		
reaction time	0.202	interval		3.76	3.68	3.76	3.96	4.04	4.24	4.40	4.56	4.86	5.52			11.20	12.24	13.82
		velocity	7.89	9.31	9.51	9.31	8.84	8.94	8.66	8.25	7.95	7.68	7.20	7.25	8.25	9.38	8.58	7.60
H1 lead leg		strides	21	13	13	13	13	13	14	14	14	15	18	161				
Hall, Quincy (USA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 NCAA Championships (Austin, TX) (TV Analysis) <i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	07-Jun-19	time	6.06	9.83	13.70	17.56	21.53	25.53	29.70	34.03	38.60	43.40		48.48	5 / 1			
reaction time	0.269	interval		3.77	3.87	3.86	3.97	4.00	4.17	4.33	4.57	4.80	5.08	PB		11.50	12.14	13.70
		velocity	7.43	9.28	9.04	9.07	8.82	8.75	8.39	8.08	7.66	7.29	7.87	8.25		9.13	8.65	7.66
H1 lead leg	R	strides	21	13	13	13	13	13	13	13	13	15	16.7	156.7				
Valliant, Ludvy (FRA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) <i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	21-Aug-23	time	5.90	9.64	13.31	16.85	20.68	24.69	28.87	33.35	37.94	42.88		48.48	6 / 3			
reaction time	0.194	interval		3.74	3.67	3.54	3.83	4.01	4.18	4.48	4.59	4.94	5.60			10.95	12.02	14.01
		velocity	7.63	9.36	9.54	9.89	9.14	8.73	8.37	7.81	7.63	7.09	7.14	8.25		9.59	8.74	7.49
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	14	15	18	161				
Januszewski, Paweł (POL) (1972)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2000 ISTAF (Berlin, GER) <i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																		
date	01-Sep-00	time	6.07	9.93	13.76	17.69	21.67	25.81	29.98	34.28	38.76	43.34		48.49	1 / 3			
reaction time		interval		3.86	3.83	3.93	3.98	4.14	4.17	4.30	4.48	4.58	5.15			11.62	12.29	13.36
		velocity	7.41	9.07	9.14	8.91	8.79	8.45	8.39	8.14	7.81	7.64	7.77	8.25		9.04	8.54	7.86
H1 lead leg		strides																

Taylor, Angelo (USA) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2 - 2000 Olympic Games (Sydney, AUS)</b>		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	25-Sep-00	time	5.84	9.60	13.48	17.36	21.28	22.80	25.32	29.60	34.04	38.52	43.12	48.49	3 / 2			
reaction time	0.250	interval		3.76	3.88	3.88	3.92		4.04	4.28	4.44	4.48	4.60	5.37		11.52	12.24	13.52
		velocity	7.71	9.31	9.02	9.02	8.93	8.77	8.66	8.18	7.88	7.81	7.61	7.45	8.25	9.11	8.58	7.77
H1 lead leg		strides		13	13	13	13		13	14	14	14	14	17.4	138.4			
McFarlane, Danny (JAM) (1972)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)</b>		<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	16-Aug-09	time	5.99	9.65	13.40	17.29	21.34		25.46	29.78	34.08	38.54	43.16	48.49	4 / 4			
reaction time	0.161	interval		3.66	3.75	3.89	4.05		4.12	4.32	4.30	4.46	4.62	5.33		11.30	12.49	13.38
		velocity	7.51	9.56	9.33	9.00	8.64		8.50	8.10	8.14	7.85	7.58	7.50	8.25	9.29	8.41	7.85
H1 lead leg	L	strides		13	13	13	13		13	14	14	14	15	17.7	139.7			
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	09-Aug-17	time	5.92	9.60	13.36	17.24	21.24		25.44	29.72	34.16	38.64	43.16	48.49	8 / 2			
reaction time	0.211	interval		3.68	3.76	3.88	4.00		4.20	4.28	4.44	4.48	4.52	5.33		11.32	12.48	13.44
		velocity	7.60	9.51	9.31	9.02	8.75		8.33	8.18	7.88	7.81	7.74	7.50	8.25	9.28	8.41	7.81
H1 lead leg	R	strides		20	13	13	13		13	14	14	14	14	18	159			
Livingston, Isaiah (USA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)</b>		<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	11-Jun-21	time	5.97	9.77		17.75	21.80			30.16	34.57	39.07	43.57	48.49	9 / 2			
reaction time	0.233	interval		3.80		7.98	4.05			8.36	4.41	4.50	4.50	4.92	PB	11.78	12.41	13.41
		velocity	7.54	9.21		8.77	8.64			8.37	7.94	7.78	7.78	8.13	8.25	8.91	8.46	7.83
H1 lead leg	L	strides		21	13		13					13	14	14	16.5	104.5		
McMaster, Kyron (IVB) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)</b>		<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																
date	30-May-24	time	5.74	9.21	13.18	16.95	21.02		25.16	29.43	33.93	38.50	43.07	48.49	6 / 3			
reaction time	0.145	interval		3.47	3.97	3.77	4.07		4.14	4.27	4.50	4.57	4.57	5.42		11.21	12.48	13.64
		velocity	7.84	10.09	8.82	9.28	8.60		8.45	8.20	7.78	7.66	7.66	7.38	8.25	9.37	8.41	7.70
H1 lead leg	L	strides		21	13	13	13		13	13	14	14	14	141				
Allen, CJ (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2024 London Athletics Meet (London, GBR)</b>		<i>Omega Timing (2024) - diamond league race analysis</i>																
date	20-Jul-24	time	5.74	9.37	13.11	16.95	20.86		24.90	29.11	33.42	38.03	42.78	48.49	7 / 6			
reaction time	0.146	interval		3.63	3.74	3.84	3.91		4.04	4.21	4.31	4.61	4.75	5.71		11.21	12.16	13.67
		velocity	7.84	9.64	9.36	9.11	8.95		8.66	8.31	8.12	7.59	7.37	7.01	8.25	9.37	8.63	7.68
H1 lead leg	L	strides		20	13	13	13				14		18	104				
Ackermann, Uwe (GDR) (1960)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 1982 GDR vs. USA (Karl-Marx-Stadt, GDR)</b>		<i>Heß (1985) - entwicklungsaspekte die leichtathletischen sprint-/hürden disziplinen im olympiazklus 1981/84</i>																
date	09-Jul-82	time	5.97				21.67						43.34	48.50	1 / 1			
reaction time		interval					15.70						21.67	5.16	PB			
		velocity	7.54				8.92						8.08	7.75	8.25			
H1 lead leg		strides																
Clement, Kerron (USA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	10-Jul-16	time	6.00	9.71	13.34	17.18	21.15		25.26	29.53	33.93	38.50	43.24	48.50	7 / 1			
reaction time	0.180	interval		3.71	3.63	3.84	3.97		4.11	4.27	4.40	4.57	4.74	5.26		11.18	12.35	13.71
		velocity	7.50	9.43	9.64	9.11	8.82		8.52	8.20	7.95	7.66	7.38	7.60	8.25	9.39	8.50	7.66
H1 lead leg	R	strides		20	13	13	13		13	13	13	13	13	16.5	153.5			
Robinson, Byron (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	25-Jun-17	time	5.79	9.55	13.51	17.58	21.68		25.69	29.87	34.07	38.42	42.86	48.50	6 / 4			
reaction time		interval		3.76	3.96	4.07	4.10		4.01	4.18	4.20	4.35	4.44	5.64	PB	11.79	12.29	12.99
		velocity	7.77	9.31	8.84	8.60	8.54		8.73	8.37	8.33	8.05	7.88	7.09	8.25	8.91	8.54	8.08
H1 lead leg	L	strides		22	15	15	15		15	15	15	15	15	19.5	176.5			
Mann, Ralph (USA) (1949)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 1972 Olympic Games (Munich, FRG)</b>		<i>Le Masurier (1977) - die olympischen 400-m-hürdenlauf vom Mexico City, München und Montreal</i>																
date	03-Sep-72	time	6.0	9.7	13.6	17.6	21.3	23.0	25.4	29.7	33.9	38.4	43.1	48.51	6 / 2			
reaction time		interval		3.7	3.9	4.0	3.7		4.1	4.3	4.2	4.5	4.7	5.41		11.60	12.10	13.40
		velocity	7.50	9.46	8.97	8.75	9.46	8.70	8.54	8.14	8.33	7.78	7.45	7.39	8.25	9.05	8.68	7.84
H1 lead leg	L	strides		21	13	13	13		13	13	15	15	15	19	163			
Schmid, Harald (FRG) (1957)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 1978 European Championships (Prague, TCH)</b>		<i>Lamare (1978) - championnats d'Europa 1978</i>																
date	31-Aug-78	time	6.04	9.77	13.63	17.54	21.47		25.69	29.88	34.25	38.78	43.29	48.51	1 / 1			
reaction time		interval		3.73	3.86	3.91	3.93		4.22	4.19	4.37	4.53	4.51	5.22	CR	11.50	12.34	13.41
		velocity	7.45	9.38	9.07	8.95	8.91		8.29	8.35	8.01	7.73	7.76	7.66	8.25	9.13	8.51	7.83
H1 lead leg		strides																

Thompson, Kemel (JAM) (1974)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2003 IAAF World Championships (Paris, FRA)																		
<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>																		
date	29-Aug-03	time	5.8	9.5	13.4	17.3	21.4	25.4	29.6	33.9	38.4	43.0		48.51	3 / 5			
reaction time	0.168	interval		3.7	3.9	3.9	4.1	4.0	4.2	4.3	4.5	4.6	5.51			11.50	12.30	13.40
		velocity	7.76	9.46	8.97	8.97	8.54	8.75	8.33	8.14	7.78	7.61	7.26	8.25		9.13	8.54	7.84
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18	169				
Selmon, Kenny (USA) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1</b> - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																		
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																		
date	25-Jun-21	time	6.10	9.83	13.63	17.53	21.47	25.60	29.80	34.13	38.70	43.30		48.51	6 / 1			
reaction time	0.242	interval		3.73	3.80	3.90	3.94	4.13	4.20	4.33	4.57	4.60	5.21			11.43	12.27	13.50
		velocity	7.38	9.38	9.21	8.97	8.88	8.47	8.33	8.08	7.66	7.61	7.68	8.25		9.19	8.56	7.78
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	14	14	17	156				
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2022 Bislett Games (Oslo, NOR) (TV Analysis)																		
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																		
date	16-Jun-22	time	5.84	9.56	13.28	17.12	21.04	22.73	25.22	29.44	33.76	38.28	43.00		48.51	6 / 2		
reaction time	0.165	interval		3.72	3.72	3.84	3.92	4.18	4.22	4.32	4.52	4.72	5.51			11.28	12.32	13.56
		velocity	7.71	9.41	9.41	9.11	8.93	8.80	8.37	8.29	8.10	7.74	7.42	7.26	8.25	9.31	8.52	7.74
H1 lead leg	R	strides	21	13	13	13	13	13	13	14	14	14	18	159				
McMaster, Kyron (IVB) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2024 USATF LA Grand Prix (Los Angeles, CA) (TV Analysis)																		
<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																		
date	18-May-24	time	5.87	9.51	13.28	17.05	21.02	29.26	33.66	38.20	42.94			48.51	7 / 3			
reaction time	0.220	interval		3.64	3.77	3.77	3.97	8.24	4.40	4.54	4.74	5.57				11.18	12.21	13.68
		velocity	7.67	9.62	9.28	9.28	8.82	8.50	7.95	7.71	7.38	7.18	8.25			9.39	8.60	7.68
H1 lead leg	L	strides	21	13	13	13	13			14	14	14	17.2	132.2				
Bengtström, Carl (SWE) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2</b> - 2024 European Athletics Championships (Roma, ITA)																		
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																		
date	10-Jun-24	time	5.80	9.50	13.40	17.35	21.47	25.65	29.91	34.16	38.74	43.36		48.51	8 / 2			
reaction time	0.182	interval		3.70	3.90	3.95	4.12	4.18	4.26	4.25	4.58	4.62	5.15			11.55	12.56	13.45
		velocity	7.76	9.46	8.97	8.86	8.50	8.37	8.22	8.24	7.64	7.58	7.77	8.25		9.09	8.36	7.81
H1 lead leg		strides											0					
Hemery, David (GBR) (1944)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1972 Olympic Games (Munich, FRG)																		
<i>Le Masurier (1977) - die olympischen 400-m-hürdenlauf vom Mexico City, München und Montreal</i>																		
date	03-Sep-72	time	6.1	9.8	13.4	17.2	21.1	22.8	25.1	29.3	33.6	38.2	43.0		48.52	5 / 3		
reaction time		interval		3.7	3.6	3.8	3.9	4.0	4.2	4.3	4.6	4.8	5.52			11.10	12.10	13.70
		velocity	7.38	9.46	9.72	9.21	8.97	8.77	8.75	8.33	8.14	7.61	7.29	7.25	8.24	9.46	8.68	7.66
H1 lead leg	L	strides	21	13	13	13	13	13	15	15	15	15	18.2	164.2				
Wallenind, Niklas (SWE) (1968)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1990 European Championships (Split, YUG)																		
<i>Behm (1995) - la tactique du 400 haies</i>																		
date	29-Aug-90	time	6.1	9.9	13.8	17.7	21.7	25.8	30.2	34.6	39.0	43.4		48.52	4 / 3			
reaction time		interval		3.8	3.9	3.9	4.0	4.1	4.4	4.4	4.4	4.4	5.12	PB		11.60	12.50	13.20
		velocity	7.38	9.21	8.97	8.97	8.75	8.54	7.95	7.95	7.95	7.95	7.81	8.24		9.05	8.40	7.95
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	15	18	161				
Dutch, Johnny (USA) (1989)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2008 USA Olympic Trials (Eugene, OR)																		
<i>USATF Hurdle Development (2008)</i>																		
date	29-Jun-08	time	6.03	9.82	13.66	17.71	21.85	26.10	30.34	34.66	38.97	43.37		48.52	7 / 5			
reaction time		interval		3.79	3.84	4.05	4.14	4.25	4.24	4.32	4.31	4.40	5.15	PB		11.68	12.63	13.03
		velocity	7.46	9.23	9.11	8.64	8.45	8.24	8.25	8.10	8.12	7.95	7.77	8.24		8.99	8.31	8.06
H1 lead leg	R	strides	22	13	13	13	13	14	14	15	15	15	17	147				
Plawgo, Marek (POL) (1981)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2008 Olympic Games (Beijing, CHN)																		
<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>																		
date	18-Aug-08	time	5.9	9.7	13.4	17.3	21.3	25.4	29.8	34.1	38.6	43.3		48.52	3 / 6			
reaction time	0.226	interval		3.8	3.7	3.9	4.0	4.1	4.4	4.3	4.5	4.7	5.22			11.40	12.50	13.50
		velocity	7.63	9.21	9.46	8.97	8.75	8.54	7.95	8.14	7.78	7.45	7.66	8.24		9.21	8.40	7.78
H1 lead leg	R	strides	20	13	13	13	13	14	14	14	14	14	17	159				
Greene, David (Dai) (GBR) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2010 Commonwealth Games (Dehli, IND)																		
<i>Arnold (2010) - 400mH planning and peaking</i>																		
date	10-Oct-10	time	6.1	9.9	13.7	17.7	21.7	23.5	25.9	30.1	34.4	38.9	43.5		48.52	6 / 1		
reaction time	0.163	interval		3.8	3.8	4.0	4.0	4.2	4.2	4.3	4.5	4.6	5.02			11.60	12.40	13.40
		velocity	7.38	9.21	9.21	8.75	8.75	8.51	8.33	8.33	8.14	7.78	7.61	7.97	8.24	9.05	8.47	7.84
H1 lead leg	R	strides	21	14	14	14	14	14	15	15	15	15	19	170				
Hyde, Jaheel (JAM) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 Jamaica International Invitational (Kingston, JAM) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																		
date	20-May-17	time	5.84	9.64	13.51	17.48	21.55	25.62	29.86	34.16	38.57	43.21		48.52	3 / 2			
reaction time		interval		3.80	3.87	3.97	4.07	4.07	4.24	4.30	4.41	4.64	5.31	PB		11.64	12.38	13.35
		velocity	7.71	9.21	9.04	8.82	8.60	8.60	8.25	8.14	7.94	7.54	7.53	8.24		9.02	8.48	7.87
H1 lead leg	L	strides	22	14	14	13	14			14	14	15	15	18.5	153.5			

Clement, Kerron (USA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2017 IAAF World Championships (London, GBR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>						
date	09-Aug-17	time	5.92	9.72	13.52	17.28	21.20		25.32	29.52	33.84	38.32	43.12		48.52	4 / 3			
reaction time	0.153	interval		3.80	3.80	3.76	3.92		4.12	4.20	4.32	4.48	4.80	5.40			11.36	12.24	13.60
		velocity	7.60	9.21	9.21	9.31	8.93		8.50	8.33	8.10	7.81	7.29	7.41	8.24		9.24	8.58	7.72
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	17	155				
Benjamin, Rai (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 3</b> - 2019 IAAF World Championships (Doha, QAT)													<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>						
date	28-Sep-19	time	5.82	9.47	13.24	17.17	21.24		25.38	29.56	33.88	38.32	42.93		48.52	6 / 1			
reaction time	0.215	interval		3.65	3.77	3.93	4.07		4.14	4.18	4.32	4.44	4.61	5.59			11.35	12.39	13.37
		velocity	7.73	9.59	9.28	8.91	8.60		8.45	8.37	8.10	7.88	7.59	7.16	8.24		9.25	8.47	7.85
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.7	153.7				
Bengtström, Carl (SWE) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	28-May-22	time	5.70	9.46	13.27	17.17	21.17	23.02	25.33	29.58	33.93	38.53	43.26		48.52	9 / 4			
reaction time	0.172	interval		3.76	3.81	3.90	4.00		4.16	4.25	4.35	4.60	4.73	5.26	48.52		11.47	12.41	13.68
		velocity	7.89	9.31	9.19	8.97	8.75	8.69	8.41	8.24	8.05	7.61	7.40	7.60	8.24		9.15	8.46	7.68
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	153					
Zellner, Torrance (USA) (1970)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 2</b> - 1999 IAAF World Championships (Sevilla, ESP)													<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>						
date	25-Aug-99	time	5.68	9.45	13.25	17.05	21.08		25.09	29.21	33.62	38.22	42.85		48.53	7 / 4			
reaction time	0.129	interval		3.77	3.80	3.80	4.03		4.01	4.12	4.41	4.60	4.63	5.68			11.37	12.16	13.64
		velocity	7.92	9.28	9.21	9.21	8.68		8.73	8.50	7.94	7.61	7.56	7.04	8.24		9.23	8.63	7.70
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17	156				
Lattin, Amere (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2022 USATF National Championships (Eugene, OR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	26-Jun-22	time	5.87	9.51	13.28	17.08	21.05	22.70	25.12	29.56	34.06	38.73	43.37		48.53	2 / 6			
reaction time		interval		3.64	3.77	3.80	3.97		4.07	4.44	4.50	4.67	4.64	5.16	PB		11.21	12.48	13.81
		velocity	7.67	9.62	9.28	9.21	8.82	8.81	8.60	7.88	7.78	7.49	7.54	7.75	8.24		9.37	8.41	7.60
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17	158				
Long, Corde (USA) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2023 NCAA Championships (Austin, TX) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>						
date	09-Jun-23	time	5.99	9.71	13.56	17.46	21.54		25.76	30.28	34.62	39.09	43.49		48.53	5 / 2			
reaction time		interval		3.72	3.85	3.90	4.08		4.22	4.52	4.34	4.47	4.40	5.04	PB		11.47	12.82	13.21
		velocity	7.51	9.41	9.09	8.97	8.58		8.29	7.74	8.06	7.83	7.95	7.94	8.24		9.15	8.19	7.95
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	13	16.7	157.7				
Abuaku, Joshua (GER) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>						
date	23-Aug-23	time	5.97	9.83	13.45	17.22	21.13			29.56	34.03	38.64	43.34		48.53	2 / 8			
reaction time	0.156	interval		3.86	3.62	3.77	3.91			8.43	4.47	4.61	4.70	5.19			11.25	12.34	13.78
		velocity	7.54	9.07	9.67	9.28	8.95			8.30	7.83	7.59	7.45	7.71	8.24		9.33	8.51	7.62
H1 lead leg	L	strides	20	13		13				14	14	14	18	119					
Mann, Ralph (USA) (1949)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1972 USA Olympic Trials (Eugene, OR)													<i>(1972) - die große olympia-vorschau: von wettbewerb zu wettbewerb</i>						
date	02-Jul-72	time	5.9	9.5	13.5	17.3	21.2		25.3	29.7	34.0	38.5	42.1		48.4	8 / 1			
reaction time		interval		3.6	4.0	3.8	3.9		4.1	4.4	4.3	4.5	3.6	6.3	(48.34)		11.40	12.40	12.40
		velocity	7.63	9.72	8.75	9.21	8.97		8.54	7.95	8.14	7.78	9.72	6.35	8.26		9.21	8.47	8.47
H1 lead leg	L	strides																	
Thomas, Eric (USA) (1973)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1996 USA Olympic Trials (Atlanta, GA)													<i>McNichols - Hurdle technique study through video analysis</i>						
date	16-Jun-96	time	5.98	9.83	13.67	17.53	21.47	22.18	25.41	29.59	33.90	38.39	43.09		48.54	4 / 4			
reaction time		interval		3.85	3.84	3.86	3.94		3.94	4.18	4.31	4.49	4.70	5.45	=PB		11.55	12.06	13.50
		velocity	7.53	9.09	9.11	9.07	8.88	9.02	8.88	8.37	8.12	7.80	7.45	7.34	8.24		9.09	8.71	7.78
H1 lead leg	R	strides	20	13	13	14	13		13	14	14	15	15	144					
Rawlinson, Christopher (GBR) (1972)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2001 IAAF World Championships (Edmonton, CAN)													<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>						
date	10-Aug-01	time	5.8	9.6	13.3	17.1	21.0		25.0	29.2	33.6	38.1	42.7		48.54	6 / 5			
reaction time	0.164	interval		3.8	3.7	3.8	3.9		4.0	4.2	4.4	4.5	4.6	5.84			11.30	12.10	13.50
		velocity	7.76	9.21	9.46	9.21	8.97		8.75	8.33	7.95	7.78	7.61	6.85	8.24		9.29	8.68	7.78
H1 lead leg	R	strides	20	14	14	14	14		14	14	15	15	15	149					
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2018 Bislett Games (Oslo, NOR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	07-Jun-18	time	5.84	9.48			21.16	23.0	25.20	29.44	33.84	38.28	43.00		48.54	4 / 3			
reaction time	0.210	interval		3.64			11.68		4.04	4.24	4.40	4.44	4.72	5.54					13.56
		velocity	7.71	9.62			8.99	8.70	8.66	8.25	7.95	7.88	7.42	7.22	8.24				7.74
H1 lead leg	R	strides	20	13	13				13	13	14	14	14	18	132				

Nathaniel, Ezekiel (NGR) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2023 NCAA Championships (Austin, TX) (TV Analysis)																		
Henson (2023) - Athlete First: 2023 year end hurdle report																		
date	09-Jun-23	time	5.99	9.69	13.50	17.33	21.30	25.39	29.66	34.06	38.66	43.39		48.54	8 / 3			
reaction time		interval		3.70	3.81	3.83	3.97	4.09	4.27	4.40	4.60	4.73	5.15			11.34	12.33	13.73
		velocity	7.51	9.46	9.19	9.14	8.82	8.56	8.20	7.95	7.61	7.40	7.77	8.24		9.26	8.52	7.65
H1 lead leg	R	strides	21	13	13	13	13	13	13	13	14	14	17.7	157.7				
Diagana, Stéphane (FRA) (1969)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 5</b> - 1999 IAAF World Championships (Sevilla, ESP)																		
Sanchez (1999) - Sevilla '99: análisis de la carreras con villas																		
date	24-Aug-99	time	5.59	9.30	13.12	16.99	20.93	24.99	29.38	33.82	38.45	43.02		48.55	5 / 1			
reaction time	0.155	interval		3.71	3.82	3.87	3.94	4.06	4.39	4.44	4.63	4.57	5.53			11.40	12.39	13.64
		velocity	8.05	9.43	9.16	9.04	8.88	8.62	7.97	7.88	7.56	7.66	7.23	8.24		9.21	8.47	7.70
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	15	15	18	162				
Woody, Joey (USA) (1973)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1</b> - 1999 IAAF World Championships (Sevilla, ESP)																		
Sanchez (1999) - Sevilla '99: análisis de la carreras con villas																		
date	25-Aug-99	time	5.64	9.36	13.14	17.01	20.99	25.06	29.31	33.70	38.24	42.90		48.55	8 / 1			
reaction time	0.214	interval		3.72	3.78	3.87	3.98	4.07	4.25	4.39	4.54	4.66	5.65			11.37	12.30	13.59
		velocity	7.98	9.41	9.26	9.04	8.79	8.60	8.24	7.97	7.71	7.51	7.08	8.24		9.23	8.54	7.73
H1 lead leg	R	strides	21	13	13	13	13	13	13	14	14	15	17.5	159.5				
Thomas, Eric (USA) (1973)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2000 ISTAF (Berlin, GER)																		
Graubner (2009) - http://www.fgs.uni-halle.de																		
date	01-Sep-00	time	6.09	9.86	13.66	17.48	21.44	25.47	29.76	34.04	38.60	43.23		48.55	/ 4			
reaction time		interval		3.77	3.80	3.82	3.96	4.03	4.29	4.28	4.56	4.63	5.32			11.39	12.28	13.47
		velocity	7.39	9.28	9.21	9.16	8.84	8.68	8.16	8.18	7.68	7.56	7.52	8.24		9.22	8.55	7.80
H1 lead leg		strides																
Culson, Javier (PUR) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2016 Meeting Paris (Saint-Denis, FRA) (TV Analysis)																		
Henson (2020) - Athlete First: 2016 year end hurdle report																		
date	27-Aug-16	time	5.76	9.36	16.92	20.84	24.96	29.42	33.52	38.12	42.92		48.55	5 / 4				
reaction time	0.207	interval		3.60	7.56	3.92	4.12	8.56	4.60	4.80	5.63					11.16		
		velocity	7.81	9.72	9.26	8.93	8.50	8.18	7.61	7.29	7.10	8.24				9.41		
H1 lead leg	L	strides	20	13		13	13			14	14	17.2	104.2					
Bailey, Aldrich (USA) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																		
Henson (2021) - Athlete First: 2021 year end hurdle report																		
date	26-Jun-21	time	5.80	9.61	13.48	17.35	21.32	25.42	29.79	34.20	38.64	43.17		48.55	3 / 4			
reaction time	0.228	interval		3.81	3.87	3.87	3.97	4.10	4.37	4.41	4.44	4.53	5.38	PB		11.55	12.44	13.38
		velocity	7.76	9.19	9.04	9.04	8.82	8.54	8.01	7.94	7.88	7.73	7.43	8.24		9.09	8.44	7.85
H1 lead leg	L	strides		13	13	13	13		14	14	14	14	17.2	125.2				
Abuaku, Joshua (GER) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2022 ISTAF (Berlin, GER) (TV Analysis)																		
Henson (2022) - Athlete First: 2022 year end hurdle report																		
date	04-Sep-22	time	5.96		20.92		25.04	29.44	33.92	38.52	43.24		48.55	5 / 3				
reaction time	0.174	interval			14.96		4.12	4.40	4.48	4.60	4.72	5.31	PB					13.80
		velocity	7.55		9.36		8.50	7.95	7.81	7.61	7.42	7.53	8.24					7.61
H1 lead leg	R	strides	20				13	14	14	15	15	18	109					
Happio, Wilfried (FRA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 3</b> - 2024 European Athletics Championships (Roma, ITA)																		
European Athletics (2024) - 2024 european athletics championships - results book																		
date	10-Jun-24	time	5.83	9.59	13.46	17.33	21.29	25.36	29.55	33.84	38.51	43.18		48.55	5 / 5			
reaction time	0.168	interval		3.76	3.87	3.87	3.96	4.07	4.19	4.29	4.67	4.67	5.37			11.50	12.22	13.63
		velocity	7.72	9.31	9.04	9.04	8.84	8.60	8.35	8.16	7.49	7.49	7.45	8.24		9.13	8.59	7.70
H1 lead leg		strides											0					
Young, Kevin (USA) (1966)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1</b> - 1988 Olympic Games (Seoul, KOR)																		
Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988																		
date	24-Sep-88	time	6.29	10.21	14.14	18.02	21.86	25.79	29.82	33.95	38.36	43.00		48.56	5 / 2			
reaction time		interval		3.92	3.93	3.88	3.84	3.93	4.03	4.13	4.41	4.64	5.56			11.73	11.80	13.18
		velocity	7.15	8.93	8.91	9.02	9.11	8.91	8.68	8.47	7.94	7.54	7.19	8.24		8.95	8.90	7.97
H1 lead leg		strides	20	13	13	13	13	13	13	13	13	14	17	155				
Warholm, Karsten (NOR) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)																		
Henson (2021) - Athlete First: 2018 year end hurdle report																		
date	08-Sep-18	time	5.76	9.40	13.12	17.00	21.00	25.08	29.32	33.76	38.48	43.24		48.56	4 / 3			
reaction time	0.175	interval		3.64	3.72	3.88	4.00	4.08	4.24	4.44	4.72	4.76	5.32			11.24	12.32	13.92
		velocity	7.81	9.62	9.41	9.02	8.75	8.58	8.25	7.88	7.42	7.35	7.52	8.24		9.34	8.52	7.54
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	15	15	18	159				
Happio, Wilfried (FRA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2022 European Athletics Championships (Munich, GER) (TV Analysis)																		
Henson (2022) - Athlete First: 2022 year end hurdle report																		
date	19-Aug-22	time	5.85	9.43	17.09	21.06	22.67	25.19	29.44	33.85	38.50	43.27		48.56	3 / 2			
reaction time	0.185	interval		3.58	7.66	3.97	4.13	4.25	4.41	4.65	4.77	5.29				11.24	12.35	13.83
		velocity	7.69	9.78	9.14	8.82	8.82	8.47	8.24	7.94	7.53	7.34	7.56	8.24		9.34	8.50	7.59
H1 lead leg	L	strides	20	13		13	13	13	13	13	15	15	18	133				

Dean, Caleb (USA) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2023 NCAA Championships (Austin, TX) (TV Analysis)																		
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	09-Jun-23	time	5.76	9.47	13.28	17.17	21.17	25.39	29.80	34.30	38.80	43.26		48.56	7 / 4			
reaction time		interval		3.71	3.81	3.89	4.00	4.22	4.41	4.50	4.50	4.46	5.30			11.41	12.63	13.46
		velocity	7.81	9.43	9.19	9.00	8.75	8.29	7.94	7.78	7.78	7.85	7.55	8.24		9.20	8.31	7.80
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	14	18.2	161.2				
Drummond, Gerald (CRC) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2024 Prefontaine Classic (Eugene, OR)																		
<i>Omega Timing (2024) - diamond league race analysis</i>																		
date	25-May-24	time	5.79	9.57	13.44	17.28	21.19	25.30	29.46	33.85	38.46	43.16		48.56	8 / 1			
reaction time	0.211	interval		3.78	3.87	3.84	3.91	4.11	4.16	4.39	4.61	4.70	5.40			11.49	12.18	13.70
		velocity	7.77	9.26	9.04	9.11	8.95	8.52	8.41	7.97	7.59	7.45	7.41	8.24		9.14	8.62	7.66
H1 lead leg		strides		14	14	14	14	14	14	15	15	15	115					
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2024 Bislett Games (Oslo, NOR) (TV Analysis)																		
<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																		
date	30-May-24	time	5.97	9.61	13.31	17.15	21.15	25.22	29.53	34.00	38.54	43.21		48.56	8 / 4			
reaction time	0.213	interval		3.64	3.70	3.84	4.00	4.07	4.31	4.47	4.54	4.67	5.35			11.18	12.38	13.68
		velocity	7.54	9.62	9.46	9.11	8.75	8.60	8.12	7.83	7.71	7.49	7.48	8.24		9.39	8.48	7.68
H1 lead leg	R	strides	21	13	13	13	13	13	13	14	14	14	141					
Happio, Wilfried (FRA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2024 Meeting de Paris (Paris, FRA)																		
<i>Omega Timing (2024) - diamond league race analysis</i>																		
date	07-Jul-24	time	5.69	9.32	13.04	16.87	20.79	24.85	29.03	33.42	38.16	43.00		48.56	5 / 4			
reaction time	0.151	interval		3.63	3.72	3.83	3.92	4.06	4.18	4.39	4.74	4.84	5.56			11.18	12.16	13.97
		velocity	7.91	9.64	9.41	9.14	8.93	8.62	8.37	7.97	7.38	7.23	7.19	8.24		9.39	8.63	7.52
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	14	15	18	158				
Patrick, David (USA) (1960)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1982 TAC National Championships (Knoxville, TN)																		
<i>Mann (1987) - the elite athlete program biomechanical analysis of the long hurdles: tac championship meet</i>																		
date	20-Jun-82	time	6.22	10.16	14.08	17.98	21.94	25.88	30.12	34.52	38.96	43.66		48.57	1 / 1			
reaction time		interval		3.94	3.92	3.90	3.96	3.94	4.24	4.40	4.44	4.70	4.91			11.76	12.14	13.54
		velocity	7.23	8.88	8.93	8.97	8.84	8.88	8.25	7.95	7.88	7.45	8.15	8.24		8.93	8.65	7.75
H1 lead leg		strides																
Schmid, Harald (FRG) (1957)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2</b> - 1983 IAAF World Championships (Helsinki, FIN)																		
<i>Lyle - miscellaneous coaching notes</i>																		
date	08-Aug-83	time	5.46	9.14	12.76	16.70	20.54	24.41	28.69	32.98	37.69	42.45		48.57	2 / 1			
reaction time		interval		3.68	3.62	3.94	3.84	3.87	4.28	4.29	4.71	4.76	6.12			11.24	11.99	13.76
		velocity	8.24	9.51	9.67	8.88	9.11	9.04	8.18	8.16	7.43	7.35	6.54	8.24		9.34	8.76	7.63
H1 lead leg	L	strides	21	13	13	13	13	13	13	13	13	14	17	143				
Teixeira, Everson (BRA) (1974)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1996 Olympic Games (Atlanta, GA)																		
<i>Behm (1996) - 400m haies</i>																		
date	01-Aug-96	time	6.0	10.0	13.8	17.6	21.6	25.8	30.2	34.4	38.8	43.5		48.57	3 / 7			
reaction time	0.201	interval		4.0	3.8	3.8	4.0	4.2	4.4	4.2	4.4	4.7	5.07			11.60	12.60	13.30
		velocity	7.50	8.75	9.21	9.21	8.75	8.33	7.95	8.33	7.95	7.45	7.89	8.24		9.05	8.33	7.89
H1 lead leg		strides	20	13	13	13	13	13	13	13	13	13	137					
Januszewski, Paweł (POL) (1972)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2001 IAAF World Championships (Edmonton, CAN)																		
<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>																		
date	10-Aug-01	time	5.9	9.8	13.5	17.5	21.4	25.5	29.8	34.1	38.7	43.3		48.57	7 / 7-6			
reaction time	0.175	interval		3.9	3.7	4.0	3.9	4.1	4.3	4.3	4.6	4.6	5.27			11.60	12.30	13.50
		velocity	7.63	8.97	9.46	8.75	8.97	8.54	8.14	8.14	7.61	7.61	7.59	8.24		9.05	8.54	7.78
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	152					
Smidt, Nick (NED) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2023 Herculis Meeting International d'Athlétisme (Monaco, MON)																		
<i>Omega Timing (2023) - diamond league race analysis</i>																		
date	21-Jul-23	time	5.83	9.53	13.26	17.07	21.03	25.16	29.40	33.80	38.34	43.04		48.57	8 / 6			
reaction time	0.167	interval		3.70	3.73	3.81	3.96	4.13	4.24	4.40	4.54	4.70	5.53			11.24	12.33	13.64
		velocity	7.72	9.46	9.38	9.19	8.84	8.47	8.25	7.95	7.71	7.45	7.23	8.24		9.34	8.52	7.70
H1 lead leg	L	strides	21	13	13	13	13	14	14	14	14	14	143					
Carter, James (USA) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2004 Olympic Games (Athína, GRE)																		
<i>Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04</i>																		
date	26-Aug-04	time	5.78	9.29	13.10	16.76	20.70	24.69	28.96	33.29	37.80	42.71		48.58	4 / 4			
reaction time	0.223	interval		3.51	3.81	3.66	3.94	3.99	4.27	4.33	4.51	4.91	5.87			10.98	12.20	13.75
		velocity	7.79	9.97	9.19	9.56	8.88	8.77	8.20	8.08	7.76	7.13	6.81	8.23		9.56	8.61	7.64
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	15	18	161				
Jackson, Bershawn (USA) (1983)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2007 IAAF World Athletics Final (Stuttgart, GER)																		
<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																		
date	22-Sep-07	time	5.86	9.68	13.68	17.80	21.96	26.02	30.14	34.38	38.72	43.33		48.58	2 / 4			
reaction time	0.167	interval		3.82	4.00	4.12	4.16	4.06	4.12	4.24	4.34	4.61	5.25			11.94	12.34	13.19
		velocity	7.68	9.16	8.75	8.50	8.41	8.62	8.50	8.25	8.06	7.59	7.62	8.23		8.79	8.51	7.96
H1 lead leg		strides																



McMaster, Kyron (IVB) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2019 Weltklasse (Zürich, SUI) (TV Analysis)													Henson (2020) - Athlete First: 2019 year end hurdle report						
date	29-Aug-19	time	5.72	9.36	13.06	16.76	20.62	22.3	24.64	28.88	33.30	37.98	42.80	48.58	6 / 3				
reaction time	0.177	interval		3.64	3.70	3.70	3.86		4.02	4.24	4.42	4.68	4.82	5.78		11.04	12.12	13.92	
		velocity	7.87	9.62	9.46	9.46	9.07	8.97	8.71	8.25	7.92	7.48	7.26	6.92	8.23	9.51	8.66	7.54	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14		15	129					
Coppello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2019 Weltklasse (Zürich, SUI) (TV Analysis)													Henson (2020) - Athlete First: 2019 year end hurdle report						
date	29-Aug-19	time	5.80	9.46		17.10	21.08	22.7	25.16	29.38		38.42	43.20	48.58	4 / 4				
reaction time	0.167	interval		3.66		7.64	3.98		4.08	4.22		9.04	4.78	5.38		11.30	12.28	13.82	
		velocity	7.76	9.56		9.16	8.79	8.81	8.58	8.29		7.74	7.32	7.43	8.23	9.29	8.55	7.60	
H1 lead leg	R	strides	20	13		13	13		13	13		14	14	86					
McMaster, Kyron (IVB) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)													Henson (2022) - Athlete First: 2022 year end hurdle report						
date	30-Jun-22	time	5.78	9.42	13.18	16.96	20.86	22.50	24.92	29.24	33.68	38.22	42.96	48.58	5 / 3				
reaction time	0.161	interval		3.64	3.76	3.78	3.90		4.06	4.32	4.44	4.54	4.74	5.62		11.18	12.28	13.72	
		velocity	7.79	9.62	9.31	9.26	8.97	8.89	8.62	8.10	7.88	7.71	7.38	7.12	8.23	9.39	8.55	7.65	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	15	17.5	160.5				
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 2</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													Henson (2023) - Athlete First: 2023 year end hurdle report						
date	20-Aug-23	time	6.20	10.06	13.70	17.60	21.63		25.70	29.93	34.33	38.86	43.46	48.58	7 / 2				
reaction time	0.205	interval		3.86	3.64	3.90	4.03		4.07	4.23	4.40	4.53	4.60	5.12		11.40	12.33	13.53	
		velocity	7.26	9.07	9.62	8.97	8.68		8.60	8.27	7.95	7.73	7.61	7.81	8.23	9.21	8.52	7.76	
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14	17	158				
Kurokawa, Kazuki (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 2</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													Henson (2023) - Athlete First: 2023 year end hurdle report						
date	21-Aug-23	time	5.77	9.47	13.21	16.88	20.89		25.09	29.33	33.81	38.44	43.21	48.58	5 / 4				
reaction time	0.144	interval		3.70	3.74	3.67	4.01		4.20	4.24	4.48	4.63	4.77	5.37	PB	11.11	12.45	13.88	
		velocity	7.80	9.46	9.36	9.54	8.73		8.33	8.25	7.81	7.56	7.34	7.45	8.23	9.45	8.43	7.56	
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	19	165				
Mukhobe, Wiseman (KEN) (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>Heat 4</b> - 2024 Olympic Games (Paris, FRA)													Paris 2024 Olympic Games - Results Book (2024)						
date	05-Aug-24	time	5.68	9.28	13.01	16.86	20.89		25.06	29.32	33.81	38.41	43.06	48.58	5 / 5				
reaction time	0.198	interval		3.60	3.73	3.85	4.03		4.17	4.26	4.49	4.60	4.65	5.52		11.18	12.46	13.74	
		velocity	7.92	9.72	9.38	9.09	8.68		8.39	8.22	7.80	7.61	7.53	7.25	8.23	9.39	8.43	7.64	
H1 lead leg	R	strides	21	14	14	13	14		14	15	15	15	15	19	169				
Akçam, Berke (TUR) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2024 Kamila Skolimowska Memorial (Silesia, POL)													Omega Timing (2023) - diamond league race analysis						
date	25-Aug-24	time	5.96	9.72	13.50	17.36	21.34		25.41	29.72	34.06	38.56	43.21	48.58	3 / 7				
reaction time	0.162	interval		3.76	3.78	3.86	3.98		4.07	4.31	4.34	4.50	4.65	5.37		11.62	12.36	13.49	
		velocity	7.55	9.31	9.26	9.07	8.79		8.60	8.12	8.06	7.78	7.53	7.45	8.23	9.04	8.50	7.78	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18.5	162.5				
Tamesue, Dai (JPN) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2004 Seiko Super Grand Prix (Yokohama, JPN)													Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers						
date	23-Sep-04	time	5.86	9.48	13.27	17.16	21.16		25.31	29.51	33.93	38.50	43.15	48.59	1 / 1				
reaction time		interval		3.62	3.79	3.89	4.00		4.15	4.20	4.42	4.57	4.65	5.44		11.30	12.35	13.64	
		velocity	7.68	9.67	9.23	9.00	8.75		8.43	8.33	7.92	7.66	7.53	7.35	8.23	9.29	8.50	7.70	
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	125					
McFarlane, Danny (JAM) (1972)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2007 IAAF World Championships (Osaka, JPN)													Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers						
date	28-Aug-07	time	6.02	9.76	13.56	17.43	21.43		25.50	29.76	34.06	38.51	43.18	48.59	9 / 5				
reaction time	0.172	interval		3.74	3.80	3.87	4.00		4.07	4.26	4.30	4.45	4.67	5.41		11.41	12.33	13.42	
		velocity	7.48	9.36	9.21	9.04	8.75		8.60	8.22	8.14	7.87	7.49	7.39	8.23	9.20	8.52	7.82	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	18	160				
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2016 Athletissima (Laussane, SUI) (TV Analysis)													Henson (2020) - Athlete First: 2016 year end hurdle report						
date	25-Aug-16	time	5.86	9.63	13.43	17.30	21.30		25.46	29.80	34.26	38.80	43.36	48.59	4 / 1				
reaction time	0.113	interval		3.77	3.80	3.87	4.00		4.16	4.34	4.46	4.54	4.56	5.23		11.44	12.50	13.56	
		velocity	7.68	9.28	9.21	9.04	8.75		8.41	8.06	7.85	7.71	7.68	7.65	8.23	9.18	8.40	7.74	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.2	159.2				
Mowatt, Kemar (JAM) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 3</b> - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)													Henson (2022) - Athlete First: 2022 year end hurdle report						
date	17-Jul-22	time	5.76	9.33	13.17	16.86	20.77	22.53		29.20	33.73	38.40	43.10	48.59	4 / 4				
reaction time	0.143	interval		3.57	3.84	3.69	3.91		4.03	4.53	4.67	4.70	5.49		11.10	12.34	13.90		
		velocity	7.81	9.80	9.11	9.49	8.95	8.88		8.30	7.73	7.49	7.45	7.29	8.23	9.46	8.51	7.55	
H1 lead leg	L	strides	21	13	13	13	13				15	15	15	18	136				

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Valliant, Ludvy (FRA) (1995)</b>																		
<b>FINAL - 2023 Bislett Games (Oslo, NOR)</b>														<i>Omega Timing (2023) - diamond league race analysis</i>				
date	15-Jun-23	time	5.69	9.23	12.88	16.65	20.57	24.66	28.94	33.43	38.09	42.89		<b>48.59</b>	2 / 4			
reaction time	0.155	interval		3.54	3.65	3.77	3.92	4.09	4.28	4.49	4.66	4.80	5.70			10.96	12.29	13.95
		velocity	7.91	9.89	9.59	9.28	8.93	8.56	8.18	7.80	7.51	7.29	7.02	8.23		9.58	8.54	7.53
H1 lead leg	R	strides	21		13	13		13			14	14	17.7	105.7				
<b>Yatsevich, Aleksandr (URS) (1956)</b>																		
<b>FINAL - 1982 European Championships (Athens, GRE)</b>														<i>(1982) - XIII championnats d'Europe d'Atletisma, Athens 1982</i>				
date	08-Sep-82	time	6.0	9.9	13.8	17.7	21.7	25.9	30.2	34.3	38.7	43.3		<b>48.60</b>	3 / 2			
reaction time		interval		3.90	3.90	3.90	4.00	4.20	4.30	4.10	4.40	4.60	5.30	<b>PB</b>		11.70	12.50	13.10
		velocity	7.50	8.97	8.97	8.97	8.75	8.33	8.14	8.54	7.95	7.61	7.55	8.23		8.97	8.40	8.02
H1 lead leg	R	strides	21	15	15	15		15	15	15	15	15	18	174				
<b>Januszewski, Paweł (POL) (1972)</b>																		
<b>Semi-Final 1 - 2002 European Championships (Munich, GER)</b>														<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>				
date	08-Aug-02	time	6.04	9.93	13.73	17.59	21.55	25.67	29.83	34.15	38.65	43.23		<b>48.60</b>	1 / 2			
reaction time		interval		3.89	3.80	3.86	3.96	4.12	4.16	4.32	4.50	4.58	5.37			11.55	12.24	13.40
		velocity	7.45	9.00	9.21	9.07	8.84	8.50	8.41	8.10	7.78	7.64	7.45	8.23		9.09	8.58	7.84
H1 lead leg		strides																
<b>Buckley, Markino (JAM) (1986)</b>																		
<b>FINAL - 2008 Olympic Games (Beijing, CHN)</b>														<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>				
date	18-Aug-08	time	5.9	9.9	13.9	17.8	21.7	25.9	30.2	34.5	39.0	43.5		<b>48.60</b>	9 / 7			
reaction time	0.264	interval		4.00	4.00	3.90	3.90	4.20	4.30	4.30	4.50	4.50	5.10			11.90	12.40	13.30
		velocity	7.63	8.75	8.75	8.97	8.97	8.33	8.14	8.14	7.78	7.78	7.84	8.23		8.82	8.47	7.89
H1 lead leg	R	strides	21	13	13	13		14	14	14	14	14	17	160				
<b>Dutch, Johnny (USA) (1989)</b>																		
<b>FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)</b>														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	25-Jun-17	time	5.96	9.62	13.41	17.20	21.20	25.31	29.51	33.79	38.27	43.00		<b>48.60</b>	3 / 5			
reaction time		interval		3.66	3.79	3.79	4.00	4.11	4.20	4.28	4.48	4.73	5.60			11.24	12.31	13.49
		velocity	7.55	9.56	9.23	9.23	8.75	8.52	8.33	8.18	7.81	7.40	7.14	8.23		9.34	8.53	7.78
H1 lead leg	R	strides	22	13	13	13		14	14	15	15	15	19	166				
<b>Benjamin, Rai (USA) (1997)</b>																		
<b>FINAL - 2022 Seiko Golden Grand Prix (Tokyo, JPN)</b>														<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>				
date	08-May-22	time	5.89	9.56	13.25	17.02	20.89	24.91	29.08	33.63	38.39	43.23		<b>48.60</b>	6 / 1			
reaction time	0.219	interval		3.67	3.69	3.77	3.87	4.02	4.17	4.55	4.76	4.84	5.37			11.13	12.06	14.15
		velocity	7.64	9.54	9.49	9.28	9.04	8.71	8.39	7.69	7.35	7.23	7.45	8.23		9.43	8.71	7.42
H1 lead leg	R	strides	20	13	13	13		13	13	13	14	14	17	156				
<b>Valliant, Ludvy (FRA) (1995)</b>																		
<b>FINAL - 2023 Meeting de Paris (Paris, FRA)</b>														<i>Omega Timing (2023) - diamond league race analysis</i>				
date	09-Jun-23	time	5.74	9.33	12.98	16.76	20.61	24.56	28.70	33.19	37.88	42.72		<b>48.60</b>	2 / 4			
reaction time	0.153	interval		3.59	3.65	3.78	3.85	3.95	4.14	4.49	4.69	4.84	5.88			11.02	11.94	14.02
		velocity	7.84	9.75	9.59	9.26	9.09	8.86	8.45	7.80	7.46	7.23	6.80	8.23		9.53	8.79	7.49
H1 lead leg	R	strides	21	13	13	13		13	14	14	14	14	18	160				
<b>Schmid, Harald (FRG) (1957)</b>																		
<b>FINAL - 1983 IAAF World Championships (Helsinki, FIN)</b>														<i>McFarlane (1988) - The Science of Hurdling</i>				
date	09-Aug-83	time	5.75	9.24	13.24		20.93	24.93	28.81	33.48	38.31	43.02		<b>48.61</b>	7 / 2			
reaction time		interval		3.49	4.00		7.69	4.00	3.88	4.67	4.83	4.71	5.59					14.21
		velocity	7.83	10.03	8.75		9.10	8.75	9.02	7.49	7.25	7.43	7.16	8.23				7.39
H1 lead leg	L	strides	21	13	13	13		13	13	14	15	14	17	159				
<b>Benjamin, Rai (USA) (1997)</b>																		
<b>Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	25-Jun-21	time	5.80	9.46	13.20	17.02	20.98	25.02	29.25	33.56	38.04	43.01		<b>48.61</b>	6 / 1			
reaction time	0.197	interval		3.66	3.74	3.82	3.96	4.04	4.23	4.31	4.48	4.97	5.60			11.22	12.23	13.76
		velocity	7.76	9.56	9.36	9.16	8.84	8.66	8.27	8.12	7.81	7.04	7.14	8.23		9.36	8.59	7.63
H1 lead leg	R	strides	20	13	13	13		13	13	13	13	14	17	155				
<b>Happio, Wilfried (FRA) (1998)</b>																		
<b>FINAL - 2022 Memorial van Damme (Brussels, BEL) (TV Analysis)</b>														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	02-Sep-22	time	5.87	9.51	13.24		21.08	22.72	25.16	29.46	33.97	38.67	43.44		<b>48.61</b>	5 / 4-3		
reaction time	0.170	interval		3.64	3.73		7.84	2.44	4.30	4.51	4.70	4.77	5.17					13.98
		velocity	7.67	9.62	9.38		8.93	8.80	14.34	8.14	7.76	7.45	7.34	7.74	8.23			7.51
H1 lead leg	L	strides	20	13	13				13	13	13	15	15	17.2	132.2			
<b>Phillips, Andre (USA) (1959)</b>																		
<b>FINAL - 1982 TAC National Championships (Knoxville, TN)</b>														<i>Mann (1987) - the elite athlete program biomechanical analysis of the long hurdles: tac championship meet</i>				
date	20-Jun-82	time	6.02	9.88	13.82	17.74	21.70	25.64	29.66	34.04	38.66	43.52		<b>48.62</b>	1 / 2			
reaction time		interval		3.86	3.94	3.92	3.96	3.94	4.02	4.38	4.62	4.86	5.10			11.72	11.92	13.86
		velocity	7.48	9.07	8.88	8.93	8.84	8.88	8.71	7.99	7.58	7.20	7.84	8.23		8.96	8.81	7.58
H1 lead leg		strides																

Mashchenko, Ruslan (RUS) (1971)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1997 IAAF World Championships (Athens, GRE)															<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>			
date	04-Aug-97	time	5.88	9.60	13.36	17.16	21.02	25.02	29.30	33.61	38.26	43.06		48.62	5 / 6			
reaction time	0.166	interval		3.72	3.76	3.80	3.86	4.00	4.28	4.31	4.65	4.80	5.56			11.28	12.14	13.76
		velocity	7.65	9.41	9.31	9.21	9.07	8.75	8.18	8.12	7.53	7.29	7.19	8.23		9.31	8.65	7.63
H1 lead leg		strides																
Rosser, Khallifah (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 5</b> - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	16-Jul-22	time	5.84	9.63	13.46	17.27	21.26	22.98	25.33	29.52	33.86	38.40	43.03	48.62	2 / 1			
reaction time	0.168	interval		3.79	3.83	3.81	3.99	4.07	4.19	4.34	4.54	4.63	5.59			11.43	12.25	13.51
		velocity	7.71	9.23	9.14	9.19	8.77	8.70	8.60	8.35	8.06	7.71	7.56	7.16	8.23	9.19	8.57	7.77
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	14	14	17.2	156.2			
Allen, CJ (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2023 Prefontaine Classic (Eugene, OR)															<i>Omega Timing (2023) - diamond league race analysis</i>			
date	16-Sep-23	time	5.70	9.33	13.05	16.85	20.75	24.77	28.94	33.31	37.93	42.73		48.62	2 / 9			
reaction time	0.137	interval		3.63	3.72	3.80	3.90	4.02	4.17	4.37	4.62	4.80	5.89			11.15	12.09	13.79
		velocity	7.89	9.64	9.41	9.21	8.97	8.71	8.39	8.01	7.58	7.29	6.79	8.23		9.42	8.68	7.61
H1 lead leg	L	strides	20			13	13	13	14	14	14	14		115				
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3</b> - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	05-Aug-24	time	5.98	9.78	13.57	17.43	21.39	25.48	29.70	34.16	38.74	43.34		48.62	5 / 1			
reaction time	0.196	interval		3.80	3.79	3.86	3.96	4.09	4.22	4.46	4.58	4.60	5.28			11.45	12.27	13.64
		velocity	7.53	9.21	9.23	9.07	8.84	8.56	8.29	7.85	7.64	7.61	7.58	8.23		9.17	8.56	7.70
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	14	14	17	156			
Januszewski, Paweł (POL) (1972)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1</b> - 1999 IAAF World Championships (Sevilla, ESP)															<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>			
date	25-Aug-99	time	5.81	9.59	13.39	17.21	21.25	25.30	29.51	33.85	38.20	42.79		48.63	7 / 2			
reaction time	0.255	interval		3.78	3.80	3.82	4.04	4.05	4.21	4.34	4.35	4.59	5.84			11.40	12.30	13.28
		velocity	7.75	9.26	9.21	9.16	8.66	8.64	8.31	8.06	8.05	7.63	6.85	8.23		9.21	8.54	7.91
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	18	168				
Culson, Javier (PUR) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2016 London Anniversary Games (London, GBR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	23-Jul-16	time	5.80	9.48	13.20	17.08	21.08	25.24	29.56	33.88	38.40	43.08		48.63	3 / 2			
reaction time	0.173	interval		3.68	3.72	3.88	4.00	4.16	4.32	4.32	4.52	4.68	5.55			11.28	12.48	13.52
		velocity	7.76	9.51	9.41	9.02	8.75	8.41	8.10	8.10	7.74	7.48	7.21	8.23		9.31	8.41	7.77
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	14	14	17	156			
Jackson, Bershawn (USA) (1983)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)															<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	13-May-17	time	5.64	9.40	13.40	17.56	21.60	25.68	29.76	33.96	38.40	43.04		48.63	4 / 1			
reaction time	0.127	interval		3.76	4.00	4.16	4.04	4.08	4.08	4.20	4.44	4.64	5.59			11.92	12.20	13.28
		velocity	7.98	9.31	8.75	8.41	8.66	8.58	8.58	8.33	7.88	7.54	7.16	8.23		8.81	8.61	7.91
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19	176				
Jackson, Bershawn (USA) (1983)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 Jamaica International Invitational (Kingston, JAM) (TV Analysis)															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	20-May-17	time	5.74	9.54	13.54	17.65	21.75	25.86	29.93	34.16	38.54	43.21		48.63	4 / 3			
reaction time		interval		3.80	4.00	4.11	4.10	4.11	4.07	4.23	4.38	4.67	5.42			11.91	12.28	13.28
		velocity	7.84	9.21	8.75	8.52	8.54	8.52	8.60	8.27	7.99	7.49	7.38	8.23		8.82	8.55	7.91
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	19	161				
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	31-May-18	time	5.84	9.56	13.32	17.16	21.12	25.20	29.40	33.84	38.36	43.12		48.63	5 / 3			
reaction time	0.205	interval		3.72	3.76	3.84	3.96	4.08	4.20	4.44	4.52	4.76	5.51			11.32	12.24	13.72
		velocity	7.71	9.41	9.31	9.11	8.84	8.58	8.33	7.88	7.74	7.35	7.26	8.23		9.28	8.58	7.65
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	14	14	18	158				
Bassitt, Trevor (USA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2023 Bislett Games (Oslo, NOR)															<i>Omega Timing (2023) - diamond league race analysis</i>			
date	15-Jun-23	time	5.72	9.40	13.20	17.04	21.00	25.07	29.27	33.60	38.31	43.05		48.63	4 / 5			
reaction time	0.185	interval		3.68	3.80	3.84	3.96	4.07	4.20	4.33	4.71	4.74	5.58			11.32	12.23	13.78
		velocity	7.87	9.51	9.21	9.11	8.84	8.60	8.33	8.08	7.43	7.38	7.17	8.23		9.28	8.59	7.62
H1 lead leg	R	strides	20			13	13	13			14	13		86				
Happio, Wilfried (FRA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	20-Aug-23	time	5.93	9.80	13.60	17.43	21.23	25.26	29.46	33.80	38.53	43.36		48.63	4 / 1			
reaction time	0.172	interval		3.87	3.80	3.83	3.80	4.03	4.20	4.34	4.73	4.83	5.27			11.50	12.03	13.90
		velocity	7.59	9.04	9.21	9.14	9.21	8.68	8.33	8.06	7.40	7.25	7.59	8.23		9.13	8.73	7.55
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	15	15	17	158				

														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Hyde, Jaheel (JAM) (1997)</b>																														
<b>Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)</b>																		<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>												
date	20-Aug-23	time	5.80	9.46	13.23	17.00	20.83		25.03	29.26	33.80	38.40	43.20		<b>48.63</b>	9 / 2														
reaction time	0.182	interval		3.66	3.77	3.77	3.83		4.20	4.23	4.54	4.60	4.80	5.43			11.20	12.26	13.94											
		velocity	7.76	9.56	9.28	9.28	9.14		8.33	8.27	7.71	7.61	7.29	7.37	8.23		9.38	8.56	7.53											
H1 lead leg	L	strides	22	13	13	13	13		14	14	14	14	15	18	163															
<b>Bengtström, Carl (SWE) (2000)</b>																														
<b>Repechage 2 - 2024 Olympic Games (Paris, FRA)</b>																		<i>Paris 2024 Olympic Games - Results Book (2024)</i>												
date	07-Aug-24	time	5.78	9.53	13.38	17.31	21.37		25.54	29.80	34.11	38.66	43.32		<b>48.63</b>	8 / 1														
reaction time	0.171	interval		3.75	3.85	3.93	4.06		4.17	4.26	4.31	4.55	4.66	5.31			11.53	12.49	13.52											
		velocity	7.79	9.33	9.09	8.91	8.62		8.39	8.22	8.12	7.69	7.51	7.53	8.23		9.11	8.41	7.77											
H1 lead leg	L	strides	20	14	14	14	14		15	15	15	15	15	19	170															
<b>Seymour, Jim (USA) (1949)</b>																														
<b>FINAL - 1972 Olympic Games (Munich, FRG)</b>																		<i>Le Masurier (1977) - die olympischen 400-m-hürdenlauf vom Mexico City, München und Montreal</i>												
date	03-Sep-72	time	6.1	9.9	13.8	17.7	21.7	23.4	25.9	30.2	34.5	39.1	43.5		<b>48.64</b>	4 / 4														
reaction time		interval		3.8	3.9	3.9	4.0		4.2	4.3	4.3	4.6	4.4	5.14			11.60	12.50	13.30											
		velocity	7.38	9.21	8.97	8.97	8.75	8.55	8.33	8.14	8.14	7.61	7.95	7.78	8.22		9.05	8.40	7.89											
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	17.2	163.2															
<b>Ackermann, Uwe (GDR) (1960)</b>																														
<b>FINAL - 1982 European Championships (Athens, GRE)</b>																		<i>(1982) - XIII championnats d'Europe d'Atletisma, Athens 1982</i>												
date	08-Sep-82	time	5.9	9.7	13.5	17.3	21.3		25.6	30.0	34.2	38.7	43.3		<b>48.64</b>	6 / 3														
reaction time		interval		3.8	3.8	3.8	4.0		4.3	4.4	4.2	4.5	4.6	5.3			11.40	12.70	13.30											
		velocity	7.63	9.21	9.21	9.21	8.75		8.14	7.95	8.33	7.78	7.61	7.49	8.22		9.21	8.27	7.89											
H1 lead leg	L	strides	20	13	13	13	13		15	15	15	15	15	18.2	165.2															
<b>Diagana, Stéphane (FRA) (1969)</b>																														
<b>Semi-Final 1 - 2003 IAAF World Championships (Paris, FRA)</b>																		<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>												
date	27-Aug-03	time	5.8	9.5	13.3	17.2	21.2		25.3	29.5	33.9	38.5	43.1		<b>48.64</b>	2 / 5														
reaction time	0.163	interval		3.7	3.8	3.9	4.0		4.1	4.2	4.4	4.6	4.6	5.54			11.40	12.30	13.60											
		velocity	7.76	9.46	9.21	8.97	8.75		8.54	8.33	7.95	7.61	7.61	7.22	8.22		9.21	8.54	7.72											
H1 lead leg		strides	21	13	13	13	13		13	14	14	15	15	18	162															
<b>Holmes, TJ (USA) (1995)</b>																														
<b>FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)</b>																		<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>												
date	07-Jun-18	time	5.76	9.36		20.84	22.6	24.96	29.36	33.84	38.56	43.24		<b>48.64</b>	3 / 4															
reaction time	0.210	interval		3.60		11.48		4.12	4.40	4.48	4.72	4.68	5.40					13.88												
		velocity	7.81	9.72		9.15	8.85	8.50	7.95	7.81	7.42	7.48	7.41	8.22					7.56											
H1 lead leg	L	strides	20	13	13			13	14	14	14	14	17	132																
<b>Allen, CJ (USA) (1995)</b>																														
<b>Heat 3 - 2024 Olympic Games (Paris, FRA)</b>																		<i>Paris 2024 Olympic Games - Results Book (2024)</i>												
date	05-Aug-24	time	5.68	9.39	13.17	17.06	21.02		25.06	29.23	33.63	38.23	43.05		<b>48.64</b>	6 / 2														
reaction time	0.144	interval		3.71	3.78	3.89	3.96		4.04	4.17	4.40	4.60	4.82	5.59			11.38	12.17	13.82											
		velocity	7.92	9.43	9.26	9.00	8.84		8.66	8.39	7.95	7.61	7.26	7.16	8.22		9.23	8.63	7.60											
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	15	15	17.7	159.7															
<b>Smidt, Nick (NED) (1997)</b>																														
<b>Heat 4 - 2024 Olympic Games (Paris, FRA)</b>																		<i>Paris 2024 Olympic Games - Results Book (2024)</i>												
date	05-Aug-24	time	5.93	9.70	13.50	17.39	21.37		25.47	29.72	34.15	38.63	43.24		<b>48.64</b>	9 / 6														
reaction time	0.168	interval		3.77	3.80	3.89	3.98		4.10	4.25	4.43	4.48	4.61	5.40			11.46	12.33	13.52											
		velocity	7.59	9.28	9.21	9.00	8.79		8.54	8.24	7.90	7.81	7.59	7.41	8.22		9.16	8.52	7.77											
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17.5	158.5															
<b>Bassitt, Trevor (USA) (1998)</b>																														
<b>Repechage 1 - 2024 Olympic Games (Paris, FRA)</b>																		<i>Paris 2024 Olympic Games - Results Book (2024)</i>												
date	07-Aug-24	time	5.83	9.49	13.26	17.13	21.05		25.09	29.30	33.71	38.35	43.20		<b>48.64</b>	6 / 1														
reaction time	0.177	interval		3.66	3.77	3.87	3.92		4.04	4.21	4.41	4.64	4.85	5.44			11.30	12.17	13.90											
		velocity	7.72	9.56	9.28	9.04	8.93		8.66	8.31	7.94	7.54	7.22	7.35	8.22		9.29	8.63	7.55											
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	14	14	16	155															
<b>Schmid, Harald (FRG) (1957)</b>																														
<b>FINAL - 1986 European Championships (Stuttgart, FRG)</b>																		<i>Behm (1995) - la tactique du 400 haies</i>												
date	28-Aug-86	time	5.8	9.4	13.3	17.2	21.3		25.5	29.8	34.3	38.7	43.3		<b>48.65</b>	1 / 1														
reaction time		interval		3.6	3.9	3.9	4.1		4.2	4.3	4.5	4.4	4.6	5.35			11.40	12.60	13.50											
		velocity	7.76	9.72	8.97	8.97	8.54		8.33	8.14	7.78	7.95	7.61	7.48	8.22		9.21	8.33	7.78											
H1 lead leg		strides	21	13	13	13	13		13	13	13	14	14	140																
<b>Zellner, Torrance (USA) (1970)</b>																														
<b>FINAL - 1996 USA Olympic Trials (Atlanta, GA)</b>																		<i>McNichols - Hurdle technique study through video analysis</i>												
date	16-Jun-96	time	5.81	9.63	13.49	17.35	21.37	22.99	25.60	29.95	34.27	38.67	43.25		<b>48.65</b>	7 / 5														
reaction time		interval		3.82	3.86	3.86	4.02		4.23	4.35	4.32	4.40	4.58	5.40			11.54	12.60	13.30											
		velocity	7.75	9.16	9.07	9.07	8.71	8.70	8.27	8.05	8.10	7.95	7.64	7.41	8.22		9.10	8.33	7.89											
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	14	138																

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>McFarlane, Danny (JAM) (1972)</b>																		
<b>Heat 3 - 2009 IAAF World Championships (Berlin, GER)</b>																		
date	15-Aug-09	time	6.04	9.76	13.62	17.59	21.65	25.72	29.98	34.26	38.79	43.43		48.65	6 / 2			
reaction time	0.187	interval		3.72	3.86	3.97	4.06	4.07	4.26	4.28	4.53	4.64	5.22			11.55	12.39	13.45
		velocity	7.45	9.41	9.07	8.82	8.62	8.60	8.22	8.18	7.73	7.54	7.66	8.22		9.09	8.47	7.81
H1 lead leg		strides		13	13	13	13	13	14	14	14	15		122				
<b>McFarlane, Danny (JAM) (1972)</b>																		
<b>FINAL - 2009 IAAF World Championships (Berlin, GER)</b>																		
date	18-Aug-09	time	6.01	9.70	13.52	17.42	21.40	25.48	29.79	34.09	38.57	43.26		48.65	1 / 6			
reaction time	0.162	interval		3.69	3.82	3.90	3.98	4.08	4.31	4.30	4.48	4.69	5.39			11.41	12.37	13.47
		velocity	7.49	9.49	9.16	8.97	8.79	8.58	8.12	8.14	7.81	7.46	7.42	8.22		9.20	8.49	7.80
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	15	18	161				
<b>Copello, Yasmani (TUR) (1987)</b>																		
<b>FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)</b>																		
date	08-Sep-18	time	5.76	9.52	13.28	17.20	21.24	25.32	29.56	34.00	38.68	43.32		48.65	8 / 4			
reaction time	0.184	interval		3.76	3.76	3.92	4.04	4.08	4.24	4.44	4.68	4.64	5.33			11.44	12.36	13.76
		velocity	7.81	9.31	9.31	8.93	8.66	8.58	8.25	7.88	7.48	7.54	7.50	8.22		9.18	8.50	7.63
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	17.5	143.5				
<b>Warholm, Karsten (NOR) (1996)</b>																		
<b>Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)</b>																		
date	30-Jul-21	time	5.67	9.31	13.04	16.98	21.02	25.16	29.36	33.66	38.30	43.02		48.65	8 / 1			
reaction time	0.157	interval		3.64	3.73	3.94	4.04	4.14	4.20	4.30	4.64	4.72	5.63			11.31	12.38	13.66
		velocity	7.94	9.62	9.38	8.88	8.66	8.45	8.33	8.14	7.54	7.42	7.10	8.22		9.28	8.48	7.69
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	15	15	17	158				
<b>McMaster, Kyron (IVB) (1997)</b>																		
<b>FINAL - 2023 Meeting de Paris (Paris, FRA)</b>																		
date	09-Jun-23	time	5.70	9.31	13.03	16.79	20.66	24.70	28.90	33.35	38.00	42.81		48.65	8 / 5			
reaction time	0.157	interval		3.61	3.72	3.76	3.87	4.04	4.20	4.45	4.65	4.81	5.84			11.09	12.11	13.91
		velocity	7.89	9.70	9.41	9.31	9.04	8.66	8.33	7.87	7.53	7.28	6.85	8.22		9.47	8.67	7.55
H1 lead leg	L	strides	21	13	13	13	13	13	13	14	15	15	17.5	160.5				
<b>Nathaniel, Ezekiel (NGR) (2003)</b>																		
<b>Semi-Final 1 - 2024 Olympic Games (Paris, FRA)</b>																		
date	07-Aug-24	time	5.76	9.43	13.13	16.89	20.85	24.98	29.16	33.51	38.22	43.08		48.65	5 / 5			
reaction time	0.170	interval		3.67	3.70	3.76	3.96	4.13	4.18	4.35	4.71	4.86	5.57			11.13	12.27	13.92
		velocity	7.81	9.54	9.46	9.31	8.84	8.47	8.37	8.05	7.43	7.20	7.18	8.22		9.43	8.56	7.54
H1 lead leg	R	strides	21	13	13	13	13	13	13	13	14	14	17	157				
<b>Schelbert, Marcel (SUI) (1976)</b>																		
<b>Heat 6 - 1999 IAAF World Championships (Sevilla, ESP)</b>																		
date	24-Aug-99	time	5.78	9.52	13.30	17.16	21.05	25.28	29.56	34.00	38.50	43.14		48.66	6 / 1			
reaction time	0.143	interval		3.74	3.78	3.86	3.89	4.23	4.28	4.44	4.50	4.64	5.52			11.38	12.40	13.58
		velocity	7.79	9.36	9.26	9.07	9.00	8.27	8.18	7.88	7.78	7.54	7.25	8.22		9.23	8.47	7.73
H1 lead leg	L	strides	22	13	13	13	13	14	14	15	15	15	19	166				
<b>Yoshikata, Masahira (JPN) (1982)</b>																		
<b>FINAL - 2005 Seiko Super Grand Prix (Yokohama, JPN)</b>																		
date	19-Sep-05	time	5.96	9.71	13.63	17.55	21.60	25.72	29.92	34.16	38.53	43.13		48.66	1 / 3			
reaction time		interval		3.75	3.92	3.92	4.05	4.12	4.20	4.24	4.37	4.60	5.53	PB		11.59	12.37	13.21
		velocity	7.55	9.33	8.93	8.93	8.64	8.50	8.33	8.25	8.01	7.61	7.23	8.22		9.06	8.49	7.95
H1 lead leg		strides		14	14	14	14	14	15	15	15	15	15	130				
<b>Gordon, Jehue (TTO) (1991)</b>																		
<b>Heat 3 - 2009 IAAF World Championships (Berlin, GER)</b>																		
date	15-Aug-09	time	6.05	9.78	13.53	17.36	21.33	25.55	29.77	34.17	38.91	43.45		48.66	8 / 3			
reaction time	0.173	interval		3.73	3.75	3.83	3.97	4.22	4.22	4.40	4.74	4.54	5.21	NR		11.31	12.41	13.68
		velocity	7.44	9.38	9.33	9.14	8.82	8.29	8.29	7.95	7.38	7.71	7.68	8.22		9.28	8.46	7.68
H1 lead leg		strides																
<b>Mägi, Rasmus (EST) (1992)</b>																		
<b>FINAL - 2016 Meeting Paris (Saint-Denis, FRA) (TV Analysis)</b>																		
date	27-Aug-16	time	6.04	9.80		17.48	21.44	25.52		34.28	38.88	43.44		48.66	3 / 5			
reaction time	0.147	interval		3.76		7.68	3.96	4.08		8.76	4.60	4.56	5.22			11.44		
		velocity	7.45	9.31		9.11	8.84	8.58		7.99	7.61	7.68	7.66	8.22		9.18		
H1 lead leg	L	strides	20	13		13	13	13		14	14	17	104					
<b>Mägi, Rasmus (EST) (1992)</b>																		
<b>FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)</b>																		
date	28-May-22	time	5.87	9.66	13.50	17.36	21.30	23.05	25.35	29.60	34.09	38.73	43.33		48.66	3 / 5		
reaction time	0.174	interval		3.79	3.84	3.86	3.94	4.05	4.25	4.49	4.64	4.60	5.33			11.49	12.24	13.73
		velocity	7.67	9.23	9.11	9.07	8.88	8.68	8.64	8.24	7.80	7.54	7.61	8.22		9.14	8.58	7.65
H1 lead leg	R	strides	21	13	13	13	13	13	13	14	14	14	14	142				

Watrín, Julien (BEL) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2022 Memorial van Damme (Brussels, BEL) (TV Analysis)																		
Henson (2022) - Athlete First: 2022 year end hurdle report																		
date	02-Sep-22	time	5.84	9.47	13.21	17.02	20.89	22.59	24.89	29.16	33.56	38.20	43.07	48.66	7 / 5-4			
reaction time	0.224	interval		3.63	3.74	3.81	3.87		2.30	4.27	4.40	4.64	4.87	5.59	NR PB	11.18	12.14	13.91
		velocity	7.71	9.64	9.36	9.19	9.04	8.85	15.22	8.20	7.95	7.54	7.19	7.16	8.22	9.39	8.65	7.55
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	15	18	161			
Coppello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 3</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		
Henson (2023) - Athlete First: 2023 year end hurdle report																		
date	21-Aug-23	time	5.97	9.77		17.23	21.12		29.57	34.03	38.64	43.25		48.66	3 / 6			
reaction time	0.220	interval		3.80		7.46	3.89		8.45	4.46	4.61	4.61	5.41			11.26	12.34	13.68
		velocity	7.54	9.21		9.38	9.00		8.29	7.84	7.59	7.59	7.39	8.22		9.33	8.51	7.67
H1 lead leg	R	strides	20	13		13			14	14	14	14	17.5	105.5				
Happio, Wilfried (FRA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 3</b> - 2024 Olympic Games (Paris, FRA)																		
Paris 2024 Olympic Games - Results Book (2024)																		
date	07-Aug-24	time	5.73	9.33	12.95	16.65	20.53	24.59	28.85	33.39	38.20	43.03		48.66	7 / 3			
reaction time	0.156	interval		3.60		3.62	3.70	3.88	4.06	4.26	4.54	4.81	4.83	5.63		10.92	12.20	14.18
		velocity	7.85	9.72	9.67	9.46	9.02		8.62	8.22	7.71	7.28	7.25	7.10	8.22	9.62	8.61	7.40
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159			
Nozawa, Keisuke (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2016 Seiko Golden Grand Prix (Kawasaki, JPN)																		
Morioka (2016) - race pattern of top 400m hurdlers in japan																		
date	08-May-16	time	5.96	9.58	13.27	17.06	21.03	25.05	29.15	33.45	38.05	42.89		48.67	4 / 1			
reaction time	0.155	interval		3.62	3.69	3.79	3.97		4.02	4.10	4.30	4.60	4.84	5.78	PB	11.10	12.09	13.74
		velocity	7.55	9.67	9.49	9.23	8.82		8.71	8.54	8.14	7.61	7.23	6.92	8.22	9.46	8.68	7.64
H1 lead leg	L	strides	21	13	13	14	14		14	14	15	15	15	19.2	167.2			
Holmes, TJ (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2</b> - 2019 IAAF World Championships (Doha, QAT)																		
Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships																		
date	28-Sep-19	time	5.90	9.49	13.18	16.95	20.97	25.16	29.45	34.05	38.59	43.38		48.67	7 / 3			
reaction time	0.258	interval		3.59	3.69	3.77	4.02		4.19	4.29	4.60	4.54	4.79	5.29		11.05	12.50	13.93
		velocity	7.63	9.75	9.49	9.28	8.71		8.35	8.16	7.61	7.71	7.31	7.56	8.22	9.50	8.40	7.54
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	14	17	157			
Nuñez, Yeral (DOM) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2</b> - 2024 Olympic Games (Paris, FRA)																		
Paris 2024 Olympic Games - Results Book (2024)																		
date	05-Aug-24	time	5.82	9.44	13.11	16.89	20.85	25.00	29.37	33.87	38.42	43.05		48.67	8 / 4			
reaction time	0.187	interval		3.62	3.67	3.78	3.96		4.15	4.37	4.50	4.55	4.63	5.62		11.07	12.48	13.68
		velocity	7.73	9.67	9.54	9.26	8.84		8.43	8.01	7.78	7.69	7.56	7.12	8.22	9.49	8.41	7.68
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18	164			
Agyekum, Emil (GER) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Repechage 1</b> - 2024 Olympic Games (Paris, FRA)																		
Paris 2024 Olympic Games - Results Book (2024)																		
date	07-Aug-24	time	5.95	9.65	13.36	17.13	20.97	24.98	29.20	33.78	38.48	43.26		48.67	4 / 2			
reaction time	0.194	interval		3.70	3.71	3.77	3.84		4.01	4.22	4.58	4.70	4.78	5.41		11.18	12.07	14.06
		velocity	7.56	9.46	9.43	9.28	9.11		8.73	8.29	7.64	7.45	7.32	7.39	8.22	9.39	8.70	7.47
H1 lead leg	L	strides	20	13	13	13	13		13	13	15	15	15	18	161			
Greene, David (Dai) (GBR) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2009 IAAF World Championships (Berlin, GER)																		
Graubner (2009) - biomechanical analyses at the 12th IAAF world championships																		
date	18-Aug-09	time	6.07	9.86	13.71	17.65	21.76	25.93	30.19	34.52	38.92	43.46		48.68	6 / 7			
reaction time	0.148	interval		3.79	3.85	3.94	4.11		4.17	4.26	4.33	4.40	4.54	5.22		11.58	12.54	13.27
		velocity	7.41	9.23	9.09	8.88	8.52		8.39	8.22	8.08	7.95	7.71	7.66	8.22	9.07	8.37	7.91
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	15	19	171			
Hann, Mamadou Kasse (SEN) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)																		
Henson (2021) - Athlete First: major championships report																		
date	15-Aug-13	time	6.00	9.77	13.60	17.37	21.33	25.33	29.60	34.17	38.70	43.37		48.68	2 / 7			
reaction time	0.195	interval		3.77	3.83	3.77	3.96		4.00	4.27	4.57	4.53	4.67	5.31		11.37	12.23	13.77
		velocity	7.50	9.28	9.14	9.28	8.84		8.75	8.20	7.66	7.73	7.49	7.53	8.22	9.23	8.59	7.63
H1 lead leg	L	strides	20	13	13	13	13		13	14		14	14	16.7	143.7			
Bett, Nicholas (KEN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2016 Athletissima (Laussane, SUI) (TV Analysis)																		
Henson (2020) - Athlete First: 2016 year end hurdle report																		
date	25-Aug-16	time	5.90	9.56	13.36	17.30	21.33	25.36	29.50	33.93	38.46	43.20		48.68	6 / 2			
reaction time	0.162	interval		3.66	3.80	3.94	4.03		4.03	4.14	4.43	4.53	4.74	5.48		11.40	12.20	13.70
		velocity	7.63	9.56	9.21	8.88	8.68		8.68	8.45	7.90	7.73	7.38	7.30	8.22	9.21	8.61	7.66
H1 lead leg	R	strides	20	13	13	13	13		13	13	15	15	15	17	160			
Futch, Eric (USA) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 Müller's Anniversary Games (London, GBR) (TV Analysis)																		
Henson (2020) - Athlete First: 2017 year end hurdle report																		
date	09-Jul-17	time	5.96	9.72	13.56	17.48	21.60	25.80	30.04	34.40	38.84	43.40		48.68	5 / 5			
reaction time	0.189	interval		3.76	3.84	3.92	4.12		4.20	4.24	4.36	4.44	4.56	5.28		11.52	12.56	13.36
		velocity	7.55	9.31	9.11	8.93	8.50		8.33	8.25	8.03	7.88	7.68	7.58	8.22	9.11	8.36	7.86
H1 lead leg	R	strides	22	14	14	13	14		15	14	15	15	15	18	169			

Abe, Takatoshi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>A FINAL - 2018 Shizuoka International Athletics Meeting (Fukuroi, JPN)</b> Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018																		
date	03-May-18	time	5.97	9.64	13.38	17.15	20.99	24.96	29.20	33.67	38.27	43.06		48.68	6 / 1			
reaction time	0.222	interval		3.67	3.74	3.77	3.84	3.97	4.24	4.47	4.60	4.79	5.62	PB		11.18	12.05	13.86
		velocity	7.54	9.54	9.36	9.28	9.11	8.82	8.25	7.83	7.61	7.31	7.12	8.22		9.39	8.71	7.58
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	15	15	18	161				
Kurokawa, Kazuki (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)</b> Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																		
date	09-May-21	time	5.77	9.36	13.06	16.92	20.97	25.23	29.40	33.80	38.36	43.14		48.68	6 / 1			
reaction time	0.150	interval		3.59	3.70	3.86	4.05	4.26	4.17	4.40	4.56	4.78	5.54	PB		11.15	12.48	13.74
		velocity	7.80	9.75	9.46	9.07	8.64	8.22	8.39	7.95	7.68	7.32	7.22	8.22		9.42	8.41	7.64
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	19	165				
Samuel, Cameron (USA) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)</b> Henson (2021) - Athlete First: 2021 year end hurdle report																		
date	11-Jun-21	time	5.93	9.60	17.32	21.33		29.65	34.13	38.73	43.37			48.68	7 / 3			
reaction time	0.201	interval		3.67	7.72	4.01		8.32	4.48	4.60	4.64	5.31		PB		11.39	12.33	13.72
		velocity	7.59	9.54	9.07	8.73		8.41	7.81	7.61	7.54	7.53	8.22			9.22	8.52	7.65
H1 lead leg	R	strides	21	14		14			15	15	15	18.5	112.5					
Drummond, Gerald (CRC) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2024 Meeting de Paris (Paris, FRA)</b> Omega Timing (2024) - diamond league race analysis																		
date	07-Jul-24	time	5.62	9.29	13.08	16.96	20.94	25.08	29.27	33.76	38.33	43.05		48.68	2 / 5			
reaction time	0.217	interval		3.67	3.79	3.88	3.98	4.14	4.19	4.49	4.57	4.72	5.63			11.34	12.31	13.78
		velocity	8.01	9.54	9.23	9.02	8.79	8.45	8.35	7.80	7.66	7.42	7.10	8.22		9.26	8.53	7.62
H1 lead leg	L	strides	21	14	14	14	14			15	15	15	18	140				
Bengtström, Carl (SWE) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2024 Meeting de Paris (Paris, FRA)</b> Omega Timing (2024) - diamond league race analysis																		
date	07-Jul-24	time	5.71	9.46	13.40	17.32	21.23	25.35	29.64	34.03	38.63	43.31		48.68	4 / 6			
reaction time	0.179	interval		3.75	3.94	3.92	3.91	4.12	4.29	4.39	4.60	4.68	5.37			11.61	12.32	13.67
		velocity	7.88	9.33	8.88	8.93	8.95	8.50	8.16	7.97	7.61	7.48	7.45	8.22		9.04	8.52	7.68
H1 lead leg	L	strides	22	14	14	14	14			15	15	15	19	142				
Allen, CJ (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2024 Memorial van damme (Brussels, BEL)</b> Omega Timing (2023) - diamond league race analysis																		
date	14-Sep-24	time	5.73	9.46	13.32	17.17	21.16	25.23	29.39	33.76	38.40	43.10		48.68	3 / 4			
reaction time	0.144	interval		3.73	3.86	3.85	3.99	4.07	4.16	4.37	4.64	4.70	5.58			11.70	12.22	13.71
		velocity	7.85	9.38	9.07	9.09	8.77	8.60	8.41	8.01	7.54	7.45	7.17	8.22		8.97	8.59	7.66
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	15	14	17.5	158.5				
Shine, Mike (USA) (1953)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 1976 Olympic Games (Montreal, CAN)</b> Le Masurier (1977) - die olympischen 400-m-hürdenlauf vom Mexico City, München und Montreal																		
date	25-Jul-76	time	6.1	9.9	13.8	17.7	21.7	23.4	25.9	30.2	34.5	38.9	43.4	48.69	1 / 2			
reaction time		interval		3.80	3.90	3.90	4.00	4.20	4.30	4.30	4.40	4.50	5.29			11.60	12.50	13.20
		velocity	7.38	9.21	8.97	8.97	8.75	8.55	8.33	8.14	8.14	7.95	7.78	7.56	8.22	9.05	8.40	7.95
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	15	18.7	175.7				
Akabusi, Kriss (GBR) (1958)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 1988 Olympic Games (Seoul, KOR)</b> Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988																		
date	25-Sep-88	time	6.08	9.80	13.57	17.41	21.41	25.62	29.82	34.22	38.75	43.47		48.69	7 / 6			
reaction time	0.223	interval		3.72	3.77	3.84	4.00	4.21	4.20	4.40	4.53	4.72	5.22			11.33	12.41	13.65
		velocity	7.40	9.41	9.28	9.11	8.75	8.31	8.33	7.95	7.73	7.42	7.66	8.22		9.27	8.46	7.69
H1 lead leg	R	strides	20	13	13	13	13	14	14	14	14	15	18	161				
Valliant, Ludvy (FRA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)</b> Henson (2020) - Athlete First: 2020 year end hurdle report																		
date	17-Sep-20	time	5.87	9.58		21.15	22.9	29.53	33.90	38.54	43.28			48.69	6 / 2			
reaction time	0.185	interval		3.71		11.57		8.38	4.37	4.64	4.74	5.41						13.75
		velocity	7.67	9.43		9.08	8.73	8.35	8.01	7.54	7.38	7.39	8.22					7.64
H1 lead leg	R	strides	21	13					14	14	14	17.2	93.2					
Kurokawa, Kazuki (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2021 Japanese National Championships (Osaka, JPN)</b> Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																		
date	26-Jun-21	time	5.83	9.43	13.10	16.87	20.79	24.94	29.21	33.61	38.26	43.10		48.69	7 / 1			
reaction time	0.202	interval		3.60	3.67	3.77	3.92	4.15	4.27	4.40	4.65	4.84	5.59			11.04	12.34	13.89
		velocity	7.72	9.72	9.54	9.28	8.93	8.43	8.20	7.95	7.53	7.23	7.16	8.22		9.51	8.51	7.56
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	19	165				
Bailey, Aldrich (USA) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)</b> USATF and Karmarush (2024) - USA Olympic trials results and race analysis																		
date	28-Jun-24	time	5.87	9.58	13.32	17.09	21.01	22.79	25.01	29.26	33.83	38.63	43.20	48.69	6 / 3			
reaction time		interval		3.71	3.74	3.77	3.92	4.00	4.25	4.57	4.80	4.57	5.49			11.22	12.17	13.94
		velocity	7.67	9.43	9.36	9.28	8.93	8.78	8.75	8.24	7.66	7.29	7.66	7.29	8.22	9.36	8.63	7.53
H1 lead leg	L	strides	21	13	13	13	13	13	13	14	14	14	17	158				

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Beck, Volker (GDR) (1956)</b>																			
<b>FINAL</b> - 1980 Olympic Games (Moscow, URS)																			
date		26-Jul-80	time	6.2	10.1	13.8	17.7	21.7	25.8	30.1	34.5	39.0	43.6						
reaction time		0.161	interval	3.9	3.7	3.9	4.0	4.1	4.3	4.4	4.5	4.6	5.10	48.70	8 / 1				
			velocity	7.26	8.97	9.46	8.97	8.75	8.54	8.14	7.95	7.78	7.61	7.84	8.21		11.50	12.40	13.50
H1 lead leg			strides	13	13	13	13	13	13	13	15	15	15	123		9.13	8.47	7.78	
<b>Mori, Fabrizio (ITA) (1969)</b>																			
<b>Semi-Final 1</b> - 2002 European Championships (Munich, GER)																			
date		08-Aug-02	time	6.17	9.99	13.82	17.66	21.65	25.77	30.16	34.37	38.83	43.43						
reaction time			interval	3.72	3.84	3.88	3.99	4.12	4.39	4.21	4.46	4.60	5.27	48.70	/ 3				
			velocity	7.29	9.16	9.14	9.11	8.77	8.50	7.97	8.31	7.85	7.61	7.59	8.21		11.49	12.50	13.27
H1 lead leg			strides	13	13	13	13	13	13	13	15	15	15	123		9.14	8.40	7.91	
<b>Copello, Yasmani (TUR) (1987)</b>																			
<b>FINAL</b> - 2016 London Anniversary Games (London, GBR) (TV Analysis)																			
date		23-Jul-16	time	5.84	9.56	13.40	17.28	21.28	25.48	29.80	34.24	38.80	43.36						
reaction time		0.189	interval	3.72	3.84	3.88	4.00	4.20	4.32	4.44	4.56	4.56	5.34	48.70	6 / 3				
			velocity	7.71	9.41	9.11	9.02	8.75	8.33	8.10	7.88	7.68	7.68	7.49	8.21		11.44	12.52	13.56
H1 lead leg		R	strides	20	13	13	13	13	13	14	14	14	14	17.2	158.2	9.18	8.39	7.74	
<b>Downing, Quincy (USA) (1993)</b>																			
<b>FINAL</b> - 2017 USATF Championships (Sacramento, CA) (TV Analysis)																			
date		25-Jun-17	time	5.89	9.55	13.20	16.93	20.82	29.17	33.62	38.24	43.07							
reaction time			interval	3.66	3.65	3.73	3.89	4.12	4.32	4.44	4.56	4.56	5.34	48.70	7 / 6				
			velocity	7.64	9.56	9.59	9.38	9.00	8.38	7.87	7.58	7.25	7.10	8.21		11.04	12.24	13.90	
H1 lead leg		R	strides	21	13	13	13	13	14	14	14	15	17.7	133.7		9.51	8.58	7.55	
<b>Mpoke, Moitalel (KEN) (2001)</b>																			
<b>FINAL</b> - 2021 NCAA Championships (Eugene, OR) (TV Analysis)																			
date		11-Jun-21	time	6.03	9.83	13.80	17.77	21.70	25.89	30.13	34.63	39.23	43.73						
reaction time		0.267	interval	3.80	3.97	3.97	3.93	4.19	4.24	4.50	4.60	4.50	4.97	48.70	6 / 4				
			velocity	7.46	9.21	8.82	8.82	8.91	8.36	8.25	7.78	7.61	7.78	8.05	8.21		11.74	12.36	13.60
H1 lead leg		R	strides	21	13	14	14	13	14	14	15	15	15	18.5	166.5	8.94	8.50	7.72	
<b>Mori, Fabrizio (ITA) (1969)</b>																			
<b>FINAL</b> - 1998 European Championships (Budapest, HUN)																			
date		20-Aug-98	time	6.2	10.3	14.2	18.1	22.2	26.3	30.4	34.6	38.9	43.4						
reaction time			interval	4.1	3.9	3.9	4.1	4.1	4.1	4.2	4.3	4.5	5.31	48.71	7 / 3				
			velocity	7.26	8.54	8.97	8.97	8.54	8.54	8.54	8.33	8.14	7.78	7.53	8.21		11.90	12.30	13.00
H1 lead leg		L	strides	22	14	14	14	14	14	14	15	15	15	18.5	169.5	8.82	8.54	8.08	
<b>Morgan, Dinsdale (JAM) (1972)</b>																			
<b>Semi-Final 2</b> - 1999 IAAF World Championships (Sevilla, ESP)																			
date		25-Aug-99	time	5.58	9.34	13.14	17.06	21.17	25.30	29.62	34.05	38.45	43.12						
reaction time		0.179	interval	3.76	3.80	3.92	4.11	4.13	4.32	4.43	4.40	4.67	5.59	48.71	3 / 5				
			velocity	8.06	9.31	9.21	8.93	8.52	8.47	8.10	7.90	7.95	7.49	7.16	8.21		11.48	12.56	13.50
H1 lead leg		L	strides	22	14	14	14	14	14	14	15	15	15	18.5	169.5	9.15	8.36	7.78	
<b>Narisako, Kenji (JPN) (1984)</b>																			
<b>FINAL</b> - 2005 Osaka Grand Prix (Osaka, JPN)																			
date		07-May-05	time	5.99	9.68	13.45	17.25	21.24	25.39	29.81	34.25	38.77	43.37						
reaction time			interval	3.69	3.77	3.80	3.99	4.15	4.42	4.44	4.52	4.60	5.34	48.71	/ 3				
			velocity	7.51	9.49	9.28	9.21	8.77	8.43	7.92	7.88	7.74	7.61	7.49	8.21		11.26	12.56	13.56
H1 lead leg			strides	13	13	13	13	13	13	14	14	15	15	123		9.33	8.36	7.74	
<b>Plawgo, Marek (POL) (1981)</b>																			
<b>FINAL</b> - 2006 European Championships (Göteborg, SWE)																			
date		10-Aug-06	time	5.8	9.5	13.4	17.4	21.5	25.7	30.0	34.5	39.0	43.6						
reaction time			interval	3.7	3.9	4.0	4.1	4.2	4.3	4.5	4.5	4.6	5.11	48.71	/ 2				
			velocity	7.76	9.46	8.97	8.75	8.54	8.33	8.14	7.78	7.78	7.61	7.83	8.21		11.60	12.60	13.60
H1 lead leg		L	strides	20	13	13	13	13	13	14	14	14	14	18	159	9.05	8.33	7.72	
<b>Grimes, Norman (USA) (1998)</b>																			
<b>FINAL</b> - 2019 NCAA Championships (Austin, TX) (TV Analysis)																			
date		07-Jun-19	time	5.93	9.60	13.30	17.06	20.86	24.80	29.06	33.46	38.16	42.93						
reaction time		0.231	interval	3.67	3.70	3.76	3.80	3.94	4.26	4.40	4.70	4.77	5.78	48.71	3 / 2				
			velocity	7.59	9.54	9.46	9.31	9.21	8.88	8.22	7.95	7.45	7.34	6.92	8.21		11.13	12.00	13.87
H1 lead leg		L	strides	13	13	13	13	13	13	14	14	14	14	17.5	138.5	9.43	8.75	7.57	
<b>Rosser, Khalifah (USA) (1995)</b>																			
<b>FINAL</b> - 2023 Herculis Meeting International d'Athlétisme (Monaco, MON)																			
date		21-Jul-23	time	5.73	9.31	12.98	16.73	20.59	24.65	28.93	33.46	38.13	43.00						
reaction time		0.172	interval	3.58	3.67	3.75	3.86	4.06	4.28	4.53	4.67	4.87	5.71	48.71	1 / 7				
			velocity	7.85	9.78	9.54	9.33	9.07	8.62	8.18	7.73	7.49	7.19	7.01	8.21		11.00	12.20	14.07
H1 lead leg		R	strides	21	13	13	13	13	14	14	14	14	14	116		9.55	8.61	7.46	





														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>Bergström, Carl (SWE) (2000)</b>																																
<b>FINAL - 2024 Bauhaus Galan (Stockholm, SWE) (TV Analysis)</b>														<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																		
date	02-Jun-24	time	5.96	9.77	13.53	17.30	21.26		25.47	29.76	34.19	38.76	43.47		48.72	6 / 4																
reaction time	0.182	interval		3.81	3.76	3.77	3.96		4.21	4.29	4.43	4.57	4.71	5.25			11.34	12.46	13.71													
		velocity	7.55	9.19	9.31	9.28	8.84		8.31	8.16	7.90	7.66	7.43	7.62	8.21		9.26	8.43	7.66													
H1 lead leg	L	strides	24	14	14	14	14		15	15	15	15	15	19	174																	
<b>Mägi, Rasmus (EST) (1992)</b>																																
<b>FINAL - 2024 Bauhaus Galan (Stockholm, SWE) (TV Analysis)</b>														<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																		
date	02-Jun-24	time	6.06	9.76	13.60	17.40	21.33		25.36	29.60	34.06	38.66	43.33		48.72	3 / 5																
reaction time	0.147	interval		3.70	3.84	3.80	3.93		4.03	4.24	4.46	4.60	4.67	5.39			11.34	12.20	13.73													
		velocity	7.43	9.46	9.11	9.21	8.91		8.68	8.25	7.85	7.61	7.49	7.42	8.21		9.26	8.61	7.65													
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14	17.7	158.7																	
<b>Akçam, Berke (TUR) (2002)</b>																																
<b>Repechage 3 - 2024 Olympic Games (Paris, FRA)</b>														<i>Paris 2024 Olympic Games - Results Book (2024)</i>																		
date	06-Aug-24	time	5.79	9.43	13.14	16.92	20.83		24.92	29.21	33.71	38.43	43.20		48.72	5 / 1																
reaction time	0.146	interval		3.64	3.71	3.78	3.91		4.09	4.29	4.50	4.72	4.77	5.52			11.13	12.29	13.99													
		velocity	7.77	9.62	9.43	9.26	8.95		8.56	8.16	7.78	7.42	7.34	7.25	8.21		9.43	8.54	7.51													
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18.5	162.5																	
<b>Tamesue, Dai (JPN) (1978)</b>																																
<b>FINAL - 2007 Osaka Grand Prix (Osaka, JPN)</b>														<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>																		
date	05-May-07	time	5.82	9.52	13.31	17.18	21.17		25.26	29.45	33.85	38.44	43.23		48.73	/ 3																
reaction time		interval		3.70	3.79	3.87	3.99		4.09	4.19	4.40	4.59	4.79	5.50			11.36	12.27	13.78													
		velocity	7.73	9.46	9.23	9.04	8.77		8.56	8.35	7.95	7.63	7.31	7.27	8.21		9.24	8.56	7.62													
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	125																		
<b>Iakovákis, Periklís (GRE) (1979)</b>																																
<b>Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)</b>														<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																		
date	16-Aug-09	time	6.09	9.74	13.49	17.35	21.39		25.38	29.66	33.98	38.48	43.22		48.73	3 / 3																
reaction time	0.180	interval		3.65	3.75	3.86	4.04		3.99	4.28	4.32	4.50	4.74	5.51			11.26	12.31	13.56													
		velocity	7.39	9.59	9.33	9.07	8.66		8.77	8.18	8.10	7.78	7.38	7.26	8.21		9.33	8.53	7.74													
H1 lead leg		strides							14	14	14	14	15	19	90																	
<b>Copello, Yasmani (TUR) (1987)</b>																																
<b>FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)</b>														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																		
date	30-Aug-18	time	5.72	9.44	13.20		21.04	22.9	25.16	29.40	33.80	38.48	43.16		48.73	4 / 3																
reaction time	0.158	interval		3.72	3.76		7.84		4.12	4.24	4.40	4.68	4.68	5.57					13.76													
		velocity	7.87	9.41	9.31		8.93	8.73	8.50	8.25	7.95	7.48	7.48	7.18	8.21				7.63													
H1 lead leg	R	strides	20	13	13				13	13	13	14	14	18	117																	
<b>Mägi, Rasmus (EST) (1992)</b>																																
<b>FINAL - 2021 ISTAF (Berlin, GER) (TV Analysis)</b>														<i>Henson (2021) - Athlete First: 2021 Karsten Warholm 400m Hurdles World Record Season</i>																		
date	12-Sep-21	time	6.04		13.64	17.52	21.48		25.60	29.92		38.92	43.52		48.73	6 / 2																
reaction time	0.191	interval			7.60	3.88	3.96		4.12	4.32		9.00	4.60	5.21			11.48	12.40	13.60													
		velocity	7.45		9.21	9.02	8.84		8.50	8.10		7.78	7.61	7.68	8.21		9.15	8.47	7.72													
H1 lead leg	R	strides	20			13			13	13	14		14	17	104																	
<b>Mägi, Rasmus (EST) (1992)</b>																																
<b>FINAL - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)</b>														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																		
date	05-Jun-22	time	5.63	9.50	13.23	17.07	21.00	22.67	25.03	29.37	33.87	38.50	43.23		48.73	4 / 2																
reaction time	0.146	interval		3.87	3.73	3.84	3.93		4.03	4.34	4.50	4.63	4.73	5.50			11.44	12.30	13.86													
		velocity	7.99	9.04	9.38	9.11	8.91	8.82	8.68	8.06	7.78	7.56	7.40	7.27	8.21		9.18	8.54	7.58													
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14	141																		
<b>Bassitt, Trevor (USA) (1998)</b>																																
<b>Heat 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)</b>														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	20-Aug-23	time	5.97	9.73		17.23	21.13		25.23	29.47	33.90	38.60	43.43		48.73	8 / 3																
reaction time	0.164	interval		3.76		7.50	3.90		4.10	4.24	4.43	4.70	4.83	5.30			11.26	12.24	13.96													
		velocity	7.54	9.31		9.33	8.97		8.54	8.25	7.90	7.45	7.25	7.55	8.21		9.33	8.58	7.52													
H1 lead leg	R	strides	20	13			13		13	13	13	14	14	16.2	129.2																	
<b>Drummond, Gerald (CRC) (1994)</b>																																
<b>Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)</b>														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	20-Aug-23	time	5.86	9.76	13.63	17.60	21.58		25.74	30.03	34.46		43.60		48.73	8 / 4																
reaction time	0.220	interval		3.90	3.87	3.97	3.98		4.16	4.29	4.43		9.14	5.13			11.74	12.43	13.57													
		velocity	7.68	8.97	9.04	8.82	8.79		8.41	8.16	7.90		7.66	7.80	8.21		8.94	8.45	7.74													
H1 lead leg	L	strides	21	14	14	14	14		14	14	15		18	138																		
<b>Nallet, Jean-Claude (FRA) (1947)</b>																																
<b>FINAL - 1970 France vs. USA (Colombes, FRA)</b>														<i>Behm (1988) - 45-39</i>																		
date	08-Jul-70	time	5.9	9.9		13.7	17.4	21.7		25.6	29.8	34.3	38.9	43.4		48.6	/ 1															
reaction time		interval		4.0		3.8	3.7	4.3		3.9	4.2	4.5	4.6	4.5	5.2	<b>PB</b>		11.50	12.40	13.60												
		velocity	7.63	8.75		9.21	9.46	8.14		8.97	8.33	7.78	7.61	7.78	7.69	8.23		9.13	8.47	7.72												
H1 lead leg		strides	19	13		13	13	13		13	13	15	15	15	142																	

Harris, Danny (USA) (1965)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2 - 1987 IAAF World Championships (Rome, ITA)</b>													<i>Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>					
date	30-Aug-87	time	6.11	9.80	13.59	17.45	21.42	25.62	30.04	34.48	38.98	43.54		48.74	8 / 1			
reaction time		interval		3.69	3.79	3.86	3.97	4.20	4.42	4.44	4.50	4.56	5.20			11.34	12.59	13.50
		velocity	7.36	9.49	9.23	9.07	8.82	8.33	7.92	7.88	7.78	7.68	7.69	8.21		9.26	8.34	7.78
H1 lead leg	L	strides	21	13	13	13	13	14	14	14	14	14	17	160				
Flenoy, Stefan (USA) (1968)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 1996 USA Olympic Trials (Atlanta, GA)</b>													<i>McNichols - Hurdle technique study through video analysis</i>					
date	16-Jun-96	time	5.86	9.61	13.38	17.21	21.08	21.75	25.17	29.43	33.96	38.51	43.18	48.74	6 / 6			
reaction time		interval		3.75	3.77	3.83	3.87	4.09	4.26	4.53	4.55	4.67	5.56			11.35	12.22	13.75
		velocity	7.68	9.33	9.28	9.14	9.04	8.56	8.22	7.73	7.69	7.49	7.19	8.21		9.25	8.59	7.64
H1 lead leg	L	strides	21	13	13	13	13	13	13	14	14	14	14	141				
Tamesue, Dai (JPN) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2004 Japanese National Championships (Tottori, JPN)</b>													<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>					
date	05-Jun-04	time	5.82	9.49	13.19	17.04	21.04	25.21	29.46	33.88	38.50	43.22		48.74	1 / 1			
reaction time		interval		3.67	3.70	3.85	4.00	4.17	4.25	4.42	4.62	4.72	5.52			11.22	12.42	13.76
		velocity	7.73	9.54	9.46	9.09	8.75	8.39	8.24	7.92	7.58	7.42	7.25	8.21		9.36	8.45	7.63
H1 lead leg		strides		13	13	13	13	14	14	15	15	15	125					
Kamani, Bayano (PAN) (1980)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2004 Olympic Games (Athína, GRE)</b>													<i>Behm (2005) - Athènes 2004: Les Haies Basses</i>					
date	26-Aug-04	time	5.9	9.5	13.2	17.0	21.1	25.1	29.3	33.9	38.3	42.9		48.74	2 / 5			
reaction time	0.233	interval		3.6	3.7	3.8	4.1	4.0	4.2	4.6	4.4	4.6	5.84			11.10	12.30	13.60
		velocity	7.63	9.72	9.46	9.21	8.54	8.75	8.33	7.61	7.95	7.61	6.85	8.21		9.46	8.54	7.72
H1 lead leg	L	strides	20	13	13	13	14	14	15	15	15	15	19	166				
Tinsley, Michael (USA) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2016 Prefontaine Classic (Eugene, OR) (TV Analysis)</b>													<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>					
date	28-May-16	time	5.92	9.56	13.44	17.44	21.64	25.88	30.12	33.88	39.00	43.60		48.74	3 / 1			
reaction time		interval		3.64	3.88	4.00	4.20	4.24	4.24	3.76	5.12	4.60	5.14			11.52	12.68	13.48
		velocity	7.60	9.62	9.02	8.75	8.33	8.25	8.25	7.98	7.81	7.61	7.78	8.21		9.11	8.28	7.79
H1 lead leg	L	strides	21	13	13	13	14	14			17	15	18	138				
Happio, Wilfried (FRA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2022 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)</b>													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	06-Aug-22	time	5.83	9.50	13.26	17.10	21.10	22.80	25.23	29.50	33.93	38.70	43.50		48.74	5 / 3		
reaction time	0.154	interval		3.67	3.76	3.84	4.00	4.13	4.27	4.43	4.77	4.80	5.24			11.27	12.40	14.00
		velocity	7.72	9.54	9.31	9.11	8.75	8.77	8.47	8.20	7.90	7.34	7.29	7.63	8.21	9.32	8.47	7.50
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	15	15	17.7	145.7				
Mowatt, Kemar (JAM) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)</b>													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	04-Jul-21	time	5.72	9.36	13.08	16.92	20.92	22.7	24.92	29.20	33.68	38.32	43.12		48.75	8 / 3		
reaction time	0.156	interval		3.64	3.72	3.84	4.00	4.00	4.28	4.48	4.64	4.80	5.63			11.20	12.28	13.92
		velocity	7.87	9.62	9.41	9.11	8.75	8.81	8.75	8.18	7.81	7.54	7.29	7.10	8.21	9.38	8.55	7.54
H1 lead leg	L	strides		13	13	13	13	13	14	14	14	14	17.7	138.7				
Bengtström, Carl (SWE) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)</b>													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	17-Jul-22	time	5.83	9.67	13.63	17.63	21.68	23.48	25.93	30.23	34.63	39.10	43.70		48.75	8 / 4		
reaction time	0.161	interval		3.84	3.96	4.00	4.05	4.25	4.30	4.40	4.47	4.60	5.05			11.80	12.60	13.47
		velocity	7.72	9.11	8.84	8.75	8.64	8.52	8.24	8.14	7.95	7.83	7.61	7.92	8.21	8.90	8.33	7.80
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	18.2	171.2				
Warholm, Karsten (NOR) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)</b>													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>					
date	10-Jun-24	time	5.65	9.20	12.96	16.75	20.71	24.83	28.99	33.27	37.97	42.74		48.75	8 / 1			
reaction time	0.185	interval		3.55	3.76	3.79	3.96	4.12	4.16	4.28	4.70	4.77	6.01			11.10	12.24	13.75
		velocity	7.96	9.86	9.31	9.23	8.84	8.50	8.41	8.18	7.45	7.34	6.66	8.21		9.46	8.58	7.64
H1 lead leg		strides																
dos Santos, Alison Brendon (BRA) (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>Heat 3 - 2024 Olympic Games (Paris, FRA)</b>													<i>Paris 2024 Olympic Games - Results Book (2024)</i>					
date	05-Aug-24	time	5.82	9.54	13.27	17.04	20.96	25.03	29.27	33.65	38.23	42.97		48.75	2 / 3			
reaction time	0.165	interval		3.72	3.73	3.77	3.92	4.07	4.24	4.38	4.58	4.74	5.78			11.22	12.23	13.70
		velocity	7.73	9.41	9.38	9.28	8.93	8.60	8.25	7.99	7.64	7.38	6.92	8.21		9.36	8.59	7.66
H1 lead leg	L	strides	20	13	12	12	12	12	12	13	13	13	16.7	149.7				
Vasilyev, Aleksandr (URS) (1961)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 1986 European Championships (Stuttgart, FRG)</b>													<i>Behm (1995) - la tactique du 400 haies</i>					
date	28-Aug-86	time	5.9	9.8	13.7	17.7	21.9	26.1	30.3	34.7	39.0	43.5		48.76	1 / 2			
reaction time		interval		3.9	3.9	4.0	4.2	4.2	4.2	4.4	4.3	4.5	5.26			11.80	12.60	13.20
		velocity	7.63	8.97	8.97	8.75	8.33	8.33	8.33	7.95	8.14	7.78	7.60	8.20		8.90	8.33	7.95
H1 lead leg		strides		13	13	13	14	14	14	14	15	15						

Schmid, Harald (FRG) (1957)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1988 Olympic Games (Seoul, KOR)		<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																
date	25-Sep-88	time	6.03	9.68	13.58	17.58	21.69	25.93	30.25	34.74	39.26	43.83		48.76	1 / 7			
reaction time	0.205	interval		3.65	3.90	4.00	4.11	4.24	4.32	4.49	4.52	4.57	4.93			11.55	12.67	13.58
		velocity	7.46	9.59	8.97	8.75	8.52	8.25	8.10	7.80	7.74	7.66	8.11	8.20		9.09	8.29	7.73
H1 lead leg	L	strides	21	13	13	13	13	13	13	14	14	14	17	158				
de Araújo, Eronilde (BRA) (1970)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 3</b> - 2000 Olympic Games (Sydney, AUS)		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	25-Sep-00	time	5.94	9.62	13.34	17.18	21.18	22.70	25.26	29.46	33.98	38.58	43.34		48.76	4 / 2		
reaction time	0.181	interval		3.68	3.72	3.84	4.00	4.08	4.20	4.52	4.60	4.76	5.42			11.24	12.28	13.88
		velocity	7.58	9.51	9.41	9.11	8.75	8.81	8.58	8.33	7.74	7.61	7.35	7.38	8.20	9.34	8.55	7.56
H1 lead leg		strides	21	13	13	13	13	13	14	14	14	14	17.8	159.8				
Thomas, Eric (USA) (1973)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2003 USATF National Championships (Palo Alto, CA)		<i>USATF Women's Sprint Development (2003)</i>																
date	22-Jun-03	time	6.01	9.83	13.66	17.53	21.54	25.66	29.93	34.28	38.76	43.33		48.76	5 / 4			
reaction time		interval		3.82	3.83	3.87	4.01	4.12	4.27	4.35	4.48	4.57	5.43	DV		11.52	12.40	13.40
		velocity	7.49	9.16	9.14	9.04	8.73	8.50	8.20	8.05	7.81	7.66	7.37	8.20		9.11	8.47	7.84
H1 lead leg		strides																
Sañchez, Félix (DOM) (1977)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3</b> - 2009 IAAF World Championships (Berlin, GER)		<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	15-Aug-09	time	6.03	9.65	13.42	17.30	21.27	25.46	29.81	34.27	38.89	43.53		48.76	7 / 4			
reaction time	0.172	interval		3.62	3.77	3.88	3.97	4.19	4.35	4.46	4.62	4.64	5.23			11.27	12.51	13.72
		velocity	7.46	9.67	9.28	9.02	8.82	8.35	8.05	7.85	7.58	7.54	7.65	8.20		9.32	8.39	7.65
H1 lead leg		strides																
Greene, David (Dai) (GBR) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 4</b> - 2009 IAAF World Championships (Berlin, GER)		<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	15-Aug-09	time	6.16	9.98	13.88	17.93	22.03	26.20	30.44	34.76	39.22	43.64		48.76	7 / 1			
reaction time	0.165	interval		3.82	3.90	4.05	4.10	4.17	4.24	4.32	4.46	4.42	5.12			11.77	12.51	13.20
		velocity	7.31	9.16	8.97	8.64	8.54	8.39	8.25	8.10	7.85	7.92	7.81	8.20		8.92	8.39	7.95
H1 lead leg		strides																
Culson, Javier (PUR) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 Jamaica International Invitational (Kingston, JAM) (TV Analysis)		<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	20-May-17	time		9.61	13.28	17.08	21.05	25.19	29.46	33.86	38.47	43.27		48.76	6 / 4			
reaction time		interval			3.67	3.80	3.97	4.14	4.27	4.40	4.61	4.80	5.49				12.38	13.81
		velocity		8.32	9.54	9.21	8.82	8.45	8.20	7.95	7.59	7.29	7.29	8.20			8.48	7.60
H1 lead leg		strides			13	13	13	13	13	13	14	14	17.2	123.2				
Allen, CJ (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)		<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	28-May-22	time	5.70	9.36	13.13	17.00	21.00	22.74	25.10	29.33	33.70	38.33	43.13		48.76	5 / 6		
reaction time	0.156	interval		3.66	3.77	3.87	4.00	4.10	4.23	4.37	4.63	4.80	5.63			11.30	12.33	13.80
		velocity	7.89	9.56	9.28	9.04	8.75	8.80	8.54	8.27	8.01	7.56	7.29	7.10	8.20	9.29	8.52	7.61
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	14	15	15	142				
Warholm, Karsten (NOR) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)		<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	20-Aug-23	time	5.86	9.66	13.40	17.20	20.93	24.93	29.13	33.44	38.20	43.13		48.76	3 / 2			
reaction time	0.166	interval		3.80	3.74	3.80	3.73	4.00	4.20	4.31	4.76	4.93	5.63			11.34	11.93	14.00
		velocity	7.68	9.21	9.36	9.21	9.38	8.75	8.33	8.12	7.35	7.10	7.10	8.20		9.26	8.80	7.50
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	15	15	17	158				
Chalmers, Alastair (GBR) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2</b> - 2024 European Athletics Championships (Roma, ITA)		<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	10-Jun-24	time	5.76	9.43	13.22	16.97	21.00	25.13	29.47	33.87	38.60	43.28		48.76	9 / 3			
reaction time	0.162	interval		3.67	3.79	3.75	4.03	4.13	4.34	4.40	4.73	4.68	5.48	PB		11.21	12.50	13.81
		velocity	7.81	9.54	9.23	9.33	8.68	8.47	8.06	7.95	7.40	7.48	7.30	8.20		9.37	8.40	7.60
H1 lead leg		strides											0					
Woody, Joey (USA) (1973)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1999 IAAF World Championships (Sevilla, ESP)		<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>																
date	27-Aug-99	time	5.62	9.25	12.89	16.65	20.59	24.59	28.91	33.29	37.84	42.90		48.77	6 / 6			
reaction time	0.175	interval		3.63	3.64	3.76	3.94	4.00	4.32	4.38	4.55	5.06	5.87			11.03	12.26	13.99
		velocity	8.01	9.64	9.62	9.31	8.88	8.75	8.10	7.99	7.69	6.92	6.81	8.20		9.52	8.56	7.51
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	14	15	17.5	160.5				
Narisako, Kenji (JPN) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2009 Osaka Grand Prix (Osaka, JPN)		<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																
date	09-May-09	time	6.04	9.73	13.50	17.30	21.19	25.28	29.63	34.02	38.61	43.36		48.77	1 / 3			
reaction time		interval		3.69	3.77	3.80	3.89	4.09	4.35	4.39	4.59	4.75	5.41			11.26	12.33	13.73
		velocity	7.45	9.49	9.28	9.21	9.00	8.56	8.05	7.97	7.63	7.37	7.39	8.20		9.33	8.52	7.65
H1 lead leg		strides		13	13	13	13	13	14	14	15	15	123					

Gordon, Jehue (TTO) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)</b>													<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>						
date	16-Aug-09	time	6.00	9.68	13.50	17.36	21.39	25.60	29.84	34.22	38.80	43.44		48.77	7 / 5				
reaction time	0.162	interval		3.68	3.82	3.86	4.03	4.21	4.24	4.38	4.58	4.64	5.33			11.36	12.48	13.60	
		velocity	7.50	9.51	9.16	9.07	8.68	8.31	8.25	7.99	7.64	7.54	7.50	8.20		9.24	8.41	7.72	
H1 lead leg		strides			13	13	13	13	13	13	13	14	14	17	123				
Green, Jack (GBR) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2017 Müller's Anniversary Games (London, GBR) (TV Analysis)</b>													<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>						
date	09-Jul-17	time	6.16	9.92	13.68	17.48	21.44	25.72	30.00	34.40	38.92	43.52		48.77	9 / 6				
reaction time	0.213	interval		3.76	3.76	3.80	3.96	4.28	4.28	4.40	4.52	4.60	5.25			11.32	12.52	13.52	
		velocity	7.31	9.31	9.31	9.21	8.84	8.18	8.18	7.95	7.74	7.61	7.62	8.20		9.28	8.39	7.77	
H1 lead leg	R	strides	22	14	13	13	13	14	14	15	15	15	18.7	166.7					
Sibilio, Alessandro (ITA) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)</b>													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	03-Aug-21	time	6.04	9.84	13.76	17.68	21.64	25.84		34.84	39.24	43.68		48.77	2 / 8				
reaction time	0.144	interval		3.80	3.92	3.92	3.96	4.20		9.00	4.40	4.44	5.09			11.64			
		velocity	7.45	9.21	8.93	8.93	8.84	8.33		7.78	7.95	7.88	7.86	8.20		9.02			
H1 lead leg	R	strides	21	13	13	13	13	13	13	13	14	14	17	157					
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)</b>													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	30-Jun-22	time	5.86	9.56	13.28	17.10	20.98	22.58	25.04	29.36	33.90	38.48	43.28		48.77	4 / 4			
reaction time	0.155	interval		3.70	3.72	3.82	3.88	4.06	4.32	4.54	4.58	4.80	5.49			11.24	12.26	13.92	
		velocity	7.68	9.46	9.41	9.16	9.02	8.86	8.62	8.10	7.71	7.64	7.29	8.20		9.34	8.56	7.54	
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	14	15	17.7	160.7					
Kodama, Yusaka (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 - 2023 Seiko Golden Grand Prix (Yokohama, JPN)</b>													<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>						
date	21-May-23	time	5.86	9.53	13.30	17.23	21.34	25.53	29.85	34.28	38.77	43.39		48.77	4 / 1				
reaction time	0.180	interval		3.67	3.77	3.93	4.11	4.19	4.32	4.43	4.49	4.62	5.38			11.37	12.62	13.54	
		velocity	7.68	9.54	9.28	8.91	8.52	8.35	8.10	7.90	7.80	7.58	7.43	8.20		9.23	8.32	7.75	
H1 lead leg	R	strides	21	13	13	13	14	14	15	15	15	15	19	167					
Rosser, Khalfiah (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	
<b>FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)</b>													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>						
date	09-Jul-23	time	5.94	9.61	13.28	17.08	21.05	25.09	29.29	33.66	38.27	43.11		48.77	7 / 4				
reaction time		interval		3.67	3.67	3.80	3.97	4.04	4.20	4.37	4.61	4.84	5.66			11.14	12.21	13.82	
		velocity	7.58	9.54	9.54	9.21	8.82	8.66	8.33	8.01	7.59	7.23	7.07	8.20		9.43	8.60	7.60	
H1 lead leg	R	strides	21	13	13	13	13	13	13	14	14	15	18	160					
Itt, Edgar (FRG) (1967)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 1988 Olympic Games (Seoul, KOR)</b>													<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>						
date	25-Sep-88	time	6.04	9.90	13.77	17.69	21.77	25.98	30.26	34.63	39.07	43.59		48.78	8 / 8				
reaction time	0.187	interval		3.86	3.87	3.92	4.08	4.21	4.28	4.37	4.44	4.52	5.19			11.65	12.57	13.33	
		velocity	7.45	9.07	9.04	8.93	8.58	8.31	8.18	8.01	7.88	7.74	7.71	8.20		9.01	8.35	7.88	
H1 lead leg	L	strides	21	13	13	13	13	14	14	14	14	14	16.8	159.8					
de Araújo, Eronilde (BRA) (1970)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 1996 Olympic Games (Atlanta, GA)</b>													<i>Behm (1996) - 400m haies</i>						
date	01-Aug-96	time	6.0	9.9	13.7	17.5	21.4	25.5	29.7	34.0	38.4	43.0		48.78	2 / 8				
reaction time	0.199	interval		3.9	3.8	3.8	3.9	4.1	4.2	4.3	4.4	4.6	5.78			11.50	12.20	13.30	
		velocity	7.50	8.97	9.21	9.21	8.97	8.54	8.33	8.14	7.95	7.61	6.92	8.20		9.13	8.61	7.89	
H1 lead leg		strides	21	13	13	13	13	13	14	14	14	14	142						
Mori, Fabrizio (ITA) (1969)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2000 Olympic Games (Sydney, AUS)</b>													<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>						
date	27-Sep-00	time	6.10	9.94	13.66	17.46	21.46	22.90	25.54	29.70	34.06	38.54	43.22		48.78	3 / 7			
reaction time	0.198	interval		3.84	3.72	3.80	4.00	4.08	4.16	4.36	4.48	4.68	5.56			11.36	12.24	13.52	
		velocity	7.38	9.11	9.41	9.21	8.75	8.73	8.58	8.41	8.03	7.81	7.48	7.19	8.20		9.24	8.58	7.77
H1 lead leg		strides	22	14	14	14	14	14	14	15	15	15	18.5	169.5					
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)</b>													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	16-Jul-22	time	6.13	10.00	13.87	17.73	21.67	23.23	25.73	29.96	34.33	38.87	43.46		48.78	5 / 1			
reaction time	0.169	interval		3.87	3.87	3.86	3.94	4.06	4.23	4.37	4.54	4.59	5.32			11.60	12.23	13.50	
		velocity	7.34	9.04	9.04	9.07	8.88	8.61	8.62	8.27	8.01	7.71	7.63	7.52	8.20		9.05	8.59	7.78
H1 lead leg	R	strides	21	13	13	13	13	13	13	14	14	14	17	158					
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)</b>													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	19-Aug-22	time	5.97	9.71	13.63	17.45	21.50	23.11	25.63	29.96	34.37	38.86	43.44		48.78	6 / 3			
reaction time	0.240	interval		3.74	3.92	3.82	4.05	4.13	4.33	4.41	4.49	4.58	5.34			11.48	12.51	13.48	
		velocity	7.54	9.36	8.93	9.16	8.64	8.65	8.47	8.08	7.94	7.80	7.64	7.49	8.20		9.15	8.39	7.79
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	14	14	17.2	158.2					

														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>Drummond, Gerald (CRC) (1994)</b>																																
<b>Repechage 2 - 2024 Olympic Games (Paris, FRA)</b>																																
date														07-Aug-24	time	5.78	9.54	13.44	17.38	21.45		25.66	29.91	34.37	38.97	43.62						
reaction time														0.216	interval	3.76	3.90	3.94	4.07		4.21	4.25	4.46	4.60	4.65	5.16			11.60	12.53	13.71	
															velocity	7.79	9.31	8.97	8.88	8.60		8.31	8.24	7.85	7.61	7.53	7.75	8.20		9.05	8.38	7.66
H1 lead leg														L	strides	21	14	14	14	14		14	14	15	15	15	18	168				
<b>Agyekum, Emil (GER) (1999)</b>																																
<b>Semi-Final 2 - 2024 Olympic Games (Paris, FRA)</b>																																
date														07-Aug-24	time	6.00	9.73	13.52	17.32	21.21		25.24	29.47	33.94	38.58	43.27						
reaction time														0.219	interval	3.73	3.79	3.80	3.89		4.03	4.23	4.47	4.64	4.69	5.51			11.32	12.15	13.80	
															velocity	7.50	9.38	9.23	9.21	9.00		8.68	8.27	7.83	7.54	7.46	7.26	8.20		9.28	8.64	7.61
H1 lead leg														L	strides	20			13	13		13	14	14	15	15	18	135				
<b>Copello, Yasmani (TUR) (1987)</b>																																
<b>FINAL - 2016 Bislett Games (Oslo, NOR) (TV Analysis)</b>																																
date														09-Jun-16	time	5.88	9.56	13.40	17.26	21.48		25.64	30.04	34.40	38.88	43.44						
reaction time														0.164	interval	3.68	3.84	3.86	4.22		4.16	4.40	4.36	4.48	4.56	5.35			11.38	12.78	13.40	
															velocity	7.65	9.51	9.11	9.07	8.29		8.41	7.95	8.03	7.81	7.68	7.48	8.20		9.23	8.22	7.84
H1 lead leg														R	strides	20	13		13	13		13	14	14	14	14	17.7	145.7				
<b>Robinson, Byron (USA) (1995)</b>																																
<b>FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>																																
date														10-Jul-16	time	5.90	9.67	13.68	17.75	21.75		25.79	30.00	34.33	38.84	43.44						
reaction time														0.185	interval	3.77	4.01	4.07	4.00		4.04	4.21	4.33	4.51	4.60	5.35	<b>PB</b>		11.85	12.25	13.44	
															velocity	7.63	9.28	8.73	8.60	8.75		8.66	8.31	8.08	7.76	7.61	7.48	8.20		8.86	8.57	7.81
H1 lead leg														L	strides	22	15	15	15	15		15	15	15	15	15	19.2	176.2				
<b>Culson, Javier (PUR) (1984)</b>																																
<b>FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)</b>																																
date														01-Sep-16	time	5.72	9.44	13.16	16.96	20.88		25.00	29.24	33.80	38.52	43.32						
reaction time														0.175	interval	3.72	3.72	3.80	3.92		4.12	4.24	4.56	4.72	4.80	5.47			11.24	12.28	14.08	
															velocity	7.87	9.41	9.41	9.21	8.93		8.50	8.25	7.68	7.42	7.29	7.31	8.20		9.34	8.55	7.46
H1 lead leg														L	strides	20	13	13	13	13		13	13	14	14	14	17	157				
<b>Hussein, Kariem (SUI) (1989)</b>																																
<b>FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)</b>																																
date														06-Jul-17	time	5.96	9.76	13.68	17.68	21.72		25.88	30.16	34.48	39.00	43.56						
reaction time														0.170	interval	3.80	3.92	4.00	4.04		4.16	4.28	4.32	4.52	4.56	5.23			11.72	12.48	13.40	
															velocity	7.55	9.21	8.93	8.75	8.66		8.41	8.18	8.10	7.74	7.68	7.65	8.20		8.96	8.41	7.84
H1 lead leg														L	strides	20	13	13	13	13		13	14	14	14	14	17	158				
<b>Lattin, Amere (USA) (1997)</b>																																
<b>FINAL - 2022 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)</b>																																
date														06-Aug-22	time	5.77	9.43	13.16	17.07	21.03	22.71				34.10	38.73	43.43					
reaction time														0.147	interval	3.66	3.73	3.91	3.96					13.07	4.63	4.70	5.36			11.30		
															velocity	7.80	9.56	9.38	8.95	8.84	8.81				8.03	7.56	7.45	7.46	8.20		9.29	
H1 lead leg														L	strides	20	13	13		13				14	14	17	104					
<b>Valliant, Ludvy (FRA) (1995)</b>																																
<b>FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)</b>																																
date														19-Aug-22	time	5.93	9.66	13.60	17.45	21.38	22.99	25.55	29.84	34.25	38.82	43.52						
reaction time														0.193	interval	3.73	3.94	3.85	3.93		4.17	4.29	4.41	4.57	4.70	5.27			11.52	12.39	13.68	
															velocity	7.59	9.38	8.88	9.09	8.91	8.70	8.39	8.16	7.94	7.66	7.45	7.59	8.20		9.11	8.47	7.68
H1 lead leg														R	strides	21	13	13	13	13		13	14	14	14	14	17	159				
<b>Abuaku, Joshua (GER) (1996)</b>																																
<b>FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)</b>																																
date														19-Aug-22	time	5.85	9.54	17.08	20.98	22.62	25.11	29.52	33.97	38.58	43.36							
reaction time														0.168	interval	3.69		7.54	3.90		4.13	4.41	4.45	4.61	4.78	5.43	<b>PB</b>		11.23	12.44	13.84	
															velocity	7.69	9.49		9.28	8.97	8.84	8.47	7.94	7.87	7.59	7.32	7.37	8.20		9.35	8.44	7.59
H1 lead leg														L	strides	20	13		13		13	14	14	15	15	18	135					
<b>Abakar, Ismail Doudai (QAT) (2004)</b>																																
<b>FINAL - 2024 Meeting de Paris (Paris, FRA)</b>																																
date														07-Jul-24	time	5.75	9.49	13.34	17.23	21.10		25.18	29.44	33.82	38.31	42.98						
reaction time														0.192	interval	3.74	3.85	3.89	3.87		4.08	4.26	4.38	4.49	4.67	5.81			11.48	12.21	13.54	
															velocity	7.83	9.36	9.09	9.00	9.04		8.58	8.22	7.99	7.80	7.49	6.88	8.20		9.15	8.60	7.75
H1 lead leg														L	strides	20	13	13	13	13				13	13	15	17.2	130.2				
<b>Sibilio, Alessandro (ITA) (1999)</b>																																
<b>Semi-Final 2 - 2024 Olympic Games (Paris, FRA)</b>																																
date														07-Aug-24	time	5.87	9.60	13.36	17.19	21.12		25.25	29.67	34.20	38.77	43.38						
reaction time														0.151	interval	3.73	3.76	3.83	3.93		4.13	4.42	4.53	4.57	4.61	5.41			11.32	12.48	13.71	
															velocity	7.67	9.38	9.31	9.14	8.91		8.47	7.92	7.73	7.66	7.59	7.39	8.20		9.28	8.41	7.66
H1 lead leg														R	strides	21	13	13	13	13		13	14			15	19	134				

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Schelbert, Marcel (SUI) (1976)</b>																			
<b>Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)</b>																			
date	25-Aug-99	time	5.78	9.59	13.39	17.33	21.29	25.60	29.86	34.32	38.83	43.33		Sanchez (1999) - Sevilla '99: análisis de la carreras con villas					
reaction time	0.139	interval		3.81	3.80	3.94	3.96	4.31	4.26	4.46	4.51	4.50	5.47		6 / 3		11.55	12.53	13.47
		velocity	7.79	9.19	9.21	8.88	8.84	8.12	8.22	7.85	7.76	7.78	7.31	8.20			9.09	8.38	7.80
H1 lead leg	L	strides	22	13	13	13	13	14	14	15	15	15	19	166					
<b>van Zyl, L.J. (RSA) (1985)</b>																			
<b>Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)</b>																			
date	16-Aug-09	time	5.96	9.70	13.46	17.34	21.36	25.54	29.92	34.30	38.70	43.34		Graubner (2009) - biomechanical analyses at the 12th IAAF world championships					
reaction time	0.168	interval		3.74	3.76	3.88	4.02	4.18	4.38	4.38	4.40	4.64	5.46		6 / 6		11.38	12.58	13.42
		velocity	7.55	9.36	9.31	9.02	8.71	8.37	7.99	7.99	7.95	7.54	7.33	8.20			9.23	8.35	7.82
H1 lead leg	L	strides	22	14	14	14	14	14	15	15	15	15	19.2	171.2					
<b>van Zyl, L.J. (RSA) (1985)</b>																			
<b>FINAL - 2011 IAAF World Championships (Daegu, KOR)</b>																			
date	01-Sep-11	time	5.8	9.5	13.1	17.0	21.0	24.9	29.1	33.5	38.1	43.0		Behm (2011) - Le quatrache: Démus enfin!					
reaction time	0.177	interval		3.7	3.6	3.9	4.0	3.9	4.2	4.4	4.6	4.9	5.8		8 / 3		11.20	12.10	13.90
		velocity	7.76	9.46	9.72	8.97	8.75	8.97	8.33	7.95	7.61	7.14	6.90	8.20			9.38	8.68	7.55
H1 lead leg	L	strides	21	14	14	14	14	14	15	15	16	16	20	173					
<b>van Zyl, L.J. (RSA) (1985)</b>																			
<b>FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)</b>																			
date	01-Sep-16	time	5.88	9.56	13.40	17.40	21.44	25.60	29.84	34.24	38.72	43.40		Henson (2020) - Athlete First: 2016 year end hurdle report					
reaction time	0.147	interval		3.68	3.84	4.00	4.04	4.16	4.24	4.40	4.48	4.68	5.40		1 / 3		11.52	12.44	13.56
		velocity	7.65	9.51	9.11	8.75	8.66	8.41	8.25	7.95	7.81	7.48	7.41	8.20			9.11	8.44	7.74
H1 lead leg	L	strides	22	14	14	14	14	14	15	15	15	15	19	171					
<b>Abe, Takatoshi (JPN) (1991)</b>																			
<b>FINAL - 2019 Japanese National Championships (Fukuoka, JPN)</b>																			
date	29-Jun-19	time	5.96	9.63	13.45	17.26	21.15	25.19	29.53	33.95	38.51	43.23		Yamanaka (2019) - research on athlete performance and technique- 2019 data book					
reaction time	0.140	interval		3.67	3.82	3.81	3.89	4.04	4.34	4.42	4.56	4.72	5.57		8 / 1		11.30	12.27	13.70
		velocity	7.55	9.54	9.16	9.19	9.00	8.66	8.06	7.92	7.68	7.42	7.18	8.20			9.29	8.56	7.66
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	15	18.2	162.2					
<b>Drummond, Gerald (CRC) (1994)</b>																			
<b>Heat 4 - 2024 Olympic Games (Paris, FRA)</b>																			
date	05-Aug-24	time	5.70	9.36	13.13	17.04	21.07	25.24	29.52	34.07	38.70	43.44		Paris 2024 Olympic Games - Results Book (2024)					
reaction time	0.213	interval		3.66	3.77	3.91	4.03	4.17	4.28	4.55	4.63	4.74	5.36		6 / 7		11.34	12.48	13.92
		velocity	7.89	9.56	9.28	8.95	8.68	8.39	8.18	7.69	7.56	7.38	7.46	8.20			9.26	8.41	7.54
H1 lead leg	L	strides	20	14	14	14	14	14	14	15	15	15	18	167					
<b>Downing, Quincy (USA) (1993)</b>																			
<b>FINAL - 2017 Müller's Anniversary Games (London, GBR) (TV Analysis)</b>																			
date	09-Jul-17	time	5.96	9.76	13.48	17.28	21.16	25.16	29.52	34.04	38.64	43.40		Henson (2020) - Athlete First: 2017 year end hurdle report					
reaction time	0.144	interval		3.80	3.72	3.80	3.88	4.00	4.36	4.52	4.60	4.76	5.41		2 / 7		11.32	12.24	13.88
		velocity	7.55	9.21	9.41	9.21	9.02	8.75	8.03	7.74	7.61	7.35	7.39	8.20			9.28	8.58	7.56
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	14	15	17.5	160.5					
<b>Rosser, Khallifah (USA) (1995)</b>																			
<b>FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>																			
date	26-Jun-21	time	5.77	9.37	13.10	16.96	20.99	25.16	29.48	33.83	38.33	43.06		Henson (2021) - Athlete First: 2021 year end hurdle report					
reaction time	0.279	interval		3.60	3.73	3.86	4.03	4.17	4.32	4.35	4.50	4.73	5.75		8 / 5		11.19	12.52	13.58
		velocity	7.80	9.72	9.38	9.07	8.68	8.39	8.10	8.05	7.78	7.40	6.96	8.20			9.38	8.39	7.73
H1 lead leg	R	strides		13	13	13	13	14	14	14	14	15	18	141					
<b>Mägi, Rasmus (EST) (1992)</b>																			
<b>FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)</b>																			
date	04-Jul-21	time	5.88	9.68	13.44	17.32	21.32	23.1	25.44	29.76	34.24	38.76	43.36		Henson (2021) - Athlete First: 2021 year end hurdle report				
reaction time	0.128	interval		3.80	3.76	3.88	4.00	4.12	4.32	4.48	4.52	4.60	5.45		5 / 4		11.44	12.44	13.60
		velocity	7.65	9.21	9.31	9.02	8.75	8.66	8.50	8.10	7.81	7.74	7.61	7.34	8.20		9.18	8.44	7.72
H1 lead leg	R	strides		13	13	13	13	13	13	13	14	14	14	17.2	137.2				
<b>Goller, Thomas (GER) (1977)</b>																			
<b>FINAL - 2000 ISTAF (Berlin, GER)</b>																			
date	01-Sep-00	time	5.98	9.68	13.46	17.35	21.40	25.52	29.83	34.16	38.74	43.44		Graubner (2009) - http://www.fgs.uni-halle.de					
reaction time		interval		3.70	3.78	3.89	4.05	4.12	4.31	4.33	4.58	4.70	5.38		1 / 5		11.37	12.48	13.61
		velocity	7.53	9.46	9.26	9.00	8.64	8.50	8.12	8.08	7.64	7.45	7.43	8.19			9.23	8.41	7.71
H1 lead leg		strides																	
<b>Tinsley, Michael (USA) (1984)</b>																			
<b>FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>																			
date	10-Jul-16	time	5.84	9.47	13.18	16.98	20.99	25.12	29.36	33.77	38.40	43.28		Henson (2020) - Athlete First: 2016 year end hurdle report					
reaction time	0.180	interval		3.63	3.71	3.80	4.01	4.13	4.24	4.41	4.63	4.88	5.54		6 / 3		11.14	12.38	13.92
		velocity	7.71	9.64	9.43	9.21	8.73	8.47	8.25	7.94	7.56	7.17	7.22	8.19			9.43	8.48	7.54
H1 lead leg	L	strides	21	13	13	13	14	14	14	14	15	16	18.7	165.7					

Warholm, Karsten (NOR) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)																		
Henson (2020) - Athlete First: 2017 year end hurdle report																		
date	18-Jun-17	time	5.76	9.48	13.24	17.04	21.00	25.20	29.44	33.92	38.68	43.44		48.82	7 / 1			
reaction time	0.139	interval		3.72	3.76	3.80	3.96	4.20	4.24	4.48	4.76	4.76	5.38			11.28	12.40	14.00
		velocity	7.81	9.41	9.31	9.21	8.84	8.33	8.25	7.81	7.35	7.35	7.43	8.19		9.31	8.47	7.50
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	15	15	17.7	158.7				
Benjamin, Rai (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1</b> - 2024 Olympic Games (Paris, FRA)																		
Paris 2024 Olympic Games - Results Book (2024)																		
date	05-Aug-24	time	5.88	9.62	13.37	17.25	21.31	25.44	29.51	33.73	38.22	42.97		48.82	7 / 1			
reaction time	0.190	interval		3.74	3.75	3.88	4.06	4.13	4.07	4.22	4.49	4.75	5.85			11.37	12.26	13.46
		velocity	7.65	9.36	9.33	9.02	8.62	8.47	8.60	8.29	7.80	7.37	6.84	8.19		9.23	8.56	7.80
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	14	14	17	156				
Chiba, Yoshihiro (JPN) (1979)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2006 Osaka Grand Prix (Osaka, JPN)																		
Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers																		
date	06-May-06	time	6.04	9.79	13.56	17.45	21.40	25.46	29.61	33.95	38.47	43.22		48.83	1 / 5			
reaction time		interval		3.75	3.77	3.89	3.95	4.06	4.15	4.34	4.52	4.75	5.61			11.41	12.16	13.61
		velocity	7.45	9.33	9.28	9.00	8.86	8.62	8.43	8.06	7.74	7.37	7.13	8.19		9.20	8.63	7.71
H1 lead leg		strides		14	14	14	14	14	15	15	15	15	15	130				
Mowatt, Kemar (JAM) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2018 NCAA Championships (Eugene, OR) (TV Analysis)																		
Henson (2020) - Athlete First: 2018 year end hurdle report																		
date	08-Jun-18	time	5.86	9.53	13.23	17.00	21.00	25.13	29.40	33.80	38.36	43.13		48.83	6 / 4			
reaction time		interval		3.67	3.70	3.77	4.00	4.13	4.27	4.40	4.56	4.77	5.70			11.14	12.40	13.73
		velocity	7.68	9.54	9.46	9.28	8.75	8.47	8.20	7.95	7.68	7.34	7.02	8.19		9.43	8.47	7.65
H1 lead leg	L	strides		13	13	13	13	13	14	14	15	15	18.5	141.5				
Clement, Kerron (USA) (1985)		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</b> - 2018 Meeting de Paris (Paris, FRA) (TV Analysis)																		
Henson (2020) - Athlete First: 2018 year end hurdle report																		
date	30-Jun-18	time	5.92	9.64	13.32	17.16	21.16	22.9	25.44	29.80	34.28	38.80	43.48		48.83	8 / 5		
reaction time	0.233	interval		3.72	3.68	3.84	4.00	4.28	4.36	4.48	4.52	4.68	5.35			11.24	12.64	13.68
		velocity	7.60	9.41	9.51	9.11	8.75	8.73	8.18	8.03	7.81	7.74	7.48	7.48	8.19	9.34	8.31	7.68
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	13	16	153				
Grant, Robert (USA) (1996)		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</b> - 2019 NCAA Championships (Austin, TX) (TV Analysis)																		
Henson (2020) - Athlete First: 2019 year end hurdle report																		
date	07-Jun-19	time	6.00	9.80	13.80	17.83	21.96	26.13	30.36	34.73		43.63		48.83	7 / 4			
reaction time	0.186	interval		3.80	4.00	4.03	4.13	4.17	4.23	4.37		8.90	5.20	DQ		11.83	12.53	13.27
		velocity	7.50	9.21	8.75	8.68	8.47	8.39	8.27	8.01		7.87	7.69	8.19		8.88	8.38	7.91
H1 lead leg	R	strides		14	14	14	14	14	16	15				101				
Mägi, Rasmus (EST) (1992)		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</b> - 2021 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																		
Henson (2021) - Athlete First: 2021 year end hurdle report																		
date	09-Jul-21	time	5.92	9.64	13.30	17.30	21.25	23.0	25.39	29.64	34.10	38.70	43.41		48.83	5 / 3		
reaction time	0.152	interval		3.72	3.74	3.74	3.95	4.14	4.25	4.46	4.60	4.71	5.42			11.38	12.34	13.77
		velocity	7.60	9.41		9.14	8.86	8.70	8.45	8.24	7.85	7.61	7.43	7.38	8.19	9.23	8.51	7.63
H1 lead leg	R	strides	20	13		13	13	13	13	14	14	14	14	114				
Preis, Constantin (GER) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2022 Memorial van Damme (Brussels, BEL) (TV Analysis)																		
Henson (2022) - Athlete First: 2022 year end hurdle report																		
date	02-Sep-22	time	6.04	9.74	13.48	17.32	21.29	22.98	25.42	29.69	34.20	38.77	43.44		48.83	8 / 5		
reaction time	0.253	interval		3.70	3.74	3.84	3.97	2.44	4.27	4.51	4.57	4.67	5.39			11.28	12.37	13.75
		velocity	7.45	9.46	9.36	9.11	8.82	8.70	14.34	8.20	7.76	7.66	7.49	7.42	8.19	9.31	8.49	7.64
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	15	153				
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2022 Memorial van Damme (Brussels, BEL) (TV Analysis)																		
Henson (2022) - Athlete First: 2022 year end hurdle report																		
date	02-Sep-22	time	5.90	9.64	13.38		21.22	22.93	25.29	29.66	34.13	38.70	43.37		48.83	3 / 6		
reaction time	0.190	interval		3.74	3.74		7.84	2.36	4.37	4.47	4.57	4.67	5.46					13.71
		velocity	7.63	9.36	9.36		8.93	8.72	14.83	8.01	7.83	7.66	7.49	7.33	8.19			7.66
H1 lead leg	R	strides	20	13	13			13	14	14	14	14	14	17.2	132.2			
Happio, Wilfried (FRA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 3</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		
Henson (2023) - Athlete First: 2023 year end hurdle report																		
date	21-Aug-23	time	5.94	9.67	13.31	16.91	20.72	24.66	28.76	33.40		43.31		48.83	6 / 7			
reaction time	0.176	interval		3.73	3.64	3.60	3.81	3.94	4.10	4.64		9.91	5.52			10.97	11.85	14.55
		velocity	7.58	9.38	9.62	9.72	9.19	8.88	8.54	7.54		7.06	7.25	8.19		9.57	8.86	7.22
H1 lead leg	L	strides	20	13	13	13	13	13	13	14			17.7	129.7				
Yamauchi, Hiromu (JPN) (1999)		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</b> - 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	6.01	9.91	13.90	17.90	21.99	26.16	30.30	34.68	39.14	43.68		48.84	7 / 2			
reaction time	0.187	interval		3.90	3.99	4.00	4.09	4.17	4.14	4.38	4.46	4.54	5.16			11.89	12.40	13.38
		velocity	7.49	8.97	8.77	8.75	8.56	8.39	8.45	7.99	7.85	7.71	7.75	8.19		8.83	8.47	7.85
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	18.5	168.5				



Mägi, Rasmus (EST) (1992)		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</b> - 2021 Weltklasse (Zürich, SUI) (TV Analysis)																		
Henson (2021) - Athlete First: 2021 year end hurdle report																		
date	09-Sep-21	time	6.00				21.44	23.0	25.56	29.84		38.80	43.52		48.84	3 / 4		
reaction time	0.158	interval					15.44		4.12	4.28		8.96	4.72	5.32				13.68
		velocity	7.50				9.07	8.70	8.50	8.18		7.81	7.42	7.52		8.19		7.68
H1 lead leg	R	strides	20					13	13				14	17	77			
Copello, Yasmani (TUR) (1987)		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</b> - 2018 Athletissima (Lausanne, SUI) (TV Analysis)																		
Henson (2020) - Athlete First: 2018 year end hurdle report																		
date	05-Jul-18	time	5.80	9.56	13.36		21.12		25.20	29.54	33.92	38.52	43.20		48.85	3 / 3		
reaction time	0.183	interval		3.76	3.80		7.76		4.08	4.34	4.38	4.60	4.68	5.65				13.66
		velocity	7.76	9.31	9.21		9.02		8.58	8.06	7.99	7.61	7.48	7.08		8.19		7.69
H1 lead leg	R	strides	20	13	13			13	14	14	14	14	14	18	133			
McLaughlin, Taylor (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 NCAA Championships (Austin, TX) (TV Analysis)																		
Henson (2020) - Athlete First: 2019 year end hurdle report																		
date	07-Jun-19	time	5.96	9.66	13.40	17.23	21.16		25.20	29.46	33.96	38.50	43.33		48.85	6 / 5-4		
reaction time	0.199	interval		3.70	3.74	3.83	3.93		4.04	4.26	4.50	4.54	4.83	5.52			11.27	12.23
		velocity	7.55	9.46	9.36	9.14	8.91		8.66	8.22	7.78	7.71	7.25	7.25		8.19	9.32	8.59
H1 lead leg	R	strides		13	13	13	13		13	13	14	14	15	18	139			7.57
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2024 Prefontaine Classic (Eugene, OR)																		
Omega Timing (2024) - diamond league race analysis																		
date	25-May-24	time	6.00	9.81	13.74	17.63	21.54		25.59	29.78	34.23	38.81	43.43		48.85	7 / 2		
reaction time	0.209	interval		3.81	3.93	3.89	3.91		4.05	4.19	4.45	4.58	4.62	5.42			11.63	12.15
		velocity	7.50	9.19	8.91	9.00	8.95		8.64	8.35	7.87	7.64	7.58	7.38		8.19	9.03	8.64
H1 lead leg		strides			13	13	13		13	13	14	14	14	14	107			7.69
James-King, Malik (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
<b>Semi-Final 2</b> - 2024 Olympic Games (Paris, FRA)																		
Paris 2024 Olympic Games - Results Book (2024)																		
date	07-Aug-24	time	6.00	9.77	13.46	17.19	21.09		25.13	29.29	33.60	38.08	42.65		48.85	6 / 7		
reaction time	0.222	interval		3.77	3.69	3.73	3.90		4.04	4.16	4.31	4.48	4.57	6.20			11.19	12.10
		velocity	7.50	9.28	9.49	9.38	8.97		8.66	8.41	8.12	7.81	7.66	6.45		8.19	9.38	8.68
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19	172			7.86
Arkhipenko, Vasily (URS) (1957)		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</b> - 1980 Olympic Games (Moscow, URS)																		
Behm (1999) - Les chiffres: Les podiums de tous les championnats																		
date	26-Jul-80	time					21.5								48.86	2 / 2		
reaction time	0.137	interval																
		velocity					8.60									8.19		
H1 lead leg		strides	15	15	15	15		15	15	15	15	15	15		135			
Itt, Edgar (FRG) (1967)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2</b> - 1988 Olympic Games (Seoul, KOR)																		
Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988																		
date	24-Sep-88	time	6.08	9.79	13.65	17.56	21.58		25.78	30.14	34.60	39.15	43.69		48.86	2 / 4		
reaction time		interval		3.71	3.86	3.91	4.02		4.20	4.36	4.46	4.55	4.54	5.17			11.48	12.58
		velocity	7.40	9.43	9.07	8.95	8.71		8.33	8.03	7.85	7.69	7.71	7.74		8.19	9.15	8.35
H1 lead leg		strides	21	13	13	13	13		14	14	14	14	14	17.3	160.3			7.75
Caristan, Stéphane (FRA) (1964)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1992 Olympic Games (Barcelona, ESP)																		
Belloc (1992) - Diagona: 45.18 / 48.13 : 3" d'ecart; incompressibles?																		
date	06-Aug-92	time	5.90	9.75	13.60	17.50	21.45		25.75	30.00	34.40	38.95	43.50		48.86	1 / 7		
reaction time		interval		3.85	3.85	3.90	3.95		4.30	4.25	4.40	4.55	4.55	5.36			11.60	12.50
		velocity	7.63	9.09	9.09	8.97	8.86		8.14	8.24	7.95	7.69	7.69	7.46		8.19	9.05	8.40
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18.1	164.1			7.78
Gordon, Jehue (TTO) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2012 Olympic Games (London, GBR)																		
Hillier (2012) - uka 2012 olympic games report: 400m hurdles																		
date	06-Aug-12	time	5.72	9.28	13.07	16.92	20.93	22.73	25.02	29.14	33.40	38.05	43.07		48.86	8 / 6		
reaction time	0.165	interval		3.56	3.79	3.85	4.01		4.09	4.12	4.26	4.65	5.02	5.79			11.20	12.22
		velocity	7.87	9.83	9.23	9.09	8.73	8.80	8.56	8.50	8.22	7.53	6.97	6.91		8.19	9.38	8.59
H1 lead leg	L	strides	21	13	13	13	13		13	14	15	15	15		145			7.54
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 Bislett Games (Oslo, NOR) (TV Analysis)																		
Henson (2021) - Athlete First: 2021 year end hurdle report																		
date	01-Jul-21	time	5.82	9.50	13.26	17.14	21.06		25.14		33.56	38.46	43.26		48.86	5 / 3		
reaction time	0.198	interval		3.68	3.76	3.88	3.92		4.08		8.42	4.90	4.80	5.60			11.32	
		velocity	7.73	9.51	9.31	9.02	8.93		8.58		8.31	7.14	7.29	7.14		8.19	9.28	
H1 lead leg	R	strides	20	13	13		13		13			14	15		114			
Tamesue, Dai (JPN) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2004 Osaka Grand Prix (Osaka, JPN)																		
Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers																		
date	08-May-04	time	5.77	9.41	13.20	17.07	21.06		25.25	29.45	33.87	38.51	43.31		48.87	1 / 1		
reaction time		interval		3.64	3.79	3.87	3.99		4.19	4.20	4.42	4.64	4.80	5.56			11.30	12.38
		velocity	7.80	9.62	9.23	9.04	8.77		8.35	8.33	7.92	7.54	7.29	7.19		8.18	9.29	8.48
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125			7.58

Tamesue, Dai (JPN) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2007 Japanese National Championships (Osaka, JPN)													<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>						
date	30-Jun-07	time	5.86	9.53	13.32	17.22	21.16	25.26	29.51	34.00	38.62	43.36		48.87	1 / 1				
reaction time		interval		3.67	3.79	3.90	3.94	4.10	4.25	4.49	4.62	4.74	5.51			11.36	12.29	13.85	
		velocity	7.68	9.54	9.23	8.97	8.88	8.54	8.24	7.80	7.58	7.38	7.26	8.18		9.24	8.54	7.58	
H1 lead leg		strides		13	13	13	13	14	14	15	15	15		125					
Sánchez, Félix (DOM) (1977)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2011 IAAF World Championships (Daegu, KOR)													<i>Behm (2011) - Le quatrache: Démus enfin!</i>						
date	01-Sep-11	time	5.8	9.5	13.1	16.9	21.0	25.1	29.3	33.7	38.3	43.3		48.87	7 / 4				
reaction time	0.179	interval		3.7	3.6	3.8	4.1	4.1	4.2	4.4	4.6	5.0	5.6			11.10	12.40	14.00	
		velocity	7.76	9.46	9.72	9.21	8.54	8.54	8.33	7.95	7.61	7.00	7.18	8.18		9.46	8.47	7.50	
H1 lead leg	R	strides	20	13	13	13	13	14	14	15	15	16	19	165					
Clement, Kerron (USA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2016 Prefontaine Classic (Eugene, OR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>						
date	28-May-16	time	6.08	9.92	13.72	17.72		26.00	30.28	34.04	39.08	43.68		48.87	7 / 2				
reaction time		interval		3.84	3.80	4.00		8.28	4.28	3.76	5.04	4.60	5.19			11.64	12.56	13.40	
		velocity	7.40	9.11	9.21	8.75		8.45	8.18	7.98	7.94	7.61	7.71	8.18		9.02	8.36	7.84	
H1 lead leg	R	strides	20	13	13	13			13	13		15	17	117					
Toyoda, Masaki (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2021 Ready Steady Tokyo (Tokyo, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>						
date	09-May-21	time	5.92	9.74	13.66	17.75	21.82	26.03	30.31	34.67	39.14	43.69		48.87	4 / 3				
reaction time	0.158	interval		3.82	3.92	4.09	4.07	4.21	4.28	4.36	4.47	4.55	5.18	PB		11.83	12.56	13.38	
		velocity	7.60	9.16	8.93	8.56	8.60	8.31	8.18	8.03	7.83	7.69	7.72	8.18		8.88	8.36	7.85	
H1 lead leg		strides		14	14	14	14	14	14	15	15	15	18.5	147.5					
Abe, Takatoshi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2021 Japanese National Championships (Osaka, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>						
date	26-Jun-21	time	5.93	9.57	13.36	17.15	21.02	25.04	29.33	33.77	38.40	43.21		48.87	5 / 2				
reaction time	0.173	interval		3.64	3.79	3.79	3.87	4.02	4.29	4.44	4.63	4.81	5.66			11.22	12.18	13.88	
		velocity	7.59	9.62	9.23	9.23	9.04	8.71	8.16	7.88	7.56	7.28	7.07	8.18		9.36	8.62	7.56	
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	15	18	162					
Rosser, Khallifah (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2023 Bislett Games (Oslo, NOR)													<i>Omega Timing (2023) - diamond league race analysis</i>						
date	15-Jun-23	time	5.71	9.31	12.97	16.74	20.67	24.79	29.09	33.54	38.25	43.09		48.87	3 / 6				
reaction time	0.172	interval		3.60	3.66	3.77	3.93	4.12	4.30	4.45	4.71	4.84	5.78			11.03	12.35	14.00	
		velocity	7.88	9.72	9.56	9.28	8.91	8.50	8.14	7.87	7.43	7.23	6.92	8.18		9.52	8.50	7.50	
H1 lead leg	R	strides	21			13	13	13			15	15	90						
Gucek, Matic Ian (SLO) (2003)		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</b> - 2024 European Athletics Championships (Roma, ITA)													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>						
date	11-Jun-24	time	5.84	9.63	13.48	17.36	21.40	25.44	29.73	34.11	38.76	43.40		48.87	2 / 7				
reaction time	0.158	interval		3.79	3.85	3.88	4.04	4.04	4.29	4.38	4.65	4.64	5.47			11.52	12.37	13.67	
		velocity	7.71	9.23	9.09	9.02	8.66	8.66	8.16	7.99	7.53	7.54	7.31	8.18		9.11	8.49	7.68	
H1 lead leg	R	strides	22	14	14		14	14	14	15	15	15	18.7	155.7					
Abuaku, Joshua (GER) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Repechage 3</b> - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>						
date	06-Aug-24	time	5.74	9.38	13.10	16.88	20.83	25.06	29.40	33.96	38.63	43.36		48.87	6 / 2				
reaction time	0.159	interval		3.64	3.72	3.78	3.95	4.23	4.34	4.56	4.67	4.73	5.51			11.14	12.52	13.96	
		velocity	7.84	9.62	9.41	9.26	8.86	8.27	8.06	7.68	7.49	7.40	7.26	8.18		9.43	8.39	7.52	
H1 lead leg	L	strides	20	13	13	13	13	13	14	14	15	15	18.5	161.5					
Kishimoto, Takayuki (JPN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2012 Shizuoka International Athletics Meeting (Fukuroi, JPN)													<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>						
date	03-May-12	time	5.77	9.51	13.31	17.25	21.35	25.69	30.04	34.54	39.09	43.69		48.88	1 / 1				
reaction time		interval		3.74	3.80	3.94	4.10	4.34	4.35	4.50	4.55	4.60	5.19			11.48	12.79	13.65	
		velocity	7.80	9.36	9.21	8.88	8.54	8.06	8.05	7.78	7.69	7.61	7.71	8.18		9.15	8.21	7.69	
H1 lead leg		strides		13	13	13	13	14	14	15	15	15		125					
Babineaux, Ricky (USA) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>						
date	10-Jul-16	time	6.00	9.84	13.68	17.62	21.59	25.66	30.03	34.53	39.10	43.74		48.88	4 / 4				
reaction time	0.187	interval		3.84	3.84	3.94	3.97	4.07	4.37	4.50	4.57	4.64	5.14	PB		11.62	12.41	13.71	
		velocity	7.50	9.11	9.11	8.88	8.82	8.60	8.01	7.78	7.66	7.54	7.78	8.18		9.04	8.46	7.66	
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	14	14	17.5	158.5					
Robinson, Byron (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2017 Athletissima (Lausanne, SUI) (TV Analysis)													<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>						
date	06-Jul-17	time	5.84	9.64	13.68	17.80	21.88	26.00	30.12	34.40	38.80	43.36		48.88	4 / 2				
reaction time	0.151	interval		3.80	4.04	4.12	4.08	4.12	4.12	4.28	4.40	4.56	5.52			11.96	12.32	13.24	
		velocity	7.71	9.21	8.66	8.50	8.58	8.50	8.50	8.18	7.95	7.68	7.25	8.18		8.78	8.52	7.93	
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	20	177					

Ezekiel, Nathaniel (NGR) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2024 NCAA Championships (Eugene, OR) (TV Analysis)																		
<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																		
date	07-Jun-24	time	6.00	9.67	13.45	17.26	21.14	25.21	29.48	33.97	38.65	43.34		48.88	5 / 3			
reaction time		interval		3.67	3.78	3.81	3.88	4.07	4.27	4.49	4.68	4.69	5.54			11.26	12.22	13.86
		velocity	7.50	9.54	9.26	9.19	9.02	8.60	8.20	7.80	7.48	7.46	7.22	8.18		9.33	8.59	7.58
H1 lead leg	R	strides	21	13	13	13	13	13	13	14	14	14	17	158				
Ntweng, Victor (BOT) (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>Repechage 2</b> - 2024 Olympic Games (Paris, FRA)																		
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																		
date	07-Aug-24	time	5.76	9.54	13.40	17.26	21.22	25.36	29.58	34.06	38.68	43.36		48.88	5 / 3			
reaction time	0.168	interval		3.78	3.86	3.86	3.96	4.14	4.22	4.48	4.62	4.68	5.52			11.50	12.32	13.78
		velocity	7.81	9.26	9.07	9.07	8.84	8.45	8.29	7.81	7.58	7.48	7.25	8.18		9.13	8.52	7.62
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	14	14	17	157				
Dia Bâ, Amadou (SEN) (1958)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1987 Meeting BNP D'Atletisme (Paris, FRA)																		
<i>Behm (1988) - 45-39</i>																		
date	16-Jul-87	time	5.7	9.5	13.3	17.2	21.2	25.3	29.5	34.1		43.3		48.89	/ 1			
reaction time		interval		3.8	3.8	3.8	4.1	4.0	4.3	4.6		9.20	5.59			11.45	12.36	13.79
		velocity	7.89	9.11	9.26	9.14	8.58	8.71	8.22	7.63		7.61	7.16	8.18		9.17	8.50	7.61
H1 lead leg		strides																
Kurokawa, Kazuki (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2022 Japanese National Championships (Osaka, JPN)																		
<i>Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																		
date	11-Jun-22	time	5.77	9.38	13.10	16.97	20.99	25.23	29.48	34.00	38.64	43.38		48.89	5 / 1			
reaction time	0.192	interval		3.61	3.72	3.87	4.02	4.24	4.25	4.52	4.64	4.74	5.51			11.20	12.51	13.90
		velocity	7.80	9.70	9.41	9.04	8.71	8.25	8.24	7.74	7.54	7.38	7.26	8.18		9.38	8.39	7.55
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	18.2	164.2				
Drummond, Gerald (CRC) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2024 London Athletics Meet (London, GBR)																		
<i>Omega Timing (2024) - diamond league race analysis</i>																		
date	20-Jul-24	time	5.77	9.53	13.37	17.31	21.38	25.62	29.94	34.39	38.97	43.60		48.89	1 / 7			
reaction time	0.205	interval		3.76	3.84	3.94	4.07	4.24	4.32	4.45	4.58	4.63	5.29			11.54	12.63	13.66
		velocity	7.80	9.31	9.11	8.88	8.60	8.25	8.10	7.87	7.64	7.56	7.56	8.18		9.10	8.31	7.69
H1 lead leg	L	strides	21	14	14	14	14			15	15	15	18	140				
Tomov, Toma (BUL) (1958)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2</b> - 1988 Olympic Games (Seoul, KOR)																		
<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																		
date	24-Sep-88	time	5.96	9.77	13.65	17.64	21.70	25.90	30.14	34.61	39.23	43.84		48.90	3 / 5			
reaction time		interval		3.81	3.88	3.99	4.06	4.20	4.24	4.47	4.62	4.61	5.06			11.68	12.50	13.70
		velocity	7.55	9.19	9.02	8.77	8.62	8.33	8.25	7.83	7.58	7.59	7.91	8.18		8.99	8.40	7.66
H1 lead leg		strides	21	14	14	14	14	14	14	15	15	15	17.8	167.8				
Rawlinson, Christopher (GBR) (1972)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2003 IAAF World Championships (Paris, FRA)																		
<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>																		
date	29-Aug-03	time	5.9	9.5	13.4	17.3	21.2	25.3	29.4	33.9	38.4	43.0		48.90	2 / 6			
reaction time	0.165	interval		3.6	3.9	3.9	3.9	4.1	4.1	4.5	4.5	4.6	5.90			11.40	12.10	13.60
		velocity	7.63	9.72	8.97	8.97	8.97	8.54	8.54	7.78	7.78	7.61	6.78	8.18		9.21	8.68	7.72
H1 lead leg	R	strides	20	13	13	13	13	13	13	15	15	15	19	162				
Plawgo, Marek (POL) (1981)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2007 European Cup (Munich, GER)																		
<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																		
date	23-Jun-07	time	6.04	9.94	13.82	17.78	21.83	25.84	30.34	34.70	39.20	43.84		48.90	/ 2			
reaction time	0.151	interval		3.90	3.88	3.96	4.05	4.01	4.50	4.36	4.50	4.64	5.06			11.74	12.56	13.50
		velocity	7.45	8.97	9.02	8.84	8.64	8.73	7.78	8.03	7.78	7.54	7.91	8.18		8.94	8.36	7.78
H1 lead leg		strides																
Keïta, Naman (FRA) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2007 European Cup (Munich, GER)																		
<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																		
date	23-Jun-07	time	6.25	9.94	13.60	17.68	21.63	25.72	29.98	34.32	38.73	43.50		48.90	/ 3			
reaction time	0.248	interval		3.69	3.66	4.08	3.95	4.09	4.26	4.34	4.41	4.77	5.40			11.43	12.30	13.52
		velocity	7.20	9.49	9.56	8.58	8.86	8.56	8.22	8.06	7.94	7.34	7.41	8.18		9.19	8.54	7.77
H1 lead leg		strides																
Tinsley, Michael (USA) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2016 Shanghai Golden Grand Prix (Shanghai, CHN)																		
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																		
date	14-May-16	time	5.84	9.52	13.28	17.20	21.24	25.48	29.88	34.36	38.92	43.52		48.90	/ 1			
reaction time	0.198	interval		3.68	3.76	3.92	4.04	4.24	4.40	4.48	4.56	4.60	5.38			11.36	12.68	13.64
		velocity	7.71	9.51	9.31	8.93	8.66	8.25	7.95	7.81	7.68	7.61	7.43	8.18		9.24	8.28	7.70
H1 lead leg		strides																
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2016 Weltklasse (Zürich, SUI) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																		
date	01-Sep-16	time	6.00	9.76	13.52	17.40	21.40	25.52	29.92	34.44	39.12	43.72		48.90	8 / 4			
reaction time	0.114	interval		3.76	3.76	3.88	4.00	4.12	4.40	4.52	4.68	4.60	5.18			11.40	12.52	13.80
		velocity	7.50	9.31	9.31	9.02	8.75	8.50	7.95	7.74	7.48	7.61	7.72	8.18		9.21	8.39	7.61
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14	16	158				

Kurokawa, Kazuki (JPN) (2001)		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</b> - 2022 Michitaka Kinami Memorial (Osaka, JPN)													<i>Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>						
date	01-May-22	time	5.91	9.54	13.28	17.08	21.02	25.21	29.48	33.95	38.64	43.44		48.90	6 / 1				
reaction time	0.157	interval		3.63	3.74	3.80	3.94	4.19	4.27	4.47	4.69	4.80	5.46			11.17	12.40	13.96	
		velocity	7.61	9.64	9.36	9.21	8.88	8.35	8.20	7.83	7.46	7.29	7.33	8.18		9.40	8.47	7.52	
H1 lead leg		strides		13	13	13	13	14	14	15	15	15	125						
Lahoulou, Abdelmalik (ALG) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 2</b> - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	17-Jul-22	time	6.03	9.67	13.43	17.16	21.07	22.79	25.17	29.53	33.97	38.63	43.47		48.90	3 / 5			
reaction time	0.157	interval		3.64	3.76	3.73	3.91	4.10	4.36	4.44	4.66	4.84	5.43			11.13	12.37	13.94	
		velocity	7.46	9.62	9.31	9.38	8.95	8.78	8.54	8.03	7.88	7.51	7.23	7.37	8.18	9.43	8.49	7.53	
H1 lead leg	L	strides	22	13	13	13	13	13	14	14	15	15	17.2	162.2					
Lima, Matheus (BRA) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 5</b> - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>						
date	05-Aug-24	time	6.09	9.91	13.78	17.71	21.76	26.01	30.35	34.72	39.22	43.77		48.90	6 / 2				
reaction time	0.180	interval		3.82	3.87	3.93	4.05	4.25	4.34	4.37	4.50	4.55	5.13			11.62	12.64	13.42	
		velocity	7.39	9.16	9.04	8.91	8.64	8.24	8.06	8.01	7.78	7.69	7.80	8.18		9.04	8.31	7.82	
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	14	17	155					
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2018 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	10-Jun-18	time	5.80	9.60	13.48	17.44	21.52	25.68	30.00	34.40	38.92	43.48		48.91	6 / 3				
reaction time	0.202	interval		3.80	3.88	3.96	4.08	4.16	4.32	4.40	4.52	4.56	5.43			11.64	12.56	13.48	
		velocity	7.76	9.21	9.02	8.84	8.58	8.41	8.10	7.95	7.74	7.68	7.37	8.18		9.02	8.36	7.79	
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	14	14	17.5	158.5					
Clement, Kerron (USA) (1985)		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</b> - 2017 USATF Championships (Sacramento, CA) (TV Analysis)													<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>						
date	25-Jun-17	time	6.07	9.90	13.69	17.48	21.41	25.55	29.86	34.21	38.79	43.45		48.91	5 / 7				
reaction time		interval		3.83	3.79	3.79	3.93	4.14	4.31	4.35	4.58	4.66	5.46			11.41	12.38	13.59	
		velocity	7.41	9.14	9.23	9.23	8.91	8.45	8.12	8.05	7.64	7.51	7.33	8.18		9.20	8.48	7.73	
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	13	16.5	153.5					
Hyde, Jaheel (JAM) (1997)		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</b> - 2021 Memorial van Damme (Brussels, BEL) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	03-Sep-21	time	5.84	9.56	13.36	17.24	21.32	23.1	25.52	29.72	34.04	38.60	43.32		48.91	7 / 4			
reaction time	0.166	interval		3.72	3.80	3.88	4.08	4.20	4.20	4.32	4.56	4.72	5.59			11.40	12.48	13.60	
		velocity	7.71	9.41	9.21	9.02	8.58	8.66	8.33	8.33	8.10	7.68	7.42	7.16	8.18	9.21	8.41	7.72	
H1 lead leg	L	strides	22	13	13	13	13	14	14	14	15	15	18	164					
Watrin, Julien (BEL) (1992)		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</b> - 2022 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	06-Aug-22	time	5.86	9.56	13.30	17.10	21.06	22.73			33.93	38.50	43.23		48.91	3 / 5			
reaction time	0.225	interval		3.70	3.74	3.80	3.96			12.87	4.57	4.73	5.68			11.24			
		velocity	7.68	9.46	9.36	9.21	8.84	8.80			8.16	7.66	7.40	7.04	8.18	9.34			
H1 lead leg	R	strides	21	13	13	13	13				14	15	18	107					
Morgan, Dinsdale (JAM) (1972)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1999 IAAF World Championships (Sevilla, ESP)													<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>						
date	27-Aug-99	time	5.46	9.27	12.98	16.90	20.94	25.07	29.42	33.81	38.33	43.09		48.92	2 / 7				
reaction time	0.164	interval		3.81	3.71	3.92	4.04	4.13	4.35	4.39	4.52	4.76	5.83			11.44	12.52	13.67	
		velocity	8.24	9.19	9.43	8.93	8.66	8.47	8.05	7.97	7.74	7.35	6.86	8.18		9.18	8.39	7.68	
H1 lead leg	L	strides	22	14	14	14	14	14	15	15	15	16	18.5	171.5					
Narisako, Kenji (JPN) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 5</b> - 2007 IAAF World Championships (Osaka, JPN)													<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>						
date	25-Aug-07	time	6.00	9.70	13.44	17.28	21.22	25.32	29.72	34.12	38.72	43.39		48.92	2 / 3				
reaction time	0.172	interval		3.70	3.74	3.84	3.94	4.10	4.40	4.40	4.60	4.67	5.53			11.28	12.44	13.67	
		velocity	7.50	9.46	9.36	9.11	8.88	8.54	7.95	7.95	7.61	7.49	7.23	8.18		9.31	8.44	7.68	
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	15	19.2	163.2					
Dutch, Johnny (USA) (1989)		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</b> - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>						
date	10-Jul-16	time	5.90	9.51	13.24	17.08	20.99	24.99	29.13	33.47	38.04	42.87		48.92	5 / 5				
reaction time	0.227	interval		3.61	3.73	3.84	3.91	4.00	4.14	4.34	4.57	4.83	6.05			11.18	12.05	13.74	
		velocity	7.63	9.70	9.38	9.11	8.95	8.75	8.45	8.06	7.66	7.25	6.61	8.18		9.39	8.71	7.64	
H1 lead leg	R	strides	22	13	13	13	13	14	14	15	15	15	19.7	166.7					
van Zyl, L.J. (RSA) (1985)		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</b> - 2016 London Anniversary Games (London, GBR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>						
date	23-Jul-16	time	5.88	9.60	13.36	17.28	21.36	25.60	29.92	34.28	38.76	43.40		48.92	2 / 4				
reaction time	0.153	interval		3.72	3.76	3.92	4.08	4.24	4.32	4.36	4.48	4.64	5.52			11.40	12.64	13.48	
		velocity	7.65	9.41	9.31	8.93	8.58	8.25	8.10	8.03	7.81	7.54	7.25	8.18		9.21	8.31	7.79	
H1 lead leg	L	strides	22	14	14	14	14	14	15	15	15	15	19	171					

Lahoulou, Abdelmalik (ALG) (1992)		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</b> - 2016 Meeting Paris (Saint-Denis, FRA) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																		
date	27-Aug-16	time	6.08	9.84	13.60	17.48	21.48	25.60	29.96	34.44	39.08	43.84		48.92	8 / 6			
reaction time	0.191	interval		3.76	3.76	3.88	4.00	4.12	4.36	4.48	4.64	4.76	5.08			11.40	12.48	13.88
		velocity	7.40	9.31	9.31	9.02	8.75	8.50	8.03	7.81	7.54	7.35	7.87	8.18		9.21	8.41	7.56
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	15	15	144					
Chen Chieh (TPE) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Asian Athletics Championships (Doha, QAT)																		
<i>CAA Hurdle Development (2019)</i>																		
date	22-Apr-19	time	5.84	9.49	13.19	16.98	20.92	25.00	29.41	33.92	38.57	43.37		48.92	6 / 2			
reaction time	0.195	interval		3.65	3.70	3.79	3.94	4.08	4.41	4.51	4.65	4.80	5.55	PB		11.14	12.43	13.96
		velocity	7.71	9.59	9.46	9.23	8.88	8.58	7.94	7.76	7.53	7.29	7.21	8.18		9.43	8.45	7.52
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	15	15	17.5	161.5				
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2022 World Athletics Championships (Eugene, OR)																		
<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																		
date	19-Jul-22	time	5.99	9.71	13.50	17.27	21.12	22.71	25.14	29.45	33.87	38.52	43.28	48.92	2 / 8			
reaction time	0.140	interval		3.72	3.79	3.77	3.85	4.02	4.31	4.42	4.65	4.76	5.64			11.28	12.18	13.83
		velocity	7.51	9.41	9.23	9.28	9.09	8.81	8.71	8.12	7.92	7.53	7.35	7.09	8.18	9.31	8.62	7.59
H1 lead leg	R	strides		13	13	13	13	13	13	14	14	15	18	139				
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 5</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	20-Aug-23	time	6.00	9.83	13.66	17.56	21.50	25.63	29.96	34.40	38.93	43.56		48.92	6 / 5			
reaction time	0.244	interval		3.83	3.83	3.90	3.94	4.13	4.33	4.44	4.53	4.63	5.36			11.56	12.40	13.60
		velocity	7.50	9.14	9.14	8.97	8.88	8.47	8.08	7.88	7.73	7.56	7.46	8.18		9.08	8.47	7.72
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	14	14	17.5	158.5				
Dean, Caleb (USA) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2</b> - 2024 USA Olympic Trials (Eugene, OR)																		
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																		
date	28-Jun-24	time	5.81	9.50	13.25	17.04	20.94	22.61	24.83	29.27	33.84	38.56	43.44	48.92	7 / 1			
reaction time		interval		3.69	3.75	3.79	3.90	3.89	4.44	4.57	4.72	4.88	5.48			11.23	12.23	14.17
		velocity	7.75	9.49	9.33	9.23	8.97	8.85	9.00	7.88	7.66	7.42	7.17	7.30	8.18	9.35	8.59	7.41
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	17.7	163.7				
Schmid, Harald (FRG) (1957)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1</b> - 1988 Olympic Games (Seoul, KOR)																		
<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																		
date	24-Sep-88	time	6.05	9.64	13.56	17.57	21.73	25.93	30.20	34.62	39.18	43.79		48.93	1 / 3			
reaction time		interval		3.59	3.92	4.01	4.16	4.20	4.27	4.42	4.56	4.61	5.14			11.52	12.63	13.59
		velocity	7.44	9.75	8.93	8.73	8.41	8.33	8.20	7.92	7.68	7.59	7.78	8.17		9.11	8.31	7.73
H1 lead leg		strides	21	13	13	13	13	13	13	13	14	14	17	157				
Mori, Fabrizio (ITA) (1969)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1997 European Cup (Munich, GER)																		
<i>Jung (2003) - http://www.fgs.uni-halle.de</i>																		
date	21-Jun-97	time	6.22	10.15	14.12	18.24	22.36	26.67	31.00	35.34	39.71	44.11		48.93	1 / 1			
reaction time		interval		3.93	3.97	4.12	4.12	4.31	4.33	4.34	4.37	4.40	4.82			12.02	12.76	13.11
		velocity	7.23	8.91	8.82	8.50	8.50	8.12	8.08	8.06	8.01	7.95	8.30	8.17		8.74	8.23	8.01
H1 lead leg		strides																
Yoshikata, Masahira (JPN) (1982)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2006 Osaka Grand Prix (Osaka, JPN)																		
<i>Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers</i>																		
date	06-May-06	time	6.00	9.74	13.58	17.45	21.42	25.56	29.81	34.18	38.70	43.42		48.93	1 / 6			
reaction time		interval		3.74	3.84	3.87	3.97	4.14	4.25	4.37	4.52	4.72	5.51			11.45	12.36	13.61
		velocity	7.50	9.36	9.11	9.04	8.82	8.45	8.24	8.01	7.74	7.42	7.26	8.17		9.17	8.50	7.71
H1 lead leg		strides		14	14	14	14	14	15	15	15	15	130					
Phillips, Isa (JAM) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2</b> - 2009 IAAF World Championships (Berlin, GER)																		
<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																		
date	16-Aug-09	time	5.98	9.52	13.19	17.02	20.93	25.04	29.38	33.78	38.48	43.19		48.93	6 / 4			
reaction time	0.238	interval		3.54	3.67	3.83	3.91	4.11	4.34	4.40	4.70	4.71	5.74			11.04	12.36	13.81
		velocity	7.53	9.89	9.54	9.14	8.95	8.52	8.06	7.95	7.45	7.43	6.97	8.17		9.51	8.50	7.60
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	15	14	18.7	161.7				
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	20-Jul-19	time	5.96	9.72	13.52	17.44	21.48	23.1	25.60		34.40	38.96	43.64	48.93	4 / 2			
reaction time	0.183	interval		3.76	3.80	3.92	4.04	4.12		8.80	4.56	4.68	5.29			11.48		
		velocity	7.55	9.31	9.21	8.93	8.66	8.66	8.50		7.95	7.68	7.48	7.56	8.17	9.15		
H1 lead leg	R	strides	20	13	13	13	13	13	13			14	14	17.7	130.7			
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1</b> - 2019 IAAF World Championships (Doha, QAT)																		
<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>																		
date	28-Sep-19	time	6.15	9.94	13.77	17.70	21.77	25.97	30.34	34.72	39.19	43.72		48.93	7 / 4			
reaction time	0.140	interval		3.79	3.83	3.93	4.07	4.20	4.37	4.38	4.47	4.53	5.21			11.55	12.64	13.38
		velocity	7.32	9.23	9.14	8.91	8.60	8.33	8.01	7.99	7.83	7.73	7.68	8.17		9.09	8.31	7.85
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14	17.2	159.2				

Mashchenko, Ruslan (RUS) (1971)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2 - 2000 Olympic Games (Sydney, AUS)</b>		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	25-Sep-00	time	5.88	9.72	13.44	17.24	21.12	22.64	25.16	29.40	33.80	38.40	43.16	48.94	7 / 3			
reaction time	0.177	interval		3.84	3.72	3.80	3.88		4.04	4.24	4.40	4.60	4.76	5.78		11.36	12.16	13.76
		velocity	7.65	9.11	9.41	9.21	9.02	8.83	8.66	8.25	7.95	7.61	7.35	6.92	8.17	9.24	8.63	7.63
H1 lead leg		strides		13	13	13	13		13	14	14	15	15	18.6	141.6			
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	06-Jul-17	time	6.08	9.92	13.80	17.72	21.68		25.84	30.24	34.64	39.20	43.72	48.94	7 / 3			
reaction time	0.127	interval		3.84	3.88	3.92	3.96		4.16	4.40	4.40	4.56	4.52	5.22		11.64	12.52	13.48
		velocity	7.40	9.11	9.02	8.93	8.84		8.41	7.95	7.95	7.68	7.74	7.66	8.17	9.02	8.39	7.79
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.2	159.2			
Holmes, TJ (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	05-Jul-18	time	5.84	9.56	13.28	17.12	21.16		25.40	29.76	34.20	38.92	43.64	48.94	7 / 4			
reaction time	0.188	interval		3.72	3.72	3.84	4.04		4.24	4.36	4.44	4.72	4.72	5.30		11.28	12.64	13.88
		velocity	7.71	9.41	9.41	9.11	8.66		8.25	8.03	7.88	7.42	7.42	7.55	8.17	9.31	8.31	7.56
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17	156			
McMaster, Kyron (IVB) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2019 Prefontaine Classic (Stanford, CA) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	30-Jun-19	time	5.93	9.60	13.50	17.53	21.56		25.70	30.00	34.33	38.86	43.40	48.94	6 / 2			
reaction time	0.268	interval		3.67	3.90	4.03	4.03		4.14	4.30	4.33	4.53	4.54	5.54		11.60	12.47	13.40
		velocity	7.59	9.54	8.97	8.68	8.68		8.45	8.14	8.08	7.73	7.71	7.22	8.17	9.05	8.42	7.84
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.5	159.5			
McMaster, Kyron (IVB) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2023 Bauhaus Galan (Stockholm, SWE)</b>		<i>Omega Timing (2023) - diamond league race analysis</i>																
date	02-Jul-23	time	5.66	9.33	13.08	16.92	20.94		25.08	29.37	33.82	38.44	43.20	48.94	7 / 2			
reaction time	0.147	interval		3.67	3.75	3.84	4.02		4.14	4.29	4.45	4.62	4.76	5.74		11.26	12.45	13.83
		velocity	7.95	9.54	9.33	9.11	8.71		8.45	8.16	7.87	7.58	7.35	6.97	8.17	9.33	8.43	7.59
H1 lead leg	L	strides	21	13	13	13	13		14	14	14	14	15	17.7	148.7			
Watrín, Julien (BEL) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)</b>		<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	21-Aug-23	time	5.90	9.66	13.43	17.13	21.00		25.13	29.46	34.16	38.83	43.55	48.94	3 / 5			
reaction time	0.205	interval		3.76	3.77	3.70	3.87		4.13	4.33	4.70	4.67	4.72	5.39		11.23	12.33	14.09
		velocity	7.63	9.31	9.28	9.46	9.04		8.47	8.08	7.45	7.49	7.42	7.42	8.17	9.35	8.52	7.45
H1 lead leg	R	strides	20	13	13	13	13		13	14	15	15	15	18	147			
Thompson, Kemel (JAM) (1974)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)</b>		<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>																
date	25-Aug-99	time	5.62	9.40	13.27	17.19	21.30		25.44	29.68	33.99	38.36	42.99	48.95	5 / 4			
reaction time	0.153	interval		3.78	3.87	3.92	4.11		4.14	4.24	4.31	4.37	4.63	5.96		11.57	12.49	13.31
		velocity	8.01	9.26	9.04	8.93	8.52		8.45	8.25	8.12	8.01	7.56	6.71	8.17	9.08	8.41	7.89
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	15	19.5	171.5			
Shogata, Kazuya (JPN) (1983)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2005 Seiko Super Grand Prix (Yokohama, JPN)</b>		<i>Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers</i>																
date	19-Sep-05	time	5.94	9.81	13.80	17.82	21.89		26.03	30.30	34.69	39.18	43.75	48.95	1 / 5			
reaction time		interval		3.87	3.99	4.02	4.07		4.14	4.27	4.39	4.49	4.57	5.20	PB	11.88	12.48	13.45
		velocity	7.58	9.04	8.77	8.71	8.60		8.45	8.20	7.97	7.80	7.66	7.69	8.17	8.84	8.41	7.81
H1 lead leg		strides		14	14	14	14		15	15	15	15	15	131				
Narisako, Kenji (JPN) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2006 Japanese National Championships (Kobe, JPN)</b>		<i>Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers</i>																
date	01-Jul-06	time	6.07	9.82	13.61	17.51	21.46		25.60	30.02	34.52	39.11	43.75	48.95	1 / 1			
reaction time		interval		3.75	3.79	3.90	3.95		4.14	4.42	4.50	4.59	4.64	5.20		11.44	12.51	13.73
		velocity	7.41	9.33	9.23	8.97	8.86		8.45	7.92	7.78	7.63	7.54	7.69	8.17	9.18	8.39	7.65
H1 lead leg		strides		13	13	13	13		13	14	14	15	15	123				
Barr, Thomas (IRL) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2017 Bislett Games (Oslo, NOR) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	15-Jun-17	time	6.13	9.83	13.60				25.83	30.23	34.70	39.26	43.80	48.95	1 / 3			
reaction time	0.193	interval		3.70	3.77				12.23	4.40	4.47	4.56	4.54	5.15				13.57
		velocity	7.34	9.46	9.28				8.59	7.95	7.83	7.68	7.71	7.77	8.17			7.74
H1 lead leg	L	strides	22	13	13					14	14	14	15	18.5	123.5			
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)</b>		<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	01-Jul-21	time	5.90	9.68	13.44	17.30	21.20		25.28		33.98	38.58	43.34	48.95	3 / 4			
reaction time	0.161	interval		3.78	3.76	3.86	3.90		4.08		8.70	4.60	4.76	5.61		11.40		
		velocity	7.63	9.26	9.31	9.07	8.97		8.58		8.05	7.61	7.35	7.13	8.17	9.21		
H1 lead leg	R	strides	20	13	13		13		13	13		14	14	113				

Hyde, Jaheel (JAM) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 ISTAF (Berlin, GER) (TV Analysis)		<i>Henson (2021) - Athlete First: 2021 Karsten Warholm 400m Hurdles World Record Season</i>																
date	12-Sep-21	time	5.80					25.32	29.68	34.08	38.68	43.44		48.95	4 / 3			
reaction time	0.180	interval		7.48	3.84			8.20	4.36	4.40	4.60	4.76	5.51			11.32	12.56	13.76
		velocity	7.76	9.36	9.11			8.54	8.03	7.95	7.61	7.35	7.26	8.17		9.28	8.36	7.63
H1 lead leg	L	strides	21		13				14	14		15	18	95				
Lee, David (USA) (1959)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1982 TAC Naitonal Championships (Knoxville, TN)		<i>Mann (1987) - the elite athlete program biomechanical analysis of the long hurdles: tac championship meet</i>																
date	20-Jun-82	time	6.36	10.18	14.08	17.94	21.80	25.82	30.00	34.44	38.98	43.80		48.96	1 / 3			
reaction time		interval		3.82	3.90	3.86	3.86	4.02	4.18	4.44	4.54	4.82	5.16			11.58	12.06	13.80
		velocity	7.08	9.16	8.97	9.07	9.07	8.71	8.37	7.88	7.71	7.26	7.75	8.17		9.07	8.71	7.61
H1 lead leg		strides																
Woody, Joey (USA) (1973)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1996 USA Olympic Trials (Atlanta, GA)		<i>McNichols - Hurdle technique study through video analysis</i>																
date	16-Jun-96	time	6.08	9.82	13.68	17.60	21.58	22.29	25.72	29.99	34.36	38.76	43.52		48.96	2 / 7		
reaction time		interval		3.74	3.86	3.92	3.98	4.14	4.27	4.37	4.40	4.76	5.44			11.52	12.39	13.53
		velocity	7.40	9.36	9.07	8.93	8.79	8.97	8.45	8.20	8.01	7.95	7.35	7.35	8.17	9.11	8.47	7.76
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	14	15		143				
Al-Nubi, Mubarak Sultan (QAT) (197)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2002 IAAF World Cup (Madrid, ESP)		<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>																
date	20-Sep-02	time	6.07	9.94	13.80	17.77	21.88	25.99	30.15	34.51	38.87	43.63		48.96	7 / 2			
reaction time	0.158	interval		3.87	3.86	3.97	4.11	4.11	4.16	4.36	4.36	4.76	5.33			11.70	12.38	13.48
		velocity	7.41	9.04	9.07	8.82	8.52	8.52	8.41	8.03	8.03	7.35	7.50	8.17		8.97	8.48	7.79
H1 lead leg	R	strides	21	13	13	13	13	13	13	13	13	15	16.5	156.5				
Clement, Kerron (USA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2008 IAAF World Athletics Final (Stuttgart, GER)		<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																
date	13-Sep-08	time	6.09	9.88	13.72	17.62	21.68	25.82	30.14	34.56	39.06	43.86		48.96	4 / 1			
reaction time	0.175	interval		3.79	3.84	3.90	4.06	4.14	4.32	4.42	4.50	4.80	5.10			11.53	12.52	13.72
		velocity	7.39	9.23	9.11	8.97	8.62	8.45	8.10	7.92	7.78	7.29	7.84	8.17		9.11	8.39	7.65
H1 lead leg		strides																
Williams, Rhys (GBR) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2010 European Championships (Barcelona, ESP)		<i>Arnold (2010) - 400mH planning and peaking</i>																
date	31-Jul-10	time	6.20	10.06	13.96	17.78	21.72	25.72	29.86	34.12	38.62	43.36		48.96	5 / 2			
reaction time	0.195	interval		3.86	3.90	3.82	3.94	4.00	4.14	4.26	4.50	4.74	5.60	PB		11.58	12.08	13.50
		velocity	7.26	9.07	8.97	9.16	8.88	8.75	8.45	8.22	7.78	7.38	7.14	8.17		9.07	8.69	7.78
H1 lead leg	R	strides	22	14	14	14	14	14	15	15	15	15	19.5	171.5				
Hussein, Kariem (SUI) (1989)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2014 European Championships (Zurich, SUI)		<i>Green (2015) - twitter.com/jackpgreen (from Behm?)</i>																
date	15-Aug-14	time	6.04	9.80	13.72	17.72	21.76	25.88	30.08	34.40	38.80	43.44		48.96	1 / 1			
reaction time	0.169	interval		3.76	3.92	4.00	4.04	4.12	4.20	4.32	4.40	4.64	5.52	PB		11.68	12.36	13.36
		velocity	7.45	9.31	8.93	8.75	8.66	8.50	8.33	8.10	7.95	7.54	7.25	8.17		8.99	8.50	7.86
H1 lead leg	L	strides		13	13	13	13	14	14	14	14	15		123				
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)		<i>Henson (2021) - Athlete First: major championships report</i>																
date	25-Aug-15	time	6.00		13.52	17.40	21.40		29.88	34.28	38.84	43.84		48.96	2 / 6			
reaction time	0.204	interval			7.52	3.88	4.00		8.48	4.40	4.56	5.00	5.12			11.40	12.48	13.96
		velocity	7.50		9.31	9.02	8.75		8.25	7.95	7.68	7.00	7.81	8.17		9.21	8.41	7.52
H1 lead leg	R	strides		13		13	13			14	14	14	17.5	98.5				
Rosser, Khallifah (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2023 Meeting de Paris (Paris, FRA)		<i>Omega Timing (2023) - diamond league race analysis</i>																
date	09-Jun-23	time	5.74	9.36	13.06	16.85	20.80	24.88	29.09	33.61	38.26	43.09		48.96	3 / 6			
reaction time	0.143	interval		3.62	3.70	3.79	3.95	4.08	4.21	4.52	4.65	4.83	5.87			11.11	12.24	14.00
		velocity	7.84	9.67	9.46	9.23	8.86	8.58	8.31	7.74	7.53	7.25	6.81	8.17		9.45	8.58	7.50
H1 lead leg	R	strides	21	13	13	13	13	13	13	14	14	15	18	160				
Müller, Vít (CZE) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Repechage 1</b> - 2024 Olympic Games (Paris, FRA)		<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	07-Aug-24	time	5.90	9.61	13.38	17.22	21.13	25.15	29.35	33.96	38.74	43.53		48.96	7 / 3			
reaction time	0.157	interval		3.71	3.77	3.84	3.91	4.02	4.20	4.61	4.78	4.79	5.43			11.32	12.13	14.18
		velocity	7.63	9.43	9.28	9.11	8.95	8.71	8.33	7.59	7.32	7.31	7.37	8.17		9.28	8.66	7.40
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	14	15	18	159				
Hann, Mamadou Kasse (FRA) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 Bislett Games (Oslo, NOR) (TV Analysis)		<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	15-Jun-17	time	6.03	9.80	13.53	17.36	21.26	25.46	29.76	34.26	39.00	43.73		48.97	5 / 4			
reaction time	0.176	interval		3.77	3.73	3.83	3.90	4.20	4.30	4.50	4.74	4.73	5.24			11.33	12.40	13.97
		velocity	7.46	9.28	9.38	9.14	8.97	8.33	8.14	7.78	7.38	7.40	7.63	8.17		9.27	8.47	7.52
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	17.2	163.2				

Abe, Takatoshi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2018 Seiko Golden Grand Prix (Osaka, JPN)												<i>Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018</i>						
date	20-May-18	time	5.91	9.51	13.16	16.90	20.74	24.74	29.03	33.60	38.47	43.41		48.97	7 / 1			
reaction time	0.194	interval		3.60	3.65	3.74	3.84	4.00	4.29	4.57	4.87	4.94	5.56			10.99	12.13	14.38
		velocity	7.61	9.72	9.59	9.36	9.11	8.75	8.16	7.66	7.19	7.09	7.19	8.17		9.55	8.66	7.30
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	16	15	18	161				
Abe, Takatoshi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 3</b> - 2019 IAAF World Championships (Doha, QAT)												<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>						
date	28-Sep-19	time	5.90	9.63	13.42	17.28	21.31	25.44	29.82	34.30	38.88	43.53		48.97	4 / 3			
reaction time	0.161	interval		3.73	3.79	3.86	4.03	4.13	4.38	4.48	4.58	4.65	5.44			11.38	12.54	13.71
		velocity	7.63	9.38	9.23	9.07	8.68	8.47	7.99	7.81	7.64	7.53	7.35	8.17		9.23	8.37	7.66
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	15	18	162				
Bengtström, Carl (SWE) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)												<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	30-Jun-22	time	5.82	9.58	13.38	17.32	21.36	23.06	25.58	29.90	34.32	38.92	43.70		48.97	7 / 5		
reaction time	0.178	interval		3.76	3.80	3.94	4.04	4.22	4.32	4.42	4.60	4.78	5.27			11.50	12.58	13.80
		velocity	7.73	9.31	9.21	8.88	8.66	8.67	8.29	8.10	7.92	7.61	7.32	7.59	8.17	9.13	8.35	7.61
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	19	172				
Drummond, Gerald (CRC) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2024 USATF LA Grand Prix (Los Angeles, CA) (TV Analysis)												<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>						
date	18-May-24	time	5.97	9.74	13.61	17.50	21.52	25.66	29.93	34.33	38.93	43.71		48.97	1 / 4			
reaction time	0.245	interval		3.77	3.87	3.89	4.02	4.14	4.27	4.40	4.60	4.78	5.26			11.53	12.43	13.78
		velocity	7.54	9.28	9.04	9.00	8.71	8.45	8.20	7.95	7.61	7.32	7.60	8.17		9.11	8.45	7.62
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	18	168				
Matete, Samuel (ZAM) (1968)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 7</b> - 2000 Olympic Games (Sydney, AUS)												<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>						
date	24-Sep-00	time	5.92	9.64	13.52	17.80	21.64	25.80	30.16	34.52	39.04	43.60		48.98	1 / 1			
reaction time	0.184	interval		3.72	3.88	4.28	3.84	4.16	4.36	4.36	4.52	4.56	5.38			11.88	12.36	13.44
		velocity	7.60	9.41	9.02	8.18	9.11	8.41	8.03	8.03	7.74	7.68	7.43	8.17		8.84	8.50	7.81
H1 lead leg		strides	21	13	13	13	13	13	13	15	15	15	17.8	161.8				
Matete, Samuel (ZAM) (1968)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 3</b> - 2000 Olympic Games (Sydney, AUS)												<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>						
date	25-Sep-00	time	6.06	9.82	13.70	17.66	21.66	23.18	25.74	29.98	34.38	38.90	43.50		48.98	6 / 3		
reaction time	0.228	interval		3.76	3.88	3.96	4.00	4.08	4.24	4.40	4.52	4.60	5.48			11.60	12.32	13.52
		velocity	7.43	9.31	9.02	8.84	8.75	8.63	8.58	8.25	7.95	7.74	7.61	7.30	8.17	9.05	8.52	7.77
H1 lead leg		strides	21	13	13	13	13	13	13	13	13	15	15	160				
Plawgo, Marek (POL) (1981)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2001 European Championships (Bremen, GER)												<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>						
date	23-Jun-01	time	5.94	9.68	13.54	17.50	21.52	25.60	29.46	34.48	39.10	43.86		48.98	1 / 2			
reaction time		interval		3.74	3.86	3.96	4.02	4.08	3.86	5.02	4.62	4.76	5.12			11.56	11.96	14.40
		velocity	7.58	9.36	9.07	8.84	8.71	8.58	9.07	6.97	7.58	7.35	7.81	8.17		9.08	8.78	7.29
H1 lead leg		strides																
Greene, David (Dai) (GBR) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3</b> - 2012 Olympic Games (London, GBR)												<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>						
date	03-Aug-12	time	6.02	9.76	13.59	17.48	21.52	23.12	25.75	30.04	34.44	39.01	43.64		48.98	1 / 1		
reaction time	0.167	interval		3.74	3.83	3.89	4.04	4.23	4.29	4.40	4.57	4.63	5.34			11.46	12.56	13.60
		velocity	7.48	9.36	9.14	9.00	8.66	8.65	8.27	8.16	7.95	7.66	7.56	7.49	8.17	9.16	8.36	7.72
H1 lead leg	R	strides	22	14	14	14	14	14	14	15	15	15	15	152				
Cato, Roxroy (JAM) (1988)		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</b> - 2016 Racers Grand Prix (Kingston, JAM) (TV Analysis)												<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>						
date	11-Jun-16	time	5.73	9.57	17.60	21.93	26.23	30.47	34.72	39.07				48.98	7 / 2			
reaction time		interval		3.84	8.03	4.33	4.30	4.24	4.25	4.35						11.87	12.87	
		velocity	7.85	9.11	8.72	8.08	8.14	8.25	8.24	8.05				8.17		8.85	8.16	
H1 lead leg	L	strides	22	14		14	15	15	15	15				110				
Copello, Yasmani (TUR) (1987)		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</b> - 2016 European Championships (Amsterdam, NED) (TV Analysis)												<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>						
date	08-Jul-16	time	5.88	9.56	13.44	17.44	21.48	25.60	29.80	34.24	39.80	43.52		48.98	6 / 1			
reaction time	0.175	interval		3.68	3.88	4.00	4.04	4.12	4.20	4.44	5.56	3.72	5.46			11.56	12.36	13.72
		velocity	7.65	9.51	9.02	8.75	8.66	8.50	8.33	7.88	6.29	9.41	7.33	8.17		9.08	8.50	7.65
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	14	14	18	145				
Lattin, Amere (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Pan American Games (Lima, PER) (TV Analysis)												<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>						
date	08-Aug-19	time	5.80	9.57	13.38	17.25	21.15	25.36	29.69	34.06				48.98	7 / 2			
reaction time	0.175	interval		3.77	3.81	3.87	3.90	4.21	4.33	4.37						11.45	12.44	
		velocity	7.76	9.28	9.19	9.04	8.97	8.31	8.08	8.01				8.17		9.17	8.44	
H1 lead leg	L	strides	20	13	13	13	13	13	14	14				100				



														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Kendziera, Dave (USA) (1994)</b>																															
<b>FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)</b>														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	29-Aug-19	time	5.80	9.52		17.30	21.28	22.9	25.40	29.68		38.80	43.56		<b>48.98</b>	3 / 5															
reaction time	0.156	interval		3.72		7.78	3.98		4.12	4.28		9.12	4.76	5.42			11.50	12.38	13.88												
		velocity	7.76	9.41		9.00	8.79	8.73	8.50	8.18		7.68	7.35	7.38	8.17		9.13	8.48	7.56												
H1 lead leg	R	strides	20	13			13		13	13			14		86																
<b>Watrin, Julien (BEL) (1992)</b>																															
<b>FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)</b>														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																	
date	19-Aug-22	time	6.02	9.62		17.13	21.02	22.63	25.11	29.44	33.89	38.50	43.36		<b>48.98</b>	2 / 6															
reaction time	0.173	interval		3.60		7.51	3.89		4.09	4.33	4.45	4.61	4.86	5.62			11.11	12.31	13.92												
		velocity	7.48	9.72		9.32	9.00	8.84	8.56	8.08	7.87	7.59	7.20	7.12	8.17		9.45	8.53	7.54												
H1 lead leg	R	strides	21	13			13		13	14	14	14	15	18	135																
<b>Chalmers, Alastair (GBR) (2000)</b>																															
<b>Heat 5 - 2024 Olympic Games (Paris, FRA)</b>														<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	
date	05-Aug-24	time	5.87	9.57	13.30	17.12	21.12		25.29	29.67	34.19	38.88	43.57		<b>48.98</b>	9 / 3															
reaction time	0.179	interval		3.70	3.73	3.82	4.00		4.17	4.38	4.52	4.69	4.69	5.41			11.25	12.55	13.90												
		velocity	7.67	9.46	9.38	9.16	8.75		8.39	7.99	7.74	7.46	7.46	7.39	8.17		9.33	8.37	7.55												
H1 lead leg	L	strides	20	13	13	13	13		14	14	15	15	15	18	163																
<b>Iakovákis, Periklís (GRE) (1979)</b>																															
<b>Semi-Final 1 - 2002 European Championships (Munich, GER)</b>														<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																	
date	08-Aug-02	time	6.15	9.99	13.87	17.82	21.83		25.95	30.15	34.53	39.05	43.71		<b>48.99</b>	1 / 4															
reaction time		interval		3.84	3.88	3.95	4.01		4.12	4.20	4.38	4.52	4.66	5.28			11.67	12.33	13.56												
		velocity	7.32	9.11	9.02	8.86	8.73		8.50	8.33	7.99	7.74	7.51	7.58	8.16		9.00	8.52	7.74												
H1 lead leg		strides																													
<b>Narisako, Kenji (JPN) (1984)</b>																															
<b>Race A - 2009 Shizuoka International Athletics Meeting (Fukuroi, JPN)</b>														<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																	
date	03-May-09	time	6.06	9.76	13.61	17.48	21.47		25.54	29.81	34.13	38.68	43.43		<b>48.99</b>	1 / 1															
reaction time		interval		3.70	3.85	3.87	3.99		4.07	4.27	4.32	4.45	4.75	5.56			11.42	12.33	13.62												
		velocity	7.43	9.46	9.09	9.04	8.77		8.60	8.20	8.10	7.69	7.37	7.19	8.16		9.19	8.52	7.71												
H1 lead leg		strides		13	13	13	13		13	14	14	15	15	123																	
<b>Phillips, Isa (JAM) (1984)</b>																															
<b>Heat 1 - 2009 IAAF World Championships (Berlin, GER)</b>														<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																	
date	15-Aug-09	time	6.05	9.66	13.33	17.18	21.19		25.38	29.79	34.23	38.85	43.55		<b>48.99</b>	8 / 1															
reaction time	0.224	interval		3.61	3.67	3.85	4.01		4.19	4.41	4.44	4.62	4.70	5.44			11.13	12.61	13.76												
		velocity	7.44	9.70	9.54	9.09	8.73		8.35	7.94	7.88	7.58	7.45	7.35	8.16		9.43	8.33	7.63												
H1 lead leg		strides																													
<b>Culson, Javier (PUR) (1984)</b>																															
<b>FINAL - 2016 Bislett Games (Oslo, NOR) (TV Analysis)</b>														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																	
date	09-Jun-16	time	5.76	9.40	13.08	17.00	21.04		25.28	29.48	33.84	38.36	43.24		<b>48.99</b>	8 / 2															
reaction time	0.175	interval		3.64	3.68	3.92	4.04		4.24	4.20	4.36	4.52	4.88	5.75			11.24	12.48	13.76												
		velocity	7.81	9.62	9.51	8.93	8.66		8.25	8.33	8.03	7.74	7.17	6.96	8.16		9.34	8.41	7.63												
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17.5	156.5																
<b>Green, Jack (GBR) (1991)</b>																															
<b>FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)</b>														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																	
date	23-Jul-16	time	6.12	10.00	13.84	17.80	21.92		26.12	30.40	34.72	39.20	43.76		<b>48.99</b>	9 / 5															
reaction time	0.187	interval		3.88	3.84	3.96	4.12		4.20	4.28	4.32	4.48	4.56	5.23			11.68	12.60	13.36												
		velocity	7.35	9.02	9.11	8.84	8.50		8.33	8.18	8.10	7.81	7.68	7.65	8.16		8.99	8.33	7.86												
H1 lead leg	R	strides	22	14	13	13	14		14	15	15	15	15	18.7	168.7																
<b>Mowatt, Kemar (JAM) (1995)</b>																															
<b>FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)</b>														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																	
date	09-Aug-17	time	5.92	9.72	13.52	17.40	21.40		25.64	29.92	34.36	39.00	43.64		<b>48.99</b>	3 / 4															
reaction time	0.189	interval		3.80	3.80	3.88	4.00		4.24	4.28	4.44	4.64	4.64	5.35			11.48	12.52	13.72												
		velocity	7.60	9.21	9.21	9.02	8.75		8.25	8.18	7.88	7.54	7.54	7.48	8.16		9.15	8.39	7.65												
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18	164																
<b>Barr, Thomas (IRL) (1992)</b>																															
<b>FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)</b>														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																	
date	21-Jul-18	time	6.04	9.84	13.76	17.76	21.80		25.96	30.40	34.80	39.28	43.80		<b>48.99</b>	8 / 3															
reaction time	0.186	interval		3.80	3.92	4.00	4.04		4.16	4.44	4.40	4.48	4.52	5.19			11.72	12.64	13.40												
		velocity	7.45	9.21	8.93	8.75	8.66		8.41	7.88	7.95	7.81	7.74	7.71	8.16		8.96	8.31	7.84												
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	18	160																
<b>Kendziera, Dave (USA) (1994)</b>																															
<b>FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)</b>														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	06-Jun-19	time	5.82	9.65	13.49	17.50	21.55		25.76	29.99	34.46	39.01	43.67		<b>48.99</b>	9 / 2															
reaction time	0.142	interval		3.83	3.84	4.01	4.05		4.21	4.23	4.47	4.55	4.66	5.32			11.68	12.49	13.68												
		velocity	7.73	9.14	9.11	8.73	8.64		8.31	8.27	7.83	7.69	7.51	7.52	8.16		8.99	8.41	7.68												
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	14	17	157																

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Kendziera, Dave (USA) (1994)</b>																			
<b>FINAL</b> - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis)																			
		<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	10-Sep-19	time	5.80	9.56	13.40	17.23	21.20		25.33	29.73	34.16	38.76	43.46		48.99	6 / 1			
reaction time	0.157	interval		3.76	3.84	3.83	3.97		4.13	4.40	4.43	4.60	4.70	5.53			11.43	12.50	13.73
		velocity	7.76	9.31	9.11	9.14	8.82		8.47	7.95	7.90	7.61	7.45	7.23	8.16		9.19	8.40	7.65
H1 lead leg	R	strides		13	13	13	13		13	13	14	14	14	18.2	138.2				
<b>Allen, CJ (USA) (1995)</b>																			
<b>FINAL</b> - 2024 Prefontaine Classic (Eugene, OR)																			
		<i>Omega Timing (2024) - diamond league race analysis</i>																	
date	25-May-24	time	5.70	9.45	13.40	17.31	21.24		25.24	29.38	33.76	38.41	43.24		48.99	6 / 3			
reaction time	0.114	interval		3.75	3.95	3.91	3.93		4.00	4.14	4.38	4.65	4.83	5.75			11.61	12.07	13.86
		velocity	7.89	9.33	8.86	8.95	8.91		8.75	8.45	7.99	7.53	7.25	6.96	8.16		9.04	8.70	7.58
H1 lead leg		strides		13	13	13	13		13	13	14	15	15	109					
<b>Edlund, Oskar (SWE) (2002)</b>																			
<b>Repechage 1</b> - 2024 Olympic Games (Paris, FRA)																			
		<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	
date	07-Aug-24	time	5.83	9.49	13.29	17.13	21.09		25.23	29.58	34.23	38.87	43.51		48.99	8 / 4			
reaction time	0.168	interval		3.66	3.80	3.84	3.96		4.14	4.35	4.65	4.64	4.64	5.48			11.30	12.45	13.93
		velocity	7.72	9.56	9.21	9.11	8.84		8.45	8.05	7.53	7.54	7.54	7.30	8.16		9.29	8.43	7.54
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18	162				
<b>Bédi, Tibor (HUN) (1974)</b>																			
<b>Semi-Final 2</b> - 1999 IAAF World Championships (Sevilla, ESP)																			
		<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>																	
date	25-Aug-99	time	5.65	9.53	13.57	17.62	21.72		25.93	30.16	34.50	38.85	43.28		49.00	8 / 6			
reaction time	0.215	interval		3.88	4.04	4.05	4.10		4.21	4.23	4.34	4.35	4.43	5.72	PB		11.97	12.54	13.12
		velocity	7.96	9.02	8.66	8.64	8.54		8.31	8.27	8.06	8.05	7.90	6.99	8.16		8.77	8.37	8.00
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	19.5	171.5				
<b>Diagana, Stéphane (FRA) (1969)</b>																			
<b>Heat 1</b> - 2003 IAAF World Championships (Paris, FRA)																			
		<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>																	
date	26-Aug-03	time	5.8	9.5	13.3	17.1	20.9		25.1	29.4	34.1	38.7	43.5		49.00	7 / 3			
reaction time	0.186	interval		3.7	3.8	3.8	3.8		4.2	4.3	4.7	4.6	4.8	5.50			11.30	12.30	14.10
		velocity	7.76	9.46	9.21	9.21	9.21		8.33	8.14	7.45	7.61	7.29	7.27	8.16		9.29	8.54	7.45
H1 lead leg		strides	21	13	13	13	13		13	14	14	15	15	18	162				
<b>Plawgo, Marek (POL) (1981)</b>																			
<b>FINAL</b> - 2004 Olympic Games (Athína, GRE)																			
		<i>Behm (2005) - Athènes 2004: Les Haies Basses</i>																	
date	26-Aug-04	time	6.0	9.6	13.3	17.2	21.2		25.3	29.8	34.3	38.9	43.7		49.00	3 / 6			
reaction time	0.242	interval		3.6	3.7	3.9	4.0		4.1	4.5	4.5	4.6	4.8	5.30			11.20	12.60	13.90
		velocity	7.50	9.72	9.46	8.97	8.75		8.54	7.78	7.78	7.61	7.29	7.55	8.16		9.38	8.33	7.55
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	143					
<b>Narisako, Kenji (JPN) (1984)</b>																			
<b>Semi-Final 2</b> - 2005 IAAF World Championships (Helsinki, FIN)																			
		<i>Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers</i>																	
date	07-Aug-05	time	6.08	9.88	13.77	17.69	21.66		25.75	30.07	34.47	39.02	43.64		49.00	1 / 3			
reaction time	0.158	interval		3.80	3.89	3.92	3.97		4.09	4.32	4.40	4.55	4.62	5.36			11.61	12.38	13.57
		velocity	7.40	9.21	9.00	8.93	8.82		8.56	8.10	7.95	7.69	7.58	7.46	8.16		9.04	8.48	7.74
H1 lead leg		strides		13	13	13	13		13	14	14	15	15	123					
<b>Narisako, Kenji (JPN) (1984)</b>																			
<b>FINAL</b> - 2008 Osaka Grand Prix (Osaka, JPN)																			
		<i>Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers</i>																	
date	10-May-08	time	5.97	9.59	13.36	17.16	21.11		25.21	29.56	33.98	38.58	43.37		49.00	9 / 1			
reaction time		interval		3.62	3.77	3.80	3.95		4.10	4.35	4.42	4.60	4.79	5.63			11.19	12.40	13.81
		velocity	7.54	9.67	9.28	9.21	8.86		8.54	8.05	7.92	7.61	7.31	7.10	8.16		9.38	8.47	7.60
H1 lead leg		strides		13	13	13	13		13	14	14	15	15	123					
<b>McFarlane, Danny (JAM) (1972)</b>																			
<b>FINAL</b> - 2008 IAAF World Athletics Final (Stuttgart, GER)																			
		<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																	
date	13-Sep-08	time	6.05	9.78	13.61	17.52	21.54		25.59	29.94	34.33	38.89	43.62		49.00	5 / 2			
reaction time	0.166	interval		3.73	3.83	3.91	4.02		4.05	4.35	4.39	4.56	4.73	5.38			11.47	12.42	13.68
		velocity	7.44	9.38	9.14	8.95	8.71		8.64	8.05	7.97	7.68	7.40	7.43	8.16		9.15	8.45	7.68
H1 lead leg		strides																	
<b>Holmes, TJ (USA) (1995)</b>																			
<b>FINAL</b> - 2017 IAAF World Championships (London, GBR) (TV Analysis)																			
		<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																	
date	09-Aug-17	time	6.04	9.88	13.84	17.80	21.84		25.92	30.24	34.64	39.20	43.72		49.00	7 / 5			
reaction time	0.210	interval		3.84	3.96	3.96	4.04		4.08	4.32	4.40	4.56	4.52	5.28			11.76	12.44	13.48
		velocity	7.45	9.11	8.84	8.84	8.66		8.58	8.10	7.95	7.68	7.74	7.58	8.16		8.93	8.44	7.79
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17.2	158.2				
<b>Holmes, TJ (USA) (1995)</b>																			
<b>FINAL</b> - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																			
		<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																	
date	31-May-18	time	5.96	9.72	13.60	17.56	21.60		25.88	30.20	34.68	39.40	43.92		49.00	3 / 4			
reaction time	0.194	interval		3.76	3.88	3.96	4.04		4.28	4.32	4.48	4.72	4.52	5.08			11.60	12.64	13.72
		velocity	7.55	9.31	9.02	8.84	8.66		8.18	8.10	7.81	7.42	7.74	7.87	8.16		9.05	8.31	7.65
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17	156				

Agyekum, Emil (GER) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)</b>																			
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																			
date	20-Aug-23	time	6.16		13.83		21.43		29.86	34.33	39.03	43.76		49.00	1 / 6				
reaction time	0.232	interval			7.67		7.60		8.43	4.47	4.70	4.73	5.24					13.90	
		velocity	7.31		9.13		9.21		8.30	7.83	7.45	7.40	7.63	8.16				7.55	
H1 lead leg	R	strides	20						13	14	15	15	18	95					
Abuaku, Joshua (GER) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 5 - 2024 Olympic Games (Paris, FRA)</b>																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	05-Aug-24	time	5.77	9.42	13.14	16.94	20.90	25.06	29.42	33.98	38.67	43.49		49.00	7 / 4				
reaction time	0.151	interval		3.65	3.72	3.80	3.96	4.16	4.36	4.56	4.69	4.82	5.51			11.17	12.48	14.07	
		velocity	7.80	9.59	9.41	9.21	8.84	8.41	8.03	7.68	7.46	7.26	7.26	8.16		9.40	8.41	7.46	
H1 lead leg	L	strides	20	13	13	13	13	13	14	14	14	14	18	159					
Horbenko, Hennadiy (UKR) (1975)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2000 Olympic Games (Sydney, AUS)</b>																			
<i>Ditroilo (2004) - analysis of the race distribution for male 400m hurdles at the sydney olympics (in Jarver (ed) - the hurdles, 2004)</i>																			
date	27-Sep-00	time	6.26	10.02	13.90	17.70	21.70	23.18	25.70	29.90	34.34	38.90	43.58	49.01	7 / 8				
reaction time	0.395	interval		3.76	3.88	3.80	4.00	4.00	4.20	4.44	4.56	4.68	5.43			11.44	12.20	13.68	
		velocity	7.19	9.31	9.02	9.21	8.75	8.63	8.75	8.33	7.88	7.68	7.48	7.37	8.16	9.18	8.61	7.68	
H1 lead leg		strides	20	13	13	13	13	13	13	14	14	14	14	140					
Diagana, Stéphane (FRA) (1969)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 2 - 2002 European Championships (Munich, GER)</b>																			
<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																			
date	08-Aug-02	time	5.97	9.66	13.44	17.26	21.20	25.32	29.69	34.14	38.82	43.53		49.01	1 / 1				
reaction time		interval		3.69	3.78	3.82	3.94	4.12	4.37	4.45	4.68	4.71	5.48			11.29	12.43	13.84	
		velocity	7.54	9.49	9.26	9.16	8.88	8.50	8.01	7.87	7.48	7.43	7.30	8.16		9.30	8.45	7.59	
H1 lead leg		strides																	
Jackson, Bershawn (USA) (1983)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2003 USATF National Championships (Palo Alto, CA)</b>																			
<i>USATF Women's Sprint Development (2003)</i>																			
date	22-Jun-03	time	5.97	9.84	13.85	17.92	22.04	26.18	30.30	34.47	38.91	43.56		49.01	4 / 2-1				
reaction time		interval		3.87	4.01	4.07	4.12	4.14	4.12	4.17	4.44	4.65	5.45			11.95	12.38	13.26	
		velocity	7.54	9.04	8.73	8.60	8.50	8.45	8.50	8.39	7.88	7.53	7.34	8.16		8.79	8.48	7.92	
H1 lead leg		strides																	
Narisako, Kenji (JPN) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2007 Japanese National Championships (Osaka, JPN)</b>																			
<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>																			
date	30-Jun-07	time	5.99	9.68	13.42	17.24	21.16	25.23	29.55	34.00	38.59	43.31		49.01	1 / 2				
reaction time		interval		3.69	3.74	3.82	3.92	4.07	4.32	4.45	4.59	4.72	5.70			11.25	12.31	13.76	
		velocity	7.51	9.49	9.36	9.16	8.93	8.60	8.10	7.87	7.63	7.42	7.02	8.16		9.33	8.53	7.63	
H1 lead leg		strides	13	13	13	13	13	13	14	14	15	15	123						
Narisako, Kenji (JPN) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2010 Japanese National Championships (Marugume, JPN)</b>																			
<i>Yasunori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																			
date	05-Jun-10	time	6.07	9.86	13.71	17.60	21.59	25.73	30.07	34.51	39.01	43.58		49.01	1 / 1				
reaction time	0.165	interval		3.79	3.85	3.89	3.99	4.14	4.34	4.44	4.50	4.57	5.43			11.53	12.47	13.51	
		velocity	7.41	9.23	9.09	9.00	8.77	8.45	8.06	7.88	7.78	7.66	7.37	8.16		9.11	8.42	7.77	
H1 lead leg		strides		13	13	13	13	13	14	14	15	15	123						
Dobek, Patryk (POL) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2016 Shanghai Golden Grand Prix (Shanghai, CHN)</b>																			
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																			
date	14-May-16	time	5.92	9.68	13.52	17.52	21.56	25.72	30.08	34.48	39.08	43.68		49.01	1 / 2				
reaction time	0.178	interval		3.76	3.84	4.00	4.04	4.16	4.36	4.40	4.60	4.60	5.33			11.60	12.56	13.60	
		velocity	7.60	9.31	9.11	8.75	8.66	8.41	8.03	7.95	7.61	7.61	7.50	8.16		9.05	8.36	7.72	
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14	17.5	159.5					
Samuel, Cameron (USA) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	25-Jun-21	time	6.00	9.87	13.78	17.77	21.80	26.06	30.49	35.00	39.47	43.94		49.01	5 / 2				
reaction time	0.154	interval		3.87	3.91	3.99	4.03	4.26	4.43	4.51	4.47	4.47	5.07			11.77	12.72	13.45	
		velocity	7.50	9.04	8.95	8.77	8.68	8.22	7.90	7.76	7.83	7.83	7.89	8.16		8.92	8.25	7.81	
H1 lead leg	R	strides		14	14	14	14		15	15	15	15	18	134					
Happio, Wilfried (FRA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)</b>																			
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	16-Jun-22	time	5.76	9.40	13.22	17.12	21.10	22.81	25.28	29.72	34.12	38.80	43.48	49.01	3 / 3				
reaction time	0.150	interval		3.64	3.82	3.90	3.98	4.18	4.44	4.40	4.68	4.68	5.53	PB		11.36	12.60	13.76	
		velocity	7.81	9.62	9.16	8.97	8.79	8.37	7.88	7.95	7.48	7.48	7.23	8.16		9.24	8.33	7.63	
H1 lead leg	L	strides	20	13	13	13	13	13	14	14	15	15	18	161					
Watrin, Julien (BEL) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)</b>																			
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	30-Jun-22	time	5.92	9.58	13.38	17.24	21.22	22.87	25.32	29.62	34.06	38.66	43.42	49.01	2 / 6				
reaction time	0.216	interval		3.66	3.80	3.86	3.98	4.10	4.30	4.44	4.60	4.76	5.59			11.32	12.38	13.80	
		velocity	7.60	9.56	9.21	9.07	8.79	8.75	8.54	8.14	7.88	7.61	7.35	7.16	8.16		9.28	8.48	7.61
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	15	17.7	161.7					

Allen, CJ (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2022 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	06-Aug-22	time	5.86	9.56	13.50	17.46	21.53	23.21	25.66	29.93	34.30	38.83	43.53	49.01	7 / 6				
reaction time	0.152	interval		3.70	3.94	3.96	4.07		4.13	4.27	4.37	4.53	4.70	5.48		11.60	12.47	13.60	
		velocity	7.68	9.46	8.88	8.84	8.60	8.62	8.47	8.20	8.01	7.73	7.45	7.30	8.16	9.05	8.42	7.72	
H1 lead leg	L	strides	20	13	13	13	13		13	14	14		15	18	146				
Kodama, Yusaka (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>A FINAL</b> - 2023 Shizuoka International Meeting (Fukuoki, JPN)													<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>						
date	03-May-23	time	5.91	9.71	13.55	17.42	21.47		25.61	29.93	34.34	38.88	43.58	49.01	3 / 1				
reaction time	0.171	interval		3.80	3.84	3.87	4.05		4.14	4.32	4.41	4.54	4.70	5.43	PB	11.51	12.51	13.65	
		velocity	7.61	9.21	9.11	9.04	8.64		8.45	8.10	7.94	7.71	7.45	7.37	8.16	9.12	8.39	7.69	
H1 lead leg	R	strides	21	13	13	13	14		14	15	15	15	15	19	167				
Bassitt, Trevor (USA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2024 USATF LA Grand Prix (Los Angeles, CA) (TV Analysis)													<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>						
date	18-May-24	time	6.03	9.84	13.64	17.51	21.58		29.99	34.46	39.07	43.84		49.01	8 / 5				
reaction time	0.218	interval		3.81	3.80	3.87	4.07		8.41	4.47	4.61	4.77	5.17			11.48	12.48	13.85	
		velocity	7.46	9.19	9.21	9.04	8.60		8.32	7.83	7.59	7.34	7.74	8.16		9.15	8.41	7.58	
H1 lead leg	R	strides	21	13	13	13	13			13	14	14	16.5	130.5					
Silva, Carlos (POR) (1974)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1998 European Championships (Budapest, HUN)													<i>Behm (1998) - analyse et commentaires: le 400m haies: Pavel la surprise!</i>						
date	20-Aug-98	time	6.1	9.8	13.6	17.5	21.5	25.6	29.7	34.0	38.5	43.3		49.02	6 / 4				
reaction time		interval		3.7	3.8	3.9	4.0	4.1	4.1	4.3	4.5	4.8	5.72			11.40	12.20	13.60	
		velocity	7.38	9.46	9.21	8.97	8.75	8.54	8.54	8.14	7.78	7.29	6.99	8.16		9.21	8.61	7.72	
H1 lead leg	L	strides	20	13	13	13	14	14	15	15	15	15	19.5	166.5					
Tinsley, Michael (USA) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2016 Bislett Games (Oslo, NOR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>						
date	09-Jun-16	time	5.84	9.52	13.28	17.20	21.32	25.64	29.96	34.40	38.92	43.60		49.02	5 / 3				
reaction time	0.121	interval		3.68	3.76	3.92	4.12	4.32	4.32	4.44	4.52	4.68	5.42			11.36	12.76	13.64	
		velocity	7.71	9.51	9.31	8.93	8.50	8.10	8.10	7.88	7.74	7.48	7.38	8.16		9.24	8.23	7.70	
H1 lead leg	L	strides	21	13	13	13	14	14	14	14	15	15	18	164					
Kendziera, Dave (USA) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	21-Jul-18	time	5.80	9.64		21.60	25.72	30.04	34.52	39.04	43.64		49.02	3 / 4					
reaction time	0.167	interval		3.84		11.96	4.12	4.32	4.48	4.52	4.60	5.38						13.60	
		velocity	7.76	9.11		8.78	8.50	8.10	7.81	7.74	7.61	7.43	8.16					7.72	
H1 lead leg	R	strides	20	13			13	13	14	14	15	18	120						
Barr, Thomas (IRL) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 3</b> - 2019 IAAF World Championships (Doha, QAT)													<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>						
date	28-Sep-19	time	5.87	9.62	13.44	17.31	21.34	25.47	29.85	34.28	38.83	43.51		49.02	7 / 4				
reaction time	0.131	interval		3.75	3.82	3.87	4.03	4.13	4.38	4.43	4.55	4.68	5.51			11.44	12.54	13.66	
		velocity	7.67	9.33	9.16	9.04	8.68	8.47	7.99	7.90	7.69	7.48	7.26	8.16		9.18	8.37	7.69	
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14	18.2	160.2					
Bassitt, Trevor (USA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 1</b> - 2024 USA Olympic Trials (Eugene, OR)													<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>						
date	28-Jun-24	time	5.91	9.62	13.40	17.27	21.26	23.03	25.26	29.47	33.88	38.58	43.38	49.02	8 / 1				
reaction time		interval		3.71	3.78	3.87	3.99	4.00	4.21	4.41	4.70	4.80	5.64			11.36	12.20	13.91	
		velocity	7.61	9.43	9.26	9.04	8.77	8.68	8.75	8.31	7.94	7.45	7.29	7.09	8.16	9.24	8.61	7.55	
H1 lead leg	R	strides		13	13	13	13		13	13	13	14	14	16	135				
Kharlov, Aleksandr (URS) (1958)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1983 IAAF World Championships (Helsinki, FIN)													<i>McFarlane (1988) - The Science of Hurdling</i>						
date	09-Aug-83	time	5.79	9.58	13.75		21.80	25.80	29.97	34.47	39.05	43.76		49.03	1 / 3				
reaction time		interval		3.79	4.17		8.05	4.00	4.17	4.50	4.58	4.71	5.27					13.79	
		velocity	7.77	9.23	8.39		8.70	8.75	8.39	7.78	7.64	7.43	7.59	8.16				7.61	
H1 lead leg	L	strides	21	13	13	13	13	13	13	13	13	13	17	155					
Moses, Edwin (USA) (1955)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 1</b> - 1987 IAAF World Championships (Rome, ITA)													<i>SuSanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>						
date	30-Aug-87	time	5.90	9.75	13.69	17.62	21.68	25.77	30.07	34.44	38.96	43.60		49.03	2 / 1				
reaction time		interval		3.85	3.94	3.93	4.06	4.09	4.30	4.37	4.52	4.64	5.43			11.72	12.45	13.53	
		velocity	7.63	9.09	8.88	8.91	8.62	8.56	8.14	8.01	7.74	7.54	7.37	8.16		8.96	8.43	7.76	
H1 lead leg	L	strides	19	13	13	13	13	13	13	13	13	13	15.8	151.8					
Meng Yan (CHN) (1980)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2006 Asian Grand Prix (Bengaluru, IND)													<i>Meng (2009) - a comparative study on rhythm changes between hurdles of chinese and foreign 400m hurdlers</i>						
date	22-May-06	time	5.85	9.60	13.47	17.52	21.62	25.87	30.25	34.70	39.20	43.83		49.03	1 / 1				
reaction time		interval		3.75	3.87	4.05	4.10	4.25	4.38	4.45	4.50	4.63	5.20	NR PB		11.67	12.73	13.58	
		velocity	7.69	9.33	9.04	8.64	8.54	8.24	7.99	7.87	7.78	7.56	7.69	8.16		9.00	8.25	7.73	
H1 lead leg		strides	21	13	13	13	13	13	14	14	15	15	18	162					

Selmon, Kenny (USA) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)																		
Henson (2021) - Athlete First: 2021 year end hurdle report																		
date	28-May-21	time	6.17	9.91	13.85	17.78	21.85	23.5	25.96	30.23	34.57	39.07	43.71	49.03	7 / 5			
reaction time	0.314	interval		3.74	3.94	3.93	4.07	4.11	4.27	4.34	4.50	4.64	5.32			11.61	12.45	13.48
		velocity	7.29	9.36	8.88	8.91	8.60	8.51	8.52	8.20	8.06	7.78	7.54	7.52	8.16	9.04	8.43	7.79
H1 lead leg	R	strides	21	13	13	13		13	13	13	14	14		127				
Selmon, Kenny (USA) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1</b> - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																		
Henson (2021) - Athlete First: 2021 year end hurdle report																		
date	24-Jun-21	time	6.00	9.78	13.68	17.65	21.72		30.13	34.50	39.10	43.71		49.03	3 / 1			
reaction time	0.190	interval		3.78	3.90	3.97	4.07		8.41	4.37	4.60	4.61	5.32			11.65	12.48	13.58
		velocity	7.50	9.26	8.97	8.82	8.60		8.32	8.01	7.61	7.59	7.52	8.16		9.01	8.41	7.73
H1 lead leg	R	strides		13	13	13	13			13	14	14	16.7	109.7				
Kurokawa, Kazuki (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2023 Seiko Golden Grand Prix (Yokohama, JPN)																		
Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season																		
date	21-May-23	time	5.79	9.39	13.11	17.02	21.12	25.36	29.65	34.03	38.64	43.39		49.03	5 / 2			
reaction time	0.141	interval		3.60	3.72	3.91	4.10	4.24	4.29	4.38	4.61	4.75	5.64			11.23	12.63	13.74
		velocity	7.77	9.72	9.41	8.95	8.54	8.25	8.16	7.99	7.59	7.37	7.09	8.16		9.35	8.31	7.64
H1 lead leg	L	strides	21	13	13	13		14	14	15	15	15	18.5	164.5				
Jackson, Bershawn (USA) (1983)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2016 Prefontaine Classic (Eugene, OR) (TV Analysis)																		
Henson (2020) - Athlete First: 2016 year end hurdle report																		
date	28-May-16	time	5.76	9.60	13.72	17.96	22.24	26.40	30.48	34.24	39.16	43.72		49.04	4 / 3			
reaction time		interval		3.84	4.12	4.24	4.28	4.16	4.08	3.76	4.92	4.56	5.32			12.20	12.52	13.24
		velocity	7.81	9.11	8.50	8.25	8.18	8.41	8.58	7.98	8.13	7.68	7.52	8.16		8.61	8.39	7.93
H1 lead leg	L	strides	22	15	15	15	15	15		17	15	19	148					
Jackson, Bershawn (USA) (1983)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 Athletissima (Lausanne, SUI) (TV Analysis)																		
Henson (2020) - Athlete First: 2017 year end hurdle report																		
date	06-Jul-17	time	5.72	9.64	13.84	18.12	22.32	26.44	30.56	34.76	39.12	43.64		49.04	3 / 4			
reaction time	0.140	interval		3.92	4.20	4.28	4.20	4.12	4.12	4.20	4.36	4.52	5.40			12.40	12.44	13.08
		velocity	7.87	8.93	8.33	8.18	8.33	8.50	8.50	8.33	8.03	7.74	7.41	8.16		8.47	8.44	8.03
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19	176				
Santos, Juander (DOM) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 IAAF World Championships (London, GBR) (TV Analysis)																		
Henson (2020) - Athlete First: 2017 year end hurdle report																		
date	09-Aug-17	time	5.84	9.64	13.52	17.40	21.32	25.44	29.76	34.28	38.84	43.52		49.04	2 / 6			
reaction time	0.158	interval		3.80	3.88	3.88	3.92	4.12	4.32	4.52	4.56	4.68	5.52			11.56	12.36	13.76
		velocity	7.71	9.21	9.02	9.02	8.93	8.50	8.10	7.74	7.68	7.48	7.25	8.16		9.08	8.50	7.63
H1 lead leg	R	strides	22	14	14	14	14	14	15	15	15	15	19	171				
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2018 Athletissima (Lausanne, SUI) (TV Analysis)																		
Henson (2020) - Athlete First: 2018 year end hurdle report																		
date	05-Jul-18	time	6.00	9.80	13.72		21.64	25.72	30.16	34.56	39.12	43.72		49.04	2 / 5			
reaction time	0.159	interval		3.80	3.92		7.92	4.08	4.44	4.40	4.56	4.60	5.32					13.56
		velocity	7.50	9.21	8.93		8.84	8.58	7.88	7.95	7.68	7.61	7.52	8.16				7.74
H1 lead leg	L	strides	21	13	13			13	14	14	14	14	17	119				
Holmes, TJ (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Meeting de Paris (Paris, FRA) (TV Analysis)																		
Henson (2020) - Athlete First: 2019 year end hurdle report																		
date	24-Aug-19	time	5.86	9.56	13.30	17.32	21.46	23.2	25.62	29.94	34.40	39.12	43.80		49.04	6 / 5		
reaction time	0.197	interval		3.70	3.74	4.02	4.14	4.16	4.32	4.46	4.72	4.68	5.24			11.46	12.62	13.86
		velocity	7.68	9.46	9.36	8.71	8.45	8.62	8.41	8.10	7.85	7.42	7.48	7.63	8.16	9.16	8.32	7.58
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	14	14	17	156				
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																		
Henson (2020) - Athlete First: 2020 year end hurdle report																		
date	14-Aug-20	time	5.81	9.44	13.25	17.15	21.12	25.25	29.63	34.07	38.67	43.44		49.04	5 / 2			
reaction time	0.192	interval		3.63	3.81	3.90	3.97	4.13	4.38	4.44	4.60	4.77	5.60			11.34	12.48	13.81
		velocity	7.75	9.64	9.19	8.97	8.82	8.47	7.99	7.88	7.61	7.34	7.14	8.16		9.26	8.41	7.60
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	14	14	18	159				
Rosser, Khalfiah (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
<b>Semi-Final 1</b> - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																		
Henson (2021) - Athlete First: 2021 year end hurdle report																		
date	25-Jun-21	time	5.93	9.63	13.37	17.17	21.13		29.63	33.97	38.58	43.43		49.04	4 / 2			
reaction time	0.209	interval		3.70	3.74	3.80	3.96		8.50	4.34	4.61	4.85	5.61			11.24	12.46	13.80
		velocity	7.59	9.46	9.36	9.21	8.84		8.24	8.06	7.59	7.22	7.13	8.16		9.34	8.43	7.61
H1 lead leg	R	strides		13	13	13	13		14	15	15	15	18.5	128.5				
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2023 Bauhaus Galan (Stockholm, SWE)																		
Omega Timing (2023) - diamond league race analysis																		
date	02-Jul-23	time	5.92	9.69	13.48	17.27	21.16	25.20	29.50	34.02	38.65	43.38		49.04	3 / 3			
reaction time	0.165	interval		3.77	3.79	3.79	3.89	4.04	4.30	4.52	4.63	4.73	5.66			11.35	12.23	13.88
		velocity	7.60	9.28	9.23	9.23	9.00	8.66	8.14	7.74	7.56	7.40	7.07	8.16		9.25	8.59	7.56
H1 lead leg	R	strides	21	13		13	13	13	14		14	15	18	134				

														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Mori, Fabrizio (ITA) (1969)</b>																															
<b>FINAL - 2002 European Championships (Munich, GER)</b>														<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																	
date	09-Aug-02	time	6.24	10.16	14.14	18.20	22.22		26.36	30.64	35.02	39.42	43.88		49.05	1 / 4															
reaction time	0.133	interval		3.92	3.98	4.06	4.02		4.14	4.28	4.38	4.40	4.46	5.17			11.96	12.44	13.24												
		velocity	7.21	8.93	8.79	8.62	8.71		8.45	8.18	7.99	7.95	7.85	7.74	8.15		8.78	8.44	7.93												
H1 lead leg		strides																													
<b>Toyoda, Masaki (JPN) (1998)</b>																															
<b>FINAL - 2019 Japanese National Championships (Fukuoka, JPN)</b>														<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>																	
date	29-Jun-19	time	5.92	9.74	13.61	17.65	21.69		25.88	30.16	34.53	38.99	43.68		49.05	7 / 2															
reaction time	0.172	interval		3.82	3.87	4.04	4.04		4.19	4.28	4.37	4.46	4.69	5.37	PB		11.73	12.51	13.52												
		velocity	7.60	9.16	9.04	8.66	8.66		8.35	8.18	8.01	7.85	7.46	7.45	8.15		8.95	8.39	7.77												
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18.5	168.5																
<b>Kendziera, Dave (USA) (1994)</b>																															
<b>Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	25-Jun-21	time	6.00	9.82	13.70	17.58	21.55		25.72	30.10	34.56	39.10	43.91		49.05	8 / 3															
reaction time	0.190	interval		3.82	3.88	3.88	3.97		4.17	4.38	4.46	4.54	4.81	5.14			11.58	12.52	13.81												
		velocity	7.50	9.16	9.02	9.02	8.82		8.39	7.99	7.85	7.71	7.28	7.78	8.15		9.07	8.39	7.60												
H1 lead leg	R	strides		13	13	13	13		13	13	14	14	14	18	138																
<b>Lambrugh, Mario (ITA) (1992)</b>																															
<b>Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)</b>														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																	
date	20-Aug-23	time	5.90	9.86	13.66	17.56	21.40		25.53		34.40	39.03	43.73		49.05	1 / 6															
reaction time	0.129	interval		3.96	3.80	3.90	3.84		4.13		8.87	4.63	4.70	5.32			11.66														
		velocity	7.63	8.84	9.21	8.97	9.11		8.47		7.89	7.56	7.45	7.52	8.15		9.01														
H1 lead leg	R	strides	22	14	14	14	14		14		15	15	18.5	140.5																	
<b>Morgan, Dinsdale (JAM) (1972)</b>																															
<b>FINAL - 1997 IAAF World Championships (Athens, GRE)</b>														<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>																	
date	04-Aug-97	time	5.96	9.68	13.52	17.45	21.48		25.56	29.86	34.32	38.96	43.70		49.06	7 / 7															
reaction time	0.152	interval		3.72	3.84	3.93	4.03		4.08	4.30	4.46	4.64	4.74	5.36			11.49	12.41	13.84												
		velocity	7.55	9.41	9.11	8.91	8.68		8.58	8.14	7.85	7.54	7.38	7.46	8.15		9.14	8.46	7.59												
H1 lead leg		strides																													
<b>Zellner, Torrance (USA) (1970)</b>																															
<b>FINAL - 1999 IAAF World Championships (Sevilla, ESP)</b>														<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>																	
date	27-Aug-99	time	5.66	9.38	13.10	16.88	20.68		24.72	28.92	33.49	38.05	42.86		49.06	1 / 8															
reaction time	0.133	interval		3.72	3.72	3.78	3.80		4.04	4.20	4.57	4.56	4.81	6.20			11.22	12.04	13.94												
		velocity	7.95	9.41	9.41	9.26	9.21		8.66	8.33	7.66	7.68	7.28	6.45	8.15		9.36	8.72	7.53												
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	15	18	159																
<b>Mägi, Rasmus (EST) (1992)</b>																															
<b>FINAL - 2014 European Championships (Zurich, SUI)</b>														<i>Green (2015) - twitter.com/jackpgreen (from Behm?)</i>																	
date	15-Aug-14	time	6.10	9.90	13.78	17.70	21.74		25.86	30.26	34.70	39.30	43.90		49.06	1 / 2															
reaction time	0.156	interval		3.80	3.88	3.92	4.04		4.12	4.40	4.44	4.60	4.60	5.16			11.60	12.56	13.64												
		velocity	7.38	9.21	9.02	8.93	8.66		8.50	7.95	7.88	7.61	7.61	7.75	8.15		9.05	8.36	7.70												
H1 lead leg	L	strides		13	13	13	13		13	14	14	14	14	121																	
<b>Fernández, Sérgio (ESP) (1993)</b>																															
<b>FINAL - 2016 European Championships (Amsterdam, NED) (TV Analysis)</b>														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																	
date	08-Jul-16	time	6.04	9.88	13.84	17.96	22.04		26.16	30.28	34.68	39.20	43.84		49.06	5 / 2															
reaction time	0.138	interval		3.84	3.96	4.12	4.08		4.12	4.12	4.40	4.52	4.64	5.22			11.92	12.32	13.56												
		velocity	7.45	9.11	8.84	8.50	8.58		8.50	8.50	7.95	7.74	7.54	7.66	8.15		8.81	8.52	7.74												
H1 lead leg	L	strides	20	13	13	13	13		13		14	14	14	17.5	144.5																
<b>Levingston, Isaiah (USA) (1998)</b>																															
<b>Heat 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	24-Jun-21	time	5.97	9.84	13.81	17.85	21.99		26.20	30.46	34.80	39.20	43.78		49.06	8 / 2															
reaction time	0.192	interval		3.87	3.97	4.04	4.14		4.21	4.26	4.34	4.40	4.58	5.28			11.88	12.61	13.32												
		velocity	7.54	9.04	8.82	8.66	8.45		8.31	8.22	8.06	7.95	7.64	7.58	8.15		8.84	8.33	7.88												
H1 lead leg	L	strides		13	13	13	13		13	13	13	13	13	16	133																
<b>Benjamin, Rai (USA) (1997)</b>																															
<b>Heat 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)</b>														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																	
date	16-Jul-22	time	6.00	9.77	13.66	17.60	21.67	23.39	25.77	29.87	34.17	38.63	43.33		49.06	4 / 1															
reaction time	0.156	interval		3.77	3.89	3.94	4.07		4.10	4.10	4.30	4.46	4.70	5.73			11.60	12.27	13.46												
		velocity	7.50	9.28	9.00	8.88	8.60	8.55	8.54	8.54	8.14	7.85	7.45	6.98	8.15		9.05	8.56	7.80												
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.5	153.5																
<b>Kurokawa, Kazuki (JPN) (2001)</b>																															
<b>B FINAL - 2023 Shizuoka International Meeting (Fukuoki, JPN)</b>														<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																	
date	03-May-23	time	5.91	9.71	13.54	17.43	21.44		25.64	29.88	34.36	38.99	43.71		49.06	5 / 1															
reaction time	0.191	interval		3.80	3.83	3.89	4.01		4.20	4.24	4.48	4.63	4.72	5.35			11.52	12.45	13.83												
		velocity	7.61	9.21	9.14	9.00	8.73		8.33	8.25	7.81	7.56	7.42	7.48	8.15		9.11	8.43	7.59												
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18	164																

														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Gucek, Matic Ian (SLO) (2003)</b>																															
<b>Repechage 2 - 2024 Olympic Games (Paris, FRA)</b>														Paris 2024 Olympic Games - Results Book (2024)																	
date	07-Aug-24	time	5.86	9.63	13.48	17.40	21.43		25.56	29.82	34.26	38.88	43.57		49.06	7 / 4															
reaction time	0.146	interval		3.77	3.85	3.92	4.03		4.13	4.26	4.44	4.62	4.69	5.49				11.54	12.42	13.75											
		velocity	7.68	9.28	9.09	8.93	8.68		8.47	8.22	7.88	7.58	7.46	7.29	8.15			9.10	8.45	7.64											
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	15	18.5	169.5																
<b>Mori, Fabrizio (ITA) (1969)</b>																															
<b>Heat 3 - 1999 IAAF World Championships (Sevilla, ESP)</b>														Sanchez (1999) - Sevilla '99: análisis de la carreras con villas																	
date	24-Aug-99	time	5.96	9.84	13.78	17.68	21.72		25.92	30.22	34.70	39.11	43.59		49.07	6 / 1															
reaction time	0.152	interval		3.88	3.94	3.90	4.04		4.20	4.30	4.48	4.41	4.48	5.48				11.72	12.54	13.37											
		velocity	7.55	9.02	8.88	8.97	8.66		8.33	8.14	7.81	7.94	7.81	7.30	8.15			8.96	8.37	7.85											
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169																
<b>Diagana, Stéphane (FRA) (1969)</b>																															
<b>FINAL - 2001 European Championships (Bremen, GER)</b>														Graubner (2007) - http://www.fgs.uni-halle.de																	
date	23-Jun-01	time	6.03	9.78	13.62	17.52	21.41		25.46	29.60	34.16	38.90	43.73		49.07	1 / 3															
reaction time		interval		3.75	3.84	3.90	3.89		4.05	4.14	4.56	4.74	4.83	5.34				11.49	12.08	14.13											
		velocity	7.46	9.33	9.11	8.97	9.00		8.64	8.45	7.68	7.38	7.25	7.49	8.15			9.14	8.69	7.43											
H1 lead leg		strides																													
<b>Mužik, Jirí (CZE) (1976)</b>																															
<b>FINAL - 2001 IAAF World Championships (Edmonton, CAN)</b>														Behm (2001) - Edmonton: Le quatrache: les finales																	
date	10-Aug-01	time	5.9	9.8	13.4	17.3	21.3		25.3	29.5	34.0	38.5	43.2		49.07	8 / 7															
reaction time	0.203	interval		3.9	3.6	3.9	4.0		4.0	4.2	4.5	4.5	4.7	5.87				11.40	12.20	13.70											
		velocity	7.63	8.97	9.72	8.97	8.75		8.75	8.33	7.78	7.78	7.45	6.81	8.15			9.21	8.61	7.66											
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	146																	
<b>Iakovákis, Periklís (GRE) (1979)</b>																															
<b>FINAL - 2002 European Championships (Munich, GER)</b>														Graubner (2009) - http://www.fgs.uni-halle.de																	
date	09-Aug-02	time	6.11	9.91	13.75	17.69	21.67		25.75	30.05	34.42	39.02	43.78		49.07	1 / 5															
reaction time	0.163	interval		3.80	3.84	3.94	3.98		4.08	4.30	4.37	4.60	4.76	5.29				11.58	12.36	13.73											
		velocity	7.36	9.21	9.11	8.88	8.79		8.58	8.14	8.01	7.61	7.35	7.56	8.15			9.07	8.50	7.65											
H1 lead leg		strides																													
<b>Myburgh, Alwyn (RSA) (1980)</b>																															
<b>FINAL - 2004 Olympic Games (Athína, GRE)</b>														Behm (2005) - Athènes 2004: Les Haies Basses																	
date	26-Aug-04	time	5.9	9.5	13.2	17.0	21.2		25.3	29.4	33.9	38.5	43.3		49.07	1 / 7															
reaction time	0.150	interval		3.6	3.7	3.8	4.2		4.1	4.1	4.5	4.6	4.8	5.77				11.10	12.40	13.90											
		velocity	7.63	9.72	9.46	9.21	8.33		8.54	8.54	7.78	7.61	7.29	6.93	8.15			9.46	8.47	7.55											
H1 lead leg	R	strides	21	14	14	14	14		14	14	15	15	15	169																	
<b>Narisako, Kenji (JPN) (1984)</b>																															
<b>FINAL - 2004 Seiko Super Grand Prix (Yokohama, JPN)</b>														Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers																	
date	23-Sep-04	time	5.99	9.63	13.43	17.37	21.37		25.52	29.91	34.36	38.91	43.58		49.07	1 / 4															
reaction time		interval		3.64	3.80	3.94	4.00		4.15	4.39	4.45	4.55	4.67	5.49				11.38	12.54	13.67											
		velocity	7.51	9.62	9.21	8.88	8.75		8.43	7.97	7.87	7.69	7.49	7.29	8.15			9.23	8.37	7.68											
H1 lead leg		strides		13	13	13	13		13	15	15	15	15	125																	
<b>Carter, James (USA) (1978)</b>																															
<b>Heat 2 - 2007 USATF National Championships (Indianapolis, IN)</b>														USATF Men's Hurdle Development (2007)																	
date	21-Jun-07	time	5.97	9.68	13.56	17.58	21.65		25.86	30.24	34.65	39.22	43.91		49.07	8 / 1															
reaction time		interval		3.71	3.88	4.02	4.07		4.21	4.38	4.41	4.57	4.69	5.16				11.61	12.66	13.67											
		velocity	7.54	9.43	9.02	8.71	8.60		8.31	7.99	7.94	7.66	7.46	7.75	8.15			9.04	8.29	7.68											
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	142																	
<b>Nozawa, Keisuke (JPN) (1991)</b>																															
<b>FINAL - 2016 Shizuoka International Athletics Meeting (Fukuroi, JPN)</b>														Morioka (2016) - race pattern of top 400m hurdlers in japan																	
date	03-May-16	time	5.94	9.56	13.26	17.10	21.09		25.13	29.38	33.93	38.68	43.53		49.07	1 / 1															
reaction time		interval		3.62	3.70	3.84	3.99		4.04	4.25	4.55	4.75	4.85	5.54				11.16	12.28	14.15											
		velocity	7.58	9.67	9.46	9.11	8.77		8.66	8.24	7.69	7.37	7.22	7.22	8.15			9.41	8.55	7.42											
H1 lead leg		strides		13	13	14	14		14	14	15	15	15	127																	
<b>Smidt, Nick (NED) (1997)</b>																															
<b>FINAL - 2022 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)</b>														Henson (2022) - Athlete First: 2022 year end hurdle report																	
date	06-Aug-22	time	5.93	9.70	13.53	17.53	21.56	23.28	25.73	30.03		38.90	43.56		49.07	9 / 7															
reaction time	0.154	interval		3.77	3.83	4.00	4.03		4.17	4.30		8.87	4.66	5.51				11.60	12.50	13.53											
		velocity	7.59	9.28	9.14	8.75	8.68	8.59	8.39	8.14		7.89	7.51	7.26	8.15			9.05	8.40	7.76											
H1 lead leg	L	strides	20	13	13		13		14	14		14	14	101																	
<b>Clarke, Roshawn (JAM) (2004)</b>																															
<b>FINAL - 2024 Prefontaine Classic (Eugene, OR)</b>														Omega Timing (2024) - diamond league race analysis																	
date	25-May-24	time	5.63	9.33	13.19	16.99	20.96		24.99	29.13	33.54	38.28	43.16		49.07	5 / 4															
reaction time	0.186	interval		3.70	3.86	3.80	3.97		4.03	4.14	4.41	4.74	4.88	5.91				11.36	12.14	14.03											
		velocity	7.99	9.46	9.07	9.21	8.82		8.68	8.45	7.94	7.38	7.17	6.77	8.15			9.24	8.65	7.48											
H1 lead leg		strides			14	14	14		14	14	15	16	15	116																	

Keïta, Naman (FRA) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2 - 2003 IAAF World Championships (Paris, FRA)</b>																		
Behm (2003) - Paris 2003:Le quatrache masculin - féminin																		
date	26-Aug-03	time	5.7	9.7	13.4	17.3	21.3	25.5	29.7	34.2	38.8	43.6		49.08	5 / 5			
reaction time	0.232	interval		4.0	3.7	3.9	4.0	4.2	4.2	4.5	4.6	4.8	5.48			11.60	12.40	13.90
		velocity	7.89	8.75	9.46	8.97	8.75	8.33	8.33	7.78	7.61	7.29	7.30	8.15		9.05	8.47	7.55
H1 lead leg		strides	21	12	12	13	12	13	13	13	13	14	17.5	153.5				
Clement, Kerron (USA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)</b>																		
Henson (2021) - Athlete First: major championships report																		
date	15-Aug-13	time	5.93	9.70	13.53	17.33	21.27	25.37	29.50	34.03	38.70	43.50		49.08	1 / 8			
reaction time	0.165	interval		3.77	3.83	3.80	3.94	4.10	4.13	4.53	4.67	4.80	5.58			11.40	12.17	14.00
		velocity	7.59	9.28	9.14	9.21	8.88	8.54	8.47	7.73	7.49	7.29	7.17	8.15		9.21	8.63	7.50
H1 lead leg	R	strides	20	13	13	13	13	13	13	15	15	15	16.7	144.7				
Jackson, Bershawn (USA) (1983)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2018 Doha Diamond League (Doha, QAT) (TV Analysis)</b>																		
Henson (2020) - Athlete First: 2018 year end hurdle report																		
date	04-May-18	time	5.72	9.56	13.64	17.84	22.04	26.20	30.32	34.56	39.00	43.60		49.08	2 / 2			
reaction time	0.176	interval		3.84	4.08	4.20	4.20	4.16	4.12	4.24	4.44	4.60	5.48			12.12	12.48	13.28
		velocity	7.87	9.11	8.58	8.33	8.33	8.41	8.50	8.25	7.88	7.61	7.30	8.15		8.66	8.41	7.91
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19	161				
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2019 Müller Grand Prix (Birmingham, GBR) (TV Analysis)</b>																		
Henson (2020) - Athlete First: 2019 year end hurdle report																		
date	18-Aug-19	time	5.88	9.68	13.52	17.40	21.40	23.2	25.60	30.08	34.56	39.12	43.68		49.08	6 / 1		
reaction time	0.173	interval		3.80	3.84	3.88	4.00	4.20	4.48	4.48	4.56	4.56	5.40			11.52	12.68	13.60
		velocity	7.65	9.21	9.11	9.02	8.75	8.6207	8.33	7.81	7.81	7.68	7.68	7.41	8.15	9.11	8.28	7.72
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	14	14	18	159				
Samba, Abderrahmane (QAT) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)</b>																		
Henson (2021) - Athlete First: 2021 year end hurdle report																		
date	27-Sep-19	time	6.04	9.92	13.84	17.84	21.96	26.16	30.36	34.76	39.20	43.76		49.08	8 / 1			
reaction time	0.183	interval		3.88	3.92	4.00	4.12	4.20	4.20	4.40	4.44	4.56	5.32			11.80	12.52	13.40
		velocity	7.45	9.02	8.93	8.75	8.50	8.33	8.33	7.95	7.88	7.68	7.52	8.15		8.90	8.39	7.84
H1 lead leg	R	strides	21	13	13	13	13	13	13	13	13	14	17	156				
Preis, Constantin (GER) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)</b>																		
Henson (2021) - Athlete First: 2021 year end hurdle report																		
date	09-Sep-21	time	6.08	9.84	13.84	17.84	21.96	23.7	26.20	30.44	34.84	39.36	43.92		49.08	8 / 5		
reaction time	0.259	interval		3.76	4.00	4.00	4.12	4.24	4.24	4.40	4.52	4.56	5.16			11.76	12.60	13.48
		velocity	7.40	9.31	8.75	8.75	8.50	8.44	8.25	8.25	7.95	7.74	7.68	7.75	8.15	8.93	8.33	7.79
H1 lead leg	L	strides	21	13	14	14	14	14	15	15	15	15	120					
Kurokawa, Kazuki (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2022 Seiko Golden Grand Prix (Tokyo, JPN)</b>																		
Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																		
date	08-May-22	time	5.86	9.57	13.26	17.05	21.02	25.19	29.48	33.98	38.69	43.54		49.08	7 / 2			
reaction time	0.206	interval		3.71	3.69	3.79	3.97	4.17	4.29	4.50	4.71	4.85	5.54			11.19	12.43	14.06
		velocity	7.68	9.43	9.49	9.23	8.82	8.39	8.16	7.78	7.43	7.22	7.22	8.15		9.38	8.45	7.47
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	18.5	164.5				
Watrin, Julien (BEL) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)</b>																		
Henson (2022) - Athlete First: 2022 year end hurdle report																		
date	08-Sep-22	time	5.77	9.41		17.15	21.15	22.77	25.29	29.50	33.90	38.60	43.44		49.08	8 / 5		
reaction time	0.183	interval		3.64		7.74	4.00	4.14	4.21	4.40	4.70	4.84	5.64			11.38	12.35	13.94
		velocity	7.80	9.62		9.04	8.75	8.78	8.45	8.31	7.95	7.45	7.23	7.09	8.15	9.23	8.50	7.53
H1 lead leg	R	strides	20	13		13	13	13	13	13	14	15	15	17.7	133.7			
Scott, Ja'Qualon (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
<b>FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)</b>																		
Henson (2024) - Athlete First: 2024 year end hurdle report																		
date	07-Jun-24	time	5.96	9.73	13.58	17.51	21.47	25.56	30.05	34.55	39.15	43.79		49.08	1 / 4			
reaction time		interval		3.77	3.85	3.93	3.96	4.09	4.49	4.50	4.60	4.64	5.29	PB		11.55	12.54	13.74
		velocity	7.55	9.28	9.09	8.91	8.84	8.56	7.80	7.78	7.61	7.54	7.56	8.15		9.09	8.37	7.64
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	14	14	18	160				
Hyde, Jaheel (JAM) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1 - 2024 Olympic Games (Paris, FRA)</b>																		
Paris 2024 Olympxc Games - Results Book (2024)																		
date	05-Aug-24	time	5.72	9.40	13.16	17.05	21.09	25.30	29.58	34.03	38.73	43.55		49.08	6 / 2			
reaction time	0.175	interval		3.68	3.76	3.89	4.04	4.21	4.28	4.45	4.70	4.82	5.53			11.33	12.53	13.97
		velocity	7.87	9.51	9.31	9.00	8.66	8.31	8.18	7.87	7.45	7.26	7.23	8.15		9.27	8.38	7.52
H1 lead leg	L	strides	22	13	13	13	13	14	14	14	15	15	18	164				
Lima, Matheus (BRA) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 3 - 2024 Olympic Games (Paris, FRA)</b>																		
Paris 2024 Olympxc Games - Results Book (2024)																		
date	07-Aug-24	time	5.93	9.73	13.51	17.34	21.38	25.48	29.65	34.05	38.80	43.56		49.08	6 / 4			
reaction time	0.191	interval		3.80	3.78	3.83	4.04	4.10	4.17	4.40	4.75	4.76	5.52			11.41	12.31	13.91
		velocity	7.59	9.21	9.26	9.14	8.66	8.54	8.39	7.95	7.37	7.35	7.25	8.15		9.20	8.53	7.55
H1 lead leg	L	strides	21	13	13	13	13	13	13	13	14	14	17	157				



<b>Bonvin, Julien (SUI) (1999)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Repechage 3 - 2024 Olympic Games (Paris, FRA)</b>																		
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																		
date	06-Aug-24	time	5.76	9.43	13.20	17.07	21.01	25.15	29.50	34.01	38.69	43.45		49.08	3 / 3			
reaction time	0.165	interval		3.67	3.77	3.87	3.94	4.14	4.35	4.51	4.68	4.76	5.63			11.31	12.43	13.95
		velocity	7.81	9.54	9.28	9.04	8.88	8.45	8.05	7.76	7.48	7.35	7.10	8.15		9.28	8.45	7.53
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	15	15	18.5	162.5				
<b>Clarke, Roshawn (JAM) (2004)</b>		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 - 2024 Memorial van damme (Brussels, BEL)</b>																		
<i>Omega Timing (2023) - diamond league race analysis</i>																		
date	14-Sep-24	time	5.59	9.20	12.96	16.75	20.67	24.78	29.03	33.39	38.25	43.07		49.08	5 / 5			
reaction time	0.176	interval		3.61	3.76	3.79	3.92	4.11	4.25	4.36	4.86	4.82	6.01			11.47	12.28	14.04
		velocity	8.05	9.70	9.31	9.23	8.93	8.52	8.24	8.03	7.20	7.26	6.66	8.15		9.15	8.55	7.48
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	16	15	18.7	165.7				
<b>Melnikov, Stanislav (UKR) (1987)</b>		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 - 2010 European Championships (Barcelona, ESP)</b>																		
<i>Behm (2010) - les haies bases</i>																		
date	31-Jul-10	time	6.1	9.9	13.7	17.5	21.5	25.7	29.9	34.4	39.0	43.7		49.09	6 / 3			
reaction time	0.314	interval		3.8	3.8	3.8	4.0	4.2	4.2	4.5	4.6	4.7	5.4			11.40	12.40	13.80
		velocity	7.38	9.21	9.21	9.21	8.75	8.33	8.33	7.78	7.61	7.45	7.42	8.15		9.21	8.47	7.61
H1 lead leg	R	strides	21	13	13	13	14	14	14	14	15	15	18	164				
<b>Mowatt, Kemar (JAM) (1995)</b>		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 Pan American Games (Lima, PER) (TV Analysis)</b>																		
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	08-Aug-19	time	5.77	9.47	13.21	17.08		25.09	29.46	33.93	38.64	43.50		49.09	4 / 3			
reaction time	0.177	interval		3.70	3.74	3.87		8.01	4.37	4.47	4.71	4.86	5.59			11.31	12.38	14.04
		velocity	7.80	9.46	9.36	9.04		8.74	8.01	7.83	7.43	7.20	7.16	8.15		9.28	8.48	7.48
H1 lead leg	L	strides	21	13	13	13			14	14	15	15	18	136				
<b>Hyde, Jaheel (JAM) (1997)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)</b>																		
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																		
date	17-Jul-22	time	5.77	9.46	13.33	17.27	21.33	25.53	29.80	34.30	38.90	43.60		49.09	8 / 2			
reaction time	0.149	interval		3.69	3.87	3.94	4.06	4.20	4.27	4.50	4.60	4.70	5.49			11.50	12.53	13.80
		velocity	7.80	9.49	9.04	8.88	8.62	8.65	8.33	8.20	7.78	7.61	7.45	7.29	8.15	9.13	8.38	7.61
H1 lead leg	L	strides	22	13	13	13	13	14	14	14	14	15	18	163				
<b>Zbinden, Carlos (CHI) (1976)</b>		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 - 1998 European Championships (Budapest, HUN)</b>																		
<i>Sanchez (1998) - Budapest '98: análisis de la carreras con villas</i>																		
date	20-Aug-98	time	6.05				21.57					43.70		49.10	4 / 5			
reaction time		interval					15.52					22.13	5.40					
		velocity	7.44				9.02					7.91	7.41	8.15				
H1 lead leg	L	strides	19	13	13	13	13	13	13	13	14	14	17	155				
<b>Matsushita, Yuki (JPN) (1991)</b>		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 - 2016 Seiko Golden Grand Prix (Kawasaki, JPN)</b>																		
<i>Morioka (2016) - race pattern of top 400m hurdlers in japan</i>																		
date	08-May-16	time	6.02	9.82	13.66	17.58	21.57	25.77	30.17	34.69	39.26	43.88		49.10	3 / 3			
reaction time	0.191	interval		3.80	3.84	3.92	3.99	4.20	4.40	4.52	4.57	4.62	5.22			11.56	12.59	13.71
		velocity	7.48	9.21	9.11	8.93	8.77	8.33	7.95	7.74	7.66	7.58	7.66	8.15		9.08	8.34	7.66
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	18.5	164.5				
<b>Hussein, Kariem (SUI) (1989)</b>		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 - 2016 European Championships (Amsterdam, NED) (TV Analysis)</b>																		
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																		
date	08-Jul-16	time	5.88	9.64	13.52	17.60	21.72	25.88	29.92	34.36	38.92	43.68		49.10	3 / 3			
reaction time	0.134	interval		3.76	3.88	4.08	4.12	4.16	4.04	4.44	4.56	4.76	5.42			11.72	12.32	13.76
		velocity	7.65	9.31	9.02	8.58	8.50	8.41	8.66	7.88	7.68	7.35	7.38	8.15		8.96	8.52	7.63
H1 lead leg	L	strides	20	13	13	13	13	14	14	14	15	15	18	162				
<b>Mägi, Rasmus (EST) (1992)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2017 Bislett Games (Oslo, NOR) (TV Analysis)</b>																		
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																		
date	15-Jun-17	time	6.03	9.83	13.70	17.66	21.73	25.86	30.33	34.73	39.23	43.80		49.10	3 / 5			
reaction time	0.147	interval		3.80	3.87	3.96	4.07	4.13	4.47	4.40	4.50	4.57	5.30			11.63	12.67	13.47
		velocity	7.46	9.21	9.04	8.84	8.60	8.47	7.83	7.95	7.78	7.66	7.55	8.15		9.03	8.29	7.80
H1 lead leg	L	strides	21	13	13	13	13	14	14	14	14	14	17.2	146.2				
<b>Gibson, Jeffery (BAH) (1990)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2018 Commonwealth Games (Gold Coast, AUS) (TV Analysis)</b>																		
<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																		
date	12-Apr-18	time	6.00	9.84	13.68	17.58	21.55	25.69	30.06	34.53	39.17	43.77		49.10	8 / 2			
reaction time	0.146	interval		3.84	3.84	3.90	3.97	4.14	4.37	4.47	4.64	4.60	5.33			11.58	12.48	13.71
		velocity	7.50	9.11	9.11	8.97	8.82	8.45	8.01	7.83	7.54	7.61	7.50	8.15		9.07	8.41	7.66
H1 lead leg	R	strides	13	13	13	13	13	13	14	14	14	14	17.7	138.7				
<b>Valliant, Ludvy (FRA) (1995)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT)</b>																		
<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>																		
date	28-Sep-19	time	6.00	9.59	13.30	17.08	21.03	25.17	29.52	33.98	38.66	43.45		49.10	5 / 4			
reaction time	0.209	interval		3.59	3.71	3.78	3.95	4.14	4.35	4.46	4.68	4.79	5.65			11.08	12.44	13.93
		velocity	7.50	9.75	9.43	9.26	8.86	8.45	8.05	7.85	7.48	7.31	7.08	8.15		9.48	8.44	7.54
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	14	14	17.7	159.7				

Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>FINAL</b> - 2022 Weltklasse (Zürich, SUI) (TV Analysis)																				
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																				
date	08-Sep-22	time	5.90	9.54			17.28	21.29	22.88	25.42	29.86	34.29	38.94	43.61		49.10	4 / 6			
reaction time	0.172	interval		3.64			7.74	4.01		4.13	4.44	4.43	4.65	4.67	5.49			11.38	12.58	13.75
		velocity	7.63	9.62			9.04	8.73	8.74	8.47	7.88	7.90	7.53	7.49	7.29	8.15		9.23	8.35	7.64
H1 lead leg	R	strides	20	13				13		13	14	14	14	14	17.5	132.5				
Mukhobe, Wiseman Were (KEN) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>Heat 2</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																				
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																				
date	20-Aug-23	time	5.93		17.63			25.83		34.63	39.23	43.83		49.10	1 / 4					
reaction time	0.199	interval			11.70			8.20		8.80	4.60	4.60	5.27					11.70		
		velocity	7.59		8.97			8.54		7.95	7.61	7.61	7.59	8.15				8.97		
H1 lead leg	R	strides	20							15	15	19	69							
Happio, Wilfried (FRA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>FINAL</b> - 2024 Seashore Doha Meeting (Doha, QAT)																				
<i>Omega Timing (2024) - diamond league race analysis</i>																				
date	10-May-24	time	5.80	9.50	13.28	17.16	21.19	25.31	29.53	33.98	38.72	43.54		49.10	4 / 3					
reaction time	0.151	interval		3.70	3.78	3.88	4.03	4.12	4.22	4.45	4.74	4.82	5.56					11.36	12.37	14.01
		velocity	7.76	9.46	9.26	9.02	8.68	8.50	8.29	7.87	7.38	7.26	7.19	8.15				9.24	8.49	7.49
H1 lead leg	L	strides	20	13	13	13	13	13			15	15	17.7	132.7						
Gibson, Jeffery (BAH) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>FINAL</b> - 2016 Shanghai Golden Grand Prix (Shanghai, CHN)																				
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																				
date	14-May-16	time	5.92	9.68	13.56	17.52	21.56	25.72	30.08	34.60	39.16	43.76		49.11	4 / 3					
reaction time	0.213	interval		3.76	3.88	3.96	4.04	4.16	4.36	4.52	4.56	4.60	5.35					11.60	12.56	13.68
		velocity	7.60	9.31	9.02	8.84	8.66	8.41	8.03	7.74	7.68	7.61	7.48	8.14				9.05	8.36	7.68
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	14	14	14	17.5	157.5					
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>FINAL</b> - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)																				
<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																				
date	21-Jul-18	time	5.96	9.84	13.68	17.60	21.56	25.76	30.16	34.56	39.16	43.76		49.11	9 / 5					
reaction time	0.158	interval		3.88	3.84	3.92	3.96	4.20	4.40	4.40	4.60	4.60	5.35					11.64	12.56	13.60
		velocity	7.55	9.02	9.11	8.93	8.84	8.33	7.95	7.95	7.61	7.61	7.48	8.14				9.02	8.36	7.72
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14	17.2	159.2						
Barr, Thomas (IRL) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>FINAL</b> - 2019 Bislett Games (Oslo, NOR) (TV Analysis)																				
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																				
date	13-Jun-19	time	5.98	9.71	13.53	17.45	21.45	25.68	29.99	34.43	39.00	43.73		49.11	3 / 2					
reaction time	0.175	interval		3.73	3.82	3.92	3.96	4.23	4.31	4.44	4.57	4.73	5.38					29.99	13.74	
		velocity	7.53	9.38	9.16	8.84	8.62	8.27	8.12	7.88	7.66	7.40	7.43	8.14				3.50	7.64	
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	15	18	135						
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>FINAL</b> - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)																				
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																				
date	28-May-21	time	5.84	9.54	13.45	17.52	21.69	23.4		34.77	39.30	43.81		49.11	2 / 6					
reaction time	0.203	interval		3.70	3.91	4.07	4.17			13.08	4.53	4.51	5.30					11.68		
		velocity	7.71	9.46	8.95	8.60	8.39	8.55		8.03	7.73	7.76	7.55	8.14				8.99		
H1 lead leg	R	strides	20	13	13	13	13	13			14	14	17.5	104.5						
Sibilio, Alessandro (ITA) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>FINAL</b> - 2023 Bauhaus Galan (Stockholm, SWE)																				
<i>Omega Timing (2023) - diamond league race analysis</i>																				
date	02-Jul-23	time	5.90	9.71	13.60	17.45	21.41	25.44	29.81	34.33	38.88	43.38		49.11	5 / 4					
reaction time	0.150	interval		3.81	3.89	3.85	3.96	4.03	4.37	4.52	4.55	4.50	5.73					11.55	12.36	13.57
		velocity	7.63	9.19	9.00	9.09	8.84	8.68	8.01	7.74	7.69	7.78	6.98	8.14				9.09	8.50	7.74
H1 lead leg	R	strides	21	13	13	13	13	13	15	15	15	15	18.7	136.7						
Horbenko, Hennadiy (UKR) (1975)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>Heat 7</b> - 2000 Olympic Games (Sydney, AUS)																				
<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																				
date	24-Sep-00	time	6.08	9.88	13.80	17.76	21.76	25.84	30.12	34.48	39.00	43.72		49.12	5 / 2					
reaction time	0.406	interval		3.80	3.92	3.96	4.00	4.08	4.28	4.36	4.52	4.72	5.40	PB				11.68	12.36	13.60
		velocity	7.40	9.21	8.93	8.84	8.75	8.58	8.18	8.03	7.74	7.42	7.41	8.14				8.99	8.50	7.72
H1 lead leg		strides	20	13	13	13	13	13	13	14	14	14	17.4	157.4						
Woody, Joey (USA) (1973)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>FINAL</b> - 2006 USATF National Championships (Indianapolis, IN)																				
<i>USATF Men's Hurdle Development (2006)</i>																				
date	24-Jun-06	time	6.09	9.78	13.55	17.38	21.34	25.39	29.70	34.12	38.67	43.47		49.12	5 / 4					
reaction time		interval		3.69	3.77	3.83	3.96	4.05	4.31	4.42	4.55	4.80	5.65					11.29	12.32	13.77
		velocity	7.39	9.49	9.28	9.14	8.84	8.64	8.12	7.92	7.69	7.29	7.08	8.14				9.30	8.52	7.63
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	15	19	163						
Williams, Rhys (GBR) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>FINAL</b> - 2006 European Championships (Göteborg, SWE)																				
<i>Behm (2006) - Göteborg 2006: Le quatrache</i>																				
date	10-Aug-06	time	5.9	9.7	13.5	17.7	21.8	26.0	30.2	34.6	39.2	43.8		49.12	1 / 3					
reaction time		interval		3.8	3.8	4.2	4.1	4.2	4.2	4.4	4.6	4.6	5.32					11.80	12.50	13.60
		velocity	7.63	9.21	9.21	8.33	8.54	8.33	8.33	7.95	7.61	7.61	7.52	8.14				8.90	8.40	7.72
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	19	171						

Derevyagin, Aleksandr (RUS) (1979)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2007 European Cup (Munich, GER)																		
Graubner (2007) - <a href="http://www.fgs.uni-halle.de">http://www.fgs.uni-halle.de</a>																		
date	23-Jun-07	time	6.17	10.12	14.14	18.12	22.21	26.30	30.52	34.80	39.20	43.74		49.12	1 / 4			
reaction time	0.162	interval		3.95	4.02	3.98	4.09	4.09	4.22	4.28	4.40	4.54	5.38	PB		11.95	12.40	13.22
		velocity	7.29	8.86	8.71	8.79	8.56	8.56	8.29	8.18	7.95	7.71	7.43	8.14		8.79	8.47	7.94
H1 lead leg		strides																
Iakovákis, Periklís (GRE) (1979)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1</b> - 2009 IAAF World Championships (Berlin, GER)																		
Graubner (2009) - biomechanical analyses at the 12th IAAF world championships																		
date	15-Aug-09	time	6.13	9.87	13.68	17.52	21.43	25.53	29.80	34.14	38.74	43.53		49.12	4 / 2			
reaction time	0.179	interval		3.74	3.81	3.84	3.91	4.10	4.27	4.34	4.60	4.79	5.59			11.39	12.28	13.73
		velocity	7.34	9.36	9.19	9.11	8.95	8.54	8.20	8.06	7.61	7.31	7.16	8.14		9.22	8.55	7.65
H1 lead leg		strides																
Fredericks, Cornel (RSA) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2011 IAAF World Championships (Daegu, KOR)																		
Behm (2011) - Le quatrache: Démus enfin!																		
date	01-Sep-11	time	5.8	9.5	13.3	17.2	21.3	25.3	29.5	34.0	38.6	43.4		49.12	4 / 5			
reaction time	0.170	interval		3.7	3.8	3.9	4.1	4.0	4.2	4.5	4.6	4.8	5.7			11.40	12.30	13.90
		velocity	7.76	9.46	9.21	8.97	8.54	8.75	8.33	7.78	7.61	7.29	6.99	8.14		9.21	8.54	7.55
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	16	16	20	174				
Green, Leford (JAM) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2012 Olympic Games (London, GBR)																		
Hillier (2012) - uka 2012 olympic games report: 400m hurdles																		
date	06-Aug-12	time	5.98	9.75	13.31	17.20	21.32	23.12	25.69	30.12	34.71	39.27	42.88		49.12	9 / 7		
reaction time	0.194	interval		3.77	3.56	3.89	4.12	4.37	4.43	4.59	4.56	3.61	6.24			11.22	12.92	12.76
		velocity	7.53	9.28	9.83	9.00	8.50	8.65	8.01	7.90	7.63	7.68	9.70	6.41	8.14	9.36	8.13	8.23
H1 lead leg	L	strides	21	13	13	13	13	13	13	14	15	15	15	145				
Lahoulou, Abdelmalik (ALG) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)																		
Henson (2021) - Athlete First: 2018 year end hurdle report																		
date	08-Sep-18	time	6.04	9.76	13.44	17.24	21.16	25.32	29.68	34.24	38.96	43.76		49.12	6 / 5			
reaction time	0.179	interval		3.72	3.68	3.80	3.92	4.16	4.36	4.56	4.72	4.80	5.36			11.20	12.44	14.08
		velocity	7.45	9.41	9.51	9.21	8.93	8.41	8.03	7.68	7.42	7.29	7.46	8.14		9.38	8.44	7.46
H1 lead leg	L	strides	23	13	13	13	13		14	15	15	15	17.2	151.2				
McMaster, Kyron (IVB) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Bislett Games (Oslo, NOR) (TV Analysis)																		
Henson (2020) - Athlete First: 2019 year end hurdle report																		
date	13-Jun-19	time	5.68	9.24	12.88	16.66	20.61	22.3	24.74	29.01	33.45	38.03	43.00		49.12	6 / 3		
reaction time	0.219	interval		3.56	3.64	3.78	3.95	4.13	4.27	4.44	4.58	4.97	6.12			10.98	12.35	13.99
		velocity	7.92	9.83	9.62	9.26	8.86	8.97	8.47	8.20	7.88	7.64	7.04	6.54	8.14	9.56	8.50	7.51
H1 lead leg	R	strides	20	13	12	13	13	13	14	14	14	15	18	159				
Lattin, Amere (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis)																		
Henson (2020) - Athlete First: 2019 year end hurdle report																		
date	10-Sep-19	time	5.90	9.63	13.53	17.46	21.60	25.90	30.26	34.76	39.20	43.93		49.12	4 / 2			
reaction time	0.171	interval		3.73	3.90	3.93	4.14	4.30	4.36	4.50	4.44	4.73	5.19			11.56	12.80	13.67
		velocity	7.63	9.38	8.97	8.91	8.45	8.14	8.03	7.78	7.88	7.40	7.71	8.14		9.08	8.20	7.68
H1 lead leg	L	strides		13	13	13		14	14	14	14	15	17.2	127.2				
Benjamin, Rai (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2</b> - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																		
Henson (2021) - Athlete First: 2021 year end hurdle report																		
date	24-Jun-21	time	5.80	9.51	13.31	17.38	21.45	25.69	30.03	34.37	38.80	43.61		49.12	6 / 1			
reaction time	0.252	interval		3.71	3.80	4.07	4.07	4.24	4.34	4.34	4.43	4.81	5.51			11.58	12.65	13.58
		velocity	7.76	9.43	9.21	8.60	8.60	8.25	8.06	8.06	7.90	7.28	7.26	8.14		9.07	8.30	7.73
H1 lead leg	R	strides	20	13	12	14	13	13	13	13	13	14	17	155				
Happio, Wilfried (FRA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2023 Doha Diamond League (Doha, QAT)																		
Omega Timing (2023) - diamond league race analysis																		
date	05-May-23	time	5.85	9.55	13.30	17.17	21.14	25.24	29.53	33.96	38.65	43.56		49.12	5 / 3			
reaction time	0.156	interval		3.70	3.75	3.87	3.97	4.10	4.29	4.43	4.69	4.91	5.56			11.32	12.36	14.03
		velocity	7.69	9.46	9.33	9.04	8.82	8.54	8.16	7.90	7.46	7.13	7.19	8.14		9.28	8.50	7.48
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	15	15	18	159				
Akçam, Berke (TUR) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2</b> - 2024 Olympic Games (Paris, FRA)																		
Paris 2024 Olympic Games - Results Book (2024)																		
date	07-Aug-24	time	5.83	9.48	13.21	17.01	20.88	24.91	29.23	33.78	38.50	43.32		49.12	2 / 8			
reaction time	0.158	interval		3.65	3.73	3.80	3.87	4.03	4.32	4.55	4.72	4.82	5.80			11.18	12.22	14.09
		velocity	7.72	9.59	9.38	9.21	9.04	8.68	8.10	7.69	7.42	7.26	6.90	8.14		9.39	8.59	7.45
H1 lead leg	L	strides	21			13	13	13	14	14	15	15	19	137				
Keïta, Naman (FRA) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2006 European Championships (Göteborg, SWE)																		
Behm (2006) - Göteborg 2006: Le quatrache																		
date	10-Aug-06	time	5.9	9.4	13.1	17.0	20.9	25.0	29.5	34.0	38.7	43.5		49.13	1 / 4			
reaction time		interval		3.5	3.7	3.9	3.9	4.1	4.5	4.5	4.7	4.8	5.63			11.10	12.50	14.00
		velocity	7.63	10.00	9.46	8.97	8.97	8.54	7.78	7.78	7.45	7.29	7.10	8.14		9.46	8.40	7.50
H1 lead leg	R	strides	20	12	12	12	12	13	13	14	14	14	14	136				

van Zyl, L.J. (RSA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2016 Shanghai Golden Grand Prix (Shanghai, CHN)																			
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																			
date	14-May-16	time	5.92	9.60	13.48	17.52	21.64	25.92	30.24	34.56	39.04	43.60		49.13	8 / 4				
reaction time	0.168	interval		3.68	3.88	4.04	4.12	4.28	4.32	4.32	4.48	4.56	5.53			11.60	12.72	13.36	
		velocity	7.60	9.51	9.02	8.66	8.50	8.18	8.10	8.10	7.81	7.68	7.23	8.14		9.05	8.25	7.86	
H1 lead leg	L	strides	22	14	14	14	14	14	15	15	15	15	19	171					
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2021 Memorial van Damme (Brussels, BEL) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	03-Sep-21	time	6.00	9.80	13.64	17.60	21.64	23.4	25.80	30.12	34.64	39.24	43.92	49.13	3 / 5				
reaction time	0.178	interval		3.80	3.84	3.96	4.04	4.16	4.32	4.52	4.60	4.68	5.21			11.60	12.52	13.80	
		velocity	7.50	9.21	9.11	8.84	8.66	8.55	8.41	8.10	7.74	7.61	7.48	7.68	8.14	9.05	8.39	7.61	
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	14	14	17	158					
Gucek, Matic Ian (SLO) (2003)		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</b> - 2024 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																			
<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																			
date	02-Jun-24	time	5.97	9.76	13.53	17.40	21.46	25.63	29.96	34.50	39.06	43.76		49.13	8 / 6				
reaction time	0.151	interval		3.79	3.77	3.87	4.06	4.17	4.33	4.54	4.56	4.70	5.37			11.43	12.56	13.80	
		velocity	7.54	9.23	9.28	9.04	8.62	8.39	8.08	7.71	7.68	7.45	7.45	8.14		9.19	8.36	7.61	
H1 lead leg	R	strides	22	14	14	14	14	14	14	15	15	15	18.5	169.5					
Abuaku, Joshua (GER) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 2</b> - 2024 European Athletics Championships (Roma, ITA)																			
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																			
date	10-Jun-24	time	5.82	9.55	13.38	17.24	21.26	25.56	29.87	34.32	39.14	43.80		49.13	5 / 4				
reaction time	0.170	interval		3.73	3.83	3.86	4.02	4.30	4.31	4.45	4.82	4.66	5.33			11.42	12.63	13.93	
		velocity	7.73	9.38	9.14	9.07	8.71	8.14	8.12	7.87	7.26	7.51	7.50	8.14		9.19	8.31	7.54	
H1 lead leg		strides											0						
Whitney, Ron (USA) (1942)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 3</b> - 1968 Olympic Games (Mexico City, MEX) (Altitude)																			
<i>Jonath (1969) - wie gerhard hennige trainiert</i>																			
date	13-Oct-68	time	6.1	10.0	13.9	18.1	22.2	23.8	26.3	30.9	35.2	39.5	44.0	49.0	1 / 1				
reaction time		interval		3.9	3.9	4.2	4.1	4.1	4.6	4.3	4.3	4.5	5.0	OR		12.00	12.80	13.10	
		velocity	7.38	8.97	8.97	8.33	8.54	8.40	8.54	7.61	8.14	8.14	7.78	8.00	8.16	(49.06)	8.75	8.20	8.02
H1 lead leg		strides																	
Hennige, Gerhard (FRG) (1940)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1968 Olympic Games (Mexico City, MEX) (Altitude)																			
<i>Dessons (1982) - traite d'athletisme - volume 1: les courses</i>																			
date	15-Oct-68	time	6.0	9.9	13.8	17.8	21.9	23.8	26.1	30.5	34.9	39.4	44.0	49.0	2 / 2				
reaction time		interval		3.9	3.9	4.0	4.1	4.2	4.4	4.4	4.5	4.6	5.0	(49.02)		11.80	12.70	13.50	
		velocity	7.50	8.97	8.97	8.75	8.54	8.40	8.33	7.95	7.95	7.78	7.61	8.00	8.16	8.90	8.27	7.78	
H1 lead leg	L	strides	21	13	13	13	13	13	15	15	15	15	18.2	164.2					
Sherwood, John (GBR) (1945)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1968 Olympic Games (Mexico City, MEX) (Altitude)																			
<i>Dessons (1982) - traite d'athletisme - volume 1: les courses</i>																			
date	15-Oct-68	time	6.0	9.8	13.7	17.7	21.8	23.7	26.0	30.2	34.7	39.4	43.9	49.0	8 / 3				
reaction time		interval		3.80	3.90	4.00	4.10	4.20	4.20	4.50	4.70	4.50	5.10	(49.03)		11.70	12.50	13.70	
		velocity	7.50	9.21	8.97	8.75	8.54	8.44	8.33	8.33	7.78	7.45	7.78	7.84	8.16	8.97	8.40	7.66	
H1 lead leg	L	strides	21	13	13	13	13	13	15	15	15	15	15	146					
Vanderstock, Geoff (USA) (1946)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1968 Olympic Games (Mexico City, MEX) (Altitude)																			
<i>Dessons (1982) - traite d'athletisme - volume 1: les courses</i>																			
date	15-Oct-68	time	5.9	9.7	13.8	17.8	21.8	23.7	25.9	30.2	34.5	38.9	43.5	49.0	3 / 4				
reaction time		interval		3.8	4.1	4.0	4.0	4.1	4.3	4.3	4.4	4.6	5.5	(49.07)		11.90	12.40	13.30	
		velocity	7.63	9.21	8.54	8.75	8.75	8.44	8.54	8.14	8.14	7.95	7.61	7.27	8.16	8.82	8.47	7.89	
H1 lead leg	R	strides	21	15	15	15	15	15	15	15	15	15	18.7	174.7					
Beck, Volker (GDR) (1956)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1981 USSR vs. GDR (Tbilisi, URS)																			
<i>Breizer (1982) - in the distance: volker beck</i>																			
date	26-Jun-81	time	6.27	9.95	13.83	17.68	21.92	25.91	30.27	34.70	39.13	44.01		49.14	1 / 1				
reaction time		interval		3.68	3.88	3.85	4.24	3.99	4.36	4.43	4.43	4.88	5.13			11.41	12.59	13.74	
		velocity	7.18	9.51	9.02	9.09	8.25	8.77	8.03	7.90	7.90	7.17	7.80	8.14		9.20	8.34	7.64	
H1 lead leg		strides	20	13	13	13	13	13	13	14	14	14	18	158					
Dobek, Patryk (POL) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)																			
<i>Henson (2021) - Athlete First: major championships report</i>																			
date	25-Aug-15	time	6.00		13.64	17.48	21.52	25.68	30.04	34.52	39.16	43.84		49.14	3 / 7				
reaction time	0.176	interval			7.64	3.84	4.04	4.16	4.36	4.48	4.64	4.68	5.30			11.48	12.56	13.80	
		velocity	7.50		9.16	9.11	8.66	8.41	8.03	7.81	7.54	7.48	7.55	8.14		9.15	8.36	7.61	
H1 lead leg	L	strides		13		13	13		14	14	14	14	95						
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2016 Shanghai Golden Grand Prix (Shanghai, CHN)																			
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																			
date	14-May-16	time	5.76	9.44	13.28	17.16	21.12	25.24	29.64	34.08	38.80	43.52		49.14	2 / 5				
reaction time	0.162	interval		3.68	3.84	3.88	3.96	4.12	4.40	4.44	4.72	4.72	5.62			11.40	12.48	13.88	
		velocity	7.81	9.51	9.11	9.02	8.84	8.50	7.95	7.88	7.42	7.42	7.12	8.14		9.21	8.41	7.56	
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	15	15	18	161					

Nozawa, Keisuke (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2016 Japanese National Championships (Nagoya, JPN)													<i>Morioka (2016) - race pattern of top 400m hurdlers in japan</i>						
date	24-Jun-16	time	5.98	9.63	13.43	17.30	21.27	25.47	29.71	34.16	38.73	43.57		49.14	5 / 1				
reaction time	0.174	interval		3.65	3.80	3.87	3.97	4.20	4.24	4.45	4.57	4.84	5.57			11.32	12.41	13.86	
		velocity	7.53	9.59	9.21	9.04	8.82	8.33	8.25	7.87	7.66	7.23	7.18	8.14		9.28	8.46	7.58	
H1 lead leg		strides		13	13	13	14	14	14	14	15	15		125					
Touati, Mohamed Amin (TUN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 1</b> - 2019 IAAF World Championships (Doha, QAT)													<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>						
date	28-Sep-19	time	6.20	10.04	13.92	17.80	21.88	26.06	30.28	34.63	39.11	43.76		49.14	4 / 5				
reaction time	0.179	interval		3.84	3.88	3.88	4.08	4.18	4.22	4.35	4.48	4.65	5.38	PB		11.60	12.48	13.48	
		velocity	7.26	9.11	9.02	9.02	8.58	8.37	8.29	8.05	7.81	7.53	7.43	8.14		9.05	8.41	7.79	
H1 lead leg	R	strides	22	14	14	13	14	14	14	14	15	15	17.7	166.7					
Happio, Wilfried (FRA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)													<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>						
date	23-Aug-20	time	5.86	13.48	17.44	21.40	23.2	25.54		34.36	38.94	43.64		49.14	5 / 2				
reaction time	0.141	interval		7.62	3.96	3.96	4.14		8.82	4.58	4.70	5.50				11.58			
		velocity	7.68	9.19	8.84	8.84	8.62	8.45	7.94	7.64	7.45	7.27	8.14			9.07			
H1 lead leg	L	strides	20	13	13	13	13	13		15	15	18.5	120.5						
Valliant, Ludvy (FRA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2020 Golden Spike (Ostrava, CZE) (TV Analysis)													<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>						
date	08-Sep-20	time	5.97	9.71		17.41	21.35	25.49	29.83		38.94	43.68		49.14	6 / 2				
reaction time	0.192	interval		3.74		7.70	3.94	4.14	4.34		9.11	4.74	5.46			11.44	12.42	13.85	
		velocity	7.54	9.36		9.09	8.88	8.45	8.06		7.68	7.38	7.33	8.14		9.18	8.45	7.58	
H1 lead leg	R	strides	21	13		13			14			14	17.7	92.7					
McLaughlin, Taylor (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2023 USATF National Championships (Eugene, OR) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>						
date	09-Jul-23	time	5.97	9.71	13.51	17.38	21.32	25.39		34.06	38.77	43.57		49.14	1 / 5				
reaction time		interval		3.74	3.80	3.87	3.94	4.07		8.67	4.71	4.80	5.57			11.41			
		velocity	7.54	9.36	9.21	9.04	8.88	8.60	8.07	7.43	7.29	7.18	8.14			9.20			
H1 lead leg	R	strides	21	13	13	13	13	13		15	15	18	134						
Young, Kevin (USA) (1966)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 2</b> - 1996 USA Olympic Trials (Atlanta, GA)													<i>Lyle - miscellaneous coaching notes</i>						
date	14-Jun-96	time	5.72	9.92	13.46	17.34	21.27	25.47	29.73	34.09	38.57	43.27		49.15	1 / 3				
reaction time		interval		4.20	3.54	3.88	3.93	4.20	4.26	4.36	4.48	4.70	5.88			11.62	12.39	13.54	
		velocity	7.87	8.33	9.89	9.02	8.91	8.33	8.22	8.03	7.81	7.45	6.80	8.14		9.04	8.47	7.75	
H1 lead leg		strides																	
Ottoz, Laurent (ITA) (1970)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1998 European Championships (Budapest, HUN)													<i>Sanchez (1998) - Budapest '98: análisis de la carreras con villas</i>						
date	20-Aug-98	time	6.11				21.69					43.62		49.15	2 / 6				
reaction time		interval					15.58					21.93	5.53						
		velocity	7.36				8.99					7.98	7.23	8.14					
H1 lead leg	R	strides	22	14	14	14	14	14	14	15	15	15	18	169					
Clement, Kerron (USA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2012 Olympic Games (London, GBR)													<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>						
date	06-Aug-12	time	5.87	9.54	13.10	16.86	20.78	22.58	24.89	29.20	33.78	38.56	43.44		49.15	2 / 8			
reaction time	0.148	interval		3.67	3.56	3.76	3.92	4.11	4.31	4.58	4.78	4.88	5.71			10.99	12.34	14.24	
		velocity	7.67	9.54	9.83	9.31	8.93	8.86	8.52	8.12	7.64	7.32	7.17	7.01	8.14		9.55	8.51	7.37
H1 lead leg	R	strides	21	13	13	13	13	13	13	13	15	15	15	144					
Barr, Thomas (IRL) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 4</b> - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	16-Jul-22	time	6.23	10.16	14.10	17.96	21.96	23.65	26.17	30.53	34.93	39.46	44.06		49.15	8 / 2			
reaction time	0.160	interval		3.93	3.94	3.86	4.00	4.21	4.36	4.40	4.53	4.60	5.09			11.73	12.57	13.53	
		velocity	7.22	8.91	8.88	9.07	8.75	8.46	8.31	8.03	7.95	7.73	7.61	7.86	8.14		8.95	8.35	7.76
H1 lead leg	L	strides	20	13	13	13	13	13	14	14	14	14	14	17.7	158.7				
Kudryavtsev, Denis (RUS) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2014 European Championships (Zurich, SUI)													<i>Green (2015) - twitter.com/jackpgreen (from Behm?)</i>						
date	15-Aug-14	time	6.12	9.92	13.80	17.68	21.64	25.76	30.12	34.48	39.08	43.84		49.16	1 / 3				
reaction time	0.158	interval		3.80	3.88	3.88	3.96	4.12	4.36	4.36	4.60	4.76	5.32			11.56	12.44	13.72	
		velocity	7.35	9.21	9.02	9.02	8.84	8.50	8.03	8.03	7.61	7.35	7.52	8.14		9.08	8.44	7.65	
H1 lead leg	L	strides		13	13	13	13	13	14	14	15	15	123						
Gibson, Jeffery (BAH) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2016 Prefontaine Classic (Eugene, OR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>						
date	28-May-16	time	6.04	9.88	13.80	17.76		26.16	30.44	34.32	39.48	44.00		49.16	6 / 4				
reaction time		interval		3.84	3.92	3.96		8.40	4.28	3.88	5.16	4.52	5.16			11.72	12.68	13.56	
		velocity	7.45	9.11	8.93	8.84		8.33	8.18	7.73	7.75	7.74	7.75	8.14		8.96	8.28	7.74	
H1 lead leg	R	strides	20	13	13	13			13	11	16	14	17	130					

<b>Mägi, Rasmus (EST) (1992)</b>		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</b> - 2017 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																		
date	18-Jun-17	time	6.04	9.84	17.64	21.68		25.88	30.24	34.68	39.24	43.84		49.16	3 / 2			
reaction time	0.142	interval		3.80	7.80	4.04		4.20	4.36	4.44	4.56	4.60	5.32			11.60	12.60	13.60
		velocity	7.45	9.21	8.97	8.66		8.33	8.03	7.88	7.68	7.61	7.52	8.14		9.05	8.33	7.72
H1 lead leg	L	strides	21	13		13		13	14		14	14	17.5	119.5				
<b>Hyde, Jaheel (JAM) (1997)</b>		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</b> - 2018 Commonwealth Games (Gold Coast, AUS) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																		
date	12-Apr-18	time	5.80	9.54	13.24	17.08	21.15		25.22	29.49	34.03	38.67	43.47	49.16	3 / 3			
reaction time	0.157	interval		3.74	3.70	3.84	4.07		4.07	4.27	4.54	4.64	4.80	5.69		11.28	12.41	13.98
		velocity	7.76	9.36	9.46	9.11	8.60		8.60	8.20	7.71	7.54	7.29	7.03		9.31	8.46	7.51
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.7	169.7			
<b>Jackson, Bershawn (USA) (1983)</b>		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</b> - 2018 Meeting de Paris (Paris, FRA) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																		
date	05-Jul-18	time	5.68	9.44	13.40	17.44	21.56	23.4	25.64	29.76	34.04	38.52	43.32	49.16	2 / 6			
reaction time	0.140	interval		3.76	3.96	4.04	4.12		4.08	4.12	4.28	4.48	4.80	5.84		11.76	12.32	13.56
		velocity	7.92	9.31	8.84	8.66	8.50	8.55	8.58	8.50	8.18	7.81	7.29	6.85	8.14	8.93	8.52	7.74
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	19	176				
<b>Kenziera, Dave (USA) (1994)</b>		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</b> - 2019 Meeting de Paris (Paris, FRA) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	24-Aug-19	time	5.80	9.60	13.52	17.42	21.50	23.2	25.66	30.00	34.44	39.08	43.78	49.16	5 / 6			
reaction time	0.152	interval		3.80	3.92	3.90	4.08		4.16	4.34	4.44	4.64	4.70	5.38		11.62	12.58	13.78
		velocity	7.76	9.21	8.93	8.97	8.58	8.62	8.41	8.06	7.88	7.54	7.45	7.43	8.14	9.04	8.35	7.62
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	14	14	17.5	156.5			
<b>McAlister, Chris (GBR) (1995)</b>		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</b> - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																		
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																		
date	04-Jul-21	time	6.04	9.88	13.84	17.80	21.80	23.6	25.88		34.72	39.36	43.92	49.16	1 / 5			
reaction time	0.134	interval		3.84	3.96	3.96	4.00		4.08		8.84	4.64	4.56	5.24	PB	11.76		
		velocity	7.45	9.11	8.84	8.84	8.75	8.47	8.58		7.92	7.54	7.68	7.63	8.14	8.93		
H1 lead leg	R	strides		14	14	14	14		14			15	15	18.5	118.5			
<b>Drummond, Gerald (CRC) (1994)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 4</b> - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																		
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																		
date	16-Jul-22	time	6.07	9.95	13.90	17.90	22.13	23.84		30.77		39.70	44.27	49.16	2 / 3			
reaction time	0.195	interval		3.88	3.95	4.00	4.23			8.64		8.93	4.57	4.89	NR	11.83	12.87	13.50
		velocity	7.41	9.02	8.86	8.75	8.27	8.39		8.10		7.84	7.66	8.18	8.14	8.88	8.16	7.78
H1 lead leg	L	strides	22	14	14	14	14					15	15	17.5	125.5			
<b>Mužik, Jiri (CZE) (1976)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1</b> - 1999 IAAF World Championships (Sevilla, ESP)																		
<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>																		
date	25-Aug-99	time	5.60	9.38	13.18	17.19	21.35		25.51	29.85	34.30	38.82	43.50	49.17	2 / 5			
reaction time	0.179	interval		3.78	3.80	4.01	4.16		4.16	4.34	4.45	4.52	4.68	5.67		11.59	12.66	13.65
		velocity	8.04	9.26	9.21	8.73	8.41		8.41	8.06	7.87	7.74	7.48	7.05	8.14	9.06	8.29	7.69
H1 lead leg	R	strides	21	13	13	13	14		14	14	14	15	15	18.5	164.5			
<b>Januszewski, Paweł (POL) (1972)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1</b> - 2002 European Championships (Munich, GER)																		
<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																		
date	07-Aug-02	time	6.09	10.06	13.97	17.85	21.89		26.03	30.31	34.71	39.32	43.87	49.17	1 / 1			
reaction time		interval		3.97	3.91	3.88	4.04		4.14	4.28	4.40	4.61	4.55	5.30		11.76	12.46	13.56
		velocity	7.39	8.82	8.95	9.02	8.66		8.45	8.18	7.95	7.59	7.69	7.55	8.14	8.93	8.43	7.74
H1 lead leg		strides																
<b>Tamesue, Dai (JPN) (1978)</b>		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</b> - 2008 Japanese National Championships (Kawasaki, JPN)																		
<i>Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers</i>																		
date	27-Jun-08	time	5.82	9.49	13.38	17.32	21.31		25.45	29.69	34.13	38.78	43.65	49.17	1 / 1			
reaction time		interval		3.67	3.89	3.94	3.99		4.14	4.24	4.44	4.65	4.87	5.52		11.50	12.37	13.96
		velocity	7.73	9.54	9.00	8.88	8.77		8.45	8.25	7.88	7.53	7.19	7.25	8.14	9.13	8.49	7.52
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	125				
<b>Barr, Thomas (IRL) (1992)</b>		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</b> - 2019 Weltklasse (Zürich, SUI) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	29-Aug-19	time	5.98	9.76		17.60	21.62	23.3	25.72	30.06		39.16	43.84	49.17	1 / 6			
reaction time	0.127	interval		3.78		7.84	4.02		4.10	4.34		9.10	4.68	5.33		11.62	12.46	13.78
		velocity	7.53	9.26		8.93	8.71	8.58	8.54	8.06		7.69	7.48	7.50	8.14	9.04	8.43	7.62
H1 lead leg	L	strides	21	13			13		13	14			14	88				
<b>Bassitt, Trevor (USA) (1998)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 4</b> - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																		
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																		
date	16-Jul-22	time	6.03	9.93	13.86	17.76	21.80	23.45		30.16	34.66	39.26	43.90	49.17	3 / 4			
reaction time	0.146	interval		3.90	3.93	3.90	4.04			8.36	4.50	4.60	4.64	5.27		11.73	12.40	13.74
		velocity	7.46	8.97	8.91	8.97	8.66	8.53		8.37	7.78	7.61	7.54	7.59	8.14	8.95	8.47	7.64
H1 lead leg	R	strides	20	13	13	13	13				13	13	13	16	127			

Smidt, Nick (NED) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2023 FBK Games (Hengelo, NED)															Omega Timing (2023) - continental tour race analysis				
date	04-Jun-23	time	5.83	9.55	13.35	17.17	21.08	25.11	29.38	33.82	38.49	43.40		49.17	5 / 2				
reaction time	0.186	interval	3.72	3.80	3.82	3.91	4.03	4.27	4.44	4.67	4.91	5.77				11.34	12.21	14.02	
		velocity	7.72	9.41	9.21	9.16	8.95	8.68	8.20	7.88	7.49	7.13	6.93	8.14		9.26	8.60	7.49	
H1 lead leg	L	strides	21	13				13	14	14	14	15	18	122					
Griffith, Rasheeme (BAR) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2023 NCAA Championships (Austin, TX) (TV Analysis)															Henson (2023) - Athlete First: 2023 year end hurdle report				
date	09-Jun-23	time	6.05	9.74	13.60	17.52	21.54		30.06	34.48	39.09	43.91		49.17	3 / 5				
reaction time		interval	3.69	3.86	3.92	4.02		8.52	4.42	4.61	4.82	5.26				11.47	12.54	13.85	
		velocity	7.44	9.49	9.07	8.93	8.71		8.22	7.92	7.59	7.26	7.60	8.14		9.15	8.37	7.58	
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	15	15	18	147					
Rawlinson, Christopher (GBR) (1972)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2002 IAAF World Cup (Madrid, ESP)															Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas				
date	20-Sep-02	time	5.83	9.55	13.30	17.13	21.07	25.07	29.44	34.01	38.65	43.46		49.18	3 / 3				
reaction time	0.172	interval	3.72	3.75	3.83	3.94	4.00	4.37	4.57	4.64	4.81	5.72				11.30	12.31	14.02	
		velocity	7.72	9.41	9.33	9.14	8.88	8.75	8.01	7.66	7.54	7.28	6.99	8.13		9.29	8.53	7.49	
H1 lead leg	R	strides	22	14	14	14	14	14	14	15	15	15	19	170					
McCoy, Reuben (USA) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2008 USA Olympic Trials (Eugene, OR)															USATF Hurdle Development (2008)				
date	29-Jun-08	time	6.07	9.88	13.68	17.67	21.81	26.01	30.31	34.70	39.12	43.71		49.18	6 / 7				
reaction time		interval	3.81	3.80	3.99	4.14	4.20	4.30	4.39	4.42	4.59	5.47				11.60	12.64	13.40	
		velocity	7.41	9.19	9.21	8.77	8.45	8.33	8.14	7.97	7.92	7.63	7.31	8.13		9.05	8.31	7.84	
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	15	146					
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2017 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)															Henson (2020) - Athlete First: 2017 year end hurdle report				
date	18-Jun-17	time	6.00	9.72	17.48	21.56	25.72	30.12	34.60	39.20	43.84			49.18	6 / 3				
reaction time	0.178	interval	3.72	7.76	4.08		4.16	4.40	4.48	4.60	4.64	5.34				11.48	12.64	13.72	
		velocity	7.50	9.41	9.02	8.58	8.41	7.95	7.81	7.61	7.54	7.49	8.13			9.15	8.31	7.65	
H1 lead leg	R	strides	20	13		13	13	14	14	14	14	14	17.7	132.7					
Green, Jack (GBR) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2018 Commonwealth Games (Gold Coast, AUS) (TV Analysis)															Henson (2020) - Athlete First: 2018 year end hurdle report				
date	12-Apr-18	time	6.17	9.97	13.74	17.65	21.75	25.99	30.30	34.70	39.24	43.77		49.18	7 / 4				
reaction time	0.185	interval	3.80	3.77	3.91	4.10	4.24	4.31	4.40	4.54	4.53	5.41				11.48	12.65	13.47	
		velocity	7.29	9.21	9.28	8.95	8.54	8.25	8.12	7.95	7.71	7.73	7.39	8.13		9.15	8.30	7.80	
H1 lead leg	R	strides	22	14	13	13	14	14	14	14	15	15	19.2	167.2					
Lattin, Amere (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)															Henson (2020) - Athlete First: 2019 year end hurdle report				
date	20-Jul-19	time	5.88	9.56	13.32	17.16	21.12	22.9	25.28	34.20	38.96	43.80		49.18	8 / 3				
reaction time	0.140	interval	3.68	3.76	3.84	3.96	4.16		8.92	4.76	4.84	5.38				11.28			
		velocity	7.65	9.51	9.31	9.11	8.84	8.73	8.41	7.85	7.35	7.23	7.43	8.13		9.31			
H1 lead leg	L	strides	21	13	13	13	13	13	13	15	15	17.7	146.7						
McAlister, Chris (GBR) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 2</b> - 2019 IAAF World Championships (Doha, QAT)															Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships				
date	28-Sep-19	time	6.13	9.96	13.84	17.76	21.82	26.01	30.33	34.80	39.32	43.94		49.18	9 / 5				
reaction time	0.165	interval	3.83	3.88	3.92	4.06	4.19	4.32	4.47	4.52	4.62	5.24	PB			11.63	12.57	13.61	
		velocity	7.34	9.14	9.02	8.93	8.62	8.35	8.10	7.83	7.74	7.58	7.63	8.13		9.03	8.35	7.71	
H1 lead leg	R	strides	22	14	14	14	14	14	15	15	15	15	19	171					
Valliant, Ludvy (FRA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)															Henson (2020) - Athlete First: 2020 year end hurdle report				
date	23-Aug-20	time	5.86	13.58	17.68	21.90	23.7	26.14		34.86	39.36	43.92		49.18	3 / 3				
reaction time	0.169	interval	7.72	4.10	4.22		4.24		8.72	4.50	4.56	5.26				11.82			
		velocity	7.68	9.07	8.54	8.29	8.44	8.25	8.03	7.78	7.68	7.60	8.13			8.88			
H1 lead leg	R	strides	21	13	13	14	14	14	14	14	14	14	17	134					
Smith, James (USA) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2024 USA Olympic Trials (Eugene, OR)															USATF and Karmarush (2024) - USA Olympic trials results and race analysis				
date	30-Jun-24	time	5.91	9.70	13.65	17.62	21.70	23.49	25.91	30.18	34.54	39.13	43.67		49.18	1 / 5			
reaction time		interval	3.79	3.95	3.97	4.08	4.21	4.27	4.36	4.59	4.54	5.51				11.71	12.56	13.49	
		velocity	7.61	9.23	8.86	8.82	8.58	8.51	8.31	8.20	8.03	7.63	7.71	7.26	8.13		8.97	8.36	7.78
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	18	164					
Diagana, Stéphane (FRA) (1969)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1997 European Cup (Munich, GER)															Jung (2003) - http://www.fgs.uni-halle.de				
date	21-Jun-97	time	6.03	9.80	13.72	17.60	21.60	25.70	30.19	34.74	39.28	43.92		49.19	1 / 2				
reaction time		interval	3.77	3.92	3.88	4.00	4.10	4.49	4.55	4.54	4.64	5.27				11.57	12.59	13.73	
		velocity	7.46	9.28	8.93	9.02	8.75	8.54	7.80	7.69	7.71	7.54	7.59	8.13		9.08	8.34	7.65	
H1 lead leg		strides																	

<b>Williams, Rhys (GBR) (1984)</b>		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</b> - 2010 Commonwealth Games (Dehli, IND)																		
<i>Arnold (2010) - 400mH planning and peaking</i>																		
date	10-Oct-10	time	6.2	10.2	14.2	18.3	22.5	24.3	26.8	31.1	35.4	39.9	44.2	49.19	5 / 3			
reaction time	0.214	interval	4.00	4.00	4.10	4.20		4.30	4.30	4.30	4.50	4.30	4.99			12.10	12.80	13.10
		velocity	7.26	8.75	8.75	8.54	8.33	8.23	8.14	8.14	8.14	7.78	8.14	8.02	8.13	8.68	8.20	8.02
H1 lead leg	R	strides	22	14	14	14		14	15	15	15	15	18.5	170.5				
<b>Mägi, Rasmus (EST) (1992)</b>		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</b> - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																		
date	31-May-18	time	6.04	9.92	13.76	17.68	21.72	25.88	30.28	34.72	39.32	43.92		49.19	9 / 5			
reaction time	0.140	interval	3.88	3.84	3.92	4.04		4.16	4.40	4.44	4.60	4.60	5.27			11.64	12.60	13.64
		velocity	7.45	9.02	9.11	8.93	8.66		8.41	7.95	7.88	7.61	7.61	7.59	8.13	9.02	8.33	7.70
H1 lead leg	L	strides	21	13	13	13		13	14	14	14	14	17	159				
<b>Kendziera, Dave (USA) (1994)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2</b> - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																		
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																		
date	24-Jun-21	time	5.94	9.74	13.61	17.58	21.65	25.89	30.23	34.67	39.17	43.78		49.19	8 / 2			
reaction time	0.250	interval	3.80	3.87	3.97	4.07		4.24	4.34	4.44	4.50	4.61	5.41			11.64	12.65	13.55
		velocity	7.58	9.21	9.04	8.82	8.60		8.25	8.06	7.88	7.78	7.59	7.39	8.13	9.02	8.30	7.75
H1 lead leg	R	strides	13	13	13	13		13	13	14	14	14	17.5	137.5				
<b>Bonvin, Julien (SUI) (1999)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	20-Aug-23	time	5.96	9.73	13.46	17.13	21.13	25.40	29.73	34.23	38.97			49.19	5 / 3			
reaction time	0.188	interval	3.77	3.73	3.67	4.00		4.27	4.33	4.50	4.74		10.22			11.17	12.60	
		velocity	7.55	9.28	9.38	9.54	8.75		8.20	8.08	7.78	7.38		7.34	8.13	9.40	8.33	
H1 lead leg	L	strides	21	13	13	13		14	14	15	15			131				
<b>Young, Blair (AUS) (1971)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2</b> - 2000 Olympic Games (Sydney, AUS)																		
<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																		
date	25-Sep-00	time	6.12	9.96	13.84	17.68	21.60	23.24	25.84	30.16	34.60	39.24		49.20	8 / 4			
reaction time	0.255	interval	3.84	3.88	3.84	3.92		4.24	4.32	4.44	4.64					11.56	12.48	
		velocity	7.35	9.11	9.02	9.11	8.93	8.61	8.25	8.10	7.88	7.54		8.13		9.08	8.41	
H1 lead leg		strides	13	13	13	13		14	14	15	15		110					
<b>Mori, Fabrizio (ITA) (1969)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1</b> - 2002 European Championships (Munich, GER)																		
<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																		
date	07-Aug-02	time	6.37	10.33	14.29	18.25	22.28	26.41	30.85	35.82	39.49	43.99		49.20	1 / 2			
reaction time		interval	3.96	3.96	3.96	4.03		4.13	4.44	4.97	3.67	4.50	5.21			11.88	12.60	13.14
		velocity	7.06	8.84	8.84	8.84	8.68		8.47	7.88	7.04	9.54	7.78	7.68	8.13	8.84	8.33	7.99
H1 lead leg		strides																
<b>Narisako, Kenji (JPN) (1984)</b>		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</b> - 2007 Osaka Grand Prix (Osaka, JPN)																		
<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>																		
date	05-May-07	time	5.97	9.66	13.38	17.20	21.14	25.21	29.46	34.08	38.85	43.55		49.20	1 / 4			
reaction time		interval	3.69	3.72	3.82	3.94		4.07	4.25	4.62	4.77	4.70	5.65			11.23	12.26	14.09
		velocity	7.54	9.49	9.41	9.16	8.88		8.60	8.24	7.58	7.34	7.45	7.08	8.13	9.35	8.56	7.45
H1 lead leg		strides	13	13	13	13		13	14	14	15	15		123				
<b>Abe, Takatoshi (JPN) (1991)</b>		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</b> - 2017 Seiko Golden Grand Prix (Kawasaki, JPN)																		
<i>Morioka (2018) - Analysis of the race patterns of the top 400m hurdlers in Japan</i>																		
date	21-May-17	time	5.97	9.67	13.49	17.34	21.31	25.38	29.75	34.22	38.89	43.66		49.20	2 / 2			
reaction time	0.191	interval	3.70	3.82	3.85	3.97		4.07	4.37	4.47	4.67	4.77	5.54			11.37	12.41	13.91
		velocity	7.54	9.46	9.16	9.09	8.82		8.60	8.01	7.83	7.49	7.34	7.22	8.13	9.23	8.46	7.55
H1 lead leg	R	strides	20	13	13	13		13	14	14	15	15	18	161				
<b>Clement, Kerron (USA) (1985)</b>		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</b> - 2017 Weltklasse (Zürich, SUI) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																		
date	24-Aug-17	time	5.96	9.68	13.44	17.28	21.32	25.52	29.80	34.16	38.72	43.56		49.20	7 / 4			
reaction time	0.167	interval	3.72	3.76	3.84	4.04		4.20	4.28	4.36	4.56	4.84	5.64			11.32	12.52	13.76
		velocity	7.55	9.41	9.31	9.11	8.66		8.33	8.18	8.03	7.68	7.23	7.09	8.13	9.28	8.39	7.63
H1 lead leg	R	strides	20	13	13	13		13	13	13		15	17	143				
<b>dos Santos, Alison Brendon (BRA) (1991)</b>		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</b> - 2019 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	18-Aug-19	time	5.96	9.92	13.80	17.80	21.80	23.6	25.92	30.24	34.72	39.36	43.88		49.20	4 / 2		
reaction time	0.152	interval	3.96	3.88	4.00	4.00		4.12	4.32	4.48	4.64	4.52	5.32			11.84	12.44	13.64
		velocity	7.55	8.84	9.02	8.75	8.75	8.47	8.50	8.10	7.81	7.54	7.74	7.52	8.13	8.87	8.44	7.70
H1 lead leg	L	strides	20	13	13	13		13	13	14	14	14	17	157				
<b>Valliant, Ludvy (FRA) (1995)</b>		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</b> - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	10-Sep-19	time	6.06	9.80	13.63	17.50	21.56	25.70	30.03	34.53	39.13	43.73		49.20	5 / 3			
reaction time	0.199	interval	3.74	3.83	3.87	4.06		4.14	4.33	4.50	4.60	4.60	5.47			11.44	12.53	13.70
		velocity	7.43	9.36	9.14	9.04	8.62		8.45	8.08	7.78	7.61	7.61	7.31	8.13	9.18	8.38	7.66
H1 lead leg	R	strides	13	13	13	13		13	14	14	14	14	17.5	138.5				



Lattin, Amere (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT)</b>		<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>																
date	28-Sep-19	time	5.93	9.71	13.64	17.66	21.74	25.91	30.29	34.66	39.27	43.85		49.20	2 / 6			
reaction time	0.152	interval	3.78	3.93	4.02	4.08		4.17	4.38	4.37	4.61	4.58	5.35			11.73	12.63	13.56
		velocity	7.59	9.26	8.91	8.71	8.58	8.39	7.99	8.01	7.59	7.64	7.48	8.13		8.95	8.31	7.74
H1 lead leg	L	strides	20	13	13	13	13	13	14	14	14	14	17	158				
Bailey, Aldrich (USA) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>		<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	25-Jun-21	time	6.10	9.94	13.84	17.71	21.84	25.99	30.46	34.92	39.50	44.11		49.20	2 / 4			
reaction time	0.188	interval	3.84	3.90	3.87	4.13		4.15	4.47	4.46	4.58	4.61	5.09	PB		11.61	12.75	13.65
		velocity	7.38	9.11	8.97	9.04	8.47	8.43	7.83	7.85	7.64	7.59	7.86	8.13		9.04	8.24	7.69
H1 lead leg	L	strides	13	13	13	13		14	14	14	14	14	17	125				
Cavanaugh, Caleb (USA) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)</b>		<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	09-Jun-23	time	5.85	9.50	13.30	17.18	21.17	25.39	29.86	34.47	39.10	43.84		49.20	9 / 6			
reaction time		interval	3.65	3.80	3.88	3.99		4.22	4.47	4.61	4.63	4.74	5.36			11.33	12.68	13.98
		velocity	7.69	9.59	9.21	9.02	8.77	8.29	7.83	7.59	7.56	7.38	7.46	8.13		9.27	8.28	7.51
H1 lead leg	R	strides	20	13	13	13	13	13	15	15	15	15	17.7	162.7				
Müller, Vít (CZE) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)</b>		<i>Omega Timing (2023) - diamond league race analysis</i>																
date	25-Aug-24	time	5.88	9.58	13.37	17.26	21.24	25.31	29.60	34.19	38.93	43.68		49.20	1 / 8			
reaction time	0.163	interval	3.70	3.79	3.89	3.98		4.07	4.29	4.59	4.74	4.75	5.52			11.66	12.34	14.08
		velocity	7.65	9.46	9.23	9.00	8.79	8.60	8.16	7.63	7.38	7.37	7.25	8.13		9.01	8.51	7.46
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	15	15	17.5	131.5				
Hussein, Kariem (SUI) (1989)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	01-Sep-16	time	5.76	9.40	13.12	16.96	20.92	25.00	29.32	33.72	38.40	43.32		49.21	7 / 5			
reaction time	0.147	interval	3.64	3.72	3.84	3.96		4.08	4.32	4.40	4.68	4.92	5.89			11.20	12.36	14.00
		velocity	7.81	9.62	9.41	9.11	8.84	8.58	8.10	7.95	7.48	7.11	6.79	8.13		9.38	8.50	7.50
H1 lead leg	L	strides	20	13	13	13	13	13	14	14	15	15	18	161				
Elliott, Cass (USA) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)</b>		<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	09-Jun-23	time	6.14	9.89	13.80	17.76	21.89		30.43	34.88	39.39	44.01		49.21	2 / 7			
reaction time		interval	3.75	3.91	3.96	4.13		8.54	4.45	4.51	4.62	5.20				11.62	12.67	13.58
		velocity	7.33	9.33	8.95	8.84	8.47	8.20	7.87	7.76	7.58	7.69	8.13			9.04	8.29	7.73
H1 lead leg	L	strides	21	14	14	14	14		15	15	16	18.5	141.5					
Smith, James (USA) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)</b>		<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	09-Jun-23	time	5.99	9.76	13.60	17.48	21.50	25.74	30.03	34.47	39.00	43.76		49.21	4 / 8			
reaction time		interval	3.77	3.84	3.88	4.02		4.24	4.29	4.44	4.53	4.76	5.45	PB		11.49	12.55	13.73
		velocity	7.51	9.28	9.11	9.02	8.71	8.25	8.16	7.88	7.73	7.35	7.34	8.13		9.14	8.37	7.65
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	18.2	164.2				
Akabusi, Kriss (GBR) (1958)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)</b>		<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																
date	24-Sep-88	time	6.14	9.93	13.81	17.74	21.78	25.87	30.11	34.49	39.20	43.92		49.22	6 / 4			
reaction time		interval	3.79	3.88	3.93	4.04		4.09	4.24	4.38	4.71	4.72	5.30			11.60	12.37	13.81
		velocity	7.33	9.23	9.02	8.91	8.66	8.56	8.25	7.99	7.43	7.42	7.55	8.13		9.05	8.49	7.60
H1 lead leg		strides	20	13	13	13	13	14	14	14	15	15	18	162				
Woody, Joey (USA) (1973)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2003 USATF National Championships (Palo Alto, CA)</b>		<i>USATF Women's Sprint Development (2003)</i>																
date	22-Jun-03	time	5.87	9.66	13.50	17.47	21.54	25.68	30.06	34.42	38.96	43.61		49.22	3 / 2			
reaction time		interval	3.79	3.84	3.97	4.07		4.14	4.38	4.36	4.54	4.65	5.61			11.60	12.59	13.55
		velocity	7.67	9.23	9.11	8.82	8.60	8.45	7.99	8.03	7.71	7.53	7.13	8.13		9.05	8.34	7.75
H1 lead leg		strides																
Phillips, Isa (JAM) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2008 IAAF World Athletics Final (Stuttgart, GER)</b>		<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																
date	13-Sep-08	time	6.09	9.79	13.63	17.63	21.80	26.11	30.35	34.80	39.34	44.00		49.22	2 / 3			
reaction time	0.185	interval	3.70	3.84	4.00	4.17		4.31	4.24	4.45	4.54	4.66	5.22			11.54	12.72	13.65
		velocity	7.39	9.46	9.11	8.75	8.39	8.12	8.25	7.87	7.71	7.51	7.66	8.13		9.10	8.25	7.69
H1 lead leg		strides																
Fernández, Sérgio (ESP) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2016 Athletissima (Lausanne, SUI) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	25-Aug-16	time	5.96	9.80	13.73	17.70	21.76	25.93	30.26	34.73	39.26	43.80		49.22	3 / 3			
reaction time	0.146	interval	3.84	3.93	3.97	4.06		4.17	4.33	4.47	4.53	4.54	5.42			11.74	12.56	13.54
		velocity	7.55	9.11	8.91	8.82	8.62	8.39	8.08	7.83	7.73	7.71	7.38	8.13		8.94	8.36	7.75
H1 lead leg	L	strides	20	13	13	13	13	13	14	14	14	14	17	158				

Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 ISTAF (Berlin, GER) (TV Analysis)		Henson (2020) - Athlete First: 2020 year end hurdle report																
date	13-Sep-20	time	6.00		13.52	17.40		25.60	29.92	34.36	38.92	43.72		49.22	6 / 2			
reaction time	0.238	interval		7.52	3.88			8.20	4.32	4.44	4.56	4.80	5.50			11.40	12.52	13.80
		velocity	7.50	9.31	9.02			8.54	8.10	7.88	7.68	7.29	7.27	8.13		9.21	8.39	7.61
H1 lead leg	R	strides	20		13				13	14	14	14		88				
Nathaniel, Ezekiel (NGR) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)		Henson (2023) - Athlete First: 2023 year end hurdle report																
date	21-Aug-23	time	6.06	9.97	13.63	17.33	21.26	25.40	29.73	34.23		43.67		49.22	9 / 6			
reaction time	0.209	interval		3.91	3.66	3.70	3.93	4.14	4.33	4.50		9.44	5.55			11.27	12.40	13.94
		velocity	7.43	8.95	9.56	9.46	8.91	8.45	8.08	7.78		7.42	7.21	8.13		9.32	8.47	7.53
H1 lead leg	R	strides	21	13	13	13	13	13	14	14		17	131					
Kendziera, Dave (USA) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 3</b> - 2024 USA Olympic Trials (Eugene, OR)		USATF and Karmarush (2024) - USA Olympic trials results and race analysis																
date	28-Jun-24	time	5.90	9.58	13.34	17.21	21.08	22.91	25.24	29.53	34.05	38.86	43.58	49.22	8 / 4			
reaction time		interval		3.68	3.76	3.87	3.87	4.16	4.29	4.52	4.81	4.72	5.64	PB		11.31	12.32	14.05
		velocity	7.63	9.51	9.31	9.04	9.04	8.73	8.41	8.16	7.74	7.28	7.42	7.09	8.13	9.28	8.52	7.47
H1 lead leg	R	strides		13	13	13	13		13	13	14	14	14	17.5	137.5			
Mukhobe, Wiseman (KEN) (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>Semi-Final 3</b> - 2024 Olympic Games (Paris, FRA)		Paris 2024 Olympic Games - Results Book (2024)																
date	07-Aug-24	time	5.82	9.51	13.36	17.21	21.28	25.47	29.83	34.35	39.04	43.74		49.22	4 / 5			
reaction time	0.217	interval		3.69	3.85	3.85	4.07	4.19	4.36	4.52	4.69	4.70	5.48			11.39	12.62	13.91
		velocity	7.73	9.49	9.09	9.09	8.60	8.35	8.03	7.74	7.46	7.45	7.30	8.13		9.22	8.32	7.55
H1 lead leg	R	strides	22	14	14	14	14	14	14	15	15	15	19	170				
Mužik, Jiri (CZE) (1976)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2</b> - 2000 Olympic Games (Sydney, AUS)		Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																
date	25-Sep-00	time	5.96	9.88	13.72	17.64	21.76	23.36	25.96	30.24	34.68	39.20	43.92	49.23	5 / 5			
reaction time	0.227	interval		3.92	3.84	3.92	4.12	4.20	4.28	4.44	4.52	4.72	5.31			11.68	12.60	13.68
		velocity	7.55	8.93	9.11	8.93	8.50	8.56	8.33	8.18	7.88	7.74	7.42	7.53	8.13	8.99	8.33	7.68
H1 lead leg		strides		13	13	13	14		14	14	15	15	15	19.2	145.2			
Carter, James (USA) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2003 USATF National Championships (Palo Alto, CA)		USATF Women's Sprint Development (2003)																
date	22-Jun-03	time	5.82	9.64	13.61	17.68	22.01	26.39	30.70	35.10	39.52	44.03		49.23	6 / 4-3			
reaction time		interval		3.82	3.97	4.07	4.33	4.38	4.31	4.40	4.42	4.51	5.20			11.86	13.02	13.33
		velocity	7.73	9.16	8.82	8.60	8.08	7.99	8.12	7.95	7.92	7.76	7.69	8.13		8.85	8.06	7.88
H1 lead leg		strides																
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 Weltklasse (Zürich, SUI) (TV Analysis)		Henson (2020) - Athlete First: 2017 year end hurdle report																
date	24-Aug-17	time	5.84	9.56	13.36		21.28	25.48	29.88	34.40	39.08	43.80		49.23	5 / 5			
reaction time	0.181	interval		3.72	3.80		7.92	4.20	4.40	4.52	4.68	4.72	5.43					13.92
		velocity	7.71	9.41	9.21		8.84	8.33	7.95	7.74	7.48	7.42	7.37	8.13				7.54
H1 lead leg	R	strides	20	13	13			13	14	14		14	17.5	118.5				
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)		Henson (2020) - Athlete First: 2020 year end hurdle report																
date	14-Aug-20	time	6.00	9.74	13.61	17.55		25.79	30.16	34.60	39.24	43.88		49.23	4 / 3			
reaction time	0.146	interval		3.74	3.87	3.94		8.24	4.37	4.44	4.64	4.64	5.35			11.55	12.61	13.72
		velocity	7.50	9.36	9.04	8.88		8.50	8.01	7.88	7.54	7.54	7.48	8.13		9.09	8.33	7.65
H1 lead leg	L	strides	21	13	13	13			14	14	14	14	17.2	133.2				
Abuaku, Joshua (GER) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2023 FBK Games (Hengelo, NED)		Omega Timing (2023) - continental tour race analysis																
date	04-Jun-23	time	5.83	9.51	13.27	17.07	21.02	25.23	29.62	34.17	38.87	43.70		49.23	8 / 3			
reaction time	0.207	interval		3.68	3.76	3.80	3.95	4.21	4.39	4.55	4.70	4.83	5.53			11.24	12.55	14.08
		velocity	7.72	9.51	9.31	9.21	8.86	8.31	7.97	7.69	7.45	7.25	7.23	8.13		9.34	8.37	7.46
H1 lead leg	L	strides	20	13	13	13	13	13	14	14	15	15	18	161				
Edlund, Oskar (SWE) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2024 NCAA Championships (Eugene, OR) (TV Analysis)		Henson (2024) - Athlete First: 2024 year end hurdle report																
date	07-Jun-24	time	5.95	9.61	13.35	17.16	21.09	25.27	29.66	34.16	38.80	43.64		49.23	9 / 5			
reaction time		interval		3.66	3.74	3.81	3.93	4.18	4.39	4.50	4.64	4.84	5.59			11.21	12.50	13.98
		velocity	7.56	9.56	9.36	9.19	8.91	8.37	7.97	7.78	7.54	7.23	7.16	8.13		9.37	8.40	7.51
H1 lead leg	L	strides		13	13	13	13		14	14	15	15	15	18.5	143.5			
Akçam, Berke (TUR) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2024 Meeting de Paris (Paris, FRA)		Omega Timing (2024) - diamond league race analysis																
date	07-Jul-24	time	5.84	9.80	13.82	17.74	21.82	26.00	30.31	34.69	39.25	43.81		49.23	8 / 8			
reaction time	0.144	interval		3.96	4.02	3.92	4.08	4.18	4.31	4.38	4.56	4.56	5.42			11.90	12.57	13.50
		velocity	7.71	8.84	8.71	8.93	8.58	8.37	8.12	7.99	7.68	7.68	7.38	8.13		8.82	8.35	7.78
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	146					

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Schubert, Rainer (FRG) (1941)</b>																			
<b>Heat 3 - 1968 Olympic Games (Mexico City, MEX) (Altitude)</b>		<i>Jonath (1969) - wie gerhard hennige trainiert</i>																	
date	13-Oct-68	time	6.1	9.9	13.7	17.7	21.7	23.4	26.0	30.4	34.8	39.1	43.6						
reaction time		interval		3.8	3.8	4.0	4.0		4.3	4.4	4.4	4.3	4.5	5.5			11.60	12.70	13.20
		velocity	7.38	9.21	9.21	8.75	8.75	8.55	8.14	7.95	7.95	8.14	7.78	7.27	8.15	(49.15)	9.05	8.27	7.95
H1 lead leg		strides																	
<b>Hennige, Gerhard (FRG) (1940)</b>																			
<b>Semi-Final 2 - 1968 Olympic Games (Mexico City, MEX) (Altitude)</b>		<i>Jonath (1969) - wie gerhard hennige trainiert</i>																	
date	14-Oct-68	time	6.1	9.9	13.7	17.7	21.9	23.6	26.0	30.3	34.6	39.0	43.6						
reaction time		interval		3.8	3.8	4.0	4.2		4.1	4.3	4.3	4.4	4.6	5.5	(49.16)		11.60	12.60	13.30
		velocity	7.38	9.21	9.21	8.75	8.33	8.47	8.54	8.14	8.14	7.95	7.61	7.27	8.15		9.05	8.33	7.89
H1 lead leg		strides																	
<b>Skomorokhov, Vyacheslav (URS) (19)</b>																			
<b>FINAL - 1968 Olympic Games (Mexico City, MEX) (Altitude)</b>		<i>Dessons (1982) - traite d'athletisme - volume 1: les courses</i>																	
date	15-Oct-68	time	6.1	9.9	13.7	17.5	21.5	23.4	25.6	30.0	34.6	39.2	43.8						
reaction time		interval		3.80	3.80	3.80	4.00		4.10	4.40	4.60	4.60	4.60	5.30	(49.12)	5 / 5	11.40	12.50	13.80
		velocity	7.38	9.21	9.21	9.21	8.75	8.55	8.54	7.95	7.61	7.61	7.61	7.55	8.15		9.21	8.40	7.61
H1 lead leg	L	strides	21	13	13	13	13		13	15	15	15	15	18	164				
<b>Iakovákis, Periklís (GRE) (1979)</b>																			
<b>Heat 1 - 2002 European Championships (Munich, GER)</b>		<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																	
date	07-Aug-02	time			13.85	17.89	21.97		26.19	30.77	34.88	39.43	44.07						
reaction time		interval				4.04	4.08		4.22	4.58	4.11	4.55	4.64	5.17			12.88	13.30	
		velocity			8.30	8.66	8.58		8.29	7.64	8.52	7.69	7.54	7.74	8.12		8.15	7.89	
H1 lead leg		strides																	
<b>Jackson, Bershawn (USA) (1983)</b>																			
<b>FINAL - 2011 IAAF World Championships (Daegu, KOR)</b>		<i>Behm (2011) - Le quatrache: Démus enfin!</i>																	
date	01-Sep-11	time	5.7	9.3	13.3	17.2	21.2		25.4	29.6	33.8	38.4	43.3						
reaction time	0.151	interval		3.6	4.0	3.9	4.0		4.2	4.2	4.2	4.6	4.9	5.9			11.50	12.40	13.70
		velocity	7.89	9.72	8.75	8.97	8.75		8.33	8.33	8.33	7.61	7.14	6.73	8.12		9.13	8.47	7.66
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	17	20	179				
<b>Mörö, Oskari (FIN) (1993)</b>																			
<b>FINAL - 2016 European Championships (Amsterdam, NED) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																	
date	08-Jul-16	time	6.04	9.84	13.68	17.64	21.68		25.92	30.16	34.60	39.24	43.92						
reaction time	0.155	interval		3.80	3.84	3.96	4.04		4.24	4.24	4.44	4.64	4.68	5.32			11.60	12.52	13.76
		velocity	7.45	9.21	9.11	8.84	8.66		8.25	8.25	7.88	7.54	7.48	7.52	8.12		9.05	8.39	7.63
H1 lead leg	L	strides	21	14	14	13	13		14	15	15	15	15	18.2	152.2				
<b>McMaster, Kyron (IVB) (1997)</b>																			
<b>Heat 1 - 2024 Olympic Games (Paris, FRA)</b>		<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	
date	05-Aug-24	time	5.71	9.37	13.13	16.94	20.86		25.01	29.38	34.00	38.82	43.71						
reaction time	0.166	interval		3.66	3.76	3.81	3.92		4.15	4.37	4.62	4.82	4.89	5.53			11.23	12.44	14.33
		velocity	7.88	9.56	9.31	9.19	8.93		8.43	8.01	7.58	7.26	7.16	7.23	8.12		9.35	8.44	7.33
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17	159				
<b>Akii-Bua, John (UGA) (1949)</b>																			
<b>Semi-Final 1 - 1972 Olympic Games (Munich, FRG)</b>		<i>Schmidt (1973) - vorolympisches training von john akii-bua über 400 hürden</i>																	
date	02-Sep-72	time					21.0		29.9				43.6						
reaction time		interval							8.90				13.70	5.65				13.70	
		velocity					8.81		7.87				7.66	7.08	8.12			7.66	
H1 lead leg		strides																	
<b>Herbert, Llewellyn (RSA) (1977)</b>																			
<b>Heat 1 - 2000 Olympic Games (Sydney, AUS)</b>		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	24-Sep-00	time	5.98	9.82	13.62	17.50	21.42		25.58	29.82	34.18	38.74	43.62						
reaction time	0.171	interval		3.84	3.80	3.88	3.92		4.16	4.24	4.36	4.56	4.88	5.63			11.52	12.32	13.80
		velocity	7.53	9.11	9.21	9.02	8.93		8.41	8.25	8.03	7.68	7.17	7.10	8.12		9.11	8.52	7.61
H1 lead leg		strides	22	14	14	14	14		15	15	15	15	16	19.2	173.2				
<b>Thomas, Eric (USA) (1973)</b>																			
<b>Semi-Final 1 - 2000 Olympic Games (Sydney, AUS)</b>		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	25-Sep-00	time	6.02	9.86	13.74	17.62	21.58	23.14	25.66	30.04	34.42	39.02	43.74						
reaction time	0.188	interval		3.84	3.88	3.88	3.96		4.08	4.38	4.38	4.60	4.72	5.51			11.60	12.42	13.70
		velocity	7.48	9.11	9.02	9.02	8.84	8.64	8.58	7.99	7.99	7.61	7.42	7.26	8.12		9.05	8.45	7.66
H1 lead leg		strides	21	13	13	13	13		13	14	14	15	15	17.8	161.8				
<b>Rawlinson, Christopher (GBR) (1972)</b>																			
<b>Semi-Final 2 - 2000 Olympic Games (Sydney, AUS)</b>		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	25-Sep-00	time	6.00	9.76	13.56	17.40	21.36	22.88	25.48	29.80	34.24	38.92	43.76						
reaction time	0.177	interval		3.76	3.80	3.84	3.96		4.12	4.32	4.44	4.68	4.84	5.49			11.40	12.40	13.96
		velocity	7.50	9.31	9.21	9.11	8.84	8.74	8.50	8.10	7.88	7.48	7.23	7.29	8.12		9.21	8.47	7.52
H1 lead leg		strides		14	14	14	14		14	15	15	15	16	19	150				

Myburgh, Alwyn (RSA) (1980)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 3 - 2000 Olympic Games (Sydney, AUS)</b>		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	25-Sep-00	time	5.78	9.50	13.34	17.26	21.22	22.74	25.26	29.50	34.06	38.74	43.58	49.25	1 / 4				
reaction time	0.202	interval	3.72	3.84	3.92	3.96		4.04	4.24	4.56	4.68	4.84	5.67			11.48	12.24	14.08	
		velocity	7.79	9.41	9.11	8.93	8.84	8.80	8.66	8.25	7.68	7.48	7.23	7.05	8.12		9.15	8.58	7.46
H1 lead leg		strides	22	14	14	14		14	14	15	15	15	19	170					
Maillard, Sébastien (FRA) (1981)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 4 - 2003 IAAF World Championships (Paris, FRA)</b>		<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>																	
date	26-Aug-03	time	5.9	9.7	13.5	17.4	21.4		25.5	29.6	33.9	38.6	43.5	49.25	7 / 4				
reaction time	0.191	interval	3.8	3.8	3.9	4.0		4.1	4.1	4.3	4.7	4.9	5.75			11.50	12.20	13.90	
		velocity	7.63	9.21	9.21	8.97	8.75		8.54	8.54	8.14	7.45	7.14	6.96	8.12		9.13	8.61	7.55
H1 lead leg		strides	21	14	14	14		15	15	15	16	16	19.5	173.5					
Kawakita, Naohiro (JPN) (1980)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2006 Osaka Grand Prix (Osaka, JPN)</b>		<i>Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers</i>																	
date	06-May-06	time	6.12	9.89	13.78	17.67	21.67		25.81	30.20	34.70	39.36	44.01	49.25	1 / 7				
reaction time		interval	3.77	3.89	3.89	4.00		4.14	4.39	4.50	4.66	4.65	5.24	PB		11.55	12.53	13.81	
		velocity	7.35	9.28	9.00	9.00	8.75		8.45	7.97	7.78	7.51	7.53	7.63	8.12		9.09	8.38	7.60
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	125					
Iakovákis, Perikís (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	
<b>FINAL - 2007 IAAF World Championships (Osaka, JPN)</b>		<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>																	
date	28-Aug-07	time	5.98	9.67	13.42	17.27	21.26		25.40	29.82	34.27	38.94	43.69	49.25	2 / 6				
reaction time	0.154	interval	3.69	3.75	3.85	3.99		4.14	4.42	4.45	4.67	4.75	5.56			11.29	12.55	13.87	
		velocity	7.53	9.49	9.33	9.09	8.77		8.45	7.92	7.87	7.49	7.37	7.19	8.12		9.30	8.37	7.57
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14	142					
Holmes, TJ (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2019 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	30-May-19	time	5.86	9.52	13.32	17.15	21.11	22.7	25.26	29.62	34.06	38.90	43.62	49.25	6 / 2				
reaction time	0.156	interval	3.66	3.80	3.83	3.96		4.15	4.36	4.44	4.84	4.72	5.63			11.29	12.47	14.00	
		velocity	7.68	9.56	9.21	9.14	8.84	8.81	8.43	8.03	7.88	7.23	7.42	7.10	8.12		9.30	8.42	7.50
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17.2	156.2				
Livingston, Isaiah (USA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>		<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	26-Jun-21	time	5.80	9.61	13.51	17.65	21.95		26.29	30.66		39.40	43.94	49.25	9 / 6				
reaction time	0.231	interval	3.81	3.90	4.14	4.30		4.34	4.37		8.74	4.54	5.31			11.85	13.01	13.28	
		velocity	7.76	9.19	8.97	8.45	8.14		8.06	8.01		8.01	7.71	7.53	8.12		8.86	8.07	7.91
H1 lead leg	L	strides		13	13	13	13		13	13		13	13	104					
Rosser, Khalfiah (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	
<b>FINAL - 2023 Doha Diamond League (Doha, QAT)</b>		<i>Omega Timing (2023) - diamond league race analysis</i>																	
date	05-May-23	time	5.84	9.50	13.29	17.14	21.14		25.32	29.69	34.20	38.85	43.66	49.25	4 / 4				
reaction time	0.161	interval	3.66	3.79	3.85	4.00		4.18	4.37	4.51	4.65	4.81	5.59			11.30	12.55	13.97	
		velocity	7.71	9.56	9.23	9.09	8.75		8.37	8.01	7.76	7.53	7.28	7.16	8.12		9.29	8.37	7.52
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14	17.5	159.5				
Müller, Vít (CZE) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)</b>		<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																	
date	10-Jun-24	time	5.94	9.70	13.55	17.38	21.32		25.38	29.75	34.27	38.87	43.59	49.25	9 / 6				
reaction time	0.197	interval	3.76	3.85	3.83	3.94		4.06	4.37	4.52	4.60	4.72	5.66			11.44	12.37	13.84	
		velocity	7.58	9.31	9.09	9.14	8.88		8.62	8.01	7.74	7.61	7.42	7.07	8.12		9.18	8.49	7.59
H1 lead leg		strides												0					
Ogawa, Daiki (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Repechage 1 - 2024 Olympic Games (Paris, FRA)</b>		<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	
date	07-Aug-24	time	5.84	9.67	13.57	17.57	21.62		25.82	30.13	34.60	39.18	43.85	49.25	3 / 5				
reaction time	0.136	interval	3.83	3.90	4.00	4.05		4.20	4.31	4.47	4.58	4.67	5.40			11.73	12.56	13.72	
		velocity	7.71	9.14	8.97	8.75	8.64		8.33	8.12	7.83	7.64	7.49	7.41	8.12		8.95	8.36	7.65
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	19	169				
Metivier, Malik (CAN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)</b>		<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	11-Jun-21	time	5.90	9.57		17.33	21.35		25.60	30.17	34.77	39.43	44.10	49.26	4 / 5				
reaction time	0.144	interval	3.67		7.76	4.02		4.25	4.57	4.60	4.66	4.67	5.16	PB		11.43	12.84	13.93	
		velocity	7.63	9.54		9.02	8.71		8.24	7.66	7.61	7.51	7.49	7.75	8.12		9.19	8.18	7.54
H1 lead leg	R	strides	22	13		13			14	14	15	15	15	18.2	139.2				
Tamesue, Dai (JPN) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2005 Japanese Championships (Tokyo, JPN)</b>		<i>Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers</i>																	
date	04-Jun-05	time	5.83	9.53	13.40	17.34	21.43		25.58	29.87	34.39	39.04	43.83	49.27	1 / 1				
reaction time		interval	3.70	3.87	3.94	4.09		4.15	4.29	4.52	4.65	4.79	5.44			11.51	12.53	13.96	
		velocity	7.72	9.46	9.04	8.88	8.56		8.43	8.16	7.74	7.53	7.31	7.35	8.12		9.12	8.38	7.52
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	125					

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Taylor, Angelo (USA) (1978)</b>																			
<b>FINAL - 2007 IAAF World Athletics Final (Stuttgart, GER)</b>		<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																	
date	22-Sep-07	time	6.34	9.94	13.72	17.54	21.52	25.80	30.44	35.09	39.64	44.18		49.27	8 / 5				
reaction time	0.152	interval		3.60	3.78	3.82	3.98	4.28	4.64	4.65	4.55	4.54	5.09			11.20	12.90	13.74	
		velocity	7.10	9.72	9.26	9.16	8.79	8.18	7.54	7.53	7.69	7.71	7.86	8.12		9.38	8.14	7.64	
H1 lead leg		strides																	
<b>Culson, Javier (PUR) (1984)</b>																			
<b>Heat 2 - 2009 IAAF World Championships (Berlin, GER)</b>		<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																	
date	15-Aug-09	time	6.02	9.79	13.60	17.66	21.86	26.13	30.49	34.97	39.47	44.11		49.27	1 / 1				
reaction time	0.212	interval		3.77	3.81	4.06	4.20	4.27	4.36	4.48	4.50	4.64	5.16			11.64	12.83	13.62	
		velocity	7.48	9.28	9.19	8.62	8.33	8.20	8.03	7.81	7.78	7.54	7.75	8.12		9.02	8.18	7.71	
H1 lead leg		strides																	
<b>Kishimoto, Takayuki (JPN) (1990)</b>																			
<b>Race A - 2011 Shizuoka International Athletics Meeting (Fukuroi, JPN)</b>		<i>Yasuho (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																	
date	03-May-11	time	5.97	9.76	13.66	17.66	21.85	26.09	30.38	34.75	39.35	43.96		49.27	1 / 2				
reaction time		interval		3.79	3.90	4.00	4.19	4.24	4.29	4.37	4.60	4.61	5.31			11.69	12.72	13.58	
		velocity	7.54	9.23	8.97	8.75	8.35	8.25	8.16	8.01	7.61	7.59	7.53	8.12		8.98	8.25	7.73	
H1 lead leg		strides		13	13	13	14	14	14	14	15	15	125						
<b>Kenziera, Dave (USA) (1994)</b>																			
<b>FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	13-Jun-19	time	5.88	9.68	13.58	21.55	23.3	25.69	30.02	34.39	39.04	43.74		49.27	4 / 4				
reaction time	0.163	interval		3.80	3.90	7.97		4.14	4.33	4.37	4.65	4.70	5.53					13.72	
		velocity	7.65	9.21	8.97	8.78	8.58	8.45	8.08	8.01	7.53	7.45	7.23	8.12				7.65	
H1 lead leg	R	strides	20	13	13			13	13	13	14	14	18	131					
<b>Warholm, Karsten (NOR) (1996)</b>																			
<b>Heat 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)</b>		<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	27-Sep-19	time	5.72	9.48	13.28	17.16	21.24		29.68	34.04	38.76	43.64		49.27	4 / 1				
reaction time	0.161	interval		3.76	3.80	3.88	4.08		8.44	4.36	4.72	4.88	5.63			11.44	12.52	13.96	
		velocity	7.87	9.31	9.21	9.02	8.58		8.29	8.03	7.42	7.17	7.10	8.12		9.18	8.39	7.52	
H1 lead leg	L	strides	20	13	13	13	13			13	15	15	17	132					
<b>Samuel, Cameron (USA) (1999)</b>																			
<b>FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>		<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	26-Jun-21	time	5.84	9.67	13.48	17.45	21.59	25.82	30.26	34.78	39.34	43.91		49.27	7 / 7				
reaction time	0.199	interval		3.83	3.81	3.97	4.14	4.23	4.44	4.52	4.56	4.57	5.36			11.61	12.81	13.65	
		velocity	7.71	9.14	9.19	8.82	8.45	8.27	7.88	7.74	7.68	7.66	7.46	8.12		9.04	8.20	7.69	
H1 lead leg	R	strides		14	14	14	14	14	15	15	15	15	115						
<b>Happio, Wilfried (FRA) (1998)</b>																			
<b>FINAL - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)</b>		<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																	
date	05-Jun-22	time	5.87	9.50	13.27	17.17	21.20	22.90	25.30	29.80	34.30	39.07	43.83		49.27	2 / 3			
reaction time	0.143	interval		3.63	3.77	3.90	4.03	4.10	4.50	4.50	4.77	4.76	5.44			11.30	12.63	14.03	
		velocity	7.67	9.64	9.28	8.97	8.68	8.73	8.54	7.78	7.78	7.34	7.35	7.35	8.12		9.29	8.31	7.48
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	14	15	15	143					
<b>Lahoulou, Abdelmalik (ALG) (1992)</b>																			
<b>FINAL - 2023 Bislett Games (Oslo, NOR)</b>		<i>Omega Timing (2023) - diamond league race analysis</i>																	
date	15-Jun-23	time	5.94	9.59	13.26	17.04	20.97	25.07	29.40	33.90	38.57	43.47		49.27	8 / 7				
reaction time	0.178	interval		3.65	3.67	3.78	3.93	4.10	4.33	4.50	4.67	4.90	5.80			11.10	12.36	14.07	
		velocity	7.58	9.59	9.54	9.26	8.91	8.54	8.08	7.78	7.49	7.14	6.90	8.12		9.46	8.50	7.46	
H1 lead leg	L	strides	22	13	13	13	13	14			15		103						
<b>Schmid, Harald (FRG) (1957)</b>																			
<b>Heat 3 - 1987 IAAF World Championships (Rome, ITA)</b>		<i>SuSanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>																	
date	30-Aug-87	time	6.10	9.89	13.82	17.79	21.95	26.23	30.65	35.08	39.68	44.28		49.28	5 / 1				
reaction time		interval		3.79	3.93	3.97	4.16	4.28	4.42	4.43	4.60	4.60	5.00			11.69	12.86	13.63	
		velocity	7.38	9.23	8.91	8.82	8.41	8.18	7.92	7.90	7.61	7.61	8.00	8.12		8.98	8.16	7.70	
H1 lead leg	L	strides	21	13	13	13	13	13	13	13	14	14	16.9	156.9					
<b>Matete, Samuel (ZAM) (1968)</b>																			
<b>Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)</b>		<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>																	
date	25-Aug-99	time	5.68	9.44	13.23	17.25	21.31	25.38	29.66	34.10	38.59	43.28		49.28	3 / 6				
reaction time	0.169	interval		3.76	3.79	4.02	4.06	4.07	4.28	4.44	4.49	4.69	6.00			11.57	12.41	13.62	
		velocity	7.92	9.31	9.23	8.71	8.62	8.60	8.18	7.88	7.80	7.46	6.67	8.12		9.08	8.46	7.71	
H1 lead leg	L	strides	21	13	13	13	13	13	13	13	13	15	15	18.5	160.5				
<b>Al-Somaily, Hadi Sou'an (KSA) (1976)</b>																			
<b>Heat 6 - 2000 Olympic Games (Sydney, AUS)</b>		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	24-Sep-00	time	5.98	9.66	13.50	17.38	21.34	25.42	29.78	34.34	38.98	43.70		49.28	1 / 1				
reaction time	0.174	interval		3.68	3.84	3.88	3.96	4.08	4.36	4.56	4.64	4.72	5.58			11.40	12.40	13.92	
		velocity	7.53	9.51	9.11	9.02	8.84	8.58	8.03	7.68	7.54	7.42	7.17	8.12		9.21	8.47	7.54	
H1 lead leg		strides	21	13	13	13	13	13	13	14	14	14	17.7	158.7					

Goller, Thomas (GER) (1977)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1 - 2000 Olympic Games (Sydney, AUS)</b>		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	25-Sep-00	time	5.90	9.58	13.50	17.42	21.38	22.90	25.50	29.82	34.30	38.94	43.66	49.28	3 / 6			
reaction time	0.152	interval		3.68	3.92	3.92	3.96		4.12	4.32	4.48	4.64	4.72	5.62		11.52	12.40	13.84
		velocity	7.63	9.51	8.93	8.93	8.84	8.73	8.50	8.10	7.81	7.54	7.42	7.12	8.12	9.11	8.47	7.59
H1 lead leg		strides	21	13	13	13	13		13	14	14	15	15	18	162			
Mužík, Jiri (CZE) (1976)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2002 IAAF World Cup (Madrid, ESP)</b>		<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>																
date	20-Sep-02	time	6.08	9.93	13.91	17.81	21.94		26.05	30.23	34.65	39.23	43.86	49.28	4 / 4			
reaction time	0.185	interval		3.85	3.98	3.90	4.13		4.11	4.18	4.42	4.58	4.63	5.42		11.73	12.42	13.63
		velocity	7.40	9.09	8.79	8.97	8.47		8.52	8.37	7.92	7.64	7.56	7.38	8.12	8.95	8.45	7.70
H1 lead leg	L	strides	21	14	14	14	14		14	14	14	15	15	18.5	167.5			
Kishimoto, Takayuki (JPN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2011 Japanese National Championships (Kumagaya, JPN)</b>		<i>Yasuho (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																
date	11-Jun-11	time	5.94	9.74	13.63	17.62	21.81		25.91	30.21	34.63	39.23	43.92	49.28	1 / 1			
reaction time		interval		3.80	3.89	3.99	4.19		4.10	4.30	4.42	4.60	4.69	5.36		11.68	12.59	13.71
		velocity	7.58	9.21	9.00	8.77	8.35		8.54	8.14	7.92	7.61	7.46	7.46	8.12	8.99	8.34	7.66
H1 lead leg		strides		13	13	13	14		14	14	14	15	15	125				
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	30-Aug-18	time	5.92	9.68	13.44	17.36	21.40	23.3	25.56	30.04		39.20	43.88	49.28	7 / 4			
reaction time	0.176	interval		3.76	3.76	3.92	4.04		4.16	4.48		9.16	4.68	5.40		11.44	12.68	13.84
		velocity	7.60	9.31	9.31	8.93	8.66	8.58	8.41	7.81		7.64	7.48	7.41	8.12	9.18	8.28	7.59
H1 lead leg	L	strides	21	13	13	13	13		13	14		14	14	128				
Ledgister, Leonardo (JAM) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)</b>		<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	11-Jun-21	time	5.97	9.60		17.17	21.10		25.20	29.50	34.03	38.80	43.77	49.28	3 / 6			
reaction time	0.228	interval		3.63		3.75	3.93		4.10	4.30	4.53	4.77	4.97	5.51		11.20	12.33	14.27
		velocity	7.54	9.64		9.25	8.91		8.54	8.14	7.73	7.34	7.04	7.26	8.12	9.38	8.52	7.36
H1 lead leg	R	strides	22	14		14			14	15	15	16	16	18.2	144.2			
Rosser, Khalfiah (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
<b>Heat 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>		<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	24-Jun-21	time	5.77	9.44	13.18	17.08	21.19		25.42	29.79	34.16	38.77	43.61	49.28	5 / 3			
reaction time	0.246	interval		3.67	3.74	3.90	4.11		4.23	4.37	4.37	4.61	4.84	5.67		11.31	12.71	13.82
		velocity	7.80	9.54	9.36	8.97	8.52		8.27	8.01	8.01	7.59	7.23	7.05	8.12	9.28	8.26	7.60
H1 lead leg	R	strides		13	13	13	13		14	14	14	14	14	18	140			
Happio, Wilfried (FRA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)</b>		<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	04-Jul-21	time	5.80	9.56	13.40	17.24	21.20	23.0	25.28		34.04	38.88	43.64	49.28	2 / 6			
reaction time	0.136	interval		3.76	3.84	3.84	3.96		4.08		8.76	4.84	4.76	5.64		11.44		
		velocity	7.76	9.31	9.11	9.11	8.84	8.70	8.58		7.99	7.23	7.35	7.09	8.12	9.18		
H1 lead leg	L	strides	20	13	13	13	13		13	13		15	15	18	146			
Kishimoto, Takayuki (JPN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2023 Seiko Golden Grand Prix (Yokohama, JPN)</b>		<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																
date	21-May-23	time	5.84	9.51	13.31	17.35	21.50		25.71	29.91	34.32	38.97	43.78	49.28	8 / 3			
reaction time	0.138	interval		3.67	3.80	4.04	4.15		4.21	4.20	4.41	4.65	4.81	5.50		11.51	12.56	13.87
		velocity	7.71	9.54	9.21	8.66	8.43		8.31	8.33	7.94	7.53	7.28	7.27	8.12	9.12	8.36	7.57
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18	164			
Gorban, Boris (RUS) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 3 - 2000 Olympic Games (Sydney, AUS)</b>		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	25-Sep-00	time	5.94	9.74	13.66	17.62	21.66	23.18	25.74	30.02	34.54	39.14	43.86	49.29	5 / 5			
reaction time	0.454	interval		3.80	3.92	3.96	4.04		4.08	4.28	4.52	4.60	4.72	5.43		11.68	12.40	13.84
		velocity	7.58	9.21	8.93	8.84	8.66	8.63	8.58	8.18	7.74	7.61	7.42	7.37	8.12	8.99	8.47	7.59
H1 lead leg		strides	20	13	13	13	13		13	14	14	14	14	17.5	158.5			
Taylor, Angelo (USA) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 5 - 2012 Olympic Games (London, GBR)</b>		<i>Haines (2012) - mikehainesperformance.wordpress.com/2012/08/05/broadening-my-horizons-400m-hurdles-analysis</i>																
date	03-Aug-12	time	5.92	9.44	13.26	17.06	21.02	22.62	25.24	29.66	34.08	38.68	43.64	49.29	3 / 1			
reaction time	0.187	interval		3.52	3.82	3.80	3.96		4.22	4.42	4.42	4.60	4.96	5.65		11.14	12.60	13.98
		velocity	7.60	9.94	9.16	9.21	8.84		8.29	7.92	7.92	7.61	7.06	7.08	8.12	9.43	8.33	7.51
H1 lead leg		strides	21	13	13	13	13		14	14	14	14	14	18	161			
Green, Jack (GBR) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2017 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	18-Jun-17	time	6.08	9.88	13.60	17.44	21.48		25.76	30.12	34.60	39.16	43.80	49.29	8 / 4			
reaction time	0.203	interval		3.80	3.72	3.84	4.04		4.28	4.36	4.48	4.56	4.64	5.49		11.36	12.68	13.68
		velocity	7.40	9.21	9.41	9.11	8.66		8.18	8.03	7.81	7.68	7.54	7.29	8.12	9.24	8.28	7.68
H1 lead leg	R	strides	22	14	13	13	14		14	15	15	15	15	19.2	169.2			

<b>Robinson, Byron (USA) (1995)</b>		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</b> - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	20-Jul-19	time	5.84	9.52	13.32	17.28	21.36	23.0	25.52		34.00	38.52	43.32		49.29	5 / 4		
reaction time	0.154	interval		3.68	3.80	3.96	4.08		4.16		8.48	4.52	4.80	5.97			11.44	
		velocity	7.71	9.51	9.21	8.84	8.58	8.70	8.41		8.25	7.74	7.29	6.70	8.12			9.18
H1 lead leg	L	strides	22	15	15	15	15		15			15	15	20	147			
<b>Kenziera, Dave (USA) (1994)</b>		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</b> - 2019 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	18-Aug-19	time	5.84	9.68	13.52	17.36	21.28	23.1	25.40	29.76	34.32	38.92	43.68		49.29	7 / 3		
reaction time	0.130	interval		3.84	3.84	3.84	3.92		4.12	4.36	4.56	4.60	4.76	5.61			11.52	12.40
		velocity	7.71	9.11	9.11	9.11	8.93	8.66	8.50	8.03	7.68	7.61	7.35	7.13	8.12		9.11	8.47
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	15	18.5	159.5			7.54
<b>Kishimoto, Takayuki (JPN) (1990)</b>		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</b> - 2021 Japanese National Championships (Osaka, JPN)																		
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	26-Jun-21	time	5.92	9.71	13.61	17.63	21.72		25.93	30.23	34.70	39.20	43.88		49.29	8 / 3		
reaction time	0.156	interval		3.79	3.90	4.02	4.09		4.21	4.30	4.47	4.50	4.68	5.41			11.71	12.60
		velocity	7.60	9.23	8.97	8.71	8.56		8.31	8.14	7.83	7.78	7.48	7.39	8.12		8.97	8.33
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18	164			7.69
<b>Copello, Yasmani (TUR) (1987)</b>		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</b> - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)																		
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																		
date	05-Jun-22	time	5.87	9.60	13.30	17.20	21.17	22.89	25.27	29.67	34.17	38.87	43.67		49.29	5 / 4		
reaction time	0.177	interval		3.73	3.70	3.90	3.97		4.10	4.40	4.50	4.70	4.80	5.62			11.33	12.47
		velocity	7.67	9.38	9.46	8.97	8.82	8.74	8.54	7.95	7.78	7.45	7.29	7.12	8.12		9.27	8.42
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	141				7.50
<b>Kenziera, Dave (USA) (1994)</b>		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</b> - 2024 Seashore Doha Meeting (Doha, QAT)																		
<i>Omega Timing (2024) - diamond league race analysis</i>																		
date	10-May-24	time	5.81	9.52	13.30	17.16	21.15		25.29	29.59	34.13	38.79	43.57		49.29	8 / 4		
reaction time	0.165	interval		3.71	3.78	3.86	3.99		4.14	4.30	4.54	4.66	4.78	5.72			11.35	12.43
		velocity	7.75	9.43	9.26	9.07	8.77		8.45	8.14	7.71	7.51	7.32	6.99	8.12		9.25	8.45
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	14	18	158			7.51
<b>Kawakita, Naohiro (JPN) (1980)</b>		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</b> - 2006 Seiko Super Grand Prix (Yokohama, JPN)																		
<i>Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers</i>																		
date	24-Sep-06	time	6.06	9.83	13.63	17.57	21.66		26.04	30.41	34.88	39.47	44.09		49.30	1 / 2		
reaction time		interval		3.77	3.80	3.94	4.09		4.38	4.37	4.47	4.59	4.62	5.21			11.51	12.84
		velocity	7.43	9.28	9.21	8.88	8.56		7.99	8.01	7.83	7.63	7.58	7.68	8.11		9.12	8.18
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	125				7.68
<b>Clement, Kerron (USA) (1985)</b>		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</b> - 2018 Bislett Games (Oslo, NOR) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																		
date	07-Jun-18	time	5.84	9.56	13.32	17.20	21.32	23.1	25.64	30.04	34.56	39.20	43.84		49.30	6 / 5		
reaction time	0.159	interval		3.72	3.76	3.88	4.12		4.32	4.40	4.52	4.64	4.64	5.46			11.36	12.84
		velocity	7.71	9.41	9.31	9.02	8.50	8.66	8.10	7.95	7.74	7.54	7.54	7.33	8.11		9.24	8.18
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153			7.61
<b>Kishimoto, Takayuki (JPN) (1990)</b>		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</b> - 2018 Japanese National Championships (Yamaguchi, JPN)																		
<i>Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018</i>																		
date	23-Jun-18	time	5.82	9.52	13.36	17.30	21.44		25.71	30.05	34.57	39.14	43.86		49.30	4 / 1		
reaction time	0.148	interval		3.70	3.84	3.94	4.14		4.27	4.34	4.52	4.57	4.72	5.44			11.48	12.75
		velocity	7.73	9.46	9.11	8.88	8.45		8.20	8.06	7.74	7.66	7.42	7.35	8.11		9.15	8.24
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.5	164.5			7.60
<b>Ferguson, Kenneth (USA) (1984)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 4</b> - 2007 USATF National Championships (Indianapolis, IN)																		
<i>USATF Men's Hurdle Development (2007)</i>																		
date	21-Jun-07	time	6.11	9.79	13.60	17.57	21.72		26.21	30.85	35.45	39.84	44.29		49.31	5 / 1		
reaction time		interval		3.68	3.81	3.97	4.15		4.49	4.64	4.60	4.39	4.45	5.02			11.46	13.28
		velocity	7.36	9.51	9.19	8.82	8.43		7.80	7.54	7.61	7.97	7.87	7.97	8.11		9.16	7.91
H1 lead leg	L	strides	22	13	13	13	13		15	15	15	15	15	149				7.81
<b>Taylor, Angelo (USA) (1978)</b>		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</b> - 2011 IAAF World Championships (Daegu, KOR)																		
<i>Behm (2011) - Le quatrache: Démus enfin!</i>																		
date	01-Sep-11	time	5.8	9.4	13.0	16.7	20.7		24.8	29.1	33.6	38.3	43.2		49.31	1 / 7		
reaction time	0.150	interval		3.6	3.6	3.7	4.0		4.1	4.3	4.5	4.7	4.9	6.1			10.90	12.40
		velocity	7.76	9.72	9.72	9.46	8.75		8.54	8.14	7.78	7.45	7.14	6.55	8.11		9.63	8.47
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	16	19	166			7.45
<b>Bett, Nicholas (KEN) (1990)</b>		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</b> - 2016 Shanghai Golden Grand Prix (Shanghai, CHN)																		
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																		
date	14-May-16	time	5.96	9.76	13.56	17.56	21.68		25.88	30.12	34.40	39.00	43.64		49.31	5 / 6		
reaction time	0.150	interval		3.80	3.80	4.00	4.12		4.20	4.24	4.28	4.60	4.64	5.67			11.60	12.56
		velocity	7.55	9.21	9.21	8.75	8.50		8.33	8.25	8.18	7.61	7.54	7.05	8.11		9.05	8.36
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	15	13	17.2	157.2			7.77

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Matsushita, Yuki (JPN) (1991)</b>																		
<b>FINAL</b> - 2016 Japanese National Championships (Nagoya, JPN)													<i>Morioka (2016) - race pattern of top 400m hurdlers in japan</i>					
date	24-Jun-16	time	6.09	9.93	13.80	17.72	21.74	25.93	30.25	34.75	39.32	43.96		49.31	6 / 2			
reaction time	0.169	interval		3.84	3.87	3.92	4.02	4.19	4.32	4.50	4.57	4.64	5.35			11.63	12.53	13.71
		velocity	7.39	9.11	9.04	8.93	8.71	8.35	8.10	7.78	7.66	7.54	7.48	8.11		9.03	8.38	7.66
H1 lead leg		strides		13	13	13	13	14	14	15	15	15		125				
<b>Jackson, Bershawn (USA) (1983)</b>																		
<b>FINAL</b> - 2018 Athletissima (Lausanne, SUI) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	05-Jul-18	time	5.60	9.44	13.44	17.52	21.64	25.72	29.84	34.12	38.60	43.40		49.31	8 / 6			
reaction time	0.129	interval		3.84	4.00	4.08	4.12	4.08	4.12	4.28	4.48	4.80	5.91			11.92	12.32	13.56
		velocity	8.04	9.11	8.75	8.58	8.50	8.58	8.50	8.18	7.81	7.29	6.77	8.11		8.81	8.52	7.74
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15		157				
<b>Abe, Takatoshi (JPN) (1991)</b>																		
<b>FINAL</b> - 2020 Seiko Golden Grand Prix (Tokyo, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>					
date	23-Aug-20	time	5.96	9.64	13.36	17.20	21.12	25.23	29.58	34.08	38.79	43.66		49.31	6 / 1			
reaction time	0.150	interval		3.68	3.72	3.84	3.92	4.11	4.35	4.50	4.71	4.87	5.65			11.24	12.38	14.08
		velocity	7.55	9.51	9.41	9.11	8.93	8.52	8.05	7.78	7.43	7.19	7.08	8.11		9.34	8.48	7.46
H1 lead leg		strides		13	13	13	13	13	14	14	15	15		123				
<b>Chen Chieh (TPE) (1992)</b>																		
<b>FINAL</b> - 2022 Michitaka Kinami Memorial (Osaka, JPN)													<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>					
date	01-May-22	time	5.97	9.64	13.41	17.27	21.22	25.51	29.93	34.47	39.16	43.96		49.31	7 / 2			
reaction time	0.171	interval		3.67	3.77	3.86	3.95	4.29	4.42	4.54	4.69	4.80	5.35			11.30	12.66	14.03
		velocity	7.54	9.54	9.28	9.07	8.86	8.16	7.92	7.71	7.46	7.29	7.48	8.11		9.29	8.29	7.48
H1 lead leg		strides		13	13	13	13	14	14	15	15	15		125				
<b>Bengtström, Carl (SWE) (2000)</b>																		
<b>FINAL</b> - 2022 Bislett Games (Oslo, NOR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	16-Jun-22	time	5.76	9.44	13.28	17.16	21.16	22.93	25.44	29.80	34.20	38.88	43.72		49.31	5 / 4		
reaction time	0.172	interval		3.68	3.84	3.88	4.00	4.28	4.36	4.40	4.68	4.84	5.59			11.40	12.64	13.92
		velocity	7.81	9.51	9.11	9.02	8.75	8.72	8.18	8.03	7.95	7.48	7.23	7.16	8.11	9.21	8.31	7.54
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	19.2	172.2				
<b>Drummond, Gerald (CRC) (1994)</b>																		
<b>Semi-Final 3</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	21-Aug-23	time	5.93	9.81		17.48	21.59		30.39	34.86		44.24		49.31	4 / 8			
reaction time	0.169	interval		3.88		7.67	4.11		8.80	4.47		9.38	5.07			11.55	12.91	13.85
		velocity	7.59	9.02		9.13	8.52		7.95	7.83		7.46	7.89	8.11		9.09	8.13	7.58
H1 lead leg	L	strides	21	14		14			16			18	83					
<b>Ackermann, Uwe (GDR) (1960)</b>																		
<b>Semi-Final 2</b> - 1982 European Championships (Athens, GRE)													<i>(1982) - XIII championnats d'Europe d'Atletisme, Athens 1982</i>					
date	07-Sep-82	time				21.5								49.32	1 / 1			
reaction time		interval																
		velocity				8.62								8.11				
H1 lead leg		strides																
<b>Goller, Thomas (GER) (1977)</b>																		
<b>Heat 1</b> - 2000 Olympic Games (Sydney, AUS)													<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>					
date	24-Sep-00	time	5.94	9.58	13.30	17.10	21.02	25.10	29.50	33.94	38.74	43.62		49.32	7 / 2			
reaction time	0.154	interval		3.64	3.72	3.80	3.92	4.08	4.40	4.44	4.80	4.88	5.70			11.16	12.40	14.12
		velocity	7.58	9.62	9.41	9.21	8.93	8.58	7.95	7.88	7.29	7.17	7.02	8.11		9.41	8.47	7.44
H1 lead leg		strides	21	13	13	13	13	13	14	14	15	15	19.2	163.2				
<b>Tinsley, Michael (USA) (1984)</b>																		
<b>Heat 4</b> - 2007 USATF National Championships (Indianapolis, IN)													<i>USATF Men's Hurdle Development (2007)</i>					
date	21-Jun-07	time	6.11	9.89	13.78	17.78	22.02	26.46	30.90	35.29	39.72	44.24		49.32	6 / 2			
reaction time		interval		3.78	3.89	4.00	4.24	4.44	4.44	4.39	4.43	4.52	5.08			11.67	13.12	13.34
		velocity	7.36	9.26	9.00	8.75	8.25	7.88	7.88	7.97	7.90	7.74	7.87	8.11		9.00	8.00	7.87
H1 lead leg	L	strides	21	13	13	13	14	14	14	14	14	15		145				
<b>Derevyagin, Aleksandr (RUS) (1979)</b>																		
<b>FINAL</b> - 2011 IAAF World Championships (Daegu, KOR)													<i>Behm (2011) - Le quatrache: Démus enfin!</i>					
date	01-Sep-11	time	6.0	9.7	13.7	17.6	21.6	25.8	30.2	34.6	39.0	43.7		49.32	2 / 8			
reaction time	0.187	interval		3.7	4.0	3.9	4.0	4.2	4.4	4.4	4.4	4.7	5.6			11.60	12.60	13.50
		velocity	7.50	9.46	8.75	8.97	8.75	8.33	7.95	7.95	7.95	7.45	7.12	8.11		9.05	8.33	7.78
H1 lead leg	L	strides	22	15	15	16	15	15	15	15	15	15	18	176				
<b>Abe, Takatoshi (JPN) (1991)</b>																		
<b>FINAL</b> - 2017 Japanese National Championships (Osaka, JPN)													<i>Morioka (2018) - Analysis of the race patterns of the top 400m hurdlers in Japan</i>					
date	24-Jun-17	time	6.01	9.71	13.53	17.37	21.39	25.54	29.98	34.50	39.17	43.91		49.32	1 / 1			
reaction time	0.193	interval		3.70	3.82	3.84	4.02	4.15	4.44	4.52	4.67	4.74	5.41			11.36	12.61	13.93
		velocity	7.49	9.46	9.16	9.11	8.71	8.43	7.88	7.74	7.49	7.38	7.39	8.11		9.24	8.33	7.54
H1 lead leg		strides		13	13	13	13	13	14	14	15	15		123				



														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Fredericks, Cornel (RSA) (1990)</b>														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</b> - 2017 Athletissima (Lausanne, SUI) (TV Analysis)														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	06-Jul-17	time	6.00	9.76	13.60	17.48	21.48		25.56	29.80	34.20	38.80	43.52		49.32	8 / 5														
reaction time	0.137	interval		3.76	3.84	3.88	4.00		4.08	4.24	4.40	4.60	4.72	5.80			11.48	12.32	13.72											
		velocity	7.50	9.31	9.11	9.02	8.75		8.58	8.25	7.95	7.61	7.42	6.90	8.11		9.15	8.52	7.65											
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	15	20	172															
<b>Peng Ming-Yang (TPE) (1998)</b>														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</b> - 2022 Michitaka Kinami Memorial (Osaka, JPN)														<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																
date	01-May-22	time	6.01	9.71	13.51	17.42	21.42		25.64	29.93	34.55	39.29	44.08		49.32	5 / 3														
reaction time	0.172	interval		3.70	3.80	3.91	4.00		4.22	4.29	4.62	4.74	4.79	5.24	PB		11.41	12.51	14.15											
		velocity	7.49	9.46	9.21	8.95	8.75		8.29	8.16	7.58	7.38	7.31	7.63	8.11		9.20	8.39	7.42											
H1 lead leg		strides	13	13	13	13	13		14	14	15	15	15	125																
<b>Akcam, Berke (TUR) (2002)</b>														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2</b> - 2024 European Athletics Championships (Roma, ITA)														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	09-Jun-24	time	5.84	9.63	13.47	17.38	21.39		25.52	29.86	34.47	39.20	43.91		49.32	4 / 1														
reaction time	0.161	interval		3.79	3.84	3.91	4.01		4.13	4.34	4.61	4.73	4.71	5.41			11.54	12.48	14.05											
		velocity	7.71	9.23	9.11	8.95	8.73		8.47	8.06	7.59	7.40	7.43	7.39	8.11		9.10	8.41	7.47											
H1 lead leg		strides												0																
<b>Bencosme, José Reynaldo (ITA) (199)</b>														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</b> - 2012 Italian National Championships (Napoli, ITA)														<i>FIDAL - Centro Studi &amp; Ricerche (2012) - www.youtube.com/watch?v=Jmz79eerIOs</i>																
date	08-Jul-12	time	6.20	10.00	13.93	17.93	21.97		26.05	30.36	34.75	39.24	43.91		49.33	6 / 1														
reaction time		interval		3.80	3.93	4.00	4.04		4.08	4.31	4.39	4.49	4.67	5.42	PB		11.73	12.43	13.55											
		velocity	7.26	9.21	8.91	8.75	8.66		8.58	8.12	7.97	7.80	7.49	7.38	8.11		8.95	8.45	7.75											
H1 lead leg		strides																												
<b>Barr, Thomas (IRL) (1992)</b>														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</b> - 2019 Meeting de Paris (Paris, FRA) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	24-Aug-19	time	5.92	9.68	13.52	17.42	21.40	23.1	25.58	30.04	34.58	39.34	44.04		49.32	1 / 7														
reaction time	0.148	interval		3.76	3.84	3.90	3.98		4.18	4.46	4.54	4.76	4.70	5.28			11.50	12.62	14.00											
		velocity	7.60	9.31	9.11	8.97	8.79	8.66	8.37	7.85	7.71	7.35	7.45	7.58	8.11		9.13	8.32	7.50											
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18	162															
<b>Mowatt, Kemar (JAM) (1995)</b>														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1</b> - 2019 IAAF World Championships (Doha, QAT)														<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>																
date	28-Sep-19	time	5.93	9.57	13.25	17.05	20.97		25.15	29.43	33.92	38.54	43.42		49.32	8 / 7														
reaction time	0.163	interval		3.64	3.68	3.80	3.92		4.18	4.28	4.49	4.62	4.88	5.90			11.12	12.38	13.99											
		velocity	7.59	9.62	9.51	9.21	8.93		8.37	8.18	7.80	7.58	7.17	6.78	8.11		9.44	8.48	7.51											
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	164																
<b>Kishimoto, Takayuki (JPN) (1990)</b>														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>A FINAL</b> - 2018 Shizuoka International Athletics Meeting (Fukuroi, JPN)														<i>Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018</i>																
date	03-May-18	time	5.89	9.68	13.53	17.50	21.55		25.74	30.16	34.70	39.29	43.98		49.33	1 / 2														
reaction time	0.170	interval		3.79	3.85	3.97	4.05		4.19	4.42	4.54	4.59	4.69	5.35			11.61	12.66	13.82											
		velocity	7.64	9.23	9.09	8.82	8.64		8.35	7.92	7.71	7.63	7.46	7.48	8.11		9.04	8.29	7.60											
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.2	164.2															
<b>Morale, Salvatore (ITA) (1938)</b>														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</b> - 1962 European Championships (Belgrad, YUG)														<i>Nett (1964) - Training des leichtathleten: Hürdenlauf, sprung, wurf, mehrkampf</i>																
date	14-Sep-62	time	6.0	9.9	14.0	18.0	22.1		26.4	30.8	35.2	39.5	44.1		49.2	1 / 1														
reaction time		interval		3.9	4.1	4.0	4.1		4.3	4.4	4.4	4.3	4.6	5.1	=WR		12.0	12.8	13.3											
		velocity	7.50	8.97	8.54	8.75	8.54		8.14	7.95	7.95	8.14	7.61	7.84	8.13		8.75	8.20	7.89											
H1 lead leg		strides																												
<b>Whitney, Ron (USA) (1942)</b>														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</b> - 1968 Olympic Games (Mexico City, MEX) (Altitude)														<i>Dessons (1982) - traite d'athletisme - volume 1: les courses</i>																
date	15-Oct-68	time	6.1	10.3	14.2	18.2	22.4	24.3	26.6	30.8	35.1	39.5	44.0		49.2	7 / 6														
reaction time		interval		4.20	3.90	4.00	4.20		4.20	4.20	4.30	4.40	4.50	5.20	(49.27)		12.10	12.60	13.20											
		velocity	7.38	8.33	8.97	8.75	8.33	8.23	8.33	8.33	8.14	7.95	7.78	7.69	8.13		8.68	8.33	7.95											
H1 lead leg	R	strides	21	13	13	13	13		13	13	15	15	15	144																
<b>Schubert, Rainer (FRG) (1941)</b>														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</b> - 1968 Olympic Games (Mexico City, MEX) (Altitude)														<i>Dessons (1982) - traite d'athletisme - volume 1: les courses</i>																
date	15-Oct-68	time	6.0	9.8	13.7	17.7	21.8	23.7	25.9	30.3	34.8	39.3	44.0		49.2	1 / 7														
reaction time		interval		3.80	3.90	4.00	4.10		4.10	4.40	4.50	4.50	4.70	5.20	(49.30)		11.70	12.60	13.70											
		velocity	7.50	9.21	8.97	8.75	8.54	8.44	8.54	7.95	7.78	7.78	7.45	7.69	8.13		8.97	8.33	7.66											
H1 lead leg	L	strides	21	13	13	13	13		13	15	15	15	15	17.2	163.2															
<b>Nallet, Jean-Claude (FRA) (1947)</b>														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</b> - 1971 European Championships (Helsinki, FIN)														<i>Behm (1995) - la tactique du 400 haies</i>																
date	12-Aug-71	time	6.0	10.0	13.8	17.6	21.6		25.7	29.9	34.4	38.9	43.5		49.2	1 / 1														
reaction time		interval		4.0	3.8	3.8	4.0		4.1	4.2	4.5	4.5	4.6	5.7	CR		11.60	12.30	13.60											
		velocity	7.50	8.75	9.21	9.21	8.75		8.54	8.33	7.78	7.78	7.61	7.02	8.13		9.05	8.54	7.72											
H1 lead leg		strides	19	13	13	13	13		13	13	15	15	15	142																

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Yoshikata, Masahira (JPN) (1982)</b>																		
<b>FINAL - 2009 Osaka Grand Prix (Osaka, JPN)</b>		<i>Yasuho (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																
date	09-May-09	time	6.06	9.85	13.75	17.66	21.76	25.91	30.25	34.62	39.16	43.83		49.34	1 / 4			
reaction time		interval		3.79	3.90	3.91	4.10	4.15	4.34	4.37	4.54	4.67	5.51			11.60	12.59	13.58
		velocity	7.43	9.23	8.97	8.95	8.54	8.43	8.06	8.01	7.71	7.49	7.26	8.11		9.05	8.34	7.73
H1 lead leg		strides	14	14	14	14		14	15	15	15	15		130				
<b>Jackson, Bershawn (USA) (1983)</b>																		
<b>Heat 2 - 2009 IAAF World Championships (Berlin, GER)</b>		<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	15-Aug-09	time	6.14	10.20	14.38	18.60	22.89	27.02	31.28	35.58	40.00	44.44		49.34	2 / 2			
reaction time	0.151	interval		4.06	4.18	4.22	4.29	4.13	4.26	4.30	4.42	4.44	4.90			12.46	12.68	13.16
		velocity	7.33	8.62	8.37	8.29	8.16	8.47	8.22	8.14	7.92	7.88	8.16	8.11		8.43	8.28	7.98
H1 lead leg		strides																
<b>Kechi, Henri (FRA) (1980)</b>																		
<b>FINAL - 2010 European Championships (Barcelona, ESP)</b>		<i>Behm (2010) - les haies bases</i>																
date	31-Jul-10	time	6.1	10.0	14.0	18.1	22.3	26.5	30.7	35.0	39.4	44.0		49.34	7 / 4			
reaction time	0.186	interval		3.90	4.00	4.10	4.20	4.20	4.20	4.30	4.40	4.60	5.34			12.00	12.60	13.30
		velocity	7.38	8.97	8.75	8.54	8.33	8.33	8.33	8.14	7.95	7.61	7.49	8.11		8.75	8.33	7.89
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	15	19.5	176.5				
<b>Barr, Thomas (IRL) (1992)</b>																		
<b>FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	01-Sep-16	time	6.04	9.80	13.68	17.60	21.72	25.84	30.20	34.64	39.28	44.00		49.34	4 / 6			
reaction time	0.174	interval		3.76	3.88	3.92	4.12	4.12	4.36	4.44	4.64	4.72	5.34			11.56	12.60	13.80
		velocity	7.45	9.31	9.02	8.93	8.50	8.50	8.03	7.88	7.54	7.42	7.49	8.11		9.08	8.33	7.61
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	15	15	18	162				
<b>Livingston, Isaiah (USA) (1998)</b>																		
<b>Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>		<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	25-Jun-21	time	6.13	10.00	13.90	18.00	22.20	26.47	30.77	35.13	39.60	44.10		49.34	8 / 3			
reaction time	0.247	interval		3.87	3.90	4.10	4.20	4.27	4.30	4.36	4.47	4.50	5.24			11.87	12.77	13.33
		velocity	7.34	9.04	8.97	8.54	8.33	8.20	8.14	8.03	7.83	7.78	7.63	8.11		8.85	8.22	7.88
H1 lead leg	L	strides	21	13	13	13	13	13	13	13	13	31	16.2	172.2				
<b>Warholm, Karsten (NOR) (1996)</b>																		
<b>Heat 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)</b>		<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	16-Jul-22	time	5.66	9.27	13.03	16.90	20.86	22.47	24.90	29.20	33.63	38.46	43.46		49.34	3 / 1		
reaction time	0.164	interval		3.61	3.76	3.87	3.96	4.04	4.30	4.43	4.83	5.00	5.88			11.24	12.30	14.26
		velocity	7.95	9.70	9.31	9.04	8.84	8.90	8.66	8.14	7.90	7.25	7.00	6.80	8.11	9.34	8.54	7.36
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	15	15	17.5	158.5			
<b>Naadokila, Moitalel Mpoke (KEN) (20)</b>																		
<b>Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)</b>		<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	17-Jul-22	time	9.90	14.03	18.07	22.27	24.10	26.53	30.93	35.43	39.90	44.37		49.34	1 / 6			
reaction time	0.149	interval		4.13	4.04	4.20	4.10	4.26	4.40	4.50	4.47	4.47	4.97			12.86	13.44	
		velocity	8.08	8.47	8.66	8.33	8.30	8.22	7.95	7.78	7.83	7.83	8.05	8.11		8.16	7.81	
H1 lead leg		strides		14	14	14	14	14	14	14	14	14	17	129				
<b>Fernández, Sergio (ESP) (1993)</b>																		
<b>Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)</b>		<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	10-Jun-24	time	5.84	9.53	13.42	17.33	21.38	25.54	29.86	34.37	39.06	43.82		49.34	4 / 5			
reaction time	0.163	interval		3.69	3.89	3.91	4.05	4.16	4.32	4.51	4.69	4.76	5.52			11.49	12.53	13.96
		velocity	7.71	9.49	9.00	8.95	8.64	8.41	8.10	7.76	7.46	7.35	7.25	8.11		9.14	8.38	7.52
H1 lead leg		strides											0					
<b>Robinson, Chris (USA) (2001)</b>																		
<b>Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)</b>		<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	28-Jun-24	time	5.91	9.58	13.32	17.14	20.97	22.72	25.01	29.44	34.06	38.87	43.64		49.34	5 / 2		
reaction time		interval		3.67	3.74	3.82	3.83	4.04	4.43	4.62	4.81	4.77	5.70			11.23	12.30	14.20
		velocity	7.61	9.54	9.36	9.16	9.14	8.80	8.66	7.90	7.58	7.28	7.34	7.02	8.11	9.35	8.54	7.39
H1 lead leg	R	strides	21	13	13	13	13	14	14	14	15	15	18.5	163.5				
<b>Bengtström, Carl (SWE) (2000)</b>																		
<b>Heat 1 - 2024 Olympic Games (Paris, FRA)</b>		<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	05-Aug-24	time	5.80	9.55	13.42	17.42	21.50	25.76	30.12	34.66	39.36	44.05		49.34	4 / 4			
reaction time	0.172	interval		3.75	3.87	4.00	4.08	4.26	4.36	4.54	4.70	4.69	5.29			11.62	12.70	13.93
		velocity	7.76	9.33	9.04	8.75	8.58	8.22	8.03	7.71	7.45	7.46	7.56	8.11		9.04	8.27	7.54
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	19	172				
<b>Mori, Fabrizio (ITA) (1969)</b>																		
<b>Heat 2 - 2000 Olympic Games (Sydney, AUS)</b>		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	24-Sep-00	time	6.22	10.06	13.94	17.86	21.94	26.06	30.12	34.86	39.38	43.98		49.35	5 / 1			
reaction time	0.162	interval		3.84	3.88	3.92	4.08	4.12	4.12	4.80	4.52	4.60	5.37			11.64		
		velocity	7.23	9.11	9.02	8.93	8.58	8.50	7.95	7.74	7.61	7.45	8.11			9.02		
H1 lead leg		strides	22	14	14	14	14	14	14	15	15	15	18.3	169.3				

Williams, Rhys (GBR) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2010 European Championships (Barcelona, ESP)																		
Arnold (2010) - 400mH planning and peaking																		
date	28-Jul-10	time	6.22	10.00	13.82	17.68	21.72	25.90	30.26	34.76	39.42	44.16		49.35	5 / 1			
reaction time	0.208	interval		3.78	3.82	3.86	4.04	4.18	4.36	4.50	4.66	4.74	5.19			11.46	12.58	13.90
		velocity	7.23	9.26	9.16	9.07	8.66	8.37	8.03	7.78	7.51	7.38	7.71	8.11		9.16	8.35	7.55
H1 lead leg	R	strides																
Rodger, Sebastian (GBR) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)																		
Henson (2020) - Athlete First: 2016 year end hurdle report																		
date	23-Jul-16	time	6.16	10.04	13.92	17.96	22.08	26.28	30.60	35.04	39.52	44.04		49.35	8 / 6			
reaction time	0.155	interval		3.88	3.88	4.04	4.12	4.20	4.32	4.44	4.48	4.52	5.31			11.80	12.64	13.44
		velocity	7.31	9.02	9.02	8.66	8.50	8.33	8.10	7.88	7.81	7.74	7.53	8.11		8.90	8.31	7.81
H1 lead leg	R	strides	22	14	14	14	14	14	14	15	15	15	18	169				
van Zyl, L.J. (RSA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)																		
Henson (2021) - Athlete First: 2017 year end hurdle report																		
date	13-May-17	time	5.88	9.64	13.52	17.52	21.60	25.80	30.16	34.60	39.12	43.76		49.35	7 / 2			
reaction time	0.155	interval		3.76	3.88	4.00	4.08	4.20	4.36	4.44	4.52	4.64	5.59			11.64	12.64	13.60
		velocity	7.65	9.31	9.02	8.75	8.58	8.33	8.03	7.88	7.74	7.54	7.16	8.11		9.02	8.31	7.72
H1 lead leg	L	strides	22	14	14	14	14	15	14	15	15	15	19	171				
Ishida, Yusuke (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Nambu Memorial (Sapporo, JPN)																		
(2017) - tfdata-store.com/2017/07/11/post-1019/																		
date	09-Jul-17	time	6.14	9.93	13.82	17.77	21.79	26.06	30.35	34.87	39.53	44.20		49.35	6 / 1			
reaction time		interval		3.79	3.89	3.95	4.02	4.27	4.29	4.52	4.66	4.67	5.15	PB		11.63	12.58	13.85
		velocity	7.33	9.23	9.00	8.86	8.71	8.20	8.16	7.74	7.51	7.49	7.77	8.11		9.03	8.35	7.58
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	18	164				
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)																		
Henson (2020) - Athlete First: 2018 year end hurdle report																		
date	07-Jun-18	time	5.88	9.60	13.36	17.20	21.28	23.1	25.48	30.00	34.44	39.08	43.80		49.35	8 / 6		
reaction time	0.142	interval		3.72	3.76	3.84	4.08	4.20	4.52	4.44	4.64	4.72	5.55			11.32	12.80	13.80
		velocity	7.65	9.41	9.31	9.11	8.58	8.66	8.33	7.74	7.88	7.54	7.42	7.21	8.11	9.28	8.20	7.61
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14	14	142				
Valliant, Ludvy (FRA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																		
Henson (2020) - Athlete First: 2020 year end hurdle report																		
date	14-Aug-20	time	5.84	9.47	13.35	17.32	21.39	25.66	30.06	34.53	39.20	43.98		49.35	6 / 4			
reaction time	0.173	interval		3.63	3.88	3.97	4.07	4.27	4.40	4.47	4.67	4.78	5.37			11.48	12.74	13.92
		velocity	7.71	9.64	9.02	8.82	8.60	8.20	7.95	7.83	7.49	7.32	7.45	8.11		9.15	8.24	7.54
H1 lead leg	R	strides	21	13	13	13	13	14	14	14	14	14	14	143				
Kendziera, Dave (USA) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																		
Henson (2020) - Athlete First: 2020 year end hurdle report																		
date	17-Sep-20	time	5.81	9.58	13.35	17.25	21.25	23.0	25.36	29.73	34.30	39.04	43.84		49.35	9 / 4		
reaction time	0.172	interval		3.77	3.77	3.90	4.00	4.11	4.37	4.57	4.74	4.80	5.51			11.44	12.48	14.11
		velocity	7.75	9.28	9.28	8.97	8.75	8.70	8.52	8.01	7.66	7.38	7.29	7.26	8.11	9.18	8.41	7.44
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	14	15	18.2	159.2				
Hyde, Jaheel (JAM) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)																		
Henson (2022) - Athlete First: 2022 year end hurdle report																		
date	05-Jun-22	time	5.67	9.23	12.90	16.67	20.50	22.22	24.67	28.97	33.50	38.27	43.37		49.35	8 / 5		
reaction time	0.150	interval		3.56	3.67	3.77	3.83	4.17	4.30	4.53	4.77	5.10	5.98			11.00	12.30	14.40
		velocity	7.94	9.83	9.54	9.28	9.14	9.00	8.39	8.14	7.73	7.34	6.86	6.69	8.11	9.55	8.54	7.29
H1 lead leg	L	strides	22	13	13	13	13	14	14	14	15	15	15	146				
Tsutsue, Kaito (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Seiko Golden Grand Prix (Yokohama, JPN)																		
Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season																		
date	21-May-23	time	6.01	9.69	13.46	17.37	21.49	25.68	29.90	34.37	39.04	43.86		49.35	9 / 4			
reaction time	0.219	interval		3.68	3.77	3.91	4.12	4.19	4.22	4.47	4.67	4.82	5.49	PB		11.36	12.53	13.96
		velocity	7.49	9.51	9.28	8.95	8.50	8.35	8.29	7.83	7.49	7.26	7.29	8.11		9.24	8.38	7.52
H1 lead leg	R	strides	21	13	13	13	14	14	14	14	15	15	18.5	164.5				
Kishimoto, Takayuki (JPN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Seiko Golden Grand Prix (Osaka, JPN)																		
Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018																		
date	20-May-18	time	5.85	9.54	13.33	17.22	21.24	25.44	29.91	34.51	39.13	43.88		49.36	5 / 2			
reaction time	0.140	interval		3.69	3.79	3.89	4.02	4.20	4.47	4.60	4.62	4.75	5.48			11.37	12.69	13.97
		velocity	7.69	9.49	9.23	9.00	8.71	8.33	7.83	7.61	7.58	7.37	7.30	8.10		9.23	8.27	7.52
H1 lead leg	R	strides	20	13	13	13	13	14	14	15	15	15	18.2	163.2				
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)																		
Henson (2022) - Athlete First: 2022 year end hurdle report																		
date	16-Jun-22	time	5.86	9.56	13.40	17.28	21.20	22.94	25.40	29.72	34.12	38.76	43.64		49.36	4 / 5		
reaction time	0.177	interval		3.70	3.84	3.88	3.92	4.20	4.32	4.40	4.64	4.88	5.72			11.42	12.44	13.92
		velocity	7.68	9.46	9.11	9.02	8.93	8.72	8.33	8.10	7.95	7.54	7.17	6.99	8.10	9.19	8.44	7.54
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	14	15	18	159				

PENG MING-YANG (TPE) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>B FINAL - 2023 Shizuoka International Meeting (Fukuoki, JPN)</b>																		
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																		
date	03-May-23	time	6.08	9.80	13.57	17.38	21.31	25.51	29.91	34.50	39.20	44.02		49.36	7 / 2			
reaction time	0.190	interval		3.72	3.77	3.81	3.93	4.20	4.40	4.59	4.70	4.82	5.34			11.30	12.53	14.11
		velocity	7.40	9.41	9.28	9.19	8.91	8.33	7.95	7.63	7.45	7.26	7.49	8.10		9.29	8.38	7.44
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	18	164				
Yoshikata, Masahira (JPN) (1982)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2004 Osaka Grand Prix (Osaka, JPN)</b>																		
<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>																		
date	08-May-04	time	5.86	9.71	13.65	17.69	21.84	26.08	30.32	34.64	39.16	43.86		49.37	1 / 5			
reaction time		interval		3.85	3.94	4.04	4.15	4.24	4.24	4.32	4.52	4.70	5.51	PB		11.83	12.63	13.54
		velocity	7.68	9.09	8.88	8.66	8.43	8.25	8.25	8.10	7.74	7.45	7.26	8.10		8.88	8.31	7.75
H1 lead leg		strides	14	14	14	14	15	15	15	15	15	15	131					
Hussein, Kariem (SUI) (1989)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2017 Bislett Games (Oslo, NOR) (TV Analysis)</b>																		
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																		
date	15-Jun-17	time	6.03	9.70	13.53	17.56	21.82	25.86	30.20	34.53	39.03	43.73		49.37	2 / 6			
reaction time	0.162	interval		3.67	3.83	4.03	4.15	4.24	4.34	4.33	4.50	4.70	5.64			11.53	12.64	13.53
		velocity	7.46	9.54	9.14	8.68	8.33	8.43	8.06	8.08	7.78	7.45	7.09	8.10		9.11	8.31	7.76
H1 lead leg	L	strides	20	13	13	13	13	14	14	14	14	15	17.2	133.2				
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2019 Prefontaine Classic (Stanford, CA) (TV Analysis)</b>																		
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	30-Jun-19	time	5.90	9.73	13.63	17.63	21.70	25.86	30.36	34.90	39.46	44.00		49.37	3 / 3			
reaction time	0.201	interval		3.83	3.90	4.00	4.07	4.16	4.50	4.54	4.56	4.54	5.37			11.73	12.73	13.64
		velocity	7.63	9.14	8.97	8.75	8.60	8.41	7.78	7.71	7.68	7.71	7.45	8.10		8.95	8.25	7.70
H1 lead leg	R	strides	20	14	13	13	13	13	14	14	14	14	17.5	145.5				
Bassitt, Trevor (USA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>																		
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																		
date	25-Jun-21	time	6.00	9.81	13.68	17.62	21.82	26.09	30.56	35.10	39.60	44.21		49.37	3 / 5			
reaction time	0.176	interval		3.81	3.87	3.94	4.20	4.27	4.47	4.54	4.50	4.61	5.16			11.62	12.94	13.65
		velocity	7.50	9.19	9.04	8.88	8.33	8.20	7.83	7.71	7.78	7.59	7.75	8.10		9.04	8.11	7.69
H1 lead leg	R	strides		13	13	13	13		13	14	13	14	17	123				
Drummond, Gerald (CRC) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)</b>																		
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																		
date	17-Jul-22	time	5.90	9.70	13.66	17.63	21.83	23.64	26.23	30.67	35.10	39.67	44.30		49.37	6 / 7		
reaction time	0.188	interval		3.80	3.96	3.97	4.20	4.40	4.44	4.43	4.57	4.63	5.07			11.73	13.04	13.63
		velocity	7.63	9.21	8.84	8.82	8.33	8.46	7.95	7.88	7.90	7.66	7.56	7.89	8.10	8.95	8.05	7.70
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	18	171				
Abuaku, Joshua (GER) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)</b>																		
<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																		
date	30-May-24	time	5.91	9.58	13.38	17.25	21.32	25.52		34.40	39.14	43.95		49.37	3 / 5			
reaction time	0.173	interval		3.67	3.80	3.87	4.07	4.20		8.88	4.74	4.81	5.42			11.34		
		velocity	7.61	9.54	9.21	9.04	8.60	8.33		7.88	7.38	7.28	7.38	8.10		9.26		
H1 lead leg	L	strides	20	13	13	13	13	13		15	15	15	115					
James-King, Malik (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
<b>FINAL - 2024 Memorial van Damme (Brussels, BEL)</b>																		
<i>Omega Timing (2023) - diamond league race analysis</i>																		
date	14-Sep-24	time	6.00	9.74	13.58	17.40	21.44	25.68	30.06	34.51	39.08	43.74		49.37	7 / 6			
reaction time	0.153	interval		3.74	3.84	3.82	4.04	4.24	4.38	4.45	4.57	4.66	5.63			11.70	12.66	13.68
		velocity	7.50	9.36	9.11	9.16	8.66	8.25	7.99	7.87	7.66	7.51	7.10	8.10		8.97	8.29	7.68
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	18	171				
Nylander, Sven (SWE) (1962)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 1986 European Championships (Stuttgart, FRG)</b>																		
<i>Behm (1995) - la tactique du 400 haies</i>																		
date	28-Aug-86	time	5.9	9.7	13.6	17.6	21.7	26.0	30.4	34.9	39.5	44.1		49.38	1 / 3			
reaction time		interval		3.8	3.9	4.0	4.1	4.3	4.4	4.5	4.6	4.6	5.28			11.70	12.80	13.70
		velocity	7.63	9.21	8.97	8.75	8.54	8.14	7.95	7.78	7.61	7.61	7.58	8.10		8.97	8.20	7.66
H1 lead leg		strides	20	13	13	13	13	13	13	13	14	14	139					
Nakamura, Akihiko (JPN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2012 Japanese National Championships (Osaka, JPN)</b>																		
<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>																		
date	09-Jun-12	time	6.09	9.96	14.01	18.15	22.34	26.63	30.98	35.42	40.01	44.49		49.38	6 / 2			
reaction time		interval		3.87	4.05	4.14	4.19	4.29	4.35	4.44	4.59	4.48	4.89	PB		12.06	12.83	13.51
		velocity	7.39	9.04	8.64	8.45	8.35	8.16	8.05	7.88	7.63	7.81	8.18	8.10		8.71	8.18	7.77
H1 lead leg	L	strides	21	13	13	13	13	14	14	14	15	15	18.2	163				
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2017 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)</b>																		
<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>																		
date	13-May-17	time	6.08	9.92	13.80	17.76	21.84	26.04	30.44	34.88	39.48	44.12		49.38	8 / 3			
reaction time	0.138	interval		3.84	3.88	3.96	4.08	4.20	4.40	4.44	4.60	4.64	5.26			11.68	12.68	13.68
		velocity	7.40	9.11	9.02	8.84	8.58	8.33	7.95	7.88	7.61	7.54	7.60	8.10		8.99	8.28	7.68
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14	17.5	159.5				

														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Dutch, Johnny (USA) (1989)</b>														<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
<b>Heat 1 - 2009 IAAF World Championships (Berlin, GER)</b>																														
date	15-Aug-09	time	5.95	9.65	13.50	17.39	21.43		25.66	29.93	34.35	38.91	43.67		49.38	6 / 3														
reaction time	0.165	interval		3.70	3.85	3.89	4.04		4.23	4.27	4.42	4.56	4.76	5.71			11.44	12.54	13.74											
		velocity	7.56	9.46	9.09	9.00	8.66		8.27	8.20	7.92	7.68	7.35	7.01	8.10		9.18	8.37	7.64											
H1 lead leg		strides																												
<b>Abe, Takatoshi (JPN) (1991)</b>														<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																
<b>FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)</b>																														
date	20-Sep-20	time	6.04	9.71	13.48	17.32	21.25		25.34	29.73	34.23	38.92	43.69		49.38	6 / 1														
reaction time	0.196	interval		3.67	3.77	3.84	3.93		4.09	4.39	4.50	4.69	4.77	5.69			11.28	12.41	13.96											
		velocity	7.45	9.54	9.28	9.11	8.91		8.56	7.97	7.78	7.46	7.34	7.03	8.10		9.31	8.46	7.52											
H1 lead leg		strides		13	13	13	13		13	14	14	15	15	123																
<b>Kishimoto, Takayuki (JPN) (1990)</b>														<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																
<b>FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)</b>																														
date	06-Jun-21	time	5.96	9.79	13.66	17.67	21.76		25.93	30.18	34.70	39.27	43.98		49.38	3 / 1														
reaction time		interval		3.83	3.87	4.01	4.09		4.17	4.25	4.52	4.57	4.71	5.40			11.71	12.51	13.80											
		velocity	7.55	9.14	9.04	8.73	8.56		8.39	8.24	7.74	7.66	7.43	7.41	8.10		8.97	8.39	7.61											
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.2	164.2															
<b>Müller, Vít (CZE) (1996)</b>														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
<b>Heat 1 - 2024 European Athletics Championships (Roma, ITA)</b>																														
date	09-Jun-24	time	5.92	9.64	13.56	17.45	21.47		25.57	29.94	34.48	39.21	44.01		49.38	6 / 2														
reaction time	0.196	interval		3.72	3.92	3.89	4.02		4.10	4.37	4.54	4.73	4.80	5.37			11.53	12.49	14.07											
		velocity	7.60	9.41	8.93	9.00	8.71		8.54	8.01	7.71	7.40	7.29	7.45	8.10		9.11	8.41	7.46											
H1 lead leg		strides																												
<b>Delgado, Jesús David (ESP) (1999)</b>														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
<b>Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)</b>																														
date	10-Jun-24	time	6.03	9.81	13.71	17.70	21.72		25.85	30.19	34.64	39.29	43.88		49.38	3 / 7														
reaction time	0.271	interval		3.78	3.90	3.99	4.02		4.13	4.34	4.45	4.65	4.59	5.50			11.67	12.49	13.69											
		velocity	7.46	9.26	8.97	8.77	8.71		8.47	8.06	7.87	7.53	7.63	7.27	8.10		9.00	8.41	7.67											
H1 lead leg		strides																												
<b>Bassitt, Trevor (USA) (1998)</b>														<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
<b>Heat 2 - 2024 Olympic Games (Paris, FRA)</b>																														
date	05-Aug-24	time	5.90	9.64	13.49	17.41	21.40		25.52	29.77	34.25	39.02	43.77		49.38	4 / 5														
reaction time	0.185	interval		3.74	3.85	3.92	3.99		4.12	4.25	4.48	4.77	4.75	5.61			11.51	12.36	14.00											
		velocity	7.63	9.36	9.09	8.93	8.77		8.50	8.24	7.81	7.34	7.37	7.13	8.10		9.12	8.50	7.50											
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	14	14	16.5	155.5															
<b>Agyekum, Emil (GER) (1999)</b>														<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
<b>Heat 3 - 2024 Olympic Games (Paris, FRA)</b>																														
date	05-Aug-24	time	6.07	9.84	13.59	17.42	21.36		25.50	29.86	34.51	39.23	44.08		49.38	9 / 4														
reaction time	0.207	interval		3.77	3.75	3.83	3.94		4.14	4.36	4.65	4.72	4.85	5.30			11.35	12.44	14.22											
		velocity	7.41	9.28	9.33	9.14	8.88		8.45	8.03	7.53	7.42	7.22	7.55	8.10		9.25	8.44	7.38											
H1 lead leg	L	strides	20	13	13	13	13		13	13			15	17.7	130.7															
<b>Mori, Fabrizio (ITA) (1969)</b>														<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																
<b>FINAL - 2001 European Championships (Bremen, GER)</b>																														
date	23-Jun-01	time	6.13	9.95	13.76	17.72	21.71		25.70	30.00	34.34	38.80	43.30		49.39	1 / 1														
reaction time		interval		3.82	3.81	3.96	3.99		3.99	4.30	4.34	4.46	4.50	6.09			11.59	12.28	13.30											
		velocity	7.34	9.16	9.19	8.84	8.77		8.77	8.14	8.06	7.85	7.78	6.57	8.10		9.06	8.55	7.89											
H1 lead leg		strides																												
<b>Kishimoto, Takayuki (JPN) (1990)</b>														<i>Morioka (2018) - Analysis of the race patterns of the top 400m hurdles in Japan</i>																
<b>FINAL - 2017 National Sport Festival (Matsuyama, JPN)</b>																														
date	07-Oct-17	time	5.84	9.54	13.41	17.41	21.51		25.78	30.08	34.60	39.27	44.01		49.39	1 / 1														
reaction time	0.149	interval		3.70	3.87	4.00	4.10		4.27	4.30	4.52	4.67	4.74	5.38			11.57	12.67	13.93											
		velocity	7.71	9.46	9.04	8.75	8.54		8.20	8.14	7.74	7.49	7.38	7.43	8.10		9.08	8.29	7.54											
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	125																
<b>Angela, Ramsey (NED) (1999)</b>														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
<b>FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)</b>																														
date	09-Sep-21	time	6.04				21.72	23.4	25.92	30.24		39.28	44.00		49.39	2 / 6														
reaction time	0.167	interval					15.68		4.20	4.32		9.04	4.72	5.39					13.76											
		velocity	7.45				8.93	8.55	8.33	8.10		7.74	7.42	7.42	8.10				7.63											
H1 lead leg	R	strides	22						15	15				18	70															
<b>Chen Chieh (TPE) (1992)</b>														<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																
<b>FINAL - 2022 Seiko Golden Grand Prix (Tokyo, JPN)</b>																														
date	08-May-22	time	5.96	9.61	13.35	17.15	21.15		25.43	29.88	34.38	39.08	43.94		49.39	9 / 3														
reaction time	0.178	interval		3.65	3.74	3.80	4.00		4.28	4.45	4.50	4.70	4.86	5.45			11.19	12.73	14.06											
		velocity	7.55	9.59	9.36	9.21	8.75		8.18	7.87	7.78	7.45	7.20	7.34	8.10		9.38	8.25	7.47											
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18	164															



															H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
<b>dos Santos, Alison Brendon (BRA) ( )</b>															<b>Heat 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)</b>													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date															16-Jul-22	time	5.70	9.37	13.13	16.93	20.96	22.65	25.07	29.50	34.10	38.93	43.90		49.41	5 / 1				
reaction time															0.157	interval	3.67	3.76	3.80	4.03		4.11	4.43	4.60	4.83	4.97	5.51				11.23	12.57	14.40	
																velocity	7.89	9.54	9.31	9.21	8.68	8.83	8.52	7.90	7.61	7.25	7.04	7.26	8.10			9.35	8.35	7.29
H1 lead leg															L	strides	20	13	12	12	12		12	13	13	14	14	16	151					
<b>Bertoncelli, Giacomo (ITA) (1999)</b>															<b>Heat 1 - 2024 European Athletics Championships (Roma, ITA)</b>													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>						
date															09-Jun-24	time	5.91	9.76	13.80	18.00	22.22		26.50	30.73	35.18	39.73	44.19		49.41	4 / 3				
reaction time															0.155	interval	3.85	4.04	4.20	4.22		4.28	4.23	4.45	4.55	4.46	5.22				12.09	12.73	13.46	
																velocity	7.61	9.09	8.66	8.33	8.29		8.18	8.27	7.87	7.69	7.85	7.66	8.10			8.68	8.25	7.80
H1 lead leg																strides												0						
<b>de Jesús, Mikael Antonio (POR) (199)</b>															<b>Heat 1 - 2024 European Athletics Championships (Roma, ITA)</b>													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>						
date															09-Jun-24	time	6.01	9.73	13.53	17.45	21.54		25.82	30.11	34.54	39.11	43.81		49.41	9 / 4				
reaction time															0.201	interval	3.72	3.80	3.92	4.09		4.28	4.29	4.43	4.57	4.70	5.60				11.44	12.66	13.70	
																velocity	7.49	9.41	9.21	8.93	8.56		8.18	8.16	7.90	7.66	7.45	7.14	8.10			9.18	8.29	7.66
H1 lead leg																strides												0						
<b>Bonvin, Julien (SUI) (1999)</b>															<b>Heat 2 - 2024 European Athletics Championships (Roma, ITA)</b>													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>						
date															09-Jun-24	time	5.78	9.44	13.15	17.01	21.04		25.29	29.82	34.37	39.11	43.91		49.41	3 / 2				
reaction time															0.188	interval	3.66	3.71	3.86	4.03		4.25	4.53	4.55	4.74	4.80	5.50				11.23	12.81	14.09	
																velocity	7.79	9.56	9.43	9.07	8.68		8.24	7.73	7.69	7.38	7.29	7.27	8.10			9.35	8.20	7.45
H1 lead leg																strides												0						
<b>Koike, Takayuki (JPN) (1984)</b>															<b>FINAL - 2010 Osaka Grand Prix (Osaka, JPN)</b>													<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>						
date															08-May-10	time	6.11	9.91	13.75	17.59	21.59		25.76	30.08	34.53	39.03	43.85		49.42	/ 3				
reaction time																interval	3.80	3.84	3.84	4.00		4.17	4.32	4.45	4.50	4.82	5.57				11.48	12.49	13.77	
																velocity	7.36	9.21	9.11	9.11	8.75		8.39	8.10	7.87	7.78	7.26	7.18	8.09			9.15	8.41	7.63
H1 lead leg																strides		14	14	14	14		15	15	15	15	15		131					
<b>Anderson, Jeshua (USA) (1989)</b>															<b>FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>													<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>						
date															10-Jul-16	time	6.00	9.67	13.45	17.35	21.39		25.49	29.73	34.13	38.74	43.58		49.42	8 / 6				
reaction time															0.191	interval	3.67	3.78	3.90	4.04		4.10	4.24	4.40	4.61	4.84	5.84	DQ			11.35	12.38	13.85	
																velocity	7.50	9.54	9.26	8.97	8.66		8.54	8.25	7.95	7.59	7.23	6.85	8.09			9.25	8.48	7.58
H1 lead leg															L	strides	20	13	13	13	13		13	13	13	14	14	17	156					
<b>Nozawa, Keisuke (JPN) (1991)</b>															<b>FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)</b>													<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>						
date															01-Sep-16	time	5.88	9.68	13.52	17.44	21.48		25.68	29.96	34.40	39.12	43.96		49.42	2 / 7				
reaction time															0.134	interval	3.80	3.84	3.92	4.04		4.20	4.28	4.44	4.72	4.84	5.46				11.56	12.52	14.00	
																velocity	7.65	9.21	9.11	8.93	8.66		8.33	8.18	7.88	7.42	7.23	7.33	8.09			9.08	8.39	7.50
H1 lead leg															L	strides	21	13	13	13	14		14	14	14	15	15	17.2	163.2					
<b>Oda, Masaya (JPN) (1995)</b>															<b>FINAL - 2019 National Sports Festival (Hitachinaka, JPN)</b>													<i>Enomoto (2019) - research on athlete performance and technique- 2019 data book</i>						
date															05-Oct-19	time	5.96	9.68	13.46	17.40	21.52		25.89	30.26	34.65	39.17	43.91		49.42	6 / 1				
reaction time															0.179	interval	3.72	3.78	3.94	4.12		4.37	4.37	4.39	4.52	4.74	5.51	PB			11.44	12.86	13.65	
																velocity	7.55	9.41	9.26	8.88	8.50		8.01	8.01	7.97	7.74	7.38	7.26	8.09			9.18	8.16	7.69
H1 lead leg																strides		14	14	14	14		15	15	15	15	15		131					
<b>Allen, CJ (USA) (1995)</b>															<b>FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)</b>													<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>						
date															30-May-24	time	5.84	9.51	13.18	16.98	20.95		25.12	29.33	33.87	38.60	43.51		49.42	4 / 6				
reaction time															0.154	interval	3.67	3.67	3.80	3.97		4.17	4.21	4.54	4.73	4.91	5.91				11.14	12.35	14.18	
																velocity	7.71	9.54	9.54	9.21	8.82		8.39	8.31	7.71	7.40	7.13	6.77	8.09			9.43	8.50	7.40
H1 lead leg															L	strides	21	13	13	13	13		14	14	15	15	15		146					
<b>Caristan, Stéphane (FRA) (1964)</b>															<b>FINAL - 1991 European Cup (Frankfurt, GER)</b>													<i>Federle (2003) - http://www.fgs.uni-halle.de</i>						
date															29-Jun-91	time	6.06	9.84	13.70	17.58	21.52		25.62	30.07	34.54	39.17	43.95		49.43	/ 2				
reaction time																interval	3.78	3.86	3.88	3.94		4.10	4.45	4.47	4.63	4.78	5.48				11.52	12.49	13.88	
																velocity	7.43	9.26	9.07	9.02	8.88		8.54	7.87	7.83	7.56	7.32	7.30	8.09			9.11	8.41	7.56
H1 lead leg																strides																		
<b>Copello, Yasmani (TUR) (1987)</b>															<b>FINAL - 2016 Prefontaine Classic (Eugene, OR) (TV Analysis)</b>													<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>						
date															28-May-16	time	6.00	9.84	13.72	17.76		26.16	30.40	34.32	39.52	44.20		49.43	1 / 5					
reaction time																interval	3.84	3.88	4.04		8.40	4.24	3.92	5.20	4.68	5.23					11.76	12.64	13.80	
																velocity	7.50	9.11	9.02	8.66		8.33	8.25	7.65	7.69	7.48	7.65	8.09				8.93	8.31	7.61
H1 lead leg															R	strides	20	13	13	13			13	12	16	14	17.5	131.5						

Culson, Javier (PUR) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2016 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)		Henson (2020) - Athlete First: 2016 year end hurdle report																	
date	16-Jun-16	time	5.80	9.53	13.20	17.07	21.16	25.43	29.77	34.17	38.83	43.70		49.43	5 / 1				
reaction time	0.184	interval		3.73	3.67	3.87	4.09	4.27	4.34	4.40	4.66	4.87	5.73			11.27	12.70	13.93	
		velocity	7.76	9.38	9.54	9.04	8.56	8.20	8.06	7.95	7.51	7.19	6.98	8.09		9.32	8.27	7.54	
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	14	14	17.2	156.2				
Clement, Kerron (USA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2017 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)		Henson (2021) - Athlete First: 2017 year end hurdle report																	
date	13-May-17	time	5.96	9.72	13.48	17.36	21.40	25.60	29.96	34.48	39.24	44.04		49.43	6 / 4				
reaction time	0.155	interval		3.76	3.76	3.88	4.04	4.20	4.36	4.52	4.76	4.80	5.39			11.40	12.60	14.08	
		velocity	7.55	9.31	9.31	9.02	8.66	8.33	8.03	7.74	7.35	7.29	7.42	8.09		9.21	8.33	7.46	
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	14	14	16.5	155.5				
Clement, Kerron (USA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)		Henson (2020) - Athlete First: 2018 year end hurdle report																	
date	21-Jul-18	time	5.88	9.68		21.40	25.60	29.96	34.56	39.24	44.00		49.43	6 / 6					
reaction time	0.205	interval		3.80		11.72	4.20	4.36	4.60	4.68	4.76	5.43						14.04	
		velocity	7.65	9.21		8.96	8.33	8.03	7.61	7.48	7.35	7.37	8.09					7.48	
H1 lead leg	R	strides	20	13		13	13	13	14	14	14	14	16.5	117.5					
Bailey, Aldrich (USA) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2022 USATF National Championships (Eugene, OR) (TV Analysis)		Henson (2022) - Athlete First: 2022 year end hurdle report																	
date	26-Jun-22	time	6.00	9.71	13.48	17.25	21.12	22.83	25.22	29.79	34.40	39.14	43.91		49.43	9 / 7			
reaction time		interval		3.71	3.77	3.77	3.87	4.10	4.57	4.61	4.74	4.77	5.52			11.25	12.54	14.12	
		velocity	7.50	9.43	9.28	9.28	9.04	8.76	8.54	7.66	7.59	7.38	7.34	7.25	8.09	9.33	8.37	7.44	
H1 lead leg	L	strides	21	13	13	12	12	13	13	14	13	14	14	139					
Smidt, Nick (NED) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2024 European Athletics Championships (Roma, ITA)		European Athletics (2024) - 2024 european athletics championships - results book																	
date	11-Jun-24	time	5.74	9.43	13.23	17.05	21.01	25.10	29.39	33.79	38.61	43.55		49.43	4 / 8				
reaction time	0.182	interval		3.69	3.80	3.82	3.96	4.09	4.29	4.40	4.82	4.94	5.88			11.31	12.34	14.16	
		velocity	7.84	9.49	9.21	9.16	8.84	8.56	8.16	7.95	7.26	7.09	6.80	8.09		9.28	8.51	7.42	
H1 lead leg	L	strides	21	13	13	13	13	14	14	14	15	15	18	150					
Smith, James (USA) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 1</b> - 2024 USA Olympic Trials (Eugene, OR)		USATF and Karmarush (2024) - USA Olympic trials results and race analysis																	
date	28-Jun-24	time	5.99	9.75	13.58	17.49	21.48	23.34	25.54	30.03	34.57	39.23	43.83		49.43	6 / 3			
reaction time		interval		3.76	3.83	3.91	3.99	4.06	4.49	4.54	4.66	4.60	5.60			11.50	12.54	13.80	
		velocity	7.51	9.31	9.14	8.95	8.77	8.57	8.62	7.80	7.71	7.51	7.61	7.14	8.09	9.13	8.37	7.61	
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	15	15	18	162				
Davis, Glenn (USA) (1934)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1960 Olympic Games (Rome, ITA)		Nett (1964) - Training des leichtathleten: Hürdenlauf, sprung, wurf, mehrkampf																	
date	02-Sep-60	time	5.9	9.9	14.0	18.2	22.4	24.0	26.7	31.1	35.6	40.0	44.5		49.3	6 / 1			
reaction time		interval		4.0	4.1	4.2	4.2	4.3	4.4	4.5	4.4	4.5	4.8	OR		12.3	12.9	13.4	
		velocity	7.63	8.75	8.54	8.33	8.33	8.33	8.14	7.95	7.78	7.95	7.78	8.33	8.11	(49.51)	8.54	8.14	7.84
H1 lead leg		strides																	
Schubert, Rainer (FRG) (1941)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 1</b> - 1968 Olympic Games (Mexico City, MEX) (Altitude)		Jonath (1969) - wie gerhard hennige trainiert																	
date	14-Oct-68	time	6.0	9.9	13.8	17.7	21.8	23.5	26.0	30.3	34.8	39.2	43.7		49.3	4			
reaction time		interval		3.9	3.9	3.9	4.1	4.2	4.3	4.5	4.4	4.5	5.6	(49.38)		11.70	12.60	13.40	
		velocity	7.50	8.97	8.97	8.97	8.54	8.51	8.33	8.14	7.78	7.95	7.78	7.14	8.11		8.97	8.33	7.84
H1 lead leg		strides																	
Rudolph, Christian (GDR) (1949)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1971 European Championships (Helsinki, FIN)		Behm (1995) - la tactique du 400 haies																	
date	12-Aug-71	time	6.0	10.0	13.9	17.7	21.7	25.7	29.9	34.4	38.9	43.5		49.3	2				
reaction time		interval		4.0	3.9	3.8	4.0	4.0	4.2	4.5	4.5	4.6	5.8	NR		11.70	12.20	13.60	
		velocity	7.50	8.75	8.97	9.21	8.75	8.75	8.33	7.78	7.78	7.61	6.90	8.11		8.97	8.61	7.72	
H1 lead leg		strides		15	15	15	15	15	15	15	15	15	15	135					
Gorban, Boris (RUS) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 2</b> - 2000 Olympic Games (Sydney, AUS)		Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																	
date	24-Sep-00	time	5.98	9.82	13.62	17.54	21.54	25.70		34.66	39.30	43.98		49.44	8 / 2				
reaction time	0.195	interval		3.84	3.80	3.92	4.00	4.16		8.96	4.64	4.68	5.46			11.56			
		velocity	7.53	9.11	9.21	8.93	8.75	8.41		7.81	7.54	7.48	7.33	8.09		9.08			
H1 lead leg		strides	20	13	13	13	13	13		13	14	14	17.8	130.8					
Narisako, Kenji (JPN) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2005 Japanese Championships (Tokyo, JPN)		Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers																	
date	04-Jun-05	time	6.06	9.86	13.76	17.73	21.83	26.15	30.49	35.06	39.58	44.18		49.44	2				
reaction time		interval		3.80	3.90	3.97	4.10	4.32	4.34	4.57	4.52	4.60	5.26			11.67	12.76	13.69	
		velocity	7.43	9.21	8.97	8.82	8.54	8.10	8.06	7.66	7.74	7.61	7.60	8.09		9.00	8.23	7.67	
H1 lead leg		strides		13	13	13	13			14	14	15	15	125					



		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Narisako, Kenji (JPN) (1984)</b>																		
<b>FINAL</b> - 2008 Shizuoka International Athletics Meeting (Fukuroi, JPN)																		
date	03-May-08	time	6.04	9.74	13.56	17.40	21.35	25.62	29.92	34.46	39.10	43.82		49.44	1 / 1			
reaction time		interval	3.70	3.82	3.84	3.95		4.27	4.30	4.54	4.64	4.72	5.62			11.36	12.52	13.90
		velocity	7.45	9.46	9.16	9.11	8.86	8.20	8.14	7.71	7.54	7.42	7.12	8.09		9.24	8.39	7.55
H1 lead leg		strides	13	13	13	13		14	14	15	15	15		125				
<b>Abe, Takatoshi (JPN) (1991)</b>																		
<b>FINAL</b> - 2018 Japanese National Championships (Yamaguchi, JPN)																		
date	23-Jun-18	time	5.98	9.65	13.39	17.24	21.21	25.33	29.80	34.40	39.10	43.87		49.44	7 / 2			
reaction time	0.201	interval	3.67	3.74	3.85	3.97		4.12	4.47	4.60	4.70	4.77	5.57			11.26	12.56	14.07
		velocity	7.53	9.54	9.36	9.09	8.82	8.50	7.83	7.61	7.45	7.34	7.18	8.09		9.33	8.36	7.46
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	15	15	18	161				
<b>Mowatt, Kemar (JAM) (1995)</b>																		
<b>Heat 2</b> - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																		
date	16-Jul-22	time	5.90	9.67	13.53	17.53	21.67	23.51	25.97	30.37	34.93	39.53	44.17		49.44	7 / 2		
reaction time	0.146	interval	3.77	3.86	4.00	4.14		4.30	4.40	4.56	4.60	4.64	5.27			11.63	12.84	13.80
		velocity	7.63	9.28	9.07	8.75	8.45	8.51	8.14	7.95	7.68	7.61	7.54	7.59	8.09	9.03	8.18	7.61
H1 lead leg	L	strides	21	13	13	13	13		14	14	14	14	15	17.2	161.2			
<b>Müller, Vít (CZE) (1996)</b>																		
<b>Heat 2</b> - 2024 Olympic Games (Paris, FRA)																		
date	05-Aug-24	time	5.91	9.57	13.29	17.09	21.02		25.15	29.50	34.18	39.03	43.88		49.44	2 / 6		
reaction time	0.150	interval	3.66	3.72	3.80	3.93		4.13	4.35	4.68	4.85	4.85	5.56			11.18	12.41	14.38
		velocity	7.61	9.56	9.41	9.21	8.91		8.47	8.05	7.48	7.22	7.22	7.19	8.09	9.39	8.46	7.30
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	15	17.2	158.2			
<b>Gavrilenko, Yevgeniy (URS) (1951)</b>																		
<b>FINAL</b> - 1976 Olympic Games (Montreal, CAN)																		
date	25-Jul-76	time	6.0	9.7	13.4	17.4	21.5		25.7	29.9	34.5	39.0	43.8		49.45	8 / 3		
reaction time		interval	3.70	3.70	4.00	4.10		4.20	4.20	4.60	4.50	4.80	5.65			11.40	12.50	13.90
		velocity	7.50	9.46	9.46	8.75	8.54		8.33	8.33	7.61	7.78	7.29	7.08	8.09	9.21	8.40	7.55
H1 lead leg	L	strides		13	13	13	13		13	15	15	15	15		125			
<b>Silva, Carlos (POR) (1974)</b>																		
<b>Semi-Final 2</b> - 1999 IAAF World Championships (Sevilla, ESP)																		
date	25-Aug-99	time	5.66	9.35	13.11	17.25	21.28		25.44	29.67	34.02	38.54	43.31		49.45	2 / 7		
reaction time	0.165	interval	3.69	3.76	4.14	4.03		4.16	4.23	4.35	4.52	4.77	6.14			11.59	12.42	13.64
		velocity	7.95	9.49	9.31	8.45	8.68		8.41	8.27	8.05	7.74	7.34	6.51	8.09	9.06	8.45	7.70
H1 lead leg	L	strides	20	13	13	15	14		14	15	15	15	20	169				
<b>Koike, Takayuki (JPN) (1984)</b>																		
<b>FINAL</b> - 2006 Seiko Super Grand Prix (Yokohama, JPN)																		
date	24-Sep-06	time	6.06	9.85	13.70	17.62	21.72		25.99	30.36	34.81	39.33	43.95		49.45	1 / 3		
reaction time		interval	3.79	3.85	3.92	4.10		4.27	4.37	4.45	4.52	4.62	5.50			11.56	12.74	13.59
		velocity	7.43	9.23	9.09	8.93	8.54		8.20	8.01	7.87	7.74	7.58	7.27	8.09	9.08	8.24	7.73
H1 lead leg		strides	14	14	14	14		15	15	15	15	15		131				
<b>Ferguson, Kenneth (USA) (1984)</b>																		
<b>FINAL</b> - 2007 IAAF World Athletics Final (Stuttgart, GER)																		
date	22-Sep-07	time	6.14	9.62	13.42	17.39	21.58		25.93	30.36	34.86	39.39	44.04		49.45	7 / 6		
reaction time	0.153	interval	3.48	3.80	3.97	4.19		4.35	4.43	4.50	4.53	4.65	5.41			11.25	12.97	13.68
		velocity	7.33	10.06	9.21	8.82	8.35		8.05	7.90	7.78	7.73	7.53	7.39	8.09	9.33	8.10	7.68
H1 lead leg		strides																
<b>Yoshida, Kazuaki (JPN) (1987)</b>																		
<b>Heat 2</b> - 2009 IAAF World Championships (Berlin, GER)																		
date	15-Aug-09	time	6.00	9.79	13.61	17.51	21.55		25.73	30.07	34.49	39.07	43.87		49.45	4 / 3		
reaction time	0.152	interval	3.79	3.82	3.90	4.04		4.18	4.34	4.42	4.58	4.80	5.58			11.51	12.56	13.80
		velocity	7.50	9.23	9.16	8.97	8.66		8.37	8.06	7.92	7.64	7.29	7.17	8.09	9.12	8.36	7.61
H1 lead leg		strides																
<b>Abe, Takatoshi (JPN) (1991)</b>																		
<b>FINAL</b> - 2021 Ready Steady Tokyo (Tokyo, JPN)																		
date	09-May-21	time	5.96	9.61	13.36	17.25	21.25		25.48	29.96	34.47	39.14	43.94		49.45	5 / 4		
reaction time	0.164	interval	3.65	3.75	3.89	4.00		4.23	4.48	4.51	4.67	4.80	5.51			11.29	12.71	13.98
		velocity	7.55	9.59	9.33	9.00	8.75		8.27	7.81	7.76	7.49	7.29	7.26	8.09	9.30	8.26	7.51
H1 lead leg		strides	13	13	13	13		13	14	14	15	15		123				
<b>Allen, CJ (USA) (1995)</b>																		
<b>Heat 2</b> - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																		
date	24-Jun-21	time	5.94	9.71	13.54	17.55	21.65		25.89	30.30	34.67	39.26	43.91		49.45	4 / 4		
reaction time	0.235	interval	3.77	3.83	4.01	4.10		4.24	4.41	4.37	4.59	4.65	5.54			11.61	12.75	13.61
		velocity	7.58	9.28	9.14	8.73	8.54		8.25	7.94	8.01	7.63	7.53	7.22	8.09	9.04	8.24	7.71
H1 lead leg	L	strides	13	13	13	13			14	14	15	15	18	128				

Watrín, Julien (BEL) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2023 Bislett Games (Oslo, NOR)															<i>Omega Timing (2023) - diamond league race analysis</i>			
date	15-Jun-23	time	5.80	9.44	13.24	17.10	21.04	25.21	29.58	34.10	38.87	43.71		49.45	1 / 8			
reaction time	0.209	interval		3.64	3.80	3.86	3.94	4.17	4.37	4.52	4.77	4.84	5.74			11.30	12.48	14.13
		velocity	7.76	9.62	9.21	9.07	8.88	8.39	8.01	7.74	7.34	7.23	6.97	8.09		9.29	8.41	7.43
H1 lead leg	R	strides	20			13	13	15			14	15		90				
Dean, Caleb (USA) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3</b> - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	27-Jun-24	time	5.82	9.42	13.09	16.88	20.68	22.45	24.77	29.17	33.85	38.79	43.61	49.45	8 / 1			
reaction time		interval		3.60	3.67	3.79	3.80	4.09	4.40	4.68	4.94	4.82	5.84			11.06	12.29	14.44
		velocity	7.73	9.72	9.54	9.23	9.21	8.91	8.56	7.95	7.48	7.09	7.26	6.85	8.09	9.49	8.54	7.27
H1 lead leg	R	strides	21	13	13	13	13	14	14	14	14	16	15	18	164			
Yamazaki, Kazuhiko (JPN) (1971)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1</b> - 1999 IAAF World Championships (Sevilla, ESP)															<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>			
date	25-Aug-99	time	5.69	9.44	13.24	17.16	21.22	25.38	29.70	34.21	38.75	43.47		49.46	4 / 7			
reaction time	0.172	interval		3.75	3.80	3.92	4.06	4.16	4.32	4.51	4.54	4.72	5.99			11.47	12.54	13.77
		velocity	7.91	9.33	9.21	8.93	8.62	8.41	8.10	7.76	7.71	7.42	6.68	8.09		9.15	8.37	7.63
H1 lead leg	L	strides	20	13	13	13	13	14	14	15	15	15	18	163				
Harris, Rickey (USA) (1981)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2</b> - 2007 USATF National Championships (Indianapolis, IN)															<i>USATF Men's Hurdle Development (2007)</i>			
date	21-Jun-07	time	6.02	9.93	13.85	17.85	21.97	26.28	30.63	35.11	39.71	44.41		49.46	6 / 3			
reaction time		interval		3.91	3.92	4.00	4.12	4.31	4.35	4.48	4.60	4.70	5.05			11.83	12.78	13.78
		velocity	7.48	8.95	8.93	8.75	8.50	8.12	8.05	7.81	7.61	7.45	7.92	8.09		8.88	8.22	7.62
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	15	15	157				
Bennett, LaRon (USA) (1982)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 4</b> - 2007 USATF National Championships (Indianapolis, IN)															<i>USATF Men's Hurdle Development (2007)</i>			
date	21-Jun-07	time	6.25	10.23	14.11	18.20	22.31	26.59	30.89	35.25	39.76	44.23		49.46	7 / 3			
reaction time		interval		3.98	3.88	4.09	4.11	4.28	4.30	4.36	4.51	4.47	5.23			11.95	12.69	13.34
		velocity	7.20	8.79	9.02	8.56	8.52	8.18	8.14	8.03	7.76	7.83	7.65	8.09		8.79	8.27	7.87
H1 lead leg	R	strides	22	14	14	14	14	15	16	15	15	15	15	154				
Hann, Mamadou Kasse (FRA) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2016 Meeting Paris (Saint-Denis, FRA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	27-Aug-16	time	6.08	9.92		17.76	21.76	25.88		34.60	39.28	44.08		49.46	1 / 7			
reaction time	0.115	interval		3.84		7.84	4.00	4.12		8.72	4.68	4.80	5.38			11.68		
		velocity	7.40	9.11		8.93	8.75	8.50		8.03	7.48	7.29	7.43	8.09		8.99		
H1 lead leg	R	strides	20	13		13	13	13		14	14	14	14	87				
McMaster, Kyron (IVB) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2018 Doha Diamond League (Doha, QAT) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	04-May-18	time	5.92	9.68	13.52	17.44	21.48	25.64	30.00	34.52	39.12	43.84		49.46	5 / 3			
reaction time	0.215	interval		3.76	3.84	3.92	4.04	4.16	4.36	4.52	4.60	4.72	5.62			11.52	12.56	13.84
		velocity	7.60	9.31	9.11	8.93	8.66	8.41	8.03	7.74	7.61	7.42	7.12	8.09		9.11	8.36	7.59
H1 lead leg	L	strides	21	13	13	13	13	14	14	14	14	14	17	146				
Kendziera, Dave (USA) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Prefontaine Classic (Stanford, CA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	30-Jun-19	time	5.73	9.50	13.43	17.43	21.46	25.70	30.10	34.66	39.30	43.97		49.46	7 / 4			
reaction time	0.247	interval		3.77	3.93	4.00	4.03	4.24	4.40	4.56	4.64	4.67	5.49			11.70	12.67	13.87
		velocity	7.85	9.28	8.91	8.75	8.68	8.25	7.95	7.68	7.54	7.49	7.29	8.09		8.97	8.29	7.57
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	14	15	15	127				
Lahoulou, Abdelmalik (ALG) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 IAAF World Championships (Doha, QAT)															<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>			
date	30-Sep-19	time	6.02	9.60	13.23	16.96	20.84	24.97	29.36	33.94	38.72	43.67		49.46	8 / 8			
reaction time	0.187	interval		3.58	3.63	3.73	3.88	4.13	4.39	4.58	4.78	4.95	5.79			10.94	12.40	14.31
		velocity	7.48	9.78	9.64	9.38	9.02	8.47	7.97	7.64	7.32	7.07	6.91	8.09		9.60	8.47	7.34
H1 lead leg	L	strides	22	13	13	13	13	14	14	15	15	15	18	165				
Garrett, LaBronze (USA) (1976)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2006 USATF National Championships (Indianapolis, IN)															<i>USATF Men's Hurdle Development (2006)</i>			
date	24-Jun-06	time	5.94	9.83	13.73	17.67	21.67	25.87	30.10	34.54	39.14	43.74		49.47	2 / 5			
reaction time		interval		3.89	3.90	3.94	4.00	4.20	4.23	4.44	4.60	4.60	5.73			11.73	12.43	13.64
		velocity	7.58	9.00	8.97	8.88	8.75	8.33	8.27	7.88	7.61	7.61	6.98	8.09		8.95	8.45	7.70
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	15	146				
Narisako, Kenji (JPN) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2008 Japanese National Championships (Kawasaki, JPN)															<i>Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers</i>			
date	27-Jun-08	time	6.02	9.77	13.61	17.46	21.43	25.50	29.84	34.28	38.88	43.72		49.47	1 / 2			
reaction time		interval		3.75	3.84	3.85	3.97	4.07	4.34	4.44	4.60	4.84	5.75			11.44	12.38	13.88
		velocity	7.48	9.33	9.11	9.09	8.82	8.60	8.06	7.88	7.61	7.23	6.96	8.09		9.18	8.48	7.56
H1 lead leg		strides		13	13	13	13	13	14	14	15	15	15	123				

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Li Zhilong (CHN) (1988)</b>																			
<b>FINAL</b> - 2011 Chinese National Championships (Hefei, CHN)		<i>Li (2008) - research on training characteristics of Li Zhilong's of Chinese men's 400m hurdles</i>																	
date	09-Sep-11	time	6.08	9.92	13.92	17.92	22.04	26.36	30.68	35.08	39.60	44.20		49.47	1 / 1				
reaction time		interval		3.84	4.00	4.00	4.12	4.32	4.32	4.40	4.52	4.60	5.27	<b>PB</b>		11.84	12.76	13.52	
		velocity	7.40	9.11	8.75	8.75	8.50	8.10	8.10	7.95	7.74	7.61	7.59	8.09		8.87	8.23	7.77	
H1 lead leg		strides	22	15	15	15	15	15	15	15	15	15	18	175					
<b>Hussein, Kariem (SUI) (1989)</b>																			
<b>FINAL</b> - 2016 Prefontaine Classic (Eugene, OR) (TV Analysis)		<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																	
date	28-May-16	time	6.00	9.80	13.72	17.72		26.04	30.20	34.08	39.32	44.08		49.47	8 / 6				
reaction time		interval		3.80	3.92	4.00		8.32	4.16	3.88	5.24	4.76	5.39			11.72	12.48	13.88	
		velocity	7.50	9.21	8.93	8.75		8.41	8.41	7.73	7.63	7.35	7.42	8.09		8.96	8.41	7.56	
H1 lead leg	L	strides	20	13	13	13		13	13	13	13	15	17.7	117.7					
<b>Matsushita, Yuki (JPN) (1991)</b>																			
<b>FINAL</b> - 2019 Japanese National Championships (Fukuoka, JPN)		<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>																	
date	29-Jun-19	time	6.09	9.84	13.74	17.70	21.71	25.93	30.25	34.75	39.31	43.99		49.47	6 / 3				
reaction time	0.161	interval		3.75	3.90	3.96	4.01	4.22	4.32	4.50	4.56	4.68	5.48			11.61	12.55	13.74	
		velocity	7.39	9.33	8.97	8.84	8.73	8.29	8.10	7.78	7.68	7.48	7.30	8.09		9.04	8.37	7.64	
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	19.2	165.2					
<b>Kendziera, Dave (USA) (1994)</b>																			
<b>FINAL</b> - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)		<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																	
date	23-Aug-20	time	5.68	9.46	13.30	17.28	21.34	23.1	25.50	29.78	34.24	38.94	43.68		49.47	7 / 5			
reaction time	0.170	interval		3.78	3.84	3.98	4.06		4.16	4.28	4.46	4.70	4.74	5.79		11.60	12.50	13.90	
		velocity	7.92	9.26	9.11	8.79	8.62	8.66	8.41	8.18	7.85	7.45	7.38	6.91	8.09		9.05	8.40	7.55
H1 lead leg	R	strides		13	13	13	13		13	13	13	14	14	18.5	124.5				
<b>Long, Corde (USA) (2002)</b>																			
<b>FINAL</b> - 2024 NCAA Championships (Eugene, OR) (TV Analysis)		<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																	
date	07-Jun-24	time	5.99	9.66	13.56	17.45	21.44		25.77	30.21	34.87	39.40	44.18		49.47	3 / 6			
reaction time		interval		3.67	3.90	3.89	3.99		4.33	4.44	4.66	4.53	4.78	5.29		11.46	12.76	13.97	
		velocity	7.51	9.54	8.97	9.00	8.77		8.08	7.88	7.51	7.73	7.32	7.56	8.09		9.16	8.23	7.52
H1 lead leg	L	strides	21	13	13	13	13		14	14	14	14	14	17	160				
<b>Taylor, Angelo (USA) (1978)</b>																			
<b>Heat 3</b> - 2000 Olympic Games (Sydney, AUS)		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	24-Sep-00	time	6.06	9.90	13.74	17.58	21.58		25.66	29.94	34.50	39.18	43.82		49.48	8 / 1			
reaction time	0.185	interval		3.84	3.84	3.84	4.00		4.08	4.28	4.56	4.68	4.64	5.66		11.52	12.36	13.88	
		velocity	7.43	9.11	9.11	9.11	8.75		8.58	8.18	7.68	7.48	7.54	7.07	8.08		9.11	8.50	7.56
H1 lead leg		strides	21	13	13	13	13		13	13	14	14	14	17.5	158.5				
<b>Rodrigues, Pedro (POR) (1971)</b>																			
<b>Semi-Final 1</b> - 2000 Olympic Games (Sydney, AUS)		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	25-Sep-00	time	6.06	9.98	13.98	17.98	21.98	23.50	26.02	30.38	34.86	39.42	44.10		49.48	1 / 7			
reaction time	0.162	interval		3.92	4.00	4.00	4.00		4.04	4.36	4.48	4.56	4.68	5.38		11.92	12.40	13.72	
		velocity	7.43	8.93	8.75	8.75	8.75	8.51	8.66	8.03	7.81	7.68	7.48	7.43	8.08		8.81	8.47	7.65
H1 lead leg		strides	21	13	13	13	13		13	14	14	15	15	144					
<b>van Zyl, L.J. (RSA) (1984)</b>																			
<b>Heat 4</b> - 2009 IAAF World Championships (Berlin, GER)		<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																	
date	15-Aug-09	time	5.98	9.79	13.67	17.64	21.66		25.83	30.26	34.78	39.43	44.18		49.48	3 / 2			
reaction time	0.171	interval		3.81	3.88	3.97	4.02		4.17	4.43	4.52	4.65	4.75	5.30		11.66	12.62	13.92	
		velocity	7.53	9.19	9.02	8.82	8.71		8.39	7.90	7.74	7.53	7.37	7.55	8.08		9.01	8.32	7.54
H1 lead leg		strides																	
<b>Greene, David (Dai) (GBR) (1986)</b>																			
<b>Semi-Final 1</b> - 2010 European Championships (Barcelona, ESP)		<i>Arnold (2010) - 400mH planning and peaking</i>																	
date	29-Jul-10	time	6.10	9.84	13.72	17.62	21.68		25.86	30.18	34.70	39.32	44.02		49.48	3 / 1			
reaction time	0.225	interval		3.74	3.88	3.90	4.06		4.18	4.32	4.52	4.62	4.70	5.46		11.52	12.56	13.84	
		velocity	7.38	9.36	9.02	8.97	8.62		8.37	8.10	7.74	7.58	7.45	7.33	8.08		9.11	8.36	7.59
H1 lead leg	R	strides																	
<b>Maeno, Kei (JPN) (1991)</b>																			
<b>FINAL</b> - 2017 Nambu Memorial (Sapporo, JPN)		<i>(2017) - tfdata-store.com/2017/07/11/post-1019/</i>																	
date	09-Jul-17	time	6.03	9.77	13.64	17.57	21.78		26.03	30.40	34.85	39.44	44.11		49.48	4 / 3			
reaction time		interval		3.74	3.87	3.93	4.21		4.25	4.37	4.45	4.59	4.67	5.37		11.54	12.83	13.71	
		velocity	7.46	9.36	9.04	8.91	8.31		8.24	8.01	7.87	7.63	7.49	7.45	8.08		9.10	8.18	7.66
H1 lead leg	R	strides	21	13	13	13	14		14	15	15	15	15	18.2	166.2				
<b>Clement, Kerron (USA) (1985)</b>																			
<b>FINAL</b> - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)		<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																	
date	31-May-18	time	5.88	9.64	13.44	17.40	21.44		25.68	30.04	34.52	39.08	43.96		49.48	6 / 6			
reaction time	0.159	interval		3.76	3.80	3.96	4.04		4.24	4.36	4.48	4.56	4.88	5.52		11.52	12.64	13.92	
		velocity	7.65	9.31	9.21	8.84	8.66		8.25	8.03	7.81	7.68	7.17	7.25	8.08		9.11	8.31	7.54
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	16.5	154.5				

Yamauchi, Hiromu (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 Japanese National Championships (Osaka, JPN)																		
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	26-Jun-21	time	6.09	10.01	13.95	17.93	21.97	26.08	30.28	34.67	39.24	43.96		49.48	6 / 4			
reaction time	0.217	interval		3.92	3.94	3.98	4.04	4.11	4.20	4.39	4.57	4.72	5.52			11.84	12.35	13.68
		velocity	7.39	8.93	8.88	8.79	8.66	8.52	8.33	7.97	7.66	7.42	7.25	8.08		8.87	8.50	7.68
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	19	169				
Akçam, Berke (TUR) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 5</b> - 2024 Olympic Games (Paris, FRA)																		
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																		
date	05-Aug-24	time	5.92	9.67	13.50	17.38	21.36	25.51	29.95	34.46	39.22	43.96		49.48	3 / 5			
reaction time	0.143	interval		3.75	3.83	3.88	3.98	4.15	4.44	4.51	4.76	4.74	5.52			11.46	12.57	14.01
		velocity	7.60	9.33	9.14	9.02	8.79	8.43	7.88	7.76	7.35	7.38	7.25	8.08		9.16	8.35	7.49
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	15	15	18.2	162.2				
Porter, Will (USA) (1973)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1996 USA Olympic Trials (Atlanta, GA)																		
<i>McNichols - Hurdle technique study through video analysis</i>																		
date	16-Jun-96	time	6.01	9.93	13.91	17.91	22.01	23.80	26.23	30.59	34.93	39.39	43.94		49.49	1 / 8		
reaction time		interval		3.92	3.98	4.00	4.10	4.22	4.36	4.34	4.46	4.55	5.55			11.90	12.68	13.35
		velocity	7.49	8.93	8.79	8.75	8.54	8.40	8.29	8.03	8.06	7.85	7.69	7.21	8.08	8.82	8.28	7.87
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	14	138					
Tateno, Tetsuya (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2012 Japanese National Championships (Osaka, JPN)																		
<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>																		
date	09-Jun-12	time	6.12	9.96	13.81	17.80	21.85	26.09	30.43	34.83	39.48	44.20		49.49	7 / 3			
reaction time		interval		3.84	3.85	3.99	4.05	4.24	4.34	4.40	4.65	4.72	5.29	=PB		11.68	12.63	13.77
		velocity	7.35	9.11	9.09	8.77	8.64	8.25	8.06	7.95	7.53	7.42	7.56	8.08		8.99	8.31	7.63
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	16	16	19.5	175				
Kishimoto, Takayuki (JPN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2014 Japanese National Championships (Fukushima, JPN)																		
<i>Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions</i>																		
date	08-Jun-14	time	5.89	9.64	13.53	17.52	21.62	25.89	30.28	34.75	39.32	44.01		49.49	4 / 1			
reaction time		interval		3.75	3.89	3.99	4.10	4.27	4.39	4.47	4.57	4.69	5.48			11.63	12.76	13.73
		velocity	7.64	9.33	9.00	8.77	8.54	8.20	7.97	7.83	7.66	7.46	7.30	8.08		9.03	8.23	7.65
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	18.5	165				
van Zyl, L.J. (RSA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 Doha Diamond League (Doha, QAT) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																		
date	05-May-17	time	5.96	9.83	13.70	17.80	21.96	26.16	30.53	34.90	39.43	44.06		49.49	8 / 3			
reaction time	0.156	interval		3.87	3.87	4.10	4.16	4.20	4.37	4.37	4.53	4.63	5.43			11.84	12.73	13.53
		velocity	7.55	9.04	9.04	8.54	8.41	8.33	8.01	8.01	7.73	7.56	7.37	8.08		8.87	8.25	7.76
H1 lead leg	L	strides	22	14	14	14	14	14	15	15	15	15	18.7	170.7				
Paul, Jacob (GBR) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 Müller's Anniversary Games (London, GBR) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																		
date	09-Jul-17	time	6.00	9.72	13.56	17.48	21.56	25.72	30.04	34.48	39.08	43.76		49.49	1 / 8			
reaction time	0.156	interval		3.72	3.84	3.92	4.08	4.16	4.32	4.44	4.60	4.68	5.73	PB		11.48	12.56	13.72
		velocity	7.50	9.41	9.11	8.93	8.58	8.41	8.10	7.88	7.61	7.48	6.98	8.08		9.15	8.36	7.65
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	150					
Preis, Constantin (GER) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																		
date	14-Aug-20	time	6.00	9.81	13.71	17.75	21.92	26.26	30.76	35.27	39.87	44.44		49.49	8 / 5			
reaction time	0.251	interval		3.81	3.90	4.04	4.17	4.34	4.50	4.51	4.60	4.57	5.05			11.75	13.01	13.68
		velocity	7.50	9.19	8.97	8.66	8.39	8.06	7.78	7.76	7.61	7.66	7.92	8.08		8.94	8.07	7.68
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	138					
Preis, Constantin (GER) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)																		
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																		
date	09-Jul-21	time	6.00	9.84	13.76	17.60	21.62	23.4	25.79	30.08	34.50	39.20	44.04		49.49	4 / 4		
reaction time	0.231	interval		3.84	3.96	3.98	4.00	4.32	4.37	4.60	4.58	4.67	5.23			11.60	12.48	13.96
		velocity	7.50	9.11	9.02	8.71	8.55	8.39	8.16	7.92	7.45	7.23	7.34	8.08		9.05	8.41	7.52
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	16	16	112					
Hale, Ja'Kwan (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
<b>FINAL</b> - 2024 NCAA Championships (Eugene, OR) (TV Analysis)																		
<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																		
date	07-Jun-24	time	6.05	9.78	13.74	17.72	21.72	26.04	30.41	35.01	39.59	44.26		49.49	2 / 7			
reaction time		interval		3.73	3.96	3.98	4.00	4.32	4.37	4.60	4.58	4.67	5.23			11.67	12.69	13.85
		velocity	7.44	9.38	8.84	8.79	8.75	8.10	8.01	7.61	7.64	7.49	7.65	8.08		9.00	8.27	7.58
H1 lead leg	R	strides	20	13	14	14	13	14	14	15	15	15	18	165				
Maritim, Joseph (KEN) (1968)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1</b> - 1988 Olympic Games (Seoul, KOR)																		
<i>Brüggenmann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																		
date	24-Sep-88	time	6.48	10.40	14.44	18.37	22.44	26.62	30.86	35.26	39.79	44.35		49.50	4 / 5			
reaction time	0.180	interval		3.92	4.04	3.93	4.07	4.18	4.24	4.40	4.53	4.56	5.15			11.89	12.49	13.49
		velocity	6.94	8.93	8.66	8.91	8.60	8.37	8.25	7.95	7.73	7.68	7.77	8.08		8.83	8.41	7.78
H1 lead leg		strides	22	15	15	13	13	15	13	15	15	15	18	169				

Fleischhauer, Georg (GER) (1988)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2011 Weltklasse in Biberach (Biberach, GER)															<i>Beck (2011) - 400-meter-hürdensprinter im aufschwung</i>			
date	28-Jun-11	time	6.30	10.16	14.06	18.02	22.04	26.26	30.58	35.00	39.64	44.26		49.50	1/2			
reaction time		interval		3.86	3.90	3.96	4.02	4.22	4.32	4.42	4.64	4.62	5.24			11.72	12.56	13.68
		velocity	7.14	9.07	8.97	8.84	8.71	8.29	8.10	7.92	7.54	7.58	7.63	8.08		8.96	8.36	7.68
H1 lead leg		strides	20	13	13	13	13	13	13	13	14	14		139				
Imazeki, Yuta (JPN) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2012 Japanese National Championships (Osaka, JPN)															<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>			
date	09-Jun-12	time	6.19	10.14	14.11	18.25	22.48	26.72	30.96	35.25	39.69	44.21		49.50	8/4			
reaction time		interval		3.95	3.97	4.14	4.23	4.24	4.24	4.29	4.44	4.52	5.29			12.06	12.71	13.25
		velocity	7.27	8.86	8.82	8.45	8.27	8.25	8.25	8.16	7.88	7.74	7.56	8.08		8.71	8.26	7.92
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	18.7	172				
Hann, Mamadou Kasse (FRA) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 Müller's Anniversary Games (London, GBR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	09-Jul-17	time	6.08	9.96	13.84	17.64	21.60	25.72	30.16	34.64	39.36	44.16		49.50	3/9			
reaction time	0.151	interval		3.88	3.88	3.80	3.96	4.12	4.44	4.48	4.72	4.80	5.34			11.56	12.52	14.00
		velocity	7.40	9.02	9.02	9.21	8.84	8.50	7.88	7.81	7.42	7.29	7.49	8.08		9.08	8.39	7.50
H1 lead leg	L	strides	21	14	14	13	13	13	14	14	15	14		145				
Hann, Mamadou Kasse (FRA) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2018 Bislett Games (Oslo, NOR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	07-Jun-18	time	5.92	9.72		21.48	23.3	25.68	30.08	34.48	39.16	43.96		49.50	2/7			
reaction time	0.159	interval		3.80		11.76		4.20	4.40	4.40	4.68	4.80	5.54					13.88
		velocity	7.60	9.21		8.93	8.58	8.33	7.95	7.95	7.48	7.29	7.22	8.08				7.56
H1 lead leg	L	strides	21	13				14	14	14	14	15	17	122				
Hemeida, Bassem (QAT) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	20-Aug-23	time	6.03	9.93	13.90	17.73	21.66	25.83	30.23	34.72	39.47	44.20		49.50	2/3			
reaction time	0.156	interval		3.90	3.97	3.83	3.93	4.17	4.40	4.49	4.75	4.73	5.30			11.70	12.50	13.97
		velocity	7.46	8.97	8.82	9.14	8.91	8.39	7.95	7.80	7.37	7.40	7.55	8.08		8.97	8.40	7.52
H1 lead leg	R	strides	21	13	13	13	14	14	14	14	14	14	17	161				
Sibilio, Alessandro (ITA) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	20-Aug-23	time	6.10	10.06	13.93	17.86	21.74	25.86	30.30	34.83	39.39	44.06		49.50	5/4			
reaction time	0.178	interval		3.96	3.87	3.93	3.88	4.12	4.44	4.53	4.56	4.67	5.44			11.76	12.44	13.76
		velocity	7.38	8.84	9.04	8.91	9.02	8.50	7.88	7.73	7.68	7.49	7.35	8.08		8.93	8.44	7.63
H1 lead leg	R	strides	21	13	13	13	13	13	15	15	15	15	18	164				
Hemeida, Bassem (QAT) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	21-Aug-23	time	5.96	9.80	13.63	17.36	21.26	25.50	29.83	34.40	39.06	43.97		49.50	4/7			
reaction time	0.172	interval		3.84	3.83	3.73	3.90	4.24	4.33	4.57	4.66	4.91	5.53			11.40	12.47	14.14
		velocity	7.55	9.11	9.14	9.38	8.97	8.25	8.08	7.66	7.51	7.13	7.23	8.08		9.21	8.42	7.43
H1 lead leg	R	strides	21	13	14	13	13	14	14	14	14	15	17.7	148.7				
Mužik, Jiri (CZE) (1976)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1997 IAAF World Championships (Athens, GRE)															<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>			
date	04-Aug-97	time	6.02	9.78	13.62	17.58	21.80	26.12	30.42	34.92	39.52	44.14		49.51	2/8			
reaction time	0.179	interval		3.76	3.84	3.96	4.22	4.32	4.30	4.50	4.60	4.62	5.37	NR		11.56	12.84	13.72
		velocity	7.48	9.31	9.11	8.84	8.29	8.10	8.14	7.78	7.61	7.58	7.45	8.08		9.08	8.18	7.65
H1 lead leg		strides																
Brazell, Bennie (USA) (1982)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2004 Olympic Games (Athina, GRE)															<i>Behm (2005) - Athènes 2004: Les Haies Basses</i>			
date	26-Aug-04	time	6.0	9.6	13.3	17.1	21.1	25.2	29.4	33.7	38.3	43.1		49.51	8/8			
reaction time	0.390	interval		3.6	3.7	3.8	4.0	4.1	4.2	4.3	4.6	4.8	6.41			11.10	12.30	13.70
		velocity	7.50	9.72	9.46	9.21	8.75	8.54	8.33	8.14	7.61	7.29	6.24	8.08		9.46	8.54	7.66
H1 lead leg	L	strides	22	13	13	13	14	14	14	15	15	16		149				
Culson, Javier (PUR) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2016 Prefontaine Classic (Eugene, OR) (TV Analysis)															<i>(H8 5m short) Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	28-May-16	time	5.88	9.60	13.40	17.40	21.56	25.80	30.16	33.96	39.28	44.08		49.51	2/7			
reaction time		interval		3.72	3.80	4.00	4.16	4.24	4.36	3.80	5.32	4.80	5.43			11.52	12.76	13.92
		velocity	7.65	9.41	9.21	8.75	8.41	8.25	8.03	7.89	7.52	7.29	7.37	8.08		9.11	8.23	7.54
H1 lead leg	L	strides	20	13	13	13	13	13		11	16	14	17	143				
Jackson, Bershawn (USA) (1983)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 USATF Championships (Sacramento, CA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	25-Jun-17	time	5.79	9.69	13.79	17.93	22.14		30.31	34.58	39.03	43.83		49.51	1/8			
reaction time		interval		3.90	4.10	4.14	4.21		8.17	4.27	4.45	4.80	5.68			12.14	12.38	13.52
		velocity	7.77	8.97	8.54	8.45	8.31		8.57	8.20	7.87	7.29	7.04	8.08		8.65	8.48	7.77
H1 lead leg	L	strides	22	15		15				15	15	17	19.2	133.2				

Nozawa, Keisuke (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2019 Japanese National Championships (Fukuoka, JPN)													<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>						
date	29-Jun-19	time	5.99	9.68	13.53	17.52	21.60	25.76	30.10	34.53	39.21	43.98		49.51	4 / 4				
reaction time	0.179	interval		3.69	3.85	3.99	4.08	4.16	4.34	4.43	4.68	4.77	5.53			11.53	12.58	13.88	
		velocity	7.51	9.49	9.09	8.77	8.58	8.41	8.06	7.90	7.48	7.34	7.23	8.08		9.11	8.35	7.56	
H1 lead leg	L	strides	21	13	13	14	14	14	14	14	15	15	19	166					
James-King, Malik (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	
<b>FINAL</b> - 2024 Prefontaine Classic (Eugene, OR)													<i>Omega Timing (2024) - diamond league race analysis</i>						
date	25-May-24	time	6.07	10.00	14.03	18.06	22.19	26.40	30.68	35.09	39.66	44.20		49.51	3 / 5				
reaction time	0.144	interval		3.93	4.03	4.03	4.13	4.21	4.28	4.41	4.57	4.54	5.31			11.99	12.62	13.52	
		velocity	7.41	8.91	8.68	8.68	8.47	8.31	8.18	7.94	7.66	7.71	7.53	8.08		8.76	8.32	7.77	
H1 lead leg	L	strides	23	15	15	14	15	15	15	15	15	15	142						
Diagana, Stéphane (FRA) (1969)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 3</b> - 2002 European Championships (Munich, GER)													<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>						
date	07-Aug-02	time	6.06	9.86	13.71	17.60	21.50	25.75	30.24	34.88	39.15	44.35		49.52	1 / 1				
reaction time		interval		3.80	3.85	3.89	3.90	4.25	4.49	4.64	4.27	5.20	5.17			11.54	12.64	14.11	
		velocity	7.43	9.21	9.09	9.00	8.97	8.24	7.80	7.54	8.20	6.73	7.74	8.08		9.10	8.31	7.44	
H1 lead leg		strides																	
Yoshikata, Masahira (JPN) (1982)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2005 Osaka Grand Prix (Osaka, JPN)													<i>Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers</i>						
date	07-May-05	time	5.99	9.69	13.54	17.49	21.58	25.90	30.32	34.82	39.36	44.00		49.52	1 / 6				
reaction time		interval		3.70	3.85	3.95	4.09	4.32	4.42	4.50	4.54	4.64	5.52			11.50	12.83	13.68	
		velocity	7.51	9.46	9.09	8.86	8.56	8.10	7.92	7.78	7.71	7.54	7.25	8.08		9.13	8.18	7.68	
H1 lead leg		strides	14	14	14	14	15	15	15	15	15	15	131						
Buckley, Markino (JAM) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2008 IAAF World Athletics Final (Stuttgart, GER)													<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>						
date	13-Sep-08	time	6.29	10.11	13.99	17.87	21.90	26.09	30.49	34.94	39.48	44.11		49.52	1 / 4				
reaction time	0.276	interval		3.82	3.88	3.88	4.03	4.19	4.40	4.45	4.54	4.63	5.41			11.58	12.62	13.62	
		velocity	7.15	9.16	9.02	9.02	8.68	8.35	7.95	7.87	7.71	7.56	7.39	8.08		9.07	8.32	7.71	
H1 lead leg		strides																	
Green, Jack (GBR) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2018 Athletissima (Lausanne, SU) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	05-Jul-18	time	6.00	9.80	13.76		21.80	25.96	30.32		39.44	44.12		49.52	1 / 7				
reaction time	0.172	interval		3.80	3.96		8.04	4.16	4.36		9.12	4.68	5.40					13.80	
		velocity	7.50	9.21	8.84		8.71	8.41	8.03		7.68	7.48	7.41	8.08				7.61	
H1 lead leg	R	strides	22	14	14		14	14	14		15	15	18.2	140.2					
Nozawa, Keisuke (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>A FINAL</b> - 2019 Kinami Memorial (Osaka, JPN)													<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>						
date	06-May-19	time	6.04	9.79	13.61	17.45	21.47	25.53	29.76	34.18	38.84	43.76		49.52	8 / 1				
reaction time		interval		3.75	3.82	3.84	4.02	4.06	4.23	4.42	4.66	4.92	5.76			11.41	12.31	14.00	
		velocity	7.45	9.33	9.16	9.11	8.71	8.62	8.27	7.92	7.51	7.11	6.94	8.08		9.20	8.53	7.50	
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	19	169					
Watrin, Julien (BEL) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 1</b> - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	17-Jul-22	time	5.87	9.57	13.40	17.26	21.20	23.08	25.33	29.53	34.00	38.73	43.60		49.52	3 / 3			
reaction time	0.186	interval		3.70	3.83	3.86	3.94	4.13	4.20	4.47	4.73	4.87	5.92			11.39	12.27	14.07	
		velocity	7.67	9.46	9.14	9.07	8.88	8.67	8.47	8.33	7.83	7.40	7.19	6.76	8.08	9.22	8.56	7.46	
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	18.7	164.7					
Bassitt, Trevor (USA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2023 Doha Diamond League (Doha, QAT)													<i>Omega Timing (2023) - diamond league race analysis</i>						
date	05-May-23	time	5.89	9.67	13.54	17.50	21.57	25.77	30.13	34.61	39.32	43.99		49.52	7 / 5				
reaction time	0.158	interval		3.78	3.87	3.96	4.07	4.20	4.36	4.48	4.71	4.67	5.53			11.61	12.63	13.86	
		velocity	7.64	9.26	9.04	8.84	8.60	8.33	8.03	7.81	7.43	7.49	7.23	8.08		9.04	8.31	7.58	
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	14	20	158					
Ogawa, Daiki (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2023 Japanese National Championships (Osaka, JPN)													<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>						
date	03-Jun-23	time	6.06	9.93	13.87	17.90	22.04	26.28	30.58	35.07	39.66	44.33		49.52	3 / 1				
reaction time	0.170	interval		3.87	3.94	4.03	4.14	4.24	4.30	4.49	4.59	4.67	5.19	PB		11.84	12.68	13.75	
		velocity	7.43	9.04	8.88	8.68	8.45	8.25	8.14	7.80	7.63	7.49	7.71	8.08		8.87	8.28	7.64	
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	20	172					
Barr, Thomas (IRL) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2023 FBK Games (Hengelo, NED)													<i>Omega Timing (2023) - continental tour race analysis</i>						
date	04-Jun-23	time	5.95	9.76	13.60	17.50	21.50	25.73	30.15	34.76	39.45	44.11		49.52	2 / 5				
reaction time	0.167	interval		3.81	3.84	3.90	4.00	4.23	4.42	4.61	4.69	4.66	5.41			11.55	12.65	13.96	
		velocity	7.56	9.19	9.11	8.97	8.75	8.27	7.92	7.59	7.46	7.51	7.39	8.08		9.09	8.30	7.52	
H1 lead leg	L	strides	20	13									14	14	17.7	78.7			

Thid, David (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	
<b>Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)</b>			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																	
date	10-Jun-24	time	5.86	9.63	13.63	17.66	21.73		25.91	30.19	34.65	39.31	43.91		49.52	2 / 8				
reaction time	0.150	interval		3.77	4.00	4.03	4.07		4.18	4.28	4.46	4.66	4.60	5.61				11.80	12.53	13.72
		velocity	7.68	9.28	8.75	8.68	8.60		8.37	8.18	7.85	7.51	7.61	7.13	8.08			8.90	8.38	7.65
H1 lead leg		strides													0					
Chalmers, Alastair (GBR) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2024 London Athletics Meet (London, GBR)</b>			<i>Omega Timing (2024) - diamond league race analysis</i>																	
date	20-Jul-24	time	5.86	9.61	13.44	17.33	21.30		25.51	29.86	34.46	39.16	43.88		49.52	2 / 8				
reaction time	0.153	interval		3.75	3.83	3.89	3.97		4.21	4.35	4.60	4.70	4.72	5.64				11.47	12.53	14.02
		velocity	7.68	9.33	9.14	9.00	8.82		8.31	8.05	7.61	7.45	7.42	7.09	8.08			9.15	8.38	7.49
H1 lead leg	L	strides	20	13	13	13	13				15			18	105					
Douglas, Matt (GBR) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 3 - 2000 Olympic Games (Sydney, AUS)</b>			<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	15-Sep-00	time	5.86	9.50	13.22	16.98	20.90	22.50	24.98	29.34	33.86	38.62	43.20		49.53	8 / 6				
reaction time	0.177	interval		3.64	3.72	3.76	3.92		4.08	4.36	4.52	4.76	4.58	6.33				11.12	12.36	13.86
		velocity	7.68	9.62	9.41	9.31	8.93	8.89	8.58	8.03	7.74	7.35	7.64	6.32	8.08			9.44	8.50	7.58
H1 lead leg		strides	21	13	13	13	13		14	14	15	15	15	19.5	165.5					
Mashchenko, Ruslan (RUS) (1971)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2001 European Championships (Bremen, GER)</b>			<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																	
date	23-Jun-01	time	6.08	9.90	13.76	17.62	21.62		25.70	30.04	34.46	39.14	43.92		49.53	1 / 4				
reaction time		interval		3.82	3.86	3.86	4.00		4.08	4.34	4.42	4.68	4.78	5.61				11.54	12.42	13.88
		velocity	7.40	9.16	9.07	9.07	8.75		8.58	8.06	7.92	7.48	7.32	7.13	8.08			9.10	8.45	7.56
H1 lead leg		strides																		
Yoshikata, Masahira (JPN) (1982)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2007 Japanese National Championships (Osaka, JPN)</b>			<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>																	
date	30-Jun-07	time	6.02	9.79	13.73	17.75	21.85		26.07	30.44	34.84	39.38	44.05		49.53	1 / 3				
reaction time		interval		3.77	3.94	4.02	4.10		4.22	4.37	4.40	4.54	4.67	5.48				11.73	12.69	13.61
		velocity	7.48	9.28	8.88	8.71	8.54		8.29	8.01	7.95	7.71	7.49	7.30	8.08			8.95	8.27	7.71
H1 lead leg		strides		14	14	14	14		14	15	15	15	15	130						
Narisako, Kenji (JPN) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2009 Japanese National Championships (Hiroshima, JPN)</b>			<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																	
date	27-Jun-09	time	6.02	9.76	13.53	17.38	21.33		25.56	29.90	34.37	39.02	43.86		49.53	6 / 1				
reaction time		interval		3.74	3.77	3.85	3.95		4.23	4.34	4.47	4.65	4.84	5.67				11.36	12.52	13.96
		velocity	7.48	9.36	9.28	9.09	8.86		8.27	8.06	7.83	7.53	7.23	7.05	8.08			9.24	8.39	7.52
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	125						
Barr, Thomas (IRL) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)</b>			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																	
date	07-Jun-18	time	5.96	9.72			21.52	23.4	25.84	30.24	34.80	39.48	44.16		49.53	1 / 8				
reaction time	0.197	interval		3.76			11.80		4.32	4.40	4.56	4.68	4.68	5.37					13.92	
		velocity	7.55	9.31			8.90	8.55	8.10	7.95	7.68	7.48	7.48	7.45	8.08				7.54	
H1 lead leg	L	strides	21	13					14	14	14	14	15	18	123					
Harvey, Jonathan (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	25-Jun-21	time	5.93	9.67	13.54	17.55	21.69		26.16	30.63	35.23	39.77	44.34		49.53	7 / 6				
reaction time	0.140	interval		3.74	3.87	4.01	4.14		4.47	4.47	4.60	4.54	4.57	5.19				11.62	13.08	13.71
		velocity	7.59	9.36	9.04	8.73	8.45		7.83	7.83	7.61	7.71	7.66	7.71	8.08			9.04	8.03	7.66
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	17.2	163.2					
Angela, Ramsey (NED) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2021 Memorial van Damme (Brussels, BEL) (TV Analysis)</b>			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	03-Sep-21	time	6.08	9.96	13.80	17.84	21.92	23.7	26.12	30.44	34.88	39.48	44.24		49.53	2 / 6				
reaction time	0.197	interval		3.88	3.84	4.04	4.08		4.20	4.32	4.44	4.60	4.76	5.29				11.76	12.60	13.80
		velocity	7.40	9.02	9.11	8.66	8.58	8.44	8.33	8.10	7.88	7.61	7.35	7.56	8.08			8.93	8.33	7.61
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18	171					
Maillard, Sébastien (FRA) (1981)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2006 European Championships (Göteborg, SWE)</b>			<i>Behm (2006) - Göteborg 2006: Le quatrache</i>																	
date	10-Aug-06	time	6.0	9.7	13.5	17.6	21.7		25.9	30.2	34.5	39.1	43.9		49.54	1 / 5				
reaction time		interval		3.7	3.8	4.1	4.1		4.2	4.3	4.3	4.6	4.8	5.64				11.60	12.60	13.70
		velocity	7.50	9.46	9.21	8.54	8.54		8.33	8.14	8.14	7.61	7.29	7.09	8.07			9.05	8.33	7.66
H1 lead leg	L	strides	21	13	14	14	14		14	15	15	15	15	19.5	169.5					
Inoue, Kakeru (JPN) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>C FINAL - 2018 Shizuoka International Athletics Meeting (Fukuroi, JPN)</b>			<i>Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018</i>																	
date	03-May-18	time	6.14	9.99	13.86	17.76	21.75		25.94	30.26	34.78	39.45	44.19		49.54	5 / 1				
reaction time	0.182	interval		3.85	3.87	3.90	3.99		4.19	4.32	4.52	4.67	4.74	5.35				11.62	12.50	13.93
		velocity	7.33	9.09	9.04	8.97	8.77		8.35	8.10	7.74	7.49	7.38	7.48	8.07			9.04	8.40	7.54
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	18.5	169.5					

														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Brockman, Charles (USA) (1999)</b>																															
<b>Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	25-Jun-21	time	6.14	10.01	14.01	18.05	22.22		26.56	31.03	35.50	40.00	44.47		49.54	9 / 7															
reaction time	0.241	interval		3.87	4.00	4.04	4.17		4.34	4.47	4.47	4.50	4.47	5.07			11.91	12.98	13.44												
		velocity	7.33	9.04	8.75	8.66	8.39		8.06	7.83	7.83	7.78	7.83	7.89	8.07		8.82	8.09	7.81												
H1 lead leg	R	strides		14	14	14	14		15	15	15	15	15	18.7	149.7																
<b>Tsutsue, Kaito (JPN) (1998)</b>																															
<b>A FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)</b>														<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																	
date	07-May-23	time	6.02	9.86	13.71	17.68	21.82		26.03	30.38	34.73	39.36	44.14		49.54	6 / 1															
reaction time	0.151	interval		3.84	3.85	3.97	4.14		4.21	4.35	4.35	4.63	4.78	5.40	PB		11.66	12.70	13.76												
		velocity	7.48	9.11	9.09	8.82	8.45		8.31	8.05	8.05	7.56	7.32	7.41	8.07		9.01	8.27	7.63												
H1 lead leg		strides		13	13	14	14		14	14	14	14	15	125																	
<b>Robinson, Chris (USA) (2001)</b>																															
<b>Heat 2 - 2024 USA Olympic Trials (Eugene, OR)</b>														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																	
date	27-Jun-24	time	6.00	9.72	13.47	17.28	21.19	22.94	25.32	29.78	34.40	39.01	43.78		49.54	7 / 1															
reaction time		interval		3.72	3.75	3.81	3.91		4.13	4.46	4.62	4.61	4.77	5.76			11.28	12.50	14.00												
		velocity	7.50	9.41	9.33	9.19	8.95	8.72	8.47	7.85	7.58	7.59	7.34	6.94	8.07		9.31	8.40	7.50												
H1 lead leg	R	strides	20	13	13	13	13		15	15	15	15	15	18.2	150.2																
<b>Konishi, Yuta (JPN) (1990)</b>																															
<b>FINAL - 2016 Japanese National Championships (Nagoya, JPN)</b>														<i>Morioka (2016) - race pattern of top 400m hurdlers in japan</i>																	
date	24-Jun-16	time	6.08	9.90	13.77	17.67	21.62		25.84	30.09	34.56	39.16	43.98		49.55	4 / 3															
reaction time	0.165	interval		3.82	3.87	3.90	3.95		4.22	4.25	4.47	4.60	4.82	5.57			11.59	12.42	13.89												
		velocity	7.40	9.16	9.04	8.97	8.86		8.29	8.24	7.83	7.61	7.26	7.18	8.07		9.06	8.45	7.56												
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	125																	
<b>Gollnow, David (GER) (1989)</b>																															
<b>FINAL - 2011 German National Championships (Kassel, GER)</b>														<i>Beck (2011) - 400-meter-hürdensprinter im aufschwung</i>																	
date	24-Jul-11	time	6.26	10.12	13.94	17.80	21.81		25.96	30.34	34.93	39.62	44.35		49.56	6 / 1															
reaction time	0.175	interval		3.86	3.82	3.86	4.01		4.15	4.38	4.59	4.69	4.73	5.21			11.54	12.54	14.01												
		velocity	7.19	9.07	9.16	9.07	8.73		8.43	7.99	7.63	7.46	7.40	7.68	8.07		9.10	8.37	7.49												
H1 lead leg		strides	21	13	13	13	13		13	14	14	15	15	144																	
<b>Chaly, Timofey (RUS) (1994)</b>																															
<b>FINAL - 2014 European Championships (Zurich, SUI)</b>														<i>Green (2015) - twitter.com/jackpgreen (from Behm?)</i>																	
date	15-Aug-14	time	6.08	9.88	13.84	17.84	21.92		26.08	30.56	35.12	39.80	44.52		49.56	1 / 4															
reaction time	0.159	interval		3.80	3.96	4.00	4.08		4.16	4.48	4.56	4.68	4.72	5.04			11.76	12.72	13.96												
		velocity	7.40	9.21	8.84	8.75	8.58		8.41	7.81	7.68	7.48	7.42	7.94	8.07		8.93	8.25	7.52												
H1 lead leg	L	strides		13	13	13	13		13	14	14	14	14	121																	
<b>Clement, Kerron (USA) (1985)</b>																															
<b>FINAL - 2016 Shanghai Golden Grand Prix (Shanghai, CHN)</b>														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																	
date	14-May-16	time	6.00	9.76	13.64	17.48	21.48		25.72	30.08	34.60	39.28	44.08		49.56	3 / 7															
reaction time	0.180	interval		3.76	3.88	3.84	4.00		4.24	4.36	4.52	4.68	4.80	5.48			11.48	12.60	14.00												
		velocity	7.50	9.31	9.02	9.11	8.75		8.25	8.03	7.74	7.48	7.29	7.30	8.07		9.15	8.33	7.50												
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.5	153.5																
<b>Mowatt, Kemar (JAM) (1995)</b>																															
<b>FINAL - 2019 Müller Grand Prix (Birmingham, GBR) (TV Analysis)</b>														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	18-Aug-19	time	5.80	9.48	13.32	17.20	21.16	22.9	25.20	29.64	34.12	38.84	43.64		49.56	3 / 4															
reaction time	0.162	interval		3.68	3.84	3.88	3.96		4.04	4.44	4.48	4.72	4.80	5.92			11.40	12.44	14.00												
		velocity	7.76	9.51	9.11	9.02	8.84	8.73	8.66	7.88	7.81	7.42	7.29	6.76	8.07		9.21	8.44	7.50												
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18.5	162.5																
<b>Smidt, Nick (NED) (1997)</b>																															
<b>Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)</b>														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																	
date	17-Jul-22	time	5.86	9.57	13.50	17.30	21.40	23.25	25.70	30.00	34.47	39.13	43.93		49.56	8 / 5															
reaction time	0.145	interval		3.71	3.93	3.80	4.10		4.30	4.30	4.47	4.66	4.80	5.63			11.44	12.70	13.93												
		velocity	7.68	9.43	8.91	9.21	8.54	8.60	8.14	8.14	7.83	7.51	7.29	7.10	8.07		9.18	8.27	7.54												
H1 lead leg	L	strides	20	13	13	13	14		14	14	14	14	15	18	162																
<b>Smith, James (USA) (2000)</b>																															
<b>FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)</b>														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																	
date	09-Jul-23	time	6.17	10.01	13.91	17.85	21.89		26.09		34.90	39.50	44.18		49.56	3 / 6															
reaction time		interval		3.84	3.90	3.94	4.04		4.20		8.81	4.60	4.68	5.38			11.68														
		velocity	7.29	9.11	8.97	8.88	8.66		8.33		7.95	7.61	7.48	7.43	8.07		8.99														
H1 lead leg	L	strides	21	13	13	13	13				15	15		103																	
<b>Benjamin, Rai (USA) (1997)</b>																															
<b>Heat 1 - 2024 USA Olympic Trials (Eugene, OR)</b>														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																	
date	27-Jun-24	time	5.86	9.62	13.48	17.56	21.57	23.40	25.64	29.71	34.03	38.57	43.38		49.56	7 / 1															
reaction time		interval		3.76	3.86	4.08	4.01		4.07	4.07	4.32	4.54	4.81	6.18			11.70	12.15	13.67												
		velocity	7.68	9.31	9.07	8.58	8.73	8.55	8.60	8.60	8.10	7.71	7.28	6.47	8.07		8.97	8.64	7.68												
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	17.5	155.5																



<b>Bengtström, Carl (SWE) (2000)</b>																			
<b>Semi-Final 3 - 2024 Olympic Games (Paris, FRA)</b>																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	07-Aug-24	time	5.80	9.57	13.43	17.31	21.34		25.58	30.00	34.59	39.33	44.13		49.56	3 / 6			
reaction time	0.201	interval	3.77	3.86	3.88	4.03		4.24	4.42	4.59	4.74	4.80	5.43				11.51	12.69	14.13
		velocity	7.76	9.28	9.07	9.02	8.68		8.25	7.92	7.63	7.38	7.29	7.37	8.07		9.12	8.27	7.43
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	18.7	171.7				
<b>Alonso, José (ESP) (1957)</b>																			
<b>Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)</b>																			
<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																			
date	24-Sep-88	time	6.05	9.89	13.77	17.70	21.74		25.95	30.26	34.71	39.40	44.20		49.57	8 / 6			
reaction time		interval	3.84	3.88	3.93	4.04		4.21	4.31	4.45	4.69	4.80	5.37				11.65	12.56	13.94
		velocity	7.44	9.11	9.02	8.91	8.66		8.31	8.12	7.87	7.46	7.29	7.45	8.07		9.01	8.36	7.53
H1 lead leg		strides	21	14	14	14	14		14	14	15	15	15	18	168				
<b>Myburgh, Alwyn (RSA) (1980)</b>																			
<b>Heat 6 - 2000 Olympic Games (Sydney, AUS)</b>																			
<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																			
date	24-Sep-00	time	5.98	9.82	13.82	17.82	21.94		26.22	30.50	34.98	39.54	44.14		49.57	6 / 3			
reaction time	0.184	interval	3.84	4.00	4.00	4.12		4.28	4.28	4.48	4.56	4.60	5.43				11.84	12.68	13.64
		velocity	7.53	9.11	8.75	8.75	8.50		8.18	8.18	7.81	7.68	7.61	7.37	8.07		8.87	8.28	7.70
H1 lead leg		strides	21	14	14	14	14		14	14	15	15	15	18.7	168.7				
<b>Keïta, Naman (FRA) (1978)</b>																			
<b>Semi-Final 2 - 2003 IAAF World Championships (Paris, FRA)</b>																			
<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>																			
date	27-Aug-03	time	6.0	9.8	13.6	17.8	22.0		26.3	30.6	35.1	39.7		49.57	1 / 8				
reaction time	0.169	interval	3.8	3.8	4.2	4.2		4.3	4.3	4.5	4.6		9.87			11.80	12.80		
		velocity	7.50	9.21	9.21	8.33	8.33		8.14	8.14	7.78	7.61		7.60	8.07		8.90	8.20	
H1 lead leg		strides	21	12	12	13	12		13	13	13	13	14	17.5	153.5				
<b>Abe, Takatoshi (JPN) (1991)</b>																			
<b>FINAL - 2012 Japanese National Championships (Osaka, JPN)</b>																			
<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>																			
date	09-Jun-12	time	6.02	9.79	13.57	17.42	21.46		25.66	29.93	34.45	39.15	43.99		49.57	4 / 5			
reaction time		interval	3.77	3.78	3.85	4.04		4.20	4.27	4.52	4.70	4.84	5.58				11.40	12.51	14.06
		velocity	7.48	9.28	9.26	9.09	8.66		8.33	8.20	7.74	7.45	7.23	7.17	8.07		9.21	8.39	7.47
H1 lead leg	R	strides	20	13	13	13	13		14	14	15	15	15	18.2	163				
<b>Matsushita, Yuki (JPN) (1991)</b>																			
<b>A FINAL - 2019 Kinami Memorial (Osaka, JPN)</b>																			
<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>																			
date	06-May-19	time	6.11	9.93	13.83	17.74	21.72		25.94	30.23	34.70	39.31	44.01		49.57	3 / 2			
reaction time		interval	3.82	3.90	3.91	3.98		4.22	4.29	4.47	4.61	4.70	5.56				11.63	12.49	13.78
		velocity	7.36	9.16	8.97	8.95	8.79		8.29	8.16	7.83	7.59	7.45	7.19	8.07		9.03	8.41	7.62
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	19	165				
<b>Abe, Takatoshi (JPN) (1991)</b>																			
<b>FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)</b>																			
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																			
date	06-Jun-19	time	5.87	9.62	13.49	17.56	21.66		25.88	30.19	34.79	39.40	44.09		49.57	7 / 3			
reaction time	0.164	interval	3.75	3.87	4.07	4.10		4.22	4.31	4.60	4.61	4.69	5.48				11.69	12.63	13.90
		velocity	7.67	9.33	9.04	8.60	8.54		8.29	8.12	7.61	7.59	7.46	7.30	8.07		8.98	8.31	7.55
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	15	17.5	159.5				
<b>Xie Zhiyu (CHN) (2000)</b>																			
<b>Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)</b>																			
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																			
date	21-Aug-23	time	6.14	10.11	13.98	17.82	21.89			30.56	35.07		44.48		49.57	2 / 7			
reaction time	0.189	interval	3.97	3.87	3.84	4.07			8.67	4.51		9.41	5.09				11.68	12.74	13.92
		velocity	7.33	8.82	9.04	9.11	8.60			8.07	7.76		7.44	7.86	8.07		8.99	8.24	7.54
H1 lead leg	L	strides	21		13	13	13				14		17	91					
<b>Smidt, Nick (NED) (1997)</b>																			
<b>Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)</b>																			
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																			
date	10-Jun-24	time	5.88	9.63	13.48	17.28	21.31		25.55	29.95	34.44	39.28	44.05		49.57	5 / 2			
reaction time	0.171	interval	3.75	3.85	3.80	4.03		4.24	4.40	4.49	4.84	4.77	5.52				11.40	12.67	14.10
		velocity	7.65	9.33	9.09	9.21	8.68		8.25	7.95	7.80	7.23	7.34	7.25	8.07		9.21	8.29	7.45
H1 lead leg		strides												0					
<b>Dudley, Eric (USA) (1980)</b>																			
<b>Heat 2 - 2007 USATF National Championships (Indianapolis, IN)</b>																			
<i>USATF Men's Hurdle Development (2007)</i>																			
date	21-Jun-07	time	6.11	9.91	13.89	17.92	22.05		26.36	30.74	35.22	39.91	44.43		49.58	7 / 4			
reaction time		interval	3.80	3.98	4.03	4.13		4.31	4.38	4.48	4.69	4.52	5.15	PB			11.81	12.82	13.69
		velocity	7.36	9.21	8.79	8.68	8.47		8.12	7.99	7.81	7.46	7.74	7.77	8.07		8.89	8.19	7.67
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14	142					
<b>Li Zhilong (CHN) (1988)</b>																			
<b>FINAL - 2011 Chinese National Grand Prix (Fuzhou, CHN)</b>																			
<i>Li (2008) - research on training characteristics of Li Zhilong's of Chinese men's 400m hurdles</i>																			
date	26-Jun-11	time	6.08	9.88	13.84	17.80	21.88		26.16	30.48	35.04	39.68	44.48		49.58	1 / 2			
reaction time		interval	3.80	3.96	3.96	4.08		4.28	4.32	4.56	4.64	4.80	5.10	PB			11.72	12.68	14.00
		velocity	7.40	9.21	8.84	8.84	8.58		8.18	8.10	7.68	7.54	7.29	7.84	8.07		8.96	8.28	7.50
H1 lead leg		strides																	

Culson, Javier (PUR) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2016 Shanghai Golden Grand Prix (Shanghai, CHN)													<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>					
date	14-May-16	time	5.76	9.40	13.12	17.12	21.24	25.48	29.88	34.32	39.00	43.88		49.58	7 / 8			
reaction time	0.211	interval		3.64	3.72	4.00	4.12	4.24	4.40	4.44	4.68	4.88	5.70			11.36	12.76	14.00
		velocity	7.81	9.62	9.41	8.75	8.50	8.25	7.95	7.88	7.48	7.17	7.02	8.07		9.24	8.23	7.50
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	14	14	17.2	156.2			
Hann, Mamadou Kasse (FRA) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2018 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	10-Jun-18	time	6.00	9.80	13.68	17.52	21.48	25.68	30.04	34.56	39.24	44.04		49.58	3 / 4			
reaction time	0.140	interval		3.80	3.88	3.84	3.96	4.20	4.36	4.52	4.68	4.80	5.54			11.52	12.52	14.00
		velocity	7.50	9.21	9.02	9.11	8.84	8.33	8.03	7.74	7.48	7.29	7.22	8.07		9.11	8.39	7.50
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	17.7	163.7				
Othman, Ashraf Hussien (QAT) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>B FINAL</b> - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	28-May-21	time	6.16	10.20	14.33	18.50	22.67	24.5	26.77	35.30	39.67	44.17		49.58	5 / 1			
reaction time	0.171	interval		4.04	4.13	4.17	4.17	4.10	4.10	8.53	4.37	4.50	5.41	PB		12.34		
		velocity	7.31	8.66	8.47	8.39	8.39	8.16	8.54	8.21	8.01	7.78	7.39	8.07		8.51		
H1 lead leg	R	strides	22	14	14	14	14	14	14	15	15	15	18	140				
Lahoulou, Abdelmalik (ALG) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1</b> - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	16-Jul-22	time	6.10	9.86	13.70	17.66	21.76	23.44	30.16	34.67	39.43	44.26		49.58	6 / 2			
reaction time	0.171	interval		3.76	3.84	3.96	4.10		8.40	4.51	4.76	4.83	5.32			11.56	12.50	14.10
		velocity	7.38	9.31	9.11	8.84	8.54	8.53	8.33	7.76	7.35	7.25	7.52	8.07		9.08	8.40	7.45
H1 lead leg	L	strides	22	13	13	13	13		14	14	15	15	17	120				
Shirley, Aaron (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
<b>Semi-Final 3</b> - 2024 USA Olympic Trials (Eugene, OR)													<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>					
date	28-Jun-24	time	5.95	9.69	13.57	17.40	21.48	23.31	25.60	30.05	34.59	39.49	44.26		49.58	9 / 5		
reaction time		interval		3.74	3.88	3.83	4.08	4.12	4.45	4.54	4.90	4.77	5.32	PB		11.45	12.65	14.21
		velocity	7.56	9.36	9.02	9.14	8.58	8.58	8.50	7.87	7.71	7.14	7.34	7.52	8.07	9.17	8.30	7.39
H1 lead leg	L	strides		14	14	14	14	14	14	14	16	15	18	147				
Ntweng, Victor (BOT) (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>Heat 3</b> - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>					
date	05-Aug-24	time	5.79	9.66	13.47	17.24	21.23	25.39	29.78	34.46	39.21	44.05		49.59	3 / 5			
reaction time	0.138	interval		3.87	3.81	3.77	3.99	4.16	4.39	4.68	4.75	4.84	5.54			11.45	12.54	14.27
		velocity	7.77	9.04	9.19	9.28	8.77	8.41	7.97	7.48	7.37	7.23	7.22	8.07		9.17	8.37	7.36
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	15	15	17	160				
Xie Zhiyu (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Repechage 3</b> - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>					
date	06-Aug-24	time	6.02	9.86	13.70	17.66	21.68	25.90	30.18	34.65	39.29	44.04		49.59	8 / 4			
reaction time	0.224	interval		3.84	3.84	3.96	4.02	4.22	4.28	4.47	4.64	4.75	5.55			11.64	12.52	13.86
		velocity	7.48	9.11	9.11	8.84	8.71	8.29	8.18	7.83	7.54	7.37	7.21	8.07		9.02	8.39	7.58
H1 lead leg	L	strides	21	13	13	13	13	14	14	14	15	15	17.5	133.5				
Drummond, Gerald (CRC) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2024 Weltklasse (Zürich, SUI)													<i>Omega Timing (2023) - diamond league race analysis</i>					
date	05-Sep-24	time	5.74	9.44	13.17	16.97	21.00	25.22	29.64	34.32	39.14	44.01		49.59	7 / 6			
reaction time	0.168	interval		3.70	3.73	3.80	4.03	4.22	4.42	4.68	4.82	4.87	5.58			11.56	12.67	14.37
		velocity	7.84	9.46	9.38	9.21	8.68	8.29	7.92	7.48	7.26	7.19	7.17	8.07		9.08	8.29	7.31
H1 lead leg	R	strides	20	13		14		14	14	15	15		105					
Carabelli, Gianni (ITA) (1979)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2006 European Championships (Göteborg, SWE)													<i>Behm (2006) - Göteborg 2006: Le quatrache</i>					
date	10-Aug-06	time	5.9	9.7	13.5	17.3	21.3	25.4	29.7	34.3	38.8	43.6		49.60	1 / 6			
reaction time		interval		3.8	3.8	3.8	4.0	4.1	4.3	4.6	4.5	4.8	6.00			11.40	12.40	13.90
		velocity	7.63	9.21	9.21	9.21	8.75	8.54	8.14	7.61	7.78	7.29	6.67	8.06		9.21	8.47	7.55
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	14	15	18.5	160.5				
Downing, Quincy (USA) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>					
date	10-Jul-16	time	5.97	9.74	13.61	17.42	21.39	25.49	29.86	34.33	39.10	43.91		49.60	3 / <del>7</del> -6			
reaction time	0.196	interval		3.77	3.87	3.81	3.97	4.10	4.37	4.47	4.77	4.81	5.69			11.45	12.44	14.05
		velocity	7.54	9.28	9.04	9.19	8.82	8.54	8.01	7.83	7.34	7.28	7.03	8.06		9.17	8.44	7.47
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	15	18	162				
Dutch, Johnny (USA) (1989)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2016 London Anniversary Games (London, GBR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>					
date	23-Jul-16	time	5.84	9.60	13.56	17.60	21.80	26.08	30.40	34.80	39.24	43.92		49.60	5 / 7			
reaction time	0.193	interval		3.76	3.96	4.04	4.20	4.28	4.32	4.40	4.44	4.68	5.68			11.76	12.80	13.52
		velocity	7.71	9.31	8.84	8.66	8.33	8.18	8.10	7.95	7.88	7.48	7.04	8.06		8.93	8.20	7.77
H1 lead leg	R	strides	22	13	13	13	13	14	14	15	15	15	18.5	165.5				

Oda, Masaya (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Japanese National Championships (Fukuoka, JPN)		Yamanaka (2019) - research on athlete performance and technique- 2019 data book																
date	29-Jun-19	time	5.91	9.66	13.58	17.53	21.59	25.84	30.25	34.72	39.34	44.13		49.60	3 / 5			
reaction time	0.201	interval		3.75	3.92	3.95	4.06	4.25	4.41	4.47	4.62	4.79	5.47	<b>PB</b>		11.62	12.72	13.88
		velocity	7.61	9.33	8.93	8.86	8.62	8.24	7.94	7.83	7.58	7.31	7.31	8.06		9.04	8.25	7.56
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	19.2	171.2				
Happio, Wilfried (FRA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2</b> - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)		Henson (2022) - Athlete First: 2022 year end hurdle report																
date	16-Jul-22	time	5.96	9.60	13.40	17.27	21.30	23.05	25.40	29.73	34.20	39.07	44.07	49.60	6 / 3			
reaction time	0.308	interval		3.64	3.80	3.87	4.03	4.10	4.33	4.47	4.87	5.00	5.53			11.31	12.46	14.34
		velocity	7.55	9.62	9.21	9.04	8.68	8.68	8.54	8.08	7.83	7.19	7.00	7.23	8.06	9.28	8.43	7.32
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	15	15	17.2	158.2			
Alozids, Minás (GRE) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2006 European Championships (Göteborg, SWE)		Behm (2006) - Göteborg 2006: Le quatrache																
date	10-Aug-06	time	5.9	9.5	13.4	17.4	21.4	25.5	29.7	34.3	38.9	43.8		49.61	1 / 7			
reaction time		interval		3.6	3.9	4.0	4.0	4.1	4.2	4.6	4.6	4.9	5.81			11.50	12.30	14.10
		velocity	7.63	9.72	8.97	8.75	8.75	8.54	8.33	7.61	7.61	7.14	6.88	8.06		9.13	8.54	7.45
H1 lead leg	L	strides	21	13	13	13	14	14	15	15	15	16		149				
Sañchez, Félix (DOM) (1977)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2007 IAAF World Athletics Final (Stuttgart, GER)		Graubner (2007) - http://www.fgs.uni-halle.de																
date	22-Sep-07	time	6.02	9.70	13.46	17.34	21.44	25.76	30.24	34.78	39.38	44.20		49.61	3 / 7			
reaction time	0.151	interval		3.68	3.76	3.88	4.10	4.32	4.48	4.54	4.60	4.82	5.41			11.32	12.90	13.96
		velocity	7.48	9.51	9.31	9.02	8.54	8.10	7.81	7.71	7.61	7.26	7.39	8.06		9.28	8.14	7.52
H1 lead leg		strides																
Yoshikata, Masahira (JPN) (1982)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2009 Japanese National Championships (Hiroshima, JPN)		Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11																
date	27-Jun-09	time	6.06	9.86	13.75	17.75	21.84	26.04	30.44	34.93	39.55	44.29		49.61	5 / 2			
reaction time		interval		3.80	3.89	4.00	4.09	4.20	4.40	4.49	4.62	4.74	5.32			11.69	12.69	13.85
		velocity	7.43	9.21	9.00	8.75	8.56	8.33	7.95	7.80	7.58	7.38	7.52	8.06		8.98	8.27	7.58
H1 lead leg		strides		13	13	13	13	13	15	15	15	15		125				
Williams, Rhys (GBR) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2</b> - 2010 European Championships (Barcelona, ESP)		Arnold (2010) - 400mH planning and peaking																
date	29-Jul-10	time	6.32	10.18	14.08	18.14	22.28	26.48	30.80	35.20	39.72	44.40		49.61	4 / 1			
reaction time	0.223	interval		3.86	3.90	4.06	4.14	4.20	4.32	4.40	4.52	4.68	5.21			11.82	12.66	13.60
		velocity	7.12	9.07	8.97	8.62	8.45	8.33	8.10	7.95	7.74	7.48	7.68	8.06		8.88	8.29	7.72
H1 lead leg	R	strides																
Imazeki, Yuta (JPN) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2011 Japanese National Championships (Kumagaya, JPN)		Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11																
date	11-Jun-11	time	6.21	10.15	14.19	18.21	22.26	26.33	30.53	34.93	39.52	44.22		49.61	1 / 2			
reaction time		interval		3.94	4.04	4.02	4.05	4.07	4.20	4.40	4.59	4.70	5.39			12.00	12.32	13.69
		velocity	7.25	8.88	8.66	8.71	8.64	8.60	8.33	7.95	7.63	7.45	7.42	8.06		8.75	8.52	7.67
H1 lead leg		strides		14	14	14	14	15	15	15	15	15		131				
Clement, Kerron (USA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2016 Bislett Games (Oslo, NOR) (TV Analysis)		Henson (2021) - Athlete First: 2016 year end hurdle report																
date	09-Jun-16	time	5.96	9.72	13.56	17.48	21.68	25.92	30.28	34.72	39.28	44.08		49.61	6 / 4			
reaction time	0.194	interval		3.76	3.84	3.92	4.20	4.24	4.36	4.44	4.56	4.80	5.53			11.52	12.80	13.80
		velocity	7.55	9.31	9.11	8.93	8.33	8.25	8.03	7.88	7.68	7.29	7.23	8.06		9.11	8.20	7.61
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	13	16.5	153.5				
Kajiki, Ryo (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2018 National Sports Festival (Fukui, JPN)		Morioka (2018) - race pattern analysis of Japan's top 400m hurdlers - main national competitions in 2018																
date	08-Oct-18	time	6.04	9.86	13.76	17.73	21.83	26.15	30.64	35.14	39.78	44.50		49.61	6 / 1			
reaction time	0.190	interval		3.82	3.90	3.97	4.10	4.32	4.49	4.50	4.64	4.72	5.11			11.69	12.91	13.86
		velocity	7.45	9.16	8.97	8.82	8.54	8.10	7.80	7.78	7.54	7.42	7.83	8.06		8.98	8.13	7.58
H1 lead leg		strides		13	13	13	13	13	14	14	15	15		123				
Kishimoto, Takayuki (JPN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>B FINAL</b> - 2023 Shizuoka International Meeting (Fukuroi, JPN)		Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season																
date	03-May-23	time	5.90	9.66	13.55	17.48	21.52	25.72	30.14	34.70	39.34	44.11		49.61	9 / 3			
reaction time	0.152	interval		3.76	3.89	3.93	4.04	4.20	4.42	4.56	4.64	4.77	5.50			11.58	12.66	13.97
		velocity	7.63	9.31	9.00	8.91	8.66	8.33	7.92	7.68	7.54	7.34	7.27	8.06		9.07	8.29	7.52
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	18	164				
Barr, Thomas (IRL) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1</b> - 2024 European Athletics Championships (Roma, ITA)		European Athletics (2024) - 2024 european athletics championships - results book																
date	10-Jun-24	time	5.92	9.67	13.48	17.34	21.37	25.59	30.25	34.74	39.49	44.21		49.61	4 / 3			
reaction time	0.166	interval		3.75	3.81	3.86	4.03	4.22	4.66	4.49	4.75	4.72	5.40			11.42	12.91	13.96
		velocity	7.60	9.33	9.19	9.07	8.68	8.29	7.51	7.80	7.37	7.42	7.41	8.06		9.19	8.13	7.52
H1 lead leg		strides												0				

														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Smidt, Nick (NED) (1997)</b>																															
<b>Semi-Final 1 - 2024 Olympic Games (Paris, FRA)</b>														<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	
date	07-Aug-24	time	5.85	9.50	13.25	17.03	20.93		25.05	29.36	33.80	38.64	43.64		49.61	4 / 6															
reaction time	0.215	interval		3.65	3.75	3.78	3.90		4.12	4.31	4.44	4.84	5.00	5.97			11.18	12.33	14.28												
		velocity	7.69	9.59	9.33	9.26	8.97		8.50	8.12	7.88	7.23	7.00	6.70	8.06		9.39	8.52	7.35												
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	15	18	160																
<b>Douglas, Matt (GBR) (1976)</b>																															
<b>Heat 7 - 2000 Olympic Games (Sydney, AUS)</b>														<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	24-Sep-00	time	5.96	9.64	13.56	17.48	21.52		25.80	30.20	34.60	39.28	44.04		49.62	8 / 3															
reaction time	0.163	interval		3.68	3.92	3.92	4.04		4.28	4.40	4.40	4.68	4.76	5.58			11.52	12.72	13.84												
		velocity	7.55	9.51	8.93	8.93	8.66		8.18	7.95	7.95	7.48	7.35	7.17	8.06		9.11	8.25	7.59												
H1 lead leg		strides	21	13	13	13	13		14	14	15	15	15	18.8	164.8																
<b>Mashchenko, Ruslan (RUS) (1971)</b>																															
<b>Heat 4 - 2002 European Championships (Munich, GER)</b>														<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																	
date	07-Aug-02	time	6.08	9.90	13.74	17.64	21.67		25.80	30.18	34.66	39.30	44.03		49.62	1 / 1															
reaction time		interval		3.82	3.84	3.90	4.03		4.13	4.38	4.48	4.64	4.73	5.59			11.56	12.54	13.85												
		velocity	7.40	9.16	9.11	8.97	8.68		8.47	7.99	7.81	7.54	7.40	7.16	8.06		9.08	8.37	7.58												
H1 lead leg		strides																													
<b>Weakley, Ian (JAM) (1974)</b>																															
<b>FINAL - 2002 IAAF World Cup (Madrid, ESP)</b>														<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>																	
date	20-Sep-02	time	6.02	9.74	13.72	17.73	21.84		26.08	30.49	34.95	39.53	44.17		49.62	1 / 5															
reaction time	0.187	interval		3.72	3.98	4.01	4.11		4.24	4.41	4.46	4.58	4.64	5.45			11.71	12.76	13.68												
		velocity	7.48	9.41	8.79	8.73	8.52		8.25	7.94	7.85	7.64	7.54	7.34	8.06		8.97	8.23	7.68												
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.5	169.5																
<b>van Zyl, L.J. (RSA) (1984)</b>																															
<b>FINAL - 2007 IAAF World Athletics Final (Stuttgart, GER)</b>														<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																	
date	22-Sep-07	time	5.95	9.72	13.58	17.54	21.66		26.02	30.37	34.85	39.46	44.25		49.62	1 / 8															
reaction time	0.189	interval		3.77	3.86	3.96	4.12		4.36	4.35	4.48	4.61	4.79	5.37			11.59	12.83	13.88												
		velocity	7.56	9.28	9.07	8.84	8.50		8.03	8.05	7.81	7.59	7.31	7.45	8.06		9.06	8.18	7.56												
H1 lead leg		strides																													
<b>Benjamin, Rai (USA) (1997)</b>																															
<b>Heat 4 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)</b>														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	27-Sep-19	time	5.92	9.64	13.40	17.40	21.40		25.56	29.92	34.48	39.32	44.28		49.62	4 / 1															
reaction time	0.217	interval		3.72	3.76	4.00	4.00		4.16	4.36	4.56	4.84	4.96	5.34			11.48	12.52	14.36												
		velocity	7.60	9.41	9.31	8.75	8.75		8.41	8.03	7.68	7.23	7.06	7.49	8.06		9.15	8.39	7.31												
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	15	14	16.5	157																
<b>Angela, Ramsey (NED) (1999)</b>																															
<b>Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)</b>														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																	
date	16-Jul-22	time	6.17	10.13	14.13	18.16	22.33	24.10		30.77	35.17	39.70	44.26		49.62	3 / 2															
reaction time	0.182	interval		3.96	4.00	4.03	4.17		8.44	4.40	4.53	4.56	5.36				11.99	12.61	13.49												
		velocity	7.29	8.84	8.75	8.68	8.39	8.30		8.29	7.95	7.73	7.68	7.46	8.06		8.76	8.33	7.78												
H1 lead leg	R	strides	22	14	14	14	14				15	15	15	18	141																
<b>Bassitt, Trevor (USA) (1998)</b>																															
<b>FINAL - 2024 Prefontaine Classic (Eugene, OR)</b>														<i>Omega Timing (2024) - diamond league race analysis</i>																	
date	25-May-24	time	5.96	9.87	13.92	17.93	21.97		26.11	30.36	34.78	39.40	44.16		49.62	4 / 6															
reaction time	0.187	interval		3.91	4.05	4.01	4.04		4.14	4.25	4.42	4.62	4.76	5.46			11.97	12.43	13.80												
		velocity	7.55	8.95	8.64	8.73	8.66		8.45	8.24	7.92	7.58	7.35	7.33	8.06		8.77	8.45	7.61												
H1 lead leg	R	strides	21	14	13	13	13		13	13	13	14	14	141																	
<b>Yoshizawa, Ken (JPN) (1978)</b>																															
<b>FINAL - 2004 Japanese National Championships (Tottori, JPN)</b>														<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>																	
date	05-Jun-04	time	5.96	9.65	13.45	17.39	21.49		25.78	30.17	34.62	39.21	44.01		49.63	1 / 2															
reaction time		interval		3.69	3.80	3.94	4.10		4.29	4.39	4.45	4.59	4.80	5.62			11.43	12.78	13.84												
		velocity	7.55	9.49	9.21	8.88	8.54		8.16	7.97	7.87	7.63	7.29	7.12	8.06		9.19	8.22	7.59												
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	125																	
<b>Sugimati, Mahau (JPN) (1984)</b>																															
<b>FINAL - 2006 Japanese National Championships (Kobe, JPN)</b>														<i>Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers</i>																	
date	01-Jul-06	time	6.25	10.12	13.96	17.95	22.00		26.27	30.62	35.12	39.71	44.31		49.63	1 / 2															
reaction time		interval		3.87	3.84	3.99	4.05		4.27	4.35	4.50	4.59	4.60	5.32	PB		11.70	12.67	13.69												
		velocity	7.20	9.04	9.11	8.77	8.64		8.20	8.05	7.78	7.63	7.61	7.52	8.06		8.97	8.29	7.67												
H1 lead leg		strides		12	12	12	12		13	13	13	13	13	113																	
<b>Kawakita, Naohiro (JPN) (1980)</b>																															
<b>FINAL - 2010 Japanese National Championships (Marugume, JPN)</b>														<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																	
date	05-Jun-10	time	6.16	10.07	13.98	17.95	22.02		26.31	30.65	35.19	39.78	44.42		49.63	1 / 2															
reaction time	0.169	interval		3.91	3.91	3.97	4.07		4.29	4.34	4.54	4.59	4.64	5.21			11.79	12.70	13.77												
		velocity	7.31	8.95	8.95	8.82	8.60		8.16	8.06	7.71	7.63	7.54	7.68	8.06		8.91	8.27	7.63												
H1 lead leg		strides		13	13	13	13		14	14	14	15	15	124																	

Williams, Rhys (GBR) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2016 European Championships (Amsterdam, NED) (TV Analysis)																		
Henson (2020) - Athlete First: 2016 year end hurdle report																		
date	08-Jul-16	time	6.00	9.68	13.56	17.64	21.72	25.88	30.16	34.64	39.32	44.20		49.63	8 / 5			
reaction time	0.141	interval		3.68	3.88	4.08	4.08	4.16	4.28	4.48	4.68	4.88	5.43			11.64	12.52	14.04
		velocity	7.50	9.51	9.02	8.58	8.58	8.41	8.18	7.81	7.48	7.17	7.37	8.06		9.02	8.39	7.48
H1 lead leg	R	strides	22	14	14	14	14	14	15	15	15	15	19	156				
Toyoda, Masaki (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 World Athletics Trials (Fuji, JPN)																		
Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																		
date	06-Sep-20	time	6.09	9.96	13.91	18.07	22.17	26.38	30.56	34.93	39.52	44.23		49.63	1 / 1			
reaction time		interval		3.87	3.95	4.16	4.10	4.21	4.18	4.37	4.59	4.71	5.40			11.98	12.49	13.67
		velocity	7.39	9.04	8.86	8.41	8.54	8.31	8.37	8.01	7.63	7.43	7.41	8.06		8.76	8.41	7.68
H1 lead leg		strides	14	14	14	14	14	14	14	15	15	15	129					
Bonvin, Julien (SUI) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2022 Weltklasse (Zürich, SUI) (TV Analysis)																		
Henson (2022) - Athlete First: 2022 year end hurdle report																		
date	08-Sep-22	time	5.77	9.34		16.95	20.89	22.46	24.99	29.43	34.04	38.80	43.84		49.63	2 / 7		
reaction time	0.154	interval		3.57		7.61	3.94		4.10	4.44	4.61	4.76	5.04	5.79		11.18	12.48	14.41
		velocity	7.80	9.80		9.20	8.88	8.90	8.54	7.88	7.59	7.35	6.94	6.91	8.06	9.39	8.41	7.29
H1 lead leg	L	strides	20	13		13		13	13	14	14	15	15	18.2	135.2			
Ibañez Guevara, Pablo Andres (ESA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2023 FBK Games (Hengelo, NED)																		
Omega Timing (2023) - continental tour race analysis																		
date	04-Jun-23	time	5.99	9.94	13.93	17.94	21.97	26.21	30.61	35.05	39.63	44.22		49.63	3 / 6			
reaction time	0.156	interval		3.95	3.99	4.01	4.03	4.24	4.40	4.44	4.58	4.59	5.41			11.95	12.67	13.61
		velocity	7.51	8.86	8.77	8.73	8.68	8.25	7.95	7.88	7.64	7.63	7.39	8.06		8.79	8.29	7.71
H1 lead leg	L	strides	21	14							15	15	18.2	83.2				
Drummond, Gerald (CRC) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2024 Memorial van damme (Brussels, BEL)																		
Omega Timing (2023) - diamond league race analysis																		
date	14-Sep-24	time	5.79	9.54	13.35	17.23	21.36	25.65	30.08	34.64	39.26	44.03		49.63	1 / 7			
reaction time	0.221	interval		3.75	3.81	3.88	4.13	4.29	4.43	4.56	4.62	4.77	5.60			11.82	12.85	13.95
		velocity	7.77	9.33	9.19	9.02	8.47	8.16	7.90	7.68	7.58	7.34	7.14	8.06		8.88	8.17	7.53
H1 lead leg	R	strides	21	14	14	14	14	14	14	15	15	15	18	168				
Hennige, Gerhard (FRG) (1940)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1</b> - 1968 Olympic Games (Mexico City, MEX) (Altitude)																		
Jonath (1969) - wie gerhard hennige trainiert																		
date	13-Oct-68	time	5.9	9.8	13.6	17.6	21.8	23.5	25.8	30.0	34.5	39.1	43.5		49.5	1 / 1		
reaction time		interval		3.9	3.8	4.0	4.2	4.0	4.2	4.5	4.6	4.4	6.0	(49.57)		11.70	12.40	13.50
		velocity	7.63	8.97	9.21	8.75	8.33	8.51	8.75	8.33	7.78	7.61	7.95	6.67	8.08	8.97	8.47	7.78
H1 lead leg		strides																
Morgan, Dinsdale (JAM) (1972)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3</b> - 2000 Olympic Games (Sydney, AUS)																		
Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																		
date	24-Sep-00	time	5.90	9.66	13.54	17.54	21.66	25.94	30.34	34.86	39.42	44.14		49.64	6 / 2			
reaction time	0.171	interval		3.76	3.88	4.00	4.12	4.28	4.40	4.52	4.56	4.72	5.50			11.64	12.80	13.80
		velocity	7.63	9.31	9.02	8.75	8.50	8.18	7.95	7.74	7.68	7.42	7.27	8.06		9.02	8.20	7.61
H1 lead leg		strides	22	14	14	14	14	15	15	15	15	15	18.5	171.5				
Monteiro, Edivaldo (POR) (1976)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3</b> - 2002 European Championships (Munich, GER)																		
Graubner (2009) - http://www.fgs.uni-halle.de																		
date	07-Aug-02	time	6.20	10.17	14.07	17.96	22.05	26.31	30.64	36.24	39.81	44.44		49.64	1 / 2			
reaction time		interval		3.97	3.90	3.89	4.09	4.26	4.33	5.60	3.57	4.63	5.20			11.76	12.68	13.80
		velocity	7.26	8.82	8.97	9.00	8.56	8.22	8.08	6.25	9.80	7.56	7.69	8.06		8.93	8.28	7.61
H1 lead leg		strides																
Taylor, Angelo (USA) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 4</b> - 2009 IAAF World Championships (Berlin, GER)																		
Graubner (2009) - biomechanical analyses at the 12th IAAF world championships																		
date	15-Aug-09	time	6.04	9.75	13.48	17.39	21.46	25.87	30.36	34.88	39.48	44.42		49.64	5 / 4			
reaction time	0.171	interval		3.71	3.73	3.91	4.07	4.41	4.49	4.52	4.60	4.94	5.22			11.35	12.97	14.06
		velocity	7.45	9.43	9.38	8.95	8.60	7.94	7.80	7.74	7.61	7.09	7.66	8.06		9.25	8.10	7.47
H1 lead leg		strides																
Abe, Takatoshi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2011 Asian Championships (Kobe, JPN)																		
Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11																		
date	09-Jul-11	time	6.03	9.75	13.55	17.44	21.39	25.56	29.86	34.38	39.20	44.05		49.64	1 / 1			
reaction time	0.168	interval		3.72	3.80	3.89	3.95	4.17	4.30	4.52	4.82	4.85	5.59			11.41	12.42	14.19
		velocity	7.46	9.41	9.21	9.00	8.86	8.39	8.14	7.74	7.26	7.22	7.16	8.06		9.20	8.45	7.40
H1 lead leg		strides	13	13	13	13	13	14	14	14	16	15	125					
Tanabe, Shotaro (JPN) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2016 Kinan Memorial (Osaka, JPN)																		
(2016.05.24) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en																		
date	08-May-16	time	5.99	9.78	13.71	17.68	21.75	25.97	30.42	34.97	39.61	44.39		49.64	8 / 1			
reaction time		interval		3.79	3.93	3.97	4.07	4.22	4.45	4.55	4.64	4.78	5.25	PB		11.69	12.74	13.97
		velocity	7.51	9.23	8.91	8.82	8.60	8.29	7.87	7.69	7.54	7.32	7.62	8.06		8.98	8.24	7.52
H1 lead leg		strides																

Iwasaki, Takafumi (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2021 Ready Steady Tokyo (Tokyo, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>						
date	09-May-21	time	5.99	9.81	13.73	17.77	21.92	26.26	30.68	35.14	39.72	44.34		49.64	2 / 5				
reaction time	0.183	interval		3.82	3.92	4.04	4.15	4.34	4.42	4.46	4.58	4.62	5.30			11.78	12.91	13.66	
		velocity	7.51	9.16	8.93	8.66	8.43	8.06	7.92	7.85	7.64	7.58	7.55	8.06		8.91	8.13	7.69	
H1 lead leg		strides		14	14	14	14	14	15	15	15	15		130					
Harvey, Jonathan (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2021 NCAA Championships (Eugene, OR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	11-Jun-21	time	5.87	9.57		17.20	21.27		30.07	34.70	39.33	44.03		49.64	2 / 7				
reaction time	0.149	interval		3.70		7.63	4.07		8.80	4.63	4.63	4.70	5.61			11.33	12.87	13.96	
		velocity	7.67	9.46		9.17	8.60		7.95	7.56	7.56	7.45	7.13	8.06		9.27	8.16	7.52	
H1 lead leg	R	strides	21	13		13			15	15	15	15	18.5	110.5					
Nathaniel, Ezekiel (NGR) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 1</b> - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	16-Jul-22	time	5.90	9.63	13.43	17.40	21.63	23.44	30.40	34.87	39.46	44.20		49.64	1 / 3				
reaction time	0.135	interval		3.73	3.80	3.97	4.23		8.77	4.47	4.59	4.74	5.44			11.50	13.00	13.80	
		velocity	7.63	9.38	9.21	8.82	8.27	8.53	7.98	7.83	7.63	7.38	7.35	8.06		9.13	8.08	7.61	
H1 lead leg	R	strides	21	13	13	14	14		14	15	15	17.2	121.2						
Bengtström, Carl (SWE) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 5</b> - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	16-Jul-22	time	5.93	9.73	13.77	17.83	21.93	23.68	30.46	34.86	39.56	44.26		49.64	8 / 3				
reaction time	0.169	interval		3.80	4.04	4.06	4.10		8.53	4.40	4.70	4.70	5.38			11.90	12.63	13.80	
		velocity	7.59	9.21	8.66	8.62	8.54	8.45	8.21	7.95	7.45	7.45	7.43	8.06		8.82	8.31	7.61	
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	18	141						
Hemeida, Bassem (QAT) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Repechage 1</b> - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>						
date	07-Aug-24	time	5.93	9.75	13.70	17.62	21.66	25.94	30.34	34.93	39.56	44.31		49.64	2 / 6				
reaction time	0.146	interval		3.82	3.95	3.92	4.04	4.28	4.40	4.59	4.63	4.75	5.33			11.69	12.72	13.97	
		velocity	7.59	9.16	8.86	8.93	8.66	8.18	7.95	7.63	7.56	7.37	7.50	8.06		8.98	8.25	7.52	
H1 lead leg	R	strides	21		13	13		14	14	14	14	14	18	135					
Schubert, Rainer (FRG) (1941)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1972 Olympic Games (Munich, FRG)													<i>Le Masurier (1977) - die olympischen 400-m-hürdenlauf vom Mexico City, München und Montreal</i>						
date	03-Sep-72	time	6.1	9.9	13.7	17.6	21.6	23.3	25.8	30.2	34.6	39.3	44.2		49.65	7 / 5			
reaction time		interval		3.8	3.8	3.9	4.0	4.2	4.4	4.4	4.7	4.9	5.45			11.50	12.60	14.00	
		velocity	7.38	9.21	9.21	8.97	8.75	8.58	8.33	7.95	7.95	7.45	7.14	7.34	8.06	9.13	8.33	7.50	
H1 lead leg	L	strides	21	13	13	13	13	13	15	15	15	15	146						
Chiba, Yoshihiro (JPN) (1979)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2006 Seiko Super Grand Prix (Yokohama, JPN)													<i>Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers</i>						
date	24-Sep-06	time	5.99	9.76	13.61	17.65	21.79	26.06	30.48	34.95	39.45	44.09		49.65	1 / 5				
reaction time		interval		3.77	3.85	4.04	4.14	4.27	4.42	4.47	4.50	4.64	5.56			11.66	12.83	13.61	
		velocity	7.51	9.28	9.09	8.66	8.45	8.20	7.92	7.83	7.78	7.54	7.19	8.06		9.01	8.18	7.71	
H1 lead leg		strides		14	14	14	14	14	15	15	15	15	130						
Abe, Takatoshi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 1</b> - 2017 IAAF World Championships (London, GBR)													<i>Morioka (2018) - Analysis of the race patterns of the top 400m hurdles in Japan</i>						
date	06-Aug-17	time	6.22	9.89	13.66	17.46	21.36	25.46	29.86	34.40	39.00	43.90		49.65	3 / 2				
reaction time	0.316	interval		3.67	3.77	3.80	3.90	4.10	4.40	4.54	4.60	4.90	5.75			11.24	12.40	14.04	
		velocity	7.23	9.54	9.28	9.21	8.97	8.54	7.95	7.71	7.61	7.14	6.96	8.06		9.34	8.47	7.48	
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	15	15	18	161					
Barr, Thomas (IRL) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>						
date	06-Jun-19	time	5.93	9.70	13.63	17.68	21.78	25.98	30.28	34.75	39.48	44.28		49.65	5 / 4				
reaction time	0.194	interval		3.77	3.93	4.05	4.10	4.20	4.30	4.47	4.73	4.80	5.37			11.75	12.60	14.00	
		velocity	7.59	9.28	8.91	8.64	8.54	8.33	8.14	7.83	7.40	7.29	7.45	8.06		8.94	8.33	7.50	
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	15	15	18	160					
Happio, Wilfried (FRA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)													<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>						
date	17-Sep-20	time	5.91	9.71		21.59	23.4		30.10	34.53	39.21	44.01		49.65	5 / 5				
reaction time	0.166	interval		3.80		11.88			8.51	4.43	4.68	4.80	5.64					13.91	
		velocity	7.61	9.21		8.84	8.55		8.23	7.90	7.48	7.29	7.09	8.06				7.55	
H1 lead leg	L	strides	20	13					14	15	15	17.5	94.5						
Lattin, Amere (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2023 Seiko Golden Grand Prix (Yokohama, JPN)													<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>						
date	21-May-23	time	5.86	9.56	13.41	17.32	21.39	25.69	30.06	34.65	39.32	44.13		49.65	6 / 5				
reaction time	0.146	interval		3.70	3.85	3.91	4.07	4.30	4.37	4.59	4.67	4.81	5.52			11.46	12.74	14.07	
		velocity	7.68	9.46	9.09	8.95	8.60	8.14	8.01	7.63	7.49	7.28	7.25	8.06		9.16	8.24	7.46	
H1 lead leg	L	strides	20	13	13	13	13	14	14	14	14	14	17	159					

Tziortzis, Stavros (GRE) (1949)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1972 Olympic Games (Munich, FRG)		<i>Le Masurier (1977) - die olympischen 400-m-hürdenlauf vom Mexico City, München und Montreal</i>																
date	03-Sep-72	time	6.2	9.9	13.8	17.7	21.8	23.5	26.1	30.3	34.8	39.4	44.2	49.66	8 / 6			
reaction time		interval		3.7	3.9	3.9	4.1		4.3	4.2	4.5	4.6	4.8	5.46		11.50	12.60	13.90
		velocity	7.26	9.46	8.97	8.97	8.54	8.51	8.14	8.33	7.78	7.61	7.29	7.33	8.05	9.13	8.33	7.55
H1 lead leg	R	strides	22	15	15	15		16	16	16	16	16	17	163				
Gavrilenko, Yevgeniy (URS) (1951)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1972 Olympic Games (Munich, FRG)		<i>Letzelter (1973) - schrittgestaltung und geschwindigkeitsverlauf beim 400-m-hürdenlauf der olympischen spiele 1972</i>																
date	03-Sep-72	time	6.0	9.8	13.7	17.6	21.6	23.3	25.9	30.3	34.8	39.3	44.1	49.66	2 / 6			
reaction time		interval		3.80	3.85	3.95	4.00		4.25	4.40	4.50	4.55	4.75	5.61		11.60	12.65	13.80
		velocity	7.50	9.21	9.09	8.86	8.75	8.58	8.24	7.95	7.78	7.69	7.37	7.13	8.05	9.05	8.30	7.61
H1 lead leg	L	strides	21	13	13	13		13	13	15	15	15	15	131				
Kawamura, Hideaki (JPN) (1974)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2004 Japanese National Championships (Tottori, JPN)		<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>																
date	05-Jun-04	time	5.97	9.77	13.64	17.68	21.92	26.27	30.72	35.16	39.70	44.34		49.66	/ 3			
reaction time		interval		3.80	3.87	4.04	4.24		4.35	4.45	4.44	4.54	4.64	5.32		11.71	13.04	13.62
		velocity	7.54	9.21	9.04	8.66	8.25		8.05	7.87	7.88	7.71	7.54	7.52	8.05	8.97	8.05	7.71
H1 lead leg		strides		14	14	14	14		15	15	15	15	15	131				
Feng Zhiqiang (CHN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 Chinese National Games (Tianjin, CHN)		<i>Zhou (2020) - analysis of competitive performance characteristics of outstanding men's 400m hurdlers</i>																
date	04-Sep-17	time	5.7	9.6	13.5	17.3	21.6	26.0	30.3	34.8	39.5	44.1		49.66	/ 1			
reaction time		interval		3.90	3.90	3.80	4.30		4.40	4.30	4.50	4.70	4.60	5.56		11.60	13.00	13.80
		velocity	7.89	8.97	8.97	9.21	8.14		7.95	8.14	7.78	7.45	7.61	7.19	8.05	9.05	8.08	7.61
H1 lead leg		strides	21	13	13	13	13		14	15	15	15	15	18	165			
Holmes, TJ (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)		<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	21-Jul-18	time	5.92	9.64		11.24	25.40	29.76	34.40	39.12	44.00			49.66	4 / 7			
reaction time	0.211	interval		3.72		11.60	4.16	4.36	4.64	4.72	4.88	5.66						14.24
		velocity	7.60	9.41		9.05	8.41	8.03	7.54	7.42	7.17	7.07		8.05				7.37
H1 lead leg	L	strides	20	13			13	13	14	14	15		102					
Happio, Wilfried (FRA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)		<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	09-Jul-21	time	5.84	9.54	13.32	17.32	21.37	23.1	25.52	30.05	34.60	39.34	44.17	49.66	3 / 5			
reaction time	0.123	interval		3.70	7.78	4.05		4.15	4.53	4.55	4.74	4.83	5.49			11.48	12.73	14.12
		velocity	7.71	9.46	9.00	8.64	8.66	8.43	7.73	7.69	7.38	7.25	7.29	8.05		9.15	8.25	7.44
H1 lead leg	L	strides	20	13		13		13	14	15	15	15	103					
Nakai, Shuta (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>A FINAL</b> - 2023 Shizuoka International Meeting (Fukuroi, JPN)		<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																
date	03-May-23	time	6.20	9.98	13.82	17.73	21.75	25.95	30.23	34.67	39.28	44.01		49.66	9 / 2			
reaction time	0.193	interval		3.78	3.84	3.91	4.02		4.20	4.28	4.44	4.61	4.73	5.65		11.53	12.50	13.78
		velocity	7.26	9.26	9.11	8.95	8.71		8.33	8.18	7.88	7.59	7.40	7.08	8.05	9.11	8.40	7.62
H1 lead leg	R	strides	20	13	13	13		14	14	15	15	15	18	163				
Tamesue, Dai (JPN) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3</b> - 2007 IAAF World Championships (Osaka, JPN)		<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>																
date	25-Aug-07	time	5.87	9.59	13.44	17.43	21.48	25.68	29.98	34.53	39.23	44.08		49.67	7 / 6			
reaction time	0.197	interval		3.72	3.85	3.99	4.05		4.20	4.30	4.55	4.70	4.85	5.59		11.56	12.55	14.10
		velocity	7.67	9.41	9.09	8.77	8.64		8.33	8.14	7.69	7.45	7.22	7.16	8.05	9.08	8.37	7.45
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	125				
Barr, Thomas (IRL) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2022 Doha Diamond League (Doha, QAT) (TV Analysis)		<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	13-May-22	time	5.90	9.67	13.58	17.65	21.85	23.6	26.16		35.33	39.91	44.44		49.67	2 / 3		
reaction time	0.171	interval		3.77	3.91	4.07	4.20		4.31		9.17	4.58	4.53	5.23		11.75		
		velocity	7.63	9.28	8.95	8.60	8.33	8.47	8.12		7.63	7.64	7.73	7.65	8.05	8.94		
H1 lead leg	L	strides	20	13	13	13		13			14	14		113				
Happio, Wilfried (FRA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2023 Bauhaus Galan (Stockholm, SWE)		<i>Omega Timing (2023) - diamond league race analysis</i>																
date	02-Jul-23	time	5.79	9.44	13.12	16.88	20.80	24.86	29.12	33.68	38.71	43.77		49.67	6 / 5			
reaction time	0.151	interval		3.65	3.68	3.76	3.92		4.06	4.26	4.56	5.03	5.06	5.90		11.09	12.24	14.65
		velocity	7.77	9.59	9.51	9.31	8.93		8.62	8.22	7.68	6.96	6.92	6.78	8.05	9.47	8.58	7.17
H1 lead leg	L	strides	20	13		13		13	13	14	15	15		129				
Romera, José María (ESP) (1980)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2002 IAAF World Cup (Madrid, ESP)		<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>																
date	20-Sep-02	time	5.85	9.62	13.39	17.23	21.21	25.32	29.69	34.15	38.91	43.85		49.68	8 / 6			
reaction time	0.147	interval		3.77	3.77	3.84	3.98		4.11	4.37	4.46	4.76	4.94	5.83		11.38	12.46	14.16
		velocity	7.69	9.28	9.28	9.11	8.79		8.52	8.01	7.85	7.35	7.09	6.86	8.05	9.23	8.43	7.42
H1 lead leg	R	strides	21	13	13	13		14	14	14	15	15	18.5	163.5				

Tinsley, Michael (USA) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2006 USATF National Championships (Indianapolis, IN)																		
<i>USATF Men's Hurdle Development (2006)</i>																		
date	24-Jun-06	time	6.01	9.76	12.48	17.42	21.49	25.79	30.18	34.75	39.34	44.06		49.68	8 / 6			
reaction time		interval		3.75	2.72	4.94	4.07	4.30	4.39	4.57	4.59	4.72	5.62			11.41	12.76	13.88
		velocity	7.49	9.33	12.87	7.09	8.60	8.14	7.97	7.66	7.63	7.42	7.12	8.05		9.20	8.23	7.56
H1 lead leg	R	strides	22	14	14	14	14	14	14	15	15	15		151				
Preis, Constantin (GER) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1</b> - 2024 European Athletics Championships (Roma, ITA)																		
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																		
date	10-Jun-24	time	6.11	9.96	13.93	17.94	22.05	26.33	30.82	35.34	40.02	44.59		49.68	7 / 4			
reaction time	0.226	interval		3.85	3.97	4.01	4.11	4.28	4.49	4.52	4.68	4.57	5.09			11.83	12.88	13.77
		velocity	7.36	9.09	8.82	8.73	8.52	8.18	7.80	7.74	7.48	7.66	7.86	8.05		8.88	8.15	7.63
H1 lead leg		strides											0					
Drummond, Gerald (CRC) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 3</b> - 2024 Olympic Games (Paris, FRA)																		
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																		
date	07-Aug-24	time	5.81	9.55	13.42	17.35	21.43	25.71	30.02	34.61	39.35	44.21		49.68	2 / 7			
reaction time	0.219	interval		3.74	3.87	3.93	4.08	4.28	4.31	4.59	4.74	4.86	5.47			11.54	12.67	14.19
		velocity	7.75	9.36	9.04	8.91	8.58	8.18	8.12	7.63	7.38	7.20	7.31	8.05		9.10	8.29	7.40
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	18	168				
Sañchez, Félix (DOM) (1977)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2</b> - 2000 Olympic Games (Sydney, AUS)																		
<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																		
date	25-Sep-00	time	6.00	9.68	13.48	17.44	21.52	23.12	25.80	30.20	34.76	39.44	44.16		49.69	1 / 7		
reaction time	0.178	interval		3.68	3.80	3.96	4.08	4.28	4.40	4.56	4.68	4.72	5.53			11.44	12.76	13.96
		velocity	7.50	9.51	9.21	8.84	8.58	8.65	8.18	7.95	7.68	7.48	7.42	8.05		9.18	8.23	7.52
H1 lead leg		strides	13	13	13	13	13	13	14	14	15	15	123					
Yoshikata, Masahira (JPN) (1982)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2007 Osaka Grand Prix (Osaka, JPN)																		
<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>																		
date	05-May-07	time	6.07	9.82	13.69	17.61	21.71	25.88	30.27	34.72	39.34	44.13		49.69	1 / 5			
reaction time		interval		3.75	3.87	3.92	4.10	4.17	4.39	4.45	4.62	4.79	5.56			11.54	12.66	13.86
		velocity	7.41	9.33	9.04	8.93	8.54	8.39	7.97	7.87	7.58	7.31	7.19	8.05		9.10	8.29	7.58
H1 lead leg		strides		14	14	14	14	14	15	15	15	15	130					
Kurokawa, Kazuki (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 3</b> - 2022 World Athletics Championships (Eugene, OR)																		
<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																		
date	17-Jul-22	time	5.81	9.49	13.35	17.18	21.14	22.76	25.33	29.68	34.25	39.02	43.93		49.69	1 / 6		
reaction time	0.136	interval		3.68	3.86	3.83	3.96	4.19	4.35	4.57	4.77	4.91	5.76			11.37	12.50	14.25
		velocity	7.75	9.51	9.07	9.14	8.84	8.79	8.35	8.05	7.66	7.34	7.13	8.05		9.23	8.40	7.37
H1 lead leg	L	strides	13	13	13	13	13	14	14	15	15	15	18	143				
Samba, Abderrahmane (QAT) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2024 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																		
<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																		
date	02-Jun-24	time	6.10	10.00	13.93	17.80	21.76	25.90	30.17	34.53	39.46	44.07		49.69	2 / 7			
reaction time	0.187	interval		3.90	3.93	3.87	3.96	4.14	4.27	4.36	4.93	4.61	5.62			11.70	12.37	13.90
		velocity	7.38	8.97	8.91	9.04	8.84	8.45	8.20	8.03	7.10	7.59	7.12	8.05		8.97	8.49	7.55
H1 lead leg	L	strides	20	13	13	13	13	13	14	15	15	14	18	161				
Sañchez, Félix (DOM) (1977)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2</b> - 2000 Olympic Games (Sydney, AUS)																		
<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																		
date	24-Sep-00	time	5.86	9.58	13.38	17.18	21.14	25.34		35.54	39.34	44.22		49.70	4 / 3			
reaction time	0.142	interval		3.72	3.80	3.80	3.96	4.20	10.20	3.80	4.88	5.48				11.32		
		velocity	7.68	9.41	9.21	9.21	8.84	8.33	6.86	9.21	7.17	7.30	8.05			9.28		
H1 lead leg		strides	21	13	13	13	13	13	14	15	15	15	18.2	163.2				
Kawakita, Naohiro (JPN) (1980)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2006 Japanese National Championships (Kobe, JPN)																		
<i>Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers</i>																		
date	01-Jul-06	time	6.16	10.01	13.95	17.94	22.01	26.25	30.69	35.33	39.98	44.63		49.70	1 / 3			
reaction time		interval		3.85	3.94	3.99	4.07	4.24	4.44	4.64	4.65	4.65	5.07			11.78	12.75	13.94
		velocity	7.31	9.09	8.88	8.77	8.60	8.25	7.88	7.54	7.53	7.53	7.89	8.05		8.91	8.24	7.53
H1 lead leg		strides		13	13	13	13	14	14	15	15	15	125					
Konishi, Yuta (JPN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2015 Seiko Golden Grand Prix (Kawasaki, JPN)																		
<i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>																		
date	10-May-15	time	6.17	10.14	14.16	18.30	22.42	26.57	30.79	35.21	39.71	44.38		49.70	1 / 2			
reaction time		interval		3.97	4.02	4.14	4.12	4.15	4.22	4.42	4.50	4.67	5.32			12.13	12.49	13.59
		velocity	7.29	8.82	8.71	8.45	8.50	8.43	8.29	7.92	7.78	7.49	7.52	8.05		8.66	8.41	7.73
H1 lead leg		strides	14	14	14	14	14	15	15	15	15	15	131					
Bett, Nicholas (KEN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 Doha Diamond League (Doha, QAT) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																		
date	05-May-17	time	6.23	9.96	13.70	17.63	21.63	25.83	30.13	34.53	39.16	44.16		49.70	5 / 4			
reaction time	0.168	interval		3.73	3.74	3.93	4.00	4.20	4.30	4.40	4.63	5.00	5.54			11.40	12.50	14.03
		velocity	7.22	9.38	9.36	8.91	8.75	8.33	8.14	7.95	7.56	7.00	7.22	8.05		9.21	8.40	7.48
H1 lead leg	R	strides	21	13	13	13	13	13	13	13	13	15	17	157				



Yamamoto, Tatsuhiro (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 Denka Athletics Challenge Cup (Niigata, JPN)																		
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	06-Jun-21	time	6.09	9.98	13.88	17.88	21.94	26.06	30.40	34.82	39.44	44.23		49.70	4 / 2			
reaction time		interval		3.89	3.90	4.00	4.06	4.12	4.34	4.42	4.62	4.79	5.47			11.79	12.52	13.83
		velocity	7.39	9.00	8.97	8.75	8.62	8.50	8.06	7.92	7.58	7.31	7.31	8.05		8.91	8.39	7.59
H1 lead leg	R	strides	21	14	14	14	14	14	15	15	15	15	18.2	169.2				
Saddler, Craig (USA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2023 NCAA Championships (Austin, TX) (TV Analysis)																		
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	09-Jun-23	time	5.96	9.54	13.38	17.31	21.40		30.25	34.85	39.46	44.27		49.70	1 / 9			
reaction time		interval		3.58	3.84	3.93	4.09		8.85	4.60	4.61	4.81	5.43			11.35	12.94	14.02
		velocity	7.55	9.78	9.11	8.91	8.56		7.91	7.61	7.59	7.28	7.37	8.05		9.25	8.11	7.49
H1 lead leg	R	strides	21	13	13	13	13		15	15	15	15	17	135				
Imazeki, Yuta (JPN) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Race A</b> - 2011 Shizuoka International Athletics Meeting (Fukuroi, JPN)																		
<i>Yasuho (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																		
date	03-May-11	time	6.21	10.16	14.13	18.17	22.32	26.56	30.85	35.29	39.84	44.46		49.71	1 / 3			
reaction time		interval		3.95	3.97	4.04	4.15	4.24	4.29	4.44	4.55	4.62	5.25			11.96	12.68	13.61
		velocity	7.25	8.86	8.82	8.66	8.43	8.25	8.16	7.88	7.69	7.58	7.62	8.05		8.78	8.28	7.71
H1 lead leg		strides		14	14	14	14	15	15	15	15	15		131				
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	20-Jul-19	time	6.12	9.92	13.72	17.64	21.76	23.5	25.96		34.88	39.52		49.71	9 / 5			
reaction time	0.158	interval		3.80	3.80	3.92	4.12	4.20		8.92	4.64					11.52		
		velocity	7.35	9.21	9.21	8.93	8.50	8.51	8.33	7.85	7.54			8.05		9.11		
H1 lead leg	L	strides	21	13	13	13	13		13			14		100				
Madari Palliyalil, Jabir (IND) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 3</b> - 2019 IAAF World Championships (Doha, QAT)																		
<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>																		
date	28-Sep-19	time	5.95	9.82	13.69	17.64	21.74	25.92	30.19	34.61	39.24	44.12		49.71	9 / 5			
reaction time	0.199	interval		3.87	3.87	3.95	4.10	4.18	4.27	4.42	4.63	4.88	5.59			11.69	12.55	13.93
		velocity	7.56	9.04	9.04	8.86	8.54	8.37	8.20	7.92	7.56	7.17	7.16	8.05		8.98	8.37	7.54
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	19.7	178.7				
Lahoulou, Abdelmalik (ALG) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2023 Seiko Golden Grand Prix (Yokohama, JPN)																		
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																		
date	21-May-23	time	6.16	9.78	13.51	17.33	21.30	25.38	29.56	34.08	38.96	44.06		49.71	3 / 6			
reaction time	0.195	interval		3.62	3.73	3.82	3.97	4.08	4.18	4.52	4.88	5.10	5.65			11.17	12.23	14.50
		velocity	7.31	9.67	9.38	9.16	8.82	8.58	8.37	7.74	7.17	6.86	7.08	8.05		9.40	8.59	7.24
H1 lead leg	L	strides	21	13	13	13	13	13	13	14	15	16	18	162				
Chalmers, Alastair (GBR) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2</b> - 2024 European Athletics Championships (Roma, ITA)																		
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																		
date	09-Jun-24	time	5.76	9.46	13.23	17.10	21.22	25.62	30.10	34.76	39.53	44.28		49.71	7 / 3			
reaction time	0.146	interval		3.70	3.77	3.87	4.12	4.40	4.48	4.66	4.77	4.75	5.43			11.34	13.00	14.18
		velocity	7.81	9.46	9.28	9.04	8.50	7.95	7.81	7.51	7.34	7.37	7.37	8.05		9.26	8.08	7.40
H1 lead leg		strides												0				
Hemery, David (GBR) (1944)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2</b> - 1972 Olympic Games (Munich, FRG)																		
<i>Schmidt (1973) - vorolympisches training von john akii-bua über 400 hürden</i>																		
date	01-Sep-72	time				21.8			30.3			44.3		49.72	5 / 1			
reaction time		interval							8.50			14.00	5.42					14.00
		velocity				8.49			8.24			7.50	7.38	8.05				7.50
H1 lead leg		strides																
Clement, Kerron (USA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1</b> - 2007 USATF National Championships (Indianapolis, IN)																		
<i>USATF Men's Hurdle Development (2007)</i>																		
date	21-Jun-07	time	5.99	9.78	13.65	17.60	21.79	26.04	30.41	34.87	39.57	44.38		49.72	6 / 1			
reaction time		interval		3.79	3.87	3.95	4.19	4.25	4.37	4.46	4.70	4.81	5.34			11.61	12.81	13.97
		velocity	7.51	9.23	9.04	8.86	8.35	8.24	8.01	7.85	7.45	7.28	7.49	8.05		9.04	8.20	7.52
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	15	15		141				
Hann, Mamadou Kasse (FRA) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																		
date	18-Jun-17	time	6.04	9.92		17.76	21.88	26.08	30.60	35.16	39.80	44.44		49.72	5 / 5			
reaction time	0.158	interval		3.88		7.84	4.12	4.20	4.52	4.56	4.64	4.64	5.28			11.72	12.84	13.84
		velocity	7.45	9.02		8.93	8.50	8.33	7.74	7.68	7.54	7.54	7.58	8.05		8.96	8.18	7.59
H1 lead leg	L	strides	21	13		13		14	14	14	14	14		117				
Allen, CJ (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1</b> - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																		
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																		
date	25-Jun-21	time	6.10	10.00	13.90	17.87	21.97	26.10	30.47	34.93	39.50	44.30		49.72	3 / 4			
reaction time	0.225	interval		3.90	3.90	3.97	4.10	4.13	4.37	4.46	4.57	4.80	5.42			11.77	12.60	13.83
		velocity	7.38	8.97	8.97	8.82	8.54	8.47	8.01	7.85	7.66	7.29	7.38	8.05		8.92	8.33	7.59
H1 lead leg	L	strides	19	13	13	13	13		13	14	15	15	18.2	146.2				

Kawagoe, Hiroya (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2022 Japanese National Championships (Osaka, JPN)													<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>						
date	11-Jun-22	time	6.01	9.84	13.76	17.82	21.94	26.21	30.63	35.10	39.66	44.33		49.72	4 / 2				
reaction time	0.193	interval		3.83	3.92	4.06	4.12	4.27	4.42	4.47	4.56	4.67	5.39			11.81	12.81	13.70	
		velocity	7.49	9.14	8.93	8.62	8.50	8.20	7.92	7.83	7.68	7.49	7.42	8.05		8.89	8.20	7.66	
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18.7	170.7					
de Jesús, Mikael Antonio (POR) (199)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 2</b> - 2024 European Athletics Championships (Roma, ITA)													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>						
date	10-Jun-24	time	5.96	9.67	13.50	17.52	21.63	25.97	30.46	34.90	39.58	44.33		49.72	2 / 6				
reaction time	0.164	interval		3.71	3.83	4.02	4.11	4.34	4.49	4.44	4.68	4.75	5.39			11.56	12.94	13.87	
		velocity	7.55	9.43	9.14	8.71	8.52	8.06	7.80	7.88	7.48	7.37	7.42	8.05		9.08	8.11	7.57	
H1 lead leg		strides																	
Rosser, Khalfifah (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	
<b>Semi-Final 2</b> - 2024 USA Olympic Trials (Eugene, OR)													<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>						
date	28-Jun-24	time	5.93	9.65	13.40	17.35	21.39	23.12	25.39	29.79	34.38	39.16	44.01		49.72	6 / 2			
reaction time		interval		3.72	3.75	3.95	4.04	4.00	4.40	4.59	4.78	4.85	5.71			11.42	12.44	14.22	
		velocity	7.59	9.41	9.33	8.86	8.66	8.65	8.75	7.95	7.63	7.32	7.22	7.01	8.05	9.19	8.44	7.38	
H1 lead leg	R	strides	20	13	13	13	13	14	14	14	14	15	17.5	160.5					
Rawlinson, Christopher (GBR) (1972)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 4</b> - 2002 European Championships (Munich, GER)													<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>						
date	07-Aug-02	time	6.02	9.72	13.44	17.32	21.34	25.50	29.82	34.56	39.30	44.10		49.73	1 / 2				
reaction time		interval		3.70	3.72	3.88	4.02	4.16	4.32	4.74	4.74	4.80	5.63			11.30	12.50	14.28	
		velocity	7.48	9.46	9.41	9.02	8.71	8.41	8.10	7.38	7.38	7.29	7.10	8.04		9.29	8.40	7.35	
H1 lead leg		strides																	
Green, Jack (GBR) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2018 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	10-Jun-18	time	6.04	9.84	13.72	17.68	21.80	26.12	30.56	35.04	39.60	44.40		49.73	8 / 5				
reaction time	0.176	interval		3.80	3.88	3.96	4.12	4.32	4.44	4.48	4.56	4.80	5.33			11.64	12.88	13.84	
		velocity	7.45	9.21	9.02	8.84	8.50	8.10	7.88	7.81	7.68	7.29	7.50	8.04		9.02	8.15	7.59	
H1 lead leg	R	strides	22	14	14	13	14	15	15	15	15	16	153						
Abe, Takatoshi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2020 Japanese National Championships (Niigata, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>						
date	02-Oct-20	time	6.01	9.59	13.35	17.17	21.10	25.28	29.68	34.23	39.01	43.94		49.73	5 / 1				
reaction time	0.170	interval		3.58	3.76	3.82	3.93	4.18	4.40	4.55	4.78	4.93	5.79			11.16	12.51	14.26	
		velocity	7.49	9.78	9.31	9.16	8.91	8.37	7.95	7.69	7.32	7.10	6.91	8.04		9.41	8.39	7.36	
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	15	19	163					
Iwasaki, Takafumi (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2021 Denka Athletics Challenge Cup (Niigata, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>						
date	06-Jun-21	time	6.06	9.91	13.91	17.97	22.15	26.41	30.76	35.19	39.77	44.43		49.73	7 / 3				
reaction time		interval		3.85	4.00	4.06	4.18	4.26	4.35	4.43	4.58	4.66	5.30			11.91	12.79	13.67	
		velocity	7.43	9.09	8.75	8.62	8.37	8.22	8.05	7.90	7.64	7.51	7.55	8.04		8.82	8.21	7.68	
H1 lead leg	L	strides	21	14	14	14	14	14	15	15	15	15	18.2	169.2					
McAlister, Chris (GBR) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2021 Weltklasse (Zürich, SUI) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	09-Sep-21	time	6.24			22.40	24.1	26.64			39.88	44.48		49.73	1 / 7				
reaction time	0.168	interval				16.16		4.24			13.24	4.60	5.25						
		velocity	7.21			8.66	8.30	8.25			7.93	7.61	7.62	8.04					
H1 lead leg	R	strides	22					14				15	51						
Bailey, Aldrich (USA) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2024 USA Olympic Trials (Eugene, OR)													<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>						
date	30-Jun-24	time	5.75	9.47	13.28	17.15	21.05	22.86	25.20	29.52	34.29	39.12	43.83		49.73	3 / 6			
reaction time		interval		3.72	3.81	3.87	3.90	4.15	4.32	4.77	4.83	4.71	5.90			11.40	12.37	14.31	
		velocity	7.83	9.41	9.19	9.04	8.97	8.75	8.43	8.10	7.34	7.25	7.43	6.78	8.04	9.21	8.49	7.34	
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14	17.5	159.5					
Cawley, Rex (USA) (1940)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1964 Olympic Games (Tokyo, JPN)													<i>Breitschaft (1965) - die leichtathletik wettkämpfe der 1964 olympischen sommerspielen - 400m hürdenlauf</i>						
date	16-Oct-64	time	5.9		13.8		21.8		30.3		38.9			49.6	6 / 1				
reaction time		interval			7.9		8.0		8.5		8.6		10.7						
		velocity	7.63		8.86		8.75		8.24		8.14		7.01	8.06					
H1 lead leg		strides																	
Kitur, Simon (KEN) (1959)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 2</b> - 1988 Olympic Games (Seoul, KOR)													<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>						
date	24-Sep-88	time	6.12	9.92	13.81	17.81	21.90	26.10	30.45	34.91	39.63	44.45		49.74	1 / 6				
reaction time		interval		3.80	3.89	4.00	4.09	4.20	4.35	4.46	4.72	4.82	5.29			11.69	12.64	14.00	
		velocity	7.35	9.21	9.00	8.75	8.56	8.33	8.05	7.85	7.42	7.26	7.56	8.04		8.98	8.31	7.50	
H1 lead leg		strides	22	15	15	15	15	15	15	15	16	16	18.1	177.1					

Mashchenko, Ruslan (RUS) (1971)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1997 European Cup (Munich, GER)																		
<i>Jung (2003) - http://www.fgs.uni-halle.de</i>																		
date	21-Jun-97	time	6.05	9.79	13.70	17.72	21.84	26.06	30.47	34.94	39.60	44.33		49.74	1 / 3			
reaction time		interval		3.74	3.91	4.02	4.12	4.22	4.41	4.47	4.66	4.73	5.41			11.67	12.75	13.86
		velocity	7.44	9.36	8.95	8.71	8.50	8.29	7.94	7.83	7.51	7.40	7.39	8.04		9.00	8.24	7.58
H1 lead leg		strides																
Kawakita, Naohiro (JPN) (1980)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2009 Japanese National Championships (Hiroshima, JPN)																		
<i>Yasuho (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																		
date	27-Jun-09	time	6.13	9.97	13.86	17.85	21.95	26.30	30.75	35.30	39.94	44.59		49.74	4 / 3			
reaction time		interval		3.84	3.89	3.99	4.10	4.35	4.45	4.55	4.64	4.65	5.15			11.72	12.90	13.84
		velocity	7.34	9.11	9.00	8.77	8.54	8.05	7.87	7.69	7.54	7.53	7.77	8.04		8.96	8.14	7.59
H1 lead leg		strides		13	13	13	13	14	14	14	15	15		124				
Samba, Abderrahmane (QAT) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 IAAF World Championships (London, GBR) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																		
date	09-Aug-17	time	5.80	9.56	13.36	17.16	21.08	25.24	29.48	33.88	38.44	43.04		49.74	6 / 7			
reaction time	0.206	interval		3.76	3.80	3.80	3.92	4.16	4.24	4.40	4.56	4.60	6.70			11.36	12.32	13.56
		velocity	7.76	9.31	9.21	9.21	8.93	8.41	8.25	7.95	7.68	7.61	5.97	8.04		9.24	8.52	7.74
H1 lead leg	R	strides	21	13	13	13	13	13	13	14	14	14	19	160				
Abe, Takatoshi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Asian Athletics Championships (Doha, QAT)																		
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	22-Apr-19	time	5.97	9.64	13.33	17.10	21.04	25.19	29.66	34.27	39.06	43.93		49.74	7 / 5			
reaction time	0.189	interval		3.67	3.69	3.77	3.94	4.15	4.47	4.61	4.79	4.87	5.81			11.13	12.56	14.27
		velocity	7.54	9.54	9.49	9.28	8.88	8.43	7.83	7.59	7.31	7.19	6.88	8.04		9.43	8.36	7.36
H1 lead leg		strides		13	13	13	13	13	14	14	15	15		123				
Valliant, Ludvy (FRA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)																		
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																		
date	05-Jun-22	time	5.83	9.53	13.30	17.20	21.20	22.87	25.27	29.63	34.10	38.90	43.83		49.74	3 / 6		
reaction time	0.141	interval		3.70	3.77	3.90	4.00	4.07	4.36	4.47	4.80	4.93	5.91			11.37	12.43	14.20
		velocity	7.72	9.46	9.28	8.97	8.75	8.60	8.03	7.83	7.29	7.10	6.77	8.04		9.23	8.45	7.39
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	15		144				
Zazini, Sokwakhana (RSA) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2023 Doha Diamond League (Doha, QAT)																		
<i>Omega Timing (2023) - diamond league race analysis</i>																		
date	05-May-23	time	5.83	9.46	13.25	17.13	21.12	25.58	30.07	34.69	39.36	44.01		49.74	1 / 6			
reaction time	0.170	interval		3.63	3.79	3.88	3.99	4.46	4.49	4.62	4.67	4.65	5.73			11.30	12.94	13.94
		velocity	7.72	9.64	9.23	9.02	8.77	7.85	7.80	7.58	7.49	7.53	6.98	8.04		9.29	8.11	7.53
H1 lead leg	L	strides	23	14	14	14	14	15			16	16		126				
Kendziera, Dave (USA) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2023 USATF National Championships (Eugene, OR) (TV Analysis)																		
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	09-Jul-23	time	6.00	9.84	13.58	17.35	21.25	25.29	29.59	34.13	38.90			49.74	8 / 7			
reaction time		interval		3.84	3.74	3.77	3.90	4.04	4.30	4.54	4.77		10.84			11.35	12.24	
		velocity	7.50	9.11	9.36	9.28	8.97	8.66	8.14	7.71	7.34		6.92	8.04		9.25	8.58	
H1 lead leg	L	strides	21	14	13	13	13		14	14	15			117				
Lambrugh, Mario (ITA) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3</b> - 2024 European Athletics Championships (Roma, ITA)																		
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																		
date	09-Jun-24	time	5.88	9.63	13.56	17.47	21.52	25.72	30.09	34.77	39.69	44.48		49.74	8 / 1			
reaction time	0.208	interval		3.75	3.93	3.91	4.05	4.20	4.37	4.68	4.92	4.79	5.26			11.59	12.62	14.39
		velocity	7.65	9.33	8.91	8.95	8.64	8.33	8.01	7.48	7.11	7.31	7.60	8.04		9.06	8.32	7.30
H1 lead leg		strides																
Edlund, Oskar (SWE) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2</b> - 2024 Olympic Games (Paris, FRA)																		
<i>Paris 2024 Olympyc Games - Results Book (2024)</i>																		
date	05-Aug-24	time	5.81	9.40	13.11	16.90	20.88	25.06	29.49	34.14	38.98	43.88		49.74	6 / 7			
reaction time	0.188	interval		3.59	3.71	3.79	3.98	4.18	4.43	4.65	4.84	4.90	5.86			11.09	12.59	14.39
		velocity	7.75	9.75	9.43	9.23	8.79	8.37	7.90	7.53	7.23	7.14	6.83	8.04		9.47	8.34	7.30
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	15	15	18	162				
Cuypers, Alain (BEL) (1967)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2</b> - 1988 Olympic Games (Seoul, KOR)																		
<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																		
date	24-Sep-88	time	6.20	10.13	14.07	18.06	22.14	26.45	30.79	35.22	39.76	44.40		49.75	7 / 7			
reaction time		interval		3.93	3.94	3.99	4.08	4.31	4.34	4.43	4.54	4.64	5.35	PB		11.86	12.73	13.61
		velocity	7.26	8.91	8.88	8.77	8.58	8.12	8.06	7.90	7.71	7.54	7.48	8.04		8.85	8.25	7.71
H1 lead leg		strides	21	14	14	14	14	14	14	15	15	15	18.5	168.5				
Young, Blair (AUS) (1971)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2</b> - 2000 Olympic Games (Sydney, AUS)																		
<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																		
date	24-Sep-00	time	6.06	9.82	13.74	17.74	21.86	26.18		35.42	39.90	44.50		49.75	6 / 4			
reaction time	0.193	interval		3.76	3.92	4.00	4.12	4.32		9.24	4.48	4.60	5.25			11.68		
		velocity	7.43	9.31	8.93	8.75	8.50	8.10		7.58	7.81	7.61	7.62	8.04		8.99		
H1 lead leg		strides	21	13	13	14	14	14	15	15	15	15	18.4	167.4				

Shao Yi (CHN) (1979)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2003 Chinese National Championships (Shanghai, CHN)													<i>Zhou (2003) - training of Shao Yi, national champion of men's 400m hurdles</i>						
date	14-Sep-03	time	6.14	9.94	13.84	17.90	22.02	26.30	30.64	35.12	39.68	44.40		49.75	1				
reaction time		interval		3.80	3.90	4.06	4.12	4.28	4.34	4.48	4.56	4.72	5.35			11.76	12.74	13.76	
		velocity	7.33	9.21	8.97	8.62	8.50	8.18	8.06	7.81	7.68	7.42	7.48	8.04		8.93	8.24	7.63	
H1 lead leg		strides		13	13	14	14	14	14	14	14	15		125					
Kishimoto, Takayuki (JPN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>A FINAL</b> - 2014 Shizuoka International Athletics Meeting (Fukuroi, JPN)													<i>Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions</i>						
date	03-May-14	time	5.96	9.71	13.56	17.60	21.75	26.07	30.49	35.03	39.70	44.42		49.75	1				
reaction time		interval		3.75	3.85	4.04	4.15	4.32	4.42	4.54	4.67	4.72	5.33			11.64	12.89	13.93	
		velocity	7.55	9.33	9.09	8.66	8.43	8.10	7.92	7.71	7.49	7.42	7.50	8.04		9.02	8.15	7.54	
H1 lead leg		strides		13	13	13	13	14	14	15	15	15		125					
Bonvin, Julien (SUI) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 2</b> - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>						
date	21-Aug-23	time	5.90	9.67	13.38	17.05	20.99	25.29	29.66	34.30	39.11	44.08		49.75	4 / 8				
reaction time	0.175	interval		3.77	3.71	3.67	3.94	4.30	4.37	4.64	4.81	4.97	5.67			11.15	12.61	14.42	
		velocity	7.63	9.28	9.43	9.54	8.88	8.14	8.01	7.54	7.28	7.04	7.05	8.04		9.42	8.33	7.28	
H1 lead leg	L	strides	20	13	13	13	13	14	14	15	15	18	148						
Mori, Fabrizio (ITA) (1969)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1991 European Cup (Frankfurt, GER)													<i>Federle (2003) - http://www.fgs.uni-halle.de</i>						
date	29-Jun-91	time	6.43	10.33	14.28	18.27	22.35	26.60	31.01	35.38	40.01	44.65		49.76	3				
reaction time		interval		3.90	3.95	3.99	4.08	4.25	4.41	4.37	4.63	4.64	5.11			11.84	12.74	13.64	
		velocity	7.00	8.97	8.86	8.77	8.58	8.24	7.94	8.01	7.56	7.54	7.83	8.04		8.87	8.24	7.70	
H1 lead leg		strides																	
Mužik, Jiri (CZE) (1976)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 2</b> - 2002 European Championships (Munich, GER)													<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>						
date	07-Aug-02	time	6.24	10.23	14.29	18.37	22.52	26.69	30.95	35.31	39.85	44.47		49.76	1				
reaction time	0.169	interval		3.99	4.06	4.08	4.15	4.17	4.26	4.36	4.54	4.62	5.29			12.13	12.58	13.52	
		velocity	7.21	8.77	8.62	8.58	8.43	8.39	8.22	8.03	7.71	7.58	7.56	8.04		8.66	8.35	7.77	
H1 lead leg		strides																	
Yoshikata, Masahira (JPN) (1982)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2006 Seiko Super Grand Prix (Yokohama, JPN)													<i>Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers</i>						
date	24-Sep-06	time	5.92	9.57	13.31	17.15	21.14	25.31	29.66	34.10	38.75	43.77		49.76	6				
reaction time		interval		3.65	3.74	3.84	3.99	4.17	4.35	4.44	4.65	5.02	5.99			11.23	12.51	14.11	
		velocity	7.60	9.59	9.36	9.11	8.77	8.39	8.05	7.88	7.53	6.97	6.68	8.04		9.35	8.39	7.44	
H1 lead leg		strides		14	14	14	14	14	15	15	15	15	15	130					
Koike, Takayuki (JPN) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2010 Japanese National Championships (Marugume, JPN)													<i>Yasunori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>						
date	05-Jun-10	time	6.02	9.79	13.71	17.66	21.78	26.03	30.40	34.94	39.51	44.23		49.76	3				
reaction time	0.197	interval		3.77	3.92	3.95	4.12	4.25	4.37	4.54	4.57	4.72	5.53			11.64	12.74	13.83	
		velocity	7.48	9.28	8.93	8.86	8.50	8.24	8.01	7.71	7.66	7.42	7.23	8.04		9.02	8.24	7.59	
H1 lead leg		strides		14	14	14	14	15	15	15	15	15	15	131					
Imazeki, Yuta (JPN) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2012 Shizuoka International Athletics Meeting (Fukuroi, JPN)													<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>						
date	03-May-12	time	6.22	10.11	14.01	18.00	22.15	26.30	30.59	35.08	39.68	44.38		49.76	3				
reaction time		interval		3.89	3.90	3.99	4.15	4.15	4.29	4.49	4.60	4.70	5.38			11.78	12.59	13.79	
		velocity	7.23	9.00	8.97	8.77	8.43	8.43	8.16	7.80	7.61	7.45	7.43	8.04		8.91	8.34	7.61	
H1 lead leg		strides		14	14	14	14	15	15	15	15	15	15	131					
Matsushita, Yuki (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2015 Japanese National Championships (Niigata, JPN)													<i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>						
date	28-Jun-15	time	6.11	9.91	13.83	17.78	21.88	26.15	30.57	35.21	39.86	44.55		49.76	6 / 1				
reaction time	0.169	interval		3.80	3.92	3.95	4.10	4.27	4.42	4.64	4.65	4.69	5.21			11.67	12.79	13.98	
		velocity	7.36	9.21	8.93	8.86	8.54	8.20	7.92	7.54	7.53	7.46	7.68	8.04		9.00	8.21	7.51	
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	19	165					
Konishi, Yuta (JPN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2016 Kansai Business Championships (Osaka, JPN)													<i>(2017) - tfdata-store.com/2017/05/22/post-605/</i>						
date	20-May-16	time	6.12	10.01	13.90	17.83	21.95	26.32	30.64	35.10	39.72	44.44		49.76	5 / 1				
reaction time		interval		3.89	3.89	3.93	4.12	4.37	4.32	4.46	4.62	4.72	5.32			11.71	12.81	13.80	
		velocity	7.35	9.00	9.00	8.91	8.50	8.01	8.10	7.85	7.58	7.42	7.52	8.04		8.97	8.20	7.61	
H1 lead leg		strides		13	13	13	13	14	14	15	15	15	15	125					
Kawagoe, Hiroya (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2021 Ready Steady Tokyo (Tokyo, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>						
date	09-May-21	time	5.96	9.79	13.75	17.75	21.86	26.16	30.50	35.04	39.62	44.29		49.76	9 / 6				
reaction time	0.142	interval		3.83	3.96	4.00	4.11	4.30	4.34	4.54	4.58	4.67	5.47			11.79	12.75	13.79	
		velocity	7.55	9.14	8.84	8.75	8.52	8.14	8.06	7.71	7.64	7.49	7.31	8.04		8.91	8.24	7.61	
H1 lead leg		strides		14	14	14	14	15	15	15	15	15	15	131					

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Toyoda, Masaki (JPN) (1998)</b>																		
<b>FINAL - 2022 Seiko Golden Grand Prix (Tokyo, JPN)</b>														<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>				
date	08-May-22	time	6.09	10.09	14.21	18.37	22.56	26.78	31.03	35.42	39.89	44.49		49.76	4 / 4			
reaction time	0.183	interval		4.00	4.12	4.16	4.19	4.22	4.25	4.39	4.47	4.60	5.27			12.28	12.66	13.46
		velocity	7.39	8.75	8.50	8.41	8.35	8.29	8.24	7.97	7.83	7.61	7.59	8.04		8.55	8.29	7.80
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	18	168				
<b>McAlister, Chris (GBR) (1995)</b>																		
<b>FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)</b>														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	30-Jun-22	time	6.12	9.92	13.72	17.60	21.70	23.39	25.92	30.38	34.86	39.48	44.32	49.76	8 / 7			
reaction time	0.175	interval		3.80	3.80	3.88	4.10	4.22	4.46	4.48	4.62	4.84	5.44			11.48	12.78	13.94
		velocity	7.35	9.21	9.21	9.02	8.54	8.55	8.29	7.85	7.81	7.58	7.23	7.35	8.04	9.15	8.22	7.53
H1 lead leg	R	strides	22	14	14	14	14	14	15	15	15	15	15	152				
<b>Imazeki, Yuta (JPN) (1987)</b>																		
<b>FINAL - 2010 Osaka Grand Prix (Osaka, JPN)</b>														<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>				
date	08-May-10	time	6.29	10.26	14.21	18.28	22.42	26.69	31.06	35.60	40.10	44.64		49.77	1 / 4			
reaction time		interval		3.97	3.95	4.07	4.14	4.27	4.37	4.54	4.50	4.54	5.13			11.99	12.78	13.58
		velocity	7.15	8.82	8.86	8.60	8.45	8.20	8.01	7.71	7.78	7.71	7.80	8.04		8.76	8.22	7.73
H1 lead leg		strides		14	14	14	14	15	15	15	15	15	131					
<b>Smidt, Nick (NED) (1997)</b>																		
<b>FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)</b>														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	16-Jun-22	time	5.92	9.72	13.64	17.68	23.70	26.28	30.62	34.92	39.56	44.28		49.77	1 / 6			
reaction time	0.172	interval		3.80	3.92	4.04		8.60	4.34	4.30	4.64	4.72	5.49			11.76	12.94	13.66
		velocity	7.60	9.21	8.93	8.66	8.44	8.14	8.06	8.14	7.54	7.42	7.29	8.04		8.93	8.11	7.69
H1 lead leg	L	strides	21	13	13	14	14			14	15	15	18	137				
<b>Angela, Ramsey (NED) (1999)</b>																		
<b>Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)</b>														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	17-Jul-22	time	5.90	9.70	13.57	17.56	21.67	23.51	25.90	30.17	34.67	39.40	44.23	49.77	4 / 4			
reaction time	0.155	interval		3.80	3.87	3.99	4.11	4.23	4.27	4.50	4.73	4.83	5.54			11.66	12.61	14.06
		velocity	7.63	9.21	9.04	8.77	8.52	8.51	8.27	8.20	7.78	7.40	7.25	7.22	8.04	9.01	8.33	7.47
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	18.2	171.2				
<b>Tsutsue, Kaito (JPN) (1998)</b>																		
<b>B FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)</b>														<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>				
date	03-May-23	time	6.08	9.84	13.75	17.69	21.67	25.80	30.24	34.80	39.48	44.25		49.77	1 / 4			
reaction time	0.185	interval		3.76	3.91	3.94	3.98	4.13	4.44	4.56	4.68	4.77	5.52			11.61	12.55	14.01
		velocity	7.40	9.31	8.95	8.88	8.79	8.47	7.88	7.68	7.48	7.34	7.25	8.04		9.04	8.37	7.49
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	15	19	163				
<b>Nilsson, Vance (USA) (2005)</b>																		
<b>Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)</b>														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	28-Jun-24	time	6.02	9.79	13.63	17.60	21.63	23.44	25.75	30.20	34.93	39.74	44.49	49.77	8 / 3			
reaction time		interval		3.77	3.84	3.97	4.03	4.12	4.45	4.73	4.81	4.75	5.28	PB		11.58	12.60	14.29
		velocity	7.48	9.28	9.11	8.82	8.68	8.53	8.50	7.87	7.40	7.28	7.37	7.58	8.04	9.07	8.33	7.35
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	14	14	15	17	158			
<b>Büttner, Dieter (FRG) (1949)</b>																		
<b>Heat 1 - 1972 Olympic Games (Munich, FRG)</b>														<i>Schmidt (1973) - vorolympisches training von john akii-bua über 400 hürden</i>				
date	01-Sep-72	time				21.5			30.4					49.78	1 / 1			
reaction time		interval						8.90										
		velocity				8.60			7.87					8.04				
H1 lead leg		strides																
<b>Matsushita, Yuki (JPN) (1991)</b>																		
<b>B Race - 2015 Shizuoka International Athletics Meeting (Fukuroi, JPN)</b>														<i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>				
date	03-May-15	time	6.04	9.88	13.78	17.72	21.76	26.03	30.40	35.00	39.67	44.47		49.78	1 / 3			
reaction time	0.164	interval		3.84	3.90	3.94	4.04	4.27	4.37	4.60	4.67	4.80	5.31			11.68	12.68	14.07
		velocity	7.45	9.11	8.97	8.88	8.66	8.20	8.01	7.61	7.49	7.29	7.53	8.04		8.99	8.28	7.46
H1 lead leg		strides		13	13	13	13	14	14	15	15	15	125					
<b>Abe, Takatoshi (JPN) (1991)</b>																		
<b>FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)</b>														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	13-Jun-19	time	6.02	9.78	13.68	17.58	21.72	23.5	25.92	30.29	34.83	39.54	44.31	49.78	8 / 5			
reaction time	0.188	interval		3.76	3.90	3.90	4.14	4.20	4.37	4.54	4.71	4.77	5.47			11.56	12.71	14.02
		velocity	7.48	9.31	8.97	8.97	8.45	8.51	8.33	8.01	7.71	7.43	7.31	8.04		9.08	8.26	7.49
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	15	17.5	161.5				
<b>Dean, Caleb (USA) (2001)</b>																		
<b>Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	25-Jun-21	time	5.93	9.77	13.67	17.60	21.77	26.07	30.53	35.03	39.77	44.53		49.78	7 / 5			
reaction time	0.178	interval		3.84	3.90	3.93	4.17	4.30	4.46	4.50	4.74	4.76	5.25			11.67	12.93	14.00
		velocity	7.59	9.11	8.97	8.91	8.39	8.14	7.85	7.78	7.38	7.35	7.62	8.04		9.00	8.12	7.50
H1 lead leg	R	strides		13	13	13	13	15	15	15	15	15	18	145				

Yamauchi, Hiromu (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2023 Japanese National Championships (Osaka, JPN)													<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>						
date	03-Jun-23	time	6.21	10.06	13.98	19.07	22.19	26.36	30.65	35.15	39.72	44.44		49.78	6 / 2				
reaction time	0.223	interval		3.85	3.92	5.09	3.12	4.17	4.29	4.50	4.57	4.72	5.34			12.86	11.58	13.79	
		velocity	7.25	9.09	8.93	6.88	11.22	8.39	8.16	7.78	7.66	7.42	7.49	8.04		8.16	9.07	7.61	
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	19	169					
Ishida, Yusuke (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2017 Japanese National Championships (Osaka, JPN)													<i>Morioka (2018) - Analysis of the race patterns of the top 400m hurdles in Japan</i>						
date	24-Jun-17	time	6.16	9.96	13.86	17.77	21.76	26.06	30.38	34.90	39.59	44.34		49.79	1 / 2				
reaction time	0.185	interval		3.80	3.90	3.91	3.99	4.30	4.32	4.52	4.69	4.75	5.45			11.61	12.61	13.96	
		velocity	7.31	9.21	8.97	8.95	8.77	8.14	8.10	7.74	7.46	7.37	7.34	8.03		9.04	8.33	7.52	
H1 lead leg		strides	13	13	13	13	14	14	15	15	15	15	125						
Bencosme, José Reynaldo (ITA) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	31-May-18	time	6.04	9.80	13.64	17.52	21.48	25.60	30.00	34.48	39.28	44.12		49.79	2 / 7				
reaction time	0.153	interval		3.76	3.84	3.88	3.96	4.12	4.40	4.48	4.80	4.84	5.67			11.48	12.48	14.12	
		velocity	7.45	9.31	9.11	9.02	8.84	8.50	7.95	7.81	7.29	7.23	7.05	8.03		9.15	8.41	7.44	
H1 lead leg	L	strides	20	13	13	13	13	13	14	14	15	15	143						
Holmes, TJ (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2019 Prefontaine Classic (Stanford, CA) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>						
date	30-Jun-19	time	5.90	9.46	13.30	17.13	21.10	25.46	29.86	34.56	39.16	44.03		49.79	8 / 5				
reaction time	0.282	interval		3.56	3.84	3.83	3.97	4.36	4.40	4.70	4.60	4.87	5.76			11.23	12.73	14.17	
		velocity	7.63	9.83	9.11	9.14	8.82	8.03	7.95	7.45	7.61	7.19	6.94	8.03		9.35	8.25	7.41	
H1 lead leg	L	strides	20	13	13	13	14	14	14	14	15	15	116						
Hyde, Jaheel (JAM) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>						
date	20-Jul-19	time	5.96	9.80	13.80	17.76	21.88	23.6	26.16	34.92	39.56	44.28		49.79	2 / 6				
reaction time	0.159	interval		3.84	4.00	3.96	4.12	4.28		8.76	4.64	4.72	5.51			11.80			
		velocity	7.55	9.11	8.75	8.84	8.50	8.47	8.18	7.99	7.54	7.42	7.26	8.03		8.90			
H1 lead leg	L	strides	22	14	14	13	13	14			15	15	18	138					
Yamamoto, Tatsuhiro (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2020 Japanese National Championships (Niigata, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>						
date	02-Oct-20	time	6.06	9.91	13.86	17.87	22.01	26.28	30.66	35.12	39.69	44.38		49.79	4 / 2				
reaction time	0.156	interval		3.85	3.95	4.01	4.14	4.27	4.38	4.46	4.57	4.69	5.41			11.81	12.79	13.72	
		velocity	7.43	9.09	8.86	8.73	8.45	8.20	7.99	7.85	7.66	7.46	7.39	8.03		8.89	8.21	7.65	
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18.7	170.7					
Oda, Masaya (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2020 Michitaka Kinami Memorial (Osaka, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>						
date	24-Oct-20	time	5.99	9.82	13.75	17.68	21.72	25.98	30.35	34.88	39.56	44.33		49.79	2 / 1				
reaction time		interval		3.83	3.93	3.93	4.04	4.26	4.37	4.53	4.68	4.77	5.46			11.69	12.67	13.98	
		velocity	7.51	9.14	8.91	8.91	8.66	8.22	8.01	7.73	7.48	7.34	7.33	8.03		8.98	8.29	7.51	
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	19.2	171.2					
Preis, Constantin (GER) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2021 Bislett Games (Oslo, NOR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	01-Jul-21	time	6.00	9.82	13.66	17.70	21.72	25.88		34.72	39.48	44.38		49.79	2 / 5				
reaction time	0.246	interval		3.82	3.84	4.04	4.02	4.16		8.84	4.76	4.90	5.41			11.70			
		velocity	7.50	9.16	9.11	8.66	8.71	8.41		7.92	7.35	7.14	7.39	8.03		8.97			
H1 lead leg	L	strides	22	14	14	14	15	15		16	16	16	111						
Narisako, Kenji (JPN) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2004 Japanese National Championships (Tottori, JPN)													<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>						
date	05-Jun-04	time	6.02	9.79	13.61	17.61	21.76	26.20	30.57	35.06	39.65	44.34		49.80	1 / 4				
reaction time		interval		3.77	3.82	4.00	4.15	4.44	4.37	4.49	4.59	4.69	5.46			11.59	12.96	13.77	
		velocity	7.48	9.28	9.16	8.75	8.43	7.88	8.01	7.80	7.63	7.46	7.33	8.03		9.06	8.10	7.63	
H1 lead leg		strides		13	13	13	13	14	14	15	15	15	125						
Warholm, Karsten (NOR) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2016 Bislett Games (Oslo, NOR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>						
date	09-Jun-16	time	5.92	9.72	13.64	17.60	21.80	26.00	30.36	34.96	39.76	44.60		49.80	7 / 5				
reaction time	0.163	interval		3.80	3.92	3.96	4.20	4.20	4.36	4.60	4.80	4.84	5.20			11.68	12.76	14.24	
		velocity	7.60	9.21	8.93	8.84	8.33	8.33	8.03	7.61	7.29	7.23	7.69	8.03		8.99	8.23	7.37	
H1 lead leg	L	strides	20	13	13	13	13	13	13	15	15	15	143						
Abe, Takatoshi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)													<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>						
date	08-Sep-18	time	5.92	9.60	13.40	17.32	21.36	25.52	29.96	34.52	39.32	44.16		49.80	7 / 6				
reaction time	0.192	interval		3.68	3.80	3.92	4.04	4.16	4.44	4.56	4.80	4.84	5.64			11.40	12.64	14.20	
		velocity	7.60	9.51	9.21	8.93	8.66	8.41	7.88	7.68	7.29	7.23	7.09	8.03		9.21	8.31	7.39	
H1 lead leg	R	strides	20	13	13	13	13	14	14	15	15	15	17.5	147.5					

<b>Dobek, Patryk (POL) (1994)</b>		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 Bislett Games (Oslo, NOR) (TV Analysis)</b>																			
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																			
date	13-Jun-19	time	5.92	9.62	13.45		21.42	23.1	25.55	29.99	34.46	39.30	44.21	49.80	2 / 6				
reaction time	0.155	interval		3.70	3.83		7.97		4.13	4.44	4.47	4.84	4.91	5.59				14.22	
		velocity	7.60	9.46	9.14		8.78	8.66	8.47	7.88	7.83	7.23	7.13	7.16	8.03			7.38	
H1 lead leg	L	strides	20	13	13				13	14	14	15	15	18	135				
<b>Inoue, Kakeru (JPN) (1996)</b>		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)</b>																			
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																			
date	01-Jun-21	time	6.04	9.76	13.61	17.52	21.55		25.73	30.08	34.58	39.27	44.18	49.80	8 / 1				
reaction time	0.258	interval		3.72	3.85	3.91	4.03		4.18	4.35	4.50	4.69	4.91	5.62			11.48	12.56	14.10
		velocity	7.45	9.41	9.09	8.95	8.68		8.37	8.05	7.78	7.46	7.13	7.12	8.03		9.15	8.36	7.45
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	19	165				
<b>Zazini, Sokwakhana (RSA) (2000)</b>		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 - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)</b>																			
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	30-Jun-22	time	5.92	9.76	13.60	17.46	21.44	23.11	25.56	29.90	34.34	39.02	43.94	49.80	1 / 8				
reaction time	0.171	interval		3.84	3.84	3.86	3.98		4.12	4.34	4.44	4.68	4.92	5.86			11.54	12.44	14.04
		velocity	7.60	9.11	9.11	9.07	8.79	8.65	8.50	8.06	7.88	7.48	7.11	6.83	8.03		9.10	8.44	7.48
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	21	185				
<b>Smidt, Nick (NED) (1997)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)</b>																			
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	16-Jul-22	time	5.93	9.73	13.70	17.77	21.93	23.78	26.13	30.50	35.00	39.60	44.33	49.80	8 / 4				
reaction time	0.180	interval		3.80	3.97	4.07	4.16		4.20	4.37	4.50	4.60	4.73	5.47			11.84	12.73	13.83
		velocity	7.59	9.21	8.82	8.60	8.41	8.41	8.33	8.01	7.78	7.61	7.40	7.31	8.03		8.87	8.25	7.59
H1 lead leg	L	strides	20	13	13	13	13		14	14	14	14	14	17.7	159.7				
<b>Rowe, Shawn (JAM) (1992)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)</b>																			
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	17-Jul-22	time	5.86	9.57	13.47	17.30	21.33	23.08	25.50	30.03	34.53	39.33	44.13	49.80	2 / 8				
reaction time	0.158	interval		3.71	3.90	3.83	4.03		4.17	4.53	4.50	4.80	4.80	5.67			11.44	12.73	14.10
		velocity	7.68	9.43	8.97	9.14	8.68	8.67	8.39	7.73	7.78	7.29	7.29	7.05	8.03		9.18	8.25	7.45
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17	158				
<b>Imazeki, Yuta (JPN) (1987)</b>		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 - 2010 Japanese National Championships (Marugume, JPN)</b>																			
<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																			
date	05-Jun-10	time	6.17	10.19	14.36	18.55	22.85		27.20	31.54	35.93	40.36	44.79	49.81	1 / 4				
reaction time	0.181	interval		4.02	4.17	4.19	4.30		4.35	4.34	4.39	4.43	4.43	5.02			12.38	12.99	13.25
		velocity	7.29	8.71	8.39	8.35	8.14		8.05	8.06	7.97	7.90	7.90	7.97	8.03		8.48	8.08	7.92
H1 lead leg		strides		14	14	14	14		15	15	15	15	15	131					
<b>Williams, Rhys (GBR) (1984)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 1 - 2010 Commonwealth Games (Dehli, IND)</b>																			
<i>Arnold (2010) - 400mH planning and peaking</i>																			
date	09-Oct-10	time	6.1	10.1	14.1	18.1	22.2	24.0	26.4	30.7	35.3	39.9	44.4	49.81	4 / 1				
reaction time	0.209	interval		4.0	4.0	4.0	4.1		4.2	4.3	4.6	4.6	4.5	5.41			12.00	12.60	13.70
		velocity	7.38	8.75	8.75	8.75	8.54	8.33	8.33	8.14	7.61	7.61	7.78	7.39	8.03		8.75	8.33	7.66
H1 lead leg		strides																	
<b>Abe, Takatoshi (JPN) (1991)</b>		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 - 2011 Japanese National Championships (Kumagaya, JPN)</b>																			
<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																			
date	11-Jun-11	time	6.19	10.08	14.02	18.02	22.14		26.41	30.71	35.20	39.74	44.41	49.81	1 / 3				
reaction time		interval		3.89	3.94	4.00	4.12		4.27	4.30	4.49	4.54	4.67	5.40			11.83	12.69	13.70
		velocity	7.27	9.00	8.88	8.75	8.50		8.20	8.14	7.80	7.71	7.49	7.41	8.03		8.88	8.27	7.66
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	125					
<b>Kishimoto, Takayuki (JPN) (1990)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2014 Seiko Golden Grand Prix (Tokyo, JPN)</b>																			
<i>Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions</i>																			
date	11-May-14	time	5.92	9.64	13.46	17.41	21.60		25.97	30.47	34.97	39.61	44.33	49.81	1 / 4				
reaction time		interval		3.72	3.82	3.95	4.19		4.37	4.50	4.50	4.64	4.72	5.48			11.49	13.06	13.86
		velocity	7.60	9.41	9.16	8.86	8.35		8.01	7.78	7.78	7.54	7.42	7.30	8.03		9.14	8.04	7.58
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	125					
<b>Kishimoto, Takayuki (JPN) (1990)</b>		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 - 2015 Japanese National Championships (Niigata, JPN)</b>																			
<i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>																			
date	28-Jun-15	time	6.01	9.76	13.61	17.55	21.64		25.91	30.26	34.78	39.42	44.26	49.81	5 / 2				
reaction time	0.134	interval		3.75	3.85	3.94	4.09		4.27	4.35	4.52	4.64	4.84	5.55			11.54	12.71	14.00
		velocity	7.49	9.33	9.09	8.88	8.56		8.20	8.05	7.74	7.54	7.23	7.21	8.03		9.10	8.26	7.50
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	19	165				
<b>Mörö, Oskari (FIN) (1993)</b>		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 - 2016 Athletissima (Laussane, SUI) (TV Analysis)</b>																			
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																			
date	25-Aug-16	time	6.00	9.83	13.86	17.86	21.96		26.26	30.60	35.06	39.63	44.33	49.81	2 / 4				
reaction time	0.129	interval		3.83	4.03	4.00	4.10		4.30	4.34	4.46	4.57	4.70	5.48			11.86	12.74	13.73
		velocity	7.50	9.14	8.68	8.75	8.54		8.14	8.06	7.85	7.66	7.45	7.30	8.03		8.85	8.24	7.65
H1 lead leg	L	strides	21	14	14	13	13		14	14	15	15	15	18	166				

														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>Angela, Ramsey (NED) (1999)</b>																																
<b>FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)</b>														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																		
date	01-Jul-21	time	6.08	9.96		18.02	22.16		26.44		35.26	39.90	44.54		49.81	1 / 6																
reaction time	0.199	interval		3.88		8.06	4.14		4.28		8.82	4.64	4.64	5.27				11.94														
		velocity	7.40	9.02		8.68	8.45		8.18		7.94	7.54	7.54	7.59	8.03			8.79														
H1 lead leg	R	strides	22	14					15			15	15		81																	
<b>Kurokawa, Kazuki (JPN) (2001)</b>																																
<b>B FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)</b>														<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																		
date	07-May-23	time	5.91	9.61	13.46	17.47	21.59		25.91	30.21	34.73	39.39	44.19		49.81	6 / 1																
reaction time	0.158	interval		3.70	3.85	4.01	4.12		4.32	4.30	4.52	4.66	4.80	5.62				11.56	12.74	13.98												
		velocity	7.61	9.46	9.09	8.73	8.50		8.10	8.14	7.74	7.51	7.29	7.12	8.03			9.08	8.24	7.51												
H1 lead leg		strides	13	13	13	13		14	14	15	15	15	15	125																		
<b>Thid, David (SWE) (2003)</b>																																
<b>Heat 3 - 2024 European Athletics Championships (Roma, ITA)</b>														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																		
date	09-Jun-24	time	5.87	9.68	13.79	17.95	22.12		26.43	30.82	35.29	39.97	44.57		49.81	7 / 2																
reaction time	0.198	interval		3.81	4.11	4.16	4.17		4.31	4.39	4.47	4.68	4.60	5.24	PB			12.08	12.87	13.75												
		velocity	7.67	9.19	8.52	8.41	8.39		8.12	7.97	7.83	7.48	7.61	7.63	8.03			8.69	8.16	7.64												
H1 lead leg		strides												0																		
<b>Gonigam, Philippe (FRA) (1963)</b>																																
<b>FINAL - 1986 French National Championships (Aix les Bains, FRA)</b>														<i>Veney - split times from PJ</i>																		
date	10-Aug-86	time	6.11	10.03	14.09	18.17	22.36		26.58	30.81	35.16	39.62	44.16		49.82	1 / 1																
reaction time		interval		3.92	4.06	4.08	4.19		4.22	4.23	4.35	4.46	4.54	5.66				12.06	12.64	13.35												
		velocity	7.36	8.93	8.62	8.58	8.35		8.29	8.27	8.05	7.85	7.71	7.07	8.03			8.71	8.31	7.87												
H1 lead leg		strides																														
<b>Warholm, Karsten (NOR) (1996)</b>																																
<b>FINAL - 2016 European Championships (Amsterdam, NED) (TV Analysis)</b>														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																		
date	08-Jul-16	time	5.88	9.52	13.36	17.36	21.40		25.60	29.76	34.16	39.04	44.08		49.82	4 / 6																
reaction time	0.153	interval		3.64	3.84	4.00	4.04		4.20	4.16	4.40	4.88	5.04	5.74				11.48	12.40	14.32												
		velocity	7.65	9.62	9.11	8.75	8.66		8.33	8.41	7.95	7.17	6.94	6.97	8.03			9.15	8.47	7.33												
H1 lead leg	L	strides	20	13	13	13	13		13		13	14	15	18	145																	
<b>Kučera, Martin (SVK) (1990)</b>																																
<b>FINAL - 2016 European Championships (Amsterdam, NED) (TV Analysis)</b>														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																		
date	08-Jul-16	time	6.08	9.96	13.92	18.08	22.20			30.60	35.00	39.64	44.52		49.82	1 / 7																
reaction time	0.121	interval		3.88	3.96	4.16	4.12			8.40	4.40	4.64	4.88	5.30				12.00	12.52	13.92												
		velocity	7.40	9.02	8.84	8.41	8.50			8.33	7.95	7.54	7.17	7.55	8.03			8.75	8.39	7.54												
H1 lead leg	R	strides	20	13		13	13			13	14	14	14	16.7	116.7																	
<b>Toyoda, Masaki (JPN) (1998)</b>																																
<b>FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)</b>														<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	23-Aug-20	time	6.01	9.91	13.85	17.90	21.97		26.21	30.46	34.83	39.52	44.29		49.82	5 / 2																
reaction time	0.146	interval		3.90	3.94	4.05	4.07		4.24	4.25	4.37	4.69	4.77	5.53				11.89	12.56	13.83												
		velocity	7.49	8.97	8.88	8.64	8.60		8.25	8.24	8.01	7.46	7.34	7.23	8.03			8.83	8.36	7.59												
H1 lead leg		strides		14	14	14	14		14	14	15	15	15	129																		
<b>Hemeida, Bassem (QAT) (2000)</b>																																
<b>Heat 1 - 2024 Olympic Games (Paris, FRA)</b>														<i>Paris 2024 Olympic Games - Results Book (2024)</i>																		
date	05-Aug-24	time	5.89	9.62	13.43	17.32	21.35		25.66	30.18	34.87	39.66	44.39		49.82	5 / 5																
reaction time	0.141	interval		3.73	3.81	3.89	4.03		4.31	4.52	4.69	4.79	4.73	5.43				11.43	12.86	14.21												
		velocity	7.64	9.38	9.19	9.00	8.68		8.12	7.74	7.46	7.31	7.40	7.37	8.03			9.19	8.16	7.39												
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18	164																	
<b>Bonvin, Julien (SUI) (1999)</b>																																
<b>Heat 3 - 2024 Olympic Games (Paris, FRA)</b>														<i>Paris 2024 Olympic Games - Results Book (2024)</i>																		
date	05-Aug-24	time	5.80	9.53	13.25	17.08	21.08		25.33	29.79	34.43	39.22	44.12		49.82	8 / 6																
reaction time	0.167	interval		3.73	3.72	3.83	4.00		4.25	4.46	4.64	4.79	4.90	5.70				11.28	12.71	14.33												
		velocity	7.76	9.38	9.41	9.14	8.75		8.24	7.85	7.54	7.31	7.14	7.02	8.03			9.31	8.26	7.33												
H1 lead leg	L	strides	21	13	13	13	13		14	14			15	18	134																	
<b>Yates, Richard (GBR) (1986)</b>																																
<b>Heat 3 - 2010 Commonwealth Games (Dehli, IND)</b>														<i>Arnold (2010) - 400mH planning and peaking</i>																		
date	09-Oct-10	time	6.0	9.9	13.8	17.9	22.1	23.9	26.3	30.6	35.0	39.6	44.3		49.83	5 / 1																
reaction time	0.233	interval		3.9	3.9	4.1	4.2		4.2	4.3	4.4	4.6	4.7	5.53				11.90	12.70	13.70												
		velocity	7.50	8.97	8.97	8.54	8.33	8.37	8.33	8.14	7.95	7.61	7.45	7.23	8.03			8.82	8.27	7.66												
H1 lead leg		strides																														
<b>Franz, Felix (GER) (1993)</b>																																
<b>FINAL - 2014 European Championships (Zurich, SUI)</b>														<i>Green (2015) - twitter.com/jackpgreen (from Behm?)</i>																		
date	15-Aug-14	time	6.03	9.91	13.75	17.83	21.91		26.11	30.55	35.07	39.79	44.51		49.83	1 / 5																
reaction time	0.174	interval		3.88	3.84	4.08	4.08		4.20	4.44	4.52	4.72	4.72	5.32				11.80	12.72	13.96												
		velocity	7.46	9.02	9.11	8.58	8.58		8.33	7.88	7.74	7.42	7.42	7.52	8.03			8.90	8.25	7.52												
H1 lead leg	L	strides		13	13	13	13		13	14	14	14	14	121																		



<b>Selmon, Kenny (USA) (1996)</b>		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</b> - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	06-Jun-19	time	6.00	9.78	13.63	17.56	21.60	25.72	30.03	34.55	39.37	44.25		49.83	8 / 5				
reaction time	0.228	interval		3.78	3.85	3.93	4.04	4.12	4.31	4.52	4.82	4.88	5.58			11.56	12.47	14.22	
		velocity	7.50	9.26	9.09	8.91	8.66	8.50	8.12	7.74	7.26	7.17	7.17	8.03		9.08	8.42	7.38	
H1 lead leg	R	strides	21	13	13	13	13	13	13	14	15	15	17.7	160.7					
<b>Watrin, Julien (BEL) (1992)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 3</b> - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	16-Jul-22	time	5.97	9.76	13.60	17.50	21.46	23.27	25.70	30.07	34.57	39.23	44.16	49.83	5 / 2				
reaction time	0.199	interval		3.79	3.84	3.90	3.96	4.24	4.37	4.50	4.66	4.93	5.67			11.53	12.57	14.09	
		velocity	7.54	9.23	9.11	8.97	8.84	8.59	8.25	8.01	7.78	7.51	7.10	7.05	8.03	9.11	8.35	7.45	
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	18	164					
<b>Kodama, Yusaka (JPN) (2000)</b>		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</b> - 2023 Japanese National Championships (Osaka, JPN)															<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>				
date	03-Jun-23	time	5.91	9.63	13.41	17.25	21.37	25.58	29.90	34.37	39.04	44.01		49.83	7 / 3				
reaction time	0.198	interval		3.72	3.78	3.84	4.12	4.21	4.32	4.47	4.67	4.97	5.82			11.34	12.65	14.11	
		velocity	7.61	9.41	9.26	9.11	8.50	8.31	8.10	7.83	7.49	7.04	6.87	8.03		9.26	8.30	7.44	
H1 lead leg	R	strides	21	13	13	13	14	14	15	15	15	15	19.7	167.7					
<b>Hyde, Jaheel (JAM) (1997)</b>		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</b> - 2024 Prefontaine Classic (Eugene, OR)															<i>Omega Timing (2024) - diamond league race analysis</i>				
date	25-May-24	time	5.79	9.68	13.70	17.65	21.63	25.81	30.10	34.60	39.29	44.07		49.83	9 / 7				
reaction time	0.188	interval		3.89	4.02	3.95	3.98	4.18	4.29	4.50	4.69	4.78	5.76			11.86	12.45	13.97	
		velocity	7.77	9.00	8.71	8.86	8.79	8.37	8.16	7.78	7.46	7.32	6.94	8.03		8.85	8.43	7.52	
H1 lead leg		strides			14	14	14	14	14	14	15	15	114						
<b>Bertoncelli, Giacomo (ITA) (1999)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 2</b> - 2024 European Athletics Championships (Roma, ITA)															<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	10-Jun-24	time	5.95	9.80	13.86	17.94	22.09	26.31	30.65	35.07	39.70	44.44		49.83	3 / 7				
reaction time	0.158	interval		3.85	4.06	4.08	4.15	4.22	4.34	4.42	4.63	4.74	5.39			11.99	12.71	13.79	
		velocity	7.56	9.09	8.62	8.58	8.43	8.29	8.06	7.92	7.56	7.38	7.42	8.03		8.76	8.26	7.61	
H1 lead leg		strides											0						
<b>Morale, Salvatore (ITA) (1938)</b>		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</b> - 1961 International Fall Meeting (Rome, ITA)															<i>Nett (1964) - Training des leichtathleten: Hürdenlauf, sprung, wurf, mehrkampf</i>				
date	15-Oct-61	time	5.8	9.8	13.8	17.8	21.8	23.4	26.0	30.2	34.6	39.6	44.4	49.7	6 / 1				
reaction time		interval		4.0	4.0	4.0	4.0	4.2	4.2	4.4	5.0	4.8	5.3	AR		12.0	12.4	14.2	
		velocity	7.76	8.75	8.75	8.75	8.75	8.55	8.33	8.33	7.95	7.00	7.29	7.55	8.05	(50.1y)	8.75	8.47	7.39
H1 lead leg		strides																	
<b>Yates, Richard (GBR) (1986)</b>		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</b> - 2010 Commonwealth Games (Delhi, IND)															<i>Arnold (2010) - 400mH planning and peaking</i>				
date	10-Oct-10	time	6.2	10.1	14.1	18.2	22.4	26.5	30.9	35.3	39.8	44.5		49.84	4 / 5				
reaction time	0.225	interval		3.9	4.0	4.1	4.2	4.1	4.4	4.4	4.5	4.7	5.34			12.00	12.70	13.60	
		velocity	7.26	8.97	8.75	8.54	8.33	8.54	7.95	7.95	7.78	7.45	7.49	8.03		8.75	8.27	7.72	
H1 lead leg	R	strides	21	14	14	14	14	14	14	14	15	15	18	167					
<b>Nozawa, Keisuke (JPN) (1991)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>A FINAL</b> - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)															<i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>				
date	03-May-19	time	6.12	9.88	13.81	17.78	21.86	25.94	30.15	34.48	39.21	44.13		49.84	9 / 1				
reaction time		interval		3.76	3.93	3.97	4.08	4.08	4.21	4.33	4.73	4.92	5.71			11.66	12.37	13.98	
		velocity	7.35	9.31	8.91	8.82	8.58	8.58	8.31	8.08	7.40	7.11	7.01	8.03		9.01	8.49	7.51	
H1 lead leg	L	strides	21	14	14	14	14	14	14	14	15	15	19.2	168.2					
<b>Kishimoto, Takayuki (JPN) (1990)</b>		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</b> - 2022 Michitaka Kinami Memorial (Osaka, JPN)															<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>				
date	01-May-22	time	5.94	9.79	13.76	17.83	21.96	26.18	30.46	34.97	39.57	44.34		49.84	9 / 4				
reaction time	0.125	interval		3.85	3.97	4.07	4.13	4.22	4.28	4.51	4.60	4.77	5.50			11.89	12.63	13.88	
		velocity	7.58	9.09	8.82	8.60	8.47	8.29	8.18	7.76	7.61	7.34	7.27	8.03		8.83	8.31	7.56	
H1 lead leg		strides		13	13	13	13	14	14	15	15	15	125						
<b>Ibrahim, Marc Anthony (LBN) (2002)</b>		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</b> - West Asian Championships - 2024 Seashore Doha Meeting (Doha, QAT)															<i>Omega Timing (2024) - diamond league race analysis</i>				
date	10-May-24	time	5.34	9.35	13.42	17.45	21.60	26.06	30.62	35.30	40.10	44.89		49.84	5 / 1				
reaction time	0.173	interval		4.01	4.07	4.03	4.15	4.46	4.56	4.68	4.80	4.79	4.95			12.11	13.17	14.27	
		velocity	8.43	8.73	8.60	8.68	8.43	7.85	7.68	7.48	7.29	7.31	8.08	8.03		8.67	7.97	7.36	
H1 lead leg		strides																	
<b>Kendziera, Dave (USA) (1994)</b>		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</b> - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	30-Jun-24	time	5.78	9.41	13.29	17.16	21.06	22.82	25.13	29.31	33.83	38.68	43.65	49.84	2 / 7				
reaction time		interval		3.63	3.88	3.87	3.90	4.07	4.18	4.52	4.85	4.97	6.19			11.38	12.15	14.34	
		velocity	7.79	9.64	9.02	9.04	8.97	8.76	8.60	8.37	7.74	7.22	7.04	6.46	8.03	9.23	8.64	7.32	
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	15	16	18	161					

Tan Chunhua (CHN) (1977)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2001 Chinese National Games (Guangzhou, CHN)		<i>Gong (2003) - discussion on technique of gold and silver medalist of men's 400m hurdles of the 9th National Games</i>																
date	22-Nov-01	time	6.08	10.05	14.10	18.16	22.27	26.52	30.89	35.36	39.86	44.50		49.85	1 / 1			
reaction time		interval		3.97	4.05	4.06	4.11	4.25	4.37	4.47	4.50	4.64	5.35			12.08	12.73	13.61
		velocity	7.40	8.82	8.64	8.62	8.52	8.24	8.01	7.83	7.78	7.54	7.48	8.02		8.69	8.25	7.71
H1 lead leg		strides		14	14	14	14	14	14	14	15	15	19	147				
<b>Bett, Nicholas (KEN) (1990)</b>		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</b> - 2016 Bislett Games (Oslo, NOR) (TV Analysis)		<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																
date	09-Jun-16	time	6.08	9.72	13.48	17.40	21.52	25.72	30.00	34.44	39.04	44.00		49.85	4 / 6			
reaction time	0.177	interval		3.64	3.76	3.92	4.12	4.20	4.28	4.44	4.60	4.96	5.85			11.32	12.60	14.00
		velocity	7.40	9.62	9.31	8.93	8.50	8.33	8.18	7.88	7.61	7.06	6.84	8.02		9.28	8.33	7.50
H1 lead leg	R	strides	21	13		13	13	13	13	13	15	15	17.2	146.2				
<b>Toyoda, Masaki (JPN) (1998)</b>		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</b> - 2022 Japanese National Championships (Osaka, JPN)		<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																
date	11-Jun-22	time	6.14	10.06	14.08	18.23	22.46	26.64	30.88	35.25	39.77	44.48		49.85	9 / 3			
reaction time	0.211	interval		3.92	4.02	4.15	4.23	4.18	4.24	4.37	4.52	4.71	5.37			12.09	12.65	13.60
		velocity	7.33	8.93	8.71	8.43	8.27	8.37	8.25	8.01	7.74	7.43	7.45	8.02		8.68	8.30	7.72
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	18.7	168.7				
<b>Urbaniak, Sebastian (POL) (2001)</b>		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</b> - 2022 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)		<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	06-Aug-22	time	5.96	9.83	13.70	17.73	21.73	23.48	25.96	30.36		39.53		49.85	8 / 8			
reaction time	0.160	interval		3.87	3.87	4.03	4.00	4.23	4.40		9.17					11.77	12.63	
		velocity	7.55	9.04	9.04	8.68	8.75	8.52	8.27	7.95		7.63		8.02		8.92	8.31	
H1 lead leg	L	strides	21	14	14	14	14		14	14			105					
<b>Stigler, Michael (USA) (1992)</b>		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</b> - 2017 Athletissima (Lausanne, SUI) (TV Analysis)		<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	06-Jul-17	time	6.00	9.80	13.72	17.68	21.76	26.04	30.36	34.72	39.32	44.12		49.86	6 / 6			
reaction time	0.224	interval		3.80	3.92	3.96	4.08	4.28	4.32	4.36	4.60	4.80	5.74			11.68	12.68	13.76
		velocity	7.50	9.21	8.93	8.84	8.58	8.18	8.10	8.03	7.61	7.29	6.97	8.02		8.99	8.28	7.63
H1 lead leg	R	strides	22	13	13	13	13	15	15	15	15	15	18	167				
<b>Maeno, Kei (JPN) (1991)</b>		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</b> - 2018 Japanese National Championships (Yamaguchi, JPN)		<i>Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018</i>																
date	23-Jun-18	time	6.02	9.82	13.74	17.76	21.98	26.22	30.62	35.17	39.76	44.45		49.86	5 / 3			
reaction time	0.215	interval		3.80	3.92	4.02	4.22	4.24	4.40	4.55	4.59	4.69	5.41			11.74	12.86	13.83
		velocity	7.48	9.21	8.93	8.71	8.29	8.25	7.95	7.69	7.63	7.46	7.39	8.02		8.94	8.16	7.59
H1 lead leg	R	strides	21	13	13	13	14	14	15	15	15	15	18.2	166.2				
<b>Chen Chieh (TPE) (1992)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>A FINAL</b> - 2019 Kinami Memorial (Osaka, JPN)		<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>																
date	06-May-19	time	5.99	9.76	13.60	17.52	21.62	25.86	30.35	34.92	39.61	44.44		49.86	7 / 3			
reaction time		interval		3.77	3.84	3.92	4.10	4.24	4.49	4.57	4.69	4.83	5.42			11.53	12.83	14.09
		velocity	7.51	9.28	9.11	8.93	8.54	8.25	7.80	7.66	7.46	7.25	7.38	8.02		9.11	8.18	7.45
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	15	15	18.2	162.2				
<b>Kishimoto, Takayuki (JPN) (1990)</b>		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</b> - 2022 Seiko Golden Grand Prix (Tokyo, JPN)		<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																
date	08-May-22	time	5.91	9.69	13.58	17.60	21.74	26.03	30.43	35.02	39.61	44.41		49.86	5 / 5			
reaction time	0.138	interval		3.78	3.89	4.02	4.14	4.29	4.40	4.59	4.59	4.80	5.45			11.69	12.83	13.98
		velocity	7.61	9.26	9.00	8.71	8.45	8.16	7.95	7.63	7.63	7.29	7.34	8.02		8.98	8.18	7.51
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	18.2	164.2				
<b>Ideura, Noriuki (JPN) (1987)</b>		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</b> - 2011 Japanese National Championships (Kumagaya, JPN)		<i>Yasuho (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																
date	11-Jun-11	time	6.27	10.24	14.24	18.29	22.44	26.66	30.98	35.40	39.92	44.57		49.87	1 / 4			
reaction time		interval		3.97	4.00	4.05	4.15	4.22	4.32	4.42	4.52	4.65	5.30			12.02	12.69	13.59
		velocity	7.18	8.82	8.75	8.64	8.43	8.29	8.10	7.92	7.74	7.53	7.55	8.02		8.74	8.27	7.73
H1 lead leg		strides		14	14	14	14	14	15	15	15	15	19	130				
<b>Clement, Kerron (USA) (1985)</b>		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</b> - 2016 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)		<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	16-Jun-16	time	5.97	9.73	13.53	17.37	21.47	25.73	30.17	34.70	39.37	44.37		49.87	6 / 2			
reaction time	0.150	interval		3.76	3.80	3.84	4.10	4.26	4.44	4.53	4.67	5.00	5.50			11.40	12.80	14.20
		velocity	7.54	9.31	9.21	9.11	8.54	8.22	7.88	7.73	7.49	7.00	7.27	8.02		9.21	8.20	7.39
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	14	17.2	155.2				
<b>Rodger, Sebastian (GBR) (1991)</b>		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</b> - 2018 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)		<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	10-Jun-18	time	6.12	10.00	14.12	18.24	22.40	26.64	30.84	35.12	39.60	44.24		49.87	1 / 6			
reaction time	0.163	interval		3.88	4.12	4.12	4.16	4.24	4.20	4.28	4.48	4.64	5.63			12.12	12.60	13.40
		velocity	7.35	9.02	8.50	8.50	8.41	8.25	8.33	8.18	7.81	7.54	7.10	8.02		8.66	8.33	7.84
H1 lead leg	R	strides	22	14	14	14	14	14	14	15	15	15	19	170				

Rosser, Khallifah (USA) (1995)		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</b> - 2019 Prefontaine Classic (Stanford, CA) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>						
date	30-Jun-19	time	5.93	9.53	13.36	17.26		25.43	29.80	34.36	39.10	43.96		49.87	9 / 6				
reaction time	0.361	interval		3.60	3.83	3.90		8.17	4.37	4.56	4.74	4.86	5.91			11.33	12.54	14.16	
		velocity	7.59	9.72	9.14	8.97		8.57	8.01	7.68	7.38	7.20	6.77	8.02		9.27	8.37	7.42	
H1 lead leg	R	strides	21	13	13				14	15	15	15		91					
Lamborghini, Mario (ITA) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)													<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>						
date	17-Sep-20	time	5.94	9.74		21.79	23.6		30.46	35.03	39.74	44.54		49.87	2 / 6				
reaction time	0.136	interval		3.80		12.05			8.67	4.57	4.71	4.80	5.33					14.08	
		velocity	7.58	9.21		8.71	8.47		8.07	7.66	7.43	7.29	7.50	8.02				7.46	
H1 lead leg	R	strides	22	14						15	15	15	15	18.5					
Lattin, Amere (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	04-Jul-21	time	5.72	9.44	13.24	17.20	21.28	23.1	25.64		34.64	39.36	44.20		49.87	3 / 7			
reaction time	0.140	interval		3.72	3.80	3.96	4.08		4.36		9.00	4.72	4.84	5.67			11.48		
		velocity	7.87	9.41	9.21	8.84	8.58	8.66	8.03		7.78	7.42	7.23	7.05	8.02		9.15		
H1 lead leg	L	strides	20	13	13	13	13		14		15	15	17	133					
Toyoda, Masaki (JPN) (1998)		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</b> - 2022 Michitaka Kinami Memorial (Osaka, JPN)													<i>Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>						
date	01-May-22	time	6.11	9.98	13.95	18.05	22.12		26.24	30.46	34.87	39.49	44.34		49.87	4 / 5			
reaction time	0.183	interval		3.87	3.97	4.10	4.07		4.12	4.22	4.41	4.62	4.85	5.53			11.94	12.41	13.88
		velocity	7.36	9.04	8.82	8.54	8.60		8.50	8.29	7.94	7.58	7.22	7.23	8.02		8.79	8.46	7.56
H1 lead leg		strides	14	14	14	14			14	14	15	15	15	129					
Cray, Eric Shauwn (PHI) (1988)		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</b> - 2016 Athletissime (Laussane, SUI) (TV Analysis)													<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>						
date	25-Aug-16	time	5.60	9.36	13.33	17.46	21.76		26.10	30.30	34.73	39.30	44.13		49.88	7 / 5			
reaction time	0.132	interval		3.76	3.97	4.13	4.30		4.34	4.20	4.43	4.57	4.83	5.75			11.86	12.84	13.83
		velocity	8.04	9.31	8.82	8.47	8.14		8.06	8.33	7.90	7.66	7.25	6.96	8.02		8.85	8.18	7.59
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	154					
Gibson, Jeffery (BAH) (1990)		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</b> - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>						
date	20-Jul-19	time	6.04	9.88	13.84	17.84	22.00	23.8	26.24		35.12	39.76	44.44		49.88	1 / 7			
reaction time	0.153	interval		3.84	3.96	4.00	4.16		4.24		8.88	4.64	4.68	5.44			11.80		
		velocity	7.45	9.11	8.84	8.75	8.41	8.40	8.25		7.88	7.54	7.48	7.35	8.02		8.90		
H1 lead leg	R	strides	20	13	13	13	13				14	14	17.7	117.7					
Matsushita, Yuki (JPN) (1991)		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</b> - 2021 Ready Steady Tokyo (Tokyo, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>						
date	09-May-21	time	5.97	9.71	13.56	17.47	21.59		25.93	30.41	34.97	39.62	44.31		49.88	8 / 7			
reaction time	0.164	interval		3.74	3.85	3.91	4.12		4.34	4.48	4.56	4.65	4.69	5.57			11.50	12.94	13.90
		velocity	7.54	9.36	9.09	8.95	8.50		8.06	7.81	7.68	7.53	7.46	7.18	8.02		9.13	8.11	7.55
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	125					
Barr, Thomas (IRL) (1992)		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</b> - 2023 Doha Diamond League (Doha, QAT)													<i>Omega Timing (2023) - diamond league race analysis</i>						
date	05-May-23	time	5.95	9.79	13.71	17.77	21.92		26.26	30.76	35.30	39.89	44.53		49.88	8 / 7			
reaction time	0.159	interval		3.84	3.92	4.06	4.15		4.34	4.50	4.54	4.59	4.64	5.35			11.82	12.99	13.77
		velocity	7.56	9.11	8.93	8.62	8.43		8.06	7.78	7.71	7.63	7.54	7.48	8.02		8.88	8.08	7.63
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	127					
Rosser, Khallifah (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2024 Seashore Doha Meeting (Doha, QAT)													<i>Omega Timing (2024) - diamond league race analysis</i>						
date	10-May-24	time	5.74	9.44	13.14	17.00	20.98		25.17	29.60	34.28	39.11	44.08		49.88	7 / 5			
reaction time	0.153	interval		3.70	3.70	3.86	3.98		4.19	4.43	4.68	4.83	4.97	5.80			11.26	12.60	14.48
		velocity	7.84	9.46	9.46	9.07	8.79		8.35	7.90	7.48	7.25	7.04	6.90	8.02		9.33	8.33	7.25
H1 lead leg	R	strides	20	13	13	13	13		13		15	15	17.7	132.7					
Goller, Thomas (GER) (1977)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 2</b> - 1999 IAAF World Championships (Sevilla, ESP)													<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>						
date	25-Aug-99	time	5.58	9.26	13.02	16.87	20.78		24.94	29.50	34.12	38.82	43.74		49.89	1 / 8			
reaction time	0.178	interval		3.68	3.76	3.85	3.91		4.16	4.56	4.62	4.70	4.92	6.15			11.29	12.63	14.24
		velocity	8.06	9.51	9.31	9.09	8.95		8.41	7.68	7.58	7.45	7.11	6.50	8.02		9.30	8.31	7.37
H1 lead leg	L	strides	20	13	13	13	13		13	15	15	15	15	19	164				
Armstrong, Sherman (USA) (1978)		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</b> - 2003 USATF National Championships (Palo Alto, CA)													<i>USATF Women's Sprint Development (2003)</i>						
date	22-Jun-03	time	5.97	9.81	13.71	17.62	21.71		26.01	30.40	34.87	39.49	44.33		49.89	7 / 5-4			
reaction time		interval		3.84	3.90	3.91	4.09		4.30	4.39	4.47	4.62	4.84	5.56			11.65	12.78	13.93
		velocity	7.54	9.11	8.97	8.95	8.56		8.14	7.97	7.83	7.58	7.23	7.19	8.02		9.01	8.22	7.54
H1 lead leg		strides																	

Tamesue, Dai (JPN) (1978)		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 B</b> - 2011 Shizuoka International Athletics Meeting (Fukuroi, JPN)		<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																
date	03-May-11	time	6.03	9.77	13.71	17.75	21.84	26.06	30.40	34.94	39.63	44.40		49.89	1 / 1			
reaction time		interval		3.74	3.94	4.04	4.09	4.22	4.34	4.54	4.69	4.77	5.49			11.72	12.65	14.00
		velocity	7.46	9.36	8.88	8.66	8.56	8.29	8.06	7.71	7.46	7.34	7.29	8.02		8.96	8.30	7.50
H1 lead leg		strides		13	13	13	13	14	14	15	15	15		125				
Dobek, Patryk (POL) (1994)		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</b> - 2016 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)		<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	16-Jun-16	time	5.97	9.73	13.53	17.37	21.37	25.63	30.03	34.60	39.30	44.23		49.89	7 / 3			
reaction time	0.163	interval		3.76	3.80	3.84	4.00	4.26	4.40	4.57	4.70	4.93	5.66			11.40	12.66	14.20
		velocity	7.54	9.31	9.21	9.11	8.75	8.22	7.95	7.66	7.45	7.10	7.07	8.02		9.21	8.29	7.39
H1 lead leg	L	strides	20	13	13	13	13	13	14	14	14	15	18	160				
van Zyl, L.J. (RSA) (1985)		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</b> - 2017 Bislett Games (Oslo, NOR) (TV Analysis)		<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	15-Jun-17	time	5.96	9.66	13.43	17.46	21.60	25.86	30.30	34.73	39.30	44.06		49.89	8 / 7			
reaction time	0.158	interval		3.70	3.77	4.03	4.14	4.26	4.44	4.43	4.57	4.76	5.83			11.50	12.84	13.76
		velocity	7.55	9.46	9.28	8.68	8.45	8.22	7.88	7.90	7.66	7.35	6.86	8.02		9.13	8.18	7.63
H1 lead leg	L	strides	22	14	14	14	14	14	15	15	15	15		152				
Toyoda, Masaki (JPN) (1998)		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</b> - 2021 Japanese National Championships (Osaka, JPN)		<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																
date	26-Jun-21	time	6.01	9.81	13.63	17.60	21.60	25.73	29.96	34.48	39.17	44.11		49.89	4 / 5			
reaction time	0.227	interval		3.80	3.82	3.97	4.00	4.13	4.23	4.52	4.69	4.94	5.78			11.59	12.36	14.15
		velocity	7.49	9.21	9.16	8.82	8.75	8.47	8.27	7.74	7.46	7.09	6.92	8.02		9.06	8.50	7.42
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	16	19	170				
Rodrigues, Pedro (POR) (1971)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 6</b> - 2000 Olympic Games (Sydney, AUS)		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	24-Sep-00	time	6.06	9.64	14.10	18.02	22.02	26.30	30.58	35.02	39.58	44.46		49.90	5 / 4			
reaction time	0.162	interval		3.58	4.46	3.92	4.00	4.28	4.28	4.44	4.56	4.88	5.44			11.96	12.56	13.88
		velocity	7.43	9.78	7.85	8.93	8.75	8.18	8.18	7.88	7.68	7.17	7.35	8.02		8.78	8.36	7.56
H1 lead leg		strides	21	13	13	13	13	14	14	15	15	15	18.4	164.4				
Bekrić, Emir (SRB) (1991)		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</b> - 2014 European Championships (Zurich, SUI)		<i>Green (2015) - twitter.com/jackpgreen (from Behm?)</i>																
date	15-Aug-14	time	6.00	9.78	13.58	17.46	21.42	25.46	29.78	34.30	39.06	44.06		49.90	1 / 6			
reaction time	0.233	interval		3.78	3.80	3.88	3.96	4.04	4.32	4.52	4.76	5.00	5.84			11.46	12.32	14.28
		velocity	7.50	9.26	9.21	9.02	8.84	8.66	8.10	7.74	7.35	7.00	6.85	8.02		9.16	8.52	7.35
H1 lead leg	L	strides		13	13	13	13	13	13	14	14	14	14	121				
Culson, Javier (PUR) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)		<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>																
date	13-May-17	time	5.84	9.48	13.24	17.12	21.16	25.40	29.76	34.36	39.08	44.08		49.90	2 / 5			
reaction time	0.194	interval		3.64	3.76	3.88	4.04	4.24	4.36	4.60	4.72	5.00	5.82			11.28	12.64	14.32
		velocity	7.71	9.62	9.31	9.02	8.66	8.25	8.03	7.61	7.42	7.00	6.87	8.02		9.31	8.31	7.33
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	14	15	17.5	158.5				
Xie Zhiyu (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2</b> - 2024 Olympic Games (Paris, FRA)		<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	05-Aug-24	time	5.94	9.64	13.50	17.42	21.46	25.62	29.99	34.60	39.37	44.26		49.90	3 / 8			
reaction time	0.191	interval		3.70	3.86	3.92	4.04	4.16	4.37	4.61	4.77	4.89	5.64			11.48	12.57	14.27
		velocity	7.58	9.46	9.07	8.93	8.66	8.41	8.01	7.59	7.34	7.16	7.09	8.02		9.15	8.35	7.36
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14	17.2	159.2				
Königsmark, Varg (GER) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2014 European Championships (Zurich, SUI)		<i>Green (2015) - twitter.com/jackpgreen (from Behm?)</i>																
date	15-Aug-14	time	6.03	9.79	13.71	17.59	21.51	25.71	30.03	34.55	39.31	44.35		49.91	1 / 7			
reaction time	0.190	interval		3.76	3.92	3.88	3.92	4.20	4.32	4.52	4.76	5.04	5.56			11.56	12.44	14.32
		velocity	7.46	9.31	8.93	9.02	8.93	8.33	8.10	7.74	7.35	6.94	7.19	8.01		9.08	8.44	7.33
H1 lead leg	L	strides		13	13	13	13	14	14	14	15	15		124				
Preis, Constantin (GER) (1998)		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</b> - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)		<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																
date	17-Sep-20	time	6.24	10.14		22.36	24.2	31.06	35.53	40.14	44.74		49.91	1 / 7				
reaction time	0.250	interval		3.90		12.22		8.70	4.47	4.61	4.60	5.17						13.68
		velocity	7.21	8.97		8.59	8.26	8.05	7.83	7.59	7.61	7.74	8.01					7.68
H1 lead leg	R	strides	22	14					15	15	15	18	99					
Kawagoe, Hiroya (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>B FINAL</b> - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)		<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																
date	03-May-21	time	6.09	9.96	13.91	17.95	22.07	26.36	30.76	35.24	39.77	44.48		49.91	5 / 1			
reaction time	0.184	interval		3.87	3.95	4.04	4.12	4.29	4.40	4.48	4.53	4.71	5.43			11.86	12.81	13.72
		velocity	7.39	9.04	8.86	8.66	8.50	8.16	7.95	7.81	7.73	7.43	7.37	8.01		8.85	8.20	7.65
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	19	171				

Barr, Thomas (IRL) (1992)		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</b> - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	28-May-21	time	6.07	9.94			23.9			35.50	40.09	44.68		49.91	1 / 7				
reaction time	0.204	interval		3.87						25.56	4.59	4.59	5.23						
		velocity	7.41	9.04			8.37			8.22	7.63	7.63	7.65	8.01					
H1 lead leg	L	strides	20	13							14	14		61					
Valiant, Ludvy (FRA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2023 Bauhaus Galan (Stockholm, SWE)																			
<i>Omega Timing (2023) - diamond league race analysis</i>																			
date	02-Jul-23	time	5.85	9.54	13.26	17.03	20.92		25.02	29.34	34.01	38.83	43.78	49.91	4 / 6				
reaction time	0.199	interval		3.69	3.72	3.77	3.89		4.10	4.32	4.67	4.82	4.95	6.13			11.18	12.31	14.44
		velocity	7.69	9.49	9.41	9.28	9.00		8.54	8.10	7.49	7.26	7.07	6.53	8.01		9.39	8.53	7.27
H1 lead leg	R	strides	21	13		13	13		13	14		14	15	116					
Woody, Joey (USA) (1973)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 1</b> - 2007 USATF National Championships (Indianapolis, IN)																			
<i>USATF Men's Hurdle Development (2007)</i>																			
date	21-Jun-07	time	6.09	9.99	13.68	17.60	21.62		25.86	30.31	34.82	39.54	44.38	49.92	4 / 2				
reaction time		interval		3.90	3.69	3.92	4.02		4.24	4.45	4.51	4.72	4.84	5.54			11.51	12.71	14.07
		velocity	7.39	8.97	9.49	8.93	8.71		8.25	7.87	7.76	7.42	7.23	7.22	8.01		9.12	8.26	7.46
H1 lead leg	R	strides	21	13		13	13		13	14		14	15	144					
Matsushita, Yuki (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2017 Japanese National Championships (Osaka, JPN)																			
<i>Morioka (2018) - Analysis of the race patterns of the top 400m hurdlers in Japan</i>																			
date	24-Jun-17	time	6.14	9.96	13.88	17.80	21.79		26.09	30.43	34.92	39.54	44.33	49.92	/ 3				
reaction time	0.155	interval		3.82	3.92	3.92	3.99		4.30	4.34	4.49	4.62	4.79	5.59			11.66	12.63	13.90
		velocity	7.33	9.16	8.93	8.93	8.77		8.14	8.06	7.80	7.58	7.31	7.16	8.01		9.01	8.31	7.55
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	125					
van Zyl, L.J. (RSA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2017 Weltklasse (Zürich, SUI) (TV Analysis)																			
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																			
date	24-Aug-17	time	5.96	9.68	13.56		21.60		25.80	30.12	34.60	39.20	44.24	49.92	1 / 7				
reaction time	0.188	interval		3.72	3.88		8.04		4.20	4.32	4.48	4.60	5.04	5.68				14.12	
		velocity	7.55	9.41	9.02		8.71		8.33	8.10	7.81	7.61	6.94	7.04	8.01			7.44	
H1 lead leg	L	strides	22	14	14				14	15	15		16	19	129				
Brockman, Charles (USA) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2021 NCAA Championships (Eugene, OR) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	11-Jun-21	time	6.03	9.77	13.60	17.50	21.53		25.77	30.27	34.83	39.50	44.33	49.92	5 / 8				
reaction time	0.190	interval		3.74	3.83	3.90	4.03		4.24	4.50	4.56	4.67	4.83	5.59			11.47	12.77	14.06
		velocity	7.46	9.36	9.14	8.97	8.68		8.25	7.78	7.68	7.49	7.25	7.16	8.01		9.15	8.22	7.47
H1 lead leg	R	strides	22	14	14	13	14		15	15	15	15	15	152					
Nezir, Ismail (TUR) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2022 Memorial van Damme (Brussels, BEL) (TV Analysis)																			
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	02-Sep-22	time	6.14	10.04	13.98		22.19	23.88	26.36	30.59	35.20	39.87	44.58	49.92	1 / 8-7				
reaction time	0.170	interval		3.90	3.94		8.21		2.48	4.23	4.61	4.67	4.71	5.34				13.99	
		velocity	7.33	8.97	8.88		8.53	8.38	14.11	8.27	7.59	7.49	7.43	7.49	8.01			7.51	
H1 lead leg	L	strides	20	13	13				13	13	14	14	14	114					
Watrin, Julien (BEL) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2023 FBK Games (Hengelo, NED)																			
<i>Omega Timing (2023) - continental tour race analysis</i>																			
date	04-Jun-23	time	5.94	9.66	13.50	17.37	21.40		25.58	30.04	34.64	39.41	44.28	49.92	4 / 7				
reaction time	0.242	interval		3.72	3.84	3.87	4.03		4.18	4.46	4.60	4.77	4.87	5.64			11.43	12.67	14.24
		velocity	7.58	9.41	9.11	9.04	8.68		8.37	7.85	7.61	7.34	7.19	7.09	8.01		9.19	8.29	7.37
H1 lead leg	R	strides	20	13								14	15	80					
Chen Tein-Wen (TAI) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 2</b> - 2000 Olympic Games (Sydney, AUS)																			
<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																			
date	24-Sep-00	time	6.10	9.90	13.82	17.86	21.94		26.26		34.98	39.54	44.34	49.93	2 / 5				
reaction time	0.180	interval		3.80	3.92	4.04	4.08		4.32		8.72	4.56	4.80	5.59	NR		11.76		
		velocity	7.38	9.21	8.93	8.66	8.58		8.10		8.03	7.68	7.29	7.16	8.01		8.93		
H1 lead leg		strides	21	14	14	14	14		14	14	15	15	15	19.1	169.1				
Borsumato, Anthony (GBR) (1973)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 2</b> - 2002 European Championships (Munich, GER)																			
<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																			
date	07-Aug-02	time	6.09	9.87	13.73	17.69	21.69		25.81	30.13	34.65	39.46	44.32	49.93	/ 2				
reaction time		interval		3.78	3.86	3.96	4.00		4.12	4.32	4.52	4.81	4.86	5.61			11.60	12.44	14.19
		velocity	7.39	9.26	9.07	8.84	8.75		8.50	8.10	7.74	7.28	7.20	7.13	8.01		9.05	8.44	7.40
H1 lead leg		strides																	
Hutcherson, Orentheus (USA) (1976)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 4</b> - 2007 USATF National Championships (Indianapolis, IN)																			
<i>USATF Men's Hurdle Development (2007)</i>																			
date	21-Jun-07	time	5.91	9.74	13.69	17.76	21.97		26.35	30.81	35.24	39.82	44.50	49.93	8 / 4				
reaction time		interval		3.83	3.95	4.07	4.21		4.38	4.46	4.43	4.58	4.68	5.43			11.85	13.05	13.69
		velocity	7.61	9.14	8.86	8.60	8.31		7.99	7.85	7.90	7.64	7.48	7.37	8.01		8.86	8.05	7.67
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	153					

Koike, Takayuki (JPN) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2009 Osaka Grand Prix (Osaka, JPN)		Yasuho (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11																	
date	09-May-09	time	6.02	9.79	13.63	17.57	21.59	25.78	30.15	34.77	39.44	44.28		49.93	1 / 7				
reaction time		interval		3.77	3.84	3.94	4.02	4.19	4.37	4.62	4.67	4.84	5.65			11.55	12.58	14.13	
		velocity	7.48	9.28	9.11	8.88	8.71	8.35	8.01	7.58	7.49	7.23	7.08	8.01		9.09	8.35	7.43	
H1 lead leg		strides		14	14	14	14	14	14	15	15	15		129					
Shoab, Mohamed (SUD) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2017 North-West University Pukke Invitational (Sasolburg, RSA) (TV Analysis)		Henson (2020) - Athlete First: 2017 year end hurdle report																	
date	28-Mar-17	time	5.96	9.72	13.52	17.36	21.28	25.40	29.68	34.12	38.76	43.60		49.93	1 / 2				
reaction time		interval		3.76	3.80	3.84	3.92	4.12	4.28	4.44	4.64	4.84	6.33	NJR PB		11.40	12.32	13.92	
		velocity	7.55	9.31	9.21	9.11	8.93	8.50	8.18	7.88	7.54	7.23	6.32	8.01		9.21	8.52	7.54	
H1 lead leg	R	strides		13	13	13	13	13	13	13	14	14	18.5	137.5					
Happio, Wilfried (FRA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2017 European U20 Championships (Grosseto, ITA) (TV Analysis)		Henson (2020) - Athlete First: 2017 year end hurdle report																	
date	23-Jul-17	time	5.88	9.64	13.56	17.60	21.84	26.04	30.56	34.92	39.48	44.24		49.93	6 / 1				
reaction time	0.234	interval		3.76	3.92	4.04	4.24	4.20	4.52	4.36	4.56	4.76	5.69	NJR PB		11.72	12.96	13.68	
		velocity	7.65	9.31	8.93	8.66	8.25	8.33	7.74	8.03	7.68	7.35	7.03	8.01		8.96	8.10	7.68	
H1 lead leg	L	strides		13	13	13	13	13	14	14	15	15	18	141					
Kishimoto, Takayuki (JPN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>A FINAL</b> - 2017 Shizuoka International Athletics Meeting (Fukuuroi, JPN)		Morioka (2018) - Analysis of the race patterns of the top 400m hurdlers in Japan																	
date	03-May-17	time	5.93	9.65	13.50	17.44	21.51	25.76	30.16	34.73	39.42	44.26		49.93	1 / 1				
reaction time		interval		3.72	3.85	3.94	4.07	4.25	4.40	4.57	4.69	4.84	5.67			11.51	12.72	14.10	
		velocity	7.59	9.41	9.09	8.88	8.60	8.24	7.95	7.66	7.46	7.23	7.05	8.01		9.12	8.25	7.45	
H1 lead leg		strides		13	13	13	13	14	14	15	15	15		125					
Abe, Takatoshi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 2</b> - 2017 IAAF World Championships (London, GBR)		Morioka (2018) - Analysis of the race patterns of the top 400m hurdlers in Japan																	
date	07-Aug-17	time	5.98	9.65	13.39	17.16	21.06	25.10	29.50	34.20	39.10	44.07		49.93	4 / 5				
reaction time	0.212	interval		3.67	3.74	3.77	3.90	4.04	4.40	4.70	4.90	4.97	5.86			11.18	12.34	14.57	
		velocity	7.53	9.54	9.36	9.28	8.97	8.66	7.95	7.45	7.14	7.04	6.83	8.01		9.39	8.51	7.21	
H1 lead leg	R	strides		20	13	13	13	13	14	14	15	15	18	161					
Obayashi, Masayuki (JPN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>B FINAL</b> - 2018 Shizuoka International Athletics Meeting (Fukuuroi, JPN)		Morioka (2018) - race pattern analysis of Japan's top 400m hurdlers - main national competitions in 2018																	
date	03-May-18	time	6.01	9.75	13.93	18.07	22.26	26.48	30.77	35.21	39.76	44.48		49.93	6 / 1				
reaction time	0.168	interval		3.74	4.18	4.14	4.19	4.22	4.29	4.44	4.55	4.72	5.45	PB		12.06	12.70	13.71	
		velocity	7.49	9.36	8.37	8.45	8.35	8.29	8.16	7.88	7.69	7.42	7.34	8.01		8.71	8.27	7.66	
H1 lead leg	R	strides		22	15	15	15	15	15	15	15	15	19.7	176.7					
McAlister, Chris (GBR) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)		Henson (2020) - Athlete First: 2019 year end hurdle report																	
date	20-Jul-19	time	6.28	10.08	14.04	18.00	22.12	23.8	26.28		35.04	39.60	44.40		49.93	3 / 8			
reaction time	0.179	interval		3.80	3.96	3.96	4.12	4.16		8.76	4.56	4.80	5.53			11.72			
		velocity	7.17	9.21	8.84	8.84	8.50	8.40	8.41	7.99	7.68	7.29	7.23	8.01		8.96			
H1 lead leg	R	strides		22	14	14	14	14		15	15	19.2	141.2						
Yamamoto, Tatsuhiro (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2020 Michitaka Kinami Memorial (Osaka, JPN)		Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																	
date	24-Oct-20	time	6.06	9.99	13.96	17.92	21.96	26.08	30.36	34.87	39.62	44.48		49.93	8 / 2				
reaction time		interval		3.93	3.97	3.96	4.04	4.12	4.28	4.51	4.75	4.86	5.45			11.86	12.44	14.12	
		velocity	7.43	8.91	8.82	8.84	8.66	8.50	8.18	7.76	7.37	7.20	7.34	8.01		8.85	8.44	7.44	
H1 lead leg	L	strides		21	14	14	14	15	15	15	15	15	18	170					
McMaster, Kyron (IVB) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2022 Doha Diamond League (Doha, QAT) (TV Analysis)		Henson (2022) - Athlete First: 2022 year end hurdle report																	
date	13-May-22	time	5.70	9.37	13.18	17.28	21.52	23.3	25.89		34.93	39.57	44.28		49.93	3 / 4			
reaction time	0.208	interval		3.67	3.81	4.10	4.24	4.37		9.04	4.64	4.71	5.65			11.58			
		velocity	7.89	9.54	9.19	8.54	8.25	8.58	8.01	7.74	7.54	7.43	7.08	8.01		9.07			
H1 lead leg	L	strides		21	13	13	13	14		14	14	14	115						
Rosser, Khalfiah (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	
<b>Heat 2</b> - 2024 USA Olympic Trials (Eugene, OR)		USATF and Karmarush (2024) - USA Olympic trials results and race analysis																	
date	27-Jun-24	time	5.91	9.67	13.50	17.40	21.36	23.14	25.35	29.67	34.32	39.06	43.95		49.93	6 / 2			
reaction time		interval		3.76	3.83	3.90	3.96	3.99	4.32	4.65	4.74	4.89	5.98			11.49	12.27	14.28	
		velocity	7.61	9.31	9.14	8.97	8.84	8.64	8.77	8.10	7.53	7.38	7.16	6.69	8.01	9.14	8.56	7.35	
H1 lead leg	R	strides		20	13	13	13	13	13	14	14	15	17.5	158.5					
Dyrzka, Juan Carlos (ARG) (1941)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 2</b> - 1968 Olympic Games (Mexico City, MEX) (Altitude)		Jonath (1969) - wie gerhard hennige trainiert																	
date	13-Oct-68	time	6.1	10.0	14.0	17.9	21.9	23.6	26.1	30.5	35.0	39.5	44.2		49.8	1 / 1			
reaction time		interval		3.9	4.0	3.9	4.0	4.2	4.4	4.5	4.5	4.7	5.6	NR		11.80	12.60	13.70	
		velocity	7.38	8.97	8.75	8.97	8.75	8.47	8.33	7.95	7.78	7.78	7.45	7.14	8.03	(49.82)	8.90	8.33	7.66
H1 lead leg		strides																	

<b>Yamamoto, Tatsuhiro (JPN) (1997)</b>																		
<b>B FINAL - 2018 Shizuoka International Athletics Meeting (Fukuroi, JPN)</b>																		
<i>Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018</i>																		
date	03-May-18	time	6.14	10.04	14.03	18.10	22.27	26.59	31.03	35.60	40.18	44.76	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.171	interval	3.90	3.99	4.07	4.17	4.32	4.44	4.57	4.58	4.58	5.18		49.94	8 / 2	11.96	12.93	13.73
		velocity	7.33	8.97	8.77	8.60	8.39	8.10	7.88	7.66	7.64	7.64	7.72	8.01		8.78	8.12	7.65
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	18.2	171.2				
<b>Toyota, Masaki (JPN) (1998)</b>																		
<b>C FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)</b>																		
<i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>																		
date	03-May-19	time	5.94	9.69	13.45	17.42	21.42	25.58	29.90	34.42	39.32	44.34	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time		interval	3.75	3.76	3.97	4.00	4.16	4.32	4.52	4.90	5.02	5.60		49.94	3 / 1	11.48	12.48	14.44
		velocity	7.58	9.33	9.31	8.82	8.75	8.41	8.10	7.74	7.14	6.97	7.14	8.01		9.15	8.41	7.27
H1 lead leg		strides	14	14	14	14	15	15	15	16	16	19	152					
<b>Toyota, Masaki (JPN) (1998)</b>																		
<b>B FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)</b>																		
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	01-Jun-21	time	6.14	10.09	14.13	18.28	22.49	26.76	31.01	35.42	40.02	44.69	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.214	interval	3.95	4.04	4.15	4.21	4.27	4.25	4.41	4.60	4.67	5.25		49.94	8 / 1	12.14	12.73	13.68
		velocity	7.33	8.86	8.66	8.43	8.31	8.20	8.24	7.94	7.61	7.49	7.62	8.01		8.65	8.25	7.68
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	18.5	168.5				
<b>van Zyl, L.J. (RSA) (1984)</b>																		
<b>FINAL - 2008 IAAF World Athletics Final (Stuttgart, GER)</b>																		
<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																		
date	13-Sep-08	time	6.01	9.86	13.81	17.79	21.80	25.97	30.32	34.81	39.36	44.12	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.158	interval	3.85	3.95	3.98	4.01	4.17	4.35	4.49	4.55	4.76	5.83		49.95	3 / 5	11.78	12.53	13.80
		velocity	7.49	9.09	8.86	8.79	8.73	8.39	8.05	7.80	7.69	7.35	6.86	8.01		8.91	8.38	7.61
H1 lead leg		strides																
<b>Yoshikata, Masahira (JPN) (1982)</b>																		
<b>Race C - 2009 Shizuoka International Athletics Meeting (Fukuroi, JPN)</b>																		
<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																		
date	03-May-09	time	6.09	9.86	13.80	17.75	21.85	25.99	30.41	34.90	39.55	44.39	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time		interval	3.77	3.94	3.95	4.10	4.14	4.42	4.49	4.65	4.84	5.56		49.95	1 / 1	11.66	12.66	13.98
		velocity	7.39	9.28	8.88	8.86	8.54	8.45	7.92	7.80	7.53	7.23	7.19	8.01		9.01	8.29	7.51
H1 lead leg		strides	14	14	14	14	14	14	15	15	15	15	130					
<b>Kishimoto, Takayuki (JPN) (1990)</b>																		
<b>FINAL - 2010 Osaka Grand Prix (Osaka, JPN)</b>																		
<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																		
date	08-May-10	time	5.97	9.84	13.85	17.86	22.06	26.28	30.60	35.09	39.71	44.45	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time		interval	3.87	4.01	4.01	4.20	4.22	4.32	4.49	4.62	4.74	5.50		49.95	1 / 6	11.89	12.74	13.85
		velocity	7.54	9.04	8.73	8.73	8.33	8.29	8.10	7.80	7.58	7.38	7.27	8.01		8.83	8.24	7.58
H1 lead leg		strides	13	13	13	14	14	14	15	15	15	15	127					
<b>Nakamura, Akihiko (JPN) (1990)</b>																		
<b>FINAL - 2014 Japanese National Championships (Fukushima, JPN)</b>																		
<i>Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions</i>																		
date	08-Jun-14	time	6.09	10.03	14.05	18.12	22.32	26.62	31.01	35.55	40.19	44.74	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time		interval	3.94	4.02	4.07	4.20	4.30	4.39	4.54	4.64	4.55	5.21		49.95	5 / 2	12.03	12.89	13.73
		velocity	7.39	8.88	8.71	8.60	8.33	8.14	7.97	7.71	7.54	7.69	7.68	8.01		8.73	8.15	7.65
H1 lead leg	R	strides	21	13	13	13	14	14	14	14	15	15	19	165				
<b>Konishi, Yuta (JPN) (1990)</b>																		
<b>FINAL - 2017 Seiko Golden Grand Prix (Kawasaki, JPN)</b>																		
<i>(2017) - tfdata-store.com/2017/05/22/post-605/</i>																		
date	21-May-17	time	6.13	9.99	13.86	17.82	21.94	26.18	30.45	34.89	39.54	44.38	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.146	interval	3.86	3.87	3.96	4.12	4.24	4.27	4.44	4.65	4.84	5.57		49.95	4 / 5	11.69	12.63	13.93
		velocity	7.34	9.07	9.04	8.84	8.50	8.25	8.20	7.88	7.53	7.23	7.18	8.01		8.98	8.31	7.54
H1 lead leg	L	strides	20	13	13	13	13	14	14	15	15	15	19	164				
<b>Copello, Yasmani (TUR) (1987)</b>																		
<b>FINAL - 2018 Doha Diamond League (Doha, QAT) (TV Analysis)</b>																		
<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																		
date	04-May-18	time	6.04	9.80	13.72	17.68	21.76	25.92	30.32	34.80	39.48	44.28	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.224	interval	3.76	3.92	3.96	4.08	4.16	4.40	4.48	4.68	4.80	5.67		49.95	3 / 4	11.64	12.64	13.96
		velocity	7.45	9.31	8.93	8.84	8.58	8.41	7.95	7.81	7.48	7.29	7.05	8.01		9.02	8.31	7.52
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	14	14	18.2	145.2				
<b>Bett, Nicholas (KEN) (1990)</b>																		
<b>FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)</b>																		
<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																		
date	31-May-18	time	5.96	9.68	13.48	17.40	21.52	25.76	30.12	34.76	39.52	44.36	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.180	interval	3.72	3.80	3.92	4.12	4.24	4.36	4.64	4.76	4.84	5.59		49.95	8 / 8	11.44	12.72	14.24
		velocity	7.55	9.41	9.21	8.93	8.50	8.25	8.03	7.54	7.35	7.23	7.16	8.01		9.18	8.25	7.37
H1 lead leg	R	strides	22	13	13	13	13	13	13	15	15	15	145					
<b>Toyota, Ken (JPN) (2002)</b>																		
<b>A FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)</b>																		
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																		
date	07-May-23	time	5.86	9.54	13.35	17.18	21.14	25.33	29.75	34.32	39.11	44.04	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.156	interval	3.68	3.81	3.83	3.96	4.19	4.42	4.57	4.79	4.93	5.91		49.95	7 / 2	11.32	12.57	14.29
		velocity	7.68	9.51	9.19	9.14	8.84	8.35	7.92	7.66	7.31	7.10	6.77	8.01		9.28	8.35	7.35
H1 lead leg		strides	13	13	13	13	13	13	13	13	15	15	121					

														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Bánóczy, Árpád (HUN) (2002)</b>														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
<b>Heat 3 - 2024 European Athletics Championships (Roma, ITA)</b>																														
date	09-Jun-24	time	5.94	9.69	13.63	17.67	21.77		25.99	30.41	34.87	39.63	44.38		49.95	6 / 3														
reaction time	0.217	interval		3.75	3.94	4.04	4.10		4.22	4.42	4.46	4.76	4.75	5.57			11.73	12.74	13.97											
		velocity	7.58	9.33	8.88	8.66	8.54		8.29	7.92	7.85	7.35	7.37	7.18	8.01		8.95	8.24	7.52											
H1 lead leg		strides												0																
<b>Bonvin, Julien (SUI) (1999)</b>														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
<b>Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)</b>																														
date	10-Jun-24	time	5.75	9.38	13.12	16.92	20.91		25.17	29.85	34.56	39.47	44.29		49.95	3 / 5														
reaction time	0.170	interval		3.63	3.74	3.80	3.99		4.26	4.68	4.71	4.91	4.82	5.66			11.17	12.93	14.44											
		velocity	7.83	9.64	9.36	9.21	8.77		8.22	7.48	7.43	7.13	7.26	7.07	8.01		9.40	8.12	7.27											
H1 lead leg		strides												0																
<b>Vimbert, Gilles (FRA) (1966)</b>														<i>Behm (1988) - 45-39</i>																
<b>FINAL - 1987 Résisprint International (La Chaux-de-Ford, FRA)</b>																														
date	16-Aug-87	time	6.0	9.8	13.8	17.5	22.2		26.6	30.7	35.3	39.9	44.6		49.96	/ 1														
reaction time		interval		3.8	4.0	3.7	4.7		4.4	4.1	4.6	4.6	4.7	5.4	PB		11.5	13.2	13.9											
		velocity	7.50	9.21	8.75	9.46	7.45		7.95	8.54	7.68	7.54	7.45	7.46	8.01		9.13	7.95	7.55											
H1 lead leg		strides																												
<b>Budko, Vladimir (RUS) (1965)</b>														<i>Federle (2003) - http://www.fgs.uni-halle.de</i>																
<b>FINAL - 1991 European Cup (Frankfurt, GER)</b>																														
date	29-Jun-91	time	6.31	10.15	14.07	18.03	22.05		26.17	30.49	34.89	39.51	44.35		49.96	/ 4														
reaction time		interval		3.84	3.92	3.96	4.02		4.12	4.32	4.40	4.62	4.84	5.61			11.72	12.46	13.86											
		velocity	7.13	9.11	8.93	8.84	8.71		8.50	8.10	7.95	7.58	7.23	7.13	8.01		8.96	8.43	7.58											
H1 lead leg		strides																												
<b>Iakovákis, Periklís (GRE) (1979)</b>														<i>Behm (2008) - Pekin 2008: Le quadrache masculin - féminin</i>																
<b>FINAL - 2008 Olympic Games (Beijing, CHN)</b>																														
date	18-Aug-08	time	5.9	9.7	13.3	17.1	20.9		25.0	29.5	34.0	38.7	43.6		49.96	2 / 8														
reaction time	0.195	interval		3.8	3.6	3.8	3.8		4.1	4.5	4.5	4.7	4.9	6.36			11.20	12.40	14.10											
		velocity	7.63	9.21	9.72	9.21	9.21		8.54	7.78	7.78	7.45	7.14	6.29	8.01		9.38	8.47	7.45											
H1 lead leg	L	strides	21	13	13	13	14		14	14	15	16	16	18.5	167.5															
<b>Li Zhilong (CHN) (1988)</b>														<i>Li (2008) - research on training characteristics of Li Zhilong's of Chinese men's 400m hurdles</i>																
<b>FINAL - 2013 Chinese National Grand Prix Final (Shenyang, CHN)</b>																														
date	16-Jun-13	time	6.16	10.08	14.08	18.12	22.28		26.56	30.92	35.36	39.96	44.72		49.96	/ 1														
reaction time		interval		3.92	4.00	4.04	4.16		4.28	4.36	4.44	4.60	4.76	5.24			11.96	12.80	13.80											
		velocity	7.31	8.93	8.75	8.66	8.41		8.18	8.03	7.88	7.61	7.35	7.63	8.01		8.78	8.20	7.61											
H1 lead leg		strides																												
<b>Jackson, Bershawn (USA) (1983)</b>														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
<b>FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>																														
date	10-Jul-16	time	5.90	9.68	13.61	17.68	21.82		25.86	30.00	34.30	39.07	43.98		49.96	1 / 8-7														
reaction time	0.233	interval		3.78	3.93	4.07	4.14		4.04	4.14	4.30	4.77	4.91	5.98			11.78	12.32	13.98											
		velocity	7.63	9.26	8.91	8.60	8.45		8.66	8.45	8.14	7.34	7.13	6.69	8.01		8.91	8.52	7.51											
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19.5	178.5															
<b>Fredericks, Cornel (RSA) (1990)</b>														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
<b>FINAL - 2017 Doha Diamond League (Doha, QAT) (TV Analysis)</b>																														
date	05-May-17	time	6.00	9.76	13.63	17.53	21.56		25.70	30.06	34.53	39.26	44.20		49.96	1 / 5														
reaction time	0.147	interval		3.76	3.87	3.90	4.03		4.14	4.36	4.47	4.73	4.94	5.76			11.53	12.53	14.14											
		velocity	7.50	9.31	9.04	8.97	8.68		8.45	8.03	7.83	7.40	7.09	6.94	8.01		9.11	8.38	7.43											
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	16	19.5	172.5															
<b>Fredericks, Cornel (RSA) (1990)</b>														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
<b>FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)</b>																														
date	30-Aug-18	time	5.92	9.68	13.48	17.44	21.52	23.4	25.76	30.24		39.44		49.96	8 / 5															
reaction time	0.144	interval		3.76	3.80	3.96	4.08		4.24	4.48		9.20					11.52	12.80												
		velocity	7.60	9.31	9.21	8.84	8.58	8.55	8.25	7.81		7.61		8.01			9.11	8.20												
H1 lead leg	R	strides	21	14	14		14		14	15	15		107																	
<b>Xie Zhiyu (CHN) (2000)</b>														<i>CAA Hurdle Development (2019)</i>																
<b>U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)</b>																														
date	17-Aug-19	time	6.42	10.36	14.34	18.39	22.60		26.86	31.20	35.64	40.34	44.92		49.96	6 / 1														
reaction time	0.284	interval		3.94	3.98	4.05	4.21		4.26	4.34	4.44	4.70	4.58	5.04	PB		11.97	12.81	13.72											
		velocity	7.01	8.88	8.79	8.64	8.31		8.22	8.06	7.88	7.45	7.64	7.94	8.01		8.77	8.20	7.65											
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	14	14	17	157															
<b>Vega, Fernando (MEX) (1998)</b>														<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>																
<b>Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT)</b>																														
date	28-Sep-19	time	5.93	9.78	13.64	17.62	21.62		25.80	30.20	34.68	39.35	44.25		49.96	2 / 6														
reaction time	0.220	interval		3.85	3.86	3.98	4.00		4.18	4.40	4.48	4.67	4.90	5.71			11.69	12.58	14.05											
		velocity	7.59	9.09	9.07	8.79	8.75		8.37	7.95	7.81	7.49	7.14	7.01	8.01		8.98	8.35	7.47											
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176															



Toyoda, Masaki (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 Japanese National Championships (Niigata, JPN)		Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																
date	02-Oct-20	time	6.09	9.94	13.85	17.92	22.06	26.36	30.63	35.09	39.72	44.48		49.96	9 / 3			
reaction time	0.203	interval		3.85	3.91	4.07	4.14	4.30	4.27	4.46	4.63	4.76	5.48			11.83	12.71	13.85
		velocity	7.39	9.09	8.95	8.60	8.45	8.14	8.20	7.85	7.56	7.35	7.30	8.01		8.88	8.26	7.58
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	18.7	168.7				
Yamamoto, Tatsuhiro (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2022 Seiko Golden Grand Prix (Tokyo, JPN)		Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																
date	08-May-22	time	6.11	10.06	14.06	18.12	22.26	26.51	30.88	35.35	39.86	44.54		49.96	3 / 6			
reaction time	0.134	interval		3.95	4.00	4.06	4.14	4.25	4.37	4.47	4.51	4.68	5.42			12.01	12.76	13.66
		velocity	7.36	8.86	8.75	8.62	8.45	8.24	8.01	7.83	7.76	7.48	7.38	8.01		8.74	8.23	7.69
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	18.7	168.7				
Lahoulou, Abdelmalik (ALG) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2023 FBK Games (Hengelo, NED)		Omega Timing (2023) - continental tour race analysis																
date	04-Jun-23	time	5.98	9.68	13.48	17.34	21.27	25.42	29.90	34.54	39.40	44.28		49.96	1 / 8			
reaction time	0.173	interval		3.70	3.80	3.86	3.93	4.15	4.48	4.64	4.86	4.88	5.68			11.36	12.56	14.38
		velocity	7.53	9.46	9.21	9.07	8.91	8.43	7.81	7.54	7.20	7.17	7.04	8.01		9.24	8.36	7.30
H1 lead leg	L	strides	22	13							15	15	18	83				
Gollnow, David (GER) (1989)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2011 European U23 Championships (Ostrava, CZE)		Beck (2011) - 400-meter-hürdensprinter im aufschwung																
date	16-Jul-11	time	6.22	10.16	14.19	18.16	22.30	26.62	31.02	35.54	40.20	44.84		49.97	2 / 6			
reaction time	0.201	interval		3.94	4.03	3.97	4.14	4.32	4.40	4.52	4.66	4.64	5.13			11.94	12.86	13.82
		velocity	7.23	8.88	8.68	8.82	8.45	8.10	7.95	7.74	7.51	7.54	7.80	8.00		8.79	8.16	7.60
H1 lead leg		strides	21	13	13	13	13	14	14	14	15	15	145					
Konishi, Yuta (JPN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2014 Japanese National Championships (Fukushima, JPN)		Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions																
date	08-Jun-14	time	5.99	9.83	13.68	17.58	21.55	25.74	30.06	34.60	39.27	44.19		49.97	7 / 3			
reaction time		interval		3.84	3.85	3.90	3.97	4.19	4.32	4.54	4.67	4.92	5.78			11.59	12.48	14.13
		velocity	7.51	9.11	9.09	8.97	8.82	8.35	8.10	7.71	7.49	7.11	6.92	8.00		9.06	8.41	7.43
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	19.2	171				
Watanabe, Yoshihiro (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2015 Japanese National Junior Championships (Nagoya, JPN)		Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan																
date	18-Oct-15	time	6.01	9.75	13.64	17.68	21.78	26.08	30.52	35.02	39.66	44.50		49.97	5 / 1			
reaction time		interval		3.74	3.89	4.04	4.10	4.30	4.44	4.50	4.64	4.84	5.47	PB		11.67	12.84	13.98
		velocity	7.49	9.36	9.00	8.66	8.54	8.14	7.88	7.78	7.54	7.23	7.31	8.00		9.00	8.18	7.51
H1 lead leg		strides		14	14	14	14	15	15	15	15	15	131					
Müller, Vít (CZE) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 3</b> - 2019 IAAF World Championships (Doha, QAT)		Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships																
date	28-Sep-19	time	6.08	9.83	13.56	17.39	21.44	25.60	30.04	34.66	39.36	44.23		49.97	3 / 7			
reaction time	0.178	interval		3.75	3.73	3.83	4.05	4.16	4.44	4.62	4.70	4.87	5.74			11.31	12.65	14.19
		velocity	7.40	9.33	9.38	9.14	8.64	8.41	7.88	7.58	7.45	7.19	6.97	8.00		9.28	8.30	7.40
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	15	15	18.5	162.5				
Kishimoto, Takayuki (JPN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 Michitaka Kinami Memorial (Osaka, JPN)		Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																
date	01-Jun-21	time	6.01	9.79	13.66	17.62	21.67	25.99	30.25	34.73	39.55	44.44		49.97	5 / 2			
reaction time	0.140	interval		3.78	3.87	3.96	4.05	4.32	4.26	4.48	4.82	4.89	5.53			11.61	12.63	14.19
		velocity	7.49	9.26	9.04	8.84	8.64	8.10	8.22	7.81	7.26	7.16	7.23	8.00		9.04	8.31	7.40
H1 lead leg	R	strides	21	13	13	13	13	14	14	14	15	15	18.2	163.2				
Smidt, Nick (NED) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2024 Seashore Doha Meeting (Doha, QAT)		Omega Timing (2024) - diamond league race analysis																
date	10-May-24	time	5.97	9.76	13.66	17.65	21.80	26.17	30.54	35.10	39.80	44.50		49.97	1 / 6			
reaction time	0.194	interval		3.79	3.90	3.99	4.15	4.37	4.37	4.56	4.70	4.70	5.47			11.68	12.89	13.96
		velocity	7.54	9.23	8.97	8.77	8.43	8.01	8.01	7.68	7.45	7.45	7.31	8.00		8.99	8.15	7.52
H1 lead leg	L	strides	20	13	13	13	13	14			15	15	18	134				
Nallet, Jean-Claude (FRA) (1947)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2</b> - 1978 European Championships (Prague, TCH)		Lamare (1978) - championnats d'Europa 1978																
date	30-Aug-78	time	6.23	10.36	14.14	18.16	22.22							49.98	1 / 2			
reaction time		interval		4.13	3.78	4.02	4.06							8.00		11.93		
		velocity	7.22	8.47	9.26	8.71	8.62									8.80		
H1 lead leg		strides																
Vimbert, Gilles (FRA) (1966)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1987 French National Championships (Annecy, FRA)		Veney - split times from PJ																
date	09-Aug-87	time	5.98	9.83	13.76	17.88	22.18	26.46	30.70	35.26	39.87	44.61		49.98	1 / 1			
reaction time		interval		3.85	3.93	4.12	4.30	4.28	4.24	4.56	4.61	4.74	5.37			11.90	12.82	13.91
		velocity	7.53	9.09	8.91	8.50	8.14	8.18	8.25	7.68	7.59	7.38	7.45	8.00		8.82	8.19	7.55
H1 lead leg		strides	20	13	13	13	14	14	14	14	15	15	145					

Greene, David (Dai) (GBR) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 2 - 2010 Commonwealth Games (Dehli, IND)</b>																			
<i>Arnold (2010) - 400mH planning and peaking</i>																			
date	09-Oct-10	time	6.1	10.0	14.0	18.0	22.3	24.1	26.6	30.9	35.4	40.0	44.6		49.98	4 / 1			
reaction time	0.177	interval		3.9	4.0	4.0	4.3		4.3	4.3	4.5	4.6	4.6	5.38			11.90	12.90	13.70
		velocity	7.38	8.97	8.75	8.75	8.14	8.30	8.14	8.14	7.78	7.61	7.61	7.43	8.00		8.82	8.14	7.66
H1 lead leg		strides																	
Tateno, Tetsuya (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2014 Japanese National Championships (Fukushima, JPN)</b>																			
<i>Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions</i>																			
date	08-Jun-14	time	6.04	9.81	13.63	17.55	21.59		25.79	30.23	34.77	39.57	44.47		49.98	6 / 4			
reaction time		interval		3.77	3.82	3.92	4.04		4.20	4.44	4.54	4.80	4.90	5.51			11.51	12.68	14.24
		velocity	7.45	9.28	9.16	8.93	8.66		8.33	7.88	7.71	7.29	7.14	7.26	8.00		9.12	8.28	7.37
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	19.2	174				
Konishi, Yuta (JPN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2015 Shizuoka International Athletics Meeting (Fukuroi, JPN)</b>																			
<i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>																			
date	03-May-15	time	6.17	10.04	13.98	18.00	22.15		26.32	30.76	35.30	39.97	44.64		49.98	/ 3			
reaction time	0.189	interval		3.87	3.94	4.02	4.15		4.17	4.44	4.54	4.67	4.67	5.34			11.83	12.76	13.88
		velocity	7.29	9.04	8.88	8.71	8.43		8.39	7.88	7.71	7.49	7.49	7.49	8.00		8.88	8.23	7.56
H1 lead leg		strides		14	14	14	14		15	15	15	15	15	131					
Tsutsue, Kaito (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)</b>																			
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																			
date	06-Jun-21	time	6.02	9.74	13.56	17.43	21.54		25.78	30.16	34.68	39.37	44.26		49.98	7 / 1			
reaction time		interval		3.72	3.82	3.87	4.11		4.24	4.38	4.52	4.69	4.89	5.72			11.41	12.73	14.10
		velocity	7.48	9.41	9.16	9.04	8.52		8.25	7.99	7.74	7.46	7.16	6.99	8.00		9.20	8.25	7.45
H1 lead leg	R	strides	22	13	13	13	14		14	14	15	15	15	19.7	167.7				
McAlister, Chris (GBR) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2021 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)</b>																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	09-Jul-21	time	5.97	9.77		17.65	23.5				34.77	39.60	44.57		49.98	2 / 6			
reaction time	0.144	interval		3.80		7.88				17.12	4.83	4.97	5.41				11.68		
		velocity	7.54	9.21		8.88	8.51			8.18	7.25	7.04	7.39	8.00			8.99		
H1 lead leg	R	strides	22	14							16	16		68					
McMaster, Kyron (IVB) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)</b>																			
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	16-Jul-22	time	5.73	9.43	13.33	17.23	21.33	23.07	25.53	29.97	34.60	39.40	44.36		49.98	4 / 4			
reaction time	0.157	interval		3.70	3.90	3.90	4.10		4.20	4.44	4.63	4.80	4.96	5.62			11.50	12.74	14.39
		velocity	7.85	9.46	8.97	8.97	8.54	8.67	8.33	7.88	7.56	7.29	7.06	7.12	8.00		9.13	8.24	7.30
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	15	17	160				
Fernández, Sérgio (ESP) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 3 - 2024 European Athletics Championships (Roma, ITA)</b>																			
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																			
date	09-Jun-24	time	5.90	9.69	13.58	17.61	21.62		25.81	30.20	34.78	39.77	44.58		49.98	2 / 4			
reaction time	0.176	interval		3.79	3.89	4.03	4.01		4.19	4.39	4.58	4.99	4.81	5.40			11.71	12.59	14.38
		velocity	7.63	9.23	9.00	8.68	8.73		8.35	7.97	7.64	7.01	7.28	7.41	8.00		8.97	8.34	7.30
H1 lead leg		strides												0					
Yamamoto, Tatsuhiro (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>B FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)</b>																			
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																			
date	01-Jun-21	time	6.09	10.03	14.03	17.95	22.04		26.31	30.65	35.04	39.62	44.44		49.99	5 / 2			
reaction time	0.165	interval		3.94	4.00	3.92	4.09		4.27	4.34	4.39	4.58	4.82	5.55			11.86	12.70	13.79
		velocity	7.39	8.88	8.75	8.93	8.56		8.20	8.06	7.97	7.64	7.26	7.21	8.00		8.85	8.27	7.61
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	19	171				
Kishimoto, Takayuki (JPN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2022 Japanese National Championships (Osaka, JPN)</b>																			
<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																			
date	11-Jun-22	time	5.96	9.73	13.65	17.71	21.94		26.26	30.61	35.19	39.79	44.51		49.99	6 / 4			
reaction time	0.164	interval		3.77	3.92	4.06	4.23		4.32	4.35	4.58	4.60	4.72	5.48			11.75	12.90	13.90
		velocity	7.55	9.28	8.93	8.62	8.27		8.10	8.05	7.64	7.61	7.42	7.30	8.00		8.94	8.14	7.55
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.2	164.2				
Yamauchi, Hiromu (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>A FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)</b>																			
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																			
date	03-May-23	time	6.24	10.19	14.21	18.25	22.33		26.53	30.85	35.30	39.90	44.60		49.99	6 / 3			
reaction time	0.206	interval		3.95	4.02	4.04	4.08		4.20	4.32	4.45	4.60	4.70	5.39			12.01	12.60	13.75
		velocity	7.21	8.86	8.71	8.66	8.58		8.33	8.10	7.87	7.61	7.45	7.42	8.00		8.74	8.33	7.64
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	19	169				
Brand, Dany (SUI) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 3 - 2024 European Athletics Championships (Roma, ITA)</b>																			
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																			
date	09-Jun-24	time	6.05	9.84	13.70	17.72	21.82		26.09	30.45	34.96	39.81	44.63		49.99	3 / 5			
reaction time	0.214	interval		3.79	3.86	4.02	4.10		4.27	4.36	4.51	4.85	4.82	5.36			11.67	12.73	14.18
		velocity	7.44	9.23	9.07	8.71	8.54		8.20	8.03	7.76	7.22	7.26	7.46	8.00		9.00	8.25	7.40
H1 lead leg		strides												0					

Preis, Constantin (GER) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 4 - 2024 Olympic Games (Paris, FRA)</b>																		
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																		
date	05-Aug-24	time	6.06	9.85	13.76	17.82	21.96	26.20	30.63	35.23	39.90	44.58		49.99	2 / 8			
reaction time	0.221	interval		3.79	3.91	4.06	4.14	4.24	4.43	4.60	4.67	4.68	5.41			11.76	12.81	13.95
		velocity	7.43	9.23	8.95	8.62	8.45	8.25	7.90	7.61	7.49	7.48	7.39	8.00		8.93	8.20	7.53
H1 lead leg	L	strides	20	13	14	14	14	14	14	15		15		133				
Nozawa, Keisuke (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>B FINAL - 2012 Shizuoka International Athletics Meeting (Fukuroi, JPN)</b>																		
<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>																		
date	03-May-12	time	6.17	10.07	14.07	18.12	22.32	26.54	30.89	35.34	39.98	44.75		50.00	1 / 1			
reaction time		interval		3.90	4.00	4.05	4.20	4.22	4.35	4.45	4.64	4.77	5.25			11.95	12.77	13.86
		velocity	7.29	8.97	8.75	8.64	8.33	8.29	8.05	7.87	7.54	7.34	7.62	8.00		8.79	8.22	7.58
H1 lead leg		strides	14	14	14	14	14	14	14	14	14	15		127				
Hann, Mamadou Kasse (FRA) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)</b>																		
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	06-Jun-19	time	5.97	9.87	13.77	17.70	21.77	25.97	30.32	34.85	39.48	44.45		50.00	1 / 6			
reaction time	0.157	interval		3.90	3.90	3.93	4.07	4.20	4.35	4.53	4.63	4.97	5.55			11.73	12.62	14.13
		velocity	7.54	8.97	8.97	8.91	8.60	8.33	8.05	7.73	7.56	7.04	7.21	8.00		8.95	8.32	7.43
H1 lead leg	L	strides	21	14	14	13	13	14	14	14	14	15	17.7	163.7				
Campbell, Luke (GER) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT)</b>																		
<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>																		
date	28-Sep-19	time	5.82	9.47	13.17	17.00	21.02	25.25	29.66	34.27	39.00	44.01		50.00	3 / 6			
reaction time	0.146	interval		3.65	3.70	3.83	4.02	4.23	4.41	4.61	4.73	5.01	5.99			11.18	12.66	14.35
		velocity	7.73	9.59	9.46	9.14	8.71	8.27	7.94	7.59	7.40	6.99	6.68	8.00		9.39	8.29	7.32
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	19	165				
Xie Zhiyu (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)</b>																		
<i>CAA Hurdle Development (2021)</i>																		
date	13-Jun-21	time	6.22	10.21	14.25	18.28	22.47	26.91	31.38	35.97	40.44	44.98		50.00	6 / 1			
reaction time	0.225	interval		3.99	4.04	4.03	4.19	4.44	4.47	4.59	4.47	4.54	5.02			12.06	13.10	13.60
		velocity	7.23	8.77	8.66	8.68	8.35	7.88	7.83	7.63	7.83	7.71	7.97	8.00		8.71	8.02	7.72
H1 lead leg	L	strides	21	13	13	13	13	14	14	14	14	14	17	160				
Deguchi, Haruto (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>C FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)</b>																		
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																		
date	03-May-23	time	6.15	10.04	14.05	18.17	22.51	26.75	31.15	35.58	40.11	44.71		50.00	6 / 1			
reaction time	0.205	interval		3.89	4.01	4.12	4.34	4.24	4.40	4.43	4.53	4.60	5.29			12.02	12.98	13.56
		velocity	7.32	9.00	8.73	8.50	8.06	8.25	7.95	7.90	7.73	7.61	7.56	8.00		8.74	8.09	7.74
H1 lead leg	L	strides	21	13	13	13	14	14	15	15	15	15	18	166				
Mashchenko, Ruslan (RUS) (1971)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1 - 2000 Olympic Games (Sydney, AUS)</b>																		
<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																		
date	24-Sep-00	time	5.94	9.62	13.38	17.22	21.18	25.34	29.62	34.14	39.06	44.06		50.01	3 / 3			
reaction time	0.225	interval		3.68	3.76	3.84	3.96	4.16	4.28	4.52	4.92	5.00	5.95			11.28	12.40	14.44
		velocity	7.58	9.51	9.31	9.11	8.84	8.41	8.18	7.74	7.11	7.00	6.72	8.00		9.31	8.47	7.27
H1 lead leg		strides	20	13	13	13	13	13	14	14	15	15	18.3	161.3				
Kawamura, Hideaki (JPN) (1974)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2004 Osaka Grand Prix (Osaka, JPN)</b>																		
<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>																		
date	08-May-04	time	6.10	9.90	13.87	17.99	22.28	26.63	31.00	35.40	39.95	44.62		50.01	1 / 6			
reaction time		interval		3.80	3.97	4.12	4.29	4.35	4.37	4.40	4.55	4.67	5.39			11.89	13.01	13.62
		velocity	7.38	9.21	8.82	8.50	8.16	8.05	8.01	7.95	7.69	7.49	7.42	8.00		8.83	8.07	7.71
H1 lead leg		strides	14	14	14	14	14	15	15	15	15	15	15	131				
Bencosme, José Reynaldo (ITA) (199)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)</b>																		
<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																		
date	30-Aug-18	time	6.04	9.88	13.76		21.96	23.8	26.12	30.48		39.52	44.32		50.01	1 / 6		
reaction time	0.151	interval		3.84	3.88		8.20	4.16	4.36		9.04	4.80	5.69					13.84
		velocity	7.45	9.11	9.02		8.54	8.40	8.41	8.03		7.74	7.29	7.03	8.00			7.59
H1 lead leg	L	strides	20	13	13			13	14			15		88				
Lattin, Amere (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2019 Prefontaine Classic (Stanford, CA) (TV Analysis)</b>																		
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	30-Jun-19	time	5.73	9.43	13.33	17.26	21.26	25.50	30.10	34.80	39.53	44.36		50.01	1 / 7			
reaction time	0.183	interval		3.70	3.90	3.93	4.00	4.24	4.60	4.70	4.73	4.83	5.65			11.53	12.84	14.26
		velocity	7.85	9.46	8.97	8.91	8.75	8.25	7.61	7.45	7.40	7.25	7.08	8.00		9.11	8.18	7.36
H1 lead leg	L	strides	21	13		13	13	13	15	15	15	15		118				
Xie Zhiyu (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2019 Chinese National Championships (Shenyang, CHN)</b>																		
<i>CAA Hurdle Development (2019)</i>																		
date	10-Jul-19	time	6.27	10.14	14.03	18.00	22.05	26.26	30.80	35.25	39.97	44.69		50.01	5 / 1			
reaction time	0.304	interval		3.87	3.89	3.97	4.05	4.21	4.54	4.45	4.72	4.72	5.32	PB		11.73	12.80	13.89
		velocity	7.18	9.04	9.00	8.82	8.64	8.31	7.71	7.87	7.42	7.42	7.52	8.00		8.95	8.20	7.56
H1 lead leg	L	strides	22	13	13	13	13	13	14	14	14	14	17.5	160.5				

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Valle, Emilio (CUB) (1967)</b>																			
<b>FINAL</b> - 1986 IAAF World Junor Championships (Athens, GRE)			<i>Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races</i>																
date	18-Jul-86	time	6.06	9.96	13.87	17.92	21.86		26.50	31.12	35.64	40.22	44.92		<b>50.02</b>	/ 1			
reaction time		interval		3.90	3.91	4.05	3.94		4.64	4.62	4.52	4.58	4.70	5.10	<b>CR</b>		11.86	13.20	13.80
		velocity	7.43	8.97	8.95	8.64	8.88		7.54	7.58	7.74	7.64	7.45	7.84	8.00		8.85	7.95	7.61
H1 lead leg		strides	21	14	14	14	14		14	15	15	15	15	18	169				
<b>Mashchenko, Ruslan (RUS) (1971)</b>																			
<b>FINAL</b> - 2002 European Championships (Munich, GER)			<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																
date	09-Aug-02	time	6.11	9.92	13.73	17.61	21.96		25.75	30.15	34.62	39.34	44.16		<b>50.02</b>	/ 7			
reaction time	0.184	interval		3.81	3.81	3.88	4.35		3.79	4.40	4.47	4.72	4.82	5.86			11.50	12.54	14.01
		velocity	7.36	9.19	9.19	9.02	8.05		9.23	7.95	7.83	7.42	7.26	6.83	8.00		9.13	8.37	7.49
H1 lead leg		strides																	
<b>Tinsley, Michael (USA) (1984)</b>																			
<b>FINAL</b> - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)			<i>Henson (2021) - Athlete First: major championships report</i>																
date	25-Aug-15	time	5.72	9.32	13.08	16.88	20.88		25.04	29.16	33.48	38.20	43.04		<b>50.02</b>	5 / 8			
reaction time	0.134	interval		3.60	3.76	3.80	4.00		4.16	4.12	4.32	4.72	4.84	6.98			11.16	12.28	13.88
		velocity	7.87	9.72	9.31	9.21	8.75		8.41	8.50	8.10	7.42	7.23	5.73	8.00		9.41	8.55	7.56
H1 lead leg	L	strides	21	13	13	13	14		14	14	16	15	15	133					
<b>Hussein, Kariem (SUI) (1989)</b>																			
<b>FINAL</b> - 2017 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)			<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>																
date	13-May-17	time	6.04	9.92	13.92	18.08	22.24		26.40	30.72	35.12				<b>50.02</b>	9 / 6			
reaction time	0.177	interval		3.88	4.00	4.16	4.16		4.16	4.32	4.40						12.04	12.64	
		velocity	7.45	9.02	8.75	8.41	8.41		8.41	8.10	7.95				8.00		8.72	8.31	
H1 lead leg	L	strides	20	13	13	13	13		13	14	14				113				
<b>Jackson, Bershawn (USA) (1983)</b>																			
<b>FINAL</b> - 2017 Weltklasse (Zürich, SUI) (TV Analysis)			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	24-Aug-17	time	5.60	9.36	13.32		21.52		25.64	29.80	34.16	38.88	43.96		<b>50.02</b>	2 / 8			
reaction time	0.127	interval		3.76	3.96		8.20		4.12	4.16	4.36	4.72	5.08	6.06					14.16
		velocity	8.04	9.31	8.84		8.54		8.50	8.41	8.03	7.42	6.89	6.60	8.00				7.42
H1 lead leg	L	strides	22	15	15				15	15	15		17	20	134				
<b>Kurokawa, Kazuki (JPN) (2001)</b>																			
<b>Heat 1</b> - 2022 World Athletics Championships (Eugene, OR)			<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																
date	16-Jul-22	time	5.86	9.53	13.31	17.20	21.42	23.14	25.76	30.23	34.87	39.64	44.51		<b>50.02</b>	3 / 4			
reaction time	0.142	interval		3.67	3.78	3.89	4.22		4.34	4.47	4.64	4.77	4.87	5.51			11.34	13.03	14.28
		velocity	7.68	9.54	9.26	9.00	8.29	8.64	8.06	7.83	7.54	7.34	7.19	7.26	8.00		9.26	8.06	7.35
H1 lead leg	L	strides	21	13	13	13	14		14	15	15	15	15	18	166				
<b>Fredericks, Cornel (RSA) (1990)</b>																			
<b>FINAL</b> - 2018 Doha Diamond League (Doha, QAT) (TV Analysis)			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	04-May-18	time	5.96	9.72	13.60	17.52	21.64		25.88	30.32	34.88	39.64	44.40		<b>50.03</b>	1 / 5			
reaction time	0.164	interval		3.76	3.88	3.92	4.12		4.24	4.44	4.56	4.76	4.76	5.63			11.56	12.80	14.08
		velocity	7.55	9.31	9.02	8.93	8.50		8.25	7.88	7.68	7.35	7.35	7.10	8.00		9.08	8.20	7.46
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	15	19	156				
<b>Coroller, Victor (FRA) (1997)</b>																			
<b>FINAL</b> - 2018 Meeting de Paris (Paris, FRA) (TV Analysis)			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	05-Jul-18	time	5.96	9.72	13.64	17.64	21.72	23.5	25.92	30.36	35.04	39.76	44.56		<b>50.03</b>	3 / 7			
reaction time	0.165	interval		3.76	3.92	4.00	4.08		4.20	4.44	4.68	4.72	4.80	5.47			11.68	12.72	14.20
		velocity	7.55	9.31	8.93	8.75	8.58	8.51	8.33	7.88	7.48	7.42	7.29	7.31	8.00		8.99	8.25	7.39
H1 lead leg	R	strides	21	14	14	14	14		14	14	15	15	15	18.5	168.5				
<b>Bassitt, Trevor (USA) (1998)</b>																			
<b>FINAL</b> - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	26-Jun-21	time	5.88	9.64	13.51	17.45	21.55		25.76	30.20	34.87	39.54	44.38		<b>50.03</b>	2 / 8			
reaction time	0.206	interval		3.76	3.87	3.94	4.10		4.21	4.44	4.67	4.67	4.84	5.65			11.57	12.75	14.18
		velocity	7.65	9.31	9.04	8.88	8.54		8.31	7.88	7.49	7.49	7.23	7.08	8.00		9.08	8.24	7.40
H1 lead leg	R	strides		13	13	13	13			14	14	14	14	108					
<b>Hyde, Jaheel (JAM) (1997)</b>																			
<b>Heat 3</b> - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	16-Jul-22	time	5.80	9.63	13.63	17.63	21.70	23.51	26.03	30.26	34.80	39.53	44.37		<b>50.03</b>	6 / 3			
reaction time	0.187	interval		3.83	4.00	4.00	4.07		4.33	4.23	4.54	4.73	4.84	5.66			11.83	12.63	14.11
		velocity	7.76	9.14	8.75	8.75	8.60	8.51	8.08	8.27	7.71	7.40	7.23	7.07	8.00		8.88	8.31	7.44
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169				
<b>Inoue, Shunta (JPN) (2002)</b>																			
<b>FINAL</b> - 2023 Japanese National Championships (Osaka, JPN)			<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																
date	03-Jun-23	time	5.92	9.63	13.33	17.13	21.12		25.44	29.91	34.62	39.41	44.39		<b>50.03</b>	5 / 4			
reaction time	0.211	interval		3.71	3.70	3.80	3.99		4.32	4.47	4.71	4.79	4.98	5.64			11.21	12.78	14.48
		velocity	7.60	9.43	9.46	9.21	8.77		8.10	7.83	7.43	7.31	7.03	7.09	8.00		9.37	8.22	7.25
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18	164				

Lambrugh, Mario (ITA) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)</b>															<i>European Athletics (2024) - 2024 european athletics championships - results book</i>			
date	10-Jun-24	time	5.84	9.61	13.44	17.43	21.60	26.05	30.71	35.15	39.86	44.56		50.03	9 / 6			
reaction time	0.147	interval	3.77	3.83	3.99	4.17	4.45	4.66	4.44	4.71	4.70	5.47				11.59	13.28	13.85
		velocity	7.71	9.28	9.14	8.77	8.39	7.87	7.51	7.88	7.43	7.45	7.31	8.00		9.06	7.91	7.58
H1 lead leg		strides												0				
Hyde, Jaheel (JAM) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1 - 2024 Olympic Games (Paris, FRA)</b>															<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	07-Aug-24	time	5.64	9.26	12.92	16.70	20.69	24.82	29.16	33.66	38.50	43.62		50.03	8 / 7			
reaction time	0.239	interval	3.62	3.66	3.78	3.99	4.13	4.34	4.50	4.84	5.12	6.41				11.06	12.46	14.46
		velocity	7.98	9.67	9.56	9.26	8.77	8.47	8.06	7.78	7.23	6.84	6.24	8.00		9.49	8.43	7.26
H1 lead leg	L	strides	22	13	13	13	13	14	14	14	15	15	131					
Frinolli, Roberto (ITA) (1940)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 4 - 1968 Olympic Games (Mexico City, MEX) (Altitude)</b>															<i>Jonath (1969) - wie gerhard hennige trainiert</i>			
date	13-Oct-68	time	6.0	10.0	14.2	18.2	22.2	23.8	26.6	30.7	35.1	39.4	44.0	49.9	1 / 1			
reaction time		interval	4.0	4.2	4.0	4.0	4.4	4.1	4.4	4.3	4.6	5.9	(49.95)			12.20	12.50	13.30
		velocity	7.50	8.75	8.33	8.75	8.40	7.95	8.54	7.95	8.14	7.61	6.78	8.02		8.61	8.40	7.89
H1 lead leg		strides																
Johnson, Brandon (USA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3 - 2007 USATF National Championships (Indianapolis, IN)</b>															<i>USATF Men's Hurdle Development (2007)</i>			
date	21-Jun-07	time	5.87	9.58	13.51	17.48	21.60	25.86	30.46	35.07	39.01	44.69		50.04	5 / 1			
reaction time		interval	3.71	3.93	3.97	4.12	4.26	4.60	4.61	3.94	5.68	5.35				11.61	12.98	14.23
		velocity	7.67	9.43	8.91	8.82	8.50	8.22	7.61	7.59	8.88	6.16	7.48	7.99		9.04	8.09	7.38
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	15	15	144					
van Zyl, L.J. (RSA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)</b>															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	06-Jul-17	time	5.92	9.68	13.64	17.68	21.80	25.96	30.28	34.68	39.28	44.12		50.04	2 / 7			
reaction time	0.152	interval	3.76	3.96	4.04	4.12	4.16	4.32	4.40	4.60	4.84	5.92				11.76	12.60	13.84
		velocity	7.60	9.31	8.84	8.66	8.50	8.41	8.10	7.95	7.61	7.23	6.76	7.99		8.93	8.33	7.59
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	16	16	19.2	174.2				
Wang Yijie (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2019 Chinese National Championships (Shenyang, CHN)</b>															<i>CAA Hurdle Development (2019)</i>			
date	10-Jul-19	time	6.02	9.93	13.84	17.92	22.08	26.44	30.85	35.39	39.97	44.69		50.04	6 / 2			
reaction time	0.175	interval	3.91	3.91	4.08	4.16	4.36	4.41	4.54	4.58	4.72	5.35	DQ			11.90	12.93	13.84
		velocity	7.48	8.95	8.95	8.58	8.41	8.03	7.94	7.71	7.64	7.42	7.48	7.99		8.82	8.12	7.59
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	17.5	170.5				
Bonvin, Julien (SUI) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2024 Weltklasse (Zürich, SUI)</b>															<i>Omega Timing (2023) - diamond league race analysis</i>			
date	05-Sep-24	time	5.84	9.51	13.24	17.11	21.10	25.27	29.69	34.33	39.19	44.17		50.04	1 / 7			
reaction time	0.176	interval	3.67	3.73	3.87	3.99	4.17	4.42	4.64	4.86	4.98	5.87				11.59	12.58	14.48
		velocity	7.71	9.54	9.38	9.04	8.77	8.39	7.92	7.54	7.20	7.03	6.81	7.99		9.06	8.35	7.25
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	15	15	118					
Yoshida, Kazuaki (JPN) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2014 Japanese National Championships (Fukushima, JPN)</b>															<i>Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions</i>			
date	08-Jun-14	time	5.96	9.75	13.60	17.55	21.60	25.87	30.27	34.76	39.40	44.27		50.05	9 / 5			
reaction time		interval	3.79	3.85	3.95	4.05	4.27	4.40	4.49	4.64	4.87	5.78				11.59	12.72	14.00
		velocity	7.55	9.23	9.09	8.86	8.64	8.20	7.95	7.80	7.54	7.19	6.92	7.99		9.06	8.25	7.50
H1 lead leg	L	strides	21	13	13	13	13	13	15	15	15	15	18.2	164				
Chen Chieh (TPE) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuoro, JPN)</b>															<i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>			
date	03-May-19	time	5.96	9.58	13.28	17.13	21.10	25.26	29.76	34.35	39.24	44.33		50.05	7 / 2			
reaction time		interval	3.62	3.70	3.85	3.97	4.16	4.50	4.59	4.89	5.09	5.72				11.17	12.63	14.57
		velocity	7.55	9.67	9.46	9.09	8.82	8.41	7.78	7.63	7.16	6.88	6.99	7.99		9.40	8.31	7.21
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	15	15	18.5	162.5				
Long, Corde (USA) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)</b>															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	28-Jun-24	time	6.02	9.79	13.58	17.45	21.48	23.31	25.68	30.13	34.73	39.54	44.27		50.05	7 / 4		
reaction time		interval	3.77	3.79	3.87	4.03	4.20	4.45	4.60	4.81	4.73	5.78				11.43	12.68	14.14
		velocity	7.48	9.28	9.23	9.04	8.68	8.58	8.33	7.87	7.61	7.28	7.40	6.92	7.99	9.19	8.28	7.43
H1 lead leg	L	strides	13	13	13	13	13	13	13	14	14	14	16.5	136.5				
Keter, Erick (KEN) (1966)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2 - 2000 Olympic Games (Sydney, AUS)</b>															<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>			
date	24-Sep-00	time	6.18	10.02	13.90	17.98	22.10	26.34	35.22	39.86	44.58		50.06	3 / 6				
reaction time	0.269	interval	3.84	3.88	4.08	4.12	4.24	4.24	8.88	4.64	4.72	5.48				11.80		
		velocity	7.28	9.11	9.02	8.58	8.50	8.25	7.88	7.54	7.42	7.30	7.99			8.90		
H1 lead leg		strides	21	13	15	15	15	15	15	15	15	15	18.1	172.1				

de Araújo, Eronilde (BRA) (1970)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 8 - 2000 Olympic Games (Sydney, AUS)</b>		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	24-Sep-00	time	6.06	9.86	13.62	17.58	21.62	25.86	30.18	34.82	39.62	44.42		50.06	8 / 1				
reaction time	0.179	interval		3.80	3.76	3.96	4.04	4.24	4.32	4.64	4.80	4.80	5.64			11.52	12.60	14.24	
		velocity	7.43	9.21	9.31	8.84	8.66	8.25	8.10	7.54	7.29	7.29	7.09	7.99		9.11	8.33	7.37	
H1 lead leg		strides	21	13	13	13	13	14	14	15	15	15	17.9	163.9					
Konishi, Yuta (JPN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2015 Japanese National Championships (Niigata, JPN)</b>		<i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>																	
date	28-Jun-15	time	6.21	10.05	14.00	18.02	22.12	26.37	30.71	35.21	39.86	44.58		50.06	4 / 3				
reaction time	0.166	interval		3.84	3.95	4.02	4.10	4.25	4.34	4.50	4.65	4.72	5.48			11.81	12.69	13.87	
		velocity	7.25	9.11	8.86	8.71	8.54	8.24	8.06	7.78	7.53	7.42	7.30	7.99		8.89	8.27	7.57	
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	19	165					
Guillen, Serge (FRA) (1960)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 1 - 1982 European Championships (Athens, GRE)</b>		<i>(1982) - XIII championnats d'Europe d'Atletisme, Athens 1982</i>																	
date	08-Sep-82	time	5.9		13.9		22.0		30.6		39.6			50.07	1 / 2				
reaction time		interval			8.0		8.1		8.6		9.0								
		velocity	7.63		8.75		8.64		8.14		7.78			7.99					
H1 lead leg		strides																	
Hussein, Kariem (SUI) (1989)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																	
date	09-Aug-17	time	6.00	9.84	13.72	17.72	21.80	26.00	30.40	34.92	39.52	44.28		50.07	9 / 8				
reaction time	0.163	interval		3.84	3.88	4.00	4.08	4.20	4.40	4.52	4.60	4.76	5.79			11.72	12.68	13.88	
		velocity	7.50	9.11	9.02	8.75	8.58	8.33	7.95	7.74	7.61	7.35	6.91	7.99		8.96	8.28	7.56	
H1 lead leg	L	strides	20	13	13	13	13	14	14	14	14	14	17.2	159.2					
Mano, Yutaro (JPN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2019 Japanese National Championships (Fukuoka, JPN)</b>		<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>																	
date	29-Jun-19	time	6.02	9.93	13.90	17.97	22.01	26.28	30.66	35.20	39.86	44.59		50.07	2 / 6				
reaction time	0.157	interval		3.91	3.97	4.07	4.04	4.27	4.38	4.54	4.66	4.73	5.48			11.95	12.69	13.93	
		velocity	7.48	8.95	8.82	8.60	8.66	8.20	7.99	7.71	7.51	7.40	7.30	7.99		8.79	8.27	7.54	
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	15	15	15	152					
Tsutsue, Kaito (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2023 Japanese National Championships (Osaka, JPN)</b>		<i>Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																	
date	03-Jun-23	time	6.01	9.73	13.46	17.30	21.32	25.53	29.95	34.60	39.41	44.41		50.07	8 / 5				
reaction time	0.189	interval		3.72	3.73	3.84	4.02	4.21	4.42	4.65	4.81	5.00	5.66			11.29	12.65	14.46	
		velocity	7.49	9.41	9.38	9.11	8.71	8.31	7.92	7.53	7.28	7.00	7.07	7.99		9.30	8.30	7.26	
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	19	165					
Nallet, Jean-Claude (FRA) (1947)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 2 - 1976 Olympic Games (Montreal, CAN)</b>		<i>Behm (1995) - la tactique du 400 haies</i>																	
date	24-Jul-76	time	5.8	9.8	13.8	17.8	22.0	26.0	30.5	35.0	39.7	44.3		50.08	4 / 5				
reaction time		interval		4.00	4.00	4.00	4.15	4.05	4.50	4.50	4.70	4.60	5.78			12.00	12.70	13.80	
		velocity	7.76	8.75	8.75	8.75	8.43	8.64	7.78	7.78	7.45	7.61	6.92	7.99		8.75	8.27	7.61	
H1 lead leg		strides																	
Nichols, Regan (USA) (1973)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2003 USATF National Championships (Palo Alto, CA)</b>		<i>USATF Women's Sprint Development (2003)</i>																	
date	22-Jun-03	time	5.99	9.88	13.88	17.89	21.91	26.24	30.56	35.08	39.66	44.45		50.08	8 / 5				
reaction time		interval		3.89	4.00	4.01	4.02	4.33	4.32	4.52	4.58	4.79	5.63			11.90	12.67	13.89	
		velocity	7.51	9.00	8.75	8.73	8.71	8.08	8.10	7.74	7.64	7.31	7.10	7.99		8.82	8.29	7.56	
H1 lead leg		strides																	
Kino, Tomoharu (JPN) (1989)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>D FINAL - 2012 Shizuoka International Athletics Meeting (Fukuoi, JPN)</b>		<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>																	
date	03-May-12	time	6.07	9.92	13.87	17.87	21.97	26.26	30.68	35.28	40.07	44.83		50.08	1 / 1				
reaction time		interval		3.85	3.95	4.00	4.10	4.29	4.42	4.60	4.79	4.76	5.25			11.80	12.81	14.15	
		velocity	7.41	9.09	8.86	8.75	8.54	8.16	7.92	7.61	7.31	7.35	7.62	7.99		8.90	8.20	7.42	
H1 lead leg		strides		13	13	13	14	14	15	15	15	15	15	127					
Barr, Thomas (IRL) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)</b>		<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																	
date	17-Jul-22	time	5.96	9.77	13.62	17.57	21.67	23.53	25.93	30.30	34.80	39.57	44.40		50.08	5 / 3			
reaction time	0.157	interval		3.81	3.85	3.95	4.10	4.26	4.37	4.50	4.77	4.83	5.68			11.61	12.73	14.10	
		velocity	7.55	9.19	9.09	8.86	8.54	8.50	8.22	8.01	7.78	7.34	7.25	7.04	7.99	9.04	8.25	7.45	
H1 lead leg	L	strides	20	13	13	13	13	14	14	14	15	15	18	162					
Allen, CJ (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 5 - 2024 USA Olympic Trials (Eugene, OR)</b>		<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																	
date	27-Jun-24	time	5.67	9.36	13.33	17.36	21.43	23.17	25.42	29.69	34.18	38.93	43.79		50.08	8 / 1			
reaction time		interval		3.69	3.97	4.03	4.07	3.99	4.27	4.49	4.75	4.86	6.29			11.69	12.33	14.10	
		velocity	7.94	9.49	8.82	8.68	8.60	8.63	8.77	8.20	7.80	7.37	7.20	6.36	7.99	8.98	8.52	7.45	
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	14	14	15	18	159				

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Robertson, Max (GBR) (1963)</b>																			
<b>FINAL</b> - 1985 Great Britain vs. USA (Birmingham, GBR)		<i>Warden (1989) - sprinting and hurdling</i>																	
date	21-Jun-85	time	5.9	9.7	13.5	17.3	21.2	25.2	29.4	33.8	38.7	44.3		50.09	1 / 2				
reaction time		interval		3.8	3.8	3.8	3.9	4.0	4.2	4.4	4.9	5.6	5.79			11.40	12.10	14.90	
		velocity	7.63	9.21	9.21	9.21	8.97	8.75	8.33	7.95	7.14	6.25	6.91	7.99		9.21	8.68	7.05	
H1 lead leg		strides	21	13	13	13	13	13	14	14	14	15	19	162					
<b>Kakimori, Hiroshi (JPN) (1968)</b>																			
<b>FINAL</b> - 1986 IAAF World Junor Championships (Athens, GRE)		<i>Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races</i>																	
date	18-Jul-86	time	6.21	9.92	13.94	18.30	21.95	26.08	30.48	34.98	39.68	44.50		50.09	1 / 2				
reaction time		interval		3.71	4.02	4.36	3.65	4.13	4.40	4.50	4.70	4.82	5.59			12.09	12.18	14.02	
		velocity	7.25	9.43	8.71	8.03	9.59	8.47	7.95	7.78	7.45	7.26	7.16	7.99		8.68	8.62	7.49	
H1 lead leg		strides	22	13	13	13	13	15	15	15	15	15	19	168					
<b>Faye, Ibou (SEN) (1969)</b>																			
<b>Heat 3</b> - 2000 Olympic Games (Sydney, AUS)		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	24-Sep-00	time	6.02	9.74	13.62	17.58	21.66	25.90	30.38	34.90	39.62	44.46		50.09	4 / 3				
reaction time	0.188	interval		3.72	3.88	3.96	4.08	4.24	4.48	4.52	4.72	4.84	5.63			11.56	12.80	14.08	
		velocity	7.48	9.41	9.02	8.84	8.58	8.25	7.81	7.74	7.42	7.23	7.10	7.99		9.08	8.20	7.46	
H1 lead leg		strides	22	13	13	13	13	13	14	14	15	15	18	163					
<b>Koike, Takayuki (JPN) (1984)</b>																			
<b>FINAL</b> - 2008 Japanese National Championships (Kawasaki, JPN)		<i>Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers</i>																	
date	27-Jun-08	time	5.92	9.62	13.44	17.31	21.36	25.56	29.93	34.40	39.07	44.11		50.09	1 / 3				
reaction time		interval		3.70	3.82	3.87	4.05	4.20	4.37	4.47	4.67	5.04	5.98			11.39	12.62	14.18	
		velocity	7.60	9.46	9.16	9.04	8.64	8.33	8.01	7.83	7.49	6.94	6.69	7.99		9.22	8.32	7.40	
H1 lead leg		strides		13	13	13	13	13	14	14	15	15	15	123					
<b>Imazeki, Yuta (JPN) (1987)</b>																			
<b>Race A</b> - 2010 Shizuoka International Athletics Meeting (Fukuroi, JPN)		<i>Yasunori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																	
date	03-May-10	time	6.42	10.37	14.41	18.51	22.71	26.96	31.25	35.69	40.21	44.81		50.09	1 / 1				
reaction time		interval		3.95	4.04	4.10	4.20	4.25	4.29	4.44	4.52	4.60	5.28			12.09	12.74	13.56	
		velocity	7.01	8.86	8.66	8.54	8.33	8.24	8.16	7.88	7.74	7.61	7.58	7.99		8.68	8.24	7.74	
H1 lead leg		strides		14	14	14	14	15	15	15	15	15	15	131					
<b>McAlister, Chris (GBR) (1995)</b>																			
<b>FINAL</b> - 2021 Memorial van Damme (Brussels, BEL) (TV Analysis)		<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	03-Sep-21	time	6.08	9.92	13.92	18.00	22.08	23.9	26.28	30.72	35.32	39.96	44.80		50.09	1 / 7			
reaction time	0.144	interval		3.84	4.00	4.08	4.08	4.20	4.44	4.60	4.64	4.84	5.29			11.92	12.72	14.08	
		velocity	7.40	9.11	8.75	8.58	8.58	8.37	8.33	7.88	7.61	7.54	7.23	7.56	7.99	8.81	8.25	7.46	
H1 lead leg	R	strides	22	14	14	14	14	14	14	15	15	15	15	137					
<b>Downing, Quincy (USA) (1993)</b>																			
<b>FINAL</b> - 2022 USATF National Championships (Eugene, OR) (TV Analysis)		<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																	
date	26-Jun-22	time	5.97	9.61	13.25	17.05	20.95	22.61	25.05	29.53	34.13	39.04	44.04		50.09	3 / 8			
reaction time		interval		3.64	3.64	3.80	3.90	4.10	4.48	4.60	4.91	5.00	6.05			11.08	12.48	14.51	
		velocity	7.54	9.62	9.62	9.21	8.97	8.85	8.54	7.81	7.61	7.13	7.00	6.61	7.99	9.48	8.41	7.24	
H1 lead leg	R	strides	21	13	13	13	13	13	13	14	14	15	15	144					
<b>Frinolli, Giorgio (ITA) (1970)</b>																			
<b>Semi-Final 2</b> - 2000 Olympic Games (Sydney, AUS)		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	25-Sep-00	time	6.08	9.88	13.84	17.84	21.92	26.08	30.52	35.04	39.72	44.48		50.10	2 / 8				
reaction time	0.342	interval		3.80	3.96	4.00	4.08	4.16	4.44	4.52	4.68	4.76	5.62			11.76	12.68	13.96	
		velocity	7.40	9.21	8.84	8.75	8.58	8.41	7.88	7.74	7.48	7.35	7.12	7.98		8.93	8.28	7.52	
H1 lead leg		strides		14	14	14	14	14	15	15	16	16	15						
<b>Kodama, Yusaka (JPN) (2000)</b>																			
<b>C FINAL</b> - 2023 Michitaka Kinami Memorial (Osaka, JPN)		<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																	
date	07-May-23	time	5.97	9.76	13.61	17.58	21.72	25.99	30.40	34.97	39.64	44.51		50.10	6 / 1				
reaction time	0.163	interval		3.79	3.85	3.97	4.14	4.27	4.41	4.57	4.67	4.87	5.59			11.61	12.82	14.11	
		velocity	7.54	9.23	9.09	8.82	8.45	8.20	7.94	7.66	7.49	7.19	7.16	7.98		9.04	8.19	7.44	
H1 lead leg		strides		13	13	13	14	14	15	15	15	15	15	127					
<b>Mužik, Jiri (CZE) (1976)</b>																			
<b>Heat 4</b> - 2000 Olympic Games (Sydney, AUS)		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	24-Sep-00	time	6.00	9.78	13.64	17.60	21.64	25.80	30.20	34.80	39.76	44.68		50.11	8 / 1				
reaction time	0.216	interval		3.78	3.86	3.96	4.04	4.16	4.40	4.60	4.96	4.92	5.43			11.60	12.60	14.48	
		velocity	7.50	9.26	9.07	8.84	8.66	8.41	7.95	7.61	7.06	7.11	7.37	7.98		9.05	8.33	7.25	
H1 lead leg		strides	21	13	13	13	13	14	14	14	16	16	18.9	165.9					
<b>Rawlinson, Christopher (GBR) (1972)</b>																			
<b>FINAL</b> - 2001 European Championships (Bremen, GER)		<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																	
date	23-Jun-01	time	6.09	9.81	13.56	17.48	21.46	25.63	30.02	34.58	39.48	44.55		50.11	1 / 5				
reaction time		interval		3.72	3.75	3.92	3.98	4.17	4.39	4.56	4.90	5.07	5.56			11.39	12.54	14.53	
		velocity	7.39	9.41	9.33	8.93	8.79	8.39	7.97	7.68	7.14	6.90	7.19	7.98		9.22	8.37	7.23	
H1 lead leg		strides																	

Saánchez, Félix (DOM) (1977)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2009 IAAF World Championships (Berlin, GER)																			
<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																			
date	18-Aug-09	time	5.88	9.92	13.82	17.78	21.82	26.13	30.43	34.97	39.63	44.35		50.11	4 / 8				
reaction time	0.171	interval		4.04	3.90	3.96	4.04	4.31	4.30	4.54	4.66	4.72	5.76			11.90	12.65	13.92	
		velocity	7.65	8.66	8.97	8.84	8.66	8.12	8.14	7.71	7.51	7.42	6.94	7.98		8.82	8.30	7.54	
H1 lead leg	L	strides	21	15	13	13	13	14	14	15	15	15	148						
Greene, David (Dai) (GBR) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 4</b> - 2010 European Championships (Barcelona, ESP)																			
<i>Arnold (2010) - 400mH planning and peaking</i>																			
date	28-Jul-10	time	6.22	10.04	13.94	17.84	21.88	26.08	30.46	34.90	39.56	44.40		50.11	4 / 1				
reaction time	0.189	interval		3.82	3.90	3.90	4.04	4.20	4.38	4.44	4.66	4.84	5.71			11.62	12.62	13.94	
		velocity	7.23	9.16	8.97	8.97	8.66	8.33	7.99	7.88	7.51	7.23	7.01	7.98		9.04	8.32	7.53	
H1 lead leg	R	strides																	
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2018 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)																			
<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																			
date	10-Jun-18	time	6.00	9.88	13.88	17.84	21.96	26.20	30.64	35.20	39.88	44.56		50.11	4 / 7				
reaction time	0.135	interval		3.88	4.00	3.96	4.12	4.24	4.44	4.56	4.68	4.68	5.55			11.84	12.80	13.92	
		velocity	7.50	9.02	8.75	8.84	8.50	8.25	7.88	7.68	7.48	7.48	7.21	7.98		8.87	8.20	7.54	
H1 lead leg	L	strides	21	13	13	13	13	14	14	14	14	14	17.2	160.2					
Obayashi, Masayuki (JPN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>A FINAL</b> - 2019 Kinami Memorial (Osaka, JPN)																			
<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>																			
date	06-May-19	time	6.06	10.08	14.08	18.17	22.39	26.63	30.91	35.30	39.89	44.64		50.11	9 / 4				
reaction time		interval		4.02	4.00	4.09	4.22	4.24	4.28	4.39	4.59	4.75	5.47			12.11	12.74	13.73	
		velocity	7.43	8.71	8.75	8.56	8.29	8.25	8.18	7.97	7.63	7.37	7.31	7.98		8.67	8.24	7.65	
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	19	172					
Sugimati, Mahau (BRA) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2021 Ready Steady Tokyo (Tokyo, JPN)																			
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																			
date	09-May-21	time	6.09	9.86	13.76	17.82	21.99	26.38	30.78	35.26	39.87	44.64		50.11	3 / 8				
reaction time	0.130	interval		3.77	3.90	4.06	4.17	4.39	4.40	4.48	4.61	4.77	5.47			11.73	12.96	13.86	
		velocity	7.39	9.28	8.97	8.62	8.39	7.97	7.95	7.81	7.59	7.34	7.31	7.98		8.95	8.10	7.58	
H1 lead leg		strides		13	13	13	13	13	13	13	13	14	118						
Kawagoe, Hiroya (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2021 Denka Athletics Challenge Cup (Niigata, JPN)																			
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																			
date	06-Jun-21	time	6.09	10.03	14.03	18.07	22.19	26.51	30.88	35.35	39.97	44.68		50.11	8 / 4				
reaction time		interval		3.94	4.00	4.04	4.12	4.32	4.37	4.47	4.62	4.71	5.43			11.98	12.81	13.80	
		velocity	7.39	8.88	8.75	8.66	8.50	8.10	8.01	7.83	7.58	7.43	7.37	7.98		8.76	8.20	7.61	
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	152						
Preis, Constantin (GER) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2021 Memorial van Damme (Brussels, BEL) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	03-Sep-21	time	6.20	10.00	14.00	18.08	22.28	24.1	26.60	31.08	35.60	40.16		50.12	8 / 8				
reaction time	0.303	interval		3.80	4.00	4.08	4.20	4.32	4.48	4.52	4.56					11.88	13.00		
		velocity	7.26	9.21	8.75	8.58	8.33	8.30	8.10	7.81	7.74	7.68	7.98			8.84	8.08		
H1 lead leg	L	strides	21	13	14	14	14	15	15	15	15	15	136						
Preis, Constantin (GER) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																			
<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																			
date	23-Aug-20	time	6.10		13.96	18.02	22.12	23.9	26.32		35.44	40.12	44.80		50.13	2 / 6			
reaction time	0.232	interval			7.86	4.06	4.10	4.20		4.32	4.48	4.68	5.33			11.92			
		velocity	7.38		8.91	8.62	8.54	8.37	8.33		7.68	7.48	7.48	7.50	7.98		8.81		
H1 lead leg	L	strides	21			14	14	14				15	15	18	111				
Chen Chieh (TPE) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2023 Seiko Golden Grand Prix (Yokohama, JPN)																			
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																			
date	21-May-23	time	6.01	9.76	13.61	17.62	21.72	26.09	30.53	35.04	39.79	44.63		50.13	7 / 7				
reaction time	0.163	interval		3.75	3.85	4.01	4.10	4.37	4.44	4.51	4.75	4.84	5.50			11.61	12.91	14.10	
		velocity	7.49	9.33	9.09	8.73	8.54	8.01	7.88	7.76	7.37	7.23	7.27	7.98		9.04	8.13	7.45	
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	18	164					
Nilsson, Vance (USA) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 3</b> - 2024 USA Olympic Trials (Eugene, OR)																			
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																			
date	27-Jun-24	time	6.03	9.85	13.69	17.60	21.62	23.45	25.79	30.12	34.70	39.56	44.44		50.13	9 / 2			
reaction time		interval		3.82	3.84	3.91	4.02	4.17	4.33	4.58	4.86	4.88	5.69	PB		11.57	12.52	14.32	
		velocity	7.46	9.16	9.11	8.95	8.71	8.53	8.39	8.08	7.64	7.20	7.17	7.03	7.98		9.08	8.39	7.33
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	15	15	17	158				
Morale, Salvatore (ITA) (1938)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1961 Universiade (Sofia, BUL)																			
<i>Nett (1964) - Training des leichtathleten: Hürdenlauf, sprung, wurf, mehrkampf</i>																			
date	01-Sep-61	time	5.8	9.8	13.9	18.2	22.5	26.8	31.1	35.5	40.0	44.7		50.0	1 / 1				
reaction time		interval		4.0	4.1	4.3	4.3	4.3	4.3	4.4	4.5	4.7	5.3	NR		12.4	12.9	13.6	
		velocity	7.76	8.75	8.54	8.14	8.14	8.14	8.14	7.95	7.78	7.45	7.55	8.00		8.47	8.14	7.72	
H1 lead leg		strides																	



		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Stukalov, Dmitriy (URS) (1951)</b>																		
<b>FINAL - 1971 European Championships (Helsinki, FIN)</b>																		
date	12-Aug-71	time	6.0	10.2	14.3	18.3	22.4	26.6	31.0	35.5	40.2	44.8		50.0	1/3			
reaction time		interval	4.2	4.1	4.0	4.1	4.2	4.4	4.5	4.7	4.6	5.2		PB		12.30	12.70	13.80
		velocity	7.50	8.33	8.54	8.75	8.54	8.33	7.95	7.78	7.45	7.61	7.69	8.00		8.54	8.27	7.61
H1 lead leg		strides	13	13	13	13	15	15	15	15	15	15		127				
<b>Mörö, Oskari (FIN) (1993)</b>																		
<b>FINAL - 2014 European Championships (Zurich, SUI)</b>																		
date	15-Aug-14	time	6.10	9.86	13.70	17.78	21.90	26.18	30.54	35.02	39.74	44.62		50.14	1/8			
reaction time	0.149	interval	3.76	3.84	4.08	4.12	4.28	4.36	4.48	4.72	4.88	5.52				11.68	12.76	14.08
		velocity	7.38	9.31	9.11	8.58	8.50	8.18	8.03	7.81	7.42	7.17	7.25	7.98		8.99	8.23	7.46
H1 lead leg	R	strides	13	13	13	13	14	14	14	14	14	15		123				
<b>Shimoda, Hayato (JPN) (2005)</b>																		
<b>FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)</b>																		
date	04-Aug-23	time	6.04	9.81	13.66	17.47	21.42	25.61	29.96	34.52	39.36	44.36		50.14	7/1			
reaction time	0.187	interval	3.77	3.85	3.81	3.95	4.19	4.35	4.56	4.84	5.00	5.78				11.43	12.49	14.40
		velocity	7.45	9.28	9.09	9.19	8.86	8.35	8.05	7.68	7.23	7.00	6.92	7.98		9.19	8.41	7.29
H1 lead leg		strides	21	15	15	15	15	15	15	15	17	17	21	181				
<b>Bánóczy, Árpád (HUN) (2002)</b>																		
<b>Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)</b>																		
date	10-Jun-24	time	5.88	9.63	13.49	17.39	21.47	25.69	30.25	34.85	39.61	44.53		50.14	2/7			
reaction time	0.193	interval	3.75	3.86	3.90	4.08	4.22	4.56	4.60	4.76	4.92	5.61				11.51	12.86	14.28
		velocity	7.65	9.33	9.07	8.97	8.58	8.29	7.68	7.61	7.35	7.11	7.13	7.98		9.12	8.16	7.35
H1 lead leg		strides											0					
<b>Kikuta, Kyo (JPN) (2006)</b>																		
<b>FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)</b>																		
date	30-Jul-24	time	5.97	9.93	13.93	18.12	22.31	26.58	31.01	35.52	40.06	44.86		50.14	7/1			
reaction time	0.179	interval	3.96	4.00	4.19	4.19	4.27	4.43	4.51	4.54	4.80	5.28				12.15	12.89	13.85
		velocity	7.54	8.84	8.75	8.35	8.35	8.20	7.90	7.76	7.71	7.29	7.58	7.98		8.64	8.15	7.58
H1 lead leg		strides	21	15	15	15	15	15	15	15	17	17	21	181				
<b>Yamazaki, Kazuhiko (JPN) (1971)</b>																		
<b>Heat 2 - 2000 Olympic Games (Sydney, AUS)</b>																		
date	24-Sep-00	time	5.90	9.66	13.58	17.58	21.70	25.98	35.10	39.78	44.54		50.15	1/7				
reaction time	0.177	interval	3.76	3.92	4.00	4.12	4.28	4.28	9.12	4.68	4.76	5.61				11.68		
		velocity	7.63	9.31	8.93	8.75	8.50	8.18	7.68	7.48	7.35	7.13	7.98			8.99		
H1 lead leg		strides																
<b>Rakotoarimandry, Yvon (MAD) (1971)</b>																		
<b>Heat 2 - 2000 Olympic Games (Sydney, AUS)</b>																		
date	24-Sep-00	time	5.98	9.82	13.70	17.66	21.70	26.06	35.14	39.86	44.62		50.15	7/8				
reaction time	0.185	interval	3.84	3.88	3.96	4.04	4.36	4.36	9.08	4.72	4.76	5.53				11.68		
		velocity	7.53	9.11	9.02	8.84	8.66	8.03	7.71	7.42	7.35	7.23	7.98			8.99		
H1 lead leg		strides	21	14	14	14	14	14	15	15	15	15	121					
<b>Tateno, Tetsuya (JPN) (1991)</b>																		
<b>B FINAL - 2012 Shizuoka International Athletics Meeting (Fukuuroi, JPN)</b>																		
date	03-May-12	time	6.14	10.04	13.96	17.95	21.99	26.24	30.64	35.13	39.78	44.62		50.15	1/2			
reaction time		interval	3.90	3.92	3.99	4.04	4.25	4.40	4.49	4.65	4.84	5.53				11.81	12.69	13.98
		velocity	7.33	8.97	8.93	8.77	8.66	8.24	7.95	7.80	7.53	7.23	7.23	7.98		8.89	8.27	7.51
H1 lead leg		strides	14	14	14	14	15	15	15	15	15	15	131					
<b>Yoshida, Kazuaki (JPN) (1987)</b>																		
<b>B FINAL - 2014 Shizuoka International Athletics Meeting (Fukuuroi, JPN)</b>																		
date	03-May-14	time	6.04	9.91	13.87	17.83	21.92	26.09	30.48	34.95	39.60	44.42		50.15	1/1			
reaction time		interval	3.87	3.96	3.96	4.09	4.17	4.39	4.47	4.65	4.82	5.73				11.79	12.65	13.94
		velocity	7.45	9.04	8.84	8.84	8.56	8.39	7.97	7.83	7.53	7.26	6.98	7.98		8.91	8.30	7.53
H1 lead leg		strides	13	13	13	13	13	13	15	15	15	15	125					
<b>Abe, Takatoshi (JPN) (1991)</b>																		
<b>B FINAL - 2017 Shizuoka International Athletics Meeting (Fukuuroi, JPN)</b>																		
date	03-May-17	time	6.04	9.78	13.58	17.45	21.42	25.56	30.01	34.81	39.66	44.56		50.15	1/1			
reaction time		interval	3.74	3.80	3.87	3.97	4.14	4.45	4.80	4.85	4.90	5.59				11.41	12.56	14.55
		velocity	7.45	9.36	9.21	9.04	8.82	8.45	7.87	7.29	7.22	7.14	7.16	7.98		9.20	8.36	7.22
H1 lead leg		strides	13	13	13	13	13	13	14	16	15	15	125					
<b>Thomas, Eric (USA) (1973)</b>																		
<b>Heat 4 - 2000 Olympic Games (Sydney, AUS)</b>																		
date	24-Sep-00	time	6.08	9.88	13.72	17.64	21.60	25.72	30.20	34.76	39.64	44.60		50.16	6/2			
reaction time	0.170	interval	3.80	3.84	3.92	3.96	4.12	4.48	4.56	4.88	4.96	5.56				11.56	12.56	14.40
		velocity	7.40	9.21	9.11	8.93	8.84	8.50	7.81	7.68	7.17	7.06	7.19	7.97		9.08	8.36	7.29
H1 lead leg		strides	21	13	13	13	13	13	14	14	15	15	17.4	161.4				

Gaymon, Justin (USA) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3 - 2007 USATF National Championships (Indianapolis, IN)</b> <i>USATF Men's Hurdle Development (2007)</i>																		
date	21-Jun-07	time	6.02	10.01	14.06	18.27	22.41	26.75	31.18	35.70	40.27	44.93		50.16	6 / 2			
reaction time		interval		3.99	4.05	4.21	4.14	4.34	4.43	4.52	4.57	4.66	5.23			12.25	12.91	13.75
		velocity	7.48	8.77	8.64	8.31	8.45	8.06	7.90	7.74	7.66	7.51	7.65	7.97		8.57	8.13	7.64
H1 lead leg	R	strides	22	15	15	14	14	15	15	15	15	15	15	155				
McCoy, Reuben (USA) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3 - 2007 USATF National Championships (Indianapolis, IN)</b> <i>USATF Men's Hurdle Development (2007)</i>																		
date	21-Jun-07	time	6.21	9.99	13.93	18.03	22.37	26.86	31.33	35.79	40.32	44.89		50.16	8 / 3			
reaction time		interval		3.78	3.94	4.10	4.34	4.49	4.47	4.46	4.53	4.57	5.27			11.82	13.30	13.56
		velocity	7.25	9.26	8.88	8.54	8.06	7.80	7.83	7.85	7.73	7.66	7.59	7.97		8.88	7.89	7.74
H1 lead leg	R	strides	21	13	13	13	15	15	15	15	15	15	15	150				
Toyoda, Masaki (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2015 Japanese National Junior Championships (Nagoya, JPN)</b> <i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>																		
date	18-Oct-15	time	6.28	10.32	14.42	18.76	23.10	27.40	31.58	35.98	40.45	45.02		50.16	4 / 2			
reaction time		interval		4.04	4.10	4.34	4.34	4.30	4.18	4.40	4.47	4.57	5.14	PB		12.48	12.82	13.44
		velocity	7.17	8.66	8.54	8.06	8.06	8.14	8.37	7.95	7.83	7.66	7.78	7.97		8.41	8.19	7.81
H1 lead leg		strides		14	14	14	14	15	15	15	15	15	15	131				
Mucheru, Bonface (KEN) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2016 Shanghai Golden Grand Prix (Shanghai, CHN)</b> <i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																		
date	14-May-16	time	6.04	9.96	14.04	18.12	22.36	26.64	31.00	35.40				50.16	9 / 9			
reaction time	0.123	interval		3.92	4.08	4.08	4.24	4.28	4.36	4.40						12.08	12.88	
		velocity	7.45	8.93	8.58	8.58	8.25	8.18	8.03	7.95				7.97		8.69	8.15	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15				127				
Sugai, Mitsuru (JPN) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>B FINAL - 2019 Kinami Memorial (Osaka, JPN)</b> <i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>																		
date	06-May-19	time	6.09	9.91	13.90	17.85	21.94	26.23	30.50	35.07	39.72	44.54		50.16	3 / 1			
reaction time		interval		3.82	3.99	3.95	4.09	4.29	4.27	4.57	4.65	4.82	5.62			11.76	12.65	14.04
		velocity	7.39	9.16	8.77	8.86	8.56	8.16	8.20	7.66	7.53	7.26	7.12	7.97		8.93	8.30	7.48
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	19	165				
Barr, Thomas (IRL) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2019 Müller Grand Prix (Birmingham, GBR) (TV Analysis)</b> <i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	18-Aug-19	time	6.08	9.96	13.84	17.80	21.88	23.7	26.12	30.68	35.28	39.92		50.16	8 / 5			
reaction time	0.171	interval		3.88	3.88	3.96	4.08	4.24	4.56	4.60	4.64					11.72	12.88	
		velocity	7.40	9.02	9.02	8.84	8.58	8.44	8.25	7.68	7.61	7.54		7.97		8.96	8.15	
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	15		129					
Kajiki, Ryo (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>B FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)</b> <i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	01-Jun-21	time	6.04	9.79	13.61	17.60	21.64	25.88	30.35	34.90	39.69	44.58		50.16	7 / 3			
reaction time	0.248	interval		3.75	3.82	3.99	4.04	4.24	4.47	4.55	4.79	4.89	5.58			11.56	12.75	14.23
		velocity	7.45	9.33	9.16	8.77	8.66	8.25	7.83	7.69	7.31	7.16	7.17	7.97		9.08	8.24	7.38
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	15	15	18.5	161.5				
Ziegler, Rolf (FRG) (1951)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 5 - 1972 Olympic Games (Munich, FRG)</b> <i>Schmidt (1973) - vorolympisches training von john akii-bua über 400 hürden</i>																		
date	01-Sep-72	time				21.6			30.4			44.5		50.17	7 / 3			
reaction time		interval							8.80			14.10	5.67					14.10
		velocity				8.56			7.95			7.45	7.05	7.97				7.45
H1 lead leg		strides																
Konno, Ryoma (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)</b> <i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																		
date	11-Jun-22	time	6.21	10.24	14.36	18.59	22.76	27.03	31.35	35.72	40.14	44.73		50.17	9 / 1			
reaction time	0.177	interval		4.03	4.12	4.23	4.17	4.27	4.32	4.37	4.42	4.59	5.44	PB		12.38	12.76	13.38
		velocity	7.25	8.68	8.50	8.27	8.39	8.20	8.10	8.01	7.92	7.63	7.35	7.97		8.48	8.23	7.85
H1 lead leg	R	strides	21	15	15	15	15	15	15	15	15	15	18.5	174.5				
Zazini, Sokwakhana (RSA) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)</b> <i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																		
date	16-Jun-22	time	5.92	9.76	13.56	17.48	21.56	23.37	25.96	30.44	34.96	39.76	44.56		50.17	8 / 7		
reaction time	0.184	interval		3.84	3.80	3.92	4.08	4.40	4.48	4.52	4.80	4.80	5.61			11.56	12.96	14.12
		velocity	7.60	9.11	9.21	8.93	8.58	8.56	7.95	7.81	7.74	7.29	7.29	7.13	7.97	9.08	8.10	7.44
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	20	186				
Mann, Ralph (USA) (1949)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3 - 1972 Olympic Games (Munich, FRG)</b> <i>Schmidt (1973) - vorolympisches training von john akii-bua über 400 hürden</i>																		
date	01-Sep-72	time				21.8						44.6		50.18	5 / 2			
reaction time		interval										22.80	5.58					
		velocity				8.49						7.68	7.17	7.97				
H1 lead leg		strides																

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Obayashi, Masayuki (JPN) (1996)</b>																			
<b>FINAL</b> - 2015 Japanese National Junior Championships (Nagoya, JPN)													<i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>						
date	18-Oct-15	time	6.10	9.94	14.08	18.28	22.62	26.89	31.26	35.76	40.30	44.94		50.18	6 / 3				
reaction time		interval		3.84	4.14	4.20	4.34	4.27	4.37	4.50	4.54	4.64	5.24	PB		12.18	12.98	13.68	
		velocity	7.38	9.11	8.45	8.33	8.06	8.20	8.01	7.78	7.71	7.54	7.63	7.97		8.62	8.09	7.68	
H1 lead leg		strides		15	15	15	15	15	15	15	15	15		135					
<b>Whyte, Annsert (JAM) (1987)</b>																			
<b>FINAL</b> - 2017 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)													<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>						
date	13-May-17	time	5.76	9.36	13.16	17.00	20.92	25.08	29.56	34.24	39.08	44.16		50.18	3 / 7				
reaction time	0.154	interval		3.60	3.80	3.84	3.92	4.16	4.48	4.68	4.84	5.08	6.02			11.24	12.56	14.60	
		velocity	7.81	9.72	9.21	9.11	8.93	8.41	7.81	7.48	7.23	6.89	6.64	7.97		9.34	8.36	7.19	
H1 lead leg	L	strides	21	13	14	14	13	14	15	15	15	16	19.2	169.2					
<b>Dobek, Patryk (POL) (1994)</b>																			
<b>Semi-Final 2</b> - 2019 IAAF World Championships (Doha, QAT)													<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>						
date	28-Sep-19	time	6.08	9.84	13.67	17.59	21.74	26.00	30.33	34.81	39.44	44.39		50.18	8 / 7				
reaction time	0.174	interval		3.76	3.83	3.92	4.15	4.26	4.33	4.48	4.63	4.95	5.79			11.51	12.74	14.06	
		velocity	7.40	9.31	9.14	8.93	8.43	8.22	8.08	7.81	7.56	7.07	6.91	7.97		9.12	8.24	7.47	
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	14	17	17.7	160.7					
<b>Mägi, Rasmus (EST) (1992)</b>																			
<b>FINAL</b> - 2020 Golden Spike (Ostrava, CZE) (TV Analysis)													<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>						
date	08-Sep-20	time	6.04	9.88		17.52	21.49		30.03	34.87	39.64	44.51		50.18	5 / 3				
reaction time	0.177	interval		3.84		7.64	3.97		8.54	4.84	4.77	4.87	5.67			11.48	12.51	14.48	
		velocity	7.45	9.11		9.16	8.82		8.20	7.23	7.34	7.19	7.05	7.97		9.15	8.39	7.25	
H1 lead leg	L	strides	21	13		13					15	15		77					
<b>Oda, Masaya (JPN) (1995)</b>																			
<b>FINAL</b> - 2020 All Japan Corporate Championships (Kumagaya, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>						
date	20-Sep-20	time	6.12	9.94	13.78	17.81	21.94	26.31	30.71	35.24	39.86	44.63		50.18	5 / 2				
reaction time	0.222	interval		3.82	3.84	4.03	4.13	4.37	4.40	4.53	4.62	4.77	5.55			11.69	12.90	13.92	
		velocity	7.35	9.16	9.11	8.68	8.47	8.01	7.95	7.73	7.58	7.34	7.21	7.97		8.98	8.14	7.54	
H1 lead leg		strides		14	14	14	14	15	15	15	15	15		131					
<b>Clement, Kerron (USA) (1985)</b>																			
<b>FINAL</b> - 2018 Doha Diamond League (Doha, QAT) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	04-May-18	time	6.16	10.00	13.88	17.88	22.08	26.40	30.76	35.24	39.96	44.76		50.19	6 / 6				
reaction time	0.276	interval		3.84	3.88	4.00	4.20	4.32	4.36	4.48	4.72	4.80	5.43			11.72	12.88	14.00	
		velocity	7.31	9.11	9.02	8.75	8.33	8.10	8.03	7.81	7.42	7.29	7.37	7.97		8.96	8.15	7.50	
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	14	14		139					
<b>Sugimati, Mahau (BRA) (1984)</b>																			
<b>D FINAL</b> - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)													<i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>						
date	03-May-19	time	6.09	9.86	13.68	17.58	21.60	25.83	30.20	34.72	39.57	44.63		50.19	5 / 1				
reaction time		interval		3.77	3.82	3.90	4.02	4.23	4.37	4.52	4.85	5.06	5.56			11.49	12.62	14.43	
		velocity	7.39	9.28	9.16	8.97	8.71	8.27	8.01	7.74	7.22	6.92	7.19	7.97		9.14	8.32	7.28	
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	15	15	17.2	158.2					
<b>Naadokila, Moitale Mpoke (KEN) (20)</b>																			
<b>Heat 3</b> - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	16-Jul-22	time	6.03	10.00	14.03	18.10	22.16	24.03	26.50	30.90	35.46	40.20	44.83		50.19	8 / 4			
reaction time	0.177	interval		3.97	4.03	4.07	4.06	4.34	4.40	4.56	4.74	4.63	5.36			12.07	12.80	13.93	
		velocity	7.46	8.82	8.68	8.60	8.62	8.32	8.06	7.95	7.68	7.38	7.56	7.46	7.97		8.70	8.20	7.54
H1 lead leg	L	strides	21	14	14	14	14	14	14	14	14	14	17	164					
<b>Abuaku, Joshua (GER) (1996)</b>																			
<b>Semi-Final 1</b> - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>						
date	07-Aug-24	time	5.83	9.54	13.34	17.17	21.16	25.35	29.76	34.39	39.23	44.22		50.19	3 / 8				
reaction time	0.186	interval		3.71	3.80	3.83	3.99	4.19	4.41	4.63	4.84	4.99	5.97			11.34	12.59	14.46	
		velocity	7.72	9.43	9.21	9.14	8.77	8.35	7.94	7.56	7.23	7.01	6.70	7.97		9.26	8.34	7.26	
H1 lead leg	L	strides	20			13	13	13	14	14	15	15		117					
<b>Happio, Wilfried (FRA) (1998)</b>																			
<b>FINAL</b> - 2024 Memorial van damme (Brussels, BEL)													<i>Omega Timing (2023) - diamond league race analysis</i>						
date	14-Sep-24	time	5.80	9.50	13.34	17.15	21.18	25.34	29.74	34.42	39.39	44.39		50.19	2 / 8				
reaction time	0.151	interval		3.70	3.84	3.81	4.03	4.16	4.40	4.68	4.97	5.00	5.80			11.68	12.59	14.65	
		velocity	7.76	9.46	9.11	9.19	8.68	8.41	7.95	7.48	7.04	7.00	6.90	7.97		8.99	8.34	7.17	
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	14	15	18	159					
<b>Iakovákis, Periklís (GRE) (1979)</b>																			
<b>Heat 4</b> - 2000 Olympic Games (Sydney, AUS)													<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>						
date	24-Sep-00	time	6.00	9.84	13.76	17.72	21.72	25.72	30.12	34.72	39.68	44.72		50.20	1 / 3				
reaction time	0.165	interval		3.84	3.92	3.96	4.00	4.00	4.40	4.60	4.96	5.04	5.48			11.72	12.40	14.60	
		velocity	7.50	9.11	8.93	8.84	8.75	8.75	7.95	7.61	7.06	6.94	7.30	7.97		8.96	8.47	7.19	
H1 lead leg		strides	22	14	14	14	14	14	14	15	16	16	18.6	171.6					

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Kurokawa, Kazuki (JPN) (2001)</b>																		
<b>FINAL</b> - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)		<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																
date	03-May-21	time	5.96	9.61	13.43	17.38	21.54	25.94	30.28	34.80	39.46	44.36		50.20	6 / 1			
reaction time	0.185	interval		3.65	3.82	3.95	4.16	4.40	4.34	4.52	4.66	4.90	5.84			11.42	12.90	14.08
		velocity	7.55	9.59	9.16	8.86	8.41	7.95	8.06	7.74	7.51	7.14	6.85	7.97		9.19	8.14	7.46
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	20	166				
<b>Jonot, Franck (FRA) (1961)</b>																		
<b>FINAL</b> - 1986 French National Championships (Aix les Bains, FRA)		<i>Veney - split times from PJ</i>																
date	10-Aug-86	time	6.05	10.02	13.86	17.80	21.94	26.03	30.53	34.95	39.57	44.39		50.21	1 / 2			
reaction time		interval		3.97	3.84	3.94	4.14	4.09	4.50	4.42	4.62	4.82	5.82			11.75	12.73	13.86
		velocity	7.44	8.82	9.11	8.88	8.45	8.56	7.78	7.92	7.58	7.26	6.87	7.97		8.94	8.25	7.58
H1 lead leg		strides																
<b>van Zyl, L.J. (RSA) (1985)</b>																		
<b>FINAL</b> - 2016 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)		<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	16-Jun-16	time	5.93	9.77	17.63	21.77	26.07	30.33	34.70	39.37	44.23		50.21	3 / 4				
reaction time	0.159	interval		3.84		7.86	4.14	4.30	4.26	4.37	4.67	4.86	5.98			11.70	12.70	13.90
		velocity	7.59	9.11		8.91	8.45	8.14	8.22	8.01	7.49	7.20	6.69	7.97		8.97	8.27	7.55
H1 lead leg	L	strides	22	14		14		14	15	15	15	15	20	144				
<b>Bengtström, Carl (SWE) (2000)</b>																		
<b>FINAL</b> - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)		<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																
date	23-Aug-20	time	5.82		13.90	17.96	22.18	24.0	26.50	30.92	35.50	40.20	44.94		50.21	6 / 7		
reaction time	0.187	interval			8.08	4.06	4.22		4.32	4.42	4.58	4.70	4.74	5.27		12.14	12.96	14.02
		velocity	7.73		8.66	8.62	8.29	8.33	8.10	7.92	7.64	7.45	7.38	7.59	7.97	8.65	8.10	7.49
H1 lead leg	L	strides	21	14		14		14	15	15	15	15	15	123				
<b>Angela, Ramsey (NED) (1999)</b>																		
<b>FINAL</b> - 2022 Bislett Games (Oslo, NOR) (TV Analysis)		<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	16-Jun-22	time	5.92	9.68	13.52	17.52	21.84	23.62	26.18	30.58	34.78	39.68	44.52		50.21	2 / 8		
reaction time	0.184	interval		3.76	3.84	4.00	4.32		4.34	4.40	4.20	4.90	4.84	5.69		11.60	13.06	13.94
		velocity	7.60	9.31	9.11	8.75	8.10	8.47	8.06	7.95	8.33	7.14	7.23	7.03	7.97	9.05	8.04	7.53
H1 lead leg	R	strides	22	14	14	14	16		15		15	15	15	18.5	158.5			
<b>Ogawa, Daiki (JPN) (2003)</b>																		
<b>Heat 1</b> - 2024 Olympic Games (Paris, FRA)		<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	05-Aug-24	time	5.94	9.76	13.65	17.66	21.80	26.05	30.45	35.03	39.75	44.62		50.21	8 / 6			
reaction time	0.174	interval		3.82	3.89	4.01	4.14		4.25	4.40	4.58	4.72	4.87	5.59		11.72	12.79	14.17
		velocity	7.58	9.16	9.00	8.73	8.45		8.24	7.95	7.64	7.42	7.19	7.16	7.97	8.96	8.21	7.41
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	150				
<b>Wheeler, Quentin (USA) (1955)</b>																		
<b>Semi-Final 1</b> - 1976 Olympic Games (Montreal, CAN)		<i>Behm (1995) - la tactique du 400 haies</i>																
date	24-Jul-76	time	6.1	10.0	14.1	18.1	22.4	26.6	31.1	35.5	40.1	44.6		50.22	8 / 4			
reaction time		interval		3.87	4.15	4.01	4.29		4.24	4.41	4.41	4.60	4.54	5.62		12.03	12.94	13.55
		velocity	7.40	9.04	8.43	8.73	8.16		8.25	7.94	7.94	7.61	7.71	7.12	7.96	8.73	8.11	7.75
H1 lead leg		strides																
<b>Peresta, Andrew (USA) (1985)</b>																		
<b>Heat 3</b> - 2007 USATF National Championships (Indianapolis, IN)		<i>USATF Men's Hurdle Development (2007)</i>																
date	21-Jun-07	time	5.97	9.91	13.93	18.00	22.21	26.53	30.96	35.39	40.12	44.94		50.22	2 / 4			
reaction time		interval		3.94	4.02	4.07	4.21		4.32	4.43	4.43	4.73	4.82	5.28		12.03	12.96	13.98
		velocity	7.54	8.88	8.71	8.60	8.31		8.10	7.90	7.90	7.40	7.26	7.58	7.96	8.73	8.10	7.51
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	15	158				
<b>Green, Jack (GBR) (1991)</b>																		
<b>FINAL</b> - 2018 Doha Diamond League (Doha, QAT) (TV Analysis)		<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	04-May-18	time	6.12	10.00	13.92	18.04	22.32	26.64	31.12	35.56	40.20	44.96		50.22	8 / 7			
reaction time	0.230	interval		3.88	3.92	4.12	4.28		4.32	4.48	4.44	4.64	4.76	5.26		11.92	13.08	13.84
		velocity	7.35	9.02	8.93	8.50	8.18		8.10	7.81	7.88	7.54	7.35	7.60	7.96	8.81	8.03	7.59
H1 lead leg	R	strides	22	14	13	14	14		14	14	15	15	15	150				
<b>Obayashi, Masayuki (JPN) (1996)</b>																		
<b>FINAL</b> - 2020 World Athletics Trials (Fuji, JPN)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																
date	06-Sep-20	time	5.96	9.86	13.85	18.00	22.12	26.36	30.63	35.02	39.62	44.53		50.22	1 / 2			
reaction time		interval		3.90	3.99	4.15	4.12		4.24	4.27	4.39	4.60	4.91	5.69		12.04	12.63	13.90
		velocity	7.55	8.97	8.77	8.43	8.50		8.25	8.20	7.97	7.61	7.13	7.03	7.96	8.72	8.31	7.55
H1 lead leg		strides		14	14	14	15		15	15	15	15	15	132				
<b>Zazini, Sokwakhana (RSA) (2000)</b>																		
<b>Semi-Final 3</b> - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)		<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	17-Jul-22	time	5.87	9.66	13.56	17.30	21.26	23.04	29.90	34.57	39.50	44.37		50.22	2 / 7			
reaction time	0.153	interval		3.79	3.90	3.74	3.96		8.64	4.67	4.93	4.87	5.85		11.43	12.60	14.47	
		velocity	7.67	9.23	8.97	9.36	8.84	8.68		8.10	7.49	7.10	7.19	6.84	7.96	9.19	8.33	7.26
H1 lead leg	L	strides	23	15	15	15	15			16	17	17	20.2	153.2				

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Morgan, Dinsdale (JAM) (1972)</b>																		
<b>Semi-Final 3 - 2000 Olympic Games (Sydney, AUS)</b>		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	25-Sep-00	time	5.86	9.54	13.34	17.30	21.42	23.02	25.70	30.02	34.70	39.46	44.42	50.23	2 / 7			
reaction time	0.166	interval		3.68	3.80	3.96	4.12	4.28	4.32	4.68	4.76	4.96	5.81			11.44	12.72	14.40
		velocity	7.68	9.51	9.21	8.84	8.50	8.69	8.18	8.10	7.48	7.35	7.06	6.88	7.96	9.18	8.25	7.29
H1 lead leg		strides	22	14	14	14	14	14	15	15	15	15	16	19	172			
<b>Shao Yi (CHN) (1979)</b>																		
<b>Heat 1 - 2003 ??? (Shanghai, CHN)</b>		<i>Zhou (2003) - training of Shao Yi, national champion of men's 400m hurdles</i>																
date	13-Jun-03	time	6.12	9.88	13.72	17.76	21.84	26.08	30.51	35.08	39.70	44.64	50.23	1 / 1				
reaction time		interval		3.76	3.84	4.04	4.08	4.24	4.43	4.57	4.62	4.94	5.59	PB		11.64	12.75	14.13
		velocity	7.35	9.31	9.11	8.66	8.58	8.25	7.90	7.66	7.58	7.09	7.16	7.96		9.02	8.24	7.43
H1 lead leg		strides	13	13	14	14	14	14	14	15	15	15	15	127				
<b>Valliant, Ludvy (FRA) (1995)</b>																		
<b>FINAL - 2019 Prefontaine Classic (Stanford, CA) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	30-Jun-19	time	5.90	9.66	13.50	17.43	21.53	25.76	30.26	34.86	39.63	44.46	50.23	2 / 8				
reaction time	0.218	interval		3.76	3.84	3.93	4.10	4.23	4.50	4.60	4.77	4.83	5.77			11.53	12.83	14.20
		velocity	7.63	9.31	9.11	8.91	8.54	8.27	7.78	7.61	7.34	7.25	6.93	7.96		9.11	8.18	7.39
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	14	14	115					
<b>Yamauchi, Hiromu (JPN) (1999)</b>																		
<b>FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)</b>		<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																
date	03-May-21	time	6.17	10.09	14.21	18.34	22.54	26.79	31.13	35.59	40.15	44.81	50.23	3 / 2				
reaction time	0.224	interval		3.92	4.12	4.13	4.20	4.25	4.34	4.46	4.56	4.66	5.42			12.17	12.79	13.68
		velocity	7.29	8.93	8.50	8.47	8.33	8.24	8.06	7.85	7.68	7.51	7.38	7.96		8.63	8.21	7.68
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	19.2	169.2				
<b>Hyde, Jaheel (JAM) (1997)</b>																		
<b>FINAL - 2022 Doha Diamond League (Doha, QAT) (TV Analysis)</b>		<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	13-May-22	time	5.87	9.67	13.71	17.81	22.05	24.2	26.52	30.96	35.40	39.90	50.23	8 / 5				
reaction time	0.167	interval		3.80	4.04	4.10	4.24	4.47	4.44	4.44	4.50	4.50	7.96			11.94	13.15	
		velocity	7.67	9.21	8.66	8.54	8.25	8.26	7.83	7.88	7.88	7.78	7.96			8.79	7.98	
H1 lead leg	L	strides	22	14	14	14	14	15	14	14	14	14	135					
<b>Davis, Glenn (USA) (1934)</b>																		
<b>FINAL - 1956 Olympic Games (Melbourne, AUS)</b>		<i>Quercentani (2000). Athletics: A history of modern track and field athletics (1860-2000)</i>																
date	24-Nov-56	time				22.7								50.1	4 / 1			
reaction time		interval												=OR				
		velocity				8.15								7.98	(50.29)			
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19	176				
<b>Morale, Salvatore (ITA) (1938)</b>																		
<b>FINAL - 1964 Olympic Games (Tokyo, JPN)</b>		<i>Breitschaft (1965) - die leichtathletik wettkampfe der 1964 olympischen sommerspielen - 400m hürdenlauf</i>																
date	16-Oct-64	time	5.8		13.8		22.0		30.8		40.0		50.1	8 / 3				
reaction time		interval			8.0		8.2		8.8		9.2		10.1					
		velocity	7.76		8.75		8.54		7.95		7.61		7.43	7.98				
H1 lead leg		strides																
<b>Skomorokhov, Vyacheslav (URS) (19)</b>																		
<b>Heat ?? - 1967 (Leninakan, URS) (Altitude)</b>		<i>Jonath (1969) - wie gerhard hennige trainiert</i>																
date	02-Oct-67	time	5.8	10.0	13.9	18.1	22.2	26.6	31.1	35.6	40.1	44.7	50.1	1 / 1				
reaction time		interval		4.2	3.9	4.2	4.1	4.4	4.5	4.5	4.5	4.6	5.4			12.3	13.0	13.6
		velocity	7.76	8.33	8.97	8.33	8.54	7.95	7.78	7.78	7.78	7.61	7.41	7.98		8.54	8.08	7.72
H1 lead leg		strides																
<b>Firinoli, Roberto (ITA) (1940)</b>																		
<b>FINAL - 1968 Olympic Games (Mexico City, MEX) (Altitude)</b>		<i>Dessons (1982) - traite d'athletisme - volume 1: les courses</i>																
date	15-Oct-68	time	5.8	9.7	13.6	17.5	21.5	23.4	25.6	29.9	34.3	38.9	43.9	50.1	4 / 8			
reaction time		interval		3.90	3.90	3.90	4.00	4.10	4.30	4.40	4.60	5.00	6.20	(50.13)		11.70	12.40	14.00
		velocity	7.76	8.97	8.97	8.97	8.75	8.55	8.54	8.14	7.95	7.61	7.00	6.45	7.98	8.97	8.47	7.50
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	15	157				
<b>Königsmark, Varg (GER) (1992)</b>																		
<b>FINAL - 2011 German National Junior Championships (Bremen, GER)</b>		<i>Beck (2011) - 400-meter-hürdensprinter im aufschwung</i>																
date	26-Jun-11	time	6.22	10.12	14.14	18.21	22.40	26.84	31.38	35.98	40.54	45.18	50.24	1 / 1				
reaction time		interval		3.90	4.02	4.07	4.19	4.44	4.54	4.60	4.56	4.64	5.06			11.99	13.17	13.80
		velocity	7.23	8.97	8.71	8.60	8.35	7.88	7.71	7.61	7.68	7.54	7.91	7.96		8.76	7.97	7.61
H1 lead leg		strides	20	13	13	13	13	14	14	14	14	14	14	142				
<b>Bonvin, Julien (SUI) (1999)</b>																		
<b>FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)</b>		<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	19-Aug-22	time	5.77	9.38	17.05	21.10	22.74	25.43	29.88	34.57	39.47	44.52	50.24	1 / 7				
reaction time	0.216	interval		3.61	7.67	4.05		4.33	4.45	4.69	4.90	5.05	5.72			11.28	12.83	14.64
		velocity	7.80	9.70	9.13	8.64	8.80	8.08	7.87	7.46	7.14	6.93	6.99	7.96		9.31	8.18	7.17
H1 lead leg	L	strides	21	13		13		14	14	15	15	15	18	138				

Zorin, Yury (URS) (1947)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1972 Olympic Games (Munich, FRG)		<i>Letzelter (1973) - schrittgestaltung und geschwindigkeitsverlauf beim 400-m-hürdenlauf der olympischen spiele 1972</i>																	
date	03-Sep-72	time	6.0	9.8	13.5	17.4	21.4	25.6	30.0	34.6	39.4	44.4		50.25	3 / 8				
reaction time		interval		3.75	3.75	3.90	4.00	4.20	4.40	4.60	4.80	4.95	5.90			11.40	12.60	14.35	
		velocity	7.50	9.33	9.33	8.97	8.75	8.33	7.95	7.61	7.29	7.07	6.78	7.96		9.21	8.33	7.32	
H1 lead leg	L	strides	20	13	13	13	13	13	13	15	15	15		143					
Li Zhilong (CHN) (1988)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2012 Chinese National Championships (Kunshan, CHN)		<i>Li (2008) - research on training characteristics of Li Zhilong's of Chinese men's 400m hurdles</i>																	
date	23-Sep-12	time	6.04	9.88	13.84	17.88	22.00	26.28	30.72	35.24	39.92	44.76		50.25	1 / 1				
reaction time		interval		3.84	3.96	4.04	4.12	4.28	4.44	4.52	4.68	4.84	5.49			11.84	12.84	14.04	
		velocity	7.45	9.11	8.84	8.66	8.50	8.18	7.88	7.74	7.48	7.23	7.29	7.96		8.87	8.18	7.48	
H1 lead leg		strides																	
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2019 Prefontaine Classic (Stanford, CA) (TV Analysis)		<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	30-Jun-19	time	6.06	9.93	13.96	18.03	22.16	26.43	31.00	35.50	40.13	44.80		50.25	4 / 9				
reaction time	0.208	interval		3.87	4.03	4.07	4.13	4.27	4.57	4.50	4.63	4.67	5.45			11.97	12.97	13.80	
		velocity	7.43	9.04	8.68	8.60	8.47	8.20	7.66	7.78	7.56	7.49	7.34	7.96		8.77	8.10	7.61	
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14		128					
Onodera, Shota (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2022 Seiko Golden Grand Prix (Tokyo, JPN)		<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																	
date	08-May-22	time	6.39	10.44	14.55	18.64	22.81	26.99	31.31	35.77	40.24	44.88		50.25	1 / 7				
reaction time	0.243	interval		4.05	4.11	4.09	4.17	4.18	4.32	4.46	4.47	4.64	5.37	PB		12.25	12.67	13.57	
		velocity	7.04	8.64	8.52	8.56	8.39	8.37	8.10	7.85	7.83	7.54	7.45	7.96		8.57	8.29	7.74	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	15	20	177					
Derby, Brian (USA) (1981)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 1</b> - 2007 USATF National Championships (Indianapolis, IN)		<i>USATF Men's Hurdle Development (2007)</i>																	
date	21-Jun-07	time	6.09	10.03	13.98	18.03	22.17	26.61	31.09	35.67	40.27	44.91		50.26	5 / 3				
reaction time		interval		3.94	3.95	4.05	4.14	4.44	4.48	4.58	4.60	4.64	5.35			11.94	13.06	13.82	
		velocity	7.39	8.88	8.86	8.64	8.45	7.88	7.81	7.64	7.61	7.54	7.48	7.96		8.79	8.04	7.60	
H1 lead leg	L	strides	21	14	13	13	13	14	14	14	14	14		144					
Nozawa, Keisuke (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2020 Michitaka Kinami Memorial (Osaka, JPN)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																	
date	24-Oct-20	time	5.99	9.69	13.43	17.22	21.19	25.28	29.46	33.93	38.74	43.89		50.26	6 / 3				
reaction time		interval		3.70	3.74	3.79	3.97	4.09	4.18	4.47	4.81	5.15	6.37			11.23	12.24	14.43	
		velocity	7.51	9.46	9.36	9.23	8.82	8.56	8.37	7.83	7.28	6.80	6.28	7.96		9.35	8.58	7.28	
H1 lead leg	L	strides	21	13	13	13	14	14	14	14	15	16	20	167					
Burrell, Sean (USA) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 3</b> - 2024 USA Olympic Trials (Eugene, OR)		<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																	
date	28-Jun-24	time	5.97	9.81	13.78	17.84	21.87	23.77	26.11	30.55	35.16	39.80	44.44		50.26	4 / 6			
reaction time		interval		3.84	3.97	4.06	4.03	4.24	4.44	4.61	4.64	4.64	5.82			11.87	12.71	13.89	
		velocity	7.54	9.11	8.82	8.62	8.68	8.41	8.25	7.88	7.59	7.54	7.54	6.87	7.96		8.85	8.26	7.56
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	18	171					
Kucej, Jožef (TCH) (1965)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1991 European Cup (Frankfurt, GER)		<i>Federle (2003) - http://www.fgs.uni-halle.de</i>																	
date	29-Jun-91	time	6.09	9.93	13.82	17.82	21.96	26.24	30.55	35.04	39.75	44.63		50.27	1 / 5				
reaction time		interval		3.84	3.89	4.00	4.14	4.28	4.31	4.49	4.71	4.88	5.64			11.73	12.73	14.08	
		velocity	7.39	9.11	9.00	8.75	8.45	8.18	8.12	7.80	7.43	7.17	7.09	7.96		8.95	8.25	7.46	
H1 lead leg		strides																	
Firinoli, Giorgio (ITA) (1970)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 8</b> - 2000 Olympic Games (Sydney, AUS)		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	24-Sep-00	time	6.06	9.82	13.78	17.70	21.78	25.94	30.26	34.86	39.78	44.66		50.27	6 / 2				
reaction time	0.179	interval		3.76	3.96	3.92	4.08	4.16	4.32	4.60	4.92	4.88	5.61			11.64	12.56	14.40	
		velocity	7.43	9.31	8.84	8.93	8.58	8.41	8.10	7.61	7.11	7.17	7.13	7.96		9.02	8.36	7.29	
H1 lead leg		strides	21	14	14	14	14	14	14	15	16	16	19.2	171.2					
Takada, Kazunari (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2015 Japanese National High School Championships (Wakayama, JPN)		<i>Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data</i>																	
date	31-Jul-15	time	6.12	10.03	14.08	18.13	22.34	26.66	31.10	35.69	40.27	44.91		50.27	6 / 1				
reaction time		interval		3.91	4.05	4.05	4.21	4.32	4.44	4.59	4.58	4.64	5.36	PB		12.01	12.97	13.81	
		velocity	7.35	8.95	8.64	8.64	8.31	8.10	7.88	7.63	7.64	7.54	7.46	7.96		8.74	8.10	7.60	
H1 lead leg		strides		14	14	14	15	14	15	15	15	15		131					
Dobek, Patryk (POL) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2016 Bislett Games (Oslo, NOR) (TV Analysis)		<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																	
date	09-Jun-16	time	6.00	9.80	13.64	17.56	21.76	26.00	30.48	35.00	39.68	44.52		50.27	3 / 7				
reaction time	0.174	interval		3.80	3.84	3.92	4.20	4.24	4.48	4.52	4.68	4.84	5.75			11.56	12.92	14.04	
		velocity	7.50	9.21	9.11	8.93	8.33	8.25	7.81	7.74	7.48	7.23	6.96	7.96		9.08	8.13	7.48	
H1 lead leg	L	strides	20	13		13	13	13	14	14	14	14	17.2	145.2					

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Sugai, Mitsuru (JPN) (1994)</b>																			
<b>FINAL</b> - 2019 Japanese National Championships (Fukuoka, JPN)		Yamanaka (2019) - research on athlete performance and technique- 2019 data book																	
date	29-Jun-19	time	6.06	9.76	13.66	17.58	20.60	25.86	30.23	34.80	39.46	44.43		50.27	5 / 7				
reaction time	0.168	interval		3.70	3.90	3.92	3.02	5.26	4.37	4.57	4.66	4.97	5.84			11.52	12.65	14.20	
		velocity	7.43	9.46	8.97	8.93	11.59	6.65	8.01	7.66	7.51	7.04	6.85	7.96		9.11	8.30	7.39	
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15		146					
<b>Omura, Haruki (JPN) (2002)</b>																			
<b>FINAL</b> - 2021 Japanese U20 National Championships (Osaka, JPN)		Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																	
date	26-Jun-21	time	6.29	10.18	14.15	18.18	22.39	26.68	31.08	35.62	40.24	44.93		50.27	5 / 1				
reaction time	0.214	interval		3.89	3.97	4.03	4.21	4.29	4.40	4.54	4.62	4.69	5.34	PB		11.89	12.90	13.85	
		velocity	7.15	9.00	8.82	8.68	8.31	8.16	7.95	7.71	7.58	7.46	7.49	7.96		8.83	8.14	7.58	
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	19	165					
<b>Iakovákis, Perikís (GRE) (1979)</b>																			
<b>FINAL</b> - 2001 European Championships (Bremen, GER)		Graubner (2007) - http://www.fgs.uni-halle.de																	
date	23-Jun-01	time	6.30	10.18	14.02	18.02	21.96	26.08	30.56	35.26	40.08	44.86		50.28	1 / 6				
reaction time		interval		3.88	3.84	4.00	3.94	4.12	4.48	4.70	4.82	4.78	5.42			11.72	12.54	14.30	
		velocity	7.14	9.02	9.11	8.75	8.88	8.50	7.81	7.45	7.26	7.32	7.38	7.96		8.96	8.37	7.34	
H1 lead leg		strides																	
<b>Jackson, Bershawn (USA) (1983)</b>																			
<b>FINAL</b> - 2017 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)		Henson (2020) - Athlete First: 2017 year end hurdle report																	
date	18-Jun-17	time	5.72	9.52		17.68	21.80	25.92	30.12	34.64	39.36	44.08		50.28	4 / 6				
reaction time	0.135	interval		3.80		8.16	4.12	4.12	4.20	4.52	4.72	4.72	6.20			11.96	12.44	13.96	
		velocity	7.87	9.21		8.58	8.50	8.50	8.33	7.74	7.42	7.42	6.45	7.96		8.78	8.44	7.52	
H1 lead leg	L	strides	22	15		15	15	15	15	16	15	15		113					
<b>Barr, Thomas (IRL) (1992)</b>																			
<b>FINAL</b> - 2019 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)		Henson (2020) - Athlete First: 2019 year end hurdle report																	
date	30-May-19	time	6.06	9.85	13.96	18.00	22.00	23.7	26.36	30.76	35.33	40.26	44.93		50.28	5 / 3			
reaction time	0.196	interval		3.79	4.11	4.04	4.00	4.36	4.40	4.57	4.93	4.67	5.35			11.94	12.76	14.17	
		velocity	7.43	9.23	8.52	8.66	8.75	8.44	8.03	7.95	7.66	7.10	7.49	7.48	7.96		8.79	8.23	7.41
H1 lead leg	L	strides	21	13	13	13	13	14	14	14	16	15	18	164					
<b>Kendziera, Dave (USA) (1994)</b>																			
<b>FINAL</b> - 2020 ISTAF (Berlin, GER) (TV Analysis)		Henson (2020) - Athlete First: 2020 year end hurdle report																	
date	13-Sep-20	time	5.88		13.56	17.40		25.60	29.96	34.52	39.32	44.36		50.28	4 / 3				
reaction time	0.198	interval			7.68	3.84		8.20	4.36	4.56	4.80	5.04	5.92			11.52	12.56	14.40	
		velocity	7.65		9.11	9.11		8.54	8.03	7.68	7.29	6.94	6.76	7.96		9.11	8.36	7.29	
H1 lead leg	L	strides	21		13					14	15	15		78					
<b>Smith, James (USA) (2000)</b>																			
<b>Heat 1</b> - 2024 USA Olympic Trials (Eugene, OR)		USATF and Karmarush (2024) - USA Olympic trials results and race analysis																	
date	27-Jun-24	time	6.10	9.96	13.87	17.86	21.91	23.79	26.10	30.53	35.08	39.73	44.39		50.28	6 / 2			
reaction time		interval		3.86	3.91	3.99	4.05	4.19	4.43	4.55	4.65	4.66	5.89			11.76	12.67	13.86	
		velocity	7.38	9.07	8.95	8.77	8.64	8.41	8.35	7.90	7.69	7.53	7.51	6.79	7.96		8.93	8.29	7.58
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	18	164					
<b>Bassitt, Trevor (USA) (1998)</b>																			
<b>Heat 4</b> - 2024 USA Olympic Trials (Eugene, OR)		USATF and Karmarush (2024) - USA Olympic trials results and race analysis																	
date	27-Jun-24	time	5.96	9.67	13.62	17.60	21.61	23.38	25.72	30.11	34.72	39.63	44.49		50.29	7 / 1			
reaction time		interval		3.71	3.95	3.98	4.01	4.11	4.39	4.61	4.91	4.86	5.80			11.64	12.51	14.38	
		velocity	7.55	9.43	8.86	8.79	8.73	8.55	8.52	7.97	7.59	7.13	7.20	6.90	7.95		9.02	8.39	7.30
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	14	14	14	16.2	156.2				
<b>Mbaye, Amadou (SEN) (1964)</b>																			
<b>FINAL</b> - 1996 French National Championships (Evry, FRA)		Veney - split times from PJ																	
date	??	time	6.1	9.9	13.9	18.0	22.0	26.2	30.5	35.0	39.6	44.5		50.30	1 / 2				
reaction time		interval		3.8	4.0	4.1	4.0	4.2	4.3	4.5	4.6	4.9	5.80			11.90	12.50	14.00	
		velocity	7.38	9.21	8.75	8.54	8.75	8.33	8.14	7.78	7.61	7.14	6.90	7.95		8.82	8.40	7.50	
H1 lead leg		strides	20	13	13	13	13	13	14	14	14	14		141					
<b>Toyoda, Masaki (JPN) (1998)</b>																			
<b>Semi-Final 2</b> - 2019 IAAF World Championships (Doha, QAT)		Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships																	
date	28-Sep-19	time	6.00	9.80	13.60	17.57	21.70	26.03	30.44	35.05	39.84	44.69		50.30	2 / 8				
reaction time	0.207	interval		3.80	3.80	3.97	4.13	4.33	4.41	4.61	4.79	4.85	5.61			11.57	12.87	14.25	
		velocity	7.50	9.21	9.21	8.82	8.47	8.08	7.94	7.59	7.31	7.22	7.13	7.95		9.08	8.16	7.37	
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	18	168					
<b>Copello, Yasmani (TUR) (1987)</b>																			
<b>FINAL</b> - 2022 Doha Diamond League (Doha, QAT) (TV Analysis)		Henson (2022) - Athlete First: 2022 year end hurdle report																	
date	13-May-22	time	5.97	9.84	13.91	18.15	22.35	24.2	26.73		35.87	40.51		50.30	5 / 6				
reaction time	0.191	interval		3.87	4.07	4.24	4.20	4.38		9.14	4.64					12.18			
		velocity	7.54	9.04	8.60	8.25	8.33	8.26	7.99		7.66	7.54		7.95		8.62			
H1 lead leg	R	strides	20	13	13	13	13	13			14		99						

Gucek, Matic Ian (SLO) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1 - 2024 Olympic Games (Paris, FRA)</b>																		
Paris 2024 Olympic Games - Results Book (2024)																		
date	05-Aug-24	time	5.97	9.70	13.45	17.33	21.32	25.50	29.88	34.49	39.34	44.41		50.30	3 / 7			
reaction time	0.147	interval		3.73	3.75	3.88	3.99	4.18	4.38	4.61	4.85	5.07	5.89			11.36	12.55	14.53
		velocity	7.54	9.38	9.33	9.02	8.77	8.37	7.99	7.59	7.22	6.90	6.79	7.95		9.24	8.37	7.23
H1 lead leg	R	strides	24	14	14	14	14	14	14	15	15	15	19.5	172.5				
Derevyagin, Aleksandr (RUS) (1979)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2006 European Championships (Göteborg, SWE)</b>																		
Behm (2006) - Göteborg 2006: Le quatrache																		
date	10-Aug-06	time	5.9	9.7	13.6	17.6	21.7	26.0	30.4	34.7	39.4	44.2		50.31	1 / 8			
reaction time		interval		3.8	3.9	4.0	4.1	4.3	4.4	4.3	4.7	4.8	6.11			11.70	12.80	13.80
		velocity	7.63	9.21	8.97	8.75	8.54	8.14	7.95	8.14	7.45	7.29	6.55	7.95		8.97	8.20	7.61
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18.5	170.5				
Matsushita, Yuki (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)</b>																		
Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																		
date	06-Jun-21	time	6.16	9.99	13.96	17.97	22.12	26.53	31.01	35.62	40.26	44.94		50.31	5 / 2			
reaction time		interval		3.83	3.97	4.01	4.15	4.41	4.48	4.61	4.64	4.68	5.37			11.81	13.04	13.93
		velocity	7.31	9.14	8.82	8.73	8.43	7.94	7.81	7.59	7.54	7.48	7.45	7.95		8.89	8.05	7.54
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	18.2	164.2				
Matsushita, Yuki (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2022 Seiko Golden Grand Prix (Tokyo, JPN)</b>																		
Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																		
date	08-May-22	time	6.16	10.08	14.01	18.02	22.07	26.43	30.91	35.52	40.14	44.84		50.31	2 / 8			
reaction time	0.199	interval		3.92	3.93	4.01	4.05	4.36	4.48	4.61	4.62	4.70	5.47			11.86	12.89	13.93
		velocity	7.31	8.93	8.91	8.73	8.64	8.03	7.81	7.59	7.58	7.45	7.31	7.95		8.85	8.15	7.54
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	19	165				
Abe, Takatoshi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>A FINAL - 2014 Shizuoka International Athletics Meeting (Fukuroi, JPN)</b>																		
Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions																		
date	03-May-14	time	6.19	10.04	13.96	18.03	22.12	26.42	30.77	35.26	39.91	44.68		50.32	1 / 3			
reaction time		interval		3.85	3.92	4.07	4.09	4.30	4.35	4.49	4.65	4.77	5.64			11.84	12.74	13.91
		velocity	7.27	9.09	8.93	8.60	8.56	8.14	8.05	7.80	7.53	7.34	7.09	7.95		8.87	8.24	7.55
H1 lead leg		strides		13	13	13	13	14	14	14	14	15	123					
Liu Yangyang (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)</b>																		
CAA Hurdle Development (2019)																		
date	03-Aug-19	time	6.26	10.30	14.46	18.64	22.97	27.36	31.80	36.20	40.64	45.16		50.32	7 / 1			
reaction time	0.177	interval		4.04	4.16	4.18	4.33	4.39	4.44	4.40	4.44	4.52	5.16	PB		12.38	13.16	13.36
		velocity	7.19	8.66	8.41	8.37	8.08	7.97	7.88	7.95	7.88	7.74	7.75	7.95		8.48	7.98	7.86
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18.5	175.5				
Yoshida, Kyohei (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>B FINAL - 2020 World Athletics Trials (Fuji, JPN)</b>																		
Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																		
date	06-Sep-20	time	6.01	9.84	13.75	17.80	21.94	26.21	30.58	35.22	39.97	44.79		50.32	5 / 1			
reaction time		interval		3.83	3.91	4.05	4.14	4.27	4.37	4.64	4.75	4.82	5.53			11.79	12.78	14.21
		velocity	7.49	9.14	8.95	8.64	8.45	8.20	8.01	7.54	7.37	7.26	7.23	7.95		8.91	8.22	7.39
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	19	169				
Zhang Shibao (CHN) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2001 Chinese National Games (Guangzhou, CHN)</b>																		
Gong (2003) - discussion on technique of gold and silver medallist of men's 400m hurdles of the 9th National Games																		
date	22-Nov-01	time	6.09	9.93	13.77	17.77	21.97	26.25	30.65	35.07	39.69	44.57		50.33	1 / 2			
reaction time		interval		3.84	3.84	4.00	4.20	4.28	4.40	4.42	4.62	4.88	5.76	NYR		11.68	12.88	13.92
		velocity	7.39	9.11	9.11	8.75	8.33	8.18	7.95	7.92	7.58	7.17	6.94	7.95		8.99	8.15	7.54
H1 lead leg		strides		13	13	15	15	15	15	15	15	15	18.5	149.5				
Kajiki, Ryo (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>C FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)</b>																		
Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																		
date	06-Jun-21	time	5.96	9.78	13.66	17.65	21.79	26.13	30.58	35.19	39.92	44.81		50.33	9 / 1			
reaction time		interval		3.82	3.88	3.99	4.14	4.34	4.45	4.61	4.73	4.89	5.52			11.69	12.93	14.23
		velocity	7.55	9.16	9.02	8.77	8.45	8.06	7.87	7.59	7.40	7.16	7.25	7.95		8.98	8.12	7.38
H1 lead leg		strides		14	14	14	14	14	14	15	15	15	129					
Yamada, Atsushi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)</b>																		
Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																		
date	06-Jun-21	time	5.99	9.71	13.48	17.38	21.45	25.76	30.25	34.97	39.76	44.73		50.33	8 / 3			
reaction time		interval		3.72	3.77	3.90	4.07	4.31	4.49	4.72	4.79	4.97	5.60			11.39	12.87	14.48
		velocity	7.51	9.41	9.28	8.97	8.60	8.12	7.80	7.42	7.31	7.04	7.14	7.95		9.22	8.16	7.25
H1 lead leg	L	strides	21	13	13	13	14	14	14	15	15	15	19.2	166.2				
Cooper, John (GBR) (1940)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 1964 Olympic Games (Tokyo, JPN)</b>																		
Breitschaft (1965) - die leichtathletik wettkampe der 1964 olympischen sommerspielen - 400m hürdenlauf																		
date	16-Oct-64	time	5.8		13.8		22.0		30.8		40.0			50.1	4 / 2			
reaction time		interval			8.0		8.2		8.8		9.2		10.1					
		velocity	7.76		8.75		8.54		7.95		7.61		7.43	7.98				
H1 lead leg		strides																



<b>Sibilio, Alessandro (ITA) (1999)</b>																		
<b>FINAL - 2017 European U20 Championships (Grosseto, ITA) (TV Analysis)</b>																		
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																		
date	23-Jul-17	time	6.16	10.20	14.24	18.44	22.72	27.00	31.48	35.96	40.44	45.04	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.191	interval	4.04	4.04	4.20	4.28	4.28	4.48	4.48	4.48	4.60	5.30	50.34	5 / 2		12.28	13.04	13.56
		velocity	7.31	8.66	8.66	8.33	8.18	7.81	7.81	7.81	7.61	7.55	7.95			8.55	8.05	7.74
H1 lead leg	R	strides	15	15	15	15	15	15	15	15	15	18	153					
<b>Inoue, Kakeru (JPN) (1996)</b>																		
<b>A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)</b>																		
<i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>																		
date	03-May-19	time	6.14	9.94	13.88	17.90	21.99	26.26	30.68	35.22	39.97	44.84	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time		interval	3.80	3.94	4.02	4.09	4.27	4.42	4.54	4.75	4.87	5.50	50.34	8 / 3		11.76	12.78	14.16
		velocity	7.33	9.21	8.88	8.71	8.56	8.20	7.92	7.71	7.37	7.19	7.27	7.95		8.93	8.22	7.42
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	146					
<b>Yamamoto, Tatsuhiro (JPN) (1997)</b>																		
<b>FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)</b>																		
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	23-Aug-20	time	6.01	9.86	13.80	17.77	21.87	26.16	30.61	35.17	39.92	44.79	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.137	interval	3.85	3.94	3.97	4.10	4.29	4.45	4.56	4.75	4.87	5.55	50.34	4 / 3		11.76	12.84	14.18
		velocity	7.49	9.09	8.88	8.82	8.54	8.16	7.87	7.68	7.37	7.19	7.21	7.95		8.93	8.18	7.40
H1 lead leg		strides	14	14	14	14	15	15	15	15	15	15	131					
<b>Matsushita, Yuki (JPN) (1991)</b>																		
<b>FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)</b>																		
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	24-Oct-20	time	6.07	9.93	13.80	17.63	21.60	25.78	30.11	34.68	39.47	44.44	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time		interval	3.86	3.87	3.83	3.97	4.18	4.33	4.57	4.79	4.97	5.90	50.34	7 / 4		11.56	12.48	14.33
		velocity	7.41	9.07	9.04	9.14	8.82	8.37	8.08	7.66	7.31	7.04	6.78	7.95		9.08	8.41	7.33
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	19.2	165.2				
<b>Bonvin, Julien (SUI) (1999)</b>																		
<b>FINAL - 2023 Weltklasse (Zürich, SUI)</b>																		
<i>Omega Timing (2023) - diamond league race analysis</i>																		
date	31-Aug-23	time	5.76	9.44	13.22	17.10	21.12	25.37	29.85	34.53	39.50	44.57	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.149	interval	3.68	3.78	3.88	4.02	4.25	4.48	4.68	4.97	5.07	5.77	50.34	1 / 7		11.34	12.75	14.72
		velocity	7.81	9.51	9.26	9.02	8.71	8.24	7.81	7.48	7.04	6.90	6.93	7.95		9.26	8.24	7.13
H1 lead leg	L	strides	21	13		13		14	14				75					
<b>Abakar, Ismail Doudai (QAT) (2004)</b>																		
<b>FINAL - 2024 Seashore Doha Meeting (Doha, QAT)</b>																		
<i>Omega Timing (2024) - diamond league race analysis</i>																		
date	10-May-24	time	5.97	9.89	14.00	18.18	22.52	26.95	31.34	35.78	40.33	44.95	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.167	interval	3.92	4.11	4.18	4.34	4.43	4.39	4.44	4.55	4.62	5.39	50.34	3 / 7		12.21	13.16	13.61
		velocity	7.54	8.93	8.52	8.37	8.06	7.90	7.97	7.88	7.69	7.58	7.42	7.95		8.60	7.98	7.71
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	13	16.5	140.5				
<b>Akii-Bua, John (UGA) (1949)</b>																		
<b>Heat 4 - 1972 Olympic Games (Munich, FRG)</b>																		
<i>Schmidt (1973) - vorolympisches training von john akii-bua über 400 hürden</i>																		
date	01-Sep-72	time				21.5			29.9			43.3	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time		interval							8.40			13.40	7.05	50.35	2 / 1			13.40
		velocity				8.60			8.33			7.84	5.67	7.94				7.84
H1 lead leg		strides																
<b>Abe, Takatoshi (JPN) (1991)</b>																		
<b>FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)</b>																		
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	03-May-21	time	6.02	9.66	13.46	17.33	21.29	25.49	29.85	34.40	39.16	44.09	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.166	interval	3.64	3.80	3.87	3.96	4.20	4.36	4.55	4.76	4.93	6.26	50.35	4 / 3		11.31	12.52	14.24
		velocity	7.48	9.62	9.21	9.04	8.84	8.33	8.03	7.69	7.35	7.10	6.39	7.94		9.28	8.39	7.37
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	19.2	165.2				
<b>Takahashi, Yuma (JPN) (1995)</b>																		
<b>FINAL - 2022 Japanese National Championships (Osaka, JPN)</b>																		
<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																		
date	11-Jun-22	time	6.12	10.04	14.06	18.15	22.36	26.63	31.04	35.62	40.22	44.91	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.197	interval	3.92	4.02	4.09	4.21	4.27	4.41	4.58	4.60	4.69	5.44	50.35	8 / 5		12.03	12.89	13.87
		velocity	7.35	8.93	8.71	8.56	8.31	8.20	7.94	7.64	7.61	7.46	7.35	7.94		8.73	8.15	7.57
H1 lead leg	L	strides	21	14	14	14	14	14	15	15	15	15	15	151				
<b>Edlund, Oskar (SWE) (2002)</b>																		
<b>FINAL - 2023 Bauhaus Galan (Stockholm, SWE)</b>																		
<i>Omega Timing (2023) - diamond league race analysis</i>																		
date	02-Jul-23	time	5.97	9.80	13.73	17.69	21.72	25.95	30.42	35.04	39.80	44.57	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.177	interval	3.83	3.93	3.96	4.03	4.23	4.47	4.62	4.76	4.77	5.78	50.35	1 / 7		11.72	12.73	14.15
		velocity	7.54	9.14	8.91	8.84	8.68	8.27	7.83	7.58	7.35	7.34	6.92	7.94		8.96	8.25	7.42
H1 lead leg	L	strides	21	13		13		13					103					
<b>Deguchi, Haruto (JPN) (2001)</b>																		
<b>FINAL - 2023 Japanese National Championships (Osaka, JPN)</b>																		
<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																		
date	03-Jun-23	time	6.14	10.01	13.93	17.93	22.16	26.39	30.81	35.40	40.06	44.88	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.216	interval	3.87	3.92	4.00	4.23	4.23	4.42	4.59	4.66	4.82	5.47	50.35	2 / 6		11.79	12.88	14.07
		velocity	7.33	9.04	8.93	8.75	8.27	8.27	7.92	7.63	7.51	7.26	7.31	7.94		8.91	8.15	7.46
H1 lead leg	L	strides	21	13	13	13	14	14	15	15	15	15	18	166				

Bencosme, José Reynaldo (ITA) (199)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																			
Henson (2020) - Athlete First: 2019 year end hurdle report																			
date	06-Jun-19	time	5.97	9.75	13.71	17.71	21.78		25.95	30.40	34.86	39.63	44.52		50.36	2 / 7			
reaction time	0.165	interval		3.78	3.96	4.00	4.07		4.17	4.45	4.46	4.77	4.89	5.84			11.74	12.69	14.12
		velocity	7.54	9.26	8.84	8.75	8.60		8.39	7.87	7.85	7.34	7.16	6.85	7.94		8.94	8.27	7.44
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	18.5	161.5				
Abe, Takatoshi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2019 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																			
Henson (2020) - Athlete First: 2019 year end hurdle report																			
date	18-Aug-19	time	5.96	9.72	13.56	17.44	21.44	23.2	25.52	29.96	34.68	39.48	44.48		50.36	2 / 6			
reaction time	0.148	interval		3.76	3.84	3.88	4.00		4.08	4.44	4.72	4.80	5.00	5.88			11.48	12.52	14.52
		velocity	7.55	9.31	9.11	9.02	8.75	8.62	8.58	7.88	7.42	7.29	7.00	6.80	7.94		9.15	8.39	7.23
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	18	162				
Kawagoe, Hiroya (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2022 Michitaka Kinami Memorial (Osaka, JPN)																			
Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																			
date	01-May-22	time	6.02	9.84	13.85	17.92	22.07		26.39	30.88	35.47	40.14	44.91		50.36	8 / 6			
reaction time	0.167	interval		3.82	4.01	4.07	4.15		4.32	4.49	4.59	4.67	4.77	5.45			11.90	12.96	14.03
		velocity	7.48	9.16	8.73	8.60	8.43		8.10	7.80	7.63	7.49	7.34	7.34	7.94		8.82	8.10	7.48
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				
Shoab, Mohamed (SUD) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2017 Doha Diamond League (Doha, QAT) (TV Analysis)																			
Henson (2020) - Athlete First: 2017 year end hurdle report																			
date	05-May-17	time	6.03	9.86	13.80	17.70	21.70		25.86	30.16	34.66	39.26	44.16		50.37	2 / 6			
reaction time	0.206	interval		3.83	3.94	3.90	4.00		4.16	4.30	4.50	4.60	4.90	6.21			11.67	12.46	14.00
		velocity	7.46	9.14	8.88	8.97	8.75		8.41	8.14	7.78	7.61	7.14	6.44	7.94		9.00	8.43	7.50
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14	14	18	158				
Inoue, Daichi (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2017 Tokyo High School Championships (Tokyo, JPN)																			
(2017) - tfdata-store.com/2017/05/14/post-470/																			
date	14-May-17	time	6.25	10.05	13.95	17.90	21.88		26.05	30.69	35.34	40.18	45.08		50.37	5 / 1			
reaction time		interval		3.80	3.90	3.95	3.98		4.17	4.64	4.65	4.84	4.90	5.29	PB		11.65	12.79	14.39
		velocity	7.20	9.21	8.97	8.86	8.79		8.39	7.54	7.53	7.23	7.14	7.56	7.94		9.01	8.21	7.30
H1 lead leg		strides		13	13	13	13		13	15	15	15	15		125				
Maeno, Kei (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>B FINAL</b> - 2019 Kinami Memorial (Osaka, JPN)																			
Matsubayashi (2019) - research on athlete performance and technique- 2019 data book																			
date	06-May-19	time	6.04	9.83	13.68	17.53	21.67		25.91	30.34	34.87	39.56	44.49		50.37	6 / 2			
reaction time		interval		3.79	3.85	3.85	4.14		4.24	4.43	4.53	4.69	4.93	5.88			11.49	12.81	14.15
		velocity	7.45	9.23	9.09	9.09	8.45		8.25	7.90	7.73	7.46	7.10	6.80	7.94		9.14	8.20	7.42
H1 lead leg	R	strides	21	13	13	13	14		14	15	15	15	17	19.2	169.2				
Maritz, Hardus (NAM) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2017 North-West University Pukke Invitational (Sasolburg, RSA) (TV Analysis)																			
Henson (2020) - Athlete First: 2017 year end hurdle report																			
date	28-Mar-17	time	6.08	9.96	13.88	17.92	22.12		26.36	30.68	35.12	39.88	44.76		50.38	3 / 3			
reaction time		interval		3.88	3.92	4.04	4.20		4.24	4.32	4.44	4.76	4.88	5.62			11.84	12.76	14.08
		velocity	7.40	9.02	8.93	8.66	8.33		8.25	8.10	7.88	7.35	7.17	7.12	7.94		8.87	8.23	7.46
H1 lead leg	R	strides		13	13	13	13		13	13	13	14	14		119				
Toyoda, Masaki (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2019 Seiko Golden Grand Prix (Osaka, JPN)																			
Hirokawa (2019) - research on athlete performance and technique- 2019 data book																			
date	19-May-19	time	6.14	9.94	13.81	17.85	22.02		26.39	30.86	35.50	40.22	44.98		50.38	3 / 1			
reaction time	0.349	interval		3.80	3.87	4.04	4.17		4.37	4.47	4.64	4.72	4.76	5.40			11.71	13.01	14.12
		velocity	7.33	9.21	9.04	8.66	8.39		8.01	7.83	7.54	7.42	7.35	7.41	7.94		8.97	8.07	7.44
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18.5	168.5				
Dobek, Patryk (POL) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																			
Henson (2020) - Athlete First: 2019 year end hurdle report																			
date	06-Jun-19	time	5.90	9.66	13.50	17.46	21.56		25.76	30.23	34.88	39.73	44.71		50.38	3 / 8			
reaction time	0.153	interval		3.76	3.84	3.96	4.10		4.20	4.47	4.65	4.85	4.98	5.67			11.56	12.77	14.48
		velocity	7.63	9.31	9.11	8.84	8.54		8.33	7.83	7.53	7.22	7.03	7.05	7.94		9.08	8.22	7.25
H1 lead leg	L	strides	20	13	13	13	13		14	14	15	15	15	17.7	162.7				
Shang Shou (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2021 Chinese National Championships (Chongqing, CHN)																			
CAA Hurdle Development (2021)																			
date	26-Jun-21	time	6.46	10.53	14.63	18.83	23.08		27.47	31.82	36.28	40.82	45.38		50.38	5 / 1			
reaction time	0.212	interval		4.07	4.10	4.20	4.25		4.39	4.35	4.46	4.54	4.56	5.00			12.37	12.99	13.56
		velocity	6.97	8.60	8.54	8.33	8.24		7.97	8.05	7.85	7.71	7.68	8.00	7.94		8.49	8.08	7.74
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169				
Hyde, Jaheel (JAM) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)																			
Henson (2022) - Athlete First: 2022 year end hurdle report																			
date	28-May-22	time	5.73	9.50	13.40	17.30	21.27	23.07	25.50	29.93	34.57	39.50		50.38	2 / 7				
reaction time	0.157	interval		3.77	3.90	3.90	3.97		4.23	4.43	4.64	4.93					11.57	12.63	
		velocity	7.85	9.28	8.97	8.97	8.82	8.67	8.27	7.90	7.54	7.10		7.94			9.08	8.31	
H1 lead leg	L	strides	21	13	13	13	13		14	15	15	15		132					

Hemeida, Bassem (QAT) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2024 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																			
<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																			
date	02-Jun-24	time	6.00	9.83		21.76		30.68	35.27	40.10	44.96			50.38	1 / 8				
reaction time	0.154	interval		3.83		11.93		8.92	4.59	4.83	4.86	5.42						14.28	
		velocity	7.50	9.14		8.80		7.85	7.63	7.25	7.20	7.38		7.94				7.35	
H1 lead leg	R	strides	21	13					14	15	15	18		96					
Maran, Pascal (FRA) (1967)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1986 IAAF World Junor Championships (Athens, GRE)																			
<i>Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races</i>																			
date	18-Jul-86	time	6.09	10.04	14.08	18.17	22.36	26.66	31.10	35.74	40.36	45.08		50.39	1 / 3				
reaction time		interval		3.95	4.04	4.09	4.19	4.30	4.44	4.64	4.62	4.72	5.31			12.08	12.93	13.98	
		velocity	7.39	8.86	8.66	8.56	8.35	8.14	7.88	7.54	7.58	7.42	7.53	7.94		8.69	8.12	7.51	
H1 lead leg		strides	20	13	13	13	14	14	14	15	15	15	18	164					
Shiryayev, Vladislav (RUS) (1973)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 8</b> - 2000 Olympic Games (Sydney, AUS)																			
<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																			
date	24-Sep-00	time	6.26	10.18	14.10	18.10	22.14	26.26	30.62	35.26	40.06	44.70		50.39	4 / 3				
reaction time	0.179	interval		3.92	3.92	4.00	4.04	4.12	4.36	4.64	4.80	4.64	5.69			11.84	12.52	14.08	
		velocity	7.19	8.93	8.93	8.75	8.66	8.50	8.03	7.54	7.29	7.54	7.03	7.94		8.87	8.39	7.46	
H1 lead leg		strides	20	13	13	13	13	13	14	14	15	15	18.2	161.2					
Scott, Bryan (USA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 1</b> - 2007 USATF National Championships (Indianapolis, IN)																			
<i>USATF Men's Hurdle Development (2007)</i>																			
date	21-Jun-07	time	6.17	10.13	14.05	18.27	22.47	26.79	31.10	35.74	40.31	45.05		50.39	7 / 4				
reaction time		interval		3.96	3.92	4.22	4.20	4.32	4.31	4.64	4.57	4.74	5.34			12.10	12.83	13.95	
		velocity	7.29	8.84	8.93	8.29	8.33	8.10	8.12	7.54	7.66	7.38	7.49	7.94		8.68	8.18	7.53	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	15	151					
Kendziera, Dave (USA) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	28-May-21	time	5.90	9.84	13.85	17.88	22.02	23.7	26.26	30.60	35.20	39.94	44.74		50.39	8 / 8			
reaction time	0.197	interval		3.94	4.01	4.03	4.14	4.24	4.34	4.60	4.74	4.80	5.65			11.98	12.72	14.14	
		velocity	7.63	8.88	8.73	8.68	8.45	8.44	8.25	8.06	7.61	7.38	7.29	7.08	7.94		8.76	8.25	7.43
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	14	14	14	140					
Thompson, Kemel (JAM) (1974)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 7</b> - 2000 Olympic Games (Sydney, AUS)																			
<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																			
date	24-Sep-00	time	6.08	9.88	13.96	18.04	22.28	26.52	30.98	35.32	39.80	44.52		50.40	7 / 4				
reaction time	0.241	interval		3.80	4.08	4.08	4.24	4.24	4.46	4.34	4.48	4.72	5.88			11.96	12.94	13.54	
		velocity	7.40	9.21	8.58	8.58	8.25	8.25	7.85	8.06	7.81	7.42	6.80	7.94		8.78	8.11	7.75	
H1 lead leg		strides	22	14	14	14	14	14	14	15	15	16	152						
Kato, Seiya (JPN) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>C FINAL</b> - 2014 Shizuoka International Athletics Meeting (Fukuroi, JPN)																			
<i>Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions</i>																			
date	03-May-14	time	6.17	10.01	13.93	17.93	22.13	26.35	30.74	35.26	39.90	44.74		50.40	1 / 1				
reaction time		interval		3.84	3.92	4.00	4.20	4.22	4.39	4.52	4.64	4.84	5.66			11.76	12.81	14.00	
		velocity	7.29	9.11	8.93	8.75	8.33	8.29	7.97	7.74	7.54	7.23	7.07	7.94		8.93	8.20	7.50	
H1 lead leg		strides		13	13	13	14	14	15	15	15	15	15	127					
Sharpe, Fred (USA) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2003 USATF National Championships (Palo Alto, CA)																			
<i>USATF Women's Sprint Development (2003)</i>																			
date	22-Jun-03	time	6.09	10.13	14.26	18.30	22.67	27.03	31.50	36.02	40.61	45.20		50.41	2 / 7-6				
reaction time		interval		4.04	4.13	4.04	4.37	4.36	4.47	4.52	4.59	4.59	5.21			12.21	13.20	13.70	
		velocity	7.39	8.66	8.47	8.66	8.01	8.03	7.83	7.74	7.63	7.63	7.68	7.93		8.60	7.95	7.66	
H1 lead leg		strides																	
Pineda, David José (ESP) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2017 European U20 Championships (Grosseto, ITA) (TV Analysis)																			
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																			
date	23-Jul-17	time	5.84	9.60	13.44	17.40	21.52	25.80	30.40	34.96	39.68	44.52		50.41	3 / 3				
reaction time	0.283	interval		3.76	3.84	3.96	4.12	4.28	4.60	4.56	4.72	4.84	5.89			11.56	13.00	14.12	
		velocity	7.71	9.31	9.11	8.84	8.50	8.18	7.61	7.68	7.42	7.23	6.79	7.93		9.08	8.08	7.44	
H1 lead leg	L	strides		15	15	15	15	15	17	17	17	17	21	164					
Barr, Thomas (IRL) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2020 ISTAF (Berlin, GER) (TV Analysis)																			
<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																			
date	13-Sep-20	time	6.08		13.76	17.72		26.12	30.64	35.20	40.04			50.41	3 / 4				
reaction time	0.179	interval			7.68	3.96		8.40	4.52	4.56	4.84					11.64	12.92		
		velocity	7.40		9.11	8.84		8.33	7.74	7.68	7.23			7.93		9.02	8.13		
H1 lead leg	L	strides	21			13					14	15		63					
Bailey, Aldrich (USA) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 4</b> - 2024 USA Olympic Trials (Eugene, OR)																			
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																			
date	27-Jun-24	time	5.98	9.72	13.59	17.55	21.53	23.37	25.70	30.10	34.89	39.71	44.72		50.41	3 / 2			
reaction time		interval		3.74	3.87	3.96	3.98	4.17	4.40	4.79	4.82	5.01	5.69			11.57	12.55	14.62	
		velocity	7.53	9.36	9.04	8.84	8.79	8.56	8.39	7.95	7.31	7.26	6.99	7.03	7.93		9.08	8.37	7.18
H1 lead leg	L	strides	21	13	13	13	13	13	13	13	14	14	14	17	158				

Shirao, Yusuke (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>FINAL</b> - 2017 Gunma High School Athletics Meeting (Maebashi, JPN)																				
<i>(2017) - tfdata-store.com/2017/05/20/post-584/</i>																				
date	21-May-17	time	6.15	9.89	13.73	17.72	21.85		26.07	30.42	34.99	39.74	44.70		50.42	5 / 1				
reaction time		interval		3.74	3.84	3.99	4.13		4.22	4.35	4.57	4.75	4.96	5.72				11.57	12.70	14.28
		velocity	7.32	9.36	9.11	8.77	8.47		8.29	8.05	7.66	7.37	7.06	6.99	7.93			9.08	8.27	7.35
H1 lead leg	R	strides	21	13	13	14	14		14	14	15	15	15	18.5	166.5					
Madari Palliyalil, Jabir (IND) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>FINAL</b> - 2022 Doha Diamond League (Doha, QAT) (TV Analysis)																				
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																				
date	13-May-22	time	5.90	9.67	13.68	17.82	22.05	23.8	26.32		35.27	39.97	44.81		50.42	1 / 7				
reaction time	0.156	interval		3.77	4.01	4.14	4.23		4.27		8.95	4.70	4.84	5.61				11.92		
		velocity	7.63	9.28	8.73	8.45	8.27	8.40	8.20		7.82	7.45	7.23	7.13	7.93			8.81		
H1 lead leg	L	strides	22	15	15	15	15	15	15		16	16	129							
Holub, Krzysztof (POL) (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>Heat 3</b> - 2024 European Athletics Championships (Roma, ITA)																				
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																				
date	09-Jun-24	time	6.00	9.77	13.77	17.74	21.86		26.23	30.87	35.22	40.18	44.98		50.42	5 / 6				
reaction time	0.160	interval		3.77	4.00	3.97	4.12		4.37	4.64	4.35	4.96	4.80	5.44				11.74	13.13	14.11
		velocity	7.50	9.28	8.75	8.82	8.50		8.01	7.54	8.05	7.06	7.29	7.35	7.93			8.94	8.00	7.44
H1 lead leg		strides												0						
Long, Corde (USA) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>Heat 1</b> - 2024 USA Olympic Trials (Eugene, OR)																				
<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																				
date	27-Jun-24	time	6.20	10.03	13.90	17.97	22.15		26.47	31.13	35.73	40.50	45.20		50.42	8 / 3				
reaction time		interval		3.83	3.87	4.07	4.18		4.32	4.66	4.60	4.77	4.70	5.22				11.77	13.16	14.07
		velocity	7.26	9.14	9.04	8.60	8.37		8.10	7.51	7.61	7.34	7.45	7.66	7.93			8.92	7.98	7.46
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	16.2	158.2					
Ratnayake, Harijan (SRI) (1974)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>Heat 3</b> - 2000 Olympic Games (Sydney, AUS)																				
<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																				
date	24-Sep-00	time	6.54	10.58	14.58	18.62	22.74		27.18	31.66	36.26				50.43	7 / 4				
reaction time	0.346	interval		4.04	4.00	4.04	4.12		4.44	4.48	4.60							12.08	13.04	
		velocity	6.88	8.66	8.75	8.66	8.50		7.88	7.81	7.61				7.93			8.69	8.05	
H1 lead leg		strides	22	14	14	13	13		14	14	14			118						
Feng Zhiqiang (CHN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>FINAL</b> - 2020 Chinese National Championships (Shaoxing, CHN)																				
<i>CAA Hurdle Development (2020)</i>																				
date	17-Sep-20	time	5.92	9.64	13.58	17.62	21.79		26.16	30.50	35.17	39.96	44.87		50.43	6 / 1				
reaction time		interval		3.72	3.94	4.04	4.17		4.37	4.34	4.67	4.79	4.91	5.56				11.70	12.88	14.37
		velocity	7.60	9.41	8.88	8.66	8.39		8.01	8.06	7.49	7.31	7.13	7.19	7.93			8.97	8.15	7.31
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	15	17	158					
Kuribayashi, Toshimasa (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>A FINAL</b> - 2023 Michitaka Kinami Memorial (Osaka, JPN)																				
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																				
date	07-May-23	time	6.22	10.19	14.30	18.49	22.71		27.03	31.45	35.87	40.34	45.01		50.43	8 / 3				
reaction time	0.154	interval		3.97	4.11	4.19	4.22		4.32	4.42	4.42	4.47	4.67	5.42				12.27	12.96	13.56
		velocity	7.23	8.82	8.52	8.35	8.29		8.10	7.92	7.92	7.83	7.49	7.38	7.93			8.56	8.10	7.74
H1 lead leg		strides		14	14	14	14		15	15	15	15	15	131						
Hemery, David (GBR) (1944)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>Heat 4</b> - 1968 Olympic Games (Mexico City, MEX) (Altitude)																				
<i>Jonath (1969) - wie gerhard hennige trainiert</i>																				
date	13-Oct-68	time	6.0	10.0	14.0	18.1	22.2	23.7	26.7	30.8	35.0	39.5	44.1		50.3	1 / 2				
reaction time		interval		4.0	4.0	4.1	4.1		4.5	4.1	4.2	4.5	4.6	6.2	(50.33)			12.10	12.70	13.30
		velocity	7.50	8.75	8.75	8.54	8.54	8.44	7.78	8.54	8.33	7.78	7.61	6.45	7.95			8.68	8.27	7.89
H1 lead leg		strides																		
Rodríguez, Eduardo Iván (ESP) (1974)		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</b> - 2001 European Championships (Bremen, GER)																				
<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																				
date	23-Jun-01	time	6.26	10.22	14.17	18.16	22.22		26.40	30.78	35.40	40.06	44.89		50.44	1 / 7				
reaction time		interval		3.96	3.95	3.99	4.06		4.18	4.38	4.62	4.66	4.83	5.55				11.90	12.62	14.11
		velocity	7.19	8.84	8.86	8.77	8.62		8.37	7.99	7.58	7.51	7.25	7.21	7.93			8.82	8.32	7.44
H1 lead leg		strides																		
Greene, Joe (USA) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>Heat 2</b> - 2007 USATF National Championships (Indianapolis, IN)																				
<i>USATF Men's Hurdle Development (2007)</i>																				
date	21-Jun-07	time	6.17	9.88	13.70	17.60	21.71		26.08	30.61	35.25	39.94	44.72		50.44	5 / 6				
reaction time		interval		3.71	3.82	3.90	4.11		4.37	4.53	4.64	4.69	4.78	5.72				11.43	13.01	14.11
		velocity	7.29	9.43	9.16	8.97	8.52		8.01	7.73	7.54	7.46	7.32	6.99	7.93			9.19	8.07	7.44
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	146						
Oda, Masaya (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
<b>FINAL</b> - 2020 Japanese National Championships (Niigata, JPN)																				
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																				
date	02-Oct-20	time	6.04	9.81	13.66	17.60	21.72		26.09	30.58	35.12	39.84	44.71		50.44	3 / 4				
reaction time	0.178	interval		3.77	3.85	3.94	4.12		4.37	4.49	4.54	4.72	4.87	5.73				11.56	12.98	14.13
		velocity	7.45	9.28	9.09	8.88	8.50		8.01	7.80	7.71	7.42	7.19	6.98	7.93			9.08	8.09	7.43
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	19.7	171.7					

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Iwasaki, Takafumi (JPN) (1997)</b>																		
<b>C FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)</b>																		
date	03-May-21	time	6.01	9.86	13.88	17.97	22.09	26.41	30.85	35.42	40.11	44.84		50.44	4 / 1			
reaction time	0.192	interval		3.85	4.02	4.09	4.12	4.32	4.44	4.57	4.69	4.73	5.60			11.96	12.88	13.99
		velocity	7.49	9.09	8.71	8.56	8.50	8.10	7.88	7.66	7.46	7.40	7.14	7.93		8.78	8.15	7.51
H1 lead leg	L	strides	21	14	14	14	14	14	15	15	15	15	19	170				
<b>Shirley, Aaron (USA) (2001)</b>																		
<b>Heat 1 - 2024 USA Olympic Trials (Eugene, OR)</b>																		
date	27-Jun-24	time	6.10	9.90	13.85	17.84	21.86	23.64	25.99	30.39	34.93	40.17	45.03	50.44	4 / 4			
reaction time		interval		3.80	3.95	3.99	4.02	4.13	4.40	4.54	5.24	4.86	5.41			11.74	12.55	14.64
		velocity	7.38	9.21	8.86	8.77	8.71	8.46	8.47	7.95	7.71	6.68	7.20	7.39	7.93	8.94	8.37	7.17
H1 lead leg	L	strides	21	14	14	14	14	14	14	16	16	15	18	170				
<b>Garrett, LaBronze (USA) (1976)</b>																		
<b>FINAL - 2003 USATF National Championships (Palo Alto, CA)</b>																		
date	22-Jun-03	time	6.04	9.89	13.90	18.07	22.36	26.69	31.20	35.79	40.41	45.08		50.45	1 / <del>3</del> 7			
reaction time		interval		3.85	4.01	4.17	4.29	4.33	4.51	4.59	4.62	4.67	5.37			12.03	13.13	13.88
		velocity	7.45	9.09	8.73	8.39	8.16	8.08	7.76	7.63	7.58	7.49	7.45	7.93		8.73	8.00	7.56
H1 lead leg		strides																
<b>Woodward, Nathan (GBR) (1989)</b>																		
<b>Heat 1 - 2010 European Championships (Barcelona, ESP)</b>																		
date	28-Jul-10	time	6.22	10.14	14.16	18.16	22.30	26.54	30.88	35.32	40.06	45.02		50.45	8 / 3			
reaction time	0.187	interval		3.92	4.02	4.00	4.14	4.24	4.34	4.44	4.74	4.96	5.43			11.94	12.72	14.14
		velocity	7.23	8.93	8.71	8.75	8.45	8.25	8.06	7.88	7.38	7.06	7.37	7.93		8.79	8.25	7.43
H1 lead leg	L	strides																
<b>Yamamoto, Ryo (JPN) (1995)</b>																		
<b>C FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)</b>																		
date	01-Jun-21	time	6.24	10.16	14.10	18.17	22.37	26.73	31.11	35.59	40.21	44.94		50.45	8 / 1			
reaction time	0.177	interval		3.92	3.94	4.07	4.20	4.36	4.38	4.48	4.62	4.73	5.51			11.93	12.94	13.83
		velocity	7.21	8.93	8.88	8.60	8.33	8.03	7.99	7.81	7.58	7.40	7.26	7.93		8.80	8.11	7.59
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	15	15	18.5	170.5				
<b>Yamamoto, Tatsuhiro (JPN) (1997)</b>																		
<b>B FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)</b>																		
date	07-May-23	time	6.34	10.29	14.45	18.62	22.86	27.18	31.60	36.12	40.62	45.28		50.45	1 / 2			
reaction time	0.196	interval		3.95	4.16	4.17	4.24	4.32	4.42	4.52	4.50	4.66	5.17			12.28	12.98	13.68
		velocity	7.10	8.86	8.41	8.39	8.25	8.10	7.92	7.74	7.78	7.51	7.74	7.93		8.55	8.09	7.68
H1 lead leg		strides		14	14	14	14	14	15	15	15	15	15	130				
<b>Königsmark, Varg (GER) (1992)</b>																		
<b>FINAL - 2011 DLV Junioren-Gala (Mannheim, GER)</b>																		
date	03-Jul-11	time	6.12	10.02	14.06	18.10	22.22	26.44	30.74	35.22	39.97	44.86		50.46	1 / 1			
reaction time		interval		3.90	4.04	4.04	4.12	4.22	4.30	4.48	4.75	4.89	5.60			11.98	12.64	14.12
		velocity	7.35	8.97	8.66	8.66	8.50	8.29	8.14	7.81	7.37	7.16	7.14	7.93		8.76	8.31	7.44
H1 lead leg		strides	20	13	13	13	13	13	14	14	15	15	143					
<b>Cai Jungi (CHN) (1996)</b>																		
<b>FINAL - 2019 Chinese National Championships (Shenyang, CHN)</b>																		
date	10-Jul-19	time	6.24	10.21	14.36	18.40	22.50	26.74	31.05	35.47	40.03	44.86		50.46	3 / <del>3</del> 2			
reaction time	0.196	interval		3.97	4.15	4.04	4.10	4.24	4.31	4.42	4.56	4.83	5.60			12.16	12.65	13.81
		velocity	7.21	8.82	8.43	8.66	8.54	8.25	8.12	7.92	7.68	7.25	7.14	7.93		8.63	8.30	7.60
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19.5	176.5				
<b>Konno, Ryoma (JPN) (2004)</b>																		
<b>FINAL - 2022 Japanese National High School Championships (Naruto, JPN)</b>																		
date	05-Aug-22	time	6.07	9.93	13.85	17.95	22.13	26.42	30.82	35.25	39.67	44.67		50.46	4 / 1			
reaction time	0.161	interval		3.86	3.92	4.10	4.18	4.29	4.40	4.43	4.42	5.00	5.79			11.88	12.87	13.85
		velocity	7.41	9.07	8.93	8.54	8.37	8.16	7.95	7.90	7.92	7.00	6.91	7.93		8.84	8.16	7.58
H1 lead leg	R	strides	21	15	15	15	15	15	15	15	15	15	19	175				
<b>Coroller, Victor (FRA) (1997)</b>																		
<b>FINAL - 2022 European Athletics Championships (Munich, GER) (TV Analysis)</b>																		
date	19-Aug-22	time	5.93	9.79		17.49	21.58	23.21	25.79	30.28	34.82	39.71	44.76	50.46	8 / 8			
reaction time	0.201	interval		3.86		7.70	4.09		4.21	4.49	4.54	4.89	5.05	5.70		11.56	12.79	14.48
		velocity	7.59	9.07		9.09	8.56	8.62	8.31	7.80	7.71	7.16	6.93	7.02	7.93	9.08	8.21	7.25
H1 lead leg	R	strides	21	14		14			14	15	16	16	16	19	145			
<b>Kawagoe, Hiroya (JPN) (1997)</b>																		
<b>B FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)</b>																		
date	07-May-23	time	6.09	9.99	14.10	18.25	22.47	26.83	31.26	35.79	40.41	45.13		50.46	2 / 3			
reaction time	0.166	interval		3.90	4.11	4.15	4.22	4.36	4.43	4.53	4.62	4.72	5.33			12.16	13.01	13.87
		velocity	7.39	8.97	8.52	8.43	8.29	8.03	7.90	7.73	7.58	7.42	7.50	7.93		8.63	8.07	7.57
H1 lead leg		strides		14	14	14	14	15	15	15	15	15	15	131				

Hashimoto, Yu (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
<b>FINAL</b> - 2024 Japanese National High School Championships (Fukuoka, JPN)													Takashima (2024) - national high school sports festival - biomechanics data					
date	30-Jul-24	time	6.07	9.86	13.73	17.83	21.89							50.46	8 / 2			
reaction time	0.207	interval		3.79	3.87	4.10	4.06	26.14	30.53	35.10	39.77	44.71				11.76	12.70	14.18
		velocity	7.41	9.23	9.04	8.54	8.62	8.24	7.97	7.66	7.49	7.09	6.96	7.93		8.93	8.27	7.40
H1 lead leg		strides	21	14	14	14	14	15	15	15	15	15	21	173				
Husse, Jean-Laurent (FRA) (1974)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1</b> - 1999 IAAF World Championships (Sevilla, ESP)													Sanchez (1999) - Sevilla '99: análisis de la carreras con villas					
date	25-Aug-99	time	5.75	9.54	13.44	17.45	21.57							50.47	1 / 8			
reaction time	0.141	interval		3.79	3.90	4.01	4.12	25.82	30.25	34.73	39.34	44.21				11.70	12.80	13.96
		velocity	7.83	9.23	8.97	8.73	8.50	8.24	7.90	7.81	7.59	7.19	6.39	7.93		8.97	8.20	7.52
H1 lead leg	R	strides	21	13	13	13	14	14	15	15	15	15	19	167				
Müller, Vit (CZE) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 ISTAF (Berlin, GER) (TV Analysis)													Henson (2020) - Athlete First: 2020 year end hurdle report					
date	13-Sep-20	time	6.12		13.72	17.56								50.47	2 / 5			
reaction time	0.204	interval			7.60	3.84										11.44		
		velocity	7.35		9.21	9.11								7.93		9.18		
H1 lead leg	L	strides	21			13						15		49				
Goller, Thomas (GER) (1977)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2007 European Cup (Munich, GER)													Graubner (2007) - http://www.fgs.uni-halle.de					
date	23-Jun-07	time	6.00	9.77	13.68	17.64	21.70							50.48	1 / 5			
reaction time	0.143	interval		3.77	3.91	3.96	4.06	25.97	30.46	35.10	39.94	44.80				11.64	12.82	14.34
		velocity	7.50	9.28	8.95	8.84	8.62	8.20	7.80	7.54	7.23	7.20	7.04	7.92		9.02	8.19	7.32
H1 lead leg		strides																
Hughes, David (GBR) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2010 Commonwealth Games (Dehli, IND)													Arnold (2010) - 400mH planning and peaking					
date	10-Oct-10	time	6.0	9.9	13.7	17.8	21.9	23.7	26.1	30.6	35.3	40.1	44.9					
reaction time	0.170	interval		3.9	3.8	4.1	4.1	4.2	4.5	4.7	4.8	4.8	5.58			11.78	12.82	14.30
		velocity	7.50	8.97	9.21	8.58	8.50	8.44	8.33	7.78	7.45	7.29	7.29	7.17	7.92	8.91	8.19	7.34
H1 lead leg	R	strides	20	13	13	13	13	13	13	15	15	15	17.7	160.7				
van Zyl, L.J. (RSA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 North-West University Pukke Invitational (Sasolburg, RSA) (TV Analysis)													Henson (2020) - Athlete First: 2017 year end hurdle report					
date	28-Mar-17	time	6.08	10.04	13.96	18.00	22.04							50.48	4 / 4			
reaction time		interval		3.96	3.92	4.04	4.04	26.24	30.56	35.00	39.64	44.56				11.92	12.56	14.00
		velocity	7.40	8.84	8.93	8.66	8.66	8.33	8.10	7.88	7.54	7.11	6.76	7.92		8.81	8.36	7.50
H1 lead leg	L	strides	22	14	14	14	14	14	15	15	15	15	152					
Obayashi, Masayuki (JPN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>B FINAL</b> - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)													Kobayashi (2019) - research on athlete performance and technique- 2019 data book					
date	03-May-19	time	6.07	10.08	14.11	18.34	22.57							50.48	6 / 1			
reaction time		interval		4.01	4.03	4.23	4.23	26.88	31.35	35.85	40.47	45.18				12.27	13.01	13.83
		velocity	7.41	8.73	8.68	8.27	8.27	8.12	7.83	7.78	7.58	7.43	7.55	7.92		8.56	8.07	7.59
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	19	172				
Kostić, Nikola (SRB) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1</b> - 2024 European Athletics Championships (Roma, ITA)													European Athletics (2024) - 2024 european athletics championships - results book					
date	09-Jun-24	time	5.90	9.66	13.61	17.72	21.92							50.48	2 / 5			
reaction time	0.142	interval		3.76	3.95	4.11	4.20	26.33	30.72	35.29	39.99	44.78				11.82	13.00	14.06
		velocity	7.63	9.31	8.86	8.52	8.33	7.94	7.97	7.66	7.45	7.31	7.02	7.92		8.88	8.08	7.47
H1 lead leg		strides											0					
Smolka, Adam (CZE) (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>Heat 2</b> - 2024 European Athletics Championships (Roma, ITA)													European Athletics (2024) - 2024 european athletics championships - results book					
date	09-Jun-24	time	5.96	9.79	13.69	17.71	21.85							50.48	5 / 5			
reaction time	0.208	interval		3.83	3.90	4.02	4.14	26.20	30.69	35.17	39.88	44.66				11.75	12.98	13.97
		velocity	7.55	9.14	8.97	8.71	8.45	8.05	7.80	7.81	7.43	7.32	6.87	7.92		8.94	8.09	7.52
H1 lead leg		strides											0					
Monreal, Íñigo (ESP) (1974)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1998 Spanish National Championships (San Sebastián, ESP)													Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas					
date	02-Aug-98	time	6.00	9.99	14.04	18.19	22.47							50.49	6 / 1			
reaction time		interval		3.99	4.05	4.15	4.28	26.95	31.27	35.78	40.41	44.99				12.19	13.08	13.72
		velocity	7.50	8.77	8.64	8.43	8.18	7.81	8.10	7.76	7.56	7.64	7.27	7.92		8.61	8.03	7.65
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	14	14	17	156				
Yamada, Atsushi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 Michitaka Kinami Memorial (Osaka, JPN)													Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season					
date	24-Oct-20	time	5.96	9.84	13.82	17.85	21.91							50.49	3 / 5			
reaction time		interval		3.88	3.98	4.03	4.06	26.08	30.36	34.97	39.74	44.73				11.89	12.51	14.37
		velocity	7.55	9.02	8.79	8.68	8.62	8.39	8.18	7.59	7.34	7.01	6.94	7.92		8.83	8.39	7.31
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	20	170				

Onodera, Shota (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2022 Japanese National Championships (Osaka, JPN)										<i>Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>								
date	11-Jun-22	time	6.32	10.24	14.30	18.42	22.56	26.74	30.96	35.42	40.11	45.03		50.49	7 / 6			
reaction time	0.192	interval	3.92	4.06	4.12	4.14		4.18	4.22	4.46	4.69	4.92	5.46			12.10	12.54	14.07
		velocity	7.12	8.93	8.62	8.50	8.45		8.37	8.29	7.85	7.46	7.11	7.33	7.92	8.68	8.37	7.46
H1 lead leg	R	strides	22	15	15	15		15	15	15	15	17		159				
Kishimoto, Takayuki (JPN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>B FINAL</b> - 2023 Michitaka Kinami Memorial (Osaka, JPN)										<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>								
date	07-May-23	time	5.97	9.81	13.83	17.98	22.31	26.64	31.05	35.62	40.27	45.01		50.49	9 / 4			
reaction time	0.136	interval	3.84	4.02	4.15	4.33		4.33	4.41	4.57	4.65	4.74	5.48			12.01	13.07	13.96
		velocity	7.54	9.11	8.71	8.43	8.08		8.08	7.94	7.66	7.53	7.38	7.30	7.92	8.74	8.03	7.52
H1 lead leg		strides	13	13	13	13		14	14	15	15	15		125				
Duma, Christian (GER) (1982)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3</b> - 2002 European Championships (Munich, GER)										<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>								
date	07-Aug-02	time	6.03	9.97	13.90	17.86	21.98	26.21	30.64	36.34	40.16	45.02		50.50	1 / 6			
reaction time		interval	3.94	3.93	3.96	4.12		4.23	4.43	5.70	3.82	4.86	5.48			11.83	12.78	14.38
		velocity	7.46	8.88	8.91	8.84	8.50		8.27	7.90	6.14	9.16	7.20	7.30	7.92	8.88	8.22	7.30
H1 lead leg		strides																
Andersson, Isak (SWE) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)										<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>								
date	18-Jun-17	time	6.08	9.96	18.16	22.36	26.64	31.12	35.64	40.24	44.92			50.50	1 / 7			
reaction time	0.202	interval	3.88		8.20	4.20		4.28	4.48	4.52	4.60	4.68	5.58	PB		12.08	12.96	13.80
		velocity	7.40	9.02	8.54	8.33		8.18	7.81	7.74	7.61	7.48	7.17	7.92		8.69	8.10	7.61
H1 lead leg	R	strides	23	15		15		15	15		15	15		113				
Takada, Kazunari (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>B FINAL</b> - 2019 Kinami Memorial (Osaka, JPN)										<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>								
date	06-May-19	time	5.89	9.79	13.66	17.48	21.60	25.88	30.21	34.80	39.56	44.63		50.50	7 / 3			
reaction time		interval	3.90	3.87	3.82	4.12		4.28	4.33	4.59	4.76	5.07	5.87			11.59	12.73	14.42
		velocity	7.64	8.97	9.04	9.16	8.50		8.18	8.08	7.63	7.35	6.90	6.81	7.92	9.06	8.25	7.28
H1 lead leg	L	strides	21	14	14	14		15	15	15	15	15	20	172				
Rodger, Sebastian (GBR) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)										<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>								
date	30-May-19	time	6.16	10.06	14.13	18.20	22.30	24.0	26.63	31.06	35.50	40.13	44.93		50.50	2 / 4		
reaction time	0.139	interval	3.90	4.07	4.07	4.10		4.33	4.43	4.44	4.63	4.80	5.57			12.04	12.86	13.87
		velocity	7.31	8.97	8.60	8.60	8.54	8.33	8.08	7.90	7.88	7.56	7.29	7.18	7.92	8.72	8.16	7.57
H1 lead leg	R	strides	22	14	14	14		14	14		15	15	19	155				
Yamauchi, Hiromu (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 Japanese National Championships (Niigata, JPN)										<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>								
date	02-Oct-20	time	6.16	10.08	14.16	18.27	22.49	26.78	31.15	35.64	40.26	45.01		50.50	6 / 5			
reaction time	0.185	interval	3.92	4.08	4.11	4.22		4.29	4.37	4.49	4.62	4.75	5.49			12.11	12.88	13.86
		velocity	7.31	8.93	8.58	8.52	8.29		8.16	8.01	7.80	7.58	7.37	7.29	7.92	8.67	8.15	7.58
H1 lead leg	L	strides	21	14	14	14		14	14	15	15	15	19.2	169.2				
Lehtonen, Toumas (FIN) (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>Heat 2</b> - 2024 European Athletics Championships (Roma, ITA)										<i>European Athletics (2024) - 2024 european athletics championships - results book</i>								
date	09-Jun-24	time	5.95	9.87	13.92	18.02	22.29	26.70	31.17	35.70	40.36	45.02		50.50	8 / 6			
reaction time	0.190	interval	3.92	4.05	4.10	4.27		4.41	4.47	4.53	4.66	4.66	5.48			12.07	13.15	13.85
		velocity	7.56	8.93	8.64	8.54	8.20		7.94	7.83	7.73	7.51	7.51	7.30	7.92	8.70	7.98	7.58
H1 lead leg		strides																
Fields, Ryan (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
<b>Heat 2</b> - 2024 USA Olympic Trials (Eugene, OR)										<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>								
date	27-Jun-24	time	6.10	10.05	14.07	17.95	22.12	24.05	26.42	30.83	35.44	40.11	44.90		50.50	9 / 3		
reaction time		interval	3.95	4.02	3.88	4.17		4.30	4.41	4.61	4.67	4.79	5.60			11.85	12.88	14.07
		velocity	7.38	8.86	8.71	9.02	8.39	8.32	8.14	7.94	7.59	7.49	7.31	7.14	7.92	8.86	8.15	7.46
H1 lead leg	R	strides	14	14	13	14		14	15	15			18	117				
Hartman, Samuel (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
<b>Semi-Final 1</b> - 2024 USA Olympic Trials (Eugene, OR)										<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>								
date	28-Jun-24	time	6.16	9.99	13.87	17.84	21.73	23.56	25.78	30.13	34.93	39.84	44.72		50.50	3 / 5		
reaction time		interval	3.83	3.88	3.97	3.89		4.05	4.35	4.80	4.91	4.88	5.78			11.68	12.29	14.59
		velocity	7.31	9.14	9.02	8.82	9.00	8.49	8.64	8.05	7.29	7.13	7.17	6.92	7.92	8.99	8.54	7.20
H1 lead leg	R	strides	13	13	13	13		13	13	15	15	15	18.2	141.2				
Tsutsue, Kaito (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3</b> - 2024 Olympic Games (Paris, FRA)										<i>Paris 2024 Olympic Games - Results Book (2024)</i>								
date	05-Aug-24	time	5.83	9.61	13.39	17.25	21.32	25.61	30.06	34.79	39.74	44.73		50.50	7 / 7			
reaction time	0.149	interval	3.78	3.78	3.86	4.07		4.29	4.45	4.73	4.95	4.99	5.77			11.42	12.81	14.67
		velocity	7.72	9.26	9.26	9.07	8.60		8.16	7.87	7.40	7.07	7.01	6.93	7.92	9.19	8.20	7.16
H1 lead leg	R	strides	21	13	13	13		14	14			15		116				

Mužík, Jirí (CZE) (1976)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1998 European Championships (Budapest, HUN)																		
<i>Sanchez (1998) - Budapest '98: análisis de la carreras con villas</i>																		
date	20-Aug-98	time	6.01				21.40						44.30	50.51	8 / 7			
reaction time		interval					15.39						22.90	6.21				
		velocity	7.49				9.10						7.64	6.44	7.92			
H1 lead leg	R	strides	21	14	14	14	14	14	14	15	15	15	19.5	169.5				
Woodward, Nathan (GBR) (1989)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1</b> - 2010 European Championships (Barcelona, ESP)																		
<i>Arnold (2010) - 400mH planning and peaking</i>																		
date	29-Jul-10	time	9.96	13.86	17.86	21.86		26.06	30.38	34.90	39.72	44.70		50.51	7 / 4			
reaction time	0.214	interval		3.90	4.00	4.00		4.20	4.32	4.52	4.82	4.98	5.81				12.52	14.32
		velocity	8.03	8.97	8.75	8.75		8.33	8.10	7.74	7.26	7.03	6.88	7.92			8.39	7.33
H1 lead leg	L	strides																
Mano, Yutaro (JPN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>A FINAL</b> - 2019 Kinami Memorial (Osaka, JPN)																		
<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>																		
date	06-May-19	time	6.16	10.14	14.11	18.12	22.32	26.63	30.13	35.57	40.27	45.03		50.51	6 / 5			
reaction time		interval		3.98	3.97	4.01	4.20	4.31	3.50	5.44	4.70	4.76	5.48				11.96	12.01
		velocity	7.31	8.79	8.82	8.73	8.33	8.12	10.00	6.43	7.45	7.35	7.30	7.92			8.78	8.74
H1 lead leg	R	strides	21	14	14	14	14	14	15	15	15	15	18.5	169.5				
Chen Tein-Wen (TAI) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1</b> - 2000 Olympic Games (Sydney, AUS)																		
<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																		
date	25-Sep-00	time	5.98	9.82	13.82	17.82	21.86	23.42	25.98	30.38	34.86	39.46		50.52	8 / 8			
reaction time	0.182	interval		3.84	4.00	4.00	4.04	4.12	4.40	4.48	4.60						11.84	12.56
		velocity	7.53	9.11	8.75	8.75	8.66	8.54	8.50	7.95	7.81	7.61		7.92			8.87	8.36
H1 lead leg		strides	22	14	14	14	14	14	14	15	15	15	136					
Herbert, Llewellyn (RSA) (1977)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2002 IAAF World Cup (Madrid, ESP)																		
<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>																		
date	20-Sep-02	time	6.06	9.90	13.94	17.93	21.98	26.20	30.53	35.03	39.76	44.75		50.52	2 / 7			
reaction time	0.136	interval		3.84	4.04	3.99	4.05	4.22	4.33	4.50	4.73	4.99	5.77				11.87	12.60
		velocity	7.43	9.11	8.66	8.77	8.64	8.29	8.08	7.78	7.40	7.01	6.93	7.92			8.85	8.33
H1 lead leg	L	strides	22	14	14	14	14	14	15	16	16	16	18.5	173.5				
Clement, Kerron (USA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 Bislett Games (Oslo, NOR) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																		
date	15-Jun-17	time	5.90	9.53	13.16	16.93	20.83	25.03	29.53	34.36	39.20	44.46		50.52	6 / 8			
reaction time	0.164	interval		3.63	3.63	3.77	3.90	4.20	4.50	4.83	4.84	5.26	6.06				11.03	12.60
		velocity	7.63	9.64	9.64	9.28	8.97	8.33	7.78	7.25	7.23	6.65	6.60	7.92			9.52	8.33
H1 lead leg	R	strides	20	13	13	13	13	13	15	15	14	16	145					
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	06-Jun-19	time	6.02	9.86	13.86	17.95	22.11	26.36	30.93	35.45	40.21	45.05		50.52	4 / 9			
reaction time	0.150	interval		3.84	4.00	4.09	4.16	4.25	4.57	4.52	4.76	4.84	5.47				11.93	12.98
		velocity	7.48	9.11	8.75	8.56	8.41	8.24	7.66	7.74	7.35	7.23	7.31	7.92			8.80	8.09
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	15	15	17.5	161.5				
Matsushita, Yuki (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>B FINAL</b> - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)																		
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	03-May-21	time	6.19	10.01	13.93	17.92	22.06	26.44	30.90	35.52	40.21	44.98		50.52	9 / 2			
reaction time	0.218	interval		3.82	3.92	3.99	4.14	4.38	4.46	4.62	4.69	4.77	5.54				11.73	12.98
		velocity	7.27	9.16	8.93	8.77	8.45	7.99	7.85	7.58	7.46	7.34	7.22	7.92			8.95	8.09
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	18.5	164.5				
Onodera, Shota (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2022 Michitaka Kinami Memorial (Osaka, JPN)																		
<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																		
date	01-May-22	time	6.31	10.28	14.35	18.47	22.62	26.79	31.03	35.57	40.24	45.10		50.52	3 / 7			
reaction time	0.210	interval		3.97	4.07	4.12	4.15	4.17	4.24	4.54	4.67	4.86	5.42				12.16	12.56
		velocity	7.13	8.82	8.60	8.50	8.43	8.39	8.25	7.71	7.49	7.20	7.38	7.92			8.63	8.36
H1 lead leg		strides		15	15	15	15	15	15	15	15	17	137					
Takada, Kazunari (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 Seiko Golden Grand Prix (Tokyo, JPN)																		
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	23-Aug-20	time	6.04	9.84	13.71	17.67	21.86	26.13	30.53	35.07	39.87	44.84		50.53	2 / 4			
reaction time	0.191	interval		3.80	3.87	3.96	4.19	4.27	4.40	4.54	4.80	4.97	5.69				11.63	12.86
		velocity	7.45	9.21	9.04	8.84	8.35	8.20	7.95	7.71	7.29	7.04	7.03	7.92			9.03	8.16
H1 lead leg		strides		13	13	14	14	14	14	15	15	15	127					
Spencer, William (USA) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2</b> - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																		
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																		
date	25-Jun-21	time	6.03	9.81	13.64	17.62	21.79	26.19	30.76	35.40	40.07	44.81		50.53	4 / 8			
reaction time	0.174	interval		3.78	3.83	3.98	4.17	4.40	4.57	4.64	4.67	4.74	5.72				11.59	13.14
		velocity	7.46	9.26	9.14	8.79	8.39	7.95	7.66	7.54	7.49	7.38	6.99	7.92			9.06	7.99
H1 lead leg	R	strides		13	13	13	13	14	14	14	14	14	17.2	125.2				



<b>Nakamashi, Haruki (JPN) (2004)</b>																			
<b>FINAL</b> - 2021 Japanese U20 National Championships (Osaka, JPN)																			
date	26-Jun-21	time	6.17	10.16	14.18	18.30	22.48	26.78	31.16	35.62	40.34	45.08	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
reaction time	0.181	interval	3.99	4.02	4.12	4.18	4.30	4.38	4.46	4.72	4.74	5.45		50.53	7 / 2	12.13	12.86	13.92	
		velocity	7.29	8.77	8.71	8.50	8.37	8.14	7.99	7.85	7.42	7.38	7.34	7.92		8.66	8.16	7.54	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	15	20.7	177.7					
<b>Lituyev, Yury (URS) (1925)</b>																			
<b>FINAL</b> - 1953 Hungary vs. USSR (Budapest, HUN)																			
date	20-Sep-53	time					23.5						Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
reaction time		interval				8.51						26.9		50.4	1 / 1				
		velocity										7.43		7.94					
H1 lead leg		strides	13	13	13	13	13	13	13	15	15			121					
<b>Knoke, Gary (AUS) (1942)</b>																			
<b>FINAL</b> - 1964 Olympic Games (Tokyo, JPN)																			
date	16-Oct-64	time	5.8	13.7	21.8		30.6	40.1					Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
reaction time		interval	7.9	8.1	8.8		9.5	10.3						50.4	2 / 4				
		velocity	7.76	8.86	8.64		7.95	7.37				7.28	7.94						
H1 lead leg		strides																	
<b>Xie Zhiyu (CHN) (2000)</b>																			
<b>FINAL</b> - 2021 Chinese National Championships (Chongqing, CHN)																			
date	26-Jun-21	time	6.15	10.04	14.04	18.07	22.24	26.63	31.25	35.92	40.64	45.34	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
reaction time	0.227	interval	3.89	4.00	4.03	4.17	4.39	4.62	4.67	4.72	4.70	5.06		50.4	3 / 2	11.92	13.18	14.09	
		velocity	7.32	9.00	8.75	8.68	8.39	7.97	7.58	7.49	7.42	7.45	7.91	7.94		8.81	7.97	7.45	
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14	17	159					
<b>Fredericks, Cornel (RSA) (1990)</b>																			
<b>FINAL</b> - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)																			
date	08-Sep-18	time	5.96	9.84	13.64	17.52	21.60	25.80	30.24	34.84	39.64	44.60	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
reaction time	0.139	interval	3.88	3.80	3.88	4.08	4.20	4.44	4.60	4.80	4.96	5.94		50.54	2 / 7	11.56	12.72	14.36	
		velocity	7.55	9.02	9.21	9.02	8.58	8.33	7.88	7.61	7.29	7.06	6.73	7.91		9.08	8.25	7.31	
H1 lead leg	R	strides	22	14	14	14	14			15	15	15	15	19.2	157.2				
<b>Jordan, Quivell (USA) (1999)</b>																			
<b>FINAL</b> - 2021 NCAA Championships (Eugene, OR) (TV Analysis)																			
date	11-Jun-21	time	6.00	9.75	17.73	21.80		30.57	35.20	40.00			Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
reaction time	0.166	interval	3.75	7.98	4.07		8.77	4.63	4.80					50.54	1 / 9	11.73	12.84		
		velocity	7.50	9.33	8.77	8.60		7.98	7.56	7.29			7.91			8.95	8.18		
H1 lead leg	L	strides	21	13		14			15	15			78						
<b>Chalmers, Alastair (GBR) (2000)</b>																			
<b>Semi-Final 1</b> - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																			
date	17-Jul-22	time	5.77	9.57	13.60	17.60	21.87	23.76	26.20	30.67	35.20	40.07	44.90	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.157	interval	3.80	4.03	4.00	4.27	4.33	4.47	4.53	4.87	4.83	5.64		50.54	1 / 6	11.83	13.07	14.23	
		velocity	7.80	9.21	8.68	8.75	8.20	8.42	8.08	7.83	7.73	7.19	7.25	7.09	7.91		8.88	8.03	7.38
H1 lead leg	L	strides	20	13	13	13	13	14	14	15	15	15	18	163					
<b>Hughes, David (GBR) (1984)</b>																			
<b>Heat 3</b> - 2010 Commonwealth Games (Dehli, IND)																			
date	09-Oct-10	time	5.9	9.8	13.8	17.8	21.9	23.7	26.2	30.6	35.2	40.0	44.8	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.180	interval	3.9	4.0	4.0	4.1	4.3	4.4	4.6	4.8	4.8	5.75		50.55	6 / 3	11.90	12.80	14.20	
		velocity	7.63	8.97	8.75	8.75	8.54	8.44	8.14	7.95	7.61	7.29	7.29	6.96	7.91		8.82	8.20	7.39
H1 lead leg		strides																	
<b>Cai Jungi (CHN) (1996)</b>																			
<b>FINAL</b> - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			
date	08-Apr-19	time	6.22	10.30	14.50	18.68	22.94	27.20	31.56	36.04	40.56	45.18	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
reaction time	0.179	interval	4.08	4.20	4.18	4.26	4.26	4.36	4.48	4.52	4.62	5.38		50.56	5 / 1	12.46	12.88	13.62	
		velocity	7.23	8.58	8.33	8.37	8.22	8.22	8.03	7.81	7.74	7.58	7.43	7.91		8.43	8.15	7.71	
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19	176					
<b>Sugai, Mitsuru (JPN) (1994)</b>																			
<b>C FINAL</b> - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)																			
date	03-May-19	time	6.09	9.83	13.73	17.77	21.89	26.28	30.75	35.44	40.19	45.08	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
reaction time		interval	3.74	3.90	4.04	4.12	4.39	4.47	4.69	4.75	4.89	5.48		50.56	7 / 2	11.68	12.98	14.33	
		velocity	7.39	9.36	8.97	8.66	8.50	7.97	7.83	7.46	7.37	7.16	7.30	7.91		8.99	8.09	7.33	
H1 lead leg	R	strides	22	13	13	13	13	14	14	15	15	15	18.5	165.5					
<b>Iwamoto, Takeshi (JPN) (1996)</b>																			
<b>B FINAL</b> - 2020 World Athletics Trials (Fuji, JPN)																			
date	06-Sep-20	time	6.14	9.98	13.93	17.92	22.09	26.36	30.83	35.41	40.32	45.28	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
reaction time		interval	3.84	3.95	3.99	4.17	4.27	4.47	4.58	4.91	4.96	5.28		50.56	4 / 2	11.78	12.91	14.45	
		velocity	7.33	9.11	8.86	8.77	8.39	8.20	7.83	7.64	7.13	7.06	7.58	7.91		8.91	8.13	7.27	
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	14	14	16.2	155.2					

<b>Kishimoto, Takayuki (JPN) (1990)</b>																	
<b>B FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)</b>																	
date	03-May-21	time	5.99	9.83	13.75	17.83	22.04		26.39	30.81	35.39	40.06	44.91	50.56	4 / 3		
reaction time	0.145	interval		3.84	3.92	4.08	4.21		4.35	4.42	4.58	4.67	4.85	5.65		11.84	12.98
		velocity	7.51	9.11	8.93	8.58	8.31		8.05	7.92	7.64	7.49	7.22	7.08	7.91	8.87	8.09
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.5	164.5		7.45
<b>Nozawa, Keisuke (JPN) (1991)</b>																	
<b>B FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)</b>																	
date	01-Jun-21	time	6.29	10.16	14.20	18.28	22.51		26.73	31.10	35.60	40.24	45.03	50.56	6 / 4		
reaction time	0.199	interval		3.87	4.04	4.08	4.23		4.22	4.37	4.50	4.64	4.79	5.53		11.99	12.82
		velocity	7.15	9.04	8.66	8.58	8.27		8.29	8.01	7.78	7.54	7.31	7.23	7.91	8.76	8.19
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	19	169		7.54
<b>Matsushita, Yuki (JPN) (1991)</b>																	
<b>FINAL - 2022 Michitaka Kinami Memorial (Osaka, JPN)</b>																	
date	01-May-22	time	6.14	10.01	13.98	18.07	22.17		26.34	30.95	35.54	40.19	44.99	50.56	2 / 8		
reaction time	0.139	interval		3.87	3.97	4.09	4.10		4.17	4.61	4.59	4.65	4.80	5.57		11.93	12.88
		velocity	7.33	9.04	8.82	8.56	8.54		8.39	7.59	7.63	7.53	7.29	7.18	7.91	8.80	8.15
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	125		7.48	
<b>Duma, Christian (GER) (1982)</b>																	
<b>FINAL - 2002 IAAF World Cup (Madrid, ESP)</b>																	
date	20-Sep-02	time	5.91	9.73	13.65	17.65	21.83		26.18	30.69	35.33	40.06	44.99	50.57	5 / 8		
reaction time	0.148	interval		3.82	3.92	4.00	4.18		4.35	4.51	4.64	4.73	4.93	5.58		11.74	13.04
		velocity	7.61	9.16	8.93	8.75	8.37		8.05	7.76	7.54	7.40	7.10	7.17	7.91	8.94	8.05
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	16	19.5	172.5		7.34
<b>Mano, Yutaro (JPN) (1996)</b>																	
<b>A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)</b>																	
date	03-May-19	time	6.12	10.01	13.90	17.97	22.12		26.36	30.78	35.30	40.01	44.95	50.57	5 / 4		
reaction time		interval		3.89	3.89	4.07	4.15		4.24	4.42	4.52	4.71	4.94	5.62		11.85	12.81
		velocity	7.35	9.00	9.00	8.60	8.43		8.25	7.92	7.74	7.43	7.09	7.12	7.91	8.86	8.20
H1 lead leg	R	strides	21	16	16	16	16		17	17	17	19	19	174		7.41	
<b>Deguchi, Haruto (JPN) (2001)</b>																	
<b>FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)</b>																	
date	06-Aug-19	time	6.25	10.21	14.25	18.39	22.76		27.24	31.65	36.05	40.62	45.28	50.57	4 / 1		
reaction time		interval		3.96	4.04	4.14	4.37		4.48	4.41	4.40	4.57	4.66	5.29	PB	12.14	13.26
		velocity	7.20	8.84	8.66	8.45	8.01		7.81	7.94	7.95	7.66	7.51	7.56	7.91	8.65	7.92
H1 lead leg		strides		13	13	13	14		14	15	15	15	15	127		7.70	
<b>Matsushita, Yuki (JPN) (1991)</b>																	
<b>FINAL - 2022 Japanese National Championships (Osaka, JPN)</b>																	
date	11-Jun-22	time	6.16	10.04	14.05	18.15	22.29		26.59	31.05	35.72	40.44	45.15	50.57	3 / 7		
reaction time	0.171	interval		3.88	4.01	4.10	4.14		4.30	4.46	4.67	4.72	4.71	5.42		11.99	12.90
		velocity	7.31	9.02	8.73	8.54	8.45		8.14	7.85	7.49	7.42	7.43	7.38	7.91	8.76	8.14
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	146		7.45	
<b>Copello, Yasmani (TUR) (1987)</b>																	
<b>Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)</b>																	
date	10-Jun-24	time	6.00	9.71	13.61	17.54	21.61		25.91	30.44	34.94	39.88	44.83	50.57	6 / 8		
reaction time	0.244	interval		3.71	3.90	3.93	4.07		4.30	4.53	4.50	4.94	4.95	5.74		11.54	12.90
		velocity	7.50	9.43	8.97	8.91	8.60		8.14	7.73	7.78	7.09	7.07	6.97	7.91	9.10	8.14
H1 lead leg		strides														7.30	
<b>Hyde, Jaheel (JAM) (1997)</b>																	
<b>FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)</b>																	
date	25-Aug-24	time	5.76	9.55	13.53	17.57	21.77		26.14	30.68	35.30	39.97	44.68	50.57	2 / 9		
reaction time	0.151	interval		3.79	3.98	4.04	4.20		4.37	4.54	4.62	4.67	4.71	5.89		12.22	13.11
		velocity	7.81	9.23	8.79	8.66	8.33		8.01	7.71	7.58	7.49	7.43	6.79	7.91	8.59	8.01
H1 lead leg	L	strides	22	14	14	14	14		14	14	14	14	14	134		7.50	
<b>Li Guangzhen (CHN) (1995)</b>																	
<b>FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)</b>																	
date	13-Jun-21	time	6.19	10.16	14.18	18.28	22.52		26.83	31.35	36.04	40.67	45.33	50.58	3 / 2		
reaction time	0.195	interval		3.97	4.02	4.10	4.24		4.31	4.52	4.69	4.63	4.66	5.25	PB	12.09	13.07
		velocity	7.27	8.82	8.71	8.54	8.25		8.12	7.74	7.46	7.56	7.51	7.62	7.91	8.68	8.03
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	17.7	170.7		7.51
<b>Yoshikata, Masahira (JPN) (1982)</b>																	
<b>Heat 2 - 2007 IAAF World Championships (Osaka, JPN)</b>																	
date	25-Aug-07	time	6.02	9.76	13.61	17.55	21.67		25.92	30.41	34.96	39.70	44.67	50.59	6 / 6		
reaction time	0.187	interval		3.74	3.85	3.94	4.12		4.25	4.49	4.55	4.74	4.97	5.92		11.53	12.86
		velocity	7.48	9.36	9.09	8.88	8.50		8.24	7.80	7.69	7.38	7.04	6.76	7.91	9.11	8.16
H1 lead leg	L	strides	21	14	14	14	14		14	15	15	15	15	19.7	170.7		7.36

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Ideura, Noriuki (JPN) (1987)</b>																		
<b>C FINAL - 2014 Shizuoka International Athletics Meeting (Fukuroi, JPN)</b>														<i>Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions</i>				
date	03-May-14	time	6.36	10.40	14.47	18.61	22.78	26.95	31.22	35.59	40.19	45.01		50.59	1 / 2			
reaction time		interval	4.04	4.07	4.14	4.17	4.17	4.27	4.37	4.60	4.82	5.58				12.25	12.61	13.79
		velocity	7.08	8.66	8.60	8.45	8.39	8.20	8.01	7.61	7.26	7.17	7.91			8.57	8.33	7.61
H1 lead leg		strides	14	14	14	14	15	15	15	15	15	15	131					
<b>Cui Caizhuang (CHN) (1995)</b>																		
<b>FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)</b>														<i>CAA Hurdle Development (2021)</i>				
date	13-Jun-21	time	6.11	10.09	14.13	18.26	22.47	26.88	31.41	36.02	40.66	45.30		50.59	4 / 3			
reaction time	0.167	interval	3.98	4.04	4.13	4.21	4.41	4.53	4.61	4.64	4.64	5.29	PB			12.15	13.15	13.89
		velocity	7.36	8.79	8.66	8.47	8.31	7.94	7.73	7.59	7.54	7.54	7.56	7.91		8.64	7.98	7.56
H1 lead leg	R	strides	22	14	14	14	15	15	15	15	15	15	18.2	171.2				
<b>Copello, Yasmani (TUR) (1987)</b>																		
<b>FINAL - 2023 Bauhaus Galan (Stockholm, SWE)</b>														<i>Omega Timing (2023) - diamond league race analysis</i>				
date	02-Jul-23	time	5.97	9.76	13.61	17.44	21.42	25.58	30.00	34.66	39.61	44.61		50.59	2 / 8			
reaction time	0.186	interval	3.79	3.85	3.83	3.98	4.16	4.42	4.66	4.95	5.00	5.98				11.47	12.56	14.61
		velocity	7.54	9.23	9.09	9.14	8.79	8.41	7.92	7.51	7.07	7.00	6.69	7.91		9.15	8.36	7.19
H1 lead leg	R	strides	20	13	13	13	13	14	15	15	15	15	116					
<b>Gonigam, Philippe (FRA) (1963)</b>																		
<b>FINAL - 1987 French National Championships (Annecy, FRA)</b>														<i>Veney - split times from PJ</i>				
date	09-Aug-87	time	6.15	10.12	14.23	18.46	22.68	26.94	31.30	35.69	40.33	45.01		50.60	1 / 2			
reaction time		interval	3.97	4.11	4.23	4.22	4.26	4.36	4.39	4.64	4.68	5.59				12.31	12.84	13.71
		velocity	7.32	8.82	8.52	8.27	8.29	8.22	8.03	7.97	7.54	7.48	7.16	7.91		8.53	8.18	7.66
H1 lead leg		strides	22	15	15	15	15	15	15	15	15	16	158					
<b>Yoshida, Kazuaki (JPN) (1987)</b>																		
<b>FINAL - 2016 Kansai Business Championships (Osaka, JPN)</b>														<i>(2017) - tfdata-store.com/2017/05/22/post-605/</i>				
date	20-May-16	time	6.20	10.12	14.08	18.08	22.27	26.71	31.11	35.58	40.21	44.99		50.60	6 / 2			
reaction time		interval	3.92	3.96	4.00	4.19	4.44	4.40	4.47	4.63	4.78	5.61				11.88	13.03	13.88
		velocity	7.26	8.93	8.84	8.75	8.35	7.88	7.95	7.83	7.56	7.32	7.13	7.91		8.84	8.06	7.56
H1 lead leg		strides	13	13	13	13	15	15	15	15	15	15	127					
<b>Holmes, TJ (USA) (1995)</b>																		
<b>FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)</b>														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	13-Jun-19	time	6.05	9.71	13.48	21.35	23.0	25.48	29.86	34.26	39.44	44.48		50.60	5 / 7			
reaction time	0.292	interval	3.66	3.77	7.87	8.89	8.70	8.47	7.99	7.95	6.76	6.94	6.54	7.91				14.62
		velocity	7.44	9.56	9.28	8.89	8.70	8.47	7.99	7.95	6.76	6.94	6.54	7.91				7.18
H1 lead leg	L	strides	19	13	13	13	13	13	13	13	15	15	18	132				
<b>Matsushita, Yuki (JPN) (1991)</b>																		
<b>FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)</b>														<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>				
date	23-Aug-20	time	6.14	9.91	13.78	17.82	22.01	26.36	30.83	35.42	40.09	44.89		50.60	7 / 5			
reaction time	0.147	interval	3.77	3.87	4.04	4.19	4.35	4.47	4.59	4.67	4.80	5.71				11.68	13.01	14.06
		velocity	7.33	9.28	9.04	8.66	8.35	8.05	7.83	7.63	7.49	7.29	7.01	7.91		8.99	8.07	7.47
H1 lead leg		strides	13	13	13	13	14	14	15	15	15	15	125					
<b>Inoue, Kakeru (JPN) (1996)</b>																		
<b>B FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)</b>														<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>				
date	24-Oct-20	time	6.18	10.09	14.13	18.18	22.34	26.68	31.13	35.72	40.44	45.20		50.60	1 / 1			
reaction time		interval	3.91	4.04	4.05	4.16	4.34	4.45	4.59	4.72	4.76	5.40				12.00	12.95	14.07
		velocity	7.28	8.95	8.66	8.64	8.41	8.06	7.87	7.63	7.42	7.35	7.41	7.91		8.75	8.11	7.46
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	18.7	164.7				
<b>Pirjahan, Mahdi (IRI) (1999)</b>																		
<b>FINAL - West Asian Championships - 2024 Seashore Doha Meeting (Doha, QAT)</b>														<i>Omega Timing (2024) - diamond league race analysis</i>				
date	10-May-24	time	6.34	10.08	14.00	18.10	22.33	26.50	30.85	35.28	39.82	44.48		50.60	6 / 2			
reaction time	0.166	interval	3.74	3.92	4.10	4.23	4.17	4.35	4.43	4.54	4.66	6.12				11.76	12.75	13.63
		velocity	7.10	9.36	8.93	8.54	8.27	8.39	8.05	7.90	7.71	7.51	6.54	7.91		8.93	8.24	7.70
H1 lead leg		strides											0					
<b>Mucheru, Bonface (KEN) (1992)</b>																		
<b>FINAL - 2017 Doha Diamond League (Doha, QAT) (TV Analysis)</b>														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	05-May-17	time	6.23	10.16	14.16	18.23	22.40	26.66	31.03	35.50	40.10	44.86		50.61	3 / 7			
reaction time	0.155	interval	3.93	4.00	4.07	4.17	4.26	4.37	4.47	4.60	4.76	5.75				12.00	12.80	13.83
		velocity	7.22	8.91	8.75	8.60	8.39	8.22	8.01	7.83	7.61	7.35	6.96	7.90		8.75	8.20	7.59
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	15	18.5	175.5				
<b>Kawagoe, Hiroya (JPN) (1997)</b>																		
<b>FINAL - 2020 Japanese National Championships (Niigata, JPN)</b>														<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>				
date	02-Oct-20	time	6.07	9.96	13.98	18.02	22.19	26.59	31.05	35.57	40.24	45.05		50.61	7 / 6			
reaction time	0.170	interval	3.89	4.02	4.04	4.17	4.40	4.46	4.52	4.67	4.81	5.56				11.95	13.03	14.00
		velocity	7.41	9.00	8.71	8.66	8.39	7.95	7.85	7.74	7.49	7.28	7.19	7.90		8.79	8.06	7.50
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	19	171				

Kawagoe, Hiroya (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 Michitaka Kinami Memorial (Osaka, JPN)		Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																
date	01-Jun-21	time	6.21	10.14	14.11	18.17	22.36	26.63	31.06	35.59	40.29	45.10		50.61	4 / 3			
reaction time	0.182	interval	3.93	3.97	4.06	4.19		4.27	4.43	4.53	4.70	4.81	5.51			11.96	12.89	14.04
		velocity	7.25	8.91	8.82	8.62	8.35		8.20	7.90	7.73	7.45	7.28	7.90		8.78	8.15	7.48
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	18.5	170.5				
Jackson, Bershawn (USA) (1983)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2018 Weltklasse (Zürich, SUI) (TV Analysis)		Henson (2020) - Athlete First: 2018 year end hurdle report																
date	30-Aug-18	time	5.76	9.68	13.80	18.00	22.32	24.2	26.56	30.84		39.80	44.72	50.63	2 / 7			
reaction time	0.140	interval	3.92	4.12	4.20	4.32		4.24	4.28		8.96	4.92	5.91			12.24	12.84	13.88
		velocity	7.81	8.93	8.50	8.33	8.10	8.26	8.25	8.18		7.81	7.11	6.77	7.90	8.58	8.18	7.56
H1 lead leg	L	strides	22	15	15	15	15	15	15	15		16	113					
Toyoda, Masaki (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 All Japan Corporate Championships (Kumagaya, JPN)		Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																
date	20-Sep-20	time	6.22	10.16	14.18	18.42	22.66	26.91	31.10	35.64	40.34	45.05		50.63	7 / 3			
reaction time	0.242	interval	3.94	4.02	4.24	4.24		4.25	4.19	4.54	4.70	4.71	5.58			12.20	12.68	13.95
		velocity	7.23	8.88	8.71	8.25	8.25		8.24	8.35	7.71	7.45	7.43	7.17	7.90	8.61	8.28	7.53
H1 lead leg		strides		14	14	14	14		14	14	15	15	15	129				
Ozaki, Yusuke (JPN) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>B FINAL</b> - 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	6.26	10.11	14.01	18.00	22.16	26.38	30.83	35.37	40.14	44.98		50.63	2 / 2			
reaction time		interval	3.85	3.90	3.99	4.16		4.22	4.45	4.54	4.77	4.84	5.65			11.74	12.83	14.15
		velocity	7.19	9.09	8.97	8.77	8.41		8.29	7.87	7.71	7.34	7.23	7.08	7.90	8.94	8.18	7.42
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	17	17	21	182			
Luck, Jay (USA) (1940)		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</b> - 1964 Olympic Games (Tokyo, JPN)		Breitschaft (1965) - die leichtathletik wettkampe der 1964 olympischen sommerspielen - 400m hürdenlauf																
date	16-Oct-64	time	5.7		13.8		22.0			30.5		39.6		50.5	3 / 5			
reaction time		interval			8.1		8.2			8.5		9.1		10.9				
		velocity	7.89		8.64		8.54			8.24		7.69		6.88	7.92			
H1 lead leg		strides																
Kishimoto, Takayuki (JPN) (1990)		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</b> - 2008 Japanese National High School Championships (Kumagaya, JPN)		Abe (2008) - 61st high school championships: JAF scientific committee - biomechanics data																
date	31-Jul-08	time	6.06	10.08	14.24	18.51	22.91	27.37	31.75	36.21	40.75	45.40		50.64	1 / 1			
reaction time		interval	4.02	4.16	4.27	4.40		4.46	4.38	4.46	4.54	4.65	5.24			12.45	13.24	13.65
		velocity	7.43	8.71	8.41	8.20	7.95		7.85	7.99	7.85	7.71	7.53	7.63	7.90	8.43	7.93	7.69
H1 lead leg		strides	15	15	15	15	15	15	15	15	15	15	15	135				
Cai Jungi (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 East China District Meeting (Zhaqing, CHN)		CAA Hurdle Development (2021)																
date	25-Apr-21	time	6.26	10.34	14.50	18.70	23.03	27.38	31.80	36.27	40.80	45.33		50.64	7 / 1			
reaction time	0.178	interval	4.08	4.16	4.20	4.33		4.35	4.42	4.47	4.53	4.53	5.31			12.44	13.10	13.53
		velocity	7.19	8.58	8.41	8.33	8.08		8.05	7.92	7.83	7.73	7.73	7.53	7.90	8.44	8.02	7.76
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	18.5	175.5				
Fuchigami, Syota (JPN) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2023 Japanese National High School Championships (Sapporo, JPN)		Takashima (2023) - national high school sports festival - biomechanics data																
date	04-Aug-23	time	6.02	9.81	13.65	17.62	21.62	25.84	30.21	34.73	39.49	44.54		50.64	6 / 2			
reaction time	0.221	interval	3.79	3.84	3.97	4.00		4.22	4.37	4.52	4.76	5.05	6.10			11.60	12.59	14.33
		velocity	7.48	9.23	9.11	8.82	8.75		8.29	8.01	7.74	7.35	6.93	6.56	7.90	9.05	8.34	7.33
H1 lead leg		strides	21	14	14	14	14		15	15	15	15	21	173				
Nozawa, Keisuke (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Seiko Golden Grand Prix (Osaka, JPN)		Hirokawa (2019) - research on athlete performance and technique- 2019 data book																
date	19-May-19	time	6.14	9.91	13.88	17.87	21.99	26.14	30.46	35.02	39.98	44.94		50.65	6 / 2			
reaction time	0.254	interval	3.77	3.97	3.99	4.12		4.15	4.32	4.56	4.96	4.96	5.71			11.73	12.59	14.48
		velocity	7.33	9.28	8.82	8.77	8.50		8.43	8.10	7.68	7.06	7.06	7.01	7.90	8.95	8.34	7.25
H1 lead leg	L	strides	21	14	14	14	14		14	14	14	16	15	19	169			
Shang Shou (CHN) (1995)		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</b> - 2020 Chinese National Championships (Shaoxing, CHN)		CAA Hurdle Development (2020)																
date	17-Sep-20	time	6.21	10.17	14.29	18.46	22.75	27.21	31.58	36.08	40.67	45.25		50.65	4 / 2			
reaction time		interval	3.96	4.12	4.17	4.29		4.46	4.37	4.50	4.59	4.58	5.40			12.25	13.12	13.67
		velocity	7.25	8.84	8.50	8.39	8.16		7.85	8.01	7.78	7.63	7.64	7.41	7.90	8.57	8.00	7.68
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	18	169				
Kawakita, Naohiro (JPN) (1980)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2005 Japanese National Championships (Tokyo, JPN)		Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers																
date	04-Jun-05	time	6.14	10.06	14.06	18.10	22.22	26.52	31.07	35.71	40.40	45.24		50.66	1 / 3			
reaction time		interval	3.92	4.00	4.04	4.12		4.30	4.55	4.64	4.69	4.84	5.42			11.96	12.97	14.17
		velocity	7.33	8.93	8.75	8.66	8.50		8.14	7.69	7.54	7.46	7.23	7.38	7.90	8.78	8.10	7.41
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	125				

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Kawagoe, Hiroya (JPN) (1997)</b>																		
<b>FINAL - 2022 Seiko Golden Grand Prix (Tokyo, JPN)</b>														<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>				
date	08-May-22	time	5.97	9.73	13.70	17.67	21.79	26.21	30.76	35.40	40.12	45.01		50.66	8 / 9			
reaction time	0.177	interval		3.76	3.97	3.97	4.12	4.42	4.55	4.64	4.72	4.89	5.65			11.70	13.09	14.25
		velocity	7.54	9.31	8.82	8.82	8.50	7.92	7.69	7.54	7.42	7.16	7.08	7.90		8.97	8.02	7.37
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18.2	170.2				
<b>Kishimoto, Takayuki (JPN) (1990)</b>																		
<b>Heat 2 - 2022 World Athletics Championships (Eugene, OR)</b>														<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>				
date	16-Jul-22	time	5.99	9.81	13.75	17.82	22.06	23.76	26.39	30.83	35.47	40.17	45.03	50.66	2 / 6			
reaction time	0.117	interval		3.82	3.94	4.07	4.24	4.33	4.44	4.64	4.70	4.86	5.63			11.83	13.01	14.20
		velocity	7.51	9.16	8.88	8.60	8.25	8.42	8.08	7.88	7.54	7.45	7.20	7.10	7.90	8.88	8.07	7.39
H1 lead leg		strides		13	13	13	13	14	14	15	15	15	15	125				
<b>Schiller, Udo (GER) (1967)</b>																		
<b>FINAL - 1991 European Cup (Frankfurt, GER)</b>														<i>Federle (2003) - http://www.fgs.uni-halle.de</i>				
date	29-Jun-91	time	6.27	10.19	14.15	18.11	22.23	26.53	31.04	35.62	40.26	45.02		50.67	/ 6			
reaction time		interval		3.92	3.96	3.96	4.12	4.30	4.51	4.58	4.64	4.76	5.65			11.84	12.93	13.98
		velocity	7.18	8.93	8.84	8.84	8.50	8.14	7.76	7.64	7.54	7.35	7.08	7.89		8.87	8.12	7.51
H1 lead leg		strides																
<b>Ina, Sota (JPN) (2000)</b>																		
<b>B FINAL - 2020 World Athletics Trials (Fuji, JPN)</b>														<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>				
date	06-Sep-20	time	6.24	10.26	14.18	18.28	22.51	26.78	31.18	35.84	40.59	45.33		50.67	7 / 3			
reaction time		interval		4.02	3.92	4.10	4.23	4.27	4.40	4.66	4.75	4.74	5.34			12.04	12.90	14.15
		velocity	7.21	8.71	8.93	8.54	8.27	8.20	7.95	7.51	7.37	7.38	7.49	7.89		8.72	8.14	7.42
H1 lead leg	R	strides	21	13	13	14	14	14	14	15	15	15	18	166				
<b>Smidt, Nick (NED) (1997)</b>																		
<b>FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)</b>														<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>				
date	17-Sep-20	time	5.91	9.81		22.05	24.0		31.06	35.67	40.34	45.11		50.67	3 / 8			
reaction time	0.144	interval		3.90		12.24			9.01	4.61	4.67	4.77	5.56					14.05
		velocity	7.61	8.97		8.58	8.33		7.77	7.59	7.49	7.34	7.19	7.89				7.47
H1 lead leg	L	strides	20	13						14	14	14	17.2	92.2				
<b>Kawamura, Hideaki (JPN) (1974)</b>																		
<b>Heat 4 - 2000 Olympic Games (Sydney, AUS)</b>														<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>				
date	24-Sep-00	time	5.96	9.68	13.80	17.52	21.52	25.64	30.04	34.60	39.68	44.72		50.68	4 / 4			
reaction time	0.172	interval		3.72	4.12	3.72	4.00	4.12	4.40	4.56	5.08	5.04	5.96			11.56	12.52	14.68
		velocity	7.55	9.41	8.50	9.41	8.75	8.50	7.95	7.68	6.89	6.94	6.71	7.89		9.08	8.39	7.15
H1 lead leg		strides	21	14	14	14	14	15	15	15	17	16	20	175				
<b>Nozawa, Keisuke (JPN) (1991)</b>																		
<b>FINAL - 2017 Nambu Memorial (Sapporo, JPN)</b>														<i>(2017) - tfdata-store.com/2017/07/11/post-1019/</i>				
date	09-Jul-17	time	5.99	9.69	13.47	17.32	21.34	25.50	29.77	34.25	39.04	44.30		50.68	8 / 6			
reaction time		interval		3.70	3.78	3.85	4.02	4.16	4.27	4.48	4.79	5.26	6.38			11.33	12.45	14.53
		velocity	7.51	9.46	9.26	9.09	8.71	8.41	8.20	7.81	7.31	6.65	6.27	7.89		9.27	8.43	7.23
H1 lead leg	L	strides	21	13	13	13	14	14	14	14	15	16	20	167				
<b>Birchman, Jonathan (USA) (2001)</b>																		
<b>Heat 4 - 2024 USA Olympic Trials (Eugene, OR)</b>														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	27-Jun-24	time	6.12	10.09	14.20	18.47	22.66	24.48	26.85	31.25	35.88	40.63	45.30	50.68	6 / 3			
reaction time		interval		3.97	4.11	4.27	4.19	4.19	4.40	4.63	4.75	4.67	5.38			12.35	12.78	14.05
		velocity	7.35	8.82	8.52	8.20	8.35	8.17	8.35	7.95	7.56	7.37	7.49	7.43	7.89	8.50	8.22	7.47
H1 lead leg	L	strides	21	14	14	14	14	14	15	15	15	15	18	169				
<b>Tsutsue, Kaito (JPN) (1998)</b>																		
<b>FINAL - 2021 Japanese National Championships (Osaka, JPN)</b>														<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>				
date	26-Jun-21	time	6.04	9.84	13.73	17.68	21.81	26.11	30.41	35.00	39.77	44.83		50.69	2 / 6			
reaction time	0.195	interval		3.80	3.89	3.95	4.13	4.30	4.30	4.59	4.77	5.06	5.86			11.64	12.73	14.42
		velocity	7.45	9.21	9.00	8.86	8.47	8.14	8.14	7.63	7.34	6.92	6.83	7.89		9.02	8.25	7.28
H1 lead leg	R	strides	23	13	13	13	14	14	14	15	15	15	19	168				
<b>Maillard, Sébastien (FRA) (1981)</b>																		
<b>Semi-Final 3 - 2003 IAAF World Championships (Paris, FRA)</b>														<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>				
date	27-Aug-03	time	5.9	9.6	13.4	17.3	21.4	25.6	30.0	34.6				50.70	8 / 8			
reaction time	0.186	interval		3.7	3.8	3.9	4.1	4.2	4.4	4.6			16.10			11.40	12.70	
		velocity	7.63	9.46	9.21	8.97	8.54	8.33	7.95	7.61			6.83	7.89		9.21	8.27	
H1 lead leg		strides	21	14	14	14	14	15	15	15	16	16	19.5	173.5				
<b>Ferguson, Kenneth (USA) (1984)</b>																		
<b>FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)</b>														<i>USATF Women's Sprint Development (2003)</i>				
date	22-Jun-03	time	6.34	10.39	14.51	18.73	23.14	27.36	31.39	35.60	39.96	44.68		50.70	7 / 1			
reaction time		interval		4.05	4.12	4.22	4.41	4.22	4.03	4.21	4.36	4.72	6.02			12.39	12.66	13.29
		velocity	7.10	8.64	8.50	8.29	7.94	8.29	8.68	8.31	8.03	7.42	6.64	7.89		8.47	8.29	7.90
H1 lead leg		strides																

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Wang Yijie (CHN) (1997)</b>																		
<b>FINAL</b> - 2019 Chinese National Grand Prix Final (Daqing, CHN)		CAA Hurdle Development (2019)																
date	23-Aug-19	time	6.12	10.05	13.95	18.03	22.27	26.64	31.16	35.70	40.35	45.11		50.70	4 / 1			
reaction time	0.218	interval		3.93	3.90	4.08	4.24	4.37	4.52	4.54	4.65	4.76	5.59			11.91	13.13	13.95
		velocity	7.35	8.91	8.97	8.58	8.25	8.01	7.74	7.71	7.53	7.35	7.16	7.89		8.82	8.00	7.53
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	18.3	171.3				
<b>Okamura, Kunihiro (JPN) (2000)</b>																		
<b>FINAL</b> - 2022 Japanese National Championships (Osaka, JPN)		Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																
date	11-Jun-22	time	6.16	9.91	13.78	17.77	21.87	26.26	30.70	35.37	40.21	45.10		50.70	2 / 8			
reaction time	0.212	interval		3.75	3.87	3.99	4.10	4.39	4.44	4.67	4.84	4.89	5.60			11.61	12.93	14.40
		velocity	7.31	9.33	9.04	8.77	8.54	7.97	7.88	7.49	7.23	7.16	7.14	7.89		9.04	8.12	7.29
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	146					
<b>Isakov, Erkinjon (UZB) (1974)</b>																		
<b>Heat 3</b> - 2000 Olympic Games (Sydney, AUS)		Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																
date	24-Sep-00	time	6.10	10.14	14.14	18.30	22.62	26.70	31.18	35.74	40.34	45.02		50.71	5 / 5			
reaction time	0.182	interval		4.04	4.00	4.16	4.32	4.08	4.48	4.56	4.60	4.68	5.69			12.20	12.88	13.84
		velocity	7.38	8.66	8.75	8.41	8.10	8.58	7.81	7.68	7.61	7.48	7.03	7.89		8.61	8.15	7.59
H1 lead leg		strides	22	14	14	14	14	14	14	15	15	15	151					
<b>Santos, Juander (DOM) (1995)</b>																		
<b>FINAL</b> - 2018 Meeting de Paris (Paris, FRA) (TV Analysis)		Henson (2020) - Athlete First: 2018 year end hurdle report																
date	05-Jul-18	time	5.92	9.72	13.60	17.64	21.72	23.5	25.92	30.36	34.96	39.84	44.80		50.71	1 / 8		
reaction time	0.168	interval		3.80	3.88	4.04	4.08	4.20	4.44	4.60	4.88	4.96	5.91			11.72	12.72	14.44
		velocity	7.60	9.21	9.02	8.66	8.58	8.51	8.33	7.88	7.61	7.17	7.06	6.77	7.89	8.96	8.25	7.27
H1 lead leg	L	strides	22	14	14	14	14	14	15	15	16	16	19	173				
<b>Feng Zhiqiang (CHN) (1998)</b>																		
<b>Heat 2</b> - 2019 Asian Athletics Championships (Doha, QAT)		CAA Hurdle Development (2019)																
date	21-Apr-19	time	5.99	9.91	13.83	17.88	22.10	26.51	31.09	35.68	40.36	45.15		50.71	7 / 6			
reaction time	0.199	interval		3.92	3.92	4.05	4.22	4.41	4.58	4.59	4.68	4.79	5.56			11.89	13.21	14.06
		velocity	7.51	8.93	8.93	8.64	8.29	7.94	7.64	7.63	7.48	7.31	7.19	7.89		8.83	7.95	7.47
H1 lead leg	L	strides	20	13	13	13	13	13	14	14	15	15	17.5	160.5				
<b>Paul, Jacob (GBR) (1995)</b>																		
<b>FINAL</b> - 2019 Müller Grand Prix (Birmingham, GBR) (TV Analysis)		Henson (2020) - Athlete First: 2019 year end hurdle report																
date	18-Aug-19	time	6.04	9.92	13.88	17.88	22.04	23.9	26.20		35.20	40.00	44.92		50.71	1 / 7		
reaction time	0.156	interval		3.88	3.96	4.00	4.16	4.16	4.16	9.00	4.80	4.92	5.79			11.84		
		velocity	7.45	9.02	8.84	8.75	8.41	8.37	8.41	7.78	7.29	7.11	6.91	7.89		8.87		
H1 lead leg	L	strides	21	14	14	14	14	14	14	14	15	15	135					
<b>Kawagoe, Hiroya (JPN) (1997)</b>																		
<b>FINAL</b> - 2021 Japanese National Championships (Osaka, JPN)		Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																
date	26-Jun-21	time	6.06	9.93	13.96	18.05	22.26	26.64	31.16	35.82	40.57	45.40		50.71	3 / 7			
reaction time	0.191	interval		3.87	4.03	4.09	4.21	4.38	4.52	4.66	4.75	4.83	5.31			11.99	13.11	14.24
		velocity	7.43	9.04	8.68	8.56	8.31	7.99	7.74	7.51	7.37	7.25	7.53	7.89		8.76	8.01	7.37
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	152					
<b>Moritaka, Sojiro (JPN) (2003)</b>																		
<b>FINAL</b> - 2022 Japanese U20 National Championships (Osaka, JPN)		Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																
date	11-Jun-22	time	6.11	10.13	14.20	18.35	22.56	26.92	31.40	36.02	40.61	45.38		50.71	8 / 2			
reaction time	0.216	interval		4.02	4.07	4.15	4.21	4.36	4.48	4.62	4.59	4.77	5.33	PB		12.24	13.05	13.98
		velocity	7.36	8.71	8.60	8.43	8.31	8.03	7.81	7.58	7.63	7.34	7.50	7.89		8.58	8.05	7.51
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	16	20	174				
<b>Nakai, Shuta (JPN) (2001)</b>																		
<b>FINAL</b> - 2023 Japanese National Championships (Osaka, JPN)		Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																
date	03-Jun-23	time	6.27	10.03	13.81	17.72	21.74	25.99	30.43	35.09	39.91	44.89		50.71	9 / 7			
reaction time	0.222	interval		3.76	3.78	3.91	4.02	4.25	4.44	4.66	4.82	4.98	5.82			11.45	12.71	14.46
		velocity	7.18	9.31	9.26	8.95	8.71	8.24	7.88	7.51	7.26	7.03	6.87	7.89		9.17	8.26	7.26
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	146					
<b>Brinkley, Chris (USA) (2003)</b>																		
<b>Heat 2</b> - 2024 USA Olympic Trials (Eugene, OR)		USATF and Karmarush (2024) - USA Olympic trials results and race analysis																
date	27-Jun-24	time	6.13	9.92	13.87	17.84	21.90	23.83	26.15	30.59	35.40	40.14	44.96		50.71	4 / 4		
reaction time		interval		3.79	3.95	3.97	4.06	4.25	4.44	4.81	4.74	4.82	5.75			11.71	12.75	14.37
		velocity	7.34	9.23	8.86	8.82	8.62	8.39	8.24	7.88	7.28	7.38	7.26	6.96	7.89	8.97	8.24	7.31
H1 lead leg	L	strides	22	13	13	13	14			15	15	15	19	139				
<b>Tinsley, Michael (USA) (1984)</b>																		
<b>FINAL</b> - 2016 London Anniversary Games (London, GBR) (TV Analysis)		Henson (2020) - Athlete First: 2016 year end hurdle report																
date	23-Jul-16	time	5.80	9.60	13.28	17.16	21.32		25.68	30.12	34.60	39.32	44.28		50.72	4 / 8		
reaction time	0.188	interval		3.80	3.68	3.88	4.16	4.36	4.44	4.48	4.72	4.96	6.44			11.36	12.96	14.16
		velocity	7.76	9.21	9.51	9.02	8.41	8.03	7.88	7.81	7.42	7.06	6.21	7.89		9.24	8.10	7.42
H1 lead leg	L	strides	21	13	13	13	14	14	14	14	14	15	145					

Feng Zhiqiang (CHN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Nanjing World Challenge (Nanjing, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	21-May-19	time	6.20	10.06	13.96	17.93	22.10	26.46	31.10		40.56	45.40		50.72	2 / 7			
reaction time		interval		3.86	3.90	3.97	4.17	4.36	4.64		9.46	4.84	5.32			11.73	13.17	14.30
		velocity	7.26	9.07	8.97	8.82	8.39	8.03	7.54		7.40	7.23	7.52	7.89		8.95	7.97	7.34
H1 lead leg	L	strides		13	13	13	13	13	14				17.2	96.2				
Wang Yijie (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1</b> - 2019 Chinese National Championships (Shenyang, CHN) <i>CAA Hurdle Development (2019)</i>																		
date	09-Jul-19	time	6.08	10.05	13.99	18.07	22.19	26.54	30.95	35.50	40.21	45.06		50.72	6 / 1			
reaction time	0.166	interval		3.97	3.94	4.08	4.12	4.35	4.41	4.55	4.71	4.85	5.66	PB		11.99	12.88	14.11
		velocity	7.40	8.82	8.88	8.58	8.50	8.05	7.94	7.69	7.43	7.22	7.07	7.89		8.76	8.15	7.44
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	18.8	171.8				
Ogawa, Daiki (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2022 Japanese U20 National Championships (Osaka, JPN) <i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																		
date	11-Jun-22	time	6.12	10.14	14.18	18.26	22.46	26.76	31.11	35.74	40.57	45.41		50.72	7 / 3			
reaction time	0.173	interval		4.02	4.04	4.08	4.20	4.30	4.35	4.63	4.83	4.84	5.31			12.14	12.85	14.30
		velocity	7.35	8.71	8.66	8.58	8.33	8.14	8.05	7.56	7.25	7.23	7.53	7.89		8.65	8.17	7.34
H1 lead leg	L	strides	22	14	14	15	15	15	15	15	17	17	20.2	179.2				
Nakai, Shuta (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</b> - 2023 Seiko Golden Grand Prix (Yokohama, JPN) <i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																		
date	21-May-23	time	6.22	10.06	13.96	18.00	22.16	26.48	30.93	35.45	40.24	45.05		50.72	2 / 8			
reaction time	0.174	interval		3.84	3.90	4.04	4.16	4.32	4.45	4.52	4.79	4.81	5.67			11.78	12.93	14.12
		velocity	7.23	9.11	8.97	8.66	8.41	8.10	7.87	7.74	7.31	7.28	7.05	7.89		8.91	8.12	7.44
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	18	164				
Kendziera, Dave (USA) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 5</b> - 2024 USA Olympic Trials (Eugene, OR) <i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																		
date	27-Jun-24	time	5.84	9.56	13.52	17.56	21.62	23.48	25.83	30.28	35.05	39.98	44.96	50.72	3 / 2			
reaction time		interval		3.72	3.96	4.04	4.06	4.21	4.45	4.77	4.93	4.98	5.76			11.72	12.72	14.68
		velocity	7.71	9.41	8.84	8.66	8.62	8.52	8.31	7.87	7.34	7.10	7.03	6.94	7.89	8.96	8.25	7.15
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	14	15	18	159				
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3</b> - 2024 Olympic Games (Paris, FRA) <i>Paris 2024 Olympic Games - Results Book (2024)</i>																		
date	05-Aug-24	time	5.98	9.73	13.50	17.34	21.36	25.58	30.08	34.80	39.76	44.86		50.72	4 / 8			
reaction time	0.224	interval		3.75	3.77	3.84	4.02	4.22	4.50	4.72	4.96	5.10	5.86			11.36	12.74	14.78
		velocity	7.53	9.33	9.28	9.11	8.71	8.29	7.78	7.42	7.06	6.86	6.83	7.89		9.24	8.24	7.10
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	15	15	19	162				
Borsumato, Anthony (GBR) (1973)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 6</b> - 2000 Olympic Games (Sydney, AUS) <i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																		
date	24-Sep-00	time	6.10	9.86	13.74	17.70	21.70	25.90	30.50	35.02	39.90		50.73	4 / 5				
reaction time	0.155	interval		3.76	3.88	3.96	4.00	4.20	4.60	4.52	4.88					11.60	12.80	
		velocity	7.38	9.31	9.02	8.84	8.75	8.33	7.61	7.74	7.17		7.88			9.05	8.20	
H1 lead leg		strides	21	13	13	13	13	14	15	15	16		133					
Oda, Masaya (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 Seiko Golden Grand Prix (Tokyo, JPN) <i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	23-Aug-20	time	6.01	9.76	13.56	17.57	21.77	26.08	30.51	35.14	39.92	45.05		50.73	9 / 6			
reaction time	0.159	interval		3.75	3.80	4.01	4.20	4.31	4.43	4.63	4.78	5.13	5.68			11.56	12.94	14.54
		velocity	7.49	9.33	9.21	8.73	8.33	8.12	7.90	7.56	7.32	6.82	7.04	7.88		9.08	8.11	7.22
H1 lead leg		strides		14	14	14	14	14	14	15	15	16	130					
Ye Anan (CHN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 Chinese Olympic Trials (Shaoxing, CHN) <i>CAA Hurdle Development (2021)</i>																		
date	13-Jun-21	time	6.09	9.98	14.13	18.20	22.49	26.86	31.41	36.02	40.62	45.24		50.73	5 / 4			
reaction time	0.215	interval		3.89	4.15	4.07	4.29	4.37	4.55	4.61	4.60	4.62	5.49	PB		12.11	13.21	13.83
		velocity	7.39	9.00	8.43	8.60	8.16	8.01	7.69	7.59	7.61	7.58	7.29	7.88		8.67	7.95	7.59
H1 lead leg	L	strides	22	14	14	14	14	14	15	15	15	15	18.2	170.2				
Fukamachi, Hidai (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 Japanese U20 National Championships (Osaka, JPN) <i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	26-Jun-21	time	6.22	10.19	14.10	18.10	22.19	26.43	30.81	35.39	40.14	45.03		50.73	4 / 3			
reaction time	0.220	interval		3.97	3.91	4.00	4.09	4.24	4.38	4.58	4.75	4.89	5.70	PB		11.88	12.71	14.22
		velocity	7.23	8.82	8.95	8.75	8.56	8.25	7.99	7.64	7.37	7.16	7.02	7.88		8.84	8.26	7.38
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	16	16	19.5	173.5				
Jordan-Bacot, Quivell (USA) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2023 USATF National Championships (Eugene, OR) (TV Analysis) <i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	09-Jul-23	time	5.94	9.67	13.61	17.58	21.65	26.06		35.16	39.97	44.84		50.73	2 / 8			
reaction time		interval		3.73	3.94	3.97	4.07	4.41		9.10	4.81	4.87	5.89			11.64		
		velocity	7.58	9.38	8.88	8.82	8.60	7.94		7.69	7.28	7.19	6.79	7.88		9.02		
H1 lead leg	L	strides	21	13	13	13	13				15	15	103					

Matulonis, Ryan (USA) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 5 - 2024 USA Olympic Trials (Eugene, OR)</b>		<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	5.79	9.54	13.42	17.49	21.76	23.74	26.27	30.85	35.61	40.49	45.14	50.73	6 / 3			
reaction time		interval		3.75	3.88	4.07	4.27		4.51	4.58	4.76	4.88	4.65	5.59		11.70	13.36	14.29
		velocity	7.77	9.33	9.02	8.60	8.20	8.42	7.76	7.64	7.35	7.17	7.53	7.16	7.88	8.97	7.86	7.35
H1 lead leg	L	strides	20	13	13	13	14		14	14	14	15	15	18	163			
<b>Hamed, Zaid Abou (SYR) (1970)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 7 - 2000 Olympic Games (Sydney, AUS)</b>		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	24-Sep-00	time	6.08	10.08	14.20	18.36	22.76		27.04	31.60	36.04	40.68		50.74	3 / 5			
reaction time	0.117	interval		4.00	4.12	4.16	4.40		4.28	4.56	4.44	4.64				12.28	13.24	
		velocity	7.40	8.75	8.50	8.41	7.95		8.18	7.68	7.88	7.54		7.88		8.55	7.93	
H1 lead leg		strides	21	14	14	14	14		14	15	15	15		136				
<b>Carne, Ben (GBR) (1986)</b>		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 - 2007 European Cup (Munich, GER)</b>		<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																
date	23-Jun-07	time	6.15	10.13	14.06	18.10	22.30		26.56	30.93	35.50	40.17	45.06	50.74	1 / 6			
reaction time	0.212	interval		3.98	3.93	4.04	4.20		4.26	4.37	4.57	4.67	4.89	5.68		11.95	12.83	14.13
		velocity	7.32	8.79	8.91	8.66	8.33		8.22	8.01	7.66	7.49	7.16	7.04	7.88	8.79	8.18	7.43
H1 lead leg		strides																
<b>Baluch, Matej (SVK) (2000)</b>		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 Golden Spike (Ostrava, CZE) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																
date	08-Sep-20	time	6.00	9.78		17.55	21.55		30.26	35.13	40.07	45.14		50.74	4 / 4			
reaction time	0.154	interval		3.78		7.77	4.00		8.71	4.87	4.94	5.07	5.60	=PB		11.55	12.71	14.88
		velocity	7.50	9.26		9.01	8.75		8.04	7.19	7.09	6.90	7.14	7.88		9.09	8.26	7.06
H1 lead leg	R	strides	23	15		15					17	17		87				
<b>Hashimoto, Ryosei (JPN)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)</b>		<i>Takashima (2023) - national high school sports festival - biomechanics data</i>																
date	04-Aug-23	time	6.17	10.23	14.36	18.50	22.72		27.08	31.50	36.00	40.66	45.40	50.74	4 / 3			
reaction time	0.206	interval		4.06	4.13	4.14	4.22		4.36	4.42	4.50	4.66	4.74	5.34		12.33	13.00	13.90
		velocity	7.29	8.62	8.47	8.45	8.29		8.03	7.92	7.78	7.51	7.38	7.49	7.88	8.52	8.08	7.55
H1 lead leg		strides	20	15	15	15	15		15	15	15	15	15	18	173			
<b>Shang Shou (CHN) (1995)</b>		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 Chinese National Grand Prix 1 (Zhaoqing, CHN)</b>		<i>CAA Hurdle Development (2019)</i>																
date	08-Apr-19	time	6.35	10.47	14.53	18.68	22.97		27.41	31.84	36.47	41.06	45.68	50.75	7 / 2			
reaction time	0.213	interval		4.12	4.06	4.15	4.29		4.44	4.43	4.63	4.59	4.62	5.07		12.33	13.16	13.84
		velocity	7.09	8.50	8.62	8.43	8.16		7.88	7.90	7.56	7.63	7.58	7.89	7.88	8.52	7.98	7.59
H1 lead leg	L	strides	22	15	16	16	16		16	16	15	15	15	180				
<b>Ferguson, Kenneth (USA) (1984)</b>		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 - 2006 USATF National Championships (Indianapolis, IN)</b>		<i>USATF Men's Hurdle Development (2006)</i>																
date	24-Jun-06	time	5.86	9.61	13.46	17.35	21.41		25.66	30.03	34.60	39.34	44.56	50.76	1 / 7			
reaction time		interval		3.75	3.85	3.89	4.06		4.25	4.37	4.57	4.74	5.22	6.20		11.49	12.68	14.53
		velocity	7.68	9.33	9.09	9.00	8.62		8.24	8.01	7.66	7.38	6.70	6.45	7.88	9.14	8.28	7.23
H1 lead leg	L	strides	22	13	15	13	13		15	15	15	15	15	151				
<b>Sherman, Alex (USA) (2003)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 5 - 2024 USA Olympic Trials (Eugene, OR)</b>		<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	6.04	9.91	13.80	17.88	22.00	23.89	26.34	30.92	35.65	40.47	45.26	50.76	5 / 4			
reaction time		interval		3.87	3.89	4.08	4.12		4.34	4.58	4.73	4.82	4.79	5.50		11.84	13.04	14.34
		velocity	7.45	9.04	9.00	8.58	8.50	8.37	8.06	7.64	7.40	7.26	7.31	7.27	7.88	8.87	8.05	7.32
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	15	18.7	170.7			
<b>Fields, Ryan (USA) (2000)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)</b>		<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	28-Jun-24	time	6.02	9.91	13.86	17.86	22.15	24.05	26.42	30.90	35.62	40.44	45.22	50.78	5 / 4			
reaction time		interval		3.89	3.95	4.00	4.29		4.27	4.48	4.72	4.82	4.78	5.56		11.84	13.04	14.32
		velocity	7.48	9.00	8.86	8.75	8.16	8.32	8.20	7.81	7.42	7.26	7.32	7.19	7.88	8.87	8.05	7.33
H1 lead leg	R	strides	21	14	14	15	15		15	15	15	15	15	18	172			
<b>Robinson, Rohan (AUS) (1971)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1 - 2000 Olympic Games (Sydney, AUS)</b>		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	24-Sep-00	time	6.02	9.82	13.62	17.54	21.54		25.70	30.10	34.70	39.74	44.82	50.80	4 / 4			
reaction time	0.173	interval		3.80	3.80	3.92	4.00		4.16	4.40	4.60	5.04	5.08	5.98		11.52	12.56	14.72
		velocity	7.48	9.21	9.21	8.93	8.75		8.41	7.95	7.61	6.94	6.89	6.69	7.87	9.11	8.36	7.13
H1 lead leg		strides	21	14	14	14	14		14	14	15	16	16	152				
<b>Whyte, Annsert (JAM) (1987)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2017 Doha Diamond League (Doha, QAT) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	05-May-17	time	5.86	9.66	13.46	17.36	21.40		25.66	30.00	34.56	39.40	44.66	50.80	7 / 8			
reaction time	0.154	interval		3.80	3.80	3.90	4.04		4.26	4.34	4.56	4.84	5.26	6.14		11.50	12.64	14.66
		velocity	7.68	9.21	9.21	8.97	8.66		8.22	8.06	7.68	7.23	6.65	6.51	7.87	9.13	8.31	7.16
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	16	151				



Wang Hongwen (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>U20 FINAL</b> - 2019 Chinese National Youth Games (Taiyuan, CHN)																			
CAA Hurdle Development (2019)																			
date	17-Aug-19	time	6.30	10.22	14.20	18.28	22.46	26.76	31.20	35.76	40.44	45.28		50.80	7 / 2				
reaction time	0.252	interval	3.92	3.98	4.08	4.18	4.30	4.44	4.56	4.68	4.84	5.52		PB		11.98	12.92	14.08	
		velocity	7.14	8.93	8.79	8.58	8.37	8.14	7.88	7.68	7.48	7.23	7.25	7.87		8.76	8.13	7.46	
H1 lead leg	R	strides	21	14	14	14	14	14	15	15	15	15	17.3	168.3					
Hataura, Yusuke (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2020 Japanese National Championships (Niigata, JPN)																			
Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																			
date	02-Oct-20	time	6.16	9.99	13.93	17.95	22.14	26.48	30.85	35.34	39.99	44.91		50.80	8 / 7				
reaction time	0.131	interval	3.83	3.94	4.02	4.19	4.34	4.37	4.49	4.65	4.87	5.09	6.09	7.87		11.79	12.90	14.06	
		velocity	7.31	9.14	8.88	8.71	8.35	8.06	8.01	7.80	7.53	7.11	6.79	7.87		8.91	8.14	7.47	
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	153						
Kishimoto, Takayuki (JPN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2023 Japanese National Championships (Osaka, JPN)																			
Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																			
date	03-Jun-23	time	5.87	9.56	13.35	17.27	21.39	25.66	30.10	34.75	39.62	44.71		50.80	4 / 8				
reaction time	0.156	interval	3.69	3.79	3.92	4.12	4.27	4.44	4.65	4.87	5.09	6.09		7.87		11.40	12.83	14.61	
		velocity	7.67	9.49	9.23	8.93	8.50	8.20	7.88	7.53	7.19	6.88	6.57	7.87		9.21	8.18	7.19	
H1 lead leg	R	strides	21	13	13	13	13	14	14	14	15	15	19	164					
Xu Zhihang (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2019 Chinese National Championships (Shenyang, CHN)																			
CAA Hurdle Development (2019)																			
date	10-Jul-19	time	6.26	10.26	14.37	18.48	22.65	27.06	31.56	36.17	40.82	45.55		50.81	4 / 4-3				
reaction time	0.167	interval	4.00	4.11	4.11	4.17	4.41	4.50	4.61	4.65	4.73	5.26		7.87		12.22	13.08	13.99	
		velocity	7.19	8.75	8.52	8.52	8.39	7.94	7.78	7.59	7.53	7.40	7.60	7.87		8.59	8.03	7.51	
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18	170					
Mowatt, Kemar (JAM) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)																			
Henson (2022) - Athlete First: 2022 year end hurdle report																			
date	28-May-22	time	5.80	9.56	13.36	17.33	21.34	23.20	25.56	30.07	34.73	39.73		50.81	8 / 8				
reaction time	0.157	interval	3.76	3.80	3.97	4.01	4.22	4.51	4.66	5.00				7.87		11.53	12.74		
		velocity	7.76	9.31	9.21	8.82	8.73	8.62	8.29	7.76	7.51	7.00		7.87		9.11	8.24		
H1 lead leg	L	strides	21	13	13	13	13	14	14	14	15		130						
Matthews, Brian (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	
<b>Heat 5</b> - 2024 USA Olympic Trials (Eugene, OR)																			
USATF and Karmarush (2024) - USA Olympic trials results and race analysis																			
date	27-Jun-24	time	5.92	9.81	13.80	17.88	22.05	23.96	26.39	30.94	35.67	40.43	45.18	50.81	4 / 5				
reaction time		interval	3.89	3.99	4.08	4.17	4.34	4.55	4.73	4.76	4.75	5.63	PB			11.96	13.06	14.24	
		velocity	7.60	9.00	8.77	8.58	8.39	8.35	8.06	7.69	7.40	7.35	7.37	7.10	7.87		8.78	8.04	7.37
H1 lead leg	R	strides	24	15	15	15	15	15	16	16	17	17	21	186					
Shang Shou (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)																			
CAA Hurdle Development (2019)																			
date	29-May-19	time	6.50	10.61	14.68	18.88	23.25	27.71	32.16	36.67	41.22	45.77		50.82	4 / 1				
reaction time	0.267	interval	4.11	4.07	4.20	4.37	4.46	4.45	4.51	4.55	4.55	5.05		7.87		12.38	13.28	13.61	
		velocity	6.92	8.52	8.60	8.33	8.01	7.85	7.87	7.76	7.69	7.69	7.92	7.87		8.48	7.91	7.71	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	17.7	168.7					
Toyoda, Masaki (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)																			
Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																			
date	03-May-21	time	5.97	9.83	13.86	17.97	22.19	26.53	30.85	35.35	40.06	44.99		50.82	8 / 4				
reaction time	0.197	interval	3.86	4.03	4.11	4.22	4.34	4.32	4.50	4.71	4.93	5.83		7.87		12.00	12.88	14.14	
		velocity	7.54	9.07	8.68	8.52	8.29	8.06	8.10	7.78	7.43	7.10	6.86	7.87		8.75	8.15	7.43	
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	19	169					
Li Guangzhen (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 2</b> - 2019 Chinese National Championships (Shenyang, CHN)																			
CAA Hurdle Development (2019)																			
date	09-Jul-19	time	6.45	10.51	14.59	18.73	22.86	27.15	31.53	36.02	40.62	45.36		50.83	3 / 4				
reaction time	0.276	interval	4.06	4.08	4.14	4.13	4.29	4.38	4.49	4.60	4.74	5.47		DQ		12.28	12.80	13.83	
		velocity	6.98	8.62	8.58	8.45	8.47	8.16	7.99	7.80	7.61	7.38	7.31	7.87		8.55	8.20	7.59	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	17.5	168.5					
Matthews, Brian (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	
<b>Semi-Final 3</b> - 2024 USA Olympic Trials (Eugene, OR)																			
USATF and Karmarush (2024) - USA Olympic trials results and race analysis																			
date	28-Jun-24	time	5.90	9.73	13.63	17.61	21.62	23.56	26.06	30.58	35.35	40.26	45.09	50.83	2 / 7				
reaction time		interval	3.83	3.90	3.98	4.01	4.44	4.52	4.77	4.91	4.83	5.74		7.87		11.71	12.97	14.51	
		velocity	7.63	9.14	8.97	8.79	8.73	8.49	7.88	7.74	7.34	7.13	7.25	6.97	7.87		8.97	8.10	7.24
H1 lead leg	R	strides	24	15	15	15	15	15	16	16	16	17	21.5	185.5					
Frinolli, Roberto (ITA) (1940)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1964 Olympic Games (Tokyo, JPN)																			
Breitschaft (1965) - die leichtathletik wettkampfe der 1964 olympischen sommerspielen - 400m hürdenlauf																			
date	16-Oct-64	time	5.8	13.4		21.0		29.8		39.0				50.7	7 / 6				
reaction time		interval		7.6		7.6		8.8		9.2			11.7						
		velocity	7.76	9.21		9.21		7.95		7.61			6.41	7.89					
H1 lead leg		strides																	

Paul, Jacob (GBR) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2016 London Anniversary Games (London, GBR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>						
date	23-Jul-16	time	6.04	9.84	13.76	17.76	21.92	26.24	30.68	35.36	40.16	45.12		50.84	1 / 9				
reaction time	0.136	interval		3.80	3.92	4.00	4.16	4.32	4.44	4.68	4.80	4.96	5.72			11.72	12.92	14.44	
		velocity	7.45	9.21	8.93	8.75	8.41	8.10	7.88	7.48	7.29	7.06	6.99	7.87		8.96	8.13	7.27	
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15		146					
Ören, Sinan (TUR) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2017 European U20 Championships (Grosseto, ITA) (TV Analysis)													<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>						
date	23-Jul-17	time	5.92	9.68	13.56	17.52	21.68	25.96	30.60	35.28	40.00	44.92		50.84	7 / 4				
reaction time	0.258	interval		3.76	3.88	3.96	4.16	4.28	4.64	4.68	4.72	4.92	5.92	NJR PB		11.60	13.08	14.32	
		velocity	7.60	9.31	9.02	8.84	8.41	8.18	7.54	7.48	7.42	7.11	6.76	7.87		9.05	8.03	7.33	
H1 lead leg	R	strides	14	14	13	13	13	14	15	15	15	15	18	131					
Rodger, Sebastian (GBR) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	21-Jul-18	time	6.08	10.00	18.16	22.36	26.56	31.00	35.56	40.20	45.08		50.84	1 / 8					
reaction time	0.161	interval		3.92	8.16	4.20	4.20	4.44	4.56	4.64	4.88	5.76				12.08	12.84	14.08	
		velocity	7.40	8.93	8.58	8.33	8.33	7.88	7.68	7.54	7.17	6.94	7.87			8.69	8.18	7.46	
H1 lead leg	R	strides	22	14		14	14	14	15	15	15	15		123					
Kučera, Martin (SVK) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2020 Golden Spike (Ostrava, CZE) (TV Analysis)													<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>						
date	08-Sep-20	time	6.17	10.08	14.11	18.12	22.25	26.59	31.06	35.90	40.57		50.84	7 / 5					
reaction time	0.185	interval		3.91	4.03	4.01	4.13	4.34	4.47	4.84	4.67					11.95	12.94		
		velocity	7.29	8.95	8.68	8.73	8.47	8.06	7.83	7.23	7.49		7.87			8.79	8.11		
H1 lead leg	R	strides	20	13		13	13		14		14		87						
Toyoda, Masaki (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2015 Japanese National High School Championships (Wakayama, JPN)													<i>Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data</i>						
date	31-Jul-15	time	6.12	10.04	14.01	18.15	22.32	26.74	31.30	35.82	40.52	45.28		50.85	9 / 2				
reaction time		interval		3.92	3.97	4.14	4.17	4.42	4.56	4.52	4.70	4.76	5.57			12.03	13.15	13.98	
		velocity	7.35	8.93	8.82	8.45	8.39	7.92	7.68	7.74	7.45	7.35	7.18	7.87		8.73	7.98	7.51	
H1 lead leg		strides		14	14	14	15	15	15	15	15	15		132					
Xie Zhiyu (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 1</b> - 2019 Chinese National Championships (Shenyang, CHN)													<i>CAA Hurdle Development (2019)</i>						
date	09-Jul-19	time	6.44	10.48	14.50	18.52	22.66	26.94	31.48	35.98	40.62	45.34		50.85	7 / 2				
reaction time	0.293	interval		4.04	4.02	4.02	4.14	4.28	4.54	4.50	4.64	4.72	5.51	PB		12.08	12.96	13.86	
		velocity	6.99	8.66	8.71	8.71	8.45	8.18	7.71	7.78	7.54	7.42	7.26	7.87		8.69	8.10	7.58	
H1 lead leg	L	strides	22	13	13	13	13	13	14	14	14	14	17.5	160.5					
Yang Baichuan (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2019 Chinese World Championship Trials (Shenyang, CHN)													<i>CAA Hurdle Development (2019)</i>						
date	03-Aug-19	time	6.12	10.14	14.30	18.56	22.92	27.25	31.68	36.21	40.78	45.55		50.85	6 / 2				
reaction time	0.186	interval		4.02	4.16	4.26	4.36	4.33	4.43	4.53	4.57	4.77	5.30			12.44	13.12	13.87	
		velocity	7.35	8.71	8.41	8.22	8.03	8.08	7.90	7.73	7.66	7.34	7.55	7.87		8.44	8.00	7.57	
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	15	15	20	178					
Cui Caizhuang (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2021 National Grand Prix (Chengdu, CHN)													<i>CAA Hurdle Development (2021)</i>						
date	02-Apr-21	time	6.16	10.16	14.26	18.41	22.61	26.94	31.42	36.02	40.75	45.52		50.85	3 / 1				
reaction time	0.193	interval		4.00	4.10	4.15	4.20	4.33	4.48	4.60	4.73	4.77	5.33	PB		12.25	13.01	14.10	
		velocity	7.31	8.75	8.54	8.43	8.33	8.08	7.81	7.61	7.40	7.34	7.50	7.87		8.57	8.07	7.45	
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	19	172					
Chiba, Yoshihiro (JPN) (1979)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2004 Osaka Grand Prix (Osaka, JPN)													<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>						
date	08-May-04	time	6.02	9.92	13.96	18.08	22.28	26.60	30.99	35.58	40.28	45.12		50.86	1 / 9				
reaction time		interval		3.90	4.04	4.12	4.20	4.32	4.39	4.59	4.70	4.84	5.74			12.06	12.91	14.13	
		velocity	7.48	8.97	8.66	8.50	8.33	8.10	7.97	7.63	7.45	7.23	6.97	7.86		8.71	8.13	7.43	
H1 lead leg		strides		14	14	14	14	15	15	15	15	15		131					
Sugai, Mitsuru (JPN) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>B FINAL</b> - 2020 Michitaka Kinami Memorial (Osaka, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>						
date	24-Oct-20	time	6.07	9.94	13.86	17.83	21.99	26.36	30.81	35.39	40.12	44.99		50.86	6 / 3				
reaction time		interval		3.87	3.92	3.97	4.16	4.37	4.45	4.58	4.73	4.87	5.87			11.76	12.98	14.18	
		velocity	7.41	9.04	8.93	8.82	8.41	8.01	7.87	7.64	7.40	7.19	6.81	7.86		8.93	8.09	7.40	
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	19	165					
Bultheel, Michaël (BEL) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2007 European Cup (Munich, GER)													<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>						
date	23-Jun-07	time	6.16	10.03	13.99	17.99	22.10	26.42	30.92	35.61	40.40	45.30		50.87	1 / 7				
reaction time	0.149	interval		3.87	3.96	4.00	4.11	4.32	4.50	4.69	4.79	4.90	5.57			11.83	12.93	14.38	
		velocity	7.31	9.04	8.84	8.75	8.52	8.10	7.78	7.46	7.31	7.14	7.18	7.86		8.88	8.12	7.30	
H1 lead leg		strides																	

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Suguimati, Mahau (BRA) (1984)</b>																				
<b>FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)</b>			<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>																	
date	19-May-19	time	6.06	9.84	13.73	17.76	21.92		26.28	30.78	35.60	40.44	45.33		<b>50.87</b>	2 / 3				
reaction time	0.160	interval		3.78	3.89	4.03	4.16		4.36	4.50	4.82	4.84	4.89	5.54			11.70	13.02	14.55	
		velocity	7.43	9.26	9.00	8.68	8.41		8.03	7.78	7.26	7.23	7.16	7.22	7.86		8.97	8.06	7.22	
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	14	17.5	157.5					
<b>Kanno, Kohei (JPN) (2002)</b>																				
<b>FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)</b>			<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																	
date	26-Jun-21	time	6.46	10.51	14.60	18.67	22.84		27.08	31.38	35.77	40.37	45.31		<b>50.88</b>	9 / 4				
reaction time	0.200	interval		4.05	4.09	4.07	4.17		4.24	4.30	4.39	4.60	4.94	5.57			12.21	12.71	13.93	
		velocity	6.97	8.64	8.56	8.60	8.39		8.25	8.14	7.97	7.61	7.09	7.18	7.86		8.60	8.26	7.54	
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	17	19.5	178.5					
<b>Smith, Willie (NAM) (1977)</b>																				
<b>Heat 1 - 2000 Olympic Games (Sydney, AUS)</b>			<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	24-Sep-00	time	6.06	9.78	13.66	17.62	21.66		25.82	30.34	35.02	39.90			<b>50.89</b>	5 / 5				
reaction time	0.156	interval		3.72	3.88	3.96	4.04		4.16	4.52	4.68	4.88					11.56	12.72		
		velocity	7.43	9.41	9.02	8.84	8.66		8.41	7.74	7.48	7.17			7.86		9.08	8.25		
H1 lead leg		strides	22	15	15	15	15		17	17	17	17		150						
<b>Bennett, LaRon (USA) (1982)</b>																				
<b>FINAL - 2008 USA Olympic Trials (Eugene, OR)</b>			<i>USATF Hurdle Development (2008)</i>																	
date	29-Jun-08	time	6.16	10.11	13.99	18.10	22.29		26.21	31.18	35.77	40.39	45.18		<b>50.89</b>	1 / 8				
reaction time		interval		3.95	3.88	4.11	4.19		3.92	4.97	4.59	4.62	4.79	5.71			11.94	13.08	14.00	
		velocity	7.31	8.86	9.02	8.52	8.35		8.93	7.04	7.63	7.58	7.31	7.01	7.86		8.79	8.03	7.50	
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	153						
<b>Schneider, Drake (USA) (1999)</b>																				
<b>Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	25-Jun-21	time	6.13	9.97	13.80	17.80	21.97		26.27	30.77	35.43	40.27	45.20		<b>50.89</b>	9 / 6				
reaction time	0.283	interval		3.84	3.83	4.00	4.17		4.30	4.50	4.66	4.84	4.93	5.69			11.67	12.97	14.43	
		velocity	7.34	9.11	9.14	8.75	8.39		8.14	7.78	7.51	7.23	7.10	7.03	7.86		9.00	8.10	7.28	
H1 lead leg	R	strides		13	13	13	13		14	14	15	15	15	125						
<b>Burrell, Sean (USA) (2002)</b>																				
<b>Heat 3 - 2024 USA Olympic Trials (Eugene, OR)</b>			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																	
date	27-Jun-24	time	6.18	10.05	14.02	18.22	22.54	24.51	27.01	31.50	36.29	41.06	45.63		<b>50.90</b>	5 / 4				
reaction time		interval		3.87	3.97	4.20	4.32		4.47	4.49	4.79	4.77	4.57	5.27			12.04	13.28	14.13	
		velocity	7.28	9.04	8.82	8.33	8.10	8.16	7.83	7.80	7.31	7.34	7.66	7.59	7.86		8.72	7.91	7.43	
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	18	171						
<b>Woodell, Jameson (USA) (2000)</b>																				
<b>Heat 3 - 2024 USA Olympic Trials (Eugene, OR)</b>			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																	
date	27-Jun-24	time	6.18	10.05	14.02	18.22	22.54	24.51	27.01	31.50	36.29	41.06	45.63		<b>50.90</b>	5 / 4				
reaction time		interval		3.87	3.97	4.20	4.32		4.47	4.49	4.79	4.77	4.57	5.27			12.04	13.28	14.13	
		velocity	7.28	9.04	8.82	8.33	8.10	8.16	7.83	7.80	7.31	7.34	7.66	7.59	7.86		8.72	7.91	7.43	
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	18	171						
<b>McAlvey, Jared (USA) (2001)</b>																				
<b>Heat 2 - 2024 USA Olympic Trials (Eugene, OR)</b>			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																	
date	27-Jun-24	time	6.06	9.98	13.92	17.99	22.18	24.04	26.34	30.83	35.54	40.25	45.14		<b>50.91</b>	8 / 5				
reaction time		interval		3.92	3.94	4.07	4.19		4.16	4.49	4.71	4.71	4.89	5.77			11.93	12.84	14.31	
		velocity	7.43	8.93	8.88	8.60	8.35	8.32	8.41	7.80	7.43	7.43	7.16	6.93	7.86		8.80	8.18	7.34	
H1 lead leg	L	strides	21	14	14	14	14		14	15	15	15	18.5	139.5						
<b>Duvigneau, Dominique (FRA) (1960)</b>																				
<b>FINAL - 1987 French National Championships (Annecy, FRA)</b>			<i>Veney - split times from PJ</i>																	
date	09-Aug-87	time	6.09	10.11	14.19	18.38	22.55		26.92	31.37	36.03	40.70	45.42		<b>50.92</b>	1 / 3				
reaction time		interval		4.02	4.08	4.19	4.17		4.37	4.45	4.66	4.67	4.72	5.50			12.29	12.99	14.05	
		velocity	7.39	8.71	8.58	8.35	8.39		8.01	7.87	7.51	7.49	7.42	7.27	7.86		8.54	8.08	7.47	
H1 lead leg		strides	21	14	14	14	14		14	15	15	15	15	151						
<b>Tucker, Paul (GUY) (1976)</b>																				
<b>Heat 7 - 2000 Olympic Games (Sydney, AUS)</b>			<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	24-Sep-00	time	6.00	9.80	13.76	17.76	21.88		26.04	30.48	35.04	39.92			<b>50.92</b>	6 / 6				
reaction time	0.354	interval		3.80	3.96	4.00	4.12		4.16	4.44	4.56	4.88					11.76	12.72		
		velocity	7.50	9.21	8.84	8.75	8.50		8.41	7.88	7.68	7.17			7.86		8.93	8.25		
H1 lead leg		strides	22	14	14	14	14		14	15	15	16		138						
<b>Čukman, Hrvoje (CRO) (1998)</b>																				
<b>FINAL - 2017 European U20 Championships (Grosseto, ITA) (TV Analysis)</b>			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																	
date	23-Jul-17	time	5.88	9.72	13.60	17.60	21.72		26.08	30.72	35.52	40.32	45.16		<b>50.92</b>	1 / 5				
reaction time	0.226	interval		3.84	3.88	4.00	4.12		4.36	4.64	4.80	4.80	4.84	5.76	<b>PB</b>		11.72	13.12	14.44	
		velocity	7.65	9.11	9.02	8.75	8.50		8.03	7.54	7.29	7.29	7.23	6.94	7.86		8.96	8.00	7.27	
H1 lead leg	R	strides		13	13	13	13		13	15	15	15	15	18	143					

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Li Guangzhen (CHN) (1995)</b>																			
<b>FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)</b>		CAA Hurdle Development (2019)																	
date	03-Aug-19	time	6.14	10.17	14.08	18.17	22.59	27.03	31.57	36.19	40.81	45.58		50.92	4 / 3				
reaction time	0.174	interval	4.03	3.91	4.09	4.42	4.44	4.54	4.62	4.62	4.77	5.34		PB		12.03	13.40	14.01	
		velocity	7.33	8.68	8.95	8.56	7.92	7.88	7.71	7.58	7.58	7.34	7.49	7.86		8.73	7.84	7.49	
H1 lead leg	L	strides	22	14	14	13	14	14	15	15	15	15	18	169					
<b>Hamm, Shareez (USA) (1998)</b>																			
<b>Heat 5 - 2024 USA Olympic Trials (Eugene, OR)</b>		USATF and Karmarush (2024) - USA Olympic trials results and race analysis																	
date	27-Jun-24	time	6.00	9.76	13.67	17.78	22.08	23.96	26.52	31.28	35.88	40.50	45.29	50.92	7 / 6				
reaction time		interval	3.76	3.91	4.11	4.30	4.44	4.76	4.60	4.62	4.79	5.63				11.78	13.50	14.01	
		velocity	7.50	9.31	8.95	8.52	8.14	8.35	7.88	7.35	7.61	7.58	7.31	7.10	7.86		8.91	7.78	7.49
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	19	171					
<b>Yang Baichuan (CHN) (1995)</b>																			
<b>FINAL - 2019 Chinese National Championships (Shenyang, CHN)</b>		CAA Hurdle Development (2019)																	
date	10-Jul-19	time	6.12	9.96	13.97	18.04	22.19	26.44	30.88	35.47	40.24	45.30		50.93	1 / 5.4				
reaction time	0.206	interval	3.84	4.01	4.07	4.15	4.25	4.44	4.59	4.77	5.06	5.63				11.92	12.84	14.42	
		velocity	7.35	9.11	8.73	8.60	8.43	8.24	7.88	7.63	7.34	6.92	7.10	7.85		8.81	8.18	7.28	
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	15	15	20.5	178.5					
<b>Moore, Charlie (USA) (1929)</b>																			
<b>FINAL - 1952 Olympic Games (Helsinki, FIN)</b>		Mitchell (1967) - future of the one-lap hurdles																	
date	21-Jul-52	time	6.2	10.3	14.4	18.6	22.7	27.3	31.9	36.5	41.1	45.4		50.8	6 / 1				
reaction time		interval	4.1	4.1	4.2	4.1	4.6	4.6	4.6	4.6	4.3	5.4		=OR		12.4	13.3	13.5	
		velocity	7.26	8.54	8.54	8.33	8.54	7.61	7.61	7.61	7.61	8.14	7.41	7.87	(51.06)	8.47	7.89	7.78	
H1 lead leg		strides																	
<b>Southern, Eddie (USA) (1938)</b>																			
<b>FINAL - 1956 Olympic Games (Melbourne, AUS)</b>		Quercentani (2000). Athletics: A history of modern track and field athletics (1860-2000)																	
date	24-Nov-56	time					22.5								50.8	2 / 2			
reaction time		interval												(50.94)					
		velocity					8.22							7.87					
H1 lead leg	R	strides	22	15	15	13	15	15	15	15	15	15	18	173					
<b>Shiryayev, Vladislav (RUS) (1973)</b>																			
<b>FINAL - 1998 European Championships (Budapest, HUN)</b>		Sanchez (1998) - Budapest '98: análisis de la carreras con villas																	
date	20-Aug-98	time	5.95				21.50						44.89	50.94	1 / 8				
reaction time		interval					15.55						23.39	6.05					
		velocity	7.56				9.00						7.48	6.61	7.85				
H1 lead leg	L	strides	20	13	13	13	13	13	14	14	15	15	19	162					
<b>Yamada, Atsushi (JPN) (1991)</b>																			
<b>FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)</b>		Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																	
date	20-Sep-20	time	6.10	10.04	14.07	18.23	22.52	26.89	31.38	36.00	40.71	45.55		50.94	4 / 4				
reaction time	0.202	interval	3.94	4.03	4.16	4.29	4.37	4.49	4.62	4.71	4.84	5.39				12.13	13.15	14.17	
		velocity	7.38	8.88	8.68	8.41	8.16	8.01	7.80	7.58	7.43	7.23	7.42	7.85		8.66	7.98	7.41	
H1 lead leg		strides	14	14	14	14	14	14	14	14	15	15	15	129					
<b>Jordan, Quivell (USA) (1999)</b>																			
<b>Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)</b>		Henson (2021) - Athlete First: 2021 year end hurdle report																	
date	25-Jun-21	time	5.93	9.77	13.87	18.03	22.27	26.57	31.07	35.63	40.37	45.17		50.94	2 / 7				
reaction time	0.178	interval	3.84	4.10	4.16	4.24	4.30	4.50	4.56	4.74	4.80	5.77				12.10	13.04	14.10	
		velocity	7.59	9.11	8.54	8.41	8.25	8.14	7.78	7.68	7.38	7.29	6.93	7.85		8.68	8.05	7.45	
H1 lead leg	L	strides	21	13	14	14	14	15	15	15	15	15	136						
<b>Imanishi, Ryota (JPN) (2004)</b>																			
<b>FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)</b>		Kishima (2022) - national high school championships biomechanics data collection																	
date	03-Jun-23	time	6.16	10.01	13.86	17.82	21.91	26.13	30.58	35.19	39.99	44.93		50.94	7 / 1				
reaction time	0.177	interval	3.85	3.85	3.96	4.09	4.22	4.45	4.61	4.80	4.94	6.01		PB		11.66	12.76	14.35	
		velocity	7.31	9.09	9.09	8.84	8.56	8.29	7.87	7.59	7.29	7.09	6.66	7.85		9.01	8.23	7.32	
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18.7	170.7					
<b>Li Zhilong (CHN) (1988)</b>																			
<b>FINAL - 2013 Chinese National Grand Prix (Zhaoqing, CHN)</b>		Li (2008) - research on training characteristics of Li Zhilong's of Chinese men's 400m hurdles																	
date	28-Apr-13	time	6.24	10.16	14.20	18.28	22.44	26.72	31.16	35.76	40.48	45.44		50.95	1 / 2				
reaction time		interval	3.92	4.04	4.08	4.16	4.28	4.44	4.60	4.72	4.96	5.51				12.04	12.88	14.28	
		velocity	7.21	8.93	8.66	8.58	8.41	8.18	7.88	7.61	7.42	7.06	7.26	7.85		8.72	8.15	7.35	
H1 lead leg		strides																	
<b>Traversini, Stéphane (FRA) (197)</b>																			
<b>FINAL - 1992 French National Championships (Narbonne, FRA)</b>		Veney - split times from PJ																	
date	28-Jun-92	time	6.48	10.48	14.64	18.84	23.06	27.44	31.82	36.26	40.80	45.50		50.96	1 / 2				
reaction time		interval	4.00	4.16	4.20	4.22	4.38	4.38	4.44	4.54	4.70	5.46				12.36	12.98	13.68	
		velocity	6.94	8.75	8.41	8.33	8.29	7.99	7.99	7.88	7.71	7.45	7.33	7.85		8.50	8.09	7.68	
H1 lead leg		strides	21	14	14	14	14	15	15	15	15	15	17.8	169.8					

Herrero, Juan (ESP) (1976)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1998 Spanish National Championships (San Sebastián, ESP)													<i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>						
date	02-Aug-98	time	6.03	10.02	14.18	18.37	22.62	26.87	31.25	35.77	40.38	45.15		50.96	3 / 2				
reaction time		interval	3.99	4.16	4.19	4.25	4.25	4.38	4.52	4.61	4.77	5.81				12.34	12.88	13.90	
		velocity	7.46	8.77	8.41	8.35	8.24	8.24	7.99	7.74	7.59	7.34	6.88	7.85		8.51	8.15	7.55	
H1 lead leg	L	strides	22	14	14	14	14	14	15	15	15	15	19	171					
Small, Javonie (USA) (1982)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 3</b> - 2007 USATF National Championships (Indianapolis, IN)													<i>USATF Men's Hurdle Development (2007)</i>						
date	21-Jun-07	time	5.96	9.83	13.84	17.91	22.07	26.66	31.28	35.85	40.47	45.30		50.96	7 / 5				
reaction time		interval	3.87	4.01	4.07	4.16	4.59	4.62	4.57	4.62	4.83	5.66				11.95	13.37	14.02	
		velocity	7.55	9.04	8.73	8.60	8.41	7.63	7.58	7.66	7.58	7.25	7.07	7.85		8.79	7.85	7.49	
H1 lead leg	R	strides	22	15	14	14	15	15	14	15	15	15	153						
Gong Debin (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 1</b> - 2019 Asian Athletics Championships (Doha, QAT)													<i>CAA Hurdle Development (2019)</i>						
date	21-Apr-19	time	5.96	9.81	13.63	17.68	21.81	26.19	30.81	35.55	40.27	45.12		50.96	1 / 4				
reaction time	0.182	interval	3.85	3.82	4.05	4.13	4.38	4.62	4.74	4.72	4.85	5.84				11.72	13.13	14.31	
		velocity	7.55	9.09	9.16	8.64	8.47	7.99	7.58	7.38	7.42	7.22	6.85	7.85		8.96	8.00	7.34	
H1 lead leg	L	strides	21	14	14	14	15	15	15	15	15	15	18.7	170.7					
Kyotake, Taiga (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2022 Japanese U20 National Championships (Osaka, JPN)													<i>Wamami (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>						
date	11-Jun-22	time	6.29	10.31	14.38	18.49	22.76	27.08	31.46	36.10	40.85	45.60		50.96	4 / 4				
reaction time	0.203	interval	4.02	4.07	4.11	4.27	4.32	4.38	4.64	4.75	4.75	5.36	PB			12.20	12.97	14.14	
		velocity	7.15	8.71	8.60	8.52	8.20	8.10	7.99	7.54	7.37	7.37	7.46	7.85		8.61	8.10	7.43	
H1 lead leg	L	strides	22	14	14	15	15	15	15	15	15	15	19	174					
Inoue, Kakeru (JPN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2019 Seiko Golden Grand Prix (Osaka, JPN)													<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>						
date	19-May-19	time	6.09	9.94	13.86	17.87	22.06	26.34	30.86	35.57	40.44	45.35		50.97	9 / 4				
reaction time	0.175	interval	3.85	3.92	4.01	4.19	4.28	4.52	4.71	4.87	4.91	5.62				11.78	12.99	14.49	
		velocity	7.39	9.09	8.93	8.73	8.35	8.18	7.74	7.43	7.19	7.13	7.12	7.85		8.91	8.08	7.25	
H1 lead leg	R	strides	21	13	13	13	14	14	15	15	15	15	19	165					
Matsushita, Yuki (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2020 All Japan Corporate Championships (Kumagaya, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>						
date	20-Sep-20	time	6.22	10.03	13.95	17.93	22.11	26.48	31.05	35.79	40.57	45.40		50.97	9 / 5				
reaction time	0.209	interval	3.81	3.92	3.98	4.18	4.37	4.57	4.74	4.78	4.83	5.57				11.71	13.12	14.35	
		velocity	7.23	9.19	8.93	8.79	8.37	8.01	7.66	7.38	7.32	7.25	7.18	7.85		8.97	8.00	7.32	
H1 lead leg		strides	13	13	13	13	14	14	15	15	15	15	125						
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2024 Seashore Doha Meeting (Doha, QAT)													<i>Omega Timing (2024) - diamond league race analysis</i>						
date	10-May-24	time	5.98	9.82	13.80	17.81	22.01	26.40	30.92	35.93	40.47	45.26		50.97	2 / 8				
reaction time	0.222	interval	3.84	3.98	4.01	4.20	4.39	4.52	5.01	4.54	4.79	5.71				11.83	13.11	14.34	
		velocity	7.53	9.11	8.79	8.73	8.33	7.97	7.74	6.99	7.71	7.31	7.01	7.85		8.88	8.01	7.32	
H1 lead leg	R	strides	20	13	13	13	13	13	15	15	15	18	133						
Kjerpeset, Øyriind Strømmen (NOR) ( )		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2016 Bislett Games (Oslo, NOR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>						
date	09-Jun-16	time	6.08	9.92	13.84	17.92	22.24	26.56	31.00	35.48	40.24	45.16		50.98	2 / 8				
reaction time	0.153	interval	3.84	3.92	4.08	4.32	4.32	4.44	4.48	4.76	4.92	5.82				11.84	13.08	14.16	
		velocity	7.40	9.11	8.93	8.58	8.10	8.10	7.88	7.81	7.35	7.11	6.87	7.85		8.87	8.03	7.42	
H1 lead leg	L	strides	21	13	13	13	14	14	14	14	14	15	131						
Sinčukovs, Maksims (LAT) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2017 European U20 Championships (Grosseto, ITA) (TV Analysis)													<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>						
date	23-Jul-17	time	5.84	9.56	13.40	17.28	21.48	25.84	30.36	34.92	39.84	44.80		50.98	4 / 6				
reaction time	0.178	interval	3.72	3.84	3.88	4.20	4.36	4.52	4.56	4.92	4.96	6.18	NJR PB			11.44	13.08	14.44	
		velocity	7.71	9.41	9.11	9.02	8.33	8.03	7.74	7.68	7.11	7.06	6.47	7.85		9.18	8.03	7.27	
H1 lead leg	L	strides	14	14	13	15	15	15	15	15	16	16	20	153					
Zhuang Linfei (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 1</b> - 2019 Chinese National Championships (Shenyang, CHN)													<i>CAA Hurdle Development (2019)</i>						
date	09-Jul-19	time	6.20	10.09	14.08	18.22	22.43	26.78	31.20	35.75	40.46	45.33		50.98	5 / 3				
reaction time	0.199	interval	3.89	3.99	4.14	4.21	4.35	4.42	4.55	4.71	4.87	5.65	PB			12.02	12.98	14.13	
		velocity	7.26	9.00	8.77	8.45	8.31	8.05	7.92	7.69	7.43	7.19	7.08	7.85		8.74	8.09	7.43	
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	19	169					
Angela, Ramsey (NED) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2022 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	06-Aug-22	time	6.03	9.73	13.70	17.73	21.90	29.90			40.03			50.98	1 / 9				
reaction time	0.188	interval	3.70	3.97	4.03	4.17					18.13					11.70			
		velocity	7.46	9.46	8.82	8.68	8.39	6.69			7.72			7.85		8.97			
H1 lead leg	R	strides	22	15	15	14							66						

Hartman, Samuel (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
<b>Heat 4 - 2024 USA Olympic Trials (Eugene, OR)</b>																		
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																		
date	27-Jun-24	time	6.17	10.05	14.00	17.96	21.96	23.74	26.04	30.40	35.13	39.89	45.09	50.98	9 / 4			
reaction time		interval		3.88	3.95	3.96	4.00	4.08	4.36	4.73	4.76	5.20	5.89			11.79	12.44	14.69
		velocity	7.29	9.02	8.86	8.84	8.75	8.42	8.58	8.03	7.40	7.35	6.79	7.85		8.91	8.44	7.15
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	14	15	19	162				
Zhuang Linfei (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2019 Chinese National Championships (Shenyang, CHN)</b>																		
<i>CAA Hurdle Development (2019)</i>																		
date	10-Jul-19	time	6.20	10.08	14.02	18.06	22.21	26.60	31.08	35.76	40.56	45.45		50.99	7 / 5			
reaction time	0.250	interval		3.88	3.94	4.04	4.15	4.39	4.48	4.68	4.80	4.89	5.54			11.86	13.02	14.37
		velocity	7.26	9.02	8.88	8.66	8.43	7.97	7.81	7.48	7.29	7.16	7.22	7.84		8.85	8.06	7.31
H1 lead leg	L	strides	21	13	13	14	14	14	14	15	15	15	17.8	165.8				
Sugimati, Mahau (BRA) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)</b>																		
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	23-Aug-20	time	6.16	9.96	13.86	17.83	21.91	26.16	30.51	35.15	40.04	45.08		50.99	8 / 7			
reaction time	0.152	interval		3.80	3.90	3.97	4.08	4.25	4.35	4.64	4.89	5.04	5.91			11.67	12.68	14.57
		velocity	7.31	9.21	8.97	8.82	8.58	8.24	8.05	7.54	7.16	6.94	6.77	7.84		9.00	8.28	7.21
H1 lead leg		strides		12	12	13	13	13	13	13	14	14		117				
Sharpe, Fred (USA) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3 - 2007 USATF National Championships (Indianapolis, IN)</b>																		
<i>USATF Men's Hurdle Development (2007)</i>																		
date	21-Jun-07	time	6.20	10.09	14.19	18.30	22.54	26.91	31.48	36.08	40.79	45.51		51.00	3 / 6			
reaction time		interval		3.89	4.10	4.11	4.24	4.37	4.57	4.60	4.71	4.72	5.49			12.10	13.18	14.03
		velocity	7.26	9.00	8.54	8.52	8.25	8.01	7.66	7.61	7.43	7.42	7.29	7.84		8.68	7.97	7.48
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	16	16	16	162				
Hirata, Ai (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2022 Japanese National High School Championships (Naruto, JPN)</b>																		
<i>Kishima (2022) - national high school championships biomechanics data collection</i>																		
date	05-Aug-22	time	6.15	10.03	14.05	18.08	22.27	26.57	30.98	35.53	40.25	45.20		51.01	5 / 2			
reaction time	0.185	interval		3.88	4.02	4.03	4.19	4.30	4.41	4.55	4.72	4.95	5.81	PB		11.93	12.90	14.22
		velocity	7.32	9.02	8.71	8.68	8.35	8.14	7.94	7.69	7.42	7.07	6.88	7.84		8.80	8.14	7.38
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	15	20	177				
Romig, Cole (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
<b>Heat 2 - 2024 USA Olympic Trials (Eugene, OR)</b>																		
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																		
date	27-Jun-24	time	6.34	10.41	14.46	18.61	22.88	24.83	27.26	31.78	36.44	41.08	45.75	51.01	5 / 6			
reaction time		interval		4.07	4.05	4.15	4.27	4.38	4.52	4.66	4.64	4.67	5.26			12.27	13.17	13.97
		velocity	7.10	8.60	8.64	8.43	8.20	8.05	7.99	7.74	7.51	7.54	7.49	7.60	7.84	8.56	7.97	7.52
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19	146				
Li Guangzhen (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)</b>																		
<i>CAA Hurdle Development (2019)</i>																		
date	23-Aug-19	time	6.74	10.51	14.48	18.67	22.89	27.21	31.70	36.37	41.02	45.75		51.02	6 / 2			
reaction time	0.213	interval		3.77	3.97	4.19	4.22	4.32	4.49	4.67	4.65	4.73	5.27			11.93	13.03	14.05
		velocity	6.68	9.28	8.82	8.35	8.29	8.10	7.80	7.49	7.53	7.40	7.59	7.84		8.80	8.06	7.47
H1 lead leg	L	strides	22	14	14	14	14	14	14	14	15	15	18	169				
Shang Shou (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)</b>																		
<i>CAA Hurdle Development (2019)</i>																		
date	23-Aug-19	time	6.55	10.56	14.78	19.05	23.41	27.89	32.33	36.88	41.44	46.01		51.02	5 / 3			
reaction time	0.320	interval		4.01	4.22	4.27	4.36	4.48	4.44	4.55	4.56	4.57	5.01			12.50	13.28	13.68
		velocity	6.87	8.73	8.29	8.20	8.03	7.81	7.88	7.69	7.68	7.66	7.98	7.84		8.40	7.91	7.68
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18	169				
Hamm, Shareez (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
<b>Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)</b>																		
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																		
date	28-Jun-24	time	6.02	9.80	13.75	17.79	21.94	23.82	26.38	30.97	35.64	40.34	45.09	51.02	1 / 6			
reaction time		interval		3.78	3.95	4.04	4.15	4.44	4.59	4.67	4.70	4.75	5.93			11.77	13.18	14.12
		velocity	7.48	9.26	8.86	8.66	8.43	8.40	7.88	7.63	7.49	7.45	7.37	7.84		8.92	7.97	7.44
H1 lead leg	L	strides	22	14	14	14	14	14	15	15	15	16	19	172				
Preis, Constantin (GER) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Repechage 2 - 2024 Olympic Games (Paris, FRA)</b>																		
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																		
date	07-Aug-24	time	6.09	9.93	13.81	17.81	21.96	28.26	30.69	35.32	40.10	44.97		51.02	6 / 5			
reaction time	0.218	interval		3.84	3.88	4.00	4.15	6.30	2.43	4.63	4.78	4.87	6.05			11.72	12.88	14.28
		velocity	7.39	9.11	9.02	8.75	8.43	5.56	14.40	7.56	7.32	7.19	6.61	7.84		8.96	8.15	7.35
H1 lead leg	L	strides	21	13	13	14	14	15	15	15	15	15	150					
Serres, Jean-Michel (FRA) (1961)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 1986 French National Championships (Aix les Bains, FRA)</b>																		
<i>Veney - split times from PJ</i>																		
date	10-Aug-86	time	6.00	10.10	14.26	18.33	22.50	26.72	30.98	35.60	40.25	44.97		51.03	/ 6			
reaction time		interval		4.10	4.16	4.07	4.17	4.22	4.26	4.62	4.65	4.72	6.06	PB		12.33	12.65	13.99
		velocity	7.50	8.54	8.41	8.60	8.39	8.29	8.22	7.58	7.53	7.42	6.60	7.84		8.52	8.30	7.51
H1 lead leg		strides																

McAlister, Chris (GBR) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 ISTAF (Berlin, GER) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																		
date	13-Sep-20	time	6.24		14.28	18.44	22.64	26.88		35.84	40.56			51.03	1 / 6			
reaction time	0.188	interval		8.04	4.16	4.20		4.24		8.96	4.72					12.20		
		velocity	7.21	8.71	8.41	8.33		8.25		7.81	7.42			7.84		8.61		
H1 lead leg	R	strides	22		15			15			15			67				
Nozawa, Keisuke (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 All Japan Corporate Championships (Kumagaya, JPN)																		
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	20-Sep-20	time	6.21	10.11	14.18	18.30	22.59	26.91	31.41	36.00	40.66	45.48		51.03	3 / 6			
reaction time	0.225	interval		3.90	4.07	4.12	4.29	4.32	4.50	4.59	4.66	4.82	5.55			12.09	13.11	14.07
		velocity	7.25	8.97	8.60	8.50	8.16	8.10	7.78	7.63	7.51	7.26	7.21	7.84		8.68	8.01	7.46
H1 lead leg		strides	14	14	14	14		14	14	15	15	15	129					
Fuchiqami, Syota (JPN) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2022 Japanese National High School Championships (Naruto, JPN)																		
<i>Kishima (2022) - national high school championships biomechanics data collection</i>																		
date	05-Aug-22	time	6.08	9.98	13.93	18.10	22.42	26.88	31.38	36.02	40.73	45.53		51.03	6 / 3			
reaction time	0.186	interval		3.90	3.95	4.17	4.32	4.46	4.50	4.64	4.71	4.80	5.50			12.02	13.28	14.15
		velocity	7.40	8.97	8.86	8.39	8.10	7.85	7.78	7.54	7.43	7.29	7.27	7.84		8.74	7.91	7.42
H1 lead leg	R	strides	22	14	14	14		15	15	15	15	15	19.5	172.5				
Ehrle, Klaus (AUT) (1966)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1</b> - 1988 Olympic Games (Seoul, KOR)																		
<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																		
date	24-Sep-88	time	6.16	10.00	13.92	17.93	22.01	26.25	30.74	35.46	40.44	45.52		51.04	2 / 7			
reaction time		interval		3.84	3.92	4.01	4.08	4.24	4.49	4.72	4.98	5.08	5.52			11.77	12.81	14.78
		velocity	7.31	9.11	8.93	8.73	8.58	8.25	7.80	7.42	7.03	6.89	7.25	7.84		8.92	8.20	7.10
H1 lead leg		strides	21	13	13	13		14	14	15	15	15	18	164				
Maritim, Hillary (KEN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3</b> - 2000 Olympic Games (Sydney, AUS)																		
<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																		
date	24-Sep-00	time	6.10	9.98	13.94	17.98	22.14	26.46	30.90	35.54	40.26	45.34		51.04	3 / 6			
reaction time		interval		3.88	3.96	4.04	4.16	4.32	4.44	4.64	4.72	5.08	5.70			11.88	12.92	14.44
		velocity	7.38	9.02	8.84	8.66	8.41	8.10	7.88	7.54	7.42	6.89	7.02	7.84		8.84	8.13	7.27
H1 lead leg		strides	22	15	15	15		15	15	15	15	17	159					
Abe, Takatoshi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2009 Japanese National High School Championships (Nara, JPN)																		
<i>Matsuo (2009) - 62nd high school championships: JAF scientific committee - biomechanics data</i>																		
date	31-Jul-09	time	6.11	10.05	14.17	18.39	22.76	27.15	31.62	36.22	40.96	45.76		51.04	1 / 1			
reaction time		interval		3.94	4.12	4.22	4.37	4.39	4.47	4.60	4.74	4.80	5.28			12.28	13.23	14.14
		velocity	7.36	8.88	8.50	8.29	8.01	7.97	7.83	7.61	7.38	7.29	7.58	7.84		8.55	7.94	7.43
H1 lead leg		strides	13	13	13	14		14	15	15	15	15	127					
Kato, Seiya (JPN) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2010 Japanese National High School Championships (Okinawa, JPN)																		
<i>Matsuo (2010) - 63rd high school championships: JAF scientific committee - biomechanics data</i>																		
date	31-Jul-10	time	6.37	10.32	14.27	18.24	22.41	26.63	30.98	35.62	40.46	45.45		51.04	1 / 1			
reaction time		interval		3.95	3.95	3.97	4.17	4.22	4.35	4.64	4.84	4.99	5.59			11.87	12.74	14.47
		velocity	7.06	8.86	8.86	8.82	8.39	8.29	8.05	7.54	7.23	7.01	7.16	7.84		8.85	8.24	7.26
H1 lead leg		strides		13	13	13	14		14	15	15	15	127					
Teles, Marcio (BRA) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																		
date	17-Sep-20	time	6.04	9.91	13.81	17.75	21.95	23.8	30.73	35.27	40.00	44.95		51.04	8 / 9			
reaction time	0.150	interval		3.87	3.90	3.94	4.20		8.78	4.54	4.73	4.95	6.09			11.71	12.98	14.22
		velocity	7.45	9.04	8.97	8.88	8.33	8.40	7.97	7.71	7.40	7.07	6.57	7.84		8.97	8.09	7.38
H1 lead leg	L	strides	23	14	14	14				15	15	15	18.5	142.5				
Pitillas, Oscar (ESP) (1971)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1997 European Cup (Munich, GER)																		
<i>Jung (2003) - http://www.fgs.uni-halle.de</i>																		
date	21-Jun-97	time	6.28	10.21	14.18	18.24	22.35	26.66	31.20	35.98	40.54	45.46		51.05	1 / 4			
reaction time		interval		3.93	3.97	4.06	4.11	4.31	4.54	4.78	4.56	4.92	5.59			11.96	12.96	14.26
		velocity	7.17	8.91	8.82	8.62	8.52	8.12	7.71	7.32	7.68	7.11	7.16	7.84		8.78	8.10	7.36
H1 lead leg		strides																
Chen Chieh (TPE) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Seiko Golden Grand Prix (Osaka, JPN)																		
<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>																		
date	19-May-19	time	5.92	9.58	13.37	17.18	21.20	25.41	30.03	35.00	40.09	45.20		51.05	8 / 5			
reaction time	0.190	interval		3.66	3.79	3.81	4.02	4.21	4.62	4.97	5.09	5.11	5.85			11.26	12.85	15.17
		velocity	7.60	9.56	9.23	9.19	8.71	8.31	7.58	7.04	6.88	6.85	6.84	7.84		9.33	8.17	6.92
H1 lead leg	L	strides	21	13	13	13		13	14	15	16	15	19	165				
Rawinson, Christopher (GBR) (1972)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1997 European Cup (Munich, GER)																		
<i>Jung (2003) - http://www.fgs.uni-halle.de</i>																		
date	21-Jun-97	time	6.12	9.92	13.86	17.90	22.12	26.50	31.07	35.80	40.62	45.62		51.06	1 / 5			
reaction time		interval		3.80	3.94	4.04	4.22	4.38	4.57	4.73	4.82	5.00	5.44			11.78	13.17	14.55
		velocity	7.35	9.21	8.88	8.66	8.29	7.99	7.66	7.40	7.26	7.00	7.35	7.83		8.91	7.97	7.22
H1 lead leg		strides																

Omodiale, Sylvester (NGR) (1977)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 3 - 2000 Olympic Games (Sydney, AUS)</b>		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	24-Sep-00	time	5.98	9.78	13.70	17.78	22.06	26.30	30.62	35.30	40.10	45.14		51.06	2 / 7				
reaction time	0.189	interval	3.80	3.92	4.08	4.28	4.24	4.32	4.68	4.80	5.04	5.92				11.80	12.84	14.52	
		velocity	7.53	9.21	8.93	8.58	8.18	8.25	8.10	7.48	7.29	6.94	6.76	7.83		8.90	8.18	7.23	
H1 lead leg		strides	22	15	15	15	15	15	15	16	16	17		161					
Zadoinov, Vadim (MAD) (1969)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 4 - 2000 Olympic Games (Sydney, AUS)</b>		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	24-Sep-00	time	6.04	9.84	13.84	17.84	21.84	26.00	30.44	35.16	40.28			51.08	7 / 5				
reaction time	0.173	interval	3.80	4.00	4.00	4.00	4.16	4.44	4.72	5.12						11.80	12.60		
		velocity	7.45	9.21	8.75	8.75	8.75	8.41	7.88	7.42	6.84			7.83		8.90	8.33		
H1 lead leg		strides	20	13	13	13	13	13	13	14	15		127						
Bett, Nicholas (KEN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2017 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)</b>		<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>																	
date	13-May-17	time	6.04	9.72	13.52	17.40	21.40	25.52	30.00	34.64	39.52			51.09	5 / 8				
reaction time	0.189	interval	3.68	3.80	3.88	4.00	4.12	4.48	4.64	4.88						11.36	12.60		
		velocity	7.45	9.51	9.21	9.02	8.75	8.50	7.81	7.54	7.17			7.83		9.24	8.33		
H1 lead leg	R	strides	21	13	13	13	13	13	13	13	15	15		142					
Inoue, Kakeru (JPN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>B FINAL - 2020 World Athletics Trials (Fuji, JPN)</b>		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																	
date	06-Sep-20	time	6.12	10.01	13.96	18.03	22.17	26.43	30.86	35.49	40.31	45.31		51.11	6 / 4				
reaction time		interval	3.89	3.95	4.07	4.14	4.26	4.43	4.63	4.82	5.00	5.80				11.91	12.83	14.45	
		velocity	7.35	9.00	8.86	8.60	8.45	8.22	7.90	7.56	7.26	7.00	6.90	7.83		8.82	8.18	7.27	
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	18.7	164.7					
Takada, Kazunari (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2020 World Athletics Trials (Fuji, JPN)</b>		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																	
date	06-Sep-20	time	6.04	9.81	13.71	17.77	21.92	26.16	30.56	35.14	39.94	45.10		51.11	/ 3				
reaction time		interval	3.77	3.90	4.06	4.15	4.24	4.40	4.58	4.80	5.16	6.01				11.73	12.79	14.54	
		velocity	7.45	9.28	8.97	8.62	8.43	8.25	7.95	7.64	7.29	6.78	6.66	7.83		8.95	8.21	7.22	
H1 lead leg		strides		13	13	14	14	14	14	15	15	16		128					
Levantinos, Dimitris (GRE) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 1 - 2024 European Athletics Championships (Roma, ITA)</b>		<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																	
date	09-Jun-24	time	6.07	9.91	14.09	18.25	22.46	26.79	31.19	35.71	40.51	45.41		51.13	8 / 6				
reaction time	0.171	interval	3.84	4.18	4.16	4.21	4.33	4.40	4.52	4.80	4.90	5.72				12.18	12.94	14.22	
		velocity	7.41	9.11	8.37	8.41	8.31	8.08	7.95	7.74	7.29	7.14	6.99	7.82		8.62	8.11	7.38	
H1 lead leg		strides											0						
Abe, Takatoshi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2014 Seiko Golden Grand Prix (Tokyo, JPN)</b>		<i>Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions</i>																	
date	11-May-14	time	6.14	9.94	13.78	17.70	21.74	25.84	30.28	34.87	39.82	44.94		51.14	/ 7				
reaction time		interval	3.80	3.84	3.92	4.04	4.10	4.44	4.59	4.95	5.12	6.20				11.56	12.58	14.66	
		velocity	7.33	9.21	9.11	8.93	8.66	8.54	7.88	7.63	7.07	6.84	6.45	7.82		9.08	8.35	7.16	
H1 lead leg		strides		13	13	13	13	14	14	14	15	16		125					
Bett, Nicholas (KEN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2016 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																	
date	16-Jun-16	time	6.20	9.93	17.73	21.87	26.07	30.43	34.87	39.67	44.93			51.14	2 / 5				
reaction time	0.159	interval	3.73	7.80	4.14	4.20	4.36	4.44	4.80	5.26	6.21					11.53	12.70	14.50	
		velocity	7.26	9.38	8.97	8.45	8.33	8.03	7.88	7.29	6.65	6.44	7.82			9.11	8.27	7.24	
H1 lead leg	R	strides	21	13		13	13	13	13	15	15	17.5	120.5						
Selmon, Kenny (USA) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2019 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	30-May-19	time	6.13	10.10	14.10	18.06	22.16	23.8	26.46	30.90	35.40	40.40	45.43		51.15	4 / 5			
reaction time	0.185	interval	3.97	4.00	3.96	4.10	4.30	4.44	4.50	5.00	5.03	5.72				11.93	12.84	14.53	
		velocity	7.34	8.82	8.75	8.84	8.54	8.40	8.14	7.88	7.78	7.00	6.96	6.99	7.82		8.80	8.18	7.23
H1 lead leg	R	strides	21	13	13	13	13	14	14	14	15	15		145					
Lattin, Amere (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2019 Müller Grand Prix (Birmingham, GBR) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	18-Aug-19	time	5.76	9.64	13.48	17.32	21.28	23.1	25.60	30.04	34.64	39.48	44.88		51.15	5 / 8			
reaction time	0.145	interval	3.88	3.84	3.84	3.96	4.32	4.44	4.60	4.84	5.40	6.27				11.56	12.72	14.84	
		velocity	7.81	9.02	9.11	9.11	8.84	8.66	8.10	7.88	7.61	7.23	6.48	6.38	7.82		9.08	8.25	7.08
H1 lead leg	L	strides	20	13	13	13	13	14	14	14	15	16		145					
Wang Hongwen (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2020 Chinese National Championships (Shaoxing, CHN)</b>		<i>CAA Hurdle Development (2020)</i>																	
date	17-Sep-20	time	6.08	10.08	14.08	18.25	22.54	26.96	31.42	36.00	40.75	45.58		51.15	7 / 3				
reaction time		interval	4.00	4.00	4.17	4.29	4.42	4.46	4.58	4.75	4.83	5.57				12.17	13.17	14.16	
		velocity	7.40	8.75	8.75	8.39	8.16	7.92	7.85	7.64	7.37	7.25	7.18	7.82		8.63	7.97	7.42	
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	18	168					



Ye Anan (CHN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 East China District Meeting (Zhaoqing, CHN)																		
CAA Hurdle Development (2021)																		
date	25-Apr-21	time	6.21	10.21	14.33	18.47	22.82	27.16	31.68	36.24	41.04	45.79		51.15	5 / 2			
reaction time	0.221	interval		4.00	4.12	4.14	4.35	4.34	4.52	4.56	4.80	4.75	5.36	PB		12.26	13.21	14.11
		velocity	7.25	8.75	8.50	8.45	8.05	8.06	7.74	7.68	7.29	7.37	7.46	7.82		8.56	7.95	7.44
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.5	169.5				
Blondel, Alain (FRA) (1962)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1987 French National Championships (Annecy, FRA)																		
Veney - split times from PJ																		
date	09-Aug-87	time	6.00	10.20	14.50	18.70	22.90	27.20	31.50	36.05	40.70	45.40		51.16	1 / 4			
reaction time		interval		4.20	4.30	4.20	4.20	4.30	4.30	4.55	4.65	4.70	5.76			12.70	12.80	13.90
		velocity	7.50	8.33	8.14	8.33	8.33	8.14	8.14	7.69	7.53	7.45	6.94	7.82		8.27	8.20	7.55
H1 lead leg		strides	15	15	15	15	15	15	15	15	15	15	135					
Shoab, Mohamed (SUD) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>B FINAL</b> - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)																		
Henson (2021) - Athlete First: 2021 year end hurdle report																		
date	28-May-21	time	6.10	10.10	14.27	18.57	23.10	25.1	27.53	31.97	36.40	41.00	45.70	51.16	8 / 2			
reaction time	0.191	interval		4.00	4.17	4.30	4.53	4.43	4.44	4.43	4.60	4.70	5.46			12.47	13.40	13.73
		velocity	7.38	8.75	8.39	8.14	7.73	7.97	7.90	7.88	7.90	7.61	7.45	7.33	7.82	8.42	7.84	7.65
H1 lead leg	R	strides	21	13	13	14	14	14	14	14	14	14	17.2	148.2				
Dömötör, Patrik (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
<b>Heat 1</b> - 2024 European Athletics Championships (Roma, ITA)																		
European Athletics (2024) - 2024 european athletics championships - results book																		
date	09-Jun-24	time	6.09	10.10	14.22	18.41	22.59	26.97	31.47	35.92	40.92	45.73		51.16	7 / 7			
reaction time	0.184	interval		4.01	4.12	4.19	4.18	4.38	4.50	4.45	5.00	4.81	5.43			12.32	13.06	14.26
		velocity	7.39	8.73	8.50	8.35	8.37	7.99	7.78	7.87	7.00	7.28	7.37	7.82		8.52	8.04	7.36
H1 lead leg		strides											0					
Deguchi, Haruto (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2018 Japanese National High School Championships (Nagoya, JPN)																		
Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection																		
date	04-Aug-18	time	6.26	10.36	14.66	19.04	23.52	27.98	32.47	36.95	41.45	46.01		51.17	4 / 1			
reaction time		interval		4.10	4.30	4.38	4.48	4.46	4.49	4.48	4.50	4.56	5.16	PB		12.78	13.43	13.54
		velocity	7.19	8.54	8.14	7.99	7.81	7.85	7.80	7.81	7.78	7.68	7.75	7.82		8.22	7.82	7.75
H1 lead leg		strides		15	15	15	15	15	15	15	15	15	135					
Li Guangzhen (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 Phillippe Cup Athletics Invitational (Wuhan, CHN)																		
CAA Hurdle Development (2021)																		
date	20-May-21	time	6.47	10.49	14.48	18.55	22.76	27.19	31.75	36.37	41.02	45.86		51.17	7 / 1			
reaction time	0.210	interval		4.02	3.99	4.07	4.21	4.43	4.56	4.62	4.65	4.84	5.31			12.08	13.20	14.11
		velocity	6.96	8.71	8.77	8.60	8.31	7.90	7.68	7.58	7.53	7.23	7.53	7.82		8.69	7.95	7.44
H1 lead leg	R	strides	22	14	14	14	14	14	14	15	15	15	18	169				
Burrell, Sean (USA) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2024 NCAA Championships (Eugene, OR) (TV Analysis)																		
Henson (2024) - Athlete First: 2024 year end hurdle report																		
date	07-Jun-24	time	6.00	9.66	13.45	17.40	21.40	25.64	30.11	34.71	39.61	44.76		51.17	4 / 8			
reaction time		interval		3.66	3.79	3.95	4.00	4.24	4.47	4.60	4.90	5.15	6.41			11.40	12.71	14.65
		velocity	7.50	9.56	9.23	8.86	8.75	8.25	7.83	7.61	7.14	6.80	6.24	7.82		9.21	8.26	7.17
H1 lead leg	R	strides	22	13	14	14	14	15	15	15	15	16	153					
Holúbek, Radoslav (SVK) (1975)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 7</b> - 2000 Olympic Games (Sydney, AUS)																		
Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																		
date	24-Sep-00	time	6.04	10.08	14.16	18.36	22.56	26.88	31.36	35.92	40.68			51.18	2 / 7			
reaction time	0.127	interval		4.04	4.08	4.20	4.20	4.32	4.48	4.56	4.76					12.32	13.00	
		velocity	7.45	8.66	8.58	8.33	8.33	8.10	7.81	7.68	7.35			7.82		8.52	8.08	
H1 lead leg		strides	22	14	14	14	14	14	14	15	15	15	136					
Wang Hongwen (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Chinese National Grand Prix Final (Daqing, CHN)																		
CAA Hurdle Development (2019)																		
date	23-Aug-19	time	6.34	10.33	14.27	18.40	22.69	27.07	31.58	36.27	41.01	45.80		51.18	2 / 4			
reaction time	0.270	interval		3.99	3.94	4.13	4.29	4.38	4.51	4.69	4.74	4.79	5.38			12.06	13.18	14.22
		velocity	7.10	8.77	8.88	8.47	8.16	7.99	7.76	7.46	7.38	7.31	7.43	7.82		8.71	7.97	7.38
H1 lead leg	R	strides	21	14	14	14	14	14	15	15	15	15	18	169				
Pochanis, Konstantinos (CYP) (1973)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 6</b> - 2000 Olympic Games (Sydney, AUS)																		
Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																		
date	24-Sep-00	time	6.22	10.02	13.94	17.94	21.98	26.34	30.98	35.70	40.54			51.20	3 / 6			
reaction time	0.244	interval		3.80	3.92	4.00	4.04	4.36	4.64	4.72	4.84					11.72	13.04	
		velocity	7.23	9.21	8.93	8.75	8.66	8.03	7.54	7.42	7.23			7.81		8.96	8.05	
H1 lead leg		strides	22	14	14	14	14	15	16	16	16	16	141					
Yang Baichuan (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1</b> - 2019 Chinese National Championships (Shenyang, CHN)																		
CAA Hurdle Development (2019)																		
date	09-Jul-19	time	6.32	10.36	14.59	18.84	23.11	27.39	31.80	36.27	40.89	45.76		51.20	1 / 4			
reaction time	0.218	interval		4.04	4.23	4.25	4.27	4.28	4.41	4.47	4.62	4.87	5.44			12.52	12.96	13.96
		velocity	7.12	8.66	8.27	8.24	8.20	8.18	7.94	7.83	7.58	7.19	7.35	7.81		8.39	8.10	7.52
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	15	15	20.3	178.3				

															H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Wang Daojun (CHN) (2000)</b>																															
															Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)			CAA Hurdle Development (2019)													
date	09-Jul-19	time	6.14	10.18	14.18	18.30	22.51	26.90	31.48	36.05	40.79	45.61		51.20	2 / 5																
reaction time	0.218	interval	4.04	4.00	4.12	4.21	4.39	4.58	4.57	4.74	4.82	5.59	PB			12.16	13.18	14.13													
		velocity	7.33	8.66	8.75	8.50	8.31	7.97	7.64	7.66	7.38	7.26	7.16	7.81		8.63	7.97	7.43													
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18.5	170.5																	
<b>Xu Zhihang (CHN) (1997)</b>																															
															Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)			CAA Hurdle Development (2019)													
date	09-Jul-19	time	6.22	10.20	14.28	18.39	22.58	26.96	31.42	35.96	40.64	45.56		51.20	7 / 2-1																
reaction time	0.158	interval	3.98	4.08	4.11	4.19	4.38	4.46	4.54	4.68	4.92	5.64				12.17	13.03	14.14													
		velocity	7.23	8.79	8.58	8.52	8.35	7.99	7.85	7.71	7.48	7.11	7.09	7.81		8.63	8.06	7.43													
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	16	19	172																	
<b>Brinkley, Chris (USA) (2003)</b>																															
															Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)			USATF and Karmarush (2024) - USA Olympic trials results and race analysis													
date	28-Jun-24	time	5.93	9.74	13.62	17.65	21.91	23.73	26.12	30.67	35.40	40.37	45.12		51.20	9 / 7															
reaction time		interval	3.81	3.88	4.03	4.26	4.21	4.55	4.73	4.97	4.75	6.08				11.72	13.02	14.45													
		velocity	7.59	9.19	9.02	8.68	8.22	8.43	8.31	7.69	7.40	7.04	7.37	6.58	7.81		8.96	8.06	7.27												
H1 lead leg	L	strides		13	13	14	14	15	15	15	15	15	19	148																	
<b>Shao Yi (CHN) (1979)</b>																															
															FINAL - 2002 Chinese National Grand Prix Final (Tiantai, CHN)			Zhou (2003) - training of Shao Yi, national champion of men's 400m hurdles													
date	27-Oct-02	time	6.19	10.15	14.05	18.12	22.31	26.56	30.94	35.60	40.41	45.37		51.21	1 / 2																
reaction time		interval	3.96	3.90	4.07	4.19	4.25	4.38	4.66	4.81	4.96	5.84	PB			11.93	12.82	14.43													
		velocity	7.27	8.84	8.97	8.60	8.35	8.24	7.99	7.51	7.28	7.06	6.85	7.81		8.80	8.19	7.28													
H1 lead leg		strides	14	14	14	14	14	14	14	15	15	15	129																		
<b>Cai Jungi (CHN) (1996)</b>																															
															Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)			CAA Hurdle Development (2019)													
date	09-Jul-19	time	6.35	10.41	14.49	18.69	22.90	27.21	31.60	36.06	40.62	45.36		51.22	6 / 3-2																
reaction time	0.189	interval	4.06	4.08	4.20	4.21	4.31	4.39	4.46	4.56	4.74	5.86				12.34	12.91	13.76													
		velocity	7.09	8.62	8.58	8.33	8.31	8.12	7.97	7.85	7.68	7.38	6.83	7.81		8.51	8.13	7.63													
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19.5	176.5																	
<b>Romig, Cole (USA) (2002)</b>																															
															Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)			USATF and Karmarush (2024) - USA Olympic trials results and race analysis													
date	28-Jun-24	time	6.27	10.36	14.50	18.76	23.02	24.91	27.43	31.84	36.46	41.15	45.91		51.22	1 / 8															
reaction time		interval	4.09	4.14	4.26	4.26	4.41	4.41	4.62	4.69	4.76	5.31				12.49	13.08	14.07													
		velocity	7.18	8.56	8.45	8.22	8.22	8.03	7.94	7.94	7.58	7.46	7.35	7.53	7.81		8.41	8.03	7.46												
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	15	15	18.2	176.2																	
<b>Köhrbrück, Carsten (FRG) (1967)</b>																															
															FINAL - 1985 European Junior Championships (Cottbus, GDR)			Warburton (1985) - 1985 european junior championships - hurdles													
date	25-Aug-85	time	6.46	10.09	14.09	18.37	22.66	27.21	31.50	36.24	40.78	45.63		51.23	1 / 3																
reaction time		interval	3.63	4.00	4.28	4.29	4.55	4.29	4.74	4.54	4.85	5.60				11.91	13.13	14.13													
		velocity	6.97	9.64	8.75	8.18	8.16	7.69	8.16	7.38	7.71	7.22	7.14	7.81		8.82	8.00	7.43													
H1 lead leg		strides																													
<b>Wang Daojun (CHN) (2000)</b>																															
															FINAL - 2019 Chinese National Championships (Shenyang, CHN)			CAA Hurdle Development (2019)													
date	10-Jul-19	time	6.12	10.17	14.25	18.40	22.59	26.96	31.56	36.22	40.94	45.70		51.23	2 / 7-6																
reaction time	0.216	interval	4.05	4.08	4.15	4.19	4.37	4.60	4.66	4.72	4.76	5.53				12.28	13.16	14.14													
		velocity	7.35	8.64	8.58	8.43	8.35	8.01	7.61	7.51	7.42	7.35	7.23	7.81		8.55	7.98	7.43													
H1 lead leg	L	strides	22	15	15	14	14	15	15	15	15	15	18.3	173.3																	
<b>Reibert, Werner (FRG) (1948)</b>																															
															FINAL - 1975 West German National Championships (Gelsenkirchen, FRG)			Helbig (1975) - 400-m-hürdenlauf													
date	28-Jun-75	time	6.3	10.2	14.5	18.5	22.6	24.6	27.0	31.8	36.3	40.9	45.4		51.25	6 / 1															
reaction time		interval	3.97	4.24	3.99	4.09	4.44	4.81	4.50	4.55	4.58	5.81				12.20	13.34	13.63													
		velocity	7.18	8.82	8.25	8.77	8.56	8.14	7.88	7.28	7.78	7.69	7.64	6.88	7.80		8.61	7.87	7.70												
H1 lead leg		strides																													
<b>Keter, Erick (KEN) (1966)</b>																															
															Semi-Final 3 - 2000 Olympic Games (Sydney, AUS)			Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games													
date	25-Sep-00	time	6.14	9.90	13.70	17.70	21.98	26.26	30.74	35.34				51.25	7 / 8																
reaction time	0.202	interval	3.76	3.80	4.00	4.28	4.28	4.48	4.60							11.56	13.04														
		velocity	7.33	9.31	9.21	8.75	8.18	8.18	7.81	7.61				7.80		9.08	8.05														
H1 lead leg		strides	21	13	13	15	15	15	15	15				122																	
<b>Angela, Ramsey (NED) (1999)</b>																															
															FINAL - 2020 ISTAF (Berlin, GER) (TV Analysis)			Henson (2020) - Athlete First: 2020 year end hurdle report													
date	13-Sep-20	time	5.96	9.84	13.68	17.72	22.00	26.36	30.88	35.52	40.36			51.25	8 / 7																
reaction time	0.195	interval	3.88	3.84	4.04	4.28	4.36	4.52	4.64	4.84						11.76	13.16														
		velocity	7.55	9.02	9.11	8.66	8.18	8.03	7.74	7.54	7.23			7.80		8.93	7.98														
H1 lead leg	R	strides	22	14	14	14	14	15	15	14				122																	

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Aberkan, Saïd (MOR) (1963)</b>																			
<b>FINAL - 1992 French National Championships (Narbonne, FRA)</b>		<i>Veney - split times from PJ</i>																	
date	28-Jun-92	time	6.44	10.38	14.32	18.36	22.42	26.64	31.04	35.56	40.22	45.36		51.27	1/3				
reaction time		interval		3.94	3.94	4.04	4.06	4.22	4.40	4.52	4.66	5.14	5.91			11.92	12.68	14.32	
		velocity	6.99	8.88	8.88	8.66	8.62	8.29	7.95	7.74	7.51	6.81	6.77	7.80		8.81	8.28	7.33	
H1 lead leg		strides	21	14	14	14	14	14	15	15	15	16	19.3	171.3					
<b>Beckenham, Matt (AUS) (1976)</b>																			
<b>Heat 6 - 2000 Olympic Games (Sydney, AUS)</b>		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	24-Sep-00	time	6.18	10.10	14.26	18.42	22.74	27.30	31.86	36.38				51.27	8/7				
reaction time	0.176	interval		3.92	4.16	4.16	4.32	4.56	4.56	4.52						12.24	13.44		
		velocity	7.28	8.93	8.41	8.41	8.10	7.68	7.68	7.74				7.80		8.58	7.81		
H1 lead leg		strides	21	14	14	14	14	15	15	15				122					
<b>Tuček, Martin (CZE) (1995)</b>																			
<b>Heat 3 - 2024 European Athletics Championships (Roma, ITA)</b>		<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																	
date	09-Jun-24	time	6.09	9.96	13.92	18.00	22.14	26.45	30.91	35.47	40.34	45.34		51.27	9/7				
reaction time	0.216	interval		3.87	3.96	4.08	4.14	4.31	4.46	4.56	4.87	5.00	5.93			11.91	12.91	14.43	
		velocity	7.39	9.04	8.84	8.58	8.45	8.12	7.85	7.68	7.19	7.00	6.75	7.80		8.82	8.13	7.28	
H1 lead leg		strides											0						
<b>Friedrich, Dieter (FRG) (1947)</b>																			
<b>FINAL - 1975 West German National Championships (Gelsenkirchen, FRG)</b>		<i>Helbig (1975) - 400-m-hürdenlauf</i>																	
date	28-Jun-75	time	6.0	10.0	14.1	18.3	22.6	24.6	27.0	31.4	36.2	40.6	45.3		51.29	5/2			
reaction time		interval		4.00	4.04	4.20	4.32	4.39	4.42	4.77	4.45	4.71	5.96			12.24	13.13	13.93	
		velocity	7.46	8.75	8.66	8.33	8.10	8.13	7.97	7.92	7.34	7.87	7.43	6.71	7.80	8.58	8.00	7.54	
H1 lead leg		strides																	
<b>Paul, Jacob (GBR) (1995)</b>																			
<b>FINAL - 2019 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	30-May-19	time	6.06	9.96	14.20	18.33	22.56	24.3	26.97	31.50	36.10	40.96	45.80		51.29	1/6			
reaction time	0.185	interval		3.90	4.24	4.13	4.23	4.41	4.53	4.60	4.86	4.84	5.49			12.27	13.17	14.30	
		velocity	7.43	8.97	8.25	8.47	8.27	8.23	7.94	7.73	7.61	7.20	7.23	7.29	7.80	8.56	7.97	7.34	
H1 lead leg	L	strides	21	14	14	14	14	14	14	14	15	15		121					
<b>Nezir, Ismail (TUR) (2003)</b>																			
<b>Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)</b>		<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																	
date	10-Jun-24	time	6.14	10.08	14.10	18.18	22.41	26.79	31.38	36.08	40.90	45.71		51.29	6/8				
reaction time	0.180	interval		3.94	4.02	4.08	4.23	4.38	4.59	4.70	4.82	4.81	5.58			12.04	13.20	14.33	
		velocity	7.33	8.88	8.71	8.58	8.27	7.99	7.63	7.45	7.26	7.28	7.17	7.80		8.72	7.95	7.33	
H1 lead leg		strides											0						
<b>Rawlinson, Christopher (GBR) (1972)</b>																			
<b>Heat 5 - 2000 Olympic Games (Sydney, AUS)</b>		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	24-Sep-00	time	5.96	9.60	13.36	17.16	21.08	25.16	29.52	34.36	39.80	45.16		51.30	3/1				
reaction time	0.184	interval		3.64	3.76	3.80	3.92	4.08	4.36	4.84	5.44	5.36	6.14			11.20	12.36	15.64	
		velocity	7.55	9.62	9.31	9.21	8.93	8.58	8.03	7.23	6.43	6.53	6.51	7.80		9.38	8.50	6.71	
H1 lead leg		strides	22	14	14	14	14	14	14	14	15	17	17	20	175				
<b>Matulonis, Ryan (USA) (2004)</b>																			
<b>Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)</b>		<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																	
date	28-Jun-24	time	5.91	9.70	13.55	17.53	21.58	23.57	25.95	30.55	35.31	40.21	45.42		51.30	4/8			
reaction time		interval		3.79	3.85	3.98	4.05	4.37	4.60	4.76	4.90	5.21	5.88			11.62	13.02	14.87	
		velocity	7.61	9.23	9.09	8.79	8.64	8.49	8.01	7.61	7.35	7.14	6.72	6.80	7.80	9.04	8.06	7.06	
H1 lead leg	L	strides	21	13	13	13	13	14	14	14	15	16	18	164					
<b>Dobrovolskiy, Sergey (URS) (1966)</b>																			
<b>FINAL - 1985 European Junior Championships (Cottbus, GDR)</b>		<i>Warburton (1985) - 1985 european junior championships - hurdles</i>																	
date	25-Aug-85	time		9.90	13.82	18.20	22.39	26.83	31.28	35.94	40.57	45.20		51.31	1/4				
reaction time		interval		3.92	4.38	4.19	4.44	4.44	4.45	4.66	4.63	4.63	6.11			13.08	13.92		
		velocity		8.08	8.93	7.99	8.35	7.88	7.87	7.51	7.56	7.56	6.55	7.80		8.03	7.54		
H1 lead leg		strides																	
<b>Wang Hongwen (CHN) (2000)</b>																			
<b>FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)</b>		<i>CAA Hurdle Development (2019)</i>																	
date	03-Aug-19	time	6.27	10.22	14.21	18.27	22.42	26.82	31.36	36.00	40.74	45.63		51.31	2/4				
reaction time	0.217	interval		3.95	3.99	4.06	4.15	4.40	4.54	4.64	4.74	4.89	5.68	PB		12.00	13.09	14.27	
		velocity	7.18	8.86	8.77	8.62	8.43	7.95	7.71	7.54	7.38	7.16	7.04	7.80		8.75	8.02	7.36	
H1 lead leg	R	strides	21	14	14	14	14	14	15	15	15	15	18	169					
<b>Shang Shou (CHN) (1995)</b>																			
<b>Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)</b>		<i>CAA Hurdle Development (2021)</i>																	
date	26-Jun-21	time	6.42	10.65	14.88	19.19	23.54	28.02	32.51	37.07	41.66	46.27		51.31	6/2				
reaction time	0.236	interval		4.23	4.23	4.31	4.35	4.48	4.49	4.56	4.59	4.61	5.04			12.77	13.32	13.76	
		velocity	7.01	8.27	8.27	8.12	8.05	7.81	7.80	7.68	7.63	7.59	7.94	7.80		8.22	7.88	7.63	
H1 lead leg	L	strides	22	14	14	14	14	14	14	14	15	15	15	18	169				

Monreal, Íñigo (ESP) (1974)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 8 - 2000 Olympic Games (Sydney, AUS)</b>		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	24-Sep-00	time	6.18	9.94	13.86	17.90	22.02	26.30	30.74	35.58	40.66	45.90		51.32	5 / 4				
reaction time	0.502	interval	3.76	3.92	4.04	4.12	4.28	4.44	4.84	5.08	5.24	5.42				11.72	12.84	15.16	
		velocity	7.28	9.31	8.93	8.66	8.50	8.18	7.88	7.23	6.89	6.68	7.38	7.79		8.96	8.18	6.93	
H1 lead leg		strides	20	13	13	13	13	13	14	15	15	15		144					
Yamamoto, Tatsuhiro (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)</b>		<i>Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data</i>																	
date	31-Jul-15	time	6.19	10.13	14.25	18.37	22.62	27.06	31.60	36.14	40.77	45.63		51.32	7 / 3				
reaction time		interval	3.94	4.12	4.12	4.25	4.44	4.54	4.54	4.63	4.86	5.69		PB		12.18	13.23	14.03	
		velocity	7.27	8.88	8.50	8.50	8.24	7.88	7.71	7.71	7.56	7.20	7.03	7.79		8.62	7.94	7.48	
H1 lead leg		strides	14	14	14	15	15	15	15	15	15	15		132					
Liu Yangyang (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)</b>		<i>CAA Hurdle Development (2019)</i>																	
date	09-Jul-19	time	6.36	10.39	14.56	18.81	23.17	27.58	32.14	36.77	41.46	46.13		51.32	2 / 4-3				
reaction time	0.216	interval	4.03	4.17	4.25	4.36	4.41	4.56	4.63	4.69	4.67	5.19		PB		12.45	13.33	13.99	
		velocity	7.08	8.68	8.39	8.24	8.03	7.94	7.68	7.56	7.46	7.49	7.71	7.79		8.43	7.88	7.51	
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18.5	175.5					
Yamamoto, Tatsuhiro (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2021 Japanese National Championships (Osaka, JPN)</b>		<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																	
date	26-Jun-21	time	5.97	9.68	13.41	17.25	21.25	25.48	29.90	34.42	39.17	44.39		51.32	9 / 8				
reaction time	0.164	interval	3.71	3.73	3.84	4.00	4.23	4.42	4.52	4.75	5.22	6.93				11.28	12.65	14.49	
		velocity	7.54	9.43	9.38	9.11	8.75	8.27	7.92	7.74	7.37	6.70	5.77	7.79		9.31	8.30	7.25	
H1 lead leg	R	strides	21	14	14	14	14	14	15	15	15	15	19.7	170.7					
Song Jiahui (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2021 Chinese National Championships (Chongqing, CHN)</b>		<i>CAA Hurdle Development (2021)</i>																	
date	26-Jun-21	time	6.31	10.33	14.44	18.66	22.91	27.23	31.61	36.23	40.99	45.82		51.32	7 / 3-2				
reaction time	0.191	interval	4.02	4.11	4.22	4.25	4.32	4.38	4.62	4.76	4.83	5.50		PB		12.35	12.95	14.21	
		velocity	7.13	8.71	8.52	8.29	8.24	8.10	7.99	7.58	7.35	7.25	7.27	7.79		8.50	8.11	7.39	
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	14	15	18	159					
Bakketun, Andreas Haara (NOR) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)</b>		<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																	
date	30-May-24	time	5.87	9.57	13.41	17.38		25.99		35.53	40.54			51.32	1 / 7				
reaction time	0.174	interval	3.70	3.84	3.97		8.61		9.54	5.01						11.51			
		velocity	7.67	9.46	9.11	8.82		8.13		7.34	6.99			7.79		9.12			
H1 lead leg	R	strides	21	14	14	14				15			78						
Graham, John (CAN) (1965)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)</b>		<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																	
date	24-Sep-88	time	6.05	10.05	14.09	18.14	22.38	26.75	31.16	35.79	40.68	45.68		51.33	7 / 8				
reaction time		interval	4.00	4.04	4.05	4.24	4.37	4.41	4.63	4.89	5.00	5.65				12.09	13.02	14.52	
		velocity	7.44	8.75	8.66	8.64	8.25	8.01	7.94	7.56	7.16	7.00	7.08	7.79		8.68	8.06	7.23	
H1 lead leg		strides	21	14	14	14	14	14	15	15	15	16	18.5	170.5					
Bett, Nicholas (KEN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2016 Prefontaine Classic (Eugene, OR) (TV Analysis)</b>		<i>(H8 5m short) Henson (2020) - Athlete First: 2016 year end hurdle report</i>																	
date	28-May-16	time	6.24	10.04	13.88	17.96	22.20	26.52	31.00	35.08	40.48	45.44		51.33	5 / 8				
reaction time		interval	3.80	3.84	4.08	4.24	4.32	4.48	4.08	5.40	4.96	5.89				11.72	13.04	14.44	
		velocity	7.21	9.21	9.11	8.58	8.25	8.10	7.81	7.35	7.41	7.06	6.79	7.79		8.96	8.05	7.27	
H1 lead leg	R	strides	21	13	13	13	13	13	13	13	17	15	131						
Lin Zhikai (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2020 Chinese National Championships (Shaoxing, CHN)</b>		<i>CAA Hurdle Development (2020)</i>																	
date	17-Sep-20	time	6.08	10.21	14.29	18.42	22.75	27.21	31.75	36.42	41.08	45.87		51.33	3 / 4				
reaction time		interval	4.13	4.08	4.13	4.33	4.46	4.54	4.67	4.66	4.79	5.46				12.34	13.33	14.12	
		velocity	7.40	8.47	8.58	8.47	8.08	7.85	7.71	7.49	7.51	7.31	7.33	7.79		8.51	7.88	7.44	
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18	175					
Li Guangzhen (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)</b>		<i>CAA Hurdle Development (2021)</i>																	
date	26-Jun-21	time	6.16	10.11	14.26	18.57	23.07	27.68	32.25	36.89	41.57	46.16		51.33	5 / 1				
reaction time	0.183	interval	3.95	4.15	4.31	4.50	4.61	4.57	4.64	4.68	4.59	5.17				12.41	13.68	13.91	
		velocity	7.31	8.86	8.43	8.12	7.78	7.59	7.66	7.54	7.48	7.63	7.74	7.79		8.46	7.68	7.55	
H1 lead leg	L	strides	22	14	14	14	14	15	15	14	15	15	17.2	169.2					
Sherman, Alex (USA) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)</b>		<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																	
date	28-Jun-24	time	6.14	9.99	14.04	18.14	22.16	24.16	26.56	31.14	35.97	40.85	45.73		51.33	4 / 5			
reaction time		interval	3.85	4.05	4.10	4.02	4.40	4.58	4.83	4.88	4.88	5.60				12.00	13.00	14.59	
		velocity	7.33	9.09	8.64	8.54	8.71	8.28	7.95	7.64	7.25	7.17	7.17	7.14	7.79	8.75	8.08	7.20	
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	18.5	171.5					

Fujii, Ryusei (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2015 Japanese National High School Championships (Wakayama, JPN)												<i>Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data</i>						
date	31-Jul-15	time	6.19	10.24	14.55	18.97	23.37	27.78	32.23	36.69	41.27	45.96		51.34	4 / 4			
reaction time		interval		4.05	4.31	4.42	4.40	4.41	4.45	4.46	4.58	4.69	5.38	PB		12.78	13.26	13.73
		velocity	7.27	8.64	8.12	7.92	7.95	7.94	7.87	7.85	7.64	7.46	7.43	7.79		8.22	7.92	7.65
H1 lead leg		strides		14	15	15	15	15	15	15	15	15		134				
<b>Bengtström, Carl (SWE) (2000)</b>		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</b> - 2019 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)												<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>						
date	30-May-19	time	5.93	9.83	14.00	18.13	22.43	24.2	26.86		35.96	40.90	45.76	51.35	8 / 7			
reaction time	0.190	interval		3.90	4.17	4.13	4.30		4.43		9.10	4.94	4.86	5.59		12.20		
		velocity	7.59	8.97	8.39	8.47	8.14	8.26	7.90		7.69	7.09	7.20	7.16	7.79	8.61		
H1 lead leg	L	strides	22	14	14	14	14	15		15	15	15		123				
<b>Zbinden, Carlos (CHI) (1976)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1</b> - 2000 Olympic Games (Sydney, AUS)												<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>						
date	24-Sep-00	time	6.10	9.90	13.82	17.70	21.70	25.94	30.38	34.98	40.02			51.36	6 / 6			
reaction time	0.180	interval		3.80	3.92	3.88	4.00		4.24	4.44	4.60	5.04				11.60	12.68	
		velocity	7.38	9.21	8.93	9.02	8.75		8.25	7.88	7.61	6.94		7.79		9.05	8.28	
H1 lead leg		strides	21	13	13	13	13		14	14	15	16		132				
<b>Inoue, Daichi (JPN) (1999)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>U19 FINAL</b> - 2016 National Sports Festival (Kitakami, JPN)												<i>(2017) - tfdata-store.com/2017/05/14/post-470/</i>						
date	08-Oct-16	time	6.26	10.01	13.94	18.09	22.44	27.02	31.70	36.47	41.21	45.98		51.36	7 / 1			
reaction time		interval		3.75	3.93	4.15	4.35		4.58	4.68	4.77	4.74	4.77	5.38	PB	11.83	13.61	14.28
		velocity	7.19	9.33	8.91	8.43	8.05		7.64	7.48	7.34	7.38	7.34	7.43	7.79	8.88	7.71	7.35
H1 lead leg	R	strides	21	13	13	14	14		15	15	15	15	19	169				
<b>Porras, Alexis (ESP) (1999)</b>		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</b> - 2017 European U20 Championships (Grosseto, ITA) (TV Analysis)												<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>						
date	23-Jul-17	time	5.80	9.76	13.60	17.60	21.84	26.24	30.92	35.60	40.40	45.32		51.36	8 / 7			
reaction time	0.231	interval		3.96	3.84	4.00	4.24		4.40	4.68	4.68	4.80	4.92	6.04		11.80	13.32	14.40
		velocity	7.76	8.84	9.11	8.75	8.25		7.95	7.48	7.48	7.29	7.11	6.62	7.79	8.90	7.88	7.29
H1 lead leg	R	strides		14	14	15	15			15	15	15	15	18	136			
<b>Köhler, Hermann (FRG) (1950)</b>		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</b> - 1975 West German National Championships (Gelsenkirchen, FRG)												<i>Helbig (1975) - 400-m-hürdenlauf</i>						
date	28-Jun-75	time	6.1	10.2	14.2	18.3	22.6	24.6	27.0	32.0	36.1	40.8	45.6	51.37	3 / 3			
reaction time		interval		4.11	4.02	4.13	4.26		4.38	5.00	4.16	4.65	4.78	5.82		12.26	13.64	13.59
		velocity	7.43	8.52	8.71	8.47	8.22	8.14	7.99	7.00	8.41	7.53	7.32	6.87	7.79	8.56	7.70	7.73
H1 lead leg		strides																
<b>Leger, Stéphane (FRA) (1968)</b>		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</b> - 1987 European Junior Championships (Birmingham, GBR)												<i>Veney - split times from PJ</i>						
date	09-Aug-87	time	6.26	10.18	14.30	18.33	22.49	26.72	31.34	35.88	40.72	46.02		51.37	1 / 3			
reaction time		interval		3.92	4.12	4.03	4.16		4.23	4.62	4.54	4.84	5.30	5.35		12.07	13.01	14.68
		velocity	7.19	8.93	8.50	8.68	8.41		8.27	7.58	7.71	7.23	6.60	7.48	7.79	8.70	8.07	7.15
H1 lead leg		strides		15	15	15	15		15	15	15	16		136				
<b>Hackelbusch, Henning (GER) (1982)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2</b> - 2002 European Championships (Munich, GER)												<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>						
date	07-Aug-02	time	6.21	10.13	14.09	18.10	22.23	26.67	31.23	35.97	40.80	45.71		51.37	1 / 7			
reaction time		interval		3.92	3.96	4.01	4.13		4.44	4.56	4.74	4.83	4.91	5.66		11.89	13.13	14.48
		velocity	7.25	8.93	8.84	8.73	8.47		7.88	7.68	7.38	7.25	7.13	7.07	7.79	8.83	8.00	7.25
H1 lead leg		strides																
<b>Iwabuchi, Soya (JPN)</b>		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</b> - 2018 Japanese National High School Championships (Nagoya, JPN)												<i>Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection</i>						
date	04-Aug-18	time	6.34	10.51	14.86	19.18	23.53	28.04	32.50	36.97	41.47	46.08		51.37	5 / 2			
reaction time		interval		4.17	4.35	4.32	4.35		4.51	4.46	4.47	4.50	4.61	5.29	PB	12.84	13.32	13.58
		velocity	7.10	8.39	8.05	8.10	8.05		7.76	7.85	7.83	7.78	7.59	7.56	7.79	8.18	7.88	7.73
H1 lead leg		strides		15	15	15	15		15	15	15	15	15	135				
<b>Miyako, Kohei (JPN) (1997)</b>		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</b> - 2019 Japanese National Championships (Fukuoka, JPN)												<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>						
date	29-Jun-19	time	6.17	10.08	14.20	18.32	22.56	26.96	31.53	36.10	40.82	45.88		51.37	9 / 8			
reaction time	0.149	interval		3.91	4.12	4.12	4.24		4.40	4.57	4.57	4.72	5.06	5.49		12.15	13.21	14.35
		velocity	7.29	8.95	8.50	8.50	8.25		7.95	7.66	7.66	7.42	6.92	7.29	7.79	8.64	7.95	7.32
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	157				
<b>Boino, Mowen (PNG) (1979)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 7</b> - 2000 Olympic Games (Sydney, AUS)												<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>						
date	24-Sep-00	time	6.16	10.28	14.52	18.76	23.04	27.52	32.08	36.48				51.38	4 / 8			
reaction time	0.406	interval		4.12	4.24	4.24	4.28		4.48	4.56	4.40				NR	12.60	13.32	
		velocity	7.31	8.50	8.25	8.25	8.18		7.81	7.68	7.95			7.79		8.33	7.88	
H1 lead leg		strides	22	15	15	15	15		15	15	15			127				

<b>Sdad, Mustapha (MAR) (1970)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 4 - 2000 Olympic Games (Sydney, AUS)</b>		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	24-Sep-00	time	6.04	10.16	14.20	18.36	22.56	26.88	31.36	36.04	40.96	45.92		51.39	2 / 6				
reaction time	0.216	interval	4.12	4.04	4.16	4.20		4.32	4.48	4.68	4.92	4.96	5.47			12.32	13.00	14.56	
		velocity	7.45	8.50	8.66	8.41	8.33		8.10	7.81	7.48	7.11	7.06	7.31	7.78	8.52	8.08	7.21	
H1 lead leg		strides	21	15	15	15		15	15	15	17	17		160					
<b>Holmes, TJ (USA) (1995)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																	
date	30-Aug-18	time	5.76	9.32	13.08	16.96	21.00	22.8	25.16	29.44	34.00	39.04	44.48	51.39	6 / 8				
reaction time	0.186	interval	3.56	3.76	3.88	4.04		4.16	4.28	4.56	5.04	5.44	6.91			11.20	12.48	15.04	
		velocity	7.81	9.83	9.31	9.02	8.66	8.77	8.41	8.18	7.68	6.94	6.43	5.79	7.78	9.38	8.41	6.98	
H1 lead leg	L	strides	20	13	13	13		13	13	14	16	16		128					
<b>Long Wei (CHN) (1997)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)</b>		<i>CAA Hurdle Development (2019)</i>																	
date	09-Jul-19	time	6.04	10.08	14.15	18.28	22.54	26.89	31.28	35.85	40.61	45.58		51.39	4 / 6				
reaction time	0.188	interval	4.04	4.07	4.13	4.26		4.35	4.39	4.57	4.76	4.97	5.81	PB		12.24	13.00	14.30	
		velocity	7.45	8.66	8.60	8.47	8.22		8.05	7.97	7.66	7.35	7.04	6.88	7.78	8.58	8.08	7.34	
H1 lead leg	L	strides	21	15	15	15		15	15	15	15	15	18.8	174.8					
<b>Januszewski, Paweł (POL) (1972)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 5 - 2000 Olympic Games (Sydney, AUS)</b>		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	24-Sep-00	time	6.08	9.88	13.64	17.48	21.44		25.60	30.08	34.80	40.04	45.28	51.40	2 / 2				
reaction time	0.163	interval	3.80	3.76	3.84	3.96		4.16	4.48	4.72	5.24	5.24	6.12			11.40	12.60	15.20	
		velocity	7.40	9.21	9.31	9.11	8.84		8.41	7.81	7.42	6.68	6.68	6.54	7.78	9.21	8.33	6.91	
H1 lead leg		strides	22	14	14	14		14	14	15	15	15	19.7	170.7					
<b>Shirao, Yusuke (JPN) (1999)</b>		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 - 2016 Japanese National High School Championships (Okayama, JPN)</b>		<i>Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection</i>																	
date	31-Jul-16	time	6.31	10.28	14.45	18.77	23.21	27.71	32.23	36.79	41.42	46.11		51.40	7 / 1				
reaction time	0.192	interval	3.97	4.17	4.32	4.44		4.50	4.52	4.56	4.63	4.69	5.29			12.46	13.46	13.88	
		velocity	7.13	8.82	8.39	8.10	7.88		7.78	7.74	7.68	7.56	7.46	7.56	7.78	8.43	7.80	7.56	
H1 lead leg		strides	13	13	14	14		15	15	15	15	15		129					
<b>Hussein, Kariem (SUI) (1989)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2018 Doha Diamond League (Doha, QAT) (TV Analysis)</b>		<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																	
date	04-May-18	time	6.04	9.88	13.84	17.88	22.00	26.28	30.72	35.36	40.32			51.40	7 / 8				
reaction time	0.230	interval	3.84	3.96	4.04	4.12		4.28	4.44	4.64	4.96					11.84	12.84		
		velocity	7.45	9.11	8.84	8.66	8.50		8.18	7.88	7.54	7.06		7.78		8.87	8.18		
H1 lead leg	L	strides	20	13	13	13		13	13	14	14	15		141					
<b>Abdalmujied, Amor Ebed (QAT) (200)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>B FINAL - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)</b>		<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	28-May-21	time	6.10	9.93	14.00	18.20	22.53	24.5	26.97	31.70	36.37	41.17	45.97	51.40	3 / 3				
reaction time	0.168	interval	3.83	4.07	4.20	4.33		4.44	4.73	4.67	4.80	4.80	5.43	PB		12.10	13.50	14.27	
		velocity	7.38	9.14	8.60	8.33	8.08	8.16	7.88	7.40	7.49	7.29	7.29	7.37	7.78	8.68	7.78	7.36	
H1 lead leg	L	strides	22	14	14	14		14	14	15	15	15	18.7	155.7					
<b>Shang Shou (CHN) (1995)</b>		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 Chinese Olympic Trials (Shaoxing, CHN)</b>		<i>CAA Hurdle Development (2021)</i>																	
date	13-Jun-21	time	6.41	10.53	14.73	19.02	23.29	27.74	32.26	36.79	41.41	46.06		51.40	7 / 5				
reaction time	0.185	interval	4.12	4.20	4.29	4.27		4.45	4.52	4.53	4.62	4.65	5.34			12.61	13.24	13.80	
		velocity	7.02	8.50	8.33	8.16	8.20		7.87	7.74	7.73	7.58	7.53	7.49	7.78	8.33	7.93	7.61	
H1 lead leg	L	strides	22	14	14	14		14	14	15	15	15	18	169					
<b>Nezir, Ismail (TUR) (2003)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2023 Doha Diamond League (Doha, QAT)</b>		<i>Omega Timing (2023) - diamond league race analysis</i>																	
date	05-May-23	time	6.16	10.10	14.19	18.37	22.62	27.08	31.79	36.37	41.13	45.91		51.40	2 / 8				
reaction time	0.195	interval	3.94	4.09	4.18	4.25		4.46	4.71	4.58	4.76	4.78	5.49			12.21	13.42	14.12	
		velocity	7.31	8.88	8.56	8.37	8.24		7.85	7.43	7.64	7.35	7.32	7.29	7.78	8.60	7.82	7.44	
H1 lead leg	L	strides	20	13	13	13		13	13	14	14	14		127					
<b>Mizuno, Tatsuhiko (JPN) (1990)</b>		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 - 2008 Japanese National High School Championships (Kumagaya, JPN)</b>		<i>Abe (2008) - 61st high school championships: JAF scientific committee - biomechanics data</i>																	
date	31-Jul-08	time	6.14	10.08	14.20	18.33	22.61	27.12	31.69	36.27	40.96	45.72		51.41	1 / 2				
reaction time		interval	3.94	4.12	4.13	4.28		4.51	4.57	4.58	4.69	4.76	5.69			12.19	13.36	14.03	
		velocity	7.33	8.88	8.50	8.47	8.18		7.76	7.66	7.64	7.46	7.35	7.03	7.78	8.61	7.86	7.48	
H1 lead leg		strides	14	14	14	14		15	15	15	15	15		131					
<b>Li Zhilong (CHN) (1988)</b>		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 - 2013 Chinese National Championships (Suzhou, CHN)</b>		<i>Li (2008) - research on training characteristics of Li Zhilong's of Chinese men's 400m hurdles</i>																	
date	30-May-13	time	6.08	9.96	13.96	18.00	22.16	26.48	30.92	35.52	40.32	45.56		51.41	1 / 3				
reaction time		interval	3.88	4.00	4.04	4.16		4.32	4.44	4.60	4.80	5.24	5.85			11.92	12.92	14.64	
		velocity	7.40	9.02	8.75	8.66	8.41		8.10	7.88	7.61	7.29	6.68	6.84	7.78	8.81	8.13	7.17	
H1 lead leg		strides																	

Wang Daojun (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 Chinese National Championships (Shaoxing, CHN)																		
CAA Hurdle Development (2020)																		
date	17-Sep-20	time	5.96	10.00	14.08	18.29	22.58	26.92	31.42	35.96	40.71	45.54		51.41	5 / 5			
reaction time		interval		4.04	4.08	4.21	4.29	4.34	4.50	4.54	4.75	4.83	5.87			12.33	13.13	14.12
		velocity	7.55	8.66	8.58	8.31	8.16	8.06	7.78	7.71	7.37	7.25	6.81	7.78		8.52	8.00	7.44
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18.5	170.5				
van Zyl, L.J. (RSA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)																		
Henson (2020) - Athlete First: 2017 year end hurdle report																		
date	18-Jun-17	time	5.88	9.64		17.40	21.44	25.60	30.00		39.04	43.88		51.42	2 / 8			
reaction time	0.143	interval		3.76		7.76	4.04	4.16	4.40		9.04	4.84	7.54			11.52	12.60	13.88
		velocity	7.65	9.31		9.02	8.66	8.41	7.95		7.74	7.23	5.31	7.78		9.11	8.33	7.56
H1 lead leg	L	strides	22	14		14	14	14	15		16	16	95					
Mikołajewski, Gabriel (POL) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 Golden Spike (Ostrava, CZE) (TV Analysis)																		
Henson (2020) - Athlete First: 2020 year end hurdle report																		
date	08-Sep-20	time	6.14	10.04	14.14	18.12				31.13	35.97	40.84		51.42	3 / 6			
reaction time	0.145	interval		3.90	4.10	3.98				13.01	4.84	4.87				11.98	13.01	
		velocity	7.33	8.97	8.54	8.79				8.07	7.23	7.19		7.78		8.76	8.07	
H1 lead leg	L	strides	21	14		14	14					15		78				
Wang Daojun (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2</b> - 2021 Chinese National Championships (Chongqing, CHN)																		
CAA Hurdle Development (2021)																		
date	26-Jun-21	time	6.18	10.21	14.31	18.57	22.91	27.41	32.05	36.67	41.34	46.06		51.42	5 / 1			
reaction time	0.201	interval		4.03	4.10	4.26	4.34	4.50	4.64	4.62	4.67	4.72	5.36			12.39	13.48	14.01
		velocity	7.28	8.68	8.54	8.22	8.06	7.78	7.54	7.58	7.49	7.42	7.46	7.78		8.47	7.79	7.49
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18	170				
Wang Gouzhong (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1</b> - 2021 Chinese National Championships (Chongqing, CHN)																		
CAA Hurdle Development (2021)																		
date	26-Jun-21	time	6.10	10.11	14.26	18.52	22.90	27.37	31.96	36.58	41.28	46.05		51.43	7 / 3			
reaction time	0.152	interval		4.01	4.15	4.26	4.38	4.47	4.59	4.62	4.70	4.77	5.38			12.42	13.44	14.09
		velocity	7.38	8.73	8.43	8.22	7.99	7.83	7.63	7.58	7.45	7.34	7.43	7.78		8.45	7.81	7.45
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	15	15	18.5	174.5				
Morioka, Yuuki (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2022 Japanese U20 National Championships (Osaka, JPN)																		
Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																		
date	11-Jun-22	time	6.36	10.41	14.51	18.77	23.10	27.48	32.00	36.74	41.39	46.15		51.43	5 / 5			
reaction time	0.208	interval		4.05	4.10	4.26	4.33	4.38	4.52	4.74	4.65	4.76	5.28			12.41	13.23	14.15
		velocity	7.08	8.64	8.54	8.22	8.08	7.99	7.74	7.38	7.53	7.35	7.58	7.78		8.46	7.94	7.42
H1 lead leg	R	strides	22	14	14	14	14	14	14	15	15	15	18.7	169.7				
Shirao, Yusuke (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 Japanese National High School Championships (Yamagata, JPN)																		
Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data																		
date	31-Jul-17	time	6.26	10.11	14.13	18.25	22.64	27.08	31.55	36.12	40.89	45.78		51.44	6 / 1			
reaction time	0.172	interval		3.85	4.02	4.12	4.39	4.44	4.47	4.57	4.77	4.89	5.66			11.99	13.30	14.23
		velocity	7.19	9.09	8.71	8.50	7.97	7.88	7.83	7.66	7.34	7.16	7.07	7.78		8.76	7.89	7.38
H1 lead leg		strides		13	13	13	14	14	15	15	15	15		127				
Yamamoto, Takeshi (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>B FINAL</b> - 2020 World Athletics Trials (Fuji, JPN)																		
Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																		
date	06-Sep-20	time	6.09	9.96	13.91	17.95	22.09	26.38	30.75	35.30	40.16	45.40		51.44	3 / 5			
reaction time		interval		3.87	3.95	4.04	4.14	4.29	4.37	4.55	4.86	5.24	6.04			11.86	12.80	14.65
		velocity	7.39	9.04	8.86	8.66	8.45	8.16	8.01	7.69	7.20	6.68	6.62	7.78		8.85	8.20	7.17
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	17	20	175				
Song Jiahui (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3</b> - 2021 Chinese National Championships (Chongqing, CHN)																		
CAA Hurdle Development (2021)																		
date	26-Jun-21	time	6.36	10.36	14.45	18.62	22.83	27.10	31.68	36.26	41.01	45.87		51.44	8 / 1			
reaction time	0.234	interval		4.00	4.09	4.17	4.21	4.27	4.58	4.58	4.75	4.86	5.57	PB		12.26	13.06	14.19
		velocity	7.08	8.75	8.56	8.39	8.31	8.20	7.64	7.64	7.37	7.20	7.18	7.78		8.56	8.04	7.40
H1 lead leg	L	strides	20	13	13	13	13	13	14	14	15	15	18.5	161.5				
Wang Siqing (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3</b> - 2021 Chinese National Championships (Chongqing, CHN)																		
CAA Hurdle Development (2021)																		
date	26-Jun-21	time	6.30	10.35	14.46	18.65	22.97	27.33	31.78	36.31	41.03	45.87		51.44	7 / 2			
reaction time	0.222	interval		4.05	4.11	4.19	4.32	4.36	4.45	4.53	4.72	4.84	5.57	PB		12.35	13.13	14.09
		velocity	7.14	8.64	8.52	8.35	8.10	8.03	7.87	7.73	7.42	7.23	7.18	7.78		8.50	8.00	7.45
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	19.5	178.5				
Mfomkpa, Alain-Hervé (SUI) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2017 Athletissima (Lausanne, SUI) (TV Analysis)																		
Henson (2020) - Athlete First: 2017 year end hurdle report																		
date	06-Jul-17	time	6.04	9.80	13.72	17.64	21.68	25.96	30.36	35.04	40.00	45.24		51.45	1 / 8			
reaction time	0.156	interval		3.76	3.92	3.92	4.04	4.28	4.40	4.68	4.96	5.24	6.21			11.60	12.72	14.88
		velocity	7.45	9.31	8.93	8.93	8.66	8.18	7.95	7.48	7.06	6.68	6.44	7.77		9.05	8.25	7.06
H1 lead leg	L	strides	21	13	13	13	13	14	14	14	15	16		146				

<b>Obayashi, Masayuki (JPN) (1996)</b>																
<b>FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)</b>																
<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>																
date	19-May-19	time	6.04	9.96	13.91	18.04	22.21		26.48	30.83	35.40	40.22	45.35		51.45	4 / 6
reaction time	0.157	interval		3.92	3.95	4.13	4.17		4.27	4.35	4.57	4.82	5.13	6.10		12.00 12.79 14.52
		velocity	7.45	8.93	8.86	8.47	8.39		8.20	8.05	7.66	7.26	6.82	6.56	7.77	8.75 8.21 7.23
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	17	20.7	175.7	
<b>Muto, Yuhi (JPN) (2004)</b>																
<b>FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)</b>																
<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																
date	11-Jun-22	time	6.39	10.33	14.41	18.52	22.86		27.29	31.82	36.47	41.21	46.06		51.46	3 / 6
reaction time	0.189	interval		3.94	4.08	4.11	4.34		4.43	4.53	4.65	4.74	4.85	5.40	PB	12.13 13.30 14.24
		velocity	7.04	8.88	8.58	8.52	8.06		7.90	7.73	7.53	7.38	7.22	7.41	7.77	8.66 7.89 7.37
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	15	19	176	
<b>Ziegler, Rolf (FRG) (1951)</b>																
<b>FINAL - 1975 West German National Championships (Gelsenkirchen, FRG)</b>																
<i>Helbig (1975) - 400-m-hürdenlauf</i>																
date	28-Jun-75	time	6.2	10.2	14.2	18.4	22.6	24.6	27.0	31.5	36.1	40.8	45.4		51.47	7 / 4
reaction time		interval		4.06	4.01	4.14	4.19		4.41	4.49	4.64	4.71	4.59	6.07		12.21 13.09 13.94
		velocity	7.31	8.62	8.73	8.45	8.35	8.14	7.94	7.80	7.54	7.43	7.63	6.59	7.77	8.60 8.02 7.53
H1 lead leg		strides														
<b>Yamada, Nao (JPN) (2004)</b>																
<b>FINAL - 2022 Japanese National High School Championships (Naruto, JPN)</b>																
<i>Kishima (2022) - national high school championships biomechanics data collection</i>																
date	05-Aug-22	time	6.18	10.18	14.28	18.40	22.62		26.90	31.33	35.95	40.90	45.85		51.48	3 / 4
reaction time	0.184	interval		4.00	4.10	4.12	4.22		4.28	4.43	4.62	4.95	4.95	5.63	PB	12.22 12.93 14.52
		velocity	7.28	8.75	8.54	8.50	8.29		8.18	7.90	7.58	7.07	7.07	7.10	7.77	8.59 8.12 7.23
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	17	17	20	182	
<b>Valentian, Jean-Pascal (FRA) (1960)</b>																
<b>FINAL - 1987 French National Championships (Annecy, FRA)</b>																
<i>Veney - split times from PJ</i>																
date	09-Aug-87	time	6.25	10.22	14.27	18.54	22.81		26.99	31.59	36.14	40.91	45.79		51.49	1 / 5
reaction time		interval		3.97	4.05	4.27	4.27		4.18	4.60	4.55	4.77	4.88	5.70		12.29 13.05 14.20
		velocity	7.20	8.82	8.64	8.20	8.20		8.37	7.61	7.69	7.34	7.17	7.02	7.77	8.54 8.05 7.39
H1 lead leg		strides		14												
<b>Copello, Yasmani (TUR) (1987)</b>																
<b>Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)</b>																
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	17-Jul-22	time	5.93	9.80	13.80	17.77	22.00	23.97	26.40	30.97	35.56	40.48	45.46		51.49	2 / 7
reaction time	0.166	interval		3.87	4.00	3.97	4.23		4.40	4.57	4.59	4.92	4.98	6.03		11.84 13.20 14.49
		velocity	7.59	9.04	8.75	8.82	8.27	8.34	7.95	7.66	7.63	7.11	7.03	6.63	7.77	8.87 7.95 7.25
H1 lead leg	L	strides	20	13	13	13	13		14	14	14	15	14	18	161	
<b>Cavanaugh, Caleb (USA) (2001)</b>																
<b>Heat 3 - 2024 USA Olympic Trials (Eugene, OR)</b>																
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	6.02	9.87	13.92	18.01	22.15	24.04	26.56	31.07	35.84	40.76	45.65		51.50	3 / 5
reaction time		interval		3.85	4.05	4.09	4.14		4.41	4.51	4.77	4.92	4.89	5.85		11.99 13.06 14.58
		velocity	7.48	9.09	8.64	8.56	8.45	8.32	7.94	7.76	7.34	7.11	7.16	6.84	7.77	8.76 8.04 7.20
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18	171	
<b>Schneider, Drake (USA) (1999)</b>																
<b>Heat 4 - 2024 USA Olympic Trials (Eugene, OR)</b>																
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	5.87	9.57	13.40	17.49	21.62	23.47	25.82	30.39	35.17	40.18	45.41		51.50	5 / 5
reaction time		interval		3.70	3.83	4.09	4.13		4.20	4.57	4.78	5.01	5.23	6.09		11.62 12.90 15.02
		velocity	7.67	9.46	9.14	8.56	8.47	8.52	8.33	7.66	7.32	6.99	6.69	6.57	7.77	9.04 8.14 6.99
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	15	18	160	
<b>Houston, Victor (BAR) (1974)</b>																
<b>Heat 1 - 2000 Olympic Games (Sydney, AUS)</b>																
<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	24-Sep-00	time	5.90	9.58	13.34	17.22	21.22		25.54	30.10	34.86	39.98	45.34		51.51	2 / 7
reaction time	0.179	interval		3.68	3.76	3.88	4.00		4.32	4.56	4.76	5.12	5.36	6.17		11.32 12.88 15.24
		velocity	7.63	9.51	9.31	9.02	8.75		8.10	7.68	7.35	6.84	6.53	6.48	7.77	9.28 8.15 6.89
H1 lead leg		strides		13	13	13	13		14	14	15	15	16	126		
<b>Köhldorfer, Leo (AUT) (2001)</b>																
<b>Heat 2 - 2024 European Athletics Championships (Roma, ITA)</b>																
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	09-Jun-24	time	5.92	9.73	13.63	17.65	21.83		26.17	30.69	35.39	40.37	45.42		51.52	9 / 7
reaction time	0.198	interval		3.81	3.90	4.02	4.18		4.34	4.52	4.70	4.98	5.05	6.10		11.73 13.04 14.73
		velocity	7.60	9.19	8.97	8.71	8.37		8.06	7.74	7.45	7.03	6.93	6.56	7.76	8.95 8.05 7.13
H1 lead leg		strides												0		
<b>Bédi, Tibor (HUN) (1974)</b>																
<b>Heat 5 - 2000 Olympic Games (Sydney, AUS)</b>																
<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	24-Sep-00	time	5.92	9.68	13.64	17.64	21.80		26.00	30.36	35.04	40.24	45.48		51.54	7 / 3
reaction time	0.169	interval		3.76	3.96	4.00	4.16		4.20	4.36	4.68	5.20	5.24	6.06		11.72 12.72 15.12
		velocity	7.60	9.31	8.84	8.75	8.41		8.33	8.03	7.48	6.73	6.68	6.60	7.76	8.96 8.25 6.94
H1 lead leg		strides	21	13	14	14	14		14	15	15	17	17	20.9	174.9	



		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Lu Shengjing (CHN) (1998)</b>																			
<b>Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)</b>																			
date		26-Jun-21	time	6.34	10.37	14.62	18.98	23.39	27.73	32.12	36.60	41.25	46.03						
reaction time		0.228	interval	4.03	4.25	4.36	4.41	4.34	4.39	4.48	4.65	4.78	5.51	51.54	8 / 2				
			velocity	7.10	8.68	8.24	8.03	7.94	8.06	7.97	7.81	7.53	7.32	7.26	7.76		12.64	13.14	13.91
H1 lead leg		L	strides	22	15	15	15	15	15	15	15	15	15	19	176	8.31	7.99	7.55	
<b>Kasai, Yuki (JPN) (2006)</b>																			
<b>FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)</b>																			
date		30-Jul-24	time	6.22	10.21	14.33	18.55	22.76	26.93	31.33	35.94	40.67	45.68						
reaction time		0.217	interval	3.99	4.12	4.22	4.21	4.17	4.40	4.61	4.73	5.01	5.86	51.54	4 / 3		12.33	12.78	14.35
			velocity	7.23	8.77	8.50	8.29	8.31	8.39	7.95	7.59	7.40	6.99	6.83	7.76		8.52	8.22	7.32
H1 lead leg			strides	20	15	15	15	15	15	15	15	15	15	18	173				
<b>Wang Hongwen (CHN) (2000)</b>																			
<b>Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)</b>																			
date		26-Jun-21	time	6.27	10.25	14.26	18.40	22.61	27.03	31.49	36.15	40.99	45.97						
reaction time		0.242	interval	3.98	4.01	4.14	4.21	4.42	4.46	4.66	4.84	4.98	5.59	51.56	6 / 3		12.13	13.09	14.48
			velocity	7.18	8.79	8.73	8.45	8.31	7.92	7.85	7.51	7.23	7.03	7.16	7.76		8.66	8.02	7.25
H1 lead leg		L	strides	21	14	14	14	14	14	14	15	15	15	18	168				
<b>Song Jiahui (CHN) (2002)</b>																			
<b>FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)</b>																			
date		13-Jun-21	time	6.24	10.34	14.46	18.55	22.77	27.08	31.53	36.07	40.89	45.83						
reaction time		0.198	interval	4.10	4.12	4.09	4.22	4.31	4.45	4.54	4.82	4.94	5.74	51.57	8 / 6		12.31	12.98	14.30
			velocity	7.21	8.54	8.50	8.56	8.29	8.12	7.87	7.71	7.26	7.09	6.97	7.76		8.53	8.09	7.34
H1 lead leg		L	strides	20	13	13	13	13	13	13	13	14	14	18	157				
<b>Mfomkpa, Alain-Hervé (SUI) (1996)</b>																			
<b>FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis)</b>																			
date		25-Aug-16	time	5.96	9.83	13.73	17.73	22.10	26.47	30.93	35.67	40.57							
reaction time		0.182	interval	3.87	3.90	4.00	4.37	4.37	4.46	4.74	4.90						11.77	13.20	
			velocity	7.55	9.04	8.97	8.75	8.01	8.01	7.85	7.38	7.14		7.75			8.92	7.95	
H1 lead leg		L	strides	21	13	13	13	14	14	15	15	15		133					
<b>Yang Baichuan (CHN) (1995)</b>																			
<b>FINAL - 2020 Chinese National Championships (Shaoxing, CHN)</b>																			
date		17-Sep-20	time	6.08	10.12	14.25	18.50	22.83	27.25	31.75	36.42	41.12	45.92						
reaction time			interval	4.04	4.13	4.25	4.33	4.42	4.50	4.67	4.70	4.80	5.66	51.58	2 / 6		12.42	13.25	14.17
			velocity	7.40	8.66	8.47	8.24	8.08	7.92	7.78	7.49	7.45	7.29	7.07	7.75		8.45	7.92	7.41
H1 lead leg		L	strides	23	15	15	15	15	15	15	15	15	15	20	178				
<b>Yamada, Nao (JPN) (2004)</b>																			
<b>FINAL - 2022 Japanese National High School Championships (Naruto, JPN)</b>																			
date		05-Aug-22	time	6.18	10.18	14.28	18.40	22.62	26.90	31.33	35.95	40.90	45.85						
reaction time		0.184	interval	4.00	4.10	4.12	4.22	4.28	4.43	4.62	4.95	4.95	5.63	51.48	3 / 4		12.22	12.93	14.52
			velocity	7.28	8.75	8.54	8.50	8.29	8.18	7.90	7.58	7.07	7.07	7.10	7.77		8.59	8.12	7.23
H1 lead leg			strides		15	15	15	15	15	15	15	17	17	139					
<b>Wang Yijie (CHN) (1997)</b>																			
<b>FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)</b>																			
date		08-Apr-19	time	6.20	10.22	14.28	18.44	22.64	26.96	31.46	36.10	40.88	45.78						
reaction time		0.280	interval	4.02	4.06	4.16	4.20	4.32	4.50	4.64	4.78	4.90	5.82	51.60	3 / 3		12.24	13.02	14.32
			velocity	7.26	8.71	8.62	8.41	8.33	8.10	7.78	7.54	7.32	7.14	6.87	7.75		8.58	8.06	7.33
H1 lead leg		L	strides	21	16	16	16	16	15	15	15	15	15	18.5	178.5				
<b>Wang Yijie (CHN) (1997)</b>																			
<b>FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)</b>																			
date		29-May-19	time	6.20	10.14	14.18	18.35	22.68	27.14	31.66	36.22	41.04	45.86						
reaction time		0.260	interval	3.94	4.04	4.17	4.33	4.46	4.52	4.56	4.82	4.82	5.74	51.60	7 / 2		12.15	13.31	14.20
			velocity	7.26	8.88	8.66	8.39	8.08	7.85	7.74	7.68	7.26	7.26	6.97	7.75		8.64	7.89	7.39
H1 lead leg		L	strides	22	14	14	14	14	15	15	15	15	15	18.5	171.5				
<b>Zhuang Linfei (CHN) (1996)</b>																			
<b>FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)</b>																			
date		03-Aug-19	time	6.28	10.20	14.22	18.38	22.66	27.12	31.65	36.31	41.06	45.98						
reaction time		0.256	interval	3.92	4.02	4.16	4.28	4.46	4.53	4.66	4.75	4.92	5.62	51.60	8 / 5		12.10	13.27	14.33
			velocity	7.17	8.93	8.71	8.41	8.18	7.85	7.73	7.51	7.37	7.11	7.12	7.75		8.68	7.91	7.33
H1 lead leg		L	strides	21	13	13	14	14	14	14	15	15	15	18.5	166.5				
<b>Cai Jungi (CHN) (1996)</b>																			
<b>Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)</b>																			
date		26-Jun-21	time	6.32	10.31	14.38	18.59	22.94	27.39	31.85	36.37	40.99	45.73						
reaction time		0.229	interval	3.99	4.07	4.21	4.35	4.45	4.46	4.52	4.62	4.74	5.87	51.60	3 / 3		12.27	13.26	13.88
			velocity	7.12	8.77	8.60	8.31	8.05	7.87	7.85	7.74	7.58	7.38	6.81	7.75		8.56	7.92	7.56
H1 lead leg		L	strides	22	15	15	15	15	15	15	15	15	15	18.5	175.5				

Shang Shou (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)</b>																		
CAA Hurdle Development (2019)																		
date	22-Aug-19	time	6.49	10.63	14.80	19.05	23.36	27.83	32.30	36.84	41.42	46.16		51.62	6 / 1			
reaction time	0.275	interval		4.14	4.17	4.25	4.31	4.47	4.47	4.54	4.58	4.74	5.46			12.56	13.25	13.86
		velocity	6.93	8.45	8.39	8.24	8.12	7.83	7.83	7.71	7.64	7.38	7.33	7.75		8.36	7.92	7.58
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18	169				
Wang Daojun (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)</b>																		
CAA Hurdle Development (2019)																		
date	17-Aug-19	time	6.18	10.26	14.32	18.55	22.90	27.46	32.20	36.92	41.64	46.35		51.64	5 / 3			
reaction time	0.188	interval		4.08	4.06	4.23	4.35	4.56	4.74	4.72	4.72	4.71	5.29			12.37	13.65	14.15
		velocity	7.28	8.58	8.62	8.27	8.05	7.68	7.38	7.42	7.42	7.43	7.56	7.75		8.49	7.69	7.42
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18	170				
Ye Anan (CHN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)</b>																		
CAA Hurdle Development (2021)																		
date	26-Jun-21	time	6.37	10.44	14.64	18.83	23.19	27.69	32.22	36.91	41.57	46.24		51.64	5 / 4			
reaction time	0.272	interval		4.07	4.20	4.19	4.36	4.50	4.53	4.69	4.66	4.67	5.40			12.46	13.39	14.02
		velocity	7.06	8.60	8.33	8.35	8.03	7.78	7.73	7.46	7.51	7.49	7.41	7.75		8.43	7.84	7.49
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.2	169.2				
Rodríguez, Eduardo Iván (ESP) (1977)		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 - 1998 Spanish National Championships (San Sebastián, ESP)</b>																		
Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas																		
date	02-Aug-98	time	6.10	10.22	14.34	18.52	22.90	27.32	31.89	36.58	41.41	46.24		51.65	7 / 3			
reaction time		interval		4.12	4.12	4.18	4.38	4.42	4.57	4.69	4.83	4.83	5.41			12.42	13.37	14.35
		velocity	7.38	8.50	8.50	8.37	7.99	7.92	7.66	7.46	7.25	7.25	7.39	7.74		8.45	7.85	7.32
H1 lead leg	L	strides	22	14	14	14	14	14	15	15	16	15	18.5	171.5				
Reinberg, Jan (GER) (1980)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2001 European Championships (Bremen, GER)</b>																		
Graubner (2007) - http://www.fgs.uni-halle.de																		
date	23-Jun-01	time	6.30	10.21	14.19	18.32	22.48	26.84	31.32	35.98	40.96	45.85		51.66	1 / 8			
reaction time		interval		3.91	3.98	4.13	4.16	4.36	4.48	4.66	4.98	4.89	5.81			12.02	13.00	14.53
		velocity	7.14	8.95	8.79	8.47	8.41	8.03	7.81	7.51	7.03	7.16	6.88	7.74		8.74	8.08	7.23
H1 lead leg		strides																
Boino, Mowen (PNG) (1979)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2002 IAAF World Cup (Madrid, ESP)</b>																		
Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas																		
date	20-Sep-02	time	6.14	10.18	14.34	18.47	22.65	27.01	31.43	36.00	40.70	45.57		51.66	9 / 9			
reaction time	0.058	interval		4.04	4.16	4.13	4.18	4.36	4.42	4.57	4.70	4.87	6.09			12.33	12.96	14.14
		velocity	7.33	8.66	8.41	8.47	8.37	8.03	7.92	7.66	7.45	7.19	6.57	7.74		8.52	8.10	7.43
H1 lead leg	R	strides	21	15	15	15	15	15	15	15	15	15	18	174				
Motima, Satoshi (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)</b>																		
Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection																		
date	04-Aug-18	time	6.21	10.24	14.40	18.57	22.92	27.43	31.93	36.54	41.21	46.15		51.66	8 / 3			
reaction time		interval		4.03	4.16	4.17	4.35	4.51	4.50	4.61	4.67	4.94	5.51	PB		12.36	13.36	14.22
		velocity	7.25	8.68	8.41	8.39	8.05	7.76	7.78	7.59	7.49	7.09	7.26	7.74		8.50	7.86	7.38
H1 lead leg		strides		15	15	15	15	15	15	15	15	16	136					
Song Haotian (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)</b>																		
CAA Hurdle Development (2021)																		
date	20-May-21	time	6.29	10.29	14.31	18.42	22.62	27.04	31.68	36.32	41.11	46.18		51.66	5 / 2			
reaction time	0.242	interval		4.00	4.02	4.11	4.20	4.42	4.64	4.64	4.79	5.07	5.48	PB		12.13	13.26	14.50
		velocity	7.15	8.75	8.71	8.52	8.33	7.92	7.54	7.54	7.31	6.90	7.30	7.74		8.66	7.92	7.24
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	19.5	172.5				
Zhuang Linfei (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)</b>																		
CAA Hurdle Development (2019)																		
date	23-Aug-19	time	6.20	10.04	14.03	18.18	22.48	27.00	31.60	36.24	41.11	46.02		51.67	7 / 5			
reaction time	0.220	interval		3.84	3.99	4.15	4.30	4.52	4.60	4.64	4.87	4.91	5.65			11.98	13.42	14.42
		velocity	7.26	9.11	8.77	8.43	8.14	7.74	7.61	7.54	7.19	7.13	7.08	7.74		8.76	7.82	7.28
H1 lead leg	L	strides	13	13	14	14	14	14	15	15	15	15	18.5	160.5				
Yamada, Nao (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)</b>																		
Kishima (2022) - national high school championships biomechanics data collection																		
date	03-Jun-23	time	6.09	9.96	13.96	18.00	22.16	26.38	30.78	35.39	40.47	45.95		51.67	6 / 2			
reaction time	0.213	interval		3.87	4.00	4.04	4.16	4.22	4.40	4.61	5.08	5.48	5.72			11.91	12.78	15.17
		velocity	7.39	9.04	8.75	8.66	8.41	8.29	7.95	7.59	6.89	6.39	6.99	7.74		8.82	8.22	6.92
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	18	20.5	182.5				
Fueki, Yasuhiro (JPN) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2014 Seiko Golden Grand Prix (Tokyo, JPN)</b>																		
Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions																		
date	11-May-14	time	6.01	9.90	13.80	17.72	21.77	25.92	30.39	35.04	39.98	45.25		51.68	1 / 8			
reaction time		interval		3.89	3.90	3.92	4.05	4.15	4.47	4.65	4.94	5.27	6.43			11.71	12.67	14.86
		velocity	7.49	9.00	8.97	8.93	8.64	8.43	7.83	7.53	7.09	6.64	6.22	7.74		8.97	8.29	7.07
H1 lead leg		strides		14	14	14	14	14	14	15	15	16	130					

Cai Jungi (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Chinese National Grand Prix Final (Daqing, CHN)																		
CAA Hurdle Development (2019)																		
date	23-Aug-19	time	6.34	10.31	14.30	18.40	22.66	26.98	31.42	36.02	40.76	45.70		51.69	3 / 6			
reaction time	0.201	interval		3.97	3.99	4.10	4.26	4.32	4.44	4.60	4.74	4.94	5.99			12.06	13.02	14.28
		velocity	7.10	8.82	8.77	8.54	8.22	8.10	7.88	7.61	7.38	7.09	6.68	7.74		8.71	8.06	7.35
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19.5	176.5				
Takahashi, Ryosuke (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 Japanese High School National Championships (Fukui, JPN)																		
Shibayama (2021) - national high school and U20 national championships																		
date	30-Jul-21	time	6.17	10.14	14.41	18.64	22.97	27.46	32.02	36.72	41.57	46.46		51.69	6 / 1			
reaction time	0.161	interval		3.97	4.27	4.23	4.33	4.49	4.56	4.70	4.85	4.89	5.23			12.47	13.38	14.44
		velocity	7.29	8.82	8.20	8.27	8.08	7.80	7.68	7.45	7.22	7.16	7.65	7.74		8.42	7.85	7.27
H1 lead leg		strides	14	15	14	14	15	15	15	16	16	16	135					
Aldirawi, Ahmed Jamal (IRQ) (2003)		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</b> - West Asian Championships - 2024 Seashore Doha Meeting (Doha, QAT)																		
Omega Timing (2024) - diamond league race analysis																		
date	10-May-24	time	5.95	9.90	14.08	18.23	22.55	27.00	31.60	36.36	41.13	46.02		51.69	4 / 3			
reaction time	0.209	interval		3.95	4.18	4.15	4.32	4.45	4.60	4.76	4.77	4.89	5.67	PB		12.28	13.37	14.42
		velocity	7.56	8.86	8.37	8.43	8.10	7.87	7.61	7.35	7.34	7.16	7.05	7.74		8.55	7.85	7.28
H1 lead leg		strides											0					
Naito, Genichiro (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 Japanese U20 National Championships (Osaka, JPN)																		
Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																		
date	26-Jun-21	time	6.27	10.24	14.21	18.30	22.54	26.96	31.53	36.17	40.96	45.98		51.70	6 / 5			
reaction time	0.183	interval		3.97	3.97	4.09	4.24	4.42	4.57	4.64	4.79	5.02	5.72			12.03	13.23	14.45
		velocity	7.18	8.82	8.82	8.56	8.25	7.92	7.66	7.54	7.31	6.97	6.99	7.74		8.73	7.94	7.27
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	15	15	152					
Lin Zhikai (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2</b> - 2021 Chinese National Championships (Chongqing, CHN)																		
CAA Hurdle Development (2021)																		
date	26-Jun-21	time	6.23	10.23	14.27	18.43	22.70	27.11	31.63	36.29	41.09	46.05		51.70	6 / 2			
reaction time	0.187	interval		4.00	4.04	4.16	4.27	4.41	4.52	4.66	4.80	4.96	5.65			12.20	13.20	14.42
		velocity	7.22	8.75	8.66	8.41	8.20	7.94	7.74	7.51	7.29	7.06	7.08	7.74		8.61	7.95	7.28
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18.2	175.2				
Nakamashi, Haruki (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 Japanese High School National Championships (Fukui, JPN)																		
Shibayama (2021) - national high school and U20 national championships																		
date	30-Jul-21	time	6.07	10.04	14.28	18.60	22.97	27.43	31.92	36.50	41.42	46.36		51.70	4 / 2			
reaction time	0.145	interval		3.97	4.24	4.32	4.37	4.46	4.49	4.58	4.92	4.94	5.34			12.53	13.32	14.44
		velocity	7.41	8.82	8.25	8.10	8.01	7.85	7.80	7.64	7.11	7.09	7.49	7.74		8.38	7.88	7.27
H1 lead leg		strides	15	15	15	15	15	15	15	15	17	17	139					
Juránek, Martin (CZE) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 Golden Spike (Ostrava, CZE) (TV Analysis)																		
Henson (2020) - Athlete First: 2020 year end hurdle report																		
date	08-Sep-20	time	6.10	10.04	13.98	17.95	22.09		30.63	35.30	40.24			51.71	2 / 7			
reaction time	0.166	interval		3.94	3.94	3.97	4.14		8.54	4.67	4.94					11.85	12.68	
		velocity	7.38	8.88	8.88	8.82	8.45		8.20	7.49	7.09			7.74		8.86	8.28	
H1 lead leg	L	strides	22	15		15					17	17		101				
Okada, Sohei (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2011 Japanese National High School Championships (Kitakami, JPN)																		
Abe (2011) - 64th high school championships: JAF scientific committee - biomechanics data																		
date	05-Aug-11	time	6.15	10.17	14.27	18.44	22.60	26.86	31.44	36.26	41.26	46.26		51.72	7 / 1			
reaction time		interval		4.02	4.10	4.17	4.16	4.26	4.58	4.82	5.00	5.00	5.46			12.29	13.00	14.82
		velocity	7.32	8.71	8.54	8.39	8.41	8.22	7.64	7.26	7.00	7.00	7.33	7.73		8.54	8.08	7.09
H1 lead leg		strides																
Li Guangzhen (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 Chinese National Championships (Chongqing, CHN)																		
CAA Hurdle Development (2021)																		
date	26-Jun-21	time	6.40	10.51	14.65	18.83	23.24	27.86	32.51	37.27	42.01	46.66		51.72	4 / 4-3			
reaction time	0.218	interval		4.11	4.14	4.18	4.41	4.62	4.65	4.76	4.74	4.65	5.06			12.43	13.68	14.15
		velocity	7.03	8.52	8.45	8.37	7.94	7.58	7.53	7.35	7.38	7.53	7.91	7.73		8.45	7.68	7.42
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	15	15	17.2	169.2				
Shimoda, Hayato (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
<b>FINAL</b> - 2023 Japanese U20 National Championships (Osaka, JPN)																		
Kishima (2022) - national high school championships biomechanics data collection																		
date	03-Jun-23	time	6.21	10.09	13.91	17.92	22.06	26.48	31.08	35.99	41.34	46.38		51.72	5 / 3			
reaction time	0.189	interval		3.88	3.82	4.01	4.14	4.42	4.60	4.91	5.35	5.04	5.34			11.71	13.16	15.30
		velocity	7.25	9.02	9.16	8.73	8.45	7.92	7.61	7.13	6.54	6.94	7.49	7.73		8.97	7.98	6.86
H1 lead leg	L	strides	22	15	15	15	15	15	15	17	17	17	20	183				
Elder, Clayton (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
<b>Semi-Final 2</b> - 2024 USA Olympic Trials (Eugene, OR)																		
USATF and Karmarsh (2024) - USA Olympic trials results and race analysis																		
date	28-Jun-24	time	6.14	10.15	14.16	18.20	22.26	24.15	26.64	31.09	35.89	40.79	45.75		51.72	1 / 6		
reaction time		interval		4.01	4.01	4.04	4.06	4.38	4.45	4.80	4.90	4.96	5.97			12.06	12.89	14.66
		velocity	7.33	8.73	8.73	8.66	8.62	8.28	7.99	7.87	7.29	7.14	7.06	6.70	7.73	8.71	8.15	7.16
H1 lead leg	L	strides	24	16	15	15	15	16	16	17	17	17	20.2	188.2				

Shirahige, Reiji (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
<b>FINAL</b> - 2024 Japanese National High School Championships (Fukuoka, JPN)		<i>Takashima (2024) - national high school sports festival - biomechanics data</i>																
date	30-Jul-24	time	6.21	10.19	14.31	18.60	22.87	27.16	31.65	36.37	41.27	46.26		51.72	5 / 4			
reaction time	0.186	interval	3.98	4.12	4.29	4.27	4.29	4.49	4.72	4.90	4.99	5.46				12.39	13.05	14.61
		velocity	7.25	8.79	8.50	8.16	8.20	8.16	7.80	7.42	7.14	7.01	7.33	7.73		8.47	8.05	7.19
H1 lead leg		strides	21	15	15	15	15	15	15	15	15	15	19	175				
McGuick, Tom (IRL)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 4</b> - 2000 Olympic Games (Sydney, AUS)		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	24-Sep-00	time	5.96	9.80	13.72	17.72	21.84	25.92	30.48	35.40	40.48	45.72		51.73	3 / 7			
reaction time	0.183	interval	3.87	3.95	4.00	4.12	4.08	4.56	4.92	5.08	5.24	6.01				11.76	12.76	15.24
		velocity	7.55	9.11	8.93	8.75	8.50	8.58	7.68	7.11	6.89	6.68	6.66	7.73		8.93	8.23	6.89
H1 lead leg		strides	22	14	14	14	14	15	17	16	17	18		161				
Walker, Adrian (USA) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2003 USATF National Junior Championships (Palo Alto, CA)		<i>USATF Women's Sprint Development (2003)</i>																
date	22-Jun-03	time	6.09	9.96	13.91	17.92	22.09	26.39	31.00	35.70	40.44	45.56		51.73	4 / 2			
reaction time		interval	3.87	3.95	4.01	4.17	4.30	4.61	4.70	4.74	5.12	6.17				11.83	13.08	14.56
		velocity	7.39	9.04	8.86	8.73	8.39	8.14	7.59	7.45	7.38	6.84	6.48	7.73		8.88	8.03	7.21
H1 lead leg		strides																
Branker, Xavier (USA) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 5</b> - 2024 USA Olympic Trials (Eugene, OR)		<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	6.14	10.16	14.23	18.28	22.83	24.91	27.41	31.93	36.58	41.42	46.13		51.77	9 / 7		
reaction time		interval	4.02	4.07	4.05	4.55	4.58	4.52	4.65	4.84	4.71	5.64				12.14	13.65	14.20
		velocity	7.33	8.71	8.60	8.64	7.69	8.03	7.64	7.74	7.53	7.23	7.43	7.09	7.73	8.65	7.69	7.39
H1 lead leg	L	strides	13	13	13	15	15	15	15	15	15	15	17.2	146.2				
Lu Shengjing (CHN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 Chinese National Championships (Chongqing, CHN)		<i>CAA Hurdle Development (2021)</i>																
date	26-Jun-21	time	6.24	10.29	14.55	18.88	23.37	27.91	32.45	37.02	41.71	46.48		51.78	1 / 5-4			
reaction time	0.187	interval	4.05	4.26	4.33	4.49	4.54	4.54	4.57	4.69	4.77	5.30				12.64	13.57	14.03
		velocity	7.21	8.64	8.22	8.08	7.80	7.71	7.71	7.66	7.46	7.34	7.55	7.72		8.31	7.74	7.48
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18.5	175.5				
McAlvey, Jared (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
<b>Semi-Final 3</b> - 2024 USA Olympic Trials (Eugene, OR)		<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	28-Jun-24	time	5.88	9.69	13.58	17.56	21.55	23.47	25.84	30.31	35.03	39.98	45.16		51.78	3 / 9		
reaction time		interval	3.81	3.89	3.98	3.99	4.29	4.47	4.72	4.95	5.18	6.62				11.68	12.75	14.85
		velocity	7.65	9.19	9.00	8.79	8.77	8.52	8.16	7.83	7.42	7.07	6.76	6.04	7.72	8.99	8.24	7.07
H1 lead leg	L	strides	21	14	14	14	14	14	15	15	15	15	19	170				
Pitillas, Oscar (ESP) (1971)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1998 Spanish National Championships (San Sebastián, ESP)		<i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>																
date	02-Aug-98	time	5.97	9.96	13.89	17.95	22.15	26.58	31.26	35.91	40.79	45.78		51.79	5 / 4			
reaction time		interval	3.99	3.93	4.06	4.20	4.43	4.68	4.65	4.88	4.99	6.01				11.98	13.31	14.52
		velocity	7.54	8.77	8.91	8.62	8.33	7.90	7.48	7.53	7.17	7.01	6.66	7.72		8.76	7.89	7.23
H1 lead leg	L	strides	20	13	13	13	13	13	14	14	15	15	18	161				
Garnier, Philippe (FRA) (1963)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1987 French National Championships (Annecy, FRA)		<i>Veney - split times from PJ</i>																
date	09-Aug-87	time	6.07	10.18	14.43	18.59	22.64	26.96	31.33	35.85	40.59	45.67		51.80	1 / 6			
reaction time		interval	4.11	4.25	4.16	4.05	4.32	4.37	4.52	4.74	5.08	6.13				12.52	12.74	14.34
		velocity	7.41	8.52	8.24	8.41	8.64	8.10	8.01	7.74	7.38	6.89	6.53	7.72		8.39	8.24	7.32
H1 lead leg		strides																
Arisaka, Tomotaka (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2016 Japanese National High School Championships (Okayama, JPN)		<i>Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection</i>																
date	31-Jul-16	time	6.21	10.23	14.48	18.85	23.17	27.71	32.33	37.07	41.81	46.48		51.81	2 / 2			
reaction time	0.147	interval	4.02	4.25	4.37	4.32	4.54	4.62	4.74	4.74	4.67	5.33				12.64	13.48	14.15
		velocity	7.25	8.71	8.24	8.01	8.10	7.71	7.58	7.38	7.38	7.49	7.50	7.72		8.31	7.79	7.42
H1 lead leg		strides	14	14	14	14	14	15	15	15	15	15	131					
Lin Zhikai (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 East China District Meeting (Zhaoqing, CHN)		<i>CAA Hurdle Development (2021)</i>																
date	25-Apr-21	time	6.30	10.28	14.35	18.50	22.79	27.17	31.72	36.40	41.19	46.13		51.81	3 / 3			
reaction time	0.201	interval	3.98	4.07	4.15	4.29	4.38	4.55	4.68	4.79	4.94	5.68				12.20	13.22	14.41
		velocity	7.14	8.79	8.60	8.43	8.16	7.99	7.69	7.48	7.31	7.09	7.04	7.72		8.61	7.94	7.29
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18.5	175.5				
Lahoulou, Abdelmalik (ALG) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)		<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	30-May-19	time	6.06	9.80	13.80	17.93	22.06	23.7	26.40	31.00	35.66	40.80	45.86		51.82	3 / 8		
reaction time	0.151	interval	3.74	4.00	4.13	4.13	4.34	4.60	4.66	5.14	5.06	5.96				11.87	13.07	14.86
		velocity	7.43	9.36	8.75	8.47	8.47	8.44	8.06	7.61	7.51	6.81	6.92	7.72		8.85	8.03	7.07
H1 lead leg	L	strides	22	13	14	14	14	14	15	15	15	15	136					

Ye Anan (CHN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)</b>		CAA Hurdle Development (2021)																
date	25-Apr-21	time	6.28	10.24	14.48	18.72	23.10	27.61	32.11	36.70	41.47	46.31		51.82	6 / 1			
reaction time	0.299	interval		3.96	4.24	4.24	4.38	4.51	4.50	4.59	4.77	4.84	5.51	PB		12.44	13.39	14.20
		velocity	7.17	8.84	8.25	8.25	7.99	7.76	7.78	7.63	7.34	7.23	7.26	7.72		8.44	7.84	7.39
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	19	172				
<b>Hamden, Ken (ZIM) (1973)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 5 - 2000 Olympic Games (Sydney, AUS)</b>		Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																
date	24-Sep-00	time	6.28	10.00	13.92	17.84	21.88	26.00	30.40	35.24	40.48	45.72		51.83	5 / 4			
reaction time	0.435	interval		3.72	3.92	3.92	4.04	4.12	4.40	4.84	5.24	5.24	6.11			11.56	12.56	15.32
		velocity	7.17	9.41	8.93	8.93	8.66	8.50	7.95	7.23	6.68	6.68	6.55	7.72		9.08	8.36	6.85
H1 lead leg		strides	22	13	13	13	13	13	13	15	17	17	19.7	168.7				
<b>Lu Shengjing (CHN) (1998)</b>		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 Philippe Cup Athletics Invitational (Wuhan, CHN)</b>		CAA Hurdle Development (2021)																
date	20-May-21	time	6.17	10.24	14.35	18.53	22.81	27.21	31.68	36.33	41.04	46.06		51.83	6 / 3			
reaction time	0.189	interval		4.07	4.11	4.18	4.28	4.40	4.47	4.65	4.71	5.02	5.77	PB		12.36	13.15	14.38
		velocity	7.29	8.60	8.52	8.37	8.18	7.95	7.83	7.53	7.43	6.97	6.93	7.72		8.50	7.98	7.30
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19	176				
<b>Chevychalov, Georgiy (URS) (1935)</b>		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 - 1961 Universiade (Sofia, BUL)</b>		Bartusek (1969) - 400-meter training and technique																
date	01-Sep-61	time	5.8	10.1	14.1	18.1	22.4	26.9	31.5	36.0	40.6	45.8		51.7	/ 2			
reaction time		interval		4.3	4.0	4.0	4.3	4.5	4.6	4.5	4.6	5.2	5.9			12.3	13.4	14.3
		velocity	7.76	8.14	8.75	8.75	8.14	7.78	7.61	7.78	7.61	6.73	6.78	7.74		8.54	7.84	7.34
H1 lead leg		strides																
<b>Viarshynin, Leanid (BLR) (1977)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 5 - 2000 Olympic Games (Sydney, AUS)</b>		Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																
date	24-Sep-00	time	6.08	9.92	13.84	17.80	21.80	25.96	30.28	34.92	40.28	45.64		51.84	4 / 5			
reaction time	0.151	interval		3.84	3.92	3.96	4.00	4.16	4.32	4.64	5.36	5.36	6.20			11.72	12.48	15.36
		velocity	7.40	9.11	8.93	8.84	8.75	8.41	8.10	7.54	6.53	6.53	6.45	7.72		8.96	8.41	6.84
H1 lead leg		strides	21	13	13	13	13	14	14	15	17	17	20	170				
<b>Liu Shuang (CHN) (2000)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)</b>		CAA Hurdle Development (2019)																
date	17-Aug-19	time	6.20	10.08	14.02	18.10	22.32	26.66	31.16	35.88	40.76	46.04		51.84	9 / 4			
reaction time	0.173	interval		3.88	3.94	4.08	4.22	4.34	4.50	4.72	4.88	5.28	5.80	PB		11.90	13.06	14.88
		velocity	7.26	9.02	8.88	8.58	8.29	8.06	7.78	7.42	7.17	6.63	6.90	7.72		8.82	8.04	7.06
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	15	17	19.5	179.5				
<b>Xu Zhihang (CHN) (1997)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2 - 2021 National Grand Prix (Chengdu, CHN)</b>		CAA Hurdle Development (2021)																
date	01-Apr-21	time	6.18	10.14	14.18	18.28	22.42	26.80	31.28	36.02	41.00	46.08		51.84	2 / 1			
reaction time	0.217	interval		3.96	4.04	4.10	4.14	4.38	4.48	4.74	4.98	5.08	5.76			12.10	13.00	14.80
		velocity	7.28	8.84	8.66	8.54	8.45	7.99	7.81	7.38	7.03	6.89	6.94	7.72		8.68	8.08	7.09
H1 lead leg	L	strides	21	14	14	14	14	15	15	16	16	16	19.5	174.5				
<b>Fuchiqami, Syota (JPN) (2005)</b>		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 - 2022 Japanese National High School Championships (Naruto, JPN)</b>		Kishima (2022) - national high school championships biomechanics data collection																
date	05-Aug-22	time	6.16	10.09	14.11	18.31	22.69	27.16	31.70	36.49	41.36	46.25		51.86	2 / 7			
reaction time	0.187	interval		3.93	4.02	4.20	4.38	4.47	4.54	4.79	4.87	4.89	5.61			12.15	13.39	14.55
		velocity	7.31	8.91	8.71	8.33	7.99	7.83	7.71	7.31	7.19	7.16	7.13	7.71		8.64	7.84	7.22
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	19.2	172.2				
<b>Birchman, Jonathan (USA) (2001)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)</b>		USATF and Karmarush (2024) - USA Olympic trials results and race analysis																
date	28-Jun-24	time	5.98	9.89	13.98	18.07	22.34	24.24	26.45	31.13	35.84	40.75	45.82		51.86	9 / 7		
reaction time		interval		3.91	4.09	4.09	4.27	4.11	4.68	4.71	4.91	5.07	6.04			12.09	13.06	14.69
		velocity	7.53	8.95	8.56	8.56	8.20	8.25	8.52	7.48	7.43	7.13	6.90	6.62	7.71	8.68	8.04	7.15
H1 lead leg	L	strides	21	14	14	14	14	14	15	15	15	15	18	169				
<b>Long Wei (CHN) (1997)</b>		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 Chinese National Grand Prix 4 (Luoyang, CHN)</b>		CAA Hurdle Development (2019)																
date	29-May-19	time	6.22	10.21	14.36	18.58	22.92	27.42	32.04	36.70	41.47	46.34		51.87	2 / 3			
reaction time	0.208	interval		3.99	4.15	4.22	4.34	4.50	4.62	4.66	4.77	4.87	5.53	PB		12.36	13.46	14.30
		velocity	7.23	8.77	8.43	8.29	8.06	7.78	7.58	7.51	7.34	7.19	7.23	7.71		8.50	7.80	7.34
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	15	15	18.2	176.2				
<b>Li Guangzhen (CHN) (1995)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)</b>		CAA Hurdle Development (2019)																
date	03-Aug-19	time	6.40	10.63	14.88	19.12	23.40	27.75	32.13	36.64	41.60	46.52		51.88	6 / 1			
reaction time	0.186	interval		4.23	4.25	4.24	4.28	4.35	4.38	4.51	4.96	4.92	5.36	PB		12.72	13.01	14.39
		velocity	7.03	8.27	8.24	8.25	8.18	8.05	7.99	7.76	7.06	7.11	7.46	7.71		8.25	8.07	7.30
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	18	171				

Cai Jungi (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)</b> <i>CAA Hurdle Development (2021)</i>																		
date	25-Apr-21	time	6.38	10.52	14.84	19.20	23.62	28.06	32.54	36.98	41.50	46.08		51.88	6 / 1			
reaction time	0.204	interval		4.14	4.32	4.36	4.42	4.44	4.48	4.44	4.52	4.58	5.80			12.82	13.34	13.54
		velocity	7.05	8.45	8.10	8.03	7.92	7.88	7.81	7.88	7.74	7.64	6.90	7.71		8.19	7.87	7.75
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19	176				
Willis, Matthew (USA) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)</b> <i>USATF Women's Sprint Development (2003)</i>																		
date	22-Jun-03	time	6.09	10.06	14.31	18.52	22.79	27.34	32.10	36.87	41.59	46.46		51.89	2 / 3			
reaction time		interval		3.97	4.25	4.21	4.27	4.55	4.76	4.77	4.72	4.87	5.43			12.43	13.58	14.36
		velocity	7.39	8.82	8.24	8.31	8.20	7.69	7.35	7.34	7.42	7.19	7.37	7.71		8.45	7.73	7.31
H1 lead leg		strides																
Cui Caizhuang (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)</b> <i>CAA Hurdle Development (2019)</i>																		
date	03-Aug-19	time	6.21	10.18	14.20	18.35	22.56	27.01	31.70	36.48	41.31	46.28		51.89	1 / 5			
reaction time	0.194	interval		3.97	4.02	4.15	4.21	4.45	4.69	4.78	4.83	4.97	5.61			12.14	13.35	14.58
		velocity	7.25	8.82	8.71	8.43	8.31	7.87	7.46	7.32	7.25	7.04	7.13	7.71		8.65	7.87	7.20
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	18.8	171.8				
Kajiki, Ryo (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)</b> <i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	20-Sep-20	time	6.14	9.99	13.95	18.02	22.24	26.66	31.13	35.89	40.86	46.01		51.89	8 / 7			
reaction time	0.258	interval		3.85	3.96	4.07	4.22	4.42	4.47	4.76	4.97	5.15	5.88			11.88	13.11	14.88
		velocity	7.33	9.09	8.84	8.60	8.29	7.92	7.83	7.35	7.04	6.80	6.80	7.71		8.84	8.01	7.06
H1 lead leg		strides		13	13	13	13	13	14	14	15	15	123					
Angela, Ramsey (NED) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)</b> <i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																		
date	23-Aug-20	time	6.16	13.90	17.94	22.12	24.0	26.44		35.58	40.42	45.50		51.90	1 / 8			
reaction time	0.210	interval		7.74	4.04	4.18	4.32	4.32		9.14	4.84	5.08	6.40			11.78		
		velocity	7.31	9.04	8.66	8.37	8.33	8.10		7.66	7.23	6.89	6.25	7.71		8.91		
H1 lead leg	R	strides	21	14	14	14	15	15		15	16	16	109					
Burton, Jereme (USA) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)</b> <i>USATF Women's Sprint Development (2003)</i>																		
date	22-Jun-03	time	6.16	10.04	14.01	18.00	22.21	26.56	31.08	35.80	40.79	45.91		51.92	5 / 4			
reaction time		interval		3.88	3.97	3.99	4.21	4.35	4.52	4.72	4.99	5.12	6.01	PB		11.84	13.08	14.83
		velocity	7.31	9.02	8.82	8.77	8.31	8.05	7.74	7.42	7.01	6.84	6.66	7.70		8.87	8.03	7.08
H1 lead leg		strides																
Tashiro, Masahito (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)</b> <i>Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data</i>																		
date	31-Jul-15	time	6.12	10.01	14.03	18.13	22.37	26.74	31.21	35.85	40.76	46.15		51.92	8 / 5			
reaction time		interval		3.89	4.02	4.10	4.24	4.37	4.47	4.64	4.91	5.39	5.77			12.01	13.08	14.94
		velocity	7.35	9.00	8.71	8.54	8.25	8.01	7.83	7.54	7.13	6.49	6.93	7.70		8.74	8.03	7.03
H1 lead leg		strides		14	15	15	15	15	15	15	15	17	136					
Cui Caizhuang (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1 - 2021 National Grand Prix (Chengdu, CHN)</b> <i>CAA Hurdle Development (2021)</i>																		
date	01-Apr-21	time	6.22	10.22	14.32	18.54	22.82	27.26	31.90	36.66	41.52	46.42		51.93	4 / 1			
reaction time	0.194	interval		4.00	4.10	4.22	4.28	4.44	4.64	4.76	4.86	4.90	5.51			12.32	13.36	14.52
		velocity	7.23	8.75	8.54	8.29	8.18	7.88	7.54	7.35	7.20	7.14	7.26	7.70		8.52	7.86	7.23
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	18.5	171.5				
Shimura, Takeshi (JPN) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)</b> <i>Takashima (2023) - national high school sports festival - biomechanics data</i>																		
date	04-Aug-23	time	6.14	10.24	14.71	19.00	23.39	27.84	32.37	36.90	41.61	46.40		51.93	9 / 4			
reaction time	0.217	interval		4.10	4.47	4.29	4.39	4.45	4.53	4.53	4.71	4.79	5.53			12.86	13.37	14.03
		velocity	7.33	8.54	7.83	8.16	7.97	7.87	7.73	7.73	7.43	7.31	7.23	7.70		8.16	7.85	7.48
H1 lead leg		strides	21	15	15	15	15	15	15	15	15	15	19	175				
Obayashi, Masayuki (JPN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2017 Osaka University Athletics Championships (Osaka, JPN)</b> <i>(2017.04.13) - https://twitter.com/touchdown_time/media?lang=en&amp;lang=en&amp;lang=en&amp;lang=en</i>																		
date	05-Apr-17	time	6.02	9.82	13.79	17.86	22.09	26.46	31.03	35.82	40.69	46.01		51.94	7 / 1			
reaction time		interval		3.80	3.97	4.07	4.23	4.37	4.57	4.79	4.87	5.32	5.93			11.84	13.17	14.98
		velocity	7.48	9.21	8.82	8.60	8.27	8.01	7.66	7.31	7.19	6.58	6.75	7.70		8.87	7.97	7.01
H1 lead leg		strides																
Tokuda, Hayao (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)</b> <i>Takashima (2023) - national high school sports festival - biomechanics data</i>																		
date	04-Aug-23	time	6.21	10.16	14.26	18.44	22.77	27.28	31.98	36.80	41.76	46.58		51.94	5 / 5			
reaction time	0.227	interval		3.95	4.10	4.18	4.33	4.51	4.70	4.82	4.96	4.82	5.36			12.23	13.54	14.60
		velocity	7.25	8.86	8.54	8.37	8.08	7.76	7.45	7.26	7.06	7.26	7.46	7.70		8.59	7.75	7.19
H1 lead leg		strides	20	14	14	14	14	15	15	15	15	15	18	169				

Lin Zhikai (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)</b> <i>CAA Hurdle Development (2019)</i>																		
date	17-Aug-19	time	6.44	10.58	14.79	19.02	23.38	27.90	32.50	37.22	41.96	46.74		51.95	2 / 5			
reaction time	0.203	interval	4.14	4.21	4.23	4.36		4.52	4.60	4.72	4.74	4.78	5.21	PB		12.58	13.48	14.24
		velocity	6.99	8.45	8.31	8.27	8.03		7.74	7.61	7.42	7.38	7.32	7.68	7.70	8.35	7.79	7.37
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18	175				
Suzuki, Taiga (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)</b> <i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	26-Jun-21	time	6.12	10.03	13.95	17.93	22.02	26.28	30.71	35.35	40.37	45.66		51.95	3 / 6			
reaction time	0.190	interval	3.91	3.92	3.98	4.09		4.26	4.43	4.64	5.02	5.29	6.29			11.81	12.78	14.95
		velocity	7.35	8.95	8.93	8.79	8.56		8.22	7.90	7.54	6.97	6.62	6.36	7.70	8.89	8.22	7.02
H1 lead leg	L	strides	21	14	14	14	15	15	15	15	15	16	16	155				
Tille, Fritz (FRG) (1951)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 1975 West German National Championships (Gelsenkirchen, FRG)</b> <i>Helbig (1975) - 400-m-hürdenlauf</i>																		
date	28-Jun-75	time	6.2	10.2	14.4	18.5	22.7	24.7	27.0	31.7	36.5	41.1	46.1	51.96	1 / 5			
reaction time		interval	4.03	4.13	4.12	4.19		4.36	4.65	4.78	4.66	5.00	5.84			12.28	13.20	14.44
		velocity	7.26	8.68	8.47	8.50	8.35	8.11	8.03	7.53	7.32	7.51	7.00	6.85	7.70	8.55	7.95	7.27
H1 lead leg		strides																
Lu Shengjing (CHN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2 - 2021 East China District Meeting (Zhaqing, CHN)</b> <i>CAA Hurdle Development (2021)</i>																		
date	25-Apr-21	time	6.47	10.64	14.98	19.37	23.79	28.23	32.78	37.33	41.99	46.71		51.96	3 / 2			
reaction time	0.240	interval	4.17	4.34	4.39	4.42		4.44	4.55	4.55	4.66	4.72	5.25	PB		12.90	13.41	13.93
		velocity	6.96	8.39	8.06	7.97	7.92		7.88	7.69	7.69	7.51	7.42	7.62	7.70	8.14	7.83	7.54
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18	175				
Wang Siqing (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)</b> <i>CAA Hurdle Development (2021)</i>																		
date	20-May-21	time	6.30	10.38	14.50	18.70	23.04	27.39	31.86		41.32	46.36		51.96	3 / 4			
reaction time	0.201	interval	4.08	4.12	4.20	4.34		4.35	4.47		9.46	5.04	5.60	PB		12.40	13.16	14.50
		velocity	7.14	8.58	8.50	8.33	8.06		8.05	7.83		7.40	6.94	7.14	7.70	8.47	7.98	7.24
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	20	179				
Yamauchi, Hiromu (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)</b> <i>Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data</i>																		
date	31-Jul-17	time	6.19	10.18	14.30	18.55	22.97	27.59	32.13	36.77	41.56	46.66		51.97	9 / 2			
reaction time	0.168	interval	3.99	4.12	4.25	4.42		4.62	4.54	4.64	4.79	5.10	5.31			12.36	13.58	14.53
		velocity	7.27	8.77	8.50	8.24	7.92		7.58	7.71	7.54	7.31	6.86	7.53	7.70	8.50	7.73	7.23
H1 lead leg		strides	14	14	14	14	14	15	15	15	15	15	16	132				
Hamada, Hiroshi (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)</b> <i>Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection</i>																		
date	04-Aug-18	time	6.41	10.56	14.81	19.10	23.46	27.79	32.25	36.82	41.61	46.50		51.98	9 / 4			
reaction time		interval	4.15	4.25	4.29	4.36		4.33	4.46	4.57	4.79	4.89	5.48	PB		12.69	13.15	14.25
		velocity	7.02	8.43	8.24	8.16	8.03		8.08	7.85	7.66	7.31	7.16	7.30	7.70	8.27	7.98	7.37
H1 lead leg		strides	15	15	15	15	15	15	15	15	15	15	15	135				
Elder, Clayton (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
<b>Heat 1 - 2024 USA Olympic Trials (Eugene, OR)</b> <i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																		
date	27-Jun-24	time	6.03	9.86	13.72	17.60	21.71	23.61	25.99	30.51	35.37	40.38	45.65	51.98	9 / 5			
reaction time		interval	3.83	3.86	3.88	4.11		4.28	4.52	4.86	5.01	5.27	6.33			11.57	12.91	15.14
		velocity	7.46	9.14	9.07	9.02	8.52	8.47	8.18	7.74	7.20	6.99	6.64	6.32	7.70	9.08	8.13	6.94
H1 lead leg	R	strides	23	15	15	15	16	16	16	17	17	17	18	21	189			
Iwasaka, Shuto (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)</b> <i>Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection</i>																		
date	06-Aug-19	time	6.26	10.46	14.73	19.13	23.52	28.08	32.48	36.97	41.64	46.55		51.99	6 / 2			
reaction time		interval	4.20	4.27	4.40	4.39		4.56	4.40	4.49	4.67	4.91	5.44			12.87	13.35	14.07
		velocity	7.19	8.33	8.20	7.95	7.97		7.68	7.95	7.80	7.49	7.13	7.35	7.69	8.16	7.87	7.46
H1 lead leg		strides	15	15	15	15	15	15	15	15	15	15	15	135				
Wang Hongwen (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)</b> <i>CAA Hurdle Development (2019)</i>																		
date	09-Jul-19	time	6.47	10.41	14.43	18.55	22.76	27.09	31.78	36.50	41.36	46.33		52.00	1 / 5-4			
reaction time	0.256	interval	3.94	4.02	4.12	4.21		4.33	4.69	4.72	4.86	4.97	5.67			12.08	13.23	14.55
		velocity	6.96	8.88	8.71	8.50	8.31		8.08	7.46	7.42	7.20	7.04	7.05	7.69	8.69	7.94	7.22
H1 lead leg	R	strides	21	14	14	14	14	14	14	15	15	15	15	18	169			
Liu Yangyang (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2019 Chinese National Championships (Shenyang, CHN)</b> <i>CAA Hurdle Development (2019)</i>																		
date	10-Jul-19	time	6.45	10.56	14.80	19.22	23.70	28.28	32.83	37.46	42.06	46.70		52.00	8 / 3-7			
reaction time	0.313	interval	4.11	4.24	4.42	4.48		4.58	4.55	4.63	4.60	4.64	5.30			12.77	13.61	13.87
		velocity	6.98	8.52	8.25	7.92	7.81		7.64	7.69	7.56	7.61	7.54	7.55	7.69	8.22	7.71	7.57
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	15	17.8	174.8			

Gong Debin (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)</b>																		
CAA Hurdle Development (2021)																		
date	26-Jun-21	time	6.11	10.08	14.10	18.42	22.79	27.33	32.02	36.84	41.74	46.58		52.00	4 / 4			
reaction time	0.271	interval		3.97	4.02	4.32	4.37	4.54	4.69	4.82	4.90	4.84	5.42			12.31	13.60	14.56
		velocity	7.36	8.82	8.71	8.10	8.01	7.71	7.46	7.26	7.14	7.23	7.38	7.69		8.53	7.72	7.21
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18.5	170.5				
Moumoulidis, Konstadinos (GRE) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 1997 European Cup (Munich, GER)</b>																		
Jung (2003) - <a href="http://www.fgs.uni-halle.de">http://www.fgs.uni-halle.de</a>																		
date	21-Jun-97	time	6.22	10.13	14.10	18.19	22.42	26.81	31.29	36.04	41.03	46.20		52.01	1 / 6			
reaction time		interval		3.91	3.97	4.09	4.23	4.39	4.48	4.75	4.99	5.17	5.81			11.97	13.10	14.91
		velocity	7.23	8.95	8.82	8.56	8.27	7.97	7.81	7.37	7.01	6.77	6.88	7.69		8.77	8.02	7.04
H1 lead leg		strides																
Nagano, Yuichi (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2010 Japanese National High School Championships (Okinawa, JPN)</b>																		
Matsuo (2010) - 63rd high school championships: JAF scientific committee - biomechanics data																		
date	31-Jul-10	time	6.44	10.41	14.45	18.52	22.67	26.97	31.37	35.91	40.90	46.09		52.03	1 / 2			
reaction time		interval		3.97	4.04	4.07	4.15	4.30	4.40	4.54	4.99	5.19	5.94			12.08	12.85	14.72
		velocity	6.99	8.82	8.66	8.60	8.43	8.14	7.95	7.71	7.01	6.74	6.73	7.69		8.69	8.17	7.13
H1 lead leg		strides		13	13	13	13	14	14	14	15	15	124					
Zhuang Linfei (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)</b>																		
CAA Hurdle Development (2019)																		
date	22-Aug-19	time	6.33	10.28	14.34	18.55	22.94	27.51	32.08	36.85	41.69	46.55		52.04	8 / 2			
reaction time	0.233	interval		3.95	4.06	4.21	4.39	4.57	4.57	4.77	4.84	4.86	5.49			12.22	13.53	14.47
		velocity	7.11	8.86	8.62	8.31	7.97	7.66	7.66	7.34	7.23	7.20	7.29	7.69		8.59	7.76	7.26
H1 lead leg	L	strides	21	13	13	14	14	14	14	15	15	15	18	166				
Yang Baichuan (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)</b>																		
CAA Hurdle Development (2019)																		
date	08-Apr-19	time	6.20	10.12	14.20	18.38	22.60	26.88	31.36	36.10	41.04	46.24		52.06	2 / 4			
reaction time	0.202	interval		3.92	4.08	4.18	4.22	4.28	4.48	4.74	4.94	5.20	5.82			12.18	12.98	14.88
		velocity	7.26	8.93	8.58	8.37	8.29	8.18	7.81	7.38	7.09	6.73	6.87	7.68		8.62	8.09	7.06
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	15	16	20.5	179.5				
Melero, Julio (ESP) (1972)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 1998 Spanish National Championships (San Sebastián, ESP)</b>																		
Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas																		
date	02-Aug-98	time	6.07	10.16	14.27	18.50	22.86	27.34	31.86	36.55	41.29	46.08		52.08	4 / 5			
reaction time		interval		4.09	4.11	4.23	4.36	4.48	4.52	4.69	4.74	4.79	6.00			12.43	13.36	14.22
		velocity	7.41	8.56	8.52	8.27	8.03	7.81	7.74	7.46	7.38	7.31	6.67	7.68		8.45	7.86	7.38
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	15	15	18	170				
Chen Chieh (TPE) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)</b>																		
Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																		
date	09-May-21	time	6.17	10.16	14.18	18.34	22.62	27.14	31.78	36.57	41.44	46.43		52.08	1 / 9			
reaction time	0.177	interval		3.99	4.02	4.16	4.28	4.52	4.64	4.79	4.87	4.99	5.65			12.17	13.44	14.65
		velocity	7.29	8.77	8.71	8.41	8.18	7.74	7.54	7.31	7.19	7.01	7.08	7.68		8.63	7.81	7.17
H1 lead leg		strides		13	13	13	13	14	14	15	15	15	125					
Feng Zhiqiang (CHN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2019 Shanghai Diamond League (Shanghai, CHN)</b>																		
CAA Hurdle Development (2019)																		
date	18-May-19	time	6.20	10.12	14.19	18.29	22.63	27.19	31.93	36.70	41.70	46.63		52.11	2 / 8			
reaction time	0.195	interval		3.92	4.07	4.10	4.34	4.56	4.74	4.77	5.00	4.93	5.48			12.09	13.64	14.70
		velocity	7.26	8.93	8.60	8.54	8.06	7.68	7.38	7.34	7.00	7.10	7.30	7.68		8.68	7.70	7.14
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	15	15	17	161				
Touati, Mohamed Amin (TUN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>B FINAL - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)</b>																		
Henson (2021) - Athlete First: 2021 year end hurdle report																		
date	28-May-21	time	5.93	9.73	13.60	17.67	21.77	23.7	26.13	30.60	35.17	39.77	45.67		52.11	6 / 4		
reaction time	0.155	interval		3.80	3.87	4.07	4.10	4.36	4.47	4.57	4.60	5.90	6.44			11.74	12.93	15.07
		velocity	7.59	9.21	9.04	8.60	8.54	8.44	8.03	7.83	7.66	7.61	5.93	6.21	7.68	8.94	8.12	6.97
H1 lead leg	L	strides	21	14	13	14	14	14	14	14	14	16	18	166				
Kono, Shoma (JPN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)</b>																		
Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection																		
date	04-Aug-18	time	6.39	10.58	14.98	19.37	23.81	28.28	32.83	37.42	42.09	46.88		52.12	3 / 5			
reaction time		interval		4.19	4.40	4.39	4.44	4.47	4.55	4.59	4.67	4.79	5.24			12.98	13.46	14.05
		velocity	7.04	8.35	7.95	7.97	7.88	7.83	7.69	7.63	7.49	7.31	7.63	7.67		8.09	7.80	7.47
H1 lead leg		strides		15	15	15	15	15	15	15	15	15	15	135				
Wang Siqing (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)</b>																		
CAA Hurdle Development (2019)																		
date	09-Jul-19	time	6.37	10.41	14.65	18.94	23.31	27.79	32.32	36.99	41.76	46.58		52.12	4 / 5			
reaction time	0.197	interval		4.04	4.24	4.29	4.37	4.48	4.53	4.67	4.77	4.82	5.54	PB		12.57	13.38	14.26
		velocity	7.06	8.66	8.25	8.16	8.01	7.81	7.73	7.49	7.34	7.26	7.22	7.67		8.35	7.85	7.36
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	16	19.2	177.2				



Lin Zhikai (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 Chinese Olympic Trials (Shaoxing, CHN)																		
CAA Hurdle Development (2021)																		
date	13-Jun-21	time	6.19	10.19	14.30	18.45	22.74	27.16	36.39	41.24	46.21			52.13	2 / 7			
reaction time	0.168	interval	4.00	4.11	4.15	4.29	4.42	4.42	9.23	4.85	4.97	5.92				12.26		
		velocity	7.27	8.75	8.52	8.43	8.16	7.92	7.58	7.22	7.04	6.76	7.67			8.56		
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18.5	175.5				
Dlouhy, Manfred (FRG) (1952)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1975 West German National Championships (Gelsenkirchen, FRG)																		
Helbig (1975) - 400-m-hürdenlauf																		
date	28-Jun-75	time	6.3	10.3	14.4	18.7	23.0	25.0	27.1	31.6	36.7	41.4	46.4	52.14	2 / 6			
reaction time		interval	4.04	4.09	4.25	4.33	4.07	4.57	5.07	4.69	5.00	5.75				12.38	12.97	14.76
		velocity	7.17	8.66	8.56	8.24	8.08	8.00	8.60	7.66	6.90	7.46	7.00	6.96	7.67	8.48	8.10	7.11
H1 lead leg		strides																
Pesa, Sinisa (YUG) (1973)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 8</b> - 2000 Olympic Games (Sydney, AUS)																		
Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																		
date	24-Sep-00	time	6.06	9.82	13.70	17.62	21.74	25.98	30.38	35.18	40.26			52.14	7 / 5			
reaction time	0.165	interval	3.76	3.88	3.92	4.12	4.24	4.40	4.80	5.08						11.56	12.76	
		velocity	7.43	9.31	9.02	8.93	8.50	8.25	7.95	7.29	6.89			7.67		9.08	8.23	
H1 lead leg		strides	20	13	13	13	14	14	14	16	16			147				
Muto, Yuhi (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2022 Japanese National High School Championships (Naruto, JPN)																		
Kishima (2022) - national high school championships biomechanics data collection																		
date	05-Aug-22	time	6.47	10.43	14.48	18.67	23.03	27.52	32.05	36.63	41.62	46.57		52.14	8 / 5			
reaction time	0.199	interval	3.96	4.05	4.19	4.36	4.49	4.53	4.58	4.99	4.95	5.57				12.20	13.38	14.52
		velocity	6.96	8.84	8.64	8.35	8.03	7.80	7.73	7.64	7.01	7.07	7.18	7.67		8.61	7.85	7.23
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	17	159					
Abe, Takatoshi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2008 Japanese National High School Championships (Kumagaya, JPN)																		
Abe (2008) - 61st high school championships: JAF scientific committee - biomechanics data																		
date	31-Jul-08	time	6.42	10.57	14.76	19.00	23.25	27.56	32.01	36.57	41.37	46.41		52.16	1 / 3			
reaction time		interval	4.15	4.19	4.24	4.25	4.31	4.45	4.56	4.80	5.04	5.75				12.58	13.01	14.40
		velocity	7.01	8.43	8.35	8.25	8.24	8.12	7.87	7.68	7.29	6.94	6.96	7.67		8.35	8.07	7.29
H1 lead leg		strides	14	14	14	14	15	15	15	15	15	15	131					
Kawagoe, Hiroya (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 Seiko Golden Grand Prix (Tokyo, JPN)																		
Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																		
date	23-Aug-20	time	5.92	9.76	13.65	17.63	21.74	26.01	30.38	34.87	39.56	44.93		52.17	3 / 8			
reaction time	0.142	interval	3.84	3.89	3.98	4.11	4.27	4.37	4.49	4.69	5.37	7.24				11.71	12.75	14.55
		velocity	7.60	9.11	9.00	8.79	8.52	8.20	8.01	7.80	7.46	6.52	5.52	7.67		8.97	8.24	7.22
H1 lead leg		strides	14	14	14	14	15	15	15	15	15	17	133					
Deguchi, Haruto (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 Japanese U20 National Championships (Hiroshima, JPN)																		
Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																		
date	25-Oct-20	time	6.41	10.49	14.70	19.00	23.51	28.06	32.60	37.22	41.89	46.68		52.17	4 / 1			
reaction time	0.195	interval	4.08	4.21	4.30	4.51	4.55	4.54	4.62	4.67	4.79	5.49				12.59	13.60	14.08
		velocity	7.02	8.58	8.31	8.14	7.76	7.69	7.71	7.58	7.49	7.31	7.29	7.67		8.34	7.72	7.46
H1 lead leg	L	strides	21	13	13	13	14	14	15	15	15	15	17.7	165.7				
Baluch, Matej (SVK) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2</b> - 2024 European Athletics Championships (Roma, ITA)																		
European Athletics (2024) - 2024 european athletics championships - results book																		
date	09-Jun-24	time	5.91	9.69	13.56	17.59	21.73	25.96	30.38	35.07	40.80	46.01		52.17	6 / 8			
reaction time	0.216	interval	3.78	3.87	4.03	4.14	4.23	4.42	4.69	5.73	5.21	6.16				11.68	12.79	15.63
		velocity	7.61	9.26	9.04	8.68	8.45	8.27	7.92	7.46	6.11	6.72	6.49	7.67		8.99	8.21	6.72
H1 lead leg		strides											0					
Weakley, Ian (JAM) (1974)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 6</b> - 2000 Olympic Games (Sydney, AUS)																		
Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																		
date	24-Sep-00	time	6.02	9.86	13.90	17.94	22.06	26.34	30.74	35.34	40.22			52.18	2 / 8			
reaction time	0.179	interval	3.84	4.04	4.04	4.12	4.28	4.40	4.60	4.88						11.92	12.80	
		velocity	7.48	9.11	8.66	8.66	8.50	8.18	7.95	7.61	7.17			7.67		8.81	8.20	
H1 lead leg		strides	22	14	15	14	15	15	15	15	16			141				
Haapalainen, Jere (FIN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3</b> - 2024 European Athletics Championships (Roma, ITA)																		
European Athletics (2024) - 2024 european athletics championships - results book																		
date	09-Jun-24	time	5.98	9.86	13.84	17.95	22.19	26.52	31.01	35.70	40.91	46.16		52.18	4 / 8			
reaction time	0.217	interval	3.88	3.98	4.11	4.24	4.33	4.49	4.69	5.21	5.25	6.02				11.97	13.06	15.15
		velocity	7.53	9.02	8.79	8.52	8.25	8.08	7.80	7.46	6.72	6.67	6.64	7.67		8.77	8.04	6.93
H1 lead leg		strides											0					
Suzuki, Taiga (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 Seiko Golden Grand Prix (Tokyo, JPN)																		
Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																		
date	23-Aug-20	time	6.01	9.86	13.78	17.85	22.02	26.44	31.05	35.79	40.74	45.90		52.19	1 / 9			
reaction time	0.152	interval	3.85	3.92	4.07	4.17	4.42	4.61	4.74	4.95	5.16	6.29				11.84	13.20	14.85
		velocity	7.49	9.09	8.93	8.60	8.39	7.92	7.59	7.38	7.07	6.78	6.36	7.66		8.87	7.95	7.07
H1 lead leg		strides	14	14	14	14	15	15	15	15	15	15	131					

															H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Li Guangzhen (CHN) (1995)</b>																															
<b>Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)</b>																															
<i>CAA Hurdle Development (2019)</i>																															
date	22-Aug-19	time	6.66	10.90	15.12	19.50	23.95		28.45	32.96	37.67	42.36	47.05		52.20	9 / 1															
reaction time	0.258	interval		4.24	4.22	4.38	4.45		4.50	4.51	4.71	4.69	4.69	5.15			12.84	13.46	14.09												
		velocity	6.76	8.25	8.29	7.99	7.87		7.78	7.76	7.43	7.46	7.46	7.77	7.66		8.18	7.80	7.45												
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169																
<b>Suzuki, Taiga (JPN) (2002)</b>																															
<b>FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)</b>																															
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																															
date	25-Oct-20	time	6.11	10.04	14.18	18.30	22.47		26.83	31.36	36.14	41.24	46.45		52.20	4 / 2															
reaction time	0.173	interval		3.93	4.14	4.12	4.17		4.36	4.53	4.78	5.10	5.21	5.75			12.19	13.06	15.09												
		velocity	7.36	8.91	8.45	8.50	8.39		8.03	7.73	7.32	6.86	6.72	6.96	7.66		8.61	8.04	6.96												
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	17	17	19.2	175.2																
<b>Shang Shou (CHN) (1995)</b>																															
<b>Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)</b>																															
<i>CAA Hurdle Development (2019)</i>																															
date	09-Jul-19	time	6.54	10.71	14.92	19.04	23.11		27.54	32.06	36.75	41.49	46.46		52.22	8 / 7															
reaction time	0.225	interval		4.17	4.21	4.12	4.07		4.43	4.52	4.69	4.74	4.97	5.76			12.50	13.02	14.40												
		velocity	6.88	8.39	8.31	8.50	8.60		7.90	7.74	7.46	7.38	7.04	6.94	7.66		8.40	8.06	7.29												
H1 lead leg	L	strides	22	15	15	15	14		15	14	15	15	15	18	173																
<b>Wang Gouzhong (CHN) (1995)</b>																															
<b>FINAL - 2021 East China District Meeting (Zhaoqing, CHN)</b>																															
<i>CAA Hurdle Development (2021)</i>																															
date	25-Apr-21	time	5.96	9.98	14.11	18.35	22.71		27.14	31.83	36.64	41.53	46.53		52.22	2 / 4															
reaction time	0.177	interval		4.02	4.13	4.24	4.36		4.43	4.69	4.81	4.89	5.00	5.69			12.39	13.48	14.70												
		velocity	7.55	8.71	8.47	8.25	8.03		7.90	7.46	7.28	7.16	7.00	7.03	7.66		8.47	7.79	7.14												
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	15	15	18	174																
<b>Feng Zhiqiang (CHN) (1998)</b>																															
<b>Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)</b>																															
<i>CAA Hurdle Development (2021)</i>																															
date	26-Jun-21	time	6.29	10.22	14.23	18.38	22.72		27.21	32.05	36.80	41.62	46.48		52.24	3 / 3															
reaction time	0.268	interval		3.93	4.01	4.15	4.34		4.49	4.84	4.75	4.82	4.86	5.76			12.09	13.67	14.43												
		velocity	7.15	8.91	8.73	8.43	8.06		7.80	7.23	7.37	7.26	7.20	6.94	7.66		8.68	7.68	7.28												
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18	162																
<b>Cui Caizhuang (CHN) (1995)</b>																															
<b>FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)</b>																															
<i>CAA Hurdle Development (2019)</i>																															
date	23-Aug-19	time	6.22	10.22	14.31	18.55	22.90		27.39	32.02	36.81	41.66	46.59		52.25	9 / 7															
reaction time	0.216	interval		4.00	4.09	4.24	4.35		4.49	4.63	4.79	4.85	4.93	5.66			12.33	13.47	14.57												
		velocity	7.23	8.75	8.56	8.25	8.05		7.80	7.56	7.31	7.22	7.10	7.07	7.66		8.52	7.80	7.21												
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18.5	171.5																
<b>Oyama, Takumi (JPN) (1991)</b>																															
<b>FINAL - 2009 Japanese National High School Championships (Nara, JPN)</b>																															
<i>Matsuo (2009) - 62nd high school championships: JAF scientific committee - biomechanics data</i>																															
date	31-Jul-09	time	6.39	10.51	14.83	19.23	23.64		28.24	32.88	37.52	42.26	47.01		52.26	1 / 2															
reaction time		interval		4.12	4.32	4.40	4.41		4.60	4.64	4.64	4.74	4.75	5.25			12.84	13.65	14.13												
		velocity	7.04	8.50	8.10	7.95	7.94		7.61	7.54	7.54	7.38	7.37	7.62	7.65		8.18	7.69	7.43												
H1 lead leg		strides		14	14	14	14		15	15	15	15	15	131																	
<b>Wang Yijie (CHN) (1997)</b>																															
<b>Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)</b>																															
<i>CAA Hurdle Development (2019)</i>																															
date	22-Aug-19	time	6.24	10.28	14.41	18.64	23.07		27.61	32.18	36.82	41.64	46.59		52.26	4 / 3															
reaction time	0.222	interval		4.04	4.13	4.23	4.43		4.54	4.57	4.64	4.82	4.95	5.67			12.40	13.54	14.41												
		velocity	7.21	8.66	8.47	8.27	7.90		7.71	7.66	7.54	7.26	7.07	7.05	7.65		8.47	7.75	7.29												
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	18.5	171.5																
<b>Kurokawa, Kazuki (JPN) (2001)</b>																															
<b>FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)</b>																															
<i>Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection</i>																															
date	06-Aug-19	time	6.18	10.23	14.33	18.78	23.43		28.29	32.97	37.69	42.43	47.17		52.27	5 / 3															
reaction time		interval		4.05	4.10	4.45	4.65		4.86	4.68	4.72	4.74	4.74	5.10			12.60	14.19	14.20												
		velocity	7.28	8.64	8.54	7.87	7.53		7.20	7.48	7.42	7.38	7.38	7.84	7.65		8.33	7.40	7.39												
H1 lead leg		strides		13	13	14	14		14	14	14	14	15	125																	
<b>Zheng Pan (CHN) (2001)</b>																															
<b>FINAL - 2021 National Grand Prix (Chengdu, CHN)</b>																															
<i>CAA Hurdle Development (2021)</i>																															
date	02-Apr-21	time	6.15	10.08	14.06	18.11	22.33		26.69	31.27	36.05	41.17	46.40		52.27	7 / 2															
reaction time	0.187	interval		3.93	3.98	4.05	4.22		4.36	4.58	4.78	5.12	5.23	5.87			11.96	13.16	15.13												
		velocity	7.32	8.91	8.79	8.64	8.29		8.03	7.64	7.32	6.84	6.69	6.81	7.65		8.78	7.98	6.94												
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19	178																
<b>Fu Jiaho (CHN) (1999)</b>																															
<b>Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)</b>																															
<i>CAA Hurdle Development (2019)</i>																															
date	09-Jul-19	time	6.37	10.43	14.64	18.88	23.22		27.69	32.32	37.05	41.79	46.65		52.29	5 / 7-6															
reaction time	0.232	interval		4.06	4.21	4.24	4.34		4.47	4.63	4.73	4.74	4.86	5.64			12.51	13.44	14.33												
		velocity	7.06	8.62	8.31	8.25	8.06		7.83	7.56	7.40	7.38	7.20	7.09	7.65		8.39	7.81	7.33												
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	16	20	174																

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Liu Yangyang (CHN) (1995)</b>																		
<b>FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)</b>																		
date	08-Apr-19	time	6.52	10.51	15.15	19.59	24.06	28.71	33.41	38.02	42.62	47.26		52.30	8 / 5			
reaction time	0.207	interval	3.99	4.64	4.44	4.47		4.65	4.70	4.61	4.60	4.64	5.04			13.07	13.82	13.85
		velocity	6.90	8.77	7.54	7.88	7.83	7.53	7.45	7.59	7.61	7.54	7.94	7.65		8.03	7.60	7.58
H1 lead leg	L	strides	22	15	16	16	16	15	15	15	15	15	18	178				
<b>Cui Caizhuang (CHN) (1995)</b>																		
<b>Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)</b>																		
date	22-Aug-19	time	6.38	10.48	14.64	18.93	23.25	27.82	32.47	37.24	42.08	46.91		52.30	8 / 2			
reaction time	0.223	interval	4.10	4.16	4.29	4.32		4.57	4.65	4.77	4.84	4.83	5.39			12.55	13.54	14.44
		velocity	7.05	8.54	8.41	8.16	8.10	7.66	7.53	7.34	7.23	7.25	7.42	7.65		8.37	7.75	7.27
H1 lead leg	R	strides	24	14	14	14	14	15	15	15	15	15	18.3	173.3				
<b>Cao Xiong (CHN) (2001)</b>																		
<b>U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)</b>																		
date	17-Aug-19	time	6.28	10.46	14.54	18.68	22.96	27.52	32.14	36.87	41.79	46.88		52.31	8 / 6			
reaction time	0.203	interval	4.18	4.08	4.14	4.28		4.56	4.62	4.73	4.92	5.09	5.43	PB		12.40	13.46	14.74
		velocity	7.17	8.37	8.58	8.45	8.18	7.68	7.58	7.40	7.11	6.88	7.37	7.65		8.47	7.80	7.12
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	16	19	177				
<b>Wang Daojun (CHN) (2000)</b>																		
<b>Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)</b>																		
date	22-Aug-19	time	6.24	10.38	14.52	18.71	23.08	27.52	32.07	36.69	41.54	46.66		52.31	9 / 4			
reaction time	0.219	interval	4.14	4.14	4.19	4.37		4.44	4.55	4.62	4.85	5.12	5.66			12.47	13.36	14.59
		velocity	7.21	8.45	8.45	8.35	8.01	7.88	7.69	7.58	7.22	6.84	7.07	7.65		8.42	7.86	7.20
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18.5	170.5				
<b>Wang Siqing (CHN) (1999)</b>																		
<b>Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)</b>																		
date	25-Apr-21	time	6.30	10.30	14.34	18.52	22.80	27.14	31.64	36.38	41.26	46.36		52.32	8 / 1			
reaction time	0.230	interval	4.00	4.04	4.18	4.28		4.34	4.50	4.74	4.88	5.10	5.96			12.22	13.12	14.72
		velocity	7.14	8.75	8.66	8.37	8.18	8.06	7.78	7.38	7.17	6.86	6.71	7.65		8.59	8.00	7.13
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	16	20.5	180.5				
<b>Kawakami, Daichi (JPN) (2006)</b>																		
<b>FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)</b>																		
date	30-Jul-24	time	6.34	10.41	14.56	18.87	23.26	27.66	32.13	36.85	41.71	46.65		52.32	3 / 5			
reaction time	0.240	interval	4.07	4.15	4.31	4.39		4.40	4.47	4.72	4.86	4.94	5.67			12.53	13.26	14.52
		velocity	7.10	8.60	8.43	8.12	7.97	7.95	7.83	7.42	7.20	7.09	7.05	7.65		8.38	7.92	7.23
H1 lead leg		strides	20	14	14	14	14	15	15	15	15	15	18	169				
<b>Fu Jiaho (CHN) (1999)</b>																		
<b>FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)</b>																		
date	08-Apr-19	time	6.44	10.51	14.73	18.88	23.19	27.64	32.26	36.93	41.79	46.86		52.33	6 / 6			
reaction time	0.218	interval	4.07	4.22	4.15	4.31		4.45	4.62	4.67	4.86	5.07	5.47			12.44	13.38	14.6
		velocity	6.99	8.60	8.29	8.43	8.12	7.87	7.58	7.49	7.20	6.90	7.31	7.64		8.44	7.85	7.19
H1 lead leg	L	strides	22	16	16	16	16	16	17	17	17	17	19.5	189.5				
<b>Long Wei (CHN) (1997)</b>																		
<b>Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)</b>																		
date	26-Jun-21	time	6.13	10.08	14.10	18.20	22.47	26.92	31.51	36.18	41.06	46.24		52.33	8 / 5			
reaction time	0.227	interval	3.95	4.02	4.10	4.27		4.45	4.59	4.67	4.88	5.18	6.09			12.07	13.31	14.73
		velocity	7.34	8.86	8.71	8.54	8.20	7.87	7.63	7.49	7.17	6.76	6.57	7.64		8.70	7.89	7.13
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	15	15	19	175				
<b>Matsumoto, Takahiro (JPN) (1994)</b>																		
<b>FINAL - 2011 Japanese National High School Championships (Kitakami, JPN)</b>																		
date	05-Aug-11	time	6.22	10.40	14.69	19.02	23.37	27.77	32.19	36.82	41.71	46.74		52.34	6 / 2			
reaction time		interval	4.18	4.29	4.33	4.35		4.40	4.42	4.63	4.89	5.03	5.60			12.80	13.17	14.55
		velocity	7.23	8.37	8.16	8.08	8.05	7.95	7.92	7.56	7.16	6.96	7.14	7.64		8.20	7.97	7.22
H1 lead leg		strides																
<b>Bai Jiarui (CHN) (1995)</b>																		
<b>Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)</b>																		
date	25-Apr-21	time	6.41	10.58	14.83	19.13	23.49	27.93	32.51	37.17	42.04	46.96		52.34	5 / 3			
reaction time	0.233	interval	4.17	4.25	4.30	4.36		4.44	4.58	4.66	4.87	4.92	5.38			12.72	13.38	14.45
		velocity	7.02	8.39	8.24	8.14	8.03	7.88	7.64	7.51	7.19	7.11	7.43	7.64		8.25	7.85	7.27
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	17	168				
<b>Lu Shengjing (CHN) (1998)</b>																		
<b>FINAL - 2021 East China District Meeting (Zhaoqing, CHN)</b>																		
date	25-Apr-21	time	6.36	10.48	14.77	19.14	23.59	28.06	32.78	37.59	42.39	47.13		52.34	4 / 5			
reaction time	0.217	interval	4.12	4.29	4.37	4.45		4.47	4.72	4.81	4.80	4.74	5.21			12.78	13.64	14.35
		velocity	7.08	8.50	8.16	8.01	7.87	7.83	7.42	7.28	7.29	7.38	7.68	7.64		8.22	7.70	7.32
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	15	15	18	177				

Zheng Pan (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)</b>																			
CAA Hurdle Development (2021)																			
date	26-Jun-21	time	6.38	10.34	14.33	18.38	22.61	27.11	31.73	36.48	41.49	46.59		52.36	7 / 4				
reaction time	0.203	interval		3.96	3.99	4.05	4.23	4.50	4.62	4.75	5.01	5.10	5.77			12.00	13.35	14.86	
		velocity	7.05	8.84	8.77	8.64	8.27	7.78	7.58	7.37	6.99	6.86	6.93	7.64		8.75	7.87	7.07	
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	16	16	19	174					
Tonoyama, Ryohei (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2021 Japanese High School National Championships (Fukui, JPN)</b>																			
Shibayama (2021) - national high school and U20 national championships																			
date	30-Jul-21	time	6.07	10.09	14.38	18.75	23.22	27.86	32.55	37.29	42.03	46.86		52.36	3 / 3				
reaction time	0.190	interval		4.02	4.29	4.37	4.47	4.64	4.69	4.74	4.74	4.83	5.50			12.68	13.80	14.31	
		velocity	7.41	8.71	8.16	8.01	7.83	7.54	7.46	7.38	7.38	7.25	7.27	7.64		8.28	7.61	7.34	
H1 lead leg		strides	15	15	15	15	15	15	15	15	15	15	15	135					
Wang Hongwen (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)</b>																			
CAA Hurdle Development (2019)																			
date	22-Aug-19	time	6.39	10.44	14.58	18.85	23.27	27.79	32.40	37.12	41.96	46.90		52.37	5 / 5				
reaction time	0.246	interval		4.05	4.14	4.27	4.42	4.52	4.61	4.72	4.84	4.94	5.47			12.46	13.55	14.50	
		velocity	7.04	8.64	8.45	8.20	7.92	7.74	7.59	7.42	7.23	7.09	7.31	7.64		8.43	7.75	7.24	
H1 lead leg	R	strides	21	14	14	14	14	14	15	15	15	15	17.5	168.5					
Masui, Koki (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	
<b>FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)</b>																			
Kishima (2022) - national high school championships biomechanics data collection																			
date	03-Jun-23	time	6.14	10.06	14.10	18.20	22.51	26.88	31.43	36.32	41.44	46.75		52.37	3 / 4				
reaction time	0.182	interval		3.92	4.04	4.10	4.31	4.37	4.55	4.89	5.12	5.31	5.62	PB		12.06	13.23	15.32	
		velocity	7.33	8.93	8.66	8.54	8.12	8.01	7.69	7.16	6.84	6.59	7.12	7.64		8.71	7.94	6.85	
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	16	16	19.7	173.7					
Juricic, Darko (CRO) (1969)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 5 - 2000 Olympic Games (Sydney, AUS)</b>																			
Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																			
date	24-Sep-00	time	6.04	9.92	13.76	17.72	21.80	25.96	30.64	35.60	40.88	46.16		52.39	1 / 6				
reaction time	0.167	interval		3.88	3.84	3.96	4.08	4.16	4.68	4.96	5.28	5.28	6.23			11.68	12.92	15.52	
		velocity	7.45	9.02	9.11	8.84	8.58	8.41	7.48	7.06	6.63	6.63	6.42	7.64		8.99	8.13	6.77	
H1 lead leg		strides	22	14	14	14	14	14	16	17	18	18	21.9	182.9					
Wang Hongwen (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)</b>																			
CAA Hurdle Development (2021)																			
date	25-Apr-21	time	6.22	10.19	14.23	18.50	22.87	27.36	31.95	36.69	41.53	46.55		52.39	4 / 2				
reaction time	0.242	interval		3.97	4.04	4.27	4.37	4.49	4.59	4.74	4.84	5.02	5.84			12.28	13.45	14.60	
		velocity	7.23	8.82	8.66	8.20	8.01	7.80	7.63	7.38	7.23	6.97	6.85	7.64		8.55	7.81	7.19	
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	18	168					
Reemtsma, Will (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	
<b>Heat 4 - 2024 USA Olympic Trials (Eugene, OR)</b>																			
USATF and Karmarush (2024) - USA Olympic trials results and race analysis																			
date	27-Jun-24	time	6.15	10.08	14.22	18.48	22.81	24.71	27.16	31.77	36.70	41.60	46.57	52.39	8 / 6				
reaction time		interval		3.93	4.14	4.26	4.33	4.35	4.61	4.93	4.90	4.97	5.82			12.33	13.29	14.80	
		velocity	7.32	8.91	8.45	8.22	8.08	8.09	8.05	7.59	7.10	7.14	7.04	6.87	7.64		8.52	7.90	7.09
H1 lead leg	L	strides	21	14	14	14	14	15	15	16	15	15	18	138					
Juan, Jaime (ESP) (1977)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 1998 Spanish National Championships (San Sebastián, ESP)</b>																			
Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas																			
date	02-Aug-98	time	6.22	10.26	14.35	18.57	22.96	27.51	32.00	36.51	41.27	46.19		52.40	8 / 6				
reaction time		interval		4.04	4.09	4.22	4.39	4.55	4.49	4.51	4.76	4.92	6.21			12.35	13.43	14.19	
		velocity	7.23	8.66	8.56	8.29	7.97	7.69	7.80	7.76	7.35	7.11	6.44	7.63		8.50	7.82	7.40	
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18.5	170.5					
Tanabe, Jo (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)</b>																			
Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data collection																			
date	31-Jul-17	time	6.41	10.43	14.53	18.75	23.14	27.64	32.25	37.05	41.89	46.88		52.41	8 / 3				
reaction time	0.187	interval		4.02	4.10	4.22	4.39	4.50	4.61	4.80	4.84	4.99	5.53			12.34	13.50	14.63	
		velocity	7.02	8.71	8.54	8.29	7.97	7.78	7.59	7.29	7.23	7.01	7.23	7.63		8.51	7.78	7.18	
H1 lead leg		strides	15	14	15	14	14	15	15	15	15	15	15	133					
Wang Hongwen (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2021 East China District Meeting (Zhaoqing, CHN)</b>																			
CAA Hurdle Development (2021)																			
date	25-Apr-21	time	6.29	10.37	14.50	18.76	23.18	27.70	32.46	37.25	42.15	47.10		52.41	9 / 6				
reaction time	0.202	interval		4.08	4.13	4.26	4.42	4.52	4.76	4.79	4.90	4.95	5.31			12.47	13.70	14.64	
		velocity	7.15	8.58	8.47	8.22	7.92	7.74	7.35	7.31	7.14	7.07	7.53	7.63		8.42	7.66	7.17	
H1 lead leg	L	strides	21	14	14	14	14	14	15	15	15	15	17.5	168.5					
Hemeida, Bassem (QAT) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)</b>																			
Henson (2024) - Athlete First: 2024 year end hurdle report																			
date	30-May-24	time	6.00	9.77	13.71	17.62		26.16		35.53	40.54			52.41	2 / 8				
reaction time	0.171	interval		3.77	3.94	3.91		8.54		9.37	5.01					11.62			
		velocity	7.50	9.28	8.88	8.95		8.20		7.47	6.99			7.63		9.04			
H1 lead leg	R	strides	21	13	13	14					15			76					

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Geiger, Karl (FRG) (1953)</b>																			
<b>FINAL - 1975 West German National Championships (Gelsenkirchen, FRG)</b>																			
date	28-Jun-75	time	6.3	10.3	14.4	18.6	23.4	25.4	27.8	32.4	37.1	41.8	46.7						
reaction time		interval		4.02	4.11	4.18	4.86		4.40	4.60	4.63	4.68	4.97	5.70			12.31	13.86	14.28
		velocity	7.18	8.71	8.52	8.37	7.20	7.86	7.95	7.61	7.56	7.48	7.04	7.02	7.63		8.53	7.58	7.35
H1 lead leg		strides																	
<b>Kato, Seiya (JPN) (1992)</b>																			
<b>FINAL - 2009 Japanese National High School Championships (Nara, JPN)</b>																			
date	31-Jul-09	time	6.32	10.46	14.73	19.05	23.45	28.05	32.74	37.47	42.24	47.00							
reaction time		interval		4.14	4.27	4.32	4.40	4.60	4.69	4.73	4.77	4.76	5.42				12.73	13.69	14.26
		velocity	7.12	8.45	8.20	8.10	7.95	7.61	7.46	7.40	7.34	7.35	7.38	7.63			8.25	7.67	7.36
H1 lead leg		strides		14	14	14	14	15	15	15	15	15	15	131					
<b>Xie Zhiyu (CHN) (2000)</b>																			
<b>Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)</b>																			
date	03-Aug-19	time	6.44	10.63	14.77	19.04	23.42	27.91	32.72	37.45	42.23	47.05							
reaction time	0.228	interval		4.19	4.14	4.27	4.38	4.49	4.81	4.73	4.78	4.82	5.37				12.60	13.68	14.33
		velocity	6.99	8.35	8.45	8.20	7.99	7.80	7.28	7.40	7.32	7.26	7.45	7.63			8.33	7.68	7.33
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14	17	159					
<b>Cai Jungi (CHN) (1996)</b>																			
<b>Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)</b>																			
date	22-Aug-19	time	6.39	10.53	14.80	19.17	23.54	27.99	32.57	37.17	41.91	46.76							
reaction time	0.199	interval		4.14	4.27	4.37	4.37	4.45	4.58	4.60	4.74	4.85	5.66				12.78	13.40	14.19
		velocity	7.04	8.45	8.20	8.01	8.01	7.87	7.64	7.61	7.38	7.22	7.07	7.63			8.22	7.84	7.40
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19	176					
<b>Liu Yangyang (CHN) (1995)</b>																			
<b>Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)</b>																			
date	22-Aug-19	time	6.45	10.59	14.85	19.24	23.67	28.22	32.87	37.64	42.44	47.25							
reaction time	0.200	interval		4.14	4.26	4.39	4.43	4.55	4.65	4.77	4.80	4.81	5.19				12.79	13.63	14.38
		velocity	6.98	8.45	8.22	7.97	7.90	7.69	7.53	7.34	7.29	7.28	7.71	7.63			8.21	7.70	7.30
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18.5	175.5					
<b>Yang Baichuan (CHN) (1995)</b>																			
<b>Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)</b>																			
date	22-Aug-19	time	6.37	10.48	14.75	19.15	23.59	28.09	32.67	37.32	42.13	46.98							
reaction time	0.166	interval		4.11	4.27	4.40	4.44	4.50	4.58	4.65	4.81	4.85	5.46				12.78	13.52	14.31
		velocity	7.06	8.52	8.20	7.95	7.88	7.78	7.64	7.53	7.28	7.22	7.33	7.63			8.22	7.77	7.34
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	15	15	20	178					
<b>Young, Curt (PAN) (1974)</b>																			
<b>Heat 8 - 2000 Olympic Games (Sydney, AUS)</b>																			
date	24-Sep-00	time	6.02	9.74	13.54	17.54	21.74	25.98	30.58	35.50	40.78	46.18							
reaction time	0.164	interval		3.72	3.80	4.00	4.20	4.24	4.60	4.92	5.28	5.40	6.28				11.52	13.04	15.60
		velocity	7.48	9.41	9.21	8.75	8.33	8.25	7.61	7.11	6.63	6.48	6.37	7.62			9.11	8.05	6.73
H1 lead leg		strides	21	13	13	13	13	14	15	15	16	16	149						
<b>Kurokawa, Kazuki (JPN) (2001)</b>																			
<b>FINAL - 2020 Japanese National Championships (Niigata, JPN)</b>																			
date	02-Oct-20	time	6.09	9.94	13.93	18.00	22.26	26.71	31.26	36.02	41.04	46.15							
reaction time	0.184	interval		3.85	3.99	4.07	4.26	4.45	4.55	4.76	5.02	5.11	6.31				11.91	13.26	14.89
		velocity	7.39	9.09	8.77	8.60	8.22	7.87	7.69	7.35	6.97	6.85	6.34	7.62			8.82	7.92	7.05
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	146						
<b>Chiba, Yuto (JPN) (1992)</b>																			
<b>FINAL - 2010 Japanese National High School Championships (Okinawa, JPN)</b>																			
date	31-Jul-10	time	6.37	10.37	14.46	18.61	22.86	27.25	31.82	36.61	41.70	46.87							
reaction time		interval		4.00	4.09	4.15	4.25	4.39	4.57	4.79	5.09	5.17	5.60				12.24	13.21	15.05
		velocity	7.06	8.75	8.56	8.43	8.24	7.97	7.66	7.31	6.88	6.77	7.14	7.62			8.58	7.95	6.98
H1 lead leg		strides		15	15	15	15	15	15	15	16	16	137						
<b>Sato, Yota (JPN) (1992)</b>																			
<b>FINAL - 2011 Japanese National High School Championships (Kitakami, JPN)</b>																			
date	05-Aug-11	time	6.22	10.24	14.40	18.62	22.85	27.24	31.79	36.64	41.84	47.06							
reaction time		interval		4.02	4.16	4.22	4.23	4.39	4.55	4.85	5.20	5.22	5.42				12.40	13.17	15.27
		velocity	7.23	8.71	8.41	8.29	8.27	7.97	7.69	7.22	6.73	6.70	7.38	7.62			8.47	7.97	6.88
H1 lead leg		strides																	
<b>Koech, Haron (KEN) (1990)</b>																			
<b>FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)</b>																			
date	19-May-19	time	6.46	10.44	14.51	18.65	22.89	27.34	31.92	36.72	41.65	46.63							
reaction time	0.174	interval		3.98	4.07	4.14	4.24	4.45	4.58	4.80	4.93	4.98	5.85				12.19	13.27	14.71
		velocity	6.97	8.79	8.60	8.45	8.25	7.87	7.64	7.29	7.10	7.03	6.84	7.62			8.61	7.91	7.14
H1 lead leg	R	strides	23	13	15	13	13	15	15	15	15	15	18.7	170.7					

López, Guillermo (ESP) (1977)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1998 Spanish National Championships (San Sebastián, ESP)													<i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>						
date	02-Aug-98	time	6.19	10.32	14.39	18.54	22.87	27.28	31.88	36.59	41.52	46.57		52.50	1 / 7				
reaction time		interval		4.13	4.07	4.15	4.33	4.41	4.60	4.71	4.93	5.05	5.93			12.35	13.34	14.69	
		velocity	7.27	8.47	8.60	8.43	8.08	7.94	7.61	7.43	7.10	6.93	6.75	7.62		8.50	7.87	7.15	
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	16	20	181					
Wang Gouzhong (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2021 Chinese National Championships (Chongqing, CHN)													<i>CAA Hurdle Development (2021)</i>						
date	26-Jun-21	time	6.25	10.35	14.56	18.87	23.30	27.78	32.35	37.04	41.84	46.87		52.51	8 / 5				
reaction time	0.217	interval		4.10	4.21	4.31	4.43	4.48	4.57	4.69	4.80	5.03	5.64			12.62	13.48	14.52	
		velocity	7.20	8.54	8.31	8.12	7.90	7.81	7.66	7.46	7.29	6.96	7.09	7.62		8.32	7.79	7.23	
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	15	15	17.5	173.5					
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>						
date	09-Aug-24	time	5.95	9.66	13.43	17.20	21.08	25.09	29.24	33.54	38.02	42.53		52.53	4 / 7				
reaction time	0.175	interval		3.71	3.77	3.77	3.88	4.01	4.15	4.30	4.48	4.51	10.00			11.25	12.04	13.29	
		velocity	7.56	9.43	9.28	9.28	9.02	8.73	8.43	8.14	7.81	7.76	4.00	7.61		9.33	8.72	7.90	
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	14	14		126					
Song Haotian (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2021 National Grand Prix (Chengdu, CHN)													<i>CAA Hurdle Development (2021)</i>						
date	02-Apr-21	time	6.31	10.38	14.38	18.58	22.91	27.46	32.22	37.00	42.10	47.17		52.54	8 / 3				
reaction time	0.250	interval		4.07	4.00	4.20	4.33	4.55	4.76	4.78	5.10	5.07	5.37	PB		12.27	13.64	14.95	
		velocity	7.13	8.60	8.75	8.33	8.08	7.69	7.35	7.32	6.86	6.90	7.45	7.61		8.56	7.70	7.02	
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	16	16	19	174					
Luo Xinyu (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2021 National Grand Prix (Chengdu, CHN)													<i>CAA Hurdle Development (2021)</i>						
date	02-Apr-21	time	6.21	10.31	14.56	18.83	23.16	27.72	32.44	37.22	42.24	47.17		52.54	6 / 4				
reaction time	0.198	interval		4.10	4.25	4.27	4.33	4.56	4.72	4.78	5.02	4.93	5.37	PB		12.62	13.61	14.73	
		velocity	7.25	8.54	8.24	8.20	8.08	7.68	7.42	7.32	6.97	7.10	7.45	7.61		8.32	7.71	7.13	
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18.5	170.5					
Lin Zhikai (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 3</b> - 2021 East China District Meeting (Zhaoqing, CHN)													<i>CAA Hurdle Development (2021)</i>						
date	25-Apr-21	time	6.30	10.34	14.46	18.66	23.00	27.42	31.98	36.62	41.42	46.42		52.54	7 / 2				
reaction time	0.203	interval		4.04	4.12	4.20	4.34	4.42	4.56	4.64	4.80	5.00	6.12			12.36	13.32	14.44	
		velocity	7.14	8.66	8.50	8.33	8.06	7.92	7.68	7.54	7.29	7.00	6.54	7.61		8.50	7.88	7.27	
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19	176					
Nakanishi, Teruki (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	
<b>FINAL</b> - 2024 Japanese National High School Championships (Fukuoka, JPN)													<i>Takashima (2024) - national high school sports festival - biomechanics data</i>						
date	30-Jul-24	time	6.34	10.48	14.66	19.10	23.46	27.88	32.45	37.10	41.89	46.83		52.54	6 / 6				
reaction time	0.192	interval		4.14	4.18	4.44	4.36	4.42	4.57	4.65	4.79	4.94	5.71			12.76	13.35	14.38	
		velocity	7.10	8.45	8.37	7.88	8.03	7.92	7.66	7.53	7.31	7.09	7.01	7.61		8.23	7.87	7.30	
H1 lead leg		strides	21	15	15	15	15	15	15	15	15	15	19	175					
Cui Caizhuang (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)													<i>CAA Hurdle Development (2019)</i>						
date	29-May-19	time	6.22	10.24	14.36	18.55	22.89	27.44	32.13	36.83	41.77	46.84		52.55	5 / 4				
reaction time	0.195	interval		4.02	4.12	4.19	4.34	4.55	4.69	4.70	4.94	5.07	5.71			12.33	13.58	14.71	
		velocity	7.23	8.71	8.50	8.35	8.06	7.69	7.46	7.45	7.09	6.90	7.01	7.61		8.52	7.73	7.14	
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	18.5	171.5					
Tonoyama, Ryohei (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2021 Japanese U20 National Championships (Osaka, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>						
date	26-Jun-21	time	6.26	10.23	14.25	18.45	22.77	27.28	31.90	36.65	41.47	46.61		52.55	2 / 7				
reaction time	0.202	interval		3.97	4.02	4.20	4.32	4.51	4.62	4.75	4.82	5.14	5.94			12.19	13.45	14.71	
		velocity	7.19	8.82	8.71	8.33	8.10	7.76	7.58	7.37	7.26	6.81	6.73	7.61		8.61	7.81	7.14	
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	17		159					
Onodera, Shota (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2017 Japanese National High School Championships (Yamagata, JPN)													<i>Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data collection</i>						
date	31-Jul-17	time	6.42	10.51	14.66	19.04	23.59	28.13	32.68	37.34	42.28	47.30		52.56	7 / 4				
reaction time	0.183	interval		4.09	4.15	4.38	4.55	4.54	4.55	4.66	4.94	5.02	5.26			12.62	13.64	14.62	
		velocity	7.01	8.56	8.43	7.99	7.69	7.71	7.69	7.51	7.09	6.97	7.60	7.61		8.32	7.70	7.18	
H1 lead leg		strides		14	14	14	16	15	15	15	17	17		137					
Goto, Sota (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2018 Japanese National High School Championships (Nagoya, JPN)													<i>Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection</i>						
date	04-Aug-18	time	6.22	10.24	14.46	18.77	23.21	27.71	32.30	36.94	41.89	46.88		52.56	6 / 6				
reaction time		interval		4.02	4.22	4.31	4.44	4.50	4.59	4.64	4.95	4.99	5.68			12.55	13.53	14.58	
		velocity	7.23	8.71	8.29	8.12	7.88	7.78	7.63	7.54	7.07	7.01	7.04	7.61		8.37	7.76	7.20	
H1 lead leg		strides		15	15	15	15	15	15	15	16	16		137					

Yoneda, Taiyo (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>B FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)</b>																		
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	25-Oct-20	time	6.22	10.28	14.46	18.72	23.09	27.61	32.32	37.14	42.03	47.00		52.56	4 / 1			
reaction time	0.163	interval	4.06	4.18	4.26	4.37		4.52	4.71	4.82	4.89	4.97	5.56			12.50	13.60	14.68
		velocity	7.23	8.62	8.37	8.22	8.01		7.74	7.43	7.26	7.16	7.04	7.19	7.61	8.40	7.72	7.15
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	15	15	19	171				
Yanagita, Kiyoto (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
<b>FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)</b>																		
<i>Kishima (2022) - national high school championships biomechanics data collection</i>																		
date	03-Jun-23	time	6.14	10.01	14.01	18.10	22.32	26.63	31.18	35.97	40.97	46.33		52.56	8 / 5			
reaction time	0.180	interval	3.87	4.00	4.09	4.22		4.31	4.55	4.79	5.00	5.36	6.23			11.96	13.08	15.15
		velocity	7.33	9.04	8.75	8.56	8.29		8.12	7.69	7.31	7.00	6.53	6.42	7.61	8.78	8.03	6.93
H1 lead leg	L	strides	21	13	14	14	14	14	15	15	15	15	16	20	171			
Arisaka, Tomotaka (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)</b>																		
<i>Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data</i>																		
date	31-Jul-17	time	6.26	10.36	14.56	18.94	23.47	28.13	32.75	37.49	42.29	47.13		52.58	4 / 5			
reaction time	0.200	interval	4.10	4.20	4.38	4.53		4.66	4.62	4.74	4.80	4.84	5.45			12.68	13.81	14.38
		velocity	7.19	8.54	8.33	7.99	7.73		7.51	7.58	7.38	7.29	7.23	7.34	7.61	8.28	7.60	7.30
H1 lead leg		strides	14	14	14	14	14	15	15	15	15	15	15	131				
Liu Yangyang (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)</b>																		
<i>CAA Hurdle Development (2019)</i>																		
date	12-Apr-19	time	6.50	10.68	15.10	19.58	24.10	28.70	33.36	38.06	42.76	47.46		52.58	4 / 1			
reaction time	0.204	interval	4.18	4.42	4.48	4.52		4.60	4.66	4.70	4.70	4.70	5.12			13.08	13.78	14.10
		velocity	6.92	8.37	7.92	7.81	7.74		7.61	7.51	7.45	7.45	7.45	7.81	7.61	8.03	7.62	7.45
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	15	15	19.2	175.2				
Wang Daojun (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)</b>																		
<i>CAA Hurdle Development (2019)</i>																		
date	23-Aug-19	time	6.08	10.12	14.18	18.40	22.76	27.40	32.18	37.04	41.98	46.98		52.58	8 / 8			
reaction time	0.178	interval	4.04	4.06	4.22	4.36		4.64	4.78	4.86	4.94	5.00	5.60			12.32	13.78	14.80
		velocity	7.40	8.66	8.62	8.29	8.03		7.54	7.32	7.20	7.09	7.00	7.14	7.61	8.52	7.62	7.09
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18.5	170.5				
Michishita, Koya (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2016 Japanese National High School Championships (Okayama, JPN)</b>																		
<i>Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection</i>																		
date	31-Jul-16	time	6.31	10.56	14.80	19.22	23.69	28.28	32.97	37.65	42.43	47.26		52.60	5 / 3			
reaction time	0.168	interval	4.25	4.24	4.42	4.47		4.59	4.69	4.68	4.78	4.83	5.34			12.91	13.75	14.29
		velocity	7.13	8.24	8.25	7.92	7.83		7.63	7.46	7.48	7.32	7.25	7.49	7.60	8.13	7.64	7.35
H1 lead leg		strides	14	14	14	14	14	15	15	15	15	15	15	131				
Lee Doo-Yeon (KOR) (1975)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 4 - 2000 Olympic Games (Sydney, AUS)</b>																		
<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																		
date	24-Sep-00	time	6.12	10.04	14.04	18.16	22.32	26.60	31.40	36.20				52.61	5 / 8			
reaction time	0.192	interval	3.92	4.00	4.12	4.16		4.28	4.80	4.80						12.04	13.24	
		velocity	7.35	8.93	8.75	8.50	8.41		8.18	7.29	7.29			7.60		8.72	7.93	
H1 lead leg		strides	21	13	13	13	13	13	15	15			116					
Li Guancheng (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1 - 2021 National Grand Prix (Chengdu, CHN)</b>																		
<i>CAA Hurdle Development (2021)</i>																		
date	01-Apr-21	time	6.12	10.32	14.64	19.04	23.48	27.92	32.40	36.98	41.82	46.88		52.61	5 / 2			
reaction time	0.212	interval	4.20	4.32	4.40	4.44		4.44	4.48	4.58	4.84	5.06	5.73	PB		12.92	13.36	14.48
		velocity	7.35	8.33	8.10	7.95	7.88		7.88	7.81	7.64	7.23	6.92	6.98	7.60	8.13	7.86	7.25
H1 lead leg	L	strides	21	14	14	14	14	14	14	14	14	15	15	18	167			
McMaster, Kyron (IVB) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)</b>																		
<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>																		
date	08-Sep-18	time	5.80	9.52	13.28	17.20	21.28	25.44	29.76	34.56	40.00			52.62	5 / 8			
reaction time	0.166	interval	3.72	3.76	3.92	4.08		4.16	4.32	4.80	5.44					11.40	12.56	
		velocity	7.76	9.41	9.31	8.93	8.58		8.41	8.10	7.29	6.43		7.60		9.21	8.36	
H1 lead leg	R	strides	20	13	12	13	13	13	13	14	15	15		141				
Luo Xinyu (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2 - 2021 National Grand Prix (Chengdu, CHN)</b>																		
<i>CAA Hurdle Development (2021)</i>																		
date	01-Apr-21	time	6.28	10.36	14.60	18.90	23.30	27.84	32.44	37.26	42.22	47.14		52.62	4 / 2			
reaction time	0.235	interval	4.08	4.24	4.30	4.40		4.54	4.60	4.82	4.96	4.92	5.48	PB		12.62	13.54	14.70
		velocity	7.17	8.58	8.25	8.14	7.95		7.71	7.61	7.26	7.06	7.11	7.30	7.60	8.32	7.75	7.14
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18.5	170.5				
Wang Gouzhong (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)</b>																		
<i>CAA Hurdle Development (2021)</i>																		
date	25-Apr-21	time	5.99	9.96	14.20	18.62	23.16	27.76	32.45	37.17	42.01	47.00		52.63	3 / 3			
reaction time	0.185	interval	3.97	4.24	4.42	4.54		4.60	4.69	4.72	4.84	4.99	5.63			12.63	13.83	14.55
		velocity	7.51	8.82	8.25	7.92	7.71		7.61	7.46	7.42	7.23	7.01	7.10	7.60	8.31	7.59	7.22
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	15	15	18	174				

AI-Nubi, Mubarak Sultan (QAT) (197)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2003 IAAF World Championships (Paris, FRA)		<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>																
date	29-Aug-03	time	6.0	9.7	13.7	17.7	21.7	25.9	30.4	35.2	40.1	44.7		52.64	1 / 7			
reaction time	0.164	interval		3.7	4.0	4.0	4.0	4.2	4.5	4.8	4.9	4.6	7.94			11.70	12.70	14.30
		velocity	7.50	9.46	8.75	8.75	8.75	8.33	7.78	7.29	7.14	7.61	5.04	7.60		8.97	8.27	7.34
H1 lead leg	R	strides	21	13	13	13	13	13	13	15	15	15		144				
<b>Moratomi, Kotaro (JPN) (1998)</b>		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</b> - 2016 Japanese National High School Championships (Okayama, JPN)		<i>Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection</i>																
date	31-Jul-16	time	6.17	10.23	14.40	18.70	23.09	27.58	32.33	37.09	41.92	46.93		52.68	4 / 4			
reaction time	0.178	interval		4.06	4.17	4.30	4.39	4.49	4.75	4.76	4.83	5.01	5.75			12.53	13.63	14.60
		velocity	7.29	8.62	8.39	8.14	7.97	7.80	7.37	7.35	7.25	6.99	6.96	7.59		8.38	7.70	7.19
H1 lead leg		strides	14	14	14	14	14	14	15	15	15	15		130				
<b>Al-Najem, Zahirudin (SYR) (1977)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 5</b> - 2000 Olympic Games (Sydney, AUS)		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	24-Sep-00	time	6.00	9.84	13.72	17.68	21.76	26.00	30.68	35.60	41.16			52.70	6 / 7			
reaction time	0.160	interval		3.84	3.88	3.96	4.08	4.24	4.68	4.92	5.56					11.68	17.92	
		velocity	7.50	9.11	9.02	8.84	8.58	8.25	7.48	7.11	6.29			7.59		8.99	5.86	
H1 lead leg		strides	21	13	13	13	13	13	14	16	16			132				
<b>Zhuang Linfei (CHN) (1996)</b>		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</b> - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)		<i>CAA Hurdle Development (2019)</i>																
date	08-Apr-19	time	6.32	10.30	14.36	18.48	22.74	27.18	31.82	36.70	41.70	46.84		52.70	4 / 7			
reaction time	0.240	interval		3.98	4.06	4.12	4.26	4.44	4.64	4.88	5.00	5.14	5.86			12.16	13.34	15.02
		velocity	7.12	8.79	8.62	8.50	8.22	7.88	7.54	7.17	7.00	6.81	6.83	7.59		8.63	7.87	6.99
H1 lead leg	L	strides	21	16	16	16	16	15	15	15	15	15	19	179				
<b>Hamada, Hiroshi (JPN) (2001)</b>		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</b> - 2019 Japanese National High School Championships (Okinawa, JPN)		<i>Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection</i>																
date	06-Aug-19	time	6.26	10.28	14.41	18.69	23.02	27.46	31.92	36.53	41.54	46.85		52.71	3 / 4			
reaction time		interval		4.02	4.13	4.28	4.33	4.44	4.46	4.61	5.01	5.31	5.86			12.43	13.23	14.93
		velocity	7.19	8.71	8.47	8.18	8.08	7.88	7.85	7.59	6.99	6.59	6.83	7.59		8.45	7.94	7.03
H1 lead leg		strides		15	15	15	15	15	15	15	16	17		138				
<b>Wang Daojun (CHN) (2000)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>U20 Heat 1</b> - 2019 Chinese National Youth Games (Taiyuan, CHN)		<i>CAA Hurdle Development (2019)</i>																
date	17-Aug-19	time	6.20	10.34	14.40	18.58	22.98	27.50	32.14	36.96	41.85	46.80		52.72	6 / 1			
reaction time	0.181	interval		4.14	4.06	4.18	4.40	4.52	4.64	4.82	4.89	4.95	5.92			12.38	13.56	14.66
		velocity	7.26	8.45	8.62	8.37	7.95	7.74	7.54	7.26	7.16	7.07	6.76	7.59		8.48	7.74	7.16
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18	170				
<b>Long Wei (CHN) (1997)</b>		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</b> - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)		<i>CAA Hurdle Development (2019)</i>																
date	08-Apr-19	time	6.21	10.29	14.46	18.68	22.97	27.44	32.08	36.90	41.82	46.86		52.73	9 / 8			
reaction time	0.271	interval		4.08	4.17	4.22	4.29	4.47	4.64	4.82	4.92	5.04	5.87			12.47	13.40	14.78
		velocity	7.25	8.58	8.39	8.29	8.16	7.83	7.54	7.26	7.11	6.94	6.81	7.59		8.42	7.84	7.10
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	15	15	19	175				
<b>Cui Caizhuang (CHN) (1995)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3</b> - 2021 Chinese National Championships (Chongqing, CHN)		<i>CAA Hurdle Development (2021)</i>																
date	26-Jun-21	time	6.38	10.49	14.65	19.00	23.39	27.91	32.51	37.29	42.16	47.11		52.73	5 / 5			
reaction time	0.171	interval		4.11	4.16	4.35	4.39	4.52	4.60	4.78	4.87	4.95	5.62			12.62	13.51	14.60
		velocity	7.05	8.52	8.41	8.05	7.97	7.74	7.61	7.32	7.19	7.07	7.12	7.59		8.32	7.77	7.19
H1 lead leg	R	strides	22	14	14	14	14	14	15	15	15	15	18	170				
<b>Song Haotian (CHN) (1999)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 4</b> - 2021 Chinese National Championships (Chongqing, CHN)		<i>CAA Hurdle Development (2021)</i>																
date	26-Jun-21	time	6.31	10.37	14.43	18.67	23.12	27.73	32.34	37.18	42.05	47.12		52.72	7 / 4			
reaction time	0.209	interval		4.06	4.06	4.24	4.45	4.61	4.61	4.84	4.87	5.07	5.60			12.36	13.67	14.78
		velocity	7.13	8.62	8.62	8.25	7.87	7.59	7.59	7.23	7.19	6.90	7.14	7.59		8.50	7.68	7.10
H1 lead leg	L	strides	22	14	14	14	15	15	15	15	15	16	19	174				
<b>Salmerón, Fernando (ESP) (1978)</b>		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</b> - 1998 Spanish National Championships (San Sebastián, ESP)		<i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>																
date	02-Aug-98	time	6.18	10.27	14.57	18.74	23.20	27.72	32.28	36.79	41.74	46.72		52.75	2 / 8			
reaction time		interval		4.09	4.30	4.17	4.46	4.52	4.56	4.51	4.95	4.98	6.03			12.56	13.54	14.44
		velocity	7.28	8.56	8.14	8.39	7.85	7.74	7.68	7.76	7.07	7.03	6.63	7.58		8.36	7.75	7.27
H1 lead leg	L	strides	22	14	15	14	15	15	15	15	17	16	20	178				
<b>Nylander, Viktor (SWE) (1998)</b>		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</b> - 2017 European U20 Championships (Grosseto, ITA) (TV Analysis)		<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	23-Jul-17	time	5.88	9.76	13.68	17.80	22.04	26.52	31.24	36.08	41.08	46.24		52.76	2 / 8			
reaction time	0.187	interval		3.88	3.92	4.12	4.24	4.48	4.72	4.84	5.00	5.16	6.52			11.92	13.44	15.00
		velocity	7.65	9.02	8.93	8.50	8.25	7.81	7.42	7.23	7.00	6.78	6.13	7.58		8.81	7.81	7.00
H1 lead leg	R	strides		13	14	14	14	14	15	15	15	15	19	148				



Zhuang Linfei (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)																		
CAA Hurdle Development (2019)																		
date	29-May-19	time	6.42	10.46	18.86	23.34		27.95	32.64	37.43	42.35	47.28		52.76	8 / 5			
reaction time	0.298	interval		4.04	8.40	4.48		4.61	4.69	4.79	4.92	4.93	5.48			12.44	13.78	14.64
		velocity	7.01	8.66	8.33	7.81		7.59	7.46	7.31	7.11	7.10	7.30	7.58		8.44	7.62	7.17
H1 lead leg	L	strides	21	14		14		15	15	15	15	15	18	142				
Oda, Atuya (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 Japanese U20 National Championships (Osaka, JPN)																		
Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																		
date	26-Jun-21	time	6.31	10.26	14.23	18.28	22.57	27.08	31.72	36.55	41.57	46.91		52.76	8 / 8			
reaction time	0.166	interval		3.95	3.97	4.05	4.29	4.51	4.64	4.83	5.02	5.34	5.85			11.97	13.44	15.19
		velocity	7.13	8.86	8.82	8.64	8.16	7.76	7.54	7.25	6.97	6.55	6.84	7.58		8.77	7.81	6.91
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	17	159					
Woodell, Jameson (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
<b>Semi-Final 2</b> - 2024 USA Olympic Trials (Eugene, OR)																		
USATF and Karmarush (2024) - USA Olympic trials results and race analysis																		
date	28-Jun-24	time	6.09	9.98	14.03	18.22	22.62	24.60	27.20	31.93	36.85	41.98	46.98		52.77	2 / 8		
reaction time		interval		3.89	4.05	4.19	4.40	4.58	4.73	4.92	5.13	5.00	5.79			12.13	13.71	15.05
		velocity	7.39	9.00	8.64	8.35	7.95	8.13	7.64	7.40	7.11	6.82	7.00	6.91	7.58	8.66	7.66	6.98
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	138					
Zheng Pan (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2</b> - 2021 National Grand Prix (Chengdu, CHN)																		
CAA Hurdle Development (2021)																		
date	01-Apr-21	time	6.46	10.58	14.80	19.00	23.28	27.70	32.22	36.92	41.98	47.14		52.78	3 / 3			
reaction time	0.203	interval		4.12	4.22	4.20	4.28	4.42	4.52	4.70	5.06	5.16	5.64	PB		12.54	13.22	14.92
		velocity	6.97	8.50	8.29	8.33	8.18	7.92	7.74	7.45	6.92	6.78	7.09	7.58		8.37	7.94	7.04
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	19	178				
Hackett, Darek (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
<b>Heat 3</b> - 2024 USA Olympic Trials (Eugene, OR)																		
USATF and Karmarush (2024) - USA Olympic trials results and race analysis																		
date	27-Jun-24	time	5.85	9.71	13.48	17.49	21.54	23.43	25.81	30.36	35.24	40.32	45.78		52.78	7 / 6		
reaction time		interval		3.86	3.77	4.01	4.05	4.27	4.55	4.88	5.08	5.46	7.00			11.64	12.87	15.42
		velocity	7.69	9.07	9.28	8.73	8.64	8.54	8.20	7.69	7.17	6.89	6.41	5.71	7.58	9.02	8.16	6.81
H1 lead leg	L	strides	24	15	14	14	14	14	15	15	16	16	20.5	177.5				
Wang Gouzhong (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																		
CAA Hurdle Development (2019)																		
date	12-Apr-19	time	6.24	10.38	14.71	19.19	23.77	28.31	33.00	37.70	42.43	47.26		52.79	8 / 2			
reaction time	0.208	interval		4.14	4.33	4.48	4.58	4.54	4.69	4.70	4.73	4.83	5.53			12.95	13.81	14.26
		velocity	7.21	8.45	8.08	7.81	7.64	7.71	7.46	7.45	7.40	7.25	7.23	7.58		8.11	7.60	7.36
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	15	15	19.5	175.5				
Nakano, Sota (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2023 Japanese National High School Championships (Sapporo, JPN)																		
Takashima (2023) - national high school sports festival - biomechanics data																		
date	04-Aug-23	time	6.32	10.39	14.55	18.74	23.06	27.61	32.30	37.19	42.21	47.33		52.80	3 / 7			
reaction time	0.249	interval		4.07	4.16	4.19	4.32	4.55	4.69	4.89	5.02	5.12	5.47			12.42	13.56	15.03
		velocity	7.12	8.60	8.41	8.35	8.10	7.69	7.46	7.16	6.97	6.84	7.31	7.58		8.45	7.74	6.99
H1 lead leg		strides	23	15	15	15	15	15	15	17	17	17	20	184				
Fu Jiahao (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
<b>FINAL</b> - 2019 Chinese World Championship Trials (Shenyang, CHN)																		
CAA Hurdle Development (2019)																		
date	03-Aug-19	time	6.30	10.36	14.56	18.79	23.16	27.70	32.38	37.10	41.90	46.91		52.81	5 / <del>7</del> -6			
reaction time	0.193	interval		4.06	4.20	4.23	4.37	4.54	4.68	4.72	4.80	5.01	5.90			12.49	13.59	14.53
		velocity	7.14	8.62	8.33	8.27	8.01	7.71	7.48	7.42	7.29	6.99	6.78	7.57		8.41	7.73	7.23
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	16	20	174				
Long Wei (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																		
CAA Hurdle Development (2019)																		
date	12-Apr-19	time	6.19	10.19	14.45	18.71	23.14	27.68	32.30	37.09	42.04	47.06		52.83	9 / 3			
reaction time	0.250	interval		4.00	4.26	4.43	4.43	4.54	4.62	4.79	4.95	5.02	5.77			12.52	13.59	14.76
		velocity	7.27	8.75	8.22	8.22	7.90	7.71	7.58	7.31	7.07	6.97	6.93	7.57		8.39	7.73	7.11
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	15	15	19	175				
Fu Jiahao (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
<b>Heat 1</b> - 2019 Chinese World Championship Trials (Shenyang, CHN)																		
CAA Hurdle Development (2019)																		
date	03-Aug-19	time	6.35	10.54	14.85	19.14	23.46	28.09	32.82	37.52	42.32	47.33		52.83	3 / 2			
reaction time	0.183	interval		4.19	4.31	4.29	4.32	4.63	4.73	4.70	4.80	5.01	5.50			12.79	13.68	14.51
		velocity	7.09	8.35	8.12	8.16	8.10	7.56	7.40	7.45	7.29	6.99	7.27	7.57		8.21	7.68	7.24
H1 lead leg	L	strides	22	14	14	14	15	15	16	15	16	16	18.5	175.5				
Wang Siqing (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 Chinese National Championships (Chongqing, CHN)																		
CAA Hurdle Development (2021)																		
date	26-Jun-21	time	6.40	10.54	14.78	19.07	23.51	28.03	32.56	37.22	42.09	47.11		52.84	2 / <del>7</del> -6			
reaction time	0.214	interval		4.14	4.24	4.29	4.44	4.52	4.53	4.66	4.87	5.02	5.73			12.67	13.49	14.55
		velocity	7.03	8.45	8.25	8.16	7.88	7.74	7.73	7.51	7.19	6.97	6.98	7.57		8.29	7.78	7.22
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	19	178				

Song Haotian (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1 - 2021 National Grand Prix (Chengdu, CHN)</b> <i>CAA Hurdle Development (2021)</i>																		
date	01-Apr-21	time	6.40	10.60	14.88	19.20	23.70	28.30	33.00	37.76	42.62	47.48		52.85	7 / 3			
reaction time	0.192	interval		4.20	4.28	4.32	4.50	4.60	4.70	4.76	4.86	4.86	5.37	PB		12.80	13.80	14.48
		velocity	7.03	8.33	8.18	8.10	7.78	7.61	7.45	7.35	7.20	7.20	7.45	7.57		8.20	7.61	7.25
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18.5	175.5				
Wang Hongwen (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>U20 Heat 3 - 2019 Chinese National Youth Games (Taiyuan, CHN)</b> <i>CAA Hurdle Development (2019)</i>																		
date	17-Aug-19	time	6.40	10.32	14.42	18.62	22.95	27.39	31.99	36.67	41.49	46.50		52.86	6 / 1			
reaction time		interval		3.92	4.10	4.20	4.33	4.44	4.60	4.68	4.82	5.01	6.36			12.22	13.37	14.51
		velocity	7.03	8.93	8.54	8.33	8.08	7.88	7.61	7.48	7.26	6.99	6.29	7.57		8.59	7.85	7.24
H1 lead leg	R	strides	21	14	14	14	14	14	15	15	15	15	18.3	169.3				
Sun Yao (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) (84cm)</b> <i>CAA Hurdle Development (2019)</i>																		
date	17-Aug-19	time	6.40	10.47	14.64	18.86	23.28	27.82	32.50	37.26	42.16	47.12		52.86	4 / 1			
reaction time	0.223	interval		4.07	4.17	4.22	4.42	4.54	4.68	4.76	4.90	4.96	5.74			12.46	13.64	14.62
		velocity	7.03	8.60	8.39	8.29	7.92	7.71	7.48	7.35	7.14	7.06	6.97	7.57		8.43	7.70	7.18
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	20	180				
Maruyama, Tomoyo (JPN) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2022 Japanese National High School Championships (Naruto, JPN)</b> <i>Kishima (2022) - national high school championships biomechanics data collection</i>																		
date	05-Aug-22	time	6.17	10.22	14.27	18.52	22.95	27.48	32.02	36.77	41.65	46.73		52.86	7 / 6			
reaction time	0.187	interval		4.05	4.05	4.25	4.43	4.53	4.54	4.75	4.88	5.08	6.13			12.35	13.50	14.71
		velocity	7.29	8.64	8.64	8.24	7.90	7.73	7.71	7.37	7.17	6.89	6.53	7.57		8.50	7.78	7.14
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	17	17	161				
Watanabe, Shun (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
<b>FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)</b> <i>Takashima (2024) - national high school sports festival - biomechanics data</i>																		
date	30-Jul-24	time	6.36	10.39	14.50	18.75	23.09	27.46	32.13	37.05	42.09	47.18		52.87	2 / 7			
reaction time	0.277	interval		4.03	4.11	4.25	4.34	4.37	4.67	4.92	5.04	5.09	5.69			12.39	13.38	15.05
		velocity	7.08	8.68	8.52	8.24	8.06	8.01	7.49	7.11	6.94	6.88	7.03	7.57		8.47	7.85	6.98
H1 lead leg		strides	23	15	15	15	15	15	15	17	17	17	20	184				
Hanaoka, Kazuma (JPN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)</b> <i>Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data</i>																		
date	31-Jul-17	time	6.31	10.39	14.53	18.74	23.09	27.59	32.20	36.97	41.99	47.18		52.88	5 / 6			
reaction time	0.192	interval		4.08	4.14	4.21	4.35	4.50	4.61	4.77	5.02	5.19	5.70			12.43	13.46	14.98
		velocity	7.13	8.58	8.45	8.31	8.05	7.78	7.59	7.34	6.97	6.74	7.02	7.56		8.45	7.80	7.01
H1 lead leg		strides		15	15	15	15	15	15	15	15	17	17	139				
Zhu Yizheng (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)</b> <i>CAA Hurdle Development (2019)</i>																		
date	17-Aug-19	time	6.47	10.50	14.56	18.74	23.04	27.54	32.10	36.90	41.96	47.10		52.90	5 / 2			
reaction time	0.209	interval		4.03	4.06	4.18	4.30	4.50	4.56	4.80	5.06	5.14	5.80	PB		12.27	13.36	15.00
		velocity	6.96	8.68	8.62	8.37	8.14	7.78	7.68	7.29	6.92	6.81	6.90	7.56		8.56	7.86	7.00
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	16	16	19	174				
Liu Yangyang (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)</b> <i>CAA Hurdle Development (2021)</i>																		
date	26-Jun-21	time	6.42	10.59	14.85	19.22	23.81	28.40	33.17	37.82	42.63	47.50		52.90	3 / 6			
reaction time	0.222	interval		4.17	4.26	4.37	4.59	4.59	4.77	4.65	4.81	4.87	5.40			12.80	13.95	14.33
		velocity	7.01	8.39	8.22	8.01	7.63	7.63	7.34	7.53	7.28	7.19	7.41	7.56		8.20	7.53	7.33
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19	176				
Natura, Yusuke (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2016 Japanese National High School Championships (Okayama, JPN)</b> <i>Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection</i>																		
date	31-Jul-16	time	6.27	10.41	14.73	19.17	23.62	28.06	32.53	37.12	41.83	46.88		52.93	8 / 5			
reaction time	0.151	interval		4.14	4.32	4.44	4.45	4.44	4.47	4.59	4.71	5.05	6.05			12.90	13.36	14.35
		velocity	7.18	8.45	8.10	7.88	7.87	7.88	7.83	7.63	7.43	6.93	6.61	7.56		8.14	7.86	7.32
H1 lead leg		strides		15	15	15	15	15	15	15	15	15	16	136				
Kinoshita, Seita (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)</b> <i>Takashima (2023) - national high school sports festival - biomechanics data</i>																		
date	04-Aug-23	time	6.32	10.41	14.61	18.95	23.41	27.98	32.67	37.50	42.48	47.50		52.93	2 / 8			
reaction time	0.277	interval		4.09	4.20	4.34	4.46	4.57	4.69	4.83	4.98	5.02	5.43			12.63	13.72	14.83
		velocity	7.12	8.56	8.33	8.06	7.85	7.66	7.46	7.25	7.03	6.97	7.37	7.56		8.31	7.65	7.08
H1 lead leg		strides	21	15	15	15	15	15	15	15	15	15	19	175				
Toyoda, Ken (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)</b> <i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	25-Oct-20	time	6.12	10.06	14.13	18.23	22.46	26.94	31.68	36.64	41.71	46.91		52.96	3 / 5			
reaction time	0.175	interval		3.94	4.07	4.10	4.23	4.48	4.74	4.96	5.07	5.20	6.05			12.11	13.45	15.23
		velocity	7.35	8.88	8.60	8.54	8.27	7.81	7.38	7.06	6.90	6.73	6.61	7.55		8.67	7.81	6.89
H1 lead leg	R	strides	20	13	13	13	13	14	14	15	15	15	18.7	163.7				

Williams, Derrick (USA) (1982)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2007 IAAF World Championships (Osaka, JPN)																		
<i>Behm (2007) - Osaka 2007: Le quatrache</i>																		
date	28-Aug-07	time	5.7	9.4	13.2	17.3	21.4	25.8	30.3	34.9	39.6			52.97	8 / 7			
reaction time	0.159	interval		3.7	3.8	4.1	4.1	4.4	4.5	4.6	4.7					11.60	13.00	
		velocity	7.89	9.46	9.21	8.54	8.54	7.95	7.78	7.61	7.45			7.55		9.05	8.08	
H1 lead leg	R	strides	20	13	14	14	14	14	15	15	15			134				
Gong Debin (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 3</b> - 2021 East China District Meeting (Zhaoqing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	25-Apr-21	time	6.24	10.29	14.64	18.94	23.54	28.14	32.85	37.67	42.54	47.36		52.97	5 / 3			
reaction time	0.300	interval		4.05	4.35	4.30	4.60	4.60	4.71	4.82	4.87	4.82	5.61			12.70	13.91	14.51
		velocity	7.21	8.64	8.05	8.14	7.61	7.61	7.43	7.26	7.19	7.26	7.13	7.55		8.27	7.55	7.24
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18	170				
Hinti, Saad (MAR) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)																		
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																		
date	05-Jun-22	time	5.83	9.63	13.57	17.67	22.00	23.85	26.43	31.00	35.63			52.98	3 / 6			
reaction time	0.191	interval		3.80	3.94	4.10	4.33	4.43	4.57	4.63						11.84	13.33	
		velocity	7.72	9.21	8.88	8.54	8.08	8.39	7.90	7.66	7.56			7.55		8.87	7.88	
H1 lead leg	R	strides	21	14	14	15	15	15	15	15	15			124				
Noda, Keisuke (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1</b> - 2016 Japanese National Youth Championships (Mizuho, JPN)																		
<i>(2016.11.17) - https://twitter.com/touchdown_time/media?lang=en&amp;lang=en&amp;lang=en&amp;lang=en</i>																		
date	23-Oct-16	time	6.49	10.65	14.85	19.10	23.43	27.86	32.49	37.47	42.48	47.45		52.99	8 / 1			
reaction time		interval		4.16	4.20	4.25	4.33	4.43	4.63	4.98	5.01	4.97	5.54			12.61	13.39	14.96
		velocity	6.93	8.41	8.33	8.24	8.08	7.90	7.56	7.03	6.99	7.04	7.22	7.55		8.33	7.84	7.02
H1 lead leg		strides																
Inoue, Kakeru (JPN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 All Japan Corporate Championships (Kumagaya, JPN)																		
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	20-Sep-20	time	6.17	10.06	14.00	18.07	22.41	26.88	31.61	36.54	41.66	46.93		53.05	2 / 8			
reaction time	0.220	interval		3.89	3.94	4.07	4.34	4.47	4.73	4.93	5.12	5.27	6.12			11.90	13.54	15.32
		velocity	7.29	9.00	8.88	8.60	8.06	7.83	7.40	7.10	6.84	6.64	6.54	7.54		8.82	7.75	6.85
H1 lead leg		strides		13	13	13	14	14	15	15	15	15	15	127				
Xu Guoyu (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	12-Apr-19	time	6.38	10.59	14.80	19.19	23.71	28.38	33.10	37.90	42.71	47.51		53.06	7 / 4			
reaction time	0.215	interval		4.21	4.21	4.39	4.52	4.67	4.72	4.80	4.81	4.80	5.55			12.81	13.91	14.41
		velocity	7.05	8.31	8.31	7.97	7.74	7.49	7.42	7.29	7.28	7.29	7.21	7.54		8.20	7.55	7.29
H1 lead leg	R	strides	21	15	15	15	15	15	15	15	15	16	21	178				
Saifeldin, Muhand Khamis (QAT) (19		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>B FINAL</b> - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)																		
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																		
date	28-May-21	time	6.10	10.13	14.27	18.60	23.07	25.1	27.73	32.47	37.33	42.17	47.27		53.06	4 / 5		
reaction time	0.127	interval		4.03	4.14	4.33	4.47	4.66	4.74	4.86	4.84	5.10	5.79			12.50	13.87	14.80
		velocity	7.38	8.68	8.45	8.08	7.83	7.97	7.51	7.38	7.20	7.23	6.86	6.91	7.54	8.40	7.57	7.09
H1 lead leg	L	strides	22	14	14	14	14	14	14	14	14	15	15	135				
Cavanaugh, Caleb (USA) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1</b> - 2024 USA Olympic Trials (Eugene, OR)																		
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																		
date	28-Jun-24	time	5.87	9.67	13.62	17.68	21.75	23.85	26.14	30.87	35.78	41.12	46.38		53.06	2 / 9		
reaction time		interval		3.80	3.95	4.06	4.07	4.39	4.73	4.91	5.34	5.26	6.68			11.81	13.19	15.51
		velocity	7.67	9.21	8.86	8.62	8.60	8.39	7.97	7.40	7.13	6.55	6.65	5.99	7.54	8.89	7.96	6.77
H1 lead leg	R	strides	22	13	14	14	14	15	15	15	16	16	19	173				
Gong Debin (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2020 Chinese Olympic Trials (Shaoxing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	13-Jun-21	time	5.95	9.96	13.95	18.28	22.65	27.41	32.23	37.09	41.98	47.01		53.07	1 / 8			
reaction time	0.257	interval		4.01	3.99	4.33	4.37	4.76	4.82	4.86	4.89	5.03	6.06			12.33	13.95	14.78
		velocity	7.56	8.73	8.77	8.08	8.01	7.35	7.26	7.20	7.16	6.96	6.60	7.54		8.52	7.53	7.10
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	19	171				
Morioka, Yuuki (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 Japanese High School National Championships (Fukui, JPN)																		
<i>Shibayama (2021) - national high school and U20 national championships</i>																		
date	30-Jul-21	time	6.37	10.64	15.18	19.65	24.27	28.95	33.65	38.41	43.16	47.95		53.10	7 / 4			
reaction time	0.154	interval		4.27	4.54	4.47	4.62	4.68	4.70	4.76	4.75	4.79	5.15			13.28	14.00	14.30
		velocity	7.06	8.20	7.71	7.83	7.58	7.48	7.45	7.35	7.37	7.31	7.77	7.53		7.91	7.50	7.34
H1 lead leg		strides		14	15	14	15	15	15	15	15	15	15	133				
Liu Shuang (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>U20 Heat 3</b> - 2019 Chinese National Youth Games (Taiyuan, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	17-Aug-19	time	6.41	10.41	14.46	18.64	22.96	27.41	32.05	36.78	41.73	47.06		53.11	5 / 2			
reaction time	0.203	interval		4.00	4.05	4.18	4.32	4.45	4.64	4.73	4.95	5.33	6.05			12.23	13.41	15.01
		velocity	7.02	8.75	8.64	8.37	8.10	7.87	7.54	7.40	7.07	6.57	6.61	7.53		8.59	7.83	7.00
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	15	17	19.5	179.5				

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Lin Zhikai (CHN) (2001)</b>																			
<b>U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)</b>																			
CAA Hurdle Development (2019)																			
date	17-Aug-19	time	6.65	10.98	15.24	19.58	24.00	28.56	33.14	37.84	42.62	47.56		53.12	7 / 3				
reaction time	0.197	interval	4.33	4.26	4.34	4.42		4.56	4.58	4.70	4.78	4.94	5.56			12.93	13.56	14.42	
		velocity	6.77	8.08	8.22	8.06	7.92	7.68	7.64	7.45	7.32	7.09	7.19	7.53		8.12	7.74	7.28	
H1 lead leg	L	strides	23	15	15	15		15	15	15	15	15	17.8	175.8					
<b>Yang Baichuan (CHN) (1995)</b>																			
<b>Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)</b>																			
CAA Hurdle Development (2019)																			
date	03-Aug-19	time	6.29	10.36	14.56	18.80	23.21	27.80	32.47	37.23	42.10	47.26		53.14	7 / 2				
reaction time	0.194	interval	4.07	4.20	4.24	4.41		4.59	4.67	4.76	4.87	5.16	5.88			12.51	13.67	14.79	
		velocity	7.15	8.60	8.33	8.25	7.94	7.63	7.49	7.35	7.19	6.78	6.80	7.53		8.39	7.68	7.10	
H1 lead leg	L	strides	23	15	15	15		15	15	15	15	15	20	178					
<b>Pan Feng (CHN) (2002)</b>																			
<b>U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) (84cm)</b>																			
CAA Hurdle Development (2019)																			
date	17-Aug-19	time	6.52	10.74	15.02	19.38	23.82	28.38	32.98	37.68	42.48	47.48		53.17	6 / 2				
reaction time	0.183	interval	4.22	4.28	4.36	4.44		4.56	4.60	4.70	4.80	5.00	5.69			12.86	13.60	14.50	
		velocity	6.90	8.29	8.18	8.03	7.88	7.68	7.61	7.45	7.29	7.00	7.03	7.52		8.16	7.72	7.24	
H1 lead leg	L	strides	21	15	15	15		15	15	15	15	16	19.5	176.5					
<b>Lin Yingxian (CHN) (2002)</b>																			
<b>U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) (84cm)</b>																			
CAA Hurdle Development (2019)																			
date	17-Aug-19	time	6.50	10.65	14.90	19.16	23.62	28.26	33.02	37.68	42.68	47.62		53.18	5 / 3				
reaction time	0.211	interval	4.15	4.25	4.26	4.46		4.64	4.76	4.66	5.00	4.94	5.56			12.66	13.86	14.60	
		velocity	6.92	8.43	8.24	8.22	7.85	7.54	7.35	7.51	7.00	7.09	7.19	7.52		8.29	7.58	7.19	
H1 lead leg	L	strides	23	15	15	15		15	15	15	15	15	19.5	177.5					
<b>Oda, Atuya (JPN) (2003)</b>																			
<b>FINAL - 2021 Japanese High School National Championships (Fukui, JPN)</b>																			
Shibayama (2021) - national high school and U20 national championships																			
date	30-Jul-21	time	6.26	10.39	14.76	19.20	23.77	28.48	33.25	38.19	43.13	48.01		53.18	5 / 5				
reaction time	0.173	interval	4.13	4.37	4.44	4.57		4.71	4.77	4.94	4.94	4.88	5.17			12.94	14.05	14.76	
		velocity	7.19	8.47	8.01	7.88	7.66	7.43	7.34	7.09	7.09	7.17	7.74	7.52		8.11	7.47	7.11	
H1 lead leg		strides	15	15	15	15		15	15	15	15	15	135						
<b>Rosser, Khalfiah (USA) (1995)</b>																			
<b>FINAL - 2024 USA Olympic Trials (Eugene, OR)</b>																			
USATF and Karmarush (2024) - USA Olympic trials results and race analysis																			
date	30-Jun-24	time	6.00	9.92	13.59	17.54	21.65	23.47	25.77	30.26	35.17	40.48	45.76		53.18	9 / 8			
reaction time		interval	3.92	3.67	3.95	4.11		4.12	4.49	4.91	5.31	5.28	7.42			11.54	12.72	15.50	
		velocity	7.50	8.93	9.54	8.86	8.52	8.52	8.50	7.80	7.13	6.59	6.63	5.39	7.52		9.10	8.25	6.77
H1 lead leg	R	strides	20	13	13	13		13	13	13	15	15	115						
<b>Hamamura, Kazuki (JPN) (1997)</b>																			
<b>FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)</b>																			
Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data																			
date	31-Jul-15	time	6.16	10.33	14.43	18.64	22.96	27.38	31.97	36.75	41.86	47.31		53.19	3 / 6				
reaction time		interval	4.17	4.10	4.21	4.32		4.42	4.59	4.78	5.11	5.45	5.88			12.48	13.33	15.34	
		velocity	7.31	8.39	8.54	8.31	8.10	7.92	7.63	7.32	6.85	6.42	6.80	7.52		8.41	7.88	6.84	
H1 lead leg		strides	15	15	15	15		15	16	15	17	17	140						
<b>Sato, Shunma (JPN) (1998)</b>																			
<b>FINAL - 2016 Japanese National High School Championships (Okayama, JPN)</b>																			
Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection																			
date	31-Jul-16	time	6.47	10.58	14.90	19.25	23.79	28.29	32.88	37.69	42.66	47.71		53.19	9 / 6				
reaction time	0.197	interval	4.11	4.32	4.35	4.54		4.50	4.59	4.81	4.97	5.05	5.48			12.78	13.63	14.83	
		velocity	6.96	8.52	8.10	8.05	7.71	7.78	7.63	7.28	7.04	6.93	7.30	7.52		8.22	7.70	7.08	
H1 lead leg		strides	14	15	15	16		15	15	15	16	16	137						
<b>Shen Kunhao (CHN) (2004)</b>																			
<b>Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)</b>																			
CAA Hurdle Development (2021)																			
date	25-Apr-21	time	6.42	10.54	14.72	19.05	23.54	28.26	33.05	37.85	42.83	47.78		53.19	5 / 4				
reaction time	0.198	interval	4.12	4.18	4.33	4.49		4.72	4.79	4.80	4.98	4.95	5.41			12.63	14.00	14.73	
		velocity	7.01	8.50	8.37	8.08	7.80	7.42	7.31	7.29	7.03	7.07	7.39	7.52		8.31	7.50	7.13	
H1 lead leg	L	strides	21	14	14	14		15	15	15	15	15	18	170					
<b>Wilburn, Glenn (USA)</b>																			
<b>FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)</b>																			
USATF Women's Sprint Development (2003)																			
date	22-Jun-03	time	6.16	10.14	14.16	18.40	22.86	27.14	31.88	36.57	41.54	46.68		53.20	8 / 5				
reaction time		interval	3.98	4.02	4.24	4.46		4.28	4.74	4.69	4.97	5.14	6.52			12.24	13.48	14.80	
		velocity	7.31	8.79	8.71	8.25	7.85	8.18	7.38	7.46	7.04	6.81	6.13	7.52		8.58	7.79	7.09	
H1 lead leg		strides																	
<b>Ogawa, Daiki (JPN) (2003)</b>																			
<b>FINAL - 2021 Japanese High School National Championships (Fukui, JPN)</b>																			
Shibayama (2021) - national high school and U20 national championships																			
date	30-Jul-21	time	6.29	10.51	14.88	19.30	23.86	28.53	33.23	38.04	42.98	47.96		53.22	2 / 6				
reaction time	0.154	interval	4.22	4.37	4.42	4.56		4.67	4.70	4.81	4.94	4.98	5.26			13.01	13.93	14.73	
		velocity	7.15	8.29	8.01	7.92	7.68	7.49	7.45	7.28	7.09	7.03	7.60	7.52		8.07	7.54	7.13	
H1 lead leg		strides	14	14	15	15		15	15	15	17	17	137						

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Honma, Ryota (JPN)</b>																			
<b>FINAL</b> - 2016 Japanese National High School Championships (Okayama, JPN)			<i>Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection</i>																
date	31-Jul-16	time	6.47	10.63	14.90	19.24	23.62		28.23	32.86	37.89	42.98	47.98		53.23	3 / 7			
reaction time	0.167	interval	4.16	4.27	4.34	4.38		4.61	4.63	5.03	5.09	5.00	5.25				12.77	13.62	15.12
		velocity	6.96	8.41	8.20	8.06	7.99		7.59	7.56	6.96	6.88	7.00	7.62	7.51		8.22	7.71	6.94
H1 lead leg		strides	15	15	15	15		15	15	17	17	17		141					
<b>Salmerón, Fernando (ESP) (1978)</b>																			
<b>Semi-Final 2</b> - 1998 Spanish National Championships (San Sebastián, ESP)			<i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>																
date	01-Aug-98	time	6.20	10.25	14.38	18.62	22.92		27.37	31.92	36.94	42.01	47.14		53.24	3 / ??			
reaction time		interval	4.12	4.31	4.24	4.30		4.45	4.55	5.02	5.07	5.13	6.10				12.42	13.30	15.22
		velocity	7.26	8.64	8.47	8.25	8.14		7.87	7.69	6.97	6.90	6.82	6.56	7.51		8.45	7.89	6.90
H1 lead leg	L	strides	22	14	14	14	14		15	15	16	16	16	20	176				
<b>Takahashi, Rui (JPN) (1997)</b>																			
<b>FINAL</b> - 2015 Japanese National High School Championships (Wakayama, JPN)			<i>Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data</i>																
date	31-Jul-15	time	6.32	10.44	14.75	19.04	23.34		27.64	32.12	36.60	41.21	46.33		53.24	5 / 7			
reaction time		interval	4.12	4.31	4.29	4.30		4.30	4.48	4.48	4.61	5.12	6.91				12.72	13.08	14.21
		velocity	7.12	8.50	8.12	8.16	8.14		8.14	7.81	7.81	7.59	6.84	5.79	7.51		8.25	8.03	7.39
H1 lead leg		strides	15	15	15	15		15	17	15	17	16		140					
<b>Yamada, Hiromasa (JPN)</b>																			
<b>FINAL</b> - 2017 Japanese National High School Championships (Yamagata, JPN)			<i>Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data collection</i>																
date	31-Jul-17	time	6.37	10.43	14.65	19.00	23.66		28.45	33.25	38.10	43.09	47.98		53.24	3 / 7			
reaction time	0.243	interval	4.06	4.22	4.35	4.66		4.79	4.80	4.85	4.99	4.89	5.26				12.63	14.25	14.73
		velocity	7.06	8.62	8.29	8.05	7.51		7.31	7.29	7.22	7.01	7.16	7.60	7.51		8.31	7.37	7.13
H1 lead leg		strides	14	14	14	15		15	15	15	16	16		134					
<b>Miyazaki, Takumi (JPN) (2001)</b>																			
<b>FINAL</b> - 2019 Japanese National High School Championships (Okinawa, JPN)			<i>Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data</i>																
date	06-Aug-19	time	6.37	10.61	14.96	19.38	23.92		28.60	33.15	37.91	42.80	47.69		53.26	2 / 5			
reaction time		interval	4.24	4.35	4.42	4.54		4.68	4.55	4.76	4.89	4.89	5.57				13.01	13.77	14.54
		velocity	7.06	8.25	8.05	7.92	7.71		7.48	7.69	7.35	7.16	7.16	7.18	7.51		8.07	7.63	7.22
H1 lead leg		strides	15	15	15	15		15	15	15	15	15		135					
<b>Ido, Takahiro (JPN) (1999)</b>																			
<b>FINAL</b> - 2017 Japanese National High School Championships (Yamagata, JPN)			<i>Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data collection</i>																
date	31-Jul-17	time	6.21	10.36	14.61	19.00	23.56		28.28	32.87	37.75	42.69	47.80		53.27	2 / 8			
reaction time	0.143	interval	4.15	4.25	4.39	4.56		4.72	4.59	4.88	4.94	5.11	5.47				12.79	13.87	14.93
		velocity	7.25	8.43	8.24	7.97	7.68		7.42	7.63	7.17	7.09	6.85	7.31	7.51		8.21	7.57	7.03
H1 lead leg		strides	15	15	15	15		15	15	15	15	15		135					
<b>Langford, Noah (USA) (1999)</b>																			
<b>Heat 1</b> - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	6.01	9.74	13.63	17.49	21.49	23.33	25.73	30.21	34.97	39.90	45.10		53.27	3 / 6			
reaction time		interval	3.73	3.89	3.86	4.00		4.24	4.48	4.76	4.93	5.20	8.17				11.48	12.72	14.89
		velocity	7.49	9.38	9.00	9.07	8.75	8.57	8.25	7.81	7.35	7.10	6.73	4.90	7.51		9.15	8.25	7.05
H1 lead leg	R	strides	21	13	13	13		13	15	15	15	15		146					
<b>Shimura, Takeshi (JPN) (2005)</b>																			
<b>FINAL</b> - 2022 Japanese National High School Championships (Naruto, JPN)			<i>Kishima (2022) - national high school championships biomechanics data collection</i>																
date	05-Aug-22	time	6.17	10.12	14.40	18.80	23.33		28.10	32.93	37.88	42.85	47.88		53.35	2 / 7			
reaction time	0.138	interval	3.95	4.28	4.40	4.53		4.77	4.83	4.95	4.97	5.03	5.47				12.63	14.13	14.95
		velocity	7.29	8.86	8.18	7.95	7.73		7.34	7.25	7.07	7.04	6.96	7.31	7.50		8.31	7.43	7.02
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	15	157					
<b>Odate, Yuya (JPN) (2000)</b>																			
<b>FINAL</b> - 2018 Japanese National High School Championships (Nagoya, JPN)			<i>Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection</i>																
date	04-Aug-18	time	6.46	10.56	14.81	19.12	23.57		28.16	32.87	37.69	42.78	47.88		53.37	2 / 7			
reaction time		interval	4.10	4.25	4.31	4.45		4.59	4.71	4.82	5.09	5.10	5.49				12.66	13.75	15.01
		velocity	6.97	8.54	8.24	8.12	7.87		7.63	7.43	7.26	6.88	6.86	7.29	7.49		8.29	7.64	7.00
H1 lead leg		strides	15	15	15	15		15	15	15	16	16		137					
<b>Wang Siqing (CHN) (1999)</b>																			
<b>FINAL</b> - 2020 Chinese National Championships (Shaoxing, CHN)			<i>CAA Hurdle Development (2020)</i>																
date	17-Sep-20	time	6.25	10.47	14.94	19.04	23.50		28.12	32.79	37.75	42.50	47.50		53.38	1 / 7			
reaction time		interval	4.22	4.37	4.46			4.62	4.67	4.96	4.75	5.00	5.88				12.79	13.75	14.71
		velocity	7.20	8.31	8.01	7.85		7.58	7.49	7.06	7.37	7.00	6.80	7.49			8.21	7.64	7.14
H1 lead leg	L	strides	22		15	15		15	16	16	16	16	16	19	150				
<b>Campbell, Basil (USA) (1985)</b>																			
<b>FINAL</b> - 2003 USATF National Junior Championships (Palo Alto, CA)			<i>USATF Women's Sprint Development (2003)</i>																
date	22-Jun-03	time	6.12	10.23	14.41	18.48	22.86		27.51	32.06	36.72	41.65	46.88		53.41	6 / 6			
reaction time		interval	4.11	4.18	4.07	4.38		4.65	4.55	4.66	4.93	5.23	6.53				12.36	13.58	14.82
		velocity	7.35	8.52	8.37	8.60	7.99		7.53	7.69	7.51	7.10	6.69	6.13	7.49		8.50	7.73	7.09
H1 lead leg		strides																	

Miyoshi, Ren (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2016 Japanese National High School Championships (Okayama, JPN)												Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection						
date	31-Jul-16	time	6.33	10.36	14.48	18.72	23.11	27.63	32.33	37.30	42.39	47.60		53.42	6 / 8			
reaction time	0.200	interval		4.03	4.12	4.24	4.39	4.52	4.70	4.97	5.09	5.21	5.82			12.39	13.61	15.27
		velocity	7.11	8.68	8.50	8.25	7.97	7.74	7.45	7.04	6.88	6.72	6.87	7.49		8.47	7.71	6.88
H1 lead leg		strides		15	15	15	15	15	15	17	17	17		141				
Siwemuke, Marcus (USA) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2003 USATF National Junior Championships (Palo Alto, CA)												USATF Women's Sprint Development (2003)						
date	22-Jun-03	time	6.17	10.12	14.21	18.42	22.87	27.41	32.20	37.15	42.22	47.48		53.44	9 / 7			
reaction time		interval		3.95	4.09	4.21	4.45	4.54	4.79	4.95	5.07	5.26	5.96			12.25	13.78	15.28
		velocity	7.29	8.86	8.56	8.31	7.87	7.71	7.31	7.07	6.90	6.65	6.71	7.49		8.57	7.62	6.87
H1 lead leg		strides																
Yang Baichuan (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)												CAA Hurdle Development (2019)						
date	12-Apr-19	time	6.27	10.41	14.71	19.05	23.44	27.93	32.47	37.14	42.08	47.46		53.44	5 / 5			
reaction time	0.181	interval		4.14	4.30	4.34	4.39	4.49	4.54	4.67	4.94	5.38	5.98			12.78	13.42	14.99
		velocity	7.18	8.45	8.14	8.06	7.97	7.80	7.71	7.49	7.09	6.51	6.69	7.49		8.22	7.82	7.00
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	15	17	20	178				
Yamamoto, Yuya (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
<b>FINAL</b> - 2024 Japanese National High School Championships (Fukuoka, JPN)												Takashima (2024) - national high school sports festival - biomechanics data						
date	30-Jul-24	time	6.44	10.48	14.65	18.97	23.27	27.59	31.93	36.30	40.77	45.51		53.48	9 / 8			
reaction time	0.237	interval		4.04	4.17	4.32	4.30	4.32	4.34	4.37	4.47	4.74	7.97			12.53	12.96	13.58
		velocity	6.99	8.66	8.39	8.10	8.14	8.10	8.06	8.01	7.83	7.38	5.02	7.48		8.38	8.10	7.73
H1 lead leg		strides	21	15	15	15	15	15	15	15	15	15	19	175				
Osida, Syuuna (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
<b>FINAL</b> - 2023 Japanese U20 National Championships (Osaka, JPN)												Kishima (2022) - national high school championships biomechanics data collection						
date	03-Jun-23	time	6.39	10.54	14.76	18.97	23.41	27.93	32.68	37.59	42.68	47.90		53.49	9 / 6			
reaction time	0.149	interval		4.15	4.22	4.21	4.44	4.52	4.75	4.91	5.09	5.22	5.59	PB		12.58	13.71	15.22
		velocity	7.04	8.43	8.29	8.31	7.88	7.74	7.37	7.13	6.88	6.70	7.16	7.48		8.35	7.66	6.90
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	17	18	20	184				
Leng Ziheng (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>U20 Heat 3</b> - 2019 Chinese National Youth Games (Taiyuan, CHN)												CAA Hurdle Development (2019)						
date	17-Aug-19	time	6.35	10.55	14.83	19.20	23.68	28.33	33.10	37.88	43.02	48.03		53.51	3 / 3			
reaction time	0.202	interval		4.20	4.28	4.37	4.48	4.65	4.77	4.78	5.14	5.01	5.48	PB		12.85	13.90	14.93
		velocity	7.09	8.33	8.18	8.01	7.81	7.53	7.34	7.32	6.81	6.99	7.30	7.48		8.17	7.55	7.03
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	16	16	19.5	177.5				
Mituyanagi, Haruki (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
<b>FINAL</b> - 2023 Japanese U20 National Championships (Osaka, JPN)												Kishima (2022) - national high school championships biomechanics data collection						
date	03-Jun-23	time	6.21	10.16	14.16	18.27	22.56	27.03	31.73	36.77	42.14	47.58		53.52	2 / 7			
reaction time	0.234	interval		3.95	4.00	4.11	4.29	4.47	4.70	5.04	5.37	5.44	5.94			12.06	13.46	15.85
		velocity	7.25	8.86	8.75	8.52	8.16	7.83	7.45	6.94	6.52	6.43	6.73	7.47		8.71	7.80	6.62
H1 lead leg	L	strides	21	14	14	14	14	15	15	17	17	17	20	178				
Zhu Yizheng (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>U20 FINAL</b> - 2019 Chinese National Youth Games (Taiyuan, CHN)												CAA Hurdle Development (2019)						
date	17-Aug-19	time	6.41	10.46	14.54	18.74	23.11	27.70	32.44	37.34	42.46	47.66		53.54	4 / 7			
reaction time	0.223	interval		4.05	4.08	4.20	4.37	4.59	4.74	4.90	5.12	5.20	5.88			12.33	13.70	15.22
		velocity	7.02	8.64	8.58	8.33	8.01	7.63	7.38	7.14	6.84	6.73	6.80	7.47		8.52	7.66	6.90
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	16	16	19	174				
Machida, Reo (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 Japanese High School National Championships (Fukui, JPN)												Shibayama (2021) - national high school and U20 national championships						
date	30-Jul-21	time	6.57	10.79	15.32	19.82	24.41	28.98	33.62	38.41	43.34	48.25		53.54	8 / 7			
reaction time	0.202	interval		4.22	4.53	4.50	4.59	4.57	4.64	4.79	4.93	4.91	5.29			13.25	13.80	14.63
		velocity	6.85	8.29	7.73	7.78	7.63	7.66	7.54	7.31	7.10	7.13	7.56	7.47		7.92	7.61	7.18
H1 lead leg		strides		15	15	15	15	15	15	15	17	17		139				
Long Wei (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1</b> - 2019 Chinese National Grand Prix Final (Daqing, CHN)												CAA Hurdle Development (2019)						
date	22-Aug-19	time	6.36	10.58	14.81	19.12	23.59	28.19	32.88	37.65	42.61	47.68		53.57	3 / 6			
reaction time	0.219	interval		4.22	4.23	4.31	4.47	4.60	4.69	4.77	4.96	5.07	5.89			12.76	13.76	14.80
		velocity	7.08	8.29	8.27	8.12	7.83	7.61	7.46	7.34	7.06	6.90	6.79	7.47		8.23	7.63	7.09
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19	176				
Carbe, Jonathan (SWE) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2011 Poks Memorial (Häsleholm, SWE)												Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx						
date	12-Jun-11	time	6.44	10.58	14.84	19.26	23.70	28.42	33.16	37.94	42.94	47.94		53.59	1 / 1			
reaction time		interval		4.14	4.26	4.42	4.44	4.72	4.74	4.78	5.00	5.00	5.65			12.82	13.90	14.78
		velocity	6.99	8.45	8.22	7.92	7.88	7.42	7.38	7.32	7.00	7.00	7.08	7.46		8.19	7.55	7.10
H1 lead leg	L	strides		14	14	14	14	15	15	15	15	15	19	150				

														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Toyoda, Ken (JPN) (2002)</b>																														
<b>Heat 5 - 2024 Olympic Games (Paris, FRA)</b>														Paris 2024 Olympic Games - Results Book (2024)																
date	05-Aug-24	time	5.89	9.78	13.81	17.85	21.98		26.39	30.95	35.68	40.64	45.86		53.62	4 / 6														
reaction time	0.136	interval		3.89	4.03	4.04	4.13		4.41	4.56	4.73	4.96	5.22	7.76			11.96	13.10	14.91											
		velocity	7.64	9.00	8.68	8.66	8.47		7.94	7.68	7.40	7.06	6.70	5.15	7.46		8.78	8.02	7.04											
H1 lead leg	R	strides	20	13	13	13	13		13	15	15	15	15		130															
<b>Núñez, Yeral (DOM) (2003)</b>																														
<b>Repechage 3 - 2024 Olympic Games (Paris, FRA)</b>														Paris 2024 Olympic Games - Results Book (2024)																
date	06-Aug-24	time	5.83	9.49	13.28	17.34	21.36		25.60	29.89	34.44	39.17	44.21		53.68	7 / 5														
reaction time	0.204	interval		3.66	3.79	4.06	4.02		4.24	4.29	4.55	4.73	5.04	9.47			11.51	12.55	14.32											
		velocity	7.72	9.56	9.23	8.62	8.71		8.25	8.16	7.69	7.40	6.94	4.22	7.45		9.12	8.37	7.33											
H1 lead leg	L	strides	20	13	14	14	14		14	14	15	15	15		148															
<b>Lan Jie (CHN) (2000)</b>																														
<b>U20 Heat 3 - 2019 Chinese National Youth Games (Taiyuan, CHN)</b>														CAA Hurdle Development (2019)																
date	17-Aug-19	time	6.32	10.45	14.72	18.95	23.26		27.69	32.30	37.28	42.45	47.78		53.70	7 / 4														
reaction time	0.203	interval		4.13	4.27	4.23	4.31		4.43	4.61	4.98	5.17	5.33	5.92			12.63	13.35	15.48											
		velocity	7.12	8.47	8.20	8.27	8.12		7.90	7.59	7.03	6.77	6.57	6.76	7.45		8.31	7.87	6.78											
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	20.5	181.5															
<b>Christensson, Jim (SWE) (1989)</b>																														
<b>FINAL - 2011 Peks Memorial (Hässelholm, SWE)</b>														Blomkvist (2011) - www.eliitandslag.se/SprintHäck/LängSprintHäck.aspx																
date	12-Jun-11	time	6.60	10.90	15.36	19.80	24.28		28.84	33.44	38.16	43.16	48.16		53.73	1 / 2														
reaction time		interval		4.30	4.46	4.44	4.48		4.56	4.60	4.72	5.00	5.00	5.57			13.20	13.64	14.72											
		velocity	6.82	8.14	7.85	7.88	7.81		7.68	7.61	7.42	7.00	7.00	7.18	7.44		7.95	7.70	7.13											
H1 lead leg	L	strides		15	15	15	15		15	15	15	16	16	19	156															
<b>Zhuang Linfei (CHN) (1996)</b>																														
<b>Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)</b>														CAA Hurdle Development (2019)																
date	03-Aug-19	time	6.57	10.76	15.16	19.67	24.36		29.29	34.18	38.94	43.72	48.45		53.76	5 / 3														
reaction time	0.260	interval		4.19	4.40	4.51	4.69		4.93	4.89	4.76	4.78	4.73	5.31			13.10	14.51	14.27											
		velocity	6.85	8.35	7.95	7.76	7.46		7.10	7.16	7.35	7.32	7.40	7.53	7.44		8.02	7.24	7.36											
H1 lead leg	L	strides	21	13	13	14	14		15	15	15	15	15	17.5	167.5															
<b>Schneider, Drake (USA) (1999)</b>																														
<b>Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)</b>														USATF and Karmarush (2024) - USA Olympic trials results and race analysis																
date	28-Jun-24	time	5.93	9.67	13.62	17.70	21.90	23.85	26.24	30.75	35.71	41.37	47.11		53.77	3 / 9														
reaction time		interval		3.74	3.95	4.08	4.20		4.34	4.51	4.96	5.66	5.74	6.66			11.77	13.05	16.36											
		velocity	7.59	9.36	8.86	8.58	8.33	8.39	8.06	7.76	7.06	6.18	6.10	6.01	7.44		8.92	8.05	6.42											
H1 lead leg	R	strides	20	13	13	13	13		13	14	16	17	16	148																
<b>Kageyama, Ayata (JPN) (2000)</b>																														
<b>FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)</b>														Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection																
date	04-Aug-18	time	6.49	10.73	15.28	19.92	24.61		29.31	34.00	38.61	43.36	48.25		53.79	7 / 8														
reaction time		interval		4.24	4.55	4.64	4.69		4.70	4.69	4.61	4.75	4.89	5.54			13.43	14.08	14.25											
		velocity	6.93	8.25	7.69	7.54	7.46		7.45	7.46	7.59	7.37	7.16	7.22	7.44		7.82	7.46	7.37											
H1 lead leg		strides		15	15	15	15		15	15	15	15	15	135																
<b>Harada, Hibiki (JPN) (2003)</b>																														
<b>FINAL - 2021 Japanese High School National Championships (Fukui, JPN)</b>														Shibayama (2021) - national high school and U20 national championships																
date	30-Jul-21	time	6.19	10.08	14.32	18.84	23.36		28.01	32.83	37.74	42.91	48.06		53.82	1 / 8														
reaction time	0.162	interval		3.89	4.24	4.52	4.52		4.65	4.82	4.91	5.17	5.15	5.76			12.65	13.99	15.23											
		velocity	7.27	9.00	8.25	7.74	7.74		7.53	7.26	7.13	6.77	6.80	6.94	7.43		8.30	7.51	6.89											
H1 lead leg		strides		14	14	15	15		15	15	15	16	16	135																
<b>Wu Jinhong (CHN) (2005)</b>																														
<b>FINAL - 2021 National Grand Prix (Chengdu, CHN)</b>														CAA Hurdle Development (2021)																
date	02-Apr-21	time	6.30	10.40	14.66	18.98	23.44		28.19	32.99	37.97	43.09	48.27		53.86	2 / 5														
reaction time	0.205	interval		4.10	4.26	4.32	4.46		4.75	4.80	4.98	5.12	5.18	5.59			12.68	14.01	15.28											
		velocity	7.14	8.54	8.22	8.10	7.85		7.37	7.29	7.03	6.84	6.76	7.16	7.43		8.28	7.49	6.87											
H1 lead leg	R	strides	22	15	15	15	15		16	16	17	17	17	20	185															
<b>Liang Chao (CHN) (2000)</b>																														
<b>Heat 1 - 2021 East China District Meeting (Zhaqing, CHN)</b>														CAA Hurdle Development (2021)																
date	25-Apr-21	time	6.22	10.34	14.54	18.92	23.38		28.06	32.85	37.74	42.81	48.01		53.86	8 / 5														
reaction time	0.168	interval		4.12	4.20	4.38	4.46		4.68	4.79	4.89	5.07	5.20	5.85			12.70	13.93	15.16											
		velocity	7.23	8.50	8.33	7.99	7.85		7.48	7.31	7.16	6.90	6.73	6.84	7.43		8.27	7.54	6.93											
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	19	171															
<b>Zhou Chao (CHN) (2000)</b>																														
<b>U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)</b>														CAA Hurdle Development (2019)																
date	17-Aug-19	time	6.42	10.56	14.86	19.16	23.64		28.18	32.78	37.84	42.96	48.14		53.90	3 / 4														
reaction time	0.208	interval		4.14	4.30	4.30	4.48		4.54	4.60	5.06	5.12	5.18	5.76	PB		12.74	13.62	15.36											
		velocity	7.01	8.45	8.14	8.14	7.81		7.71	7.61	6.92	6.84	6.76	6.94	7.42		8.24	7.71	6.84											
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	19	179															

<b>Kong Jie (CHN) (2003)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1 - 2021 National Grand Prix (Chengdu, CHN)</b> <i>CAA Hurdle Development (2021)</i>																		
date	01-Apr-21	time	6.28	10.46	14.80	19.08	23.54	28.10	32.82	37.68	42.70	47.96		53.91	6 / 4			
reaction time	0.233	interval		4.18	4.34	4.28	4.46	4.56	4.72	4.86	5.02	5.26	5.95			12.80	13.74	15.14
		velocity	7.17	8.37	8.06	8.18	7.85	7.68	7.42	7.20	6.97	6.65	6.72	7.42		8.20	7.64	6.94
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	15	15	18	174				
<b>Wang Hongwen (CHN) (2000)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)</b> <i>CAA Hurdle Development (2019)</i>																		
date	03-Aug-19	time	6.71	11.06	15.48	19.96	24.50	29.11	33.98	38.87	43.70	48.54		53.92	6 / 4			
reaction time	0.268	interval		4.35	4.42	4.48	4.54	4.61	4.87	4.89	4.83	4.84	5.38			13.25	14.02	14.56
		velocity	6.71	8.05	7.92	7.81	7.71	7.59	7.19	7.16	7.25	7.23	7.43	7.42		7.92	7.49	7.21
H1 lead leg	R	strides	21	14	14	14	14	14	15	15	15	15	18	169				
<b>Bai Jiarui (CHN) (1995)</b>		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 East China District Meeting (Zhaoqing, CHN)</b> <i>CAA Hurdle Development (2021)</i>																		
date	25-Apr-21	time	6.51	10.76	15.09	19.56	24.10	28.75	33.50	38.40	43.38	48.40		53.92	8 / 7			
reaction time	0.279	interval		4.25	4.33	4.47	4.54	4.65	4.75	4.90	4.98	5.02	5.52			13.05	13.94	14.90
		velocity	6.91	8.24	8.08	7.83	7.71	7.53	7.37	7.14	7.03	6.97	7.25	7.42		8.05	7.53	7.05
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	17	168				
<b>Liu Yunlang (CHN) (2002)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) (84cm)</b> <i>CAA Hurdle Development (2019)</i>																		
date	17-Aug-19	time	6.34	10.48	14.72	19.06	23.56	28.24	32.96	37.66	42.60	47.90		53.96	7 / 4			
reaction time	0.190	interval		4.14	4.24	4.34	4.50	4.68	4.72	4.70	4.94	5.30	6.06			12.72	13.90	14.94
		velocity	7.10	8.45	8.25	8.06	7.78	7.48	7.42	7.45	7.09	6.60	6.60	7.41		8.25	7.55	7.03
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	17	19.5	178.5				
<b>Cao Xiong (CHN) (2001)</b>		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 Chinese National Championships (Shaoxing, CHN)</b> <i>CAA Hurdle Development (2020)</i>																		
date	17-Sep-20	time	6.05	10.17	14.37	18.66	23.12	27.79	32.62	37.62		48.08		53.96	8 / 8			
reaction time		interval		4.12	4.20	4.29	4.46	4.67	4.83	5.00		10.46	5.88			12.61	13.96	15.46
		velocity	7.44	8.50	8.33	8.16	7.85	7.49	7.25	7.00		6.69	6.80	7.41		8.33	7.52	6.79
H1 lead leg	L	strides		15	15	15	15	15	15	16			18.5	125				
<b>Xie Zhiyu (CHN) (2000)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)</b> <i>CAA Hurdle Development (2019)</i>																		
date	17-Aug-19	time	6.30	10.32	14.33	18.48	22.70	27.05	31.86	37.19	42.46	47.66		53.98	5 / 1			
reaction time	0.209	interval		4.02	4.01	4.15	4.22	4.35	4.81	5.33	5.27	5.20	6.32			12.18	13.38	15.80
		velocity	7.14	8.71	8.73	8.43	8.29	8.05	7.28	6.57	6.64	6.73	6.33	7.41		8.62	7.85	6.65
H1 lead leg	L	strides	21	13	13	13	13	13	14	15	15	15	17.8	162.8				
<b>Holmes, TJ (USA) (1995)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)</b> <i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																		
date	25-Jun-21	time	6.07	9.93	13.73	17.53	21.53	25.83	30.57	35.33	40.43	45.93		53.98	5 / 8			
reaction time	0.189	interval		3.86	3.80	3.80	4.00	4.30	4.74	4.76	5.10	5.50	8.05			11.46	13.04	15.36
		velocity	7.41	9.07	9.21	9.21	8.75	8.14	7.38	7.35	6.86	6.36	4.97	7.41		9.16	8.05	6.84
H1 lead leg	L	strides	19	12	12	13	13	13	14	14	14	15		139				
<b>Imanishi, Ryota (JPN) (2004)</b>		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 - 2022 Japanese National High School Championships (Naruto, JPN)</b> <i>Kishima (2022) - national high school championships biomechanics data collection</i>																		
date	05-Aug-22	time	6.27	10.18	14.08	18.27	22.67	27.15	31.73	36.55	41.65	47.10		54.00	9 / 8			
reaction time	0.181	interval		3.91	3.90	4.19	4.40	4.48	4.58	4.82	5.10	5.45	6.90			12.00	13.46	15.37
		velocity	7.18	8.95	8.97	8.35	7.95	7.81	7.64	7.26	6.86	6.42	5.80	7.41		8.75	7.80	6.83
H1 lead leg	L	strides	22	14	14	15	15	15	15	15	15	16		156				
<b>Hamden, Iain (ZIM) (1976)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 8 - 2000 Olympic Games (Sydney, AUS)</b> <i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																		
date	24-Sep-00	time	6.26	10.10	13.98	17.98	22.18	26.62	31.22	36.26	41.74			54.01	3 / 7			
reaction time	0.287	interval		3.84	3.88	4.00	4.20	4.44	4.60	5.04	5.48					11.72	13.24	
		velocity	7.19	9.11	9.02	8.75	8.33	7.88	7.61	6.94	6.39			7.41		8.96	7.93	
H1 lead leg		strides	21	13	13	13	13	14	14	15	16			132				
<b>Cui Caizhuang (CHN) (1995)</b>		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)</b> <i>CAA Hurdle Development (2019)</i>																		
date	03-Aug-19	time	6.52	10.78	15.12	19.56	24.08	28.84	33.68	38.55	43.46	48.46		54.03	8 / 5			
reaction time	0.228	interval		4.26	4.34	4.44	4.52	4.76	4.84	4.87	4.91	5.00	5.57			13.04	14.12	14.78
		velocity	6.90	8.22	8.06	7.88	7.74	7.35	7.23	7.19	7.13	7.00	7.18	7.40		8.05	7.44	7.10
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	15	20	177				
<b>Lunn, Atle (NOR) (1969)</b>		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 - 1997 European Cup (Munich, GER)</b> <i>Jung (2003) - http://www.fgs.uni-halle.de</i>																		
date	21-Jun-97	time	6.30	10.24	14.29	18.56	22.98	27.62	32.47	36.40	42.56	47.94		54.09	1 / 7			
reaction time		interval		3.94	4.05	4.27	4.42	4.64	4.85	3.93	6.16	5.38	6.15			12.26	13.91	15.47
		velocity	7.14	8.88	8.64	8.20	7.92	7.54	7.22	8.91	5.68	6.51	6.50	7.40		8.56	7.55	6.79
H1 lead leg		strides																



Li Guancheng (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 National Grand Prix (Chengdu, CHN)																		
CAA Hurdle Development (2021)																		
date	02-Apr-21	time	6.21	10.40	14.68	19.03	23.46	27.99	32.59	37.32	42.35	47.83		54.09	4 / 6			
reaction time	0.204	interval	4.19	4.28	4.35	4.43		4.53	4.60	4.73	5.03	5.48	6.26			12.82	13.56	15.24
		velocity	7.25	8.35	8.18	8.05	7.90		7.73	7.61	7.40	6.96	6.39	7.40		8.19	7.74	6.89
H1 lead leg	L	strides	21	14	14	13	13		14	14	14	14	15	18	164			
Gong Debin (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2</b> - 2019 Chinese National Grand Prix Final (Daqing, CHN)																		
CAA Hurdle Development (2019)																		
date	22-Aug-19	time	6.36	10.53	14.71	19.07	23.62	28.24	33.12	38.15	43.18	48.20		54.11	7 / 6			
reaction time	0.325	interval	4.17	4.18	4.36	4.55		4.62	4.88	5.03	5.03	5.02	5.91			12.71	14.05	15.08
		velocity	7.08	8.39	8.37	8.03	7.69		7.58	7.17	6.96	6.96	6.97	7.39		8.26	7.47	6.96
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	16	19	172			
Han Mingkun (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1</b> - 2021 East China District Meeting (Zhaoqing, CHN)																		
CAA Hurdle Development (2021)																		
date	25-Apr-21	time	6.46	10.54	14.78	19.26	23.91	28.66	33.42	38.19	43.04	48.16		54.11	7 / 6			
reaction time	0.205	interval	4.08	4.24	4.48	4.65		4.75	4.76	4.77	4.85	5.12	5.95			12.80	14.16	14.74
		velocity	6.97	8.58	8.25	7.81	7.53		7.37	7.35	7.34	7.22	6.84	7.39		8.20	7.42	7.12
H1 lead leg	L	strides	21	14	14	15	15		15	15	15	15	16	19	174			
Zeng Lingxian (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>U18 FINAL</b> - 2019 Chinese National Youth Games (Taiyuan, CHN) (84cm)																		
CAA Hurdle Development (2019)																		
date	17-Aug-19	time	6.42	10.58	14.90	19.24	23.72	28.34	33.08	37.92	43.00	48.30		54.14	9 / 5			
reaction time	0.203	interval	4.16	4.32	4.34	4.48		4.62	4.74	4.84	5.08	5.30	5.84			12.82	13.84	15.22
		velocity	7.01	8.41	8.10	8.06	7.81		7.58	7.38	7.23	6.89	6.60	6.85	7.39	8.19	7.59	6.90
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	17	21	180			
Zhuang Linfei (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																		
CAA Hurdle Development (2019)																		
date	12-Apr-19	time	6.48	10.54	14.82	19.22	23.76	28.38	33.26	38.18	43.28	48.48		54.17	2 / 6			
reaction time	0.225	interval	4.06	4.28	4.40	4.54		4.62	4.88	4.92	5.10	5.20	5.69			12.74	14.04	15.22
		velocity	6.94	8.62	8.18	7.95	7.71		7.58	7.17	7.11	6.86	6.73	7.03	7.38	8.24	7.48	6.90
H1 lead leg	L	strides	21	16	16	16	16		16	16	15	15	16	19	182			
Nathaniel, Ezekiel (NGR) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Semi-Final 3</b> - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																		
Henson (2022) - Athlete First: 2022 year end hurdle report																		
date	17-Jul-22	time	5.97	10.33	14.36	18.40	22.60	24.53		31.80	36.77			54.18	7 / 8			
reaction time	0.176	interval	4.36	4.03	4.04	4.20			9.20	4.97						12.43	13.40	
		velocity	7.54	8.03	8.68	8.66	8.33	8.15		7.61	7.04			7.38		8.45	7.84	
H1 lead leg	R	strides	21	15	14	13	13			14	14			104				
Bai Jiarui (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2</b> - 2021 Chinese National Championships (Chongqing, CHN)																		
CAA Hurdle Development (2021)																		
date	26-Jun-21	time	6.63	10.87	15.15	19.53	24.00	28.74	33.65	38.52				54.19	8 / 5			
reaction time	0.299	interval	4.24	4.28	4.38	4.47		4.74	4.91	4.87						12.90	14.12	
		velocity	6.79	8.25	8.18	7.99	7.83		7.38	7.13	7.19			7.38		8.14	7.44	
H1 lead leg	L	strides	22	14	14	14	14		14	14	15			121				
Sun Ke (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>U20 Heat 1</b> - 2019 Chinese National Youth Games (Taiyuan, CHN)																		
CAA Hurdle Development (2019)																		
date	17-Aug-19	time	6.14	10.18	14.28	18.44	22.80	27.26	31.90	36.82	42.16	47.68		54.20	4 / 5			
reaction time	0.176	interval	4.04	4.10	4.16	4.36		4.46	4.64	4.92	5.34	5.52	6.52			12.30	13.46	15.78
		velocity	7.33	8.66	8.54	8.41	8.03		7.85	7.54	7.11	6.55	6.34	6.13	7.38	8.54	7.80	6.65
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	20	177			
Cao Xiong (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>U20 Heat 2</b> - 2019 Chinese National Youth Games (Taiyuan, CHN)																		
CAA Hurdle Development (2019)																		
date	17-Aug-19	time	6.46	10.73	15.00	19.32	23.70	28.37	33.07	37.84	42.86	48.06		54.20	7 / 2			
reaction time	0.197	interval	4.27	4.27	4.32	4.38		4.67	4.70	4.77	5.02	5.20	6.14			12.86	13.75	14.99
		velocity	6.97	8.20	8.20	8.10	7.99		7.49	7.45	7.34	6.97	6.73	6.51	7.38	8.16	7.64	7.00
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	16	19	177			
Nilsson, Anton (SWE) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2011 Poks Memorial (Hässleholm, SWE)																		
Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx																		
date	12-Jun-11	time	6.42	10.52	14.82	19.14	23.66	28.24	33.02	37.88	42.90	48.24		54.22	1 / 3			
reaction time		interval	4.10	4.30	4.32	4.52		4.58	4.78	4.86	5.02	5.34	5.98			12.72	13.88	15.22
		velocity	7.01	8.54	8.14	8.10	7.74		7.64	7.32	7.20	6.97	6.55	6.69	7.38	8.25	7.56	6.90
H1 lead leg	L	strides	14	14	14	14	14		14	15	15	15	16	19	150			
Ikwaokor, Akovunndu (USA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2003 USATF National Junior Championships (Palo Alto, CA)																		
USATF Women's Sprint Development (2003)																		
date	22-Jun-03	time	6.01	9.88	13.93	18.01	22.30	27.03	31.70	36.62	41.81	47.31		54.25	3 / 8			
reaction time		interval	3.87	4.05	4.08	4.29		4.73	4.67	4.92	5.19	5.50	6.94			12.00	13.69	15.61
		velocity	7.49	9.04	8.64	8.58	8.16		7.40	7.49	7.11	6.74	6.36	5.76	7.37	8.75	7.67	6.73
H1 lead leg		strides																

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Fukamachi, Hidai (JPN) (2001)</b>																			
<b>FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)</b>		<i>Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data</i>																	
date	06-Aug-19	time	6.31	10.39	14.51	18.74	23.13	27.79	32.52	37.37	42.60	47.96		54.32	8 / 6				
reaction time		interval	4.08	4.12	4.23	4.39	4.66	4.73	4.85	5.23	5.36	6.36				12.43	13.78	15.44	
		velocity	7.13	8.58	8.50	8.27	7.97	7.51	7.40	7.22	6.69	6.53	6.29	7.36		8.45	7.62	6.80	
H1 lead leg		strides	15	15	15	15	16	16	16	17	17	17		142					
<b>Dzhivondov, Ilya (BUL) (1978)</b>																			
<b>Heat 5 - 2000 Olympic Games (Sydney, AUS)</b>		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																	
date	24-Sep-00	time	6.08	9.88	13.80	17.80	22.00	26.36	30.92	35.88				54.36	8 / 8				
reaction time	0.279	interval	3.80	3.92	4.00	4.20	4.36	4.56	4.96							11.72	13.12		
		velocity	7.40	9.21	8.93	8.75	8.33	8.03	7.68	7.06				7.36		8.96	8.00		
H1 lead leg		strides	22	13	13	13	14	14	15	15				119					
<b>Zhuang Linfei (CHN) (1996)</b>																			
<b>Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)</b>		<i>CAA Hurdle Development (2021)</i>																	
date	26-Jun-21	time	6.24	10.23	14.33	18.59	22.97	27.61	32.34	37.27	42.46	47.98		54.37	4 / 5				
reaction time	0.183	interval	3.99	4.10	4.26	4.38	4.64	4.73	4.93	5.19	5.52	6.39				12.35	13.75	15.64	
		velocity	7.21	8.77	8.54	8.22	7.99	7.54	7.40	7.10	6.74	6.34	6.26	7.36		8.50	7.64	6.71	
H1 lead leg	L	strides	21	14	14	14	15	15	15	15	17	20	174						
<b>Fu Jiaho (CHN) (1999)</b>																			
<b>FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)</b>		<i>CAA Hurdle Development (2019)</i>																	
date	12-Apr-19	time	6.60	10.84	15.16	19.62	24.20	28.90	33.78	38.58	43.36	48.62		54.39	3 / 7				
reaction time	0.200	interval	4.24	4.32	4.46	4.58	4.70	4.88	4.80	4.78	5.26	5.77				13.02	14.16	14.84	
		velocity	6.82	8.25	8.10	7.85	7.64	7.45	7.17	7.29	7.32	6.65	6.93	7.35		8.06	7.42	7.08	
H1 lead leg	L	strides	21	16	16	16	16	15	15	15	15	15	19.2	179.2					
<b>Forsberg, Anton (SWE) (1991)</b>																			
<b>FINAL - 2011 Poks Memorial (Hässleholm, SWE)</b>		<i>Blomkvist (2011) - www.elitlandslag.se/SprintHack/LangSprintHack.aspx</i>																	
date	12-Jun-11	time	10.76	15.06	19.36	23.78		33.10	37.88	42.84	48.08			54.40	1 / 4				
reaction time		interval	4.30	4.30	4.42		9.32	4.78	4.96	5.24	6.32	6.32	7.35			13.74	14.98		
		velocity	7.43	8.14	8.14	7.92		7.51	7.32	7.06	6.68	6.33	7.35			7.64	7.01		
H1 lead leg	R	strides	14	14	14	14	15	15	15	15	15	15	19	150					
<b>Liu Yangyang (CHN) (1995)</b>																			
<b>Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)</b>		<i>CAA Hurdle Development (2019)</i>																	
date	03-Aug-19	time	6.66	10.90	15.28	19.68	24.20	28.90	33.58	38.32	43.10	48.08		54.44	8 / 3				
reaction time	0.333	interval	4.24	4.38	4.40	4.52	4.70	4.68	4.74	4.78	4.98	6.36				13.02	13.90	14.50	
		velocity	6.76	8.25	7.99	7.95	7.74	7.45	7.48	7.38	7.32	7.03	6.29	7.35		8.06	7.55	7.24	
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18.5	175.5					
<b>Zou Haichao (CHN) (2001)</b>																			
<b>U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)</b>		<i>CAA Hurdle Development (2019)</i>																	
date	17-Aug-19	time	6.28	10.42	14.73	19.13	23.62	28.23	32.89	37.72	42.91	48.34		54.46	6 / 3				
reaction time	0.181	interval	4.14	4.31	4.40	4.49	4.61	4.66	4.83	5.19	5.43	6.12				12.85	13.76	15.45	
		velocity	7.17	8.45	8.12	7.95	7.80	7.59	7.51	7.25	6.74	6.45	6.54	7.34		8.17	7.63	6.80	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	17	17	19.3	180.3					
<b>Rhodes, Calvin (USA)</b>																			
<b>FINAL - 2003 USATF National Junior Championships (Indianapolis, IN)</b>		<i>USATF Women's Sprint Development (2003)</i>																	
date	22-Jun-03	time	6.16	10.41	14.68	19.10	23.67	28.43	33.30	38.17	43.18	48.43		54.53	1 / 9				
reaction time		interval	4.25	4.27	4.42	4.57	4.76	4.87	4.87	5.01	5.25	6.10				12.94	14.20	15.13	
		velocity	7.31	8.24	8.20	7.92	7.66	7.35	7.19	7.19	6.99	6.67	6.56	7.34		8.11	7.39	6.94	
H1 lead leg		strides																	
<b>Reinke, Ulrich (FRG)</b>																			
<b>FINAL - 1975 West German National Championships (Gelsenkirchen, FRG)</b>		<i>Helbig (1975) - 400-m-hürdenlauf</i>																	
date	28-Jun-75	time	6.2	10.2	14.5	18.7	23.1	25.1	27.6	32.3	37.2	42.1	47.6		54.54	8 / 8			
reaction time		interval	4.02	4.22	4.20	4.43	4.47	4.70	4.98	4.81	5.57	6.92				12.44	13.60	15.36	
		velocity	7.23	8.71	8.29	8.33	7.90	7.97	7.83	7.45	7.03	7.28	6.28	5.78	7.33		8.44	7.72	6.84
H1 lead leg		strides																	
<b>Minato, Ozora (JPN) (1997)</b>																			
<b>FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)</b>		<i>Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data</i>																	
date	31-Jul-15	time	6.47	10.53	14.70	18.85	23.16	27.66	32.45	37.60	43.04	48.43		54.55	2 / 8				
reaction time		interval	4.06	4.17	4.15	4.31	4.50	4.79	5.15	5.44	5.39	6.12				12.38	13.60	15.98	
		velocity	6.96	8.62	8.39	8.43	8.12	7.78	7.31	6.80	6.43	6.49	6.54	7.33		8.48	7.72	6.57	
H1 lead leg		strides	15	15	15	15	15	17	17	16	17	17	144						
<b>Bäckman, Mattias (SWE) (1991)</b>																			
<b>FINAL - 2011 Fridrott (Stockholm, SWE)</b>		<i>Blomkvist (2011) - www.elitlandslag.se/SprintHack/LangSprintHack.aspx</i>																	
date	07-Jun-11	time	6.72	11.00	15.44	19.78	24.34	29.02	33.90	38.66	43.90	49.04		54.66	1 / 1				
reaction time		interval	4.28	4.44	4.34	4.56	4.68	4.88	4.76	5.24	5.14	5.62				13.06	14.12	15.14	
		velocity	6.70	8.18	7.88	8.06	7.68	7.48	7.17	7.35	6.68	6.81	7.12	7.32		8.04	7.44	6.94	
H1 lead leg	L	strides	15	15	15	15	15	15	15	15	15	15	19	154					

Fu Jiaho (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)																		
CAA Hurdle Development (2019)																		
date	29-May-19	time	6.67	11.05	15.45	19.80	24.34	29.01	33.76	38.52	43.47	48.88		54.71	1 / 6			
reaction time	0.208	interval	4.38	4.40	4.35	4.54		4.67	4.75	4.76	4.95	5.41	5.83			13.13	13.96	15.12
		velocity	6.75	7.99	7.95	8.05	7.71	7.49	7.37	7.35	7.07	6.47	6.86	7.31		8.00	7.52	6.94
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	17	19.5	174.5				
Nilsson, Anton (SWE) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2011 Fridrott (Stockholm, SWE)																		
Blomkvist (2011) - <a href="http://www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx">www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx</a>																		
date	07-Jun-11	time	6.40	10.60	14.84	19.14	23.56	28.16	32.86	37.78	43.20	48.62		54.86	1 / 2			
reaction time		interval	4.20	4.24	4.30	4.42		4.60	4.70	4.92	5.42	5.42	6.24			12.74	13.72	15.76
		velocity	7.03	8.33	8.25	8.14	7.92	7.61	7.45	7.11	6.46	6.46	6.41	7.29		8.24	7.65	6.66
H1 lead leg	L	strides	14	14	14	14	14	14	15	15	16	16	19	151				
Nagiko, Kazushi (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2</b> - 2016 Japanese National Youth Championships (Mizuho, JPN)																		
(2016.11.17) - <a href="https://twitter.com/touchdown_time/media?lang=en&amp;lang=en&amp;lang=en&amp;lang=en">https://twitter.com/touchdown_time/media?lang=en&amp;lang=en&amp;lang=en&amp;lang=en</a>																		
date	23-Oct-16	time	6.53	10.87	15.16	19.47	23.86	28.36	32.99	37.95	43.20	48.69		54.86	8 / 1			
reaction time		interval	4.34	4.29	4.31	4.39		4.50	4.63	4.96	5.25	5.49	6.17			12.94	13.52	15.70
		velocity	6.89	8.06	8.16	8.12	7.97	7.78	7.56	7.06	6.67	6.38	6.48	7.29		8.11	7.77	6.69
H1 lead leg		strides																
Kong Jie (CHN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 2021 National Grand Prix (Chengdu, CHN)																		
CAA Hurdle Development (2021)																		
date	02-Apr-21	time	6.33	10.43	14.71	19.08	23.48	28.09	32.92	37.90	43.07	48.43		54.89	1 / 7			
reaction time	0.264	interval	4.10	4.28	4.37	4.40		4.61	4.83	4.98	5.17	5.36	6.46			12.75	13.84	15.51
		velocity	7.11	8.54	8.18	8.01	7.95	7.59	7.25	7.03	6.77	6.53	6.19	7.29		8.24	7.59	6.77
H1 lead leg	L	strides	21	17	15	15	15	15	15	15	15	15	19	177				
Yu Zhiyou (CHN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>U18 FINAL</b> - 2019 Chinese National Youth Games (Taiyuan, CHN) (84cm)																		
CAA Hurdle Development (2019)																		
date	17-Aug-19	time	6.44	10.56	14.76	19.08	23.54	28.32	33.28	38.40	43.68	49.04		54.92	2 / 6			
reaction time	0.201	interval	4.12	4.20	4.32	4.46		4.78	4.96	5.12	5.28	5.36	5.88			12.64	14.20	15.76
		velocity	6.99	8.50	8.33	8.10	7.85	7.32	7.06	6.84	6.63	6.53	6.80	7.28		8.31	7.39	6.66
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21	187				
Wu Yuze (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>U18 FINAL</b> - 2019 Chinese National Youth Games (Taiyuan, CHN) (84cm)																		
CAA Hurdle Development (2019)																		
date	17-Aug-19	time	6.46	10.58	14.74	19.02	23.50	28.12	32.82	37.74	43.02	48.82		54.99	8 / 7			
reaction time	0.206	interval	4.12	4.16	4.28	4.48		4.62	4.70	4.92	5.28	5.80	6.17			12.56	13.80	16.00
		velocity	6.97	8.50	8.41	8.18	7.81	7.58	7.45	7.11	6.63	6.03	6.48	7.27		8.36	7.61	6.56
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	18	20.5	181.5				
Sun Wanhao (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>U20 Heat 1</b> - 2019 Chinese National Youth Games (Taiyuan, CHN)																		
CAA Hurdle Development (2019)																		
date	17-Aug-19	time	6.54	10.76	15.08	19.42	23.85	28.50	33.38	38.40	43.62	49.12		55.04	8 / 6			
reaction time	0.216	interval	4.22	4.32	4.34	4.43		4.65	4.88	5.02	5.22	5.50	5.92	PB		12.88	13.96	15.74
		velocity	6.88	8.29	8.10	8.06	7.90	7.53	7.17	6.97	6.70	6.36	6.76	7.27		8.15	7.52	6.67
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	17	20	182				
Ito, Masahiro (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 2</b> - 2016 Japanese National Youth Championships (Mizuho, JPN)																		
(2016.11.17) - <a href="https://twitter.com/touchdown_time/media?lang=en&amp;lang=en&amp;lang=en&amp;lang=en">https://twitter.com/touchdown_time/media?lang=en&amp;lang=en&amp;lang=en&amp;lang=en</a>																		
date	23-Oct-16	time				23.65					38.41			55.05	7 / 2			
reaction time		interval									14.76							
		velocity				7.82					7.11			7.27				
H1 lead leg		strides																
Guillaume, Jacques (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
<b>Heat 3</b> - 2024 USA Olympic Trials (Eugene, OR)																		
USATF and Karmarush (2024) - USA Olympic trials results and race analysis																		
date	27-Jun-24	time	6.12	9.83	13.69	17.60	21.52	23.42	25.84	30.40	35.50	40.69	45.76	55.09	4 / 7			
reaction time		interval	3.71	3.86	3.91	3.92		4.32	4.56	5.10	5.19	5.07	9.33	DQ		11.48	12.80	15.36
		velocity	7.35	9.43	9.07	8.95	8.93	8.54	8.10	7.68	6.86	6.74	6.90	4.29	7.26	9.15	8.20	6.84
H1 lead leg	L	strides	21	13	13	13	13	14	15	16	16	16		134				
Takeda, Kai (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 1</b> - 2016 Japanese National Youth Championships (Mizuho, JPN)																		
(2016.11.17) - <a href="https://twitter.com/touchdown_time/media?lang=en&amp;lang=en&amp;lang=en&amp;lang=en">https://twitter.com/touchdown_time/media?lang=en&amp;lang=en&amp;lang=en&amp;lang=en</a>																		
date	23-Oct-16	time				24.21					38.17			55.10	7 / 2			
reaction time		interval									13.96							
		velocity				7.64					7.52			7.26				
H1 lead leg		strides																
Ehmsprenger, Klaus (GER) (1973)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL</b> - 1997 European Cup (Munich, GER)																		
Jung (2003) - <a href="http://www.fgs.uni-halle.de">http://www.fgs.uni-halle.de</a>																		
date	21-Jun-97	time	6.56	10.77	15.15	19.62	24.23	28.92	33.77	38.71	43.99	49.46		55.13	1 / 8			
reaction time		interval	4.21	4.38	4.47	4.61		4.69	4.85	4.94	5.28	5.47	5.67			13.06	14.15	15.69
		velocity	6.86	8.31	7.99	7.83	7.59	7.46	7.22	7.09	6.63	6.40	7.05	7.26		8.04	7.42	6.69
H1 lead leg		strides																

Takahasi, Ryosuke (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2019 Japanese National High School Championships (Okinawa, JPN)															Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data				
date	06-Aug-19	time	6.25	10.43	14.70	19.06	23.65	28.43	33.22	38.12	43.20	48.56		55.14	7 / 7				
reaction time		interval	4.18	4.27	4.36	4.59	4.78	4.79	4.90	5.08	5.36	6.58				12.81	14.16	15.34	
		velocity	7.20	8.37	8.20	8.03	7.63	7.32	7.31	7.14	6.89	6.53	6.08	7.25		8.20	7.42	6.84	
H1 lead leg		strides	14	14	14	14	15	15	15	15	15	15	15	131					
Zhuang Zhixiong (CHN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 2</b> - 2021 East China District Meeting (Zhaoqing, CHN)															CAA Hurdle Development (2021)				
date	25-Apr-21	time	6.39	10.51	14.76	19.15	23.64	28.33	33.22	38.25	43.56	49.03		55.17	4 / 4				
reaction time	0.199	interval	4.12	4.25	4.39	4.49	4.69	4.89	5.03	5.31	5.47	6.14				12.76	14.07	15.81	
		velocity	7.04	8.50	8.24	7.97	7.80	7.46	7.16	6.96	6.59	6.40	6.51	7.25		8.23	7.46	6.64	
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	17	17	19.5	181.5					
Yamashina, Shinnosuke (JPN) (2001)		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</b> - 2019 Japanese National High School Championships (Okinawa, JPN)															Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data				
date	06-Aug-19	time	6.33	10.56	14.78	19.11	23.70	28.56	33.50	38.49	43.69	49.11		55.20	1 / 8				
reaction time		interval	4.23	4.22	4.33	4.59	4.86	4.94	4.99	5.20	5.42	6.09				12.78	14.39	15.61	
		velocity	7.11	8.27	8.29	8.08	7.63	7.20	7.09	7.01	6.73	6.46	6.57	7.25		8.22	7.30	6.73	
H1 lead leg		strides	14	14	14	14	15	15	15	15	15	16	132						
Gianessi, Paolo (ITA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1993 Urbino, ITA															Partipilo (1994) - la distribuzione dello sforzo nei 400m ad ostacoli				
date	08-Sep-93	time	6.7	11.1	15.6	21.2	24.8	26.9	29.4	34.3	39.2	44.2	49.4	55.2	???				
reaction time		interval	4.4	4.5	5.6	3.6	4.6	4.9	4.9	5.0	5.2	5.8				14.50	13.10	15.10	
		velocity	6.72	7.95	7.78	6.25	9.72	7.43	7.61	7.14	7.14	7.00	6.73	6.90	7.25		7.24	8.02	6.95
H1 lead leg		strides	22	15	15	15	15	15	15	15	15	15	15	157					
Leng Ziheng (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>U20 FINAL</b> - 2019 Chinese National Youth Games (Taiyuan, CHN)															CAA Hurdle Development (2019)				
date	17-Aug-19	time	6.40	10.64	15.01	19.34	23.80	28.48	33.28	38.18	43.58	49.16		55.34	3 / 8				
reaction time	0.195	interval	4.24	4.37	4.33	4.46	4.68	4.80	4.90	5.40	5.58	6.18				12.94	13.94	15.88	
		velocity	7.03	8.25	8.01	8.08	7.85	7.48	7.29	7.14	6.48	6.27	6.47	7.23		8.11	7.53	6.61	
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	17	17	19	179					
Gianessi, Paolo (ITA)		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</b> - 1993 Bergamo, ITA															Partipilo (1994) - la distribuzione dello sforzo nei 400m ad ostacoli				
date	03-Oct-93	time	6.49	10.73	14.96	19.38	23.81	25.8	28.51	33.37	38.35	43.81	49.17	55.47	???				
reaction time		interval	4.24	4.23	4.42	4.43	4.70	4.86	4.98	5.46	5.36	6.30				12.89	13.99	15.80	
		velocity	6.93	8.25	8.27	7.92	7.90	7.75	7.45	7.20	7.03	6.41	6.53	6.35	7.21		8.15	7.51	6.65
H1 lead leg		strides	22	15	15	15	15	15	15	15	16	16	16	159					
Du Yuanpeng (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	
<b>Heat 3</b> - 2021 East China District Meeting (Zhaoqing, CHN)															CAA Hurdle Development (2021)				
date	25-Apr-21	time	6.61	10.76	15.03	19.42	24.02	28.74	33.72	38.75	44.08	49.72		55.53	4 / 4				
reaction time	0.225	interval	4.15	4.27	4.39	4.60	4.72	4.98	5.03	5.33	5.64	5.81				12.81	14.30	16.00	
		velocity	6.81	8.43	8.20	7.97	7.61	7.42	7.03	6.96	6.57	6.21	6.88	7.20		8.20	7.34	6.56	
H1 lead leg	L	strides	22	14	14	14	15	15	15	15	16	17	18.5	174.5					
Zheng Hao (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	
<b>U20 Heat 2</b> - 2019 Chinese National Youth Games (Taiyuan, CHN)															CAA Hurdle Development (2019)				
date	17-Aug-19	time	6.40	10.61	14.95	19.36	23.89	28.56	33.51	38.76	44.17	49.76		55.58	3 / 4				
reaction time	0.208	interval	4.21	4.34	4.41	4.53	4.67	4.95	5.25	5.41	5.59	5.82				12.96	14.15	16.25	
		velocity	7.03	8.31	8.06	7.94	7.73	7.49	7.07	6.67	6.47	6.26	6.87	7.20		8.10	7.42	6.46	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	17	19.5	181.5					
Yang Pengjun (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 3</b> - 2021 East China District Meeting (Zhaoqing, CHN)															CAA Hurdle Development (2021)				
date	25-Apr-21	time	6.34	10.36	14.58	18.88	23.32	27.78	32.58	37.82	43.53	49.83		55.58	6 / 5				
reaction time	0.230	interval	4.02	4.22	4.30	4.44	4.46	4.80	5.24	5.71	6.30	5.75				12.54	13.70	17.25	
		velocity	7.10	8.71	8.29	8.14	7.88	7.85	7.29	6.68	6.13	5.56	6.96	7.20		8.37	7.66	6.09	
H1 lead leg	L	strides	22	15	15	15	15	15	17	17	19	19	19	188					
Lü Baoliang (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>U20 Heat 3</b> - 2019 Chinese National Youth Games (Taiyuan, CHN)															CAA Hurdle Development (2019)				
date	17-Aug-19	time	6.65	10.98	15.36	19.84	24.41	29.28	34.32	39.37	44.68	49.90		55.71	8 / 5				
reaction time	0.200	interval	4.33	4.38	4.48	4.57	4.87	5.04	5.05	5.31	5.22	5.81				13.19	14.48	15.58	
		velocity	6.77	8.08	7.99	7.81	7.66	7.19	6.94	6.93	6.59	6.70	6.88	7.18		7.96	7.25	6.74	
H1 lead leg	L	strides	22	15	15	15	15	16	16	16	17	17	19	183					
Sjöstedt, Carl (SWE) (1994)		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</b> - 2011 Fridrott (Stockholm, SWE) (84cm)															Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx				
date	07-Jun-11	time	6.80	11.20	15.58	20.10	24.74	29.54	34.54	39.58	44.86	50.08		55.82	1 / 3				
reaction time		interval	4.40	4.38	4.52	4.64	4.80	5.00	5.04	5.28	5.22	5.74				13.30	14.44	15.54	
		velocity	6.62	7.95	7.99	7.74	7.54	7.29	7.00	6.94	6.63	6.70	6.97	7.17		7.89	7.27	6.76	
H1 lead leg	L	strides	15	15	15	15	15	15	16	16	17	17	19	160					

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Shikota, Ryomi (JPN)</b>																		
<b>Heat 2 - 2016 Japanese National Youth Championships (Mizuho, JPN)</b>																		
date	23-Oct-16	time				23.93				38.96				55.84	3 / 3			
reaction time		interval								15.03								
		velocity				7.73				6.99				7.16				
H1 lead leg		strides																
<b>Imaka, Kaito (JPN)</b>																		
<b>Heat 1 - 2016 Japanese National Youth Championships (Mizuho, JPN)</b>																		
date	23-Oct-16	time				24.08				38.27				55.86	6 / 3			
reaction time		interval								14.19								
		velocity				7.68				7.40				7.16				
H1 lead leg		strides																
<b>Wei Pinyang (CHN) (2001)</b>																		
<b>FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)</b>																		
date	20-May-21	time	6.17	10.14	14.38	18.67	23.21	27.91	32.77	37.77	43.19			55.87	4 / 5			
reaction time	0.234	interval	3.97	4.24	4.29	4.54	4.70	4.86	5.00	10.42						12.50	14.10	
		velocity	7.29	8.82	8.25	8.16	7.71	7.45	7.20	7.00	6.72			7.16		8.40	7.45	
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	17			143				
<b>Franca, Matteo (ITA)</b>																		
<b>FINAL - 1993 Pesaro, ITA</b>																		
date	10-Oct-93	time	6.80	11.19	15.49	20.08	24.85	26.9	29.77	34.58	39.63	44.83	50.17	56.10	???			
reaction time		interval	4.39	4.30	4.59	4.77	4.92	4.81	5.05	5.20	5.34	5.93		PB		13.28	14.50	15.59
		velocity	6.62	7.97	8.14	7.63	7.34	7.43	7.11	7.28	6.93	6.73	6.55	6.75	7.13	7.91	7.24	6.74
H1 lead leg		strides	23	15	15	15	17	17	17	17	17	17	17	170				
<b>Sato, Shoki (JPN)</b>																		
<b>Heat 1 - 2016 Japanese National Youth Championships (Mizuho, JPN)</b>																		
date	23-Oct-16	time				24.74				39.51				56.15	2 / 4			
reaction time		interval								14.77								
		velocity				7.48				7.11				7.12				
H1 lead leg		strides																
<b>Wang Ziming (CHN) (1994)</b>																		
<b>FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)</b>																		
date	12-Apr-19	time	6.37	10.51	14.75	19.09	23.66	28.48	33.44	38.54	43.81	49.30		56.18	6 / 8			
reaction time	0.242	interval	4.14	4.24	4.34	4.57	4.82	4.96	5.10	5.27	5.49	6.88				12.72	14.35	15.86
		velocity	7.06	8.45	8.25	8.06	7.66	7.26	7.06	6.86	6.64	6.38	5.81	7.12		8.25	7.32	6.62
H1 lead leg	L	strides	21	16	16	16	16	15	16	16	16	16	18.7	182.7				
<b>Kanbara, Daichi (JPN)</b>																		
<b>Heat 2 - 2016 Japanese National Youth Championships (Mizuho, JPN)</b>																		
date	23-Oct-16	time				23.85				38.93				56.20	5 / 4			
reaction time		interval								15.08								
		velocity				7.76				6.96				7.12				
H1 lead leg		strides																
<b>Gotoh, Keita (JPN) (1999)</b>																		
<b>Heat 2 - 2016 Japanese National Youth Championships (Mizuho, JPN)</b>																		
date	23-Oct-16	time				24.01				39.19				56.49	4 / 5			
reaction time		interval								15.18								
		velocity				7.71				6.92				7.08				
H1 lead leg		strides																
<b>Chalmers, Alastair (GBR) (2000)</b>																		
<b>Semi-Final 3 - 2024 Olympic Games (Paris, FRA)</b>																		
date	07-Aug-24	time	5.78	9.48	13.19	16.97	20.92	25.11	29.53	38.22	43.80	49.43		56.52	9 / 7			
reaction time	0.149	interval	3.70	3.71	3.78	3.95	4.19	4.42	8.69	5.58	5.63	7.09				11.19	12.56	19.90
		velocity	7.79	9.46	9.43	9.26	8.86	8.35	7.92	4.03	6.27	6.22	5.64	7.08		9.38	8.36	5.28
H1 lead leg	L	strides	20	13	13	13	13	14	15					101				
<b>Gianessi, Paolo (ITA)</b>																		
<b>FINAL - 1992 Corridonia, ITA</b>																		
date	31-May-92	time	6.84	11.47	16.18	20.93	25.67	27.7	30.50	35.51	40.51	45.63	50.80	56.70	???			
reaction time		interval	4.63	4.71	4.75	4.74	4.83	5.01	5.00	5.12	5.17	5.90				14.09	14.58	15.29
		velocity	6.58	7.56	7.43	7.37	7.38	7.22	7.25	6.99	7.00	6.84	6.77	6.78	7.05	7.45	7.20	6.87
H1 lead leg		strides	22	15	15	15	15	15	15	15	15	15	15	157				
<b>Mizuguchi, Kai (JPN) (2001)</b>																		
<b>B FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)</b>																		
date	25-Oct-20	time	6.41	10.64	14.96	19.34	23.89	28.81	34.03	39.37	44.94	50.53		56.84	2 / 4			
reaction time	0.198	interval	4.23	4.32	4.38	4.55	4.92	5.22	5.34	5.57	5.59	6.31				12.93	14.69	16.50
		velocity	7.02	8.27	8.10	7.99	7.69	7.11	6.70	6.55	6.28	6.26	6.34	7.04		8.12	7.15	6.36
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	17	16		155				

Song Weiwei (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>U18 FINAL</b> - 2019 Chinese National Youth Games (Taiyuan, CHN) (84cm)																			
CAA Hurdle Development (2019)																			
date	17-Aug-19	time	6.63	10.82	15.18	19.54	24.20		29.28	34.48	39.80	45.12	50.68		56.87	3 / 8			
reaction time	0.186	interval		4.19	4.36	4.36	4.66		5.08	5.20	5.32	5.32	5.56	6.19			12.91	14.94	16.20
		velocity	6.79	8.35	8.03	8.03	7.51		6.89	6.73	6.58	6.58	6.29	6.46	7.03		8.13	7.03	6.48
H1 lead leg	L	strides	22	15	15	15	15		17	17	17	17	17	21	188				
Zhang Hongxi (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>U20 Heat 3</b> - 2019 Chinese National Youth Games (Taiyuan, CHN)																			
CAA Hurdle Development (2019)																			
date	17-Aug-19	time	6.64	10.82	15.17	19.70	24.35		29.10	34.27	39.64	45.23	50.86		57.30	4 / 6			
reaction time	0.239	interval		4.18	4.35	4.53	4.65		4.75	5.17	5.37	5.59	5.63	6.44			13.06	14.57	16.59
		velocity	6.78	8.37	8.05	7.73	7.53		7.37	6.77	6.52	6.26	6.22	6.21	6.98		8.04	7.21	6.33
H1 lead leg	R	strides	23	15	15	15	15		15	17	17	17	17	166					
Franca, Matteo (ITA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1993 Bologna, ITA																			
Partipilo (1994) - la distribuzione dello sforzo nei 400m ad ostacoli																			
date	01-Jul-93	time	6.79	11.17	15.71	20.31	25.36	27.5	30.34	35.41	40.57	46.09	51.40		57.40	???			
reaction time		interval		4.38	4.54	4.60	5.05		4.98	5.07	5.16	5.52	5.31	6.00			13.52	15.10	15.99
		velocity	6.63	7.99	7.71	7.61	6.93	7.27	7.03	6.90	6.78	6.34	6.59	6.67	6.97		7.77	6.95	6.57
H1 lead leg		strides	23	15	15	15	15		17	17	17	17	17	168					
Franca, Matteo (ITA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 1993 Bologna, ITA																			
Partipilo (1994) - la distribuzione dello sforzo nei 400m ad ostacoli																			
date	09-Sep-93	time	6.87	11.55	16.16	20.91	25.96	28.1	31.07	36.30	41.43	46.53	51.83		57.40	???			
reaction time		interval		4.68	4.61	4.75	5.05		5.11	5.23	5.13	5.10	5.30	5.57			14.04	15.39	15.53
		velocity	6.55	7.48	7.59	7.37	6.93	7.12	6.85	6.69	6.82	6.86	6.60	7.18	6.97		7.48	6.82	6.76
H1 lead leg		strides	23	15	15	15	15		16	16	17	17	17	166					
Widlund, Hampus (SWE) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>FINAL</b> - 2011 Fridrott (Stockholm, SWE)																			
Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx																			
date	07-Jun-11	time	6.72	11.10	15.64	20.24	24.94		29.74	34.82	39.96	45.28	50.84		57.57	1 / 4			
reaction time		interval		4.38	4.54	4.60	4.70		4.80	5.08	5.14	5.32	5.56	6.73			13.52	14.58	16.02
		velocity	6.70	7.99	7.71	7.61	7.45		7.29	6.89	6.81	6.58	6.29	5.94	6.95		7.77	7.20	6.55
H1 lead leg	R	strides		14	14	14	14		15	15	15	17	19	137					
Kawaguchi, Takuto (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 2</b> - 2016 Japanese National Youth Championships (Mizuho, JPN)																			
(2016.11.17) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en																			
date	23-Oct-16	time				24.15					39.79				58.08	6 / 6			
reaction time		interval									15.64								
		velocity				7.66					6.71			6.89					
H1 lead leg		strides																	
Li Guancheng (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 1</b> - 2021 Chinese National Championships (Chongqing, CHN)																			
CAA Hurdle Development (2021)																			
date	26-Jun-21	time	6.22	10.43	14.81	19.28	23.96		28.56	33.68	39.41				58.41	2 / 6			
reaction time	0.211	interval		4.21	4.38	4.47	4.68		4.60	5.12	5.73						13.06	14.40	
		velocity	7.23	8.31	7.99	7.83	7.48		7.62	6.83	6.11			6.85			8.04	7.29	
H1 lead leg	L	strides	21	14	14	14	14		14	16			107						
Wang Yijie (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 1</b> - 2019 Chinese World Championship Trials (Shenyang, CHN)																			
CAA Hurdle Development (2019)																			
date	03-Aug-19	time	6.85	11.40	16.12	20.75	25.58		30.50	35.52	40.58	45.70	51.28		58.62	7 / 4			
reaction time	0.318	interval		4.55	4.72	4.63	4.83		4.92	5.02	5.06	5.12	5.58	7.34			13.90	14.77	15.76
		velocity	6.57	7.69	7.42	7.56	7.25		7.11	6.97	6.92	6.84	6.27	5.45	6.82		7.55	7.11	6.66
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	15	21	179				
Wang Daojun (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 1</b> - 2019 Chinese World Championship Trials (Shenyang, CHN)																			
CAA Hurdle Development (2019)																			
date	03-Aug-19	time	6.28	10.47	14.61	18.78	23.00		27.38	31.86	36.42	42.82	50.44		58.75	5 / 5			
reaction time	0.229	interval		4.19	4.14	4.17	4.22		4.38	4.48	4.56	6.40	7.62	8.31			12.50	13.08	18.58
		velocity	7.17	8.35	8.45	8.39	8.29		7.99	7.81	7.68	5.47	4.59	4.81	6.81		8.40	8.03	5.65
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	17	19	21.5	179.5				
Wang Yijie (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>Heat 4</b> - 2021 Chinese National Championships (Chongqing, CHN)																			
CAA Hurdle Development (2021)																			
date	26-Jun-21	time	6.48	11.11	15.79	20.77	25.86			36.19					59.46	6 / 6			
reaction time	0.162	interval		4.63	4.68	4.98	5.09			10.33							14.29	15.42	
		velocity	6.94	7.56	7.48	7.03	6.88			6.78				6.73			7.35	6.81	
H1 lead leg	L	strides	24	17	17	17	17						92						
Xu Xin (MAC) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<b>U20 Heat 2</b> - 2019 Chinese National Youth Games (Taiyuan, CHN)																			
CAA Hurdle Development (2019)																			
date	17-Aug-19	time	6.34	10.62	15.00	19.52	24.23		29.38	34.80	40.40	46.16	52.40		59.60	4 / 5			
reaction time	0.176	interval		4.28	4.38	4.52	4.71		5.15	5.42	5.60	5.76	6.24	7.20			13.18	15.28	17.60
		velocity	7.10	8.18	7.99	7.74	7.43		6.80	6.46	6.25	6.08	5.61	5.56	6.71		7.97	6.87	5.97
H1 lead leg	L	strides	23	15	15	15	15		15	15	17	17	19	166					

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Long Wei (CHN) (1997)</b>																		
<b>Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)</b>																		
CAA Hurdle Development (2019)																		
date	03-Aug-19	time	7.01	11.70	16.40	21.15	26.09	31.31	36.89	42.34		53.38		59.62	3 / 6			
reaction time	0.252	interval	4.69	4.70	4.75	4.94		5.22	5.58	5.45		11.04	6.24			14.14	15.74	16.49
		velocity	6.42	7.46	7.45	7.37	7.09		6.70	6.27	6.42		6.34	6.41	6.71	7.43	6.67	6.37
H1 lead leg	L	strides	22	15	15	15		15	17	17			19.2	150.2				
<b>Tamesue, Dai (JPN) (1978)</b>																		
<b>Heat 8 - 2000 Olympic Games (Sydney, AUS)</b>																		
Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																		
date	24-Sep-00	time	5.78	9.38	13.14	16.98	20.98	25.18	29.66	34.30	fell down			61.81	1 / 8			
reaction time	0.256	interval	3.60	3.76	3.84	4.00		4.20	4.48	4.64						11.20	12.68	
		velocity	7.79	9.72	9.31	9.11	8.75		8.33	7.81	7.54			6.47		9.38	8.28	
H1 lead leg		strides	13	13	13	13		14	14	15	17			112				
<b>Bellaabouss, Fadil (FRA) (1986)</b>																		
<b>FINAL - 2010 European Championships (Barcelona, ESP)</b>																		
Behm (2010) - les haies bases																		
date	31-Jul-10	time	6.2	10.3	14.5									62.94	8 / 8			
reaction time	0.180	interval	4.1	4.2														
		velocity	7.26	8.54	8.33									6.36				
H1 lead leg	L	strides	21	14	14									49				
<b>Mucheru, Bonface (KEN) (1992)</b>																		
<b>FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis)</b>																		
Henson (2020) - Athlete First: 2016 year end hurdle report																		
date	25-Aug-16	time	5.96	9.67	13.46	17.30	21.20	25.26	29.56	34.00	38.50	44.73		68.05	5 / 7			
reaction time	0.153	interval	3.71	3.79	3.84	3.90		4.06	4.30	4.44	4.50	6.23	23.32			11.34	12.26	15.17
		velocity	7.55	9.43	9.23	9.11	8.97		8.62	8.14	7.88	7.78	5.62	1.72	5.88	9.26	8.56	6.92
H1 lead leg	R	strides	22	13	13	13	13		13	15	15	15	17	149				
<b>Herbert, Llewellyn (RSA) (1977)</b>																		
<b>FINAL - 2003 IAAF World Championships (Paris, FRA)</b>																		
Behm (2003) - Paris 2003:Le quatrache masculin - féminin																		
date	29-Aug-03	time	6.1	9.8	13.7	17.6	21.6	25.5	29.6	33.7	38.0	42.8		72.10	8 / 8			
reaction time	0.149	interval	3.7	3.9	3.9	4.0		3.9	4.1	4.1	4.3	4.8	29.30			11.50	12.00	13.20
		velocity	7.38	9.46	8.97	8.97	8.75		8.97	8.54	8.54	8.14	7.29	1.37	5.55	9.13	8.75	7.95
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	16	152				
<b>Büttner, Dieter (FRG) (1949)</b>																		
<b>Semi-Final 2 - 1972 Olympic Games (Munich, FRG)</b>																		
Schmidt (1973) - vorolympisches training von john akii-bua über 400 hürden																		
date	02-Sep-72	time				21.4			30.2			44.7		dnf	2 / --			
reaction time		interval							8.80			14.50						14.50
		velocity				8.64			7.95			7.24						7.24
H1 lead leg		strides																
<b>Moses, Edwin (USA) (1955)</b>																		
<b>FINAL - 1987 Meeting BNP D' Athletisme (Paris, FRA)</b>																		
Behm (1988) - 45-39																		
date	16-Jul-87	time	5.8	9.4	13.0	16.7	20.4	24.3	28.4	32.8	37.7			dnf	/ --			
reaction time		interval	3.6	3.6	3.7	3.7		3.9	4.2	4.4	5.0			fell		10.90	11.76	
		velocity	7.83	9.67	9.70	9.54	9.41		9.00	8.43	8.03	7.04				9.63	8.93	
H1 lead leg		strides																
<b>Yego, Gideon (KEN) (1960)</b>																		
<b>Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)</b>																		
Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988																		
date	24-Sep-88	time	6.20	10.14	14.07	18.06	22.17	26.30	30.55	34.93	39.60				8 / --			
reaction time		interval	3.94	3.93	3.99	4.11		4.13	4.25	4.38	4.67			DQ		11.86	12.49	
		velocity	7.26	8.88	8.91	8.77	8.52		8.47	8.24	7.99	7.49				8.85	8.41	
H1 lead leg		strides	22	15	15	15	15		15	15	15	15		142				
<b>Rawlinson, Christopher (GBR) (1972)</b>																		
<b>FINAL - 2002 European Championships (Munich, GER)</b>																		
Graubner (2009) - http://www.fgs.uni-halle.de																		
date	09-Aug-02	time	6.30	10.24	14.28									dnf	/ --			
reaction time	0.160	interval	3.94	4.04														
		velocity	7.14	8.88	8.66													
H1 lead leg		strides																
<b>Williams, Derrick (USA) (1982)</b>																		
<b>FINAL - 2006 USATF National Championships (Indianapolis, IN)</b>																		
USATF Men's Hurdle Development (2006)																		
date	24-Jun-06	time	5.92	9.61	13.48	17.35	21.34	25.51	29.81	34.23	38.79	43.63		dnf	7 / --			
reaction time		interval	3.69	3.87	3.87	3.99		4.17	4.30	4.42	4.56	4.84				11.43	12.46	13.82
		velocity	7.60	9.49	9.04	9.04	8.77		8.39	8.14	7.92	7.68	7.23			9.19	8.43	7.60
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	154				
<b>Prince, Damian (USA) (1986)</b>																		
<b>Heat 1 - 2007 USATF National Championships (Indianapolis, IN)</b>																		
USATF Men's Hurdle Development (2007)																		
date	21-Jun-07	time	6.01	9.79	13.66	17.65	21.89	26.38	30.83	35.48	40.55			dnf	8 / --			
reaction time		interval	3.78	3.87	3.99	4.24		4.49	4.45	4.65	5.07					11.64	13.18	
		velocity	7.49	9.26	9.04	8.77	8.25		7.80	7.87	7.53	6.90				9.02	7.97	
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	16		139				

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Kunkel, Adam (CAN) (1981)</b>																		
<b>FINAL - 2007 IAAF World Championships (Osaka, JPN)</b>																		
date	28-Aug-07	time	5.8	9.5	13.3	17.3	21.9							dnf	3 / --			
reaction time	0.181	interval		3.7	3.8	4.0	4.6										11.50	
		velocity	7.76	9.46	9.21	8.75	7.61										9.13	
H1 lead leg	L	strides	21	13	14	14	14							76				
<b>Green, Jack (GBR) (1991)</b>																		
<b>FINAL - 2016 European Championships (Amsterdam, NED) (TV Analysis)</b>																		
date	08-Jul-16	time	6.08	10.00	13.96	18.12	22.24							dnf	2 / --			
reaction time	0.187	interval		3.92	3.96	4.16	4.12										12.04	
		velocity	7.40	8.93	8.84	8.41	8.50										8.72	
H1 lead leg	L	strides	22	14	14	14	14							64				
<b>Mucheru, Bonface (KEN) (1992)</b>																		
<b>FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)</b>																		
date	01-Sep-16	time	6.24											dnf	5 / 8			
reaction time	0.132	interval																
		velocity	7.21															
H1 lead leg	R	strides	22											22				
<b>Lambrugh, Mario (ITA) (1992)</b>																		
<b>FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)</b>																		
date	31-May-18	time	5.84	9.80	13.76	17.88								dnf	1 / --			
reaction time	0.135	interval		3.96	3.96	4.12											12.04	
		velocity	7.71	8.84	8.84	8.50											8.72	
H1 lead leg	R	strides	22	14	14	14								64				
<b>McMaster, Kyron (IVB) (1997)</b>																		
<b>FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)</b>																		
date	05-Jul-18	time	5.60	9.16	12.76	16.48								dnf	4 / --			
reaction time	0.162	interval		3.56	3.60	3.72											10.88	
		velocity	8.04	9.83	9.72	9.41											9.65	
H1 lead leg	L	strides	21	13	13	13								60				
<b>Green, Jack (GBR) (1991)</b>																		
<b>FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)</b>																		
date	21-Jul-18	time	6.08	9.96										dnf	2 / --			
reaction time	0.180	interval		3.88														
		velocity	7.40	9.02														
H1 lead leg	R	strides	22	14										36				
<b>McMaster, Kyron (IVB) (1997)</b>																		
<b>FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)</b>																		
date	20-Jul-19	time	5.88											dnf	6 / --			
reaction time	0.190	interval																
		velocity	7.65															
H1 lead leg	L	strides	21											21				
<b>Xu Zhihang (CHN) (1997)</b>																		
<b>Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)</b>																		
date	03-Aug-19	time	6.72	11.31										dnf	4 / --			
reaction time		interval		4.59														
		velocity	6.70	7.63														
H1 lead leg	L	strides	22	15										37				
<b>Preis, Constantin (GER) (1998)</b>																		
<b>FINAL - 2020 ISTAF (Berlin, GER) (TV Analysis)</b>																		
date	13-Sep-20	time	6.04		13.92	17.88		26.20						dnf	5 / --			
reaction time	0.240	interval			7.88	3.96		8.32									11.84	
		velocity	7.45		8.88	8.84		8.41									8.87	
H1 lead leg	L	strides	22		14									36				
<b>Xu Zhihang (CHN) (1997)</b>																		
<b>FINAL - 2021 National Grand Prix (Chengdu, CHN)</b>																		
date	02-Apr-21	time	6.41	10.65	15.01	19.43	23.98		28.71	33.61	38.82	44.03		nt	5 / 8			
reaction time	0.264	interval		4.24	4.36	4.42	4.55		4.73	4.90	5.21	5.21				13.02	14.18	
		velocity	7.02	8.25	8.03	7.92	7.69		7.40	7.14	6.72	6.72				8.06	7.40	
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15		135				
<b>Pirjahan, Mahdi (IRI) (1999)</b>																		
<b>B FINAL - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)</b>																		
date	28-May-21	time	5.97	9.93	13.93	17.97	22.17	24.1	26.50	30.90	35.30	39.90		dnf	7 / --			
reaction time	0.138	interval		3.96	4.00	4.04	4.20		4.33	4.40	4.40	4.60				12.00	12.93	
		velocity	7.54	8.84	8.75	8.66	8.33	8.30	8.08	7.95	7.95	7.61				8.75	8.12	
H1 lead leg	L	strides	20	14	13	13	13		13	13	13	13		125				



														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Yang Baichuan (CHN) (1995)</b>																														
<b>Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)</b>																														
<i>CAA Hurdle Development (2021)</i>																														
date	26-Jun-21	time	6.25	10.19	14.33	18.50	22.70		27.09	31.61	36.27	41.11	46.34	fell		4 / --														
reaction time	0.176	interval		3.94	4.14	4.17	4.20		4.39	4.52	4.66	4.84	5.23		<b>DQ</b>		12.25	13.11	14.73											
		velocity	7.20	8.88	8.45	8.39	8.33		7.97	7.74	7.51	7.23	6.69				8.57	8.01	7.13											
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	17		160															
<b>Valliant, Ludvy (FRA) (1995)</b>																														
<b>FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)</b>																														
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																														
date	01-Jul-21	time	5.96	9.66	13.44	17.40	21.46		25.68		34.62				<b>dnf</b>	8 / --														
reaction time	0.245	interval		3.70	3.78	3.96	4.06		4.22		8.94						11.44													
		velocity	7.55	9.46	9.26	8.84	8.62		8.29		7.83						9.18													
H1 lead leg	R	strides	21	13	13	13	13		13		13				86															
<b>Barr, Thomas (IRL) (1992)</b>																														
<b>FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)</b>																														
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																														
date	01-Jul-21	time	5.98	9.78											<b>dnf</b>	4 / --														
reaction time	0.147	interval		3.80																										
		velocity	7.53	9.21																										
H1 lead leg	R	strides	21	14											35															
<b>McMaster, Kyron (IVB) (1997)</b>																														
<b>FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)</b>																														
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																														
date	04-Jul-21	time	5.60	9.08	12.76	16.52	20.36	22.1	24.32	28.44	32.80	37.68	42.84		<b>dnf</b>	6 / --														
reaction time	0.177	interval		3.48	3.68	3.76	3.84		3.96	4.12	4.36	4.88	5.16				10.92	11.92	14.40											
		velocity	8.04	10.06	9.51	9.31	9.11	9.05	8.84	8.50	8.03	7.17	6.78				9.62	8.81	7.29											
H1 lead leg	L	strides		13	13	13	13		13	13	14	15	15		122															
<b>Bailey, Aldrich (USA) (1994)</b>																														
<b>FINAL - 2021 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)</b>																														
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																														
date	09-Jul-21	time	5.94	9.64	13.44	17.31	21.33	23.4	25.52	29.96	34.40				<b>dnf</b>	8 / --														
reaction time	0.225	interval		3.70	3.80	3.87	4.02		4.19	4.44	4.44						11.37	12.65												
		velocity	7.58	9.46	9.21	9.04	8.71	8.55	8.35	7.88	7.88						9.23	8.30												
H1 lead leg	L	strides	21	13	13	13	13		13	14	14				114															
<b>Warholm, Karsten (NOR) (1996)</b>																														
<b>FINAL - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)</b>																														
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																														
date	05-Jun-22	time	5.67												<b>dnf</b>	7 / --														
reaction time	0.163	interval																												
		velocity	7.94																											
H1 lead leg	L	strides													20															
<b>Sibilio, Alessandro (ITA) (1999)</b>																														
<b>FINAL - 2023 Herculis Meeting International d'Athlétisme (Monaco, MON)</b>																														
<i>Omega Timing (2023) - diamond league race analysis</i>																														
date	21-Jul-23	time	5.76	9.43	13.21	17.00									<b>dnf</b>	3 / --														
reaction time	0.126	interval		3.67	3.78	3.79											11.24													
		velocity	7.81	9.54	9.26	9.23											9.34													
H1 lead leg	R	strides	21	13	13	13									60															
<b>Clarke, Roshawn (JAM) (2004)</b>																														
<b>FINAL - 2023 Weltklasse (Zürich, SUI)</b>																														
<i>Omega Timing (2023) - diamond league race analysis</i>																														
date	31-Aug-23	time	5.70	9.48	13.31	17.18	21.21		26.79						<b>dnf</b>	4 / --														
reaction time	0.175	interval		3.78	3.83	3.87	4.03		5.58								11.48													
		velocity	7.89	9.26	9.14	9.04	8.68		6.27								9.15													
H1 lead leg	L	strides	22	14			14								50															
<b>Ducos, Clement (FRA) (2001)</b>																														
<b>FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)</b>																														
<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																														
date	07-Jun-24	time	5.89	9.64											<b>dnf</b>	7 / --														
reaction time		interval		3.75																										
		velocity	7.64	9.33																										
H1 lead leg	L	strides	20	13											33															
<b>Wällgren, Karl (SWE) (2001)</b>																														
<b>Heat 1 - 2024 European Athletics Championships (Roma, ITA)</b>																														
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																														
date	09-Jun-24	time	5.96	9.93	13.96										<b>dnf</b>	3 / --														
reaction time	0.216	interval		3.97	4.03																									
		velocity	7.55	8.82	8.68																									
H1 lead leg		strides																												
<b>Dean, Caleb (USA) (2001)</b>																														
<b>FINAL - 2024 USA Olympic Trials (Eugene, OR)</b>																														
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																														
date	30-Jun-24	time	5.63	9.26	12.97	16.74	20.55	22.35	24.59	28.85	33.38				<b>dnf</b>	5 / --														
reaction time		interval		3.63	3.71	3.77	3.81		4.04	4.26	4.53						11.11	12.11												
		velocity	7.99	9.64	9.43	9.28	9.19	8.95	8.66	8.22	7.73						9.45	8.67												
H1 lead leg	R	strides	20	13	13	13	13		13	14	14				113															

<b>Abakar, Ismail Doudai (QAT) (2004)</b>														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Heat 5 - 2024 Olympic Games (Paris, FRA)</b>														<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	05-Aug-24	time	5.79	9.45	13.24	17.07									dnf	8 / --														
reaction time	0.177	interval	3.66	3.79	3.83											11.28														
		velocity	7.77	9.56	9.23	9.14											9.31													
H1 lead leg	L	strides	20	13	13	13									59															

<b>Clarke, Roshawn (JAM) (2004)</b>														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 - 2024 Olympic Games (Paris, FRA)</b>														<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	09-Aug-24	time	5.54	9.13	12.77	16.46	20.30	24.31	28.42	32.73	37.25	42.03		dnf	9 / --															
reaction time	0.195	interval	3.59	3.64	3.69	3.84	4.01	4.11	4.31	4.52	4.78				10.92	11.96	13.61													
		velocity	8.12	9.75	9.62	9.49	9.11	8.73	8.52	8.12	7.74	7.32			9.62	8.78	7.71													
H1 lead leg	R	strides	21	14	13	13	13	14	14	15	15	15		147																

<b>dos Santos, Alison Brendon (BRA) (2004)</b>														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 - 2024 Weltklasse (Zürich, SUI)</b>														<i>Omega Timing (2023) - diamond league race analysis</i>																
date	05-Sep-24	time	5.77	9.39	13.07	16.80	20.73									dnf	6 / --													
reaction time	0.153	interval	3.62	3.68	3.73	3.93											11.34													
		velocity	7.80	9.67	9.51	9.38	8.91											9.26												
H1 lead leg	L	strides	20	13	12	12	12									69														

## Men's 300m Hurdles Touchdown Times - by time

<b>Warholm, Karsten (NOR) (1996)</b>														H1	H2	H3	H4	H5	200m	H6	H7				Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2021 Bislett Night of Highlights (Oslo, NOR) (TV Analysis) (300m Hurdles)</b>														<i>Henson (2021) - Athlete First: 2021 Karsten Warholm 400m Hurdles World Record Season</i>																
date	04-Jun-21	time	6.12	9.60	13.16	16.78	20.60	24.52	28.58						33.26	7 / 1														
reaction time		interval	3.48	3.56	3.62	3.82	3.92	4.06					4.68	WB PB		10.66	11.80													
		velocity	8.17	10.06	9.83	9.67	9.16	8.93	8.62					8.55	9.02		9.85	8.90												
H1 lead leg	L	strides	23	13	13	13	13	13	13					17	118															

<b>Warholm, Karsten (NOR) (1996)</b>														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 - 2024 Trond Mohn Games (Bergen, NOR) (300m Hurdles) (TV Analysis)</b>														<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																
date	22-May-24	time	6.21	9.61	13.20	16.83	20.60	24.53	28.56						33.28	7 / 1														
reaction time		interval	3.40	3.59	3.63	3.77	3.93	4.03					4.72			10.62	11.73													
		velocity	7.25	10.29	9.75	9.64	9.28	8.91	8.68					8.47	9.01		9.89	8.95												
H1 lead leg	L	strides	22	13	13	13	13	13	13					17	117															

<b>Warholm, Karsten (NOR) (1996)</b>														H1	H2	H3	H4	H5	200m	H6	H7				Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<b>FINAL - 2020 Impossible Games (Oslo, NOR) (TV Analysis) (300m Hurdles)</b>														<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																
date	11-Jun-20	time	6.24	9.74	13.38	17.15	21.02	25.02	29.13						33.78	7 / 1														
reaction time	0.182	interval	3.50	3.64	3.77	3.87	4.00	4.11					4.65	WB PB		10.91	11.98													
		velocity	8.01	10.00	9.62	9.28	9.04	8.75	8.52					8.60	8.88		9.62	8.76												
H1 lead leg	L	strides	20	13	13	13	13	13	13					16.5	114.5															

<b>Bakketun, Andreas Haara (NOR) (2004)</b>														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 - 2024 Trond Mohn Games (Bergen, NOR) (300m Hurdles) (TV Analysis)</b>														<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																
date	22-May-24	time	6.42	10.10	14.00	18.03	26.43	30.70						35.42	6 / 2															
reaction time		interval	3.68	3.90	4.03								8.40	4.27	4.72	PB		11.61	12.67											
		velocity	7.01	9.51	8.97	8.68								8.33	8.20	8.47	8.47		9.04	8.29										
H1 lead leg	R	strides	24	13	14	14									15	17.7	97.7													